



# PRESTATIETABEL OUTDOOR

(Eénmalige premie, hoogste bedrag telt)

## SEIZOEN 2011-2012

Zomerseizoen 2012

## PRESTATIETABEL OUTDOOR SEIZOEN 2011-2012 AC LYRA

### 100 M

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	10.46	11.70	100	10.88	12.17	50	11.30	12.40	35	11.72	12.87	100	11.30	12.87
150	10.54	11.81	75	11.02	12.37	37.5	11.42	12.58	27.5	11.80	13.01	75	11.42	13.01
100	10.66	11.97	50	11.16	12.57	25	11.54	12.76	20	11.88	13.14	50	11.54	13.14
75	10.81	12.19	35	11.30	12.77	17.5	11.67	12.94	15	11.97	13.28	35	11.67	13.28
50	11.01	12.46	25	11.44	12.97	12.5	11.79	13.12	10	12.05	13.42	25	11.79	13.42
25	11.24	12.79	15	11.58	13.17	7.5	11.91	13.30	5	12.14	13.56	15	11.91	13.56

### 200 M

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	21.20	24.03	100	22.05	24.99	50	22.90	25.47	35	23.74	26.43	100	22.90	26.43
150	21.39	24.28	75	22.39	25.45	37.5	23.21	25.89	27.5	23.98	26.76	75	23.21	26.76
100	21.67	24.65	50	22.74	25.91	25	23.52	26.30	20	24.22	27.09	50	23.52	27.09
75	22.05	25.14	35	23.08	26.37	17.5	23.84	26.72	15	24.45	27.42	35	23.84	27.42
50	22.52	25.75	25	23.43	26.83	12.5	24.15	27.13	10	24.69	27.75	25	24.15	27.75
25	23.08	26.49	15	23.77	27.28	7.5	24.46	27.55	5	24.93	28.08	15	24.46	28.08

### 400 M

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	47.11	53.80	100	48.99	55.95	50	50.88	57.03	35	52.76	59.18	100	50.88	59.18
150	47.55	54.36	75	49.81	57.00	37.5	51.63	57.98	27.5	53.35	59.94	75	51.63	59.94
100	48.22	55.21	50	50.64	58.05	25	52.38	58.94	20	53.93	60.70	50	52.38	60.70
75	49.11	56.33	35	51.46	59.10	17.5	53.14	59.89	15	54.51	61.46	35	53.14	61.46
50	50.22	57.73	25	52.28	60.15	12.5	53.89	60.84	10	55.09	62.22	25	53.89	62.22
25	51.55	59.42	15	53.10	61.20	7.5	54.64	61.80	5	55.67	62.99	15	54.64	62.99

## PRESTATIETABEL OUTDOOR SEIZOEN 2011-2012 AC LYRA

### Horden

<b>A.C.</b>			<b>JUN</b>			<b>SCH</b>			<b>CAD</b>			<b>MAS</b>		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
	110H	100H		110H	100H		110H	100H		110H	100H		110H	100H
	1.067m	0.84m		1.067m	0.84m		0.914m	0.726m		0.914m	0.762m		1.067m	0.84m
200	14.09	13.63	100	14.65	14.18	50	14.53	14.26	35	14.56	12.51	100	15.22	14.99
150	14.24	13.78	75	14.95	14.49	37.5	14.79	14.55	27.5	14.82	12.71	75	15.48	15.20
100	14.47	14.01	50	15.24	14.80	25	15.05	14.83	20	15.08	12.91	50	15.75	15.42
75	14.77	14.31	35	15.53	15.11	17.5	15.31	15.12	15	15.35	13.11	35	16.01	15.63
50	15.15	14.69	25	15.83	15.42	12.5	15.58	15.40	10	15.61	13.31	25	16.28	15.84
25	15.61	15.14	15	16.12	15.73	7.5	15.84	15.69	5	15.87	13.51	15	16.55	16.05

### Horden

<b>A.C.</b>			<b>JUN</b>			<b>SCH</b>			<b>CAD</b>			<b>MAS</b>		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
	400H	400H		400H	400H		400H	400H		300H	300H		400H	400H
	0.914m	0.726m		0.914m	0.726m		0.84m	0.726m		0.726m	0.726m		0.914m	0.726m
200	51.59	58.20	100	53.65	60.53	50	55.73	61.70	35	42.92	46.58	100	55.72	64.02
150	52.19	58.81	75	54.73	61.50	37.5	56.80	62.74	27.5	43.78	47.51	75	56.79	64.85
100	53.10	59.73	50	55.80	62.46	25	57.87	63.77	20	44.64	48.44	50	57.87	65.68
75	54.31	60.95	35	56.87	63.43	17.5	58.94	64.81	15	45.50	49.37	35	58.94	66.51
50	55.82	62.48	25	57.95	64.40	12.5	60.02	65.85	10	46.35	50.31	25	60.01	67.34
25	57.63	64.31	15	59.02	65.37	7.5	61.09	66.88	5	47.21	51.24	15	61.09	68.17

### Hoog

<b>A.C.</b>			<b>JUN</b>			<b>SCH</b>			<b>CAD</b>			<b>MAS</b>		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	2.19	1.87	100	2.04	1.74	50	1.95	1.68	35	1.84	1.61	100	1.95	1.61
150	2.17	1.85	75	2.00	1.72	37.5	1.91	1.66	27.5	1.81	1.58	75	1.91	1.58
100	2.13	1.83	50	1.97	1.69	25	1.88	1.63	20	1.77	1.56	50	1.88	1.56
75	2.08	1.79	35	1.93	1.67	17.5	1.84	1.61	15	1.74	1.54	35	1.84	1.54
50	2.02	1.74	25	1.90	1.65	12.5	1.80	1.58	10	1.70	1.51	25	1.80	1.51
25	1.94	1.69	15	1.86	1.62	7.5	1.77	1.55	5	1.67	1.49	15	1.77	1.49

## PRESTATIETABEL OUTDOOR SEIZOEN 2011-2012 AC LYRA

### Ver

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	7.64	6.29	100	7.11	5.85	50	6.72	5.60	35	6.34	5.35	100	6.72	5.35
150	7.52	6.20	75	6.92	5.71	37.5	6.56	5.48	27.5	6.19	5.22	75	6.56	5.22
100	7.34	6.06	50	6.74	5.57	25	6.40	5.35	20	6.05	5.09	50	6.40	5.09
75	7.10	5.87	35	6.55	5.43	17.5	6.24	5.23	15	5.90	4.97	35	6.24	4.97
50	6.80	5.64	25	6.37	5.29	12.5	6.08	5.11	10	5.75	4.84	25	6.08	4.84
25	6.44	5.36	15	6.18	5.15	7.5	5.92	4.98	5	5.60	4.72	15	5.92	4.72

### Hinkstap

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	16.03	13.55	100	14.91	12.60	50	14.11	12.06	35	13.30	11.52	100	14.11	11.52
150	15.73	13.27	75	14.43	12.15	37.5	13.69	11.65	27.5	12.91	11.11	75	13.69	11.11
100	15.29	12.86	50	13.96	11.70	25	13.27	11.25	20	12.52	10.71	50	13.27	10.71
75	14.69	12.31	35	13.48	11.26	17.5	12.85	10.84	15	12.13	10.30	35	12.85	10.30
50	13.94	11.62	25	13.00	10.81	12.5	12.43	10.44	10	11.74	9.90	25	12.43	9.90
25	13.05	10.79	15	12.53	10.36	7.5	12.01	10.03	5	11.35	9.50	15	12.01	9.50

### Polsstok

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	5.30	4.29	100	4.93	3.99	50	4.66	3.82	35	4.40	3.65	100	4.66	3.65
150	5.21	4.22	75	4.79	3.88	37.5	4.54	3.73	27.5	4.29	3.55	75	4.54	3.55
100	5.08	4.12	50	4.65	3.78	25	4.42	3.63	20	4.18	3.46	50	4.42	3.46
75	4.90	3.98	35	4.52	3.68	17.5	4.31	3.54	15	4.07	3.36	35	4.31	3.36
50	4.68	3.81	25	4.38	3.57	12.5	4.19	3.45	10	3.96	3.27	25	4.19	3.27
25	4.42	3.61	15	4.24	3.47	7.5	4.07	3.36	5	3.85	3.18	15	4.07	3.18

## PRESTATIETABEL OUTDOOR SEIZOEN 2011-2012 AC LYRA

### Kogel

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	17.49	15.54	100	16.27	14.45	50	16.27	13.83	35	14.52	14.22	100	16.27	13.21
150	17.06	15.12	75	15.55	13.74	37.5	15.55	13.17	27.5	13.91	13.40	75	15.55	12.56
100	16.42	14.49	50	14.82	13.03	25	14.82	12.52	20	13.30	12.58	50	14.82	11.92
75	15.56	13.65	35	14.10	12.31	17.5	14.10	11.86	15	12.69	11.75	35	14.10	11.27
50	14.48	12.60	25	13.38	11.60	12.5	13.38	11.20	10	12.08	10.93	25	13.38	10.63
25	13.19	11.34	15	12.66	10.89	7.5	12.66	10.55	5	11.48	10.11	15	12.66	9.98

### Discus

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	51.22	52.08	100	47.63	48.43	50	49.66	46.35	35	47.69	44.27	100	49.66	44.27
150	50.24	50.48	75	46.05	45.67	37.5	47.75	43.78	27.5	45.86	41.76	75	47.75	41.76
100	48.76	48.07	50	44.47	42.90	25	45.84	41.21	20	44.03	39.24	50	45.84	39.24
75	46.79	44.86	35	42.88	40.13	17.5	43.94	38.65	15	42.21	36.73	35	43.94	36.73
50	44.33	40.85	25	41.30	37.36	12.5	42.03	36.08	10	40.38	34.22	25	42.03	34.22
25	41.37	36.03	15	39.72	34.59	7.5	40.12	33.51	5	38.55	31.71	15	40.12	31.71

### Speer

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	78.14	57.78	100	72.67	53.74	50	68.76	51.42	35	62.11	48.27	100	68.76	49.11
150	75.69	55.86	75	68.44	50.40	37.5	64.88	48.32	27.5	58.20	45.01	75	64.88	46.08
100	72.02	52.99	50	64.21	47.06	25	61.00	45.21	20	54.28	41.75	50	61.00	43.06
75	67.12	49.15	35	59.98	43.73	17.5	57.13	42.11	15	50.37	38.50	35	57.13	40.03
50	61.00	44.35	25	55.74	40.39	12.5	53.25	39.00	10	46.45	35.24	25	53.25	37.00
25	53.66	38.60	15	51.51	37.06	7.5	49.37	35.90	5	42.54	31.98	15	49.37	33.97

## PRESTATIETABEL OUTDOOR SEIZOEN 2011-2012 AC LYRA

### Hamer

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	64.25	56.48	100	59.75	52.53	50	56.54	50.27	35	52.33	47.92	100	56.54	48.01
150	62.04	54.35	75	55.90	48.78	37.5	52.99	46.76	27.5	48.49	44.00	75	52.99	44.60
100	58.74	51.16	50	52.05	45.04	25	49.45	43.26	20	44.65	40.09	50	49.45	41.20
75	54.32	46.91	35	48.20	41.29	17.5	45.90	39.75	15	40.80	36.17	35	45.90	37.79
50	48.81	41.59	25	44.35	37.55	12.5	42.36	36.25	10	36.96	32.26	25	42.36	34.39
25	42.19	35.21	15	40.50	33.80	7.5	38.81	32.75	5	33.12	28.34	15	38.81	30.98

### Meerkamp

A.C.			JUN			SCH			CAD		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
	10K	7K		10K	7K		9K	7K		8K	6K
200	7606	5756	100	7074	5377	50	5821	4856	35	4733	3978
150	7389	5560	75	6702	5066	37.5	5558	4569	27.5	4531	3801
100	7063	5267	50	6330	4755	25	5295	4281	20	4329	3623
75	6628	4875	35	5958	4444	17.5	5033	3994	15	4128	3446
50	6084	4386	25	5586	4133	12.5	4770	3706	10	3926	3268
25	5432	3799	15	5215	3822	7.5	4507	3419	5	3724	3091

## PRESTATIETABEL OUTDOOR SEIZOEN 2011-2012 AC LYRA

### 800 M

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	1.49.22	2.05.97	100	1.53.59	9.75	50	1.57.96	2.13.53	35	2.03.42	18.57	100	1.57.41	2.12.90
150	1.50.27	2.07.38	75	1.55.78	12.65	37.5	2.00.23	2.16.52	27.5	2.05.80	21.67	75	1.59.68	2.15.87
100	1.51.85	2.09.49	50	1.57.97	15.55	25	2.02.51	2.19.50	20	2.08.18	24.77	50	2.01.94	2.18.84
75	1.53.96	2.12.31	35	2.00.16	18.46	17.5	2.04.78	2.22.49	15	2.10.56	27.87	35	2.04.20	2.21.82
50	1.56.59	2.15.83	25	2.02.35	21.36	12.5	2.07.06	2.25.48	10	2.12.94	30.97	25	2.06.47	2.24.79
25	1.59.75	2.20.06	15	2.04.54	24.26	7.5	2.09.33	2.28.46	5	2.15.32	34.07	15	2.08.73	2.27.76

### 1500 M

A.C.			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	3.44.30	4.20.07	100	3.53.27	4.27.87	50	4.02.24	4.35.67	35	4.13.46	4.46.08	100	3.58.88	4.31.77
150	3.46.56	4.23.25	75	3.57.98	4.34.42	37.5	4.07.13	4.42.42	27.5	4.18.58	4.53.07	75	4.03.70	4.38.42
100	3.49.96	4.28.02	50	4.02.69	4.40.97	25	4.12.02	4.49.16	20	4.23.69	5.00.07	50	4.08.52	4.45.07
75	3.54.49	4.34.38	35	4.07.40	4.47.52	17.5	4.16.91	4.55.90	15	4.28.81	5.07.07	35	4.13.35	4.51.71
50	4.00.15	4.42.33	25	4.12.11	4.54.08	12.5	4.21.80	5.02.64	10	4.33.93	5.14.06	25	4.18.17	4.58.36
25	4.06.94	4.51.87	15	4.16.82	5.00.63	7.5	4.26.70	5.09.38	5	4.39.04	5.21.06	15	4.22.99	5.05.00

### 3000 M

A.C.			JUN			SCH			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	8.01.06	9.16.92	100	8.20.30	9.33.63	50	8.39.54	9.50.34	100	8.22.71	9.36.41
150	8.06.12	9.24.22	75	8.30.82	9.48.68	37.5	8.50.47	10.05.82	75	8.33.28	9.51.53
100	8.13.70	9.35.18	50	8.41.34	10.03.72	25	9.01.39	10.21.31	50	8.43.85	10.06.65
75	8.23.82	9.49.79	35	8.51.86	10.18.77	17.5	9.12.31	10.36.80	35	8.54.42	10.21.78
50	8.36.46	10.08.06	25	9.02.38	10.33.82	12.5	9.23.24	10.52.28	25	9.04.98	10.36.90
25	8.51.63	10.29.97	15	9.12.90	10.48.87	7.5	9.34.16	11.017.77	15	9.15.55	10.52.02

## PRESTATIETABEL OUTDOOR SEIZOEN 2011-2012 AC LYRA

### 3000M STEEPLE

A.C.			JUN			SCH (2000ST)			CAD (1500ST)			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	8.47.56	10.19.12	100	9.08.66	10.37.69	50	6.11.21	7.04.66	35	4.44.16	5.11.45	100	9.16.58	10.43.88
150	8.54.47	10.29.24	75	9.23.03	10.58.54	37.5	6.20.34	7.15.99	27.5	4.51.70	5.19.01	75	9.31.15	11.04.93
100	9.04.83	10.44.42	50	9.37.40	11.19.39	25	6.29.48	7.27.31	20	4.59.25	5.26.56	50	9.45.72	11.25.98
75	9.18.64	11.04.66	35	9.51.76	11.40.24	17.5	6.38.61	7.38.64	15	5.06.79	5.34.12	35	10.00.30	11.47.03
50	9.35.91	11.29.96	25	10.06.13	12.01.08	12.5	6.47.75	7.49.96	10	5.14.34	5.41.67	25	10.14.87	12.08.08
25	9.56.63	12.00.32	15	10.20.50	12.21.93	7.5	6.56.88	8.01.29	5	5.21.88	5.49.23	15	10.29.44	12.29.13

### 5000 M

A.C.			JUN			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	13.45.20	16.02.15	100	14.18.21	16.31.01	100	14.22.33	16.35.83
150	13.53.86	16.15.07	75	14.36.22	16.57.64	75	14.40.44	17.02.58
100	14.06.85	16.34.46	50	14.54.24	17.24.27	50	14.58.54	17.29.33
75	14.24.17	17.00.31	35	15.12.25	17.50.89	35	15.16.64	17.56.09
50	14.45.83	17.32.63	25	15.30.27	18.17.52	25	15.34.74	18.22.84
25	15.11.81	18.11.40	15	15.48.28	18.44.14	15	15.52.84	18.49.60

### 10000 M

A.C.			JUN			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	28.54.43	33.43.47	100	30.03.81	34.44.17	100	30.03.81	34.54.29
150	29.14.37	34.11.60	75	30.45.29	35.42.13	75	30.45.29	35.52.52
100	29.44.28	34.53.80	50	31.26.77	36.40.08	50	31.26.77	36.50.76
75	30.24.17	35.50.06	35	32.08.25	37.38.03	35	32.08.25	37.48.99
50	31.14.02	37.00.39	25	32.49.72	38.35.98	25	32.49.72	38.47.22
25	32.13.85	38.24.79	15	33.31.20	39.33.93	15	33.31.20	39.45.46

## PRESTATIETABEL OUTDOOR SEIZOEN 2011-2012 AC LYRA

### ½ Marathon

#### A.C.

Premie	Heren	Dames
200	1:05:12	1:14:27
150	1:06:03	1:15:27
100	1:07:19	1:16:58
75	1:09:00	1:18:58
50	1:11:06	1:21:29
25	1:13:38	1:24:30

#### MAS

Premie	Heren	Dames
100	1:08:28	1:17:26
75	1:10:14	1:19:31
50	1:12:00	1:21:37
35	1:13:46	1:23:42
25	1:15:33	1:25:47
15	1:17:19	1:27:53

### Marathon

#### A.C.

Premie	Heren	Dames
200	2:20:26	2:38:05
150	2:22:32	2:40:28
100	2:25:42	2:44:03
75	2:29:55	2:48:49
50	2:35:11	2:54:47
25	2:41:30	3:01:56

#### MAS

Premie	Heren	Dames
100	2:27:27	2:44:24
75	2:31:53	2:49:22
50	2:36:18	2:54:20
35	2:40:44	2:59:17
25	2:45:09	3:04:15
15	2:49:35	3:09:13