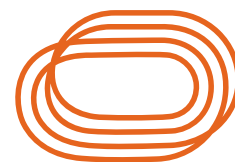


Prestatienormen deelname micromeetings



VLAAMSE
ATLETIEKLIGA

MANNEN					VROUWEN			
EK +5%	EK +5%	A3	A3	DISC	A3	A3	EK +5%	EK +5%
U20	U23	U26				U26	U23	U20
11,01	10,90	10,21	10,11	100	11,24	11,35	12,04	12,19
22,21	22,02	20,56	20,36	200	22,98	23,21	24,72	24,98
49,64	48,89	45,83	45,38	400	51,81	52,33	56,28	56,75
14,42	14,73	13,66	13,52	100/110H	13,05	13,18	14,08	14,41
54,92	53,68	49,88	49,39	400H	56,16	56,72	61,45	62,24
01:55.34	01:53.15	01:46,89	01:45,83	800	02:00,81	02:02,02	2:11.31	2:12.83
3:57.49	03:52.45	03:38,98	03:36,81	1500	04:07,73	04:10,21	4:30.35	4:35.10
08:44.32				3000				10:02.03
15:15.26	14:36.35	13:32,87	13:24,82	5K	15:24,86	15:34,11	17:02.64	17:49.95
	31:00.97	28:33,76	28:16,79	10K	32:25,84	32:45,30	37:18.97	
		2:12:42	2:11:23	42K	2:29:29	2:30:59		
9:36.10	9:19.84	08:34,84	08:29,74	3SC	09:42,10	09:47,92	10:47,92	11:07.34
2,02	2,06	2,24	2,26	HJ	1,89	1,87	1,75	1,72
4,85	5,07	5,53	5,59	PV	4,40	4,36	4,02	3,90
7,12	7,31	7,96	8,04	LJ	6,60	6,53	5,99	5,98
14,73	15,18	16,59	16,76	TJ	13,92	13,78	12,56	12,27
17,71	17,34	20,00	20,20	SP	17,29	17,12	14,76	14,06
54,49	54,04	62,62	63,25	DT	58,55	57,96	49,30	47,11
66,60	65,27	73,31	74,05	HT	68,74	68,05	60,06	56,07
66,03	71,86	80,41	81,22	JT	59,15	58,56	50,57	48,49
6793	7129	7775	7854	10/7 KAMP	5976	5916	5410	5125