

## 1. Uitslag Vrouwen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	17 Esmee Visser	DSA	7	I	7:20.69	TR	
2	20 Eline van Voorden	DN4	7	O	7:34.83	TRC	
3	11 Sophie Kraaijeveld	DN1	8	I	7:36.97		
4	33 Veerle van Koppen	DN1	6	I	7:47.78	PR	
5	3 Susanne Prins	DA2	5	I	7:51.77	PR	
6	13 Esmée Brommer	DN1	8	O	7:59.96		
7	1 Denise van der Hulst	DSA	6	O	8:08.86		
8	12 Anouk Könst	DA1	4	I	8:21.98	PR	
9	2 Maureen Hagen	DA1	3	O	8:22.55	PR	
10	19 Lara Dingjan	DA2	5	O	8:30.79	PR	
11	4 Nerena van Vuuren	DN3	3	I	8:40.52	PR	
12	10 Merit de Bruin	DA1	1	I	9:14.91	PR	
	21 Lidia Tempert	DN4	4	O	DNF		



		Naam		Cat		PR	Tijd	Info
3	wt	4	<b>Nerena van Vuuren</b>		DN3	8:59.04	<b>8:40.52</b>	PR
	rd	2	<b>Maureen Hagen</b>		DA1	8:39.05	<b>8:22.55</b>	PR
			<b>Nerena van Vuuren</b>			<b>Maureen Hagen</b>		
		200m	23.13	(23.13)	200m	22.96	(22.96)	
		600m	1:00.56	(37.43)	600m	1:01.48	(38.52)	
		1000m	1:39.50	(38.94)	1000m	1:40.90	(39.42)	
		1400m	2:19.63	(40.13)	1400m	2:20.93	(40.03)	
		1800m	3:00.46	(40.83)	1800m	3:00.86	(39.93)	
		2200m	3:42.02	(41.56)	2200m	3:41.05	(40.19)	
		2600m	4:24.49	(42.47)	2600m	4:21.51	(40.46)	
		3000m	5:07.26	(42.77)	3000m	5:01.82	(40.31)	
		3400m	5:50.34	(43.08)	3400m	5:42.42	(40.60)	
		3800m	6:33.73	(43.39)	3800m	6:22.78	(40.36)	
		4200m	7:15.80	(42.07)	4200m	7:03.39	(40.61)	
		4600m	7:58.18	(42.38)	4600m	7:43.80	(40.41)	
		5000m	8:40.52	(42.34)	5000m	8:22.55	(38.75)	

		Naam		Cat		PR	Tijd	Info
4	gl	12	<b>Anouk Könst</b>		DA1	8:57.88	<b>8:21.98</b>	PR
	bl	21	<b>Lidia Tempert</b>		DN4	8:01.20	<b>DNF</b>	
			<b>Anouk Könst</b>			<b>Lidia Tempert</b>		
		200m	23.93	(23.93)	200m	22.02	(22.02)	
		600m	1:01.44	(37.51)	600m	59.38	(37.36)	
		1000m	1:39.78	(38.34)	1000m	1:37.49	(38.11)	
		1400m	2:18.79	(39.01)	1400m	2:14.47	(36.98)	
		1800m	2:58.53	(39.74)				
		2200m	3:38.36	(39.83)				
		2600m	4:18.46	(40.10)				
		3000m	4:58.49	(40.03)				
		3400m	5:38.33	(39.84)				
		3800m	6:17.87	(39.54)				
		4200m	6:57.15	(39.28)				
		4600m	7:39.12	(41.97)				
		5000m	8:21.98	(42.86)				

		Naam		Cat		PR	Tijd	Info
5	wt	3	<b>Susanne Prins</b>		DA2		8:11.29	<b>7:51.77</b> PR
	rd	19	<b>Lara Dingjan</b>		DA2		8:33.60	<b>8:30.79</b> PR
			<b>Susanne Prins</b>				<b>Lara Dingjan</b>	
			200m	21.96	(21.96)	200m 22.94 (22.94)		
			600m	57.77	(35.81)	600m 1:00.68 (37.74)		
			1000m	1:34.77	(37.00)	1000m 1:40.44 (39.76)		
			1400m	2:12.26	(37.49)	1400m 2:20.54 (40.10)		
			1800m	2:49.61	(37.35)	1800m 3:00.99 (40.45)		
			2200m	3:27.07	(37.46)	2200m 3:41.65 (40.66)		
			2600m	4:04.70	(37.63)	2600m 4:22.47 (40.82)		
			3000m	4:42.73	(38.03)	3000m 5:03.66 (41.19)		
			3400m	5:20.67	(37.94)	3400m 5:45.11 (41.45)		
			3800m	5:58.60	(37.93)	3800m 6:27.09 (41.98)		
			4200m	6:36.88	(38.28)	4200m 7:09.15 (42.06)		
			4600m	7:14.97	(38.09)	4600m 7:50.23 (41.08)		
			5000m	7:51.77	(36.80)	5000m 8:30.79 (40.56)		

		Naam		Cat		PR	Tijd	Info
6	gl	33	<b>Veerle van Koppen</b>		DN1		7:50.00	<b>7:47.78</b> PR
	bl	1	<b>Denise van der Hulst</b>		DSA		7:47.24	<b>8:08.86</b>
			<b>Veerle van Koppen</b>				<b>Denise van der Hulst</b>	
			200m	21.61	(21.61)	200m 23.22 (23.22)		
			600m	57.18	(35.57)	600m 1:00.57 (37.35)		
			1000m	1:33.50	(36.32)	1000m 1:38.91 (38.34)		
			1400m	2:09.69	(36.19)	1400m 2:17.08 (38.17)		
			1800m	2:46.25	(36.56)	1800m 2:55.28 (38.20)		
			2200m	3:23.06	(36.81)	2200m 3:33.79 (38.51)		
			2600m	4:00.33	(37.27)	2600m 4:13.24 (39.45)		
			3000m	4:37.80	(37.47)	3000m 4:52.85 (39.61)		
			3400m	5:15.50	(37.70)	3400m 5:32.44 (39.59)		
			3800m	5:53.28	(37.78)	3800m 6:11.48 (39.04)		
			4200m	6:31.31	(38.03)	4200m 6:50.56 (39.08)		
			4600m	7:09.37	(38.06)	4600m 7:29.48 (38.92)		
			5000m	7:47.78	(38.41)	5000m 8:08.86 (39.38)		

		Naam		Cat		PR	Tijd	Info
7	wt	17 <b>Esmee Visser</b>		DSA		6:45.73	<b>7:20.69</b>	TR
	rd	20 <b>Eline van Voorden</b>		DN4		7:24.91	<b>7:34.83</b>	TRC
<b>Esmee Visser</b>			<b>Eline van Voorden</b>					
		200m	21.68	(21.68)		200m	22.16	(22.16)
		600m	56.26	(34.58)		600m	55.93	(33.77)
		1000m	1:31.15	(34.89)		1000m	1:31.26	(35.33)
		1400m	2:06.21	(35.06)		1400m	2:06.71	(35.45)
		1800m	2:41.04	(34.83)		1800m	2:42.31	(35.60)
		2200m	3:15.87	(34.83)		2200m	3:18.04	(35.73)
		2600m	3:50.67	(34.80)		2600m	3:54.06	(36.02)
		3000m	4:25.27	(34.60)		3000m	4:30.17	(36.11)
		3400m	5:00.30	(35.03)		3400m	5:06.62	(36.45)
		3800m	5:35.51	(35.21)		3800m	5:43.39	(36.77)
		4200m	6:10.63	(35.12)		4200m	6:20.29	(36.90)
		4600m	6:45.69	(35.06)		4600m	6:57.36	(37.07)
		5000m	7:20.69	(35.00)		5000m	7:34.83	(37.47)

		Naam		Cat		PR	Tijd	Info
8	gl	11 <b>Sophie Kraaijeveld</b>		DN1		7:31.18	<b>7:36.97</b>	
	bl	13 <b>Esmée Brommer</b>		DN1		7:42.73	<b>7:59.96</b>	
<b>Sophie Kraaijeveld</b>			<b>Esmée Brommer</b>					
		200m	22.33	(22.33)		200m	21.60	(21.60)
		600m	58.50	(36.17)		600m	57.80	(36.20)
		1000m	1:35.10	(36.60)		1000m	1:35.71	(37.91)
		1400m	2:11.32	(36.22)		1400m	2:13.42	(37.71)
		1800m	2:46.96	(35.64)		1800m	2:50.79	(37.37)
		2200m	3:22.92	(35.96)		2200m	3:28.52	(37.73)
		2600m	3:59.32	(36.40)		2600m	4:06.91	(38.39)
		3000m	4:35.81	(36.49)		3000m	4:44.36	(37.45)
		3400m	5:11.92	(36.11)		3400m	5:22.17	(37.81)
		3800m	5:48.35	(36.43)		3800m	6:00.52	(38.35)
		4200m	6:24.42	(36.07)		4200m	6:39.52	(39.00)
		4600m	7:00.31	(35.89)		4600m	7:18.91	(39.39)
		5000m	7:36.97	(36.66)		5000m	7:59.96	(41.05)

## 2. Uitslag Mannen 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Gert Wierda	HN2	3	O	13:31.86	TRC TR	
2	9 Jelle Koeleman	HN1	4	I	14:09.32	PR	
3	18 Jasper Krommenhoek	HN1	3	I	14:09.89		
4	22 Simon de Smit	HN1	4	O	14:22.65	PR	
5	6 Jesse Vollaard	HN2	1	I	14:43.19	PR	
6	5 Luke Kooij	HN4	2	O	15:00.54	PR	
7	16 Alexander Doornekamp	HN4	2	I	16:44.38	PR	

## 2. Rituitslag Mannen 10000 meter

	Naam	Cat	PR	Tijd Info
1	wt rd 6 Jesse Vollaard	HN2	15:14.06	14:43.19 PR

### Jesse Vollaard

Distance	Time	PR	Info
400m	38.73	(38.73)	m
800m	1:14.34	(35.61)	
1200m	1:49.99	(35.65)	
1600m	2:25.69	(35.70)	
2000m	3:01.66	(35.97)	
2400m	3:37.36	(35.70)	
2800m	4:12.89	(35.53)	
3200m	4:48.36	(35.47)	
3600m	5:24.01	(35.65)	
4000m	5:59.94	(35.93)	
4400m	6:35.52	(35.58)	
4800m	7:11.26	(35.74)	
5200m	7:46.72	(35.46)	
5600m	8:21.83	(35.11)	
6000m	8:56.83	(35.00)	
6400m	9:31.67	(34.84)	
6800m	10:06.46	(34.79)	
7200m	10:41.60	(35.14)	
7600m	11:16.57	(34.97)	
8000m	11:51.65	(35.08)	
8400m	12:26.37	(34.72)	
8800m	13:01.19	(34.82)	
9200m	13:35.81	(34.62)	
9600m	14:09.73	(33.92)	
10000m	14:43.19	(33.46)	

		Naam	Cat	PR	Tijd	Info
2	gl	16 Alexander Doornekamp	HN4	17:06.39	<b>16:44.38</b>	PR
	bl	5 Luke Kooij	HN4	15:44.19	<b>15:00.54</b>	PR

### Alexander Doornekamp

400m	41.80	(41.80)
800m	1:21.78	(39.98)
1200m	2:01.37	(39.59)
1600m	2:41.01	(39.64)
2000m	3:21.36	(40.35)
2400m	4:01.30	(39.94)
2800m	4:41.80	(40.50)
3200m	5:22.50	(40.70)
3600m	6:02.05	(39.55)
4000m	6:41.96	(39.91)
4400m	7:22.46	(40.50)
4800m	8:03.24	(40.78)
5200m	8:43.07	(39.83)
5600m	9:22.57	(39.50)
6000m	10:02.69	(40.12)
6400m	10:43.18	(40.49)
6800m	11:23.82	(40.64)
7200m	12:03.77	(39.95)
7600m	12:44.20	(40.43)
8000m	13:24.13	(39.93)
8400m	14:04.36	(40.23)
8800m	14:44.46	(40.10)
9200m	15:24.82	(40.36)
9600m	16:04.95	(40.13)
10000m	16:44.38	(39.43)

### Luke Kooij

400m	40.18	(40.18)
800m	1:15.46	(35.28)
1200m	1:51.33	(35.87)
1600m	2:26.69	(35.36)
2000m	3:02.17	(35.48)
2400m	3:37.60	(35.43)
2800m	4:13.33	(35.73)
3200m	4:48.70	(35.37)
3600m	5:24.27	(35.57)
4000m	5:59.25	(34.98)
4400m	6:34.48	(35.23)
4800m	7:10.14	(35.66)
5200m	7:45.76	(35.62)
5600m	8:21.42	(35.66)
6000m	8:57.55	(36.13)
6400m	9:34.33	(36.78)
6800m	10:10.78	(36.45)
7200m	10:47.09	(36.31)
7600m	11:23.94	(36.85)
8000m	12:00.84	(36.90)
8400m	12:38.27	(37.43)
8800m	13:14.44	(36.17)
9200m	13:49.83	(35.39)
9600m	14:25.46	(35.63)
10000m	15:00.54	(35.08)



		Naam	Cat	PR	Tijd	Info
3	wt	18 Jasper Krommenhoek	HN1	13:56.96	<b>14:09.89</b>	
	rd	15 Gert Wierda	HN2	13:18.82	<b>13:31.86</b>	TRC TR

Jasper Krommenhoek

Gert Wierda

400m	36.48	(36.48)	400m	35.77	(35.77)
800m	1:09.59	(33.11)	800m	1:07.24	(31.47)
1200m	1:42.69	(33.10)	1200m	1:38.92	(31.68)
1600m	2:15.61	(32.92)	1600m	2:10.66	(31.74)
2000m	2:48.77	(33.16)	2000m	2:42.59	(31.93)
2400m	3:21.85	(33.08)	2400m	3:14.43	(31.84)
2800m	3:54.91	(33.06)	2800m	3:46.38	(31.95)
3200m	4:28.16	(33.25)	3200m	4:18.30	(31.92)
3600m	5:01.22	(33.06)	3600m	4:50.10	(31.80)
4000m	5:34.29	(33.07)	4000m	5:21.98	(31.88)
4400m	6:07.41	(33.12)	4400m	5:54.33	(32.35)
4800m	6:40.44	(33.03)	4800m	6:26.84	(32.51)
5200m	7:13.74	(33.30)	5200m	6:59.78	(32.94)
5600m	7:46.94	(33.20)	5600m	7:32.61	(32.83)
6000m	8:20.20	(33.26)	6000m	8:05.09	(32.48)
6400m	8:53.73	(33.53)	6400m	8:37.68	(32.59)
6800m	9:27.78	(34.05)	6800m	9:10.39	(32.71)
7200m	10:02.36	(34.58)	7200m	9:42.84	(32.45)
7600m	10:37.47	(35.11)	7600m	10:15.50	(32.66)
8000m	11:12.36	(34.89)	8000m	10:48.21	(32.71)
8400m	11:48.50	(36.14)	8400m	11:21.08	(32.87)
8800m	12:24.55	(36.05)	8800m	11:54.00	(32.92)
9200m	13:00.59	(36.04)	9200m	12:26.66	(32.66)
9600m	13:35.39	(34.80)	9600m	12:59.11	(32.45)
10000m	14:09.89	(34.50)	10000m	13:31.86	(32.75)

		Naam	Cat	PR	Tijd	Info
4	gl	9 <b>Jelle Koeleman</b>	HN1	14:23.04	<b>14:09.32</b>	PR
	bl	22 <b>Simon de Smit</b>	HN1	14:43.74	<b>14:22.65</b>	PR

**Jelle Koeleman**

**Simon de Smit**

400m	36.74	(36.74)	400m	36.49	(36.49)
800m	1:09.76	(33.02)	800m	1:09.87	(33.38)
1200m	1:43.80	(34.04)	1200m	1:44.02	(34.15)
1600m	2:17.86	(34.06)	1600m	2:18.02	(34.00)
2000m	2:51.87	(34.01)	2000m	2:52.03	(34.01)
2400m	3:25.86	(33.99)	2400m	3:26.04	(34.01)
2800m	4:00.03	(34.17)	2800m	4:00.15	(34.11)
3200m	4:33.96	(33.93)	3200m	4:34.30	(34.15)
3600m	5:07.91	(33.95)	3600m	5:08.15	(33.85)
4000m	5:41.66	(33.75)	4000m	5:42.29	(34.14)
4400m	6:15.68	(34.02)	4400m	6:16.58	(34.29)
4800m	6:49.58	(33.90)	4800m	6:50.56	(33.98)
5200m	7:23.46	(33.88)	5200m	7:25.06	(34.50)
5600m	7:57.18	(33.72)	5600m	7:59.13	(34.07)
6000m	8:30.89	(33.71)	6000m	8:33.48	(34.35)
6400m	9:04.50	(33.61)	6400m	9:08.21	(34.73)
6800m	9:38.16	(33.66)	6800m	9:43.10	(34.89)
7200m	10:11.98	(33.82)	7200m	10:18.05	(34.95)
7600m	10:45.82	(33.84)	7600m	10:53.02	(34.97)
8000m	11:19.69	(33.87)	8000m	11:28.14	(35.12)
8400m	11:53.78	(34.09)	8400m	12:03.12	(34.98)
8800m	12:27.77	(33.99)	8800m	12:38.07	(34.95)
9200m	13:01.80	(34.03)	9200m	13:12.94	(34.87)
9600m	13:35.65	(33.85)	9600m	13:48.12	(35.18)
10000m	14:09.32	(33.67)	10000m	14:22.65	(34.53)