

1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Maico Voets	HSB	1	I	14:21.26	HT PR	
2	13 Damian Prijs	HB2	2	I	15:07.51	HT TRC	
3	16 Emma Fransen	DN3	2	O	17:37.17	HT TRC	
4	18 Mats Overtoom	HSB	1	O	18:16.34	HT	

1. Rituitslag 10000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	11 Maico Voets	HSB	15:05.94	14:21.26	HT PR
	rd	18 Mats Overtoom	HSB		18:16.34	HT
Maico Voets			Mats Overtoom			
		400m	49.98 (49.98)	400m	20.70 (20.70)	
		800m	1:27.31 (37.33)	800m	1:04.37 (43.67)	
		1200m	1:34.07 (6.76)	1200m	1:48.06 (43.69)	
		1600m	2:16.10 (42.03)	1600m	2:32.17 (44.11)	
		2000m	2:43.05 (26.95)	2000m	3:16.44 (44.27)	
		2400m	2:56.84 (13.79)	2400m	3:17.52 (1.08)	
		2800m	3:10.62 (13.78)	2800m	4:00.62 (43.10)	
		3200m	3:24.40 (13.78)	3200m	4:45.17 (44.55)	
		3600m	3:38.19 (13.79)	3600m	5:29.08 (43.91)	
		4000m	3:51.97 (13.78)	4000m	6:12.43 (43.35)	
		4400m	4:26.35 (34.38)	4400m	6:56.16 (43.73)	
		4800m	5:00.62 (34.27)	4800m	7:39.30 (43.14)	
		5200m	5:34.98 (34.36)	5200m	8:23.04 (43.74)	
		5600m	6:09.33 (34.35)	5600m	9:07.42 (44.38)	
		6000m	6:43.58 (34.25)	6000m	9:52.23 (44.81)	
		6400m	7:17.76 (34.18)	6400m	10:31.41 (39.18)	
		6800m	7:51.54 (33.78)	6800m	10:36.07 (4.66)	
		7200m	8:25.23 (33.69)	7200m	11:19.94 (43.87)	
		7600m	8:59.55 (34.32)	7600m	12:03.40 (43.46)	
		8000m	9:33.75 (34.20)	8000m	12:47.30 (43.90)	
		8400m	10:08.21 (34.46)	8400m	13:31.80 (44.50)	
		8800m	10:42.38 (34.17)	8800m	14:17.09 (45.29)	
		9200m	11:17.01 (34.63)	9200m	14:39.81 (22.72)	
		9600m	11:51.37 (34.36)	9600m	15:02.53 (22.72)	
		10000m	14:21.26 (149.89)	10000m	18:16.34 (193.81)	

		Naam	Cat	PR	Tijd	Info
2	gl	13 Damian Prijs	HB2		15:07.51	HT TRC
	bl	16 Emma Fransen	DN3		17:37.17	HT TRC

Damian Prijs

400m	44.54	(44.54)
800m	1:21.87	(37.33)
1200m	1:58.96	(37.09)
1600m	2:35.87	(36.91)
2000m	3:47.84	(71.97)
2400m	4:23.87	(36.03)
2800m	5:00.29	(36.42)
3200m	5:36.72	(36.43)
3600m	6:13.23	(36.51)
4000m	6:49.27	(36.04)
4400m	7:25.27	(36.00)
4800m	8:01.10	(35.83)
5200m	8:37.08	(35.98)
5600m	9:13.75	(36.67)
6000m	9:50.21	(36.46)
6400m	10:00.53	(10.32)
6800m	10:10.85	(10.32)
7200m	10:21.18	(10.33)
7600m	10:31.50	(10.32)
8000m	10:41.82	(10.32)
8400m	10:52.14	(10.32)
8800m	11:02.46	(10.32)
9200m	11:38.90	(36.44)
9600m	12:15.10	(36.20)
10000m	15:07.51	(172.41)

Emma Fransen

400m	26.48	(26.48)
800m	1:08.74	(42.26)
1200m	1:51.84	(43.10)
1600m	2:34.97	(43.13)
2000m	3:11.94	(36.97)
2400m	3:17.33	(5.39)
2800m	3:58.78	(41.45)
3200m	4:40.30	(41.52)
3600m	5:22.43	(42.13)
4000m	6:05.65	(43.22)
4400m	6:48.47	(42.82)
4800m	7:31.66	(43.19)
5200m	8:14.20	(42.54)
5600m	8:57.69	(43.49)
6000m	9:41.18	(43.49)
6400m	9:55.69	(14.51)
6800m	10:10.19	(14.50)
7200m	10:24.70	(14.51)
7600m	11:07.49	(42.79)
8000m	11:50.18	(42.69)
8400m	12:32.95	(42.77)
8800m	13:15.74	(42.79)
9200m	13:58.25	(42.51)
9600m	14:40.36	(42.11)
10000m	17:37.17	(176.81)

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	6 Andy van Waes	H45	4	O	8:01.78		
2	17 Lena de Groot	DB2	3	O	8:04.94	TRC	
3	28 Wouter van der Hauw	HSA	4	I	8:20.69		
4	1 Roos Lantink	D40	5	O	9:54.53		
	25 Paul Heslinga	HSB	3	I	DQ ^{T10}		

**T10 - Doorsnijden van de binnenste lijn in de bocht
(254.7)**

2. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd	Info
3	wt	25 Paul Heslinga	HSB		DQ	T10
	rd	17 Lena de Groot	DB2		8:04.94	TRC
		Paul Heslinga		Lena de Groot		
				200m	22.57	(22.57)
				600m	59.04	(36.47)
				1000m	1:37.58	(38.54)
				1400m	2:16.21	(38.63)
				1800m	2:55.14	(38.93)
				2200m	3:34.66	(39.52)
				2600m	4:13.04	(38.38)
				3000m	4:53.19	(40.15)
				3400m	5:30.21	(37.02)
				3800m	6:09.93	(39.72)
				4200m	6:49.09	(39.16)
				4600m	7:27.20	(38.11)
				5000m	8:04.94	(37.74)

		Naam	Cat	PR	Tijd	Info
4	gl	28 Wouter van der Hauw	HSA	8:10.62	8:20.69	
	bl	6 Andy van Waes	H45	7:13.44	8:01.78	
		Wouter van der Hauw		Andy van Waes		
		200m	21.98	(21.98)	200m	21.71 (21.71)
		600m	57.34	(35.36)	600m	58.18 (36.47)
		1000m	1:34.56	(37.22)	1000m	1:35.76 (37.58)
		1400m	2:13.05	(38.49)	1400m	2:14.21 (38.45)
		1800m	2:52.27	(39.22)	1800m	2:52.72 (38.51)
		2200m	3:31.72	(39.45)	2200m	3:31.27 (38.55)
		2600m	4:10.92	(39.20)	2600m	4:09.77 (38.50)
		3000m	4:50.94	(40.02)	3000m	4:48.46 (38.69)
		3400m	5:32.08	(41.14)	3400m	5:27.01 (38.55)
		3800m	6:13.67	(41.59)	3800m	6:05.57 (38.56)
		4200m	6:55.95	(42.28)	4200m	6:44.66 (39.09)
		4600m	7:38.44	(42.49)	4600m	7:23.23 (38.57)
		5000m	8:20.69	(42.25)	5000m	8:01.78 (38.55)

	Naam	Cat	PR	Tijd	Info
5	wt rd	1 Roos Lantink	D40	9:35.90	9:54.53
Roos Lantink					
	m	200m	27.82	(27.82)	
		600m	1:13.18	(45.36)	
		1000m	1:59.51	(46.33)	
		1400m	2:46.11	(46.60)	
		1800m	3:32.80	(46.69)	
		2200m	4:19.73	(46.93)	
		2600m	5:08.42	(48.69)	
		3000m	5:56.77	(48.35)	
		3400m	6:45.17	(48.40)	
		3800m	7:33.56	(48.39)	
		4200m	8:20.82	(47.26)	
		4600m	9:06.97	(46.15)	
		5000m	9:54.53	(47.56)	

**T10 - Doorsnijden van de binnenste lijn in de bocht
(254.7)**

3. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	22 Boris Ramler	HSB	14	I	4:51.82		
2	26 Joris Onink	HA1	13	I	4:57.16	PR	
3	20 Emilie Verberne	DB2	12	O	5:00.27		
4	10 Robert Bosma	H60	13	O	5:06.09		
5	29 Fien van Hall	DC2	10	I	5:23.01		
6	14 Stijn Stegeman	HC1	9	O	5:25.93		
7	4 Martijn Goedhart	HSB	14	O	5:37.01		
8	27 Isis van Keulen	DC1	12	I	5:37.39	HT PR	
9	7 Lisa van Waes	DC1	10	O	5:39.29		
10	2 Renske Moerman	DC2	7	I	5:57.42		
11	8 Emma Hermann	DC1	9	I	5:57.60		
12	3 Marc Moerman	H45	11	I	6:01.90		
13	5 Luna Renard	DC1	8	I	6:10.06		
14	19 Bridget van Vliet	DC1	8	O	6:13.46		
15	24 Jesper Witteveen	HC1	11	O	6:30.26		

3. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd	Info
7	wt	2 Renske Moerman	DC2		5:57.42	
	rd					
		Renske Moerman				
		200m	27.45 (27.45)		m	
		600m	1:16.35 (48.90)			
		1000m	2:05.08 (48.73)			
		1400m	2:53.77 (48.69)			
		1800m	3:41.33 (47.56)			
		2200m	4:27.62 (46.29)			
		2600m	5:15.46 (47.84)			
		3000m	5:57.42 (41.96)			
8	gl	5 Luna Renard	DC1		6:10.06	
	bl	19 Bridget van Vliet	DC1		6:13.46	
		Luna Renard				
		200m	26.58 (26.58)			
		600m	1:12.84 (46.26)			
		1000m	1:59.71 (46.87)			
		1400m	2:49.22 (49.51)			
		1800m	3:38.71 (49.49)			
		2200m	4:30.44 (51.73)			
		2600m	5:21.92 (51.48)			
		3000m	6:10.06 (48.14)			
		Bridget van Vliet				
		200m	26.78 (26.78)			
		600m	1:13.33 (46.55)			
		1000m	2:01.91 (48.58)			
		1400m	2:51.64 (49.73)			
		1800m	3:42.38 (50.74)			
		2200m	4:33.08 (50.70)			
		2600m	5:24.94 (51.86)			
		3000m	6:13.46 (48.52)			

		Naam	Cat	PR	Tijd	Info
9	wt	8 Emma Hermann	DC1		5:57.60	
	rd	14 Stijn Stegeman	HC1		5:25.93	
Emma Hermann			Stijn Stegeman			
		200m	25.36 (25.36)	200m	24.92 (24.92)	
		600m	1:10.43 (45.07)	600m	1:07.38 (42.46)	
		1000m	1:58.46 (48.03)	1000m	1:50.77 (43.39)	
		1400m	2:45.00 (46.54)	1400m	2:33.10 (42.33)	
		1800m	3:33.44 (48.44)	1800m	3:16.46 (43.36)	
		2200m	4:22.35 (48.91)	2200m	4:01.36 (44.90)	
		2600m	5:10.18 (47.83)	2600m	4:44.76 (43.40)	
		3000m	5:57.60 (47.42)	3000m	5:25.93 (41.17)	

		Naam	Cat	PR	Tijd	Info
10	gl	29 Fien van Hall	DC2		5:23.01	
	bl	7 Lisa van Waes	DC1		5:39.29	
Fien van Hall			Lisa van Waes			
		200m	24.40 (24.40)	200m	25.52 (25.52)	
		600m	1:04.44 (40.04)	600m	1:08.31 (42.79)	
		1000m	1:45.53 (41.09)	1000m	1:52.77 (44.46)	
		1400m	2:26.76 (41.23)	1400m	2:36.96 (44.19)	
		1800m	3:10.61 (43.85)	1800m	3:22.61 (45.65)	
		2200m	3:54.94 (44.33)	2200m	4:08.43 (45.82)	
		2600m	4:38.83 (43.89)	2600m	4:54.70 (46.27)	
		3000m	5:23.01 (44.18)	3000m	5:39.29 (44.59)	

		Naam	Cat	PR	Tijd	Info
11	wt	3 Marc Moerman	H45		6:01.90	
	rd	24 Jesper Witteveen	HC1		6:30.26	
Marc Moerman			Jesper Witteveen			
		200m	26.58 (26.58)	200m	27.04 (27.04)	
		600m	1:11.13 (44.55)	600m	1:16.47 (49.43)	
		1000m	1:56.07 (44.94)	1000m	2:08.90 (52.43)	
		1400m	2:41.40 (45.33)	1400m	3:01.62 (52.72)	
		1800m	3:28.48 (47.08)	1800m	3:53.13 (51.51)	
		2200m	4:18.13 (49.65)	2200m	4:46.96 (53.83)	
		2600m	5:08.18 (50.05)	2600m	5:40.47 (53.51)	
		3000m	6:01.90 (53.72)	3000m	6:30.26 (49.79)	

		Naam	Cat	PR	Tijd	Info
12	gl	27 Isis van Keulen	DC1	5:51.24	5:37.39	HT PR
	bl	20 Emilie Verberne	DB2	4:53.07	5:00.27	
Isis van Keulen			Emilie Verberne			
		200m	23.32 (23.32)	200m	22.66 (22.66)	
		600m	1:03.92 (40.60)	600m	58.39 (35.73)	
		1000m	1:48.49 (44.57)	1000m	1:36.05 (37.66)	
		1400m	2:33.66 (45.17)	1400m	2:14.82 (38.77)	
		1800m	3:19.30 (45.64)	1800m	2:54.28 (39.46)	
		2200m	4:06.80 (47.50)	2200m	3:35.20 (40.92)	
		2600m	4:53.74 (46.94)	2600m	4:17.28 (42.08)	
		3000m	5:37.39 (43.65)	3000m	5:00.27 (42.99)	

		Naam	Cat	PR	Tijd	Info
13	wt	26 Joris Onink	HA1	5:05.90	4:57.16	PR
	rd	10 Robert Bosma	H60	4:33.39	5:06.09	
Joris Onink			Robert Bosma			
		200m	22.98 (22.98)	200m	24.05 (24.05)	
		600m	1:02.18 (39.20)	600m	1:02.19 (38.14)	
		1000m	1:40.54 (38.36)	1000m	1:41.36 (39.17)	
		1400m	2:20.07 (39.53)	1400m	2:20.65 (39.29)	
		1800m	2:59.61 (39.54)	1800m	3:01.20 (40.55)	
		2200m	3:39.39 (39.78)	2200m	3:42.29 (41.09)	
		2600m	4:18.33 (38.94)	2600m	4:24.14 (41.85)	
		3000m	4:57.16 (38.83)	3000m	5:06.09 (41.95)	

		Naam	Cat	PR	Tijd	Info
14	gl	22 Boris Ramler	HSB	4:50.35	4:51.82	
	bl	4 Martijn Goedhart	HSB	4:20.95	5:37.01	
Boris Ramler			Martijn Goedhart			
		200m	21.78 (21.78)	200m	25.42 (25.42)	
		600m	58.42 (36.64)	600m	1:04.27 (38.85)	
		1000m	1:37.29 (38.87)	1000m	1:44.63 (40.36)	
		1400m	2:16.03 (38.74)	1400m	2:27.31 (42.68)	
		1800m	2:55.43 (39.40)	1800m	3:12.04 (44.73)	
		2200m	3:34.34 (38.91)	2200m	3:59.14 (47.10)	
		2600m	4:13.50 (39.16)	2600m	4:47.30 (48.16)	
		3000m	4:51.82 (38.32)	3000m	5:37.01 (49.71)	