

# Planificateur des sorties / Tourenplaner

Tour: L-8		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
7	17.00	120.00

Parcours Test / Teststrecke				Tour prévu / Geplante Tour				
km	min.	min./km	km/h	Nbre pauses à 3min.	km	Temps prévu	Temps effectif min.	H:MM:SS
Km	Min.	Min./Km	Km/Std	Anz. Pausen à 3 Min.	Km	Vorgesehene Zeit	Effektive Zeit Min.	H:MM:SS
7.00	15	2.14	28.00	7	17.00	120.00	57	0:57:26
7.00	16	2.29	26.25	7	17.00	120.00	60	0:59:51
7.00	17	2.43	24.71	7	17.00	120.00	62	1:02:17
7.00	18	2.57	23.33	7	17.00	120.00	65	1:04:43
7.00	19	2.71	22.11	7	17.00	120.00	67	1:07:09
7.00	20	2.86	21.00	7	17.00	120.00	70	1:09:34
7.00	21	3.00	20.00	7	17.00	120.00	72	1:12:00
7.00	22	3.14	19.09	7	17.00	120.00	74	1:14:26
7.00	23	3.29	18.26	7	17.00	120.00	77	1:16:51
7.00	24	3.43	17.50	7	17.00	120.00	79	1:19:17
7.00	25	3.57	16.80	7	17.00	120.00	82	1:21:43
7.00	26	3.71	16.15	7	17.00	120.00	84	1:24:09
7.00	27	3.86	15.56	7	17.00	120.00	87	1:26:34
7.00	28	4.00	15.00	7	17.00	120.00	89	1:29:00
7.00	29	4.14	14.48	7	17.00	120.00	91	1:31:26
7.00	30	4.29	14.00	7	17.00	120.00	94	1:33:51
7.00	31	4.43	13.55	7	17.00	120.00	96	1:36:17
7.00	32	4.57	13.13	7	17.00	120.00	99	1:38:43
7.00	33	4.71	12.73	7	17.00	120.00	101	1:41:09
7.00	34	4.86	12.35	7	17.00	120.00	104	1:43:34
7.00	35	5.00	12.00	7	17.00	120.00	106	1:46:00
7.00	36	5.14	11.67	7	17.00	120.00	108	1:48:26
7.00	37	5.29	11.35	7	17.00	120.00	111	1:50:51
7.00	38	5.43	11.05	7	17.00	120.00	113	1:53:17
7.00	39	5.57	10.77	7	17.00	120.00	116	1:55:43
7.00	40	5.71	10.50	7	17.00	120.00	118	1:58:09
7.00	41	5.86	10.24	7	17.00	120.00	121	2:00:34
7.00	42	6.00	10.00	7	17.00	120.00	123	2:03:00
7.00	43	6.14	9.77	7	17.00	120.00	125	2:05:26
7.00	44	6.29	9.55	7	17.00	120.00	128	2:07:51
7.00	45	6.43	9.33	7	17.00	120.00	130	2:10:17
7.00	46	6.57	9.13	7	17.00	120.00	133	2:12:43
7.00	47	6.71	8.94	7	17.00	120.00	135	2:15:09
7.00	48	6.86	8.75	7	17.00	120.00	138	2:17:34
7.00	49	7.00	8.57	7	17.00	120.00	140	2:20:00
7.00	50	7.14	8.40	7	17.00	120.00	142	2:22:26
7.00	51	7.29	8.24	7	17.00	120.00	145	2:24:51
7.00	52	7.43	8.08	7	17.00	120.00	147	2:27:17
7.00	53	7.57	7.92	7	17.00	120.00	150	2:29:43
7.00	54	7.71	7.78	7	17.00	120.00	152	2:32:09
7.00	55	7.86	7.64	7	17.00	120.00	155	2:34:34
7.00	56	8.00	7.50	7	17.00	120.00	157	2:37:00
7.00	57	8.14	7.37	7	17.00	120.00	159	2:39:26
7.00	58	8.29	7.24	7	17.00	120.00	162	2:41:51
7.00	59	8.43	7.12	7	17.00	120.00	164	2:44:17
7.00	60	8.57	7.00	7	17.00	120.00	167	2:46:43
7.00	61	8.71	6.89	7	17.00	120.00	169	2:49:09
7.00	62	8.86	6.77	7	17.00	120.00	172	2:51:34
7.00	63	9.00	6.67	7	17.00	120.00	174	2:54:00
7.00	64	9.14	6.56	7	17.00	120.00	176	2:56:26
7.00	65	9.29	6.46	7	17.00	120.00	179	2:58:51
7.00	66	9.43	6.36	7	17.00	120.00	181	3:01:17
7.00	67	9.57	6.27	7	17.00	120.00	184	3:03:43
7.00	68	9.71	6.18	7	17.00	120.00	186	3:06:09
7.00	69	9.86	6.09	7	17.00	120.00	189	3:08:34
7.00	70	10.00	6.00	7	17.00	120.00	191	3:11:00
7.00	71	10.14	5.92	7	17.00	120.00	193	3:13:26
7.00	72	10.29	5.83	7	17.00	120.00	196	3:15:51
7.00	73	10.43	5.75	7	17.00	120.00	198	3:18:17
7.00	74	10.57	5.68	7	17.00	120.00	201	3:20:43
7.00	75	10.71	5.60	7	17.00	120.00	203	3:23:09