

## AV Rijssen – Clubkampioenschap senioren – Richttijden en –afstanden

Cat.	Coop.	Triath. (5)	Triath. (10)	800m	Baanw. (3)	Baanw. (5)	Rijs. (5)	Rijs. (10)	Rijs. (16)	Schw. (5)	Schw. (10)	Mijl	Diepe Hel (5)	Diepe Hel (10)
<b>V</b>	3900	0:16:15	0:34:30	02:00,0	0:09:12	0:16:00	0:16:40	0:35:20	0:53:43	0:17:02	0:35:34	04:36,0	0:27:00	0:57:40
<b>V35</b>	3715	0:17:07	0:36:15	02:06,0	0:09:40	0:16:48	0:17:30	0:37:00	0:56:17	0:17:49	0:37:18	04:50,0	0:28:20	1:00:40
<b>V40</b>	3545	0:18:00	0:38:00	02:12,0	0:10:08	0:17:36	0:18:20	0:38:40	0:58:51	0:18:41	0:39:02	05:04,0	0:29:40	1:03:20
<b>V45</b>	3390	0:18:30	0:39:00	02:18,0	0:10:36	0:18:24	0:19:10	0:40:20	1:01:25	0:19:34	0:40:46	05:18,0	0:31:00	1:06:00
<b>V50</b>	3250	0:19:45	0:41:30	02:24,0	0:11:04	0:19:12	0:20:00	0:42:00	1:03:59	0:20:26	0:42:30	05:32,0	0:32:20	1:08:40
<b>V55</b>	3120	0:20:37	0:43:15	02:30,0	0:11:32	0:20:00	0:20:50	0:43:40	1:06:33	0:21:13	0:44:14	05:46,0	0:33:40	1:11:20
<b>M</b>	4500	0:14:00	0:30:00	01:45,0	0:08:03	0:14:00	0:14:35	0:31:10	0:47:00	0:14:54	0:31:07	04:01,0	0:23:10	0:49:20
<b>M40</b>	4285	0:14:45	0:31:30	01:50,0	0:08:28	0:14:42	0:15:19	0:32:38	0:49:15	0:15:35	0:32:38	04:14,0	0:24:20	0:51:40
<b>M45</b>	4090	0:15:30	0:33:00	01:55,0	0:08:53	0:15:24	0:16:03	0:34:06	0:51:45	0:16:16	0:34:10	04:26,0	0:25:30	0:54:00
<b>M50</b>	3915	0:16:15	0:34:30	02:00,0	0:09:18	0:16:06	0:16:47	0:35:34	0:54:00	0:16:57	0:35:42	04:39,0	0:26:40	0:56:20
<b>M55</b>	3750	0:17:00	0:36:00	02:05,0	0:09:43	0:16:48	0:17:31	0:37:02	0:56:30	0:17:38	0:37:14	04:51,0	0:27:50	0:58:40
<b>M60</b>	3600	0:17:45	0:37:30	02:10,0	0:10:08	0:17:30	0:18:15	0:38:30	0:58:45	0:18:19	0:38:46	05:04,0	0:29:00	1:01:00
<b>M65</b>	3450	0:18:30	0:39:00	02:15,0	0:10:33	0:18:12	0:18:59	0:39:58	1:01:15	0:19:00	0:40:16	05:16,0	0:30:10	1:03:20
<b>M70</b>	3300	0:19:15	0:40:30	02:20,0	0:10:58	0:18:54	0:19:43	0:41:26	1:03:30	0:19:41	0:41:48	05:29,0	0:31:20	1:05:40