

Planificateur des sorties / Tourenplaner

Tour: M-20		
Pauses / Pausen:	Distance / Distanz:	Temps / Zeit:
3	26.00	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	3	26.00	150.00	65	1:04:43
7.00	16	2.29	26.25	3	26.00	150.00	68	1:08:26
7.00	17	2.43	24.71	3	26.00	150.00	72	1:12:09
7.00	18	2.57	23.33	3	26.00	150.00	76	1:15:51
7.00	19	2.71	22.11	3	26.00	150.00	80	1:19:34
7.00	20	2.86	21.00	3	26.00	150.00	83	1:23:17
7.00	21	3.00	20.00	3	26.00	150.00	87	1:27:00
7.00	22	3.14	19.09	3	26.00	150.00	91	1:30:43
7.00	23	3.29	18.26	3	26.00	150.00	94	1:34:26
7.00	24	3.43	17.50	3	26.00	150.00	98	1:38:09
7.00	25	3.57	16.80	3	26.00	150.00	102	1:41:51
7.00	26	3.71	16.15	3	26.00	150.00	106	1:45:34
7.00	27	3.86	15.56	3	26.00	150.00	109	1:49:17
7.00	28	4.00	15.00	3	26.00	150.00	113	1:53:00
7.00	29	4.14	14.48	3	26.00	150.00	117	1:56:43
7.00	30	4.29	14.00	3	26.00	150.00	120	2:00:26
7.00	31	4.43	13.55	3	26.00	150.00	124	2:04:09
7.00	32	4.57	13.13	3	26.00	150.00	128	2:07:51
7.00	33	4.71	12.73	3	26.00	150.00	132	2:11:34
7.00	34	4.86	12.35	3	26.00	150.00	135	2:15:17
7.00	35	5.00	12.00	3	26.00	150.00	139	2:19:00
7.00	36	5.14	11.67	3	26.00	150.00	143	2:22:43
7.00	37	5.29	11.35	3	26.00	150.00	146	2:26:26
7.00	38	5.43	11.05	3	26.00	150.00	150	2:30:09
7.00	39	5.57	10.77	3	26.00	150.00	154	2:33:51
7.00	40	5.71	10.50	3	26.00	150.00	158	2:37:34
7.00	41	5.86	10.24	3	26.00	150.00	161	2:41:17
7.00	42	6.00	10.00	3	26.00	150.00	165	2:45:00
7.00	43	6.14	9.77	3	26.00	150.00	169	2:48:43
7.00	44	6.29	9.55	3	26.00	150.00	172	2:52:26
7.00	45	6.43	9.33	3	26.00	150.00	176	2:56:09
7.00	46	6.57	9.13	3	26.00	150.00	180	2:59:51
7.00	47	6.71	8.94	3	26.00	150.00	184	3:03:34
7.00	48	6.86	8.75	3	26.00	150.00	187	3:07:17
7.00	49	7.00	8.57	3	26.00	150.00	191	3:11:00
7.00	50	7.14	8.40	3	26.00	150.00	195	3:14:43
7.00	51	7.29	8.24	3	26.00	150.00	198	3:18:26
7.00	52	7.43	8.08	3	26.00	150.00	202	3:22:09
7.00	53	7.57	7.92	3	26.00	150.00	206	3:25:51
7.00	54	7.71	7.78	3	26.00	150.00	210	3:29:34
7.00	55	7.86	7.64	3	26.00	150.00	213	3:33:17
7.00	56	8.00	7.50	3	26.00	150.00	217	3:37:00
7.00	57	8.14	7.37	3	26.00	150.00	221	3:40:43
7.00	58	8.29	7.24	3	26.00	150.00	224	3:44:26
7.00	59	8.43	7.12	3	26.00	150.00	228	3:48:09
7.00	60	8.57	7.00	3	26.00	150.00	232	3:51:51
7.00	61	8.71	6.89	3	26.00	150.00	236	3:55:34
7.00	62	8.86	6.77	3	26.00	150.00	239	3:59:17
7.00	63	9.00	6.67	3	26.00	150.00	243	4:03:00
7.00	64	9.14	6.56	3	26.00	150.00	247	4:06:43
7.00	65	9.29	6.46	3	26.00	150.00	250	4:10:26
7.00	66	9.43	6.36	3	26.00	150.00	254	4:14:09
7.00	67	9.57	6.27	3	26.00	150.00	258	4:17:51
7.00	68	9.71	6.18	3	26.00	150.00	262	4:21:34
7.00	69	9.86	6.09	3	26.00	150.00	265	4:25:17
7.00	70	10.00	6.00	3	26.00	150.00	269	4:29:00
7.00	71	10.14	5.92	3	26.00	150.00	273	4:32:43
7.00	72	10.29	5.83	3	26.00	150.00	276	4:36:26
7.00	73	10.43	5.75	3	26.00	150.00	280	4:40:09
7.00	74	10.57	5.68	3	26.00	150.00	284	4:43:51
7.00	75	10.71	5.60	3	26.00	150.00	288	4:47:34