

Planificateur des sorties / Tourenplaner

Tour: L-13		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
8	10.00	90.00

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	8	10.00	90.00	45	0:45:26
7.00	16	2.29	26.25	8	10.00	90.00	47	0:46:51
7.00	17	2.43	24.71	8	10.00	90.00	48	0:48:17
7.00	18	2.57	23.33	8	10.00	90.00	50	0:49:43
7.00	19	2.71	22.11	8	10.00	90.00	51	0:51:09
7.00	20	2.86	21.00	8	10.00	90.00	53	0:52:34
7.00	21	3.00	20.00	8	10.00	90.00	54	0:54:00
7.00	22	3.14	19.09	8	10.00	90.00	55	0:55:26
7.00	23	3.29	18.26	8	10.00	90.00	57	0:56:51
7.00	24	3.43	17.50	8	10.00	90.00	58	0:58:17
7.00	25	3.57	16.80	8	10.00	90.00	60	0:59:43
7.00	26	3.71	16.15	8	10.00	90.00	61	1:01:09
7.00	27	3.86	15.56	8	10.00	90.00	63	1:02:34
7.00	28	4.00	15.00	8	10.00	90.00	64	1:04:00
7.00	29	4.14	14.48	8	10.00	90.00	65	1:05:26
7.00	30	4.29	14.00	8	10.00	90.00	67	1:06:51
7.00	31	4.43	13.55	8	10.00	90.00	68	1:08:17
7.00	32	4.57	13.13	8	10.00	90.00	70	1:09:43
7.00	33	4.71	12.73	8	10.00	90.00	71	1:11:09
7.00	34	4.86	12.35	8	10.00	90.00	73	1:12:34
7.00	35	5.00	12.00	8	10.00	90.00	74	1:14:00
7.00	36	5.14	11.67	8	10.00	90.00	75	1:15:26
7.00	37	5.29	11.35	8	10.00	90.00	77	1:16:51
7.00	38	5.43	11.05	8	10.00	90.00	78	1:18:17
7.00	39	5.57	10.77	8	10.00	90.00	80	1:19:43
7.00	40	5.71	10.50	8	10.00	90.00	81	1:21:09
7.00	41	5.86	10.24	8	10.00	90.00	83	1:22:34
7.00	42	6.00	10.00	8	10.00	90.00	84	1:24:00
7.00	43	6.14	9.77	8	10.00	90.00	85	1:25:26
7.00	44	6.29	9.55	8	10.00	90.00	87	1:26:51
7.00	45	6.43	9.33	8	10.00	90.00	88	1:28:17
7.00	46	6.57	9.13	8	10.00	90.00	90	1:29:43
7.00	47	6.71	8.94	8	10.00	90.00	91	1:31:09
7.00	48	6.86	8.75	8	10.00	90.00	93	1:32:34
7.00	49	7.00	8.57	8	10.00	90.00	94	1:34:00
7.00	50	7.14	8.40	8	10.00	90.00	95	1:35:26
7.00	51	7.29	8.24	8	10.00	90.00	97	1:36:51
7.00	52	7.43	8.08	8	10.00	90.00	98	1:38:17
7.00	53	7.57	7.92	8	10.00	90.00	100	1:39:43
7.00	54	7.71	7.78	8	10.00	90.00	101	1:41:09
7.00	55	7.86	7.64	8	10.00	90.00	103	1:42:34
7.00	56	8.00	7.50	8	10.00	90.00	104	1:44:00
7.00	57	8.14	7.37	8	10.00	90.00	105	1:45:26
7.00	58	8.29	7.24	8	10.00	90.00	107	1:46:51
7.00	59	8.43	7.12	8	10.00	90.00	108	1:48:17
7.00	60	8.57	7.00	8	10.00	90.00	110	1:49:43
7.00	61	8.71	6.89	8	10.00	90.00	111	1:51:09
7.00	62	8.86	6.77	8	10.00	90.00	113	1:52:34
7.00	63	9.00	6.67	8	10.00	90.00	114	1:54:00
7.00	64	9.14	6.56	8	10.00	90.00	115	1:55:26
7.00	65	9.29	6.46	8	10.00	90.00	117	1:56:51
7.00	66	9.43	6.36	8	10.00	90.00	118	1:58:17
7.00	67	9.57	6.27	8	10.00	90.00	120	1:59:43
7.00	68	9.71	6.18	8	10.00	90.00	121	2:01:09
7.00	69	9.86	6.09	8	10.00	90.00	123	2:02:34
7.00	70	10.00	6.00	8	10.00	90.00	124	2:04:00
7.00	71	10.14	5.92	8	10.00	90.00	125	2:05:26
7.00	72	10.29	5.83	8	10.00	90.00	127	2:06:51
7.00	73	10.43	5.75	8	10.00	90.00	128	2:08:17
7.00	74	10.57	5.68	8	10.00	90.00	130	2:09:43
7.00	75	10.71	5.60	8	10.00	90.00	131	2:11:09