

Planificateur des sorties / Tourenplaner

Tour: L-15		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
8	15.70	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	8	15.70	120.00	58	0:57:39
7.00	16	2.29	26.25	8	15.70	120.00	60	0:59:53
7.00	17	2.43	24.71	8	15.70	120.00	62	1:02:08
7.00	18	2.57	23.33	8	15.70	120.00	64	1:04:22
7.00	19	2.71	22.11	8	15.70	120.00	67	1:06:37
7.00	20	2.86	21.00	8	15.70	120.00	69	1:08:51
7.00	21	3.00	20.00	8	15.70	120.00	71	1:11:06
7.00	22	3.14	19.09	8	15.70	120.00	73	1:13:21
7.00	23	3.29	18.26	8	15.70	120.00	76	1:15:35
7.00	24	3.43	17.50	8	15.70	120.00	78	1:17:50
7.00	25	3.57	16.80	8	15.70	120.00	80	1:20:04
7.00	26	3.71	16.15	8	15.70	120.00	82	1:22:19
7.00	27	3.86	15.56	8	15.70	120.00	85	1:24:33
7.00	28	4.00	15.00	8	15.70	120.00	87	1:26:48
7.00	29	4.14	14.48	8	15.70	120.00	89	1:29:03
7.00	30	4.29	14.00	8	15.70	120.00	91	1:31:17
7.00	31	4.43	13.55	8	15.70	120.00	94	1:33:32
7.00	32	4.57	13.13	8	15.70	120.00	96	1:35:46
7.00	33	4.71	12.73	8	15.70	120.00	98	1:38:01
7.00	34	4.86	12.35	8	15.70	120.00	100	1:40:15
7.00	35	5.00	12.00	8	15.70	120.00	103	1:42:30
7.00	36	5.14	11.67	8	15.70	120.00	105	1:44:45
7.00	37	5.29	11.35	8	15.70	120.00	107	1:46:59
7.00	38	5.43	11.05	8	15.70	120.00	109	1:49:14
7.00	39	5.57	10.77	8	15.70	120.00	111	1:51:28
7.00	40	5.71	10.50	8	15.70	120.00	114	1:53:43
7.00	41	5.86	10.24	8	15.70	120.00	116	1:55:57
7.00	42	6.00	10.00	8	15.70	120.00	118	1:58:12
7.00	43	6.14	9.77	8	15.70	120.00	120	2:00:27
7.00	44	6.29	9.55	8	15.70	120.00	123	2:02:41
7.00	45	6.43	9.33	8	15.70	120.00	125	2:04:56
7.00	46	6.57	9.13	8	15.70	120.00	127	2:07:10
7.00	47	6.71	8.94	8	15.70	120.00	129	2:09:25
7.00	48	6.86	8.75	8	15.70	120.00	132	2:11:39
7.00	49	7.00	8.57	8	15.70	120.00	134	2:13:54
7.00	50	7.14	8.40	8	15.70	120.00	136	2:16:09
7.00	51	7.29	8.24	8	15.70	120.00	138	2:18:23
7.00	52	7.43	8.08	8	15.70	120.00	141	2:20:38
7.00	53	7.57	7.92	8	15.70	120.00	143	2:22:52
7.00	54	7.71	7.78	8	15.70	120.00	145	2:25:07
7.00	55	7.86	7.64	8	15.70	120.00	147	2:27:21
7.00	56	8.00	7.50	8	15.70	120.00	150	2:29:36
7.00	57	8.14	7.37	8	15.70	120.00	152	2:31:51
7.00	58	8.29	7.24	8	15.70	120.00	154	2:34:05
7.00	59	8.43	7.12	8	15.70	120.00	156	2:36:20
7.00	60	8.57	7.00	8	15.70	120.00	159	2:38:34
7.00	61	8.71	6.89	8	15.70	120.00	161	2:40:49
7.00	62	8.86	6.77	8	15.70	120.00	163	2:43:03
7.00	63	9.00	6.67	8	15.70	120.00	165	2:45:18
7.00	64	9.14	6.56	8	15.70	120.00	168	2:47:33
7.00	65	9.29	6.46	8	15.70	120.00	170	2:49:47
7.00	66	9.43	6.36	8	15.70	120.00	172	2:52:02
7.00	67	9.57	6.27	8	15.70	120.00	174	2:54:16
7.00	68	9.71	6.18	8	15.70	120.00	177	2:56:31
7.00	69	9.86	6.09	8	15.70	120.00	179	2:58:45
7.00	70	10.00	6.00	8	15.70	120.00	181	3:01:00
7.00	71	10.14	5.92	8	15.70	120.00	183	3:03:15
7.00	72	10.29	5.83	8	15.70	120.00	185	3:05:29
7.00	73	10.43	5.75	8	15.70	120.00	188	3:07:44
7.00	74	10.57	5.68	8	15.70	120.00	190	3:09:58
7.00	75	10.71	5.60	8	15.70	120.00	192	3:12:13