

	100	200	400	korte horden	lange horden	800	1500	3000	2000st	5000	10000	1/2 mara athon	mara thon
	sec	sec	sec	sec	min:sec	min:sec	min:sec	min:sec	min:sec	min:sec	min:sec	uur:min	uur:min
W35	14.15	29.20	63.50	20.00	01:35	02:40	05:15	12:00	10:00	19:00	45:00	1:38	3:40
W40	14.90	30.70	66.70	18.00	01:40	02:48	05:31	12:36	10:30	19:57	47:15	1:42	3:51
W45	15.70	32.30	70.10	15.55	01:45	02:56	05:47	13:14	11:02	20:57	49:37	1:48	4:02
W50	16.50	34.00	73.70	15.45	01:50	03:05	06:05	13:53	11:35	22:00	52:06	1:53	4:14
W55	17.40	35.70	77.40	16.85	01:55	03:14	06:23	14:35	12:09	23:06	54:42	1:59	4:27
W60	18.30	37.50	81.30	17.10	02:01	03:24	06:42	15:19	12:46	24:15	57:26	2:05	4:40
W65	20.20	41.30	89.50	18.85	02:07	03:34	07:02	16:05	13:24	25:28	1:00:18	2:11	4:54
W70	22.30	45.50	98.50	20.95	02:14	03:45	07:23	16:53	14:04	26:44	1:03:19	2:17	5:09
W75	24.60	50.10	108.40	23.85	02:27	04:08	08:08	18:34	15:29	29:25	1:09:39	2:31	5:40
W80	27.10	55.20	119.30	28.50	02:42	04:32	08:56	20:26	17:02	32:21	1:16:37	2:46	6:14
W85	29.90	60.80	131.30	38.65	02:58	05:00	09:50	22:28	18:44	35:35	1:24:17	3:03	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	
W35	22.50	22.50	8.50	25.00	9.30	4.55	8.75	1.33	1.60	2000	9.00	10.00	
W40	21.40	21.40	8.00	23.80	8.80	4.33	8.33	1.27	1.50	2000	9.45	10.50	
W45	20.30	20.30	7.60	22.60	8.30	4.13	7.94	1.21	1.40	2000	9.90	11.05	
W50	19.30	19.30	7.20	21.50	7.90	3.93	7.56	1.15	1.30	2000	10.40	11.60	
W55	18.30	18.30	6.80	20.40	7.50	3.74	7.20	1.09	1.20	2000	10.90	12.20	
W60	17.40	17.40	6.40	19.40	7.10	3.57	6.86	1.04	1.20	2000	11.45	12.80	
W65	16.50	16.50	6.00	18.40	6.70	3.40	6.53	0.99	1.20	2000	12.00	13.45	
W70	15.00	15.00	5.40	16.70	6.00	3.23	6.22	0.95	1.20	2000	12.60	14.10	
W75	14.20	14.20	5.10	15.90	5.70	2.94	5.65	0.86	1.20	2000	13.25	14.80	
W80	13.50	13.50	4.80	15.10	5.40	2.67	5.14	0.78	1.20	2000	13.90	15.55	
W85	12.80	12.80	4.50	14.30	5.10	2.43	4.67	0.71	1.20	2000	14.60	16.35	