

1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	4 Jesse van Buren	HA1	1	I	6:58.54	HT PR	
2	17 Jarno Vos	HB1	5	O	7:54.04	PR	
3	10 Jorn de Vries	HN2	1	O	7:54.56	PR	
4	3 Tirza Blokland	DB2	6	O	8:08.62	TRC	
5	14 Nick Bontrop	HA1	8	O	8:10.84		
6	13 Oskar de Graaff	H50	8	I	8:13.06		
7	9 Jacco Griffioen	HC2	6	I	8:13.82		
8	7 Bente Moller	DN1	7	O	8:23.77		
9	5 Liotte Smits	DSA	2	I	8:29.05		
10	2 Sara ter Hart	DA1	3	O	8:30.76		
11	11 Wouter Baan	H45	5	I	8:46.19	PR	
12	12 Nico van Selm	H55	3	I	8:52.21		
13	23 Renzo Wessels	HA1	4	O	8:55.25		
14	1 Milan Kolmer	HA1	7	I	9:09.66		
15	24 Jan Heeres	H65	2	O	9:13.22		
	6 Ilse Kolmer	DC2				WDR	

1. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	4	Jesse van Buren		HA1	7:14.87	6:58.54	HT PR
	rd	10	Jorn de Vries		HN2	7:58.02	7:54.56	PR
		Jesse van Buren			Jorn de Vries			
		200m	6:58.54	(418.54)	200m	21.27	(21.27)	
					600m	58.25	(36.98)	
					1000m	1:35.59	(37.34)	
					1400m	2:12.38	(36.79)	
					1800m	2:49.21	(36.83)	
					2200m	3:25.93	(36.72)	
					2600m	4:02.91	(36.98)	
					3000m	4:40.89	(37.98)	
					3400m	5:18.51	(37.62)	
					3800m	5:56.49	(37.98)	
					4200m	6:34.79	(38.30)	
					4600m	7:14.32	(39.53)	
					5000m	7:54.56	(40.24)	

		Naam		Cat		PR	Tijd	Info
2	gl	5	Liotte Smits		DSA	8:01.09	8:29.05	
	bl	24	Jan Heeres		H65	8:00.68	9:13.22	
		Liotte Smits			Jan Heeres			
		200m	23.80	(23.80)	200m	26.57	(26.57)	
		600m	1:05.02	(41.22)	600m	1:11.75	(45.18)	
		1000m	1:46.11	(41.09)	1000m	1:57.15	(45.40)	
		1400m	2:26.97	(40.86)	1400m	2:42.36	(45.21)	
		1800m	3:08.20	(41.23)	1800m	3:27.33	(44.97)	
		2200m	3:48.22	(40.02)	2200m	4:12.49	(45.16)	
		2600m	4:28.58	(40.36)	2600m	4:56.99	(44.50)	
		3000m	5:08.98	(40.40)	3000m	5:40.05	(43.06)	
		3400m	5:49.80	(40.82)	3400m	6:22.43	(42.38)	
		3800m	6:30.48	(40.68)	3800m	7:05.83	(43.40)	
		4200m	7:10.96	(40.48)	4200m	7:48.93	(43.10)	
		4600m	7:50.11	(39.15)	4600m	8:31.57	(42.64)	
		5000m	8:29.05	(38.94)	5000m	9:13.22	(41.65)	

		Naam	Cat	PR	Tijd	Info
3	wt	12 Nico van Selm	H55	8:14.06	8:52.21	
	rd	2 Sara ter Hart	DA1	8:04.13	8:30.76	
		<u>Nico van Selm</u>		<u>Sara ter Hart</u>		
		200m	23.57 (23.57)	200m	22.47 (22.47)	
		600m	1:03.88 (40.31)	600m	1:01.23 (38.76)	
		1000m	1:45.57 (41.69)	1000m	1:41.66 (40.43)	
		1400m	2:27.52 (41.95)	1400m	2:21.83 (40.17)	
		1800m	3:09.89 (42.37)	1800m	3:01.86 (40.03)	
		2200m	3:51.64 (41.75)	2200m	3:41.95 (40.09)	
		2600m	4:33.71 (42.07)	2600m	4:22.39 (40.44)	
		3000m	5:16.22 (42.51)	3000m	5:03.75 (41.36)	
		3400m	5:59.05 (42.83)	3400m	5:45.60 (41.85)	
		3800m	6:41.94 (42.89)	3800m	6:27.52 (41.92)	
		4200m	7:25.32 (43.38)	4200m	7:09.77 (42.25)	
		4600m	8:08.71 (43.39)	4600m	7:51.08 (41.31)	
		5000m	8:52.21 (43.50)	5000m	8:30.76 (39.68)	

		Naam	Cat	PR	Tijd	Info
4	gl	6 Ilse Kolmer	DC2	8:56.40	WDR	
	bl	23 Renzo Wessels	HA1	8:48.61	8:55.25	
		<u>Ilse Kolmer</u>		<u>Renzo Wessels</u>		
				200m	25.51 (25.51)	
				600m	1:06.87 (41.36)	
				1000m	1:48.51 (41.64)	
				1400m	2:30.27 (41.76)	
				1800m	3:12.22 (41.95)	
				2200m	3:54.11 (41.89)	
				2600m	4:36.47 (42.36)	
				3000m	5:19.10 (42.63)	
				3400m	6:02.40 (43.30)	
				3800m	6:45.47 (43.07)	
				4200m	7:28.69 (43.22)	
				4600m	8:11.86 (43.17)	
				5000m	8:55.25 (43.39)	

		Naam		Cat		PR	Tijd	Info
5	wt	11	Wouter Baan		H45		9:40.48	8:46.19 PR
	rd	17	Jarno Vos		HB1		9:09.93	7:54.04 PR
		Wouter Baan			Jarno Vos			
		200m	23.17	(23.17)	200m	22.78	(22.78)	
		600m	1:02.26	(39.09)	600m	1:00.36	(37.58)	
		1000m	1:42.46	(40.20)	1000m	1:38.99	(38.63)	
		1400m	2:22.85	(40.39)	1400m	2:17.63	(38.64)	
		1800m	3:03.81	(40.96)	1800m	2:55.53	(37.90)	
		2200m	3:45.81	(42.00)	2200m	3:34.01	(38.48)	
		2600m	4:28.33	(42.52)	2600m	4:11.96	(37.95)	
		3000m	5:11.20	(42.87)	3000m	4:50.06	(38.10)	
		3400m	5:54.80	(43.60)	3400m	5:28.16	(38.10)	
		3800m	6:36.83	(42.03)	3800m	6:05.60	(37.44)	
		4200m	7:20.31	(43.48)	4200m	6:42.36	(36.76)	
		4600m	8:03.31	(43.00)	4600m	7:18.40	(36.04)	
		5000m	8:46.19	(42.88)	5000m	7:54.04	(35.64)	

		Naam		Cat		PR	Tijd	Info
6	gl	9	Jacco Griffioen		HC2			8:13.82
	bl	3	Tirza Blokland		DB2			8:08.62 TRC
		Jacco Griffioen			Tirza Blokland			
		200m	23.76	(23.76)	200m	22.95	(22.95)	
		600m	1:01.70	(37.94)	600m	59.78	(36.83)	
		1000m	1:40.83	(39.13)	1000m	1:39.76	(39.98)	
		1400m	2:19.80	(38.97)	1400m	2:19.29	(39.53)	
		1800m	2:59.23	(39.43)	1800m	2:58.49	(39.20)	
		2200m	3:38.22	(38.99)	2200m	3:37.70	(39.21)	
		2600m	4:17.35	(39.13)	2600m	4:16.36	(38.66)	
		3000m	4:56.51	(39.16)	3000m	4:55.12	(38.76)	
		3400m	5:36.23	(39.72)	3400m	5:34.39	(39.27)	
		3800m	6:15.69	(39.46)	3800m	6:13.03	(38.64)	
		4200m	6:55.25	(39.56)	4200m	6:51.81	(38.78)	
		4600m	7:34.78	(39.53)	4600m	7:30.32	(38.51)	
		5000m	8:13.82	(39.04)	5000m	8:08.62	(38.30)	

		Naam		Cat		PR	Tijd	Info
7	wt	1	Milan Kolmer		HA1		9:09.66	
	rd	7	Bente Moller		DN1		8:23.77	
		Milan Kolmer			Bente Moller			
		200m	23.66	(23.66)	200m	23.46	(23.46)	
		600m	1:03.67	(40.01)	600m	1:00.74	(37.28)	
		1000m	1:45.33	(41.66)	1000m	1:39.50	(38.76)	
		1400m	2:28.78	(43.45)	1400m	2:19.19	(39.69)	
		1800m	3:12.70	(43.92)	1800m	2:58.86	(39.67)	
		2200m	3:56.30	(43.60)	2200m	3:38.67	(39.81)	
		2600m	4:40.23	(43.93)	2600m	4:18.52	(39.85)	
		3000m	5:25.68	(45.45)	3000m	4:58.52	(40.00)	
		3400m	6:11.32	(45.64)	3400m	5:38.93	(40.41)	
		3800m	6:56.72	(45.40)	3800m	6:19.90	(40.97)	
		4200m	7:41.73	(45.01)	4200m	7:01.17	(41.27)	
		4600m	8:25.73	(44.00)	4600m	7:42.13	(40.96)	
		5000m	9:09.66	(43.93)	5000m	8:23.77	(41.64)	

		Naam		Cat		PR	Tijd	Info
8	gl	13	Oskar de Graaff		H50		8:13.06	
	bl	14	Nick Bontrop		HA1		8:10.84	
		Oskar de Graaff			Nick Bontrop			
		200m	24.09	(24.09)	200m	23.58	(23.58)	
		600m	1:00.99	(36.90)	600m	1:01.08	(37.50)	
		1000m	1:38.98	(37.99)	1000m	1:38.72	(37.64)	
		1400m	2:17.36	(38.38)	1400m	2:16.01	(37.29)	
		1800m	2:56.43	(39.07)	1800m	2:54.10	(38.09)	
		2200m	3:35.21	(38.78)	2200m	3:32.70	(38.60)	
		2600m	4:14.23	(39.02)	2600m	4:11.02	(38.32)	
		3000m	4:53.69	(39.46)	3000m	4:50.25	(39.23)	
		3400m	5:34.17	(40.48)	3400m	5:29.64	(39.39)	
		3800m	6:14.22	(40.05)	3800m	6:09.94	(40.30)	
		4200m	6:54.07	(39.85)	4200m	6:51.63	(41.69)	
		4600m	7:33.58	(39.51)	4600m	7:31.32	(39.69)	
		5000m	8:13.06	(39.48)	5000m	8:10.84	(39.52)	

2. Uitslag 10.000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Timon Veerman	HSA	10	O	15:09.82	PR	
2	15 Mark Ooijevaar	H40	10	I	15:25.17	HT	
3	20 Arnold Gaasenbeek	H50	9	I	15:31.59	TRC	
4	21 André Los	HSB	9	O	15:41.09		
5	19 Kian Baard	HB2	12	I	16:19.95		
6	22 Eric van den Berg	H50	11	O	16:55.39		
7	27 Yohan de Klein	HSB	11	I	18:05.26		
8	16 Demi Meinten	DN1	12	O	18:21.92	TRC	

2. Rituitslag 10.000 meter

		Naam	Cat	PR	Tijd	Info
9	wt	20 Arnold Gaasenbeek	H50	14:14.48	15:31.59	TRC
	rd	21 André Los	HSB	13:57.77	15:41.09	
		Arnold Gaasenbeek		André Los		
		400m	40.18 (40.18)	400m	40.20 (40.20)	
		800m	1:17.02 (36.84)	800m	1:16.91 (36.71)	
		1200m	1:54.26 (37.24)	1200m	1:54.30 (37.39)	
		1600m	2:31.10 (36.84)	1600m	2:32.15 (37.85)	
		2000m	3:08.23 (37.13)	2000m	3:09.56 (37.41)	
		2400m	3:45.13 (36.90)	2400m	3:47.52 (37.96)	
		2800m	4:21.71 (36.58)	2800m	4:26.08 (38.56)	
		3200m	4:58.38 (36.67)	3200m	5:04.38 (38.30)	
		3600m	5:35.40 (37.02)	3600m	5:43.10 (38.72)	
		4000m	6:12.52 (37.12)	4000m	6:21.45 (38.35)	
		4400m	6:49.72 (37.20)	4400m	6:58.90 (37.45)	
		4800m	7:27.16 (37.44)	4800m	7:36.57 (37.67)	
		5200m	8:04.09 (36.93)	5200m	8:13.85 (37.28)	
		5600m	8:41.26 (37.17)	5600m	8:50.67 (36.82)	
		6000m	9:18.53 (37.27)	6000m	9:28.44 (37.77)	
		6400m	9:56.02 (37.49)	6400m	10:06.48 (38.04)	
		6800m	10:33.12 (37.10)	6800m	10:44.66 (38.18)	
		7200m	11:10.60 (37.48)	7200m	11:22.10 (37.44)	
		7600m	11:47.82 (37.22)	7600m	11:59.70 (37.60)	
		8000m	12:25.08 (37.26)	8000m	12:37.62 (37.92)	
		8400m	13:02.27 (37.19)	8400m	13:14.47 (36.85)	
		8800m	13:39.98 (37.71)	8800m	13:51.31 (36.84)	
		9200m	14:17.45 (37.47)	9200m	14:28.87 (37.56)	
		9600m	14:54.73 (37.28)	9600m	15:05.36 (36.49)	
		10000m	15:31.59 (36.86)	10000m	15:41.09 (35.73)	

		Naam	Cat	PR	Tijd	Info
10	gl	15 Mark Ooijevaar	H40	13:12.60	15:25.17	HT
	bl	8 Timon Veerman	HSA	15:43.58	15:09.82	PR

 Mark Ooijevaar

400m	15:25.17	(925.17)
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 Timon Veerman

400m	39.39	(39.39)
800m	1:13.62	(34.23)
1200m	1:48.76	(35.14)
1600m	2:24.78	(36.02)
2000m	3:00.72	(35.94)
2400m	3:36.87	(36.15)
2800m	4:13.22	(36.35)
3200m	4:49.66	(36.44)
3600m	5:25.80	(36.14)
4000m	6:02.53	(36.73)
4400m	6:39.74	(37.21)
4800m	7:16.80	(37.06)
5200m	7:53.68	(36.88)
5600m	8:30.34	(36.66)
6000m	9:07.60	(37.26)
6400m	9:44.76	(37.16)
6800m	10:22.01	(37.25)
7200m	10:59.02	(37.01)
7600m	11:35.96	(36.94)
8000m	12:12.09	(36.13)
8400m	12:48.15	(36.06)
8800m	13:23.68	(35.53)
9200m	13:59.26	(35.58)
9600m	14:34.80	(35.54)
10000m	15:09.82	(35.02)

		Naam		Cat		PR	Tijd	Info
11	wt	27	Yohan de Klein		HSB		18:05.26	
	rd	22	Eric van den Berg		H50	16:48.12	16:55.39	
Yohan de Klein				Eric van den Berg				
		400m	45.71	(45.71)	400m	42.41	(42.41)	
		800m	1:27.36	(41.65)	800m	1:20.64	(38.23)	
		1200m	2:09.76	(42.40)	1200m	2:00.16	(39.52)	
		1600m	2:52.52	(42.76)	1600m	2:39.55	(39.39)	
		2000m	3:35.53	(43.01)	2000m	3:18.82	(39.27)	
		2400m	4:18.70	(43.17)	2400m	3:58.15	(39.33)	
		2800m	5:01.45	(42.75)	2800m	4:37.84	(39.69)	
		3200m	5:44.57	(43.12)	3200m	5:17.20	(39.36)	
		3600m	6:27.68	(43.11)	3600m	5:56.78	(39.58)	
		4000m	7:10.19	(42.51)	4000m	6:36.71	(39.93)	
		4400m	7:53.47	(43.28)	4400m	7:17.62	(40.91)	
		4800m	8:36.27	(42.80)	4800m	7:58.58	(40.96)	
		5200m	9:19.34	(43.07)	5200m	8:39.85	(41.27)	
		5600m	10:03.37	(44.03)	5600m	9:21.28	(41.43)	
		6000m	10:47.07	(43.70)	6000m	10:01.91	(40.63)	
		6400m	11:31.03	(43.96)	6400m	10:43.30	(41.39)	
		6800m	12:14.97	(43.94)	6800m	11:24.85	(41.55)	
		7200m	12:59.19	(44.22)	7200m	12:06.55	(41.70)	
		7600m	13:43.68	(44.49)	7600m	12:48.23	(41.68)	
		8000m	14:28.03	(44.35)	8000m	13:29.73	(41.50)	
		8400m	15:12.28	(44.25)	8400m	14:10.81	(41.08)	
		8800m	15:56.16	(43.88)	8800m	14:52.93	(42.12)	
		9200m	16:40.60	(44.44)	9200m	15:36.03	(43.10)	
		9600m	17:23.49	(42.89)	9600m	16:16.28	(40.25)	
		10000m	18:05.26	(41.77)	10000m	16:55.39	(39.11)	

		Naam		Cat		PR	Tijd	Info
12	gl	19	Kian Baard		HB2		16:19.95	
	bl	16	Demi Meinten		DN1		18:21.92	TRC
Kian Baard				Demi Meinten				
		400m	43.45	(43.45)	400m	44.60	(44.60)	
		800m	1:24.13	(40.68)	800m	1:25.39	(40.79)	
		1200m	2:04.09	(39.96)	1200m	2:07.01	(41.62)	
		1600m	2:43.91	(39.82)	1600m	2:49.03	(42.02)	
		2000m	3:23.43	(39.52)	2000m	3:31.39	(42.36)	
		2400m	4:03.76	(40.33)	2400m	4:14.56	(43.17)	
		2800m	4:43.01	(39.25)	2800m	4:58.01	(43.45)	
		3200m	5:22.91	(39.90)	3200m	5:41.80	(43.79)	
		3600m	6:02.63	(39.72)	3600m	6:26.60	(44.80)	
		4000m	6:42.50	(39.87)	4000m	7:11.18	(44.58)	
		4400m	7:22.37	(39.87)	4400m	7:56.20	(45.02)	
		4800m	8:02.15	(39.78)	4800m	8:40.68	(44.48)	
		5200m	8:41.12	(38.97)	5200m	9:24.75	(44.07)	
		5600m	9:20.67	(39.55)	5600m	10:08.91	(44.16)	
		6000m	9:59.89	(39.22)	6000m	10:53.22	(44.31)	
		6400m	10:39.03	(39.14)	6400m	11:38.06	(44.84)	
		6800m	11:17.28	(38.25)	6800m	12:23.05	(44.99)	
		7200m	11:55.59	(38.31)	7200m	13:08.19	(45.14)	
		7600m	12:33.83	(38.24)	7600m	13:52.85	(44.66)	
		8000m	13:12.37	(38.54)	8000m	14:36.81	(43.96)	
		8400m	13:51.03	(38.66)	8400m	15:21.33	(44.52)	
		8800m	14:29.15	(38.12)	8800m	16:06.74	(45.41)	
		9200m	15:06.67	(37.52)	9200m	16:52.00	(45.26)	
		9600m	15:43.66	(36.99)	9600m	17:37.27	(45.27)	
		10000m	16:19.95	(36.29)	10000m	18:21.92	(44.65)	