

1. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	30 Stian van Etten	HC2	25	O	4:24.09		
2	63 Floris Geldof	H40	26	I	4:26.95		
3	47 Matthijs de Haan	HC2	25	I	4:35.93	PR	
4	42 Guus Gelderblom	HA2	24	O	4:37.32	PR	
5	15 Mees Blaauw	HC2	22	O	4:42.50	PR	
6	72 Liam Dias d'Ullois	HB2	22	I	4:43.59	PR	
7	82 Mathe Toonen	HSA	26	O	4:43.66	PR	
8	20 Ties Moerman	HC1	24	I	4:50.10		
9	75 Marije van der Spek	DN2	23	I	4:50.81		
10	48 Gio Kromokario	HB1	23	O	4:53.51	PR	
11	23 Lenthe Jansen	DB2	19	O	4:54.31		
12	56 Boaz de Gast	HC2	20	O	4:54.45		
13	33 Ruben Star	HC1	17	O	4:57.08		
14	3 Mathieu van der Horst	HC1	15	I	4:59.00	PR	
15	54 Jan Terpstra	H50	16	O	5:01.75		
16	36 Ben Lispet	HB1	21	I	5:01.88	PR	
17	17 Olivier Wennekes	HC1	19	I	5:02.49	PR	
18	55 Teije Hekkema	HC2	18	I	5:02.59		
19	5 Mariska van Zon	DN4	14	O	5:02.72		
20	19 Maaike Helleman	DC1	11	O	5:03.64	PR	
21	7 Nouschka Steenks	DC1	9	O	5:07.42	PR	
22	52 Julian Ras	HC1	15	O	5:07.90		
23	1 Nerena van Vuuren	DN3	10	O	5:08.60		
24	45 Isa Oudenes	DB1	21	O	5:10.17		
25	46 Rune Stoel	HC1	17	I	5:13.24		
26	43 Indy Kromokario	HA1	20	I	5:15.03	PR	
27	70 Lianne Vreugdenhil	DC2	14	I	5:15.75	PR	
28	18 Keira Vissenberg	DC2	13	I	5:16.37	PR	
29	83 Johan Sonneveld	HSA	16	I	5:18.26		
30	80 Charissa de Mes	DC2	18	O	5:18.47	PR	
31	28 Caitlin Koenen	DA2	7	I	5:21.94	PR	
32	24 Ilse Veuger	DC2	10	I	5:22.58	PR	
33	65 Thijs Breugem	HC1	6	I	5:24.35		
34	2 Tippi Verbree	DC1	7	O	5:26.36	PR	
35	9 Tycho Petri	HC1	11	I	5:27.39	PR	
36	31 Lindsey Eijgermans	DC2	5	O	5:28.31	PR	
37	14 Famke Hogenboom	DA2	12	O	5:30.25		
38	37 Mare Damsma	DC1	8	O	5:34.14	PR	

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	44 Bente Barendse	DB1	9	I	5:34.25	PR	
40	10 Elma Endhoven	DSB	12	I	5:36.02		
41	77 Luna Beks	DC1	13	O	5:37.43	PR	
42	38 Rinske Hogenboom	DC1	6	O	5:38.07	PR	
43	25 Emma Boon	DC2	8	I	5:41.43		
44	29 Noortje de Nie	DC1	3	I	5:44.32		
45	27 Lisa de Koster	DC2	4	O	5:46.46	PR	
46	40 Martin Huls	HB1	5	I	5:47.95	HT	
47	22 Mirthe Wijnakker	DC2	4	I	5:48.76	PR	
48	69 Ge Scholten	H55	1	O	6:00.66		
49	67 Millicent Kaper	DC2	1	I	6:01.17		

1. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	67	Millicent Kaper		DC2		6:01.17	
	rd	69	Ge Scholten		H55		6:00.66	
		Millicent Kaper			Ge Scholten			
		200m	25.15	(25.15)	200m	29.82	(29.82)	
		600m	1:11.01	(45.86)	600m	1:15.75	(45.93)	
		1000m	1:58.43	(47.42)	1000m	2:03.19	(47.44)	
		1400m	2:46.98	(48.55)	1400m	2:50.82	(47.63)	
		1800m	3:35.59	(48.61)	1800m	3:37.82	(47.00)	
		2200m	4:24.49	(48.90)	2200m	4:25.44	(47.62)	
		2600m	5:13.99	(49.50)	2600m	5:13.86	(48.42)	
		3000m	6:01.17	(47.18)	3000m	6:00.66	(46.80)	

		Naam		Cat		PR	Tijd	Info
2	gl							
	bl							

		Naam		Cat		PR	Tijd	Info
3	wt	29	Noortje de Nie		DC1		5:44.32	
	rd							
		Noortje de Nie						
		200m	25.84	(25.84)	m			
		600m	1:10.24	(44.40)				
		1000m	1:55.70	(45.46)				
		1400m	2:41.39	(45.69)				
		1800m	3:27.56	(46.17)				
		2200m	4:13.27	(45.71)				
		2600m	4:59.80	(46.53)				
		3000m	5:44.32	(44.52)				

		Naam	Cat	PR	Tijd	Info
4	gl	22 Mirthe Wijnakker	DC2	5:55.46	5:48.76	PR
	bl	27 Lisa de Koster	DC2	5:48.48	5:46.46	PR

Mirthe Wijnakker

200m	25.64	(25.64)
600m	1:09.40	(43.76)
1000m	1:54.75	(45.35)
1400m	2:40.94	(46.19)
1800m	3:28.40	(47.46)
2200m	4:15.92	(47.52)
2600m	5:03.24	(47.32)
3000m	5:48.76	(45.52)

Lisa de Koster

200m	25.61	(25.61)
600m	1:08.82	(43.21)
1000m	1:54.13	(45.31)
1400m	2:39.11	(44.98)
1800m	3:25.62	(46.51)
2200m	4:12.02	(46.40)
2600m	4:59.42	(47.40)
3000m	5:46.46	(47.04)

		Naam	Cat	PR	Tijd	Info
5	wt	40 Martin Huls	HB1		5:47.95	HT
	rd	31 Lindsey Eijgermans	DC2	5:37.68	5:28.31	PR

Martin Huls

200m	24.67	(24.67)
600m	1:07.31	(42.64)
1000m	1:53.23	(45.92)
1400m	2:39.95	(46.72)
1800m	3:27.03	(47.08)
2200m	4:13.19	(46.16)
2600m	5:00.78	(47.59)
3000m	5:47.95	(47.17)

Lindsey Eijgermans

200m	24.16	(24.16)
600m	1:04.32	(40.16)
1000m	1:46.80	(42.48)
1400m	2:30.54	(43.74)
1800m	3:15.03	(44.49)
2200m	3:59.64	(44.61)
2600m	4:44.32	(44.68)
3000m	5:28.31	(43.99)

		Naam	Cat	PR	Tijd	Info
6	gl	65 Thijs Breugem	HC1		5:24.35	
	bl	38 Rinske Hogenboom	DC1	5:42.43	5:38.07	PR

Thijs Breugem

200m	24.08	(24.08)
600m	1:07.47	(43.39)
1000m	1:51.56	(44.09)
1400m	2:35.50	(43.94)
1800m	3:17.94	(42.44)
2200m	3:59.48	(41.54)
2600m	4:41.92	(42.44)
3000m	5:24.35	(42.43)

Rinske Hogenboom

200m	25.63	(25.63)
600m	1:09.58	(43.95)
1000m	1:52.72	(43.14)
1400m	2:37.82	(45.10)
1800m	3:23.39	(45.57)
2200m	4:08.62	(45.23)
2600m	4:54.11	(45.49)
3000m	5:38.07	(43.96)

		Naam	Cat	PR	Tijd	Info
7	wt	28 Caitlin Koenen	DA2	5:34.44	5:21.94	PR
	rd	2 Tippi Verbree	DC1	5:37.21	5:26.36	PR

Caitlin Koenen

200m	23.48	(23.48)
600m	1:01.92	(38.44)
1000m	1:42.71	(40.79)
1400m	2:24.54	(41.83)
1800m	3:07.78	(43.24)
2200m	3:51.55	(43.77)
2600m	4:36.74	(45.19)
3000m	5:21.94	(45.20)

Tippi Verbree

200m	23.56	(23.56)
600m	1:03.46	(39.90)
1000m	1:45.64	(42.18)
1400m	2:28.83	(43.19)
1800m	3:12.67	(43.84)
2200m	3:57.33	(44.66)
2600m	4:42.35	(45.02)
3000m	5:26.36	(44.01)

		Naam	Cat	PR	Tijd Info
8	gl	25 Emma Boon	DC2	5:27.97	5:41.43
	bl	37 Mare Damsma	DC1	5:37.46	5:34.14 PR

Emma Boon

200m	23.57	(23.57)
600m	1:05.17	(41.60)
1000m	1:47.80	(42.63)
1400m	2:31.58	(43.78)
1800m	3:15.77	(44.19)
2200m	4:12.10	(56.33)
2600m	4:57.24	(45.14)
3000m	5:41.43	(44.19)

Mare Damsma

200m	24.38	(24.38)
600m	1:06.16	(41.78)
1000m	1:50.82	(44.66)
1400m	2:35.47	(44.65)
1800m	3:19.93	(44.46)
2200m	4:05.31	(45.38)
2600m	4:50.55	(45.24)
3000m	5:34.14	(43.59)

		Naam	Cat	PR	Tijd Info
9	wt	44 Bente Barendse	DB1	5:56.80	5:34.25 PR
	rd	7 Nouschka Steenks	DC1	5:13.49	5:07.42 PR

Bente Barendse

200m	23.45	(23.45)
600m	1:02.80	(39.35)
1000m	1:44.60	(41.80)
1400m	2:28.08	(43.48)
1800m	3:13.63	(45.55)
2200m	4:00.97	(47.34)
2600m	4:48.77	(47.80)
3000m	5:34.25	(45.48)

Nouschka Steenks

200m	23.83	(23.83)
600m	1:03.35	(39.52)
1000m	1:43.91	(40.56)
1400m	2:25.01	(41.10)
1800m	3:06.80	(41.79)
2200m	3:48.30	(41.50)
2600m	4:28.97	(40.67)
3000m	5:07.42	(38.45)

		Naam	Cat	PR	Tijd	Info
10	gl	24 Ilse Veuger	DC2	5:57.23	5:22.58	PR
	bl	1 Nerena van Vuuren	DN3	5:01.04	5:08.60	
		Ilse Veuger				
		200m	23.24 (23.24)			
		600m	1:02.52 (39.28)			
		1000m	1:45.12 (42.60)			
		1400m	2:28.25 (43.13)			
		1800m	3:11.44 (43.19)			
		2200m	3:55.21 (43.77)			
		2600m	4:39.01 (43.80)			
		3000m	5:22.58 (43.57)			
		Nerena van Vuuren				
		200m	22.94 (22.94)			
		600m	59.79 (36.85)			
		1000m	1:38.92 (39.13)			
		1400m	2:19.52 (40.60)			
		1800m	3:01.33 (41.81)			
		2200m	3:43.58 (42.25)			
		2600m	4:26.45 (42.87)			
		3000m	5:08.60 (42.15)			

		Naam	Cat	PR	Tijd	Info
11	wt	9 Tycho Petri	HC1	5:46.53	5:27.39	PR
	rd	19 Maaïke Helleman	DC1	5:04.18	5:03.64	PR
		Tycho Petri				
		200m	22.43 (22.43)			
		600m	1:02.17 (39.74)			
		1000m	1:44.30 (42.13)			
		1400m	2:29.78 (45.48)			
		1800m	3:14.60 (44.82)			
		2200m	3:58.83 (44.23)			
		2600m	4:43.04 (44.21)			
		3000m	5:27.39 (44.35)			
		Maaïke Helleman				
		200m	23.55 (23.55)			
		600m	1:02.11 (38.56)			
		1000m	1:41.66 (39.55)			
		1400m	2:21.84 (40.18)			
		1800m	3:02.46 (40.62)			
		2200m	3:43.20 (40.74)			
		2600m	4:23.84 (40.64)			
		3000m	5:03.64 (39.80)			

		Naam	Cat	PR	Tijd	Info
12	gl	10 Elma Endhoven	DSB	5:07.07	5:36.02	
	bl	14 Famke Hogenboom	DA2	5:27.48	5:30.25	

Elma Endhoven

200m	23.41	(23.41)
600m	1:02.42	(39.01)
1000m	1:43.89	(41.47)
1400m	2:28.25	(44.36)
1800m	3:13.61	(45.36)
2200m	4:00.43	(46.82)
2600m	4:47.97	(47.54)
3000m	5:36.02	(48.05)

Famke Hogenboom

200m	24.65	(24.65)
600m	1:04.58	(39.93)
1000m	1:46.58	(42.00)
1400m	2:31.08	(44.50)
1800m	3:15.32	(44.24)
2200m	3:59.99	(44.67)
2600m	4:45.33	(45.34)
3000m	5:30.25	(44.92)

		Naam	Cat	PR	Tijd	Info
13	wt	18 Keira Vissenberg	DC2	5:17.69	5:16.37	PR
	rd	77 Luna Beks	DC1	5:42.22	5:37.43	PR

Keira Vissenberg

200m	23.58	(23.58)
600m	1:02.59	(39.01)
1000m	1:42.89	(40.30)
1400m	2:24.60	(41.71)
1800m	3:06.95	(42.35)
2200m	3:50.05	(43.10)
2600m	4:33.63	(43.58)
3000m	5:16.37	(42.74)

Luna Beks

200m	23.89	(23.89)
600m	1:03.48	(39.59)
1000m	1:45.76	(42.28)
1400m	2:30.99	(45.23)
1800m	3:18.00	(47.01)
2200m	4:04.12	(46.12)
2600m	4:51.33	(47.21)
3000m	5:37.43	(46.10)

		Naam	Cat	PR	Tijd	Info
14	gl	70 Lisanne Vreugdenhil	DC2	5:24.46	5:15.75	PR
	bl	5 Mariska van Zon	DN4	4:53.50	5:02.72	

Lisanne Vreugdenhil

200m	23.92	(23.92)
600m	1:02.79	(38.87)
1000m	1:43.50	(40.71)
1400m	2:25.51	(42.01)
1800m	3:07.71	(42.20)
2200m	3:50.44	(42.73)
2600m	4:32.58	(42.14)
3000m	5:15.75	(43.17)

Mariska van Zon

200m	22.63	(22.63)
600m	59.89	(37.26)
1000m	1:38.62	(38.73)
1400m	2:18.37	(39.75)
1800m	2:59.12	(40.75)
2200m	3:40.04	(40.92)
2600m	4:21.58	(41.54)
3000m	5:02.72	(41.14)

		Naam	Cat	PR	Tijd	Info
15	wt	3 Mathieu van der Horst	HC1	5:30.26	4:59.00	PR
	rd	52 Julian Ras	HC1		5:07.90	

Mathieu van der Horst

200m	22.27	(22.27)
600m	59.15	(36.88)
1000m	1:37.95	(38.80)
1400m	2:18.67	(40.72)
1800m	2:59.16	(40.49)
2200m	3:39.37	(40.21)
2600m	4:20.06	(40.69)
3000m	4:59.00	(38.94)

Julian Ras

200m	21.80	(21.80)
600m	59.48	(37.68)
1000m	1:40.93	(41.45)
1400m	2:21.92	(40.99)
1800m	3:03.34	(41.42)
2200m	3:44.90	(41.56)
2600m	4:26.94	(42.04)
3000m	5:07.90	(40.96)

		Naam	Cat	PR	Tijd	Info
16	gl	83 Johan Sonneveld	HSA		5:05.54	5:18.26
	bl	54 Jan Terpstra	H50		4:38.50	5:01.75

Johan Sonneveld

200m	24.19	(24.19)
600m	1:03.61	(39.42)
1000m	1:44.67	(41.06)
1400m	2:26.84	(42.17)
1800m	3:10.00	(43.16)
2200m	3:52.84	(42.84)
2600m	4:35.76	(42.92)
3000m	5:18.26	(42.50)

Jan Terpstra

200m	24.05	(24.05)
600m	1:01.72	(37.67)
1000m	1:40.50	(38.78)
1400m	2:20.79	(40.29)
1800m	3:01.80	(41.01)
2200m	3:42.61	(40.81)
2600m	4:22.81	(40.20)
3000m	5:01.75	(38.94)

		Naam	Cat	PR	Tijd	Info
17	wt	46 Rune Stoel	HC1			5:13.24
	rd	33 Ruben Star	HC1			4:57.08

Rune Stoel

200m	21.31	(21.31)
600m	58.49	(37.18)
1000m	1:39.01	(40.52)
1400m	2:21.65	(42.64)
1800m	3:05.01	(43.36)
2200m	3:48.42	(43.41)
2600m	4:31.89	(43.47)
3000m	5:13.24	(41.35)

Ruben Star

200m	21.62	(21.62)
600m	56.94	(35.32)
1000m	1:34.85	(37.91)
1400m	2:14.09	(39.24)
1800m	2:53.89	(39.80)
2200m	3:34.53	(40.64)
2600m	4:16.01	(41.48)
3000m	4:57.08	(41.07)

		Naam	Cat	PR	Tijd	Info
18	gl	55 Teije Hekkema	HC2		5:02.59	
	bl	80 Charissa de Mes	DC2	5:18.62	5:18.47	PR

Teije Hekkema

200m	22.00	(22.00)
600m	59.02	(37.02)
1000m	1:37.54	(38.52)
1400m	2:17.08	(39.54)
1800m	2:57.69	(40.61)
2200m	3:39.18	(41.49)
2600m	4:21.48	(42.30)
3000m	5:02.59	(41.11)

Charissa de Mes

200m	24.53	(24.53)
600m	1:03.94	(39.41)
1000m	1:45.57	(41.63)
1400m	2:27.13	(41.56)
1800m	3:09.76	(42.63)
2200m	3:53.00	(43.24)
2600m	4:36.31	(43.31)
3000m	5:18.47	(42.16)

		Naam	Cat	PR	Tijd	Info
19	wt	17 Olivier Wennekes	HC1	5:11.60	5:02.49	PR
	rd	23 Lenthe Jansen	DB2	4:49.21	4:54.31	

Olivier Wennekes

200m	22.27	(22.27)
600m	58.84	(36.57)
1000m	1:36.84	(38.00)
1400m	2:15.79	(38.95)
1800m	2:55.44	(39.65)
2200m	3:36.66	(41.22)
2600m	4:18.96	(42.30)
3000m	5:02.49	(43.53)

Lenthe Jansen

200m	22.10	(22.10)
600m	57.98	(35.88)
1000m	1:36.47	(38.49)
1400m	2:15.76	(39.29)
1800m	2:55.42	(39.66)
2200m	3:35.61	(40.19)
2600m	4:14.87	(39.26)
3000m	4:54.31	(39.44)

		Naam	Cat	PR	Tijd	Info
20	gl	43 Indy Kromokario	HA1	5:20.42	5:15.03	PR
	bl	56 Boaz de Gast	HC2	4:53.37	4:54.45	

Indy Kromokario

200m	21.53	(21.53)
600m	56.24	(34.71)
1000m	1:33.40	(37.16)
1400m	2:13.79	(40.39)
1800m	2:56.06	(42.27)
2200m	3:40.64	(44.58)
2600m	4:28.88	(48.24)
3000m	5:15.03	(46.15)

Boaz de Gast

200m	21.49	(21.49)
600m	57.14	(35.65)
1000m	1:35.13	(37.99)
1400m	2:14.48	(39.35)
1800m	2:54.96	(40.48)
2200m	3:34.93	(39.97)
2600m	4:15.63	(40.70)
3000m	4:54.45	(38.82)

		Naam	Cat	PR	Tijd	Info
21	wt	36 Ben Lispet	HB1	5:14.76	5:01.88	PR
	rd	45 Isa Oudenes	DB1	5:08.33	5:10.17	

Ben Lispet

200m	21.59	(21.59)
600m	1:00.06	(38.47)
1000m	1:39.07	(39.01)
1400m	2:19.28	(40.21)
1800m	2:58.87	(39.59)
2200m	3:40.88	(42.01)
2600m	4:22.68	(41.80)
3000m	5:01.88	(39.20)

Isa Oudenes

200m	22.86	(22.86)
600m	59.56	(36.70)
1000m	1:38.62	(39.06)
1400m	2:19.32	(40.70)
1800m	3:00.78	(41.46)
2200m	3:43.66	(42.88)
2600m	4:26.89	(43.23)
3000m	5:10.17	(43.28)

		Naam	Cat	PR	Tijd	Info
22	gl	72 Liam Dias d'Ullois	HB2	4:53.74	4:43.59	PR
	bl	15 Mees Blaauw	HC2	4:51.41	4:42.50	PR

Liam Dias d'Ullois

200m	21.41	(21.41)
600m	57.93	(36.52)
1000m	1:35.03	(37.10)
1400m	2:12.89	(37.86)
1800m	2:50.85	(37.96)
2200m	3:28.72	(37.87)
2600m	4:06.13	(37.41)
3000m	4:43.59	(37.46)

Mees Blaauw

200m	21.39	(21.39)
600m	56.90	(35.51)
1000m	1:34.74	(37.84)
1400m	2:12.40	(37.66)
1800m	2:50.46	(38.06)
2200m	3:27.96	(37.50)
2600m	4:05.85	(37.89)
3000m	4:42.50	(36.65)

		Naam	Cat	PR	Tijd	Info
23	wt	75 Marije van der Spek	DN2	4:47.02	4:50.81	
	rd	48 Gio Kromokario	HB1	5:02.54	4:53.51	PR

Marije van der Spek

200m	21.15	(21.15)
600m	56.78	(35.63)
1000m	1:33.22	(36.44)
1400m	2:11.06	(37.84)
1800m	2:49.45	(38.39)
2200m	3:29.43	(39.98)
2600m	4:09.91	(40.48)
3000m	4:50.81	(40.90)

Gio Kromokario

200m	20.41	(20.41)
600m	55.95	(35.54)
1000m	1:33.98	(38.03)
1400m	2:11.84	(37.86)
1800m	2:50.07	(38.23)
2200m	3:30.00	(39.93)
2600m	4:11.88	(41.88)
3000m	4:53.51	(41.63)

		Naam	Cat	PR	Tijd	Info
24	gl	20 Ties Moerman	HC1		4:50.10	
	bl	42 Guus Gelderblom	HA2	4:45.23	4:37.32	PR

Ties Moerman

200m	21.16	(21.16)
600m	55.81	(34.65)
1000m	1:32.30	(36.49)
1400m	2:10.31	(38.01)
1800m	2:49.64	(39.33)
2200m	3:29.99	(40.35)
2600m	4:10.57	(40.58)
3000m	4:50.10	(39.53)

Guus Gelderblom

200m	21.05	(21.05)
600m	54.46	(33.41)
1000m	1:29.61	(35.15)
1400m	2:06.16	(36.55)
1800m	2:43.87	(37.71)
2200m	3:22.06	(38.19)
2600m	3:59.73	(37.67)
3000m	4:37.32	(37.59)

		Naam	Cat	PR	Tijd	Info
25	wt	47 Matthijs de Haan	HC2	4:38.13	4:35.93	PR
	rd	30 Stian van Etten	HC2	4:13.02	4:24.09	

Matthijs de Haan

200m	20.62	(20.62)
600m	53.71	(33.09)
1000m	1:26.77	(33.06)
1400m	2:01.36	(34.59)
1800m	2:36.97	(35.61)
2200m	3:14.21	(37.24)
2600m	3:53.76	(39.55)
3000m	4:35.93	(42.17)

Stian van Etten

200m	20.69	(20.69)
600m	53.31	(32.62)
1000m	1:26.55	(33.24)
1400m	2:00.11	(33.56)
1800m	2:34.91	(34.80)
2200m	3:10.36	(35.45)
2600m	3:46.79	(36.43)
3000m	4:24.09	(37.30)

		Naam	Cat	PR	Tijd	Info
26	gl	63 Floris Geldof	H40		4:26.95	
	bl	82 Mathe Toonen	HSA	4:45.77	4:43.66	PR

Floris Geldof

200m	20.29	(20.29)
600m	52.82	(32.53)
1000m	1:26.85	(34.03)
1400m	2:02.11	(35.26)
1800m	2:38.03	(35.92)
2200m	3:14.14	(36.11)
2600m	3:50.79	(36.65)
3000m	4:26.95	(36.16)

Mathe Toonen

200m	21.57	(21.57)
600m	55.87	(34.30)
1000m	1:32.11	(36.24)
1400m	2:09.05	(36.94)
1800m	2:46.82	(37.77)
2200m	3:25.72	(38.90)
2600m	4:04.94	(39.22)
3000m	4:43.66	(38.72)

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	59 Taeke Jongbloed	HB1	33	O	7:33.24		
2	60 Sven Pera	HA2	29	I	7:42.48	PR	
3	4 Joppe Kleiweg	HN4	29	O	7:45.76	PR	
4	57 Tom Harris	HN3	33	I	7:52.15		
5	71 Kyenno Fredrikze	HB2	32	O	8:00.01		
6	8 Thijs Langeveld	HN4	30	I	8:04.03	PR	
7	49 Remco Boere	HSA	34	I	8:09.46		
8	39 Mark Veenstra	HSB	30	O	8:10.13		
9	58 Amber Koetsier	DB1	28	O	8:15.37		
10	32 Ymke Wubben	DB1	32	I	8:18.23		
11	68 Stan Krewinkel	HN4	31	I	8:27.33		
12	16 Frank Steenkamp	H65	27	I	8:58.22		
13	76 Midas Harteveld	HB2	28	I	9:27.91		
14	66 Bram Luttk	HSA	27	O	9:34.22	PR	
	35 Berto Anker	HA2	34	O		DNF	

2. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
27	wt	16 Frank Steenkamp		H65		7:51.42	8:58.22	
	rd	66 Bram Luttik		HSA		9:58.31	9:34.22	PR
Frank Steenkamp			Bram Luttik					
		200m	25.74	(25.74)		200m	24.78	(24.78)
		600m	1:05.63	(39.89)		600m	1:04.75	(39.97)
		1000m	1:47.23	(41.60)		1000m	1:47.44	(42.69)
		1400m	2:29.32	(42.09)		1400m	2:30.86	(43.42)
		1800m	3:11.97	(42.65)		1800m	3:15.51	(44.65)
		2200m	3:55.00	(43.03)		2200m	4:01.87	(46.36)
		2600m	4:37.89	(42.89)		2600m	4:47.27	(45.40)
		3000m	5:20.97	(43.08)		3000m	5:33.61	(46.34)
		3400m	6:04.51	(43.54)		3400m	6:21.20	(47.59)
		3800m	6:48.02	(43.51)		3800m	7:09.33	(48.13)
		4200m	7:31.42	(43.40)		4200m	7:58.54	(49.21)
		4600m	8:14.99	(43.57)		4600m	8:47.75	(49.21)
		5000m	8:58.22	(43.23)		5000m	9:34.22	(46.47)

		Naam		Cat		PR	Tijd	Info
28	gl	76 Midas Hartevelde		HB2			9:27.91	
	bl	58 Amber Koetsier		DB1			8:15.37	
Midas Hartevelde			Amber Koetsier					
		200m	24.42	(24.42)		200m	23.42	(23.42)
		600m	1:06.54	(42.12)		600m	1:02.28	(38.86)
		1000m	1:51.37	(44.83)		1000m	1:41.82	(39.54)
		1400m	2:36.78	(45.41)		1400m	2:20.83	(39.01)
		1800m	3:22.61	(45.83)		1800m	2:59.46	(38.63)
		2200m	4:08.47	(45.86)		2200m	3:39.14	(39.68)
		2600m	4:55.10	(46.63)		2600m	4:18.38	(39.24)
		3000m	5:41.01	(45.91)		3000m	4:58.17	(39.79)
		3400m	6:26.29	(45.28)		3400m	5:37.74	(39.57)
		3800m	7:12.25	(45.96)		3800m	6:17.21	(39.47)
		4200m	7:58.74	(46.49)		4200m	6:57.03	(39.82)
		4600m	8:44.72	(45.98)		4600m	7:36.83	(39.80)
		5000m	9:27.91	(43.19)		5000m	8:15.37	(38.54)

		Naam			Cat	PR	Tijd	Info
29	wt	60 Sven Pera			HA2	8:04.40	7:42.48	PR
	rd	4 Joppe Kleiweg			HN4	8:10.23	7:45.76	PR
		Sven Pera			Joppe Kleiweg			
		200m	20.79	(20.79)	200m	20.90	(20.90)	
		600m	55.82	(35.03)	600m	54.40	(33.50)	
		1000m	1:31.81	(35.99)	1000m	1:29.59	(35.19)	
		1400m	2:08.32	(36.51)	1400m	2:05.38	(35.79)	
		1800m	2:44.70	(36.38)	1800m	2:41.61	(36.23)	
		2200m	3:21.41	(36.71)	2200m	3:18.42	(36.81)	
		2600m	3:58.54	(37.13)	2600m	3:55.72	(37.30)	
		3000m	4:35.92	(37.38)	3000m	4:32.51	(36.79)	
		3400m	5:12.95	(37.03)	3400m	5:10.16	(37.65)	
		3800m	5:50.01	(37.06)	3800m	5:48.63	(38.47)	
		4200m	6:27.40	(37.39)	4200m	6:28.02	(39.39)	
		4600m	7:05.08	(37.68)	4600m	7:07.07	(39.05)	
		5000m	7:42.48	(37.40)	5000m	7:45.76	(38.69)	

		Naam			Cat	PR	Tijd	Info
30	gl	8 Thijs Langeveld			HN4	8:44.17	8:04.03	PR
	bl	39 Mark Veenstra			HSB	7:58.74	8:10.13	
		Thijs Langeveld			Mark Veenstra			
		200m	22.03	(22.03)	200m	22.50	(22.50)	
		600m	59.21	(37.18)	600m	59.91	(37.41)	
		1000m	1:38.48	(39.27)	1000m	1:38.74	(38.83)	
		1400m	2:17.68	(39.20)	1400m	2:17.34	(38.60)	
		1800m	2:56.16	(38.48)	1800m	2:56.10	(38.76)	
		2200m	3:35.54	(39.38)	2200m	3:34.74	(38.64)	
		2600m	4:14.08	(38.54)	2600m	4:13.38	(38.64)	
		3000m	4:52.42	(38.34)	3000m	4:52.31	(38.93)	
		3400m	5:31.10	(38.68)	3400m	5:31.54	(39.23)	
		3800m	6:10.18	(39.08)	3800m	6:09.81	(38.27)	
		4200m	6:46.94	(36.76)	4200m	6:48.53	(38.72)	
		4600m	7:24.92	(37.98)	4600m	7:28.43	(39.90)	
		5000m	8:04.03	(39.11)	5000m	8:10.13	(41.70)	

		Naam	Cat	PR	Tijd Info
31	wt rd	68 Stan Krewinkel	HN4	8:25.22	8:27.33

Stan Krewinkel

Distance	Time	PR	Info
200m	22.45	(22.45)	m
600m	59.19	(36.74)	
1000m	1:37.28	(38.09)	
1400m	2:16.02	(38.74)	
1800m	2:55.51	(39.49)	
2200m	3:35.85	(40.34)	
2600m	4:16.36	(40.51)	
3000m	4:57.12	(40.76)	
3400m	5:38.51	(41.39)	
3800m	6:20.35	(41.84)	
4200m	7:02.34	(41.99)	
4600m	7:44.77	(42.43)	
5000m	8:27.33	(42.56)	

		Naam	Cat	PR	Tijd Info
32	gl	32 Ymke Wubben	DB1		8:18.23
	bl	71 Kyenno Fredrikze	HB2		8:00.01

Ymke Wubben

Distance	Time	PR	Info
200m	22.57	(22.57)	
600m	58.70	(36.13)	
1000m	1:35.76	(37.06)	
1400m	2:13.91	(38.15)	
1800m	2:52.47	(38.56)	
2200m	3:31.39	(38.92)	
2600m	4:10.97	(39.58)	
3000m	4:51.33	(40.36)	
3400m	5:32.03	(40.70)	
3800m	6:13.62	(41.59)	
4200m	6:55.34	(41.72)	
4600m	7:37.40	(42.06)	
5000m	8:18.23	(40.83)	

Kyenno Fredrikze

Distance	Time	PR	Info
200m	22.27	(22.27)	
600m	58.26	(35.99)	
1000m	1:35.95	(37.69)	
1400m	2:12.99	(37.04)	
1800m	2:51.17	(38.18)	
2200m	3:29.37	(38.20)	
2600m	4:07.91	(38.54)	
3000m	4:46.20	(38.29)	
3400m	5:25.22	(39.02)	
3800m	6:03.78	(38.56)	
4200m	6:43.24	(39.46)	
4600m	7:22.25	(39.01)	
5000m	8:00.01	(37.76)	

		Naam			Cat	PR	Tijd	Info
33	wt	57 Tom Harris			HN3		7:52.15	
	rd	59 Taeke Jongbloed			HB1		7:33.24	
		Tom Harris			Taeke Jongbloed			
		200m	20.94	(20.94)	200m	20.93	(20.93)	
		600m	54.10	(33.16)	600m	53.12	(32.19)	
		1000m	1:29.21	(35.11)	1000m	1:26.18	(33.06)	
		1400m	2:05.47	(36.26)	1400m	1:59.83	(33.65)	
		1800m	2:41.86	(36.39)	1800m	2:34.37	(34.54)	
		2200m	3:19.16	(37.30)	2200m	3:09.38	(35.01)	
		2600m	3:56.90	(37.74)	2600m	3:45.17	(35.79)	
		3000m	4:35.20	(38.30)	3000m	4:21.27	(36.10)	
		3400m	5:14.12	(38.92)	3400m	4:59.14	(37.87)	
		3800m	5:53.69	(39.57)	3800m	5:37.54	(38.40)	
		4200m	6:33.42	(39.73)	4200m	6:16.11	(38.57)	
		4600m	7:13.42	(40.00)	4600m	6:54.80	(38.69)	
		5000m	7:52.15	(38.73)	5000m	7:33.24	(38.44)	

		Naam			Cat	PR	Tijd	Info
34	gl	49 Remco Boere			HSA	7:53.13	8:09.46	
	bl	35 Berto Anker			HA2	7:53.92	DNF	
		Remco Boere			Berto Anker			
		200m	20.15	(20.15)	200m	21.08	(21.08)	
		600m	53.30	(33.15)	600m	55.74	(34.66)	
		1000m	1:28.58	(35.28)	1000m	1:31.36	(35.62)	
		1400m	2:05.90	(37.32)	1400m	2:07.66	(36.30)	
		1800m	2:44.45	(38.55)	1800m	2:44.93	(37.27)	
		2200m	3:23.27	(38.82)	2200m	3:22.07	(37.14)	
		2600m	4:02.40	(39.13)	2600m	3:59.61	(37.54)	
		3000m	4:42.65	(40.25)				
		3400m	5:23.37	(40.72)				
		3800m	6:04.57	(41.20)				
		4200m	6:45.76	(41.19)				
		4600m	7:27.47	(41.71)				
		5000m	8:09.46	(41.99)				