

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)