|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| calorierbes | duratierbn | durationverg | duratiorgern | calorieers | calorierbers |
| 420 | 50 | 50 | 50 | 420 | 420 |
| 380 | 40 | 40 | 40 | 380 | 380 |
| 390 | 45 | 45 | 45 | 390 | 390 |