

VROUWEN

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	11"65	11"72	11"86	11"95	12"01
200m	23"36	23"79	23"95	24"41	25"15
400m	53"77	54"11	55"53	55"80	56"89
800m	2'04"46	2'06"58	2'07"82	2'09"78	2'12"80
1500m	4'16"85	4'19"60	4'21"80	4'23"64	4'26"53
3000m	9'01"59	9'10"20	9'22"20	9'39"30	9'51"20
5000m	16'21"51	16'28"39	16'43"88	16'55"81	17'11"95
10000m	34'45"89	36'12"58	36'54"74	37'45"80	38'55"80
Marathon	2u42'19"	2u50'38"	2u58'39"	3u02'44"	3u10'44"
3000mSt (0m762)	9'35"89	9'54"52	10'28"29	11'20"13	11'35"60
100mH (0m840)	13"28	13"58	13"76	14"08	15"04
400mH (0m762)	57"66	58"88	59"89	60"95	64"59
Hoog	1m85	1m78	1m76	1m74	1m62
Ver	6m25	6m10	6m00	5m88	5m60
Hinkstap	12m62	12m31	12m08	11m80	11m36
Kogel (4kg)	14m54	13m88	13m66	13m43	12m34
Discus (1kg)	51m69	49m38	48m60	46m31	41m77
Speer (600gr)	49m05	47m44	46m19	44m24	40m90
Polstok	4m19	4m00	3m86	3m70	3m55
Hamer (4kg)	54m73	52m10	49m61	48m11	41m42
7-kamp	5301 ptn.	4915 ptn.	4728 ptn.	4542 ptn.	4120 ptn.

Naam :

Behaalde prestatie :

Plaats en datum :