

MILERS - Run to Race

Naam:

PUNTENKAART VROUWEN

Geboortedatum:

Points	100m	200m	400m	400mH	800m	1500m	3000m	3000m SC	5000m	10000m	HM	Marathon	Points
1.200	10,98	22,34	50,08	54,14	1:57,41	4:00,74	8:32,52	9:17,61	14:41,33	30:52,48	1:07:49	2:23:18	1.200
1.190	11,03	22,45	50,36	54,46	1:57,96	4:01,99	8:35,39	9:21,59	14:46,42	31:03,53	1:08:13	2:24:17	1.190
1.180	11,08	22,56	50,64	54,78	1:58,52	4:03,25	8:38,27	9:25,58	14:51,53	31:14,63	1:08:38	2:25:17	1.180
1.170	11,14	22,68	50,92	55,10	1:59,07	4:04,51	8:41,16	9:29,59	14:56,66	31:25,78	1:09:02	2:26:17	1.170
1.160	11,19	22,79	51,20	55,42	1:59,63	4:05,77	8:44,07	9:33,62	15:01,81	31:36,98	1:09:27	2:27:17	1.160
1.150	11,24	22,91	51,49	55,74	2:00,20	4:07,04	8:46,99	9:37,67	15:06,99	31:48,22	1:09:52	2:28:17	1.150
1.140	11,30	23,02	51,77	56,06	2:00,76	4:08,32	8:49,92	9:41,73	15:12,19	31:59,51	1:10:17	2:29:18	1.140
1.130	11,35	23,14	52,06	56,39	2:01,33	4:09,60	8:52,87	9:45,81	15:17,41	32:10,86	1:10:42	2:30:18	1.130
1.120	11,40	23,26	52,35	56,71	2:01,90	4:10,89	8:55,83	9:49,91	15:22,65	32:22,25	1:11:07	2:31:20	1.120
1.110	11,46	23,38	52,64	57,04	2:02,47	4:12,18	8:58,80	9:54,02	15:27,92	32:33,69	1:11:32	2:32:21	1.110
1.100	11,51	23,49	52,93	57,37	2:03,05	4:13,48	9:01,78	9:58,16	15:33,21	32:45,19	1:11:57	2:33:23	1.100
1.090	11,57	23,61	53,22	57,70	2:03,63	4:14,79	9:04,78	10:02,31	15:38,53	32:56,74	1:12:23	2:34:25	1.090
1.080	11,62	23,73	53,51	58,04	2:04,21	4:16,10	9:07,80	10:06,49	15:43,87	33:08,34	1:12:48	2:35:27	1.080
1.070	11,68	23,85	53,81	58,37	2:04,79	4:17,42	9:10,82	10:10,68	15:49,23	33:19,99	1:13:14	2:36:29	1.070
1.060	11,73	23,97	54,10	58,70	2:05,38	4:18,74	9:13,86	10:14,89	15:54,62	33:31,70	1:13:40	2:37:32	1.060
1.050	11,79	24,09	54,40	59,04	2:05,97	4:20,07	9:16,92	10:19,12	16:00,04	33:43,47	1:14:06	2:38:35	1.050
1.040	11,84	24,21	54,70	59,38	2:06,56	4:21,41	9:19,99	10:23,38	16:05,48	33:55,29	1:14:32	2:39:39	1.040
1.030	11,90	24,33	55,00	59,72	2:07,16	4:22,75	9:23,07	10:27,65	16:10,95	34:07,17	1:14:58	2:40:42	1.030
1.020	11,96	24,46	55,30	1:00,06	2:07,75	4:24,10	9:26,17	10:31,94	16:16,44	34:19,11	1:15:24	2:41:46	1.020
1.010	12,01	24,58	55,61	1:00,41	2:08,35	4:25,45	9:29,29	10:36,26	16:21,96	34:31,10	1:15:50	2:42:51	1.010
1.000	12,07	24,70	55,91	1:00,75	2:08,96	4:26,82	9:32,42	10:40,59	16:27,51	34:43,15	1:16:17	2:43:55	1.000
990	12,13	24,83	56,22	1:01,10	2:09,57	4:28,19	9:35,56	10:44,95	16:33,09	34:55,27	1:16:44	2:44:50	990
980	12,18	24,95	56,52	1:01,45	2:10,17	4:29,56	9:38,72	10:49,33	16:38,69	35:07,44	1:17:11	2:45:46	980
970	12,24	25,08	56,83	1:01,80	2:10,79	4:30,94	9:41,90	10:53,73	16:44,32	35:19,68	1:17:37	2:46:41	970
960	12,30	25,20	57,14	1:02,15	2:11,40	4:32,34	9:45,10	10:58,16	16:49,99	35:31,98	1:18:05	2:47:37	960
950	12,36	25,33	57,46	1:02,51	2:12,02	4:33,73	9:48,31	11:02,61	16:55,68	35:44,35	1:18:32	2:48:34	950
940	12,42	25,46	57,77	1:02,86	2:12,65	4:35,14	9:51,53	11:07,08	17:01,40	35:56,78	1:18:59	2:49:30	940
930	12,48	25,59	58,09	1:03,22	2:13,27	4:36,55	9:54,78	11:11,58	17:07,15	36:09,28	1:19:27	2:50:27	930
920	12,54	25,72	58,40	1:03,58	2:13,90	4:37,97	9:58,04	11:16,09	17:12,94	36:21,84	1:19:54	2:51:24	920
910	12,60	25,85	58,72	1:03,94	2:14,53	4:39,40	10:01,32	11:20,64	17:18,75	36:34,48	1:20:22	2:52:21	910
900	12,66	25,98	59,04	1:04,31	2:15,17	4:40,83	10:04,62	11:25,21	17:24,60	36:47,18	1:20:50	2:53:18	900
875	12,81	26,30	59,86	1:05,22	2:16,78	4:44,46	10:12,95	11:36,74	17:39,36	37:19,25	1:22:01	2:57:53	875
850	12,96	26,64	1:00,68	1:06,16	2:18,40	4:48,14	10:21,40	11:48,45	17:54,33	37:51,78	1:23:12	3:00:47	850
825	13,12	26,98	1:01,51	1:07,10	2:20,06	4:51,87	10:29,97	12:00,32	18:09,53	38:24,79	1:24:25	3:03:44	825
800	13,28	27,32	1:02,36	1:08,06	2:21,74	4:55,66	10:38,67	12:12,38	18:24,96	38:58,31	1:25:39	3:06:44	800
775	13,44	27,67	1:03,22	1:09,04	2:23,44	4:59,50	10:47,51	12:24,63	18:40,63	39:32,35	1:26:54	3:09:47	775
750	13,60	28,02	1:04,09	1:10,03	2:25,17	5:03,41	10:56,50	12:37,07	18:56,55	40:06,95	1:28:10	3:12:52	750
725	13,77	28,39	1:04,98	1:11,04	2:26,94	5:07,39	11:05,63	12:49,73	19:12,75	40:42,13	1:29:28	3:16:01	725
700	13,94	28,75	1:05,89	1:12,06	2:28,73	5:11,44	11:14,92	13:02,60	19:29,22	41:17,92	1:30:46	3:19:13	700
675	14,11	29,13	1:06,81	1:13,11	2:30,55	5:15,26	11:24,39	13:15,71	19:45,99	41:54,36	1:32:07	3:22:28	675
650	14,28	29,51	1:07,75	1:14,17	2:32,41	5:19,15	11:34,02	13:29,06	20:03,08	42:31,48	1:33:28	3:25:48	650
625	14,46	29,90	1:08,70	1:15,25	2:34,31	5:24,03	11:43,85	13:42,67	20:20,50	43:09,31	1:34:52	3:29:10	625
600	14,64	30,29	1:09,68	1:16,36	2:36,24	5:28,39	11:53,87	13:56,56	20:38,27	43:47,92	1:36:17	3:32:38	600
575	14,83	30,70	1:10,68	1:17,49	2:38,21	5:32,85	12:04,11	14:10,74	20:56,41	44:27,33	1:37:44	3:36:09	575
550	15,02	31,11	1:11,69	1:18,64	2:40,23	5:37,40	12:14,57	14:25,23	21:14,95	45:07,62	1:39:12	3:39:45	550
525	15,22	31,53	1:12,73	1:19,82	2:42,30	5:42,06	12:25,27	14:40,05	21:33,92	45:48,83	1:40:43	3:43:26	525
500	15,42	31,96	1:13,80	1:21,03	2:44,41	5:46,83	12:36,23	14:55,24	21:53,35	46:31,03	1:42:16	3:47:13	500
475	15,62	32,41	1:14,90	1:22,27	2:46,58	5:51,72	12:47,47	15:10,80	22:13,27	47:14,30	1:43:51	3:51:05	475
450	15,83	32,86	1:16,02	1:23,55	2:48,80	5:56,74	12:59,00	15:26,78	22:33,72	47:58,73	1:45:29	3:55:03	450
425	16,05	33,33	1:17,17	1:24,85	2:51,09	6:01,90	13:10,86	15:43,21	22:54,74	48:44,41	1:47:10	3:59:08	425
400	16,27	33,82	1:18,36	1:26,20	2:53,44	6:07,22	13:23,08	16:00,14	23:16,40	49:31,45	1:48:53	4:03:20	400
350	16,74	34,83	1:20,86	1:29,03	2:58,39	6:18,38	13:48,71	16:35,65	24:01,84	51:10,17	1:52:31	4:12:10	350
325	16,98	35,36	1:22,17	1:30,52	3:00,99	6:24,26	14:02,22	16:54,36	24:25,78	52:02,18	1:54:25	4:16:49	325
300	17,24	35,92	1:23,54	1:32,07	3:03,70	6:30,37	14:16,26	17:13,80	24:50,66	52:56,24	1:56:24	4:21:39	300
275	17,50	36,49	1:24,96	1:33,68	3:06,52	6:36,74	14:30,89	17:34,08	25:16,60	53:52,59	1:58:28	4:26:41	275
250	17,78	37,10	1:26,45	1:35,37	3:09,48	6:43,41	14:46,21	17:55,29	25:43,75	54:51,57	2:00:38	4:31:57	250
225	18,08	37,74	1:28,02	1:37,15	3:12,58	6:50,41	15:02,31	18:17,60	26:12,30	55:53,59	2:02:55	4:37:30	225
200	18,39	38,41	1:29,68	1:39,03	3:15,87	6:57,83	15:19,33	18:41,19	26:42,48	56:59,15	2:05:19	4:43:22	200
175	18,72	39,12	1:31,44	1:41,03	3:19,36	7:05,72	15:37,46	19:06,30	27:14,61	58:08,96	2:07:53	4:49:36	175
150	19,07	39,89	1:33,34	1:43,18	3:23,12	7:14,19	15:56,93	19:33,28	27:49,13	59:23,96	2:10:38	4:56:19	150
125	19,46	40,73	1:35,40	1:45,51	3:27,20	7:23,41	16:18,11	20:02,62	28:26,67	1:00:45,51	2:13:38	5:03:36	125
100	19,88	41,66	1:37,68	1:48,10	3:31,72	7:33,61	16:41,54	20:35,07	29:08,20	1:02:15,72	2:16:56	5:11:40	100
75	20,37	42,71	1:40,27	1:51,03	3:36,85	7:45,18	17:08,13	21:11,90	29:55,33	1:03:58,12	2:20:42	5:20:49	75
50	20,94	43,95	1:43,34	1:54,51	3:42,93	7:58,91	17:39,66	21:55,59	30:51,24	1:05:59,57	2:25:09	5:31:41	50
25	21,69	45,58	1:47,34	1:59,05	3:50,86	8:16,80	18:20,77	22:52,53	32:04,10	1:08:37,86	2:30:58	5:45:50	25
1	23,13	48,71	1:55,06	2:07,81	4:06,17	8:51,36	19:40,15	24:42,50	34:24,82	1:13:43,57	2:42:11	6:13:10	1

DOELEN:

Schrijf de datum in het vakje wanneer je dat hebt behaald.
Zet een streepje door de lege vakjes daaronder.

1- Zo hoog mogelijk komen in 1 kolom.
2- Zoveel mogelijk vakjes naast jouw hoogste kolom vullen.

MILERS - Run to Race

Naam:

PUNTENKAART MANNEN

Geboortedatum:

Points	100m	200m	400m	400mH	800m	1500m	3000m	3000m SC	5000m	10000m	HM	Marathon	Points
1.200	10,01	20,13	44,66	48,45	1:44.05	3:33.20	7:36.28	8:12.70	13:02.75	27:16.70	59:50	2:07:53	1.200
1.190	10,04	20,19	44,81	48,66	1:44.39	3:33.92	7:37.88	8:14.91	13:05.50	27:23.01	1:00:04	2:08:26	1.190
1.180	10,07	20,25	44,97	48,86	1:44.72	3:34.64	7:39.49	8:17.12	13:08.25	27:29.36	1:00:18	2:08:59	1.180
1.170	10,10	20,32	45,12	49,07	1:45.06	3:35.36	7:41.10	8:19.34	13:11.02	27:35.73	1:00:33	2:09:33	1.170
1.160	10,13	20,38	45,27	49,27	1:45.40	3:36.09	7:42.73	8:21.57	13:13.80	27:42.13	1:00:47	2:10:06	1.160
1.150	10,16	20,45	45,43	49,48	1:45.74	3:36.82	7:44.36	8:23.81	13:16.59	27:48.56	1:01:02	2:10:40	1.150
1.140	10,19	20,51	45,58	49,68	1:46.08	3:37.55	7:45.99	8:26.06	13:19.40	27:55.01	1:01:16	2:11:14	1.140
1.130	10,22	20,58	45,74	49,89	1:46.42	3:38.29	7:47.64	8:28.31	13:22.21	28:01.50	1:01:31	2:11:48	1.130
1.120	10,25	20,65	45,89	50,10	1:46.77	3:39.03	7:49.29	8:30.58	13:25.04	28:08.01	1:01:46	2:12:22	1.120
1.110	10,28	20,71	46,05	50,31	1:47.11	3:39.77	7:50.95	8:32.86	13:27.88	28:14.55	1:02:01	2:12:56	1.110
1.100	10,32	20,78	46,21	50,52	1:47.46	3:40.52	7:52.61	8:35.15	13:30.73	28:21.12	1:02:16	2:13:31	1.100
1.090	10,35	20,85	46,37	50,73	1:47.81	3:41.26	7:54.29	8:37.45	13:33.60	28:27.72	1:02:31	2:14:05	1.090
1.080	10,37	20,91	46,53	50,95	1:48.16	3:42.02	7:55.97	8:39.76	13:36.48	28:34.35	1:02:46	2:14:40	1.080
1.070	10,40	20,98	46,69	51,16	1:48.51	3:42.77	7:57.66	8:42.08	13:39.37	28:41.01	1:03:01	2:15:15	1.070
1.060	10,43	21,05	46,85	51,37	1:48.86	3:43.53	7:59.35	8:44.42	13:42.28	28:47.71	1:03:16	2:15:50	1.060
1.050	10,47	21,12	47,01	51,59	1:49.22	3:44.30	8:01.06	8:46.76	13:45.20	28:54.43	1:03:31	2:16:25	1.050
1.040	10,50	21,19	47,17	51,81	1:49.57	3:45.06	8:02.77	8:49.11	13:48.14	29:01.19	1:03:46	2:17:00	1.040
1.030	10,53	21,26	47,33	52,02	1:49.93	3:45.83	8:04.49	8:51.48	13:51.09	29:07.98	1:04:02	2:17:36	1.030
1.020	10,56	21,33	47,50	52,24	1:50.29	3:46.61	8:06.22	8:53.86	13:54.05	29:14.80	1:04:17	2:18:12	1.020
1.010	10,59	21,39	47,66	52,46	1:50.66	3:47.39	8:07.96	8:56.25	13:57.03	29:21.66	1:04:33	2:18:48	1.010
1.000	10,63	21,47	47,83	52,68	1:51.02	3:48.17	8:09.71	8:58.65	14:00.02	29:28.55	1:04:48	2:19:24	1.000
990	10,66	21,53	47,99	52,91	1:51.39	3:48.96	8:11.47	9:01.06	14:03.03	29:35.47	1:05:04	2:20:00	990
980	10,69	21,61	48,16	53,13	1:51.75	3:49.75	8:13.23	9:03.48	14:06.05	29:42.43	1:05:20	2:20:36	980
970	10,72	21,68	48,33	53,35	1:52.12	3:50.54	8:15.00	9:05.92	14:09.09	29:49.43	1:05:36	2:21:13	970
960	10,75	21,75	48,50	53,58	1:52.49	3:51.34	8:16.79	9:08.37	14:12.14	29:56.46	1:05:52	2:21:50	960
950	10,78	21,82	48,67	53,81	1:52.87	3:52.14	8:18.58	9:10.83	14:15.21	30:03.53	1:06:08	2:22:27	950
940	10,82	21,89	48,84	54,03	1:53.24	3:52.95	8:20.38	9:13.31	14:18.30	30:10.63	1:06:24	2:23:04	940
930	10,85	21,96	49,01	54,26	1:53.62	3:53.76	8:22.19	9:15.80	14:21.40	30:17.78	1:06:40	2:23:42	930
920	10,88	22,04	49,18	54,49	1:54.00	3:54.57	8:24.01	9:18.30	14:24.52	30:24.96	1:06:56	2:24:19	920
910	10,92	22,11	49,35	54,72	1:54.38	3:55.39	8:25.84	9:20.82	14:27.65	30:32.18	1:07:13	2:24:57	910
900	10,95	22,18	49,53	54,96	1:54.76	3:56.22	8:27.69	9:23.35	14:30.81	30:39.44	1:07:29	2:25:35	900
875	11,03	22,37	49,97	55,55	1:55.73	3:58.30	8:32.33	9:29.74	14:38.77	30:57.77	1:08:11	2:27:11	875
850	11,12	22,56	50,42	56,14	1:56.72	4:00.41	8:37.05	9:36.21	14:46.84	31:16.36	1:08:53	2:28:48	850
825	11,21	22,75	50,87	56,75	1:57.71	4:02.55	8:41.83	9:42.79	14:55.04	31:35.23	1:09:36	2:30:27	825
800	11,30	22,95	51,33	57,36	1:58.72	4:04.73	8:46.69	9:49.46	15:03.36	31:54.39	1:10:19	2:32:08	800
775	11,39	23,14	51,80	57,99	1:59.75	4:06.94	8:51.63	9:56.24	15:11.81	32:13.85	1:11:03	2:33:50	775
750	11,48	23,34	52,27	58,62	2:00.80	4:09.18	8:56.64	10:03.14	15:20.40	32:33.63	1:11:48	2:35:33	750
725	11,57	23,55	52,75	59,27	2:01.86	4:11.46	9:01.74	10:10.14	15:29.13	32:53.73	1:12:33	2:37:18	725
700	11,67	23,76	53,24	59,92	2:02.94	4:13.79	9:06.93	10:17.27	15:38.02	33:14.19	1:13:20	2:39:06	700
675	11,76	23,97	53,74	1:00.59	2:04.04	4:16.15	9:12.21	10:24.53	15:47.06	33:35.02	1:14:07	2:40:55	675
650	11,86	24,18	54,25	1:01.27	2:05.16	4:18.56	9:17.59	10:31.92	15:56.28	33:56.24	1:14:55	2:42:46	650
625	11,96	24,40	54,77	1:01.96	2:06.30	4:21.01	9:23.07	10:39.46	16:05.67	34:17.86	1:15:44	2:44:39	625
600	12,06	24,63	55,30	1:02.67	2:07.47	4:23.52	9:28.67	10:47.14	16:15.26	34:39.93	1:16:34	2:46:35	600
575	12,16	24,86	55,84	1:03.39	2:08.66	4:26.08	9:34.38	10:54.99	16:25.04	35:02.46	1:17:25	2:48:33	575
550	12,27	25,09	56,40	1:04.13	2:09.88	4:28.69	9:40.22	11:03.02	16:35.04	35:25.49	1:18:17	2:50:33	550
525	12,38	25,33	56,96	1:04.89	2:11.12	4:31.36	9:46.19	11:11.23	16:45.27	35:49.04	1:19:11	2:52:37	525
500	12,49	25,57	57,54	1:05.66	2:12.39	4:34.10	9:52.31	11:19.63	16:55.75	36:13.16	1:20:05	2:54:43	500
475	12,60	25,83	58,14	1:06.46	2:13.70	4:36.91	9:58.58	11:28.25	17:06.49	36:37.90	1:21:02	2:56:53	475
450	12,72	26,08	58,75	1:07.27	2:15.04	4:39.79	10:05.02	11:37.10	17:17.52	37:03.29	1:21:59	2:59:06	450
425	12,84	26,35	59,37	1:08.11	2:16.42	4:42.76	10:11.64	11:46.19	17:28.86	37:29.40	1:22:58	3:01:22	425
400	12,97	26,62	1:00.02	1:08.97	2:17.84	4:45.81	10:18.46	11:55.56	17:40.54	37:56.29	1:23:59	3:03:43	400
375	13,09	26,90	1:00.68	1:09.86	2:19.31	4:48.96	10:25.49	12:05.23	17:52.59	38:24.03	1:25:02	3:06:09	375
350	13,23	27,19	1:01.37	1:10.78	2:20.82	4:52.22	10:32.76	12:15.23	18:05.04	38:52.72	1:26:07	3:08:39	350
325	13,36	27,50	1:02.09	1:11.73	2:22.39	4:55.59	10:40.30	12:25.58	18:17.96	39:22.45	1:27:14	3:11:14	325
300	13,50	27,81	1:02.83	1:12.72	2:24.02	4:59.10	10:48.14	12:36.35	18:31.37	39:53.35	1:28:25	3:13:56	300
275	13,65	28,14	1:03.60	1:13.76	2:25.73	5:02.76	10:56.30	12:47.57	18:45.36	40:25.56	1:29:38	3:16:45	275
250	13,81	28,48	1:04.41	1:14.84	2:27.51	5:06.58	11:04.85	12:59.32	19:00.01	40:59.27	1:30:54	3:19:42	250
225	13,97	28,84	1:05.26	1:15.98	2:29.38	5:10.61	11:13.84	13:11.67	19:15.40	41:34.72	1:32:14	3:22:47	225
200	14,15	29,22	1:06.16	1:17.18	2:31.36	5:14.86	11:23.34	13:24.73	19:31.68	42:12.19	1:33:39	3:26:04	200
175	14,33	29,63	1:07.12	1:18.46	2:33.47	5:19.39	11:33.46	13:38.63	19:49.01	42:52.09	1:35:10	3:29:33	175
150	14,53	30,06	1:08.15	1:19.83	2:35.73	5:24.26	11:44.33	13:53.57	20:07.63	43:34.96	1:36:47	3:33:17	150
125	14,74	30,53	1:09.27	1:21.33	2:38.19	5:29.55	11:56.15	14:09.81	20:27.87	44:21.58	1:38:32	3:37:21	125
100	14,98	31,06	1:10.51	1:22.98	2:40.92	5:35.40	12:09.23	14:27.78	20:50.27	45:13.14	1:40:29	3:41:51	100
75	15,25	31,65	1:11.91	1:24.86	2:44.01	5:42.05	12:24.07	14:48.17	21:15.68	46:11.67	1:42:42	3:46:58	75
50	15,57	32,36	1:13.58	1:27.09	2:47.68	5:49.93	12:41.67	15:12.36	21:45.84	47:21.09	1:45:19	3:53:02	50
25	15,99	33,28	1:15.75	1:29.99	2:52.46	6:00.20	13:04.61	15:43.89	22:25.13	48:51.57	1:48:44	4:00:55	25
1	16,79	35,05	1:19.95	1:35.59	3:01.69	6:20.04	13:48.92	16:44.77	23:41.02	51:46.31	1:55:20	4:16:11	1

DOELEN:

Schrijf de datum in het vakje wanneer je dat hebt behaald.
Zet een streepje door de lege vakjes daaronder.

1- Zo hoog mogelijk komen in 1 kolom.

2- Zoveel mogelijk vakjes naast jouw hoogste kolom vullen.

Punten uit IAAF Tabel 2011