

# mannen

punten	5	10	15	20	25	30	35	40	45	50	60	70	80	100	120	140	160	180	200
<b>100</b>	11,10	11,04	10,98	10,92	10,86	10,79	10,73	10,67	10,61	10,55	10,49	10,43	10,37	10,31	10,24	10,18	10,12	10,06	10,00
<b>200</b>	22,90	22,74	22,58	22,42	22,26	22,09	21,93	21,77	21,61	21,45	21,29	21,13	20,97	20,81	20,64	20,48	20,32	20,16	20,00
<b>400</b>	50,90	50,57	50,24	49,92	49,59	49,26	48,93	48,61	48,28	47,95	47,62	47,29	46,97	46,64	46,31	45,98	45,66	45,33	45,00
<b>110 h</b>	15,90	15,74	15,59	15,43	15,28	15,12	14,97	14,81	14,66	14,50	14,34	14,19	14,03	13,88	13,72	13,57	13,41	13,26	13,10
<b>400h</b>	58,40	57,82	57,24	56,67	56,09	55,51	54,93	54,36	53,78	53,20	52,62	52,04	51,47	50,89	50,31	49,73	49,16	48,58	48,00
<b>60</b>	7,20	7,16	7,12	7,08	7,04	7,01	6,97	6,93	6,89	6,85	6,81	6,77	6,73	6,69	6,66	6,62	6,58	6,54	6,50
<b>60h</b>	9,00	8,92	8,83	8,75	8,67	8,58	8,50	8,42	8,33	8,25	8,17	8,08	8,00	7,92	7,83	7,75	7,67	7,58	7,50
<b>800</b>	01:57,50	1:56,75	1:56,00	1:55,25	1:54,50	1:53,75	1:53,00	1:52,25	1:51,50	1:50,75	1:50,00	1:49,25	1:48,50	1:47,75	1:47,00	1:46,25	1:45,50	1:44,75	01:44,00
<b>1500</b>	04:05,00	4:03,17	4:01,33	3:59,50	3:57,67	3:55,83	3:54,00	3:52,17	3:50,33	3:48,50	3:46,67	3:44,83	3:43,00	3:41,17	3:39,33	3:37,50	3:35,67	3:33,83	03:32,00
<b>3000</b>	08:45,00	8:40,83	8:36,67	8:32,50	8:28,33	8:24,17	8:20,00	8:15,83	8:11,67	8:07,50	8:03,33	7:59,17	7:55,00	7:50,83	7:46,67	7:42,50	7:38,33	7:34,17	07:30,00
<b>5000</b>	15:15,00	15:06,94	14:58,89	14:50,83	14:42,78	14:34,72	14:26,67	14:18,61	14:10,56	14:02,50	13:54,44	13:46,39	13:38,33	13:30,28	13:22,22	13:14,17	13:06,11	12:58,06	12:50,00
<b>10000</b>	32:05,00	31:48,06	31:31,11	31:14,17	30:57,22	30:40,28	30:23,33	30:06,39	29:49,44	29:32,50	29:15,56	28:58,61	28:41,67	28:24,72	28:07,78	27:50,83	27:33,89	27:16,94	27:00,00
<b>3000s</b>	09:55,00	9:49,17	9:43,33	9:37,50	9:31,67	9:25,83	9:20,00	9:14,17	9:08,33	9:02,50	8:56,67	8:50,83	8:45,00	8:39,17	8:33,33	8:27,50	8:21,67	8:15,83	08:10,00
<b>ver</b>	6,40	6,52	6,63	6,75	6,87	6,98	7,10	7,22	7,33	7,45	7,57	7,68	7,80	7,92	8,03	8,15	8,27	8,38	8,50
<b>hoog</b>	1,80	1,83	1,86	1,89	1,92	1,95	1,98	2,01	2,04	2,08	2,11	2,14	2,17	2,20	2,23	2,26	2,29	2,32	2,35
<b>pss</b>	4,20	4,30	4,40	4,50	4,60	4,70	4,80	4,90	5,00	5,10	5,20	5,30	5,40	5,50	5,60	5,70	5,80	5,90	6,00
<b>hss</b>	13,25	13,46	13,67	13,88	14,08	14,29	14,50	14,71	14,92	15,13	15,33	15,54	15,75	15,96	16,17	16,38	16,58	16,79	17,00
<b>20 kSN</b>	01:40:00	1:39:02	1:38:03	1:37:05	1:36:07	1:35:08	1:34:10	1:33:12	1:32:13	1:31:15	1:30:17	1:29:18	1:28:20	1:27:22	1:26:23	1:25:25	1:24:27	1:23:28	1:22:30
<b>50 kSN</b>	05:15:00	5:10:00	5:05:00	5:00:00	4:55:00	4:50:00	4:45:00	4:40:00	4:35:00	4:30:00	4:25:00	4:20:00	4:15:00	4:10:00	4:05:00	4:00:00	3:55:00	3:50:00	3:45:00
<b>hele</b>	02:33:30	2:32:02	2:30:33	2:29:05	2:27:37	2:26:08	2:24:40	2:23:12	2:21:43	2:20:15	2:18:47	2:17:18	2:15:50	2:14:22	2:12:53	2:11:25	2:09:57	2:08:28	2:07:00
<b>kogel</b>	12,00	12,39	12,78	13,17	13,56	13,94	14,33	14,72	15,11	15,50	15,89	16,28	16,67	17,06	17,44	17,83	18,22	18,61	19,00
<b>discus</b>	38,00	39,22	40,44	41,67	42,89	44,11	45,33	46,56	47,78	49,00	50,22	51,44	52,67	53,89	55,11	56,33	57,56	58,78	60,00
<b>speer</b>	45,00	46,94	48,89	50,83	52,78	54,72	56,67	58,61	60,56	62,50	64,44	66,39	68,33	70,28	72,22	74,17	76,11	78,06	80,00
<b>hamer</b>	48,00	49,22	50,44	51,67	52,89	54,11	55,33	56,56	57,78	59,00	60,22	61,44	62,67	63,89	65,11	66,33	67,56	68,78	70,00
<b>tienkamp</b>	5750	5875	6000	6125	6250	6375	6500	6625	6750	6875	7000	7125	7250	7375	7500	7625	7750	7875	8000
	<b>2,5</b>	<b>5</b>	<b>7,5</b>	<b>10</b>	<b>12,5</b>	<b>15</b>	<b>17,5</b>	<b>20</b>	<b>22,5</b>	<b>25</b>	<b>30</b>	<b>35</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>
<b>4x100</b>	44,00	43,77	43,53	43,30	43,07	42,83	42,60	42,37	42,13	41,90	41,67	41,43	41,20	40,97	40,73	40,50	40,27	40,03	39,80
<b>4x200</b>	01:32,00	01:31,58	01:31,17	01:30,75	01:30,33	01:29,92	01:29,50	01:29,08	01:28,67	01:28,25	01:27,83	01:27,42	01:27,00	01:26,58	01:26,17	01:25,75	01:25,33	01:24,92	01:24,50
<b>4x400</b>	03:26,00	03:25,08	03:24,17	03:23,25	03:22,33	03:21,42	03:20,50	03:19,58	03:18,67	03:17,75	03:16,83	03:15,92	03:15,00	03:14,08	03:13,17	03:12,25	03:11,33	03:10,42	03:09,50
<b>4x800</b>	08:00,00	07:57,89	07:55,78	07:53,67	07:51,56	07:49,44	07:47,33	07:45,22	07:43,11	07:41,00	07:38,89	07:36,78	07:34,67	07:32,56	07:30,44	07:28,33	07:26,22	07:24,11	07:22,00
<b>4x1500</b>	16:40,00	16:35,14	16:30,28	16:25,42	16:20,56	16:15,69	16:10,83	16:05,97	16:01,11	15:56,25	15:51,39	15:46,53	15:41,67	15:36,81	15:31,94	15:27,08	15:22,22	15:17,36	15:12,50
<b>kogel junior</b>	10,80	11,10	11,50	11,80	12,20	12,50	12,90	13,20	13,60	13,90	14,30	14,60	15,00	15,30	15,70	16,00	16,40	16,70	17,10
<b>discus junior</b>	34,20	35,30	36,40	37,50	38,60	39,70	40,80	41,90	43,00	44,10	45,20	46,30	47,40	48,50	49,60	50,70	51,80	52,90	54,00
<b>speer junior</b>	40,50	42,20	44,00	45,70	47,50	49,20	51,00	52,70	54,50	56,20	58,00	59,70	61,50	63,20	65,00	66,70	68,50	70,20	72,00
<b>hamer junior</b>	43,20	44,30	45,40	46,50	47,60	48,70	49,80	50,90	52,00	53,10	54,20	55,30	56,40	57,50	58,60	59,70	60,80	61,90	63,00
<b>tienkamp juniors</b>	5175	5287	5400	5512	5625	5737	5850	5962	6075	6187	6300	6412	6525	6637	6750	6862	6975	7087	7200

# vrouwen

punten	5	10	15	20	25	30	35	40	45	50	60	70	80	100	120	140	160	180	200
<b>100</b>	12,50	12,42	12,33	12,25	12,17	12,08	12,00	11,92	11,83	11,75	11,67	11,58	11,50	11,42	11,33	11,25	11,17	11,08	11,00
<b>200</b>	27,00	26,72	26,44	26,17	25,89	25,61	25,33	25,06	24,78	24,50	24,22	23,94	23,67	23,39	23,11	22,83	22,56	22,28	22,00
<b>400</b>	60,00	59,53	59,06	58,58	58,11	57,64	57,17	56,69	56,22	55,75	55,28	54,81	54,33	53,86	53,39	52,92	52,44	51,97	51,50
<b>100h</b>	15,50	15,36	15,22	15,08	14,93	14,79	14,65	14,51	14,37	14,23	14,08	13,94	13,80	13,66	13,52	13,38	13,23	13,09	12,95
<b>400h</b>	66,00	65,33	64,67	64,00	63,33	62,67	62,00	61,33	60,67	60,00	59,33	58,67	58,00	57,33	56,67	56,00	55,33	54,67	54,00
<b>60</b>	8,30	8,23	8,17	8,10	8,03	7,97	7,90	7,83	7,77	7,70	7,63	7,57	7,50	7,43	7,37	7,30	7,23	7,17	7,10
<b>60h</b>	9,50	9,42	9,34	9,26	9,18	9,10	9,02	8,94	8,86	8,78	8,69	8,61	8,53	8,45	8,37	8,29	8,21	8,13	8,05
<b>800</b>	02:16,00	2:15,11	2:14,22	2:13,33	2:12,44	2:11,56	2:10,67	2:09,78	2:08,89	2:08,00	2:07,11	2:06,22	2:05,33	2:04,44	2:03,56	2:02,67	2:01,78	2:00,89	02:00,00
<b>1500</b>	04:47,50	4:45,14	4:42,78	4:40,42	4:38,06	4:35,69	4:33,33	4:30,97	4:28,61	4:26,25	4:23,89	4:21,53	4:19,17	4:16,81	4:14,44	4:12,08	4:09,72	4:07,36	04:05,00
<b>3000</b>	10:20,00	10:14,72	10:09,44	10:04,17	9:58,89	9:53,61	9:48,33	9:43,06	9:37,78	9:32,50	9:27,22	9:21,94	9:16,67	9:11,39	9:06,11	9:00,83	8:55,56	8:50,28	08:45,00
<b>5000</b>	18:05,00	17:55,56	17:46,11	17:36,67	17:27,22	17:17,78	17:08,33	16:58,89	16:49,44	16:40,00	16:30,56	16:21,11	16:11,67	16:02,22	15:52,78	15:43,33	15:33,89	15:24,44	15:15,00
<b>10000</b>	38:00,00	37:36,67	37:13,33	36:50,00	36:26,67	36:03,33	35:40,00	35:16,67	34:53,33	34:30,00	34:06,67	33:43,33	33:20,00	32:56,67	32:33,33	32:10,00	31:46,67	31:23,33	31:00,00
<b>3000s</b>	11:50,00	11:42,22	11:34,44	11:26,67	11:18,89	11:11,11	11:03,33	10:55,56	10:47,78	10:40,00	10:32,22	10:24,44	10:16,67	10:08,89	10:01,11	9:53,33	9:45,56	9:37,78	09:30,00
<b>ver</b>	5,00	5,13	5,25	5,38	5,50	5,63	5,75	5,88	6,00	6,13	6,25	6,38	6,50	6,63	6,75	6,88	7,00	7,13	7,25
<b>hoog</b>	1,55	1,58	1,61	1,63	1,66	1,69	1,72	1,74	1,77	1,80	1,83	1,86	1,88	1,91	1,94	1,97	1,99	2,02	2,05
<b>pss</b>	3,00	3,11	3,21	3,32	3,42	3,53	3,63	3,74	3,84	3,95	4,06	4,16	4,27	4,37	4,48	4,58	4,69	4,79	4,90
<b>hss</b>	10,00	10,28	10,56	10,83	11,11	11,39	11,67	11,94	12,22	12,50	12,78	13,06	13,33	13,61	13,89	14,17	14,44	14,72	15,00
<b>10 kSN</b>	01:05:00	1:04:10	1:03:20	1:02:30	1:01:40	1:00:50	1:00:00	0:59:10	0:58:20	0:57:30	0:56:40	0:55:50	0:55:00	0:54:10	0:53:20	0:52:30	0:51:40	0:50:50	0:50:00
<b>20 kSN</b>	02:20:00	2:16:57	2:13:53	2:10:50	2:07:47	2:04:43	2:01:40	1:58:37	1:55:33	1:52:30	1:49:27	1:46:23	1:43:20	1:40:17	1:37:13	1:34:10	1:31:07	1:28:03	1:25:00
<b>hele</b>	03:10:00	3:07:13	3:04:27	3:01:40	2:58:53	2:56:07	2:53:20	2:50:33	2:47:47	2:45:00	2:42:13	2:39:27	2:36:40	2:33:53	2:31:07	2:28:20	2:25:33	2:22:47	2:20:00
<b>kogel</b>	10,00	10,44	10,89	11,33	11,78	12,22	12,67	13,11	13,56	14,00	14,44	14,89	15,33	15,78	16,22	16,67	17,11	17,56	18,00
<b>discus</b>	33,00	34,50	36,00	37,50	39,00	40,50	42,00	43,50	45,00	46,50	48,00	49,50	51,00	52,50	54,00	55,50	57,00	58,50	60,00
<b>speer</b>	33,00	34,50	36,00	37,50	39,00	40,50	42,00	43,50	45,00	46,50	48,00	49,50	51,00	52,50	54,00	55,50	57,00	58,50	60,00
<b>hamer</b>	33,00	34,50	36,00	37,50	39,00	40,50	42,00	43,50	45,00	46,50	48,00	49,50	51,00	52,50	54,00	55,50	57,00	58,50	60,00
<b>zevenkamp</b>	3400,00	3589	3778	3967	4156	4344	4533	4722	4911	5100	5289	5478	5667	5856	6044	6233	6422	6611	6800
	<b>2,5</b>	<b>5</b>	<b>7,5</b>	<b>10</b>	<b>12,5</b>	<b>15</b>	<b>17,5</b>	<b>20</b>	<b>22,5</b>	<b>25</b>	<b>30</b>	<b>35</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>
<b>4x100</b>	51,50	51,14	50,78	50,42	50,06	49,69	49,33	48,97	48,61	48,25	47,89	47,53	47,17	46,81	46,44	46,08	45,72	45,36	45,00
<b>4x200</b>	01:47,00	01:46,33	01:45,67	01:45,00	01:44,33	01:43,67	01:43,00	01:42,33	01:41,67	01:41,00	01:40,33	01:39,67	01:39,00	01:38,33	01:37,67	01:37,00	01:36,33	01:35,67	01:35,00
<b>4x400</b>	04:05,00	04:03,61	04:02,22	04:00,83	03:59,44	03:58,06	03:56,67	03:55,28	03:53,89	03:52,50	03:51,11	03:49,72	03:48,33	03:46,94	03:45,56	03:44,17	03:42,78	03:41,39	03:40,00
<b>4x800</b>	09:45,00	09:40,83	09:36,67	09:32,50	09:28,33	09:24,17	09:20,00	09:15,83	09:11,67	09:07,50	09:03,33	08:59,17	08:55,00	08:50,83	08:46,67	08:42,50	08:38,33	08:34,17	08:30,00
<b>kogel junior</b>	9,00	9,40	9,80	10,20	10,60	11,00	11,40	11,80	12,20	12,60	13,00	13,40	13,80	14,20	14,60	15,00	15,40	15,80	16,20
<b>discus junior</b>	29,70	31,00	32,40	33,70	35,10	36,40	37,80	39,10	40,50	41,80	43,20	44,50	45,90	47,20	48,60	49,90	51,30	52,60	54,00
<b>speer junior</b>	29,70	31,00	32,40	33,70	35,10	36,40	37,80	39,10	40,50	41,80	43,20	44,50	45,90	47,20	48,60	49,90	51,30	52,60	54,00
<b>hamer junior</b>	29,70	31,00	32,40	33,70	35,10	36,40	37,80	39,10	40,50	41,80	43,20	44,50	45,90	47,20	48,60	49,90	51,30	52,60	54,00
<b>zevenkamp juniors</b>	3060	3230	3400	3570	3740	3910	4080	4250	4420	4590	4760	4930	5100	5270	5440	5610	5780	5950	6120

# bonus

punten	1 voor deelname of verbetering	3	5	10	15	20	25	30	40
interclub cad-sch-masters	x								
interclub val ac	x	3	2	1					
interclub kbab ac	x		3	2	1				
pk indoor ac	x	1							
pk outdoor cad-sch-jun-mas	x	1							
pk outdoor ac	x	3 - 2	1						
val indoor ac	x	6-4	3	2	1				
val indoor cad-sch-mas	x	3-2	1						
val outdoor cad-sch-masters	x	3	2	1					
val outdoor ac	x			8 - 4	3	2		1	
kbab indoor ac	x		6-4	3	2		1		
kbab indoor jun-bel	x	3	2	1					
kbab indoor cad-sch-masters	x	3 - 2	1						
kbab outdoor cad-sch-masters	x	3	2	1					
kbab outdoor jun-bel	x	6-4	3	2	1				
kbab cross cad-sch- jun-bel-mas-kc	x	16-9	8 - 4	3	2	1			
kbab cross ac	x	50-26	25-16	16-9	8 - 4	3	2	1	
kbab outdoor ac	x				8 - 4	3	2	1	
br indoor ac						x			
br indoor jun				x					
br indoor cad-sch-mas			x						
br outdoor cad-sch-mas				x					
br outdoor jun						x			
br outdoor ac									x
clubrecord indoor ac				x					
clubrecord outdoor ac						x			
clubrecord indoor cad-sch- master verbetering max. 2/atleet	x								
clubrecord outdoor cad-sch- master verbetering max. 2/atleet		x							
pisterecord AC acw-er				x					
BJP ac op eigen meetings- max 2/atleet		x							
stratenloop eigen organisatie op maximum afstand mannen AC		8 - 4	3-2	1					
stratenloop eigen organisatie op maximum afstand vrouwen AC		5-4	3-2	1					
<b>BIJZONDER BEPALINGEN</b>									
Records tellen alleen op wedstrijdnummers waarvoor BK bestaan. Bij de masters moeten de prestaties aan de standaard voldoen. Aflossingen tellen voor de helft.									
Om in aanmerking te komen voor uitbetaling moeten de atleten een minimum aan punten behalen: cad/schol /masters           5 jun/sen                           10									
DE BONUSSEN WORDEN UITGEREIKT TIJDENS HET CLUBFEEST OP 31 MAART 2012. Atleten dienen op die dag in orde te zijn met hun lidgeld om in aanmerking te komen voor een bonus. Alle prestaties dienen gelukt tussen 01/11/2010 en 31/10/2011.									
<b>BOETES</b>									
Verplichte deelname of aanwezigheid aan interclubs, fc en eigen organisaties Per ongewettigde afwezigheid - 20 %									
Verplichte aanwezigheid op uitreiking: Bij ongewettigde afwezigheid - 20 %									
Vastgestelde overtreding tegen het dragen van de clubuitrusting na schriftelijke verwittiging : -25 %									
De minimum boete per atleet bedraagt 50 euro. Indien het totaal aan boetes hoger is dan de helft van het uit te keren bedrag, vervalt de volledige bonus.									

# standaard

	100m	korte horden	200m	400m	lange horden	800m	1500m	3000m	5000m	10000m	hoog	polsstok	ver	hink	kogel	discus	hamer	speer	gewicht	60	60 horden	marathon	10 KSW	20 KSW	5 kamp
<b>w35</b>	15,10	18,90	32,00	73,10	80,20	02:41,02	05:41,77	12:24,09	21:31,48	00:45:43	1,14	1,60	3,20	7,25	7,70	24,10	22,80	23,50	9,10	9,80	11,70	04:03:07	01:10:54	02:31:57	1900
<b>w40</b>	15,70	15,70	33,30	76,30	83,70	02:48,01	05:56,77	12:56,75	22:28,15	00:47:43	1,08	1,50	3,05	6,85	7,20	22,40	21,20	21,75	8,50	10,20	12,40	04:13:47	01:14:01	02:38:37	1800
<b>w45</b>	16,30	17,10	34,60	79,80	87,50	02:55,63	06:13,15	13:32,40	23:30,03	00:49:54	1,03	1,40	2,85	6,45	6,65	20,70	19,60	20,00	7,85	10,60	12,60	04:25:26	01:17:25	02:45:54	1600
<b>w50</b>	16,90	17,00	36,00	83,60	91,70	03:03,98	06:31,10	14:11,48	24:37,86	00:52:19	0,97	1,30	2,70	6,10	6,30	19,00	19,40	19,00	7,75	11,00	13,10	04:38:12	01:21:08	02:53:52	1500
<b>w55</b>	17,60	18,60	37,60	87,70	96,20	03:13,16	06:50,86	14:54,51	25:52,55	00:54:57	0,92	1,20	2,50	5,70	5,80	17,30	17,80	17,25	7,15	11,40	13,60	04:52:15	01:25:14	03:02:40	1400
<b>w60</b>	18,40	18,80	39,30	92,90	101,90	03:24,17	07:14,85	15:46,73	27:23,19	00:58:10	0,87	1,20	2,35	5,30	5,30	15,60	16,20	16,20	6,50	11,90	14,20	05:09:19	01:30:13	03:13:19	1300
<b>w65</b>	19,20	20,70	41,20	99,50	109,20	03:38,24	07:45,89	16:54,32	29:20,49	01:02:19	0,81	1,10	2,15	4,90	4,80	13,90	14,60	14,45	5,85	12,50	14,90	05:31:24	01:36:40	03:27:08	1200
<b>w70</b>	20,30	23,10	44,00	108,50	119,10	03:57,31	08:28,52	18:27,11	32:01,55	01:08:01	0,75	1,00	2,00	4,50	4,30	12,10	13,00	12,70	5,20	13,20	15,70	06:01:43	01:45:30	03:46:04	1100
<b>w75</b>	21,60	26,20	47,50	121,70	133,50	04:24,71	09:30,70	20:42,51	35:56,55	01:16:20	0,70	1,10	1,80	4,05	4,35	11,60	12,50	10,95	5,00	14,00	16,70	06:45:57	01:58:24	04:13:43	1000
<b>w80</b>	23,30	31,40	53,10	142,60	156,40	05:06,95	11:08,52	24:15,46	42:06,15	01:29:25	0,65	1,10	1,55	3,50	3,85	9,90	10,80	9,20	4,30	15,20	18,10	07:55:32	02:18:42	04:57:12	1000
<b>w85</b>	26,00	42,50	63,00	180,60	198,10	06:18,97	14:00,56	30:30,02	52:56,26	01:52:25	0,65	1,10	1,15	2,60	3,30	8,20	9,10	7,45	3,65	16,90	20,30	09:57:54	02:54:23	06:13:42	1000
<b>w90+</b>	30,60	84,60	86,40	269,00	295,00	08:45,00	14:00,56	30:30,02	52:56,26	01:52:25	0,65	1,10	1,15	2,60	2,80	6,50	7,50	5,70	3,00	19,90	24,00				

	100m	korte horden	200m	400m	lange horden	800m	1500m	3000m	5000m	10000m	hoog	polsstok	ver	hink	kogel	discus	hamer	speer	gewicht	60	60 horden	marathon	10 KSW	20 KSW	5 kamp
<b>M35</b>	12,40	17,50	25,50	58,40	66,40	02:10,82	04:31,05	09:45,31	16:43,77	00:35:44	1,47	2,90	4,55	10,00	8,35	26,20	30,60	33,80	10,65	8,00	10,30	03:01:35	01:00:32	02:01:03	1900
<b>M40</b>	12,80	18,20	26,30	60,20	68,50	02:16,19	04:42,27	10:09,54	17:25,32	00:37:13	1,44	2,80	4,30	9,45	7,75	24,15	28,00	31,50	9,75	8,30	10,70	03:09:06	01:03:02	02:06:04	1800
<b>M45</b>	13,20	18,90	27,10	62,20	70,80	02:22,01	04:54,45	10:35,86	18:10,45	00:38:49	1,36	2,60	4,10	8,90	7,20	22,05	25,40	29,20	8,85	8,60	11,10	03:17:16	01:05:45	02:11:30	1700
<b>M50</b>	13,60	18,00	28,00	64,40	73,20	02:28,35	05:07,74	11:04,55	18:59,66	00:40:34	1,29	2,40	3,85	8,35	7,35	26,05	26,55	27,85	9,25	8,80	11,30	03:26:10	01:08:43	02:17:26	1600
<b>M55</b>	14,00	18,80	29,00	66,70	75,80	02:35,28	05:22,29	11:35,96	19:53,52	00:42:29	1,22	2,30	3,60	7,85	6,80	23,95	24,00	25,55	8,35	9,10	11,80	03:35:54	01:11:58	02:23:56	1500
<b>M60</b>	14,50	19,20	30,10	69,10	78,60	02:43,00	05:38,44	12:10,85	20:53,36	00:44:37	1,15	2,10	3,35	7,30	6,90	25,00	24,10	24,20	8,40	9,40	12,20	03:46:44	01:15:35	02:31:09	1400
<b>M65</b>	15,10	20,10	31,30	71,90	81,80	02:51,78	05:56,87	12:50,65	22:01,61	00:47:03	1,08	1,90	3,10	6,75	6,35	22,85	21,50	21,90	7,50	9,80	12,80	03:59:05	01:19:42	02:39:23	1300
<b>M70</b>	15,70	17,00	32,80	75,60	85,90	03:02,65	06:19,56	13:39,64	23:25,62	00:50:03	1,01	1,70	2,85	6,25	6,40	20,80	20,85	20,35	7,25	10,20	13,10	04:14:16	01:24:45	02:49:31	1200
<b>M75</b>	16,50	17,60	34,70	80,70	91,80	03:17,15	06:49,84	14:45,02	25:17,75	00:54:02	0,94	1,60	2,60	5,70	5,85	18,55	18,25	18,05	6,35	10,70	13,80	04:34:33	01:31:31	03:03:02	1100
<b>M80</b>	17,60	19,50	37,40	88,60	100,70	03:38,21	07:31,43	16:14,83	27:51,77	00:59:31	0,87	1,40	2,35	5,15	5,40	16,15	16,55	16,30	5,75	11,40	14,80	05:02:25	01:40:48	03:21:37	1000
<b>M85</b>	19,10	20,80	41,40	101,60	115,50	04:12,05	08:44,68	18:53,02	32:23,06	01:09:11	0,80	1,20	2,10	4,65	4,80	13,60	13,80	14,00	4,80	12,40	16,40	05:51:30	01:57:10	03:54:20	1000
<b>M90+</b>	21,30	23,10	47,90	125,70	142,90	05:14,71	14:00,56	30:30,02	52:56,26	01:52:25	0,73	1,10	1,85	4,10	4,10	10,90	11,05	11,75	3,85	13,90	20,30	07:19:34	02:26:31	04:53:02	1000

<b>punten</b>	<b>cad/sch 3</b>	<b>cad/sch 4</b>	<b>cad/sch 3</b>	<b>cad/sch 4</b>
<b>100</b>	11,40	11,25	12,80	12,65
<b>200</b>	23,50	23,20	28,00	27,50
<b>400</b>	52,10	51,50	61,70	60,85
<b>110 h</b>	16,50	16,20	16,10	15,80
<b>300 H</b>	42,50	41,50	48,00	47,00
<b>400h</b>	60,50	59,45	68,40	67,20
<b>60</b>	7,40	7,30	8,60	8,45
<b>60h</b>	9,30	9,15	9,80	9,65
<b>800</b>	59:00,00	59:00,00	02:18,00	02:18,00
<b>1500</b>	04:07,50	04:07,50	04:50,00	04:50,00
<b>3000</b>	09:00,00	08:52,50	10:30,00	10:30,00
<b>ver</b>	5,90	6,15	4,50	4,75
<b>hoog</b>	1,60	1,70	1,45	1,50
<b>pss</b>	3,80	4,00	2,60	2,80
<b>hss</b>	12,45	12,85	9,00	9,50
<b>kogel</b>	10,60	11,30	8,40	9,20
<b>discus</b>	33,60	35,80	27,60	30,30
<b>speer</b>	38,00	41,50	27,60	30,30
<b>hamer</b>	43,60	45,80	27,60	30,30
<b>zeskamp</b>			2350	2600
<b>zevenkamp</b>			2750	3100
<b>achtkamp</b>	4000	4250		
<b>negenkamp</b>	4750	5000		
<b>4x100</b>	44,90	44,45	52,8	52,15
<b>4x800</b>	08:10,00	08:05,00	10:00,00	09:52,50