

OPENING OMNISPORTCENTRUM APELDOORN

15 NOVEMBER 2008



Uitslag Uurrecord Maas van Beek

Communiqué no.3.

	Ronde	Doorkomst tijden			Ronde tijd			Ronde gemiddelde	Totaal gemiddelde
		Uren	Minuten	Seconden	Uur	Min	Sec		
0,250 km	1			24,94	0	24,94	36,087	36,087	
0,500 km	2			42,12	0	17,18	52,386	42,735	
0,750 km	3		0	58,81	0	16,69	53,925	45,911	
1,000 km	4		1	15,48	0	16,67	53,989	47,695	
1,250 km	5		1	32,34	0	16,86	53,381	48,733	
1,500 km	6		1	48,04	0	15,70	57,325	49,981	
1,750 km	7		2	5,56	0	17,52	51,370	50,175	
2,000 km	8		2	21,99	0	16,43	54,778	50,708	
2,250 km	9		2	38,32	0	16,33	55,113	51,162	
2,500 km	10		2	54,68	0	16,36	55,012	51,523	
2,750 km	11		3	10,92	0	16,24	55,419	51,854	
3,000 km	12		3	27,18	0	16,26	55,351	52,129	
3,250 km	13		3	43,36	0	16,18	55,624	52,382	
3,500 km	14		3	59,54	0	16,18	55,624	52,601	
3,750 km	15		4	15,68	0	16,14	55,762	52,800	
4,000 km	16		4	31,91	0	16,23	55,453	52,959	
4,250 km	17		4	48,05	0	16,14	55,762	53,116	
4,500 km	18		5	4,23	0	16,18	55,624	53,249	
4,750 km	19		5	20,35	0	16,12	55,831	53,379	
5,000 km	20		5	36,47	0	16,12	55,831	53,497	
5,250 km	21		5	52,54	0	16,07	56,005	53,611	
5,500 km	22		6	8,73	0	16,19	55,590	53,698	
5,750 km	23		6	24,84	0	16,11	55,866	53,789	
6,000 km	24		6	40,94	0	16,10	55,901	53,873	
6,250 km	25		6	57,03	0	16,09	55,935	53,953	
6,500 km	26		7	13,21	0	16,18	55,624	54,015	
6,750 km	27		7	29,42	0	16,21	55,521	54,070	
7,000 km	28		7	45,51	0	16,09	55,935	54,134	
7,250 km	29		8	1,63	0	16,12	55,831	54,191	
7,500 km	30		8	17,77	0	16,14	55,762	54,242	
7,750 km	31		8	33,81	0	16,04	56,110	54,300	
8,000 km	32		8	49,77	0	15,96	56,391	54,363	
8,250 km	33		9	5,76	0	15,99	56,285	54,420	
8,500 km	34		9	21,78	0	16,02	56,180	54,470	
8,750 km	35		9	37,75	0	15,97	56,356	54,522	
9,000 km	36		9	53,74	0	15,99	56,285	54,569	
9,250 km	37		10	9,62	0	15,88	56,675	54,624	
9,500 km	38		10	25,72	0	16,10	55,901	54,657	
9,750 km	39		10	41,66	0	15,94	56,462	54,702	
10,000 km	40		10	57,65	0	15,99	56,285	54,740	
10,250 km	41		11	13,53	0	15,88	56,675	54,786	



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	Ronde	Uren	Minuten	Seconden	Uur	Min	Sec	Gem.ronde	Gem.tot
10,500 km	42		11	29,49	0	15,96	56,391	54,823	
10,750 km	43		11	45,36	0	15,87	56,711	54,866	
11,000 km	44		12	1,24	0	15,88	56,675	54,905	
11,250 km	45		12	16,94	0	15,70	57,325	54,957	
11,500 km	46		12	32,75	0	15,81	56,926	54,998	
11,750 km	47		12	48,5	0	15,75	57,143	55,042	
12,000 km	48		13	4,09	0	15,59	57,729	55,096	
12,250 km	49		13	19,76	0	15,67	57,435	55,142	
12,500 km	50		13	35,32	0	15,56	57,841	55,193	
12,750 km	51		13	50,61	0	15,29	58,862	55,261	
13,000 km	52		14	5,69	0	15,08	59,682	55,339	
13,250 km	53		14	20,68	0	14,99	60,040	55,421	
13,500 km	54		14	35,71	0	15,03	59,880	55,498	
13,750 km	55		14	50,75	0	15,04	59,840	55,571	
14,000 km	56		15	5,86	0	15,11	59,563	55,638	
14,250 km	57		15	20,85	0	14,99	60,040	55,709	
14,500 km	58		15	35,81	0	14,96	60,160	55,781	
14,750 km	59		15	50,75	0	14,94	60,241	55,851	
15,000 km	60		16	5,78	0	15,03	59,880	55,913	
15,250 km	61		16	20,867	0	15,09	59,654	55,971	
15,500 km	62		16	35,84	0	14,97	60,108	56,033	
15,750 km	63		16	50,93	0	15,09	59,642	56,087	
16,000 km	64		17	5,88	0	14,95	60,201	56,147	
16,250 km	65		17	20,75	0	14,87	60,525	56,209	
16,500 km	66		17	35,81	0	15,06	59,761	56,260	
16,750 km	67		17	50,81	0	15,00	60,000	56,313	
17,000 km	68		18	5,88	0	15,07	59,721	56,360	
17,250 km	69		18	20,9	0	15,02	59,920	56,408	
17,500 km	70		18	35,98	0	15,08	59,682	56,453	
17,750 km	71		18	51,13	0	15,15	59,406	56,492	
18,000 km	72		19	6,1	0	14,97	60,120	56,540	
18,250 km	73		19	21,29	0	15,19	59,250	56,575	
18,500 km	74		19	36,41	0	15,12	59,524	56,613	
18,750 km	75		19	51,48	0	15,07	59,721	56,652	
19,000 km	76		20	6,53	0	15,05	59,801	56,692	
19,250 km	77		20	21,67	0	15,14	59,445	56,726	
19,500 km	78		20	36,71	0	15,04	59,840	56,764	
19,750 km	79		20	51,81	0	15,10	59,603	56,798	
20,000 km	80		21	6,82	0	15,01	59,960	56,835	
20,250 km	81		21	21,81	0	14,99	60,040	56,873	
20,500 km	82		21	36,83	0	15,02	59,920	56,908	
20,750 km	83		21	51,77	0	14,94	60,241	56,946	
21,000 km	84		22	6,73	0	14,96	60,160	56,982	
21,250 km	85		22	21,75	0	15,02	59,920	57,015	
21,500 km	86		22	36,91	0	15,16	59,367	57,041	
21,750 km	87		22	52,07	0	15,16	59,367	57,067	
22,000 km	88		23	7,15	0	15,08	59,682	57,095	
22,250 km	89		23	22,36	0	15,21	59,172	57,118	



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	Ronde	Uren	Minuten	Seconden	Uur	Min	Sec	Gem.ronde	Gem.tot
22,500 km	90		23	37,15	0	14,79	60,852	57,157	
22,750 km	91		23	52,13	0	14,98	60,080	57,188	
23,000 km	92		24	7,13	0	15,00	60,000	57,217	
23,250 km	93		24	22,25	0	15,12	59,524	57,241	
23,500 km	94		24	37,27	0	15,02	59,920	57,268	
23,750 km	95		24	52,52	0	15,25	59,016	57,286	
24,000 km	96		25	7,89	0	15,37	58,556	57,299	
24,250 km	97		25	22,97	0	15,08	59,682	57,322	
24,500 km	98		25	37,68	0	14,71	61,183	57,359	
24,750 km	99		25	52,23	0	14,55	61,856	57,401	
25,000 km	100		26	6,73	0	14,50	62,069	57,444	
25,250 km	101		26	21,12	0	14,39	62,543	57,491	
25,500 km	102		26	35,59	0	14,47	62,198	57,534	
25,750 km	103		26	49,96	0	14,37	62,630	57,579	
26,000 km	104		27	4,5	0	14,54	61,898	57,618	
26,250 km	105		27	18,88	0	14,38	62,587	57,661	
26,500 km	106		27	33,39	0	14,51	62,026	57,700	
26,750 km	107		27	47,86	0	14,47	62,198	57,739	
27,000 km	108		28	2,33	0	14,47	62,198	57,777	
27,250 km	109		28	16,92	0	14,59	61,686	57,811	
27,500 km	110		28	31,4	0	14,48	62,155	57,847	
27,750 km	111		28	45,96	0	14,56	61,813	57,881	
28,000 km	112		29	0,48	0	14,52	61,983	57,915	
28,250 km	113		29	14,99	0	14,51	62,026	57,949	
28,500 km	114		29	29,49	0	14,50	62,069	57,983	
28,750 km	115		29	44,04	0	14,55	61,856	58,014	
29,000 km	116		29	58,62	0	14,58	61,728	58,045	
29,250 km	117		30	13,19	0	14,57	61,771	58,074	
29,500 km	118		30	27,78	0	14,59	61,686	58,103	
29,750 km	119		30	42,38	0	14,60	61,644	58,131	
30,000 km	120		30	57,02	0	14,64	61,475	58,158	
30,250 km	120		31	11,54	0	14,52	61,983	57,706	
30,500 km	122		31	26,01	0	14,47	62,198	58,218	
30,750 km	123		31	40,56	0	14,55	61,856	58,246	
31,000 km	124		31	55,17	0	14,61	61,602	58,272	
31,250 km	125		32	9,74	0	14,57	61,771	58,298	
31,500 km	126		32	24,31	0	14,57	61,771	58,324	
31,750 km	127		32	38,92	0	14,61	61,602	58,348	
32,000 km	128		32	53,43	0	14,51	62,026	58,376	
32,250 km	129		33	7,94	0	14,51	62,026	58,402	
32,500 km	130		33	22,45	0	14,51	62,026	58,428	
32,750 km	131		33	36,9	0	14,45	62,284	58,456	
33,000 km	132		33	51,45	0	14,55	61,856	58,480	
33,250 km	133		34	6,12	0	14,67	61,350	58,501	
33,500 km	134		34	20,65	0	14,53	61,941	58,525	
33,750 km	135		34	35,18	0	14,53	61,941	58,549	
34,000 km	136		34	49,65	0	14,47	62,198	58,574	
34,250 km	137		35	4,13	0	14,48	62,155	58,599	



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	Ronde	Uren	Minuten	Seconden	Uur	Min	Sec	Gem.ronde	Gem.tot
34,500 km	138		35	18,67	0	14,54	61,898	58,622	
34,750 km	139		35	33,24	0	14,57	61,771	58,643	
35,000 km	140		35	47,79	0	14,55	61,856	58,665	
35,250 km	141		36	2,43	0	14,64	61,475	58,684	
35,500 km	142		36	16,97	0	14,54	61,898	58,705	
35,750 km	143		36	31,51	0	14,54	61,898	58,727	
36,000 km	144		36	46,09	0	14,58	61,728	58,746	
36,250 km	145		37	0,62	0	14,53	61,941	58,767	
36,500 km	146		37	15,23	0	14,61	61,602	58,786	
36,750 km	147		37	29,78	0	14,55	61,856	58,806	
37,000 km	148		37	44,42	0	14,64	61,475	58,823	
37,250 km	149		37	58,95	0	14,53	61,941	58,843	
37,500 km	150		38	13,48	0	14,53	61,941	58,863	
37,750 km	151		38	27,99	0	14,51	62,026	58,882	
38,000 km	152		38	42,55	0	14,56	61,813	58,901	
38,250 km	153		38	57,16	0	14,61	61,602	58,918	
38,500 km	154		39	11,51	0	14,35	62,718	58,941	
38,750 km	155		39	26,15	0	14,64	61,475	58,957	
39,000 km	156		39	40,58	0	14,43	62,370	58,977	
39,250 km	157		39	54,95	0	14,37	62,630	58,999	
39,500 km	158		40	9,25	0	14,30	62,937	59,023	
39,750 km	159		40	23,52	0	14,27	63,069	59,046	
40,000 km	160		40	38,07	0	14,55	61,856	59,063	
40,250 km	161		40	52,05	0	13,98	64,378	59,093	
40,500 km	162		41	6,35	0	14,30	62,937	59,116	
40,750 km	163		41	20,7	0	14,35	62,718	59,137	
41,000 km	164		41	35,1	0	14,40	62,500	59,156	
41,250 km	165		41	49,36	0	14,26	63,114	59,178	
41,500 km	166		42	3,69	0	14,33	62,805	59,199	
41,750 km	167		42	17,99	0	14,30	62,937	59,220	
42,000 km	168		42	32,37	0	14,38	62,587	59,239	
42,250 km	169		42	46,68	0	14,31	62,893	59,259	
42,500 km	170		43	0,95	0	14,27	63,069	59,280	
42,750 km	171		43	15,23	0	14,28	63,025	59,301	
43,000 km	172		43	29,63	0	14,40	62,500	59,319	
43,250 km	173		43	43,94	0	14,31	62,893	59,338	
43,500 km	174		43	58,33	0	14,39	62,543	59,356	
43,750 km	175		44	12,67	0	14,34	62,762	59,374	
44,000 km	176		44	27	0	14,33	62,805	59,393	
44,250 km	177		44	41,53	0	14,53	61,941	59,406	
44,500 km	178		44	55,98	0	14,45	62,284	59,422	
44,750 km	179		45	10,57	0	14,59	61,686	59,434	
45,000 km	180		45	25,18	0	14,61	61,602	59,446	
45,250 km	181		45	39,6	0	14,42	62,413	59,461	
45,500 km	182		45	54,05	0	14,45	62,284	59,476	
45,750 km	183		46	8,58	0	14,53	61,941	59,489	
46,000 km	184		46	23,08	0	14,50	62,069	59,502	



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	Ronde	Uren	Minuten	Seconden	Uur	Min	Sec	Gem.ronde	Gem.tot
46,250 km	185		46	37,72	0	14,64	61,475	59,513	
46,500 km	186		46	52,32	0	14,60	61,644	59,524	
46,750 km	187		47	6,96	0	14,64	61,475	59,534	
47,000 km	188		47	21,62	0	14,66	61,392	59,543	
47,250 km	189		47	36,29	0	14,67	61,350	59,553	
47,500 km	190		47	51,04	0	14,75	61,017	59,560	
47,750 km	191		48	5,44	0	14,40	62,500	59,575	
48,000 km	192		48	19,75	0	14,31	62,893	59,591	
48,250 km	193		48	33,99	0	14,24	63,202	59,609	
48,500 km	194		48	48,23	0	14,24	63,202	59,626	
48,750 km	195		49	2,34	0	14,11	63,785	59,646	
49,000 km	196		49	16,64	0	14,30	62,937	59,662	
49,250 km	197		49	30,8	0	14,16	63,559	59,681	
49,500 km	198		49	45,05	0	14,25	63,158	59,697	
49,750 km	199		49	59,28	0	14,23	63,247	59,714	
50,000 km	200		50	13,48	0	14,20	63,380	59,732	
50,250 km	210		50	27,7	0	14,22	63,291	62,424	
50,500 km	202		50	41,74	0	14,04	64,103	59,768	
50,750 km	203		50	55,73	0	13,99	64,332	59,789	
51,000 km	204		51	9,66	0	13,93	64,609	59,811	
51,250 km	205		51	23,71	0	14,05	64,057	59,831	
51,500 km	206		51	37,67	0	13,96	64,470	59,851	
51,750 km	207		51	51,6	0	13,93	64,609	59,873	
52,000 km	208		52	5,42	0	13,82	65,123	59,896	
52,250 km	209		52	19,41	0	13,99	64,332	59,916	
52,500 km	210		52	33,25	0	13,84	65,029	59,938	
52,750 km	211		52	47,2	0	13,95	64,516	59,958	
53,000 km	212		53	1,22	0	14,02	64,194	59,977	
53,250 km	213		53	15,11	0	13,89	64,795	59,998	
53,500 km	214		53	29,06	0	13,95	64,516	60,018	
53,750 km	215		53	42,97	0	13,91	64,702	60,038	
54,000 km	216		53	56,88	0	13,91	64,702	60,058	
54,250 km	217		54	10,83	0	13,95	64,516	60,077	
54,500 km	218		54	24,77	0	13,94	64,562	60,096	
54,750 km	219		54	38,74	0	13,97	64,424	60,115	
55,000 km	220		54	52,69	0	13,95	64,516	60,133	
55,250 km	221		55	6,8	0	14,11	63,785	60,149	
55,500 km	222		55	20,84	0	14,04	64,103	60,166	
55,750 km	223		55	34,82	0	13,98	64,378	60,183	
56,000 km	224		55	48,87	0	14,05	64,057	60,199	
56,250 km	225		56	3,04	0	14,17	63,514	60,213	
56,500 km	226		56	17,14	0	14,10	63,830	60,228	
56,750 km	227		56	31,03	0	13,89	64,795	60,247	
57,000 km	228		56	44,77	0	13,74	65,502	60,268	
57,250 km	229		56	58,46	0	13,69	65,741	60,290	
57,500 km	230		57	12,2	0	13,74	65,502	60,311	
57,750 km	231		57	26,62	0	14,42	62,413	60,320	
58,000 km	232		57	43,65	0	17,03	52,848	60,283	



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	Ronde	Uren	Minuten	Seconden	Uur	Min	Sec	Gem.ronde	Gem.tot
58,250 km	233		57	59,63	0	15,98		56,320	60,265
58,500 km	234		58	14,68	0	15,05		59,801	60,263
58,750 km	235		58	29,61	0	14,93		60,281	60,263
59,000 km	236		58	44,29	0	14,68		61,308	60,267
59,250 km	237		58	58,74	0	14,45		62,284	60,276
59,500 km	238		59	12,93	0	14,19		63,425	60,288
59,750 km	239		59	26,81	0	13,88		64,841	60,306
60,000 km	240		59	40,61	0	13,80		65,217	60,325
60,250 km	241		59	54,26	0	13,65		65,934	60,346

Berekening

baan	aantal	tijd	rest afstand
lengte	volleronden	resttijd	na de laatste ronde
250	241	5,48 13,65	100,366
			afstand na 1 uur
			60350,4 afronden na beneden

60 km 350 meter afgerond is het uur-record geworden.

