

### **Løb:**

B11 - 75%

B12 - 79%

B13 - 83%

B14 - 87%

B15 - 90%

B16 - 94%

B17 - 97%

### **Cykling:**

B11 - 68%

B12 - 73%

B13 - 76%

B14 - 81%

B15 - 86%

B16 - 89%

B17 - 93%