

## 1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	9 Arjan Bakker	H65	8	O	7:39.76	TRC	
2	10 Berto Anker	HN1	7	O	7:50.13	PR	
3	11 Alexander Doornekamp	HSA	8	I	7:51.48		
4	5 Mark Veenstra	HSB	6	I	7:58.18	PR	
5	6 Paul Robijn	H55	7	I	8:17.63		
6	12 Joey van den Berg	HA1	6	O	8:23.23	PR	
7	17 Lenthe Jansen	DA1	5	O	8:29.32		
8	4 Mariska van Zon	DSA	4	O	8:29.85	PR	
9	14 Frank Steenkamp	H70	3	O	8:55.52	TRC	
10	7 Peter van den Bos	H40	1	O	9:07.34		
11	16 Lieke van Ooij	DA1	1	I	9:13.79		
12	1 Nerena van Vuuren	DN4	4	I	9:14.33		
13	2 Bo Hoogvorst	DB1	5	I	9:17.99		
14	18 Jan Floor	H45	2	I	9:46.87		
15	15 Nico Woldendorp	H80	2	O	10:44.51	TRC	
	13 Duco Kuper	HA2	3	I	DNS		

## 1. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	16	<b>Lieke van Ooij</b>		DA1		<b>9:13.79</b>	
	rd	7	<b>Peter van den Bos</b>		H40		<b>9:07.34</b>	
		<b>Lieke van Ooij</b>			<b>Peter van den Bos</b>			
		200m	24.74	(24.74)	200m	26.25	(26.25)	
		600m	1:07.56	(42.82)	600m	1:07.63	(41.38)	
		1000m	1:50.60	(43.04)	1000m	1:49.72	(42.09)	
		1400m	2:34.26	(43.66)	1400m	2:33.15	(43.43)	
		1800m	3:18.08	(43.82)	1800m	3:17.79	(44.64)	
		2200m	4:02.35	(44.27)	2200m	4:01.53	(43.74)	
		2600m	4:47.37	(45.02)	2600m	4:45.60	(44.07)	
		3000m	5:32.09	(44.72)	3000m	5:29.36	(43.76)	
		3400m	6:17.47	(45.38)	3400m	6:12.93	(43.57)	
		3800m	7:03.08	(45.61)	3800m	6:56.13	(43.20)	
		4200m	7:48.23	(45.15)	4200m	7:40.26	(44.13)	
		4600m	8:31.76	(43.53)	4600m	8:25.08	(44.82)	
		5000m	9:13.79	(42.03)	5000m	9:07.34	(42.26)	

		Naam		Cat		PR	Tijd	Info
2	gl	18	<b>Jan Floor</b>		H45		<b>9:46.87</b>	
	bl	15	<b>Nico Woldendorp</b>		H80	8:33.05	<b>10:44.51</b>	TRC
		<b>Jan Floor</b>			<b>Nico Woldendorp</b>			
		200m	26.29	(26.29)	200m	29.37	(29.37)	
		600m	1:08.50	(42.21)	600m	1:16.43	(47.06)	
		1000m	1:51.69	(43.19)	1000m	2:06.08	(49.65)	
		1400m	2:36.08	(44.39)	1400m	2:56.33	(50.25)	
		1800m	3:21.82	(45.74)	1800m	3:47.02	(50.69)	
		2200m	4:08.93	(47.11)	2200m	4:38.53	(51.51)	
		2600m	4:57.02	(48.09)	2600m	5:30.39	(51.86)	
		3000m	5:45.22	(48.20)	3000m	6:23.04	(52.65)	
		3400m	6:34.40	(49.18)	3400m	7:16.14	(53.10)	
		3800m	7:23.44	(49.04)	3800m	8:08.70	(52.56)	
		4200m	8:12.96	(49.52)	4200m	9:00.38	(51.68)	
		4600m	9:01.12	(48.16)	4600m	9:53.36	(52.98)	
		5000m	9:46.87	(45.75)	5000m	10:44.51	(51.15)	

		Naam	Cat	PR	Tijd Info
3	wt	13 <b>Duco Kuper</b>	HA2		<b>DNS</b>
	rd	14 <b>Frank Steenkamp</b>	H70	7:51.42	<b>8:55.52</b> TRC

### Duco Kuper

### Frank Steenkamp

200m	25.85	(25.85)
600m	1:06.84	(40.99)
1000m	1:49.45	(42.61)
1400m	2:32.02	(42.57)
1800m	3:14.59	(42.57)
2200m	3:56.96	(42.37)
2600m	4:39.00	(42.04)
3000m	5:21.40	(42.40)
3400m	6:05.85	(44.45)
3800m	6:47.06	(41.21)
4200m	7:29.64	(42.58)
4600m	8:12.41	(42.77)
5000m	8:55.52	(43.11)

		Naam	Cat	PR	Tijd Info
4	gl	1 <b>Nerena van Vuuren</b>	DN4	8:40.52	<b>9:14.33</b>
	bl	4 <b>Mariska van Zon</b>	DSA	8:36.53	<b>8:29.85</b> PR

### Nerena van Vuuren

### Mariska van Zon

200m	24.54	(24.54)	200m	23.40	(23.40)
600m	1:03.74	(39.20)	600m	1:01.67	(38.27)
1000m	1:45.10	(41.36)	1000m	1:40.65	(38.98)
1400m	2:28.23	(43.13)	1400m	2:20.03	(39.38)
1800m	3:12.09	(43.86)	1800m	3:00.22	(40.19)
2200m	3:56.61	(44.52)	2200m	3:40.89	(40.67)
2600m	4:41.99	(45.38)	2600m	4:22.20	(41.31)
3000m	5:29.44	(47.45)	3000m	5:03.37	(41.17)
3400m	6:17.77	(48.33)	3400m	5:43.20	(39.83)
3800m	7:05.60	(47.83)	3800m	6:25.25	(42.05)
4200m	7:48.74	(43.14)	4200m	7:07.35	(42.10)
4600m	8:31.02	(42.28)	4600m	7:48.57	(41.22)
5000m	9:14.33	(43.31)	5000m	8:29.85	(41.28)

		Naam	Cat	PR	Tijd	Info
5	wt	2 <b>Bo Hoogvorst</b>	DB1		<b>9:17.99</b>	
	rd	17 <b>Lenthe Jansen</b>	DA1	8:07.12	<b>8:29.32</b>	
		<b>Bo Hoogvorst</b>				<b>Lenthe Jansen</b>
		200m	24.22 (24.22)		200m	22.96 (22.96)
		600m	1:05.67 (41.45)		600m	1:01.08 (38.12)
		1000m	1:48.21 (42.54)		1000m	1:40.55 (39.47)
		1400m	2:32.04 (43.83)		1400m	2:20.52 (39.97)
		1800m	3:16.15 (44.11)		1800m	3:00.50 (39.98)
		2200m	4:00.30 (44.15)		2200m	3:41.36 (40.86)
		2600m	4:45.25 (44.95)		2600m	4:21.64 (40.28)
		3000m	5:30.71 (45.46)		3000m	5:02.44 (40.80)
		3400m	6:16.56 (45.85)		3400m	5:45.17 (42.73)
		3800m	7:02.44 (45.88)		3800m	6:26.74 (41.57)
		4200m	7:48.05 (45.61)		4200m	7:08.15 (41.41)
		4600m	8:33.17 (45.12)		4600m	7:49.54 (41.39)
		5000m	9:17.99 (44.82)		5000m	8:29.32 (39.78)

		Naam	Cat	PR	Tijd	Info
6	gl	5 <b>Mark Veenstra</b>	HSB	7:58.74	<b>7:58.18</b>	PR
	bl	12 <b>Joey van den Berg</b>	HA1	8:40.18	<b>8:23.23</b>	PR
		<b>Mark Veenstra</b>				<b>Joey van den Berg</b>
		200m	22.18 (22.18)		200m	21.90 (21.90)
		600m	59.23 (37.05)		600m	59.30 (37.40)
		1000m	1:37.17 (37.94)		1000m	1:39.01 (39.71)
		1400m	2:15.53 (38.36)		1400m	2:18.83 (39.82)
		1800m	2:53.69 (38.16)		1800m	2:59.28 (40.45)
		2200m	3:31.12 (37.43)		2200m	3:39.56 (40.28)
		2600m	4:09.32 (38.20)		2600m	4:20.78 (41.22)
		3000m	4:47.50 (38.18)		3000m	5:00.97 (40.19)
		3400m	5:25.60 (38.10)		3400m	5:42.00 (41.03)
		3800m	6:03.77 (38.17)		3800m	6:23.30 (41.30)
		4200m	6:41.84 (38.07)		4200m	7:04.20 (40.90)
		4600m	7:19.98 (38.14)		4600m	7:44.01 (39.81)
		5000m	7:58.18 (38.20)		5000m	8:23.23 (39.22)

		Naam			Cat			PR	Tijd	Info
7	wt	6	<b>Paul Robijn</b>		H55			7:24.32	<b>8:17.63</b>	
	rd	10	<b>Berto Anker</b>		HN1			7:53.92	<b>7:50.13</b>	PR
			<b>Paul Robijn</b>			<b>Berto Anker</b>				
			200m	22.63	(22.63)	200m	21.79	(21.79)		
			600m	58.33	(35.70)	600m	56.89	(35.10)		
			1000m	1:36.17	(37.84)	1000m	1:33.52	(36.63)		
			1400m	2:15.48	(39.31)	1400m	2:09.93	(36.41)		
			1800m	2:54.64	(39.16)	1800m	2:46.69	(36.76)		
			2200m	3:34.22	(39.58)	2200m	3:23.60	(36.91)		
			2600m	4:14.04	(39.82)	2600m	4:01.14	(37.54)		
			3000m	4:54.35	(40.31)	3000m	4:38.70	(37.56)		
			3400m	5:34.91	(40.56)	3400m	5:16.60	(37.90)		
			3800m	6:15.71	(40.80)	3800m	5:54.50	(37.90)		
			4200m	6:56.32	(40.61)	4200m	6:33.17	(38.67)		
			4600m	7:36.78	(40.46)	4600m	7:11.98	(38.81)		
			5000m	8:17.63	(40.85)	5000m	7:50.13	(38.15)		

		Naam			Cat			PR	Tijd	Info
8	gl	11	<b>Alexander Doornekamp</b>		HSA			7:40.18	<b>7:51.48</b>	
	bl	9	<b>Arjan Bakker</b>		H65			7:02.49	<b>7:39.76</b>	TRC
			<b>Alexander Doornekamp</b>			<b>Arjan Bakker</b>				
			200m	21.71	(21.71)	200m	22.69	(22.69)		
			600m	58.66	(36.95)	600m	58.27	(35.58)		
			1000m	1:35.31	(36.65)	1000m	1:34.80	(36.53)		
			1400m	2:12.21	(36.90)	1400m	2:10.88	(36.08)		
			1800m	2:49.49	(37.28)	1800m	2:47.78	(36.90)		
			2200m	3:27.15	(37.66)	2200m	3:24.74	(36.96)		
			2600m	4:04.96	(37.81)	2600m	4:01.70	(36.96)		
			3000m	4:42.60	(37.64)	3000m	4:38.30	(36.60)		
			3400m	5:19.80	(37.20)	3400m	5:14.58	(36.28)		
			3800m	5:57.40	(37.60)	3800m	5:50.58	(36.00)		
			4200m	6:35.08	(37.68)	4200m	6:26.94	(36.36)		
			4600m	7:13.68	(38.60)	4600m	7:03.54	(36.60)		
			5000m	7:51.48	(37.80)	5000m	7:39.76	(36.22)		