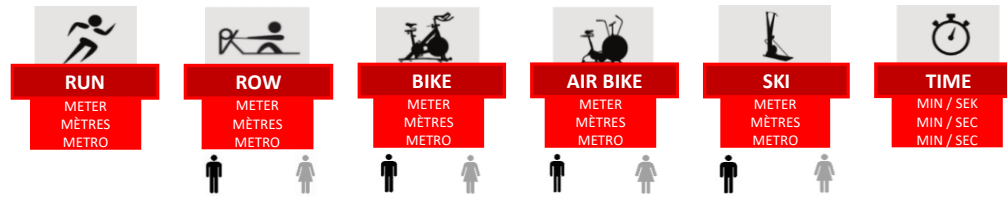
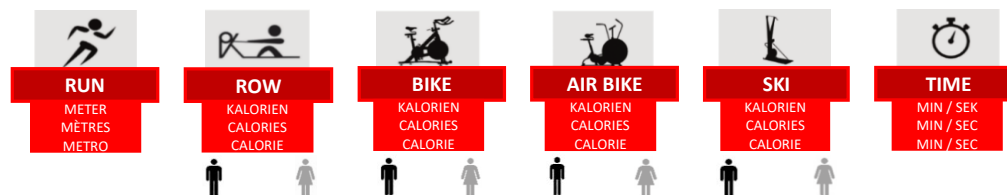


**UMRECHNUNGSTABELLE: METER**  
**TABLEAU DE CONVERSION: MÈTRES**  
**TABELLA DI CONVERSIONE: METRO**



100	125	100	250	200	250	200	125	100	00:30
200	250	200	500	400	500	400	250	200	01:00
300	375	300	750	600	750	600	375	300	01:30
400	500	400	1000	800	1000	800	500	400	02:00
600	750	600	1600	1200	1600	1200	750	600	03:00
800	1000	800	2000	1600	2000	1600	1000	800	04:00
1000	1250	1000	2500	2000	2500	2000	1250	1000	05:00
1600	2000	1600	4000	3200	4000	3200	2000	1600	08:00

**UMRECHNUNGSTABELLE: KALORIEN**  
**TABLEAU DE CONVERSION: CALORIES**  
**TABELLA DI CONVERSIONE: CALORIE**



100	10	7	6	4	7	5	10	7	00:30
200	20	15	12	9	15	10	20	15	01:00
300	30	22	18	14	22	15	30	22	01:30
400	40	30	24	18	30	21	40	30	02:00
600	60	45	36	27	45	30	60	45	03:00
800	80	60	48	36	60	42	80	60	04:00
1000	100	75	60	45	75	50	100	75	05:00
1600	160	120	96	72	120	100	160	120	08:00