

## PRESTATIETABEL OUTDOOR SEIZOEN 2018-2019 AC LYRA

### 100 M

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	10.56	11.81	100	10.98	12.28	50	11.40	12.52	35	11.83	12.99	100	11.40	12.99
150	10.67	11.99	75	11.08	12.45	37.5	11.50	12.68	27.5	11.92	13.14	75	11.50	13.15
100	10.79	12.16	50	11.18	12.61	25	11.60	12.83	20	12.01	13.30	50	11.60	13.32
75	10.94	12.40	35	11.32	12.83	17.5	11.73	13.04	15	12.13	13.50	35	11.73	13.53
50	11.13	12.69	25	11.49	13.10	12.5	11.89	13.30	10	12.28	13.75	25	11.89	13.80
25	11.32	12.99	15	11.66	13.37	7.5	12.05	13.56	5	12.43	14.01	15	12.05	14.08

### 200 M

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	21.23	24.02	100	22.08	24.98	50	22.93	25.46	35	23.78	26.42	100	22.93	26.42
150	21.48	24.39	75	22.31	25.32	37.5	23.15	25.79	27.5	23.99	26.74	75	23.15	26.76
100	21.73	24.76	50	22.53	25.67	25	23.36	26.12	20	24.19	27.07	50	23.36	27.11
75	22.06	25.26	35	22.83	26.13	17.5	23.64	26.57	15	24.46	27.50	35	23.64	27.57
50	22.48	25.88	25	23.20	26.71	12.5	24.00	27.12	10	24.80	28.04	25	24.00	28.15
25	22.89	26.51	15	23.57	27.29	7.5	24.36	27.68	5	25.13	28.58	15	24.36	28.72

### 400 M

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	47.04	54.36	100	49.16	56.81	50	51.04	57.90	35	52.92	60.07	100	50.81	59.80
150	47.59	55.32	75	49.65	57.72	37.5	51.52	58.78	27.5	53.37	60.94	75	51.28	60.71
100	48.14	56.29	50	50.15	58.63	25	51.99	59.66	20	53.82	61.80	50	51.75	61.62
75	48.88	57.57	35	50.81	59.85	17.5	52.62	60.83	15	54.43	62.96	35	52.38	62.83
50	49.79	59.17	25	51.64	61.36	12.5	53.42	62.30	10	55.18	64.40	25	53.17	64.35
25	50.71	60.78	15	52.47	62.88	7.5	54.21	63.77	5	55.93	65.84	15	53.96	65.86

## PRESTATIETABEL OUTDOOR SEIZOEN 2018-2019 AC LYRA

### Hoge horden

SEN		
Premie	Heren	Dames
	110mH	100mH
	1.067m	0.84m
200	14.13	13.75
150	14.33	14.03
100	14.53	14.31
75	14.81	14.68
50	15.15	15.14
25	15.48	15.60

JUN		
Premie	Heren	Dames
	110mH	100mH
	0.99m	0.84m
100	14.66	14.33
75	14.85	14.60
50	15.04	14.86
35	15.29	15.21
25	15.60	15.65
15	15.91	16.09

SCH		
Premie	Heren	Dames
	110mH	100mH
	0.914m	0.726m
50	14.72	14.30
37.5	14.90	14.56
25	15.07	14.81
17.5	15.31	15.14
12.5	15.60	15.56
7.5	15.90	15.98

CAD		
Premie	Heren	Dames
	100mH	80mH
	0.914m	0.726m
35	14.58	12.08
27.5	14.74	12.28
20	14.90	12.48
15	15.12	12.75
10	15.39	13.09
5	15.67	13.43

MAS		
Premie	Heren	Dames
	110mH	100mH
	1.067m	0.84m
100	14.83	14.44
75	15.01	14.70
50	15.19	14.95
35	15.43	15.29
25	15.72	15.71
15	16.02	16.14

### Lage horden

SEN		
Premie	Heren	Dames
	400mH	400mH
	0.914m	0.726m
200	51.80	59.05
150	52.55	60.26
100	53.30	61.47
75	54.31	63.08
50	55.56	65.09
25	56.81	67.11

JUN		
Premie	Heren	Dames
	400mH	400mH
	0.914m	0.726m
100	54.39	62.00
75	55.09	63.17
50	55.79	64.33
35	56.73	65.88
25	57.90	67.82
15	59.06	69.76

SCH		
Premie	Heren	Dames
	400mH	400mH
	0.84m	0.726m
50	55.94	63.19
37.5	56.62	64.32
25	57.30	65.45
17.5	58.20	66.96
12.5	59.32	68.85
7.5	60.45	70.74

CAD		
Premie	Heren	Dames
	300mH	300mH
	0.84m	0.726m
35	41.70	47.24
27.5	42.17	48.05
20	42.64	48.86
15	43.27	49.94
10	44.05	51.28
5	44.84	52.63

MAS		
Premie	Heren	Dames
	400mH	400mH
	0.914m	0.726m
100	55.94	64.96
75	56.62	66.12
50	57.30	67.29
35	58.20	68.84
25	59.32	70.78
15	60.45	72.73

### 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

## PRESTATIETABEL OUTDOOR SEIZOEN 2018-2019 AC LYRA

### 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

### Ver

SEN		
Premie	Heren	Dames
200	7.56	6.17
150	7.40	6.01
100	7.24	5.86
75	7.03	5.65
50	6.77	5.38
25	6.50	5.12

JUN		
Premie	Heren	Dames
100	7.03	5.74
75	6.89	5.60
50	6.76	5.46
35	6.57	5.27
25	6.34	5.04
15	6.11	4.81

SCH		
Premie	Heren	Dames
50	6.73	5.55
37.5	6.60	5.42
25	6.47	5.29
17.5	6.30	5.12
12.5	6.09	4.90
7.5	5.87	4.68

CAD		
Premie	Heren	Dames
35	6.35	5.31
27.5	6.24	5.18
20	6.12	5.06
15	5.96	4.90
10	5.77	4.70
5	5.57	4.49

MAS		
Premie	Heren	Dames
100	6.66	5.49
75	6.53	5.36
50	6.40	5.23
35	6.23	5.06
25	6.02	4.84
15	5.81	4.63

### Hinkstap

SEN		
Premie	Heren	Dames
200	15.74	12.90
150	15.42	12.57
100	15.10	12.24
75	14.66	11.80
50	14.13	11.25
25	13.59	10.70

JUN		
Premie	Heren	Dames
100	14.64	12.00
75	14.36	11.71
50	14.08	11.42
35	13.70	11.03
25	13.23	10.54
15	12.76	10.06

SCH		
Premie	Heren	Dames
50	14.01	11.61
37.5	13.75	11.34
25	13.49	11.06
17.5	13.14	10.70
12.5	12.71	10.24
7.5	12.27	9.78

CAD		
Premie	Heren	Dames
35	13.23	11.10
27.5	12.99	10.84
20	12.75	10.58
15	12.43	10.24
10	12.04	9.82
5	11.64	9.39

MAS		
Premie	Heren	Dames
100	13.85	11.48
75	13.60	11.21
50	13.34	10.94
35	12.99	10.58
25	12.56	10.12
15	12.13	9.67

## PRESTATIETABEL OUTDOOR SEIZOEN 2018-2019 AC LYRA

### 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

### Hamer

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	67.52	61.49	100	63.47	57.80	50	61.44	55.96	35	58.74	53.50	100	61.44	55.96
150	65.36	59.53	75	61.51	56.03	37.5	59.59	54.27	27.5	57.00	51.92	75	59.59	54.27
100	63.20	57.57	50	59.56	54.25	25	57.73	52.59	20	55.27	50.34	50	57.73	52.59
75	60.33	54.95	35	56.96	51.88	17.5	55.26	50.34	15	52.95	48.23	35	55.26	50.34
50	56.74	51.69	25	53.71	48.93	12.5	52.17	47.53	10	50.05	45.60	25	52.17	47.53
25	53.14	48.42	15	50.45	45.97	7.5	49.08	44.72	5	47.16	42.96	15	49.08	44.72

### Discus

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	57.22	55.60	100	53.78	52.26	50	52.07	50.04	35	49.78	47.81	100	50.35	49.48
150	55.40	53.82	75	52.14	50.65	37.5	50.51	48.53	27.5	48.32	46.40	75	48.84	47.99
100	53.58	52.04	50	50.50	49.04	25	48.95	47.01	20	46.85	44.98	50	47.33	46.49
75	51.16	49.67	35	48.30	46.89	17.5	46.86	45.00	15	44.90	43.09	35	45.32	44.50
50	48.13	46.70	25	45.56	44.21	12.5	44.26	42.47	10	42.46	40.73	25	42.80	42.00
25	45.10	43.74	15	42.82	41.52	7.5	41.66	39.95	5	40.03	38.36	15	40.29	39.51

## PRESTATIETABEL OUTDOOR SEIZOEN 2018-2019 AC LYRA

### Speer

SEN		
Premie	Heren	Dames
200	75.13	54.85
150	72.73	53.09
100	70.33	51.33
75	67.13	48.99
50	63.13	46.07
25	59.13	43.14

JUN		
Premie	Heren	Dames
100	69.87	51.01
75	67.72	49.43
50	65.57	47.86
35	62.71	45.76
25	59.12	43.14
15	55.54	40.52

SCH		
Premie	Heren	Dames
50	67.62	49.36
37.5	65.58	47.87
25	63.54	46.38
17.5	60.82	44.39
12.5	57.42	41.90
7.5	54.02	39.41

CAD		
Premie	Heren	Dames
35	65.37	47.72
27.5	63.43	46.30
20	61.50	44.89
15	58.92	43.00
10	55.70	40.64
5	52.47	38.28

MAS		
Premie	Heren	Dames
100	66.87	48.81
75	64.85	47.34
50	62.83	45.86
35	60.14	43.89
25	56.78	41.43
15	53.42	38.97

### Meerkamp

SEN		
Premie	Heren	Dames
	10K	7K
200	7455	5764
150	7229	5589
100	7004	5413
75	6703	5180
50	6327	4888
25	5952	4596

JUN		
Premie	Heren	Dames
	10K	7K
100	6560	5303
75	6370	5148
50	6179	4993
35	5925	4786
25	5607	4528
15	5290	4270

SCH		
Premie	Heren	Dames
	9K	7K
50	5591	4899
37.5	5432	4759
25	5273	4619
17.5	5061	4432
12.5	4796	4198
7.5	4531	3965

CAD		
Premie	Heren	Dames
	8K	6K
35	4696	3746
27.5	4566	3642
20	4435	3537
15	4260	3397
10	4043	3222
5	3825	3047

### Werpvijskamp

MAS		
Premie	Heren	Dames
100	3048	2936
75	2938	2834
50	2828	2732
35	2681	2597
25	2497	2428
15	2314	2258

### Gewichtwerpen

MAS		
Premie	Heren	Dames
100	18.24	13.05
75	17.75	12.74
50	17.26	12.43
35	16.60	12.02
25	15.78	11.50
15	14.95	10.99

## PRESTATIETABEL OUTDOOR SEIZOEN 2018-2019 AC LYRA

### 800 M

SEN		
Premie	Heren	Dames
200	1.49.70	2.06.83
150	1.50.96	2.08.94
100	1.52.21	2.11.06
75	1.53.88	2.13.87
50	1.55.97	2.17.40
25	1.58.06	2.20.92

JUN		
Premie	Heren	Dames
100	1.54.09	2.10.63
75	1.55.39	2.12.81
50	1.56.70	2.14.99
35	1.58.43	2.17.89
25	2.00.61	2.21.52
15	2.02.78	2.25.15

SCH		
Premie	Heren	Dames
50	1.58.48	2.14.44
37.5	1.59.83	2.16.68
25	2.01.19	2.18.92
17.5	2.02.99	2.21.91
12.5	2.05.25	2.25.64
7.5	2.07.50	2.29.38

CAD		
Premie	Heren	Dames
35	2.03.96	2.19.51
27.5	2.05.38	2.21.84
20	2.06.80	2.24.16
15	2.08.68	2.27.26
10	2.11.04	2.31.14
5	2.13.40	2.35.02

MAS		
Premie	Heren	Dames
100	1.57.93	2.13.80
75	1.59.28	2.16.03
50	2.00.62	2.18.26
35	2.02.42	2.21.24
25	2.04.67	2.24.96
15	2.06.91	2.28.67

### 1500 M

SEN		
Premie	Heren	Dames
200	3.44.85	4.20.16
150	3.47.61	4.24.93
100	3.50.37	4.29.71
75	3.54.05	4.36.08
50	3.58.65	4.44.04
25	4.03.25	4.52.00

JUN		
Premie	Heren	Dames
100	3.53.84	4.27.96
75	3.56.71	4.32.88
50	3.59.58	4.37.80
35	4.03.41	4.44.36
25	4.08.20	4.52.56
15	4.12.98	5.00.76

SCH		
Premie	Heren	Dames
50	4.02.84	4.35.77
37.5	4.05.82	4.40.83
25	4.08.80	4.45.89
17.5	4.12.77	4.52.64
12.5	4.17.74	5.01.08
7.5	4.22.71	5.09.52

CAD		
Premie	Heren	Dames
35	4.14.08	4.46.17
27.5	4.17.20	4.51.43
20	4.20.32	4.56.68
15	4.24.48	5.03.69
10	4.29.67	5.12.44
5	4.34.87	5.21.20

MAS		
Premie	Heren	Dames
100	3.59.47	4.31.87
75	4.02.40	4.36.86
50	4.05.34	4.41.85
35	4.09.26	4.48.50
25	4.14.16	4.56.82
15	4.19.06	5.05.14

### 3000 M

SEN		
Premie	Heren	Dames
200	7.58.29	9.14.90
150	8.04.40	9.25.81
100	8.10.51	9.36.73
75	8.18.65	9.51.28
50	8.28.83	10.09.48
25	8.39.02	10.27.67

JUN		
Premie	Heren	Dames
100	8.17.42	9.31.54
75	8.23.77	9.42.79
50	8.30.13	9.54.03
35	8.38.60	10.09.02
25	8.49.19	10.27.76
15	8.59.78	10.46.50

SCH		
Premie	Heren	Dames
50	8.36.55	10.48.19
37.5	8.43.15	10.59.76
25	8.49.75	11.11.33
17.5	8.58.54	11.26.76
12.5	9.09.54	11.46.05
7.5	9.20.54	12.05.33

MAS		
Premie	Heren	Dames
100	8.19.81	9.34.32
75	8.26.20	9.45.62
50	8.32.58	9.56.91
35	8.41.09	10.11.98
25	8.51.73	10.30.81
15	9.02.37	10.49.64

## PRESTATIETABEL OUTDOOR SEIZOEN 2018-2019 AC LYRA

### STEEPLE

SEN			JUN			SCH			CAD			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
	3000m ST			3000m ST			2000m ST			1500m ST			3000m ST	
	0.914m	0.726m		0.914m	0.726m		0.914m	0.726m		0.914m	0.726m		0.914m	0.726m
200	8.48.03	10.26.25	100	9.09.15	10.45.04	50	6.10.94	7.12.20	35	4.51.08	5.39.44	100	9.17.07	10.51.30
150	8.56.48	10.41.55	75	9.17.93	11.00.80	37.5	6.16.91	7.21.16	27.5	4.55.77	5.46.48	75	9.25.98	11.07.21
100	9.04.92	10.56.85	50	9.26.72	11.16.56	25	6.22.89	7.30.11	20	5.00.46	5.53.51	50	9.34.89	11.23.13
75	9.16.18	11.17.26	35	9.38.43	11.37.57	17.5	6.30.86	7.42.05	15	5.06.72	6.02.89	35	9.46.77	11.44.35
50	9.30.25	11.42.76	25	9.53.06	12.03.84	12.5	6.40.82	7.56.98	10	5.14.53	6.14.61	25	10.01.62	12.10.87
25	9.44.33	12.08.26	15	10.07.70	12.30.11	7.5	6.50.78	8.11.90	5	5.22.35	6.26.33	15	10.16.46	12.37.39

### 5000 M

SEN			JUN			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	13.48.69	16.07.47	100	14.21.84	16.36.49	100	14.25.98	16.41.33
150	13.59.26	16.27.03	75	14.32.83	16.56.64	75	14.37.02	17.01.58
100	14.09.83	16.46.60	50	14.43.82	17.16.80	50	14.48.07	17.21.83
75	14.23.92	17.12.68	35	14.58.47	17.43.67	35	15.02.79	17.48.83
50	14.41.53	17.45.29	25	15.16.79	18.17.25	25	15.21.20	18.22.58
25	14.59.15	18.17.90	15	15.35.11	18.50.84	15	15.39.61	18.56.33

### 10000 M

SEN			JUN			MAS		
Premie	Heren	Dames	Premie	Heren	Dames	Premie	Heren	Dames
200	29.00.18	33.46.34	100	30.09.79	34.47.13	100	30.09.79	34.57.27
150	29.24.48	34.28.56	75	30.35.06	35.30.62	75	30.35.06	35.40.96
100	29.48.77	35.10.78	50	31.00.32	36.14.10	50	31.00.32	36.24.66
75	30.21.16	36.07.07	35	31.34.01	37.12.08	35	31.34.01	37.22.92
50	31.01.65	37.17.44	25	32.16.12	38.24.56	25	32.16.12	38.35.75
25	31.42.14	38.27.80	15	32.58.22	39.37.04	15	32.58.22	39.48.58

# PRESTATIETABEL OUTDOOR SEIZOEN 2018-2019 AC LYRA

## 10 km weg

### SEN

Premie	Heren	Dames
200	0:29:27	0:34:16
150	0:29:51	0:34:59
100	0:30:16	0:35:41
75	0:30:48	0:36:37
50	0:31:29	0:37:47
25	0:32:10	0:38:57

### MAS

Premie	Heren	Dames
100	0:30:37	0:35:28
75	0:31:03	0:36:12
50	0:31:28	0:36:56
35	0:32:02	0:37:54
25	0:32:44	0:39:06
15	0:33:27	0:40:19

## 1/2 Marathon

### SEN

Premie	Heren	Dames
200	1:04:17	1:14:27
150	1:05:13	1:16:00
100	1:06:09	1:17:33
75	1:07:23	1:19:38
50	1:08:56	1:22:13
25	1:10:28	1:24:49

### MAS

Premie	Heren	Dames
100	1:07:30	1:17:26
75	1:08:29	1:19:03
50	1:09:27	1:20:40
35	1:10:45	1:22:49
25	1:12:22	1:25:31
15	1:14:00	1:28:12

## Marathon

### SEN

Premie	Heren	Dames
200	2:16:55	2:39:55
150	2:19:02	2:43:43
100	2:21:09	2:47:31
75	2:23:59	2:52:34
50	2:27:31	2:58:54
25	2:31:03	3:05:13

### MAS

Premie	Heren	Dames
100	2:23:46	2:46:19
75	2:25:59	2:50:16
50	2:28:13	2:54:13
35	2:31:11	2:59:28
25	2:34:53	3:06:03
15	2:38:36	3:12:38