

1. Uitslag Testevent 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	61 Maud Groenen	DB1	1	O	43.67		
2	46 Anouk Cosijn	DN1	2	I	44.56	PR	
3	1 Youssra Pals	DB1	1	I	44.70		
4	49 Carlijn Oude Vrielink	DN2	3	I	45.38	PR	
	58 Marco Schouten	H50	4	O	45.38		
6	11 Bram Morel	HC2	2	O	45.79		
7	3 Hiba Pals	DC1	4	I	46.45	PR	
8	33 Lonneke Merkk	DB2	3	O	47.12		
9	2 Yasmine Pals	DB1	6	I	47.17		
10	50 Maartje van Dijck	DC2	6	O	47.37		
11	15 Tamar Wolters	DC2	5	I	48.18		
12	6 Loïs Mijland	DPB	8	O	48.24	PR	
13	29 Djim Spierings	HPA	7	I	48.98		
14	54 John van Dijck	H50	8	I	49.65		
15	43 Bregje Nafzger	DB1	9	I	50.80		
16	17 Lena Westra	DPB	10	O	50.97	PR	
17	25 Floor Vogelaar	DPB	10	I	51.24	PR	
18	40 Mila Langenberg	DC1	9	O	52.05		
19	57 Marco van Baar	H50	12	O	52.18	PR	
20	30 Zepp Spierings	HC2	7	O	52.39		
21	42 Isabel Segers	DC2	12	I	52.83		
22	27 Neel Geurts	DPB	13	I	54.44	PR	
23	59 Arjan Elshout	H55	14	O	54.85	PR	
24	41 Cato Gunneweg	DPB	14	I	56.45	PR	
25	53 Ramon van de Laar	H50	11	I	56.57		
26	16 Tess Anderson	DC1	16	O	57.66	PR	
27	36 Nienke van Hoek	DC1	15	I	57.92	PR	
28	26 Otje Bilderbeek	DPC	13	O	59.73		
29	45 Amélie van den Berk	DPC	16	I	1:02.24	PR	
30	38 Valerie de Vries	DPC	15	O	1:02.44		
31	60 Richard van Maarschalkerwaard	H50	11	O	1:13.48	FL	
	56 Jennifer Groeneveld	DC1	5	O	DNS		

1. Rituitslag Testevent 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	1 Youssra Pals		DB1		43.88	44.70	
	rd	61 Maud Groenen		DB1		42.83	43.67	
		<u>Youssra Pals</u>		<u>Maud Groenen</u>				
		100m	12.10	(12.10)	100m	11.59	(11.59)	
		500m	44.70	(32.60)	500m	43.67	(32.08)	

		Naam		Cat		PR	Tijd	Info
2	gl	46 Anouk Cosijn		DN1		44.99	44.56	PR
	bl	11 Bram Morel		HC2		45.56	45.79	
		<u>Anouk Cosijn</u>		<u>Bram Morel</u>				
		100m	12.28	(12.28)	100m	12.39	(12.39)	
		500m	44.56	(32.28)	500m	45.79	(33.40)	

		Naam		Cat		PR	Tijd	Info
3	wt	49 Carlijn Oude Vrielink		DN2		45.59	45.38	PR
	rd	33 Lonneke Merkx		DB2		45.24	47.12	
		<u>Carlijn Oude Vrielink</u>		<u>Lonneke Merkx</u>				
		100m	12.00	(12.00)	100m	12.79	(12.79)	
		500m	45.38	(33.38)	500m	47.12	(34.33)	

		Naam		Cat		PR	Tijd	Info
4	gl	3 Hiba Pals		DC1		46.48	46.45	PR
	bl	58 Marco Schouten		H50		44.65	45.38	
		<u>Hiba Pals</u>		<u>Marco Schouten</u>				
		100m	12.89	(12.89)	100m	12.22	(12.22)	
		500m	46.45	(33.56)	500m	45.38	(33.16)	

		Naam		Cat		PR	Tijd	Info
5	wt	15 Tamar Wolters		DC2		47.62	48.18	
	rd	56 Jennifer Groeneveld		DC1		48.24	DNS	
		<u>Tamar Wolters</u>		<u>Jennifer Groeneveld</u>				
		100m	13.38	(13.38)				
		500m	48.18	(34.80)				

Ireen Wüst IJsbaan - Tilburg

		Naam		Cat		PR	Tijd	Info
6	gl	2	Yasmine Pals		DB1	47.13	47.17	
	bl	50	Maartje van Dijck		DC2	47.10	47.37	
			Yasmine Pals			Maartje van Dijck		
			100m	12.77	(12.77)	100m	12.52	(12.52)
			500m	47.17	(34.40)	500m	47.37	(34.85)

		Naam		Cat		PR	Tijd	Info
7	wt	29	Djim Spierings		HPA	48.52	48.98	
	rd	30	Zepp Spierings		HC2	50.50	52.39	
			Djim Spierings			Zepp Spierings		
			100m	13.28	(13.28)	100m	13.90	(13.90)
			500m	48.98	(35.70)	500m	52.39	(38.49)

		Naam		Cat		PR	Tijd	Info
8	gl	54	John van Dijck		H50	48.30	49.65	
	bl	6	Loïs Mijland		DPB	48.81	48.24	PR
			John van Dijck			Loïs Mijland		
			100m	13.39	(13.39)	100m	13.12	(13.12)
			500m	49.65	(36.26)	500m	48.24	(35.12)

		Naam		Cat		PR	Tijd	Info
9	wt	43	Bregje Nafzger		DB1	50.58	50.80	
	rd	40	Mila Langenberg		DC1	50.95	52.05	
			Bregje Nafzger			Mila Langenberg		
			100m	13.35	(13.35)	100m	13.75	(13.75)
			500m	50.80	(37.45)	500m	52.05	(38.30)

		Naam		Cat		PR	Tijd	Info
10	gl	25	Floor Vogelaar		DPB	51.54	51.24	PR
	bl	17	Lena Westra		DPB	52.43	50.97	PR
			Floor Vogelaar			Lena Westra		
			100m	13.36	(13.36)	100m	13.27	(13.27)
			500m	51.24	(37.88)	500m	50.97	(37.70)

		Naam		Cat		PR	Tijd	Info	
11	wt	53	Ramon van de Laar		H50		53.54	56.57	
	rd	60	Richard van Maarschalkerwaard		H50		53.30	1:13.48 FL	
			<u>Ramon van de Laar</u>				<u>Richard van Maarschalkerwaard</u>		
			100m	14.95	(14.95)	100m			13.73 (13.73)
			500m	56.57	(41.62)	500m			1:13.48 (59.75)

		Naam		Cat		PR	Tijd	Info	
12	gl	42	Isabel Segers		DC2		52.61	52.83	
	bl	57	Marco van Baar		H50		52.50	52.18 PR	
			<u>Isabel Segers</u>				<u>Marco van Baar</u>		
			100m	14.16	(14.16)	100m			14.14 (14.14)
			500m	52.83	(38.67)	500m			52.18 (38.04)

		Naam		Cat		PR	Tijd	Info	
13	wt	27	Neel Geurts		DPB		55.18	54.44 PR	
	rd	26	Otje Bilderbeek		DPC		58.18	59.73	
			<u>Neel Geurts</u>				<u>Otje Bilderbeek</u>		
			100m	13.77	(13.77)	100m			14.94 (14.94)
			500m	54.44	(40.67)	500m			59.73 (44.79)

		Naam		Cat		PR	Tijd	Info	
14	gl	41	Cato Gunneweg		DPB		57.04	56.45 PR	
	bl	59	Arjan Elshout		H55		56.59	54.85 PR	
			<u>Cato Gunneweg</u>				<u>Arjan Elshout</u>		
			100m	14.14	(14.14)	100m			14.39 (14.39)
			500m	56.45	(42.31)	500m			54.85 (40.46)

		Naam		Cat		PR	Tijd	Info	
15	wt	36	Nienke van Hoek		DC1		58.74	57.92 PR	
	rd	38	Valerie de Vries		DPC		1:01.31	1:02.44	
			<u>Nienke van Hoek</u>				<u>Valerie de Vries</u>		
			100m	14.05	(14.05)	100m			14.81 (14.81)
			500m	57.92	(43.87)	500m			1:02.44 (47.63)

Ireen Wüst Ijsbaan - Tilburg

		Naam		Cat		PR	Tijd	Info
16	gl	45 Amélie van den Berk		DPC		1:02.87	1:02.24	PR
	bl	16 Tess Anderson		DC1		1:01.01	57.66	PR
Amélie van den Berk			Tess Anderson					
		100m	14.75	(14.75)		100m	13.99	(13.99)
		500m	1:02.24	(47.49)		500m	57.66	(43.67)

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Florine Hehewerth	DN4	19	I	8:30.47	PR	
2	18 Meike Wagemakers	DN3	19	O	9:10.19	PR	
3	8 Daniëlle Frijters	DSB	18	I	9:38.88		
4	13 Patty van Hoorn	D50	17	I	9:39.46		
5	23 Sarina van Dijk	DSA	17	O	9:41.51	PR	

		Naam		Cat		PR	Tijd	Info
17	wt	13	Patty van Hoorn		D50	9:20.49	9:39.46	
	rd	23	Sarina van Dijk		DSA		9:41.51	PR
			Patty van Hoorn					
			200m	26.53	(26.53)			
			600m	1:09.48	(42.95)			
			1000m	1:54.95	(45.47)			
			1400m	2:41.47	(46.52)			
			1800m	3:27.13	(45.66)			
			2200m	4:13.43	(46.30)			
			2600m	4:59.76	(46.33)			
			3000m	5:46.52	(46.76)			
			3400m	6:33.06	(46.54)			
			3800m	7:20.05	(46.99)			
			4200m	8:07.29	(47.24)			
			4600m	8:54.63	(47.34)			
			5000m	9:39.46	(44.83)			
			Sarina van Dijk					
			200m	24.97	(24.97)			
			600m	1:08.75	(43.78)			
			1000m	1:55.37	(46.62)			
			1400m	2:40.62	(45.25)			
			1800m	3:26.97	(46.35)			
			2200m	4:12.46	(45.49)			
			2600m	4:59.09	(46.63)			
			3000m	5:45.83	(46.74)			
			3400m	6:33.67	(47.84)			
			3800m	7:21.45	(47.78)			
			4200m	8:09.33	(47.88)			
			4600m	8:56.46	(47.13)			
			5000m	9:41.51	(45.05)			

		Naam		Cat		PR	Tijd	Info
18	gl	8	Daniëlle Frijters		DSB	9:38.44	9:38.88	
	bl							
			Daniëlle Frijters					
			200m	27.90	(27.90)	m		
			600m	1:11.96	(44.06)			
			1000m	1:56.70	(44.74)			
			1400m	2:41.93	(45.23)			
			1800m	3:27.69	(45.76)			
			2200m	4:14.08	(46.39)			
			2600m	5:00.31	(46.23)			
			3000m	5:46.74	(46.43)			
			3400m	6:33.60	(46.86)			
			3800m	7:20.71	(47.11)			
			4200m	8:07.21	(46.50)			
			4600m	8:54.06	(46.85)			
			5000m	9:38.88	(44.82)			

Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd	Info
19	wt	20 Florine Hehewerth	DN4		8:30.47	PR
	rd	18 Meike Wagemakers	DN3		9:10.19	PR

Florine Hehewerth

200m	22.30	(22.30)
600m	1:00.41	(38.11)
1000m	1:42.67	(42.26)
1400m	2:24.63	(41.96)
1800m	3:06.12	(41.49)
2200m	3:47.61	(41.49)
2600m	4:28.91	(41.30)
3000m	5:09.90	(40.99)
3400m	5:51.01	(41.11)
3800m	6:31.38	(40.37)
4200m	7:11.65	(40.27)
4600m	7:51.06	(39.41)
5000m	8:30.47	(39.41)

Meike Wagemakers

200m	24.22	(24.22)
600m	1:03.79	(39.57)
1000m	1:45.78	(41.99)
1400m	2:28.92	(43.14)
1800m	3:11.77	(42.85)
2200m	3:55.20	(43.43)
2600m	4:39.23	(44.03)
3000m	5:23.52	(44.29)
3400m	6:08.90	(45.38)
3800m	6:54.68	(45.78)
4200m	7:40.03	(45.35)
4600m	8:25.97	(45.94)
5000m	9:10.19	(44.22)

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	21 Colin Schrijver	HSA	26	O	15:02.40	PR	
2	34 Marc Nieuwenhuijse	H40	26	I	15:07.46	TRC	
3	44 Rik Houwers	HSB	27	I	15:14.49	PR	
4	10 Jens Klootwijk	HN2	24	O	15:18.32	PR	
5	52 Erik Agterdenbos	HSB	25	O	15:51.04	PR	
6	9 Joost Hermans	HSB	27	O	15:55.68		
7	47 Geert Antonis	HSB	24	I	16:31.51		
8	19 Thomas Ros	HN4	21	I	16:59.81	PR	
9	28 Herbert Boender	H45	21	O	17:02.45	PR	
10	39 Erwin van den Boogaert	HSB	23	O	17:04.06	PR	
11	5 Pieter Pennings	H55	23	I	17:16.10		
12	35 johan sweep	H60	22	I	17:28.15		
13	51 Tom van Dijck	HA2	25	I	17:44.23	FL	
14	55 Stan Krewinkel	HSA	22	O	17:57.67	PR	
15	37 André van Staalduinen	H60	20	I	19:05.45	PR	
	12 Ed Blok	H55	20	O		DQ	

		Naam	Cat	PR	Tijd	Info
20	wt	37 André van Staalduinen	H60		19:05.45	PR
	rd	12 Ed Blok	H55	18:44.66		DQ
		André van Staalduinen				
		400m	49.13	(49.13)		
		800m	1:33.14	(44.01)		
		1200m	2:16.70	(43.56)		
		1600m	3:00.00	(43.30)		
		2000m	3:43.50	(43.50)		
		2400m	4:28.09	(44.59)		
		2800m	5:12.83	(44.74)		
		3200m	5:57.98	(45.15)		
		3600m	6:42.76	(44.78)		
		4000m	7:28.75	(45.99)		
		4400m	8:15.26	(46.51)		
		4800m	9:01.95	(46.69)		
		5200m	9:47.78	(45.83)		
		5600m	10:33.80	(46.02)		
		6000m	11:20.15	(46.35)		
		6400m	12:06.86	(46.71)		
		6800m	12:53.83	(46.97)		
		7200m	13:40.84	(47.01)		
		7600m	14:27.85	(47.01)		
		8000m	15:15.18	(47.33)		
		8400m	16:01.65	(46.47)		
		8800m	16:47.58	(45.93)		
		9200m	17:33.47	(45.89)		
		9600m	18:19.67	(46.20)		
		10000m	19:05.45	(45.78)		

		Naam	Cat	PR	Tijd	Info
21	gl	19 Thomas Ros	HN4		16:59.81	PR
	bl	28 Herbert Boender	H45		17:02.45	PR

Thomas Ros

400m	41.79	(41.79)
800m	1:18.54	(36.75)
1200m	1:58.16	(39.62)
1600m	2:38.13	(39.97)
2000m	3:18.77	(40.64)
2400m	3:59.25	(40.48)
2800m	4:39.67	(40.42)
3200m	5:20.35	(40.68)
3600m	6:00.78	(40.43)
4000m	6:40.95	(40.17)
4400m	7:21.45	(40.50)
4800m	8:02.03	(40.58)
5200m	8:42.51	(40.48)
5600m	9:23.12	(40.61)
6000m	10:03.24	(40.12)
6400m	10:43.96	(40.72)
6800m	11:25.51	(41.55)
7200m	12:06.98	(41.47)
7600m	12:48.80	(41.82)
8000m	13:31.22	(42.42)
8400m	14:13.40	(42.18)
8800m	14:55.42	(42.02)
9200m	15:37.38	(41.96)
9600m	16:19.11	(41.73)
10000m	16:59.81	(40.70)

Herbert Boender

400m	41.58	(41.58)
800m	1:19.98	(38.40)
1200m	1:59.70	(39.72)
1600m	2:39.64	(39.94)
2000m	3:19.90	(40.26)
2400m	4:00.12	(40.22)
2800m	4:40.65	(40.53)
3200m	5:21.62	(40.97)
3600m	6:02.21	(40.59)
4000m	6:43.19	(40.98)
4400m	7:24.38	(41.19)
4800m	8:05.80	(41.42)
5200m	8:46.95	(41.15)
5600m	9:28.00	(41.05)
6000m	10:09.76	(41.76)
6400m	10:51.58	(41.82)
6800m	11:33.27	(41.69)
7200m	12:15.26	(41.99)
7600m	12:57.51	(42.25)
8000m	13:39.73	(42.22)
8400m	14:21.80	(42.07)
8800m	15:02.69	(40.89)
9200m	15:43.39	(40.70)
9600m	16:23.41	(40.02)
10000m	17:02.45	(39.04)

		Naam	Cat	PR	Tijd	Info
22	wt	35 johan sweep	H60	17:09.19	17:28.15	
	rd	55 Stan Krewinkel	HSA	17:58.05	17:57.67	PR

johan sweep

Stan Krewinkel

400m	45.37	(45.37)	400m	43.85	(43.85)
800m	1:25.26	(39.89)	800m	1:24.02	(40.17)
1200m	2:05.51	(40.25)	1200m	2:03.68	(39.66)
1600m	2:46.43	(40.92)	1600m	2:43.58	(39.90)
2000m	3:27.64	(41.21)	2000m	3:23.32	(39.74)
2400m	4:09.20	(41.56)	2400m	4:03.35	(40.03)
2800m	4:51.05	(41.85)	2800m	4:43.79	(40.44)
3200m	5:32.94	(41.89)	3200m	5:24.69	(40.90)
3600m	6:15.19	(42.25)	3600m	6:05.87	(41.18)
4000m	6:58.21	(43.02)	4000m	6:47.93	(42.06)
4400m	7:41.07	(42.86)	4400m	7:30.25	(42.32)
4800m	8:23.69	(42.62)	4800m	8:13.28	(43.03)
5200m	9:05.76	(42.07)	5200m	8:56.20	(42.92)
5600m	9:48.29	(42.53)	5600m	9:38.94	(42.74)
6000m	10:30.93	(42.64)	6000m	10:23.26	(44.32)
6400m	11:13.62	(42.69)	6400m	11:07.15	(43.89)
6800m	11:55.79	(42.17)	6800m	11:51.36	(44.21)
7200m	12:38.24	(42.45)	7200m	12:36.03	(44.67)
7600m	13:20.00	(41.76)	7600m	13:20.32	(44.29)
8000m	14:01.27	(41.27)	8000m	14:05.20	(44.88)
8400m	14:43.91	(42.64)	8400m	14:51.45	(46.25)
8800m	15:24.91	(41.00)	8800m	15:37.33	(45.88)
9200m	16:05.59	(40.68)	9200m	16:23.72	(46.39)
9600m	16:47.71	(42.12)	9600m	17:09.93	(46.21)
10000m	17:28.15	(40.44)	10000m	17:57.67	(47.74)

Ireen Wüst Ijsbaan - Tilburg

	Naam	Cat	PR	Tijd Info
23	gl 5 Pieter Pennings	H55	16:12.04	17:16.10
	bl 39 Erwin van den Boogaert	HSB	18:00.61	17:04.06 PR

Pieter Pennings

400m	43.48	(43.48)
800m	1:22.25	(38.77)
1200m	2:02.48	(40.23)
1600m	2:43.36	(40.88)
2000m	3:24.61	(41.25)
2400m	4:06.15	(41.54)
2800m	4:47.59	(41.44)
3200m	5:28.91	(41.32)
3600m	6:10.46	(41.55)
4000m	6:52.41	(41.95)
4400m	7:34.33	(41.92)
4800m	8:15.82	(41.49)
5200m	8:56.73	(40.91)
5600m	9:37.74	(41.01)
6000m	10:18.79	(41.05)
6400m	10:59.95	(41.16)
6800m	11:40.85	(40.90)
7200m	12:21.90	(41.05)
7600m	13:02.89	(40.99)
8000m	13:44.01	(41.12)
8400m	14:26.20	(42.19)
8800m	15:08.80	(42.60)
9200m	15:51.30	(42.50)
9600m	16:33.96	(42.66)
10000m	17:16.10	(42.14)

Erwin van den Boogaert

400m	43.62	(43.62)
800m	1:22.65	(39.03)
1200m	2:01.95	(39.30)
1600m	2:42.74	(40.79)
2000m	3:23.22	(40.48)
2400m	4:04.07	(40.85)
2800m	4:45.26	(41.19)
3200m	5:26.10	(40.84)
3600m	6:07.03	(40.93)
4000m	6:48.21	(41.18)
4400m	7:29.41	(41.20)
4800m	8:11.03	(41.62)
5200m	8:52.54	(41.51)
5600m	9:33.87	(41.33)
6000m	10:15.08	(41.21)
6400m	10:56.09	(41.01)
6800m	11:36.98	(40.89)
7200m	12:17.50	(40.52)
7600m	12:58.23	(40.73)
8000m	13:38.63	(40.40)
8400m	14:19.65	(41.02)
8800m	15:00.55	(40.90)
9200m	15:41.77	(41.22)
9600m	16:23.24	(41.47)
10000m	17:04.06	(40.82)

Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd Info
24	wt	47 Geert Antonis	HSB	16:17.02	16:31.51
	rd	10 Jens Klootwijk	HN2	16:07.97	15:18.32 PR

Geert Antonis

Jens Klootwijk

400m	19.67	(19.67)	400m	19.69	(19.69)
800m	1:16.32	(56.65)	800m	1:13.30	(53.61)
1200m	1:53.92	(37.60)	1200m	1:49.24	(35.94)
1600m	2:31.63	(37.71)	1600m	2:25.09	(35.85)
2000m	3:09.10	(37.47)	2000m	3:00.87	(35.78)
2400m	3:47.25	(38.15)	2400m	3:36.72	(35.85)
2800m	4:25.40	(38.15)	2800m	4:12.78	(36.06)
3200m	5:04.18	(38.78)	3200m	4:48.86	(36.08)
3600m	5:43.04	(38.86)	3600m	5:25.24	(36.38)
4000m	6:22.44	(39.40)	4000m	6:01.56	(36.32)
4400m	7:02.48	(40.04)	4400m	6:38.04	(36.48)
4800m	7:42.76	(40.28)	4800m	7:14.82	(36.78)
5200m	8:23.15	(40.39)	5200m	7:51.60	(36.78)
5600m	9:03.67	(40.52)	5600m	8:28.32	(36.72)
6000m	9:43.88	(40.21)	6000m	9:04.97	(36.65)
6400m	10:23.76	(39.88)	6400m	9:41.74	(36.77)
6800m	11:03.88	(40.12)	6800m	10:19.20	(37.46)
7200m	11:44.40	(40.52)	7200m	10:56.78	(37.58)
7600m	12:25.17	(40.77)	7600m	11:33.94	(37.16)
8000m	13:06.32	(41.15)	8000m	12:11.26	(37.32)
8400m	13:47.73	(41.41)	8400m	12:48.62	(37.36)
8800m	14:29.18	(41.45)	8800m	13:25.92	(37.30)
9200m	15:10.52	(41.34)	9200m	14:03.33	(37.41)
9600m	15:51.19	(40.67)	9600m	14:40.82	(37.49)
10000m	16:31.51	(40.32)	10000m	15:18.32	(37.50)

Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd	Info
25	gl	51 Tom van Dijck	HA2	16:53.73	17:44.23	FL
	bl	52 Erik Agterdenbos	HSB	15:54.14	15:51.04	PR

Tom van Dijck

Erik Agterdenbos

400m	20.73	(20.73)	400m	40.32	(40.32)
800m	1:16.19	(55.46)	800m	1:17.37	(37.05)
1200m	1:54.79	(38.60)	1200m	1:54.89	(37.52)
1600m	2:33.67	(38.88)	1600m	2:32.54	(37.65)
2000m	3:12.68	(39.01)	2000m	3:10.19	(37.65)
2400m	3:52.68	(40.00)	2400m	3:48.35	(38.16)
2800m	4:32.01	(39.33)	2800m	4:26.46	(38.11)
3200m	5:11.76	(39.75)	3200m	5:04.21	(37.75)
3600m	5:53.01	(41.25)	3600m	5:41.87	(37.66)
4000m	6:34.50	(41.49)	4000m	6:19.83	(37.96)
4400m	7:16.47	(41.97)	4400m	6:57.58	(37.75)
4800m	7:58.60	(42.13)	4800m	7:35.77	(38.19)
5200m	8:40.56	(41.96)	5200m	8:14.43	(38.66)
5600m	9:23.24	(42.68)	5600m	8:52.35	(37.92)
6000m	10:06.27	(43.03)	6000m	9:31.38	(39.03)
6400m	10:49.33	(43.06)	6400m	10:10.00	(38.62)
6800m	11:32.27	(42.94)	6800m	10:48.34	(38.34)
7200m	12:16.21	(43.94)	7200m	11:27.12	(38.78)
7600m	12:59.85	(43.64)	7600m	12:05.68	(38.56)
8000m	14:04.92	(65.07)	8000m	12:43.87	(38.19)
8400m	14:50.04	(45.12)	8400m	13:22.18	(38.31)
8800m	15:33.58	(43.54)	8800m	14:00.18	(38.00)
9200m	16:16.20	(42.62)	9200m	14:38.73	(38.55)
9600m	16:59.49	(43.29)	9600m	15:14.97	(36.24)
10000m	17:44.23	(44.74)	10000m	15:51.04	(36.07)

Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd	Info
26	wt	34 Marc Nieuwenhuijse	H40	15:02.40	15:07.46	TRC
	rd	21 Colin Schrijver	HSA	15:21.99	15:02.40	PR

Marc Nieuwenhuijse

Colin Schrijver

400m	40.14	(40.14)	400m	38.26	(38.26)
800m	1:15.09	(34.95)	800m	1:12.43	(34.17)
1200m	1:50.50	(35.41)	1200m	1:47.70	(35.27)
1600m	2:26.17	(35.67)	1600m	2:23.24	(35.54)
2000m	3:01.74	(35.57)	2000m	2:58.32	(35.08)
2400m	3:37.85	(36.11)	2400m	3:33.19	(34.87)
2800m	4:13.81	(35.96)	2800m	4:08.32	(35.13)
3200m	4:49.85	(36.04)	3200m	4:43.22	(34.90)
3600m	5:25.97	(36.12)	3600m	5:18.16	(34.94)
4000m	6:01.86	(35.89)	4000m	5:53.39	(35.23)
4400m	6:37.99	(36.13)	4400m	6:28.71	(35.32)
4800m	7:14.04	(36.05)	4800m	7:03.66	(34.95)
5200m	7:50.17	(36.13)	5200m	7:38.68	(35.02)
5600m	8:26.59	(36.42)	5600m	8:13.56	(34.88)
6000m	9:02.99	(36.40)	6000m	8:48.70	(35.14)
6400m	9:39.46	(36.47)	6400m	9:23.95	(35.25)
6800m	10:16.24	(36.78)	6800m	9:59.96	(36.01)
7200m	10:52.83	(36.59)	7200m	10:37.18	(37.22)
7600m	11:29.32	(36.49)	7600m	11:15.82	(38.64)
8000m	12:05.99	(36.67)	8000m	11:54.72	(38.90)
8400m	12:42.44	(36.45)	8400m	12:33.37	(38.65)
8800m	13:18.88	(36.44)	8800m	13:10.83	(37.46)
9200m	13:55.12	(36.24)	9200m	13:48.21	(37.38)
9600m	14:31.27	(36.15)	9600m	14:25.14	(36.93)
10000m	15:07.46	(36.19)	10000m	15:02.40	(37.26)

Ireen Wüst Ijsbaan - Tilburg

		Naam	Cat	PR	Tijd	Info
27	gl	44 Rik Houwers	HSB	15:29.19	15:14.49	PR
	bl	9 Joost Hermans	HSB	15:35.04	15:55.68	

Rik Houwers

400m	39.58	(39.58)
800m	1:15.80	(36.22)
1200m	1:52.25	(36.45)
1600m	2:28.82	(36.57)
2000m	3:05.36	(36.54)
2400m	3:42.06	(36.70)
2800m	4:18.46	(36.40)
3200m	4:54.68	(36.22)
3600m	5:31.30	(36.62)
4000m	6:07.89	(36.59)
4400m	6:44.74	(36.85)
4800m	7:21.53	(36.79)
5200m	7:58.71	(37.18)
5600m	8:36.04	(37.33)
6000m	9:13.13	(37.09)
6400m	9:49.59	(36.46)
6800m	10:26.40	(36.81)
7200m	11:02.88	(36.48)
7600m	11:39.14	(36.26)
8000m	12:15.23	(36.09)
8400m	12:51.14	(35.91)
8800m	13:26.96	(35.82)
9200m	14:38.84	(71.88)
9600m	15:14.49	(35.65)

Joost Hermans

400m	41.99	(41.99)
800m	1:20.98	(38.99)
1200m	1:59.69	(38.71)
1600m	2:38.68	(38.99)
2000m	3:17.14	(38.46)
2400m	3:55.54	(38.40)
2800m	4:34.05	(38.51)
3200m	5:12.45	(38.40)
3600m	5:50.79	(38.34)
4000m	6:29.09	(38.30)
4400m	7:07.35	(38.26)
4800m	7:45.62	(38.27)
5200m	8:23.76	(38.14)
5600m	9:01.79	(38.03)
6000m	9:39.32	(37.53)
6400m	10:16.90	(37.58)
6800m	10:54.31	(37.41)
7200m	11:31.45	(37.14)
7600m	12:08.96	(37.51)
8000m	12:46.73	(37.77)
8400m	13:24.80	(38.07)
8800m	14:03.02	(38.22)
9200m	14:41.15	(38.13)
9600m	15:18.65	(37.50)
10000m	15:55.68	(37.03)