

# A-TIJDEN 2011

## JONGENS

Lft	100 vs	200 vs	400 vs	800 vs	1500 vs	100 ss	200 ss	100 vl	200 vl	100 rug	200 rug	200 ws	400 ws	Lft	R
10 j			06:18,70									03:25,20		10 j	4
11 j			05:55,40									03:11,50		11 j	5
12 j			05:25,50									02:54,40		12 j	6
13 j	01:06,00	02:25,60	05:06,60	10:53,10	20:18,90	01:22,90	03:01,70	01:12,50	02:43,70	01:14,80	02:42,10	02:42,40	05:46,90	13 j	7
14 j	01:02,60	02:17,50	04:51,00	10:17,30	19:13,50	01:18,60	02:49,60	01:07,70	02:32,50	01:10,70	02:33,20	02:34,40	05:29,40	14 j	8
15 j	01:00,30	02:11,80	04:41,30	09:50,30	18:38,00	01:15,80	02:44,50	01:05,70	02:25,20	01:07,90	02:27,10	02:28,70	05:13,90	15 j	9
16 j	00:58,20	02:07,40	04:31,20	09:31,70	17:54,70	01:13,10	02:37,50	01:02,80	02:20,00	01:05,10	02:20,80	02:22,70	05:05,10	16 j	10
17 j	00:57,30	02:05,50	04:26,10	09:19,90	17:40,60	01:12,00	02:35,30	01:02,00	02:18,00	01:04,20	02:18,50	02:20,9	05:00,50	17 j	10
18 j	00:56,50	02:03,50	04:23,30	09:14,30	17:29,00	01:10,50	02:33,60	01:01,20	02:16,50	01:03,40	02:16,70	02:18,4	05:00,20	18 j	10
> 18 j	00:55,10	02:01,30	04:16,80	08:54,00	16:57,50	01:09,00	02:31,00	00:59,50	02:12,70	01:00,90	02:13,70	02:16,4	04:51,90	> 18 j	10

## MEISJES

Lft	100 vs	200 vs	400 vs	800 vs	1500 vs	100 ss	200 ss	100 vl	200 vl	100 rug	200 rug	200 ws	400 ws	Lft	R
10 j			06:21,40									03:24,60		10 j	4
11 j			05:53,60									03:08,60		11 j	5
12 j			05:30,90									02:56,80		12 j	6
13 j	01:08,50	02:27,80	05:11,90	10:45,40	21:12,80	01:27,30	03:07,60	01:14,60	02:45,90	01:17,50	02:46,30	02:48,40	05:57,60	13 j	7
14 j	01:06,20	02:22,90	05:01,20	10:18,60	20:12,90	01:24,20	03:00,80	01:12,10	02:39,30	01:15,00	02:40,50	02:42,80	05:46,10	14 j	8
15 j	01:04,40	02:19,30	04:53,50	10:06,50	19:34,40	01:21,90	02:55,80	01:10,10	02:34,70	01:13,00	02:36,20	02:38,90	05:34,80	15 j	9
16 j	01:03,30	02:16,90	04:47,20	09:52,30	19:13,60	01:19,10	02:50,20	01:08,70	02:31,00	01:11,40	02:32,20	02:35,00	05:28,80	16 j	10
17 j	01:02,90	02:15,50	04:45,00	09:47,60	19:06,90	01:19,00	02:48,20	01:08,30	02:30,10	01:10,70	02:31,30	02:33,20	05:26,4	17 j	10
18 j	01:02,60	02:14,20	04:43,00	09:46,70	19:01,30	01:18,20	02:46,10	01:08,10	02:29,10	01:10,40	02:30,20	02:32,30	05:24,00	18 j	10
> 18 j	01:01,00	02:12,30	04:39,10	09:32,40	18:40,00	01:16,80	02:45,70	01:06,90	02:26,40	01:09,10	02:27,70	02:30,60	05:18,90	> 18 j	10

R = rudolphpunten - 2009

Update 6/7/2010