

Planificateur des sorties / Tourenplaner

Tour: M-8		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
5	30.00	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	30.00	150.00	79	1:19:17
7.00	16	2.29	26.25	5	30.00	150.00	84	1:23:34
7.00	17	2.43	24.71	5	30.00	150.00	88	1:27:51
7.00	18	2.57	23.33	5	30.00	150.00	92	1:32:09
7.00	19	2.71	22.11	5	30.00	150.00	96	1:36:26
7.00	20	2.86	21.00	5	30.00	150.00	101	1:40:43
7.00	21	3.00	20.00	5	30.00	150.00	105	1:45:00
7.00	22	3.14	19.09	5	30.00	150.00	109	1:49:17
7.00	23	3.29	18.26	5	30.00	150.00	114	1:53:34
7.00	24	3.43	17.50	5	30.00	150.00	118	1:57:51
7.00	25	3.57	16.80	5	30.00	150.00	122	2:02:09
7.00	26	3.71	16.15	5	30.00	150.00	126	2:06:26
7.00	27	3.86	15.56	5	30.00	150.00	131	2:10:43
7.00	28	4.00	15.00	5	30.00	150.00	135	2:15:00
7.00	29	4.14	14.48	5	30.00	150.00	139	2:19:17
7.00	30	4.29	14.00	5	30.00	150.00	144	2:23:34
7.00	31	4.43	13.55	5	30.00	150.00	148	2:27:51
7.00	32	4.57	13.13	5	30.00	150.00	152	2:32:09
7.00	33	4.71	12.73	5	30.00	150.00	156	2:36:26
7.00	34	4.86	12.35	5	30.00	150.00	161	2:40:43
7.00	35	5.00	12.00	5	30.00	150.00	165	2:45:00
7.00	36	5.14	11.67	5	30.00	150.00	169	2:49:17
7.00	37	5.29	11.35	5	30.00	150.00	174	2:53:34
7.00	38	5.43	11.05	5	30.00	150.00	178	2:57:51
7.00	39	5.57	10.77	5	30.00	150.00	182	3:02:09
7.00	40	5.71	10.50	5	30.00	150.00	186	3:06:26
7.00	41	5.86	10.24	5	30.00	150.00	191	3:10:43
7.00	42	6.00	10.00	5	30.00	150.00	195	3:15:00
7.00	43	6.14	9.77	5	30.00	150.00	199	3:19:17
7.00	44	6.29	9.55	5	30.00	150.00	204	3:23:34
7.00	45	6.43	9.33	5	30.00	150.00	208	3:27:51
7.00	46	6.57	9.13	5	30.00	150.00	212	3:32:09
7.00	47	6.71	8.94	5	30.00	150.00	216	3:36:26
7.00	48	6.86	8.75	5	30.00	150.00	221	3:40:43
7.00	49	7.00	8.57	5	30.00	150.00	225	3:45:00
7.00	50	7.14	8.40	5	30.00	150.00	229	3:49:17
7.00	51	7.29	8.24	5	30.00	150.00	234	3:53:34
7.00	52	7.43	8.08	5	30.00	150.00	238	3:57:51
7.00	53	7.57	7.92	5	30.00	150.00	242	4:02:09
7.00	54	7.71	7.78	5	30.00	150.00	246	4:06:26
7.00	55	7.86	7.64	5	30.00	150.00	251	4:10:43
7.00	56	8.00	7.50	5	30.00	150.00	255	4:15:00
7.00	57	8.14	7.37	5	30.00	150.00	259	4:19:17
7.00	58	8.29	7.24	5	30.00	150.00	264	4:23:34
7.00	59	8.43	7.12	5	30.00	150.00	268	4:27:51
7.00	60	8.57	7.00	5	30.00	150.00	272	4:32:09
7.00	61	8.71	6.89	5	30.00	150.00	276	4:36:26
7.00	62	8.86	6.77	5	30.00	150.00	281	4:40:43
7.00	63	9.00	6.67	5	30.00	150.00	285	4:45:00
7.00	64	9.14	6.56	5	30.00	150.00	289	4:49:17
7.00	65	9.29	6.46	5	30.00	150.00	294	4:53:34
7.00	66	9.43	6.36	5	30.00	150.00	298	4:57:51
7.00	67	9.57	6.27	5	30.00	150.00	302	5:02:09
7.00	68	9.71	6.18	5	30.00	150.00	306	5:06:26
7.00	69	9.86	6.09	5	30.00	150.00	311	5:10:43
7.00	70	10.00	6.00	5	30.00	150.00	315	5:15:00
7.00	71	10.14	5.92	5	30.00	150.00	319	5:19:17
7.00	72	10.29	5.83	5	30.00	150.00	324	5:23:34
7.00	73	10.43	5.75	5	30.00	150.00	328	5:27:51
7.00	74	10.57	5.68	5	30.00	150.00	332	5:32:09
7.00	75	10.71	5.60	5	30.00	150.00	336	5:36:26