

1. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	6 Twan van Duuren	HC1	31	I	4:25.59		
2	31 Jules van Winden	HA1	31	O	4:26.13	PR	
3	9 Peter de Bruin	HC2	29	I	4:27.96	PR	
4	62 Mark Veenstra	HSB	32	O	4:32.46		
5	71 Mathe Toonen	HSA	30	I	4:34.27	PR	
6	53 Ruben Star	HC2	29	O	4:39.11	PR	
7	48 Tygo Blom	HC2	3	O	4:41.79	PR	
8	37 Boaz de Gast	HB1	5	I	4:45.03	PR	
9	34 Joep van Leeuwen	HB1	30	O	4:45.25	PR	
10	65 Rune Stoel	HC2	3	I	4:48.80	PR	
11	54 Olivier Wennekes	HC2	5	O	4:49.80	PR	
12	20 Zino Van Os	HC2	1	O	4:51.51	PR	
13	58 Julian Ras	HC2	4	O	4:54.70	PR	
14	55 Nouschka Steenks	DC2	28	O	4:54.90	PR	
15	38 Leander Maas	HC1	25	O	4:55.38		
16	2 Johan Sonneveld	HSA	25	I	4:57.07		
17	50 Fiore Koutstaal	DC2	4	I	4:57.51		
18	29 Tycho Petri	HC2	8	I	4:58.28	PR	
19	45 Lara Castro Nortier	DB1	28	I	4:58.73	PR	
20	47 Isabelle Hersbach	DSA	27	I	4:59.71		
21	44 Robin Verboom	HC1	23	O	5:00.75	PR	
22	7 Emma Boon	DB1	21	O	5:02.08	PR	
23	26 Augustine Kaper	DC1	6	O	5:02.31	PR	
24	30 Feline Solleveld	DB1	26	I	5:02.46		
25	18 Elin Lamain	DC1	6	I	5:02.99		
26	43 Ilse Veuger	DB1	8	O	5:03.10	PR	
27	15 Anne Spruijt	DB2	27	O	5:03.90	PR	
28	3 Maren de Bruin	DC1	7	I	5:04.13	PR	
29	75 Cato Slegtenhorst	DC2	24	O	5:05.52	PR	
30	74 Nerena van Vuuren	DN4	24	I	5:06.15		
31	23 Sven de Mooij	HC1	26	O	5:08.19		
32	12 Lotte Janssen	DC1	7	O	5:09.53	PR	
33	40 Loek Oudenes	HC2	21	I	5:11.26		
34	14 Kian Van Nierop	HC2	20	I	5:16.50	PR	
35	8 Annika Korpershoek	DB1	23	I	5:17.50		
36	36 Francis de Bruijn	DC1	22	O	5:17.65	PR	
37	33 Caitlin Koenen	DN1	1	I	5:19.14	PR	
38	41 Isolde de Koster	DB1	2	O	5:19.75		

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	28 Sanne Kool	DC1	2	I	5:21.63		
40	10 Floortje Korpershoek	DB1	18	I	5:23.80		
41	22 Boaz Piek	HC2	11	O	5:24.41	HT	
42	21 Fem Ferrari	DC1	20	O	5:24.42		
43	5 Eva Hogendoorn	DB1	15	O	5:30.42	HT	
44	68 Famke Hogenboom	DN1	19	I	5:31.86		
45	16 Luna Beks	DC2	19	O	5:32.66	PR	
46	11 Tristan Boon	HC1	13	O	5:33.43	HT	
47	60 Tippi Verbree	DC2	22	I	5:34.45		
48	39 Mirthe Wijnakker	DB1	16	O	5:38.35	HT	
49	19 Rutger van Gerven	HB1	11	I	5:38.42	HT	
50	1 Mette Verdoold	DB1	13	I	5:39.52	HT	
51	46 Rinske Hogenboom	DC2	18	O	5:39.62		
52	57 Renske Ansink	DC2	15	I	5:40.45	HT	
53	61 Noortje Valkenburg	DC1	14	O	5:41.97	HT	
54	25 Annika Kaper	DB2	17	I	5:43.28	PR	
55	17 Lisa de Koster	DB1	17	O	5:44.50		
56	72 Emma van der Goes	DB2	16	I	5:47.79	HT	
57	73 Thomas Steele	HC2	12	I	5:50.97	HT	
58	49 Clover van Zeijl	DB1	14	I	5:51.36	HT	
59	59 Mies van Voorst	DC2	9	I	5:54.89	HT	
60	70 Luuk van Zwienen	HC1	9	O	5:58.97	HT	
61	4 Jasmijn Verdoold	DB1	12	O	6:00.12	HT	

1. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	33	Caitlin Koenen		DN1	5:21.94	5:19.14	PR
	rd	20	Zino Van Os		HC2	5:30.31	4:51.51	PR
			Caitlin Koenen				Zino Van Os	
		200m	23.53	(23.53)		200m	21.88	(21.88)
		600m	1:01.26	(37.73)		600m	57.93	(36.05)
		1000m	1:40.87	(39.61)		1000m	1:35.45	(37.52)
		1400m	2:22.04	(41.17)		1400m	2:13.37	(37.92)
		1800m	3:05.15	(43.11)		1800m	2:51.99	(38.62)
		2200m	3:49.78	(44.63)		2200m	3:31.00	(39.01)
		2600m	4:34.61	(44.83)		2600m	4:10.99	(39.99)
		3000m	5:19.14	(44.53)		3000m	4:51.51	(40.52)

		Naam		Cat		PR	Tijd	Info
2	gl	28	Sanne Kool		DC1	5:20.81	5:21.63	
	bl	41	Isolde de Koster		DB1		5:19.75	
			Sanne Kool				Isolde de Koster	
		200m	23.61	(23.61)		200m	23.17	(23.17)
		600m	1:02.85	(39.24)		600m	1:01.26	(38.09)
		1000m	1:43.79	(40.94)		1000m	1:42.45	(41.19)
		1400m	2:26.86	(43.07)		1400m	2:25.18	(42.73)
		1800m	3:11.43	(44.57)		1800m	3:08.89	(43.71)
		2200m	3:55.62	(44.19)		2200m	3:52.49	(43.60)
		2600m	4:38.77	(43.15)		2600m	4:36.41	(43.92)
		3000m	5:21.63	(42.86)		3000m	5:19.75	(43.34)

		Naam			Cat	PR	Tijd	Info
3	wt	65 Rune Stoel			HC2	5:13.24	4:48.80	PR
	rd	48 Tygo Blom			HC2	4:55.66	4:41.79	PR
		Rune Stoel			Tygo Blom			
		200m	21.55	(21.55)	200m	22.16	(22.16)	
		600m	58.22	(36.67)	600m	58.50	(36.34)	
		1000m	1:36.34	(38.12)	1000m	1:36.04	(37.54)	
		1400m	2:15.10	(38.76)	1400m	2:13.63	(37.59)	
		1800m	2:53.81	(38.71)	1800m	2:51.27	(37.64)	
		2200m	3:32.77	(38.96)	2200m	3:28.56	(37.29)	
		2600m	4:10.84	(38.07)	2600m	4:05.44	(36.88)	
		3000m	4:48.80	(37.96)	3000m	4:41.79	(36.35)	

		Naam			Cat	PR	Tijd	Info
4	gl	50 Fiore Koutstaal			DC2		4:57.51	
	bl	58 Julian Ras			HC2	5:07.90	4:54.70	PR
		Fiore Koutstaal			Julian Ras			
		200m	22.69	(22.69)	200m	20.80	(20.80)	
		600m	57.53	(34.84)	600m	55.45	(34.65)	
		1000m	1:34.75	(37.22)	1000m	1:33.50	(38.05)	
		1400m	2:13.47	(38.72)	1400m	2:12.62	(39.12)	
		1800m	2:52.87	(39.40)	1800m	2:53.13	(40.51)	
		2200m	3:33.57	(40.70)	2200m	3:34.03	(40.90)	
		2600m	4:15.31	(41.74)	2600m	4:16.08	(42.05)	
		3000m	4:57.51	(42.20)	3000m	4:54.70	(38.62)	

		Naam	Cat	PR	Tijd	Info
5	wt	37 Boaz de Gast	HB1	4:53.37	4:45.03	PR
	rd	54 Olivier Wennekes	HC2	4:58.72	4:49.80	PR

Boaz de Gast

200m	20.18	(20.18)
600m	56.07	(35.89)
1000m	1:34.49	(38.42)
1400m	2:12.42	(37.93)
1800m	2:50.87	(38.45)
2200m	3:29.90	(39.03)
2600m	4:08.40	(38.50)
3000m	4:45.03	(36.63)

Olivier Wennekes

200m	21.79	(21.79)
600m	57.48	(35.69)
1000m	1:35.61	(38.13)
1400m	2:14.00	(38.39)
1800m	2:52.44	(38.44)
2200m	3:31.39	(38.95)
2600m	4:10.42	(39.03)
3000m	4:49.80	(39.38)

		Naam	Cat	PR	Tijd	Info
6	gl	18 Elin Lamain	DC1		5:02.99	
	bl	26 Augustine Kaper	DC1	5:20.79	5:02.31	PR

Elin Lamain

200m	22.82	(22.82)
600m	1:01.05	(38.23)
1000m	1:41.77	(40.72)
1400m	2:23.48	(41.71)
1800m	3:04.57	(41.09)
2200m	3:45.63	(41.06)
2600m	4:25.50	(39.87)
3000m	5:02.99	(37.49)

Augustine Kaper

200m	22.37	(22.37)
600m	1:00.42	(38.05)
1000m	1:41.51	(41.09)
1400m	2:22.73	(41.22)
1800m	3:05.10	(42.37)
2200m	3:45.96	(40.86)
2600m	4:25.79	(39.83)
3000m	5:02.31	(36.52)

		Naam	Cat	PR	Tijd	Info
7	wt	3 Maren de Bruin	DC1	5:11.45	5:04.13	PR
	rd	12 Lotte Janssen	DC1	5:13.21	5:09.53	PR

Maren de Bruin

200m	22.81	(22.81)
600m	59.88	(37.07)
1000m	1:38.48	(38.60)
1400m	2:18.48	(40.00)
1800m	2:59.11	(40.63)
2200m	3:40.71	(41.60)
2600m	4:23.06	(42.35)
3000m	5:04.13	(41.07)

Lotte Janssen

200m	22.94	(22.94)
600m	1:00.63	(37.69)
1000m	1:40.18	(39.55)
1400m	2:21.62	(41.44)
1800m	3:03.78	(42.16)
2200m	3:47.16	(43.38)
2600m	4:27.90	(40.74)
3000m	5:09.53	(41.63)

		Naam	Cat	PR	Tijd	Info
8	gl	29 Tycho Petri	HC2	5:27.39	4:58.28	PR
	bl	43 Ilse Veuger	DB1	5:19.80	5:03.10	PR

Tycho Petri

200m	21.72	(21.72)
600m	57.64	(35.92)
1000m	1:35.50	(37.86)
1400m	2:15.16	(39.66)
1800m	2:55.36	(40.20)
2200m	3:36.77	(41.41)
2600m	4:18.31	(41.54)
3000m	4:58.28	(39.97)

Ilse Veuger

200m	23.02	(23.02)
600m	1:01.14	(38.12)
1000m	1:41.11	(39.97)
1400m	2:21.43	(40.32)
1800m	3:02.06	(40.63)
2200m	3:42.60	(40.54)
2600m	4:22.88	(40.28)
3000m	5:03.10	(40.22)

		Naam	Cat	PR	Tijd	Info
9	wt	59 Mies van Voorst	DC2		5:54.89	HT
	rd	70 Luuk van Zwienen	HC1		5:58.97	HT

Mies van Voorst

200m	5:54.89	(354.89)
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Luuk van Zwienen

200m	5:58.97	(358.97)
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		Naam	Cat	PR	Tijd	Info
10	gl					
	bl					

m

m

		Naam	Cat	PR	Tijd	Info
11	wt	19 Rutger van Gerven	HB1	5:56.79	5:38.42	HT
	rd	22 Boaz Piek	HC2		5:24.41	HT
		<u>Rutger van Gerven</u>			<u>Boaz Piek</u>	
		200m 5:38.42 (338.42)		200m 5:24.41 (324.41)		
		Naam	Cat	PR	Tijd	Info
12	gl	73 Thomas Steele	HC2		5:50.97	HT
	bl	4 Jasmijn Verdoold	DB1		6:00.12	HT
		<u>Thomas Steele</u>			<u>Jasmijn Verdoold</u>	
		200m 5:50.97 (350.97)		200m 6:00.12 (360.12)		
		Naam	Cat	PR	Tijd	Info
13	wt	1 Mette Verdoold	DB1		5:39.52	HT
	rd	11 Tristan Boon	HC1		5:33.43	HT
		<u>Mette Verdoold</u>			<u>Tristan Boon</u>	
		200m 5:39.52 (339.52)		200m 5:33.43 (333.43)		
		Naam	Cat	PR	Tijd	Info
14	gl	49 Clover van Zeijl	DB1	5:54.25	5:51.36	HT
	bl	61 Noortje Valkenburg	DC1		5:41.97	HT
		<u>Clover van Zeijl</u>			<u>Noortje Valkenburg</u>	
		200m 5:51.36 (351.36)		200m 5:41.97 (341.97)		
		Naam	Cat	PR	Tijd	Info
15	wt	57 Renske Ansink	DC2	5:53.69	5:40.45	HT
	rd	5 Eva Hogendoorn	DB1		5:30.42	HT
		<u>Renske Ansink</u>			<u>Eva Hogendoorn</u>	
		200m 5:40.45 (340.45)		200m 5:30.42 (330.42)		
		Naam	Cat	PR	Tijd	Info
16	gl	72 Emma van der Goes	DB2	5:45.10	5:47.79	HT
	bl	39 Mirthe Wijnakker	DB1	5:48.76	5:38.35	HT
		<u>Emma van der Goes</u>			<u>Mirthe Wijnakker</u>	
		200m 5:47.79 (347.79)		200m 5:38.35 (338.35)		

		Naam			Cat	PR	Tijd	Info
17	wt	25 Annika Kaper			DB2	6:01.06	5:43.28	PR
	rd	17 Lisa de Koster			DB1	5:37.36	5:44.50	
		Annika Kaper			Lisa de Koster			
		200m	24.67	(24.67)	200m	24.53	(24.53)	
		600m	1:08.23	(43.56)	600m	1:06.36	(41.83)	
		1000m	1:53.60	(45.37)	1000m	1:50.82	(44.46)	
		1400m	2:39.53	(45.93)	1400m	2:36.57	(45.75)	
		1800m	3:25.65	(46.12)	1800m	3:23.22	(46.65)	
		2200m	4:12.13	(46.48)	2200m	4:10.57	(47.35)	
		2600m	4:58.70	(46.57)	2600m	4:57.91	(47.34)	
		3000m	5:43.28	(44.58)	3000m	5:44.50	(46.59)	

		Naam			Cat	PR	Tijd	Info
18	gl	10 Floortje Korpershoek			DB1		5:23.80	
	bl	46 Rinske Hogenboom			DC2	5:38.07	5:39.62	
		Floortje Korpershoek			Rinske Hogenboom			
		200m	22.68	(22.68)	200m	25.04	(25.04)	
		600m	1:01.87	(39.19)	600m	1:08.21	(43.17)	
		1000m	1:43.94	(42.07)	1000m	1:53.22	(45.01)	
		1400m	2:27.85	(43.91)	1400m	2:38.71	(45.49)	
		1800m	3:11.77	(43.92)	1800m	3:23.90	(45.19)	
		2200m	3:56.19	(44.42)	2200m	4:10.23	(46.33)	
		2600m	4:40.14	(43.95)	2600m	4:55.44	(45.21)	
		3000m	5:23.80	(43.66)	3000m	5:39.62	(44.18)	

		Naam	Cat	PR	Tijd Info
19	wt	68 Famke Hogenboom	DN1	5:27.48	5:31.86
	rd	16 Luna Beks	DC2	5:37.43	5:32.66 PR

Famke Hogenboom

200m	24.05	(24.05)
600m	1:03.50	(39.45)
1000m	1:44.99	(41.49)
1400m	2:29.38	(44.39)
1800m	3:14.66	(45.28)
2200m	4:00.64	(45.98)
2600m	4:46.81	(46.17)
3000m	5:31.86	(45.05)

Luna Beks

200m	23.59	(23.59)
600m	1:02.98	(39.39)
1000m	1:46.66	(43.68)
1400m	2:31.30	(44.64)
1800m	3:17.17	(45.87)
2200m	4:02.69	(45.52)
2600m	4:49.30	(46.61)
3000m	5:32.66	(43.36)

		Naam	Cat	PR	Tijd Info
20	gl	14 Kian Van Nierop	HC2	5:50.97	5:16.50 PR
	bl	21 Fem Ferrari	DC1		5:24.42

Kian Van Nierop

200m	23.50	(23.50)
600m	1:03.63	(40.13)
1000m	1:44.87	(41.24)
1400m	2:27.48	(42.61)
1800m	3:09.90	(42.42)
2200m	3:52.36	(42.46)
2600m	4:34.64	(42.28)
3000m	5:16.50	(41.86)

Fem Ferrari

200m	23.32	(23.32)
600m	1:03.47	(40.15)
1000m	1:45.03	(41.56)
1400m	2:27.63	(42.60)
1800m	3:11.25	(43.62)
2200m	3:55.14	(43.89)
2600m	4:39.85	(44.71)
3000m	5:24.42	(44.57)

		Naam			Cat			PR	Tijd	Info
21	wt	40	Loek Oudenes		HC2				5:11.26	
	rd	7	Emma Boon		DB1			5:27.97	5:02.08	PR
		Loek Oudenes			Emma Boon					
		200m	23.64	(23.64)	200m	22.38	(22.38)			
		600m	1:05.21	(41.57)	600m	59.89	(37.51)			
		1000m	1:47.98	(42.77)	1000m	1:39.37	(39.48)			
		1400m	2:30.27	(42.29)	1400m	2:19.95	(40.58)			
		1800m	3:12.14	(41.87)	1800m	3:00.94	(40.99)			
		2200m	3:53.66	(41.52)	2200m	3:41.87	(40.93)			
		2600m	4:32.94	(39.28)	2600m	4:23.24	(41.37)			
		3000m	5:11.26	(38.32)	3000m	5:02.08	(38.84)			

		Naam			Cat			PR	Tijd	Info
22	gl	60	Tippi Verbree		DC2			5:26.36	5:34.45	
	bl	36	Francis de Bruijn		DC1			5:23.72	5:17.65	PR
		Tippi Verbree			Francis de Bruijn					
		200m	23.75	(23.75)	200m	23.94	(23.94)			
		600m	1:04.94	(41.19)	600m	1:03.51	(39.57)			
		1000m	1:48.19	(43.25)	1000m	1:45.03	(41.52)			
		1400m	2:32.83	(44.64)	1400m	2:26.73	(41.70)			
		1800m	3:17.78	(44.95)	1800m	3:08.91	(42.18)			
		2200m	4:03.31	(45.53)	2200m	3:51.50	(42.59)			
		2600m	4:49.08	(45.77)	2600m	4:34.95	(43.45)			
		3000m	5:34.45	(45.37)	3000m	5:17.65	(42.70)			

		Naam			Cat			PR	Tijd	Info
23	wt	8	Annika Korpershoek		DB1				5:17.50	
	rd	44	Robin Verboom		HC1			5:17.06	5:00.75	PR
		Annika Korpershoek				Robin Verboom				
		200m	22.90	(22.90)	200m	22.95	(22.95)			
		600m	1:01.16	(38.26)	600m	59.63	(36.68)			
		1000m	1:40.24	(39.08)	1000m	1:38.67	(39.04)			
		1400m	2:21.15	(40.91)	1400m	2:17.85	(39.18)			
		1800m	3:03.83	(42.68)	1800m	2:58.20	(40.35)			
		2200m	3:48.25	(44.42)	2200m	3:39.62	(41.42)			
		2600m	4:33.20	(44.95)	2600m	4:21.49	(41.87)			
		3000m	5:17.50	(44.30)	3000m	5:00.75	(39.26)			

		Naam			Cat			PR	Tijd	Info
24	gl	74	Nerena van Vuuren		DN4			5:01.04	5:06.15	
	bl	75	Cato Slegtenhorst		DC2			5:16.80	5:05.52	PR
		Nerena van Vuuren				Cato Slegtenhorst				
		200m	22.50	(22.50)	200m	23.52	(23.52)			
		600m	59.53	(37.03)	600m	1:00.43	(36.91)			
		1000m	1:38.16	(38.63)	1000m	1:39.23	(38.80)			
		1400m	2:18.40	(40.24)	1400m	2:19.37	(40.14)			
		1800m	2:59.30	(40.90)	1800m	3:00.40	(41.03)			
		2200m	3:41.55	(42.25)	2200m	3:41.72	(41.32)			
		2600m	4:23.82	(42.27)	2600m	4:23.44	(41.72)			
		3000m	5:06.15	(42.33)	3000m	5:05.52	(42.08)			

		Naam			Cat	PR	Tijd	Info
25	wt	2 Johan Sonneveld			HSA	4:46.02	4:57.07	
	rd	38 Leander Maas			HC1		4:55.38	
		Johan Sonneveld			Leander Maas			
		200m	22.59	(22.59)	200m	23.27	(23.27)	
		600m	59.21	(36.62)	600m	1:00.14	(36.87)	
		1000m	1:37.06	(37.85)	1000m	1:37.92	(37.78)	
		1400m	2:16.54	(39.48)	1400m	2:16.47	(38.55)	
		1800m	2:56.48	(39.94)	1800m	2:55.88	(39.41)	
		2200m	3:36.44	(39.96)	2200m	3:35.71	(39.83)	
		2600m	4:16.70	(40.26)	2600m	4:16.15	(40.44)	
		3000m	4:57.07	(40.37)	3000m	4:55.38	(39.23)	

		Naam			Cat	PR	Tijd	Info
26	gl	30 Feline Solleveld			DB1	5:01.48	5:02.46	
	bl	23 Sven de Mooij			HC1		5:08.19	
		Feline Solleveld			Sven de Mooij			
		200m	23.88	(23.88)	200m	22.95	(22.95)	
		600m	1:01.54	(37.66)	600m	1:01.90	(38.95)	
		1000m	1:40.35	(38.81)	1000m	1:42.66	(40.76)	
		1400m	2:20.00	(39.65)	1400m	2:23.96	(41.30)	
		1800m	3:00.58	(40.58)	1800m	3:05.90	(41.94)	
		2200m	3:41.57	(40.99)	2200m	3:48.05	(42.15)	
		2600m	4:22.41	(40.84)	2600m	4:28.75	(40.70)	
		3000m	5:02.46	(40.05)	3000m	5:08.19	(39.44)	

		Naam			Cat	PR	Tijd	Info
27	wt	47	Isabelle Hersbach		DSA	4:51.31	4:59.71	
	rd	15	Anne Spruijt		DB2	5:06.65	5:03.90	PR
		Isabelle Hersbach			Anne Spruijt			
		200m	22.82	(22.82)	200m	22.78	(22.78)	
		600m	1:00.41	(37.59)	600m	1:00.59	(37.81)	
		1000m	1:39.53	(39.12)	1000m	1:40.57	(39.98)	
		1400m	2:19.63	(40.10)	1400m	2:20.65	(40.08)	
		1800m	2:59.89	(40.26)	1800m	3:02.26	(41.61)	
		2200m	3:39.91	(40.02)	2200m	3:43.07	(40.81)	
		2600m	4:19.93	(40.02)	2600m	4:23.88	(40.81)	
		3000m	4:59.71	(39.78)	3000m	5:03.90	(40.02)	

		Naam			Cat	PR	Tijd	Info
28	gl	45	Lara Castro Nortier		DB1	5:07.04	4:58.73	PR
	bl	55	Nouschka Steenks		DC2	5:02.22	4:54.90	PR
		Lara Castro Nortier			Nouschka Steenks			
		200m	21.95	(21.95)	200m	22.52	(22.52)	
		600m	58.83	(36.88)	600m	59.54	(37.02)	
		1000m	1:37.66	(38.83)	1000m	1:38.54	(39.00)	
		1400m	2:17.56	(39.90)	1400m	2:18.61	(40.07)	
		1800m	2:57.59	(40.03)	1800m	2:58.63	(40.02)	
		2200m	3:38.70	(41.11)	2200m	3:37.77	(39.14)	
		2600m	4:18.85	(40.15)	2600m	4:16.93	(39.16)	
		3000m	4:58.73	(39.88)	3000m	4:54.90	(37.97)	

		Naam	Cat	PR	Tijd	Info
29	wt	9 Peter de Bruin	HC2	4:32.57	4:27.96	PR
	rd	53 Ruben Star	HC2	4:57.08	4:39.11	PR

Peter de Bruin

200m	20.94	(20.94)
600m	54.76	(33.82)
1000m	1:29.28	(34.52)
1400m	2:04.55	(35.27)
1800m	2:39.82	(35.27)
2200m	3:15.32	(35.50)
2600m	3:51.48	(36.16)
3000m	4:27.96	(36.48)

Ruben Star

200m	21.61	(21.61)
600m	55.28	(33.67)
1000m	1:30.18	(34.90)
1400m	2:06.32	(36.14)
1800m	2:43.35	(37.03)
2200m	3:21.09	(37.74)
2600m	3:59.79	(38.70)
3000m	4:39.11	(39.32)

		Naam	Cat	PR	Tijd	Info
30	gl	71 Mathe Toonen	HSA	4:43.66	4:34.27	PR
	bl	34 Joep van Leeuwen	HB1	4:51.66	4:45.25	PR

Mathe Toonen

200m	21.02	(21.02)
600m	54.49	(33.47)
1000m	1:29.02	(34.53)
1400m	2:04.77	(35.75)
1800m	2:40.71	(35.94)
2200m	3:17.45	(36.74)
2600m	3:55.53	(38.08)
3000m	4:34.27	(38.74)

Joep van Leeuwen

200m	21.18	(21.18)
600m	55.80	(34.62)
1000m	1:32.55	(36.75)
1400m	2:10.94	(38.39)
1800m	2:49.60	(38.66)
2200m	3:28.47	(38.87)
2600m	4:07.23	(38.76)
3000m	4:45.25	(38.02)

		Naam	Cat	PR	Tijd Info
31	wt	6 Twan van Duuren	HC1		4:25.59
	rd	31 Jules van Winden	HA1	4:32.54	4:26.13 PR

Twan van Duuren

200m	20.88	(20.88)
600m	53.33	(32.45)
1000m	1:27.68	(34.35)
1400m	2:03.12	(35.44)
1800m	2:39.41	(36.29)
2200m	3:15.59	(36.18)
2600m	3:51.33	(35.74)
3000m	4:25.59	(34.26)

Jules van Winden

200m	20.73	(20.73)
600m	53.08	(32.35)
1000m	1:26.77	(33.69)
1400m	2:01.48	(34.71)
1800m	2:37.26	(35.78)
2200m	3:13.78	(36.52)
2600m	3:51.11	(37.33)
3000m	4:26.13	(35.02)

		Naam	Cat	PR	Tijd Info
32	gl	62 Mark Veenstra	HSB	4:28.07	4:32.46
	bl				

Mark Veenstra

m	200m	21.14	(21.14)
	600m	55.28	(34.14)
	1000m	1:30.93	(35.65)
	1400m	2:07.19	(36.26)
	1800m	2:43.55	(36.36)
	2200m	3:19.78	(36.23)
	2600m	3:55.98	(36.20)
	3000m	4:32.46	(36.48)

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	32 Mees Blaauw	HB1	35	I	7:43.72		
2	56 Hilde Houtzager	DN3	36	O	8:31.00		
3	69 Lenthe Jansen	DA1	36	I	8:38.20		

2. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd Info
35	wt rd	32 Mees Blaauw	HB1		7:43.72
Mees Blaauw					
		200m	20.37 (20.37)		m
		600m	53.92 (33.55)		
		1000m	1:30.33 (36.41)		
		1400m	2:07.13 (36.80)		
		1800m	2:44.04 (36.91)		
		2200m	3:21.11 (37.07)		
		2600m	3:58.33 (37.22)		
		3000m	4:35.62 (37.29)		
		3400m	5:12.89 (37.27)		
		3800m	5:50.81 (37.92)		
		4200m	6:28.41 (37.60)		
		4600m	7:06.14 (37.73)		
		5000m	7:43.72 (37.58)		

		Naam	Cat	PR	Tijd Info
36	gl	69 Lenthe Jansen	DA1	8:07.12	8:38.20
	bl	56 Hilde Houtzager	DN3	8:23.37	8:31.00
Lenthe Jansen			Hilde Houtzager		
		200m	22.28 (22.28)	200m	22.65 (22.65)
		600m	59.65 (37.37)	600m	1:00.38 (37.73)
		1000m	1:38.79 (39.14)	1000m	1:39.45 (39.07)
		1400m	2:19.21 (40.42)	1400m	2:18.37 (38.92)
		1800m	2:59.17 (39.96)	1800m	2:57.97 (39.60)
		2200m	3:39.89 (40.72)	2200m	3:37.44 (39.47)
		2600m	4:20.89 (41.00)	2600m	4:18.37 (40.93)
		3000m	5:02.68 (41.79)	3000m	4:59.40 (41.03)
		3400m	5:45.27 (42.59)	3400m	5:40.57 (41.17)
		3800m	6:28.62 (43.35)	3800m	6:22.68 (42.11)
		4200m	7:12.09 (43.47)	4200m	7:06.20 (43.52)
		4600m	7:54.98 (42.89)	4600m	7:48.83 (42.63)
		5000m	8:38.20 (43.22)	5000m	8:31.00 (42.17)