

1. Uitslag Dames/Heren 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 5 Joppe Kleiweg | HN4 | 1 | I | 4:29.36 | PR | |
| 2 | 3 Tijn van Til | HN2 | 3 | O | 4:39.57 | PR | |
| 3 | 12 Remco Boere | HSA | 2 | I | 4:39.94 | | |
| 4 | 11 Alexander Doornekamp | HN4 | 1 | O | 4:40.02 | | |
| 5 | 2 Mark Rimmelzwaan | H40 | 7 | I | 4:41.39 | | |
| 6 | 18 Thijs Langeveld | HN4 | 2 | O | 4:42.64 | PR | |
| 7 | 14 Bart Groot | H55 | 4 | O | 4:44.50 | | |
| 8 | 9 Bart Oostdam | HSA | 4 | I | 4:52.44 | | |
| 9 | 1 Nerena van Vuuren | DN3 | 5 | I | 5:04.83 | | |
| 10 | 10 Mariska van Zon | DN4 | 5 | O | 5:05.61 | | |
| 11 | 16 Wessel Teunisse | HSA | 7 | O | 5:08.87 | | |
| 12 | 15 Lex van Tol | H65 | 8 | I | 5:28.79 | | |
| 13 | 6 Jan Floor | H40 | 8 | O | 5:38.37 | | |
| 14 | 8 Wendy Oostdam | DSA | 6 | I | 5:39.64 | | |
| 15 | 13 Inge Rotteveel | DN4 | 6 | O | 5:51.03 | PR | |
| | 17 Hugo de Jonge | HN1 | 3 | I | DNS | | |

1. Rituitslag Dames/Heren 3000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|-----------------------------|---------|---------|---------|-----------------------------|---------|
| 1 | wt | 5 | Joppe Kleiweg | | HN4 | 4:35.36 | 4:29.36 | PR |
| | rd | 11 | Alexander Doornekamp | | HN4 | 4:31.80 | 4:40.02 | |
| | | | Joppe Kleiweg | | | | Alexander Doornekamp | |
| | | | 200m | 20.14 | (20.14) | 200m | 21.01 | (21.01) |
| | | | 600m | 53.87 | (33.73) | 600m | 56.93 | (35.92) |
| | | | 1000m | 1:28.39 | (34.52) | 1000m | 1:32.98 | (36.05) |
| | | | 1400m | 2:03.28 | (34.89) | 1400m | 2:09.62 | (36.64) |
| | | | 1800m | 2:38.89 | (35.61) | 1800m | 2:46.62 | (37.00) |
| | | | 2200m | 3:15.16 | (36.27) | 2200m | 3:23.72 | (37.10) |
| | | | 2600m | 3:52.04 | (36.88) | 2600m | 4:01.98 | (38.26) |
| | | | 3000m | 4:29.36 | (37.32) | 3000m | 4:40.02 | (38.04) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|------------------------|---------|---------|---------|------------------------|---------|
| 2 | wt | 12 | Remco Boere | | HSA | 4:30.08 | 4:39.94 | |
| | rd | 18 | Thijs Langeveld | | HN4 | 4:42.83 | 4:42.64 | PR |
| | | | Remco Boere | | | | Thijs Langeveld | |
| | | | 200m | 20.00 | (20.00) | 200m | 21.20 | (21.20) |
| | | | 600m | 53.49 | (33.49) | 600m | 54.71 | (33.51) |
| | | | 1000m | 1:29.02 | (35.53) | 1000m | 1:30.36 | (35.65) |
| | | | 1400m | 2:06.16 | (37.14) | 1400m | 2:07.13 | (36.77) |
| | | | 1800m | 2:43.74 | (37.58) | 1800m | 2:44.78 | (37.65) |
| | | | 2200m | 3:22.09 | (38.35) | 2200m | 3:23.27 | (38.49) |
| | | | 2600m | 4:00.67 | (38.58) | 2600m | 4:03.03 | (39.76) |
| | | | 3000m | 4:39.94 | (39.27) | 3000m | 4:42.64 | (39.61) |

| | | Naam | Cat | PR | Tijd | Info |
|----------------------|----|-------------------------|---------------------|---------|---------|-------------------|
| 3 | wt | 17 Hugo de Jonge | HN1 | 4:48.69 | | DNS |
| | rd | 3 Tijn van Til | HN2 | 4:43.97 | | 4:39.57 PR |
| <u>Hugo de Jonge</u> | | | <u>Tijn van Til</u> | | | |
| | | | 200m | 20.30 | (20.30) | |
| | | | 600m | 52.84 | (32.54) | |
| | | | 1000m | 1:27.39 | (34.55) | |
| | | | 1400m | 2:03.99 | (36.60) | |
| | | | 1800m | 2:42.00 | (38.01) | |
| | | | 2200m | 3:21.15 | (39.15) | |
| | | | 2600m | 4:00.52 | (39.37) | |
| | | | 3000m | 4:39.57 | (39.05) | |

| | | Naam | Cat | PR | Tijd | Info |
|---------------------|----|-----------------------|-------------------|---------|-------|-----------------|
| 4 | wt | 9 Bart Oostdam | HSA | 4:23.77 | | 4:52.44 |
| | rd | 14 Bart Groot | H55 | 4:28.03 | | 4:44.50 |
| <u>Bart Oostdam</u> | | | <u>Bart Groot</u> | | | |
| | | 200m | 22.17 | (22.17) | 200m | 23.35 (23.35) |
| | | 600m | 58.12 | (35.95) | 600m | 58.90 (35.55) |
| | | 1000m | 1:35.47 | (37.35) | 1000m | 1:35.08 (36.18) |
| | | 1400m | 2:13.77 | (38.30) | 1400m | 2:11.69 (36.61) |
| | | 1800m | 2:52.58 | (38.81) | 1800m | 2:48.74 (37.05) |
| | | 2200m | 3:32.01 | (39.43) | 2200m | 3:26.52 (37.78) |
| | | 2600m | 4:12.12 | (40.11) | 2600m | 4:05.19 (38.67) |
| | | 3000m | 4:52.44 | (40.32) | 3000m | 4:44.50 (39.31) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--------------------------|-----|-----|----|---------|----------------|
| 5 | wt | 1 | Nerena van Vuuren | | DN3 | | 5:01.04 | 5:04.83 |
| | rd | 10 | Mariska van Zon | | DN4 | | 4:53.50 | 5:05.61 |

Nerena van Vuuren

| | | |
|-------|---------|---------|
| 200m | 23.34 | (23.34) |
| 600m | 1:01.07 | (37.73) |
| 1000m | 1:40.71 | (39.64) |
| 1400m | 2:21.44 | (40.73) |
| 1800m | 3:02.27 | (40.83) |
| 2200m | 3:43.13 | (40.86) |
| 2600m | 4:24.26 | (41.13) |
| 3000m | 5:04.83 | (40.57) |

Mariska van Zon

| | | |
|-------|---------|---------|
| 200m | 22.47 | (22.47) |
| 600m | 58.91 | (36.44) |
| 1000m | 1:37.46 | (38.55) |
| 1400m | 2:17.54 | (40.08) |
| 1800m | 2:59.38 | (41.84) |
| 2200m | 3:41.80 | (42.42) |
| 2600m | 4:24.43 | (42.63) |
| 3000m | 5:05.61 | (41.18) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|-------------------|
| 6 | wt | 8 | Wendy Oostdam | | DSA | | 5:17.67 | 5:39.64 |
| | rd | 13 | Inge Rotteveel | | DN4 | | 6:02.29 | 5:51.03 PR |

Wendy Oostdam

| | | |
|-------|---------|---------|
| 200m | 26.11 | (26.11) |
| 600m | 1:07.58 | (41.47) |
| 1000m | 1:50.96 | (43.38) |
| 1400m | 2:35.24 | (44.28) |
| 1800m | 3:20.07 | (44.83) |
| 2200m | 4:05.69 | (45.62) |
| 2600m | 4:52.33 | (46.64) |
| 3000m | 5:39.64 | (47.31) |

Inge Rotteveel

| | | |
|-------|---------|---------|
| 200m | 27.38 | (27.38) |
| 600m | 1:10.92 | (43.54) |
| 1000m | 1:56.27 | (45.35) |
| 1400m | 2:43.15 | (46.88) |
| 1800m | 3:30.19 | (47.04) |
| 2200m | 4:17.28 | (47.09) |
| 2600m | 5:04.65 | (47.37) |
| 3000m | 5:51.03 | (46.38) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|-------------------------|-----|-----|----|---------|----------------|
| 7 | wt | 2 | Mark Rimmelzwaan | | H40 | | 4:11.11 | 4:41.39 |
| | rd | 16 | Wessel Teunisse | | HSA | | | 5:08.87 |

Mark Rimmelzwaan

| | | |
|-------|---------|---------|
| 200m | 22.63 | (22.63) |
| 600m | 58.20 | (35.57) |
| 1000m | 1:33.93 | (35.73) |
| 1400m | 2:10.20 | (36.27) |
| 1800m | 2:47.07 | (36.87) |
| 2200m | 3:25.06 | (37.99) |
| 2600m | 4:03.19 | (38.13) |
| 3000m | 4:41.39 | (38.20) |

Wessel Teunisse

| | | |
|-------|---------|---------|
| 200m | 23.93 | (23.93) |
| 600m | 1:01.99 | (38.06) |
| 1000m | 1:41.54 | (39.55) |
| 1400m | 2:22.19 | (40.65) |
| 1800m | 3:02.85 | (40.66) |
| 2200m | 3:44.49 | (41.64) |
| 2600m | 4:26.65 | (42.16) |
| 3000m | 5:08.87 | (42.22) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--------------------|-----|-----|----|---------|----------------|
| 8 | wt | 15 | Lex van Tol | | H65 | | 5:09.08 | 5:28.79 |
| | rd | 6 | Jan Floor | | H40 | | | 5:38.37 |

Lex van Tol

| | | |
|-------|---------|---------|
| 200m | 25.07 | (25.07) |
| 600m | 1:04.54 | (39.47) |
| 1000m | 1:45.23 | (40.69) |
| 1400m | 2:27.43 | (42.20) |
| 1800m | 3:11.10 | (43.67) |
| 2200m | 3:55.90 | (44.80) |
| 2600m | 4:42.59 | (46.69) |
| 3000m | 5:28.79 | (46.20) |

Jan Floor

| | | |
|-------|---------|---------|
| 200m | 26.07 | (26.07) |
| 600m | 1:06.79 | (40.72) |
| 1000m | 1:49.06 | (42.27) |
| 1400m | 2:32.94 | (43.88) |
| 1800m | 3:18.04 | (45.10) |
| 2200m | 4:04.01 | (45.97) |
| 2600m | 4:51.03 | (47.02) |
| 3000m | 5:38.37 | (47.34) |