

Planificateur des sorties / Tourenplaner

Tour: L-12		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
6	8.20	75.00

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	8.20	75.00	36	0:35:34
7.00	16	2.29	26.25	6	8.20	75.00	37	0:36:45
7.00	17	2.43	24.71	6	8.20	75.00	38	0:37:55
7.00	18	2.57	23.33	6	8.20	75.00	39	0:39:05
7.00	19	2.71	22.11	6	8.20	75.00	40	0:40:15
7.00	20	2.86	21.00	6	8.20	75.00	41	0:41:26
7.00	21	3.00	20.00	6	8.20	75.00	43	0:42:36
7.00	22	3.14	19.09	6	8.20	75.00	44	0:43:46
7.00	23	3.29	18.26	6	8.20	75.00	45	0:44:57
7.00	24	3.43	17.50	6	8.20	75.00	46	0:46:07
7.00	25	3.57	16.80	6	8.20	75.00	47	0:47:17
7.00	26	3.71	16.15	6	8.20	75.00	48	0:48:27
7.00	27	3.86	15.56	6	8.20	75.00	50	0:49:38
7.00	28	4.00	15.00	6	8.20	75.00	51	0:50:48
7.00	29	4.14	14.48	6	8.20	75.00	52	0:51:58
7.00	30	4.29	14.00	6	8.20	75.00	53	0:53:09
7.00	31	4.43	13.55	6	8.20	75.00	54	0:54:19
7.00	32	4.57	13.13	6	8.20	75.00	55	0:55:29
7.00	33	4.71	12.73	6	8.20	75.00	57	0:56:39
7.00	34	4.86	12.35	6	8.20	75.00	58	0:57:50
7.00	35	5.00	12.00	6	8.20	75.00	59	0:59:00
7.00	36	5.14	11.67	6	8.20	75.00	60	1:00:10
7.00	37	5.29	11.35	6	8.20	75.00	61	1:01:21
7.00	38	5.43	11.05	6	8.20	75.00	63	1:02:31
7.00	39	5.57	10.77	6	8.20	75.00	64	1:03:41
7.00	40	5.71	10.50	6	8.20	75.00	65	1:04:51
7.00	41	5.86	10.24	6	8.20	75.00	66	1:06:02
7.00	42	6.00	10.00	6	8.20	75.00	67	1:07:12
7.00	43	6.14	9.77	6	8.20	75.00	68	1:08:22
7.00	44	6.29	9.55	6	8.20	75.00	70	1:09:33
7.00	45	6.43	9.33	6	8.20	75.00	71	1:10:43
7.00	46	6.57	9.13	6	8.20	75.00	72	1:11:53
7.00	47	6.71	8.94	6	8.20	75.00	73	1:13:03
7.00	48	6.86	8.75	6	8.20	75.00	74	1:14:14
7.00	49	7.00	8.57	6	8.20	75.00	75	1:15:24
7.00	50	7.14	8.40	6	8.20	75.00	77	1:16:34
7.00	51	7.29	8.24	6	8.20	75.00	78	1:17:45
7.00	52	7.43	8.08	6	8.20	75.00	79	1:18:55
7.00	53	7.57	7.92	6	8.20	75.00	80	1:20:05
7.00	54	7.71	7.78	6	8.20	75.00	81	1:21:15
7.00	55	7.86	7.64	6	8.20	75.00	82	1:22:26
7.00	56	8.00	7.50	6	8.20	75.00	84	1:23:36
7.00	57	8.14	7.37	6	8.20	75.00	85	1:24:46
7.00	58	8.29	7.24	6	8.20	75.00	86	1:25:57
7.00	59	8.43	7.12	6	8.20	75.00	87	1:27:07
7.00	60	8.57	7.00	6	8.20	75.00	88	1:28:17
7.00	61	8.71	6.89	6	8.20	75.00	89	1:29:27
7.00	62	8.86	6.77	6	8.20	75.00	91	1:30:38
7.00	63	9.00	6.67	6	8.20	75.00	92	1:31:48
7.00	64	9.14	6.56	6	8.20	75.00	93	1:32:58
7.00	65	9.29	6.46	6	8.20	75.00	94	1:34:09
7.00	66	9.43	6.36	6	8.20	75.00	95	1:35:19
7.00	67	9.57	6.27	6	8.20	75.00	96	1:36:29
7.00	68	9.71	6.18	6	8.20	75.00	98	1:37:39
7.00	69	9.86	6.09	6	8.20	75.00	99	1:38:50
7.00	70	10.00	6.00	6	8.20	75.00	100	1:40:00
7.00	71	10.14	5.92	6	8.20	75.00	101	1:41:10
7.00	72	10.29	5.83	6	8.20	75.00	102	1:42:21
7.00	73	10.43	5.75	6	8.20	75.00	104	1:43:31
7.00	74	10.57	5.68	6	8.20	75.00	105	1:44:41
7.00	75	10.71	5.60	6	8.20	75.00	106	1:45:51