## SCHEMA RONDETIJDEN COOPERTEST 200 meter PARCOURS

| **200** | **400** | **600** | **800** | **1000** | **1200** | **1400** | **1600** | **1800** | **2000** | **2200** | **2400** | **2600** | **2800** | **3000** | **3200** | **3400** | **3600** |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **0.40** | 1.20 | 2.00 | 2.40 | 3.20 | 4.00 | 4.40 | 5.20 | 6.00 | 6.40 | 7.20 | 8.00 | 8.40 | 9.20 | 10.00 | 10.40 | 11.20 | **12.00** |
| **0.42** | 1.24 | 2.06 | 2.48 | 3.30 | 4.12 | 4.54 | 5.36 | 6.18 | 7.00 | 7.42 | 8.24 | 9.06 | 9.48 | 10.30 | 11.12 | **12.00** | |
| **0.45** | 1.30 | 2.15 | 3.00 | 3.45 | 4.30 | 5.15 | 6.00 | 6.45 | 7.30 | 8.15 | 9.00 | 9.45 | 10.30 | 11.15 | **12.00** | | |
| **0.48** | 1.36 | 2.24 | 3.12 | 4.00 | 4.48 | 5.36 | 6.24 | 7.12 | 8.00 | 8.48 | 9.36 | 10.24 | 110.12 | **12.00** | | | |
| **0.51** | 1.42 | 2.33 | 3.24 | 4.15 | 5.06 | 5.57 | 6.48 | 7.39 | 8.30 | 9.21 | 10.12 | 11.03 | **12.00** | | | | |
| **0.55** | 1.50 | 2.45 | 3.40 | 4.35 | 5.30 | 6.25 | 7.20 | 8.15 | 9.10 | 10.05 | 11.00 | **12.00** | | | | | |
| **1.00** | 2.00 | 3.00 | 4.00 | 5.00 | 6.00 | 7.00 | 8.00 | 9.00 | 10.00 | 11.00 | **12.00** | | | | | | |
| **1.05** | 2.10 | 3.15 | 4.20 | 5.25 | 6.30 | 7.35 | 8.40 | 9.50 | 10.55 | **12.00** | | | | | | | |
| **1.12** | 2.24 | 3.36 | 4.48 | 6.00 | 7.12 | 8.24 | 9.36 | 10.48 | **12.00** | | | | | | | | |
| **1.20** | 2.40 | 4.00 | 5.20 | 6.40 | 8.00 | 9.20 | 10.40 | **12.00** | | | | | | | | | |
| **1.30** | 3.00 | 4.30 | 6.00 | 7.30 | 9.00 | 10.30 | **12.00** | | | | | | | | | | |

## SCHEMA RONDETIJDEN COOPERTEST 300 meter PARCOURS

| **300** | **600** | **900** | **1200** | **1500** | **1800** | **1900** | **2000** | **2100** | **2200** | **2300** | **2400** | **2500** | **2600** | **2700** | **2800** | **2900** | **3000** | **3300** | **3600** |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | | | | | |
| **1.00** | 2.00 | 3.00 | 4.00 | 5.00 | 6.00 | | | 7.00 | | | 8.00 | | | 9.00 | | | 10.00 | 11.00 | **12.00** |
| **1.06** | 2.12 | 3.18 | 4.24 | 5.30 | 6.36 | | | 7.42 | | | 8.48 | | | 9.54 | | | 11.00 | **12.00** | |
| **1.12** | 2.24 | 3.36 | 4.48 | 6.00 | 7.12 | | | 8.48 | | | 9.36 | | | 10.48 | | | **12.00** | | |
| **1.14** | 2.28 | 3.42 | 4.56 | 6.10 | 7.24 | | | 8.38 | | | 9.52 | | | 11.06 | | **12.00** | | | |
| **1.17** | 2.34 | 3.51 | 5.08 | 6.25 | 7.41 | | | 8.58 | | | 10.12 | | | 11.29 | **12.00** | | | | |
| **1.20** | 2.40 | 4.00 | 5.20 | 6.40 | 8.00 | | | 9.20 | | | 10.40 | | | **12.00** | | | | | |
| **1.23** | 2.46 | 4.09 | 5.32 | 6.55 | 8.18 | | | 9.41 | | | 11.04 | | **12.00** | | | | | | |
| **1.26** | 2.52 | 4.18 | 5.44 | 7.10 | 8.36 | | | 10.02 | | | 11.28 | **12.00** | | | | | | | |
| **1.30** | 3.00 | 4.30 | 6.00 | 7.30 | 9.00 | | | 10.30 | | | **12.00** | | | | | | | | |
| **1.34** | 3.08 | 4.42 | 6.16 | 7.50 | 9.24 | | | 10.58 | | **12.00** | | | | | | | | | |
| **1.38** | 3.16 | 4.54 | 6.32 | 8.10 | 9.44 | | | 11.20 | **12.00** | | | | | | | | | | |
| **1.42** | 3.24 | 5.06 | 6.48 | 8.30 | 10.12 | | | **12.00** | | | | | | | | | | | |
| **1.48** | 3.36 | 5.24 | 7.12 | 9.00 | 10.48 | | **12.00** | | | | | | | | | | | | |
| **1.54** | 3.48 | 5.42 | 7.36 | 9.30 | 11.24 | **12.00** | | | | | | | | | | | | | |
| **2.00** | 4.00 | 6.00 | 8.00 | 10.00 | **12.00** | | | | | | | | | | | | | | |