

# Openbaan wedstrijd jun.B t/m master 3000 mtr

Sport- en Recreatiecentrum de Scheg - Deventer

19 October 2024

## 4. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	9 Simon Wiegman	HB2	4	O	4:17.99	PB	
2	12 André Klompmaker	H50	2	I	4:46.59	PB	
3	7 Johan Bakker	H45	3	O	4:46.80		
4	13 Benjamin Klompmaker	HA1	4	I	4:51.58	PB	
5	11 Jens Bakker	HA1	1	I	5:03.44	PB	
6	10 Rixt Tol	DN3	3	I	5:09.74		
7	4 Mirjam Hulsebos	D55	2	O	5:47.31	PB	

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## 4. Race Result 3000 meter

	Name	Cat	PB	Time Info	
1	wt rd	11 <b>Jens Bakker</b>	HA1	5:26.89	<b>5:03.44</b> PB

### Jens Bakker

200m	23.99	(23.99)	m
600m	1:01.73	(37.74)	
1000m	1:40.86	(39.13)	
1400m	2:20.49	(39.63)	
1800m	3:00.72	(40.23)	
2200m	3:42.29	(41.57)	
2600m	4:23.39	(41.10)	
3000m	5:03.44	(40.05)	

	Name	Cat	PB	Time Info	
2	yw bl	12 <b>André Klompmaker</b>	H50	4:57.07	<b>4:46.59</b> PB
		4 <b>Mirjam Hulsebos</b>	D55	6:01.15	<b>5:47.31</b> PB

### André Klompmaker

200m	24.90	(24.90)
600m	1:03.86	(38.96)
1000m	1:42.09	(38.23)
1400m	2:19.73	(37.64)
1800m	2:56.82	(37.09)
2200m	3:33.83	(37.01)
2600m	4:10.32	(36.49)
3000m	4:46.59	(36.27)

### Mirjam Hulsebos

200m	27.53	(27.53)
600m	1:13.12	(45.59)
1000m	1:59.11	(45.99)
1400m	2:45.14	(46.03)
1800m	3:30.84	(45.70)
2200m	4:16.32	(45.48)
2600m	5:01.55	(45.23)
3000m	5:47.31	(45.76)

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		Name		Cat		PB		Time	Info
3	wt	10	<b>Rixt Tol</b>		DN3		4:45.96	<b>5:09.74</b>	
	rd	7	<b>Johan Bakker</b>		H45		4:45.79	<b>4:46.80</b>	
		<b>Rixt Tol</b>			<b>Johan Bakker</b>				
		200m	23.65	(23.65)	200m	22.58	(22.58)		
		600m	1:00.01	(36.36)	600m	57.77	(35.19)		
		1000m	1:38.14	(38.13)	1000m	1:34.57	(36.80)		
		1400m	2:18.47	(40.33)	1400m	2:12.25	(37.68)		
		1800m	2:59.55	(41.08)	1800m	2:50.40	(38.15)		
		2200m	3:42.00	(42.45)	2200m	3:29.19	(38.79)		
		2600m	4:25.60	(43.60)	2600m	4:07.80	(38.61)		
		3000m	5:09.74	(44.14)	3000m	4:46.80	(39.00)		

		Name		Cat		PB		Time	Info
4	yw	13	<b>Benjamin Klompmaker</b>		HA1		4:52.75	<b>4:51.58</b>	PB
	bl	9	<b>Simon Wiegman</b>		HB2		4:34.40	<b>4:17.99</b>	PB
		<b>Benjamin Klompmaker</b>			<b>Simon Wiegman</b>				
		200m	22.98	(22.98)	200m	20.53	(20.53)		
		600m	58.02	(35.04)	600m	52.67	(32.14)		
		1000m	1:34.08	(36.06)	1000m	1:25.47	(32.80)		
		1400m	2:11.77	(37.69)	1400m	1:59.44	(33.97)		
		1800m	2:51.49	(39.72)	1800m	2:33.86	(34.42)		
		2200m	3:31.74	(40.25)	2200m	3:08.27	(34.41)		
		2600m	4:11.91	(40.17)	2600m	3:43.17	(34.90)		
		3000m	4:51.58	(39.67)	3000m	4:17.99	(34.82)		