

1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	21 Thomas Jansen	HN4	1	O	7:43.75		
2	1 Bart Oostdam	HSA	1	I	7:55.92		
3	7 Alexander Doornekamp	HN3	2	I	8:01.25		
4	12 Joppe Kleiweg	HN3	2	O	8:20.28	PR	
5	11 Joey van den Berg	HB1	3	I	8:40.18		
6	19 Stef Voermans	H50	3	O	8:53.13		
7	20 Patrick Delanghe	H55	4	O	8:58.76	PR	
8	2 Nerena van Vuuren	DN2	4	I	9:00.23	PR	

1. Rituitslag 5000 meter

		Naam		Cat		PR		Tijd	Info	
1	wt	1	Bart Oostdam		HSA	7:49.43		7:55.92		
	rd	21	Thomas Jansen		HN4	7:37.73		7:43.75		
			Bart Oostdam						Thomas Jansen	
		200m	21.54	(21.54)	200m	22.91	(22.91)			
		600m	57.17	(35.63)	600m	59.18	(36.27)			
		1000m	1:34.16	(36.99)	1000m	1:35.32	(36.14)			
		1400m	2:12.11	(37.95)	1400m	2:12.90	(37.58)			
		1800m	2:49.59	(37.48)	1800m	2:50.13	(37.23)			
		2200m	3:27.67	(38.08)	2200m	3:27.30	(37.17)			
		2600m	4:05.88	(38.21)	2600m	4:03.92	(36.62)			
		3000m	4:44.22	(38.34)	3000m	4:40.30	(36.38)			
		3400m	5:22.96	(38.74)	3400m	5:16.51	(36.21)			
		3800m	6:01.98	(39.02)	3800m	5:52.73	(36.22)			
		4200m	6:40.23	(38.25)	4200m	6:29.51	(36.78)			
		4600m	7:18.13	(37.90)	4600m	7:06.96	(37.45)			
		5000m	7:55.92	(37.79)	5000m	7:43.75	(36.79)			

		Naam		Cat		PR		Tijd	Info	
2	gl	7	Alexander Doornekamp		HN3	7:54.35		8:01.25		
	bl	12	Joppe Kleiweg		HN3	8:24.04		8:20.28	PR	
			Alexander Doornekamp						Joppe Kleiweg	
		200m	21.11	(21.11)	200m	21.71	(21.71)			
		600m	58.03	(36.92)	600m	57.72	(36.01)			
		1000m	1:35.84	(37.81)	1000m	1:35.34	(37.62)			
		1400m	2:13.09	(37.25)	1400m	2:13.46	(38.12)			
		1800m	2:50.98	(37.89)	1800m	2:52.12	(38.66)			
		2200m	3:29.61	(38.63)	2200m	3:32.23	(40.11)			
		2600m	4:08.40	(38.79)	2600m	4:13.10	(40.87)			
		3000m	4:46.64	(38.24)	3000m	4:54.39	(41.29)			
		3400m	5:25.48	(38.84)	3400m	5:36.59	(42.20)			
		3800m	6:04.32	(38.84)	3800m	6:18.15	(41.56)			
		4200m	6:43.36	(39.04)	4200m	6:59.38	(41.23)			
		4600m	7:22.43	(39.07)	4600m	7:40.30	(40.92)			
		5000m	8:01.25	(38.82)	5000m	8:20.28	(39.98)			

		Naam		Cat		PR	Tijd	Info
3	wt	11 Joey van den Berg		HB1			8:40.18	
	rd	19 Stef Voermans		H50			8:53.13	
				Joey van den Berg				
				Stef Voermans				
		200m	23.04	(23.04)			200m	25.46 (25.46)
		600m	1:04.60	(41.56)			600m	1:04.90 (39.44)
		1000m	1:46.20	(41.60)			1000m	1:45.54 (40.64)
		1400m	2:28.24	(42.04)			1400m	2:26.84 (41.30)
		1800m	3:09.74	(41.50)			1800m	3:09.05 (42.21)
		2200m	3:51.53	(41.79)			2200m	3:51.03 (41.98)
		2600m	4:33.60	(42.07)			2600m	4:33.71 (42.68)
		3000m	5:15.79	(42.19)			3000m	5:16.35 (42.64)
		3400m	5:57.80	(42.01)			3400m	5:58.96 (42.61)
		3800m	6:39.52	(41.72)			3800m	6:41.94 (42.98)
		4200m	7:22.19	(42.67)			4200m	7:25.55 (43.61)
		4600m	8:02.70	(40.51)			4600m	8:09.38 (43.83)
		5000m	8:40.18	(37.48)			5000m	8:53.13 (43.75)

		Naam		Cat		PR	Tijd	Info
4	gl	2 Nerena van Vuuren		DN2		9:10.05	9:00.23	PR
	bl	20 Patrick Delanghe		H55		9:10.01	8:58.76	PR
				Nerena van Vuuren				
				Patrick Delanghe				
		200m	23.02	(23.02)			200m	25.77 (25.77)
		600m	1:01.55	(38.53)			600m	1:06.71 (40.94)
		1000m	1:41.94	(40.39)			1000m	1:48.73 (42.02)
		1400m	2:23.58	(41.64)			1400m	2:31.33 (42.60)
		1800m	3:05.94	(42.36)			1800m	3:14.44 (43.11)
		2200m	3:49.11	(43.17)			2200m	3:57.32 (42.88)
		2600m	4:33.15	(44.04)			2600m	4:40.34 (43.02)
		3000m	5:18.21	(45.06)			3000m	5:23.68 (43.34)
		3400m	6:03.13	(44.92)			3400m	6:07.52 (43.84)
		3800m	6:48.41	(45.28)			3800m	6:51.12 (43.60)
		4200m	7:33.23	(44.82)			4200m	7:34.40 (43.28)
		4600m	8:17.60	(44.37)			4600m	8:16.79 (42.39)
		5000m	9:00.23	(42.63)			5000m	8:58.76 (41.97)

2. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	14 Tom Harris	HN2	5	I	4:36.04	PR	
2	24 Amber van der Meijden	DB2	6	O	4:41.07		
3	9 Berto Anker	HA1	6	I	4:43.07	PR	
4	32 Susanne Prins	DA1	7	O	4:45.76		
5	22 Giel Hermans	H60	7	I	4:47.67		
6	28 Remco Boere	HSA	5	O	4:53.42		
7	27 Aidan Verhoeve	HB1	10	O	4:58.81	PR	
8	5 Jan Terpstra	H50	8	O	5:00.05		
9	6 Marco van Koppen	H50	8	I	5:02.61		
10	30 Thijs Heezen	HN2	9	I	5:02.78		
11	4 Robbert-Jan Neven	H45	10	I	5:03.61	HT	
12	25 Frank Steenkamp	H65	12	O	5:06.52		
13	16 Tom Loos	HB1	11	O	5:12.41		
14	13 Arne Wendt	HN2	9	O	5:18.84	FL	
15	3 Leon van Kooten	HSB	11	I	5:21.37	PR	
16	8 Lex van Tol	H60	12	I	5:22.10		
17	26 Carl von Lindern	H55	13	O	5:22.79		
18	18 Famke Hogenboom	DA1	13	I	5:36.09		
19	29 Menco van den Berg	H55	14	I	5:40.36	PR	
20	31 Pip Ypenburg	DB2	14	O	5:56.10		

2. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info	
5	wt	14	Tom Harris		HN2	4:39.42		4:36.04	PR	
	rd	28	Remco Boere		HSA	4:30.08		4:53.42		
			Tom Harris				Remco Boere			
			200m	22.06	(22.06)	200m	21.23	(21.23)		
			600m	56.08	(34.02)	600m	55.66	(34.43)		
			1000m	1:31.41	(35.33)	1000m	1:32.59	(36.93)		
			1400m	2:07.57	(36.16)	1400m	2:11.45	(38.86)		
			1800m	2:44.01	(36.44)	1800m	2:50.95	(39.50)		
			2200m	3:21.04	(37.03)	2200m	3:31.24	(40.29)		
			2600m	3:58.29	(37.25)	2600m	4:12.18	(40.94)		
			3000m	4:36.04	(37.75)	3000m	4:53.42	(41.24)		

		Naam		Cat		PR		Tijd	Info	
6	gl	9	Berto Anker		HA1	5:07.96		4:43.07	PR	
	bl	24	Amber van der Meijden		DB2	4:31.86		4:41.07		
			Berto Anker				Amber van der Meijden			
			200m	20.71	(20.71)	200m	20.82	(20.82)		
			600m	55.64	(34.93)	600m	54.38	(33.56)		
			1000m	1:32.71	(37.07)	1000m	1:30.74	(36.36)		
			1400m	2:10.27	(37.56)	1400m	2:08.52	(37.78)		
			1800m	2:48.52	(38.25)	1800m	2:46.55	(38.03)		
			2200m	3:26.45	(37.93)	2200m	3:24.48	(37.93)		
			2600m	4:05.04	(38.59)	2600m	4:02.48	(38.00)		
			3000m	4:43.07	(38.03)	3000m	4:41.07	(38.59)		

		Naam	Cat	PR	Tijd	Info
7	wt	22 Giel Hermans	H60	4:38.02	4:47.67	
	rd	32 Susanne Prins	DA1	4:43.06	4:45.76	

Giel Hermans

200m	22.12	(22.12)
600m	57.85	(35.73)
1000m	1:35.25	(37.40)
1400m	2:13.58	(38.33)
1800m	2:51.74	(38.16)
2200m	3:30.27	(38.53)
2600m	4:08.77	(38.50)
3000m	4:47.67	(38.90)

Susanne Prins

200m	21.63	(21.63)
600m	55.93	(34.30)
1000m	1:32.65	(36.72)
1400m	2:10.72	(38.07)
1800m	2:48.95	(38.23)
2200m	3:27.79	(38.84)
2600m	4:07.01	(39.22)
3000m	4:45.76	(38.75)

		Naam	Cat	PR	Tijd	Info
8	gl	6 Marco van Koppen	H50	4:47.45	5:02.61	
	bl	5 Jan Terpstra	H50	4:50.30	5:00.05	

Marco van Koppen

200m	24.04	(24.04)
600m	1:01.78	(37.74)
1000m	1:40.01	(38.23)
1400m	2:19.49	(39.48)
1800m	2:59.92	(40.43)
2200m	3:40.71	(40.79)
2600m	4:21.90	(41.19)
3000m	5:02.61	(40.71)

Jan Terpstra

200m	23.85	(23.85)
600m	1:01.59	(37.74)
1000m	1:40.57	(38.98)
1400m	2:21.07	(40.50)
1800m	3:02.20	(41.13)
2200m	3:43.00	(40.80)
2600m	4:22.44	(39.44)
3000m	5:00.05	(37.61)

		Naam			Cat	PR	Tijd	Info
9	wt	30 Thijs Heezen			HN2	4:52.75	5:02.78	
	rd	13 Arne Wendt			HN2	4:52.89	5:18.84	FL
		Thijs Heezen			Arne Wendt			
		200m	21.35	(21.35)	200m	22.12	(22.12)	
		600m	59.31	(37.96)	600m	1:12.14	(50.02)	
		1000m	1:39.80	(40.49)	1000m	1:52.61	(40.47)	
		1400m	2:20.71	(40.91)	1400m	2:32.80	(40.19)	
		1800m	3:02.38	(41.67)	1800m	3:12.52	(39.72)	
		2200m	3:43.46	(41.08)	2200m	3:52.88	(40.36)	
		2600m	4:24.50	(41.04)	2600m	4:36.53	(43.65)	
		3000m	5:02.78	(38.28)	3000m	5:18.84	(42.31)	

		Naam			Cat	PR	Tijd	Info
10	gl	4 Robbert-Jan Neven			H45	4:36.02	5:03.61	HT
	bl	27 Aidan Verhoeve			HB1	5:08.31	4:58.81	PR
		Robbert-Jan Neven			Aidan Verhoeve			
		200m	21.38	(21.38)	200m	21.06	(21.06)	
		600m	58.41	(37.03)	600m	56.56	(35.50)	
		1000m	1:36.88	(38.47)	1000m	1:36.04	(39.48)	
		1400m	2:16.84	(39.96)	1400m	2:16.31	(40.27)	
		1800m	2:57.34	(40.50)	1800m	2:56.82	(40.51)	
		2200m	3:38.51	(41.17)	2200m	3:37.66	(40.84)	
		2600m	4:20.97	(42.46)	2600m	4:19.44	(41.78)	
		3000m	5:03.61	(42.64)	3000m	4:58.81	(39.37)	

		Naam			Cat	PR	Tijd	Info
11	wt	3	Leon van Kooten		HSB	5:21.54	5:21.37	PR
	rd	16	Tom Loos		HB1		5:12.41	
		Leon van Kooten			Tom Loos			
		200m	23.23	(23.23)	200m	23.77	(23.77)	
		600m	1:01.77	(38.54)	600m	1:02.64	(38.87)	
		1000m	1:42.73	(40.96)	1000m	1:43.62	(40.98)	
		1400m	2:25.64	(42.91)	1400m	2:25.43	(41.81)	
		1800m	3:09.10	(43.46)	1800m	3:06.78	(41.35)	
		2200m	3:53.57	(44.47)	2200m	3:48.83	(42.05)	
		2600m	4:37.93	(44.36)	2600m	4:30.94	(42.11)	
		3000m	5:21.37	(43.44)	3000m	5:12.41	(41.47)	

		Naam			Cat	PR	Tijd	Info
12	gl	8	Lex van Tol		H60	5:09.08	5:22.10	
	bl	25	Frank Steenkamp		H65	4:36.38	5:06.52	
		Lex van Tol			Frank Steenkamp			
		200m	24.32	(24.32)	200m	24.85	(24.85)	
		600m	1:02.61	(38.29)	600m	1:02.90	(38.05)	
		1000m	1:42.90	(40.29)	1000m	1:42.16	(39.26)	
		1400m	2:24.35	(41.45)	1400m	2:21.81	(39.65)	
		1800m	3:07.67	(43.32)	1800m	3:02.32	(40.51)	
		2200m	3:51.60	(43.93)	2200m	3:43.38	(41.06)	
		2600m	4:36.50	(44.90)	2600m	4:24.96	(41.58)	
		3000m	5:22.10	(45.60)	3000m	5:06.52	(41.56)	

		Naam	Cat	PR	Tijd	Info
13	wt	18 Famke Hogenboom	DA1	5:34.02	5:36.09	
	rd	26 Carl von Lindern	H55	4:59.34	5:22.79	

Famke Hogenboom

200m	24.43	(24.43)
600m	1:05.30	(40.87)
1000m	1:47.78	(42.48)
1400m	2:32.34	(44.56)
1800m	3:17.84	(45.50)
2200m	4:03.75	(45.91)
2600m	4:50.52	(46.77)
3000m	5:36.09	(45.57)

Carl von Lindern

200m	24.79	(24.79)
600m	1:05.60	(40.81)
1000m	1:47.44	(41.84)
1400m	2:29.71	(42.27)
1800m	3:12.37	(42.66)
2200m	3:55.61	(43.24)
2600m	4:39.25	(43.64)
3000m	5:22.79	(43.54)

		Naam	Cat	PR	Tijd	Info
14	gl	29 Menco van den Berg	H55	5:50.43	5:40.36	PR
	bl	31 Pip Ypenburg	DB2	5:50.62	5:56.10	

Menco van den Berg

200m	25.73	(25.73)
600m	1:07.23	(41.50)
1000m	1:50.37	(43.14)
1400m	2:34.95	(44.58)
1800m	3:20.97	(46.02)
2200m	4:07.36	(46.39)
2600m	4:54.28	(46.92)
3000m	5:40.36	(46.08)

Pip Ypenburg

200m	25.24	(25.24)
600m	1:08.77	(43.53)
1000m	1:55.51	(46.74)
1400m	2:43.63	(48.12)
1800m	3:31.39	(47.76)
2200m	4:19.86	(48.47)
2600m	5:08.45	(48.59)
3000m	5:56.10	(47.65)