

## 1. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	3 Peter de Bruin	HC2	5	I	4:32.57	PR	
2	1 Olivier Wennekes	HC2	5	O	4:58.72	PR	
3	2 Nouschka Steenks	DC2	6	O	5:02.22	PR	
4	9 Maaïke Helleman	DC2	6	I	5:02.81	PR	
5	6 Maren de Bruin	DC1	3	I	5:11.45	PR	
6	5 Cato Slegtenhorst	DC2	3	O	5:16.80		
7	13 Sanne Kool	DC1	4	I	5:20.81	PR	
8	4 Tippi Verbree	DC2	1	O	5:28.86		
9	10 Francis de Bruijn	DC1	1	I	5:35.01		
10	7 Rinske Hogenboom	DC2	4	O	5:44.64		
11	11 Renske Ansink	DC2	2	I	5:53.69		

## 1. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	10 Francis de Bruijn		DC1		5:34.14	<b>5:35.01</b>	
	rd	4 Tippi Verbree		DC2		5:26.36	<b>5:28.86</b>	
		<b>Francis de Bruijn</b>			<b>Tippi Verbree</b>			
		200m	24.58	(24.58)	200m	23.53	(23.53)	
		600m	1:06.54	(41.96)	600m	1:04.43	(40.90)	
		1000m	1:49.80	(43.26)	1000m	1:46.65	(42.22)	
		1400m	2:34.03	(44.23)	1400m	2:30.09	(43.44)	
		1800m	3:19.81	(45.78)	1800m	3:13.87	(43.78)	
		2200m	4:05.70	(45.89)	2200m	3:58.63	(44.76)	
		2600m	4:51.64	(45.94)	2600m	4:44.20	(45.57)	
		3000m	5:35.01	(43.37)	3000m	5:28.86	(44.66)	

		Naam		Cat		PR	Tijd	Info
2	gl	11 Renske Ansink		DC2			<b>5:53.69</b>	
	bl							
		<b>Renske Ansink</b>						
		200m	24.77	(24.77)	m			
		600m	1:07.97	(43.20)				
		1000m	1:55.08	(47.11)				
		1400m	2:43.02	(47.94)				
		1800m	3:31.94	(48.92)				
		2200m	4:20.87	(48.93)				
		2600m	5:08.50	(47.63)				
		3000m	5:53.69	(45.19)				

		Naam	Cat	PR	Tijd	Info
3	wt	6 <b>Maren de Bruin</b>	DC1	5:16.67	<b>5:11.45</b>	PR
	rd	5 <b>Cato Slegtenhorst</b>	DC2		<b>5:16.80</b>	
		<b>Maren de Bruin</b>			<b>Cato Slegtenhorst</b>	
		200m	23.26 (23.26)	200m	23.74 (23.74)	
		600m	1:01.23 (37.97)	600m	1:01.70 (37.96)	
		1000m	1:40.58 (39.35)	1000m	1:41.47 (39.77)	
		1400m	2:21.76 (41.18)	1400m	2:22.59 (41.12)	
		1800m	3:03.69 (41.93)	1800m	3:04.94 (42.35)	
		2200m	3:46.27 (42.58)	2200m	3:48.08 (43.14)	
		2600m	4:29.28 (43.01)	2600m	4:32.51 (44.43)	
		3000m	5:11.45 (42.17)	3000m	5:16.80 (44.29)	

		Naam	Cat	PR	Tijd	Info
4	gl	13 <b>Sanne Kool</b>	DC1	5:39.84	<b>5:20.81</b>	PR
	bl	7 <b>Rinske Hogenboom</b>	DC2	5:38.07	<b>5:44.64</b>	
		<b>Sanne Kool</b>			<b>Rinske Hogenboom</b>	
		200m	24.95 (24.95)	200m	25.34 (25.34)	
		600m	1:06.22 (41.27)	600m	1:06.53 (41.19)	
		1000m	1:47.70 (41.48)	1000m	1:50.02 (43.49)	
		1400m	2:30.23 (42.53)	1400m	2:35.28 (45.26)	
		1800m	3:13.14 (42.91)	1800m	3:21.95 (46.67)	
		2200m	3:56.82 (43.68)	2200m	4:09.22 (47.27)	
		2600m	4:38.85 (42.03)	2600m	4:57.10 (47.88)	
		3000m	5:20.81 (41.96)	3000m	5:44.64 (47.54)	

		Naam	Cat	PR	Tijd	Info
5	wt	3 <b>Peter de Bruin</b>	HC2	4:34.37	<b>4:32.57</b>	PR
	rd	1 <b>Olivier Wennekes</b>	HC2	4:59.87	<b>4:58.72</b>	PR
<b>Peter de Bruin</b>			<b>Olivier Wennekes</b>			
		200m	20.79 (20.79)	200m	21.86 (21.86)	
		600m	55.22 (34.43)	600m	57.66 (35.80)	
		1000m	1:30.44 (35.22)	1000m	1:35.87 (38.21)	
		1400m	2:06.32 (35.88)	1400m	2:15.24 (39.37)	
		1800m	2:42.45 (36.13)	1800m	2:55.60 (40.36)	
		2200m	3:18.93 (36.48)	2200m	3:35.93 (40.33)	
		2600m	3:55.44 (36.51)	2600m	4:17.15 (41.22)	
		3000m	4:32.57 (37.13)	3000m	4:58.72 (41.57)	

		Naam	Cat	PR	Tijd	Info
6	gl	9 <b>Maaïke Helleman</b>	DC2	5:03.64	<b>5:02.81</b>	PR
	bl	2 <b>Nouschka Steenks</b>	DC2	5:07.42	<b>5:02.22</b>	PR
<b>Maaïke Helleman</b>			<b>Nouschka Steenks</b>			
		200m	22.70 (22.70)	200m	22.84 (22.84)	
		600m	59.84 (37.14)	600m	1:01.24 (38.40)	
		1000m	1:39.03 (39.19)	1000m	1:41.82 (40.58)	
		1400m	2:19.57 (40.54)	1400m	2:22.77 (40.95)	
		1800m	3:00.12 (40.55)	1800m	3:04.03 (41.26)	
		2200m	3:41.27 (41.15)	2200m	3:44.03 (40.00)	
		2600m	4:22.55 (41.28)	2600m	4:23.54 (39.51)	
		3000m	5:02.81 (40.26)	3000m	5:02.22 (38.68)	