



START TO RUN in Herentals 2019 (1/2)



 = lopen

 = wandelen

		Totaal				Totaal	
		lop	wan	lop	wan	lop	wan
w1	ma 23 sep	8 x	1' 2'	8'	16'	24'	
	wo 25 sep	8 x	1' 2'	8'	16'	24'	
	za 28 sep	10 x	1' 2'	10'	20'	30'	
w2	ma 30 sep	6 x	2' 2'	12'	12'	24'	
	wo 02 okt	7 x	2' 2'	14'	14'	28'	
	za 05 okt	7 x	2' 2'	14'	14'	28'	
w3	ma 07 okt	3 x	2' 2'	3 x	3' 2'	15'	12' 27'
	wo 09 okt	2 x	3' 2'	1 x	4' 2'	2 x	3' 2'
	za 12 okt	2 x	3' 2'	2 x	4' 2'	2 x	3' 2'
w4	ma 14 okt	1 x	4' 2'	3 x	5' 2'	19'	8' 27'
	wo 16 okt	4 x	5' 2'			20'	8' 28'
	za 19 okt	1 x	5' 2'	2 x	6' 2'	17'	6' 23'
w5	ma 21 okt	4 x	6' 2'			24'	8' 32'
	wo 23 okt	3 x	7' 2'			21'	6' 27'
	za 26 okt	2 x	7' 2'	1 x	8' 2'	22'	6' 28'
w6	ma 28 okt	1 x	8' 2'	1 x	9' 2'	1 x	8' 2'
	wo 30 okt	1 x	8' 2'	2 x	9' 2'	26'	6' 32'
	za 02 nov	2 x	10' 2'	1 x	9' 2'	29'	6' 35'
w7	ma 04 nov	3 x	7' 2'			21'	6' 27'
	wo 06 nov	3 x	8' 2'			24'	6' 30'
	za 09 nov	3 x	9' 2'			27'	6' 33'



START TO RUN in Herentals 2019 (2/2)



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 = wandelen

		Totaal				Totaal	
		lop	wan	lop	wan	lop	wan
w8	ma 11 nov	1 x	10' 2'	1 x	12' 2'	1 x	8' 2'
	wo 13 nov	1 x	12' 2'	1 x	14' 2'	1 x	4' 2'
	za 16 nov	1 x	12' 2'	1 x	16' 2'	1 x	4' 2'
w9	ma 18 nov	1 x	12' 2'	1 x	17' 2'	29'	4' 33'
	wo 20 nov	1 x	12' 2'	1 x	18' 2'	30'	4' 34'
	za 23 nov	1 x	11' 2'	1 x	19' 2'	30'	4' 34'
w10	ma 25 nov	1 x	11' 2'	1 x	19' 2'	30'	4' 34'
	wo 27 nov	1 x	10' 2'	1 x	20' 2'	30'	4' 34'
	za 30 nov	1 x	10' 2'	1 x	20' 2'	30'	4' 34'
w11	ma 02 dec	1 x	10' 2'	1 x	20' 2'	30'	4' 34'
	wo 04 dec	1 x	9' 2'	1 x	21' 2'	30'	4' 34'
	za 07 dec	1 x	9' 2'	1 x	21' 2'	30'	4' 34'
w12	ma 09 dec	1 x	8' 2'	1 x	22' 2'	30'	4' 34'
	wo 11 dec	1 x	6' 2'	1 x	24' 2'	30'	4' 34'
	za 14 dec	1 x	4' 2'	1 x	26' 2'	30'	4' 34'
w13	ma 16 dec	1 x	10' 2'	1 x	20' 2'	30'	4' 34'
	wo 18 dec		5'	5 km	5'	40'	10' 50'