

OUTDOOR LOOPPROEVEN**100 METER**

| AK | PUNTEN | | JUN | PUNTEN | | SCHOL | PUNTEN | |
|-------|--------|-----|-------|--------|------|-------|--------|------|
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 10.62 | 11.90 | 250 | 10.96 | 12.28 | 125 | 11.41 | 12.41 | 50 |
| 10.83 | 12.00 | 200 | 11.19 | 12.41 | 100 | 11.59 | 12.52 | 43.5 |
| 10.94 | 12.10 | 150 | 11.30 | 12.51 | 75 | 11.70 | 12.60 | 37.5 |
| 11.04 | 12.25 | 100 | 11.41 | 12.75 | 50 | 11.80 | 12.95 | 25 |
| 11.15 | 12.40 | 50 | 11.50 | 12.88 | 25 | 11.90 | 13.18 | 17.5 |
| 11.26 | 12.60 | 35 | 11.76 | 13.00 | 17.5 | 12.00 | 13.36 | 10 |

| CAD | PUNTEN | |
|-------|--------|------|
| HEREN | DAMES | |
| 11.93 | 12.62 | 37.5 |
| 12.09 | 12.93 | 31 |
| 12.21 | 13.20 | 25 |
| 12.32 | 13.31 | 20 |
| 12.45 | 13.41 | 12.5 |
| 12.56 | 13.53 | 7.5 |

| MAS AK | PUNTEN | |
|--------|--------|------|
| HEREN | DAMES | |
| 11.96 | 13.15 | 37.5 |
| 12.11 | 13.42 | 31 |
| 12.23 | 13.65 | 25 |
| 12.40 | 13.80 | 20 |
| 12.51 | 13.90 | 12.5 |
| 12.84 | 14.00 | 7.5 |

200 METER

| AK | PUNTEN | | JUN | PUNTEN | | SCHOL | PUNTEN | |
|-------|--------|-----|-------|--------|------|-------|--------|------|
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 21.34 | 24.21 | 250 | 22.20 | 25.01 | 125 | 23.08 | 25.46 | 50 |
| 21.77 | 24.30 | 200 | 22.53 | 25.39 | 100 | 23.23 | 25.93 | 43.5 |
| 22.19 | 24.51 | 150 | 22.98 | 25.90 | 75 | 23.54 | 26.40 | 37.5 |
| 22.41 | 25.25 | 100 | 23.15 | 26.10 | 50 | 23.71 | 26.65 | 25 |
| 22.62 | 25.50 | 50 | 23.38 | 26.37 | 25 | 23.92 | 26.80 | 17.5 |
| 22.83 | 26.10 | 35 | 23.80 | 26.68 | 17.5 | 24.09 | 27.00 | 10 |

| CAD | 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 | | JUN | PUNTEN | | SCHOL | PUNTEN | |
|-------|--------|-----|-------|--------|------|-------|--------|------|
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 47.48 | 55.51 | 250 | 49.94 | 57.70 | 125 | 51.84 | 58.15 | 50 |
| 48.43 | 56.51 | 200 | 51.55 | 58.10 | 100 | 52.49 | 59.30 | 43.5 |
| 49.38 | 57.51 | 150 | 51.79 | 58.58 | 75 | 52.98 | 60.42 | 37.5 |
| 49.85 | 58.70 | 100 | 52.44 | 59.34 | 50 | 53.57 | 61.05 | 25 |
| 50.33 | 59.30 | 50 | 52.94 | 60.12 | 25 | 54.05 | 61.83 | 17.5 |
| 50.80 | 59.70 | 35 | 53.44 | 61.00 | 17.5 | 54.24 | 62.90 | 10 |

| CAD | 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 | | JUN | PUNTEN | | SCHOL | PUNTEN | |
|---------|---------|-----|---------|---------|------|---------|---------|------|
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 1.49.54 | 2.07.00 | 250 | 1.54.40 | 2.11.00 | 125 | 1.58.01 | 2.13.00 | 50 |
| 1.51.03 | 2.10.00 | 200 | 1.55.00 | 2.13.00 | 100 | 2.00.18 | 2.16.00 | 43.5 |
| 1.52.02 | 2.12.20 | 150 | 1.56.35 | 2.15.00 | 75 | 2.01.14 | 2.18.50 | 37.5 |
| 1.53.01 | 2.14.00 | 100 | 1.57.80 | 2.16.75 | 50 | 2.03.57 | 2.22.00 | 25 |
| 1.54.00 | 2.16.50 | 50 | 1.58.45 | 2.18.50 | 25 | 2.04.21 | 2.23.50 | 17.5 |
| 1.55.00 | 2.18.00 | 35 | 2.00.00 | 2.20.00 | 17.5 | 2.05.04 | 2.25.00 | 10 |

| CAD | 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 | | JUN | PUNTEN | | SCHOL | PUNTEN | |
|---------|---------|-----|---------|---------|------|---------|---------|------|
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 3.43.55 | 4.22.00 | 250 | 3.54.31 | 4.32.00 | 125 | 4.06.11 | 4.42.00 | 50 |
| 3.46.60 | 4.26.50 | 200 | 3.59.31 | 4.37.50 | 100 | 4.09.93 | 4.45.50 | 43.5 |
| 3.49.65 | 4.31.40 | 150 | 4.01.88 | 4.39.00 | 75 | 4.12.55 | 4.49.00 | 37.5 |
| 3.52.70 | 4.35.00 | 100 | 4.04.78 | 4.40.50 | 50 | 4.15.52 | 4.54.00 | 25 |
| 3.55.74 | 4.38.30 | 50 | 4.07.50 | 4.45.00 | 25 | 4.17.75 | 4.59.00 | 17.5 |
| 3.57.49 | 4.40.00 | 35 | 4.10.00 | 4.49.00 | 17.5 | 4.20.00 | 5.03.00 | 10 |

| CAD | 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 |

5000 METER

| AK | PUNTEN | | JUN | PUNTEN | | VET AK | PUNTEN | |
|----------|----------|-----|----------|----------|------|----------|----------|------|
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 14.00.50 | 16.10.00 | 250 | 14.40.00 | 17.25.00 | 125 | 15.26.20 | 17.50.00 | 50 |
| 14.15.51 | 16.24.50 | 200 | 15.08.00 | 17.52.50 | 100 | 15.48.00 | 18.13.05 | 43.5 |
| 14.30.51 | 16.43.08 | 150 | 15.27.20 | 18.10.25 | 75 | 15.59.20 | 18.27.50 | 37.5 |
| 14.45.51 | 17.01.50 | 100 | 15.40.90 | 18.34.00 | 50 | 16.08.19 | 18.39.20 | 25 |
| 14.53.00 | 17.18.00 | 50 | 15.51.00 | 18.45.00 | 25 | 16.24.15 | 18.50.00 | 17.5 |
| 15.00.00 | 17.30.00 | 35 | 16.00.00 | 18.58.00 | 17.5 | 16.32.00 | 19.10.00 | 10 |

10000 METER

| AK | PUNTEN | | JUN | PUNTEN | | VET AK | PUNTEN | |
|----------|----------|-----|----------|----------|------|----------|----------|------|
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 29.15.01 | 34.00.00 | 250 | 31.15.00 | 35.30.00 | 125 | 32.21.70 | 37.00.00 | 50 |
| 29.55.01 | 34.40.00 | 200 | 31.55.00 | 36.00.00 | 100 | 33.08.64 | 37.40.00 | 43.5 |
| 30.35.01 | 35.20.00 | 150 | 32.35.00 | 36.25.00 | 75 | 33.35.24 | 38.00.00 | 37.5 |
| 31.05.00 | 36.00.00 | 100 | 33.15.00 | 36.50.00 | 50 | 33.52.48 | 38.20.00 | 25 |
| 31.45.00 | 36.40.00 | 50 | 33.45.00 | 37.25.00 | 25 | 34.04.15 | 38.55.00 | 17.5 |
| 32.15.00 | 37.10.00 | 35 | 34.15.00 | 37.50.00 | 17.5 | 34.46.12 | 39.30.00 | 10 |

HORDEN

| 110 MH | 100 MH | | 110 MH | 100 MH | | 110 MH | 100 MH | |
|----------|---------|-----|----------|---------|------|----------|----------|------|
| (1.067m) | (0.84m) | | (1.067m) | (0.84m) | | (0.914m) | (0.762m) | |
| AK | PUNTEN | | JUN | PUNTEN | | SCHOL | PUNTEN | |
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 14.34 | 14.10 | 250 | 15.55 | 14.75 | 125 | 15.30 | 14.80 | 50 |
| 14.91 | 14.70 | 200 | 15.98 | 15.12 | 100 | 15.95 | 15.30 | 43.5 |
| 15.20 | 15.21 | 150 | 16.52 | 16.07 | 75 | 16.68 | 16.01 | 37.5 |
| 15.77 | 15.58 | 100 | 16.99 | 16.80 | 50 | 17.20 | 16.51 | 25 |
| 16.06 | 15.90 | 50 | 17.31 | 17.35 | 25 | 17.90 | 17.01 | 17.5 |
| 16.96 | 16.80 | 35 | 17.88 | 17.95 | 17.5 | 18.20 | 18.01 | 10 |

| 100 MH | 80 MH | |
|----------|----------|------|
| (0.914m) | (0.762m) | |
| CAD | PUNTEN | |
| HEREN | DAMES | |
| 15.00 | 12.45 | 37.5 |
| 15.60 | 12.81 | 31 |
| 16.20 | 13.13 | 25 |
| 16.82 | 13.48 | 20 |
| 17.31 | 13.75 | 12.5 |
| 18.00 | 13.85 | 7.5 |

| 110 MH | 100 MH | |
|----------|---------|------|
| (1.067m) | (0.84m) | |
| MAS AK | PUNTEN | |
| HEREN | DAMES | |
| 17.42 | 17.90 | 37.5 |
| 17.94 | 18.20 | 31 |
| 18.76 | 18.50 | 25 |
| 18.94 | 19.10 | 20 |
| 19.10 | 19.35 | 12.5 |
| 19.24 | 19.95 | 7.5 |

HORDEN

| 400 MH | 400 MH | | 400 MH | 400 MH | | 400 MH | 400 MH | |
|----------|----------|-----|----------|----------|------|---------|----------|------|
| (0.914m) | (0.762m) | | (0.914m) | (0.762m) | | (0.84m) | (0.762m) | |
| AK | PUNTEN | | JUN | PUNTEN | | SCHOL | PUNTEN | |
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 54.34 | 61.00 | 250 | 56.00 | 63.80 | 125 | 58.00 | 65.00 | 50 |
| 56.30 | 62.90 | 200 | 57.90 | 65.70 | 100 | 59.90 | 67.00 | 43.5 |
| 57.60 | 64.30 | 150 | 60.20 | 68.00 | 75 | 61.20 | 68.90 | 37.5 |
| 58.47 | 66.00 | 100 | 61.90 | 69.70 | 50 | 62.90 | 71.00 | 25 |
| 59.47 | 67.60 | 50 | 62.75 | 70.50 | 25 | 64.80 | 71.75 | 17.5 |
| 60.31 | 69.00 | 35 | 64.00 | 71.80 | 17.5 | 66.00 | 73.00 | 10 |

| 300 MH | 300 MH | |
|----------|----------|------|
| (0.762m) | (0.762m) | |
| CAD | PUNTEN | |
| HEREN | DAMES | |
| 42.90 | 46.25 | 37.5 |
| 44.00 | 47.80 | 31 |
| 45.99 | 49.20 | 25 |
| 46.30 | 50.75 | 20 |
| 47.10 | 51.50 | 12.5 |
| 48.00 | 52.15 | 7.5 |

| 400 MH | 400 MH | |
|----------|----------|------|
| (0.914m) | (0.762m) | |
| MAS AK | PUNTEN | |
| HEREN | DAMES | |
| 62.38 | 68.00 | 37.5 |
| 63.64 | 71.20 | 31 |
| 64.80 | 72.08 | 25 |
| 65.40 | 73.29 | 20 |
| 66.04 | 74.22 | 12.5 |
| 66.92 | 76.00 | 7.5 |

STEEPLE

| 3000 m | | | 3000 m | | | 2000 m | | |
|---------|----------|-----|----------|----------|------|---------|---------|------|
| AK | PUNTEN | | JUN | PUNTEN | | SCHOL | PUNTEN | |
| HEREN | DAMES | | HEREN | DAMES | | HEREN | DAMES | |
| 9.05.00 | 9.52.00 | 250 | 9.30.00 | 10.27.00 | 125 | 6.19.00 | 7.22.00 | 50 |
| 9.16.90 | 10.19.00 | 200 | 9.48.20 | 10.45.00 | 100 | 6.27.50 | 7.36.00 | 43.5 |
| 9.27.20 | 10.27.50 | 150 | 10.00.00 | 11.00.00 | 75 | 6.33.05 | 7.43.00 | 37.5 |
| 9.36.50 | 10.36.90 | 100 | 10.12.00 | 11.10.00 | 50 | 6.42.70 | 7.54.00 | 25 |
| 9.48.20 | 10.45.50 | 50 | 10.24.00 | 11.22.00 | 25 | 6.50.10 | 8.06.00 | 17.5 |
| 9.59.15 | 10.52.00 | 35 | 10.35.00 | 11.38.00 | 17.5 | 6.58.25 | 8.21.00 | 10 |

| 1500 m | | |
|---------|---------|------|
| CAD | PUNTEN | |
| HEREN | DAMES | |
| 4.43.00 | 5.22.00 | 37.5 |
| 4.49.20 | 5.33.00 | 31 |
| 4.57.50 | 5.38.00 | 25 |
| 5.05.10 | 5.44.00 | 20 |
| 5.14.75 | 5.50.00 | 12.5 |
| 5.20.00 | 6.02.00 | 7.5 |

| 3000 m | | |
|----------|--------|------|
| MAS AK | PUNTEN | |
| HEREN | DAMES | |
| 9.56.68 | | 37.5 |
| 10.07.30 | | 31 |
| 10.28.25 | | 25 |
| 10.39.75 | | 20 |
| 10.55.00 | | 12.5 |
| 11.06.50 | | 7.5 |

MARATHON

| AK | PUNTEN | | MAS AK | PUNTEN | |
|---------|---------|-----|---------|---------|------|
| HEREN | DAMES | | HEREN | DAMES | |
| 2U16.40 | 2U37.40 | 250 | 2U33.40 | 2U56.20 | 125 |
| 2U20.50 | 2U41.03 | 200 | 2U37.35 | 3U01.00 | 100 |
| 2U25.18 | 2U44.50 | 150 | 2U40.00 | 3U05.00 | 75 |
| 2U27.32 | 2U50.00 | 100 | 2U44.25 | 3U10.00 | 50 |
| 2U29.49 | 2U55.30 | 50 | 2U52.30 | 3U18.00 | 25 |
| 2U32.00 | 3U02.00 | 35 | 2U50.00 | 3U25.00 | 17.5 |

OUTDOOR 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 |

| CAD | 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 | 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 |

| CAD | 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 | 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 |

| CAD | 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 | 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 |

| CAD | 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 | 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 |

| CAD | 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 | 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 |

DISCUSWERPEN

| AK | PUNTEN | |
|-------|--------|-----|
| 2 kg | 1 kg | |
| HEREN | DAMES | |
| 50M00 | 45M00 | 250 |
| 46M95 | 41M00 | 200 |
| 44M20 | 38M75 | 150 |
| 40M75 | 37M00 | 100 |
| 38M40 | 35M50 | 50 |
| 35M00 | 34M00 | 35 |

| JUN | PUNTEN | |
|----------|--------|------|
| 1,750 kg | 1 kg | |
| HEREN | DAMES | |
| 44M50 | 38M50 | 125 |
| 41M05 | 37M00 | 100 |
| 39M14 | 35M50 | 75 |
| 37M00 | 34M00 | 50 |
| 34M90 | 32M00 | 25 |
| 32M90 | 30M00 | 17.5 |

| SCHOL | PUNTEN | |
|--------|--------|------|
| 1,5 kg | 1 kg | |
| HEREN | DAMES | |
| 46M00 | 36M50 | 50 |
| 41M40 | 34M50 | 43.5 |
| 38M77 | 32M00 | 37.5 |
| 36M66 | 30M00 | 25 |
| 33M95 | 28M50 | 17.5 |
| 31M00 | 26M00 | 10 |

| CAD | PUNTEN | |
|-------|--------|------|
| 1 kg | 1 kg | |
| HEREN | DAMES | |
| 45M00 | 32M00 | 37.5 |
| 40M95 | 30M00 | 31 |
| 37M30 | 28M50 | 25 |
| 35M20 | 26M00 | 20 |
| 33M40 | 24M50 | 12.5 |
| 30M00 | 23M00 | 7.5 |

| MAS | PUNTEN | |
|-------|--------|------|
| 2 kg | 1 kg | |
| HEREN | DAMES | |
| 38M40 | 35M00 | 37.5 |
| 35M24 | 33M75 | 31 |
| 33M78 | 32M50 | 25 |
| 32M12 | 30M00 | 20 |
| 30M60 | 28M00 | 12.5 |
| 28M50 | 26M00 | 7.5 |

SPEERWERPEN

| AK | PUNTEN | |
|--------|--------|-----|
| 800 gr | 600 gr | |
| HEREN | DAMES | |
| 65M50 | 43M50 | 250 |
| 62M40 | 41M00 | 200 |
| 58M80 | 39M50 | 150 |
| 55M45 | 37M75 | 100 |
| 51M60 | 35M00 | 50 |
| 49M00 | 33M00 | 35 |

| JUN | PUNTEN | |
|--------|--------|------|
| 800 gr | 600 gr | |
| HEREN | DAMES | |
| 56M10 | 41M00 | 125 |
| 52M08 | 39M00 | 100 |
| 49M95 | 37M50 | 75 |
| 47M51 | 35M00 | 50 |
| 45M00 | 33M00 | 25 |
| 42M10 | 30M00 | 17.5 |

| SCHOL | PUNTEN | |
|--------|--------|------|
| 700 gr | 600 gr | |
| HEREN | DAMES | |
| 55M00 | 37M50 | 50 |
| 50M73 | 35M00 | 43.5 |
| 47M33 | 33M00 | 37.5 |
| 45M10 | 30M00 | 25 |
| 43M20 | 27M50 | 17.5 |
| 40M00 | 25M00 | 10 |

| CAD | PUNTEN | |
|--------|--------|------|
| 600 gr | 500 gr | |
| HEREN | DAMES | |
| 46M36 | 36M00 | 37.5 |
| 42M19 | 33M00 | 31 |
| 39M20 | 30M00 | 25 |
| 37M60 | 28M75 | 20 |
| 36M91 | 27M00 | 12.5 |
| 35M00 | 24M50 | 7.5 |

| MAS | PUNTEN | |
|--------|--------|------|
| 800 gr | 600 gr | |
| HEREN | DAMES | |
| 47M60 | 33M55 | 37.5 |
| 43M84 | 29M00 | 31 |
| 41M24 | 27M05 | 25 |
| 39M06 | 25M60 | 20 |
| 37M97 | 24M25 | 12.5 |
| 36M20 | 22M50 | 7.5 |

HAMERSLINGEREN

| AK | PUNTEN | |
|----------|--------|-----|
| 7,250 kg | 4 kg | |
| HEREN | DAMES | |
| 59M00 | 46M00 | 250 |
| 56M25 | 43M75 | 200 |
| 50M18 | 41M00 | 150 |
| 46M17 | 38M00 | 100 |
| 43M09 | 33M00 | 50 |
| 36M50 | 26M00 | 35 |

| JUN | PUNTEN | |
|----------|--------|------|
| 6,250 kg | 4 kg | |
| HEREN | DAMES | |
| 55M00 | 42M00 | 125 |
| 50M50 | 39M50 | 100 |
| 45M00 | 35M25 | 75 |
| 40M45 | 31M00 | 50 |
| 35M60 | 27M00 | 25 |
| 33M00 | 24M50 | 17.5 |

| SCHOL | PUNTEN | |
|-------|--------|------|
| 5 kg | 4 kg | |
| HEREN | DAMES | |
| 53M00 | 39M75 | 50 |
| 49M50 | 35M00 | 43.5 |
| 44M80 | 30M15 | 37.5 |
| 40M00 | 27M00 | 25 |
| 34M80 | 25M45 | 17.5 |
| 30M00 | 22M00 | 10 |

| CAD | PUNTEN | |
|-------|--------|------|
| 4 kg | 3 kg | |
| HEREN | DAMES | |
| 40M01 | 35M00 | 37.5 |
| 35M00 | 33M25 | 31 |
| 31M00 | 29M10 | 25 |
| 28M00 | 26M50 | 20 |
| 26M00 | 24M25 | 12.5 |
| 24M00 | 20M00 | 7.5 |

| MAS | PUNTEN | |
|----------|--------|------|
| 7,250 kg | 4 kg | |
| HEREN | DAMES | |
| 39M90 | 35M00 | 37.5 |
| 36M20 | 32M75 | 31 |
| 34M55 | 28M00 | 25 |
| 31M25 | 25M00 | 20 |
| 28M40 | 23M75 | 12.5 |
| 25M00 | 21M00 | 7.5 |

MEERKAMP

| AK | PUNTEN | |
|---------|--------|-----|
| 10 kamp | 7 kamp | |
| HEREN | DAMES | |
| 7150 p | 5250 p | 250 |
| 6550 p | 4900 p | 200 |
| 6350 p | 4500 p | 150 |
| 6000 p | 4115 p | 100 |
| 5500 p | 3920 p | 50 |
| 5250 p | 3750 p | 35 |

| JUN | PUNTEN | |
|---------|--------|------|
| 10 kamp | 7 kamp | |
| HEREN | DAMES | |
| 6535 p | 4750 p | 125 |
| 6234 p | 4400 p | 100 |
| 5926 p | 4280 p | 75 |
| 5656 p | 3880 p | 50 |
| 5550 p | 3720 p | 25 |
| 5300 p | 3500 p | 17.5 |

| SCHOL | PUNTEN | |
|---------|--------|------|
| 10 kamp | 7 kamp | |
| HEREN | DAMES | |
| 6000 p | 4300 p | 50 |
| 5900 p | 4100 p | 43.5 |
| 5400 p | 3700 p | 37.5 |
| 5250 p | 3300 p | 25 |
| 5125 p | 3010 p | 17.5 |
| 4600 p | 2875 p | 10 |

| CAD | PUNTEN | |
|--------|--------|------|
| 8 kamp | 6 kamp | |
| HEREN | DAMES | |
| 4500 p | 3850 p | 37.5 |
| 4000 p | 3600 p | 31 |
| 3850 p | 3400 p | 25 |
| 3650 p | 3250 p | 20 |
| 3370 p | 3100 p | 12.5 |
| 3250 p | 3050 p | 7.5 |