

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 Jens Bakker	HA1	5:26.89	5:03.44 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 André Klompmaker	H50	4:57.07	4:46.59 PB
		4 Mirjam Hulsebos	D55	6:01.15	5:47.31 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 Rixt Tol	DN3	4:45.96	5:09.74	
	rd 7 Johan Bakker	H45	4:45.79	4:46.80	
	Rixt Tol				
	200m	23.65 (23.65)			
	600m	1:00.01 (36.36)			
	1000m	1:38.14 (38.13)			
	1400m	2:18.47 (40.33)			
	1800m	2:59.55 (41.08)			
	2200m	3:42.00 (42.45)			
	2600m	4:25.60 (43.60)			
	3000m	5:09.74 (44.14)			
	Johan Bakker				
	200m	22.58 (22.58)			
	600m	57.77 (35.19)			
	1000m	1:34.57 (36.80)			
	1400m	2:12.25 (37.68)			
	1800m	2:50.40 (38.15)			
	2200m	3:29.19 (38.79)			
	2600m	4:07.80 (38.61)			
	3000m	4:46.80 (39.00)			

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