

1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Jasper van der Marel	HN1	8	I	14:22.81	PR	
2	14 Tygo Kompier	HA2	8	O	15:59.77		
3	3 Joppe Kleiweg	HSA	6	I	16:03.46	PR	
4	2 Mark Veenstra	HSB	7	I	16:29.48	PR	
5	18 Hugo de Jonge	HN2	2	O	16:39.62		
6	13 Stefan Lenselink	H40	4	I	16:48.17	PR	
7	5 Joey van den Berg	HA1	7	O	16:57.97		
8	6 Kyenno Fredrikze	HA1	6	O	17:13.90		
9	7 Meerle van den Berg	DN4	3	O	17:17.20	PR	
10	19 Jordy Krap	HSA	4	O	17:27.73		
11	10 Lenthe Jansen	DA1	5	I	17:31.89	PR	
12	12 Amber Koetsier	DB2	3	I	17:35.63		
13	4 Hilde Houtzager	DN3	2	I	17:36.46	PR	
14	1 Mariska van Zon	DSA	1	O	17:49.23		
15	15 Nerena van Vuuren	DN4	1	I	18:29.66		

1. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 15 Nerena van Vuuren	DN4	18:22.36	18:29.66	
	rd 1 Mariska van Zon	DSA		17:49.23	
Nerena van Vuuren			Mariska van Zon		
	400m	43.88 (43.88)	400m	43.81 (43.81)	
	800m	1:24.07 (40.19)	800m	1:24.70 (40.89)	
	1200m	2:06.21 (42.14)	1200m	2:05.65 (40.95)	
	1600m	2:48.61 (42.40)	1600m	2:47.82 (42.17)	
	2000m	3:31.72 (43.11)	2000m	3:30.93 (43.11)	
	2400m	4:15.54 (43.82)	2400m	4:13.92 (42.99)	
	2800m	5:00.29 (44.75)	2800m	4:56.30 (42.38)	
	3200m	5:45.78 (45.49)	3200m	5:39.22 (42.92)	
	3600m	6:30.93 (45.15)	3600m	6:22.15 (42.93)	
	4000m	7:14.22 (43.29)	4000m	7:05.50 (43.35)	
	4400m	7:58.99 (44.77)	4400m	7:48.88 (43.38)	
	4800m	8:44.63 (45.64)	4800m	8:32.52 (43.64)	
	5200m	9:29.95 (45.32)	5200m	9:16.44 (43.92)	
	5600m	10:16.01 (46.06)	5600m	10:00.17 (43.73)	
	6000m	11:01.37 (45.36)	6000m	10:44.17 (44.00)	
	6400m	11:47.21 (45.84)	6400m	11:27.79 (43.62)	
	6800m	12:33.63 (46.42)	6800m	12:12.04 (44.25)	
	7200m	13:19.94 (46.31)	7200m	12:55.91 (43.87)	
	7600m	14:06.05 (46.11)	7600m	13:38.59 (42.68)	
	8000m	14:51.71 (45.66)	8000m	14:20.72 (42.13)	
	8400m	15:36.96 (45.25)	8400m	15:02.54 (41.82)	
	8800m	16:20.04 (43.08)	8800m	15:44.98 (42.44)	
	9200m	17:03.93 (43.89)	9200m	16:26.94 (41.96)	
	9600m	17:47.02 (43.09)	9600m	17:08.35 (41.41)	
	10000m	18:29.66 (42.64)	10000m	17:49.23 (40.88)	

		Naam	Cat	PR	Tijd Info
2	gl	4 Hilde Houtzager	DN3	18:04.34	17:36.46 PR
	bl	18 Hugo de Jonge	HN2		16:39.62

Hilde Houtzager

400m	43.64	(43.64)
800m	1:24.05	(40.41)
1200m	2:04.98	(40.93)
1600m	2:45.28	(40.30)
2000m	3:26.09	(40.81)
2400m	4:07.11	(41.02)
2800m	4:48.76	(41.65)
3200m	5:30.61	(41.85)
3600m	6:12.06	(41.45)
4000m	6:53.88	(41.82)
4400m	7:36.96	(43.08)
4800m	8:20.04	(43.08)
5200m	9:03.44	(43.40)
5600m	9:46.52	(43.08)
6000m	10:28.82	(42.30)
6400m	11:11.61	(42.79)
6800m	11:54.71	(43.10)
7200m	12:36.87	(42.16)
7600m	13:20.12	(43.25)
8000m	14:02.09	(41.97)
8400m	14:45.01	(42.92)
8800m	15:27.67	(42.66)
9200m	16:10.23	(42.56)
9600m	16:52.86	(42.63)
10000m	17:36.46	(43.60)

Hugo de Jonge

400m	40.60	(40.60)
800m	1:17.91	(37.31)
1200m	1:56.35	(38.44)
1600m	2:34.42	(38.07)
2000m	3:13.46	(39.04)
2400m	3:53.14	(39.68)
2800m	4:32.45	(39.31)
3200m	5:11.69	(39.24)
3600m	5:50.97	(39.28)
4000m	6:30.34	(39.37)
4400m	7:09.59	(39.25)
4800m	7:48.27	(38.68)
5200m	8:26.91	(38.64)
5600m	9:06.34	(39.43)
6000m	9:46.14	(39.80)
6400m	10:25.55	(39.41)
6800m	11:05.83	(40.28)
7200m	11:46.51	(40.68)
7600m	12:27.64	(41.13)
8000m	13:09.07	(41.43)
8400m	13:49.88	(40.81)
8800m	14:30.73	(40.85)
9200m	15:12.66	(41.93)
9600m	15:55.79	(43.13)
10000m	16:39.62	(43.83)

		Naam	Cat	PR	Tijd Info
3	wt	12 Amber Koetsier	DB2		17:35.63
	rd	7 Meerle van den Berg	DN4	18:26.34	17:17.20 PR

Amber Koetsier

400m	42.26	(42.26)
800m	1:19.82	(37.56)
1200m	1:58.79	(38.97)
1600m	2:39.16	(40.37)
2000m	3:18.99	(39.83)
2400m	3:59.24	(40.25)
2800m	4:39.88	(40.64)
3200m	5:20.83	(40.95)
3600m	6:02.81	(41.98)
4000m	6:45.32	(42.51)
4400m	7:28.47	(43.15)
4800m	8:11.20	(42.73)
5200m	8:54.15	(42.95)
5600m	9:37.55	(43.40)
6000m	10:21.01	(43.46)
6400m	11:03.55	(42.54)
6800m	11:46.51	(42.96)
7200m	12:30.19	(43.68)
7600m	13:14.15	(43.96)
8000m	13:58.28	(44.13)
8400m	14:42.83	(44.55)
8800m	15:27.83	(45.00)
9200m	16:12.17	(44.34)
9600m	16:54.88	(42.71)
10000m	17:35.63	(40.75)

Meerle van den Berg

400m	42.12	(42.12)
800m	1:21.13	(39.01)
1200m	2:00.43	(39.30)
1600m	2:40.55	(40.12)
2000m	3:20.68	(40.13)
2400m	4:01.58	(40.90)
2800m	4:42.25	(40.67)
3200m	5:23.68	(41.43)
3600m	6:04.76	(41.08)
4000m	6:46.02	(41.26)
4400m	7:27.42	(41.40)
4800m	8:08.94	(41.52)
5200m	8:50.89	(41.95)
5600m	9:33.30	(42.41)
6000m	10:15.35	(42.05)
6400m	10:56.92	(41.57)
6800m	11:38.96	(42.04)
7200m	12:20.96	(42.00)
7600m	13:03.33	(42.37)
8000m	13:46.26	(42.93)
8400m	14:28.31	(42.05)
8800m	15:10.94	(42.63)
9200m	15:53.60	(42.66)
9600m	16:36.02	(42.42)
10000m	17:17.20	(41.18)

		Naam	Cat	PR	Tijd Info
4	gl	13 Stefan Lenselink	H40	16:50.65	16:48.17 PR
	bl	19 Jordy Krap	HSA		17:27.73

Stefan Lenselink

400m	41.64	(41.64)
800m	1:18.08	(36.44)
1200m	1:55.75	(37.67)
1600m	2:34.41	(38.66)
2000m	3:13.67	(39.26)
2400m	3:53.11	(39.44)
2800m	4:33.04	(39.93)
3200m	5:13.15	(40.11)
3600m	5:53.61	(40.46)
4000m	6:34.29	(40.68)
4400m	7:14.87	(40.58)
4800m	7:56.24	(41.37)
5200m	8:37.42	(41.18)
5600m	9:18.24	(40.82)
6000m	9:59.10	(40.86)
6400m	10:39.36	(40.26)
6800m	11:19.69	(40.33)
7200m	12:00.55	(40.86)
7600m	12:41.44	(40.89)
8000m	13:22.53	(41.09)
8400m	14:03.77	(41.24)
8800m	14:45.58	(41.81)
9200m	15:26.76	(41.18)
9600m	16:07.42	(40.66)
10000m	16:48.17	(40.75)

Jordy Krap

400m	40.85	(40.85)
800m	1:17.93	(37.08)
1200m	1:55.63	(37.70)
1600m	2:34.43	(38.80)
2000m	3:13.94	(39.51)
2400m	3:53.55	(39.61)
2800m	4:34.93	(41.38)
3200m	5:16.96	(42.03)
3600m	5:58.88	(41.92)
4000m	6:41.08	(42.20)
4400m	7:23.68	(42.60)
4800m	8:06.51	(42.83)
5200m	8:49.31	(42.80)
5600m	9:32.61	(43.30)
6000m	10:15.16	(42.55)
6400m	10:58.48	(43.32)
6800m	11:41.87	(43.39)
7200m	12:25.10	(43.23)
7600m	13:08.53	(43.43)
8000m	13:51.88	(43.35)
8400m	14:34.72	(42.84)
8800m	15:17.92	(43.20)
9200m	16:01.23	(43.31)
9600m	16:44.15	(42.92)
10000m	17:27.73	(43.58)

		Naam	Cat	PR	Tijd Info
5	wt rd	10 Lenthe Jansen	DA1	17:34.56	17:31.89 PR

Lenthe Jansen

400m	42.49	(42.49)
800m	1:19.83	(37.34)
1200m	1:58.51	(38.68)
1600m	2:38.90	(40.39)
2000m	3:20.63	(41.73)
2400m	4:03.18	(42.55)
2800m	4:45.32	(42.14)
3200m	5:28.01	(42.69)
3600m	6:10.41	(42.40)
4000m	6:50.91	(40.50)
4400m	7:32.87	(41.96)
4800m	8:15.74	(42.87)
5200m	8:58.36	(42.62)
5600m	9:42.04	(43.68)
6000m	10:25.86	(43.82)
6400m	11:09.16	(43.30)
6800m	11:53.25	(44.09)
7200m	12:35.65	(42.40)
7600m	13:17.88	(42.23)
8000m	14:01.43	(43.55)
8400m	14:44.48	(43.05)
8800m	15:26.56	(42.08)
9200m	16:08.18	(41.62)
9600m	16:50.90	(42.72)
10000m	17:31.89	(40.99)

m

		Naam	Cat	PR	Tijd Info
6	gl	3 Joppe Kleiweg	HSA	16:24.70	16:03.46 PR
	bl	6 Kyenno Fredrikze	HA1		17:13.90

Joppe Kleiweg

400m	40.01	(40.01)
800m	1:17.64	(37.63)
1200m	1:57.18	(39.54)
1600m	2:37.09	(39.91)
2000m	3:16.46	(39.37)
2400m	3:55.33	(38.87)
2800m	4:33.79	(38.46)
3200m	5:12.03	(38.24)
3600m	5:50.25	(38.22)
4000m	6:28.35	(38.10)
4400m	7:06.95	(38.60)
4800m	7:45.65	(38.70)
5200m	8:24.34	(38.69)
5600m	9:02.92	(38.58)
6000m	9:41.43	(38.51)
6400m	10:19.61	(38.18)
6800m	10:58.02	(38.41)
7200m	11:36.62	(38.60)
7600m	12:15.20	(38.58)
8000m	12:53.57	(38.37)
8400m	13:31.97	(38.40)
8800m	14:10.37	(38.40)
9200m	14:48.52	(38.15)
9600m	15:26.32	(37.80)
10000m	16:03.46	(37.14)

Kyenno Fredrikze

400m	40.23	(40.23)
800m	1:18.94	(38.71)
1200m	1:58.07	(39.13)
1600m	2:39.23	(41.16)
2000m	3:20.54	(41.31)
2400m	4:02.08	(41.54)
2800m	4:43.97	(41.89)
3200m	5:26.20	(42.23)
3600m	6:08.15	(41.95)
4000m	6:49.97	(41.82)
4400m	7:32.37	(42.40)
4800m	8:14.73	(42.36)
5200m	8:56.64	(41.91)
5600m	9:38.99	(42.35)
6000m	10:20.34	(41.35)
6400m	11:01.39	(41.05)
6800m	11:42.10	(40.71)
7200m	12:24.24	(42.14)
7600m	13:06.36	(42.12)
8000m	13:48.73	(42.37)
8400m	14:30.50	(41.77)
8800m	15:12.32	(41.82)
9200m	15:54.18	(41.86)
9600m	16:33.92	(39.74)
10000m	17:13.90	(39.98)

		Naam	Cat	PR	Tijd Info
7	wt	2 Mark Veenstra	HSB	16:49.08	16:29.48 PR
	rd	5 Joey van den Berg	HA1		16:57.97

Mark Veenstra

400m	40.15	(40.15)
800m	1:18.39	(38.24)
1200m	1:58.10	(39.71)
1600m	2:37.63	(39.53)
2000m	3:16.86	(39.23)
2400m	3:55.98	(39.12)
2800m	4:35.22	(39.24)
3200m	5:15.00	(39.78)
3600m	5:54.31	(39.31)
4000m	6:33.91	(39.60)
4400m	7:15.34	(41.43)
4800m	8:00.72	(45.38)
5200m	8:43.66	(42.94)
5600m	9:20.80	(37.14)
6000m	9:58.81	(38.01)
6400m	10:37.86	(39.05)
6800m	11:16.96	(39.10)
7200m	11:56.01	(39.05)
7600m	12:34.96	(38.95)
8000m	13:13.91	(38.95)
8400m	13:53.22	(39.31)
8800m	14:32.40	(39.18)
9200m	15:11.61	(39.21)
9600m	15:50.65	(39.04)
10000m	16:29.48	(38.83)

Joey van den Berg

400m	39.70	(39.70)
800m	1:19.57	(39.87)
1200m	1:59.84	(40.27)
1600m	2:39.92	(40.08)
2000m	3:19.39	(39.47)
2400m	3:58.06	(38.67)
2800m	4:38.05	(39.99)
3200m	5:18.66	(40.61)
3600m	5:59.01	(40.35)
4000m	6:39.74	(40.73)
4400m	7:20.89	(41.15)
4800m	8:02.69	(41.80)
5200m	8:43.67	(40.98)
5600m	9:24.99	(41.32)
6000m	10:06.21	(41.22)
6400m	10:47.61	(41.40)
6800m	11:29.18	(41.57)
7200m	12:11.74	(42.56)
7600m	12:53.47	(41.73)
8000m	13:34.84	(41.37)
8400m	14:15.69	(40.85)
8800m	14:56.26	(40.57)
9200m	15:37.35	(41.09)
9600m	16:18.30	(40.95)
10000m	16:57.97	(39.67)

		Naam	Cat	PR	Tijd Info
8	gl	11 Jasper van der Marel	HN1	14:41.45	14:22.81 PR
	bl	14 Tygo Kompier	HA2	15:40.29	15:59.77

Jasper van der Marel

400m	36.18	(36.18)
800m	1:08.96	(32.78)
1200m	1:42.42	(33.46)
1600m	2:16.09	(33.67)
2000m	2:50.28	(34.19)
2400m	3:24.48	(34.20)
2800m	3:58.75	(34.27)
3200m	4:33.32	(34.57)
3600m	5:08.06	(34.74)
4000m	5:42.60	(34.54)
4400m	6:17.11	(34.51)
4800m	6:51.46	(34.35)
5200m	7:25.96	(34.50)
5600m	8:00.60	(34.64)
6000m	8:35.34	(34.74)
6400m	9:09.96	(34.62)
6800m	9:44.96	(35.00)
7200m	10:19.41	(34.45)
7600m	10:54.39	(34.98)
8000m	11:29.19	(34.80)
8400m	12:04.41	(35.22)
8800m	12:39.21	(34.80)
9200m	13:13.90	(34.69)
9600m	13:48.43	(34.53)
10000m	14:22.81	(34.38)

Tygo Kompier

400m	36.15	(36.15)
800m	1:11.07	(34.92)
1200m	1:47.04	(35.97)
1600m	2:23.16	(36.12)
2000m	2:59.92	(36.76)
2400m	3:37.37	(37.45)
2800m	4:15.05	(37.68)
3200m	4:52.76	(37.71)
3600m	5:30.97	(38.21)
4000m	6:10.19	(39.22)
4400m	6:51.30	(41.11)
4800m	7:31.44	(40.14)
5200m	8:10.89	(39.45)
5600m	8:49.82	(38.93)
6000m	9:28.70	(38.88)
6400m	10:08.02	(39.32)
6800m	10:47.27	(39.25)
7200m	11:27.08	(39.81)
7600m	12:06.92	(39.84)
8000m	12:46.68	(39.76)
8400m	13:25.99	(39.31)
8800m	14:05.22	(39.23)
9200m	14:44.37	(39.15)
9600m	15:22.88	(38.51)
10000m	15:59.77	(36.89)