

Testloop 20 KM 02-11-2019						
Naam:	Tussentijd 10 km	Gemiddeld p/km	Eindtijd 20 km	Gemiddeld p/km	Verval tussen 10- 20 km	Verwachte eindtijd 25 km
Ruud	00:45:01	00:04:30	01:31:42	00:04:35	00:01:40	01:54:37
Augusto	00:48:57	00:04:54	01:41:09	00:05:03	00:03:15	02:06:26
Nigel	00:48:30	00:04:51	01:41:40	00:05:05	00:04:40	02:07:05
Johan	00:49:42	00:04:58	01:42:40	00:05:08	00:03:16	02:08:20
Dirk	00:49:50	00:04:59	01:46:10	00:05:18	00:06:30	02:12:42
Raymond	00:59:10	00:05:55	01:57:45	00:05:53	-00:00:35	02:27:11
Arnoud	00:58:32	00:05:51	02:00:31	00:06:02	00:03:27	02:30:39
Tine	01:05:35	00:06:33	02:11:18	00:06:34	00:00:08	02:44:08
Ronald	01:05:26	00:06:33	02:13:15	00:06:40	00:02:23	02:46:34
Jan Gerard	00:59:50	00:05:59	02:14:01	00:06:42	00:14:21	02:47:31
Esther	01:05:26	00:06:33	02:15:30	00:06:46	00:04:38	02:49:22
André	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Astrid	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Erik	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Eugene	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Hetty	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Huib	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Rob	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S

Testloop 15 km 5-10-2019						
Naam:	Tussentijd 7,5 km	Gemiddeld p/km	Eindtijd 15 km	Gemiddeld p/km	Verval tussen 7,5 - 15 km	Verwachte eindtijd 25 km
Dirk	00:37:22	00:04:59	01:13:42	00:04:55	-00:01:02	02:02:50
Nigel	00:37:50	00:05:03	01:14:39	00:04:59	-00:01:01	02:04:25
Johan	00:38:14	00:05:06	01:16:45	00:05:07	00:00:17	02:07:55
Augusto	00:40:35	00:05:25	01:17:46	00:05:11	-00:03:24	02:09:37
Hetty	00:40:53	00:05:27	01:20:42	00:05:23	-00:01:04	02:14:30
Rob	00:40:35	00:05:25	01:21:20	00:05:25	00:00:10	02:15:33
Eugene	00:41:25	00:05:31	01:24:28	00:05:38	00:01:38	02:20:47
Jan Gerard	00:42:10	00:05:37	01:32:09	00:06:09	00:07:49	02:33:35
Ad	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
André	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Astrid	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Erik	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Huib	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Raymond	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S
Ruud	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S	D.N.S

Testloop 10 km 07-09-2019						
Naam:	Tussentijd 5 km	Gemiddeld p/km	Eindtijd 10 km	Gemiddeld p/km	Verval tussen 5 - 10 km	Verwachte eindtijd 25 km
Erik	00:21:55	00:04:23	00:43:06	00:04:19	-00:00:44	01:47:45
Ruud	00:22:39	00:04:32	00:45:48	00:04:35	00:00:30	01:54:30
André	00:24:41	00:04:56	00:47:40	00:04:46	-00:01:42	01:59:10
Dirk	00:23:49	00:04:46	00:47:44	00:04:46	00:00:06	01:59:20
Augusto	00:23:52	00:04:46	00:48:18	00:04:50	00:00:34	02:00:45
Nigel	00:24:55	00:04:59	00:48:25	00:04:50	-00:01:25	02:01:02
Raymond	00:27:19	00:05:28	00:55:02	00:05:30	00:00:24	02:17:35
Rob	00:24:41	00:04:56	00:55:02	00:05:30	00:05:40	02:17:35
Eugene	00:27:22	00:05:28	00:55:28	00:05:33	00:00:44	02:18:40
Jan Gerard	00:27:14	00:05:27	00:56:19	00:05:38	00:01:51	02:20:48
Ad	D.N.S.	00:00:00	D.N.S.	00:00:00	00:00:00	00:00:00
Astrid	D.N.S.	00:00:00	D.N.S.	00:00:00	00:00:00	00:00:00
Hetty	D.N.S.	00:00:00	D.N.S.	00:00:00	00:00:00	00:00:00
Huib	D.N.S.	00:00:00	D.N.S.	00:00:00	00:00:00	00:00:00
Johan	D.N.S.	00:00:00	D.N.S.	00:00:00	00:00:00	00:00:00