

## 1. Result Men Group A 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	12 Tim Broere	M35	19	I	38.94		
2	80 Shuji Sugawara	M35	18	O	39.12		
3	101 Filip-Mihail Woicik	M40	20	O	40.47	MT	
4	74 Bart Seffinga	M40	19	O	40.60		
5	46 André Los	M30	18	I	41.35		
6	6 Martin Beaudry	M50	14	O	41.80		
7	30 Martin Heerma	M50	14	I	42.20		
8	100 Michiel Wienese	M45	15	I	42.22		
9	66 Mark Reiling	M40	16	I	42.36		
10	37 Azamat Ismailov	M45	13	I	42.98		
11	72 Jeroen Schoppink	M40	17	O	43.09		
12	93 Erik van Hooft	M45	9	O	43.13	MT	
13	59 Takafumi Osame	M50	20	I	43.15		
14	60 Harry Pardijs	M45	13	O	43.16		
15	89 Martijn van der Horst	M50	9	I	43.24		
16	51 Frode Midjo	M50	10	I	43.27		
17	63 Maarten Quist	M45	11	I	43.37		
18	16 Niels de Jager	M40	12	O	43.63	MT	
19	18 Ian Dwyer	M45	15	O	43.93		
20	1 Erol Aksoy	M50	12	I	44.19		
21	103 Ben Young	M35	8	O	44.49	MT	
22	92 Sybe van Hijum	M30	11	O	44.86		
23	29 Andreas Haugerud	M35	8	I	45.10	MT	
24	15 Ronald de Graaf	M50	7	I	45.26	MT	
25	43 Willem Leeuwenburgh	M30	10	O	45.36	MT	
26	64 Anders Ratdal	M45	5	I	46.23	MT	
	19 Mike Egberts	M40	7	O	46.23		
28	65 Yngve Raudberget	M45	17	I	46.81		
29	83 Yan Traversy	M45	6	I	47.32	MT	
30	39 Christian Kelm	M40	6	O	50.49		
31	42 Dennis Laubhan	M45	5	O	53.78	MT	
32	57 Frode Nordahl	M45	3	I	55.24		
33	22 Jérôme Gass	M40	1	I	56.20		
34	85 Kevin van Cleef	M40	3	O	56.70		
35	7 Wim Bijkerk	M35	4	O	1:07.41		
	102 Andy Wong	M50	4	I	DNS		
	33 Vincent Henry	M35	16	O	DNS		

## 1. Race Result Men Group A 500 meter

		Name		Cat		PB	Time	Info
1	wt	22 Jérôme Gass		M40			<b>56.20</b>	
	rd							
		Jérôme Gass						
		100m	15.62	(15.62)		m		
		500m	56.20	(40.58)				
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		Name		Cat		PB	Time	Info
2	yw							
	bl							
<hr/>								
		Name		Cat		PB	Time	Info
3	wt	57 Frode Nordahl		M45		50.43	<b>55.24</b>	
	rd	85 Kevin van Cleef		M40		50.47	<b>56.70</b>	
		Frode Nordahl			Kevin van Cleef			
		100m	14.55	(14.55)	100m	15.48	(15.48)	
		500m	55.24	(40.69)	500m	56.70	(41.22)	
<hr/>								
		Name		Cat		PB	Time	Info
4	yw	102 Andy Wong		M50		1:04.63	<b>DNS</b>	
	bl	7 Wim Bijkerk		M35		1:02.06	<b>1:07.41</b>	
		Andy Wong			Wim Bijkerk			
					100m	17.47	(17.47)	
					500m	1:07.41	(49.94)	
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		Name		Cat		PB	Time	Info
5	wt	64 Anders Ratdal		M45		39.52	<b>46.23</b>	MT
	rd	42 Dennis Laubhan		M45		49.38	<b>53.78</b>	MT
		Anders Ratdal			Dennis Laubhan			
		100m	12.62	(12.62)	100m	14.09	(14.09)	
		500m	46.23	(33.61)	500m	53.78	(39.69)	

		Name	Cat	PB	Time	Info
6	yw	83 <b>Yan Traversy</b>	M45	45.28	<b>47.32</b>	MT
	bl	39 <b>Christian Kelm</b>	M40	48.41	<b>50.49</b>	
		<b>Yan Traversy</b>		<b>Christian Kelm</b>		
		100m 12.83 (12.83)		100m 15.00 (15.00)		
		500m 47.32 (34.49)		500m 50.49 (35.49)		
		Name	Cat	PB	Time	Info
7	wt	15 <b>Ronald de Graaf</b>	M50	43.31	<b>45.26</b>	MT
	rd	19 <b>Mike Egberts</b>	M40	42.60	<b>46.23</b>	
		<b>Ronald de Graaf</b>		<b>Mike Egberts</b>		
		100m 12.81 (12.81)		100m 12.94 (12.94)		
		500m 45.26 (32.45)		500m 46.23 (33.29)		
		Name	Cat	PB	Time	Info
8	yw	29 <b>Andreas Haugerud</b>	M35	41.82	<b>45.10</b>	MT
	bl	103 <b>Ben Young</b>	M35	45.13	<b>44.49</b>	MT
		<b>Andreas Haugerud</b>		<b>Ben Young</b>		
		100m 12.24 (12.24)		100m 12.07 (12.07)		
		500m 45.10 (32.86)		500m 44.49 (32.42)		
		Name	Cat	PB	Time	Info
9	wt	89 <b>Martijn van der Horst</b>	M50	39.70	<b>43.24</b>	
	rd	93 <b>Erik van Hooft</b>	M45	38.72	<b>43.13</b>	MT
		<b>Martijn van der Horst</b>		<b>Erik van Hooft</b>		
		100m 12.02 (12.02)		100m 11.47 (11.47)		
		500m 43.24 (31.22)		500m 43.13 (31.66)		
		Name	Cat	PB	Time	Info
10	yw	51 <b>Frode Midjo</b>	M50	39.86	<b>43.27</b>	
	bl	43 <b>Willem Leeuwenburgh</b>	M30	42.61	<b>45.36</b>	MT
		<b>Frode Midjo</b>		<b>Willem Leeuwenburgh</b>		
		100m 12.16 (12.16)		100m 12.26 (12.26)		
		500m 43.27 (31.11)		500m 45.36 (33.10)		

		Name	Cat	PB	Time	Info
11	wt	63 <b>Maarten Quist</b>	M45	42.62	<b>43.37</b>	
	rd	92 <b>Sybe van Hijum</b>	M30	42.80	<b>44.86</b>	
		<b>Maarten Quist</b>		<b>Sybe van Hijum</b>		
		100m 11.76 (11.76)		100m 12.44 (12.44)		
		500m 43.37 (31.61)		500m 44.86 (32.42)		
		Name	Cat	PB	Time	Info
12	yw	1 <b>Erol Aksoy</b>	M50	42.61	<b>44.19</b>	
	bl	16 <b>Niels de Jager</b>	M40	41.32	<b>43.63</b>	MT
		<b>Erol Aksoy</b>		<b>Niels de Jager</b>		
		100m 12.25 (12.25)		100m 12.10 (12.10)		
		500m 44.19 (31.94)		500m 43.63 (31.53)		
		Name	Cat	PB	Time	Info
13	wt	37 <b>Azamat Ismailov</b>	M45	41.64	<b>42.98</b>	
	rd	60 <b>Harry Pardijs</b>	M45	37.19	<b>43.16</b>	
		<b>Azamat Ismailov</b>		<b>Harry Pardijs</b>		
		100m 11.62 (11.62)		100m 11.88 (11.88)		
		500m 42.98 (31.36)		500m 43.16 (31.28)		
		Name	Cat	PB	Time	Info
14	yw	30 <b>Martin Heerma</b>	M50	39.87	<b>42.20</b>	
	bl	6 <b>Martin Beaudry</b>	M50	41.53	<b>41.80</b>	
		<b>Martin Heerma</b>		<b>Martin Beaudry</b>		
		100m 11.59 (11.59)		100m 11.29 (11.29)		
		500m 42.20 (30.61)		500m 41.80 (30.51)		
		Name	Cat	PB	Time	Info
15	wt	100 <b>Michiel Wienese</b>	M45	39.40	<b>42.22</b>	
	rd	18 <b>Ian Dwyer</b>	M45	40.54	<b>43.93</b>	
		<b>Michiel Wienese</b>		<b>Ian Dwyer</b>		
		100m 11.67 (11.67)		100m 11.66 (11.66)		
		500m 42.22 (30.55)		500m 43.93 (32.27)		

		Name	Cat	PB	Time	Info
16	yw	66 <b>Mark Reiling</b>	M40	39.26	<b>42.36</b>	
	bl	33 <b>Vincent Henry</b>	M35	40.96	<b>DNS</b>	
		<b>Mark Reiling</b>		<b>Vincent Henry</b>		
		100m	11.75 (11.75)	500m		
			42.36 (30.61)			
		Name	Cat	PB	Time	Info
17	wt	65 <b>Yngve Raudberget</b>	M45	39.59	<b>46.81</b>	
	rd	72 <b>Jeroen Schoppink</b>	M40	37.66	<b>43.09</b>	
		<b>Yngve Raudberget</b>		<b>Jeroen Schoppink</b>		
		100m	12.38 (12.38)	100m		
			46.81 (34.43)	500m		
				43.09 (31.77)		
		Name	Cat	PB	Time	Info
18	yw	46 <b>André Los</b>	M30	38.48	<b>41.35</b>	
	bl	80 <b>Shuji Sugawara</b>	M35	37.52	<b>39.12</b>	
		<b>André Los</b>		<b>Shuji Sugawara</b>		
		100m	11.93 (11.93)	100m		
			41.35 (29.42)	500m		
				39.12 (28.37)		
		Name	Cat	PB	Time	Info
19	wt	12 <b>Tim Broere</b>	M35	38.17	<b>38.94</b>	
	rd	74 <b>Bart Seffinga</b>	M40	37.10	<b>40.60</b>	
		<b>Tim Broere</b>		<b>Bart Seffinga</b>		
		100m	10.40 (10.40)	100m		
			38.94 (28.54)	500m		
				40.60 (29.38)		
		Name	Cat	PB	Time	Info
20	yw	59 <b>Takafumi Osame</b>	M50	38.74	<b>43.15</b>	
	bl	101 <b>Filip-Mihail Woicik</b>	M40	39.21	<b>40.47</b>	MT
		<b>Takafumi Osame</b>		<b>Filip-Mihail Woicik</b>		
		100m	11.66 (11.66)	100m		
			43.15 (31.49)	500m		
				40.47 (29.59)		

## 2. Result Women Group A 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	11 Claudia Henckel	W35	8	I	44.84		
2	41 Evelien van der Kist	W35	7	I	46.10		
3	33 Teresa Schneider	W35	7	O	47.55		
4	25 Nicole Peeters	W30	6	O	47.93		
5	50 Irma Woud	W50	8	O	48.77		
6	42 Anna Van der Stok	W50	4	O	48.81		
7	48 Tomoko Wakazuki	W40	5	I	48.85		
8	44 Wendy van der Ham	W50	5	O	48.92		
9	2 Heidi Beck	W30	6	I	49.36		
10	14 Renate Jeppsson	W50	3	O	49.49		
11	29 Kim Reid	W50	3	I	51.39		
12	6 Jessica Chu	W30	2	I	54.13	PB	
13	22 Tove Julianne Nerdahl	W45	1	I	54.49		
14	21 Evelyn Mein-Klok	W50	4	I	55.26		
15	36 Jip Spel	W30	1	O	58.63	MT	
16	46 Daniela Völker	W45	2	O	58.96		

## 2. Race Result Women Group A 500 meter

		Name	Cat	PB	Time	Info
1	wt	22 <b>Tove Julianne Nerdahl</b>	W45	49.80	<b>54.49</b>	
	rd	36 <b>Jip Spel</b>	W30	53.21	<b>58.63</b>	MT
		<b>Tove Julianne Nerdahl</b>		<b>Jip Spel</b>		
		100m	14.43 (14.43)	100m	14.99 (14.99)	
		500m	54.49 (40.06)	500m	58.63 (43.64)	
		Name	Cat	PB	Time	Info
2	yw	6 <b>Jessica Chu</b>	W30	55.53	<b>54.13</b>	PB
	bl	46 <b>Daniela Völker</b>	W45	56.62	<b>58.96</b>	
		<b>Jessica Chu</b>		<b>Daniela Völker</b>		
		100m	14.04 (14.04)	100m	15.13 (15.13)	
		500m	54.13 (40.09)	500m	58.96 (43.83)	
		Name	Cat	PB	Time	Info
3	wt	29 <b>Kim Reid</b>	W50	47.63	<b>51.39</b>	
	rd	14 <b>Renate Jeppsson</b>	W50	42.90	<b>49.49</b>	
		<b>Kim Reid</b>		<b>Renate Jeppsson</b>		
		100m	13.93 (13.93)	100m	13.18 (13.18)	
		500m	51.39 (37.46)	500m	49.49 (36.31)	
		Name	Cat	PB	Time	Info
4	yw	21 <b>Evelyn Mein-Klok</b>	W50	53.08	<b>55.26</b>	
	bl	42 <b>Anna Van der Stok</b>	W50	47.67	<b>48.81</b>	
		<b>Evelyn Mein-Klok</b>		<b>Anna Van der Stok</b>		
		100m	14.85 (14.85)	100m	12.96 (12.96)	
		500m	55.26 (40.41)	500m	48.81 (35.85)	
		Name	Cat	PB	Time	Info
5	wt	48 <b>Tomoko Wakazuki</b>	W40	43.26	<b>48.85</b>	
	rd	44 <b>Wendy van der Ham</b>	W50	45.90	<b>48.92</b>	
		<b>Tomoko Wakazuki</b>		<b>Wendy van der Ham</b>		
		100m	12.86 (12.86)	100m	12.74 (12.74)	
		500m	48.85 (35.99)	500m	48.92 (36.18)	

		Name	Cat	PB	Time	Info
6	yw	2 <b>Heidi Beck</b>	W30	46.68	<b>49.36</b>	
	bl	25 <b>Nicole Peeters</b>	W30	44.87	<b>47.93</b>	
		<b>Heidi Beck</b>		<b>Nicole Peeters</b>		
		100m	12.61 (12.61)	100m	13.08 (13.08)	
		500m	49.36 (36.75)	500m	47.93 (34.85)	

		Name	Cat	PB	Time	Info
7	wt	41 <b>Evelien van der Kist</b>	W35	43.03	<b>46.10</b>	
	rd	33 <b>Teresa Schneider</b>	W35	44.80	<b>47.55</b>	
		<b>Evelien van der Kist</b>		<b>Teresa Schneider</b>		
		100m	12.51 (12.51)	100m	12.02 (12.02)	
		500m	46.10 (33.59)	500m	47.55 (35.53)	

		Name	Cat	PB	Time	Info
8	yw	11 <b>Claudia Henckel</b>	W35	42.19	<b>44.84</b>	
	bl	50 <b>Irma Woud</b>	W50	43.36	<b>48.77</b>	
		<b>Claudia Henckel</b>		<b>Irma Woud</b>		
		100m	12.21 (12.21)	100m	12.92 (12.92)	
		500m	44.84 (32.63)	500m	48.77 (35.85)	



## 3. Result Men Group B 500 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	84 Aart van Beuzekom	M55	17	O	44.55	
2	75 Piet Siemonsma	M70	18	O	45.38	
3	96 Hans van Peperstraten	M70	14	I	45.44	
4	86 Klaas van den Berg	M60	16	I	45.46	MT
	87 Victor van den Hoff	M65	17	I	45.46	
6	50 Jan Mein	M65	15	I	45.62	MT
7	21 Bjørn Fjelnseth	M55	14	O	47.41	
8	32 Morten Henriksen	M65	16	O	48.11	
9	98 Erik Vea	M70	13	I	48.68	
10	8 Robert Black	M60	15	O	48.81	MT
11	49 Reinhold Marsollek	M70	11	I	48.85	
12	79 Arne Stenhaug	M65	10	I	49.56	
13	10 Egil Bokn	M70	11	O	50.21	
14	71 Thomas Rumpf	M60	13	O	50.31	
15	77 Harold Spragg	M65	12	I	50.79	
16	52 Tomomatsu Misawa	M55	3	O	51.34	
17	94 Chris van Koeverden	M65	9	O	52.28	
18	45 Ole Løland	M65	7	O	53.25	PB
19	14 Michele Giuseppe Cortesi	M60	8	O	54.54	
20	68 Frans Rietveld	M80	8	I	55.01	
21	17 Pieter den Dunnen	M75	7	I	55.07	
22	36 Thomas Hoekstra	M70	9	I	55.46	
23	91 Ton van Helden	M75	6	I	57.41	
24	25 Volker Hannig	M55	5	I	57.91	
25	26 Hans-Gerd Heyne	M60	10	O	58.12	
26	13 Bujiin Jalbaa	M80	3	I	59.90	
27	82 Bruno Toniolli	M80	6	O	1:00.75	
28	9 Emilio Boicelli	M75	5	O	1:01.19	
29	81 Kenji Takai	M55	4	I	1:03.24	MT PB
30	35 Gunnar Hiesgen	M55	4	O	1:09.74	
31	4 Badam Tumurbaatar	M55	1	I	1:11.91	
	61 Robert Petutschnigg	M55	12	O	DNS	
	24 Martin Hänggi	M55	18	I	DNS	

## 3. Race Result Men Group B 500 meter

		Name	Cat	PB	Time	Info
1	wt	4 <b>Badam Tumurbaatar</b>	M55		<b>1:11.91</b>	
	rd					
		<b>Badam Tumurbaatar</b>				
		100m	17.20 (17.20)			m
		500m	1:11.91 (54.71)			
		Name	Cat	PB	Time	Info
2	yw					
	bl					
						m
						m
		Name	Cat	PB	Time	Info
3	wt	13 <b>Bujiin Jalbaa</b>	M80		<b>59.90</b>	
	rd	52 <b>Tomomatsu Misawa</b>	M55		<b>51.34</b>	
		<b>Bujiin Jalbaa</b>		<b>Tomomatsu Misawa</b>		
		100m	15.56 (15.56)	100m	13.67 (13.67)	
		500m	59.90 (44.34)	500m	51.34 (37.67)	
		Name	Cat	PB	Time	Info
4	yw	81 <b>Kenji Takai</b>	M55	1:04.89	<b>1:03.24</b>	MT PB
	bl	35 <b>Gunnar Hiesgen</b>	M55	1:02.56	<b>1:09.74</b>	
		<b>Kenji Takai</b>		<b>Gunnar Hiesgen</b>		
		100m	15.88 (15.88)	100m	17.48 (17.48)	
		500m	1:03.24 (47.36)	500m	1:09.74 (52.26)	
		Name	Cat	PB	Time	Info
5	wt	25 <b>Volker Hannig</b>	M55	56.74	<b>57.91</b>	
	rd	9 <b>Emilio Boicelli</b>	M75	54.32	<b>1:01.19</b>	
		<b>Volker Hannig</b>		<b>Emilio Boicelli</b>		
		100m	14.77 (14.77)	100m	16.00 (16.00)	
		500m	57.91 (43.14)	500m	1:01.19 (45.19)	

		Name	Cat	PB	Time	Info
6	yw	91 <b>Ton van Helden</b>	M75	44.15	<b>57.41</b>	
	bl	82 <b>Bruno Toniolli</b>	M80	40.55	<b>1:00.75</b>	
		<b>Ton van Helden</b>		<b>Bruno Toniolli</b>		
		100m 14.44 (14.44)		100m 15.25 (15.25)		
		500m 57.41 (42.97)		500m 1:00.75 (45.50)		
		Name	Cat	PB	Time	Info
7	wt	17 <b>Pieter den Dunnen</b>	M75	42.50	<b>55.07</b>	
	rd	45 <b>Ole Løland</b>	M65	53.26	<b>53.25</b>	PB
		<b>Pieter den Dunnen</b>		<b>Ole Løland</b>		
		100m 14.86 (14.86)		100m 14.04 (14.04)		
		500m 55.07 (40.21)		500m 53.25 (39.21)		
		Name	Cat	PB	Time	Info
8	yw	68 <b>Frans Rietveld</b>	M80	43.37	<b>55.01</b>	
	bl	14 <b>Michele Giuseppe Cortesi</b>	M60	47.76	<b>54.54</b>	
		<b>Frans Rietveld</b>		<b>Michele Giuseppe Cortesi</b>		
		100m 14.82 (14.82)		100m 14.14 (14.14)		
		500m 55.01 (40.19)		500m 54.54 (40.40)		
		Name	Cat	PB	Time	Info
9	wt	36 <b>Thomas Hoekstra</b>	M70	44.53	<b>55.46</b>	
	rd	94 <b>Chris van Koeverden</b>	M65	44.34	<b>52.28</b>	
		<b>Thomas Hoekstra</b>		<b>Chris van Koeverden</b>		
		100m 14.32 (14.32)		100m 13.78 (13.78)		
		500m 55.46 (41.14)		500m 52.28 (38.50)		
		Name	Cat	PB	Time	Info
10	yw	79 <b>Arne Stenhaug</b>	M65	41.21	<b>49.56</b>	
	bl	26 <b>Hans-Gerd Heyne</b>	M60	48.05	<b>58.12</b>	
		<b>Arne Stenhaug</b>		<b>Hans-Gerd Heyne</b>		
		100m 13.33 (13.33)		100m 15.16 (15.16)		
		500m 49.56 (36.23)		500m 58.12 (42.96)		

		Name	Cat		PB	Time	Info
11	wt	49 <b>Reinhold Marsollek</b>	M70		43.89	<b>48.85</b>	
	rd	10 <b>Egil Bokn</b>	M70		43.68	<b>50.21</b>	
		<b>Reinhold Marsollek</b>		<b>Egil Bokn</b>			
		100m	13.06	(13.06)	100m	13.71	(13.71)
		500m	48.85	(35.79)	500m	50.21	(36.50)
		Name	Cat		PB	Time	Info
12	yw	77 <b>Harold Spragg</b>	M65		40.70	<b>50.79</b>	
	bl	61 <b>Robert Petutschnigg</b>	M55		46.53	<b>DNS</b>	
		<b>Harold Spragg</b>		<b>Robert Petutschnigg</b>			
		100m	14.13	(14.13)			
		500m	50.79	(36.66)			
		Name	Cat		PB	Time	Info
13	wt	98 <b>Erik Vea</b>	M70		40.02	<b>48.68</b>	
	rd	71 <b>Thomas Rumpf</b>	M60		44.81	<b>50.31</b>	
		<b>Erik Vea</b>		<b>Thomas Rumpf</b>			
		100m	13.06	(13.06)	100m	13.25	(13.25)
		500m	48.68	(35.62)	500m	50.31	(37.06)
		Name	Cat		PB	Time	Info
14	yw	96 <b>Hans van Peperstraten</b>	M70		43.50	<b>45.44</b>	
	bl	21 <b>Bjørn Fjelnseth</b>	M55		46.76	<b>47.41</b>	
		<b>Hans van Peperstraten</b>		<b>Bjørn Fjelnseth</b>			
		100m	12.64	(12.64)	100m	12.98	(12.98)
		500m	45.44	(32.80)	500m	47.41	(34.43)
		Name	Cat		PB	Time	Info
15	wt	50 <b>Jan Mein</b>	M65		40.90	<b>45.62</b>	MT
	rd	8 <b>Robert Black</b>	M60		43.24	<b>48.81</b>	MT
		<b>Jan Mein</b>		<b>Robert Black</b>			
		100m	12.45	(12.45)	100m	13.27	(13.27)
		500m	45.62	(33.17)	500m	48.81	(35.54)

		Name	Cat	PB	Time	Info
16	yw	86 <b>Klaas van den Berg</b>	M60	40.98	<b>45.46</b>	MT
	bl	32 <b>Morten Henriksen</b>	M65	45.51	<b>48.11</b>	
		<b>Klaas van den Berg</b>		<b>Morten Henriksen</b>		
		100m	12.25 (12.25)	100m	12.89 (12.89)	
		500m	45.46 (33.21)	500m	48.11 (35.22)	
		Name	Cat	PB	Time	Info
17	wt	87 <b>Victor van den Hoff</b>	M65	39.29	<b>45.46</b>	
	rd	84 <b>Aart van Beuzekom</b>	M55	41.55	<b>44.55</b>	
		<b>Victor van den Hoff</b>		<b>Aart van Beuzekom</b>		
		100m	12.40 (12.40)	100m	12.34 (12.34)	
		500m	45.46 (33.06)	500m	44.55 (32.21)	
		Name	Cat	PB	Time	Info
18	yw	24 <b>Martin Hänggi</b>	M55	38.47	<b>DNS</b>	
	bl	75 <b>Piet Siemonsma</b>	M70	42.05	<b>45.38</b>	
		<b>Martin Hänggi</b>		<b>Piet Siemonsma</b>		
				100m	12.71 (12.71)	
				500m	45.38 (32.67)	

## 4. Result Women Group B 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	45 Gerdien Verweij	W55	14	O	46.88		
2	15 Chieko Kato	W55	4	O	48.37		
3	37 Ciska Stark	W60	13	O	50.04		
4	47 Jolanda Voskamp-Vollebregt	W55	13	I	50.95		
5	26 Anke Preuß	W55	11	I	51.34		
6	51 Lettie Zwanenburg	W65	10	I	51.91		
7	7 Marlies de Jong	W55	12	I	51.94		
8	8 Marianne de Neeling	W60	11	O	52.05		
9	24 Jorien Oosterwijk	W55	9	I	52.16		
10	43 Mariska van Haften- van den Bosch	W60	9	O	52.19		
11	34 Diane Silzer	W60	12	O	52.28		
12	39 Katsuyo Takeuchi	W55	10	O	52.44		
13	38 Marita Steen	W65	7	O	54.37		
14	12 Barbara Heerschop	W65	8	O	54.79		
15	27 Sarantuya Ravdan	W55	8	I	55.20	PB	
16	5 Monica Cais	W55	7	I	56.23		
17	49 Joke Wittenberg	W70	5	I	59.48		
18	28 Marianne Reece	W55	6	O	59.66		
19	10 Hilles Hamersley	W60	4	I	59.84		
20	40 Silvia Tassara	W70	6	I	1:00.65		
21	1 Luvsandagva Altantsetseg	W70	5	O	1:04.20		
22	23 Nyambu Erdenetuya	W60	3	O	1:06.28	MT	
23	32 Rossella Sardi	W65	3	I	1:14.60		
24	20 Purevmaa Magsar	W65	1	I	1:22.80		
	3 Monique Boerema	W60	14	I	DNF		

## 4. Race Result Women Group B 500 meter

		Name		Cat		PB	Time	Info
1	wt	20	<b>Purevmaa Magsar</b>		W65		<b>1:22.80</b>	
	rd							
			<b>Purevmaa Magsar</b>					
		100m	20.34	(20.34)			m	
		500m	1:22.80	(62.46)				
<hr/>								
		Name		Cat		PB	Time	Info
2	yw							
	bl							
							m	
							m	
<hr/>								
		Name		Cat		PB	Time	Info
3	wt	32	<b>Rossella Sardi</b>		W65	1:04.07	<b>1:14.60</b>	
	rd	23	<b>Nyambuu Erdenetuya</b>		W60		<b>1:06.28</b>	MT
			<b>Rossella Sardi</b>			<b>Nyambuu Erdenetuya</b>		
		100m	18.44	(18.44)	100m	16.50	(16.50)	
		500m	1:14.60	(56.16)	500m	1:06.28	(49.78)	
<hr/>								
		Name		Cat		PB	Time	Info
4	yw	10	<b>Hilles Hamersley</b>		W60	56.09	<b>59.84</b>	
	bl	15	<b>Chieko Kato</b>		W55		<b>48.37</b>	
			<b>Hilles Hamersley</b>			<b>Chieko Kato</b>		
		100m	15.97	(15.97)	100m	13.08	(13.08)	
		500m	59.84	(43.87)	500m	48.37	(35.29)	
<hr/>								
		Name		Cat		PB	Time	Info
5	wt	49	<b>Joke Wittenberg</b>		W70	49.30	<b>59.48</b>	
	rd	1	<b>Luvsandagva Altantsetseg</b>		W70	58.78	<b>1:04.20</b>	
			<b>Joke Wittenberg</b>			<b>Luvsandagva Altantsetseg</b>		
		100m	15.75	(15.75)	100m	17.10	(17.10)	
		500m	59.48	(43.73)	500m	1:04.20	(47.10)	

		Name	Cat	PB	Time	Info
6	yw	40 <b>Silvia Tassara</b>	W70	45.48	<b>1:00.65</b>	
	bl	28 <b>Marianne Reece</b>	W55	53.76	<b>59.66</b>	
		<b>Silvia Tassara</b>		<b>Marianne Reece</b>		
		100m 15.09 (15.09)		100m 16.07 (16.07)		
		500m 1:00.65 (45.56)		500m 59.66 (43.59)		

		Name	Cat	PB	Time	Info
7	wt	5 <b>Monica Cais</b>	W55	53.57	<b>56.23</b>	
	rd	38 <b>Marita Steen</b>	W65	47.37	<b>54.37</b>	
		<b>Monica Cais</b>		<b>Marita Steen</b>		
		100m 14.76 (14.76)		100m 14.53 (14.53)		
		500m 56.23 (41.47)		500m 54.37 (39.84)		

		Name	Cat	PB	Time	Info
8	yw	27 <b>Sarantuya Ravdan</b>	W55	56.40	<b>55.20</b>	PB
	bl	12 <b>Barbara Heerschop</b>	W65	45.50	<b>54.79</b>	
		<b>Sarantuya Ravdan</b>		<b>Barbara Heerschop</b>		
		100m 14.85 (14.85)		100m 14.51 (14.51)		
		500m 55.20 (40.35)		500m 54.79 (40.28)		

		Name	Cat	PB	Time	Info
9	wt	24 <b>Jorien Oosterwijk</b>	W55	45.91	<b>52.16</b>	
	rd	43 <b>Mariska van Haften- van den Bosch</b>	W60	47.75	<b>52.19</b>	
		<b>Jorien Oosterwijk</b>		<b>Mariska van Haften- van den Bosch</b>		
		100m 13.88 (13.88)		100m 13.88 (13.88)		
		500m 52.16 (38.28)		500m 52.19 (38.31)		

		Name	Cat	PB	Time	Info
10	yw	51 <b>Lettie Zwanenburg</b>	W65	46.64	<b>51.91</b>	
	bl	39 <b>Katsuyo Takeuchi</b>	W55	50.85	<b>52.44</b>	
		<b>Lettie Zwanenburg</b>		<b>Katsuyo Takeuchi</b>		
		100m 14.27 (14.27)		100m 14.09 (14.09)		
		500m 51.91 (37.64)		500m 52.44 (38.35)		



		Name	Cat	PB	Time	Info
11	wt	26 <b>Anke Preuß</b>	W55	47.02	<b>51.34</b>	
	rd	8 <b>Marianne de Neeling</b>	W60	46.57	<b>52.05</b>	
		<b>Anke Preuß</b>		<b>Marianne de Neeling</b>		
		100m	13.92 (13.92)	100m	14.18 (14.18)	
		500m	51.34 (37.42)	500m	52.05 (37.87)	

		Name	Cat	PB	Time	Info
12	yw	7 <b>Marlies de Jong</b>	W55	46.84	<b>51.94</b>	
	bl	34 <b>Diane Silzer</b>	W60	47.34	<b>52.28</b>	
		<b>Marlies de Jong</b>		<b>Diane Silzer</b>		
		100m	13.64 (13.64)	100m	14.26 (14.26)	
		500m	51.94 (38.30)	500m	52.28 (38.02)	

		Name	Cat	PB	Time	Info
13	wt	47 <b>Jolanda Voskamp-Vollebregt</b>	W55	44.25	<b>50.95</b>	
	rd	37 <b>Ciska Stark</b>	W60	46.22	<b>50.04</b>	
		<b>Jolanda Voskamp-Vollebregt</b>		<b>Ciska Stark</b>		
		100m	13.76 (13.76)	100m	13.61 (13.61)	
		500m	50.95 (37.19)	500m	50.04 (36.43)	

		Name	Cat	PB	Time	Info
14	yw	3 <b>Monique Boerema</b>	W60	43.58	<b>DNF</b>	
	bl	45 <b>Gerdien Verweij</b>	W55	42.35	<b>46.88</b>	
		<b>Monique Boerema</b>		<b>Gerdien Verweij</b>		
				100m	13.08 (13.08)	
				500m	46.88 (33.80)	

## 5. Result Men Group A 3000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	58 Mark Ooijevaar	M40	16	I	4:10.29	
2	20 Arjan Elferink	M45	15	I	4:14.47	
3	100 Michiel Wienese	M45	12	O	4:23.06	
4	72 Jeroen Schoppink	M40	12	I	4:28.58	
5	76 Daan Spoelstra	M45	14	I	4:28.60	MT
6	44 Niels Leliveld	M30	11	I	4:30.58	
7	29 Andreas Haugerud	M35	9	O	4:33.14	
8	56 Marc Nieuwenhuijse	M40	11	O	4:33.69	
9	90 Roberto van Goor	M50	9	I	4:40.88	
10	38 Vishwaraj Jadeja	M35	13	O	4:43.25	
11	70 Thomas Røste	M45	15	O	4:45.51	
12	63 Maarten Quist	M45	10	O	4:46.30	
13	66 Mark Reiling	M40	8	O	4:46.31	MT
14	55 Andrew Nicholson	M50	16	O	4:47.12	
15	43 Willem Leeuwenburgh	M30	10	I	4:48.04	
16	30 Martin Heerma	M50	13	I	4:48.77	
17	37 Azamat Ismailov	M45	7	O	4:48.90	
18	6 Martin Beaudry	M50	7	I	4:49.06	MT
19	1 Erol Aksoy	M50	5	O	4:58.22	MT
20	18 Ian Dwyer	M45	8	I	5:08.05	
21	104 Marvin Zeisberg	M30	6	O	5:08.57	
22	19 Mike Egberts	M40	5	I	5:10.33	
23	42 Dennis Laubhan	M45	4	I	5:18.94	
24	65 Yngve Raudberget	M45	14	O	5:26.81	
25	103 Ben Young	M35	2	I	5:33.28	MT
26	83 Yan Traversy	M45	3	O	5:39.69	
27	22 Jérôme Gass	M40	1	I	6:12.06	
28	59 Takafumi Osame	M50	6	I	6:13.88	
29	7 Wim Bijkerk	M35	1	O	6:49.28	
	102 Andy Wong	M50	2	O	DQ	
	39 Christian Kelm	M40	4	O	DQ	
	85 Kevin van Cleef	M40	3	I	DNS	

## 5. Race Result Men Group A 3000 meter

	Name	Cat	PB	Time	Info
1	wt 22 Jérôme Gass	M40		<b>6:12.06</b>	
	rd 7 Wim Bijkerk	M35		<b>6:49.28</b>	
	<b>Jérôme Gass</b>		<b>Wim Bijkerk</b>		
	200m	31.41 (31.41)	200m	32.04 (32.04)	
	600m	1:20.08 (48.67)	600m	1:24.19 (52.15)	
	1000m	2:07.14 (47.06)	1000m	2:17.36 (53.17)	
	1400m	2:54.96 (47.82)	1400m	3:11.62 (54.26)	
	1800m	3:44.56 (49.60)	1800m	4:06.19 (54.57)	
	2200m	4:33.93 (49.37)	2200m	5:01.00 (54.81)	
	2600m	5:23.30 (49.37)	2600m	5:55.14 (54.14)	
	3000m	6:12.06 (48.76)	3000m	6:49.28 (54.14)	

	Name	Cat	PB	Time	Info
2	yw 103 Ben Young	M35		<b>5:33.28</b>	MT
	bl 102 Andy Wong	M50	8:09.31		<b>DQ</b>
	<b>Ben Young</b>		<b>Andy Wong</b>		
	200m	25.99 (25.99)	200m	36.12 (36.12)	
	600m	1:06.91 (40.92)	600m	1:41.06 (64.94)	
	1000m	1:48.60 (41.69)	1000m	2:47.68 (66.62)	
	1400m	2:32.04 (43.44)	1400m	4:00.75 (73.07)	
	1800m	3:18.09 (46.05)			
	2200m	3:59.12 (41.03)			
	2600m	4:49.15 (50.03)			
	3000m	5:33.28 (44.13)			

		Name	Cat	PB	Time Info
3	wt	85 <b>Kevin van Cleef</b>	M40	5:09.09	<b>DNS</b>
	rd	83 <b>Yan Traversy</b>	M45	5:15.06	<b>5:39.69</b>
		<b>Kevin van Cleef</b>			
			<b>Yan Traversy</b>		
			200m	24.66	(24.66)
			600m	1:00.67	(36.01)
			1000m	1:47.40	(46.73)
			1400m	2:31.86	(44.46)
			1800m	3:16.75	(44.89)
			2200m	4:04.50	(47.75)
			2600m	4:52.66	(48.16)
			3000m	5:39.69	(47.03)

		Name	Cat	PB	Time Info
4	yw	42 <b>Dennis Laubhan</b>	M45	5:15.74	<b>5:18.94</b>
	bl	39 <b>Christian Kelm</b>	M40	5:32.52	<b>DQ</b>
		<b>Dennis Laubhan</b>			
			<b>Christian Kelm</b>		
		200m	23.28	(23.28)	
		600m	1:02.80	(39.52)	
		1000m	1:43.26	(40.46)	
		1400m	2:25.09	(41.83)	
		1800m	3:07.18	(42.09)	
		2200m	3:52.04	(44.86)	
		2600m	4:35.68	(43.64)	
		3000m	5:18.94	(43.26)	

		Name	Cat	PB	Time Info
5	wt	19 <b>Mike Egberts</b>	M40	4:43.51	<b>5:10.33</b>
	rd	1 <b>Erol Aksoy</b>	M50	4:40.23	<b>4:58.22</b> MT
		<b>Mike Egberts</b>		<b>Erol Aksoy</b>	
		200m 23.77 (23.77)		200m 22.67 (22.67)	
		600m 1:00.18 (36.41)		600m 57.07 (34.40)	
		1000m 1:37.79 (37.61)		1000m 1:34.26 (37.19)	
		1400m 2:17.70 (39.91)		1400m 2:13.98 (39.72)	
		1800m 2:54.34 (36.64)		1800m 2:53.86 (39.88)	
		2200m 3:42.39 (48.05)		2200m 3:35.05 (41.19)	
		2600m 4:26.24 (43.85)		2600m 4:16.96 (41.91)	
		3000m 5:10.33 (44.09)		3000m 4:58.22 (41.26)	

		Name	Cat	PB	Time Info
6	yw	59 <b>Takafumi Osame</b>	M50	4:47.29	<b>6:13.88</b>
	bl	104 <b>Marvin Zeisberg</b>	M30	4:59.10	<b>5:08.57</b>
		<b>Takafumi Osame</b>		<b>Marvin Zeisberg</b>	
		200m 24.43 (24.43)		200m 23.95 (23.95)	
		600m 1:03.18 (38.75)		600m 1:01.21 (37.26)	
		1000m 1:45.02 (41.84)		1000m 1:39.96 (38.75)	
		1400m 2:31.24 (46.22)		1400m 2:20.90 (40.94)	
		1800m 3:19.94 (48.70)		1800m 3:02.05 (41.15)	
		2200m 4:12.85 (52.91)		2200m 3:44.22 (42.17)	
		2600m 5:15.34 (62.49)		2600m 4:26.39 (42.17)	
		3000m 6:13.88 (58.54)		3000m 5:08.57 (42.18)	

		Name	Cat	PB	Time	Info
7	wt	6 <b>Martin Beaudry</b>	M50	4:45.28	<b>4:49.06</b>	MT
	rd	37 <b>Azamat Ismailov</b>	M45	4:42.81	<b>4:48.90</b>	
		<b>Martin Beaudry</b>		<b>Azamat Ismailov</b>		
		200m	21.42 (21.42)	200m	21.60 (21.60)	
		600m	55.68 (34.26)	600m	55.98 (34.38)	
		1000m	1:31.30 (35.62)	1000m	1:31.36 (35.38)	
		1400m	2:09.42 (38.12)	1400m	2:08.41 (37.05)	
		1800m	2:49.18 (39.76)	1800m	2:47.32 (38.91)	
		2200m	3:27.50 (38.32)	2200m	3:27.50 (40.18)	
		2600m	4:10.35 (42.85)	2600m	4:08.94 (41.44)	
		3000m	4:49.06 (38.71)	3000m	4:48.90 (39.96)	

		Name	Cat	PB	Time	Info
8	yw	18 <b>Ian Dwyer</b>	M45	4:46.39	<b>5:08.05</b>	
	bl	66 <b>Mark Reiling</b>	M40	4:38.43	<b>4:46.31</b>	MT
		<b>Ian Dwyer</b>		<b>Mark Reiling</b>		
		200m	21.60 (21.60)	200m	21.33 (21.33)	
		600m	58.30 (36.70)	600m	56.30 (34.97)	
		1000m	1:37.49 (39.19)	1000m	1:33.43 (37.13)	
		1400m	2:17.68 (40.19)	1400m	2:11.04 (37.61)	
		1800m	2:59.07 (41.39)	1800m	2:48.53 (37.49)	
		2200m	3:41.43 (42.36)	2200m	3:27.31 (38.78)	
		2600m	4:24.63 (43.20)	2600m	4:06.28 (38.97)	
		3000m	5:08.05 (43.42)	3000m	4:46.31 (40.03)	

		Name	Cat	PB	Time	Info	
9	wt	90 <b>Roberto van Goor</b>	M50	4:18.86	<b>4:40.88</b>		
	rd	29 <b>Andreas Haugerud</b>	M35	4:21.55	<b>4:33.14</b>		
		<b>Roberto van Goor</b>			<b>Andreas Haugerud</b>		
		200m	21.98 (21.98)	200m	22.01 (22.01)		
		600m	56.59 (34.61)	600m	57.22 (35.21)		
		1000m	1:32.06 (35.47)	1000m	1:32.27 (35.05)		
		1400m	2:08.16 (36.10)	1400m	2:07.61 (35.34)		
		1800m	2:44.85 (36.69)	1800m	2:43.40 (35.79)		
		2200m	3:22.49 (37.64)	2200m	3:19.57 (36.17)		
		2600m	4:01.38 (38.89)	2600m	3:56.35 (36.78)		
		3000m	4:40.88 (39.50)	3000m	4:33.14 (36.79)		

		Name	Cat	PB	Time	Info	
10	yw	43 <b>Willem Leeuwenburgh</b>	M30	4:26.84	<b>4:48.04</b>		
	bl	63 <b>Maarten Quist</b>	M45	4:32.15	<b>4:46.30</b>		
		<b>Willem Leeuwenburgh</b>			<b>Maarten Quist</b>		
		200m	21.97 (21.97)	200m	21.63 (21.63)		
		600m	57.51 (35.54)	600m	56.25 (34.62)		
		1000m	1:34.24 (36.73)	1000m	1:34.15 (37.90)		
		1400m	2:12.02 (37.78)	1400m	2:11.86 (37.71)		
		1800m	2:50.37 (38.35)	1800m	2:50.11 (38.25)		
		2200m	3:30.93 (40.56)	2200m	3:28.12 (38.01)		
		2600m	4:08.49 (37.56)	2600m	4:06.42 (38.30)		
		3000m	4:48.04 (39.55)	3000m	4:46.30 (39.88)		

		Name	Cat	PB	Time	Info	
11	wt	44 <b>Niels Leliveld</b>	M30	4:05.66	<b>4:30.58</b>		
	rd	56 <b>Marc Nieuwenhuijse</b>	M40	4:30.63	<b>4:33.69</b>		
		<b>Niels Leliveld</b>			<b>Marc Nieuwenhuijse</b>		
		200m	21.19 (21.19)	200m	23.48 (23.48)		
		600m	55.77 (34.58)	600m	58.32 (34.84)		
		1000m	1:30.57 (34.80)	1000m	1:33.35 (35.03)		
		1400m	2:05.32 (34.75)	1400m	2:08.98 (35.63)		
		1800m	2:40.47 (35.15)	1800m	2:45.08 (36.10)		
		2200m	3:16.23 (35.76)	2200m	3:21.05 (35.97)		
		2600m	3:52.99 (36.76)	2600m	3:57.52 (36.47)		
		3000m	4:30.58 (37.59)	3000m	4:33.69 (36.17)		

		Name	Cat	PB	Time	Info	
12	yw	72 <b>Jeroen Schoppink</b>	M40	4:06.11	<b>4:28.58</b>		
	bl	100 <b>Michiel Wienese</b>	M45	4:04.06	<b>4:23.06</b>		
		<b>Jeroen Schoppink</b>			<b>Michiel Wienese</b>		
		200m	20.00 (20.00)	200m	20.72 (20.72)		
		600m	53.85 (33.85)	600m	52.68 (31.96)		
		1000m	1:28.96 (35.11)	1000m	1:26.27 (33.59)		
		1400m	2:04.41 (35.45)	1400m	2:00.41 (34.14)		
		1800m	2:39.71 (35.30)	1800m	2:34.52 (34.11)		
		2200m	3:15.31 (35.60)	2200m	3:09.50 (34.98)		
		2600m	3:51.36 (36.05)	2600m	3:45.58 (36.08)		
		3000m	4:28.58 (37.22)	3000m	4:23.06 (37.48)		



		Name	Cat	PB	Time	Info	
13	wt	30 <b>Martin Heerma</b>	M50	4:09.22	<b>4:48.77</b>		
	rd	38 <b>Vishwaraj Jadeja</b>	M35	4:19.39	<b>4:43.25</b>		
		<b>Martin Heerma</b>			<b>Vishwaraj Jadeja</b>		
		200m	22.06 (22.06)	200m	22.06 (22.06)		
		600m	57.57 (35.51)	600m	56.69 (34.63)		
		1000m	1:34.23 (36.66)	1000m	1:33.45 (36.76)		
		1400m	2:12.11 (37.88)	1400m	2:11.05 (37.60)		
		1800m	2:50.53 (38.42)	1800m	2:49.26 (38.21)		
		2200m	3:28.96 (38.43)	2200m	3:27.05 (37.79)		
		2600m	4:08.26 (39.30)	2600m	4:05.07 (38.02)		
		3000m	4:48.77 (40.51)	3000m	4:43.25 (38.18)		

		Name	Cat	PB	Time	Info	
14	yw	76 <b>Daan Spoelstra</b>	M45	4:21.92	<b>4:28.60</b>	MT	
	bl	65 <b>Yngve Raudberget</b>	M45	4:24.38	<b>5:26.81</b>		
		<b>Daan Spoelstra</b>			<b>Yngve Raudberget</b>		
		200m	21.42 (21.42)	200m	24.10 (24.10)		
		600m	55.07 (33.65)	600m	1:07.04 (42.94)		
		1000m	1:29.58 (34.51)	1000m	1:51.18 (44.14)		
		1400m	2:05.35 (35.77)	1400m	2:35.32 (44.14)		
		1800m	2:41.19 (35.84)	1800m	3:16.93 (41.61)		
		2200m	3:16.78 (35.59)	2200m	4:01.10 (44.17)		
		2600m	3:52.62 (35.84)	2600m	4:44.30 (43.20)		
		3000m	4:28.60 (35.98)	3000m	5:26.81 (42.51)		

		Name			Cat			PB	Time Info
15	wt	20	<b>Arjan Elferink</b>		M45			4:01.38	<b>4:14.47</b>
	rd	70	<b>Thomas Røste</b>		M45			4:10.93	<b>4:45.51</b>
		<b>Arjan Elferink</b>			<b>Thomas Røste</b>				
		200m	21.21	(21.21)	200m	23.20	(23.20)		
		600m	54.39	(33.18)	600m	57.37	(34.17)		
		1000m	1:26.98	(32.59)	1000m	1:31.69	(34.32)		
		1400m	1:59.84	(32.86)	1400m	2:07.93	(36.24)		
		1800m	2:32.71	(32.87)	1800m	2:45.06	(37.13)		
		2200m	3:06.07	(33.36)	2200m	3:23.62	(38.56)		
		2600m	3:40.06	(33.99)	2600m	4:03.81	(40.19)		
		3000m	4:14.47	(34.41)	3000m	4:45.51	(41.70)		

		Name			Cat			PB	Time Info
16	yw	58	<b>Mark Ooijevaar</b>		M40			3:46.94	<b>4:10.29</b>
	bl	55	<b>Andrew Nicholson</b>		M50			4:02.53	<b>4:47.12</b>
		<b>Mark Ooijevaar</b>			<b>Andrew Nicholson</b>				
		200m	21.09	(21.09)	200m	22.81	(22.81)		
		600m	53.20	(32.11)	600m	58.52	(35.71)		
		1000m	1:25.60	(32.40)	1000m	1:35.85	(37.33)		
		1400m	1:58.45	(32.85)	1400m	2:13.96	(38.11)		
		1800m	2:31.34	(32.89)	1800m	2:52.07	(38.11)		
		2200m	3:04.52	(33.18)	2200m	3:30.18	(38.11)		
		2600m	3:37.15	(32.63)	2600m	4:08.34	(38.16)		
		3000m	4:10.29	(33.14)	3000m	4:47.12	(38.78)		

## 6. Result Women Group A 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	30 Eva Riemersma - van Rheenen	W40	9	I	4:59.28		
2	11 Claudia Henckel	W35	8	I	5:09.31		
3	16 Christiane Kloß	W50	9	O	5:10.48		
4	41 Evelien van der Kist	W35	5	O	5:23.64		
5	25 Nicole Peeters	W30	10	I	5:31.84		
6	42 Anna Van der Stok	W50	5	I	5:36.25		
7	4 Esther Bouman	W35	7	I	5:40.39		
8	2 Heidi Beck	W30	6	O	5:50.11		
9	44 Wendy van der Ham	W50	7	O	5:50.69		
10	29 Kim Reid	W50	8	O	6:00.41	FL	
11	13 Peggy Herschke	W50	3	O	6:02.47		
12	35 Solfrid Sivertsen	W45	10	O	6:07.53		
13	21 Evelyn Mein-Klok	W50	6	I	6:07.69		
14	31 Andrea Roberts	W35	4	O	6:28.36	PB	
15	6 Jessica Chu	W30	1	O	6:42.20		
16	46 Daniela Völker	W45	4	I	6:42.32	MT	
17	48 Tomoko Wakazuki	W40	1	I	6:42.92		
18	22 Tove Julianne Nerdahl	W45	3	I	7:10.75	PB	
	50 Irma Woud	W50	2	I	DNS		

## 6. Race Result Women Group A 3000 meter

	Name	Cat	PB	Time	Info
1	wt 48 <b>Tomoko Wakazuki</b>	W40		<b>6:42.92</b>	
	rd 6 <b>Jessica Chu</b>	W30		<b>6:42.20</b>	
	<b>Tomoko Wakazuki</b>		<b>Jessica Chu</b>		
	200m	26.79 (26.79)	200m	27.90 (27.90)	
	600m	1:14.30 (47.51)	600m	1:15.47 (47.57)	
	1000m	2:04.28 (49.98)	1000m	2:05.48 (50.01)	
	1400m	2:57.20 (52.92)	1400m	2:58.71 (53.23)	
	1800m	3:52.70 (55.50)	1800m	3:53.18 (54.47)	
	2200m	4:50.29 (57.59)	2200m	4:48.97 (55.79)	
	2600m	5:47.60 (57.31)	2600m	5:45.23 (56.26)	
	3000m	6:42.92 (55.32)	3000m	6:42.20 (56.97)	

	Name	Cat	PB	Time	Info
2	yw 50 <b>Irma Woud</b>	W50	4:45.43	<b>DNS</b>	
	<b>Irma Woud</b>				
					m

	Name	Cat	PB	Time	Info
3	wt 22 <b>Tove Julianne Nerdahl</b>	W45	7:13.56	<b>7:10.75</b>	PB
	rd 13 <b>Peggy Herschke</b>	W50	6:02.14	<b>6:02.47</b>	
	<b>Tove Julianne Nerdahl</b>		<b>Peggy Herschke</b>		
	200m	29.85 (29.85)	200m	26.40 (26.40)	
	600m	1:20.47 (50.62)	600m	1:10.00 (43.60)	
	1000m	2:13.51 (53.04)	1000m	1:55.96 (45.96)	
	1400m	3:09.71 (56.20)	1400m	2:44.03 (48.07)	
	1800m	4:10.26 (60.55)	1800m	3:33.58 (49.55)	
	2200m	5:11.18 (60.92)	2200m	4:22.82 (49.24)	
	2600m	6:12.74 (61.56)	2600m	5:12.51 (49.69)	
	3000m	7:10.75 (58.01)	3000m	6:02.47 (49.96)	

		Name	Cat	PB	Time	Info	
4	yw	46 Daniela Völker	W45	7:05.55	<b>6:42.32</b>	MT	
	bl	31 Andrea Roberts	W35	6:28.90	<b>6:28.36</b>	PB	
		<b>Daniela Völker</b>			<b>Andrea Roberts</b>		
		200m	29.68 (29.68)	200m	29.33 (29.33)		
		600m	1:20.81 (51.13)	600m	1:18.52 (49.19)		
		1000m	2:13.51 (52.70)	1000m	2:07.51 (48.99)		
		1400m	3:07.73 (54.22)	1400m	2:58.64 (51.13)		
		1800m	4:02.60 (54.87)	1800m	3:50.60 (51.96)		
		2200m	4:56.22 (53.62)	2200m	4:43.90 (53.30)		
		2600m	5:50.45 (54.23)	2600m	5:37.34 (53.44)		
		3000m	6:42.32 (51.87)	3000m	6:28.36 (51.02)		

		Name	Cat	PB	Time	Info	
5	wt	42 Anna Van der Stok	W50	5:28.86	<b>5:36.25</b>		
	rd	41 Evelien van der Kist	W35	4:59.72	<b>5:23.64</b>		
		<b>Anna Van der Stok</b>			<b>Evelien van der Kist</b>		
		200m	24.77 (24.77)	200m	23.54 (23.54)		
		600m	1:04.52 (39.75)	600m	1:04.34 (40.80)		
		1000m	1:47.25 (42.73)	1000m	1:46.61 (42.27)		
		1400m	2:32.56 (45.31)	1400m	2:29.47 (42.86)		
		1800m	3:17.71 (45.15)	1800m	3:12.36 (42.89)		
		2200m	4:03.44 (45.73)	2200m	3:55.75 (43.39)		
		2600m	4:49.75 (46.31)	2600m	4:39.75 (44.00)		
		3000m	5:36.25 (46.50)	3000m	5:23.64 (43.89)		

		Name	Cat	PB	Time	Info
6	yw	21 Evelyn Mein-Klok	W50	5:38.69	<b>6:07.69</b>	
	bl	2 Heidi Beck	W30	5:40.64	<b>5:50.11</b>	
		<b>Evelyn Mein-Klok</b>		<b>Heidi Beck</b>		
		200m	27.14 (27.14)	200m	26.06 (26.06)	
		600m	1:11.86 (44.72)	600m	1:10.15 (44.09)	
		1000m	1:58.71 (46.85)	1000m	1:56.04 (45.89)	
		1400m	2:46.33 (47.62)	1400m	2:42.49 (46.45)	
		1800m	3:35.12 (48.79)	1800m	3:28.94 (46.45)	
		2200m	4:25.08 (49.96)	2200m	4:16.28 (47.34)	
		2600m	5:16.09 (51.01)	2600m	5:02.98 (46.70)	
		3000m	6:07.69 (51.60)	3000m	5:50.11 (47.13)	

		Name	Cat	PB	Time	Info
7	wt	4 Esther Bouman	W35	4:46.41	<b>5:40.39</b>	
	rd	44 Wendy van der Ham	W50	5:19.09	<b>5:50.69</b>	
		<b>Esther Bouman</b>		<b>Wendy van der Ham</b>		
		200m	26.39 (26.39)	200m	25.09 (25.09)	
		600m	1:08.81 (42.42)	600m	1:08.40 (43.31)	
		1000m	1:53.82 (45.01)	1000m	1:54.35 (45.95)	
		1400m	2:39.98 (46.16)	1400m	2:40.72 (46.37)	
		1800m	3:24.81 (44.83)	1800m	3:27.45 (46.73)	
		2200m	4:09.76 (44.95)	2200m	4:15.50 (48.05)	
		2600m	4:55.43 (45.67)	2600m	5:03.93 (48.43)	
		3000m	5:40.39 (44.96)	3000m	5:50.69 (46.76)	

		Name	Cat	PB	Time Info
8	yw	11 <b>Claudia Henckel</b>	W35	4:58.14	<b>5:09.31</b>
	bl	29 <b>Kim Reid</b>	W50	5:21.00	<b>6:00.41</b> FL
<b>Claudia Henckel</b>			<b>Kim Reid</b>		
		200m	22.19 (22.19)	200m	26.15 (26.15)
		600m	59.83 (37.64)	600m	1:06.34 (40.19)
		1000m	1:39.42 (39.59)	1000m	1:49.36 (43.02)
		1400m	2:20.11 (40.69)	1400m	2:35.03 (45.67)
		1800m	3:01.05 (40.94)	1800m	3:21.83 (46.80)
		2200m	3:43.28 (42.23)	2200m	4:10.92 (49.09)
		2600m	4:26.54 (43.26)	2600m	4:59.97 (49.05)
		3000m	5:09.31 (42.77)	3000m	6:00.41 (60.44)

		Name	Cat	PB	Time Info
9	wt	30 <b>Eva Riemersma - van Rheenen</b>	W40	4:42.79	<b>4:59.28</b>
	rd	16 <b>Christiane Kloß</b>	W50	4:38.75	<b>5:10.48</b>
<b>Eva Riemersma - van Rheenen</b>			<b>Christiane Kloß</b>		
		200m	23.40 (23.40)	200m	24.35 (24.35)
		600m	59.38 (35.98)	600m	1:01.24 (36.89)
		1000m	1:37.18 (37.80)	1000m	1:41.78 (40.54)
		1400m	2:16.07 (38.89)	1400m	2:23.49 (41.71)
		1800m	2:55.77 (39.70)	1800m	3:05.11 (41.62)
		2200m	3:36.37 (40.60)	2200m	3:46.46 (41.35)
		2600m	4:17.74 (41.37)	2600m	4:27.93 (41.47)
		3000m	4:59.28 (41.54)	3000m	5:10.48 (42.55)

		Name	Cat	PB	Time	Info	
10	yw	25 <b>Nicole Peeters</b>	W30	5:04.13	<b>5:31.84</b>		
	bl	35 <b>Solfrid Sivertsen</b>	W45	4:59.09	<b>6:07.53</b>		
		<b>Nicole Peeters</b>			<b>Solfrid Sivertsen</b>		
		200m	26.64 (26.64)	200m	29.15 (29.15)		
		600m	1:10.26 (43.62)	600m	1:15.30 (46.15)		
		1000m	1:53.85 (43.59)	1000m	2:02.53 (47.23)		
		1400m	2:38.30 (44.45)	1400m	2:51.81 (49.28)		
		1800m	3:28.59 (50.29)	1800m	3:41.05 (49.24)		
		2200m	4:06.69 (38.10)	2200m	4:29.46 (48.41)		
		2600m	4:49.31 (42.62)	2600m	5:18.20 (48.74)		
		3000m	5:31.84 (42.53)	3000m	6:07.53 (49.33)		



## 7. Result Men Group B 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	95 Joost van Leenders	M55	22	I	4:40.67		
2	54 Geir Nasset	M55	17	I	4:47.60		
3	96 Hans van Peperstraten	M70	13	O	4:50.22		
4	86 Klaas van den Berg	M60	19	O	4:54.02		
5	87 Victor van den Hoff	M65	13	I	4:57.67		
6	41 Kees Langeveld	M65	20	O	5:01.99		
7	84 Aart van Beuzekom	M55	20	I	5:02.25		
8	99 Johan Vikhals	M55	19	I	5:02.74		
9	78 Frank Steenkamp	M65	18	O	5:07.64		
10	3 Scott Anderson	M55	22	O	5:09.52		
11	50 Jan Mein	M65	15	I	5:11.61		
12	98 Erik Vea	M70	12	O	5:14.57		
13	32 Morten Henriksen	M65	21	O	5:14.89		
14	53 Ragnvald Næss	M65	11	O	5:17.70		
15	71 Thomas Rumpf	M60	14	O	5:21.04		
16	28 Stephan Haueisen	M55	16	I	5:21.06	MT	
17	40 Olav Langeland	M65	10	O	5:24.51		
18	26 Hans-Gerd Heyne	M60	15	O	5:27.74		
19	10 Egil Bokn	M70	9	I	5:32.76		
20	21 Bjørn Fjelnseth	M55	9	O	5:32.95		
21	27 Alf Harbitz	M70	7	I	5:36.17		
22	34 Erwin Henskes	M65	5	O	5:39.54		
23	69 Rolf Espen Riktor	M60	10	I	5:40.34		
24	49 Reinhold Marsollek	M70	7	O	5:42.65		
25	94 Chris van Koeverden	M65	11	I	5:47.13		
26	14 Michele Giuseppe Cortesi	M60	12	I	5:49.96		
27	105 Wim Zwanenburg	M65	17	O	5:50.71		
28	25 Volker Hannig	M55	4	O	5:57.23	PB	
29	36 Thomas Hoekstra	M70	6	O	6:02.50		
30	17 Pieter den Dunnen	M75	5	I	6:05.43		
31	91 Ton van Helden	M75	8	O	6:28.24		
32	68 Frans Rietveld	M80	21	I	6:29.45		
33	52 Tomomatsu Misawa	M55	2	I	6:41.36		
34	82 Bruno Toniolli	M80	4	I	6:51.07		
35	9 Emilio Boicelli	M75	3	O	6:52.80		
36	35 Gunnar Hiesgen	M55	3	I	7:46.59		
37	13 Buijin Jalbaa	M80	2	O	8:04.74		
	45 Ole Løland	M65	6	I		DQ	

Pos	Name	Cat	Pair	Lane	Time	Info	Points
79	Arne Stenhaus	M65	8	I		DQ	
97	Hendrik van de Beek	M60	16	O		DQ	
75	Piet Siemonsma	M70	18	I		DQ	
4	Badam Tumurbaatar	M55	1	I		DNS	
61	Robert Petutschnigg	M55	14	I		DNS	

## 7. Race Result Men Group B 3000 meter

		Name	Cat	PB	Time Info
1	wt	4 <b>Badam Tumurbaatar</b>	M55		<b>DNS</b>
	rd				
		<u>Badam Tumurbaatar</u>			
					m

		Name	Cat	PB	Time Info
2	yw	52 <b>Tomomatsu Misawa</b>	M55		<b>6:41.36</b>
	bl	13 <b>Bujiin Jalbaa</b>	M80		<b>8:04.74</b>
		<u>Tomomatsu Misawa</u>			
		200m	27.21 (27.21)		
		600m	1:13.53 (46.32)		
		1000m	2:04.47 (50.94)		
		1400m	2:58.51 (54.04)		
		1800m	3:54.48 (55.97)		
		2200m	4:50.77 (56.29)		
		2600m	5:47.23 (56.46)		
		3000m	6:41.36 (54.13)		
		<u>Bujiin Jalbaa</u>			
		200m	31.02 (31.02)		
		600m	1:24.46 (53.44)		
		1000m	2:20.92 (56.46)		
		1400m	3:20.24 (59.32)		
		1800m	4:23.45 (63.21)		
		2200m	5:33.04 (69.59)		
		2600m	6:46.52 (73.48)		
		3000m	8:04.74 (78.22)		

		Name	Cat	PB	Time Info
3	wt	35 <b>Gunnar Hiesgen</b>	M55	6:31.21	<b>7:46.59</b>
	rd	9 <b>Emilio Boicelli</b>	M75	5:26.74	<b>6:52.80</b>
		<u>Gunnar Hiesgen</u>			
		200m	33.93 (33.93)		
		600m	1:30.70 (56.77)		
		1000m	2:30.57 (59.87)		
		1400m	3:33.16 (62.59)		
		1800m	4:35.35 (62.19)		
		2200m	5:38.93 (63.58)		
		2600m	6:43.07 (64.14)		
		3000m	7:46.59 (63.52)		
		<u>Emilio Boicelli</u>			
		200m	31.70 (31.70)		
		600m	1:23.41 (51.71)		
		1000m	2:18.07 (54.66)		
		1400m	3:13.21 (55.14)		
		1800m	4:07.00 (53.79)		
		2200m	5:02.11 (55.11)		
		2600m	5:58.45 (56.34)		
		3000m	6:52.80 (54.35)		

		Name	Cat		PB	Time Info
4	yw	82 <b>Bruno Toniolli</b>	M80		4:25.20	<b>6:51.07</b>
	bl	25 <b>Volker Hannig</b>	M55		6:12.74	<b>5:57.23</b> PB
		<b>Bruno Toniolli</b>			<b>Volker Hannig</b>	
		200m	33.60	(33.60)	200m	28.55 (28.55)
		600m	1:26.45	(52.85)	600m	1:12.28 (43.73)
		1000m	2:19.76	(53.31)	1000m	1:56.95 (44.67)
		1400m	3:13.61	(53.85)	1400m	2:44.18 (47.23)
		1800m	4:06.95	(53.34)	1800m	3:30.70 (46.52)
		2200m	5:00.40	(53.45)	2200m	4:18.51 (47.81)
		2600m	5:55.80	(55.40)	2600m	5:08.69 (50.18)
		3000m	6:51.07	(55.27)	3000m	5:57.23 (48.54)

		Name	Cat		PB	Time Info
5	wt	17 <b>Pieter den Dunnen</b>	M75		4:33.24	<b>6:05.43</b>
	rd	34 <b>Erwin Henskes</b>	M65		4:52.09	<b>5:39.54</b>
		<b>Pieter den Dunnen</b>			<b>Erwin Henskes</b>	
		200m	29.99	(29.99)	200m	27.66 (27.66)
		600m	1:15.18	(45.19)	600m	1:10.12 (42.46)
		1000m	2:00.72	(45.54)	1000m	1:54.42 (44.30)
		1400m	2:47.97	(47.25)	1400m	2:39.62 (45.20)
		1800m	3:36.30	(48.33)	1800m	3:25.18 (45.56)
		2200m	4:25.19	(48.89)	2200m	4:10.79 (45.61)
		2600m	5:14.53	(49.34)	2600m	4:55.44 (44.65)
		3000m	6:05.43	(50.90)	3000m	5:39.54 (44.10)

		Name	Cat	PB	Time	Info
6	yw	45 <b>Ole Løland</b>	M65	5:40.91		<b>DQ</b>
	bl	36 <b>Thomas Hoekstra</b>	M70	4:42.79		<b>6:02.50</b>
		<b>Ole Løland</b>		<b>Thomas Hoekstra</b>		
		200m	26.10 (26.10)	200m	26.77 (26.77)	
				600m	1:09.69 (42.92)	
				1000m	1:56.38 (46.69)	
				1400m	2:44.45 (48.07)	
				1800m	3:32.93 (48.48)	
				2200m	4:22.50 (49.57)	
				2600m	5:12.63 (50.13)	
				3000m	6:02.50 (49.87)	

		Name	Cat	PB	Time	Info
7	wt	27 <b>Alf Harbitz</b>	M70	4:49.12		<b>5:36.17</b>
	rd	49 <b>Reinhold Marsollek</b>	M70	4:36.74		<b>5:42.65</b>
		<b>Alf Harbitz</b>		<b>Reinhold Marsollek</b>		
		200m	25.04 (25.04)	200m	24.47 (24.47)	
		600m	1:06.48 (41.44)	600m	1:06.66 (42.19)	
		1000m	1:50.05 (43.57)	1000m	1:50.47 (43.81)	
		1400m	2:34.95 (44.90)	1400m	2:35.19 (44.72)	
		1800m	3:19.33 (44.38)	1800m	3:20.89 (45.70)	
		2200m	4:04.30 (44.97)	2200m	4:05.89 (45.00)	
		2600m	4:50.34 (46.04)	2600m	4:55.11 (49.22)	
		3000m	5:36.17 (45.83)	3000m	5:42.65 (47.54)	

		Name		Cat		PB		Time Info
8	yw	79	<b>Arne Stenhaug</b>		M65		4:23.55	<b>DQ</b>
	bl	91	<b>Ton van Helden</b>		M75		4:48.74	<b>6:28.24</b>
			<b>Arne Stenhaug</b>			<b>Ton van Helden</b>		
			200m	26.50	(26.50)	200m 29.19 (29.19)		
			600m	1:10.90	(44.40)	600m 1:19.40 (50.21)		
			1000m	1:55.98	(45.08)	1000m 2:11.24 (51.84)		
			1400m	3:24.59	(88.61)	1400m 3:02.91 (51.67)		
			1800m	4:09.06	(44.47)	1800m 3:53.50 (50.59)		
			2200m	4:53.88	(44.82)	2200m 4:45.12 (51.62)		
						2600m 5:36.84 (51.72)		
						3000m 6:28.24 (51.40)		

		Name		Cat		PB		Time Info
9	wt	10	<b>Egil Bokn</b>		M70		4:25.79	<b>5:32.76</b>
	rd	21	<b>Bjørn Fjelnseth</b>		M55		5:32.14	<b>5:32.95</b>
			<b>Egil Bokn</b>			<b>Bjørn Fjelnseth</b>		
			200m	25.97	(25.97)	200m 24.86 (24.86)		
			600m	1:07.53	(41.56)	600m 1:05.82 (40.96)		
			1000m	1:50.30	(42.77)	1000m 1:48.30 (42.48)		
			1400m	2:33.91	(43.61)	1400m 2:33.21 (44.91)		
			1800m	3:17.92	(44.01)	1800m 3:19.14 (45.93)		
			2200m	4:02.96	(45.04)	2200m 4:05.21 (46.07)		
			2600m	4:48.25	(45.29)	2600m 4:50.45 (45.24)		
			3000m	5:32.76	(44.51)	3000m 5:32.95 (42.50)		

		Name	Cat	PB	Time Info
10	yw	69 <b>Rolf Espen Riktor</b>	M60	5:13.58	<b>5:40.34</b>
	bl	40 <b>Olav Langeland</b>	M65	4:34.04	<b>5:24.51</b>
		<b>Rolf Espen Riktor</b>		<b>Olav Langeland</b>	
		200m 27.57 (27.57)		200m 26.25 (26.25)	
		600m 1:09.06 (41.49)		600m 1:07.38 (41.13)	
		1000m 1:51.68 (42.62)		1000m 1:49.64 (42.26)	
		1400m 2:35.14 (43.46)		1400m 2:32.71 (43.07)	
		1800m 3:20.30 (45.16)		1800m 3:15.63 (42.92)	
		2200m 4:06.02 (45.72)		2200m 3:59.17 (43.54)	
		2600m 4:52.62 (46.60)		2600m 4:42.13 (42.96)	
		3000m 5:40.34 (47.72)		3000m 5:24.51 (42.38)	

		Name	Cat	PB	Time Info
11	wt	94 <b>Chris van Koeverden</b>	M65	5:06.50	<b>5:47.13</b>
	rd	53 <b>Ragnvald Næss</b>	M65	4:14.64	<b>5:17.70</b>
		<b>Chris van Koeverden</b>		<b>Ragnvald Næss</b>	
		200m 26.95 (26.95)		200m 26.46 (26.46)	
		600m 1:09.61 (42.66)		600m 1:07.28 (40.82)	
		1000m 1:54.73 (45.12)		1000m 1:49.11 (41.83)	
		1400m 2:40.32 (45.59)		1400m 2:30.75 (41.64)	
		1800m 3:26.79 (46.47)		1800m 3:12.29 (41.54)	
		2200m 4:14.07 (47.28)		2200m 3:53.67 (41.38)	
		2600m 5:00.61 (46.54)		2600m 4:35.28 (41.61)	
		3000m 5:47.13 (46.52)		3000m 5:17.70 (42.42)	

		Name	Cat	PB	Time	Info
12	yw	14 <b>Michele Giuseppe Cortesi</b>	M60	5:12.53	<b>5:49.96</b>	
	bl	98 <b>Erik Vea</b>	M70	4:12.40	<b>5:14.57</b>	
<b>Michele Giuseppe Cortesi</b>			<b>Erik Vea</b>			
		200m	26.28 (26.28)	200m	24.83 (24.83)	
		600m	1:10.31 (44.03)	600m	1:04.59 (39.76)	
		1000m	1:56.06 (45.75)	1000m	1:45.74 (41.15)	
		1400m	2:42.45 (46.39)	1400m	2:27.06 (41.32)	
		1800m	3:30.00 (47.55)	1800m	3:09.16 (42.10)	
		2200m	4:15.82 (45.82)	2200m	3:51.10 (41.94)	
		2600m	5:02.84 (47.02)	2600m	4:33.15 (42.05)	
		3000m	5:49.96 (47.12)	3000m	5:14.57 (41.42)	

		Name	Cat	PB	Time	Info
13	wt	87 <b>Victor van den Hoff</b>	M65	4:12.94	<b>4:57.67</b>	
	rd	96 <b>Hans van Peperstraten</b>	M70	4:33.15	<b>4:50.22</b>	
<b>Victor van den Hoff</b>			<b>Hans van Peperstraten</b>			
		200m	23.55 (23.55)	200m	23.61 (23.61)	
		600m	1:00.18 (36.63)	600m	59.70 (36.09)	
		1000m	1:36.94 (36.76)	1000m	1:36.59 (36.89)	
		1400m	2:15.13 (38.19)	1400m	2:14.13 (37.54)	
		1800m	2:54.57 (39.44)	1800m	2:52.35 (38.22)	
		2200m	3:34.58 (40.01)	2200m	3:31.08 (38.73)	
		2600m	4:16.14 (41.56)	2600m	4:10.67 (39.59)	
		3000m	4:57.67 (41.53)	3000m	4:50.22 (39.55)	



		Name	Cat	PB	Time Info
14	yw	61 <b>Robert Petutschnigg</b>	M55	4:58.48	<b>DNS</b>
	bl	71 <b>Thomas Rumpf</b>	M60	4:43.16	<b>5:21.04</b>
		<b>Robert Petutschnigg</b>			
			<b>Thomas Rumpf</b>		
			200m	24.36 (24.36)	
			600m	1:05.62 (41.26)	
			1000m	1:48.09 (42.47)	
			1400m	2:30.67 (42.58)	
			1800m	3:13.33 (42.66)	
			2200m	3:55.98 (42.65)	
			2600m	4:38.70 (42.72)	
			3000m	5:21.04 (42.34)	

		Name	Cat	PB	Time Info
15	wt	50 <b>Jan Mein</b>	M65	4:27.70	<b>5:11.61</b>
	rd	26 <b>Hans-Gerd Heyne</b>	M60	4:57.62	<b>5:27.74</b>
		<b>Jan Mein</b>			
			<b>Hans-Gerd Heyne</b>		
		200m	23.90 (23.90)	200m	27.72 (27.72)
		600m	1:03.28 (39.38)	600m	1:11.27 (43.55)
		1000m	1:44.07 (40.79)	1000m	1:53.94 (42.67)
		1400m	2:24.84 (40.77)	1400m	2:36.49 (42.55)
		1800m	3:05.69 (40.85)	1800m	3:19.58 (43.09)
		2200m	3:46.83 (41.14)	2200m	4:02.34 (42.76)
		2600m	4:28.98 (42.15)	2600m	4:44.80 (42.46)
		3000m	5:11.61 (42.63)	3000m	5:27.74 (42.94)

		Name	Cat	PB	Time	Info
16	yw	28 <b>Stephan Haueisen</b>	M55	4:20.59	<b>5:21.06</b>	MT
	bl	97 <b>Hendrik van de Beek</b>	M60	4:24.60		DQ
		<b>Stephan Haueisen</b>			<b>Hendrik van de Beek</b>	
		200m	24.82 (24.82)	200m	25.64 (25.64)	
		600m	1:05.44 (40.62)	600m	1:04.23 (38.59)	
		1000m	1:45.42 (39.98)			
		1400m	2:25.97 (40.55)			
		1800m	3:07.58 (41.61)			
		2200m	3:50.19 (42.61)			
		2600m	4:33.88 (43.69)			
		3000m	5:21.06 (47.18)			

		Name	Cat	PB	Time	Info
17	wt	54 <b>Geir Nettet</b>	M55	4:30.07	<b>4:47.60</b>	
	rd	105 <b>Wim Zwanenburg</b>	M65	4:53.58	<b>5:50.71</b>	
		<b>Geir Nettet</b>			<b>Wim Zwanenburg</b>	
		200m	23.01 (23.01)	200m	27.79 (27.79)	
		600m	58.67 (35.66)	600m	1:10.63 (42.84)	
		1000m	1:35.47 (36.80)	1000m	1:56.21 (45.58)	
		1400m	2:13.45 (37.98)	1400m	2:43.94 (47.73)	
		1800m	2:51.42 (37.97)	1800m	3:29.41 (45.47)	
		2200m	3:30.88 (39.46)	2200m	4:17.31 (47.90)	
		2600m	4:09.24 (38.36)	2600m	5:03.63 (46.32)	
		3000m	4:47.60 (38.36)	3000m	5:50.71 (47.08)	

		Name	Cat	PB	Time	Info
18	yw	75 Piet Siemonsma	M70	4:26.35		DQ
	bl	78 Frank Steenkamp	M65	4:36.38		<b>5:07.64</b>
<b>Piet Siemonsma</b>			<b>Frank Steenkamp</b>			
		200m	23.93 (23.93)	200m	25.66 (25.66)	
		600m	1:03.00 (39.07)	600m	1:04.83 (39.17)	
		1000m	1:44.32 (41.32)	1000m	1:44.94 (40.11)	
		1400m	2:25.68 (41.36)	1400m	2:25.61 (40.67)	
		1800m	3:05.28 (39.60)	1800m	3:05.77 (40.16)	
		2200m	3:44.85 (39.57)	2200m	3:45.92 (40.15)	
		2600m	4:28.01 (43.16)	2600m	4:26.23 (40.31)	
		3000m	5:09.51 (41.50)	3000m	5:07.64 (41.41)	

		Name	Cat	PB	Time	Info
19	wt	99 Johan Vikhals	M55	4:50.34		<b>5:02.74</b>
	rd	86 Klaas van den Berg	M60	4:22.90		<b>4:54.02</b>
<b>Johan Vikhals</b>			<b>Klaas van den Berg</b>			
		200m	23.08 (23.08)	200m	22.67 (22.67)	
		600m	58.93 (35.85)	600m	58.08 (35.41)	
		1000m	1:35.57 (36.64)	1000m	1:35.19 (37.11)	
		1400m	2:14.11 (38.54)	1400m	2:13.07 (37.88)	
		1800m	2:54.27 (40.16)	1800m	2:52.43 (39.36)	
		2200m	3:35.43 (41.16)	2200m	3:33.04 (40.61)	
		2600m	4:17.75 (42.32)	2600m	4:13.90 (40.86)	
		3000m	5:02.74 (44.99)	3000m	4:54.02 (40.12)	

		Name	Cat	PB	Time	Info	
20	yw	84 <b>Aart van Beuzekom</b>	M55	4:36.82	<b>5:02.25</b>		
	bl	41 <b>Kees Langeveld</b>	M65	4:30.83	<b>5:01.99</b>		
		<b>Aart van Beuzekom</b>			<b>Kees Langeveld</b>		
		200m	23.64 (23.64)	200m	24.33 (24.33)		
		600m	1:01.56 (37.92)	600m	1:02.26 (37.93)		
		1000m	1:39.96 (38.40)	1000m	1:41.40 (39.14)		
		1400m	2:19.12 (39.16)	1400m	2:21.50 (40.10)		
		1800m	2:59.29 (40.17)	1800m	3:01.85 (40.35)		
		2200m	3:39.86 (40.57)	2200m	3:42.31 (40.46)		
		2600m	4:21.80 (41.94)	2600m	4:22.53 (40.22)		
		3000m	5:02.25 (40.45)	3000m	5:01.99 (39.46)		

		Name	Cat	PB	Time	Info	
21	wt	68 <b>Frans Rietveld</b>	M80	4:43.15	<b>6:29.45</b>		
	rd	32 <b>Morten Henriksen</b>	M65	4:18.54	<b>5:14.89</b>		
		<b>Frans Rietveld</b>			<b>Morten Henriksen</b>		
		200m	29.60 (29.60)	200m	25.52 (25.52)		
		600m	1:17.09 (47.49)	600m	1:05.89 (40.37)		
		1000m	2:06.28 (49.19)	1000m	1:46.86 (40.97)		
		1400m	2:57.17 (50.89)	1400m	2:28.83 (41.97)		
		1800m	3:48.99 (51.82)	1800m	3:10.45 (41.62)		
		2200m	4:41.96 (52.97)	2200m	3:51.83 (41.38)		
		2600m	5:35.62 (53.66)	2600m	4:33.47 (41.64)		
		3000m	6:29.45 (53.83)	3000m	5:14.89 (41.42)		

		Name	Cat	PB	Time	Info
22	yw	95 <b>Joost van Leenders</b>	M55	4:23.98	<b>4:40.67</b>	
	bl	3 <b>Scott Anderson</b>	M55	4:24.24	<b>5:09.52</b>	
		<b>Joost van Leenders</b>			<b>Scott Anderson</b>	
		200m	22.64 (22.64)	200m	26.52 (26.52)	
		600m	57.92 (35.28)	600m	1:06.45 (39.93)	
		1000m	1:34.40 (36.48)	1000m	1:47.32 (40.87)	
		1400m	2:11.57 (37.17)	1400m	2:29.24 (41.92)	
		1800m	2:48.62 (37.05)	1800m	3:09.44 (40.20)	
		2200m	3:25.53 (36.91)	2200m	3:49.66 (40.22)	
		2600m	4:03.18 (37.65)	2600m	4:29.49 (39.83)	
		3000m	4:40.67 (37.49)	3000m	5:09.52 (40.03)	

## 8. Result Women Group B 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	45 Gerdien Verweij	W55	11	O	5:21.75		
2	37 Ciska Stark	W60	11	I	5:30.62		
3	51 Lettie Zwanenburg	W65	10	I	5:39.62	MT	
4	7 Marlies de Jong	W55	12	O	5:39.92		
5	43 Mariska van Haften- van den Bosch	W60	10	O	5:43.61		
6	19 Katrin Leschner	W55	9	O	5:50.42		
7	8 Marianne de Neeling	W60	8	O	5:50.64		
8	5 Monica Cais	W55	7	I	5:56.35		
9	15 Chieko Kato	W55	2	I	5:56.52		
10	27 Sarantuya Ravdan	W55	5	O	5:59.23	PB	
11	39 Katsuyo Takeuchi	W55	1	O	6:01.44		
12	34 Diane Silzer	W60	9	I	6:02.57		
13	17 Trine Landsem	W55	6	O	6:05.73		
14	12 Barbara Heerschop	W65	8	I	6:06.72		
15	38 Marita Steen	W65	12	I	6:10.21	MT	
16	49 Joke Wittenberg	W70	6	I	6:27.58		
17	40 Silvia Tassara	W70	3	I	6:39.39	MT	
18	28 Marianne Reece	W55	4	I	6:48.78	MT	
19	10 Hilles Hamersley	W60	5	I	7:05.32		
20	23 Nyambuu Erdenetuya	W60	1	I	7:47.23		
21	32 Rossella Sardi	W65	4	O	8:03.69		
	1 Luvsandagva Altantsetseg	W70	3	O		DQ	
	20 Purevmaa Magsar	W65	2	O		DNS	
	3 Monique Boerema	W60	7	O		DNS	

## 8. Race Result Women Group B 3000 meter

		Name	Cat	PB	Time	Info
1	wt	23 <b>Nyambuu Erdenetuya</b>	W60		<b>7:47.23</b>	
	rd	39 <b>Katsuyo Takeuchi</b>	W55		<b>6:01.44</b>	
<b>Nyambuu Erdenetuya</b>			<b>Katsuyo Takeuchi</b>			
		200m	32.83	(32.83)	200m	26.82 (26.82)
		600m	1:28.28	(55.45)	600m	1:12.33 (45.51)
		1000m	2:27.89	(59.61)	1000m	1:59.91 (47.58)
		1400m	3:31.28	(63.39)	1400m	2:48.84 (48.93)
		1800m	4:35.06	(63.78)	1800m	3:37.87 (49.03)
		2200m	5:39.50	(64.44)	2200m	4:27.18 (49.31)
		2600m	6:43.38	(63.88)	2600m	5:15.42 (48.24)
		3000m	7:47.23	(63.85)	3000m	6:01.44 (46.02)

		Name	Cat	PB	Time	Info
2	yw	15 <b>Chieko Kato</b>	W55		<b>5:56.52</b>	
	bl	20 <b>Purevmaa Magsar</b>	W65		<b>DNS</b>	
<b>Chieko Kato</b>			<b>Purevmaa Magsar</b>			
		200m	24.74	(24.74)		
		600m	1:07.41	(42.67)		
		1000m	1:54.76	(47.35)		
		1400m	2:43.02	(48.26)		
		1800m	3:32.76	(49.74)		
		2200m	4:21.56	(48.80)		
		2600m	5:09.17	(47.61)		
		3000m	5:56.52	(47.35)		

		Name	Cat	PB	Time	Info	
3	wt	40 <b>Silvia Tassara</b>	W70	5:13.39	<b>6:39.39</b>	MT	
	rd	1 <b>Luvсандagva Altantsetseg</b>	W70	7:04.13	<b>DQ</b>		
		<b>Silvia Tassara</b>			<b>Luvсандagva Altantsetseg</b>		
		200m	30.12 (30.12)	200m	34.53 (34.53)		
		600m	1:22.33 (52.21)	600m	1:30.37 (55.84)		
		1000m	2:14.48 (52.15)	1000m	2:25.96 (55.59)		
		1400m	3:07.42 (52.94)	1400m	3:24.96 (59.00)		
		1800m	3:59.75 (52.33)				
		2200m	4:52.72 (52.97)				
		2600m	5:46.70 (53.98)				
		3000m	6:39.39 (52.69)				

		Name	Cat	PB	Time	Info	
4	yw	28 <b>Marianne Reece</b>	W55	6:20.65	<b>6:48.78</b>	MT	
	bl	32 <b>Rossella Sardi</b>	W65	6:50.86	<b>8:03.69</b>		
		<b>Marianne Reece</b>			<b>Rossella Sardi</b>		
		200m	31.16 (31.16)	200m	35.71 (35.71)		
		600m	1:22.19 (51.03)	600m	1:38.35 (62.64)		
		1000m	2:16.13 (53.94)	1000m	2:42.77 (64.42)		
		1400m	3:10.52 (54.39)	1400m	3:46.80 (64.03)		
		1800m	4:04.81 (54.29)	1800m	4:51.24 (64.44)		
		2200m	5:01.04 (56.23)	2200m	5:56.44 (65.20)		
		2600m	5:56.10 (55.06)	2600m	6:59.49 (63.05)		
		3000m	6:48.78 (52.68)	3000m	8:03.69 (64.20)		



		Name	Cat	PB	Time Info
5	wt	10 <b>Hilles Hamersley</b>	W60	6:28.56	<b>7:05.32</b>
	rd	27 <b>Sarantuya Ravdan</b>	W55	6:15.90	<b>5:59.23</b> PB
		<b>Hilles Hamersley</b>		<b>Sarantuya Ravdan</b>	
		200m	30.13 (30.13)	200m	26.47 (26.47)
		600m	1:20.27 (50.14)	600m	1:09.94 (43.47)
		1000m	2:14.77 (54.50)	1000m	1:55.21 (45.27)
		1400m	3:11.09 (56.32)	1400m	2:43.09 (47.88)
		1800m	4:09.05 (57.96)	1800m	3:32.21 (49.12)
		2200m	5:08.78 (59.73)	2200m	4:21.28 (49.07)
		2600m	6:07.76 (58.98)	2600m	5:11.63 (50.35)
		3000m	7:05.32 (57.56)	3000m	5:59.23 (47.60)

		Name	Cat	PB	Time Info
6	yw	49 <b>Joke Wittenberg</b>	W70	5:15.80	<b>6:27.58</b>
	bl	17 <b>Trine Landsem</b>	W55	5:42.62	<b>6:05.73</b>
		<b>Joke Wittenberg</b>		<b>Trine Landsem</b>	
		200m	29.97 (29.97)	200m	28.98 (28.98)
		600m	1:18.70 (48.73)	600m	1:14.28 (45.30)
		1000m	2:08.76 (50.06)	1000m	2:00.30 (46.02)
		1400m	2:59.05 (50.29)	1400m	2:47.71 (47.41)
		1800m	3:50.21 (51.16)	1800m	3:35.88 (48.17)
		2200m	4:42.35 (52.14)	2200m	4:24.75 (48.87)
		2600m	5:34.97 (52.62)	2600m	5:14.27 (49.52)
		3000m	6:27.58 (52.61)	3000m	6:05.73 (51.46)

		Name	Cat	PB	Time Info
7	wt	5 <b>Monica Cais</b>	W55	5:41.82	<b>5:56.35</b>
	rd	3 <b>Monique Boerema</b>	W60	4:41.48	<b>DNS</b>
		<b>Monica Cais</b>		<b>Monique Boerema</b>	
		200m	27.75 (27.75)		
		600m	1:11.56 (43.81)		
		1000m	1:57.84 (46.28)		
		1400m	2:44.61 (46.77)		
		1800m	3:31.88 (47.27)		
		2200m	4:19.72 (47.84)		
		2600m	5:08.37 (48.65)		
		3000m	5:56.35 (47.98)		

		Name	Cat	PB	Time Info
8	yw	12 <b>Barbara Heerschop</b>	W65	5:01.56	<b>6:06.72</b>
	bl	8 <b>Marianne de Neeling</b>	W60	4:54.93	<b>5:50.64</b>
		<b>Barbara Heerschop</b>		<b>Marianne de Neeling</b>	
		200m	27.62 (27.62)	200m	27.10 (27.10)
		600m	1:12.48 (44.86)	600m	1:09.53 (42.43)
		1000m	2:00.32 (47.84)	1000m	1:55.08 (45.55)
		1400m	2:49.27 (48.95)	1400m	2:41.88 (46.80)
		1800m	3:38.67 (49.40)	1800m	3:29.01 (47.13)
		2200m	4:28.33 (49.66)	2200m	4:16.45 (47.44)
		2600m	5:18.14 (49.81)	2600m	5:03.84 (47.39)
		3000m	6:06.72 (48.58)	3000m	5:50.64 (46.80)

		Name	Cat	PB	Time	Info	
9	wt	34 <b>Diane Silzer</b>	W60	4:58.35	<b>6:02.57</b>		
	rd	19 <b>Katrin Leschner</b>	W55	5:19.50	<b>5:50.42</b>		
		<b>Diane Silzer</b>			<b>Katrin Leschner</b>		
		200m	25.39 (25.39)	200m	26.20 (26.20)		
		600m	1:06.99 (41.60)	600m	1:08.78 (42.58)		
		1000m	1:53.92 (46.93)	1000m	1:55.19 (46.41)		
		1400m	2:43.60 (49.68)	1400m	2:41.47 (46.28)		
		1800m	3:32.76 (49.16)	1800m	3:28.23 (46.76)		
		2200m	4:23.22 (50.46)	2200m	4:15.81 (47.58)		
		2600m	5:13.57 (50.35)	2600m	5:03.72 (47.91)		
		3000m	6:02.57 (49.00)	3000m	5:50.42 (46.70)		

		Name	Cat	PB	Time	Info	
10	yw	51 <b>Lettie Zwanenburg</b>	W65	4:55.58	<b>5:39.62</b>	MT	
	bl	43 <b>Mariska van Haften- van den Bosch</b>	W60	5:07.75	<b>5:43.61</b>		
		<b>Lettie Zwanenburg</b>			<b>Mariska van Haften- van den Bosch</b>		
		200m	25.70 (25.70)	200m	25.62 (25.62)		
		600m	1:08.50 (42.80)	600m	1:07.54 (41.92)		
		1000m	1:52.12 (43.62)	1000m	1:51.69 (44.15)		
		1400m	2:36.70 (44.58)	1400m	2:35.93 (44.24)		
		1800m	3:21.72 (45.02)	1800m	3:21.84 (45.91)		
		2200m	4:07.68 (45.96)	2200m	4:08.12 (46.28)		
		2600m	4:54.04 (46.36)	2600m	4:55.43 (47.31)		
		3000m	5:39.62 (45.58)	3000m	5:43.61 (48.18)		

		Name	Cat	PB	Time	Info
11	wt	37 <b>Ciska Stark</b>	W60	5:01.04	<b>5:30.62</b>	
	rd	45 <b>Gerdien Verweij</b>	W55	4:40.84	<b>5:21.75</b>	
		<b>Ciska Stark</b>				<b>Gerdien Verweij</b>
		200m	25.17 (25.17)	200m	24.49 (24.49)	
		600m	1:06.29 (41.12)	600m	1:04.11 (39.62)	
		1000m	1:50.67 (44.38)	1000m	1:46.23 (42.12)	
		1400m	2:35.12 (44.45)	1400m	2:29.72 (43.49)	
		1800m	3:19.30 (44.18)	1800m	3:12.45 (42.73)	
		2200m	4:03.39 (44.09)	2200m	3:55.81 (43.36)	
		2600m	4:47.50 (44.11)	2600m	4:39.15 (43.34)	
		3000m	5:30.62 (43.12)	3000m	5:21.75 (42.60)	

		Name	Cat	PB	Time	Info
12	yw	38 <b>Marita Steen</b>	W65	5:04.27	<b>6:10.21</b>	MT
	bl	7 <b>Marlies de Jong</b>	W55	5:00.69	<b>5:39.92</b>	
		<b>Marita Steen</b>				<b>Marlies de Jong</b>
		200m	27.43 (27.43)	200m	25.99 (25.99)	
		600m	1:12.58 (45.15)	600m	1:07.42 (41.43)	
		1000m	2:00.38 (47.80)	1000m	1:50.85 (43.43)	
		1400m	2:49.96 (49.58)	1400m	2:35.98 (45.13)	
		1800m	3:39.65 (49.69)	1800m	3:21.37 (45.39)	
		2200m	4:29.47 (49.82)	2200m	4:07.48 (46.11)	
		2600m	5:20.23 (50.76)	2600m	4:53.55 (46.07)	
		3000m	6:10.21 (49.98)	3000m	5:39.92 (46.37)	

## 9. Result Men Group A 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	20 Arjan Elferink	M45	19	O	2:01.40		
2	58 Mark Ooijevaar	M40	20	I	2:03.49		
3	80 Shuji Sugawara	M35	17	I	2:03.69		
4	46 André Los	M30	20	O	2:04.61		
5	72 Jeroen Schoppink	M40	17	O	2:04.72		
6	74 Bart Seffinga	M40	19	I	2:05.99		
7	100 Michiel Wienese	M45	18	I	2:07.12		
8	76 Daan Spoelstra	M45	18	O	2:07.47		
9	51 Frode Midjo	M50	10	O	2:08.69		
10	66 Mark Reiling	M40	16	O	2:10.00		
11	56 Marc Nieuwenhuijse	M40	14	O	2:10.48		
12	92 Sybe van Hijum	M30	15	I	2:11.53		
13	6 Martin Beaudry	M50	13	O	2:11.95		
14	15 Ronald de Graaf	M50	10	I	2:12.49		
15	30 Martin Heerma	M50	16	I	2:13.21		
16	29 Andreas Haugerud	M35	11	I	2:13.76		
17	16 Niels de Jager	M40	11	O	2:14.21		
18	90 Roberto van Goor	M50	12	I	2:14.29		
19	70 Thomas Røste	M45	9	O	2:14.72		
20	37 Azamat Ismailov	M45	14	I	2:14.89		
21	89 Martijn van der Horst	M50	7	I	2:15.28		
22	43 Willem Leeuwenburgh	M30	15	O	2:16.10		
23	1 Erol Aksoy	M50	12	O	2:17.90		
24	18 Ian Dwyer	M45	9	I	2:18.13		
25	60 Harry Pardijs	M45	7	O	2:19.43		
26	19 Mike Egberts	M40	8	I	2:19.94		
27	93 Erik van Hooft	M45	1	I	2:21.61		
28	64 Anders Ratdal	M45	6	O	2:23.35		
29	103 Ben Young	M35	3	I	2:25.42	PB	
30	42 Dennis Laubhan	M45	6	I	2:28.91	PB	
31	44 Niels Leliveld	M30	13	I	2:38.33	FL	
32	83 Yan Traversy	M45	4	I	2:38.61		
33	85 Kevin van Cleef	M40	5	I	2:47.05		
34	57 Frode Nordahl	M45	5	O	2:49.11		
35	7 Wim Bijkerk	M35	3	O	3:11.18		
36	62 Cristian Picco	M40	4	O	3:16.91		
37	102 Andy Wong	M50	2	I	3:49.10		
	59 Takafumi Osame	M50	2	O		DQ	

# Winter World Masters Games 2024

Ice Rink Piné - Baselga di Piné  
16 to 19 January 2024

Pos	Name	Cat	Pair	Lane	Time Info	Points
33	Vincent Henry	M35	1	O	DNS	
31	Andre Held-Engelbrecht	M35	8	O	DNS	

## 9. Race Result Men Group A 1500 meter

		Name	Cat	PB	Time	Info
1	wt	93 <b>Erik van Hooft</b>	M45	1:58.70	<b>2:21.61</b>	
	rd	33 <b>Vincent Henry</b>	M35	2:02.14	<b>DNS</b>	
		<u>Erik van Hooft</u>				<u>Vincent Henry</u>
		300m 28.11 (28.11)				
		700m 1:01.34 (33.23)				
		1100m 1:39.58 (38.24)				
		1500m 2:21.61 (42.03)				
<hr/>						
		Name	Cat	PB	Time	Info
2	yw	102 <b>Andy Wong</b>	M50	3:28.78	<b>3:49.10</b>	
	bl	59 <b>Takafumi Osame</b>	M50	2:03.72	<b>DQ</b>	
		<u>Andy Wong</u>				<u>Takafumi Osame</u>
		300m 43.11 (43.11)		300m 30.68 (30.68)		
		700m 1:43.04 (59.93)		700m 1:06.61 (35.93)		
		1100m 2:45.88 (62.84)		1100m 1:46.32 (39.71)		
		1500m 3:49.10 (63.22)		1500m 2:32.15 (45.83)		
<hr/>						
		Name	Cat	PB	Time	Info
3	wt	103 <b>Ben Young</b>	M35	2:39.08	<b>2:25.42</b>	PB
	rd	7 <b>Wim Bijkerk</b>	M35	3:09.14	<b>3:11.18</b>	
		<u>Ben Young</u>				<u>Wim Bijkerk</u>
		300m 31.00 (31.00)		300m 41.08 (41.08)		
		700m 1:07.39 (36.39)		700m 1:29.30 (48.22)		
		1100m 1:45.75 (38.36)		1100m 2:19.97 (50.67)		
		1500m 2:25.42 (39.67)		1500m 3:11.18 (51.21)		
<hr/>						
		Name	Cat	PB	Time	Info
4	yw	83 <b>Yan Traversy</b>	M45	2:23.65	<b>2:38.61</b>	
	bl	62 <b>Cristian Picco</b>	M40	2:59.05	<b>3:16.91</b>	
		<u>Yan Traversy</u>				<u>Cristian Picco</u>
		300m 32.97 (32.97)		300m 38.28 (38.28)		
		700m 1:10.88 (37.91)		700m 1:26.11 (47.83)		
		1100m 1:53.18 (42.30)		1100m 2:19.31 (53.20)		
		1500m 2:38.61 (45.43)		1500m 3:16.91 (57.60)		

		Name	Cat	PB	Time	Info
5	wt	85 <b>Kevin van Cleef</b>	M40	2:30.34	<b>2:47.05</b>	
	rd	57 <b>Frode Nordahl</b>	M45	2:45.23	<b>2:49.11</b>	
		<b>Kevin van Cleef</b>				<b>Frode Nordahl</b>
		300m	35.15 (35.15)	300m	34.41 (34.41)	
		700m	1:15.55 (40.40)	700m	1:16.55 (42.14)	
		1100m	2:00.32 (44.77)	1100m	2:01.30 (44.75)	
		1500m	2:47.05 (46.73)	1500m	2:49.11 (47.81)	
		Name	Cat	PB	Time	Info
6	yw	42 <b>Dennis Laubhan</b>	M45	2:29.58	<b>2:28.91</b>	PB
	bl	64 <b>Anders Ratdal</b>	M45	1:59.12	<b>2:23.35</b>	
		<b>Dennis Laubhan</b>				<b>Anders Ratdal</b>
		300m	31.62 (31.62)	300m	30.56 (30.56)	
		700m	1:08.72 (37.10)	700m	1:06.55 (35.99)	
		1100m	1:47.95 (39.23)	1100m	1:44.60 (38.05)	
		1500m	2:28.91 (40.96)	1500m	2:23.35 (38.75)	
		Name	Cat	PB	Time	Info
7	wt	89 <b>Martijn van der Horst</b>	M50	2:04.03	<b>2:15.28</b>	
	rd	60 <b>Harry Pardijs</b>	M45	1:57.32	<b>2:19.43</b>	
		<b>Martijn van der Horst</b>				<b>Harry Pardijs</b>
		300m	28.65 (28.65)	300m	28.58 (28.58)	
		700m	1:01.79 (33.14)	700m	1:02.04 (33.46)	
		1100m	1:36.96 (35.17)	1100m	1:38.99 (36.95)	
		1500m	2:15.28 (38.32)	1500m	2:19.43 (40.44)	
		Name	Cat	PB	Time	Info
8	yw	19 <b>Mike Egberts</b>	M40	2:10.55	<b>2:19.94</b>	
	bl	31 <b>Andre Held-Engelbrecht</b>	M35	2:13.09	<b>DNS</b>	
		<b>Mike Egberts</b>				<b>Andre Held-Engelbrecht</b>
		300m	29.73 (29.73)			
		700m	1:03.35 (33.62)			
		1100m	1:40.23 (36.88)			
		1500m	2:19.94 (39.71)			



		Name	Cat	PB	Time	Info
9	wt	18 <b>Ian Dwyer</b>	M45	2:07.10	<b>2:18.13</b>	
	rd	70 <b>Thomas Røste</b>	M45	1:57.06	<b>2:14.72</b>	
		<b>Ian Dwyer</b>		<b>Thomas Røste</b>		
		300m 28.67 (28.67)		300m 30.12 (30.12)		
		700m 1:01.98 (33.31)		700m 1:02.64 (32.52)		
		1100m 1:38.43 (36.45)		1100m 1:37.11 (34.47)		
		1500m 2:18.13 (39.70)		1500m 2:14.72 (37.61)		
		Name	Cat	PB	Time	Info
10	yw	15 <b>Ronald de Graaf</b>	M50	2:09.59	<b>2:12.49</b>	
	bl	51 <b>Frode Midjo</b>	M50	1:59.63	<b>2:08.69</b>	
		<b>Ronald de Graaf</b>		<b>Frode Midjo</b>		
		300m 29.02 (29.02)		300m 28.66 (28.66)		
		700m 1:01.58 (32.56)		700m 1:00.39 (31.73)		
		1100m 1:36.21 (34.63)		1100m 1:34.07 (33.68)		
		1500m 2:12.49 (36.28)		1500m 2:08.69 (34.62)		
		Name	Cat	PB	Time	Info
11	wt	29 <b>Andreas Haugerud</b>	M35	2:03.37	<b>2:13.76</b>	
	rd	16 <b>Niels de Jager</b>	M40	2:02.89	<b>2:14.21</b>	
		<b>Andreas Haugerud</b>		<b>Niels de Jager</b>		
		300m 29.97 (29.97)		300m 28.71 (28.71)		
		700m 1:03.88 (33.91)		700m 1:02.27 (33.56)		
		1100m 1:38.28 (34.40)		1100m 1:37.68 (35.41)		
		1500m 2:13.76 (35.48)		1500m 2:14.21 (36.53)		
		Name	Cat	PB	Time	Info
12	yw	90 <b>Roberto van Goor</b>	M50	2:04.41	<b>2:14.29</b>	
	bl	1 <b>Erol Aksoy</b>	M50	2:09.76	<b>2:17.90</b>	
		<b>Roberto van Goor</b>		<b>Erol Aksoy</b>		
		300m 28.69 (28.69)		300m 28.75 (28.75)		
		700m 1:01.61 (32.92)		700m 1:01.83 (33.08)		
		1100m 1:36.91 (35.30)		1100m 1:38.75 (36.92)		
		1500m 2:14.29 (37.38)		1500m 2:17.90 (39.15)		

		Name	Cat	PB	Time	Info
13	wt	44 <b>Niels Leliveld</b>	M30	1:57.01	<b>2:38.33</b>	FL
	rd	6 <b>Martin Beaudry</b>	M50	2:10.28	<b>2:11.95</b>	
		<b>Niels Leliveld</b>				<b>Martin Beaudry</b>
		300m	28.13 (28.13)	300m	28.88 (28.88)	
		700m	1:00.05 (31.92)	700m	1:01.03 (32.15)	
		1100m	1:32.68 (32.63)	1100m	1:35.13 (34.10)	
		1500m	2:38.33 (65.65)	1500m	2:11.95 (36.82)	
		Name	Cat	PB	Time	Info
14	yw	37 <b>Azamat Ismailov</b>	M45	2:08.93	<b>2:14.89</b>	
	bl	56 <b>Marc Nieuwenhuijse</b>	M40	2:08.42	<b>2:10.48</b>	
		<b>Azamat Ismailov</b>				<b>Marc Nieuwenhuijse</b>
		300m	28.27 (28.27)	300m	29.74 (29.74)	
		700m	1:01.45 (33.18)	700m	1:02.20 (32.46)	
		1100m	1:36.73 (35.28)	1100m	1:35.74 (33.54)	
		1500m	2:14.89 (38.16)	1500m	2:10.48 (34.74)	
		Name	Cat	PB	Time	Info
15	wt	92 <b>Sybe van Hijum</b>	M30	2:05.49	<b>2:11.53</b>	
	rd	43 <b>Willem Leeuwenburgh</b>	M30	2:07.64	<b>2:16.10</b>	
		<b>Sybe van Hijum</b>				<b>Willem Leeuwenburgh</b>
		300m	29.23 (29.23)	300m	29.03 (29.03)	
		700m	1:01.86 (32.63)	700m	1:02.19 (33.16)	
		1100m	1:35.96 (34.10)	1100m	1:38.19 (36.00)	
		1500m	2:11.53 (35.57)	1500m	2:16.10 (37.91)	
		Name	Cat	PB	Time	Info
16	yw	30 <b>Martin Heerma</b>	M50	1:58.04	<b>2:13.21</b>	
	bl	66 <b>Mark Reiling</b>	M40	1:59.45	<b>2:10.00</b>	
		<b>Martin Heerma</b>				<b>Mark Reiling</b>
		300m	28.03 (28.03)	300m	27.79 (27.79)	
		700m	1:00.28 (32.25)	700m	59.40 (31.61)	
		1100m	1:35.43 (35.15)	1100m	1:33.26 (33.86)	
		1500m	2:13.21 (37.78)	1500m	2:10.00 (36.74)	

		Name	Cat	PB	Time	Info
17	wt	80 <b>Shuji Sugawara</b>	M35	1:55.61	<b>2:03.69</b>	
	rd	72 <b>Jeroen Schoppink</b>	M40	1:52.70	<b>2:04.72</b>	
		<b>Shuji Sugawara</b>		<b>Jeroen Schoppink</b>		
		300m	25.80 (25.80)	300m	27.30 (27.30)	
		700m	55.64 (29.84)	700m	58.35 (31.05)	
		1100m	1:28.11 (32.47)	1100m	1:30.68 (32.33)	
		1500m	2:03.69 (35.58)	1500m	2:04.72 (34.04)	
		Name	Cat	PB	Time	Info
18	yw	100 <b>Michiel Wienese</b>	M45	1:57.24	<b>2:07.12</b>	
	bl	76 <b>Daan Spoelstra</b>	M45	2:03.63	<b>2:07.47</b>	
		<b>Michiel Wienese</b>		<b>Daan Spoelstra</b>		
		300m	27.21 (27.21)	300m	28.07 (28.07)	
		700m	58.19 (30.98)	700m	59.72 (31.65)	
		1100m	1:31.19 (33.00)	1100m	1:33.05 (33.33)	
		1500m	2:07.12 (35.93)	1500m	2:07.47 (34.42)	
		Name	Cat	PB	Time	Info
19	wt	74 <b>Bart Seffinga</b>	M40	1:50.31	<b>2:05.99</b>	
	rd	20 <b>Arjan Elferink</b>	M45	1:55.96	<b>2:01.40</b>	
		<b>Bart Seffinga</b>		<b>Arjan Elferink</b>		
		300m	26.13 (26.13)	300m	26.49 (26.49)	
		700m	56.18 (30.05)	700m	56.14 (29.65)	
		1100m	1:28.85 (32.67)	1100m	1:27.79 (31.65)	
		1500m	2:05.99 (37.14)	1500m	2:01.40 (33.61)	
		Name	Cat	PB	Time	Info
20	yw	58 <b>Mark Ooijevaar</b>	M40	1:50.34	<b>2:03.49</b>	
	bl	46 <b>André Los</b>	M30	1:53.46	<b>2:04.61</b>	
		<b>Mark Ooijevaar</b>		<b>André Los</b>		
		300m	28.41 (28.41)	300m	27.50 (27.50)	
		700m	59.09 (30.68)	700m	58.29 (30.79)	
		1100m	1:30.63 (31.54)	1100m	1:30.80 (32.51)	
		1500m	2:03.49 (32.86)	1500m	2:04.61 (33.81)	

## 10. Result Women Group A 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	30 Eva Riemersma - van Rheenen	W40	12	O	2:19.25		
2	11 Claudia Henckel	W35	12	I	2:21.71		
3	16 Christiane Kloß	W50	11	O	2:26.77		
4	41 Evelien van der Kist	W35	11	I	2:28.35		
5	25 Nicole Peeters	W30	3	I	2:29.06		
6	50 Irma Woud	W50	9	O	2:29.81		
7	4 Esther Bouman	W35	9	I	2:32.55		
8	29 Kim Reid	W50	10	O	2:34.58		
9	44 Wendy van der Ham	W50	10	I	2:34.83		
10	14 Renate Jeppsson	W50	8	O	2:36.04		
11	2 Heidi Beck	W30	7	I	2:36.16		
12	42 Anna Van der Stok	W50	8	I	2:36.67		
13	33 Teresa Schneider	W35	7	O	2:36.84		
14	31 Andrea Roberts	W35	1	I	2:47.56		
15	48 Tomoko Wakazuki	W40	4	I	2:47.75		
16	36 Jip Spel	W30	5	O	2:48.56		
17	6 Jessica Chu	W30	5	I	2:49.04	PB	
18	21 Evelyn Mein-Klok	W50	6	I	2:49.36		
19	35 Solfrid Sivertsen	W45	6	O	2:56.64		
20	22 Tove Julianne Nerdahl	W45	3	O	3:03.84		
21	46 Daniela Völker	W45	4	O	3:08.27		

## 10. Race Result Women Group A 1500 meter

		Name	Cat	PB	Time	Info	
1	wt rd	31 <b>Andrea Roberts</b>	W35	2:43.47	<b>2:47.56</b>		
		<b>Andrea Roberts</b>					
		300m	35.14	(35.14)			m
		700m	1:15.10	(39.96)			
		1100m	1:59.44	(44.34)			
		1500m	2:47.56	(48.12)			
<hr/>							
		Name	Cat	PB	Time	Info	
2	yw bl						
		<hr/>					
							m
		<hr/>					
							m
<hr/>							
		Name	Cat	PB	Time	Info	
3	wt rd	25 <b>Nicole Peeters</b>	W30	2:19.53	<b>2:29.06</b>		
		22 <b>Tove Julianne Nerdahl</b>	W45	2:47.90	<b>3:03.84</b>		
		<b>Nicole Peeters</b>			<b>Tove Julianne Nerdahl</b>		
		300m	31.92	(31.92)	300m	36.70	(36.70)
		700m	1:08.34	(36.42)	700m	1:21.07	(44.37)
		1100m	1:47.89	(39.55)	1100m	2:09.94	(48.87)
		1500m	2:29.06	(41.17)	1500m	3:03.84	(53.90)
<hr/>							
		Name	Cat	PB	Time	Info	
4	yw bl	48 <b>Tomoko Wakazuki</b>	W40		<b>2:47.75</b>		
		46 <b>Daniela Völker</b>	W45	3:05.35	<b>3:08.27</b>		
		<b>Tomoko Wakazuki</b>			<b>Daniela Völker</b>		
		300m	32.09	(32.09)	300m	37.38	(37.38)
		700m	1:13.92	(41.83)	700m	1:24.10	(46.72)
		1100m	2:00.89	(46.97)	1100m	2:15.87	(51.77)
		1500m	2:47.75	(46.86)	1500m	3:08.27	(52.40)

		Name	Cat	PB	Time	Info
5	wt	6 <b>Jessica Chu</b>	W30	2:53.34	<b>2:49.04</b>	PB
	rd	36 <b>Jip Spel</b>	W30	2:39.54	<b>2:48.56</b>	
		<u>Jessica Chu</u>			<u>Jip Spel</u>	
		300m 34.65 (34.65)		300m 36.56 (36.56)		
		700m 1:16.96 (42.31)		700m 1:19.36 (42.80)		
		1100m 2:02.31 (45.35)		1100m 2:03.73 (44.37)		
		1500m 2:49.04 (46.73)		1500m 2:48.56 (44.83)		
		Name	Cat	PB	Time	Info
6	yw	21 <b>Evelyn Mein-Klok</b>	W50	2:38.94	<b>2:49.36</b>	
	bl	35 <b>Solfrid Sivertsen</b>	W45	2:23.91	<b>2:56.64</b>	
		<u>Evelyn Mein-Klok</u>			<u>Solfrid Sivertsen</u>	
		300m 35.76 (35.76)		300m 37.95 (37.95)		
		700m 1:17.58 (41.82)		700m 1:22.13 (44.18)		
		1100m 2:02.32 (44.74)		1100m 2:09.13 (47.00)		
		1500m 2:49.36 (47.04)		1500m 2:56.64 (47.51)		
		Name	Cat	PB	Time	Info
7	wt	2 <b>Heidi Beck</b>	W30	2:26.04	<b>2:36.16</b>	
	rd	33 <b>Teresa Schneider</b>	W35	2:23.62	<b>2:36.84</b>	
		<u>Heidi Beck</u>			<u>Teresa Schneider</u>	
		300m 31.56 (31.56)		300m 30.24 (30.24)		
		700m 1:10.04 (38.48)		700m 1:08.36 (38.12)		
		1100m 1:52.42 (42.38)		1100m 1:52.62 (44.26)		
		1500m 2:36.16 (43.74)		1500m 2:36.84 (44.22)		
		Name	Cat	PB	Time	Info
8	yw	42 <b>Anna Van der Stok</b>	W50	2:30.10	<b>2:36.67</b>	
	bl	14 <b>Renate Jeppsson</b>	W50	2:12.37	<b>2:36.04</b>	
		<u>Anna Van der Stok</u>			<u>Renate Jeppsson</u>	
		300m 31.93 (31.93)		300m 30.89 (30.89)		
		700m 1:10.39 (38.46)		700m 1:08.48 (37.59)		
		1100m 1:52.58 (42.19)		1100m 1:50.55 (42.07)		
		1500m 2:36.67 (44.09)		1500m 2:36.04 (45.49)		

		Name	Cat	PB	Time	Info
9	wt	4 <b>Esther Bouman</b>	W35	2:16.32	<b>2:32.55</b>	
	rd	50 <b>Irma Woud</b>	W50	2:12.53	<b>2:29.81</b>	
		<b>Esther Bouman</b>		<b>Irma Woud</b>		
		300m 33.17 (33.17)		300m 31.35 (31.35)		
		700m 1:10.65 (37.48)		700m 1:08.32 (36.97)		
		1100m 1:50.31 (39.66)		1100m 1:47.82 (39.50)		
		1500m 2:32.55 (42.24)		1500m 2:29.81 (41.99)		
		Name	Cat	PB	Time	Info
10	yw	44 <b>Wendy van der Ham</b>	W50	2:22.81	<b>2:34.83</b>	
	bl	29 <b>Kim Reid</b>	W50	2:29.03	<b>2:34.58</b>	
		<b>Wendy van der Ham</b>		<b>Kim Reid</b>		
		300m 31.59 (31.59)		300m 33.19 (33.19)		
		700m 1:09.66 (38.07)		700m 1:11.25 (38.06)		
		1100m 1:50.88 (41.22)		1100m 1:52.02 (40.77)		
		1500m 2:34.83 (43.95)		1500m 2:34.58 (42.56)		
		Name	Cat	PB	Time	Info
11	wt	41 <b>Evelien van der Kist</b>	W35	2:17.16	<b>2:28.35</b>	
	rd	16 <b>Christiane Kloß</b>	W50	2:14.38	<b>2:26.77</b>	
		<b>Evelien van der Kist</b>		<b>Christiane Kloß</b>		
		300m 30.58 (30.58)		300m 31.41 (31.41)		
		700m 1:08.31 (37.73)		700m 1:08.21 (36.80)		
		1100m 1:47.95 (39.64)		1100m 1:47.29 (39.08)		
		1500m 2:28.35 (40.40)		1500m 2:26.77 (39.48)		
		Name	Cat	PB	Time	Info
12	yw	11 <b>Claudia Henckel</b>	W35	2:14.48	<b>2:21.71</b>	
	bl	30 <b>Eva Riemersma - van Rheenen</b>	W40	2:11.27	<b>2:19.25</b>	
		<b>Claudia Henckel</b>		<b>Eva Riemersma - van Rheenen</b>		
		300m 29.27 (29.27)		300m 30.82 (30.82)		
		700m 1:04.57 (35.30)		700m 1:05.21 (34.39)		
		1100m 1:42.34 (37.77)		1100m 1:41.79 (36.58)		
		1500m 2:21.71 (39.37)		1500m 2:19.25 (37.46)		

## 11. Result Men Group B 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	95 Joost van Leenders	M55	17	I	2:12.71		
2	87 Victor van den Hoff	M65	18	O	2:14.89		
3	86 Klaas van den Berg	M60	18	I	2:16.02		
4	54 Geir Nettet	M55	12	I	2:16.22		
5	96 Hans van Peperstraten	M70	14	O	2:16.37		
6	99 Johan Vikhals	M55	14	I	2:18.39		
7	41 Kees Langeveld	M65	16	O	2:20.86		
8	32 Morten Henriksen	M65	12	O	2:22.11		
9	75 Piet Siemonsma	M70	15	I	2:22.17		
10	50 Jan Mein	M65	13	I	2:22.27		
11	84 Aart van Beuzekom	M55	17	O	2:22.58		
12	98 Erik Vea	M70	13	O	2:27.77		
13	21 Bjørn Fjelnseth	M55	8	O	2:28.08	PB	
14	97 Hendrik van de Beek	M60	15	O	2:28.38		
15	3 Scott Anderson	M55	11	I	2:31.89		
16	8 Robert Black	M60	16	I	2:32.09		
17	53 Ragnvald Næss	M65	10	O	2:33.27	MT	
18	79 Arne Stenhaus	M65	8	I	2:34.33		
19	10 Egil Bokn	M70	10	I	2:34.49	MT	
20	40 Olav Langeland	M65	9	I	2:36.28	MT	
21	45 Ole Løland	M65	4	O	2:39.04	PB	
22	77 Harold Spragg	M65	11	O	2:39.70		
23	94 Chris van Koeverden	M65	6	O	2:40.62		
24	69 Rolf Espen Riktor	M60	6	I	2:41.47		
25	14 Michele Giuseppe Cortesi	M60	5	I	2:43.69		
26	52 Tomomatsu Misawa	M55	2	I	2:44.07		
27	17 Pieter den Dunnen	M75	9	O	2:47.74	MT	
28	36 Thomas Hoekstra	M70	7	I	2:48.41		
29	91 Ton van Helden	M75	7	O	2:58.66		
30	68 Frans Rietveld	M80	5	O	3:01.11		
31	82 Bruno Toniolli	M80	4	I	3:07.11		
32	9 Emilio Boicelli	M75	3	I	3:15.00		
33	13 Bujiin Jalbaa	M80	2	O	3:15.14		
34	81 Kenji Takai	M55	1	I	3:45.23	FL	
35	4 Badam Tumurbaatar	M55	1	O	4:06.26		
	35 Gunnar Hiesgen	M55	3	O	DNS		



## 11. Race Result Men Group B 1500 meter

		Name		Cat		PB	Time	Info
1	wt	81	<b>Kenji Takai</b>		M55	3:16.00	<b>3:45.23</b>	FL
	rd	4	<b>Badam Tumurbaatar</b>		M55		<b>4:06.26</b>	
		<b>Kenji Takai</b>			<b>Badam Tumurbaatar</b>			
		300m	41.04	(41.04)	300m	43.88	(43.88)	
		700m	1:44.27	(63.23)	700m	1:41.05	(57.17)	
		1100m	2:40.04	(55.77)	1100m	2:50.68	(69.63)	
		1500m	3:45.23	(65.19)	1500m	4:06.26	(75.58)	

		Name		Cat		PB	Time	Info
2	yw	52	<b>Tomomatsu Misawa</b>		M55		<b>2:44.07</b>	
	bl	13	<b>Bujiin Jalbaa</b>		M80	2:13.40	<b>3:15.14</b>	
		<b>Tomomatsu Misawa</b>			<b>Bujiin Jalbaa</b>			
		300m	33.48	(33.48)	300m	38.61	(38.61)	
		700m	1:15.66	(42.18)	700m	1:26.82	(48.21)	
		1100m	1:57.71	(42.05)	1100m	2:18.88	(52.06)	
		1500m	2:44.07	(46.36)	1500m	3:15.14	(56.26)	

		Name		Cat		PB	Time	Info
3	wt	9	<b>Emilio Boicelli</b>		M75	2:49.81	<b>3:15.00</b>	
	rd	35	<b>Gunnar Hiesgen</b>		M55	3:13.58	<b>DNS</b>	
		<b>Emilio Boicelli</b>			<b>Gunnar Hiesgen</b>			
		300m	39.43	(39.43)				
		700m	1:27.09	(47.66)				
		1100m	2:19.14	(52.05)				
		1500m	3:15.00	(55.86)				

		Name		Cat		PB	Time	Info
4	yw	82	<b>Bruno Toniolli</b>		M80	2:04.60	<b>3:07.11</b>	
	bl	45	<b>Ole Løland</b>		M65	2:40.44	<b>2:39.04</b>	PB
		<b>Bruno Toniolli</b>			<b>Ole Løland</b>			
		300m	38.10	(38.10)	300m	33.37	(33.37)	
		700m	1:25.42	(47.32)	700m	1:12.71	(39.34)	
		1100m	2:16.40	(50.98)	1100m	1:55.20	(42.49)	
		1500m	3:07.11	(50.71)	1500m	2:39.04	(43.84)	

		Name	Cat	PB	Time	Info
5	wt	14 <b>Michele Giuseppe Cortesi</b>	M60	2:25.07	<b>2:43.69</b>	
	rd	68 <b>Frans Rietveld</b>	M80	2:12.64	<b>3:01.11</b>	
		<b>Michele Giuseppe Cortesi</b>		<b>Frans Rietveld</b>		
		300m	35.03 (35.03)	300m	37.60 (37.60)	
		700m	1:17.10 (42.07)	700m	1:23.39 (45.79)	
		1100m	2:00.26 (43.16)	1100m	2:11.26 (47.87)	
		1500m	2:43.69 (43.43)	1500m	3:01.11 (49.85)	
		Name	Cat	PB	Time	Info
6	yw	69 <b>Rolf Espen Riktor</b>	M60	2:29.39	<b>2:41.47</b>	
	bl	94 <b>Chris van Koeverden</b>	M65	2:20.38	<b>2:40.62</b>	
		<b>Rolf Espen Riktor</b>		<b>Chris van Koeverden</b>		
		300m	35.52 (35.52)	300m	33.41 (33.41)	
		700m	1:16.52 (41.00)	700m	1:13.69 (40.28)	
		1100m	1:58.56 (42.04)	1100m	1:56.57 (42.88)	
		1500m	2:41.47 (42.91)	1500m	2:40.62 (44.05)	
		Name	Cat	PB	Time	Info
7	wt	36 <b>Thomas Hoekstra</b>	M70	2:10.04	<b>2:48.41</b>	
	rd	91 <b>Ton van Helden</b>	M75	2:15.37	<b>2:58.66</b>	
		<b>Thomas Hoekstra</b>		<b>Ton van Helden</b>		
		300m	35.03 (35.03)	300m	39.17 (39.17)	
		700m	1:16.63 (41.60)	700m	1:25.24 (46.07)	
		1100m	2:01.48 (44.85)	1100m	2:12.14 (46.90)	
		1500m	2:48.41 (46.93)	1500m	2:58.66 (46.52)	
		Name	Cat	PB	Time	Info
8	yw	79 <b>Arne Stenhaug</b>	M65	2:03.45	<b>2:34.33</b>	
	bl	21 <b>Bjørn Fjelnseth</b>	M55	2:31.45	<b>2:28.08</b> PB	
		<b>Arne Stenhaug</b>		<b>Bjørn Fjelnseth</b>		
		300m	32.61 (32.61)	300m	31.88 (31.88)	
		700m	1:10.78 (38.17)	700m	1:08.93 (37.05)	
		1100m	1:52.34 (41.56)	1100m	1:47.80 (38.87)	
		1500m	2:34.33 (41.99)	1500m	2:28.08 (40.28)	

		Name	Cat	PB	Time	Info
9	wt	40 <b>Olav Langeland</b>	M65	2:13.68	<b>2:36.28</b>	MT
	rd	17 <b>Pieter den Dunnen</b>	M75	2:08.54	<b>2:47.74</b>	MT
		<b>Olav Langeland</b>		<b>Pieter den Dunnen</b>		
		300m 34.13 (34.13)		300m 37.05 (37.05)		
		700m 1:13.87 (39.74)		700m 1:18.77 (41.72)		
		1100m 1:54.84 (40.97)		1100m 2:01.78 (43.01)		
		1500m 2:36.28 (41.44)		1500m 2:47.74 (45.96)		
		Name	Cat	PB	Time	Info
10	yw	10 <b>Egil Bokn</b>	M70	2:08.48	<b>2:34.49</b>	MT
	bl	53 <b>Ragnvald Næss</b>	M65	2:02.42	<b>2:33.27</b>	MT
		<b>Egil Bokn</b>		<b>Ragnvald Næss</b>		
		300m 33.01 (33.01)		300m 33.40 (33.40)		
		700m 1:12.28 (39.27)		700m 1:11.99 (38.59)		
		1100m 1:53.46 (41.18)		1100m 1:52.17 (40.18)		
		1500m 2:34.49 (41.03)		1500m 2:33.27 (41.10)		
		Name	Cat	PB	Time	Info
11	wt	3 <b>Scott Anderson</b>	M55	2:08.64	<b>2:31.89</b>	
	rd	77 <b>Harold Spragg</b>	M65	2:07.53	<b>2:39.70</b>	
		<b>Scott Anderson</b>		<b>Harold Spragg</b>		
		300m 34.77 (34.77)		300m 35.08 (35.08)		
		700m 1:13.80 (39.03)		700m 1:15.57 (40.49)		
		1100m 1:52.70 (38.90)		1100m 1:56.73 (41.16)		
		1500m 2:31.89 (39.19)		1500m 2:39.70 (42.97)		
		Name	Cat	PB	Time	Info
12	yw	54 <b>Geir Nettet</b>	M55	2:06.61	<b>2:16.22</b>	
	bl	32 <b>Morten Henriksen</b>	M65	2:00.09	<b>2:22.11</b>	
		<b>Geir Nettet</b>		<b>Morten Henriksen</b>		
		300m 29.66 (29.66)		300m 30.50 (30.50)		
		700m 1:03.85 (34.19)		700m 1:05.93 (35.43)		
		1100m 1:39.45 (35.60)		1100m 1:43.48 (37.55)		
		1500m 2:16.22 (36.77)		1500m 2:22.11 (38.63)		

		Name	Cat	PB	Time	Info
13	wt	50 <b>Jan Mein</b>	M65	2:07.00	<b>2:22.27</b>	
	rd	98 <b>Erik Vea</b>	M70	2:00.44	<b>2:27.77</b>	
		<b>Jan Mein</b>		<b>Erik Vea</b>		
		300m 30.13 (30.13)		300m 31.08 (31.08)		
		700m 1:05.95 (35.82)		700m 1:07.80 (36.72)		
		1100m 1:43.56 (37.61)		1100m 1:46.61 (38.81)		
		1500m 2:22.27 (38.71)		1500m 2:27.77 (41.16)		
		Name	Cat	PB	Time	Info
14	yw	99 <b>Johan Vikhals</b>	M55	2:15.51	<b>2:18.39</b>	
	bl	96 <b>Hans van Peperstraten</b>	M70	2:06.86	<b>2:16.37</b>	
		<b>Johan Vikhals</b>		<b>Hans van Peperstraten</b>		
		300m 30.15 (30.15)		300m 30.38 (30.38)		
		700m 1:03.54 (33.39)		700m 1:03.61 (33.23)		
		1100m 1:39.31 (35.77)		1100m 1:38.90 (35.29)		
		1500m 2:18.39 (39.08)		1500m 2:16.37 (37.47)		
		Name	Cat	PB	Time	Info
15	wt	75 <b>Piet Siemonsma</b>	M70	2:05.11	<b>2:22.17</b>	
	rd	97 <b>Hendrik van de Beek</b>	M60	2:04.06	<b>2:28.38</b>	
		<b>Piet Siemonsma</b>		<b>Hendrik van de Beek</b>		
		300m 30.86 (30.86)		300m 33.88 (33.88)		
		700m 1:05.74 (34.88)		700m 1:10.14 (36.26)		
		1100m 1:43.31 (37.57)		1100m 1:48.57 (38.43)		
		1500m 2:22.17 (38.86)		1500m 2:28.38 (39.81)		
		Name	Cat	PB	Time	Info
16	yw	8 <b>Robert Black</b>	M60	2:12.02	<b>2:32.09</b>	
	bl	41 <b>Kees Langeveld</b>	M65	2:08.83	<b>2:20.86</b>	
		<b>Robert Black</b>		<b>Kees Langeveld</b>		
		300m 32.28 (32.28)		300m 31.76 (31.76)		
		700m 1:08.92 (36.64)		700m 1:06.79 (35.03)		
		1100m 1:48.88 (39.96)		1100m 1:43.23 (36.44)		
		1500m 2:32.09 (43.21)		1500m 2:20.86 (37.63)		

		Name	Cat	PB	Time	Info
17	wt	95 <b>Joost van Leenders</b>	M55	2:06.81	<b>2:12.71</b>	
	rd	84 <b>Aart van Beuzekom</b>	M55	2:07.71	<b>2:22.58</b>	
		<b>Joost van Leenders</b>		<b>Aart van Beuzekom</b>		
		300m	29.54 (29.54)	300m	30.03 (30.03)	
		700m	1:02.94 (33.40)	700m	1:04.69 (34.66)	
		1100m	1:37.85 (34.91)	1100m	1:42.07 (37.38)	
		1500m	2:12.71 (34.86)	1500m	2:22.58 (40.51)	
		Name	Cat	PB	Time	Info
18	yw	86 <b>Klaas van den Berg</b>	M60	2:02.62	<b>2:16.02</b>	
	bl	87 <b>Victor van den Hoff</b>	M65	1:57.62	<b>2:14.89</b>	
		<b>Klaas van den Berg</b>		<b>Victor van den Hoff</b>		
		300m	29.13 (29.13)	300m	29.76 (29.76)	
		700m	1:03.12 (33.99)	700m	1:03.51 (33.75)	
		1100m	1:38.52 (35.40)	1100m	1:38.62 (35.11)	
		1500m	2:16.02 (37.50)	1500m	2:14.89 (36.27)	

## 12. Result Women Group B 1500 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	45 Gerdien Verweij	W55	11	O	2:29.00	
2	37 Ciska Stark	W60	12	O	2:35.68	
3	3 Monique Boerema	W60	9	O	2:35.97	
4	8 Marianne de Neeling	W60	10	I	2:37.33	
5	51 Lettie Zwanenburg	W65	9	I	2:38.26	
6	7 Marlies de Jong	W55	11	I	2:38.53	
7	15 Chieko Kato	W55	4	I	2:38.94	
8	43 Mariska van Haaften- van den Bosch	W60	8	O	2:40.69	
9	26 Anke Preuß	W55	7	I	2:42.66	
10	47 Jolanda Voskamp-Vollebregt	W55	12	I	2:44.40	
11	19 Katrin Leschner	W55	8	I	2:44.54	
12	39 Katsuyo Takeuchi	W55	3	I	2:44.76	
13	34 Diane Silzer	W60	10	O	2:45.75	
14	17 Trine Landsem	W55	7	O	2:51.50	
15	38 Marita Steen	W65	6	I	2:53.51	
16	12 Barbara Heerschop	W65	5	O	2:54.82	
17	10 Hilles Hamersley	W60	6	O	3:10.67	
18	28 Marianne Reece	W55	5	I	3:13.24	
19	1 Luvsandagva Altantsetseg	W70	1	I	3:17.00	
20	32 Rossella Sardi	W65	3	O	3:46.71	
21	20 Purevmaa Magsar	W65	4	O	4:25.00	

## 12. Race Result Women Group B 1500 meter

		Name	Cat	PB	Time Info
1	wt rd	1 Luvsandagva Altantsetseg	W70	3:15.28	<b>3:17.00</b>
Luvsandagva Altantsetseg					
		300m	41.59 (41.59)		m
		700m	1:31.06 (49.47)		
		1100m	2:23.84 (52.78)		
		1500m	3:17.00 (53.16)		

		Name	Cat	PB	Time Info
2	yw bl				
					m
					m

		Name	Cat	PB	Time Info
3	wt	39 Katsuyo Takeuchi	W55		<b>2:44.76</b>
	rd	32 Rossella Sardi	W65	3:21.59	<b>3:46.71</b>
Katsuyo Takeuchi					
		300m	33.91 (33.91)		
		700m	1:15.60 (41.69)		
		1100m	2:00.28 (44.68)		
		1500m	2:44.76 (44.48)		
Rossella Sardi					
		300m	46.08 (46.08)		
		700m	1:45.00 (58.92)		
		1100m	2:46.49 (61.49)		
		1500m	3:46.71 (60.22)		

		Name	Cat	PB	Time Info
4	yw	15 Chieko Kato	W55		<b>2:38.94</b>
	bl	20 Purevmaa Magsar	W65		<b>4:25.00</b>
Chieko Kato					
		300m	32.01 (32.01)		
		700m	1:10.01 (38.00)		
		1100m	1:52.84 (42.83)		
		1500m	2:38.94 (46.10)		
Purevmaa Magsar					
		300m	51.99 (51.99)		
		700m	1:58.20 (66.21)		
		1100m	3:11.23 (73.03)		
		1500m	4:25.00 (73.77)		

		Name	Cat	PB	Time	Info
5	wt	28 <b>Marianne Reece</b>	W55	2:56.10	<b>3:13.24</b>	
	rd	12 <b>Barbara Heerschop</b>	W65	2:23.04	<b>2:54.82</b>	
		<b>Marianne Reece</b>		<b>Barbara Heerschop</b>		
		300m 40.11 (40.11)		300m 36.65 (36.65)		
		700m 1:28.36 (48.25)		700m 1:20.34 (43.69)		
		1100m 2:18.59 (50.23)		1100m 2:06.28 (45.94)		
		1500m 3:13.24 (54.65)		1500m 2:54.82 (48.54)		
		Name	Cat	PB	Time	Info
6	yw	38 <b>Marita Steen</b>	W65	2:26.54	<b>2:53.51</b>	
	bl	10 <b>Hilles Hamersley</b>	W60	3:02.25	<b>3:10.67</b>	
		<b>Marita Steen</b>		<b>Hilles Hamersley</b>		
		300m 35.81 (35.81)		300m 38.88 (38.88)		
		700m 1:19.07 (43.26)		700m 1:25.37 (46.49)		
		1100m 2:05.90 (46.83)		1100m 2:17.06 (51.69)		
		1500m 2:53.51 (47.61)		1500m 3:10.67 (53.61)		
		Name	Cat	PB	Time	Info
7	wt	26 <b>Anke Preuß</b>	W55	2:26.26	<b>2:42.66</b>	
	rd	17 <b>Trine Landsem</b>	W55	2:39.05	<b>2:51.50</b>	
		<b>Anke Preuß</b>		<b>Trine Landsem</b>		
		300m 33.54 (33.54)		300m 37.64 (37.64)		
		700m 1:14.56 (41.02)		700m 1:20.93 (43.29)		
		1100m 1:59.07 (44.51)		1100m 2:05.55 (44.62)		
		1500m 2:42.66 (43.59)		1500m 2:51.50 (45.95)		
		Name	Cat	PB	Time	Info
8	yw	19 <b>Katrin Leschner</b>	W55	2:28.58	<b>2:44.54</b>	
	bl	43 <b>Mariska van Haften- van den Bosch</b>	W60	2:27.14	<b>2:40.69</b>	
		<b>Katrin Leschner</b>		<b>Mariska van Haften- van den Bosch</b>		
		300m 33.98 (33.98)		300m 33.98 (33.98)		
		700m 1:14.46 (40.48)		700m 1:13.41 (39.43)		
		1100m 1:58.55 (44.09)		1100m 1:56.26 (42.85)		
		1500m 2:44.54 (45.99)		1500m 2:40.69 (44.43)		



		Name	Cat	PB	Time	Info
9	wt	51 <b>Lettie Zwanenburg</b>	W65	2:19.31	<b>2:38.26</b>	
	rd	3 <b>Monique Boerema</b>	W60	2:09.60	<b>2:35.97</b>	
		<b>Lettie Zwanenburg</b>		<b>Monique Boerema</b>		
		300m	33.74 (33.74)	300m	32.32 (32.32)	
		700m	1:12.66 (38.92)	700m	1:10.31 (37.99)	
		1100m	1:54.10 (41.44)	1100m	1:51.68 (41.37)	
		1500m	2:38.26 (44.16)	1500m	2:35.97 (44.29)	
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		Name	Cat	PB	Time	Info
10	yw	8 <b>Marianne de Neeling</b>	W60	2:20.52	<b>2:37.33</b>	
	bl	34 <b>Diane Silzer</b>	W60	2:21.27	<b>2:45.75</b>	
		<b>Marianne de Neeling</b>		<b>Diane Silzer</b>		
		300m	34.23 (34.23)	300m	34.42 (34.42)	
		700m	1:13.65 (39.42)	700m	1:14.64 (40.22)	
		1100m	1:54.79 (41.14)	1100m	1:59.07 (44.43)	
		1500m	2:37.33 (42.54)	1500m	2:45.75 (46.68)	
<hr/>						
		Name	Cat	PB	Time	Info
11	wt	7 <b>Marlies de Jong</b>	W55	2:22.42	<b>2:38.53</b>	
	rd	45 <b>Gerdien Verweij</b>	W55	2:10.56	<b>2:29.00</b>	
		<b>Marlies de Jong</b>		<b>Gerdien Verweij</b>		
		300m	32.91 (32.91)	300m	31.20 (31.20)	
		700m	1:12.45 (39.54)	700m	1:07.56 (36.36)	
		1100m	1:54.25 (41.80)	1100m	1:46.88 (39.32)	
		1500m	2:38.53 (44.28)	1500m	2:29.00 (42.12)	
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		Name	Cat	PB	Time	Info
12	yw	47 <b>Jolanda Voskamp-Vollebregt</b>	W55	2:10.00	<b>2:44.40</b>	
	bl	37 <b>Ciska Stark</b>	W60	2:23.28	<b>2:35.68</b>	
		<b>Jolanda Voskamp-Vollebregt</b>		<b>Ciska Stark</b>		
		300m	34.92 (34.92)	300m	32.97 (32.97)	
		700m	1:17.01 (42.09)	700m	1:11.99 (39.02)	
		1100m	2:00.77 (43.76)	1100m	1:53.33 (41.34)	
		1500m	2:44.40 (43.63)	1500m	2:35.68 (42.35)	

## 13. Result Men Group A 5000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	58 Mark Ooijevaar	M40	9	I	7:18.48	
2	20 Arjan Elferink	M45	9	O	7:19.46	
3	46 André Los	M30	10	I	7:35.56	
4	92 Sybe van Hijum	M30	7	O	7:44.31	
5	56 Marc Nieuwenhuijse	M40	7	I	7:44.71	
6	44 Niels Leliveld	M30	8	O	7:54.59	
7	51 Frode Midjo	M50	5	O	8:00.63	
8	29 Andreas Haugerud	M35	5	I	8:02.69	
9	55 Andrew Nicholson	M50	2	O	8:03.46	
10	76 Daan Spoelstra	M45	8	I	8:14.12	
11	43 Willem Leeuwenburgh	M30	6	I	8:21.32	
12	90 Roberto van Goor	M50	4	I	8:23.15	
13	38 Vishwaraj Jadeja	M35	10	O	8:26.30	
14	63 Maarten Quist	M45	4	O	8:31.76	
15	104 Marvin Zeisberg	M30	3	I	9:00.72	
16	39 Christian Kelm	M40	3	O	9:07.10	
17	22 Jérôme Gass	M40	1	I	10:55.79	
	62 Cristian Picco	M40	2	I	DNS	
	31 Andre Held-Engelbrecht	M35	6	O	DNS	

## 13. Race Result Men Group A 5000 meter

	Name	Cat	PB	Time Info
1	wt rd	22 Jérôme Gass	M40	10:55.79
	Jérôme Gass			
	200m	29.51 (29.51)		m
	600m	1:17.15 (47.64)		
	1000m	2:06.99 (49.84)		
	1400m	2:56.09 (49.10)		
	1800m	3:46.71 (50.62)		
	2200m	4:38.60 (51.89)		
	2600m	5:30.88 (52.28)		
	3000m	6:24.58 (53.70)		
	3400m	7:20.74 (56.16)		
	3800m	8:17.50 (56.76)		
	4200m	9:11.08 (53.58)		
	4600m	10:03.63 (52.55)		
	5000m	10:55.79 (52.16)		

	Name	Cat	PB	Time Info
2	yw	62 Cristian Picco	M40	DNS
	bl	55 Andrew Nicholson	M50	6:52.26
	Cristian Picco		Andrew Nicholson	
		200m	23.34 (23.34)	
		600m	1:00.18 (36.84)	
		1000m	1:38.08 (37.90)	
		1400m	2:16.66 (38.58)	
		1800m	2:54.68 (38.02)	
		2200m	3:33.41 (38.73)	
		2600m	4:11.90 (38.49)	
		3000m	4:50.78 (38.88)	
		3400m	5:29.24 (38.46)	
		3800m	6:08.22 (38.98)	
		4200m	6:46.55 (38.33)	
		4600m	7:25.35 (38.80)	
		5000m	8:03.46 (38.11)	

		Name	Cat	PB	Time Info
3	wt	104 <b>Marvin Zeisberg</b>	M30	8:43.95	<b>9:00.72</b>
	rd	39 <b>Christian Kelm</b>	M40		<b>9:07.10</b>
<b>Marvin Zeisberg</b>			<b>Christian Kelm</b>		
	200m	23.90 (23.90)	200m	24.20 (24.20)	
	600m	1:02.75 (38.85)	600m	1:02.90 (38.70)	
	1000m	1:42.53 (39.78)	1000m	1:43.51 (40.61)	
	1400m	2:24.76 (42.23)	1400m	2:25.60 (42.09)	
	1800m	3:06.86 (42.10)	1800m	3:08.11 (42.51)	
	2200m	3:50.09 (43.23)	2200m	3:51.62 (43.51)	
	2600m	4:33.61 (43.52)	2600m	4:35.71 (44.09)	
	3000m	5:17.81 (44.20)	3000m	5:20.20 (44.49)	
	3400m	6:02.02 (44.21)	3400m	6:05.42 (45.22)	
	3800m	6:47.01 (44.99)	3800m	6:51.52 (46.10)	
	4200m	7:31.63 (44.62)	4200m	7:37.04 (45.52)	
	4600m	8:14.94 (43.31)	4600m	8:20.57 (43.53)	
	5000m	9:00.72 (45.78)	5000m	9:07.10 (46.53)	

		Name	Cat	PB	Time Info
4	yw	90 <b>Roberto van Goor</b>	M50	7:23.83	<b>8:23.15</b>
	bl	63 <b>Maarten Quist</b>	M45	8:25.37	<b>8:31.76</b>
<b>Roberto van Goor</b>			<b>Maarten Quist</b>		
	200m	23.07 (23.07)	200m	22.55 (22.55)	
	600m	1:01.37 (38.30)	600m	1:01.77 (39.22)	
	1000m	1:40.64 (39.27)	1000m	1:43.04 (41.27)	
	1400m	2:18.99 (38.35)	1400m	2:23.89 (40.85)	
	1800m	2:57.02 (38.03)	1800m	3:04.49 (40.60)	
	2200m	3:35.51 (38.49)	2200m	3:45.32 (40.83)	
	2600m	4:15.04 (39.53)	2600m	4:26.50 (41.18)	
	3000m	4:54.62 (39.58)	3000m	5:07.80 (41.30)	
	3400m	5:35.38 (40.76)	3400m	5:49.05 (41.25)	
	3800m	6:16.87 (41.49)	3800m	6:30.46 (41.41)	
	4200m	6:58.53 (41.66)	4200m	7:11.47 (41.01)	
	4600m	7:40.46 (41.93)	4600m	7:50.77 (39.30)	
	5000m	8:23.15 (42.69)	5000m	8:31.76 (40.99)	

		Name	Cat	PB	Time Info	
5	wt	29 <b>Andreas Haugerud</b>	M35	7:24.04	<b>8:02.69</b>	
	rd	51 <b>Frode Midjo</b>	M50	7:31.62	<b>8:00.63</b>	
		<b>Andreas Haugerud</b>			<b>Frode Midjo</b>	
		200m	22.02 (22.02)	200m	22.74 (22.74)	
		600m	59.21 (37.19)	600m	59.32 (36.58)	
		1000m	1:37.47 (38.26)	1000m	1:37.14 (37.82)	
		1400m	2:16.07 (38.60)	1400m	2:15.21 (38.07)	
		1800m	2:54.58 (38.51)	1800m	2:53.13 (37.92)	
		2200m	3:32.95 (38.37)	2200m	3:30.97 (37.84)	
		2600m	4:11.77 (38.82)	2600m	4:09.17 (38.20)	
		3000m	4:50.47 (38.70)	3000m	4:47.38 (38.21)	
		3400m	5:29.24 (38.77)	3400m	5:25.88 (38.50)	
		3800m	6:08.00 (38.76)	3800m	6:04.52 (38.64)	
		4200m	6:45.97 (37.97)	4200m	6:43.56 (39.04)	
		4600m	7:23.84 (37.87)	4600m	7:22.28 (38.72)	
		5000m	8:02.69 (38.85)	5000m	8:00.63 (38.35)	

		Name	Cat	PB	Time Info	
6	yw	43 <b>Willem Leeuwenburgh</b>	M30	7:53.90	<b>8:21.32</b>	
	bl	31 <b>Andre Held-Engelbrecht</b>	M35	8:02.78	<b>DNS</b>	
		<b>Willem Leeuwenburgh</b>			<b>Andre Held-Engelbrecht</b>	
		200m	22.76 (22.76)			
		600m	59.98 (37.22)			
		1000m	1:38.54 (38.56)			
		1400m	2:17.30 (38.76)			
		1800m	2:56.59 (39.29)			
		2200m	3:35.99 (39.40)			
		2600m	4:15.47 (39.48)			
		3000m	4:55.11 (39.64)			
		3400m	5:35.42 (40.31)			
		3800m	6:16.11 (40.69)			
		4200m	6:57.27 (41.16)			
		4600m	7:39.21 (41.94)			
		5000m	8:21.32 (42.11)			

		Name	Cat	PB	Time	Info	
7	wt	56 <b>Marc Nieuwenhuijse</b>	M40	7:27.19	<b>7:44.71</b>		
	rd	92 <b>Sybe van Hijum</b>	M30	7:24.22	<b>7:44.31</b>		
		<b>Marc Nieuwenhuijse</b>			<b>Sybe van Hijum</b>		
		200m	23.44 (23.44)	200m	23.35 (23.35)		
		600m	59.89 (36.45)	600m	58.96 (35.61)		
		1000m	1:36.11 (36.22)	1000m	1:35.74 (36.78)		
		1400m	2:12.88 (36.77)	1400m	2:12.29 (36.55)		
		1800m	2:49.37 (36.49)	1800m	2:49.13 (36.84)		
		2200m	3:25.84 (36.47)	2200m	3:25.38 (36.25)		
		2600m	4:02.32 (36.48)	2600m	4:01.66 (36.28)		
		3000m	4:39.16 (36.84)	3000m	4:37.48 (35.82)		
		3400m	5:16.17 (37.01)	3400m	5:13.99 (36.51)		
		3800m	5:53.58 (37.41)	3800m	5:51.17 (37.18)		
		4200m	6:30.70 (37.12)	4200m	6:28.51 (37.34)		
		4600m	7:07.88 (37.18)	4600m	7:06.42 (37.91)		
		5000m	7:44.71 (36.83)	5000m	7:44.31 (37.89)		

		Name	Cat	PB	Time	Info	
8	yw	76 <b>Daan Spoelstra</b>	M45	7:47.86	<b>8:14.12</b>		
	bl	44 <b>Niels Leliveld</b>	M30	7:07.15	<b>7:54.59</b>		
		<b>Daan Spoelstra</b>			<b>Niels Leliveld</b>		
		200m	22.49 (22.49)	200m	21.77 (21.77)		
		600m	58.94 (36.45)	600m	57.40 (35.63)		
		1000m	1:37.97 (39.03)	1000m	1:33.98 (36.58)		
		1400m	2:17.73 (39.76)	1400m	2:10.79 (36.81)		
		1800m	2:56.80 (39.07)	1800m	2:47.34 (36.55)		
		2200m	3:36.14 (39.34)	2200m	3:23.85 (36.51)		
		2600m	4:15.21 (39.07)	2600m	4:00.58 (36.73)		
		3000m	4:54.40 (39.19)	3000m	4:37.79 (37.21)		
		3400m	5:33.71 (39.31)	3400m	5:15.87 (38.08)		
		3800m	6:13.16 (39.45)	3800m	5:54.31 (38.44)		
		4200m	6:53.28 (40.12)	4200m	6:33.62 (39.31)		
		4600m	7:33.50 (40.22)	4600m	7:14.07 (40.45)		
		5000m	8:14.12 (40.62)	5000m	7:54.59 (40.52)		

		Name	Cat	PB	Time	Info	
9	wt	58 <b>Mark Ooijevaar</b>	M40	6:24.56	<b>7:18.48</b>		
	rd	20 <b>Arjan Elferink</b>	M45	7:01.42	<b>7:19.46</b>		
		<b>Mark Ooijevaar</b>			<b>Arjan Elferink</b>		
		200m	21.01 (21.01)	200m	21.13 (21.13)		
		600m	54.67 (33.66)	600m	54.67 (33.54)		
		1000m	1:28.92 (34.25)	1000m	1:28.73 (34.06)		
		1400m	2:03.33 (34.41)	1400m	2:03.45 (34.72)		
		1800m	2:37.92 (34.59)	1800m	2:38.68 (35.23)		
		2200m	3:13.27 (35.35)	2200m	3:13.95 (35.27)		
		2600m	3:48.57 (35.30)	2600m	3:49.01 (35.06)		
		3000m	4:24.01 (35.44)	3000m	4:23.81 (34.80)		
		3400m	4:59.34 (35.33)	3400m	4:58.51 (34.70)		
		3800m	5:34.73 (35.39)	3800m	5:32.93 (34.42)		
		4200m	6:10.19 (35.46)	4200m	6:08.31 (35.38)		
		4600m	6:44.67 (34.48)	4600m	6:44.12 (35.81)		
		5000m	7:18.48 (33.81)	5000m	7:19.46 (35.34)		

		Name	Cat	PB	Time	Info	
10	yw	46 <b>André Los</b>	M30	6:44.75	<b>7:35.56</b>		
	bl	38 <b>Vishwaraj Jadeja</b>	M35	7:25.16	<b>8:26.30</b>		
		<b>André Los</b>			<b>Vishwaraj Jadeja</b>		
		200m	22.21 (22.21)	200m	22.52 (22.52)		
		600m	57.34 (35.13)	600m	1:00.03 (37.51)		
		1000m	1:33.51 (36.17)	1000m	1:39.62 (39.59)		
		1400m	2:08.51 (35.00)	1400m	2:18.59 (38.97)		
		1800m	2:43.95 (35.44)	1800m	2:57.77 (39.18)		
		2200m	3:20.25 (36.30)	2200m	3:38.01 (40.24)		
		2600m	3:56.61 (36.36)	2600m	4:18.51 (40.50)		
		3000m	4:32.96 (36.35)	3000m	4:58.78 (40.27)		
		3400m	5:09.65 (36.69)	3400m	5:40.14 (41.36)		
		3800m	5:46.43 (36.78)	3800m	6:22.10 (41.96)		
		4200m	6:22.27 (35.84)	4200m	7:02.23 (40.13)		
		4600m	6:58.22 (35.95)	4600m	7:43.81 (41.58)		
		5000m	7:35.56 (37.34)	5000m	8:26.30 (42.49)		

## 14. Result Women Group A 5000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	30 Eva Riemersma - van Rheenen	W40	4	I	<b>8:19.37</b>	
2	16 Christiane Kloß	W50	3	O	<b>8:51.69</b>	
3	4 Esther Bouman	W35	3	I	<b>9:30.87</b>	
4	35 Solfrid Sivertsen	W45	4	O	<b>10:22.38</b>	
5	36 Jip Spel	W30	2	I	<b>10:30.18</b>	
6	13 Peggy Herschke	W50	2	O	<b>10:44.61</b>	
7	31 Andrea Roberts	W35	1	I	<b>11:05.44</b> PB	



## 14. Race Result Women Group A 5000 meter

	Name	Cat	PB	Time Info
1	wt rd	31 <b>Andrea Roberts</b>	W35	11:18.06 <b>11:05.44</b> PB
<b>Andrea Roberts</b>				
	200m	30.41 (30.41)		m
	600m	1:19.87 (49.46)		
	1000m	2:10.67 (50.80)		
	1400m	3:02.48 (51.81)		
	1800m	3:54.72 (52.24)		
	2200m	4:47.81 (53.09)		
	2600m	5:42.01 (54.20)		
	3000m	6:35.78 (53.77)		
	3400m	7:30.29 (54.51)		
	3800m	8:25.14 (54.85)		
	4200m	9:19.58 (54.44)		
	4600m	10:13.57 (53.99)		
	5000m	11:05.44 (51.87)		

	Name	Cat	PB	Time Info
2	yw	36 <b>Jip Spel</b>	W30	9:43.46 <b>10:30.18</b>
	bl	13 <b>Peggy Herschke</b>	W50	<b>10:44.61</b>
<b>Jip Spel</b>		<b>Peggy Herschke</b>		
	200m	27.81 (27.81)	200m	27.16 (27.16)
	600m	1:15.32 (47.51)	600m	1:12.95 (45.79)
	1000m	2:05.70 (50.38)	1000m	2:02.50 (49.55)
	1400m	2:55.81 (50.11)	1400m	2:53.46 (50.96)
	1800m	3:46.09 (50.28)	1800m	3:44.84 (51.38)
	2200m	4:36.56 (50.47)	2200m	4:37.09 (52.25)
	2600m	5:27.13 (50.57)	2600m	5:29.14 (52.05)
	3000m	6:16.91 (49.78)	3000m	6:21.99 (52.85)
	3400m	7:07.44 (50.53)	3400m	7:14.68 (52.69)
	3800m	7:57.13 (49.69)	3800m	8:07.87 (53.19)
	4200m	8:48.35 (51.22)	4200m	9:00.71 (52.84)
	4600m	9:39.06 (50.71)	4600m	9:53.60 (52.89)
	5000m	10:30.18 (51.12)	5000m	10:44.61 (51.01)

		Name	Cat	PB	Time Info
3	wt	4 <b>Esther Bouman</b>	W35	8:23.52	<b>9:30.87</b>
	rd	16 <b>Christiane Kloß</b>	W50	8:23.03	<b>8:51.69</b>
		<b>Esther Bouman</b>		<b>Christiane Kloß</b>	
		200m	26.52 (26.52)	200m	25.77 (25.77)
		600m	1:10.46 (43.94)	600m	1:09.25 (43.48)
		1000m	1:55.99 (45.53)	1000m	1:52.94 (43.69)
		1400m	2:41.88 (45.89)	1400m	2:36.36 (43.42)
		1800m	3:27.04 (45.16)	1800m	3:18.97 (42.61)
		2200m	4:12.16 (45.12)	2200m	4:00.67 (41.70)
		2600m	4:57.77 (45.61)	2600m	4:43.34 (42.67)
		3000m	5:43.16 (45.39)	3000m	5:24.94 (41.60)
		3400m	6:29.01 (45.85)	3400m	6:06.74 (41.80)
		3800m	7:15.04 (46.03)	3800m	6:48.50 (41.76)
		4200m	8:01.17 (46.13)	4200m	7:30.06 (41.56)
		4600m	8:46.49 (45.32)	4600m	8:11.24 (41.18)
		5000m	9:30.87 (44.38)	5000m	8:51.69 (40.45)

		Name	Cat	PB	Time Info
4	yw	30 <b>Eva Riemersma - van Rheenen</b>	W40	8:01.67	<b>8:19.37</b>
	bl	35 <b>Solfrid Sivertsen</b>	W45	8:37.50	<b>10:22.38</b>
		<b>Eva Riemersma - van Rheenen</b>		<b>Solfrid Sivertsen</b>	
		200m	23.39 (23.39)	200m	27.47 (27.47)
		600m	59.88 (36.49)	600m	1:13.97 (46.50)
		1000m	1:38.05 (38.17)	1000m	2:03.42 (49.45)
		1400m	2:17.28 (39.23)	1400m	2:53.44 (50.02)
		1800m	2:56.85 (39.57)	1800m	3:43.22 (49.78)
		2200m	3:36.49 (39.64)	2200m	4:33.47 (50.25)
		2600m	4:16.56 (40.07)	2600m	5:22.87 (49.40)
		3000m	4:56.73 (40.17)	3000m	6:13.06 (50.19)
		3400m	5:37.06 (40.33)	3400m	7:03.42 (50.36)
		3800m	6:17.84 (40.78)	3800m	7:52.37 (48.95)
		4200m	6:58.86 (41.02)	4200m	8:42.97 (50.60)
		4600m	7:39.39 (40.53)	4600m	9:32.64 (49.67)
		5000m	8:19.37 (39.98)	5000m	10:22.38 (49.74)

## 15. Result Men Group B 5000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	95 Joost van Leenders	M55	12	O	8:00.66	
2	54 Geir Nettet	M55	10	I	8:25.89	
3	78 Frank Steenkamp	M65	9	I	8:33.55	
4	41 Kees Langeveld	M65	11	I	8:40.28	
5	3 Scott Anderson	M55	12	I	8:44.79	
6	99 Johan Vikhals	M55	7	I	8:46.68	
7	53 Ragnvald Næss	M65	11	O	8:50.59	
8	71 Thomas Rumpf	M60	9	O	9:01.22	
9	26 Hans-Gerd Heyne	M60	10	O	9:03.94	
10	40 Olav Langeland	M65	7	O	9:21.50	
11	34 Erwin Henskes	M65	4	I	9:37.61	
12	8 Robert Black	M60	1	O	9:45.89	
13	69 Rolf Espen Riktor	M60	6	I	9:53.93	
14	105 Wim Zwanenburg	M65	8	O	10:02.53	
15	14 Michele Giuseppe Cortesi	M60	5	I	10:04.78	
16	49 Reinhold Marsollek	M70	6	O	10:05.63	
17	77 Harold Spragg	M65	5	O	10:06.38	
18	25 Volker Hannig	M55	1	I	10:18.32	
19	52 Tomomatsu Misawa	M55	3	O	11:44.47	
20	81 Kenji Takai	M55	3	I	13:01.09	
	5 Frederic Badi	M55	4	O	DNS	
	28 Stephan Haueisen	M55	8	I	DNS	

## 15. Race Result Men Group B 5000 meter

		Name	Cat	PB	Time	Info
1	wt	25 <b>Volker Hannig</b>	M55		<b>10:18.32</b>	
	rd	8 <b>Robert Black</b>	M60	8:22.41	<b>9:45.89</b>	
		<b>Volker Hannig</b>				<b>Robert Black</b>
		200m 28.02 (28.02)				200m 28.25 (28.25)
		600m 1:11.29 (43.27)				600m 1:14.44 (46.19)
		1000m 1:57.10 (45.81)				1000m 2:00.69 (46.25)
		1400m 2:44.25 (47.15)				1400m 2:46.41 (45.72)
		1800m 3:32.89 (48.64)				1800m 3:31.90 (45.49)
		2200m 4:21.77 (48.88)				2200m 4:17.01 (45.11)
		2600m 5:11.79 (50.02)				2600m 5:03.11 (46.10)
		3000m 6:01.46 (49.67)				3000m 5:48.85 (45.74)
		3400m 6:52.53 (51.07)				3400m 6:34.87 (46.02)
		3800m 7:43.79 (51.26)				3800m 7:22.42 (47.55)
		4200m 8:35.39 (51.60)				4200m 8:09.79 (47.37)
		4600m 9:27.22 (51.83)				4600m 8:58.22 (48.43)
		5000m 10:18.32 (51.10)				5000m 9:45.89 (47.67)

		Name	Cat	PB	Time	Info
2	yw					
	bl					

		Name	Cat	PB	Time Info
3	wt	81 <b>Kenji Takai</b>	M55	12:13.67	<b>13:01.09</b>
	rd	52 <b>Tomomatsu Misawa</b>	M55		<b>11:44.47</b>
		<b>Kenji Takai</b>		<b>Tomomatsu Misawa</b>	
		200m 33.00 (33.00)		200m 29.16 (29.16)	
		600m 1:30.01 (57.01)		600m 1:19.67 (50.51)	
		1000m 2:30.28 (60.27)		1000m 2:13.20 (53.53)	
		1400m 3:31.25 (60.97)		1400m 3:09.18 (55.98)	
		1800m 4:33.93 (62.68)		1800m 4:05.70 (56.52)	
		2200m 5:38.37 (64.44)		2200m 5:03.33 (57.63)	
		2600m 6:44.13 (65.76)		2600m 6:01.24 (57.91)	
		3000m 7:49.27 (65.14)		3000m 6:59.94 (58.70)	
		3400m 8:54.84 (65.57)		3400m 7:58.92 (58.98)	
		3800m 9:57.62 (62.78)		3800m 8:56.50 (57.58)	
		4200m 11:01.40 (63.78)		4200m 9:53.51 (57.01)	
		4600m 12:03.28 (61.88)		4600m 10:50.79 (57.28)	
		5000m 13:01.09 (57.81)		5000m 11:44.47 (53.68)	

		Name	Cat	PB	Time Info
4	yw	34 <b>Erwin Henskes</b>	M65	8:33.76	<b>9:37.61</b>
	bl	5 <b>Frederic Badi</b>	M55		<b>DNS</b>
		<b>Erwin Henskes</b>		<b>Frederic Badi</b>	
		200m 26.91 (26.91)			
		600m 1:10.09 (43.18)			
		1000m 1:54.54 (44.45)			
		1400m 2:39.22 (44.68)			
		1800m 3:25.04 (45.82)			
		2200m 4:10.67 (45.63)			
		2600m 4:57.17 (46.50)			
		3000m 5:43.96 (46.79)			
		3400m 6:30.90 (46.94)			
		3800m 7:18.15 (47.25)			
		4200m 8:05.62 (47.47)			
		4600m 8:52.30 (46.68)			
		5000m 9:37.61 (45.31)			

		Name	Cat	PB	Time Info
5	wt	14 <b>Michele Giuseppe Cortesi</b>	M60	9:13.07	<b>10:04.78</b>
	rd	77 <b>Harold Spragg</b>	M65	8:03.62	<b>10:06.38</b>
<b>Michele Giuseppe Cortesi</b>			<b>Harold Spragg</b>		
	200m	27.74 (27.74)	200m	28.40 (28.40)	
	600m	1:17.09 (49.35)	600m	1:16.92 (48.52)	
	1000m	2:05.41 (48.32)	1000m	2:05.82 (48.90)	
	1400m	2:54.08 (48.67)	1400m	2:53.81 (47.99)	
	1800m	3:41.91 (47.83)	1800m	3:41.62 (47.81)	
	2200m	4:30.09 (48.18)	2200m	4:30.04 (48.42)	
	2600m	5:18.42 (48.33)	2600m	5:18.87 (48.83)	
	3000m	6:07.71 (49.29)	3000m	6:07.32 (48.45)	
	3400m	6:56.06 (48.35)	3400m	6:56.52 (49.20)	
	3800m	7:44.59 (48.53)	3800m	7:45.06 (48.54)	
	4200m	8:31.59 (47.00)	4200m	8:32.27 (47.21)	
	4600m	9:18.83 (47.24)	4600m	9:19.74 (47.47)	
	5000m	10:04.78 (45.95)	5000m	10:06.38 (46.64)	

		Name	Cat	PB	Time Info
6	yw	69 <b>Rolf Espen Riktor</b>	M60	8:49.61	<b>9:53.93</b>
	bl	49 <b>Reinhold Marsollek</b>	M70	7:43.56	<b>10:05.63</b>
<b>Rolf Espen Riktor</b>			<b>Reinhold Marsollek</b>		
	200m	27.37 (27.37)	200m	25.85 (25.85)	
	600m	1:11.22 (43.85)	600m	1:09.37 (43.52)	
	1000m	1:56.89 (45.67)	1000m	1:57.30 (47.93)	
	1400m	2:42.92 (46.03)	1400m	2:44.84 (47.54)	
	1800m	3:29.78 (46.86)	1800m	3:32.83 (47.99)	
	2200m	4:16.79 (47.01)	2200m	4:21.64 (48.81)	
	2600m	5:04.49 (47.70)	2600m	5:10.59 (48.95)	
	3000m	5:53.07 (48.58)	3000m	5:59.91 (49.32)	
	3400m	6:41.31 (48.24)	3400m	6:48.73 (48.82)	
	3800m	7:29.19 (47.88)	3800m	7:37.91 (49.18)	
	4200m	8:17.43 (48.24)	4200m	8:27.93 (50.02)	
	4600m	9:05.50 (48.07)	4600m	9:17.79 (49.86)	
	5000m	9:53.93 (48.43)	5000m	10:05.63 (47.84)	

		Name	Cat	PB	Time Info
7	wt	99 <b>Johan Vikhals</b>	M55	8:16.95	<b>8:46.68</b>
	rd	40 <b>Olav Langeland</b>	M65	7:46.19	<b>9:21.50</b>
		<b>Johan Vikhals</b>		<b>Olav Langeland</b>	
		200m	25.28 (25.28)	200m	27.11 (27.11)
		600m	1:05.90 (40.62)	600m	1:10.80 (43.69)
		1000m	1:47.20 (41.30)	1000m	1:55.02 (44.22)
		1400m	2:28.42 (41.22)	1400m	2:39.82 (44.80)
		1800m	3:09.90 (41.48)	1800m	3:24.18 (44.36)
		2200m	3:51.53 (41.63)	2200m	4:08.93 (44.75)
		2600m	4:33.11 (41.58)	2600m	4:53.74 (44.81)
		3000m	5:14.58 (41.47)	3000m	5:38.60 (44.86)
		3400m	5:56.03 (41.45)	3400m	6:23.20 (44.60)
		3800m	6:38.37 (42.34)	3800m	7:08.18 (44.98)
		4200m	7:21.06 (42.69)	4200m	7:52.74 (44.56)
		4600m	8:04.00 (42.94)	4600m	8:37.08 (44.34)
		5000m	8:46.68 (42.68)	5000m	9:21.50 (44.42)

		Name	Cat	PB	Time Info
8	yw	28 <b>Stephan Haueisen</b>	M55	7:27.39	<b>DNS</b>
	bl	105 <b>Wim Zwanenburg</b>	M65	8:34.27	<b>10:02.53</b>
		<b>Stephan Haueisen</b>		<b>Wim Zwanenburg</b>	
		200m	28.73 (28.73)	200m	28.73 (28.73)
		600m	1:14.04 (45.31)	600m	1:14.04 (45.31)
		1000m	1:59.69 (45.65)	1000m	1:59.69 (45.65)
		1400m	2:45.83 (46.14)	1400m	2:45.83 (46.14)
		1800m	3:32.57 (46.74)	1800m	3:32.57 (46.74)
		2200m	4:20.06 (47.49)	2200m	4:20.06 (47.49)
		2600m	5:07.46 (47.40)	2600m	5:07.46 (47.40)
		3000m	5:55.84 (48.38)	3000m	5:55.84 (48.38)
		3400m	6:44.43 (48.59)	3400m	6:44.43 (48.59)
		3800m	7:32.63 (48.20)	3800m	7:32.63 (48.20)
		4200m	8:22.10 (49.47)	4200m	8:22.10 (49.47)
		4600m	9:12.83 (50.73)	4600m	9:12.83 (50.73)
		5000m	10:02.53 (49.70)	5000m	10:02.53 (49.70)

		Name	Cat	PB	Time Info	
9	wt	78 <b>Frank Steenkamp</b>	M65	7:51.42	<b>8:33.55</b>	
	rd	71 <b>Thomas Rumpf</b>	M60	8:13.24	<b>9:01.22</b>	
		<b>Frank Steenkamp</b>			<b>Thomas Rumpf</b>	
		200m	25.10 (25.10)	200m	24.35 (24.35)	
		600m	1:03.99 (38.89)	600m	1:05.17 (40.82)	
		1000m	1:44.72 (40.73)	1000m	1:48.20 (43.03)	
		1400m	2:25.92 (41.20)	1400m	2:31.69 (43.49)	
		1800m	3:06.57 (40.65)	1800m	3:14.14 (42.45)	
		2200m	3:46.97 (40.40)	2200m	3:56.84 (42.70)	
		2600m	4:26.90 (39.93)	2600m	4:40.12 (43.28)	
		3000m	5:07.38 (40.48)	3000m	5:23.97 (43.85)	
		3400m	5:47.91 (40.53)	3400m	6:07.24 (43.27)	
		3800m	6:28.54 (40.63)	3800m	6:51.27 (44.03)	
		4200m	7:09.65 (41.11)	4200m	7:35.76 (44.49)	
		4600m	7:51.47 (41.82)	4600m	8:18.87 (43.11)	
		5000m	8:33.55 (42.08)	5000m	9:01.22 (42.35)	

		Name	Cat	PB	Time Info	
10	yw	54 <b>Geir Nettet</b>	M55	7:51.06	<b>8:25.89</b>	
	bl	26 <b>Hans-Gerd Heyne</b>	M60	8:15.76	<b>9:03.94</b>	
		<b>Geir Nettet</b>			<b>Hans-Gerd Heyne</b>	
		200m	24.32 (24.32)	200m	28.34 (28.34)	
		600m	1:02.65 (38.33)	600m	1:11.96 (43.62)	
		1000m	1:41.58 (38.93)	1000m	1:54.71 (42.75)	
		1400m	2:21.24 (39.66)	1400m	2:38.05 (43.34)	
		1800m	3:00.86 (39.62)	1800m	3:20.95 (42.90)	
		2200m	3:40.46 (39.60)	2200m	4:04.18 (43.23)	
		2600m	4:20.18 (39.72)	2600m	4:46.21 (42.03)	
		3000m	5:00.28 (40.10)	3000m	5:28.42 (42.21)	
		3400m	5:40.79 (40.51)	3400m	6:11.65 (43.23)	
		3800m	6:21.84 (41.05)	3800m	6:54.91 (43.26)	
		4200m	7:03.10 (41.26)	4200m	7:38.53 (43.62)	
		4600m	7:44.60 (41.50)	4600m	8:21.61 (43.08)	
		5000m	8:25.89 (41.29)	5000m	9:03.94 (42.33)	



		Name	Cat	PB	Time Info
11	wt	41 <b>Kees Langeveld</b>	M65	7:47.66	<b>8:40.28</b>
	rd	53 <b>Ragnvald Næss</b>	M65	7:06.51	<b>8:50.59</b>
<b>Kees Langeveld</b>			<b>Ragnvald Næss</b>		
	200m	24.88 (24.88)	200m	25.97 (25.97)	
	600m	1:05.03 (40.15)	600m	1:08.04 (42.07)	
	1000m	1:46.54 (41.51)	1000m	1:49.72 (41.68)	
	1400m	2:27.90 (41.36)	1400m	2:31.72 (42.00)	
	1800m	3:09.18 (41.28)	1800m	3:13.17 (41.45)	
	2200m	3:49.95 (40.77)	2200m	3:54.34 (41.17)	
	2600m	4:30.61 (40.66)	2600m	4:35.74 (41.40)	
	3000m	5:12.10 (41.49)	3000m	5:17.92 (42.18)	
	3400m	5:53.94 (41.84)	3400m	6:00.00 (42.08)	
	3800m	6:35.72 (41.78)	3800m	6:42.72 (42.72)	
	4200m	7:17.99 (42.27)	4200m	7:26.04 (43.32)	
	4600m	7:59.19 (41.20)	4600m	8:08.77 (42.73)	
	5000m	8:40.28 (41.09)	5000m	8:50.59 (41.82)	

		Name	Cat	PB	Time Info
12	yw	3 <b>Scott Anderson</b>	M55	7:25.30	<b>8:44.79</b>
	bl	95 <b>Joost van Leenders</b>	M55	7:40.80	<b>8:00.66</b>
<b>Scott Anderson</b>			<b>Joost van Leenders</b>		
	200m	26.01 (26.01)	200m	23.22 (23.22)	
	600m	1:07.91 (41.90)	600m	59.38 (36.16)	
	1000m	1:48.94 (41.03)	1000m	1:36.82 (37.44)	
	1400m	2:30.48 (41.54)	1400m	2:14.79 (37.97)	
	1800m	3:12.18 (41.70)	1800m	2:52.22 (37.43)	
	2200m	3:53.47 (41.29)	2200m	3:30.10 (37.88)	
	2600m	4:35.05 (41.58)	2600m	4:08.78 (38.68)	
	3000m	5:16.65 (41.60)	3000m	4:48.13 (39.35)	
	3400m	5:57.91 (41.26)	3400m	5:26.65 (38.52)	
	3800m	6:39.51 (41.60)	3800m	6:05.52 (38.87)	
	4200m	7:21.25 (41.74)	4200m	6:44.62 (39.10)	
	4600m	8:03.85 (42.60)	4600m	7:23.45 (38.83)	
	5000m	8:44.79 (40.94)	5000m	8:00.66 (37.21)	

## 16. Result Women Group B 5000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	19 <b>Katrin Leschner</b>	W55	1	O	<b>9:50.05</b>	
2	5 <b>Monica Cais</b>	W55	3	O	<b>10:23.84</b> PB	
3	17 <b>Trine Landsem</b>	W55	4	I	<b>10:25.36</b>	
4	49 <b>Joke Wittenberg</b>	W70	3	I	<b>11:05.66</b>	
5	40 <b>Silvia Tassara</b>	W70	4	O	<b>11:14.58</b>	
6	23 <b>Nyambuu Erdenetuya</b>	W60	2	O	<b>13:21.21</b>	
	27 <b>Sarantuya Ravdan</b>	W55	2	I	<b>DQ</b>	

## 16. Race Result Women Group B 5000 meter

	Name	Cat	PB	Time Info
1	wt			
	rd	19 <b>Katrin Leschner</b>	W55	9:33.29 <b>9:50.05</b>
		<b>Katrin Leschner</b>		
	m	200m	27.85 (27.85)	
		600m	1:14.66 (46.81)	
		1000m	2:02.42 (47.76)	
		1400m	2:50.76 (48.34)	
		1800m	3:38.43 (47.67)	
		2200m	4:25.53 (47.10)	
		2600m	5:12.39 (46.86)	
		3000m	5:58.81 (46.42)	
		3400m	6:46.38 (47.57)	
		3800m	7:32.91 (46.53)	
		4200m	8:19.23 (46.32)	
		4600m	9:04.86 (45.63)	
		5000m	9:50.05 (45.19)	

	Name	Cat	PB	Time Info
2	yw	27 <b>Sarantuya Ravdan</b>	W55	10:16.36 <b>DQ</b>
	bl	23 <b>Nyambuu Erdenetuya</b>	W60	13:00.28 <b>13:21.21</b>
		<b>Sarantuya Ravdan</b>		
		200m	25.95 (25.95)	
		600m	1:08.96 (43.01)	
		1000m	1:55.46 (46.50)	
		1400m	2:44.27 (48.81)	
		1800m	3:34.26 (49.99)	
		2200m	4:24.19 (49.93)	
		2600m	5:15.17 (50.98)	
		3000m	6:06.49 (51.32)	
		3400m	6:57.58 (51.09)	
		3800m	7:48.93 (51.35)	
		4200m	8:40.13 (51.20)	
		4600m	9:27.16 (47.03)	
		5000m	10:17.92 (50.76)	
		<b>Nyambuu Erdenetuya</b>		
		200m	33.07 (33.07)	
		600m	1:27.35 (54.28)	
		1000m	2:24.72 (57.37)	
		1400m	3:25.83 (61.11)	
		1800m	4:28.96 (63.13)	
		2200m	5:34.05 (65.09)	
		2600m	6:39.46 (65.41)	
		3000m	7:45.01 (65.55)	
		3400m	8:53.23 (68.22)	
		3800m	10:01.44 (68.21)	
		4200m	11:07.70 (66.26)	
		4600m	12:13.92 (66.22)	
		5000m	13:21.21 (67.29)	

		Name	Cat	PB	Time Info
3	wt	49 <b>Joke Wittenberg</b>	W70		<b>11:05.66</b>
	rd	5 <b>Monica Cais</b>	W55	11:13.78	<b>10:23.84</b> PB
		<b>Joke Wittenberg</b>		<b>Monica Cais</b>	
		200m	29.91 (29.91)	200m	29.12 (29.12)
		600m	1:19.17 (49.26)	600m	1:16.79 (47.67)
		1000m	2:10.39 (51.22)	1000m	2:05.39 (48.60)
		1400m	3:02.97 (52.58)	1400m	2:54.71 (49.32)
		1800m	3:56.87 (53.90)	1800m	3:44.56 (49.85)
		2200m	4:50.68 (53.81)	2200m	4:35.16 (50.60)
		2600m	5:45.40 (54.72)	2600m	5:25.27 (50.11)
		3000m	6:39.88 (54.48)	3000m	6:15.07 (49.80)
		3400m	7:34.39 (54.51)	3400m	7:05.59 (50.52)
		3800m	8:26.89 (52.50)	3800m	7:55.55 (49.96)
		4200m	9:19.79 (52.90)	4200m	8:45.44 (49.89)
		4600m	10:12.50 (52.71)	4600m	9:34.96 (49.52)
		5000m	11:05.66 (53.16)	5000m	10:23.84 (48.88)

		Name	Cat	PB	Time Info
4	yw	17 <b>Trine Landsem</b>	W55	9:41.72	<b>10:25.36</b>
	bl	40 <b>Silvia Tassara</b>	W70	9:37.72	<b>11:14.58</b>
		<b>Trine Landsem</b>		<b>Silvia Tassara</b>	
		200m	28.96 (28.96)	200m	29.24 (29.24)
		600m	1:16.18 (47.22)	600m	1:20.64 (51.40)
		1000m	2:03.99 (47.81)	1000m	2:13.72 (53.08)
		1400m	2:52.93 (48.94)	1400m	3:06.67 (52.95)
		1800m	3:42.71 (49.78)	1800m	4:00.22 (53.55)
		2200m	4:32.47 (49.76)	2200m	4:53.95 (53.73)
		2600m	5:22.68 (50.21)	2600m	5:48.38 (54.43)
		3000m	6:13.16 (50.48)	3000m	6:42.96 (54.58)
		3400m	7:04.80 (51.64)	3400m	7:37.65 (54.69)
		3800m	7:54.95 (50.15)	3800m	8:31.69 (54.04)
		4200m	8:45.19 (50.24)	4200m	9:25.54 (53.85)
		4600m	9:34.86 (49.67)	4600m	10:20.25 (54.71)
		5000m	10:25.36 (50.50)	5000m	11:14.58 (54.33)

## 17. Result Men Group A 1000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	80 Shuji Sugawara	M35	20	O	1:18.52	
2	12 Tim Broere	M35	20	I	1:20.64	
3	74 Bart Seffinga	M40	19	O	1:20.76	
4	20 Arjan Elferink	M45	18	O	1:21.45	
5	100 Michiel Wienese	M45	18	I	1:23.86	
6	72 Jeroen Schoppink	M40	17	I	1:24.12	
7	66 Mark Reiling	M40	16	I	1:24.68	
8	16 Niels de Jager	M40	15	O	1:26.92	
9	76 Daan Spoelstra	M45	17	O	1:26.96	
10	30 Martin Heerma	M50	14	O	1:27.64	
11	18 Ian Dwyer	M45	15	I	1:27.89	
12	6 Martin Beaudry	M50	13	O	1:27.95	
13	70 Thomas Røste	M45	10	I	1:28.27	
14	89 Martijn van der Horst	M50	13	I	1:28.94	
15	37 Azamat Ismailov	M45	14	I	1:29.28	
16	38 Vishwaraj Jadeja	M35	16	O	1:30.61	
17	93 Erik van Hooft	M45	12	I	1:30.72	
18	15 Ronald de Graaf	M50	11	I	1:31.81	
19	90 Roberto van Goor	M50	9	O	1:33.32	
	103 Ben Young	M35	6	I	1:33.32	PB
21	19 Mike Egberts	M40	10	O	1:33.44	
22	64 Anders Ratdal	M45	9	I	1:34.19	
23	59 Takafumi Osame	M50	4	O	1:35.17	
24	60 Harry Pardijs	M45	11	O	1:36.55	
25	65 Yngve Raudberget	M45	3	O	1:39.30	
26	39 Christian Kelm	M40	8	I	1:40.69	
27	83 Yan Traversy	M45	7	I	1:41.33	
28	57 Frode Nordahl	M45	5	O	1:49.27	
29	85 Kevin van Cleef	M40	6	O	1:53.16	
30	104 Marvin Zeisberg	M30	8	O	1:54.33	FL
31	7 Wim Bijkerk	M35	4	I	2:13.49	
32	62 Cristian Picco	M40	5	I	2:14.86	
33	102 Andy Wong	M50	1	O	2:43.26	
	1 Erol Aksoy	M50	12	O	DNF	
	48 Ygor Lutz	M50	1	I	DNS	
	47 Stefan Lutz	M50	3	I	DNS	
	42 Dennis Laubhan	M45	7	O	DNS	
	101 Filip-Mihail Woicik	M40	19	I	DNS	

## 17. Race Result Men Group A 1000 meter

	Name	Cat	PB	Time Info
1	wt 48 <b>Ygor Lutz</b>	M50		<b>DNS</b>
	rd 102 <b>Andy Wong</b>	M50		<b>2:43.26</b>
	<u>Ygor Lutz</u>	<u>Andy Wong</u>		
		200m	33.62 (33.62)	
		600m	1:37.47 (63.85)	
		1000m	2:43.26 (65.79)	

	Name	Cat	PB	Time Info
2	yw			
	bl			
	<u>m</u>	<u>m</u>		

	Name	Cat	PB	Time Info
3	wt 47 <b>Stefan Lutz</b>	M50		<b>DNS</b>
	rd 65 <b>Yngve Raudberget</b>	M45	1:19.51	<b>1:39.30</b>
	<u>Stefan Lutz</u>	<u>Yngve Raudberget</u>		
		200m	21.67 (21.67)	
		600m	58.23 (36.56)	
		1000m	1:39.30 (41.07)	

	Name	Cat	PB	Time Info
4	yw 7 <b>Wim Bijkerk</b>	M35	2:08.38	<b>2:13.49</b>
	bl 59 <b>Takafumi Osame</b>	M50	1:19.19	<b>1:35.17</b>
	<u>Wim Bijkerk</u>	<u>Takafumi Osame</u>		
	200m	31.08 (31.08)	200m	21.89 (21.89)
	600m	1:21.40 (50.32)	600m	57.18 (35.29)
	1000m	2:13.49 (52.09)	1000m	1:35.17 (37.99)

		Name	Cat	PB	Time	Info
5	wt	62 <b>Cristian Picco</b>	M40	1:55.08	<b>2:14.86</b>	
	rd	57 <b>Frode Nordahl</b>	M45	1:44.07	<b>1:49.27</b>	
		<b>Cristian Picco</b>				<b>Frode Nordahl</b>
		200m	27.82 (27.82)	200m	25.29 (25.29)	
		600m	1:17.75 (49.93)	600m	1:04.13 (38.84)	
		1000m	2:14.86 (57.11)	1000m	1:49.27 (45.14)	

		Name	Cat	PB	Time	Info
6	yw	103 <b>Ben Young</b>	M35	1:34.90	<b>1:33.32</b>	PB
	bl	85 <b>Kevin van Cleef</b>	M40	1:39.62	<b>1:53.16</b>	
		<b>Ben Young</b>				<b>Kevin van Cleef</b>
		200m	21.73 (21.73)	200m	26.33 (26.33)	
		600m	56.12 (34.39)	600m	1:07.77 (41.44)	
		1000m	1:33.32 (37.20)	1000m	1:53.16 (45.39)	

		Name	Cat	PB	Time	Info
7	wt	83 <b>Yan Traversy</b>	M45	1:38.72	<b>1:41.33</b>	
	rd	42 <b>Dennis Laubhan</b>	M45	1:38.41	<b>DNS</b>	
		<b>Yan Traversy</b>				<b>Dennis Laubhan</b>
		200m	23.25 (23.25)			
		600m	1:00.07 (36.82)			
		1000m	1:41.33 (41.26)			

		Name	Cat	PB	Time	Info
8	yw	39 <b>Christian Kelm</b>	M40	1:37.83	<b>1:40.69</b>	
	bl	104 <b>Marvin Zeisberg</b>	M30	1:35.19	<b>1:54.33</b>	FL
		<b>Christian Kelm</b>				<b>Marvin Zeisberg</b>
		200m	23.54 (23.54)	200m	23.14 (23.14)	
		600m	1:01.63 (38.09)	600m	1:11.40 (48.26)	
		1000m	1:40.69 (39.06)	1000m	1:54.33 (42.93)	

		Name	Cat	PB	Time	Info
9	wt	64 <b>Anders Ratdal</b>	M45	1:17.75	<b>1:34.19</b>	
	rd	90 <b>Roberto van Goor</b>	M50	1:23.19	<b>1:33.32</b>	
		<b>Anders Ratdal</b>		<b>Roberto van Goor</b>		
		200m	21.38 (21.38)	200m	21.46 (21.46)	
		600m	56.20 (34.82)	600m	55.72 (34.26)	
		1000m	1:34.19 (37.99)	1000m	1:33.32 (37.60)	

		Name	Cat	PB	Time	Info
10	yw	70 <b>Thomas Røste</b>	M45	1:17.27	<b>1:28.27</b>	
	bl	19 <b>Mike Egberts</b>	M40	1:25.40	<b>1:33.44</b>	
		<b>Thomas Røste</b>		<b>Mike Egberts</b>		
		200m	20.84 (20.84)	200m	22.15 (22.15)	
		600m	53.69 (32.85)	600m	56.62 (34.47)	
		1000m	1:28.27 (34.58)	1000m	1:33.44 (36.82)	

		Name	Cat	PB	Time	Info
11	wt	15 <b>Ronald de Graaf</b>	M50	1:25.84	<b>1:31.81</b>	
	rd	60 <b>Harry Pardijs</b>	M45	1:14.14	<b>1:36.55</b>	
		<b>Ronald de Graaf</b>		<b>Harry Pardijs</b>		
		200m	21.76 (21.76)	200m	21.05 (21.05)	
		600m	55.74 (33.98)	600m	55.16 (34.11)	
		1000m	1:31.81 (36.07)	1000m	1:36.55 (41.39)	

		Name	Cat	PB	Time	Info
12	yw	93 <b>Erik van Hooft</b>	M45	1:17.93	<b>1:30.72</b>	
	bl	1 <b>Erol Aksoy</b>	M50	1:25.79	<b>DNF</b>	
		<b>Erik van Hooft</b>		<b>Erol Aksoy</b>		
		200m	20.04 (20.04)	200m	26.36 (26.36)	
		600m	53.89 (33.85)			
		1000m	1:30.72 (36.83)			



		Name	Cat	PB	Time	Info	
13	wt	89 <b>Martijn van der Horst</b>	M50	1:22.85	<b>1:28.94</b>		
	rd	6 <b>Martin Beaudry</b>	M50	1:24.29	<b>1:27.95</b>		
		<b>Martijn van der Horst</b>			<b>Martin Beaudry</b>		
		200m	21.23 (21.23)	200m	20.74 (20.74)		
		600m	54.49 (33.26)	600m	53.55 (32.81)		
		1000m	1:28.94 (34.45)	1000m	1:27.95 (34.40)		

		Name	Cat	PB	Time	Info	
14	yw	37 <b>Azamat Ismailov</b>	M45	1:22.71	<b>1:29.28</b>		
	bl	30 <b>Martin Heerma</b>	M50	1:18.61	<b>1:27.64</b>		
		<b>Azamat Ismailov</b>			<b>Martin Heerma</b>		
		200m	20.08 (20.08)	200m	20.20 (20.20)		
		600m	52.59 (32.51)	600m	52.01 (31.81)		
		1000m	1:29.28 (36.69)	1000m	1:27.64 (35.63)		

		Name	Cat	PB	Time	Info	
15	wt	18 <b>Ian Dwyer</b>	M45	1:21.62	<b>1:27.89</b>		
	rd	16 <b>Niels de Jager</b>	M40	1:22.43	<b>1:26.92</b>		
		<b>Ian Dwyer</b>			<b>Niels de Jager</b>		
		200m	20.20 (20.20)	200m	20.66 (20.66)		
		600m	52.16 (31.96)	600m	52.10 (31.44)		
		1000m	1:27.89 (35.73)	1000m	1:26.92 (34.82)		

		Name	Cat	PB	Time	Info	
16	yw	66 <b>Mark Reiling</b>	M40	1:17.66	<b>1:24.68</b>		
	bl	38 <b>Vishwaraj Jadeja</b>	M35	1:20.06	<b>1:30.61</b>		
		<b>Mark Reiling</b>			<b>Vishwaraj Jadeja</b>		
		200m	19.57 (19.57)	200m	20.89 (20.89)		
		600m	50.73 (31.16)	600m	54.14 (33.25)		
		1000m	1:24.68 (33.95)	1000m	1:30.61 (36.47)		

		Name	Cat	PB	Time	Info
17	wt	72 <b>Jeroen Schoppink</b>	M40	1:14.18	<b>1:24.12</b>	
	rd	76 <b>Daan Spoelstra</b>	M45	1:22.15	<b>1:26.96</b>	
		<b>Jeroen Schoppink</b>		<b>Daan Spoelstra</b>		
		200m	19.63 (19.63)	200m	20.81 (20.81)	
		600m	50.57 (30.94)	600m	53.21 (32.40)	
		1000m	1:24.12 (33.55)	1000m	1:26.96 (33.75)	

		Name	Cat	PB	Time	Info
18	yw	100 <b>Michiel Wienese</b>	M45	1:16.32	<b>1:23.86</b>	
	bl	20 <b>Arjan Elferink</b>	M45	1:15.55	<b>1:21.45</b>	
		<b>Michiel Wienese</b>		<b>Arjan Elferink</b>		
		200m	19.45 (19.45)	200m	19.49 (19.49)	
		600m	50.53 (31.08)	600m	49.30 (29.81)	
		1000m	1:23.86 (33.33)	1000m	1:21.45 (32.15)	

		Name	Cat	PB	Time	Info
19	wt	101 <b>Filip-Mihail Woicik</b>	M40	1:18.59	<b>DNS</b>	
	rd	74 <b>Bart Seffinga</b>	M40	1:12.16	<b>1:20.76</b>	
		<b>Filip-Mihail Woicik</b>		<b>Bart Seffinga</b>		
				200m	19.46 (19.46)	
				600m	48.73 (29.27)	
				1000m	1:20.76 (32.03)	

		Name	Cat	PB	Time	Info
20	yw	12 <b>Tim Broere</b>	M35	1:17.40	<b>1:20.64</b>	
	bl	80 <b>Shuji Sugawara</b>	M35	1:14.31	<b>1:18.52</b>	
		<b>Tim Broere</b>		<b>Shuji Sugawara</b>		
		200m	18.10 (18.10)	200m	18.37 (18.37)	
		600m	47.84 (29.74)	600m	46.80 (28.43)	
		1000m	1:20.64 (32.80)	1000m	1:18.52 (31.72)	

## 18. Result Women Group A 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	11 <b>Claudia Henckel</b>	W35	9	O	<b>1:32.25</b>		
2	41 <b>Evelien van der Kist</b>	W35	10	O	<b>1:35.48</b>		
3	25 <b>Nicole Peeters</b>	W30	9	I	<b>1:37.58</b>		
4	50 <b>Irma Woud</b>	W50	8	O	<b>1:38.76</b>		
5	14 <b>Renate Jeppsson</b>	W50	5	I	<b>1:39.77</b>		
6	33 <b>Teresa Schneider</b>	W35	5	O	<b>1:41.86</b>		
7	44 <b>Wendy van der Ham</b>	W50	10	I	<b>1:41.88</b>		
8	4 <b>Esther Bouman</b>	W35	6	O	<b>1:42.03</b>		
9	42 <b>Anna Van der Stok</b>	W50	6	I	<b>1:42.16</b>		
10	48 <b>Tomoko Wakazuki</b>	W40	8	I	<b>1:44.93</b>		
11	2 <b>Heidi Beck</b>	W30	7	O	<b>1:45.05</b>		
12	29 <b>Kim Reid</b>	W50	7	I	<b>1:45.75</b>		
13	6 <b>Jessica Chu</b>	W30	3	O	<b>1:55.09</b>	PB	
14	35 <b>Solfrid Sivertsen</b>	W45	1	I	<b>1:58.98</b>		
15	22 <b>Tove Julianne Nerdahl</b>	W45	4	I	<b>2:00.25</b>		
16	46 <b>Daniela Völker</b>	W45	3	I	<b>2:05.33</b>		
	21 <b>Evelyn Mein-Klok</b>	W50	4	O	<b>DNS</b>		

## 18. Race Result Women Group A 1000 meter

		Name	Cat	PB	Time Info
1	wt rd	35 <b>Solfrid Sivertsen</b>	W45	1:33.24	<b>1:58.98</b>

### Solfrid Sivertsen

200m	26.29	(26.29)	m
600m	1:11.01	(44.72)	
1000m	1:58.98	(47.97)	

		Name	Cat	PB	Time Info
2	yw bl				

m

m

		Name	Cat	PB	Time Info
3	wt rd	46 <b>Daniela Völker</b>	W45	1:57.62	<b>2:05.33</b>
		6 <b>Jessica Chu</b>	W30	1:58.81	<b>1:55.09</b> PB

### Daniela Völker

200m	27.12	(27.12)
600m	1:15.02	(47.90)
1000m	2:05.33	(50.31)

### Jessica Chu

200m	25.08	(25.08)
600m	1:06.63	(41.55)
1000m	1:55.09	(48.46)

		Name	Cat	PB	Time Info
4	yw bl	22 <b>Tove Julianne Nerdahl</b>	W45	1:45.71	<b>2:00.25</b>
		21 <b>Evelyn Mein-Klok</b>	W50	1:46.56	<b>DNS</b>

### Tove Julianne Nerdahl

200m	26.13	(26.13)
600m	1:09.30	(43.17)
1000m	2:00.25	(50.95)

### Evelyn Mein-Klok

		Name	Cat	PB	Time	Info	
5	wt	14 <b>Renate Jeppsson</b>	W50	1:24.82	<b>1:39.77</b>		
	rd	33 <b>Teresa Schneider</b>	W35	1:32.90	<b>1:41.86</b>		
		<b>Renate Jeppsson</b>			<b>Teresa Schneider</b>		
		200m	22.74 (22.74)	200m	22.76 (22.76)		
		600m	58.24 (35.50)	600m	59.04 (36.28)		
		1000m	1:39.77 (41.53)	1000m	1:41.86 (42.82)		

		Name	Cat	PB	Time	Info	
6	yw	42 <b>Anna Van der Stok</b>	W50	1:38.44	<b>1:42.16</b>		
	bl	4 <b>Esther Bouman</b>	W35	1:30.12	<b>1:42.03</b>		
		<b>Anna Van der Stok</b>			<b>Esther Bouman</b>		
		200m	23.17 (23.17)	200m	24.62 (24.62)		
		600m	1:01.10 (37.93)	600m	1:01.89 (37.27)		
		1000m	1:42.16 (41.06)	1000m	1:42.03 (40.14)		

		Name	Cat	PB	Time	Info	
7	wt	29 <b>Kim Reid</b>	W50	1:33.19	<b>1:45.75</b>		
	rd	2 <b>Heidi Beck</b>	W30	1:34.29	<b>1:45.05</b>		
		<b>Kim Reid</b>			<b>Heidi Beck</b>		
		200m	24.62 (24.62)	200m	23.88 (23.88)		
		600m	1:03.62 (39.00)	600m	1:02.65 (38.77)		
		1000m	1:45.75 (42.13)	1000m	1:45.05 (42.40)		

		Name	Cat	PB	Time	Info	
8	yw	48 <b>Tomoko Wakazuki</b>	W40	1:30.28	<b>1:44.93</b>		
	bl	50 <b>Irma Woud</b>	W50	1:26.28	<b>1:38.76</b>		
		<b>Tomoko Wakazuki</b>			<b>Irma Woud</b>		
		200m	22.22 (22.22)	200m	22.92 (22.92)		
		600m	1:00.47 (38.25)	600m	59.06 (36.14)		
		1000m	1:44.93 (44.46)	1000m	1:38.76 (39.70)		

		Name	Cat	PB	Time	Info	
9	wt	25 <b>Nicole Peeters</b>	W30	1:30.04	<b>1:37.58</b>		
	rd	11 <b>Claudia Henckel</b>	W35	1:24.86	<b>1:32.25</b>		
		<b>Nicole Peeters</b>			<b>Claudia Henckel</b>		
		200m	22.56 (22.56)	200m	20.92 (20.92)		
		600m	58.33 (35.77)	600m	54.88 (33.96)		
		1000m	1:37.58 (39.25)	1000m	1:32.25 (37.37)		
		Name	Cat	PB	Time	Info	
10	yw	44 <b>Wendy van der Ham</b>	W50	1:34.04	<b>1:41.88</b>		
	bl	41 <b>Evelien van der Kist</b>	W35	1:24.66	<b>1:35.48</b>		
		<b>Wendy van der Ham</b>			<b>Evelien van der Kist</b>		
		200m	23.33 (23.33)	200m	22.31 (22.31)		
		600m	1:00.23 (36.90)	600m	57.47 (35.16)		
		1000m	1:41.88 (41.65)	1000m	1:35.48 (38.01)		

## 19. Result Men Group B 1000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	87 Victor van den Hoff	M65	2	I	1:28.36	
2	95 Joost van Leenders	M55	13	O	1:28.70	
3	86 Klaas van den Berg	M60	13	I	1:30.18	
4	54 Geir Nettet	M55	12	O	1:32.01	
5	84 Aart van Beuzekom	M55	14	I	1:32.13	
6	75 Piet Siemonsma	M70	14	O	1:32.92	
7	96 Hans van Peperstraten	M70	12	I	1:33.17	
8	32 Morten Henriksen	M65	11	I	1:35.02	
9	50 Jan Mein	M65	11	O	1:36.53	
10	21 Bjørn Fjelnseth	M55	9	O	1:38.72	
11	98 Erik Vea	M70	10	O	1:39.90	
12	10 Egil Bokn	M70	9	I	1:40.54	
13	97 Hendrik van de Beek	M60	1	O	1:42.60	
14	45 Ole Løland	M65	6	I	1:44.63	PB
15	94 Chris van Koeverden	M65	8	I	1:45.87	
16	34 Erwin Henskes	M65	10	I	1:46.92	
17	25 Volker Hannig	M55	3	O	1:51.42	
18	17 Pieter den Dunnen	M75	8	O	1:52.54	
19	36 Thomas Hoekstra	M70	7	I	1:54.50	
20	68 Frans Rietveld	M80	6	O	1:57.13	
21	91 Ton van Helden	M75	7	O	1:59.39	
22	13 Buijin Jalbaa	M80	3	I	2:03.91	
23	82 Bruno Toniolli	M80	5	I	2:07.72	
24	9 Emilio Boicelli	M75	5	O	2:08.34	
25	81 Kenji Takai	M55	4	O	2:14.91	
	35 Gunnar Hiesgen	M55	1	I	DNS	
	4 Badam Tumurbaatar	M55	4	I	DNS	

## 19. Race Result Men Group B 1000 meter

		Name	Cat	PB	Time Info
1	wt	35 <b>Gunnar Hiesgen</b>	M55	2:08.70	<b>DNS</b>
	rd	97 <b>Hendrik van de Beek</b>	M60	1:23.43	<b>1:42.60</b>

**Gunnar Hiesgen**

**Hendrik van de Beek**

200m	25.31	(25.31)
600m	1:02.74	(37.43)
1000m	1:42.60	(39.86)

		Name	Cat	PB	Time Info
2	yw	87 <b>Victor van den Hoff</b>	M65	1:15.66	<b>1:28.36</b>
	bl				

**Victor van den Hoff**

200m	21.39	(21.39)
600m	54.31	(32.92)
1000m	1:28.36	(34.05)

m

		Name	Cat	PB	Time Info
3	wt	13 <b>Bujiin Jalbaa</b>	M80		<b>2:03.91</b>
	rd	25 <b>Volker Hannig</b>	M55		<b>1:51.42</b>

**Bujiin Jalbaa**

**Volker Hannig**

200m	27.15	(27.15)
600m	1:12.00	(44.85)
1000m	2:03.91	(51.91)

200m	25.87	(25.87)
600m	1:07.61	(41.74)
1000m	1:51.42	(43.81)

		Name	Cat	PB	Time Info
4	yw	4 <b>Badam Tumurbaatar</b>	M55		<b>DNS</b>
	bl	81 <b>Kenji Takai</b>	M55	2:09.09	<b>2:14.91</b>

**Badam Tumurbaatar**

**Kenji Takai**

200m	30.13	(30.13)
600m	1:21.22	(51.09)
1000m	2:14.91	(53.69)



		Name	Cat	PB	Time	Info	
5	wt	82 <b>Bruno Toniolli</b>	M80	1:20.63	<b>2:07.72</b>		
	rd	9 <b>Emilio Boicelli</b>	M75	1:50.98	<b>2:08.34</b>		
		<b>Bruno Toniolli</b>			<b>Emilio Boicelli</b>		
		200m	28.93 (28.93)	200m	29.56 (29.56)		
		600m	1:16.61 (47.68)	600m	1:16.87 (47.31)		
		1000m	2:07.72 (51.11)	1000m	2:08.34 (51.47)		

		Name	Cat	PB	Time	Info	
6	yw	45 <b>Ole Løland</b>	M65	1:49.64	<b>1:44.63</b>	PB	
	bl	68 <b>Frans Rietveld</b>	M80	1:26.33	<b>1:57.13</b>		
		<b>Ole Løland</b>			<b>Frans Rietveld</b>		
		200m	24.12 (24.12)	200m	26.91 (26.91)		
		600m	1:03.20 (39.08)	600m	1:10.18 (43.27)		
		1000m	1:44.63 (41.43)	1000m	1:57.13 (46.95)		

		Name	Cat	PB	Time	Info	
7	wt	36 <b>Thomas Hoekstra</b>	M70	1:30.25	<b>1:54.50</b>		
	rd	91 <b>Ton van Helden</b>	M75	1:31.44	<b>1:59.39</b>		
		<b>Thomas Hoekstra</b>			<b>Ton van Helden</b>		
		200m	26.15 (26.15)	200m	27.64 (27.64)		
		600m	1:08.54 (42.39)	600m	1:12.15 (44.51)		
		1000m	1:54.50 (45.96)	1000m	1:59.39 (47.24)		

		Name	Cat	PB	Time	Info	
8	yw	94 <b>Chris van Koeverden</b>	M65	1:35.13	<b>1:45.87</b>		
	bl	17 <b>Pieter den Dunnen</b>	M75	1:25.69	<b>1:52.54</b>		
		<b>Chris van Koeverden</b>			<b>Pieter den Dunnen</b>		
		200m	24.10 (24.10)	200m	27.64 (27.64)		
		600m	1:03.80 (39.70)	600m	1:08.39 (40.75)		
		1000m	1:45.87 (42.07)	1000m	1:52.54 (44.15)		

		Name	Cat	PB	Time	Info
9	wt	10 <b>Egil Bokn</b>	M70	1:24.80	<b>1:40.54</b>	
	rd	21 <b>Bjørn Fjelnseth</b>	M55	1:37.55	<b>1:38.72</b>	
		<b>Egil Bokn</b>		<b>Bjørn Fjelnseth</b>		
		200m 24.34 (24.34)		200m 22.98 (22.98)		
		600m 1:01.90 (37.56)		600m 58.86 (35.88)		
		1000m 1:40.54 (38.64)		1000m 1:38.72 (39.86)		

		Name	Cat	PB	Time	Info
10	yw	34 <b>Erwin Henskes</b>	M65	1:29.19	<b>1:46.92</b>	
	bl	98 <b>Erik Vea</b>	M70	1:20.80	<b>1:39.90</b>	
		<b>Erwin Henskes</b>		<b>Erik Vea</b>		
		200m 25.34 (25.34)		200m 23.16 (23.16)		
		600m 1:05.11 (39.77)		600m 1:00.42 (37.26)		
		1000m 1:46.92 (41.81)		1000m 1:39.90 (39.48)		

		Name	Cat	PB	Time	Info
11	wt	32 <b>Morten Henriksen</b>	M65	1:19.33	<b>1:35.02</b>	
	rd	50 <b>Jan Mein</b>	M65	1:22.40	<b>1:36.53</b>	
		<b>Morten Henriksen</b>		<b>Jan Mein</b>		
		200m 22.64 (22.64)		200m 22.47 (22.47)		
		600m 57.81 (35.17)		600m 57.57 (35.10)		
		1000m 1:35.02 (37.21)		1000m 1:36.53 (38.96)		

		Name	Cat	PB	Time	Info
12	yw	96 <b>Hans van Peperstraten</b>	M70	1:24.10	<b>1:33.17</b>	
	bl	54 <b>Geir Nettet</b>	M55	1:23.19	<b>1:32.01</b>	
		<b>Hans van Peperstraten</b>		<b>Geir Nettet</b>		
		200m 21.88 (21.88)		200m 21.63 (21.63)		
		600m 56.44 (34.56)		600m 55.61 (33.98)		
		1000m 1:33.17 (36.73)		1000m 1:32.01 (36.40)		

		Name			Cat	PB	Time	Info
13	wt	86	<b>Klaas van den Berg</b>		M60	1:19.85	<b>1:30.18</b>	
	rd	95	<b>Joost van Leenders</b>		M55	1:27.00	<b>1:28.70</b>	
		<b>Klaas van den Berg</b>			<b>Joost van Leenders</b>			
		200m	21.52	(21.52)	200m	21.84	(21.84)	
		600m	54.66	(33.14)	600m	54.20	(32.36)	
		1000m	1:30.18	(35.52)	1000m	1:28.70	(34.50)	
		Name			Cat	PB	Time	Info
14	yw	84	<b>Aart van Beuzekom</b>		M55	1:23.04	<b>1:32.13</b>	
	bl	75	<b>Piet Siemonsma</b>		M70	1:23.23	<b>1:32.92</b>	
		<b>Aart van Beuzekom</b>			<b>Piet Siemonsma</b>			
		200m	21.31	(21.31)	200m	21.87	(21.87)	
		600m	55.64	(34.33)	600m	56.13	(34.26)	
		1000m	1:32.13	(36.49)	1000m	1:32.92	(36.79)	

## 20. Result Women Group B 1000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	3 Monique Boerema	W60	11	I	1:40.31	
2	47 Jolanda Voskamp-Vollebregt	W55	11	O	1:43.38	
3	51 Lettie Zwanenburg	W65	10	O	1:43.60	
4	15 Chieko Kato	W55	4	O	1:44.16	
5	8 Marianne de Neeling	W60	9	I	1:44.32	
6	26 Anke Preuß	W55	9	O	1:46.33	
7	43 Mariska van Haaften- van den Bosch	W60	7	I	1:46.70	
8	34 Diane Silzer	W60	12	O	1:49.08	
9	45 Gerdien Verweij	W55	12	I	1:52.00	
10	39 Katsuyo Takeuchi	W55	1	O	1:53.54	
11	24 Jorien Oosterwijk	W55	8	O	1:56.00	
12	38 Marita Steen	W65	8	I	1:58.61	
13	12 Barbara Heerschop	W65	7	O	1:59.05	
14	28 Marianne Reece	W55	5	O	2:02.51	
15	40 Silvia Tassara	W70	5	I	2:04.18	
16	49 Joke Wittenberg	W70	6	I	2:06.39	
17	1 Luvsandagva Altantsetseg	W70	1	I	2:08.78	
18	10 Hilles Hamersley	W60	6	O	2:10.72	
19	23 Nyambuu Erdenetuya	W60	4	I	2:23.55	
20	32 Rossella Sardi	W65	3	I	2:37.10	
	7 Marlies de Jong	W55	10	I	DQ	
	20 Purevmaa Magsar	W65	3	O	DNS	

## 20. Race Result Women Group B 1000 meter

		Name	Cat	PB	Time	Info																								
1	wt	1 Luvsandagva Altantsetseg	W70	1:57.68	<b>2:08.78</b>																									
	rd	39 Katsuyo Takeuchi	W55	1:40.77	<b>1:53.54</b>																									
		<table border="0"> <tr> <td colspan="3">Luvsandagva Altantsetseg</td> <td colspan="3">Katsuyo Takeuchi</td> </tr> <tr> <td>200m</td> <td>29.90</td> <td>(29.90)</td> <td>200m</td> <td>24.89</td> <td>(24.89)</td> </tr> <tr> <td>600m</td> <td>1:17.93</td> <td>(48.03)</td> <td>600m</td> <td>1:07.55</td> <td>(42.66)</td> </tr> <tr> <td>1000m</td> <td>2:08.78</td> <td>(50.85)</td> <td>1000m</td> <td>1:53.54</td> <td>(45.99)</td> </tr> </table>		Luvsandagva Altantsetseg			Katsuyo Takeuchi			200m	29.90	(29.90)	200m	24.89	(24.89)	600m	1:17.93	(48.03)	600m	1:07.55	(42.66)	1000m	2:08.78	(50.85)	1000m	1:53.54	(45.99)			
Luvsandagva Altantsetseg			Katsuyo Takeuchi																											
200m	29.90	(29.90)	200m	24.89	(24.89)																									
600m	1:17.93	(48.03)	600m	1:07.55	(42.66)																									
1000m	2:08.78	(50.85)	1000m	1:53.54	(45.99)																									
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		Name	Cat	PB	Time	Info																								
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m			m																											
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		Name	Cat	PB	Time	Info																								
3	wt	32 Rossella Sardi	W65	2:09.41	<b>2:37.10</b>																									
	rd	20 Purevmaa Magsar	W65		<b>DNS</b>																									
		<table border="0"> <tr> <td colspan="3">Rossella Sardi</td> <td colspan="3">Purevmaa Magsar</td> </tr> <tr> <td>200m</td> <td>33.91</td> <td>(33.91)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>600m</td> <td>1:35.09</td> <td>(61.18)</td> <td></td> <td></td> <td></td> </tr> <tr> <td>1000m</td> <td>2:37.10</td> <td>(62.01)</td> <td></td> <td></td> <td></td> </tr> </table>		Rossella Sardi			Purevmaa Magsar			200m	33.91	(33.91)				600m	1:35.09	(61.18)				1000m	2:37.10	(62.01)						
Rossella Sardi			Purevmaa Magsar																											
200m	33.91	(33.91)																												
600m	1:35.09	(61.18)																												
1000m	2:37.10	(62.01)																												
<hr/>																														
		Name	Cat	PB	Time	Info																								
4	yw	23 Nyambuu Erdenetuya	W60		<b>2:23.55</b>																									
	bl	15 Chieko Kato	W55		<b>1:44.16</b>																									
		<table border="0"> <tr> <td colspan="3">Nyambuu Erdenetuya</td> <td colspan="3">Chieko Kato</td> </tr> <tr> <td>200m</td> <td>30.73</td> <td>(30.73)</td> <td>200m</td> <td>22.62</td> <td>(22.62)</td> </tr> <tr> <td>600m</td> <td>1:25.64</td> <td>(54.91)</td> <td>600m</td> <td>1:00.85</td> <td>(38.23)</td> </tr> <tr> <td>1000m</td> <td>2:23.55</td> <td>(57.91)</td> <td>1000m</td> <td>1:44.16</td> <td>(43.31)</td> </tr> </table>		Nyambuu Erdenetuya			Chieko Kato			200m	30.73	(30.73)	200m	22.62	(22.62)	600m	1:25.64	(54.91)	600m	1:00.85	(38.23)	1000m	2:23.55	(57.91)	1000m	1:44.16	(43.31)			
Nyambuu Erdenetuya			Chieko Kato																											
200m	30.73	(30.73)	200m	22.62	(22.62)																									
600m	1:25.64	(54.91)	600m	1:00.85	(38.23)																									
1000m	2:23.55	(57.91)	1000m	1:44.16	(43.31)																									

		Name	Cat	PB	Time	Info
5	wt	40 <b>Silvia Tassara</b>	W70	1:35.42	<b>2:04.18</b>	
	rd	28 <b>Marianne Reece</b>	W55	1:48.64	<b>2:02.51</b>	
		<b>Silvia Tassara</b>		<b>Marianne Reece</b>		
		200m	28.49 (28.49)	200m	29.28 (29.28)	
		600m	1:14.03 (45.54)	600m	1:12.75 (43.47)	
		1000m	2:04.18 (50.15)	1000m	2:02.51 (49.76)	

		Name	Cat	PB	Time	Info
6	yw	49 <b>Joke Wittenberg</b>	W70	1:39.07	<b>2:06.39</b>	
	bl	10 <b>Hilles Hamersley</b>	W60	1:55.71	<b>2:10.72</b>	
		<b>Joke Wittenberg</b>		<b>Hilles Hamersley</b>		
		200m	28.60 (28.60)	200m	28.28 (28.28)	
		600m	1:16.15 (47.55)	600m	1:18.26 (49.98)	
		1000m	2:06.39 (50.24)	1000m	2:10.72 (52.46)	

		Name	Cat	PB	Time	Info
7	wt	43 <b>Mariska van Haften- van den Bosch</b>	W60	1:39.62	<b>1:46.70</b>	
	rd	12 <b>Barbara Heerschop</b>	W65	1:32.86	<b>1:59.05</b>	
		<b>Mariska van Haften- van den Bosch</b>		<b>Barbara Heerschop</b>		
		200m	24.91 (24.91)	200m	25.74 (25.74)	
		600m	1:04.52 (39.61)	600m	1:09.60 (43.86)	
		1000m	1:46.70 (42.18)	1000m	1:59.05 (49.45)	

		Name	Cat	PB	Time	Info
8	yw	38 <b>Marita Steen</b>	W65	1:32.93	<b>1:58.61</b>	
	bl	24 <b>Jorien Oosterwijk</b>	W55	1:36.79	<b>1:56.00</b>	
		<b>Marita Steen</b>		<b>Jorien Oosterwijk</b>		
		200m	26.38 (26.38)	200m	24.91 (24.91)	
		600m	1:09.06 (42.68)	600m	1:06.41 (41.50)	
		1000m	1:58.61 (49.55)	1000m	1:56.00 (49.59)	

		Name	Cat	PB	Time Info
9	wt	8 <b>Marianne de Neeling</b>	W60	1:32.28	<b>1:44.32</b>
	rd	26 <b>Anke Preuß</b>	W55	1:34.41	<b>1:46.33</b>
		<b>Marianne de Neeling</b>		<b>Anke Preuß</b>	
		200m	24.80 (24.80)	200m	24.32 (24.32)
		600m	1:03.64 (38.84)	600m	1:03.55 (39.23)
		1000m	1:44.32 (40.68)	1000m	1:46.33 (42.78)

		Name	Cat	PB	Time Info
10	yw	7 <b>Marlies de Jong</b>	W55	1:34.04	<b>DQ</b>
	bl	51 <b>Lettie Zwanenburg</b>	W65	1:31.37	<b>1:43.60</b>
		<b>Marlies de Jong</b>		<b>Lettie Zwanenburg</b>	
		200m	24.26 (24.26)	200m	24.67 (24.67)
		600m	1:03.71 (39.45)	600m	1:02.62 (37.95)
				1000m	1:43.60 (40.98)

		Name	Cat	PB	Time Info
11	wt	3 <b>Monique Boerema</b>	W60	1:25.09	<b>1:40.31</b>
	rd	47 <b>Jolanda Voskamp-Vollebregt</b>	W55	1:26.06	<b>1:43.38</b>
		<b>Monique Boerema</b>		<b>Jolanda Voskamp-Vollebregt</b>	
		200m	23.50 (23.50)	200m	24.64 (24.64)
		600m	59.87 (36.37)	600m	1:01.74 (37.10)
		1000m	1:40.31 (40.44)	1000m	1:43.38 (41.64)

		Name	Cat	PB	Time Info
12	yw	45 <b>Gerdien Verweij</b>	W55	1:23.76	<b>1:52.00</b>
	bl	34 <b>Diane Silzer</b>	W60	1:32.54	<b>1:49.08</b>
		<b>Gerdien Verweij</b>		<b>Diane Silzer</b>	
		200m	23.22 (23.22)	200m	25.11 (25.11)
		600m	1:06.29 (43.07)	600m	1:04.98 (39.87)
		1000m	1:52.00 (45.71)	1000m	1:49.08 (44.10)

## 21. Result Men 10000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	58 Mark Ooijevaar	M40	14	I	15:05.53	
2	46 André Los	M30	12	O	15:44.77	
3	92 Sybe van Hijum	M30	14	O	15:55.34	
4	56 Marc Nieuwenhuijse	M40	13	I	16:15.04	
5	44 Niels Leliveld	M30	6	O	17:07.19	
6	51 Frode Midjo	M50	12	I	17:08.17	
7	63 Maarten Quist	M45	1	O	17:25.41	
8	55 Andrew Nicholson	M50	6	I	17:29.36	
9	53 Ragnvald Næss	M65	10	I	18:03.79	
10	3 Scott Anderson	M55	5	I	18:08.10	
11	41 Kees Langeveld	M65	11	I	18:10.56	
12	99 Johan Vikhals	M55	7	O	18:17.52	
13	38 Vishwaraj Jadeja	M35	13	O	18:27.26	
14	78 Frank Steenkamp	M65	4	I	18:40.05	
15	40 Olav Langeland	M65	10	O	18:48.12	
16	26 Hans-Gerd Heyne	M60	11	O	18:50.82	
17	104 Marvin Zeisberg	M30	9	O	18:58.67	
18	71 Thomas Rumpf	M60	4	O	19:25.31	
19	93 Erik van Hooft	M45	2	O	19:40.59	
20	27 Alf Harbitz	M70	8	O	19:41.87	
21	34 Erwin Henskes	M65	8	I	19:55.08	
22	8 Robert Black	M60	3	I	19:57.21	
23	69 Rolf Espen Riktor	M60	7	I	20:04.27	
24	79 Arne Stenhaug	M65	5	O	20:21.85	
25	105 Wim Zwanenburg	M65	9	I	20:32.76	
26	77 Harold Spragg	M65	2	I	20:49.91	
27	49 Reinhold Marsollek	M70	3	O	21:12.76	
28	62 Cristian Picco	M40	1	I	24:22.36	



## 21. Race Result Men 10000 meter

	Name	Cat	PB	Time	Info
1	wt 62 Cristian Picco	M40		<b>24:22.36</b>	
	rd 63 Maarten Quist	M45		<b>17:25.41</b>	
	<b>Cristian Picco</b>		<b>Maarten Quist</b>		
	400m	1:00.01 (60.01)	400m	42.81 (42.81)	
	800m	1:58.43 (58.42)	800m	1:23.07 (40.26)	
	1200m	2:57.44 (59.01)	1200m	2:03.65 (40.58)	
	1600m	3:52.79 (55.35)	1600m	2:44.71 (41.06)	
	2000m	4:50.85 (58.06)	2000m	3:25.62 (40.91)	
	2400m	5:48.17 (57.32)	2400m	4:06.39 (40.77)	
	2800m	6:46.46 (58.29)	2800m	4:47.54 (41.15)	
	3200m	7:45.78 (59.32)	3200m	5:29.51 (41.97)	
	3600m	8:44.24 (58.46)	3600m	6:10.38 (40.87)	
	4000m	9:43.73 (59.49)	4000m	6:51.50 (41.12)	
	4400m	10:38.62 (54.89)	4400m	7:32.94 (41.44)	
	4800m	11:32.69 (54.07)	4800m	8:15.14 (42.20)	
	5200m	12:28.97 (56.28)	5200m	8:55.92 (40.78)	
	5600m	13:27.09 (58.12)	5600m	9:37.03 (41.11)	
	6000m	14:28.14 (61.05)	6000m	10:18.65 (41.62)	
	6400m	15:25.87 (57.73)	6400m	11:02.25 (43.60)	
	6800m	16:25.67 (59.80)	6800m	11:44.04 (41.79)	
	7200m	17:30.18 (64.51)	7200m	12:26.06 (42.02)	
	7600m	18:33.99 (63.81)	7600m	13:09.05 (42.99)	
	8000m	19:31.14 (57.15)	8000m	13:53.65 (44.60)	
	8400m	20:29.57 (58.43)	8400m	14:36.96 (43.31)	
	8800m	21:26.24 (56.67)	8800m	15:19.18 (42.22)	
	9200m	22:27.79 (61.55)	9200m	16:00.90 (41.72)	
	9600m	23:24.63 (56.84)	9600m	16:44.39 (43.49)	
	10000m	24:22.36 (57.73)	10000m	17:25.41 (41.02)	

	Name	Cat	PB	Time	Info
2	yw 77 <b>Harold Spragg</b>	M65	19:15.94	<b>20:49.91</b>	
	bl 93 <b>Erik van Hooft</b>	M45		<b>19:40.59</b>	
	<b>Harold Spragg</b>		<b>Erik van Hooft</b>		
	400m	54.91 (54.91)	400m	44.48 (44.48)	
	800m	1:42.89 (47.98)	800m	1:26.07 (41.59)	
	1200m	2:32.98 (50.09)	1200m	2:08.77 (42.70)	
	1600m	3:19.92 (46.94)	1600m	2:53.19 (44.42)	
	2000m	4:09.22 (49.30)	2000m	3:38.94 (45.75)	
	2400m	4:58.20 (48.98)	2400m	4:24.54 (45.60)	
	2800m	5:47.10 (48.90)	2800m	5:11.16 (46.62)	
	3200m	6:35.74 (48.64)	3200m	5:58.24 (47.08)	
	3600m	7:24.38 (48.64)	3600m	6:45.58 (47.34)	
	4000m	8:12.30 (47.92)	4000m	7:30.39 (44.81)	
	4400m	9:04.41 (52.11)	4400m	8:15.22 (44.83)	
	4800m	9:53.72 (49.31)	4800m	9:02.66 (47.44)	
	5200m	10:46.09 (52.37)	5200m	9:50.11 (47.45)	
	5600m	11:36.26 (50.17)	5600m	10:41.28 (51.17)	
	6000m	12:27.63 (51.37)	6000m	11:33.83 (52.55)	
	6400m	13:17.35 (49.72)	6400m	12:27.33 (53.50)	
	6800m	14:07.82 (50.47)	6800m	13:15.00 (47.67)	
	7200m	14:57.38 (49.56)	7200m	14:02.78 (47.78)	
	7600m	15:48.10 (50.72)	7600m	14:49.78 (47.00)	
	8000m	16:40.67 (52.57)	8000m	15:40.00 (50.22)	
	8400m	17:31.80 (51.13)	8400m	16:28.50 (48.50)	
	8800m	18:20.75 (48.95)	8800m	17:18.58 (50.08)	
	9200m	19:12.80 (52.05)	9200m	18:10.90 (52.32)	
	9600m	20:01.75 (48.95)	9600m	18:58.36 (47.46)	
	10000m	20:49.91 (48.16)	10000m	19:40.59 (42.23)	

		Name	Cat	PB	Time	Info
3	wt	8 <b>Robert Black</b>	M60	18:36.26	<b>19:57.21</b>	
	rd	49 <b>Reinhold Marsollek</b>	M70	18:39.79	<b>21:12.76</b>	
		<b>Robert Black</b>			<b>Reinhold Marsollek</b>	
		400m	52.30 (52.30)	400m	56.14 (56.14)	
		800m	1:37.93 (45.63)	800m	1:47.26 (51.12)	
		1200m	2:24.00 (46.07)	1200m	2:38.15 (50.89)	
		1600m	3:10.34 (46.34)	1600m	3:27.78 (49.63)	
		2000m	3:56.90 (46.56)	2000m	4:18.67 (50.89)	
		2400m	4:42.60 (45.70)	2400m	5:08.88 (50.21)	
		2800m	5:30.68 (48.08)	2800m	6:00.07 (51.19)	
		3200m	6:17.84 (47.16)	3200m	6:49.50 (49.43)	
		3600m	7:06.08 (48.24)	3600m	7:37.98 (48.48)	
		4000m	7:52.94 (46.86)	4000m	8:29.97 (51.99)	
		4400m	8:41.08 (48.14)	4400m	9:22.46 (52.49)	
		4800m	9:29.01 (47.93)	4800m	10:11.89 (49.43)	
		5200m	10:15.71 (46.70)	5200m	11:02.89 (51.00)	
		5600m	11:04.00 (48.29)	5600m	11:55.91 (53.02)	
		6000m	11:53.11 (49.11)	6000m	12:49.66 (53.75)	
		6400m	12:41.79 (48.68)	6400m	13:41.49 (51.83)	
		6800m	13:27.84 (46.05)	6800m	14:33.99 (52.50)	
		7200m	14:14.65 (46.81)	7200m	15:24.25 (50.26)	
		7600m	15:01.85 (47.20)	7600m	16:15.87 (51.62)	
		8000m	15:50.45 (48.60)	8000m	17:08.41 (52.54)	
		8400m	16:39.91 (49.46)	8400m	18:00.31 (51.90)	
		8800m	17:26.19 (46.28)	8800m	18:51.84 (51.53)	
		9200m	18:16.57 (50.38)	9200m	19:39.16 (47.32)	
		9600m	19:08.52 (51.95)	9600m	20:27.61 (48.45)	
		10000m	19:57.21 (48.69)	10000m	21:12.76 (45.15)	

	Name	Cat	PB	Time	Info
4	yw 78 <b>Frank Steenkamp</b>	M65	16:37.03	<b>18:40.05</b>	
	bl 71 <b>Thomas Rumpf</b>	M60	17:26.29	<b>19:25.31</b>	
	<b>Frank Steenkamp</b>		<b>Thomas Rumpf</b>		
	400m	48.07 (48.07)	400m	47.18 (47.18)	
	800m	1:27.59 (39.52)	800m	1:28.62 (41.44)	
	1200m	2:09.73 (42.14)	1200m	2:13.50 (44.88)	
	1600m	2:52.24 (42.51)	1600m	2:57.82 (44.32)	
	2000m	3:34.71 (42.47)	2000m	3:42.82 (45.00)	
	2400m	4:16.37 (41.66)	2400m	4:26.35 (43.53)	
	2800m	4:59.82 (43.45)	2800m	5:12.50 (46.15)	
	3200m	5:42.80 (42.98)	3200m	5:57.39 (44.89)	
	3600m	6:25.71 (42.91)	3600m	6:44.57 (47.18)	
	4000m	7:08.65 (42.94)	4000m	7:30.84 (46.27)	
	4400m	7:53.43 (44.78)	4400m	8:19.02 (48.18)	
	4800m	8:39.13 (45.70)	4800m	9:06.18 (47.16)	
	5200m	9:22.92 (43.79)	5200m	9:53.14 (46.96)	
	5600m	10:07.65 (44.73)	5600m	10:41.63 (48.49)	
	6000m	10:53.78 (46.13)	6000m	11:32.82 (51.19)	
	6400m	11:43.51 (49.73)	6400m	12:20.40 (47.58)	
	6800m	12:31.48 (47.97)	6800m	13:05.77 (45.37)	
	7200m	13:17.48 (46.00)	7200m	13:53.35 (47.58)	
	7600m	14:04.72 (47.24)	7600m	14:38.02 (44.67)	
	8000m	14:49.35 (44.63)	8000m	15:27.41 (49.39)	
	8400m	15:35.31 (45.96)	8400m	16:17.28 (49.87)	
	8800m	16:22.02 (46.71)	8800m	17:02.92 (45.64)	
	9200m	17:07.29 (45.27)	9200m	17:52.42 (49.50)	
	9600m	17:54.42 (47.13)	9600m	18:41.84 (49.42)	
	10000m	18:40.05 (45.63)	10000m	19:25.31 (43.47)	

		Name	Cat	PB	Time	Info
5	wt	3 <b>Scott Anderson</b>	M55	16:15.65	<b>18:08.10</b>	
	rd	79 <b>Arne Stenhaus</b>	M65	16:16.06	<b>20:21.85</b>	
		<b>Scott Anderson</b>			<b>Arne Stenhaus</b>	
		400m	51.29 (51.29)	400m	53.13 (53.13)	
		800m	1:37.27 (45.98)	800m	1:42.50 (49.37)	
		1200m	2:20.90 (43.63)	1200m	2:31.53 (49.03)	
		1600m	3:03.83 (42.93)	1600m	3:21.93 (50.40)	
		2000m	3:46.51 (42.68)	2000m	4:14.05 (52.12)	
		2400m	4:29.99 (43.48)	2400m	5:03.05 (49.00)	
		2800m	5:14.61 (44.62)	2800m	5:53.40 (50.35)	
		3200m	5:56.78 (42.17)	3200m	6:45.72 (52.32)	
		3600m	6:41.98 (45.20)	3600m	7:35.35 (49.63)	
		4000m	7:26.70 (44.72)	4000m	8:26.23 (50.88)	
		4400m	8:12.87 (46.17)	4400m	9:16.69 (50.46)	
		4800m	8:57.45 (44.58)	4800m	10:04.79 (48.10)	
		5200m	9:39.05 (41.60)	5200m	10:52.03 (47.24)	
		5600m	10:21.35 (42.30)	5600m	11:38.84 (46.81)	
		6000m	11:03.56 (42.21)	6000m	12:25.20 (46.36)	
		6400m	11:45.11 (41.55)	6400m	13:10.74 (45.54)	
		6800m	12:26.86 (41.75)	6800m	13:57.08 (46.34)	
		7200m	13:09.04 (42.18)	7200m	14:44.31 (47.23)	
		7600m	13:51.78 (42.74)	7600m	15:31.11 (46.80)	
		8000m	14:36.35 (44.57)	8000m	16:18.50 (47.39)	
		8400m	15:19.89 (43.54)	8400m	17:07.43 (48.93)	
		8800m	16:02.04 (42.15)	8800m	17:54.88 (47.45)	
		9200m	16:44.86 (42.82)	9200m	18:45.45 (50.57)	
		9600m	17:26.75 (41.89)	9600m	19:34.75 (49.30)	
		10000m	18:08.10 (41.35)	10000m	20:21.85 (47.10)	

		Name	Cat	PB	Time Info
6	yw	55 <b>Andrew Nicholson</b>	M50	14:28.25	<b>17:29.36</b>
	bl	44 <b>Niels Leliveld</b>	M30	15:18.84	<b>17:07.19</b>
<b>Andrew Nicholson</b>			<b>Niels Leliveld</b>		
	400m	44.22 (44.22)	400m	41.49 (41.49)	
	800m	1:24.13 (39.91)	800m	1:20.38 (38.89)	
	1200m	2:04.54 (40.41)	1200m	1:59.06 (38.68)	
	1600m	2:45.02 (40.48)	1600m	2:36.94 (37.88)	
	2000m	3:26.18 (41.16)	2000m	3:15.38 (38.44)	
	2400m	4:06.75 (40.57)	2400m	3:54.22 (38.84)	
	2800m	4:47.13 (40.38)	2800m	4:33.30 (39.08)	
	3200m	5:28.20 (41.07)	3200m	5:14.92 (41.62)	
	3600m	6:13.00 (44.80)	3600m	5:57.35 (42.43)	
	4000m	6:57.21 (44.21)	4000m	6:38.03 (40.68)	
	4400m	7:44.00 (46.79)	4400m	7:19.79 (41.76)	
	4800m	8:28.66 (44.66)	4800m	8:02.26 (42.47)	
	5200m	9:11.28 (42.62)	5200m	8:46.91 (44.65)	
	5600m	9:54.20 (42.92)	5600m	9:27.77 (40.86)	
	6000m	10:36.29 (42.09)	6000m	10:07.81 (40.04)	
	6400m	11:17.09 (40.80)	6400m	10:48.61 (40.80)	
	6800m	11:57.60 (40.51)	6800m	11:29.38 (40.77)	
	7200m	12:38.23 (40.63)	7200m	12:09.83 (40.45)	
	7600m	13:19.67 (41.44)	7600m	12:53.00 (43.17)	
	8000m	14:02.10 (42.43)	8000m	13:37.71 (44.71)	
	8400m	14:44.28 (42.18)	8400m	14:22.22 (44.51)	
	8800m	15:26.42 (42.14)	8800m	15:04.59 (42.37)	
	9200m	16:08.74 (42.32)	9200m	15:45.50 (40.91)	
	9600m	16:49.22 (40.48)	9600m	16:26.23 (40.73)	
	10000m	17:29.36 (40.14)	10000m	17:07.19 (40.96)	

		Name	Cat	PB	Time Info
7	wt	69 Rolf Espen Riktor	M60	18:12.34	<b>20:04.27</b>
	rd	99 Johan Vikhals	M55	17:09.30	<b>18:17.52</b>
		<b>Rolf Espen Riktor</b>			
		400m	52.31 (52.31)	400m	47.99 (47.99)
		800m	1:37.16 (44.85)	800m	1:30.93 (42.94)
		1200m	2:24.49 (47.33)	1200m	2:14.13 (43.20)
		1600m	3:12.07 (47.58)	1600m	2:57.89 (43.76)
		2000m	3:58.36 (46.29)	2000m	3:40.78 (42.89)
		2400m	4:45.72 (47.36)	2400m	4:24.55 (43.77)
		2800m	5:35.33 (49.61)	2800m	5:08.08 (43.53)
		3200m	6:22.93 (47.60)	3200m	5:51.60 (43.52)
		3600m	7:11.20 (48.27)	3600m	6:35.61 (44.01)
		4000m	8:01.63 (50.43)	4000m	7:19.94 (44.33)
		4400m	8:53.26 (51.63)	4400m	8:05.52 (45.58)
		4800m	9:41.99 (48.73)	4800m	8:52.60 (47.08)
		5200m	10:29.04 (47.05)	5200m	9:38.19 (45.59)
		5600m	11:16.55 (47.51)	5600m	10:22.91 (44.72)
		6000m	12:05.40 (48.85)	6000m	11:07.15 (44.24)
		6400m	12:52.34 (46.94)	6400m	11:51.61 (44.46)
		6800m	13:41.20 (48.86)	6800m	12:35.52 (43.91)
		7200m	14:28.83 (47.63)	7200m	13:19.99 (44.47)
		7600m	15:16.47 (47.64)	7600m	14:03.30 (43.31)
		8000m	16:03.50 (47.03)	8000m	14:45.78 (42.48)
		8400m	16:51.52 (48.02)	8400m	15:29.26 (43.48)
		8800m	17:37.79 (46.27)	8800m	16:11.05 (41.79)
		9200m	18:25.65 (47.86)	9200m	16:53.09 (42.04)
		9600m	19:16.45 (50.80)	9600m	17:35.67 (42.58)
		10000m	20:04.27 (47.82)	10000m	18:17.52 (41.85)

		Name	Cat	PB	Time Info
8	yw	34 <b>Erwin Henskes</b>	M65	18:03.45	<b>19:55.08</b>
	bl	27 <b>Alf Harbitz</b>	M70	17:15.75	<b>19:41.87</b>
<b>Erwin Henskes</b>			<b>Alf Harbitz</b>		
	400m	53.84 (53.84)	400m	49.80 (49.80)	
	800m	1:39.28 (45.44)	800m	1:35.59 (45.79)	
	1200m	2:26.37 (47.09)	1200m	2:22.44 (46.85)	
	1600m	3:12.28 (45.91)	1600m	3:08.62 (46.18)	
	2000m	3:59.25 (46.97)	2000m	3:54.83 (46.21)	
	2400m	4:46.18 (46.93)	2400m	4:41.84 (47.01)	
	2800m	5:32.52 (46.34)	2800m	5:27.68 (45.84)	
	3200m	6:18.30 (45.78)	3200m	6:13.76 (46.08)	
	3600m	7:05.96 (47.66)	3600m	6:59.02 (45.26)	
	4000m	7:53.26 (47.30)	4000m	7:44.99 (45.97)	
	4400m	8:42.21 (48.95)	4400m	8:32.82 (47.83)	
	4800m	9:32.40 (50.19)	4800m	9:21.25 (48.43)	
	5200m	10:21.54 (49.14)	5200m	10:08.15 (46.90)	
	5600m	11:08.39 (46.85)	5600m	10:54.60 (46.45)	
	6000m	11:56.96 (48.57)	6000m	11:41.61 (47.01)	
	6400m	12:45.06 (48.10)	6400m	12:27.01 (45.40)	
	6800m	13:32.28 (47.22)	6800m	13:15.35 (48.34)	
	7200m	14:19.13 (46.85)	7200m	14:02.73 (47.38)	
	7600m	15:07.22 (48.09)	7600m	14:49.54 (46.81)	
	8000m	15:53.78 (46.56)	8000m	15:37.46 (47.92)	
	8400m	16:42.43 (48.65)	8400m	16:25.60 (48.14)	
	8800m	17:30.94 (48.51)	8800m	17:13.18 (47.58)	
	9200m	18:19.33 (48.39)	9200m	18:02.85 (49.67)	
	9600m	19:09.46 (50.13)	9600m	18:52.64 (49.79)	
	10000m	19:55.08 (45.62)	10000m	19:41.87 (49.23)	



		Name	Cat	PB	Time Info	
9	wt	105 <b>Wim Zwanenburg</b>	M65	17:31.16	<b>20:32.76</b>	
	rd	104 <b>Marvin Zeisberg</b>	M30	18:42.83	<b>18:58.67</b>	
		<b>Wim Zwanenburg</b>			<b>Marvin Zeisberg</b>	
		400m	49.95 (49.95)	400m	47.19 (47.19)	
		800m	1:32.76 (42.81)	800m	1:28.42 (41.23)	
		1200m	2:19.20 (46.44)	1200m	2:12.79 (44.37)	
		1600m	3:08.13 (48.93)	1600m	2:57.83 (45.04)	
		2000m	3:55.50 (47.37)	2000m	3:43.59 (45.76)	
		2400m	4:44.33 (48.83)	2400m	4:28.45 (44.86)	
		2800m	5:33.98 (49.65)	2800m	5:13.72 (45.27)	
		3200m	6:24.60 (50.62)	3200m	5:59.04 (45.32)	
		3600m	7:13.71 (49.11)	3600m	6:45.73 (46.69)	
		4000m	8:00.62 (46.91)	4000m	7:32.75 (47.02)	
		4400m	8:52.85 (52.23)	4400m	8:18.46 (45.71)	
		4800m	9:44.15 (51.30)	4800m	9:04.81 (46.35)	
		5200m	10:33.29 (49.14)	5200m	9:51.33 (46.52)	
		5600m	11:23.22 (49.93)	5600m	10:36.76 (45.43)	
		6000m	12:15.16 (51.94)	6000m	11:22.86 (46.10)	
		6400m	13:05.39 (50.23)	6400m	12:09.66 (46.80)	
		6800m	13:55.92 (50.53)	6800m	12:55.20 (45.54)	
		7200m	14:48.36 (52.44)	7200m	13:41.23 (46.03)	
		7600m	15:39.13 (50.77)	7600m	14:28.33 (47.10)	
		8000m	16:28.38 (49.25)	8000m	15:13.47 (45.14)	
		8400m	17:17.53 (49.15)	8400m	15:59.40 (45.93)	
		8800m	18:07.17 (49.64)	8800m	16:45.52 (46.12)	
		9200m	18:57.91 (50.74)	9200m	17:31.26 (45.74)	
		9600m	19:46.33 (48.42)	9600m	18:16.60 (45.34)	
		10000m	20:32.76 (46.43)	10000m	18:58.67 (42.07)	

		Name	Cat	PB	Time Info
10	yw	53 <b>Ragnvald Næss</b>	M65	14:55.21	<b>18:03.79</b>
	bl	40 <b>Olav Langeland</b>	M65	16:17.94	<b>18:48.12</b>
<b>Ragnvald Næss</b>			<b>Olav Langeland</b>		
	400m	49.95 (49.95)	400m	49.83 (49.83)	
	800m	1:31.99 (42.04)	800m	1:32.32 (42.49)	
	1200m	2:16.52 (44.53)	1200m	2:16.29 (43.97)	
	1600m	3:01.55 (45.03)	1600m	3:02.45 (46.16)	
	2000m	3:43.97 (42.42)	2000m	3:46.16 (43.71)	
	2400m	4:26.92 (42.95)	2400m	4:30.20 (44.04)	
	2800m	5:10.01 (43.09)	2800m	5:13.97 (43.77)	
	3200m	5:54.16 (44.15)	3200m	5:57.95 (43.98)	
	3600m	6:36.42 (42.26)	3600m	6:42.27 (44.32)	
	4000m	7:19.18 (42.76)	4000m	7:27.02 (44.75)	
	4400m	8:03.17 (43.99)	4400m	8:12.38 (45.36)	
	4800m	8:47.40 (44.23)	4800m	8:58.12 (45.74)	
	5200m	9:30.91 (43.51)	5200m	9:42.80 (44.68)	
	5600m	10:13.10 (42.19)	5600m	10:26.83 (44.03)	
	6000m	10:57.64 (44.54)	6000m	11:13.14 (46.31)	
	6400m	11:41.43 (43.79)	6400m	11:59.20 (46.06)	
	6800m	12:23.67 (42.24)	6800m	12:43.96 (44.76)	
	7200m	13:07.15 (43.48)	7200m	13:30.08 (46.12)	
	7600m	13:50.89 (43.74)	7600m	14:17.26 (47.18)	
	8000m	14:32.87 (41.98)	8000m	15:03.46 (46.20)	
	8400m	15:15.56 (42.69)	8400m	15:49.18 (45.72)	
	8800m	15:58.19 (42.63)	8800m	16:34.51 (45.33)	
	9200m	16:40.40 (42.21)	9200m	17:19.28 (44.77)	
	9600m	17:22.55 (42.15)	9600m	18:03.90 (44.62)	
	10000m	18:03.79 (41.24)	10000m	18:48.12 (44.22)	

		Name	Cat	PB	Time	Info
11	wt	41 Kees Langeveld	M65	16:04.82	<b>18:10.56</b>	
	rd	26 Hans-Gerd Heyne	M60	17:07.79	<b>18:50.82</b>	
		<b>Kees Langeveld</b>			<b>Hans-Gerd Heyne</b>	
		400m	49.16 (49.16)	400m	54.86 (54.86)	
		800m	1:31.29 (42.13)	800m	1:41.88 (47.02)	
		1200m	2:14.03 (42.74)	1200m	2:26.06 (44.18)	
		1600m	2:56.10 (42.07)	1600m	3:09.60 (43.54)	
		2000m	3:37.18 (41.08)	2000m	3:53.25 (43.65)	
		2400m	4:20.02 (42.84)	2400m	4:37.37 (44.12)	
		2800m	5:03.28 (43.26)	2800m	5:22.13 (44.76)	
		3200m	5:46.24 (42.96)	3200m	6:07.14 (45.01)	
		3600m	6:30.41 (44.17)	3600m	6:52.51 (45.37)	
		4000m	7:12.26 (41.85)	4000m	7:37.15 (44.64)	
		4400m	7:53.12 (40.86)	4400m	8:23.45 (46.30)	
		4800m	8:34.56 (41.44)	4800m	9:08.83 (45.38)	
		5200m	9:18.88 (44.32)	5200m	9:53.38 (44.55)	
		5600m	10:01.87 (42.99)	5600m	10:38.37 (44.99)	
		6000m	10:45.03 (43.16)	6000m	11:24.11 (45.74)	
		6400m	11:29.34 (44.31)	6400m	12:10.23 (46.12)	
		6800m	12:12.65 (43.31)	6800m	12:56.22 (45.99)	
		7200m	12:56.66 (44.01)	7200m	13:42.30 (46.08)	
		7600m	13:40.91 (44.25)	7600m	14:27.39 (45.09)	
		8000m	14:26.19 (45.28)	8000m	15:10.39 (43.00)	
		8400m	15:09.58 (43.39)	8400m	15:53.28 (42.89)	
		8800m	15:52.98 (43.40)	8800m	16:38.19 (44.91)	
		9200m	16:37.40 (44.42)	9200m	17:22.63 (44.44)	
		9600m	17:22.90 (45.50)	9600m	18:06.68 (44.05)	
		10000m	18:10.56 (47.66)	10000m	18:50.82 (44.14)	

		Name	Cat	PB	Time	Info
12	yw	51 Frode Midjo	M50	15:33.59	<b>17:08.17</b>	
	bl	46 André Los	M30	13:57.77	<b>15:44.77</b>	
		<b>Frode Midjo</b>				<b>André Los</b>
		400m	42.97 (42.97)	400m	40.30 (40.30)	
		800m	1:21.67 (38.70)	800m	1:16.04 (35.74)	
		1200m	2:02.21 (40.54)	1200m	1:52.18 (36.14)	
		1600m	2:41.56 (39.35)	1600m	2:28.11 (35.93)	
		2000m	3:21.62 (40.06)	2000m	3:04.34 (36.23)	
		2400m	4:01.70 (40.08)	2400m	3:41.91 (37.57)	
		2800m	4:42.02 (40.32)	2800m	4:18.00 (36.09)	
		3200m	5:22.18 (40.16)	3200m	4:55.30 (37.30)	
		3600m	6:04.71 (42.53)	3600m	5:33.75 (38.45)	
		4000m	6:44.82 (40.11)	4000m	6:12.57 (38.82)	
		4400m	7:23.65 (38.83)	4400m	6:50.80 (38.23)	
		4800m	8:03.68 (40.03)	4800m	7:28.24 (37.44)	
		5200m	8:45.29 (41.61)	5200m	8:06.17 (37.93)	
		5600m	9:25.83 (40.54)	5600m	8:45.44 (39.27)	
		6000m	10:07.50 (41.67)	6000m	9:23.30 (37.86)	
		6400m	10:49.70 (42.20)	6400m	10:02.03 (38.73)	
		6800m	11:32.48 (42.78)	6800m	10:40.62 (38.59)	
		7200m	12:15.89 (43.41)	7200m	11:20.32 (39.70)	
		7600m	12:58.77 (42.88)	7600m	11:59.45 (39.13)	
		8000m	13:41.71 (42.94)	8000m	12:38.40 (38.95)	
		8400m	14:22.87 (41.16)	8400m	13:17.42 (39.02)	
		8800m	15:03.39 (40.52)	8800m	13:56.38 (38.96)	
		9200m	15:45.08 (41.69)	9200m	14:33.63 (37.25)	
		9600m	16:28.19 (43.11)	9600m	15:09.74 (36.11)	
		10000m	17:08.17 (39.98)	10000m	15:44.77 (35.03)	

		Name	Cat	PB	Time	Info
13	wt	56 <b>Marc Nieuwenhuijse</b>	M40	15:25.99	<b>16:15.04</b>	
	rd	38 <b>Vishwaraj Jadeja</b>	M35	15:13.14	<b>18:27.26</b>	
		<b>Marc Nieuwenhuijse</b>			<b>Vishwaraj Jadeja</b>	
		400m	44.12 (44.12)	400m	45.08 (45.08)	
		800m	1:21.98 (37.86)	800m	1:26.17 (41.09)	
		1200m	1:59.56 (37.58)	1200m	2:06.25 (40.08)	
		1600m	2:38.94 (39.38)	1600m	2:48.49 (42.24)	
		2000m	3:17.38 (38.44)	2000m	3:31.27 (42.78)	
		2400m	3:54.80 (37.42)	2400m	4:11.93 (40.66)	
		2800m	4:32.87 (38.07)	2800m	4:52.78 (40.85)	
		3200m	5:12.17 (39.30)	3200m	5:35.16 (42.38)	
		3600m	5:50.45 (38.28)	3600m	6:16.33 (41.17)	
		4000m	6:29.19 (38.74)	4000m	6:58.11 (41.78)	
		4400m	7:07.77 (38.58)	4400m	7:41.80 (43.69)	
		4800m	7:46.46 (38.69)	4800m	8:27.50 (45.70)	
		5200m	8:26.52 (40.06)	5200m	9:13.53 (46.03)	
		5600m	9:05.93 (39.41)	5600m	9:59.29 (45.76)	
		6000m	9:45.21 (39.28)	6000m	10:45.07 (45.78)	
		6400m	10:24.37 (39.16)	6400m	11:32.27 (47.20)	
		6800m	11:03.82 (39.45)	6800m	12:20.56 (48.29)	
		7200m	11:42.11 (38.29)	7200m	13:09.04 (48.48)	
		7600m	12:21.70 (39.59)	7600m	13:55.29 (46.25)	
		8000m	13:01.86 (40.16)	8000m	14:39.53 (44.24)	
		8400m	13:40.95 (39.09)	8400m	15:24.53 (45.00)	
		8800m	14:20.17 (39.22)	8800m	16:11.13 (46.60)	
		9200m	14:59.03 (38.86)	9200m	16:57.43 (46.30)	
		9600m	15:36.56 (37.53)	9600m	17:43.42 (45.99)	
		10000m	16:15.04 (38.48)	10000m	18:27.26 (43.84)	

		Name	Cat	PB	Time	Info
14	yw	58 <b>Mark Ooijevaar</b>	M40	13:12.60	<b>15:05.53</b>	
	bl	92 <b>Sybe van Hijum</b>	M30	15:25.20	<b>15:55.34</b>	
		<b>Mark Ooijevaar</b>				<b>Sybe van Hijum</b>
		400m	39.74 (39.74)	400m	40.98 (40.98)	
		800m	1:13.94 (34.20)	800m	1:16.31 (35.33)	
		1200m	1:48.56 (34.62)	1200m	1:51.71 (35.40)	
		1600m	2:23.94 (35.38)	1600m	2:28.88 (37.17)	
		2000m	2:59.91 (35.97)	2000m	3:06.27 (37.39)	
		2400m	3:34.96 (35.05)	2400m	3:42.90 (36.63)	
		2800m	4:10.35 (35.39)	2800m	4:19.79 (36.89)	
		3200m	4:46.56 (36.21)	3200m	4:57.86 (38.07)	
		3600m	5:22.24 (35.68)	3600m	5:35.53 (37.67)	
		4000m	5:58.62 (36.38)	4000m	6:13.78 (38.25)	
		4400m	6:34.76 (36.14)	4400m	6:51.84 (38.06)	
		4800m	7:11.12 (36.36)	4800m	7:29.39 (37.55)	
		5200m	7:48.39 (37.27)	5200m	8:07.36 (37.97)	
		5600m	8:24.50 (36.11)	5600m	8:46.50 (39.14)	
		6000m	9:01.67 (37.17)	6000m	9:25.12 (38.62)	
		6400m	9:38.23 (36.56)	6400m	10:04.44 (39.32)	
		6800m	10:14.44 (36.21)	6800m	10:43.64 (39.20)	
		7200m	10:51.54 (37.10)	7200m	11:22.96 (39.32)	
		7600m	11:28.61 (37.07)	7600m	12:02.81 (39.85)	
		8000m	12:05.41 (36.80)	8000m	12:42.59 (39.78)	
		8400m	12:41.68 (36.27)	8400m	13:20.36 (37.77)	
		8800m	13:17.29 (35.61)	8800m	13:59.31 (38.95)	
		9200m	13:54.36 (37.07)	9200m	14:38.10 (38.79)	
		9600m	14:30.68 (36.32)	9600m	15:16.23 (38.13)	
		10000m	15:05.53 (34.85)	10000m	15:55.34 (39.11)	

## 22. Result Women 10000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	30 Eva Riemersma - van Rheenen	W40	5	I	18:05.20		
2	16 Christiane Kloß	W50	3	O	18:16.94		
3	37 Ciska Stark	W60	6	I	19:35.57		
4	19 Katrin Leschner	W55	4	I	21:18.20		
5	36 Jip Spel	W30	5	O	21:34.27		
6	27 Sarantuya Ravdan	W55	1	I	21:38.69		
7	5 Monica Cais	W55	1	O	21:39.65	PB	
8	17 Trine Landsem	W55	6	O	22:11.74		
9	13 Peggy Herschke	W50	3	I	22:14.20		
10	31 Andrea Roberts	W35	4	O	23:59.44		

## 22. Race Result Women 10000 meter

	Name	Cat	PB	Time	Info
1	wt 27 Sarantuya Ravdan	W55		<b>21:38.69</b>	
	rd 5 Monica Cais	W55	21:51.58	<b>21:39.65</b>	PB
	<b>Sarantuya Ravdan</b>				
	400m 48.76 (48.76)			400m 53.79 (53.79)	
	800m 1:36.85 (48.09)			800m 1:43.53 (49.74)	
	1200m 2:32.29 (55.44)			1200m 2:38.23 (54.70)	
	1600m 3:24.95 (52.66)			1600m 3:30.44 (52.21)	
	2000m 4:19.25 (54.30)			2000m 4:22.63 (52.19)	
	2400m 5:12.37 (53.12)			2400m 5:16.97 (54.34)	
	2800m 6:07.31 (54.94)			2800m 6:10.17 (53.20)	
	3200m 6:59.99 (52.68)			3200m 7:04.08 (53.91)	
	3600m 7:53.63 (53.64)			3600m 7:57.29 (53.21)	
	4000m 8:47.02 (53.39)			4000m 8:51.32 (54.03)	
	4400m 9:40.90 (53.88)			4400m 9:44.61 (53.29)	
	4800m 10:35.22 (54.32)			4800m 10:39.47 (54.86)	
	5200m 11:27.78 (52.56)			5200m 11:32.06 (52.59)	
	5600m 12:18.87 (51.09)			5600m 12:24.00 (51.94)	
	6000m 13:09.40 (50.53)			6000m 13:15.47 (51.47)	
	6400m 14:00.48 (51.08)			6400m 14:05.69 (50.22)	
	6800m 14:50.65 (50.17)			6800m 14:55.99 (50.30)	
	7200m 15:42.20 (51.55)			7200m 15:45.97 (49.98)	
	7600m 16:34.32 (52.12)			7600m 16:36.49 (50.52)	
	8000m 17:24.47 (50.15)			8000m 17:27.01 (50.52)	
	8400m 18:16.74 (52.27)			8400m 18:18.91 (51.90)	
	8800m 19:07.53 (50.79)			8800m 19:10.13 (51.22)	
	9200m 19:59.23 (51.70)			9200m 20:00.98 (50.85)	
	9600m 20:48.25 (49.02)			9600m 20:49.71 (48.73)	
	10000m 21:38.69 (50.44)			10000m 21:39.65 (49.94)	

	Name	Cat	PB	Time	Info
2	yw				
	bl				
	m				
	m				



		Name	Cat	PB	Time	Info
3	wt	13 <b>Peggy Herschke</b>	W50		<b>22:14.20</b>	
	rd	16 <b>Christiane Kloß</b>	W50		<b>18:16.94</b>	
<b>Peggy Herschke</b>			<b>Christiane Kloß</b>			
	400m	52.61 (52.61)	400m	45.68 (45.68)		
	800m	1:41.90 (49.29)	800m	1:29.09 (43.41)		
	1200m	2:33.79 (51.89)	1200m	2:14.33 (45.24)		
	1600m	3:26.20 (52.41)	1600m	2:57.81 (43.48)		
	2000m	4:19.54 (53.34)	2000m	3:40.80 (42.99)		
	2400m	5:13.38 (53.84)	2400m	4:25.48 (44.68)		
	2800m	6:08.19 (54.81)	2800m	5:09.22 (43.74)		
	3200m	7:02.63 (54.44)	3200m	5:52.83 (43.61)		
	3600m	7:56.44 (53.81)	3600m	6:36.46 (43.63)		
	4000m	8:51.60 (55.16)	4000m	7:21.77 (45.31)		
	4400m	9:45.12 (53.52)	4400m	8:06.07 (44.30)		
	4800m	10:36.41 (51.29)	4800m	8:51.13 (45.06)		
	5200m	11:26.12 (49.71)	5200m	9:35.25 (44.12)		
	5600m	12:17.52 (51.40)	5600m	10:18.86 (43.61)		
	6000m	13:10.33 (52.81)	6000m	11:01.41 (42.55)		
	6400m	14:02.32 (51.99)	6400m	11:44.97 (43.56)		
	6800m	14:54.33 (52.01)	6800m	12:28.69 (43.72)		
	7200m	15:48.03 (53.70)	7200m	13:12.85 (44.16)		
	7600m	16:43.19 (55.16)	7600m	13:55.22 (42.37)		
	8000m	17:39.62 (56.43)	8000m	14:38.00 (42.78)		
	8400m	18:35.80 (56.18)	8400m	15:23.62 (45.62)		
	8800m	19:32.46 (56.66)	8800m	16:08.20 (44.58)		
	9200m	20:26.93 (54.47)	9200m	16:52.11 (43.91)		
	9600m	21:22.29 (55.36)	9600m	17:35.50 (43.39)		
	10000m	22:14.20 (51.91)	10000m	18:16.94 (41.44)		

		Name	Cat	PB	Time	Info
4	yw	19 <b>Katrin Leschner</b>	W55	20:55.42	<b>21:18.20</b>	
	bl	31 <b>Andrea Roberts</b>	W35	23:55.14	<b>23:59.44</b>	
<b>Katrin Leschner</b>			<b>Andrea Roberts</b>			
	400m	53.57 (53.57)	400m	54.04 (54.04)		
	800m	1:43.75 (50.18)	800m	1:45.91 (51.87)		
	1200m	2:33.37 (49.62)	1200m	2:37.53 (51.62)		
	1600m	3:22.01 (48.64)	1600m	3:29.93 (52.40)		
	2000m	4:11.62 (49.61)	2000m	4:23.07 (53.14)		
	2400m	5:01.15 (49.53)	2400m	5:18.79 (55.72)		
	2800m	5:52.43 (51.28)	2800m	6:15.32 (56.53)		
	3200m	6:41.06 (48.63)	3200m	7:13.95 (58.63)		
	3600m	7:31.63 (50.57)	3600m	8:12.91 (58.96)		
	4000m	8:22.98 (51.35)	4000m	9:11.97 (59.06)		
	4400m	9:14.11 (51.13)	4400m	10:09.77 (57.80)		
	4800m	10:05.54 (51.43)	4800m	11:05.83 (56.06)		
	5200m	10:55.89 (50.35)	5200m	12:03.51 (57.68)		
	5600m	11:45.89 (50.00)	5600m	13:03.74 (60.23)		
	6000m	12:37.94 (52.05)	6000m	14:03.67 (59.93)		
	6400m	13:30.44 (52.50)	6400m	15:07.56 (63.89)		
	6800m	14:21.60 (51.16)	6800m	16:08.79 (61.23)		
	7200m	15:15.75 (54.15)	7200m	17:09.27 (60.48)		
	7600m	16:08.47 (52.72)	7600m	18:09.31 (60.04)		
	8000m	17:00.35 (51.88)	8000m	19:12.50 (63.19)		
	8400m	17:49.12 (48.77)	8400m	20:13.14 (60.64)		
	8800m	18:41.55 (52.43)	8800m	21:11.94 (58.80)		
	9200m	19:34.16 (52.61)	9200m	22:10.21 (58.27)		
	9600m	20:27.84 (53.68)	9600m	23:06.91 (56.70)		
	10000m	21:18.20 (50.36)	10000m	23:59.44 (52.53)		

		Name	Cat	PB	Time	Info
5	wt	30 <b>Eva Riemersma - van Rheenen</b>	W40	16:37.05	<b>18:05.20</b>	
	rd	36 <b>Jip Spel</b>	W30	19:36.69	<b>21:34.27</b>	
		<b>Eva Riemersma - van Rheenen</b>			<b>Jip Spel</b>	
		400m	43.82 (43.82)	400m	52.68 (52.68)	
		800m	1:21.61 (37.79)	800m	1:42.10 (49.42)	
		1200m	2:01.56 (39.95)	1200m	2:32.59 (50.49)	
		1600m	2:42.74 (41.18)	1600m	3:23.17 (50.58)	
		2000m	3:24.87 (42.13)	2000m	4:14.29 (51.12)	
		2400m	4:06.26 (41.39)	2400m	5:05.68 (51.39)	
		2800m	4:48.16 (41.90)	2800m	5:57.46 (51.78)	
		3200m	5:31.68 (43.52)	3200m	6:47.92 (50.46)	
		3600m	6:15.00 (43.32)	3600m	7:41.44 (53.52)	
		4000m	6:57.58 (42.58)	4000m	8:33.36 (51.92)	
		4400m	7:42.58 (45.00)	4400m	9:21.76 (48.40)	
		4800m	8:26.39 (43.81)	4800m	10:12.80 (51.04)	
		5200m	9:09.53 (43.14)	5200m	11:04.83 (52.03)	
		5600m	9:52.51 (42.98)	5600m	11:57.59 (52.76)	
		6000m	10:37.09 (44.58)	6000m	12:48.64 (51.05)	
		6400m	11:22.04 (44.95)	6400m	13:40.76 (52.12)	
		6800m	12:06.72 (44.68)	6800m	14:33.32 (52.56)	
		7200m	12:50.40 (43.68)	7200m	15:27.61 (54.29)	
		7600m	13:34.96 (44.56)	7600m	16:20.49 (52.88)	
		8000m	14:18.90 (43.94)	8000m	17:13.44 (52.95)	
		8400m	15:07.48 (48.58)	8400m	18:08.63 (55.19)	
		8800m	15:51.92 (44.44)	8800m	19:00.14 (51.51)	
		9200m	16:36.15 (44.23)	9200m	19:53.30 (53.16)	
		9600m	17:19.75 (43.60)	9600m	20:44.34 (51.04)	
		10000m	18:05.20 (45.45)	10000m	21:34.27 (49.93)	

		Name	Cat	PB	Time	Info
6	yw	37 <b>Ciska Stark</b>	W60	17:57.44	<b>19:35.57</b>	
	bl	17 <b>Trine Landsem</b>	W55	19:52.97	<b>22:11.74</b>	
		<b>Ciska Stark</b>				<b>Trine Landsem</b>
		400m	46.48 (46.48)			400m
		800m	1:30.29 (43.81)			800m
		1200m	2:16.71 (46.42)			1200m
		1600m	3:04.30 (47.59)			1600m
		2000m	3:51.86 (47.56)			2000m
		2400m	4:38.22 (46.36)			2400m
		2800m	5:23.99 (45.77)			2800m
		3200m	6:10.01 (46.02)			3200m
		3600m	6:57.34 (47.33)			3600m
		4000m	7:42.96 (45.62)			4000m
		4400m	8:29.35 (46.39)			4400m
		4800m	9:15.48 (46.13)			4800m
		5200m	10:01.81 (46.33)			5200m
		5600m	10:50.07 (48.26)			5600m
		6000m	11:38.62 (48.55)			6000m
		6400m	12:25.15 (46.53)			6400m
		6800m	13:12.35 (47.20)			6800m
		7200m	14:00.16 (47.81)			7200m
		7600m	14:50.30 (50.14)			7600m
		8000m	15:37.12 (46.82)			8000m
		8400m	16:23.08 (45.96)			8400m
		8800m	17:11.23 (48.15)			8800m
		9200m	18:01.11 (49.88)			9200m
		9600m	18:48.89 (47.78)			9600m
		10000m	19:35.57 (46.68)			10000m