

1. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd Info	Punten
1	72 Mark Ooijevaar	HSB	28	I	4:18.04	
2	51 Yoeri van Bostelen	HA1	27	I	4:25.15	
3	56 Jelle Rieff	HN1	27	O	4:29.08	
4	53 Joris Brink	HSA	26	O	4:29.53	
5	42 Jeremy Brinkers	HN1	28	O	4:35.67	
6	23 Taeke Jongbloed	HC2	26	I	4:37.23	
7	14 Berto Anker	HA1	23	I	4:38.13	PR
8	31 Mark Veenstra	HSB	24	I	4:42.24	
9	69 Jim Hartveld	HC2	20	O	4:43.13	PR
10	60 Paddy Smit	HN1	25	O	4:44.87	
11	11 Luke Bavius	HC2	20	I	4:47.48	PR
12	65 Jos Drabbels	H55	21	O	4:48.28	
13	8 Jules van Winden	HB1	21	I	4:49.10	PR
14	38 Maarten Pennings	HB2	23	O	4:50.99	
15	6 Ymke Wubben	DC2	19	I	4:51.52	
16	70 Iris Mulder	DN1	22	O	4:51.90	
17	45 Susanne Prins	DA1	24	O	4:54.38	
18	43 Bram van der Hoeven	HC2	4	O	4:57.31	
19	30 Jan Terpstra	H50	15	I	5:03.36	
20	55 Rick Loos	HB1	17	O	5:06.86	
21	67 Kyenno Fredrikze	HB1	22	I	5:08.64	
22	2 Hilde Houtzager	DN1	18	O	5:10.31	
23	52 Freek Smits	H45	13	I	5:10.54	PR
24	17 Martin van Bostelen	H50	4	I	5:10.98	
25	40 Lenthe Jansen	DB1	16	I	5:11.08	
26	64 Frank Steenkamp	H65	18	I	5:11.99	
27	28 Marco van Koppen	H50	16	O	5:12.52	
28	73 Quinten de Jong	HC2	3	I	5:13.46	
29	25 Tiemen Haaring	HB2	15	O	5:16.28	
30	58 Lars van Klink	HC2	11	I	5:16.76	PR
31	20 Amber Koetsier	DC2	11	O	5:17.63	
32	35 Stijn van Liefland	H55	12	O	5:18.06	
33	59 Tom Loos	HB1	13	O	5:20.69	
34	1 Nerena van Vuuren	DN2	14	O	5:22.59	
35	46 Stef Voermans	H50	3	O	5:23.19	
36	33 Carl von Lindern	H55	10	I	5:26.34	
37	9 Nick Barendse	HC2	17	I	5:27.39	
38	47 Gio Kromokario	HC2	5	O	5:27.42	PR

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	29 Floriaan Alfrink	H45	14	I	5:32.91		
40	10 Patrick Delanghe	H55	10	O	5:33.33		
41	27 Janneke van den Bos	DSB	9	O	5:34.13		
42	63 Jaap Wijnia	H55	6	O	5:39.05	PR	
43	37 Ravi de Jong	HB2	8	O	5:39.72	PR	
44	71 Sietse Kerkvliet	HSA	9	I	5:40.58		
45	36 Job van Dongen	HB1	7	I	5:40.61		
46	19 Famke Hogenboom	DA1	8	I	5:41.85		
47	26 Anne Spruijt	DC2	2	O	5:44.44		
48	32 Kees Hofwegen	H55	7	O	5:45.94		
49	39 Caitlin Koenen	DA1	5	I	6:10.42		
50	54 Stefan Rüdiger	H50	6	I	7:12.73		
	41 Gwen Wubben	DA1	2	I	DNF		
	3 Leon van Kooten	HSB	12	I	DNS		
	74 Arne Wendt	HN2	19	O	DNS		
	4 Kees de Ruijter	HA1	25	I	DNS		

1. Rituitslag 3000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd				
	m	m			

	Naam	Cat	PR	Tijd	Info
2	gl 41 Gwen Wubben	DA1			DNF
	bl 26 Anne Spruijt	DC2			5:44.44
	Gwen Wubben		Anne Spruijt		
	200m	24.54 (24.54)	200m	24.06 (24.06)	
	600m	1:07.87 (43.33)	600m	1:07.06 (43.00)	
	1000m	1:52.09 (44.22)	1000m	1:51.98 (44.92)	
	1400m	2:37.17 (45.08)	1400m	2:36.42 (44.44)	
			1800m	3:22.63 (46.21)	
			2200m	4:10.09 (47.46)	
			2600m	4:57.87 (47.78)	
			3000m	5:44.44 (46.57)	

	Naam	Cat	PR	Tijd	Info
3	wt 73 Quinten de Jong	HC2			5:13.46
	rd 46 Stef Voermans	H50			5:23.19
	Quinten de Jong		Stef Voermans		
	200m	22.86 (22.86)	200m	25.02 (25.02)	
	600m	1:05.85 (42.99)	600m	1:05.33 (40.31)	
	1000m	1:46.61 (40.76)	1000m	1:46.98 (41.65)	
	1400m	2:29.23 (42.62)	1400m	2:28.78 (41.80)	
	1800m	3:10.51 (41.28)	1800m	3:11.13 (42.35)	
	2200m	3:51.59 (41.08)	2200m	3:53.91 (42.78)	
	2600m	4:32.92 (41.33)	2600m	4:37.79 (43.88)	
	3000m	5:13.46 (40.54)	3000m	5:23.19 (45.40)	

		Naam	Cat	PR	Tijd Info
4	gl	17 Martin van Bostelen	H50		5:10.98
	bl	43 Bram van der Hoeven	HC2		4:57.31

Martin van Bostelen

200m	25.03	(25.03)
600m	1:02.54	(37.51)
1000m	1:41.91	(39.37)
1400m	2:22.90	(40.99)
1800m	3:04.96	(42.06)
2200m	3:46.90	(41.94)
2600m	4:29.15	(42.25)
3000m	5:10.98	(41.83)

Bram van der Hoeven

200m	23.15	(23.15)
600m	1:00.68	(37.53)
1000m	1:39.22	(38.54)
1400m	2:18.88	(39.66)
1800m	2:59.10	(40.22)
2200m	3:39.67	(40.57)
2600m	4:18.74	(39.07)
3000m	4:57.31	(38.57)

		Naam	Cat	PR	Tijd Info
5	wt	39 Caitlin Koenen	DA1	5:34.44	6:10.42
	rd	47 Gio Kromokario	HC2	5:48.66	5:27.42 PR

Caitlin Koenen

200m	24.84	(24.84)
600m	1:08.05	(43.21)
1000m	1:52.82	(44.77)
1400m	2:39.83	(47.01)
1800m	3:29.05	(49.22)
2200m	4:21.54	(52.49)
2600m	5:15.31	(53.77)
3000m	6:10.42	(55.11)

Gio Kromokario

200m	22.21	(22.21)
600m	1:02.62	(40.41)
1000m	1:41.70	(39.08)
1400m	2:27.13	(45.43)
1800m	3:10.55	(43.42)
2200m	3:55.54	(44.99)
2600m	4:41.09	(45.55)
3000m	5:27.42	(46.33)

		Naam	Cat	PR	Tijd Info
6	gl	54 Stefan Rüdiger	H50	7:06.50	7:12.73
	bl	63 Jaap Wijnia	H55	5:42.05	5:39.05 PR

Stefan Rüdiger

200m	29.79	(29.79)
600m	1:23.46	(53.67)
1000m	2:16.22	(52.76)
1400m	3:13.34	(57.12)
1800m	4:12.47	(59.13)
2200m	5:13.96	(61.49)
2600m	6:14.50	(60.54)
3000m	7:12.73	(58.23)

Jaap Wijnia

200m	25.17	(25.17)
600m	1:04.70	(39.53)
1000m	1:46.12	(41.42)
1400m	2:30.40	(44.28)
1800m	3:15.87	(45.47)
2200m	4:02.58	(46.71)
2600m	4:50.47	(47.89)
3000m	5:39.05	(48.58)

		Naam	Cat	PR	Tijd Info
7	wt	36 Job van Dongen	HB1	5:21.97	5:40.61
	rd	32 Kees Hofwegen	H55	5:17.62	5:45.94

Job van Dongen

200m	23.83	(23.83)
600m	1:04.63	(40.80)
1000m	1:58.71	(54.08)
1400m	2:34.88	(36.17)
1800m	3:21.00	(46.12)
2200m	4:08.18	(47.18)
2600m	4:55.53	(47.35)
3000m	5:40.61	(45.08)

Kees Hofwegen

200m	25.37	(25.37)
600m	1:07.64	(42.27)
1000m	1:52.65	(45.01)
1400m	2:38.01	(45.36)
1800m	3:23.58	(45.57)
2200m	4:09.58	(46.00)
2600m	4:58.24	(48.66)
3000m	5:45.94	(47.70)

		Naam	Cat	PR	Tijd Info
8	gl	19 Famke Hogenboom	DA1	5:27.48	5:41.85
	bl	37 Ravi de Jong	HB2	5:40.83	5:39.72 PR

Famke Hogenboom

200m	23.63	(23.63)
600m	1:04.75	(41.12)
1000m	1:48.57	(43.82)
1400m	2:34.76	(46.19)
1800m	3:21.08	(46.32)
2200m	4:08.07	(46.99)
2600m	4:55.45	(47.38)
3000m	5:41.85	(46.40)

Ravi de Jong

200m	23.84	(23.84)
600m	1:04.61	(40.77)
1000m	1:48.59	(43.98)
1400m	2:34.63	(46.04)
1800m	3:20.73	(46.10)
2200m	4:07.04	(46.31)
2600m	4:55.00	(47.96)
3000m	5:39.72	(44.72)

		Naam	Cat	PR	Tijd Info
9	wt	71 Sietse Kerkvliet	HSA		5:40.58
	rd	27 Janneke van den Bos	DSB	5:21.22	5:34.13

Sietse Kerkvliet

200m	23.93	(23.93)
600m	1:04.80	(40.87)
1000m	1:48.34	(43.54)
1400m	2:33.39	(45.05)
1800m	3:19.79	(46.40)
2200m	4:06.97	(47.18)
2600m	4:53.83	(46.86)
3000m	5:40.58	(46.75)

Janneke van den Bos

200m	24.88	(24.88)
600m	1:07.07	(42.19)
1000m	1:51.90	(44.83)
1400m	2:36.65	(44.75)
1800m	3:21.03	(44.38)
2200m	4:06.20	(45.17)
2600m	4:50.69	(44.49)
3000m	5:34.13	(43.44)

		Naam	Cat	PR	Tijd	Info
10	gl	33 Carl von Lindern	H55	4:59.34	5:26.34	
	bl	10 Patrick Delanghe	H55	5:16.29	5:33.33	
		Carl von Lindern				Patrick Delanghe
		200m 24.75 (24.75)		200m 25.94 (25.94)		
		600m 1:06.86 (42.11)		600m 1:07.45 (41.51)		
		1000m 1:49.41 (42.55)		1000m 1:50.04 (42.59)		
		1400m 2:32.38 (42.97)		1400m 2:34.60 (44.56)		
		1800m 3:15.87 (43.49)		1800m 3:18.69 (44.09)		
		2200m 3:59.15 (43.28)		2200m 4:03.46 (44.77)		
		2600m 4:42.69 (43.54)		2600m 4:48.37 (44.91)		
		3000m 5:26.34 (43.65)		3000m 5:33.33 (44.96)		

		Naam	Cat	PR	Tijd	Info
11	wt	58 Lars van Klink	HC2	5:17.04	5:16.76	PR
	rd	20 Amber Koetsier	DC2	5:16.58	5:17.63	
		Lars van Klink				Amber Koetsier
		200m 23.20 (23.20)		200m 23.24 (23.24)		
		600m 1:04.25 (41.05)		600m 1:02.31 (39.07)		
		1000m 1:46.62 (42.37)		1000m 1:43.98 (41.67)		
		1400m 2:29.05 (42.43)		1400m 2:25.05 (41.07)		
		1800m 3:11.95 (42.90)		1800m 3:06.76 (41.71)		
		2200m 3:54.80 (42.85)		2200m 3:50.40 (43.64)		
		2600m 4:36.95 (42.15)		2600m 4:34.52 (44.12)		
		3000m 5:16.76 (39.81)		3000m 5:17.63 (43.11)		

		Naam	Cat	PR	Tijd Info
12	gl	3 Leon van Kooten	HSB	5:12.69	DNS
	bl	35 Stijn van Liefland	H55	4:56.98	5:18.06

Leon van Kooten

Stijn van Liefland

200m	24.99	(24.99)
600m	1:04.85	(39.86)
1000m	1:45.89	(41.04)
1400m	2:28.09	(42.20)
1800m	3:10.40	(42.31)
2200m	3:52.95	(42.55)
2600m	4:35.14	(42.19)
3000m	5:18.06	(42.92)

		Naam	Cat	PR	Tijd Info
13	wt	52 Freek Smits	H45	5:11.03	5:10.54 PR
	rd	59 Tom Loos	HB1	5:11.70	5:20.69

Freek Smits

Tom Loos

200m	22.35	(22.35)	200m	22.74	(22.74)
600m	1:01.17	(38.82)	600m	1:02.47	(39.73)
1000m	1:41.82	(40.65)	1000m	1:45.00	(42.53)
1400m	2:22.73	(40.91)	1400m	2:27.41	(42.41)
1800m	3:04.14	(41.41)	1800m	3:10.14	(42.73)
2200m	3:45.35	(41.21)	2200m	3:53.89	(43.75)
2600m	4:28.12	(42.77)	2600m	4:38.13	(44.24)
3000m	5:10.54	(42.42)	3000m	5:20.69	(42.56)

		Naam	Cat	PR	Tijd	Info
14	gl	29 Floriaan Alfrink	H45	5:11.50	5:32.91	
	bl	1 Nerena van Vuuren	DN2	5:01.04	5:22.59	

Floriaan Alfrink

200m	25.00	(25.00)
600m	1:05.27	(40.27)
1000m	1:46.42	(41.15)
1400m	2:29.83	(43.41)
1800m	3:14.16	(44.33)
2200m	3:59.83	(45.67)
2600m	4:46.93	(47.10)
3000m	5:32.91	(45.98)

Nerena van Vuuren

200m	23.81	(23.81)
600m	1:03.21	(39.40)
1000m	1:44.53	(41.32)
1400m	2:27.44	(42.91)
1800m	3:11.27	(43.83)
2200m	3:55.10	(43.83)
2600m	4:38.99	(43.89)
3000m	5:22.59	(43.60)

		Naam	Cat	PR	Tijd	Info
15	wt	30 Jan Terpstra	H50	4:50.30	5:03.36	
	rd	25 Tiemen Haaring	HB2	4:58.35	5:16.28	

Jan Terpstra

200m	23.02	(23.02)
600m	1:02.69	(39.67)
1000m	1:42.80	(40.11)
1400m	2:24.09	(41.29)
1800m	3:04.61	(40.52)
2200m	3:44.02	(39.41)
2600m	4:23.96	(39.94)
3000m	5:03.36	(39.40)

Tiemen Haaring

200m	23.05	(23.05)
600m	1:03.21	(40.16)
1000m	1:44.14	(40.93)
1400m	2:25.62	(41.48)
1800m	3:06.39	(40.77)
2200m	3:48.76	(42.37)
2600m	4:32.49	(43.73)
3000m	5:16.28	(43.79)

		Naam	Cat	PR	Tijd	Info
16	gl	40 Lenthe Jansen	DB1	4:58.94	5:11.08	
	bl	28 Marco van Koppen	H50	4:47.45	5:12.52	
		Lenthe Jansen				Marco van Koppen
		200m	22.87 (22.87)	200m	24.38 (24.38)	
		600m	1:00.55 (37.68)	600m	1:03.56 (39.18)	
		1000m	1:41.52 (40.97)	1000m	1:43.87 (40.31)	
		1400m	2:24.76 (43.24)	1400m	2:24.75 (40.88)	
		1800m	3:06.24 (41.48)	1800m	3:05.81 (41.06)	
		2200m	3:49.03 (42.79)	2200m	3:47.57 (41.76)	
		2600m	4:31.45 (42.42)	2600m	4:30.09 (42.52)	
		3000m	5:11.08 (39.63)	3000m	5:12.52 (42.43)	

		Naam	Cat	PR	Tijd	Info
17	wt	9 Nick Barendse	HC2	4:55.37	5:27.39	
	rd	55 Rick Loos	HB1	4:57.04	5:06.86	
		Nick Barendse				Rick Loos
		200m	20.84 (20.84)	200m	22.77 (22.77)	
		600m	56.90 (36.06)	600m	1:02.02 (39.25)	
		1000m	1:35.89 (38.99)	1000m	1:43.51 (41.49)	
		1400m	2:14.81 (38.92)	1400m	2:24.76 (41.25)	
		1800m	2:54.31 (39.50)	1800m	3:05.74 (40.98)	
		2200m	3:34.99 (40.68)	2200m	3:46.71 (40.97)	
		2600m	4:16.47 (41.48)	2600m	4:27.22 (40.51)	
		3000m	5:27.39 (70.92)	3000m	5:06.86 (39.64)	

		Naam		Cat		PR	Tijd	Info
18	gl	64	Frank Steenkamp		H65		4:36.38	5:11.99
	bl	2	Hilde Houtzager		DN1		4:53.83	5:10.31
			Frank Steenkamp				Hilde Houtzager	
			200m	24.57	(24.57)	200m 22.81 (22.81)		
			600m	1:03.39	(38.82)	600m 59.81 (37.00)		
			1000m	1:44.00	(40.61)	1000m 1:38.05 (38.24)		
			1400m	2:25.24	(41.24)	1400m 2:17.64 (39.59)		
			1800m	3:06.59	(41.35)	1800m 2:59.47 (41.83)		
			2200m	3:49.10	(42.51)	2200m 3:42.81 (43.34)		
			2600m	4:30.58	(41.48)	2600m 4:27.04 (44.23)		
			3000m	5:11.99	(41.41)	3000m 5:10.31 (43.27)		

		Naam		Cat		PR	Tijd	Info
19	wt	6	Ymke Wubben		DC2		4:51.37	4:51.52
	rd	74	Arne Wendt		HN2		4:52.45	DNS
			Ymke Wubben				Arne Wendt	
			200m	22.09	(22.09)			
			600m	58.37	(36.28)			
			1000m	1:36.65	(38.28)			
			1400m	2:15.14	(38.49)			
			1800m	2:53.52	(38.38)			
			2200m	3:32.72	(39.20)			
			2600m	4:12.71	(39.99)			
			3000m	4:51.52	(38.81)			

		Naam	Cat	PR	Tijd	Info
20	gl	11 Luke Bavius	HC2	4:52.56	4:47.48	PR
	bl	69 Jim Hartveld	HC2	4:52.60	4:43.13	PR

Luke Bavius

200m	21.10	(21.10)
600m	55.74	(34.64)
1000m	1:31.90	(36.16)
1400m	2:09.19	(37.29)
1800m	2:47.44	(38.25)
2200m	3:26.42	(38.98)
2600m	4:06.60	(40.18)
3000m	4:47.48	(40.88)

Jim Hartveld

200m	21.09	(21.09)
600m	54.75	(33.66)
1000m	1:30.11	(35.36)
1400m	2:07.10	(36.99)
1800m	2:45.64	(38.54)
2200m	3:24.72	(39.08)
2600m	4:04.49	(39.77)
3000m	4:43.13	(38.64)

		Naam	Cat	PR	Tijd	Info
21	wt	8 Jules van Winden	HB1	4:49.68	4:49.10	PR
	rd	65 Jos Drabbels	H55	4:18.92	4:48.28	

Jules van Winden

200m	21.59	(21.59)
600m	59.87	(38.28)
1000m	1:37.69	(37.82)
1400m	2:15.47	(37.78)
1800m	2:53.29	(37.82)
2200m	3:32.21	(38.92)
2600m	4:11.32	(39.11)
3000m	4:49.10	(37.78)

Jos Drabbels

200m	22.88	(22.88)
600m	59.52	(36.64)
1000m	1:37.17	(37.65)
1400m	2:14.77	(37.60)
1800m	2:52.55	(37.78)
2200m	3:30.89	(38.34)
2600m	4:09.70	(38.81)
3000m	4:48.28	(38.58)

		Naam			Cat	PR	Tijd	Info
22	gl	67 Kyenno Fredrikze			HB1	4:44.31	5:08.64	
	bl	70 Iris Mulder			DN1	4:45.10	4:51.90	
		Kyenno Fredrikze			Iris Mulder			
		200m	22.26	(22.26)	200m	22.24	(22.24)	
		600m	59.17	(36.91)	600m	57.00	(34.76)	
		1000m	1:37.19	(38.02)	1000m	1:33.29	(36.29)	
		1400m	2:16.96	(39.77)	1400m	2:10.70	(37.41)	
		1800m	2:57.63	(40.67)	1800m	2:49.42	(38.72)	
		2200m	3:39.78	(42.15)	2200m	3:29.62	(40.20)	
		2600m	4:23.82	(44.04)	2600m	4:10.13	(40.51)	
		3000m	5:08.64	(44.82)	3000m	4:51.90	(41.77)	

		Naam			Cat	PR	Tijd	Info
23	wt	14 Berto Anker			HA1	4:42.52	4:38.13	PR
	rd	38 Maarten Pennings			HB2	4:43.64	4:50.99	
		Berto Anker			Maarten Pennings			
		200m	21.09	(21.09)	200m	21.17	(21.17)	
		600m	56.46	(35.37)	600m	56.54	(35.37)	
		1000m	1:32.30	(35.84)	1000m	1:34.29	(37.75)	
		1400m	2:09.10	(36.80)	1400m	2:12.45	(38.16)	
		1800m	2:46.31	(37.21)	1800m	2:51.59	(39.14)	
		2200m	3:23.07	(36.76)	2200m	3:31.24	(39.65)	
		2600m	4:00.50	(37.43)	2600m	4:11.78	(40.54)	
		3000m	4:38.13	(37.63)	3000m	4:50.99	(39.21)	

		Naam		Cat		PR	Tijd	Info
24	gl	31	Mark Veenstra		HSB		4:30.79	4:42.24
	bl	45	Susanne Prins		DA1		4:38.09	4:54.38
Mark Veenstra				Susanne Prins				
		200m	21.58	(21.58)		200m	21.60	(21.60)
		600m	57.37	(35.79)		600m	56.12	(34.52)
		1000m	1:34.26	(36.89)		1000m	1:32.76	(36.64)
		1400m	2:11.72	(37.46)		1400m	2:11.55	(38.79)
		1800m	2:48.96	(37.24)		1800m	2:51.49	(39.94)
		2200m	3:25.88	(36.92)		2200m	3:31.67	(40.18)
		2600m	4:03.41	(37.53)		2600m	4:12.64	(40.97)
		3000m	4:42.24	(38.83)		3000m	4:54.38	(41.74)

		Naam		Cat		PR	Tijd	Info
25	wt	4	Kees de Ruijter		HA1		4:13.52	DNS
	rd	60	Paddy Smit		HN1		4:16.67	4:44.87
Kees de Ruijter				Paddy Smit				
		200m				200m	20.77	(20.77)
		600m				600m	55.73	(34.96)
		1000m				1000m	1:31.22	(35.49)
		1400m				1400m	2:07.63	(36.41)
		1800m				1800m	2:45.50	(37.87)
		2200m				2200m	3:23.88	(38.38)
		2600m				2600m	4:03.75	(39.87)
		3000m				3000m	4:44.87	(41.12)

		Naam			Cat	PR	Tijd	Info
26	gl	23 Taeke Jongbloed			HC2	4:20.85	4:37.23	
	bl	53 Joris Brink			HSA	3:59.77	4:29.53	
		Taeke Jongbloed			Joris Brink			
		200m	20.59	(20.59)	200m	20.06	(20.06)	
		600m	54.21	(33.62)	600m	52.95	(32.89)	
		1000m	1:29.01	(34.80)	1000m	1:26.29	(33.34)	
		1400m	2:04.11	(35.10)	1400m	2:00.83	(34.54)	
		1800m	2:40.35	(36.24)	1800m	2:36.90	(36.07)	
		2200m	3:18.28	(37.93)	2200m	3:14.13	(37.23)	
		2600m	3:57.07	(38.79)	2600m	3:51.79	(37.66)	
		3000m	4:37.23	(40.16)	3000m	4:29.53	(37.74)	

		Naam			Cat	PR	Tijd	Info
27	wt	51 Yoeri van Bostelen			HA1	4:05.97	4:25.15	
	rd	56 Jelle Rieff			HN1	4:07.95	4:29.08	
		Yoeri van Bostelen			Jelle Rieff			
		200m	19.74	(19.74)	200m	20.01	(20.01)	
		600m	53.55	(33.81)	600m	53.22	(33.21)	
		1000m	1:27.12	(33.57)	1000m	1:27.84	(34.62)	
		1400m	2:02.50	(35.38)	1400m	2:02.80	(34.96)	
		1800m	2:38.17	(35.67)	1800m	2:38.60	(35.80)	
		2200m	3:13.71	(35.54)	2200m	3:14.60	(36.00)	
		2600m	3:49.65	(35.94)	2600m	3:51.19	(36.59)	
		3000m	4:25.15	(35.50)	3000m	4:29.08	(37.89)	

		Naam	Cat	PR	Tijd Info
28	gl	72 Mark Ooijevaar	HSB	3:46.94	4:18.04
	bl	42 Jeremy Brinkers	HN1	4:07.71	4:35.67

Mark Ooijevaar

200m	20.83	(20.83)
600m	53.44	(32.61)
1000m	1:26.88	(33.44)
1400m	2:00.97	(34.09)
1800m	2:35.08	(34.11)
2200m	3:09.62	(34.54)
2600m	3:43.63	(34.01)
3000m	4:18.04	(34.41)

Jeremy Brinkers

200m	20.51	(20.51)
600m	53.42	(32.91)
1000m	1:27.35	(33.93)
1400m	2:02.16	(34.81)
1800m	2:38.30	(36.14)
2200m	3:16.37	(38.07)
2600m	3:56.09	(39.72)
3000m	4:35.67	(39.58)

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Wouter van der Geer	HSA	31	O	7:40.29	PR	
2	15 Sven Pera	HA1	30	I	8:04.40		
3	24 Joppe Kleiweg	HN3	32	I	8:10.23	PR	
4	49 Remco Boere	HSA	31	I	8:15.34		
5	44 Jorn Limburg	HSA	30	O	8:26.74		
6	16 Edwin van Leeuwen	H40	32	O	10:00.14		

2. Rituitslag 5000 meter

	Naam	Cat	PR	Tijd	Info
29	wt rd				
	m	m			

	Naam	Cat	PR	Tijd	Info
30	gl bl	15 Sven Pera 44 Jorn Limburg	HA1 HSA	8:04.40 8:26.74	

Sven Pera

200m	22.08	(22.08)
600m	59.66	(37.58)
1000m	1:37.33	(37.67)
1400m	2:14.88	(37.55)
1800m	2:52.52	(37.64)
2200m	3:31.11	(38.59)
2600m	4:09.93	(38.82)
3000m	4:49.26	(39.33)
3400m	5:28.81	(39.55)
3800m	6:08.09	(39.28)
4200m	6:47.32	(39.23)
4600m	7:25.94	(38.62)
5000m	8:04.40	(38.46)

Jorn Limburg

200m	23.94	(23.94)
600m	1:02.57	(38.63)
1000m	1:43.60	(41.03)
1400m	2:25.33	(41.73)
1800m	3:06.22	(40.89)
2200m	3:47.22	(41.00)
2600m	4:28.06	(40.84)
3000m	5:08.94	(40.88)
3400m	5:49.80	(40.86)
3800m	6:30.21	(40.41)
4200m	7:09.64	(39.43)
4600m	7:48.38	(38.74)
5000m	8:26.74	(38.36)

		Naam	Cat	PR	Tijd	Info
31	wt	49 Remco Boere	HSA	7:53.13	8:15.34	
	rd	7 Wouter van der Geer	HSA	7:49.43	7:40.29	PR
		Remco Boere				
		200m	20.24 (20.24)			
		600m	54.60 (34.36)			
		1000m	1:31.57 (36.97)			
		1400m	2:10.09 (38.52)			
		1800m	2:48.94 (38.85)			
		2200m	3:28.28 (39.34)			
		2600m	4:08.26 (39.98)			
		3000m	4:48.79 (40.53)			
		3400m	5:29.91 (41.12)			
		3800m	6:11.24 (41.33)			
		4200m	6:52.58 (41.34)			
		4600m	7:34.21 (41.63)			
		5000m	8:15.34 (41.13)			
		Wouter van der Geer				
		200m	20.80 (20.80)			
		600m	55.61 (34.81)			
		1000m	1:31.56 (35.95)			
		1400m	2:07.29 (35.73)			
		1800m	2:43.31 (36.02)			
		2200m	3:19.78 (36.47)			
		2600m	3:56.03 (36.25)			
		3000m	4:32.57 (36.54)			
		3400m	5:09.03 (36.46)			
		3800m	5:45.74 (36.71)			
		4200m	6:23.43 (37.69)			
		4600m	7:01.58 (38.15)			
		5000m	7:40.29 (38.71)			

		Naam	Cat	PR	Tijd	Info
32	gl	24 Joppe Kleiweg	HN3	8:20.28	8:10.23	PR
	bl	16 Edwin van Leeuwen	H40		10:00.14	
		Joppe Kleiweg				
		200m	21.47 (21.47)			
		600m	58.10 (36.63)			
		1000m	1:35.73 (37.63)			
		1400m	2:13.48 (37.75)			
		1800m	2:51.75 (38.27)			
		2200m	3:30.00 (38.25)			
		2600m	4:09.32 (39.32)			
		3000m	4:49.48 (40.16)			
		3400m	5:29.52 (40.04)			
		3800m	6:10.35 (40.83)			
		4200m	6:50.90 (40.55)			
		4600m	7:30.70 (39.80)			
		5000m	8:10.23 (39.53)			
		Edwin van Leeuwen				
		200m	29.00 (29.00)			
		600m	1:14.12 (45.12)			
		1000m	2:00.34 (46.22)			
		1400m	2:47.47 (47.13)			
		1800m	3:34.57 (47.10)			
		2200m	4:20.87 (46.30)			
		2600m	5:08.74 (47.87)			
		3000m	5:56.65 (47.91)			
		3400m	6:45.57 (48.92)			
		3800m	7:34.03 (48.46)			
		4200m	8:22.82 (48.79)			
		4600m	9:11.45 (48.63)			
		5000m	10:00.14 (48.69)			