

Planificateur des sorties / Tourenplaner

Tour: L-9		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
6	15.00	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	6	15.00	120.00	50	0:50:09
7.00	16	2.29	26.25	6	15.00	120.00	52	0:52:17
7.00	17	2.43	24.71	6	15.00	120.00	54	0:54:26
7.00	18	2.57	23.33	6	15.00	120.00	57	0:56:34
7.00	19	2.71	22.11	6	15.00	120.00	59	0:58:43
7.00	20	2.86	21.00	6	15.00	120.00	61	1:00:51
7.00	21	3.00	20.00	6	15.00	120.00	63	1:03:00
7.00	22	3.14	19.09	6	15.00	120.00	65	1:05:09
7.00	23	3.29	18.26	6	15.00	120.00	67	1:07:17
7.00	24	3.43	17.50	6	15.00	120.00	69	1:09:26
7.00	25	3.57	16.80	6	15.00	120.00	72	1:11:34
7.00	26	3.71	16.15	6	15.00	120.00	74	1:13:43
7.00	27	3.86	15.56	6	15.00	120.00	76	1:15:51
7.00	28	4.00	15.00	6	15.00	120.00	78	1:18:00
7.00	29	4.14	14.48	6	15.00	120.00	80	1:20:09
7.00	30	4.29	14.00	6	15.00	120.00	82	1:22:17
7.00	31	4.43	13.55	6	15.00	120.00	84	1:24:26
7.00	32	4.57	13.13	6	15.00	120.00	87	1:26:34
7.00	33	4.71	12.73	6	15.00	120.00	89	1:28:43
7.00	34	4.86	12.35	6	15.00	120.00	91	1:30:51
7.00	35	5.00	12.00	6	15.00	120.00	93	1:33:00
7.00	36	5.14	11.67	6	15.00	120.00	95	1:35:09
7.00	37	5.29	11.35	6	15.00	120.00	97	1:37:17
7.00	38	5.43	11.05	6	15.00	120.00	99	1:39:26
7.00	39	5.57	10.77	6	15.00	120.00	102	1:41:34
7.00	40	5.71	10.50	6	15.00	120.00	104	1:43:43
7.00	41	5.86	10.24	6	15.00	120.00	106	1:45:51
7.00	42	6.00	10.00	6	15.00	120.00	108	1:48:00
7.00	43	6.14	9.77	6	15.00	120.00	110	1:50:09
7.00	44	6.29	9.55	6	15.00	120.00	112	1:52:17
7.00	45	6.43	9.33	6	15.00	120.00	114	1:54:26
7.00	46	6.57	9.13	6	15.00	120.00	117	1:56:34
7.00	47	6.71	8.94	6	15.00	120.00	119	1:58:43
7.00	48	6.86	8.75	6	15.00	120.00	121	2:00:51
7.00	49	7.00	8.57	6	15.00	120.00	123	2:03:00
7.00	50	7.14	8.40	6	15.00	120.00	125	2:05:09
7.00	51	7.29	8.24	6	15.00	120.00	127	2:07:17
7.00	52	7.43	8.08	6	15.00	120.00	129	2:09:26
7.00	53	7.57	7.92	6	15.00	120.00	132	2:11:34
7.00	54	7.71	7.78	6	15.00	120.00	134	2:13:43
7.00	55	7.86	7.64	6	15.00	120.00	136	2:15:51
7.00	56	8.00	7.50	6	15.00	120.00	138	2:18:00
7.00	57	8.14	7.37	6	15.00	120.00	140	2:20:09
7.00	58	8.29	7.24	6	15.00	120.00	142	2:22:17
7.00	59	8.43	7.12	6	15.00	120.00	144	2:24:26
7.00	60	8.57	7.00	6	15.00	120.00	147	2:26:34
7.00	61	8.71	6.89	6	15.00	120.00	149	2:28:43
7.00	62	8.86	6.77	6	15.00	120.00	151	2:30:51
7.00	63	9.00	6.67	6	15.00	120.00	153	2:33:00
7.00	64	9.14	6.56	6	15.00	120.00	155	2:35:09
7.00	65	9.29	6.46	6	15.00	120.00	157	2:37:17
7.00	66	9.43	6.36	6	15.00	120.00	159	2:39:26
7.00	67	9.57	6.27	6	15.00	120.00	162	2:41:34
7.00	68	9.71	6.18	6	15.00	120.00	164	2:43:43
7.00	69	9.86	6.09	6	15.00	120.00	166	2:45:51
7.00	70	10.00	6.00	6	15.00	120.00	168	2:48:00
7.00	71	10.14	5.92	6	15.00	120.00	170	2:50:09
7.00	72	10.29	5.83	6	15.00	120.00	172	2:52:17
7.00	73	10.43	5.75	6	15.00	120.00	174	2:54:26
7.00	74	10.57	5.68	6	15.00	120.00	177	2:56:34
7.00	75	10.71	5.60	6	15.00	120.00	179	2:58:43