

Movingaround - Laos

Datum	Van	Naar	Fiets	Rust	# km	# u	gem. km/u	tot.km
17/09/2011	Na Theuy	Udom Xay	1		81	5:30:00	14,73	4190
18/09/2011	Udom Xay			1				4190
19/09/2011	Udom Xay	Pak Mong	1		84	6:56:00	12,12	4274
20/09/2011	Pak Mong	Luang Prabang	1		116	7:13:00	16,07	4390
21/09/2011	Luang Prabang			1				4390
22/09/2011	Luang Prabang			1				4390
23/09/2011	Luang Prabang			1	26	2:50:00	9,18	4416
24/09/2011	Luang Prabang			1				4416
25/09/2011	Luang Prabang			1				4416
26/09/2011	Luang Prabang			1				4416
27/09/2011	Luang Prabang	Kiew Ka Cham	1		81	7:23:00	10,97	4497
28/09/2011	Kiew Ka Cham	Kasi	1		96	7:05:00	12,26	4593
29/09/2011	Kasi	Vang Vieng	1		61	3:52:00	15,78	4654
30/09/2011	Vang Vieng	Ban Keun	1		119	7:03:00	15,87	4773
1/10/2011	Ban Keun	Vientane	1		69	3:40:00	18,82	4842
2/10/2011	Vientane	Vientane		1				4842
3/10/2011	Vientane			1				4842
4/10/2011	Vientane	Na Keun	1		97	5:20:00	18,19	4939
5/10/2011	Na Keun	Vang Vieng	1		26	1:31:00	17,14	4965
6/10/2011	Vang Vieng	Nam Kene	1		81	5:35:00	14,51	5046
7/10/2011	Nam Kene	Nam Chat	1		86	6:59:00	12,32	5132
8/10/2011	Nam Chat	Phonsavan	1		78	5:40:00	13,76	5210
9/10/2011	Phonsavan			1	21	1:17:00	16,36	5231
10/10/2011	Phonsavan	Muang Kham	1		61	3:37:00	16,87	5292
11/10/2011	Muang Kham	Nam Neun	1		88	6:26:00	13,68	5380
12/10/2011	Nam Neun	Xam Nua	1		102	9:40:00	10,55	5482
13/10/2011	Xam Nua			1				5482
14/10/2011	Xam Nua	Vieng Xai	1		33	2:25:00	13,66	5515
15/10/2011	Vieng Xai	Quan So'n (Vietnam)	1		117	7:52:00	14,87	5632
Totalen			18	11	1523	107:54:00		
Gem: km. - tijd - gem. - klim / fietsdag					84,61	5:59:40	14,14	
Gem km. / tot. dag					52,52			
Laos - deel 2								
9/11/2011	Muang Khua	Udom Xay	1		105	6:11:00	16,98	7055
10/11/2011	Udom Xay	Luang Namtha	1		119	7:03:00	15,87	7174
11/11/2011	Luang Namtha			1				7174
12/11/2011	Luang Namtha	Vieng Poukha	1		63	3:54:00	16,15	7237
13/11/2011	Vieng Poukha	Chiang Khong (Thailand)	1		124	7:57:00	15,60	7361
Totalen			4	1	411	25:05:00		
Gem: km. - tijd - gem. - klim / fietsdag					102,75	6:16:15	16,40	
Gem km. / tot. dag					82,20			