

Bonus + limieten RCC 2016 - Masters

E-bonus

€ 50 (max. *)

| Masters Mannen | |
|----------------|---------------------------|
| | E-bonus |
| | Limiet = THOR Clubrec *** |
| 100m | ** |
| 800m | ** |
| 5000m | ** |
| ver | ** |
| hoog | ** |
| kogel | ** |
| speer | ** |
| discus | ** |

| THOR clubrecord of NK Masters medaillelimiet **** | | | | | | | | | | | | |
|---|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85 | M90 |
| | 12,24 | 12,4 | 12,5 | 12,5 | 14,12 | 14,37 | 14,92 | 16,08 | 16,88 | 18,11 | 19,95 | 22,71 |
| | 2.07,00 | 2.01,90 | 2.13,37 | 2.15,80 | 2.30,00 | 2.38,04 | 2.46,00 | 3.21,93 | 3.21,37 | 3.31,00 | 3.55,00 | 4.29,00 |
| | 15.35,91 | 15.39,70 | 15.59,15 | 16.21,59 | 17.09,64 | 19.37,04 | 21.22,17 | 23.00,18 | 24.07,66 | 26.14,00 | 29.12,00 | 33.30,00 |
| | 5,63 | 6,21 | 5,53 | 5,34 | 4,95 | 4,22 | 3,76 | 3,19 | 3,07 | 2,73 | 2,40 | 2,06 |
| | 1,78 | 1,70 | 1,65 | 1,62 | 1,55 | 1,45 | 1,36 | 1,23 | 1,09 | 0,99 | 0,89 | 0,79 |
| | 11,65 | 12,18 | 14,33 | 14,48 | 12,60 | 12,91 | 9,40 | 9,40 | 8,20 | 8,20 | 7,00 | 5,80 |
| | 47,38 | 45,99 | 40,20 | 39,10 | 35,93 | 23,91 | 30,10 | 28,30 | 23,80 | 22,00 | 17,70 | 13,60 |
| | 37,60 | 34,40 | 42,12 | 46,00 | 41,31 | 45,46 | 34,90 | 30,60 | 26,40 | 22,40 | 18,50 | 14,70 |

| Masters Vrouwen | |
|-----------------|---------------------------|
| | E-bonus |
| | Limiet = THOR Clubrec *** |
| 100m | ** |
| 800m | ** |
| 5000m | ** |
| ver | ** |
| hoog | ** |
| kogel | ** |
| speer | ** |
| discus | ** |

| THOR clubrecord of NK Masters medaillelimiet **** | | | | | | | | | | | | |
|---|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| | V35 | V40 | V45 | V50 | V55 | V60 | V65 | V70 | V75 | V80 | V85 | V90 |
| | 14,96 | 13,46 | 14,91 | 15,92 | 15,34 | 16,17 | 17,09 | 18,50 | 20,10 | 21,94 | 24,37 | 27,91 |
| | 2.21,78 | 2.18,01 | 2.29,50 | 2.37,47 | 2.54,00 | 3.07,00 | 3.21,00 | 3.42,00 | 4.07,00 | 4.37,00 | 5.17,00 | 6.10,00 |
| | 17.36,99 | 18.17,00 | 19.19,00 | 19.56,16 | 21.48,00 | 23.18,00 | 25.01,00 | 27.33,00 | 30.33,00 | 34.12,00 | 38.57,00 | 45.21,00 |
| | 4,25 | 4,40 | 4,20 | 3,86 | 3,59 | 3,32 | 3,05 | 2,72 | 2,41 | 2,10 | 1,80 | 1,49 |
| | 1,55 | 1,48 | 1,50 | 1,29 | 1,22 | 1,14 | 1,07 | 0,97 | 0,88 | 0,79 | 0,70 | 0,62 |
| | 12,06 | 10,30 | 9,40 | 10,52 | 9,00 | 8,00 | 7,10 | 6,20 | 6,50 | 5,40 | 4,50 | 3,70 |
| | 26,19 | 32,30 | 24,09 | 26,45 | 25,40 | 22,40 | 19,40 | 16,40 | 15,20 | 12,30 | 9,70 | 7,30 |
| | 34,00 | 32,80 | 28,80 | 28,41 | 24,90 | 22,40 | 19,90 | 17,20 | 16,90 | 14,20 | 11,60 | 9,10 |

* - Bedrag bonus wordt aangepast bij overschrijding van de totaallimiet aan bonussen, zie reglement.

** - Zie schema

*** - Indien er geen clubrecord is dan wordt de NK Masters medaillelimiet 2016/2017 gebruikt.

**** - Onder voorbehoud van typefouten

= clubrecord THOR
 = NK Masters medaillelimiet

Datum: 17 juni / revisie 4