

## PRESTATIETABEL INDOOR SEIZOEN 2019-2020 AC LYRA

### 60 M

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	6.78	7.51	100	7.06	7.81	50	7.33	7.96	35	7.60	8.26	100	7.33	8.26
150	6.86	7.64	75	7.13	7.93	37.5	7.39	8.08	27.5	7.66	8.37	75	7.39	8.38
100	6.94	7.76	50	7.20	8.05	25	7.46	8.19	20	7.72	8.48	50	7.46	8.50
75	7.04	7.93	35	7.29	8.20	17.5	7.55	8.34	15	7.81	8.63	35	7.55	8.65
50	7.17	8.13	25	7.40	8.39	12.5	7.66	8.52	10	7.91	8.81	25	7.66	8.84
25	7.30	8.34	15	7.52	8.59	7.5	7.77	8.71	5	8.02	8.99	15	7.77	9.04

### 200 M

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	21.55	24.40	100	22.41	25.38	50	23.27	25.86	35	24.13	26.84	100	23.27	26.84
150	21.76	24.84	75	22.60	25.79	37.5	23.45	26.26	27.5	24.30	27.23	75	23.45	27.25
100	21.98	25.27	50	22.79	26.20	25	23.63	26.66	20	24.46	27.62	50	23.63	27.67
75	22.26	25.85	35	23.04	26.75	17.5	23.86	27.19	15	24.68	28.14	35	23.86	28.22
50	22.62	26.58	25	23.35	27.43	12.5	24.16	27.85	10	24.96	28.79	25	24.16	28.90
25	22.98	27.30	15	23.67	28.12	7.5	24.46	28.52	5	25.24	29.45	15	24.46	29.59

### 400 M

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	47.77	55.20	100	49.92	57.68	50	51.83	58.79	35	53.75	61.00	100	51.60	60.72
150	48.30	56.27	75	50.39	58.71	37.5	52.28	59.78	27.5	54.17	61.98	75	52.04	61.75
100	48.83	57.34	50	50.87	59.73	25	52.73	60.77	20	54.59	62.96	50	52.49	62.77
75	49.53	58.77	35	51.49	61.09	17.5	53.33	62.10	15	55.16	64.27	35	53.08	64.14
50	50.41	60.55	25	52.28	62.80	12.5	54.08	63.75	10	55.86	65.90	25	53.83	65.85
25	51.29	62.34	15	53.07	64.50	7.5	54.83	65.41	5	56.57	67.53	15	54.57	67.56

## PRESTATIETABEL INDOOR SEIZOEN 2019-2020 AC LYRA

### 60 M Horden

SEN		
Premie	Heren	Dames
	1.067m	0.84m
200	7.94	8.44
150	8.07	8.62
100	8.19	8.80
75	8.36	9.04
50	8.57	9.34
25	8.78	9.64

JUN		
Premie	Heren	Dames
	0.99m	0.84m
100	8.10	8.76
75	8.21	8.93
50	8.33	9.10
35	8.48	9.33
25	8.67	9.61
15	8.86	9.90

SCH		
Premie	Heren	Dames
	0.914m	0.726m
50	8.26	8.75
37.5	8.37	8.91
25	8.48	9.07
17.5	8.63	9.29
12.5	8.81	9.56
7.5	8.99	9.84

CAD		
Premie	Heren	Dames
	0.914m	0.726m
35	8.81	9.15
27.5	8.92	9.32
20	9.04	9.48
15	9.18	9.70
10	9.37	9.97
5	9.55	10.24

MAS		
Premie	Heren	Dames
	1.067m	0.84m
100	8.34	8.87
75	8.45	9.03
50	8.56	9.20
35	8.71	9.42
25	8.89	9.69
15	9.08	9.97

### Hoog

SEN		
Premie	Heren	Dames
200	2.14	1.83
150	2.10	1.79
100	2.06	1.76
75	2.01	1.71
50	1.94	1.65
25	1.88	1.59

JUN		
Premie	Heren	Dames
100	1.99	1.70
75	1.96	1.67
50	1.92	1.64
35	1.88	1.60
25	1.82	1.54
15	1.77	1.49

SCH		
Premie	Heren	Dames
50	1.91	1.65
37.5	1.87	1.62
25	1.84	1.59
17.5	1.80	1.55
12.5	1.75	1.50
7.5	1.70	1.45

CAD		
Premie	Heren	Dames
35	1.80	1.57
27.5	1.77	1.55
20	1.74	1.52
15	1.70	1.48
10	1.66	1.44
5	1.61	1.39

MAS		
Premie	Heren	Dames
100	1.88	1.63
75	1.85	1.60
50	1.82	1.57
35	1.78	1.53
25	1.73	1.48
15	1.68	1.43

### Polsstok

SEN		
Premie	Heren	Dames
200	5.24	4.13
150	5.11	4.02
100	4.98	3.91
75	4.81	3.77
50	4.59	3.59
25	4.38	3.41

JUN		
Premie	Heren	Dames
100	4.87	3.84
75	4.76	3.75
50	4.64	3.65
35	4.49	3.52
25	4.30	3.36
15	4.11	3.20

SCH		
Premie	Heren	Dames
50	4.66	3.72
37.5	4.56	3.63
25	4.45	3.54
17.5	4.31	3.42
12.5	4.13	3.26
7.5	3.95	3.11

CAD		
Premie	Heren	Dames
35	4.40	3.55
27.5	4.30	3.47
20	4.20	3.38
15	4.08	3.27
10	3.91	3.13
5	3.75	2.99

MAS		
Premie	Heren	Dames
100	4.61	3.68
75	4.50	3.59
50	4.40	3.50
35	4.26	3.38
25	4.08	3.23
15	3.91	3.08

## PRESTATIETABEL INDOOR SEIZOEN 2019-2020 AC LYRA

### Ver

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	7.56	6.17	100	7.03	5.74	50	6.73	5.55	35	6.35	5.31	100	6.66	5.49
150	7.40	6.01	75	6.89	5.60	37.5	6.60	5.42	27.5	6.24	5.18	75	6.53	5.36
100	7.24	5.86	50	6.76	5.46	25	6.47	5.29	20	6.12	5.06	50	6.40	5.23
75	7.03	5.65	35	6.57	5.27	17.5	6.30	5.12	15	5.96	4.90	35	6.23	5.06
50	6.77	5.38	25	6.34	5.04	12.5	6.09	4.90	10	5.77	4.70	25	6.02	4.84
25	6.50	5.12	15	6.11	4.81	7.5	5.87	4.68	5	5.57	4.49	15	5.81	4.63

### Hinkstap

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	15.74	12.90	100	14.64	12.00	50	14.01	11.61	35	13.23	11.10	100	13.85	11.48
150	15.42	12.57	75	14.36	11.71	37.5	13.75	11.34	27.5	12.99	10.84	75	13.60	11.21
100	15.10	12.24	50	14.08	11.42	25	13.49	11.06	20	12.75	10.58	50	13.34	10.94
75	14.66	11.80	35	13.70	11.03	17.5	13.14	10.70	15	12.43	10.24	35	12.99	10.58
50	14.13	11.25	25	13.23	10.54	12.5	12.71	10.24	10	12.04	9.82	25	12.56	10.12
25	13.59	10.70	15	12.76	10.06	7.5	12.27	9.78	5	11.64	9.39	15	12.13	9.67

### Kogel

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	18.02	16.62	100	16.94	15.62	50	16.40	15.12	35	15.68	14.46	100	16.40	15.12
150	17.46	16.09	75	16.43	15.14	37.5	15.92	14.67	27.5	15.23	14.03	75	15.92	14.67
100	16.91	15.56	50	15.93	14.66	25	15.44	14.21	20	14.78	13.60	50	15.44	14.21
75	16.16	14.85	35	15.26	14.02	17.5	14.81	13.61	15	14.19	13.04	35	14.81	13.61
50	15.23	13.97	25	14.42	13.23	12.5	14.01	12.85	10	13.44	12.33	25	14.01	12.85
25	14.31	13.09	15	13.58	12.43	7.5	13.21	12.09	5	12.69	11.62	15	13.21	12.09

## PRESTATIETABEL INDOOR SEIZOEN 2019-2020 AC LYRA

### Meerkamp

SEN		
Premie	Heren	Dames
	7K	5K
200	5517	4160
150	5343	4029
100	5169	3897
75	4937	3722
50	4647	3503
25	4357	3284

JUN		
Premie	Heren	Dames
	7K	5K
100	4965	3827
75	4814	3711
50	4664	3595
35	4463	3439
25	4212	3245
15	3961	3051

SCH		
Premie	Heren	Dames
	7K	5K
50	3586	3536
37.5	3479	3431
25	3373	3325
17.5	3230	3185
12.5	3053	3009
7.5	2875	2833

CAD		
Premie	Heren	Dames
	6K	5K
35	3972	2912
27.5	3856	2827
20	3740	2742
15	3586	2628
10	3393	2487
5	3200	2345

### 800 M

SEN		
Premie	Heren	Dames
200	1.50.64	2.07.95
150	1.52.06	2.10.46
100	1.53.48	2.12.98
75	1.55.38	2.16.33
50	1.57.75	2.20.53
25	2.00.12	2.24.72

JUN		
Premie	Heren	Dames
100	1.55.06	2.11.79
75	1.56.54	2.14.38
50	1.58.02	2.16.97
35	1.59.99	2.20.42
25	2.02.46	2.24.74
15	2.04.92	2.29.06

SCH		
Premie	Heren	Dames
50	1.59.49	2.15.62
37.5	2.01.02	2.18.29
25	2.02.56	2.20.96
17.5	2.04.61	2.24.51
12.5	2.07.17	2.28.96
7.5	2.09.73	2.33.40

CAD		
Premie	Heren	Dames
35	2.05.02	2.20.74
27.5	2.06.63	2.23.51
20	2.08.23	2.26.28
15	2.10.38	2.29.97
10	2.13.05	2.34.58
5	2.15.73	2.39.19

MAS		
Premie	Heren	Dames
100	1.58.93	2.14.99
75	2.00.46	2.17.64
50	2.01.99	2.20.29
35	2.04.03	2.23.83
25	2.06.58	2.28.26
15	2.09.13	2.32.68

### 1500 M

SEN		
Premie	Heren	Dames
200	3.46.20	4.22.34
150	3.49.25	4.27.50
100	3.52.31	4.32.67
75	3.56.38	4.39.56
50	4.01.47	4.48.16
25	4.06.57	4.56.77

JUN		
Premie	Heren	Dames
100	3.55.25	4.30.21
75	3.58.42	4.35.53
50	4.01.60	4.40.85
35	4.05.84	4.47.94
25	4.11.13	4.56.81
15	4.16.43	5.05.67

SCH		
Premie	Heren	Dames
50	4.04.29	4.38.08
37.5	4.07.59	4.43.55
25	4.10.89	4.49.03
17.5	4.15.29	4.56.33
12.5	4.20.79	5.05.45
7.5	4.26.29	5.14.58

CAD		
Premie	Heren	Dames
35	4.15.60	4.48.57
27.5	4.19.06	4.54.25
20	4.22.51	4.59.94
15	4.27.11	5.07.51
10	4.32.87	5.16.98
5	4.38.62	5.26.45

MAS		
Premie	Heren	Dames
100	4.00.90	4.34.14
75	4.04.15	4.39.54
50	4.07.41	4.44.94
35	4.11.75	4.52.14
25	4.17.17	4.01.13
15	4.22.59	5.10.13

## PRESTATIETABEL INDOOR SEIZOEN 2019-2020 AC LYRA

### 3000 M

#### SEN

Premie	Heren	Dames
200	8.03.38	9.25.31
150	8.09.44	9.36.20
100	8.15.51	9.47.09
75	8.23.59	10.01.61
50	8.33.70	10.19.76
25	8.43.81	10.37.90

#### JUN

Premie	Heren	Dames
100	8.22.71	9.42.27
75	8.29.02	9.53.49
50	8.35.33	10.04.70
35	8.43.74	10.19.66
25	9.54.25	10.38.35
15	9.04.77	10.57.04

#### MAS

Premie	Heren	Dames
100	8.25.13	9.45.10
75	8.31.47	9.56.37
50	8.37.81	10.07.64
35	8.46.26	10.22.66
25	9.56.82	10.41.45
15	9.07.38	11.00.23

### 5000 M

#### SEN

Premie	Heren	Dames
200	14.09.02	16.29.74
150	14.20.84	16.50.99
100	14.32.65	16.12.24
75	14.48.41	16.40.58
50	15.08.10	17.16.00
25	15.27.79	17.51.43

#### JUN

Premie	Heren	Dames
100	14.42.98	16.59.43
75	14.55.27	17.21.32
50	15.07.56	17.43.21
35	15.23.94	18.12.40
25	15.44.42	18.48.88
15	16.04.90	19.25.37

#### MAS

Premie	Heren	Dames
100	14.47.23	17.04.38
75	14.59.58	17.26.37
50	15.11.92	17.48.37
35	15.28.38	18.17.70
25	15.48.96	18.54.36
15	16.09.54	19.31.03

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