

Limieten PK 2010

Heren

Geboortejaar Leeftijd	1999 11	1998 12	1997 13	1996 14	1995 15	1994 16	1993 17	1992 18	1991 19
50 VS	0.35.50	0.33.40	0.32.20	0.30.80	0.29.80	0.29.30	0.28.80	0.28.40	0.27.50
100 VS	1.19.10	1.13.10	1.09.10	1.06.70	1.05.10	1.03.70	1.02.70	1.01.80	1.00.30
200 VS	2.53.70	2.40.90	2.33.10	2.26.40	2.22.20	2.19.40	2.17.20	2.15.10	2.12.60
400 VS	6.04.30	5.37.90	5.22.40	5.10.00	5.03.60	4.56.70	4.51.10	4.48.00	4.40.80
800 VS	12.54.10	12.00.20	11.26.80	10.57.60	10.37.10	10.25.30	10.12.40	10.06.20	9.44.00
1500 VS	24.19.40	22.44.70	21.21.70	20.28.70	20.06.60	19.35.40	19.20.00	19.07.40	18.32.90
50 SS	0.46.60	0.42.30	0.39.80	0.38.50	0.37.50	0.36.90	0.35.90	0.35.50	0.34.30
100 SS	1.43.40	1.33.00	1.27.20	1.23.80	1.21.80	1.19.90	1.18.80	1.17.10	1.15.50
200 SS	3.42.90	3.22.50	3.11.00	3.00.70	2.57.50	2.52.30	2.49.90	2.48.00	2.45.10
50 VL	0.39.60	0.36.20	0.34.30	0.32.80	0.31.80	0.31.10	0.30.60	0.30.20	0.29.40
100 VL	1.30.50	1.21.30	1.16.30	1.12.10	1.10.90	1.08.70	1.07.80	1.06.90	1.05.10
200 VL	3.31.50	3.04.60	2.52.10	2.42.40	2.36.70	2.33.10	2.30.90	2.29.30	2.25.10
50 RG	0.41.90	0.38.60	0.36.80	0.35.10	0.34.20	0.33.40	0.33.10	0.32.40	0.31.20
100 RG	1.30.90	1.23.50	1.18.60	1.15.30	1.13.30	1.11.20	1.10.20	1.09.30	1.06.60
200 RG	3.16.00	3.01.00	2.50.50	2.43.20	2.38.70	2.34.00	2.31.50	2.29.50	2.26.20
200 WS	3.16.30	3.01.10	2.50.80	2.44.50	2.40.50	2.36.00	2.34.10	2.31.40	2.29.20
400 WS	7.03.20	6.29.30	6.04.80	5.50.90	5.38.70	5.33.70	5.28.70	5.28.40	5.19.20
4X50 VS	2.20.00	2.13.60	2.08.80	2.03.20	1.59.20	1.57.20	1.55.20	1.53.60	1.50.00
4X50 WS	2.43.60		2.23.10		2.13.30		2.08.40		2.02.40

Dames

Geboortejaar Leeftijd	1999 11	1998 12	1997 13	1996 14	1995 15	1994 16	1993 17	1992 18	1991 19
50 VS	0.36.10	0.34.50	0.33.20	0.32.80	0.32.40	0.32.00	0.31.50	0.31.20	0.30.80
100 VS	1.19.20	1.15.40	1.12.10	1.10.50	1.09.50	1.09.20	1.08.80	1.08.50	1.06.70
200 VS	2.51.80	2.44.60	2.35.40	2.32.30	2.30.30	2.29.70	2.28.20	2.26.80	2.24.80
400 VS	6.02.50	5.43.50	5.28.00	5.20.80	5.16.80	5.14.20	5.11.80	5.09.50	5.05.30
800 VS	12.31.90	11.54.30	11.18.60	10.58.90	10.54.60	10.47.80	10.42.70	10.41.70	10.26.10
1500 VS	24.42.20	23.31.40	22.18.40	21.32.00	21.07.60	21.01.07	20.54.40	20.48.30	20.25.00
50 SS	0.46.20	0.43.80	0.42.30	0.41.40	0.40.90	0.40.30	0.40.10	0.39.80	0.38.90
100 SS	1.39.60	1.35.00	1.31.80	1.29.70	1.28.40	1.26.60	1.26.40	1.25.50	1.24.00
200 SS	3.37.00	3.24.50	3.17.20	3.12.60	3.09.70	3.06.10	3.03.90	3.01.70	3.01.20
50 VL	0.39.00	0.36.90	0.35.50	0.34.80	0.34.30	0.34.00	0.33.70	0.33.60	0.33.20
100 VL	1.27.30	1.22.70	1.18.40	1.16.80	1.15.70	1.15.20	1.14.70	1.14.50	1.13.20
200 VL	3.17.60	3.05.70	2.54.50	2.49.70	2.47.00	2.45.20	2.44.20	2.43.10	2.40.10
50 RG	0.42.00	0.39.70	0.38.30	0.37.60	0.37.10	0.36.70	0.36.30	0.36.00	0.35.60
100 RG	1.31.30	1.24.80	1.21.50	1.19.90	1.18.80	1.18.10	1.17.30	1.17.10	1.15.60
200 RG	3.15.00	3.04.80	2.54.90	2.51.00	2.48.60	2.46.50	2.45.50	2.44.30	2.41.60
200 WS	3.13.40	3.03.60	2.57.10	2.53.40	2.51.50	2.49.60	2.47.60	2.46.60	2.44.70
400 WS	6.51.30	6.30.20	6.16.00	6.08.70	6.01.40	5.59.60	5.57.00	5.54.30	5.48.80
4X50 VS	2.24.40	2.18.00	2.12.80	2.11.20	2.09.60	2.08.00	2.06.00	2.04.80	2.03.20
4X50 WS	2.43.30		2.29.30		2.24.70		2.21.60		2.18.50