

BOVENBOUW

| Normaal ritme | | 50 min | | | Verkort ritme | | 40 min | |
|---------------|---|--------|-------|--|---------------|---|--------|-------|
| | | | | | | | | |
| | 2 | 8.50 | 9.40 | | | 2 | 8.50 | 9.30 |
| | 3 | 9.40 | 10.30 | | | 3 | 9.30 | 10.10 |
| PAUZE | | 10.30 | 10.55 | | | 4 | 10.10 | 10.50 |
| | 4 | 10.55 | 11.45 | | | 5 | 10.50 | 11.30 |
| | 5 | 11.45 | 12.35 | | PAUZE | | 11.30 | 12.05 |
| PAUZE | | 12.35 | 13.10 | | | 6 | 12.05 | 12.45 |
| | 6 | 13.10 | 14.00 | | | 7 | 12.45 | 13.25 |
| | 7 | 14.00 | 14.50 | | | 8 | 13.25 | 14.05 |
| | 8 | 14.50 | 15.40 | | | 9 | 14.05 | 14.45 |
| PAUZE | | 15.40 | 15.55 | | | | | |
| | 9 | 15.55 | 16.45 | | | | | |