

Mannen

Discipline	AC 1	AC 2	AC 3	AC 4	AC 5
<i>Vergoeding (2016)</i>	<i>750 €</i>	<i>600 €</i>	<i>450 €</i>	<i>250 €</i>	<i>100 €</i>
100m	10"37	10"42	10"50	10"60	10"86
200m	20"91	21"07	21"29	21"45	21"75
400m	46"14	47"05	47"13	47"26	48"10
800m	1'46"59	1'48"07	1'48"90	1'49"71	1'51"50
1500m	3'37"93	3'41"86	3'42"43	3'44"81	3'52"86
5000m	13'39"69	13'44"43	13'55"68	14'02"34	14'45"34
10000m	29'05"61	29'28"70	29'44"15	30'11"54	30'31"54
Marathon	2u14'17"	2u19'26"	2u22'40"	2u24'74"	2u35'74"
110mH (1m067)	13"80	13"91	14"22	14"50	15"19
400mH (0m914)	50"10	51"17	51"86	52"21	54"20
3000mS(0m914)	8'35"66	8'45"56	8'55"79	9'03"91	9'32"64
Hoog	2m15	2m10	2m08	2m06	1m95
Ver	7m59	7m39	7m31	7m20	6m95
Hinkstap	15m54	15m21	14m84	14m44	13m84
Kogel (7kg260	16m99	16m79	16m21	15m98	14m47
Discus (2kg)	54m34	52m67	49m25	47m64	42m57
Speer (800gr)	71m89	70m67	68m15	66m15	61m71
Hamer (7kg260)	59m77	57m17	54m98	52m28	49m06
Polsstok	5m38	5m11	5m05	4m99	4m50
Tienkamp	7485 ptn.	7148 ptn.	6983 ptn.	6804 ptn.	5938 ptn.

Naam :

Behaalde prestatie :

Plaats en datum :