

	100	200	400	korte horden	lange horden	800	1500	3000	3000st	5000	10000	1/2 marathoon	marathon
	sec	sec	sec	sec	min:sec	min:sec	min:sec	min:sec	min:sec	min:sec	min:sec	uur:min	uur:min
m35	12.50	25.50	56.50	18.00	01:20	02:15	04:30	09:45	11:00	17:00	40:00	1:30	3:30
m40	13.20	26.80	59.40	18.90	01:24	02:22	04:44	10:14	11:33	17:51	42:00	1:34	3:40
m45	13.90	28.20	62.40	15.55	01:28	02:29	04:58	10:45	12:08	18:45	44:06	1:39	3:51
m50	14.60	29.70	65.60	15.45	01:33	02:36	05:13	11:17	12:44	19:41	46:18	1:44	4:03
m55	15.40	31.20	68.90	16.85	01:37	02:44	05:28	11:51	13:22	20:40	48:37	1:49	4:15
m60	16.20	32.80	72.40	17.10	01:42	02:52	05:45	12:27	14:02	21:42	51:03	1:54	4:28
m65	17.90	36.10	79.70	18.85	01:47	03:01	06:02	13:04	14:44	22:47	0:53:36	2:00	4:41
m70	19.70	39.80	87.70	20.95	01:15	03:19	06:38	14:22	16:13	25:04	0:58:58	2:12	5:09
m75	21.70	43.80	96.50	23.85	01:23	03:39	07:18	15:49	17:50	27:34	1:04:52	2:25	5:40
m80	23.90	48.20	106.20	28.50	01:31	04:01	08:02	17:23	19:37	30:19	1:11:21	2:40	6:14
m85	26.30	53.10	116.90	38.65	01:40	04:25	08:50	19:08	21:35	33:21	1:18:29	2:56	6:52
	discus	speer	kogel	hamer	gewicht	ver	hss	hoog	pss	w5kamp	60	60h	
	meter	meter	meter	meter	meter	meter	meter	meter	meter	punten	sec	sec	
m35	27.50	35.00	10.00	32.50	10.00	4.75	10.10	1.50	2.75	2500	8.00	10.00	
m40	26.10	33.30	9.50	30.90	9.50	4.50	9.60	1.43	2.60	2500	8.40	10.50	
m45	24.80	31.70	9.00	29.40	9.00	4.29	9.14	1.36	2.48	2500	8.80	11.05	
m50	23.60	30.10	8.50	28.00	8.50	4.08	8.71	1.30	2.36	2500	9.25	11.60	
m55	22.40	28.60	8.00	26.60	8.00	3.89	8.29	1.23	2.25	2500	9.70	12.20	
m60	21.30	27.20	7.60	25.30	7.60	3.70	7.90	1.18	2.14	2500	10.20	12.80	
m65	20.20	25.90	7.20	24.00	7.20	3.53	7.52	1.12	2.04	2500	10.70	13.45	
m70	19.20	24.60	6.80	22.80	6.80	3.36	7.16	1.07	1.94	2500	11.75	14.80	
m75	18.20	23.40	6.40	21.70	6.40	3.05	6.51	0.97	1.76	2500	12.95	16.30	
m80	17.30	22.20	6.00	20.60	6.00	2.78	5.92	0.88	1.60	2500	14.25	17.95	
m85	16.40	21.10	5.70	19.60	5.70	2.52	5.38	0.80	1.46	2500	15.70	19.75	

MODEL STANDAARD MANNEN