

PRESTATIENORMEN 2022

MANNEN

VROUWEN

B1 U20	B1 U23	A3 U26	A3	A2	A1	DISC	A1	A2	A3	A3 U26	B1 U23	B1 U20
10,53	10,40	10,20	10,10	10,03	9,99	100	11,02	11,13	11,21	11,32	11,55	11,70
21,30	20,95	20,57	20,37	20,21	20,09	200	22,54	22,71	22,96	23,19	23,60	23,95
47,30	46,50	45,83	45,38	45,04	44,82	400	50,76	51,18	51,67	52,19	53,00	54,00
13,85	13,85	13,65	13,51	13,38	13,29	100/110H	12,75	12,86	13,03	13,16	13,45	13,75
52,00	51,15	49,91	49,42	49,00	48,73	400H	54,96	55,29	56,07	56,63	58,00	59,40
01:49,50	01:47,50	01:46,70	01:45,64	01:44,90	01:44,59	800	01:58,91	01:59,78	02:00,90	02:02,11	02:03,00	02:06,00
03:46,50	03:42,00	03:38,63	03:36,47	03:34,53	03:33,08	1500	04:01,31	04:03,99	04:07,89	04:10,37	04:14,00	04:21,00
						3000						09:30,00
14:20,00	14:00,00	13:31,91	13:23,87	13:14,85	13:09,52	5K	14:59,57	15:05,03	15:20,20	15:29,40	16:10,00	16:30,00
30:15,00	29:35,00	28:26,57	28:09,67	27:50,66	27:32,81	10K	31:25,43	31:45,15	32:24,55	32:44,00	34:20,00	
		2:12:14	2:10:55	2:09:12	2:07:44	42K	2:25:25	2:27:00	2:29:04	2:30:33		
09:05,00	08:43,00	08:32,16	08:27,09	08:21,92	08:16,56	3SC	09:25,17	09:32,13	09:40,83	09:46,64	10:10,00	10:30,00
2,17	2,23	2,24	2,26	2,28	2,30	HJ	1,95	1,93	1,90	1,88	1,86	1,84
5,15	5,40	5,53	5,59	5,71	5,76	PV	4,67	4,54	4,42	4,38	4,24	4,10
7,60	7,80	7,97	8,05	8,13	8,23	LJ	6,81	6,72	6,62	6,55	6,40	6,30
15,80	16,20	16,54	16,71	16,99	17,11	TJ	14,38	14,26	14,01	13,87	13,60	13,15
18,65	18,40	20,13	20,33	20,94	21,27	SP	18,53	18,18	17,44	17,27	15,80	15,00
56,70	57,50	62,83	63,46	65,33	66,31	DT	63,24	61,77	58,88	58,29	54,00	50,00
71,00	69,50	73,77	74,52	76,39	77,27	HT	72,84	71,58	65,77	65,11	65,00	59,50
71,00	75,00	80,21	81,02	82,96	84,69	JT	63,12	61,85	59,40	58,81	54,00	52,00
7250	7550	7745	7823	8085	8195	10/7 KAMP	6265	6196	5980	5920	5700	5400
				6,60	6,56	60 i	7,14	7,20				
				7,65	7,59	60H i	7,96	8,05				
				5877	5984	7/5 KAMP i	4462	4343				
				07:48,08	07:45,22	3000 i	08:45,84	08:53,06				