

INDOOR LOOPPROEVEN

60 METER

AK	PUNTEN	
HEREN	DAMES	
6.87	7.64	250
6.99	7.70	200
7.06	7.76	150
7.12	7.85	100
7.19	7.94	50
7.25	8.06	35

JUN	PUNTEN	
HEREN	DAMES	
7.08	7.87	125
7.21	7.95	100
7.28	8.01	75
7.35	8.15	50
7.40	8.23	25
7.56	8.30	17.5

SCHOL	PUNTEN	
HEREN	DAMES	
7.35	7.95	50
7.45	8.01	43.5
7.52	8.06	37.5
7.58	8.27	25
7.64	8.41	17.5
7.70	8.52	10

KAD	PUNTEN	
HEREN	DAMES	
7.66	8.07	37.5
7.75	8.26	31
7.83	8.42	25
7.89	8.49	20
7.97	8.55	12.5
8.04	8.62	7.5

MAS AK	PUNTEN	
HEREN	DAMES	
7.68	8.39	37.5
7.77	8.55	31
7.84	8.69	25
7.94	8.78	20
8.01	8.84	12.5
8.20	8.90	7.5

200 METER

AK	PUNTEN	
HEREN	DAMES	
21.34	24.21	250
21.77	24.30	200
22.19	24.51	150
22.41	25.25	100
22.62	25.50	50
22.83	26.10	35

JUN	PUNTEN	
HEREN	DAMES	
22.20	25.01	125
22.53	25.39	100
22.98	25.90	75
23.15	26.10	50
23.38	26.37	25
23.80	26.68	17.5

SCHOL	PUNTEN	
HEREN	DAMES	
23.08	25.46	50
23.23	25.93	43.5
23.54	26.40	37.5
23.71	26.65	25
23.92	26.80	17.5
24.09	27.00	10

KAD	PUNTEN	
HEREN	DAMES	
24.34	26.41	37.5
24.84	26.61	31
25.18	26.81	25
25.45	27.00	20
25.60	27.40	12.5
25.80	27.80	7.5

MAS AK	PUNTEN	
HEREN	DAMES	
24.38	27.38	37.5
24.86	27.83	31
25.31	28.40	25
25.56	28.88	20
25.94	29.16	12.5
26.20	30.10	7.5

400 METER

AK	PUNTEN	
HEREN	DAMES	
47.48	55.51	250
48.43	56.51	200
49.38	57.51	150
49.85	58.70	100
50.33	59.30	50
50.80	59.70	35

JUN	PUNTEN	
HEREN	DAMES	
49.94	57.70	125
51.55	58.10	100
51.79	58.58	75
52.44	59.34	50
52.94	60.12	25
53.44	61.00	17.5

SCHOL	PUNTEN	
HEREN	DAMES	
51.84	58.15	50
52.49	59.30	43.5
52.98	60.42	37.5
53.57	61.05	25
54.05	61.83	17.5
54.24	62.90	10

KAD	PUNTEN	
HEREN	DAMES	
54.69	59.75	37.5
55.61	61.36	31
56.34	62.10	25
57.00	63.00	20
57.86	63.38	12.5
58.31	64.25	7.5

MAS AK	PUNTEN	
HEREN	DAMES	
55.16	61.40	37.5
56.12	62.42	31
57.28	64.90	25
57.62	65.98	20
58.04	67.30	12.5
58.68	68.00	7.5

800 METER

AK	PUNTEN	
HEREN	DAMES	
1.49.54	2.07.00	250
1.51.03	2.10.00	200
1.52.02	2.12.20	150
1.53.01	2.14.00	100
1.54.00	2.16.50	50
1.55.00	2.18.00	35

JUN	PUNTEN	
HEREN	DAMES	
1.54.40	2.11.00	125
1.55.00	2.13.00	100
1.56.35	2.15.00	75
1.57.80	2.16.75	50
1.58.45	2.18.50	25
2.00.00	2.20.00	17.5

SCHOL	PUNTEN	
HEREN	DAMES	
1.58.01	2.13.00	50
2.00.18	2.16.00	43.5
2.01.14	2.18.50	37.5
2.03.57	2.22.00	25
2.04.21	2.23.50	17.5
2.05.04	2.25.00	10

KAD	PUNTEN	
HEREN	DAMES	
2.05.34	2.18.75	37.5
2.07.37	2.20.20	31
2.08.72	2.22.30	25
2.10.58	2.24.00	20
2.11.34	2.26.15	12.5
2.12.59	2.28.00	7.5

MAS AK	PUNTEN	
HEREN	DAMES	
2.02.46	2.20.00	37.5
2.04.20	2.22.40	31
2.06.08	2.26.36	25
2.07.00	2.28.64	20
2.08.14	2.31.12	12.5
2.11.20	2.32.50	7.5

1500 METER

AK	PUNTEN	
HEREN	DAMES	
3.43.55	4.22.00	250
3.46.60	4.26.50	200
3.49.65	4.31.40	150
3.52.70	4.35.00	100
3.55.74	4.38.30	50
3.57.49	4.40.00	35

JUN	PUNTEN	
HEREN	DAMES	
3.54.31	4.32.00	125
3.59.31	4.37.50	100
4.01.88	4.39.00	75
4.04.78	4.40.50	50
4.07.50	4.45.00	25
4.10.00	4.49.00	17.5

SCHOL	PUNTEN	
HEREN	DAMES	
4.06.11	4.42.00	50
4.09.93	4.45.50	43.5
4.12.55	4.49.00	37.5
4.15.52	4.54.00	25
4.17.75	4.59.00	17.5
4.20.00	5.03.00	10

KAD	PUNTEN	
HEREN	DAMES	
4.19.00	4.51.00	37.5
4.22.41	4.56.00	31
4.27.53	5.00.00	25
4.29.18	5.04.00	20
4.32.90	5.08.00	12.5
4.35.00	5.10.00	7.5

MAS AK	PUNTEN	
HEREN	DAMES	
4.12.70	4.47.94	37.5
4.16.18	4.54.85	31
4.20.27	4.58.50	25
4.23.68	5.00.90	20
4.26.04	5.04.00	12.5
4.29.10	5.10.00	7.5

3000 METER

AK	PUNTEN	
HEREN	DAMES	
8.03.50	9.44.00	250
8.10.25	9.52.50	200
8.19.50	10.05.30	150
8.35.75	10.15.25	100
8.47.00	10.28.00	50
8.55.50	10.39.00	35

HORDEN

60 MH	60 MH	
(1.067m)	(0.84m)	
AK		PUNTEN
HEREN	DAMES	
8.12	8.76	250
8.43	9.12	200
8.59	9.43	149
8.90	9.65	100
9.26	9.84	50
9.55	10.38	35

60 MH	60 MH	
(1.067m)	(0.84m)	
JUN		PUNTEN
HEREN	DAMES	
8.78	9.15	125
9.02	9.37	100
9.31	9.94	75
9.57	10.38	50
9.74	10.71	25
10.05	11.07	17.5

60 MH	60 MH	
(0.914m)	(0.762m)	
SCHOL		PUNTEN
HEREN	DAMES	
8.64	9.10	50
9.00	9.42	43.5
9.40	9.53	37.5
9.68	9.71	25
10.06	10.14	17.5
10.28	10.30	10

60 MH	60 MH	
(0.914m)	(0.762m)	
KAD		PUNTEN
HEREN	DAMES	
9.00	9.33	37.5
9.44	9.72	31
9.91	10.18	25
10.02	10.29	20
10.30	10.36	12.5
10.43	10.45	7.5

60 MH	60 MH	
(1.067m)	(0.84m)	
VET AK		PUNTEN
HEREN	DAMES	
9.80	11.04	37.5
10.08	11.22	31
10.53	11.40	25
10.63	11.76	20
10.72	11.91	12.5
10.79	12.27	7.5

INDOOR KAMPPROEVEN

HOOGSPRINGEN

AK	PUNTEN	
HEREN	DAMES	
2M07	1M78	250
2M00	1M75	200
1M97	1M71	150
1M94	1M67	100
1M88	1M64	50
1M85	1M60	35

JUN	PUNTEN	
HEREN	DAMES	
1M97	1M70	125
1M93	1M66	100
1M87	1M62	75
1M83	1M60	50
1M79	1M56	25
1M74	1M54	17.5

SCHOL	PUNTEN	
HEREN	DAMES	
1M88	1M65	50
1M78	1M60	43.5
1M75	1M55	37.5
1M70	1M50	25
1M68	1M46	17.5
1M65	1M43	10

KAD	PUNTEN	
HEREN	DAMES	
1M72	1M58	37.5
1M65	1M52	31
1M62	1M49	25
1M58	1M46	20
1M55	1M43	12.5
1M53	1M40	7.5

MAS AK	PUNTEN	
HEREN	DAMES	
1M70	1M55	37.5
1M66	1M46	31
1M62	1M44	25
1M60	1M42	20
1M58	1M40	12.5
1M53	1M37	7.5

VERSPRINGEN

AK	PUNTEN	
HEREN	DAMES	
7M26	6M00	250
7M04	5M85	200
6M91	5M72	150
6M80	5M55	100
6M62	5M33	50
6M40	5M10	35

JUN	PUNTEN	
HEREN	DAMES	
6M97	5M82	125
6M73	5M60	100
6M54	5M45	75
6M40	5M31	50
6M12	5M08	25
6M00	5M00	17.5

SCHOL	PUNTEN	
HEREN	DAMES	
6M42	5M50	50
6M30	5M30	43.5
6M17	5M21	37.5
6M03	5M05	25
5M85	4M88	17.5
5M75	4M75	10

KAD	PUNTEN	
HEREN	DAMES	
6M01	5M30	37.5
5M81	5M10	31
5M70	4M95	25
5M59	4M80	20
5M44	4M70	12.5
5M25	4M60	7.5

MAS AK	PUNTEN	
HEREN	DAMES	
6M00	5M00	37.5
5M86	4M80	31
5M66	4M71	25
5M43	4M60	20
5M30	4M52	12.5
5M18	4M40	7.5

POLSTOKSPRINGEN

AK	PUNTEN	
HEREN	DAMES	
4M80	3M72	250
4M62	3M60	200
4M55	3M50	150
4M30	3M30	100
3M95	3M08	50
3M70	2M90	35

JUN	PUNTEN	
HEREN	DAMES	
4M50	3M48	125
4M25	3M35	100
3M95	3M25	75
3M75	3M05	50
3M40	2M85	25
3M30	2M50	17.5

SCHOL	PUNTEN	
HEREN	DAMES	
4M20	3M20	50
3M90	3M10	43.5
3M70	3M00	37.5
3M50	2M75	25
3M25	2M45	17.5
3M00	2M25	10

KAD	PUNTEN	
HEREN	DAMES	
3M41	3M00	37.5
3M11	2M90	31
2M90	2M70	25
2M80	2M45	20
2M70	2M25	12.5
2M50	2M00	7.5

MAS AK	PUNTEN	
HEREN	DAMES	
3M96	2M90	37.5
3M64	2M80	31
3M40	2M70	25
3M30	2M55	20
3M20	2M40	12.5
3M00	2M20	7.5

HINKSTAPSPRINGEN

AK	PUNTEN	
HEREN	DAMES	
14M95	12M00	250
14M38	11M77	200
14M10	11M60	150
13M82	11M35	100
13M35	10M80	50
12M90	10M45	35

JUN	PUNTEN	
HEREN	DAMES	
14M05	11M55	125
13M60	11M30	100
13M26	11M07	75
13M04	10M68	50
12M62	10M40	25
12M15	10M15	17.5

SCHOL	PUNTEN	
HEREN	DAMES	
13M31	11M00	50
12M95	10M65	43.5
12M77	10M34	37.5
12M40	10M10	25
12M12	9M95	17.5
11M80	9M75	10

KAD	PUNTEN	
HEREN	DAMES	
12M05	10M63	37.5
11M51	10M30	31
11M28	10M00	25
11M05	9M85	20
10M95	9M70	12.5
10M50	9M50	7.5

MAS AK	PUNTEN	
HEREN	DAMES	
12M00	10M40	37.5
11M72	10M21	31
11M60	9M98	25
11M20	9M67	20
10M97	9M55	12.5
10M50	9M05	7.5

KOGELSTOTEN

AK	PUNTEN	
7,250 kg	4 kg	
HEREN	DAMES	
15M50	14M00	250
15M00	13M50	200
14M10	13M00	150
13M40	12M00	100
12m90	11M50	50
12m30	10M75	35

JUN	PUNTEN	
6 kg	4 kg	
HEREN	DAMES	
14M80	12M00	125
14M10	11M75	100
13M60	11M50	75
13M10	11M00	50
12M47	10M50	25
12M00	10M00	17.5

SCHOL	PUNTEN	
5 kg	3 kg	
HEREN	DAMES	
14M80	12m75	50
14M00	12m00	43.5
13M20	11m50	37.5
12M50	11m00	25
12M00	10m50	17.5
11M50	10m00	10

KAD	PUNTEN	
4 kg	3 kg	
HEREN	DAMES	
13M53	12M00	37.5
12M50	11M30	31
12M01	10M80	25
11M31	10M50	20
11M00	10M10	12.5
10M75	9M60	7.5

MAS AK	PUNTEN	
7,250 kg	4 kg	
HEREN	DAMES	
12M64	11M45	37.5
12M05	10M60	31
11M76	10M20	25
11M26	10M00	20
10M94	9M75	12.5
10M50	9M25	7.5

MEERKAMP

AK	PUNTEN	
7 kamp	5 kamp	
HEREN	DAMES	
5350 p	4150 p	250
5250 p	4100 p	200
5150 p	4050 p	150
4950 p	3950 p	100
4850 p	3850 p	50
4750 p	3750 p	35

JUN	PUNTEN	
7 kamp	5 kamp	
HEREN	DAMES	
5150 p	3800 p	125
5050 p	3700 p	100
4950 p	3650 p	75
4850 p	3600 p	50
4750 p	3550 p	25
4650 p	3500 p	17.5

SCHOL	PUNTEN	
7 kamp	5 kamp	
HEREN	DAMES	
4950 p	3100 p	50
4850 p	3050 p	43.5
4750 p	3000 p	37.5
4650 p	2950 p	25
4550 p	2900 p	17.5
4450 p	2850 p	10

KAD	PUNTEN	
6 kamp	5 kamp	
HEREN	DAMES	
3550 p	3150 p	37.5
3450 p	3050 p	31
3350 p	2950 p	25
3250 p	2850 p	20
3150 p	2750 p	12.5
3050 p	2700 p	7.5