

Rondetijden

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| Datum | 19-jun-10 |
| Team | Smile17 |
| Coach | Yvonne van Eck/Jessica Remmers |

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|-------|---|----------------|
| Loper | 1 | Fred |
| Loper | 2 | Ronald |
| Loper | 3 | Patty |
| Loper | 4 | Monique-Cecile |
| Loper | 5 | Sandra |
| Loper | 6 | Henk |

Afstand parcours : 1,858 km

Laatste ronde : 1,558 km

| Ronde | Loper | Tussentijd | Rondetijd | Bloktijd | Gem. snelheid |
|-------|----------------|------------|-----------|----------|---------------|
| 1 | Fred | 0:08:33 | 0:08:33 | | 13,04 km/p/u |
| 2 | Ronald | 0:18:09 | 0:09:36 | | 11,61 km/p/u |
| 3 | Patty | 0:27:46 | 0:09:37 | | 11,59 km/p/u |
| 4 | Monique-Cecile | 0:37:18 | 0:09:32 | | 11,69 km/p/u |
| 5 | Sandra | 0:47:48 | 0:10:30 | | 10,62 km/p/u |
| 6 | Henk | 0:58:41 | 0:10:53 | 0:58:41 | 10,24 km/p/u |
| 7 | Fred | 1:07:51 | 0:09:10 | | 12,16 km/p/u |
| 8 | Ronald | 1:17:10 | 0:09:19 | | 11,97 km/p/u |
| 9 | Patty | 1:26:55 | 0:09:45 | | 11,43 km/p/u |
| 10 | Monique-Cecile | 1:36:55 | 0:10:00 | | 11,15 km/p/u |
| 11 | Sandra | 1:47:04 | 0:10:09 | | 10,98 km/p/u |
| 12 | Henk | 1:57:35 | 0:10:31 | 0:58:54 | 10,60 km/p/u |
| 13 | Fred | 2:06:35 | 0:09:00 | | 12,39 km/p/u |
| 14 | Ronald | 2:16:21 | 0:09:46 | | 11,41 km/p/u |
| 15 | Patty | 2:26:04 | 0:09:43 | | 11,47 km/p/u |
| 16 | Monique-Cecile | 2:36:08 | 0:10:04 | | 11,07 km/p/u |
| 17 | Sandra | 2:46:49 | 0:10:41 | | 10,43 km/p/u |
| 18 | Henk | 2:57:19 | 0:10:30 | 0:59:44 | 10,62 km/p/u |
| 19 | Fred | 3:06:28 | 0:09:09 | | 12,18 km/p/u |
| 20 | Ronald | 3:15:56 | 0:09:28 | | 11,78 km/p/u |
| 21 | Patty | 3:25:38 | 0:09:42 | | 11,49 km/p/u |
| 22 | Monique-Cecile | 3:35:33 | 0:09:55 | | 11,24 km/p/u |
| 23 | Sandra | 3:45:46 | 0:10:13 | | 10,91 km/p/u |
| 24 | Henk | 3:56:16 | 0:10:30 | 0:58:57 | 10,62 km/p/u |
| 25 | Fred | 4:05:37 | 0:09:21 | | 11,92 km/p/u |
| 26 | Ronald | 4:15:34 | 0:09:57 | | 11,20 km/p/u |
| 27 | Patty | 4:25:04 | 0:09:30 | | 11,73 km/p/u |
| 28 | Monique-Cecile | 4:35:03 | 0:09:59 | | 11,17 km/p/u |
| 29 | Sandra | 4:45:27 | 0:10:24 | | 10,72 km/p/u |
| 30 | Henk | 4:56:13 | 0:10:46 | 0:59:57 | 10,35 km/p/u |
| 31 | Fred | 5:05:27 | 0:09:14 | | 12,07 km/p/u |
| 32 | Ronald | 5:16:04 | 0:10:37 | | 10,50 km/p/u |
| 33 | Patty | 5:25:37 | 0:09:33 | | 11,67 km/p/u |
| 34 | Monique-Cecile | 5:35:32 | 0:09:55 | | 11,24 km/p/u |
| 35 | Sandra | 5:46:09 | 0:10:37 | | 10,50 km/p/u |
| 36 | Henk | 5:57:11 | 0:11:02 | 1:10:23 | 10,10 km/p/u |

Rondetijden per loper

| 1 | Fred | Gem snelheid | Tijd per km. | 2 | Ronald | Gem snelheid | Tijd per km. | 3 | Patty | Gem snelheid | Tijd per km. |
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| 1 | 08:33 | 13,04 | 04:36 | 2 | 09:36 | 11,61 | 05:10 | 3 | 09:37 | 11,59 | 05:11 |
| 7 | 09:10 | 12,16 | 04:56 | 8 | 09:19 | 11,97 | 05:01 | 9 | 09:45 | 11,43 | 05:15 |
| 13 | 09:00 | 12,39 | 04:51 | 14 | 09:46 | 11,41 | 05:15 | 15 | 09:43 | 11,47 | 05:14 |
| 19 | 09:09 | 12,18 | 04:55 | 20 | 09:28 | 11,78 | 05:06 | 21 | 09:42 | 11,49 | 05:13 |
| 25 | 09:21 | 11,92 | 05:02 | 26 | 09:57 | 11,20 | 05:21 | 27 | 09:30 | 11,73 | 05:07 |
| 31 | 09:14 | 12,07 | 04:58 | 32 | 10:37 | 10,50 | 05:43 | 33 | 09:33 | 11,67 | 05:08 |
| 37 | 09:25 | 11,84 | 05:04 | 38 | 10:03 | 11,09 | 05:25 | 39 | 09:35 | 11,63 | 05:09 |
| 43 | 09:38 | 11,57 | 05:11 | 44 | 11:24 | 9,78 | 06:08 | 45 | 09:27 | 11,80 | 05:05 |
| 49 | 09:48 | 11,38 | 05:16 | 50 | 10:27 | 10,67 | 05:37 | 51 | 09:35 | 11,63 | 05:09 |
| 55 | 09:50 | 11,34 | 05:18 | 56 | 11:29 | 9,71 | 06:11 | 57 | 09:40 | 11,53 | 05:12 |
| 61 | 09:58 | 11,19 | 05:22 | 62 | 12:45 | 8,74 | 06:52 | 63 | 09:32 | 11,69 | 05:08 |
| 67 | 10:24 | 10,72 | 05:36 | | | | | 68 | 09:37 | 11,59 | 05:11 |
| | | | | | | | | 71 | 07:34 | 12,35 | 04:51 |
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Rondetijden per loper

| 4 onique-Ceci | | | | 5 Sandra | | | | 6 Henk | | | |
|---------------|--------------|--------------|-------|--------------|--------------|-------|--------------|--------------|---------|--------------|--------------|
| | Gem snelheid | Tijd per km. | | Gem snelheid | Tijd per km. | | Gem snelheid | Tijd per km. | | Gem snelheid | Tijd per km. |
| 4 | 09:32 | 11,69 | 05:08 | 5 | 10:30 | 10,62 | 05:39 | 6 | 0:10:53 | 10,24 | 05:51 |
| 10 | 10:00 | 11,15 | 05:23 | 11 | 10:09 | 10,98 | 05:28 | 12 | 0:10:31 | 10,60 | 05:40 |
| 16 | 10:04 | 11,07 | 05:25 | 17 | 10:41 | 10,43 | 05:45 | 18 | 0:10:30 | 10,62 | 05:39 |
| 22 | 09:55 | 11,24 | 05:20 | 23 | 10:13 | 10,91 | 05:30 | 24 | 0:10:30 | 10,62 | 05:39 |
| 28 | 09:59 | 11,17 | 05:22 | 29 | 10:24 | 10,72 | 05:36 | 30 | 0:10:46 | 10,35 | 05:48 |
| 34 | 09:55 | 11,24 | 05:20 | 35 | 10:37 | 10,50 | 05:43 | 36 | 0:11:02 | 10,10 | 05:56 |
| 40 | 09:59 | 11,17 | 05:22 | 41 | 10:44 | 10,39 | 05:47 | 42 | 0:10:57 | 10,18 | 05:54 |
| 46 | 10:07 | 11,02 | 05:27 | 47 | 10:52 | 10,26 | 05:51 | 48 | 0:11:00 | 10,13 | 05:55 |
| 52 | 10:11 | 10,95 | 05:29 | 53 | 10:23 | 10,74 | 05:35 | 54 | 0:11:20 | 9,84 | 06:06 |
| 58 | 10:11 | 10,95 | 05:29 | 59 | 10:55 | 10,21 | 05:53 | 60 | 0:11:39 | 9,57 | 06:16 |
| 64 | 10:21 | 10,77 | 05:34 | 65 | 11:13 | 9,94 | 06:02 | 66 | 0:11:43 | 9,51 | 06:18 |
| 69 | 10:21 | 10,77 | 05:34 | 70 | 10:42 | 10,42 | 05:46 | | | | |
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Rondetijden per loper

| | 1 | Fred | 2 | Ronald | 3 | Patty | 4 | Monique-Cecil | 5 | Sandra | 6 | Henk |
|-------------------------------|---|---------|---|---------|---|---------|---|---------------|---|---------|---|---------|
| Aantal ronden | | 12,00 | | 11,00 | | 12,84 | | 12,00 | | 12,00 | | 11,00 |
| Totaal gelopen afstand | | 22,296 | | 20,438 | | 25,412 | | 22,296 | | 22,296 | | 20,438 |
| Totaal gelopen tijd | | 1:53:30 | | 1:54:51 | | 2:02:50 | | 2:00:35 | | 2:07:23 | | 2:00:51 |
| Gemiddelde snelheid | | 11,79 | | 10,68 | | 12,41 | | 11,09 | | 10,50 | | 10,15 |
| Gem km tijd | | 0:05:05 | | 0:05:37 | | 0:04:50 | | 0:05:24 | | 0:05:43 | | 0:05:55 |
| Snelste ronde | | 0:08:33 | | 0:09:19 | | 0:09:27 | | 0:09:32 | | 0:10:09 | | 0:10:30 |
| Langzaamste ronde | | 0:10:24 | | 0:12:45 | | 0:09:45 | | 0:10:21 | | 0:11:13 | | 0:11:43 |
| Gemiddelde rondetijd | | 0:09:28 | | 0:10:26 | | 0:09:36 | | 0:10:03 | | 0:10:37 | | 0:10:59 |
| Standaard deviatie | | 0:00:30 | | 0:01:03 | | 0:00:05 | | 0:00:13 | | 0:00:18 | | 0:00:26 |

| | Groepstotaal |
|-----------------------------|--------------|
| Aantal ronden | 70,84 |
| Totale afstand | 131,618 |
| Totale tijd | 12:00:00 |
| Gemiddelde snelheid | 10,97 |
| Gem km tijd | 0:05:28 |
| Langzaamste ronde | 0:12:45 |
| Snelste ronde | 0:08:33 |
| Gemiddelde rondetijd | 0:10:08 |
| Standaard deviatie | 0:00:48 |

12 uren estafette Haag Atletiek Laan van Poot Den Haag