

# Kilometervreter 7 december 2024

Kardinge - Groningen

7 december 2024

## 1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	14 Mark Ooijevaar	H40	2	I	14:43.92	TRC	
2	4 Kurt van de Nes	H55	1	O	15:04.02	TRC	
3	5 Peter van Buiten	HSA	2	O	16:56.79		
4	15 Jeroen Sibeijn	HB2	1	I	18:11.72		

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	Naam	Cat	PR	Tijd	Info
1	wt 15 Jeroen Sibeijn	HB2		<b>18:11.72</b>	
	rd 4 Kurt van de Nes	H55	14:58.83	<b>15:04.02</b>	TRC

### Jeroen Sibeijn

400m	45.39	(45.39)
800m	1:26.76	(41.37)
1200m	2:08.29	(41.53)
1600m	2:49.91	(41.62)
2000m	3:32.44	(42.53)
2400m	4:15.26	(42.82)
2800m	4:58.02	(42.76)
3200m	5:41.37	(43.35)
3600m	6:25.21	(43.84)
4000m	7:09.12	(43.91)
4400m	7:53.51	(44.39)
4800m	8:36.13	(42.62)
5200m	9:18.51	(42.38)
5600m	10:01.72	(43.21)
6000m	10:45.14	(43.42)
6400m	11:28.77	(43.63)
6800m	12:13.83	(45.06)
7200m	12:59.18	(45.35)
7600m	13:44.91	(45.73)
8000m	14:30.42	(45.51)
8400m	15:14.97	(44.55)
8800m	15:59.44	(44.47)
9200m	16:43.52	(44.08)
9600m	17:28.29	(44.77)
10000m	18:11.72	(43.43)

### Kurt van de Nes

400m	41.44	(41.44)
800m	1:17.21	(35.77)
1200m	1:53.57	(36.36)
1600m	2:29.59	(36.02)
2000m	3:05.67	(36.08)
2400m	3:41.54	(35.87)
2800m	4:17.69	(36.15)
3200m	4:53.42	(35.73)
3600m	5:29.45	(36.03)
4000m	6:05.57	(36.12)
4400m	6:41.62	(36.05)
4800m	7:17.97	(36.35)
5200m	7:54.01	(36.04)
5600m	8:30.07	(36.06)
6000m	9:05.83	(35.76)
6400m	9:41.34	(35.51)
6800m	10:17.36	(36.02)
7200m	10:52.86	(35.50)
7600m	11:29.46	(36.60)
8000m	12:05.00	(35.54)
8400m	12:41.30	(36.30)
8800m	13:17.24	(35.94)
9200m	13:53.19	(35.95)
9600m	14:28.82	(35.63)
10000m	15:04.02	(35.20)

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		Naam		Cat		PR		Tijd	Info
2	gl	14	<b>Mark Ooijevaar</b>		H40		13:12.60	<b>14:43.92</b>	TRC
	bl	5	<b>Peter van Buiten</b>		HSA			<b>16:56.79</b>	
		<b>Mark Ooijevaar</b>				<b>Peter van Buiten</b>			
		400m	38.56	(38.56)		400m	38.93	(38.93)	
		800m	1:12.05	(33.49)		800m	1:16.56	(37.63)	
		1200m	1:46.24	(34.19)		1200m	1:57.33	(40.77)	
		1600m	2:20.70	(34.46)		1600m	2:37.97	(40.64)	
		2000m	2:55.46	(34.76)		2000m	3:19.11	(41.14)	
		2400m	3:30.40	(34.94)		2400m	3:59.86	(40.75)	
		2800m	4:05.60	(35.20)		2800m	4:40.53	(40.67)	
		3200m	4:41.05	(35.45)		3200m	5:21.59	(41.06)	
		3600m	5:15.87	(34.82)		3600m	6:02.99	(41.40)	
		4000m	5:51.68	(35.81)		4000m	6:43.82	(40.83)	
		4400m	6:27.48	(35.80)		4400m	7:24.67	(40.85)	
		4800m	7:03.06	(35.58)		4800m	8:05.60	(40.93)	
		5200m	7:38.67	(35.61)		5200m	8:47.04	(41.44)	
		5600m	8:14.15	(35.48)		5600m	9:28.01	(40.97)	
		6000m	8:49.80	(35.65)		6000m	10:08.53	(40.52)	
		6400m	9:25.23	(35.43)		6400m	10:49.52	(40.99)	
		6800m	10:00.56	(35.33)		6800m	11:30.59	(41.07)	
		7200m	10:35.82	(35.26)		7200m	12:11.83	(41.24)	
		7600m	11:11.22	(35.40)		7600m	12:53.38	(41.55)	
		8000m	11:46.67	(35.45)		8000m	13:34.46	(41.08)	
		8400m	12:21.94	(35.27)		8400m	14:14.84	(40.38)	
		8800m	12:57.31	(35.37)		8800m	14:55.26	(40.42)	
		9200m	13:32.66	(35.35)		9200m	15:36.01	(40.75)	
		9600m	14:08.30	(35.64)		9600m	16:16.97	(40.96)	
		10000m	14:43.92	(35.62)		10000m	16:56.79	(39.82)	

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## 3. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	13 Rutger Jansma	HB2	8	I	4:10.27		
2	3 Robin van de Ven	HA1	7	O	4:32.21	PR	
3	6 Elise Favre	DB2	8	O	4:48.21	PR	
4	10 Merijn Kruiger	HA1	6	O	4:51.05	PR	
5	19 Vester van Houten	HA1	7	I	4:57.51		
6	18 Menno Brink	HSA	5	O	5:04.07	PR	
7	8 Jasper Tonkelaar	HSB	3	O	5:07.76	PR	
8	2 Hein Schepers	H45	6	I	5:08.41		
9	17 Eva Zijlstra	DC2	4	O	5:21.21	PR	
10	7 Geanne Stol	DN1	4	I	5:24.70	PR	
11	16 Rixt Idsardi	DSA	5	I	5:28.21		
12	1 Anouk Schepers	DC1	3	I	5:37.44	PR	

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## 3. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
3	wt	1	<b>Anouk Schepers</b>		DC1		5:55.39	<b>5:37.44</b>	PR
	rd	8	<b>Jasper Tonkelaar</b>		HSB		5:28.49	<b>5:07.76</b>	PR
		<b>Anouk Schepers</b>			<b>Jasper Tonkelaar</b>				
		200m	25.66	(25.66)	200m	24.50	(24.50)		
		600m	1:08.01	(42.35)	600m	1:02.82	(38.32)		
		1000m	1:52.53	(44.52)	1000m	1:42.61	(39.79)		
		1400m	2:37.44	(44.91)	1400m	2:23.05	(40.44)		
		1800m	3:22.94	(45.50)	1800m	3:03.82	(40.77)		
		2200m	4:08.41	(45.47)	2200m	3:45.08	(41.26)		
		2600m	4:54.87	(46.46)	2600m	4:26.48	(41.40)		
		3000m	5:37.44	(42.57)	3000m	5:07.76	(41.28)		

		Naam		Cat		PR		Tijd	Info
4	gl	7	<b>Geanne Stol</b>		DN1		5:33.01	<b>5:24.70</b>	PR
	bl	17	<b>Eva Zijlstra</b>		DC2		5:30.53	<b>5:21.21</b>	PR
		<b>Geanne Stol</b>			<b>Eva Zijlstra</b>				
		200m	25.70	(25.70)	200m	24.98	(24.98)		
		600m	1:06.46	(40.76)	600m	1:06.63	(41.65)		
		1000m	1:48.82	(42.36)	1000m	1:49.76	(43.13)		
		1400m	2:32.33	(43.51)	1400m	2:32.11	(42.35)		
		1800m	3:15.73	(43.40)	1800m	3:15.22	(43.11)		
		2200m	3:59.10	(43.37)	2200m	3:58.10	(42.88)		
		2600m	4:42.64	(43.54)	2600m	4:41.06	(42.96)		
		3000m	5:24.70	(42.06)	3000m	5:21.21	(40.15)		

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		Naam		Cat		PR		Tijd	Info
5	wt	16	<b>Rixt Idsardi</b>		DSA			5:28.14	<b>5:28.21</b>
	rd	18	<b>Menno Brink</b>		HSA			5:10.53	<b>5:04.07</b> PR
		<b>Rixt Idsardi</b>			<b>Menno Brink</b>				
		200m	24.33	(24.33)	200m	23.26	(23.26)		
		600m	1:04.41	(40.08)	600m	58.98	(35.72)		
		1000m	1:47.31	(42.90)	1000m	1:37.51	(38.53)		
		1400m	2:31.67	(44.36)	1400m	2:18.18	(40.67)		
		1800m	3:15.98	(44.31)	1800m	2:59.50	(41.32)		
		2200m	3:59.56	(43.58)	2200m	3:40.91	(41.41)		
		2600m	4:44.39	(44.83)	2600m	4:22.77	(41.86)		
		3000m	5:28.21	(43.82)	3000m	5:04.07	(41.30)		

		Naam		Cat		PR		Tijd	Info
6	gl	2	<b>Hein Schepers</b>		H45			4:59.48	<b>5:08.41</b>
	bl	10	<b>Merijn Kruiger</b>		HA1			5:10.05	<b>4:51.05</b> PR
		<b>Hein Schepers</b>			<b>Merijn Kruiger</b>				
		200m	24.74	(24.74)	200m	22.34	(22.34)		
		600m	1:03.42	(38.68)	600m	59.41	(37.07)		
		1000m	1:43.04	(39.62)	1000m	1:38.22	(38.81)		
		1400m	2:23.18	(40.14)	1400m	2:17.60	(39.38)		
		1800m	3:04.05	(40.87)	1800m	2:55.79	(38.19)		
		2200m	3:45.47	(41.42)	2200m	3:34.58	(38.79)		
		2600m	4:27.23	(41.76)	2600m	4:13.26	(38.68)		
		3000m	5:08.41	(41.18)	3000m	4:51.05	(37.79)		

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		Naam		Cat		PR		Tijd	Info
7	wt	19	<b>Vester van Houten</b>		HA1			4:57.24	<b>4:57.51</b>
	rd	3	<b>Robin van de Ven</b>		HA1			4:41.01	<b>4:32.21</b> PR
		<b>Vester van Houten</b>			<b>Robin van de Ven</b>				
		200m	20.63	(20.63)	200m	21.32	(21.32)		
		600m	58.99	(38.36)	600m	55.54	(34.22)		
		1000m	1:39.24	(40.25)	1000m	1:30.48	(34.94)		
		1400m	2:18.35	(39.11)	1400m	2:05.91	(35.43)		
		1800m	2:57.17	(38.82)	1800m	2:42.03	(36.12)		
		2200m	3:36.65	(39.48)	2200m	3:18.95	(36.92)		
		2600m	4:16.75	(40.10)	2600m	3:55.79	(36.84)		
		3000m	4:57.51	(40.76)	3000m	4:32.21	(36.42)		

		Naam		Cat		PR		Tijd	Info
8	gl	13	<b>Rutger Jansma</b>		HB2			4:04.64	<b>4:10.27</b>
	bl	6	<b>Elise Favre</b>		DB2			4:52.35	<b>4:48.21</b> PR
		<b>Rutger Jansma</b>			<b>Elise Favre</b>				
		200m	20.06	(20.06)	200m	21.69	(21.69)		
		600m	50.65	(30.59)	600m	56.00	(34.31)		
		1000m	1:22.48	(31.83)	1000m	1:31.29	(35.29)		
		1400m	1:55.82	(33.34)	1400m	2:08.66	(37.37)		
		1800m	2:29.33	(33.51)	1800m	2:47.41	(38.75)		
		2200m	3:02.82	(33.49)	2200m	3:27.07	(39.66)		
		2600m	3:36.69	(33.87)	2600m	4:07.43	(40.36)		
		3000m	4:10.27	(33.58)	3000m	4:48.21	(40.78)		