

## 1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	25 Jarno Baars	HC2	8	O	41.00		
2	27 Frank Bouman	HB2	7	O	41.32		
3	9 Jan Meester	HA2	7	I	42.31		
4	26 Lotte Welboren	DB1	5	O	44.87		
5	13 Kasper Rooks	HC2	6	I	45.11		
6	17 Nathan van der Meulen	HB2	5	I	45.51		
7	4 Luuk van Waggendorff van Ryn	HB1	6	O	46.22		
8	2 Arjen Bosma	HSB	4	I	52.29		
9	18 Anita Smit-Groot	D60	3	O	53.70		
10	10 Sterre Hoekstra	DC2	3	I	53.91		
11	24 Maud Miedema	DPA	4	O	54.50		
12	32 Marijn Zwaneveld	DC1	1	I	56.35		
	30 Teun Kwant	HC1	8	I	DQ		

## 1. Rituitslag 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt rd	32	<b>Marijn Zwaneveld</b>		DC1	52.78	<b>56.35</b>	

### Marijn Zwaneveld

100m	14.78	(14.78)	m
500m	56.35	(41.57)	

		Naam		Cat		PR	Tijd	Info
2	gl bl							

m			m
---	--	--	---

		Naam		Cat		PR	Tijd	Info
3	wt rd	10	<b>Sterre Hoekstra</b>		DC2	52.74	<b>53.91</b>	
		18	<b>Anita Smit-Groot</b>		D60	46.86	<b>53.70</b>	

### Sterre Hoekstra

100m	14.16	(14.16)
500m	53.91	(39.75)

### Anita Smit-Groot

100m	14.10	(14.10)
500m	53.70	(39.60)

		Naam		Cat		PR	Tijd	Info
4	gl bl	2	<b>Arjen Bosma</b>		HSB	43.76	<b>52.29</b>	
		24	<b>Maud Miedema</b>		DPA	51.50	<b>54.50</b>	

### Arjen Bosma

100m	13.78	(13.78)
500m	52.29	(38.51)

### Maud Miedema

100m	13.92	(13.92)
500m	54.50	(40.58)

		Naam		Cat		PR	Tijd	Info
5	wt rd	17	<b>Nathan van der Meulen</b>		HB2	44.80	<b>45.51</b>	
		26	<b>Lotte Welboren</b>		DB1	43.14	<b>44.87</b>	

### Nathan van der Meulen

100m	12.25	(12.25)
500m	45.51	(33.26)

### Lotte Welboren

100m	12.38	(12.38)
500m	44.87	(32.49)

		Naam		Cat		PR		Tijd	Info
6	gl	13	<b>Kasper Rooks</b>		HC2			42.56	<b>45.11</b>
	bl	4	<b>Luuk van Waggendorff van Ryn</b>		HB1			44.47	<b>46.22</b>
		<b>Kasper Rooks</b>			<b>Luuk van Waggendorff van Ryn</b>				
		100m	12.07	(12.07)	100m	12.19	(12.19)		
		500m	45.11	(33.04)	500m	46.22	(34.03)		

		Naam		Cat		PR		Tijd	Info
7	wt	9	<b>Jan Meester</b>		HA2			40.24	<b>42.31</b>
	rd	27	<b>Frank Bouman</b>		HB2			39.58	<b>41.32</b>
		<b>Jan Meester</b>			<b>Frank Bouman</b>				
		100m	11.73	(11.73)	100m	11.14	(11.14)		
		500m	42.31	(30.58)	500m	41.32	(30.18)		

		Naam		Cat		PR		Tijd	Info
8	gl	30	<b>Teun Kwant</b>		HC1			40.34	<b>DQ</b>
	bl	25	<b>Jarno Baars</b>		HC2			39.27	<b>41.00</b>
		<b>Teun Kwant</b>			<b>Jarno Baars</b>				
		100m	11.65	(11.65)	100m	11.19	(11.19)		
		500m	41.34	(29.69)	500m	41.00	(29.81)		

## 2. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	22 Siebren Bruijn	HC2	12	O	46.36		
2	16 Dennis van Dok	H50	12	I	46.46		
3	29 Renske Kramer	DSA	11	O	48.49		
4	20 Senna Miedema	DB1	11	I	48.93		
5	6 Koen van Egmond	H40	10	I	49.63		
6	5 Jordy Jak	H45	10	O	50.24		
7	7 Jan Zijp	H75	9	I	52.67		

## 2. Rituitslag 500 meter

		Naam		Cat		PR		Tijd	Info
9	wt	7	<b>Jan Zijp</b>		H75			42.62	<b>52.67</b>
	rd								
		<b>Jan Zijp</b>							
			100m	13.73	(13.73)		m		
			500m	52.67	(38.94)				

		Naam		Cat		PR		Tijd	Info
10	gl	6	<b>Koen van Egmond</b>		H40			45.56	<b>49.63</b>
	bl	5	<b>Jordy Jak</b>		H45			49.37	<b>50.24</b>
		<b>Koen van Egmond</b>							
			100m	13.20	(13.20)		100m	13.79	(13.79)
			500m	49.63	(36.43)		500m	50.24	(36.45)
		<b>Jordy Jak</b>							

		Naam		Cat		PR		Tijd	Info
11	wt	20	<b>Senna Miedema</b>		DB1			48.78	<b>48.93</b>
	rd	29	<b>Renske Kramer</b>		DSA			45.79	<b>48.49</b>
		<b>Senna Miedema</b>							
			100m	12.72	(12.72)		100m	13.19	(13.19)
			500m	48.93	(36.21)		500m	48.49	(35.30)
		<b>Renske Kramer</b>							

		Naam		Cat		PR		Tijd	Info
12	gl	16	<b>Dennis van Dok</b>		H50			41.68	<b>46.46</b>
	bl	22	<b>Siebren Bruijn</b>		HC2			45.76	<b>46.36</b>
		<b>Dennis van Dok</b>							
			100m	12.70	(12.70)		100m	12.34	(12.34)
			500m	46.46	(33.76)		500m	46.36	(34.02)
		<b>Siebren Bruijn</b>							

## 3. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Jan Gunneweg	H40	13	O	46.18		
2	11 Casper Schut	HA1	13	I	47.49		
3	1 Jan Hopman	H55	14	O	47.81		
4	28 Floris Naber	HSA	14	I	49.66		

## 3. Rituitslag 500 meter

		Naam	Cat	PR	Tijd	Info
13	wt	11 <b>Casper Schut</b>	HA1	45.17	<b>47.49</b>	
	rd	12 <b>Jan Gunneweg</b>	H40	37.56	<b>46.18</b>	
		<b>Casper Schut</b>				<b>Jan Gunneweg</b>
		100m	12.81 (12.81)	100m	12.46 (12.46)	
		500m	47.49 (34.68)	500m	46.18 (33.72)	

		Naam	Cat	PR	Tijd	Info
14	gl	28 <b>Floris Naber</b>	HSA	48.74	<b>49.66</b>	
	bl	1 <b>Jan Hopman</b>	H55	44.75	<b>47.81</b>	
		<b>Floris Naber</b>				<b>Jan Hopman</b>
		100m	13.54 (13.54)	100m	13.17 (13.17)	
		500m	49.66 (36.12)	500m	47.81 (34.64)	

## 4. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	30 Teun Kwant	HC1	21	O	4:20.76	PR	
2	9 Jan Meester	HA2	22	O	4:37.60		
3	25 Jarno Baars	HC2	21	I	4:43.28		
4	27 Frank Bouman	HB2	22	I	4:47.77		
5	26 Lotte Welboren	DB1	19	O	4:56.07		
6	13 Kasper Rooks	HC2	20	O	5:02.66		
7	4 Luuk van Waggendorff van Ryn	HB1	20	I	5:05.42	PR	
8	17 Nathan van der Meulen	HB2	19	I	5:24.57		
9	18 Anita Smit-Groot	D60	18	O	5:48.50		
10	2 Arjen Bosma	HSB	17	O	5:48.62		
11	24 Maud Miedema	DPA	15	I	5:59.55		
12	10 Sterre Hoekstra	DC2	18	I	6:02.67		
13	32 Marijn Zwaneveld	DC1	17	I	6:13.69		



## 4. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd	Info
15	wt rd	24 <b>Maud Miedema</b>	DPA		<b>5:59.55</b>	
<b>Maud Miedema</b>						
		200m	26.36 (26.36)			m
		600m	1:10.78 (44.42)			
		1000m	1:56.89 (46.11)			
		1400m	2:44.21 (47.32)			
		1800m	3:32.42 (48.21)			
		2200m	4:21.00 (48.58)			
		2600m	5:10.60 (49.60)			
		3000m	5:59.55 (48.95)			

		Naam	Cat	PR	Tijd	Info
16	gl bl					
						m
						m

		Naam	Cat	PR	Tijd	Info
17	wt rd	32 <b>Marijn Zwaneveld</b>	DC1	6:12.32	<b>6:13.69</b>	
		2 <b>Arjen Bosma</b>	HSB	5:08.85	<b>5:48.62</b>	
<b>Marijn Zwaneveld</b>			<b>Arjen Bosma</b>			
		200m	26.58 (26.58)	200m	24.92 (24.92)	
		600m	1:12.67 (46.09)	600m	1:09.23 (44.31)	
		1000m	2:02.33 (49.66)	1000m	1:54.42 (45.19)	
		1400m	2:51.84 (49.51)	1400m	2:40.71 (46.29)	
		1800m	3:42.92 (51.08)	1800m	3:27.39 (46.68)	
		2200m	4:33.14 (50.22)	2200m	4:13.79 (46.40)	
		2600m	5:25.16 (52.02)	2600m	5:00.02 (46.23)	
		3000m	6:13.69 (48.53)	3000m	5:48.62 (48.60)	

		Naam		Cat		PR	Tijd	Info
18	gl	10	<b>Sterre Hoekstra</b>		DC2		<b>6:02.67</b>	
	bl	18	<b>Anita Smit-Groot</b>		D60	5:08.76	<b>5:48.50</b>	
			<b>Sterre Hoekstra</b>			<b>Anita Smit-Groot</b>		
		200m	25.85	(25.85)	200m	25.22	(25.22)	
		600m	1:10.58	(44.73)	600m	1:07.55	(42.33)	
		1000m	1:58.02	(47.44)	1000m	1:51.29	(43.74)	
		1400m	2:44.55	(46.53)	1400m	2:36.99	(45.70)	
		1800m	3:34.36	(49.81)	1800m	3:24.11	(47.12)	
		2200m	4:22.91	(48.55)	2200m	4:11.63	(47.52)	
		2600m	5:13.26	(50.35)	2600m	4:59.95	(48.32)	
		3000m	6:02.67	(49.41)	3000m	5:48.50	(48.55)	

		Naam		Cat		PR	Tijd	Info
19	wt	17	<b>Nathan van der Meulen</b>		HB2	5:13.74	<b>5:24.57</b>	
	rd	26	<b>Lotte Welboren</b>		DB1	4:46.33	<b>4:56.07</b>	
			<b>Nathan van der Meulen</b>			<b>Lotte Welboren</b>		
		200m	23.06	(23.06)	200m	22.75	(22.75)	
		600m	1:00.84	(37.78)	600m	58.51	(35.76)	
		1000m	1:41.55	(40.71)	1000m	1:35.13	(36.62)	
		1400m	2:24.41	(42.86)	1400m	2:13.94	(38.81)	
		1800m	3:08.97	(44.56)	1800m	2:52.84	(38.90)	
		2200m	3:54.87	(45.90)	2200m	3:33.09	(40.25)	
		2600m	4:41.89	(47.02)	2600m	4:13.35	(40.26)	
		3000m	5:24.57	(42.68)	3000m	4:56.07	(42.72)	

		Naam	Cat	PR	Tijd	Info
20	gl	4 <b>Luuk van Wagendorff van Ryn</b>	HB1	5:07.10	<b>5:05.42</b>	PR
	bl	13 <b>Kasper Rooks</b>	HC2		<b>5:02.66</b>	
		<b>Luuk van Wagendorff van Ryn</b>		<b>Kasper Rooks</b>		
		200m	22.49 (22.49)	200m	21.96 (21.96)	
		600m	59.75 (37.26)	600m	59.04 (37.08)	
		1000m	1:39.25 (39.50)	1000m	1:38.57 (39.53)	
		1400m	2:19.02 (39.77)	1400m	2:18.56 (39.99)	
		1800m	2:58.99 (39.97)	1800m	2:58.52 (39.96)	
		2200m	3:40.12 (41.13)	2200m	3:39.34 (40.82)	
		2600m	4:22.39 (42.27)	2600m	4:21.23 (41.89)	
		3000m	5:05.42 (43.03)	3000m	5:02.66 (41.43)	

		Naam	Cat	PR	Tijd	Info
21	wt	25 <b>Jarno Baars</b>	HC2	4:33.00	<b>4:43.28</b>	
	rd	30 <b>Teun Kwant</b>	HC1	4:38.76	<b>4:20.76</b>	PR
		<b>Jarno Baars</b>		<b>Teun Kwant</b>		
		200m	19.65 (19.65)	200m	20.05 (20.05)	
		600m	53.29 (33.64)	600m	51.96 (31.91)	
		1000m	1:29.87 (36.58)	1000m	1:25.20 (33.24)	
		1400m	2:08.19 (38.32)	1400m	1:59.46 (34.26)	
		1800m	2:45.98 (37.79)	1800m	2:33.96 (34.50)	
		2200m	3:24.39 (38.41)	2200m	3:09.24 (35.28)	
		2600m	4:03.83 (39.44)	2600m	3:44.87 (35.63)	
		3000m	4:43.28 (39.45)	3000m	4:20.76 (35.89)	

		Naam	Cat	PR	Tijd	Info
22	gl	27 <b>Frank Bouman</b>	HB2	4:27.63	<b>4:47.77</b>	
	bl	9 <b>Jan Meester</b>	HA2	4:17.41	<b>4:37.60</b>	

### Frank Bouman

200m	21.17	(21.17)
600m	56.32	(35.15)
1000m	1:33.01	(36.69)
1400m	2:10.46	(37.45)
1800m	2:48.77	(38.31)
2200m	3:27.24	(38.47)
2600m	4:06.36	(39.12)
3000m	4:47.77	(41.41)

### Jan Meester

200m	20.86	(20.86)
600m	54.43	(33.57)
1000m	1:28.91	(34.48)
1400m	2:05.24	(36.33)
1800m	2:42.32	(37.08)
2200m	3:19.91	(37.59)
2600m	3:57.96	(38.05)
3000m	4:37.60	(39.64)

## 5. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	16 Dennis van Dok	H50	25	O	8:32.69		
2	22 Siebren Bruijn	HC2	23	I	8:33.50		
3	29 Renske Kramer	DSA	24	I	8:46.65		
4	5 Jordy Jak	H45	26	I	8:49.25	PR	
5	6 Koen van Egmond	H40	25	I	9:02.42		
6	7 Jan Zijp	H75	26	O	9:29.44		
7	20 Senna Miedema	DB1	24	O	9:46.78		

## 5. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd	Info																																																																																																									
23	wt rd	22 Siebren Bruijn	HC2		<b>8:33.50</b>																																																																																																										
<table border="1"> <thead> <tr> <th colspan="7">Siebren Bruijn</th> </tr> <tr> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>200m</td> <td>22.66</td> <td>(22.66)</td> <td></td> <td>m</td> </tr> <tr> <td></td> <td></td> <td>600m</td> <td>1:00.91</td> <td>(38.25)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>1000m</td> <td>1:41.35</td> <td>(40.44)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>1400m</td> <td>2:22.32</td> <td>(40.97)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>1800m</td> <td>3:04.36</td> <td>(42.04)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>2200m</td> <td>3:45.62</td> <td>(41.26)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>2600m</td> <td>4:26.71</td> <td>(41.09)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>3000m</td> <td>5:07.03</td> <td>(40.32)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>3400m</td> <td>5:48.63</td> <td>(41.60)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>3800m</td> <td>6:29.68</td> <td>(41.05)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>4200m</td> <td>7:11.64</td> <td>(41.96)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>4600m</td> <td>7:52.82</td> <td>(41.18)</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>5000m</td> <td>8:33.50</td> <td>(40.68)</td> <td></td> <td></td> </tr> </tbody> </table>							Siebren Bruijn																200m	22.66	(22.66)		m			600m	1:00.91	(38.25)					1000m	1:41.35	(40.44)					1400m	2:22.32	(40.97)					1800m	3:04.36	(42.04)					2200m	3:45.62	(41.26)					2600m	4:26.71	(41.09)					3000m	5:07.03	(40.32)					3400m	5:48.63	(41.60)					3800m	6:29.68	(41.05)					4200m	7:11.64	(41.96)					4600m	7:52.82	(41.18)					5000m	8:33.50	(40.68)		
Siebren Bruijn																																																																																																															
		200m	22.66	(22.66)		m																																																																																																									
		600m	1:00.91	(38.25)																																																																																																											
		1000m	1:41.35	(40.44)																																																																																																											
		1400m	2:22.32	(40.97)																																																																																																											
		1800m	3:04.36	(42.04)																																																																																																											
		2200m	3:45.62	(41.26)																																																																																																											
		2600m	4:26.71	(41.09)																																																																																																											
		3000m	5:07.03	(40.32)																																																																																																											
		3400m	5:48.63	(41.60)																																																																																																											
		3800m	6:29.68	(41.05)																																																																																																											
		4200m	7:11.64	(41.96)																																																																																																											
		4600m	7:52.82	(41.18)																																																																																																											
		5000m	8:33.50	(40.68)																																																																																																											

		Naam	Cat	PR	Tijd	Info																																																																																																									
24	gl	29 Renske Kramer	DSA	8:35.74	<b>8:46.65</b>																																																																																																										
	bl	20 Senna Miedema	DB1		<b>9:46.78</b>																																																																																																										
<table border="1"> <thead> <tr> <th colspan="3">Renske Kramer</th> <th colspan="4">Senna Miedema</th> </tr> <tr> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>200m</td> <td>24.13</td> <td>(24.13)</td> <td>200m</td> <td>24.81 (24.81)</td> </tr> <tr> <td></td> <td></td> <td>600m</td> <td>1:04.95</td> <td>(40.82)</td> <td>600m</td> <td>1:06.78 (41.97)</td> </tr> <tr> <td></td> <td></td> <td>1000m</td> <td>1:46.84</td> <td>(41.89)</td> <td>1000m</td> <td>1:50.96 (44.18)</td> </tr> <tr> <td></td> <td></td> <td>1400m</td> <td>2:28.82</td> <td>(41.98)</td> <td>1400m</td> <td>2:37.80 (46.84)</td> </tr> <tr> <td></td> <td></td> <td>1800m</td> <td>3:10.61</td> <td>(41.79)</td> <td>1800m</td> <td>3:24.30 (46.50)</td> </tr> <tr> <td></td> <td></td> <td>2200m</td> <td>3:52.56</td> <td>(41.95)</td> <td>2200m</td> <td>4:11.54 (47.24)</td> </tr> <tr> <td></td> <td></td> <td>2600m</td> <td>4:34.84</td> <td>(42.28)</td> <td>2600m</td> <td>4:58.21 (46.67)</td> </tr> <tr> <td></td> <td></td> <td>3000m</td> <td>5:16.47</td> <td>(41.63)</td> <td>3000m</td> <td>5:46.69 (48.48)</td> </tr> <tr> <td></td> <td></td> <td>3400m</td> <td>5:58.57</td> <td>(42.10)</td> <td>3400m</td> <td>6:34.11 (47.42)</td> </tr> <tr> <td></td> <td></td> <td>3800m</td> <td>6:40.48</td> <td>(41.91)</td> <td>3800m</td> <td>7:22.44 (48.33)</td> </tr> <tr> <td></td> <td></td> <td>4200m</td> <td>7:22.85</td> <td>(42.37)</td> <td>4200m</td> <td>8:11.51 (49.07)</td> </tr> <tr> <td></td> <td></td> <td>4600m</td> <td>8:05.32</td> <td>(42.47)</td> <td>4600m</td> <td>8:59.41 (47.90)</td> </tr> <tr> <td></td> <td></td> <td>5000m</td> <td>8:46.65</td> <td>(41.33)</td> <td>5000m</td> <td>9:46.78 (47.37)</td> </tr> </tbody> </table>							Renske Kramer			Senna Miedema													200m	24.13	(24.13)	200m	24.81 (24.81)			600m	1:04.95	(40.82)	600m	1:06.78 (41.97)			1000m	1:46.84	(41.89)	1000m	1:50.96 (44.18)			1400m	2:28.82	(41.98)	1400m	2:37.80 (46.84)			1800m	3:10.61	(41.79)	1800m	3:24.30 (46.50)			2200m	3:52.56	(41.95)	2200m	4:11.54 (47.24)			2600m	4:34.84	(42.28)	2600m	4:58.21 (46.67)			3000m	5:16.47	(41.63)	3000m	5:46.69 (48.48)			3400m	5:58.57	(42.10)	3400m	6:34.11 (47.42)			3800m	6:40.48	(41.91)	3800m	7:22.44 (48.33)			4200m	7:22.85	(42.37)	4200m	8:11.51 (49.07)			4600m	8:05.32	(42.47)	4600m	8:59.41 (47.90)			5000m	8:46.65	(41.33)	5000m	9:46.78 (47.37)
Renske Kramer			Senna Miedema																																																																																																												
		200m	24.13	(24.13)	200m	24.81 (24.81)																																																																																																									
		600m	1:04.95	(40.82)	600m	1:06.78 (41.97)																																																																																																									
		1000m	1:46.84	(41.89)	1000m	1:50.96 (44.18)																																																																																																									
		1400m	2:28.82	(41.98)	1400m	2:37.80 (46.84)																																																																																																									
		1800m	3:10.61	(41.79)	1800m	3:24.30 (46.50)																																																																																																									
		2200m	3:52.56	(41.95)	2200m	4:11.54 (47.24)																																																																																																									
		2600m	4:34.84	(42.28)	2600m	4:58.21 (46.67)																																																																																																									
		3000m	5:16.47	(41.63)	3000m	5:46.69 (48.48)																																																																																																									
		3400m	5:58.57	(42.10)	3400m	6:34.11 (47.42)																																																																																																									
		3800m	6:40.48	(41.91)	3800m	7:22.44 (48.33)																																																																																																									
		4200m	7:22.85	(42.37)	4200m	8:11.51 (49.07)																																																																																																									
		4600m	8:05.32	(42.47)	4600m	8:59.41 (47.90)																																																																																																									
		5000m	8:46.65	(41.33)	5000m	9:46.78 (47.37)																																																																																																									

		Naam	Cat	PR	Tijd	Info	
25	wt	6 <b>Koen van Egmond</b>	H40	8:18.64	<b>9:02.42</b>		
	rd	16 <b>Dennis van Dok</b>	H50	7:45.80	<b>8:32.69</b>		
		<b>Koen van Egmond</b>			<b>Dennis van Dok</b>		
		200m	24.88 (24.88)	200m	23.44 (23.44)		
		600m	1:06.82 (41.94)	600m	1:02.97 (39.53)		
		1000m	1:49.60 (42.78)	1000m	1:44.21 (41.24)		
		1400m	2:31.30 (41.70)	1400m	2:25.11 (40.90)		
		1800m	3:14.17 (42.87)	1800m	3:06.00 (40.89)		
		2200m	3:55.61 (41.44)	2200m	3:46.16 (40.16)		
		2600m	4:39.46 (43.85)	2600m	4:28.14 (41.98)		
		3000m	5:22.02 (42.56)	3000m	5:09.53 (41.39)		
		3400m	6:05.18 (43.16)	3400m	5:50.11 (40.58)		
		3800m	6:48.28 (43.10)	3800m	6:30.92 (40.81)		
		4200m	7:33.91 (45.63)	4200m	7:10.96 (40.04)		
		4600m	8:18.31 (44.40)	4600m	7:51.92 (40.96)		
		5000m	9:02.42 (44.11)	5000m	8:32.69 (40.77)		

		Naam	Cat	PR	Tijd	Info	
26	gl	5 <b>Jordy Jak</b>	H45	8:51.15	<b>8:49.25</b>	PR	
	bl	7 <b>Jan Zijp</b>	H75	7:34.20	<b>9:29.44</b>		
		<b>Jordy Jak</b>			<b>Jan Zijp</b>		
		200m	24.71 (24.71)	200m	26.65 (26.65)		
		600m	1:03.31 (38.60)	600m	1:10.97 (44.32)		
		1000m	1:43.04 (39.73)	1000m	1:54.52 (43.55)		
		1400m	2:23.11 (40.07)	1400m	2:40.40 (45.88)		
		1800m	3:04.81 (41.70)	1800m	3:24.20 (43.80)		
		2200m	3:46.81 (42.00)	2200m	4:11.98 (47.78)		
		2600m	4:29.84 (43.03)	2600m	4:56.62 (44.64)		
		3000m	5:11.64 (41.80)	3000m	5:42.77 (46.15)		
		3400m	5:54.44 (42.80)	3400m	6:27.95 (45.18)		
		3800m	6:37.43 (42.99)	3800m	7:13.69 (45.74)		
		4200m	7:21.84 (44.41)	4200m	7:59.43 (45.74)		
		4600m	8:05.44 (43.60)	4600m	8:44.89 (45.46)		
		5000m	8:49.25 (43.81)	5000m	9:29.44 (44.55)		

## 6. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Casper Schut	HA1	28	I	17:06.68	PR	
2	1 Jan Hopman	H55	28	O	17:23.74		
3	12 Jan Gunneweg	H40	27	I	17:36.54		
4	28 Floris Naber	HSA	27	O	18:54.24	FL	



## 6. Rituitslag 10000 meter

		Naam	Cat	PR	Tijd	Info
27	wt	12 Jan Gunneweg	H40		<b>17:36.54</b>	
	rd	28 Floris Naber	HSA		<b>18:54.24</b>	FL
<b>Jan Gunneweg</b>			<b>Floris Naber</b>			
		400m	42.01 (42.01)		400m	46.28 (46.28)
		800m	1:21.59 (39.58)		800m	1:27.70 (41.42)
		1200m	2:02.78 (41.19)		1200m	2:10.66 (42.96)
		1600m	2:44.76 (41.98)		1600m	2:52.85 (42.19)
		2000m	3:26.06 (41.30)		2000m	3:36.55 (43.70)
		2400m	4:08.12 (42.06)		2400m	4:20.64 (44.09)
		2800m	4:49.43 (41.31)		2800m	5:05.79 (45.15)
		3200m	5:30.99 (41.56)		3200m	5:49.94 (44.15)
		3600m	6:12.32 (41.33)		3600m	6:34.64 (44.70)
		4000m	6:53.29 (40.97)		4000m	7:19.11 (44.47)
		4400m	7:33.88 (40.59)		4400m	8:05.73 (46.62)
		4800m	8:16.21 (42.33)		4800m	8:51.44 (45.71)
		5200m	8:58.01 (41.80)		5200m	9:36.95 (45.51)
		5600m	9:39.76 (41.75)		5600m	10:20.86 (43.91)
		6000m	10:20.21 (40.45)		6000m	11:04.81 (43.95)
		6400m	11:01.38 (41.17)		6400m	11:49.85 (45.04)
		6800m	11:44.21 (42.83)		6800m	12:48.79 (58.94)
		7200m	12:28.11 (43.90)		7200m	13:35.13 (46.34)
		7600m	13:11.98 (43.87)		7600m	14:20.79 (45.66)
		8000m	13:55.41 (43.43)		8000m	15:05.86 (45.07)
		8400m	14:39.64 (44.23)		8400m	15:52.21 (46.35)
		8800m	15:24.12 (44.48)		8800m	16:38.29 (46.08)
		9200m	16:08.80 (44.68)		9200m	17:24.97 (46.68)
		9600m	16:53.39 (44.59)		9600m	18:10.23 (45.26)
		10000m	17:36.54 (43.15)		10000m	18:54.24 (44.01)

		Naam		Cat		PR	Tijd	Info
28	gl	11	<b>Casper Schut</b>		HA1		17:17.52	<b>17:06.68</b> PR
	bl	1	<b>Jan Hopman</b>		H55		16:44.09	<b>17:23.74</b>
<b>Casper Schut</b>				<b>Jan Hopman</b>				
		400m	40.29	(40.29)	400m	42.08	(42.08)	
		800m	1:18.10	(37.81)	800m	1:20.47	(38.39)	
		1200m	1:57.41	(39.31)	1200m	2:00.54	(40.07)	
		1600m	2:38.40	(40.99)	1600m	2:41.50	(40.96)	
		2000m	3:19.05	(40.65)	2000m	3:22.59	(41.09)	
		2400m	4:00.34	(41.29)	2400m	4:03.34	(40.75)	
		2800m	4:41.69	(41.35)	2800m	4:44.32	(40.98)	
		3200m	5:23.06	(41.37)	3200m	5:25.51	(41.19)	
		3600m	6:03.97	(40.91)	3600m	6:07.19	(41.68)	
		4000m	6:45.14	(41.17)	4000m	6:48.05	(40.86)	
		4400m	7:26.73	(41.59)	4400m	7:30.49	(42.44)	
		4800m	8:09.48	(42.75)	4800m	8:13.54	(43.05)	
		5200m	8:51.31	(41.83)	5200m	8:56.66	(43.12)	
		5600m	9:32.67	(41.36)	5600m	9:38.34	(41.68)	
		6000m	10:13.28	(40.61)	6000m	10:20.16	(41.82)	
		6400m	10:54.17	(40.89)	6400m	11:01.49	(41.33)	
		6800m	11:35.84	(41.67)	6800m	11:44.49	(43.00)	
		7200m	12:17.86	(42.02)	7200m	12:26.23	(41.74)	
		7600m	12:58.71	(40.85)	7600m	13:09.42	(43.19)	
		8000m	13:39.61	(40.90)	8000m	13:50.91	(41.49)	
		8400m	14:21.20	(41.59)	8400m	14:33.85	(42.94)	
		8800m	15:02.72	(41.52)	8800m	15:16.44	(42.59)	
		9200m	15:44.33	(41.61)	9200m	15:59.68	(43.24)	
		9600m	16:26.35	(42.02)	9600m	16:41.50	(41.82)	
		10000m	17:06.68	(40.33)	10000m	17:23.74	(42.24)	