

# Planificateur des sorties / Tourenplaner

Tour: M-10		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
5	31.00	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	5	31.00	150.00	81	1:21:26
7.00	16	2.29	26.25	5	31.00	150.00	86	1:25:51
7.00	17	2.43	24.71	5	31.00	150.00	90	1:30:17
7.00	18	2.57	23.33	5	31.00	150.00	95	1:34:43
7.00	19	2.71	22.11	5	31.00	150.00	99	1:39:09
7.00	20	2.86	21.00	5	31.00	150.00	104	1:43:34
7.00	21	3.00	20.00	5	31.00	150.00	108	1:48:00
7.00	22	3.14	19.09	5	31.00	150.00	112	1:52:26
7.00	23	3.29	18.26	5	31.00	150.00	117	1:56:51
7.00	24	3.43	17.50	5	31.00	150.00	121	2:01:17
7.00	25	3.57	16.80	5	31.00	150.00	126	2:05:43
7.00	26	3.71	16.15	5	31.00	150.00	130	2:10:09
7.00	27	3.86	15.56	5	31.00	150.00	135	2:14:34
7.00	28	4.00	15.00	5	31.00	150.00	139	2:19:00
7.00	29	4.14	14.48	5	31.00	150.00	143	2:23:26
7.00	30	4.29	14.00	5	31.00	150.00	148	2:27:51
7.00	31	4.43	13.55	5	31.00	150.00	152	2:32:17
7.00	32	4.57	13.13	5	31.00	150.00	157	2:36:43
7.00	33	4.71	12.73	5	31.00	150.00	161	2:41:09
7.00	34	4.86	12.35	5	31.00	150.00	166	2:45:34
7.00	35	5.00	12.00	5	31.00	150.00	170	2:50:00
7.00	36	5.14	11.67	5	31.00	150.00	174	2:54:26
7.00	37	5.29	11.35	5	31.00	150.00	179	2:58:51
7.00	38	5.43	11.05	5	31.00	150.00	183	3:03:17
7.00	39	5.57	10.77	5	31.00	150.00	188	3:07:43
7.00	40	5.71	10.50	5	31.00	150.00	192	3:12:09
7.00	41	5.86	10.24	5	31.00	150.00	197	3:16:34
7.00	42	6.00	10.00	5	31.00	150.00	201	3:21:00
7.00	43	6.14	9.77	5	31.00	150.00	205	3:25:26
7.00	44	6.29	9.55	5	31.00	150.00	210	3:29:51
7.00	45	6.43	9.33	5	31.00	150.00	214	3:34:17
7.00	46	6.57	9.13	5	31.00	150.00	219	3:38:43
7.00	47	6.71	8.94	5	31.00	150.00	223	3:43:09
7.00	48	6.86	8.75	5	31.00	150.00	228	3:47:34
7.00	49	7.00	8.57	5	31.00	150.00	232	3:52:00
7.00	50	7.14	8.40	5	31.00	150.00	236	3:56:26
7.00	51	7.29	8.24	5	31.00	150.00	241	4:00:51
7.00	52	7.43	8.08	5	31.00	150.00	245	4:05:17
7.00	53	7.57	7.92	5	31.00	150.00	250	4:09:43
7.00	54	7.71	7.78	5	31.00	150.00	254	4:14:09
7.00	55	7.86	7.64	5	31.00	150.00	259	4:18:34
7.00	56	8.00	7.50	5	31.00	150.00	263	4:23:00
7.00	57	8.14	7.37	5	31.00	150.00	267	4:27:26
7.00	58	8.29	7.24	5	31.00	150.00	272	4:31:51
7.00	59	8.43	7.12	5	31.00	150.00	276	4:36:17
7.00	60	8.57	7.00	5	31.00	150.00	281	4:40:43
7.00	61	8.71	6.89	5	31.00	150.00	285	4:45:09
7.00	62	8.86	6.77	5	31.00	150.00	290	4:49:34
7.00	63	9.00	6.67	5	31.00	150.00	294	4:54:00
7.00	64	9.14	6.56	5	31.00	150.00	298	4:58:26
7.00	65	9.29	6.46	5	31.00	150.00	303	5:02:51
7.00	66	9.43	6.36	5	31.00	150.00	307	5:07:17
7.00	67	9.57	6.27	5	31.00	150.00	312	5:11:43
7.00	68	9.71	6.18	5	31.00	150.00	316	5:16:09
7.00	69	9.86	6.09	5	31.00	150.00	321	5:20:34
7.00	70	10.00	6.00	5	31.00	150.00	325	5:25:00
7.00	71	10.14	5.92	5	31.00	150.00	329	5:29:26
7.00	72	10.29	5.83	5	31.00	150.00	334	5:33:51
7.00	73	10.43	5.75	5	31.00	150.00	338	5:38:17
7.00	74	10.57	5.68	5	31.00	150.00	343	5:42:43
7.00	75	10.71	5.60	5	31.00	150.00	347	5:47:09