

= lopen
= wandelen


START 2 RUN



		Totaal	
		lop	wan
		0'	0' 0'
w1	wo 15 sep.	8 x 1' 2'	8' 16' 24'
	za 18 sep.	10 x 1' 2'	10' 20' 30'
	Ma 20 sep.	6 x 2' 2'	12' 12' 24'
w2	wo 22 sep.	7 x 2' 2'	14' 14' 28'
	za 25 sep.	7 x 2' 2'	14' 14' 28'
	ma 27 sep.	3 x 2' 2'	15' 12' 27'
		3 x 3' 2'	
w3	wo 29 sep.	2 x 3' 2'	16' 10' 26'
		1 x 4' 2'	
		2 x 3' 2'	
	za 02 okt.	2 x 3' 2'	20' 12' 32'
		2 x 4' 2'	
		2 x 3' 2'	
	ma 04 okt.	1 x 4' 2'	19' 8' 27'
		3 x 5' 2'	
w4	wo 06 okt.	4 x 5' 2'	20' 8' 28'
	za 09 okt.	1 x 5' 2'	17' 6' 23'
		2 x 6' 2'	
	ma 11 okt.	4 x 6' 2'	24' 8' 32'
w5	wo 13 okt.	3 x 7' 2'	21' 6' 27'
	za 16 okt.	2 x 7' 2'	22' 6' 28'
		1 x 8' 2'	
	ma 18 okt.	1 x 8' 2'	25' 6' 31'
		1 x 9' 2'	
		1 x 8' 2'	
w6	wo 20 okt.	1 x 8' 2'	26' 6' 32'
		2 x 9' 2'	
	za 23 okt.	2 x 10' 2'	29' 6' 35'
		1 x 9' 2'	
	ma 25 okt.	3 x 7' 2'	21' 6' 27'
w7	wo 27 okt.	3 x 8' 2'	24' 6' 30'
	za 30 okt.	3 x 9' 2'	27' 6' 33'

= lopen
= wandelen

		Totaal			
		lop	wan		
		0'	0' 0'		
ma	01 nov.	1 x 10' 2'	1 x 12' 2'	1 x 8' 2'	30' 6' 36'
w8	wo 03 nov.	1 x 12' 2'	1 x 14' 2'	1 x 4' 2'	30' 6' 36'
	za 06 nov.	1 x 12' 2'	1 x 16' 2'	1 x 4' 2'	32' 6' 38'
	ma 08 nov.	1 x 12' 2'	1 x 17' 2'		29' 4' 33'
w9	wo 10 nov.	1 x 12' 2'	1 x 18' 2'		30' 4' 34'
	za 13 nov.	1 x 11' 2'	1 x 19' 2'		30' 4' 34'
	ma 15 nov.	1 x 11' 2'	1 x 19' 2'		30' 4' 34'
w10	wo 17 nov.	1 x 10' 2'	1 x 20' 2'		30' 4' 34'
	za 20 nov.	1 x 10' 2'	1 x 20' 2'		30' 4' 34'
	ma 22 nov.	1 x 10' 2'	1 x 20' 2'		30' 4' 34'
w11	wo 24 nov.	1 x 9' 2'	1 x 21' 2'		30' 4' 34'
	za 27 nov.	1 x 9' 2'	1 x 21' 2'		30' 4' 34'
	ma 29 nov.	1 x 8' 2'	1 x 22' 2'		30' 4' 34'
w12	wo 01 dec.	1 x 6' 2'	1 x 24' 2'		30' 4' 34'
	za 04 dec.	1 x 4' 2'	1 x 26' 2'		30' 4' 34'
	ma 06 dec.	1 x 10' 2'	1 x 20' 2'		30' 4' 34'
w13	wo 08 dec.	5'	5 km	5'	40' 10' 50'

 Trainers : **Suzy Verhaert & Luc Torfs**

 Contacts: joeri.vandegender@gmail.com
serneelsevy@gmail.com

HEEL VEEL SUCCES