

1. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	10 Ruben Molenaar	HC2	1		5:22.28		

1. Race Result 3000 meter

	Name	Cat	PB	Time Info
1	wt rd 10 Ruben Molenaar	HC2	5:20.66	5:22.28
	Ruben Molenaar			
	200m	22.01 (22.01)		m
	600m	1:00.12 (38.11)		
	1000m	1:41.50 (41.38)		
	1400m	2:24.42 (42.92)		
	1800m	3:07.97 (43.55)		
	2200m	3:52.31 (44.34)		
	2600m	4:37.76 (45.45)		
	3000m	5:22.28 (44.52)		

2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	12 Thijs van Bostelen	HA1	7	O	7:46.15	PB	
2	8 Mark Veenstra	HSB	7	I	7:58.74	PB	
3	2 Hilde Houtzager	DN1	6	O	8:35.17		
4	5 Mariska van Zon	DN3	5	O	8:36.53	PB	
5	4 Isabelle Hersbach	DN3	2	O	8:43.82		
6	6 Meerle van den Berg	DN2	6	I	8:49.23		
7	7 Kiki van Schaik	DA1	4	I	8:53.86		
8	1 Nerena van Vuuren	DN2	4	O	8:59.04	PB	
9	3 Mijke Anne Kanneworff	DSB	2	I	9:00.25		
10	9 Leanne Molenaar	DN1	5	I	9:12.42		

2. Race Result 5000 meter

	Name	Cat	PB	Time	Info
2	wt	3 Mijke Anne Kanneworff	DSB	9:00.25	
	rd	4 Isabelle Hersbach	DN3	8:43.82	
		Mijke Anne Kanneworff		Isabelle Hersbach	
	200m	23.29 (23.29)		200m	23.31 (23.31)
	600m	1:03.11 (39.82)		600m	1:02.22 (38.91)
	1000m	1:45.66 (42.55)		1000m	1:43.05 (40.83)
	1400m	2:29.28 (43.62)		1400m	2:24.35 (41.30)
	1800m	3:12.22 (42.94)		1800m	3:05.89 (41.54)
	2200m	3:55.89 (43.67)		2200m	3:47.69 (41.80)
	2600m	4:39.74 (43.85)		2600m	4:29.34 (41.65)
	3000m	5:22.37 (42.63)		3000m	5:11.43 (42.09)
	3400m	6:05.43 (43.06)		3400m	5:53.38 (41.95)
	3800m	6:49.25 (43.82)		3800m	6:35.72 (42.34)
	4200m	7:33.69 (44.44)		4200m	7:19.05 (43.33)
	4600m	8:17.60 (43.91)		4600m	8:01.55 (42.50)
	5000m	9:00.25 (42.65)		5000m	8:43.82 (42.27)

	Name	Cat	PB	Time	Info
3	yw				
	bl				
		m			m

		Name	Cat	PB	Time Info
4	wt	7 Kiki van Schaik	DA1		8:53.86
	rd	1 Nerena van Vuuren	DN2	9:00.23	8:59.04 PB
		Kiki van Schaik		Nerena van Vuuren	
		200m 23.04 (23.04)		200m 23.72 (23.72)	
		600m 1:03.72 (40.68)		600m 1:03.36 (39.64)	
		1000m 1:45.72 (42.00)		1000m 1:44.59 (41.23)	
		1400m 2:27.93 (42.21)		1400m 2:26.55 (41.96)	
		1800m 3:11.28 (43.35)		1800m 3:09.11 (42.56)	
		2200m 3:54.59 (43.31)		2200m 3:52.03 (42.92)	
		2600m 4:37.92 (43.33)		2600m 4:35.67 (43.64)	
		3000m 5:20.96 (43.04)		3000m 5:19.48 (43.81)	
		3400m 6:04.39 (43.43)		3400m 6:03.95 (44.47)	
		3800m 6:47.30 (42.91)		3800m 6:47.38 (43.43)	
		4200m 7:30.17 (42.87)		4200m 7:31.67 (44.29)	
		4600m 8:12.86 (42.69)		4600m 8:15.97 (44.30)	
		5000m 8:53.86 (41.00)		5000m 8:59.04 (43.07)	

		Name	Cat	PB	Time Info
5	yw	9 Leanne Molenaar	DN1	8:54.25	9:12.42
	bl	5 Mariska van Zon	DN3	8:48.24	8:36.53 PB
		Leanne Molenaar		Mariska van Zon	
		200m 24.87 (24.87)		200m 22.72 (22.72)	
		600m 1:05.25 (40.38)		600m 1:00.35 (37.63)	
		1000m 1:46.59 (41.34)		1000m 1:39.78 (39.43)	
		1400m 2:29.31 (42.72)		1400m 2:20.49 (40.71)	
		1800m 3:12.80 (43.49)		1800m 3:01.70 (41.21)	
		2200m 3:56.74 (43.94)		2200m 3:43.29 (41.59)	
		2600m 4:41.78 (45.04)		2600m 4:25.43 (42.14)	
		3000m 5:26.83 (45.05)		3000m 5:07.91 (42.48)	
		3400m 6:12.23 (45.40)		3400m 5:50.29 (42.38)	
		3800m 6:58.81 (46.58)		3800m 6:32.45 (42.16)	
		4200m 7:45.11 (46.30)		4200m 7:14.48 (42.03)	
		4600m 8:28.55 (43.44)		4600m 7:56.13 (41.65)	
		5000m 9:12.42 (43.87)		5000m 8:36.53 (40.40)	

		Name	Cat	PB	Time	Info	
6	wt	6 Meerle van den Berg	DN2	8:46.90	8:49.23		
	rd	2 Hilde Houtzager	DN1	8:23.37	8:35.17		
		<u>Meerle van den Berg</u>			<u>Hilde Houtzager</u>		
		200m	22.76 (22.76)	200m	22.96 (22.96)		
		600m	1:01.12 (38.36)	600m	1:00.79 (37.83)		
		1000m	1:41.00 (39.88)	1000m	1:40.84 (40.05)		
		1400m	2:21.09 (40.09)	1400m	2:19.17 (38.33)		
		1800m	3:02.00 (40.91)	1800m	2:59.10 (39.93)		
		2200m	3:44.36 (42.36)	2200m	3:39.61 (40.51)		
		2600m	4:26.79 (42.43)	2600m	4:20.92 (41.31)		
		3000m	5:09.88 (43.09)	3000m	5:03.22 (42.30)		
		3400m	5:53.82 (43.94)	3400m	5:45.57 (42.35)		
		3800m	6:37.34 (43.52)	3800m	6:28.67 (43.10)		
		4200m	7:21.46 (44.12)	4200m	7:11.56 (42.89)		
		4600m	8:06.26 (44.80)	4600m	7:53.82 (42.26)		
		5000m	8:49.23 (42.97)	5000m	8:35.17 (41.35)		

		Name	Cat	PB	Time	Info	
7	yw	8 Mark Veenstra	HSB	8:09.98	7:58.74	PB	
	bl	12 Thijs van Bostelen	HA1	7:49.29	7:46.15	PB	
		<u>Mark Veenstra</u>			<u>Thijs van Bostelen</u>		
		200m	22.32 (22.32)	200m	21.21 (21.21)		
		600m	59.46 (37.14)	600m	55.74 (34.53)		
		1000m	1:38.16 (38.70)	1000m	1:31.78 (36.04)		
		1400m	2:16.88 (38.72)	1400m	2:08.03 (36.25)		
		1800m	2:55.12 (38.24)	1800m	2:44.33 (36.30)		
		2200m	3:33.01 (37.89)	2200m	3:21.10 (36.77)		
		2600m	4:10.71 (37.70)	2600m	3:57.88 (36.78)		
		3000m	4:48.30 (37.59)	3000m	4:34.93 (37.05)		
		3400m	5:25.78 (37.48)	3400m	5:12.59 (37.66)		
		3800m	6:03.79 (38.01)	3800m	5:50.55 (37.96)		
		4200m	6:42.08 (38.29)	4200m	6:28.94 (38.39)		
		4600m	7:20.28 (38.20)	4600m	7:07.13 (38.19)		
		5000m	7:58.74 (38.46)	5000m	7:46.15 (39.02)		