

Planificateur des sorties / Tourenplaner

Tour: L-3		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
4	27.00	165.00

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	4	27.00	165.00	70	1:09:51
7.00	16	2.29	26.25	4	27.00	165.00	74	1:13:43
7.00	17	2.43	24.71	4	27.00	165.00	78	1:17:34
7.00	18	2.57	23.33	4	27.00	165.00	81	1:21:26
7.00	19	2.71	22.11	4	27.00	165.00	85	1:25:17
7.00	20	2.86	21.00	4	27.00	165.00	89	1:29:09
7.00	21	3.00	20.00	4	27.00	165.00	93	1:33:00
7.00	22	3.14	19.09	4	27.00	165.00	97	1:36:51
7.00	23	3.29	18.26	4	27.00	165.00	101	1:40:43
7.00	24	3.43	17.50	4	27.00	165.00	105	1:44:34
7.00	25	3.57	16.80	4	27.00	165.00	108	1:48:26
7.00	26	3.71	16.15	4	27.00	165.00	112	1:52:17
7.00	27	3.86	15.56	4	27.00	165.00	116	1:56:09
7.00	28	4.00	15.00	4	27.00	165.00	120	2:00:00
7.00	29	4.14	14.48	4	27.00	165.00	124	2:03:51
7.00	30	4.29	14.00	4	27.00	165.00	128	2:07:43
7.00	31	4.43	13.55	4	27.00	165.00	132	2:11:34
7.00	32	4.57	13.13	4	27.00	165.00	135	2:15:26
7.00	33	4.71	12.73	4	27.00	165.00	139	2:19:17
7.00	34	4.86	12.35	4	27.00	165.00	143	2:23:09
7.00	35	5.00	12.00	4	27.00	165.00	147	2:27:00
7.00	36	5.14	11.67	4	27.00	165.00	151	2:30:51
7.00	37	5.29	11.35	4	27.00	165.00	155	2:34:43
7.00	38	5.43	11.05	4	27.00	165.00	159	2:38:34
7.00	39	5.57	10.77	4	27.00	165.00	162	2:42:26
7.00	40	5.71	10.50	4	27.00	165.00	166	2:46:17
7.00	41	5.86	10.24	4	27.00	165.00	170	2:50:09
7.00	42	6.00	10.00	4	27.00	165.00	174	2:54:00
7.00	43	6.14	9.77	4	27.00	165.00	178	2:57:51
7.00	44	6.29	9.55	4	27.00	165.00	182	3:01:43
7.00	45	6.43	9.33	4	27.00	165.00	186	3:05:34
7.00	46	6.57	9.13	4	27.00	165.00	189	3:09:26
7.00	47	6.71	8.94	4	27.00	165.00	193	3:13:17
7.00	48	6.86	8.75	4	27.00	165.00	197	3:17:09
7.00	49	7.00	8.57	4	27.00	165.00	201	3:21:00
7.00	50	7.14	8.40	4	27.00	165.00	205	3:24:51
7.00	51	7.29	8.24	4	27.00	165.00	209	3:28:43
7.00	52	7.43	8.08	4	27.00	165.00	213	3:32:34
7.00	53	7.57	7.92	4	27.00	165.00	216	3:36:26
7.00	54	7.71	7.78	4	27.00	165.00	220	3:40:17
7.00	55	7.86	7.64	4	27.00	165.00	224	3:44:09
7.00	56	8.00	7.50	4	27.00	165.00	228	3:48:00
7.00	57	8.14	7.37	4	27.00	165.00	232	3:51:51
7.00	58	8.29	7.24	4	27.00	165.00	236	3:55:43
7.00	59	8.43	7.12	4	27.00	165.00	240	3:59:34
7.00	60	8.57	7.00	4	27.00	165.00	243	4:03:26
7.00	61	8.71	6.89	4	27.00	165.00	247	4:07:17
7.00	62	8.86	6.77	4	27.00	165.00	251	4:11:09
7.00	63	9.00	6.67	4	27.00	165.00	255	4:15:00
7.00	64	9.14	6.56	4	27.00	165.00	259	4:18:51
7.00	65	9.29	6.46	4	27.00	165.00	263	4:22:43
7.00	66	9.43	6.36	4	27.00	165.00	267	4:26:34
7.00	67	9.57	6.27	4	27.00	165.00	270	4:30:26
7.00	68	9.71	6.18	4	27.00	165.00	274	4:34:17
7.00	69	9.86	6.09	4	27.00	165.00	278	4:38:09
7.00	70	10.00	6.00	4	27.00	165.00	282	4:42:00
7.00	71	10.14	5.92	4	27.00	165.00	286	4:45:51
7.00	72	10.29	5.83	4	27.00	165.00	290	4:49:43
7.00	73	10.43	5.75	4	27.00	165.00	294	4:53:34
7.00	74	10.57	5.68	4	27.00	165.00	297	4:57:26
7.00	75	10.71	5.60	4	27.00	165.00	301	5:01:17