Indicatieve puntentabel voor de selectieproeven "fysieke test" en "3000m piste"

ABSO-BVOS, nov 2016

De punten worden berekend met de formule : **$P = 2000 - \text{looptijd} / \text{tijd}_{1000\text{punten}} \times 1000$**

	Fysieke test								3000m piste	
	D16	H16	D18	H18	D20	H20	D21	H21	D21	H21
	aantal ronden		aantal ronden		aantal ronden		aantal ronden			
	2	3	3	4	3	4	4	5		
punten	looptijd		looptijd		looptijd		looptijd		looptijd	
650	00:24:18	00:31:23	00:35:06	00:40:30	00:33:45	00:39:09	00:42:45	00:46:08	00:13:43	00:11:56
660	00:24:07	00:31:09	00:34:50	00:40:12	00:33:30	00:38:52	00:42:26	00:45:47	00:13:37	00:11:50
670	00:23:56	00:30:55	00:34:35	00:39:54	00:33:15	00:38:34	00:42:07	00:45:27	00:13:31	00:11:45
680	00:23:46	00:30:41	00:34:19	00:39:36	00:33:00	00:38:17	00:41:48	00:45:06	00:13:25	00:11:40
690	00:23:35	00:30:27	00:34:04	00:39:18	00:32:45	00:37:59	00:41:29	00:44:46	00:13:19	00:11:34
700	00:23:24	00:30:14	00:33:48	00:39:00	00:32:30	00:37:42	00:41:10	00:44:25	00:13:13	00:11:29
710	00:23:13	00:30:00	00:33:32	00:38:42	00:32:15	00:37:25	00:40:51	00:44:05	00:13:07	00:11:24
720	00:23:02	00:29:46	00:33:17	00:38:24	00:32:00	00:37:07	00:40:32	00:43:44	00:13:01	00:11:18
730	00:22:52	00:29:32	00:33:01	00:38:06	00:31:45	00:36:50	00:40:13	00:43:24	00:12:55	00:11:13
740	00:22:41	00:29:18	00:32:46	00:37:48	00:31:30	00:36:32	00:39:54	00:43:03	00:12:49	00:11:08
750	00:22:30	00:29:04	00:32:30	00:37:30	00:31:15	00:36:15	00:39:35	00:42:43	00:12:43	00:11:03
760	00:22:19	00:28:50	00:32:14	00:37:12	00:31:00	00:35:58	00:39:16	00:42:22	00:12:36	00:10:57
770	00:22:08	00:28:36	00:31:59	00:36:54	00:30:45	00:35:40	00:38:57	00:42:02	00:12:30	00:10:52
780	00:21:58	00:28:22	00:31:43	00:36:36	00:30:30	00:35:23	00:38:38	00:41:41	00:12:24	00:10:47
790	00:21:47	00:28:08	00:31:28	00:36:18	00:30:15	00:35:05	00:38:19	00:41:21	00:12:18	00:10:41
800	00:21:36	00:27:54	00:31:12	00:36:00	00:30:00	00:34:48	00:38:00	00:41:00	00:12:12	00:10:36
810	00:21:25	00:27:40	00:30:56	00:35:42	00:29:45	00:34:31	00:37:41	00:40:40	00:12:06	00:10:31
820	00:21:14	00:27:26	00:30:41	00:35:24	00:29:30	00:34:13	00:37:22	00:40:19	00:12:00	00:10:25
830	00:21:04	00:27:12	00:30:25	00:35:06	00:29:15	00:33:56	00:37:03	00:39:59	00:11:54	00:10:20
840	00:20:53	00:26:58	00:30:10	00:34:48	00:29:00	00:33:38	00:36:44	00:39:38	00:11:48	00:10:15
850	00:20:42	00:26:44	00:29:54	00:34:30	00:28:45	00:33:21	00:36:25	00:39:18	00:11:41	00:10:10
860	00:20:31	00:26:30	00:29:38	00:34:12	00:28:30	00:33:04	00:36:06	00:38:57	00:11:35	00:10:04
870	00:20:20	00:26:16	00:29:23	00:33:54	00:28:15	00:32:46	00:35:47	00:38:37	00:11:29	00:09:59
880	00:20:10	00:26:02	00:29:07	00:33:36	00:28:00	00:32:29	00:35:28	00:38:16	00:11:23	00:09:54
890	00:19:59	00:25:48	00:28:52	00:33:18	00:27:45	00:32:11	00:35:09	00:37:56	00:11:17	00:09:48
900	00:19:48	00:25:35	00:28:36	00:33:00	00:27:30	00:31:54	00:34:50	00:37:35	00:11:11	00:09:43
910	00:19:37	00:25:21	00:28:20	00:32:42	00:27:15	00:31:37	00:34:31	00:37:15	00:11:05	00:09:38
920	00:19:26	00:25:07	00:28:05	00:32:24	00:27:00	00:31:19	00:34:12	00:36:54	00:10:59	00:09:32
930	00:19:16	00:24:53	00:27:49	00:32:06	00:26:45	00:31:02	00:33:53	00:36:34	00:10:53	00:09:27
940	00:19:05	00:24:39	00:27:34	00:31:48	00:26:30	00:30:44	00:33:34	00:36:13	00:10:47	00:09:22
950	00:18:54	00:24:25	00:27:18	00:31:30	00:26:15	00:30:27	00:33:15	00:35:52	00:10:40	00:09:17
960	00:18:43	00:24:11	00:27:02	00:31:12	00:26:00	00:30:10	00:32:56	00:35:32	00:10:34	00:09:11
970	00:18:32	00:23:57	00:26:47	00:30:54	00:25:45	00:29:52	00:32:37	00:35:12	00:10:28	00:09:06
980	00:18:22	00:23:43	00:26:31	00:30:36	00:25:30	00:29:35	00:32:18	00:34:51	00:10:22	00:09:01
990	00:18:11	00:23:29	00:26:16	00:30:18	00:25:15	00:29:17	00:31:59	00:34:30	00:10:16	00:08:55
1000	**00:18:00**	**00:23:15**	**00:26:00**	**00:30:00**	**00:25:00**	**00:29:00**	**00:31:40**	**00:34:10**	**00:10:10**	**00:08:50**
1010	00:17:49	00:23:01	00:25:44	00:29:42	00:24:45	00:28:43	00:31:21	00:33:50	00:10:04	00:08:45
1020	00:17:38	00:22:47	00:25:29	00:29:24	00:24:30	00:28:25	00:31:02	00:33:29	00:09:58	00:08:39
1030	00:17:28	00:22:33	00:25:13	00:29:06	00:24:15	00:28:08	00:30:43	00:33:08	00:09:52	00:08:34
1040	00:17:17	00:22:19	00:24:58	00:28:48	00:24:00	00:27:50	00:30:24	00:32:48	00:09:46	00:08:29
1050	00:17:06	00:22:05	00:24:42	00:28:30	00:23:45	00:27:33	00:30:05	00:32:28	00:09:39	00:08:24
1060	00:16:55	00:21:51	00:24:26	00:28:12	00:23:30	00:27:16	00:29:46	00:32:07	00:09:33	00:08:18
1070	00:16:44	00:21:37	00:24:11	00:27:54	00:23:15	00:26:58	00:29:27	00:31:46	00:09:27	00:08:13
1080	00:16:34	00:21:23	00:23:55	00:27:36	00:23:00	00:26:41	00:29:08	00:31:26	00:09:21	00:08:08
1090	00:16:23	00:21:09	00:23:40	00:27:18	00:22:45	00:26:23	00:28:49	00:31:05	00:09:15	00:08:02
1100	00:16:12	00:20:56	00:23:24	00:27:00	00:22:30	00:26:06	00:28:30	00:30:45	00:09:09	00:07:57
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