

EXTENSIEF																						
Groep C	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Beste 10K	42:20	42:40	43:00	43:20	43:40	44:00	44:20	44:40	45:00	45:20	45:40	46:00	46:20	46:40	47:00	47:20	47:40	48:00	48:20	48:40		
Intervalafstand	200	00:47	00:47	00:47	00:48	00:48	00:48	00:49	00:49	00:49	00:50	00:50	00:51	00:51	00:51	00:52	00:52	00:52	00:53	00:53	00:54	200
	300	01:11	01:11	01:12	01:12	01:13	01:13	01:14	01:14	01:15	01:16	01:16	01:17	01:17	01:18	01:18	01:19	01:19	01:20	01:21	01:21	300
	400	01:36	01:37	01:38	01:39	01:39	01:40	01:41	01:42	01:42	01:43	01:44	01:45	01:45	01:46	01:47	01:48	01:48	01:49	01:50	01:51	400
	500	02:02	02:03	02:04	02:05	02:06	02:07	02:08	02:09	02:10	02:11	02:12	02:13	02:14	02:15	02:16	02:17	02:17	02:18	02:19	02:20	500
	600	02:28	02:29	02:30	02:31	02:32	02:33	02:35	02:36	02:37	02:38	02:39	02:40	02:42	02:43	02:44	02:45	02:46	02:47	02:49	02:50	600
	800	03:22	03:23	03:25	03:26	03:28	03:30	03:31	03:33	03:34	03:36	03:37	03:39	03:41	03:42	03:44	03:45	03:47	03:49	03:50	03:52	800
	1000	04:14	04:16	04:18	04:20	04:22	04:24	04:26	04:28	04:30	04:32	04:34	04:36	04:38	04:40	04:42	04:44	04:46	04:48	04:50	04:52	1000
1200	05:07	05:10	05:12	05:14	05:17	05:19	05:22	05:24	05:26	05:29	05:31	05:34	05:36	05:39	05:41	05:43	05:46	05:48	05:51	05:53	1200	

Groep B	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Beste 10K	49:00	49:30	50:00	50:30	51:00	51:30	52:00	52:30	53:00	53:30	54:00	54:30	55:00	55:30	56:00	56:30	57:00	57:30	58:00	58:30		
Intervalafstand	200	00:54	00:54	00:55	00:56	00:56	00:57	00:57	00:58	00:58	00:59	00:59	01:00	01:00	01:01	01:02	01:02	01:03	01:03	01:04	01:04	200
	300	01:22	01:22	01:23	01:24	01:25	01:26	01:27	01:27	01:28	01:29	01:30	01:31	01:32	01:32	01:33	01:34	01:35	01:36	01:37	01:37	300
	400	01:51	01:53	01:54	01:55	01:56	01:57	01:58	01:59	02:01	02:02	02:03	02:04	02:05	02:06	02:07	02:09	02:10	02:11	02:12	02:13	400
	500	02:21	02:23	02:24	02:26	02:27	02:29	02:30	02:31	02:33	02:34	02:36	02:37	02:39	02:40	02:42	02:43	02:44	02:46	02:47	02:49	500
	600	02:51	02:53	02:54	02:56	02:58	03:00	03:01	03:03	03:05	03:07	03:08	03:10	03:12	03:14	03:15	03:17	03:19	03:21	03:22	03:24	600
	800	03:53	03:56	03:58	04:00	04:03	04:05	04:08	04:10	04:12	04:15	04:17	04:20	04:22	04:24	04:27	04:29	04:31	04:34	04:36	04:39	800
	1000	04:54	04:57	05:00	05:03	05:06	05:09	05:12	05:15	05:18	05:21	05:24	05:27	05:30	05:33	05:36	05:39	05:42	05:45	05:48	05:51	1000
1200	05:56	05:59	06:03	06:06	06:10	06:14	06:17	06:21	06:25	06:28	06:32	06:35	06:39	06:43	06:46	06:50	06:54	06:57	07:01	07:04	1200	

Groep A	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Beste 10K	59:00	59:30	01:00:00	01:00:30	01:01:00	01:01:30	01:02:00	01:02:30	01:03:00	01:03:30	01:04:00	01:04:30	01:05:00	01:05:30	01:06:00	01:06:30	01:07:00	01:07:30	01:08:00	01:08:30		
Intervalafstand	200	01:05	01:05	01:06	01:07	01:07	01:08	01:08	01:09	01:09	01:10	01:10	01:11	01:11	01:12	01:13	01:13	01:14	01:14	01:15	01:15	200
	300	01:38	01:39	01:40	01:41	01:42	01:42	01:43	01:44	01:45	01:46	01:47	01:47	01:48	01:49	01:50	01:51	01:52	01:52	01:53	01:54	300
	400	02:14	02:15	02:17	02:18	02:19	02:20	02:21	02:22	02:23	02:24	02:26	02:27	02:28	02:29	02:30	02:31	02:32	02:34	02:35	02:36	400
	500	02:50	02:52	02:53	02:55	02:56	02:57	02:59	03:00	03:02	03:03	03:05	03:06	03:07	03:09	03:10	03:12	03:13	03:15	03:16	03:18	500
	600	03:26	03:28	03:29	03:31	03:33	03:35	03:36	03:38	03:40	03:42	03:43	03:45	03:47	03:48	03:50	03:52	03:54	03:55	03:57	03:59	600
	800	04:41	04:43	04:46	04:48	04:50	04:53	04:55	04:58	05:00	05:02	05:05	05:07	05:10	05:12	05:14	05:17	05:19	05:21	05:24	05:26	800
	1000	05:54	05:57	06:00	06:03	06:06	06:09	06:12	06:15	06:18	06:21	06:24	06:27	06:30	06:33	06:36	06:39	06:42	06:45	06:48	06:51	1000
1200	07:08	07:12	07:15	07:19	07:23	07:26	07:30	07:33	07:37	07:41	07:44	07:48	07:52	07:55	07:59	08:02	08:06	08:10	08:13	08:17	1200	