

1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	3 Patty van Hoorn	D50	1	O	9:20.49	PR	
2	11 Noor van der Ster	D65	2	I	9:47.00		
3	1 Tialda Gerritsma	D55	2	O	9:51.30		
4	16 Gerita Smallegoor	D50	1	I	10:12.32		

1. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	16	Gerita Smallegoor		D50	9:41.50	10:12.32	
	rd	3	Patty van Hoorn		D50	9:29.50	9:20.49	PR
			Gerita Smallegoor				Patty van Hoorn	
		200m	26.98	(26.98)	200m	26.77	(26.77)	
		600m	1:10.21	(43.23)	600m	1:08.69	(41.92)	
		1000m	1:56.13	(45.92)	1000m	1:52.86	(44.17)	
		1400m	2:43.86	(47.73)	1400m	2:37.22	(44.36)	
		1800m	3:32.13	(48.27)	1800m	3:21.70	(44.48)	
		2200m	4:21.60	(49.47)	2200m	4:06.77	(45.07)	
		2600m	5:11.18	(49.58)	2600m	4:51.24	(44.47)	
		3000m	6:01.00	(49.82)	3000m	5:35.57	(44.33)	
		3400m	6:51.40	(50.40)	3400m	6:19.61	(44.04)	
		3800m	7:41.45	(50.05)	3800m	7:04.37	(44.76)	
		4200m	8:31.11	(49.66)	4200m	7:49.75	(45.38)	
		4600m	9:21.64	(50.53)	4600m	8:35.70	(45.95)	
		5000m	10:12.32	(50.68)	5000m	9:20.49	(44.79)	

		Naam		Cat		PR	Tijd	Info
2	gl	11	Noor van der Ster		D65	8:42.22	9:47.00	
	bl	1	Tialda Gerritsma		D55	8:29.72	9:51.30	
			Noor van der Ster				Tialda Gerritsma	
		200m	27.58	(27.58)	200m	28.96	(28.96)	
		600m	1:12.85	(45.27)	600m	1:14.15	(45.19)	
		1000m	1:58.80	(45.95)	1000m	2:00.96	(46.81)	
		1400m	2:45.79	(46.99)	1400m	2:47.44	(46.48)	
		1800m	3:32.67	(46.88)	1800m	3:34.35	(46.91)	
		2200m	4:18.49	(45.82)	2200m	4:20.65	(46.30)	
		2600m	5:05.21	(46.72)	2600m	5:06.47	(45.82)	
		3000m	5:52.04	(46.83)	3000m	5:53.43	(46.96)	
		3400m	6:37.92	(45.88)	3400m	6:40.59	(47.16)	
		3800m	7:24.61	(46.69)	3800m	7:28.58	(47.99)	
		4200m	8:12.09	(47.48)	4200m	8:16.83	(48.25)	
		4600m	8:59.52	(47.43)	4600m	9:04.55	(47.72)	
		5000m	9:47.00	(47.48)	5000m	9:51.30	(46.75)	

2. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	18 Colin Schrijver	HN4	10	O	15:21.99	PR	
2	8 Joost Hermans	HSA	9	O	15:50.63		
3	7 Max Eppinga	HA1	5	I	16:03.79	PR	
4	14 Erik Agterdenbos	HSB	9	I	16:05.58		
5	6 Boaz Buter	HA1	6	O	16:06.12	PR	
6	19 Geert Antonis	HSB	10	I	16:17.02	PR	
7	13 Frank van den Eshof	HSA	5	O	16:39.04	PR	
8	10 Tom van Dijck	HA1	6	I	16:53.73	PR	
9	5 johan sweep	H60	7	I	17:15.80		
10	2 Pieter Pennings	H55	8	I	17:36.18		
11	17 Bart Kooyman	H55	4	O	17:42.02	PR	
12	20 Stan Krewinkel	HN4	3	I	17:58.05	PR	
13	21 Jan de Koning	H60	8	O	18:16.84		
14	4 Ed Blok	H55	4	I	18:44.66	PR	
15	15 Hans de Vos	H65	7	O	20:59.67		

2. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
3	wt rd	20 Stan Krewinkel	HN4	17:58.05	PR
Stan Krewinkel					
	400m	44.19 (44.19)			m
	800m	1:24.24 (40.05)			
	1200m	2:05.67 (41.43)			
	1600m	2:48.03 (42.36)			
	2000m	3:30.40 (42.37)			
	2400m	4:13.13 (42.73)			
	2800m	4:57.42 (44.29)			
	3200m	5:40.54 (43.12)			
	3600m	6:23.97 (43.43)			
	4000m	7:08.57 (44.60)			
	4400m	7:53.56 (44.99)			
	4800m	8:38.18 (44.62)			
	5200m	9:23.26 (45.08)			
	5600m	10:08.06 (44.80)			
	6000m	10:53.40 (45.34)			
	6400m	11:38.14 (44.74)			
	6800m	12:23.24 (45.10)			
	7200m	13:07.71 (44.47)			
	7600m	13:50.64 (42.93)			
	8000m	14:32.82 (42.18)			
	8400m	15:14.69 (41.87)			
	8800m	15:56.51 (41.82)			
	9200m	16:37.08 (40.57)			
	9600m	17:17.90 (40.82)			
	10000m	17:58.05 (40.15)			

		Naam	Cat	PR	Tijd	Info
4	gl	4 Ed Blok	H55		18:44.66	PR
	bl	17 Bart Kooyman	H55		17:42.02	PR

Ed Blok

Bart Kooyman

400m	46.47	(46.47)	400m	44.56	(44.56)
800m	1:28.43	(41.96)	800m	1:24.62	(40.06)
1200m	2:11.49	(43.06)	1200m	2:05.67	(41.05)
1600m	2:55.80	(44.31)	1600m	2:47.20	(41.53)
2000m	3:40.59	(44.79)	2000m	3:28.33	(41.13)
2400m	4:25.71	(45.12)	2400m	4:09.77	(41.44)
2800m	5:10.85	(45.14)	2800m	4:51.25	(41.48)
3200m	5:55.73	(44.88)	3200m	5:33.00	(41.75)
3600m	6:41.32	(45.59)	3600m	6:14.87	(41.87)
4000m	7:27.20	(45.88)	4000m	6:56.88	(42.01)
4400m	8:12.78	(45.58)	4400m	7:38.84	(41.96)
4800m	8:58.61	(45.83)	4800m	8:20.83	(41.99)
5200m	9:44.54	(45.93)	5200m	9:02.76	(41.93)
5600m	10:29.85	(45.31)	5600m	9:44.77	(42.01)
6000m	11:14.51	(44.66)	6000m	10:27.07	(42.30)
6400m	11:59.64	(45.13)	6400m	11:09.81	(42.74)
6800m	12:44.43	(44.79)	6800m	11:52.82	(43.01)
7200m	13:29.29	(44.86)	7200m	12:36.10	(43.28)
7600m	14:14.78	(45.49)	7600m	13:19.77	(43.67)
8000m	14:59.80	(45.02)	8000m	14:03.49	(43.72)
8400m	15:44.92	(45.12)	8400m	14:47.66	(44.17)
8800m	16:30.22	(45.30)	8800m	15:31.67	(44.01)
9200m	17:15.13	(44.91)	9200m	16:15.25	(43.58)
9600m	17:59.86	(44.73)	9600m	16:59.12	(43.87)
10000m	18:44.66	(44.80)	10000m	17:42.02	(42.90)

		Naam	Cat	PR	Tijd	Info
5	wt	7 Max Eppinga	HA1		16:03.79	PR
	rd	13 Frank van den Eshof	HSA		16:39.04	PR

Max Eppinga

400m	41.49	(41.49)
800m	1:19.83	(38.34)
1200m	1:58.43	(38.60)
1600m	2:37.41	(38.98)
2000m	3:16.23	(38.82)
2400m	3:54.61	(38.38)
2800m	4:33.46	(38.85)
3200m	5:12.38	(38.92)
3600m	5:51.66	(39.28)
4000m	6:30.58	(38.92)
4400m	7:09.39	(38.81)
4800m	7:48.28	(38.89)
5200m	8:27.21	(38.93)
5600m	9:05.72	(38.51)
6000m	9:44.98	(39.26)
6400m	10:23.78	(38.80)
6800m	11:02.19	(38.41)
7200m	11:41.06	(38.87)
7600m	12:19.21	(38.15)
8000m	12:57.52	(38.31)
8400m	13:35.33	(37.81)
8800m	14:13.07	(37.74)
9200m	14:50.60	(37.53)
9600m	15:27.78	(37.18)
10000m	16:03.79	(36.01)

Frank van den Eshof

400m	40.57	(40.57)
800m	1:19.02	(38.45)
1200m	1:57.57	(38.55)
1600m	2:37.08	(39.51)
2000m	3:15.30	(38.22)
2400m	3:54.36	(39.06)
2800m	4:33.04	(38.68)
3200m	5:12.46	(39.42)
3600m	5:51.44	(38.98)
4000m	6:31.22	(39.78)
4400m	7:11.11	(39.89)
4800m	7:51.27	(40.16)
5200m	8:31.11	(39.84)
5600m	9:09.96	(38.85)
6000m	9:49.99	(40.03)
6400m	10:30.96	(40.97)
6800m	11:12.07	(41.11)
7200m	11:53.00	(40.93)
7600m	12:34.56	(41.56)
8000m	13:15.76	(41.20)
8400m	13:56.81	(41.05)
8800m	14:37.31	(40.50)
9200m	15:17.43	(40.12)
9600m	15:58.07	(40.64)
10000m	16:39.04	(40.97)

		Naam	Cat	PR	Tijd	Info
6	gl	10 Tom van Dijck	HA1		16:53.73	PR
	bl	6 Boaz Buter	HA1		16:06.12	PR

Tom van Dijck

400m	42.30	(42.30)
800m	1:20.69	(38.39)
1200m	1:59.97	(39.28)
1600m	2:39.96	(39.99)
2000m	3:19.62	(39.66)
2400m	4:00.19	(40.57)
2800m	4:40.26	(40.07)
3200m	5:21.59	(41.33)
3600m	6:02.66	(41.07)
4000m	6:44.17	(41.51)
4400m	7:25.73	(41.56)
4800m	8:07.91	(42.18)
5200m	8:49.46	(41.55)
5600m	9:29.79	(40.33)
6000m	10:10.37	(40.58)
6400m	10:51.82	(41.45)
6800m	11:32.47	(40.65)
7200m	12:13.89	(41.42)
7600m	12:55.30	(41.41)
8000m	13:35.94	(40.64)
8400m	14:14.99	(39.05)
8800m	14:55.80	(40.81)
9200m	15:33.06	(37.26)
9600m	16:13.46	(40.40)
10000m	16:53.73	(40.27)

Boaz Buter

400m	40.76	(40.76)
800m	1:19.15	(38.39)
1200m	1:57.97	(38.82)
1600m	2:36.29	(38.32)
2000m	3:14.63	(38.34)
2400m	3:53.02	(38.39)
2800m	4:32.02	(39.00)
3200m	5:11.11	(39.09)
3600m	5:50.26	(39.15)
4000m	6:29.45	(39.19)
4400m	7:08.40	(38.95)
4800m	7:47.59	(39.19)
5200m	8:26.62	(39.03)
5600m	9:05.77	(39.15)
6000m	9:44.91	(39.14)
6400m	10:23.21	(38.30)
6800m	11:02.09	(38.88)
7200m	11:40.40	(38.31)
7600m	12:18.54	(38.14)
8000m	12:56.70	(38.16)
8400m	13:34.60	(37.90)
8800m	14:13.37	(38.77)
9200m	14:51.73	(38.36)
9600m	15:29.69	(37.96)
10000m	16:06.12	(36.43)

		Naam	Cat	PR	Tijd	Info
7	wt	5 johan sweep	H60	17:09.19	17:15.80	
	rd	15 Hans de Vos	H65	17:49.16	20:59.67	
		johan sweep				Hans de Vos
		400m	42.90 (42.90)	400m	54.19 (54.19)	
		800m	1:21.26 (38.36)	800m	1:43.90 (49.71)	
		1200m	2:01.12 (39.86)	1200m	2:35.41 (51.51)	
		1600m	2:41.98 (40.86)	1600m	3:26.32 (50.91)	
		2000m	3:23.26 (41.28)	2000m	4:16.16 (49.84)	
		2400m	4:04.82 (41.56)	2400m	5:06.47 (50.31)	
		2800m	4:46.33 (41.51)	2800m	5:57.15 (50.68)	
		3200m	5:28.13 (41.80)	3200m	6:48.10 (50.95)	
		3600m	6:09.63 (41.50)	3600m	7:38.52 (50.42)	
		4000m	6:50.95 (41.32)	4000m	8:28.87 (50.35)	
		4400m	7:32.96 (42.01)	4400m	9:19.88 (51.01)	
		4800m	8:14.58 (41.62)	4800m	10:10.01 (50.13)	
		5200m	8:56.66 (42.08)	5200m	11:00.35 (50.34)	
		5600m	9:38.53 (41.87)	5600m	11:49.69 (49.34)	
		6000m	10:20.12 (41.59)	6000m	12:38.32 (48.63)	
		6400m	11:02.17 (42.05)	6400m	13:27.31 (48.99)	
		6800m	11:44.08 (41.91)	6800m	14:18.02 (50.71)	
		7200m	12:25.80 (41.72)	7200m	15:09.40 (51.38)	
		7600m	13:07.80 (42.00)	7600m	16:00.12 (50.72)	
		8000m	13:49.48 (41.68)	8000m	16:49.82 (49.70)	
		8400m	14:30.69 (41.21)	8400m	17:40.60 (50.78)	
		8800m	15:11.65 (40.96)	8800m	18:31.85 (51.25)	
		9200m	15:53.67 (42.02)	9200m	19:21.42 (49.57)	
		9600m	16:35.23 (41.56)	9600m	20:11.40 (49.98)	
		10000m	17:15.80 (40.57)	10000m	20:59.67 (48.27)	

		Naam	Cat	PR	Tijd	Info
8	gl	2 Pieter Pennings	H55	16:12.04	17:36.18	
	bl	21 Jan de Koning	H60	16:44.19	18:16.84	

Pieter Pennings

400m	44.19	(44.19)
800m	1:24.20	(40.01)
1200m	2:05.49	(41.29)
1600m	2:47.40	(41.91)
2000m	3:29.10	(41.70)
2400m	4:11.19	(42.09)
2800m	4:53.25	(42.06)
3200m	5:35.55	(42.30)
3600m	6:17.78	(42.23)
4000m	7:00.24	(42.46)
4400m	7:42.66	(42.42)
4800m	8:25.26	(42.60)
5200m	9:07.75	(42.49)
5600m	9:50.00	(42.25)
6000m	10:32.64	(42.64)
6400m	11:15.60	(42.96)
6800m	11:58.75	(43.15)
7200m	12:41.62	(42.87)
7600m	13:24.69	(43.07)
8000m	14:07.63	(42.94)
8400m	14:50.21	(42.58)
8800m	15:32.12	(41.91)
9200m	16:13.72	(41.60)
9600m	16:55.10	(41.38)
10000m	17:36.18	(41.08)

Jan de Koning

400m	50.80	(50.80)
800m	1:34.65	(43.85)
1200m	2:18.80	(44.15)
1600m	3:02.95	(44.15)
2000m	3:47.01	(44.06)
2400m	4:31.07	(44.06)
2800m	5:14.85	(43.78)
3200m	5:58.45	(43.60)
3600m	6:42.37	(43.92)
4000m	7:25.57	(43.20)
4400m	8:08.16	(42.59)
4800m	8:51.87	(43.71)
5200m	9:35.78	(43.91)
5600m	10:19.06	(43.28)
6000m	11:02.62	(43.56)
6400m	11:46.46	(43.84)
6800m	12:30.52	(44.06)
7200m	13:14.63	(44.11)
7600m	13:58.11	(43.48)
8000m	14:42.09	(43.98)
8400m	15:25.94	(43.85)
8800m	16:09.51	(43.57)
9200m	16:52.44	(42.93)
9600m	17:34.84	(42.40)
10000m	18:16.84	(42.00)

		Naam	Cat	PR	Tijd	Info
9	wt	14 Erik Agterdenbos	HSB	15:54.14	16:05.58	
	rd	8 Joost Hermans	HSA	15:35.04	15:50.63	

Erik Agterdenbos

400m	41.07	(41.07)
800m	1:19.35	(38.28)
1200m	1:58.30	(38.95)
1600m	2:37.00	(38.70)
2000m	3:15.86	(38.86)
2400m	3:54.23	(38.37)
2800m	4:32.50	(38.27)
3200m	5:10.57	(38.07)
3600m	5:49.08	(38.51)
4000m	6:28.20	(39.12)
4400m	7:06.92	(38.72)
4800m	7:45.17	(38.25)
5200m	8:23.96	(38.79)
5600m	9:02.68	(38.72)
6000m	9:41.68	(39.00)
6400m	10:20.51	(38.83)
6800m	10:59.77	(39.26)
7200m	11:38.17	(38.40)
7600m	12:16.71	(38.54)
8000m	12:55.37	(38.66)
8400m	13:33.67	(38.30)
8800m	14:12.03	(38.36)
9200m	14:50.68	(38.65)
9600m	15:28.76	(38.08)
10000m	16:05.58	(36.82)

Joost Hermans

400m	41.11	(41.11)
800m	1:19.75	(38.64)
1200m	1:58.14	(38.39)
1600m	2:36.87	(38.73)
2000m	3:14.75	(37.88)
2400m	3:53.34	(38.59)
2800m	4:31.32	(37.98)
3200m	5:09.84	(38.52)
3600m	5:47.90	(38.06)
4000m	6:25.74	(37.84)
4400m	7:03.24	(37.50)
4800m	7:41.19	(37.95)
5200m	8:19.17	(37.98)
5600m	8:56.68	(37.51)
6000m	9:33.92	(37.24)
6400m	10:11.09	(37.17)
6800m	10:49.06	(37.97)
7200m	11:25.77	(36.71)
7600m	12:03.74	(37.97)
8000m	12:41.28	(37.54)
8400m	13:18.75	(37.47)
8800m	13:56.58	(37.83)
9200m	14:34.53	(37.95)
9600m	15:12.73	(38.20)
10000m	15:50.63	(37.90)

		Naam	Cat	PR	Tijd	Info
10	gl	19 Geert Antonis	HSB	17:07.08	16:17.02	PR
	bl	18 Colin Schrijver	HN4	15:49.62	15:21.99	PR

Geert Antonis

400m	39.95	(39.95)
800m	1:16.74	(36.79)
1200m	1:55.24	(38.50)
1600m	2:34.15	(38.91)
2000m	3:12.86	(38.71)
2400m	3:51.94	(39.08)
2800m	4:30.80	(38.86)
3200m	5:09.73	(38.93)
3600m	5:48.80	(39.07)
4000m	6:27.97	(39.17)
4400m	7:07.30	(39.33)
4800m	7:46.94	(39.64)
5200m	8:26.23	(39.29)
5600m	9:04.84	(38.61)
6000m	9:43.68	(38.84)
6400m	10:22.08	(38.40)
6800m	11:00.41	(38.33)
7200m	11:38.72	(38.31)
7600m	12:17.28	(38.56)
8000m	12:56.30	(39.02)
8400m	13:35.87	(39.57)
8800m	14:15.85	(39.98)
9200m	14:56.26	(40.41)
9600m	15:36.88	(40.62)
10000m	16:17.02	(40.14)

Colin Schrijver

400m	37.03	(37.03)
800m	1:11.59	(34.56)
1200m	1:47.66	(36.07)
1600m	2:24.14	(36.48)
2000m	3:00.08	(35.94)
2400m	3:35.69	(35.61)
2800m	4:11.59	(35.90)
3200m	4:47.43	(35.84)
3600m	5:22.83	(35.40)
4000m	5:58.40	(35.57)
4400m	6:34.27	(35.87)
4800m	7:10.66	(36.39)
5200m	7:47.31	(36.65)
5600m	8:24.48	(37.17)
6000m	9:03.63	(39.15)
6400m	9:43.34	(39.71)
6800m	10:22.24	(38.90)
7200m	11:02.45	(40.21)
7600m	11:41.42	(38.97)
8000m	12:19.55	(38.13)
8400m	12:56.75	(37.20)
8800m	13:32.80	(36.05)
9200m	14:09.22	(36.42)
9600m	14:45.20	(35.98)
10000m	15:21.99	(36.79)