

Planificateur des sorties / Tourenplaner

Tour: L-14		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
10	18.80	150.00

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	10	18.80	150.00	70	1:10:17
7.00	16	2.29	26.25	10	18.80	150.00	73	1:12:58
7.00	17	2.43	24.71	10	18.80	150.00	76	1:15:39
7.00	18	2.57	23.33	10	18.80	150.00	78	1:18:21
7.00	19	2.71	22.11	10	18.80	150.00	81	1:21:02
7.00	20	2.86	21.00	10	18.80	150.00	84	1:23:43
7.00	21	3.00	20.00	10	18.80	150.00	86	1:26:24
7.00	22	3.14	19.09	10	18.80	150.00	89	1:29:05
7.00	23	3.29	18.26	10	18.80	150.00	92	1:31:46
7.00	24	3.43	17.50	10	18.80	150.00	94	1:34:27
7.00	25	3.57	16.80	10	18.80	150.00	97	1:37:09
7.00	26	3.71	16.15	10	18.80	150.00	100	1:39:50
7.00	27	3.86	15.56	10	18.80	150.00	103	1:42:31
7.00	28	4.00	15.00	10	18.80	150.00	105	1:45:12
7.00	29	4.14	14.48	10	18.80	150.00	108	1:47:53
7.00	30	4.29	14.00	10	18.80	150.00	111	1:50:34
7.00	31	4.43	13.55	10	18.80	150.00	113	1:53:15
7.00	32	4.57	13.13	10	18.80	150.00	116	1:55:57
7.00	33	4.71	12.73	10	18.80	150.00	119	1:58:38
7.00	34	4.86	12.35	10	18.80	150.00	121	2:01:19
7.00	35	5.00	12.00	10	18.80	150.00	124	2:04:00
7.00	36	5.14	11.67	10	18.80	150.00	127	2:06:41
7.00	37	5.29	11.35	10	18.80	150.00	129	2:09:22
7.00	38	5.43	11.05	10	18.80	150.00	132	2:12:03
7.00	39	5.57	10.77	10	18.80	150.00	135	2:14:45
7.00	40	5.71	10.50	10	18.80	150.00	137	2:17:26
7.00	41	5.86	10.24	10	18.80	150.00	140	2:20:07
7.00	42	6.00	10.00	10	18.80	150.00	143	2:22:48
7.00	43	6.14	9.77	10	18.80	150.00	145	2:25:29
7.00	44	6.29	9.55	10	18.80	150.00	148	2:28:10
7.00	45	6.43	9.33	10	18.80	150.00	151	2:30:51
7.00	46	6.57	9.13	10	18.80	150.00	154	2:33:33
7.00	47	6.71	8.94	10	18.80	150.00	156	2:36:14
7.00	48	6.86	8.75	10	18.80	150.00	159	2:38:55
7.00	49	7.00	8.57	10	18.80	150.00	162	2:41:36
7.00	50	7.14	8.40	10	18.80	150.00	164	2:44:17
7.00	51	7.29	8.24	10	18.80	150.00	167	2:46:58
7.00	52	7.43	8.08	10	18.80	150.00	170	2:49:39
7.00	53	7.57	7.92	10	18.80	150.00	172	2:52:21
7.00	54	7.71	7.78	10	18.80	150.00	175	2:55:02
7.00	55	7.86	7.64	10	18.80	150.00	178	2:57:43
7.00	56	8.00	7.50	10	18.80	150.00	180	3:00:24
7.00	57	8.14	7.37	10	18.80	150.00	183	3:03:05
7.00	58	8.29	7.24	10	18.80	150.00	186	3:05:46
7.00	59	8.43	7.12	10	18.80	150.00	188	3:08:27
7.00	60	8.57	7.00	10	18.80	150.00	191	3:11:09
7.00	61	8.71	6.89	10	18.80	150.00	194	3:13:50
7.00	62	8.86	6.77	10	18.80	150.00	197	3:16:31
7.00	63	9.00	6.67	10	18.80	150.00	199	3:19:12
7.00	64	9.14	6.56	10	18.80	150.00	202	3:21:53
7.00	65	9.29	6.46	10	18.80	150.00	205	3:24:34
7.00	66	9.43	6.36	10	18.80	150.00	207	3:27:15
7.00	67	9.57	6.27	10	18.80	150.00	210	3:29:57
7.00	68	9.71	6.18	10	18.80	150.00	213	3:32:38
7.00	69	9.86	6.09	10	18.80	150.00	215	3:35:19
7.00	70	10.00	6.00	10	18.80	150.00	218	3:38:00
7.00	71	10.14	5.92	10	18.80	150.00	221	3:40:41
7.00	72	10.29	5.83	10	18.80	150.00	223	3:43:22
7.00	73	10.43	5.75	10	18.80	150.00	226	3:46:03
7.00	74	10.57	5.68	10	18.80	150.00	229	3:48:45
7.00	75	10.71	5.60	10	18.80	150.00	231	3:51:26