

Naam : Naessens Nora

Datum : 16/05/2010

Bad : 50m Wezenberg België

	Tijd	Cum Tijd	Slagfreq		Tijd	Cum Tijd	Slagfreq	per 1000mtr
100	01:11,05	01:11,05		2600	01:17,32	33:20,11		12:41,45
200	01:16,52	02:27,57		2700	01:17,39	34:37,50		12:54,09
300	01:16,34	03:43,91		2800	01:17,43	35:54,93		12:55,37
400	01:16,74	05:00,65		2900	01:17,99	37:12,92		12:56,90
500	01:16,80	06:17,45		3000	01:17,99	38:30,91		12:42,19
600	01:16,95	07:34,40		3100	01:17,59	39:48,50		
700	01:17,10	08:51,50		3200	01:18,02	41:06,52		
800	01:16,80	10:08,30		3300	01:17,90	42:24,42		
900	01:16,15	11:24,45		3400	01:18,27	43:42,69		
1000	01:17,00	12:41,45		3500	01:17,37	45:00,06		
1100	01:17,12	13:58,57		3600	01:17,41	46:17,47		
1200	01:17,67	15:16,24		3700	01:17,81	47:35,28		
1300	01:17,59	16:33,83		3800	01:17,57	48:52,85		
1400	01:16,59	17:50,42		3900	01:17,31	50:10,16		
1500	01:17,31	19:07,73		4000	01:17,65	51:27,81		
1600	01:17,36	20:25,09		4100	01:17,22	52:45,03		
1700	01:17,80	21:42,89		4200	01:17,24	54:02,27		
1800	01:17,76	23:00,65		4300	01:16,21	55:18,48		
1900	01:17,22	24:17,87		4400	01:16,65	56:35,13		
2000	01:17,67	25:35,54		4500	01:16,47	57:51,60		
2100	01:17,53	26:53,07		4600	01:16,54	59:08,14		
2200	01:17,84	28:10,91		4700	01:16,58	1:00:24,72		
2300	01:17,72	29:28,63		4800	01:16,36	1:01:41,08		
2400	01:17,35	30:45,98		4900	01:15,88	1:02:56,96		
2500	01:16,81	32:02,79		5000	01:13,04	1:04:10,00		
Avg	01:16,91	32:02,79		Avg	01:17,09	32:07,21		
				Avg/100mtr	01:17,00			