KP 1 BOST

Afstand	Tijd	Afstand	Tijd	Afstand	Tijd
0,10	**0:00:08,1**	3,80	**0:05:09,4**	7,50	**0:09:59,8**
0,20	**0:00:16,3**	3,90	**0:05:17,6**	7,60	**0:10:07,2**
0,30	**0:00:24,4**	4,00	**0:05:25,7**	7,70	**0:10:14,6**
0,40	**0:00:32,6**	4,10	**0:05:33,9**	7,80	**0:10:22,0**
0,50	**0:00:40,7**	4,20	**0:05:42,0**	7,90	**0:10:29,4**
0,60	**0:00:48,9**	4,30	**0:05:50,1**	8,00	**0:10:36,8**
0,70	**0:00:57,0**	4,40	**0:05:58,3**	8,10	**0:10:44,3**
0,80	**0:01:05,1**	4,50	**0:06:06,4**	8,20	**0:10:51,7**
0,90	**0:01:13,3**	4,60	**0:06:14,6**	8,30	**0:10:59,1**
1,00	**0:01:21,4**	4,70	**0:06:22,7**	8,40	**0:11:06,5**
1,10	**0:01:29,6**	4,80	**0:06:30,9**	8,50	**0:11:13,9**
1,20	**0:01:37,7**	4,90	**0:06:39,0**	8,60	**0:11:21,3**
1,30	**0:01:45,9**	5,00	**0:06:47,1**	8,70	**0:11:28,7**
1,40	**0:01:54,0**	5,10	**0:06:55,**	8,80	**0:11:36,2**
1,50	**0:02:02,1**	5,20	**0:07:03,4**	8,90	**0:11:43,6**
1,60	**0:02:10,3**	5,30	**0:07:1,6**	9,00	**0:11:51,0**
1,70	**0:02:18,4**	5,40	**0:07**	9,10	**0:11:58,4**
1,80	**0:02:26,6**	5,50	**0:07:27,9**	9,20	**0:12:05,8**
1,90	**0:02:34,7**	5,60	**0:07:36,0**	9,30	**0:12:13,2**
2,00	**0:02:42,9**	5,7	**0:07:44,1**	9,40	**0:12:20,6**
2,10	**0:02:51,0**	5,80	**0:07:52,3**	9,50	**0:12:28,1**
2,20	**0:02:59,1**	5,90	**0:08:00,4**	9,60	**0:12:35,5**
2,30	**0:03:07,3**	6,00	**0:08:08,6**	9,70	**0:12:42,9**
2,40	**0:03:15,4**	6,10	**0:08:16,0**	9,80	**0:12:50,3**
2,50	**0:03:23,6**	6,20	**0:08:23,4**	9,90	**0:12:57,7**
2,60	**0:03:31,7**	6,30	**0:08:30,8**	10,00	**0:13:05,1**
2,70	**0:03:39,9**	6,40	**0:08:38,2**	10,10	**0:13:12,5**
2,80	**0:03:48,0**	6,50	**0:08:45,6**	10,20	**0:13:19,9**
2,90	**0:03:56,1**	6,60	**0:08:53,1**	10,30	**0:13:27,4**
3,00	**0:04:04,3**	6,70	**0:09:00,5**	10,40	**0:13:34,8**
3,10	**0:04:12,4**	6,80	**0:09:07,9**	10,50	**0:13:42,2**
3,20	**0:04:20,6**	6,90	**0:09:15,3**	10,60	**0:13:49,6**
3,30	**0:04:28,7**	7,00	**0:09:22,7**	10,70	**0:13:57,0**
3,40	**0:04:36,9**	7,10	**0:09:30,1**	10,80	**0:14:04,4**
3,50	**0:04:45,0**	7,20	**0:09:37,5**	10,90	**0:14:11,8**
3,60	**0:04:53,1**	7,30	**0:09:45,0**	11,00	**0:14:19,3**
3,70	**0:05:01,3**	7,40	**0:09:52,4**	11,10	**0:14:26,7**

DRAFT

0,10 → **Afstand per 100m**

Effectieve rijtijd (u:min:sec;t) die je moet halen op de afstand in de linkerkolom.
In het roadbook staan de afstanden per situatie vermeld.
Je hoeft dus niet in het bezit te zijn van een tripmaster. Enkel een chronometer is van groot belang.