

Coopertest

Datum: 16 en 18 mei 2017

| Zone | Training | Afstand |
|------|------------------|------------|
| 1 | Rustige duurloop | 12-25km. |
| 2 | Normale duurloop | 10-20km. |
| 3 | Vlotte duurloop | 5-15 km. |
| 4 | Tempoduurloop | 2-8km. |
| 5 | Interval | 400-2000m. |

Afstand, afgelegd tijdens de Coopertest, in meters.

Loopsnelheden
Z1,Z2,Z3,Z4,Z5 in seconden
per 100 meter

| Achternaam | T_voeg | Voornaam | Afstand | CT | Z1 | Z2 | Z3 | Z4 | Z5 |
|------------|--------|----------|---------|------|----|----|----|----|----|
| Knops | | Bonnie | 2205 | 32,7 | 42 | 38 | 36 | 34 | 33 |
| Iperen | van | Chris | 2860 | 25,2 | 33 | 30 | 28 | 27 | 25 |
| Hegger | | Angie | 2080 | 34,6 | 45 | 41 | 38 | 36 | 35 |
| Geerets | | Puck | 2300 | 31,3 | 41 | 37 | 35 | 33 | 31 |
| Rambags | | Iza | 2265 | 31,8 | 41 | 37 | 35 | 33 | 32 |
| Koppes | | Patricia | 2490 | 28,9 | 38 | 34 | 32 | 30 | 29 |
| Arts | | Alex | 2802 | 25,7 | 33 | 30 | 29 | 27 | 26 |
| Janssen | | Huub | 2450 | 29,4 | 38 | 35 | 33 | 31 | 29 |
| Ouweland | van de | Esther | 2374 | 30,3 | 39 | 36 | 34 | 32 | 30 |
| Hermans | | Wilma | 2165 | 33,3 | 43 | 39 | 37 | 35 | 33 |
| Groenen | | Gerard | 2375 | 30,3 | 39 | 36 | 34 | 32 | 30 |
| Hellegers | | Jolanda | 2012 | 35,8 | 46 | 42 | 40 | 38 | 36 |
| Peeters | | Kai | 3365 | 21,4 | 28 | 25 | 24 | 23 | 21 |

Coopertest

Datum: 20 en 22 december 2016

| Zone | Training | Afstand |
|------|------------------|------------|
| 1 | Rustige duurloop | 12-25km. |
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| 4 | Tempoduurloop | 2-8km. |
| 5 | Interval | 400-2000m. |

Afstand, afgelegd tijdens de Coopertest, in meters.

Loopsnelheden
Z1,Z2,Z3,Z4,Z5 in seconden
per 100 meter

| Achternaam | T_voeg | Voornaam | Afstand | CT | Z1 | Z2 | Z3 | Z4 | Z5 |
|-------------|---------|-----------|---------|----|------|------|-----|------|----|
| | | | | | 0,77 | 0,85 | 0,9 | 0,95 | 1 |
| Alards | | Anita | 2510 | 29 | 37 | 34 | 32 | 30 | 29 |
| Arts | | Alex | 2780 | 26 | 34 | 30 | 29 | 27 | 26 |
| Brouwers | | Wiel | 2775 | 26 | 34 | 30 | 29 | 27 | 26 |
| Derix | | Richard | 2620 | 28 | 36 | 32 | 31 | 29 | 28 |
| Derks | | Marcel | 2545 | 28 | 37 | 33 | 31 | 30 | 28 |
| Erren | | Jenny | 1970 | 37 | 47 | 43 | 41 | 38 | 37 |
| Groenen | | Gerard | 2150 | 34 | 44 | 39 | 37 | 35 | 34 |
| Gubbels | | Marian | 2150 | 34 | 44 | 39 | 37 | 35 | 34 |
| Hendriks | | Koen | 2929 | 25 | 32 | 29 | 27 | 26 | 25 |
| Hendrixs | | Peter | 2800 | 26 | 33 | 30 | 29 | 27 | 26 |
| Hermans | | Wilmie | 2110 | 34 | 44 | 40 | 38 | 36 | 34 |
| Hoeijmakers | | Dennis | 2430 | 30 | 38 | 35 | 33 | 31 | 30 |
| Hoek | van | Liesbeth | 1995 | 36 | 47 | 42 | 40 | 38 | 36 |
| Hulst | van der | Leon | 2625 | 27 | 36 | 32 | 30 | 29 | 27 |
| Iperen | van | Chris | 2760 | 26 | 34 | 31 | 29 | 27 | 26 |
| Janssen | | Huub | 2350 | 31 | 40 | 36 | 34 | 32 | 31 |
| Jenniskens | | Angelique | 2150 | 34 | 44 | 39 | 37 | 35 | 34 |
| Lambriks | | Rebecca | 2150 | 34 | 44 | 39 | 37 | 35 | 34 |
| Lemmen | | Jort | 3190 | 23 | 29 | 27 | 25 | 24 | 23 |
| Lenders | | Cor | 2300 | 31 | 41 | 37 | 35 | 33 | 31 |
| Lieshout | van | Pedro | 2466 | 29 | 38 | 34 | 32 | 31 | 29 |
| Nillesen | | Aniek | 2400 | 30 | 39 | 35 | 33 | 32 | 30 |
| Ouweland | van de | Hans | 2810 | 26 | 33 | 30 | 28 | 27 | 26 |
| Peeters | | Kim | 2352 | 31 | 40 | 36 | 34 | 32 | 31 |
| Rambags | | Iza | 2210 | 33 | 42 | 38 | 36 | 34 | 33 |
| Sinten | van | Iris | 2440 | 30 | 38 | 35 | 33 | 31 | 30 |
| Tondera | | Heiko | 2810 | 26 | 33 | 30 | 28 | 27 | 26 |
| Valdez | | Orlando | 2760 | 26 | 34 | 31 | 29 | 27 | 26 |
| Verlinden | | Marly | 2500 | 29 | 37 | 34 | 32 | 30 | 29 |
| Willemse | | Geert | 2310 | 31 | 41 | 37 | 35 | 33 | 31 |