

INTENSIEF																						
Groep E	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Beste 10K	34:00	34:10	34:20	34:30	34:40	34:50	35:00	35:10	35:20	35:30	35:40	35:50	36:00	36:10	36:20	36:30	36:40	36:50	37:00	37:10		
Intervalafstand	200	00:34	00:34	00:34	00:34	00:35	00:35	00:35	00:35	00:35	00:35	00:36	00:36	00:36	00:36	00:36	00:37	00:37	00:37	00:37	200	
	300	00:51	00:51	00:52	00:52	00:52	00:52	00:53	00:53	00:53	00:53	00:54	00:54	00:54	00:54	00:55	00:55	00:55	00:55	00:56	00:56	300
	400	01:09	01:09	01:09	01:10	01:10	01:10	01:11	01:11	01:11	01:12	01:12	01:12	01:13	01:13	01:13	01:14	01:14	01:14	01:15	01:15	400
	500	01:27	01:27	01:28	01:28	01:28	01:29	01:29	01:30	01:30	01:30	01:31	01:31	01:32	01:32	01:33	01:33	01:33	01:34	01:34	01:35	500
	600	01:45	01:46	01:46	01:47	01:47	01:48	01:48	01:49	01:49	01:50	01:50	01:51	01:51	01:52	01:52	01:53	01:53	01:54	01:54	01:55	600
	800	02:25	02:25	02:26	02:27	02:28	02:28	02:29	02:30	02:30	02:31	02:32	02:32	02:33	02:34	02:35	02:35	02:36	02:37	02:37	02:38	800
	1000	03:05	03:06	03:07	03:07	03:08	03:09	03:10	03:11	03:12	03:13	03:14	03:15	03:16	03:17	03:17	03:18	03:19	03:20	03:21	03:22	1000
	1200	03:45	03:47	03:48	03:49	03:50	03:51	03:52	03:53	03:54	03:55	03:56	03:58	03:59	04:00	04:01	04:02	04:03	04:04	04:05	04:06	1200

Groep D	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20		
Beste 10K	37:15	37:30	37:45	38:00	38:15	38:30	38:45	39:00	39:15	39:30	39:45	40:00	40:15	40:30	40:45	41:00	41:15	41:30	41:45	42:00		
Intervalafstand	200	00:37	00:38	00:38	00:38	00:39	00:39	00:39	00:39	00:40	00:40	00:40	00:40	00:40	00:41	00:41	00:41	00:41	00:42	00:42	200	
	300	00:56	00:56	00:57	00:57	00:58	00:58	00:58	00:59	00:59	00:59	01:00	01:00	01:01	01:01	01:01	01:02	01:02	01:02	01:03	01:03	300
	400	01:15	01:16	01:16	01:17	01:17	01:18	01:18	01:19	01:19	01:20	01:20	01:21	01:21	01:22	01:22	01:23	01:23	01:24	01:24	01:25	400
	500	01:35	01:36	01:36	01:37	01:37	01:38	01:39	01:39	01:40	01:41	01:41	01:42	01:43	01:43	01:44	01:45	01:45	01:46	01:46	01:47	500
	600	01:55	01:56	01:57	01:57	01:58	01:59	02:00	02:00	02:01	02:02	02:03	02:04	02:04	02:05	02:06	02:07	02:07	02:08	02:09	02:10	600
	800	02:39	02:40	02:41	02:42	02:43	02:44	02:45	02:46	02:47	02:48	02:49	02:50	02:51	02:52	02:53	02:54	02:56	02:57	02:58	02:59	800
	1000	03:22	03:24	03:25	03:27	03:28	03:29	03:31	03:32	03:33	03:35	03:36	03:37	03:39	03:40	03:41	03:43	03:44	03:46	03:47	03:48	1000
	1200	04:07	04:09	04:10	04:12	04:14	04:15	04:17	04:19	04:20	04:22	04:24	04:25	04:27	04:29	04:30	04:32	04:33	04:35	04:37	04:38	1200

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	00:42	00:43	00:43	00:44	00:44	00:44	00:45	00:45	00:45	00:46	00:46	00:46	00:47	00:47	00:47	00:48	00:48	00:48	00:49	200	
	300	01:04	01:04	01:05	01:05	01:06	01:06	01:07	01:07	01:08	01:08	01:09	01:09	01:10	01:10	01:11	01:11	01:12	01:12	01:13	01:13	300
	400	01:26	01:26	01:27	01:28	01:28	01:29	01:30	01:30	01:31	01:32	01:32	01:33	01:34	01:34	01:35	01:36	01:36	01:37	01:38	01:38	400
	500	01:48	01:49	01:50	01:50	01:51	01:52	01:53	01:54	01:55	01:56	01:56	01:57	01:58	01:59	02:00	02:01	02:01	02:02	02:03	02:04	500
	600	02:11	02:12	02:13	02:14	02:15	02:16	02:17	02:18	02:19	02:20	02:21	02:22	02:23	02:24	02:25	02:26	02:27	02:28	02:29	02:30	600
	800	03:00	03:02	03:03	03:04	03:06	03:07	03:09	03:10	03:11	03:13	03:14	03:16	03:17	03:19	03:20	03:21	03:23	03:24	03:26	03:27	800
	1000	03:50	03:52	03:54	03:56	03:57	03:59	04:01	04:03	04:05	04:06	04:08	04:10	04:12	04:14	04:15	04:17	04:19	04:21	04:23	04:24	1000
	1200	04:41	04:43	04:45	04:47	04:50	04:52	04:54	04:56	04:58	05:01	05:03	05:05	05:07	05:09	05:12	05:14	05:16	05:18	05:20	05:23	1200