

10k tijd	100m T3	100m T2	200m T3	200m T2	300m T3	300m T2	300m T1	400m T3	400m T2	400m T1	500m T3	500m T2	500m T1	600mT2	600m T1	800m T2	800m T1	1000m T2	1000m T1
60	00:26	00:29	00:57	01:02	01:31	01:38	01:44	02:11	02:20	02:28	02:47	02:56	03:08	03:26	03:37	04:45	05:03	06:00	06:23
59	00:26	00:28	00:56	01:02	01:30	01:37	01:42	02:09	02:17	02:26	02:44	02:54	03:04	03:22	03:33	04:40	04:58	05:54	06:17
58	00:26	00:28	00:56	01:01	01:29	01:35	01:41	02:07	02:15	02:24	02:41	02:51	03:01	03:19	03:30	04:36	04:53	05:48	06:10
57	00:25	00:28	00:55	01:00	01:27	01:34	01:39	02:04	02:13	02:21	02:38	02:48	02:58	03:15	03:26	04:31	04:48	05:42	06:04
56	00:25	00:27	00:54	00:59	01:26	01:33	01:38	02:02	02:10	02:19	02:36	02:45	02:55	03:12	03:22	04:26	04:43	05:36	05:57
55	00:25	00:27	00:54	00:59	01:25	01:31	01:37	02:00	02:08	02:16	02:33	02:42	02:52	03:09	03:19	04:21	04:38	05:30	05:51
54	00:24	00:26	00:53	00:58	01:24	01:30	01:35	01:58	02:06	02:14	02:30	02:39	02:49	03:05	03:15	04:17	04:33	05:24	05:45
53	00:24	00:26	00:52	00:57	01:22	01:28	01:34	01:56	02:03	02:11	02:27	02:36	02:46	03:02	03:12	04:12	04:28	05:18	05:38
52	00:24	00:26	00:51	00:56	01:21	01:27	01:32	01:53	02:01	02:09	02:24	02:33	02:43	02:58	03:08	04:07	04:23	05:12	05:32
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49	00:23	00:25	00:49	00:53	01:16	01:22	01:26	01:47	01:54	02:01	02:16	02:24	02:33	02:48	02:57	03:53	04:08	04:54	05:13
48	00:22	00:24	00:48	00:52	01:14	01:20	01:25	01:45	01:52	01:59	02:13	02:21	02:30	02:45	02:53	03:48	04:03	04:48	05:06
47	00:22	00:23	00:47	00:51	01:13	01:18	01:23	01:43	01:50	01:56	02:11	02:18	02:27	02:41	02:50	03:43	03:57	04:42	05:00
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37	00:17	00:19	00:37	00:40	00:57	01:02	01:05	01:21	01:26	01:32	01:43	01:49	01:56	02:07	02:14	02:56	03:07	03:42	03:56