

# AANTAL RONDEN LOPEN

2014-2013

500m = 1x 500m

2012-2011

750m = 1x 750m

2010-2009

1000m = 2x 500m

2008-2007

1500m = 2x 750m

2006-2005

2000 m = 4x 500m

2004 + ouder

3000m = 4x 750m