

1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	26 Rutger Jansma	HB1	3	O	40.42		
2	30 Jan Mein	H65	4	O	45.67		
3	32 Kaska Rogulska	D55	3	I	46.25		
4	27 Anne Breider	DC1	4	I	46.27		
5	31 Evi Blomberg	DC1	1	O	47.40		

1. Rituitslag 500 meter

	Naam	Cat	PR	Tijd	Info
1	wt				
	rd	31 Evi Blomberg	DC1	45.51	47.40
	Evi Blomberg				
	m	100m	12.73	(12.73)	
		500m	47.40	(34.67)	

	Naam	Cat	PR	Tijd	Info
2	gl				
	bl				
	m	m			

	Naam	Cat	PR	Tijd	Info
3	wt	32 Kaska Rogulska	D55	42.33	46.25
	rd	26 Rutger Jansma	HB1	38.19	40.42
	Kaska Rogulska				
	100m	12.62	(12.62)		
	500m	46.25	(33.63)		
	Rutger Jansma				
	100m	11.13	(11.13)		
	500m	40.42	(29.29)		

	Naam	Cat	PR	Tijd	Info
4	gl	27 Anne Breider	DC1	44.12	46.27
	bl	30 Jan Mein	H65	40.90	45.67
	Anne Breider				
	100m	12.36	(12.36)		
	500m	46.27	(33.91)		
	Jan Mein				
	100m	12.32	(12.32)		
	500m	45.67	(33.35)		

2. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	14 Mark Ooijevaar	H40	6	O	14:46.15	TRC	
2	5 Jochem Kerssies	HSA	6	I	15:06.98	HT	
3	6 Gerald Bos	H50	5	O	15:43.90	HT TRC	
4	20 Bart Mol	HSA	5	I	16:06.44	HT	

2. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
5	wt 20 Bart Mol	HSA	16:15.85	16:06.44	HT
	rd 6 Gerald Bos	H50	15:45.27	15:43.90	HT TRC
	Bart Mol				
	400m	41.30 (41.30)			
	800m	1:17.25 (35.95)			
	1200m	1:54.32 (37.07)			
	1600m	2:31.38 (37.06)			
	2000m	3:09.16 (37.78)			
	2400m	3:46.77 (37.61)			
	2800m	4:24.67 (37.90)			
	3200m	5:02.15 (37.48)			
	3600m	5:34.60 (32.45)			
	4000m	6:18.63 (44.03)			
	4400m	6:57.16 (38.53)			
	4800m	7:35.68 (38.52)			
	5200m	8:14.31 (38.63)			
	5600m	8:53.42 (39.11)			
	6000m	9:32.70 (39.28)			
	6400m	10:12.36 (39.66)			
	6800m	10:51.93 (39.57)			
	7200m	11:31.43 (39.50)			
	7600m	12:10.51 (39.08)			
	8000m	12:50.00 (39.49)			
	8400m	13:29.55 (39.55)			
	8800m	14:08.78 (39.23)			
	9200m	14:47.21 (38.43)			
	9600m	15:27.02 (39.81)			
	10000m	16:06.44 (39.42)			
	Gerald Bos				
	400m	41.05 (41.05)			
	800m	1:17.68 (36.63)			
	1200m	1:55.09 (37.41)			
	1600m	2:32.33 (37.24)			
	2000m	3:09.92 (37.59)			
	2400m	3:47.43 (37.51)			
	2800m	4:24.83 (37.40)			
	3200m	5:02.01 (37.18)			
	3600m	5:39.34 (37.33)			
	4000m	6:16.67 (37.33)			
	4400m	6:53.73 (37.06)			
	4800m	7:30.73 (37.00)			
	5200m	8:07.66 (36.93)			
	5600m	8:45.08 (37.42)			
	6000m	9:22.73 (37.65)			
	6400m	10:00.31 (37.58)			
	6800m	10:37.76 (37.45)			
	7200m	11:15.23 (37.47)			
	7600m	11:53.20 (37.97)			
	8000m	12:31.50 (38.30)			
	8400m	13:09.52 (38.02)			
	8800m	13:48.26 (38.74)			
	9200m	14:27.01 (38.75)			
	9600m	15:05.23 (38.22)			
	10000m	15:43.90 (38.67)			

		Naam	Cat	PR	Tijd	Info
6	gl	5 Jochem Kerssies	HSA	15:14.71	15:06.98	HT
	bl	14 Mark Ooijevaar	H40	13:12.60	14:46.15	TRC

Jochem Kerssies

400m	37.93	(37.93)
800m	1:10.91	(32.98)
1200m	1:45.03	(34.12)
1600m	2:19.64	(34.61)
2000m	2:54.14	(34.50)
2400m	3:28.47	(34.33)
2800m	4:03.02	(34.55)
3200m	4:38.07	(35.05)
3600m	5:13.61	(35.54)
4000m	5:49.16	(35.55)
4400m	6:25.14	(35.98)
4800m	7:01.40	(36.26)
5200m	7:38.20	(36.80)
5600m	8:15.23	(37.03)
6000m	8:52.40	(37.17)
6400m	9:29.68	(37.28)
6800m	10:07.01	(37.33)
7200m	10:44.42	(37.41)
7600m	11:21.93	(37.51)
8000m	11:59.58	(37.65)
8400m	12:37.15	(37.57)
8800m	13:14.85	(37.70)
9200m	13:52.31	(37.46)
9600m	14:29.67	(37.36)
10000m	15:06.98	(37.31)

Mark Ooijevaar

400m	38.17	(38.17)
800m	1:11.83	(33.66)
1200m	1:46.32	(34.49)
1600m	2:20.58	(34.26)
2000m	2:54.90	(34.32)
2400m	3:29.40	(34.50)
2800m	4:04.01	(34.61)
3200m	4:39.02	(35.01)
3600m	5:14.25	(35.23)
4000m	5:49.85	(35.60)
4400m	6:25.32	(35.47)
4800m	7:01.21	(35.89)
5200m	7:36.91	(35.70)
5600m	8:12.77	(35.86)
6000m	8:48.44	(35.67)
6400m	9:24.03	(35.59)
6800m	9:59.54	(35.51)
7200m	10:35.09	(35.55)
7600m	11:10.66	(35.57)
8000m	11:46.34	(35.68)
8400m	12:22.19	(35.85)
8800m	12:58.12	(35.93)
9200m	13:34.15	(36.03)
9600m	14:10.15	(36.00)
10000m	14:46.15	(36.00)

3. Uitslag 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	30 Jan Mein	H65	9	O	1:32.96		
2	27 Anne Breider	DC1	10	I	1:33.00		
3	32 Kaska Rogulska	D55	9	I	1:34.64		
4	31 Evi Blomberg	DC1	10	O	1:35.47		

3. Rituitslag 1000 meter

	Naam	Cat	PR	Tijd	Info
7	wt				
	rd				
	m				m

	Naam	Cat	PR	Tijd	Info
8	gl				
	bl				
	m				m

	Naam	Cat	PR	Tijd	Info
9	wt	32 Kaska Rogulska	D55	1:24.09	1:34.64
	rd	30 Jan Mein	H65	1:22.40	1:32.96
	Kaska Rogulska		Jan Mein		
	200m	21.97 (21.97)	200m	22.06 (22.06)	
	600m	57.09 (35.12)	600m	56.38 (34.32)	
	1000m	1:34.64 (37.55)	1000m	1:32.96 (36.58)	

	Naam	Cat	PR	Tijd	Info
10	gl	27 Anne Breider	DC1	1:30.72	1:33.00
	bl	31 Evi Blomberg	DC1	1:31.37	1:35.47
	Anne Breider		Evi Blomberg		
	200m	21.23 (21.23)	200m	22.06 (22.06)	
	600m	55.13 (33.90)	600m	57.20 (35.14)	
	1000m	1:33.00 (37.87)	1000m	1:35.47 (38.27)	

4. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Govert Komin	HSA	13	O	7:41.93		
2	1 Robin van de Ven	HB2	13	I	7:44.42		
3	22 Sven Post	HB1	14	I	8:19.70		
4	23 Rik Winters	H50	11	I	8:39.54		
5	16 Bianca van der Meer	DN2	14	O	8:45.50		
6	9 Jeroen Sibeijn	HB1	11	O	8:47.81		

4. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
11	wt	23 Rik Winters		H50			8:39.54	
	rd	9 Jeroen Sibeijn		HB1			8:47.81	
		Rik Winters			Jeroen Sibeijn			
		200m	24.92	(24.92)	200m	24.50	(24.50)	
		600m	1:03.74	(38.82)	600m	1:03.79	(39.29)	
		1000m	1:43.51	(39.77)	1000m	1:44.92	(41.13)	
		1400m	2:24.28	(40.77)	1400m	2:26.05	(41.13)	
		1800m	3:04.95	(40.67)	1800m	3:07.29	(41.24)	
		2200m	3:45.72	(40.77)	2200m	3:49.16	(41.87)	
		2600m	4:27.56	(41.84)	2600m	4:30.93	(41.77)	
		3000m	5:09.60	(42.04)	3000m	5:13.59	(42.66)	
		3400m	5:51.54	(41.94)	3400m	5:56.29	(42.70)	
		3800m	6:33.06	(41.52)	3800m	6:39.55	(43.26)	
		4200m	7:15.10	(42.04)	4200m	7:22.63	(43.08)	
		4600m	7:57.01	(41.91)	4600m	8:05.88	(43.25)	
		5000m	8:39.54	(42.53)	5000m	8:47.81	(41.93)	

		Naam		Cat		PR	Tijd	Info
12	gl							
	bl							

		Naam			Cat			PR	Tijd	Info
13	wt	1	Robin van de Ven		HB2				7:44.42	
	rd	15	Govert Komin		HSA				7:41.93	
		Robin van de Ven				Govert Komin				
		200m	21.97	(21.97)	200m	22.09	(22.09)			
		600m	58.27	(36.30)	600m	57.35	(35.26)			
		1000m	1:35.26	(36.99)	1000m	1:34.02	(36.67)			
		1400m	2:12.18	(36.92)	1400m	2:10.46	(36.44)			
		1800m	2:49.26	(37.08)	1800m	2:47.45	(36.99)			
		2200m	3:26.33	(37.07)	2200m	3:24.38	(36.93)			
		2600m	4:03.19	(36.86)	2600m	4:01.06	(36.68)			
		3000m	4:40.27	(37.08)	3000m	4:38.08	(37.02)			
		3400m	5:16.79	(36.52)	3400m	5:14.89	(36.81)			
		3800m	5:53.89	(37.10)	3800m	5:51.16	(36.27)			
		4200m	6:31.05	(37.16)	4200m	6:28.44	(37.28)			
		4600m	7:07.96	(36.91)	4600m	7:05.31	(36.87)			
		5000m	7:44.42	(36.46)	5000m	7:41.93	(36.62)			

		Naam			Cat			PR	Tijd	Info
14	gl	22	Sven Post		HB1				8:19.70	
	bl	16	Bianca van der Meer		DN2			8:32.12	8:45.50	
		Sven Post				Bianca van der Meer				
		200m	22.55	(22.55)	200m	22.86	(22.86)			
		600m	59.79	(37.24)	600m	1:01.26	(38.40)			
		1000m	1:37.85	(38.06)	1000m	1:38.87	(37.61)			
		1400m	2:16.52	(38.67)	1400m	2:17.85	(38.98)			
		1800m	2:55.41	(38.89)	1800m	2:56.95	(39.10)			
		2200m	3:34.40	(38.99)	2200m	3:38.54	(41.59)			
		2600m	4:14.61	(40.21)	2600m	4:21.55	(43.01)			
		3000m	4:55.24	(40.63)	3000m	5:05.09	(43.54)			
		3400m	5:35.83	(40.59)	3400m	5:48.77	(43.68)			
		3800m	6:17.00	(41.17)	3800m	6:32.38	(43.61)			
		4200m	6:58.27	(41.27)	4200m	7:17.17	(44.79)			
		4600m	7:39.58	(41.31)	4600m	8:01.76	(44.59)			
		5000m	8:19.70	(40.12)	5000m	8:45.50	(43.74)			

5. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	25 Jaron Ridder	HC2	17	O	4:36.69		
2	21 Lucien de Esch	HC1	22	O	4:44.40		
3	3 Klaas Hoomans	H40	22	I	4:45.13		
4	28 Finn Zachrisson	HC2	15	I	4:47.00		
5	10 Vester van Houten	HB2	19	O	4:57.24		
6	24 Lars Bruggers	HC1	19	I	4:57.25		
7	11 Merijn Kruiger	HB2	20	O	5:10.05		
8	17 Hein Schepers	H45	18	I	5:24.51		
9	34 Rixt Idsardi	DSA	20	I	5:28.14		
10	33 Jasper Tonkelaar	HSA	16	O	5:29.54		
11	12 Eva Zijlstra	DC1	16	I	5:30.53		
12	13 Jean Pierre Sibeijn	H55	21	O	5:32.51		
13	29 Geanne Stol	DA2	17	I	5:33.01		
14	8 Reinier Sibeijn	HC1	21	I	5:34.44	PR	
15	18 Marinda de Vries	DC2	15	O	5:38.71		
16	19 Anouk Schepers	DPA	18	O	5:55.39		

5. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
15	wt	28	Finn Zachrisson		HC2			4:47.00	
	rd	18	Marinda de Vries		DC2			5:38.71	
		Finn Zachrisson			Marinda de Vries				
		200m	22.40	(22.40)	200m	24.57	(24.57)		
		600m	58.43	(36.03)	600m	1:05.65	(41.08)		
		1000m	1:36.16	(37.73)	1000m	1:48.33	(42.68)		
		1400m	2:13.91	(37.75)	1400m	2:32.14	(43.81)		
		1800m	2:51.80	(37.89)	1800m	3:17.62	(45.48)		
		2200m	3:30.62	(38.82)	2200m	4:03.85	(46.23)		
		2600m	4:09.22	(38.60)	2600m	4:51.62	(47.77)		
		3000m	4:47.00	(37.78)	3000m	5:38.71	(47.09)		

		Naam		Cat		PR		Tijd	Info
16	gl	12	Eva Zijlstra		DC1			5:30.53	
	bl	33	Jasper Tonkelaar		HSA			5:29.54	
		Eva Zijlstra			Jasper Tonkelaar				
		200m	24.59	(24.59)	200m	26.56	(26.56)		
		600m	1:07.24	(42.65)	600m	1:09.01	(42.45)		
		1000m	1:50.66	(43.42)	1000m	1:52.52	(43.51)		
		1400m	2:34.87	(44.21)	1400m	2:36.12	(43.60)		
		1800m	3:18.66	(43.79)	1800m	3:19.46	(43.34)		
		2200m	4:03.35	(44.69)	2200m	4:03.17	(43.71)		
		2600m	4:48.17	(44.82)	2600m	4:47.12	(43.95)		
		3000m	5:30.53	(42.36)	3000m	5:29.54	(42.42)		

		Naam			Cat	PR	Tijd	Info
17	wt	29	Geanne Stol		DA2		5:33.01	
	rd	25	Jaron Ridder		HC2		4:36.69	
		Geanne Stol			Jaron Ridder			
		200m	25.78	(25.78)	200m	21.06	(21.06)	
		600m	1:07.42	(41.64)	600m	56.28	(35.22)	
		1000m	1:50.90	(43.48)	1000m	1:32.95	(36.67)	
		1400m	2:35.13	(44.23)	1400m	2:09.74	(36.79)	
		1800m	3:20.27	(45.14)	1800m	2:46.38	(36.64)	
		2200m	4:05.34	(45.07)	2200m	3:23.00	(36.62)	
		2600m	4:49.83	(44.49)	2600m	3:59.85	(36.85)	
		3000m	5:33.01	(43.18)	3000m	4:36.69	(36.84)	

		Naam			Cat	PR	Tijd	Info
18	gl	17	Hein Schepers		H45		5:24.51	
	bl	19	Anouk Schepers		DPA		5:55.39	
		Hein Schepers			Anouk Schepers			
		200m	26.04	(26.04)	200m	26.87	(26.87)	
		600m	1:07.58	(41.54)	600m	1:11.39	(44.52)	
		1000m	1:49.56	(41.98)	1000m	1:57.27	(45.88)	
		1400m	2:31.59	(42.03)	1400m	2:44.11	(46.84)	
		1800m	3:13.71	(42.12)	1800m	3:31.96	(47.85)	
		2200m	3:56.41	(42.70)	2200m	4:20.62	(48.66)	
		2600m	4:40.05	(43.64)	2600m	5:09.10	(48.48)	
		3000m	5:24.51	(44.46)	3000m	5:55.39	(46.29)	

		Naam			Cat	PR	Tijd	Info
19	wt	24	Lars Bruggers		HC1		4:57.25	
	rd	10	Vester van Houten		HB2		4:57.24	
		Lars Bruggers			Vester van Houten			
		200m	22.66	(22.66)	200m	20.69	(20.69)	
		600m	1:00.58	(37.92)	600m	58.44	(37.75)	
		1000m	1:40.12	(39.54)	1000m	1:39.04	(40.60)	
		1400m	2:20.28	(40.16)	1400m	2:19.19	(40.15)	
		1800m	2:59.81	(39.53)	1800m	2:59.59	(40.40)	
		2200m	3:39.91	(40.10)	2200m	3:39.58	(39.99)	
		2600m	4:19.48	(39.57)	2600m	4:18.64	(39.06)	
		3000m	4:57.25	(37.77)	3000m	4:57.24	(38.60)	

		Naam			Cat	PR	Tijd	Info
20	gl	34	Rixt Idsardi		DSA		5:28.14	
	bl	11	Merijn Kruiger		HB2		5:10.05	
		Rixt Idsardi			Merijn Kruiger			
		200m	24.16	(24.16)	200m	22.71	(22.71)	
		600m	1:04.92	(40.76)	600m	1:02.01	(39.30)	
		1000m	1:48.16	(43.24)	1000m	1:42.42	(40.41)	
		1400m	2:32.49	(44.33)	1400m	2:23.77	(41.35)	
		1800m	3:16.78	(44.29)	1800m	3:04.90	(41.13)	
		2200m	4:00.64	(43.86)	2200m	3:46.86	(41.96)	
		2600m	4:44.22	(43.58)	2600m	4:28.25	(41.39)	
		3000m	5:28.14	(43.92)	3000m	5:10.05	(41.80)	

		Naam			Cat	PR	Tijd	Info
21	wt	8	Reinier Sibeijn		HC1	6:19.08	5:34.44	PR
	rd	13	Jean Pierre Sibeijn		H55	4:42.81	5:32.51	
		Reinier Sibeijn			Jean Pierre Sibeijn			
		200m	25.04	(25.04)	200m	26.10	(26.10)	
		600m	1:10.34	(45.30)	600m	1:08.95	(42.85)	
		1000m	1:55.69	(45.35)	1000m	1:54.80	(45.85)	
		1400m	2:40.27	(44.58)	1400m	2:39.49	(44.69)	
		1800m	3:24.77	(44.50)	1800m	3:23.33	(43.84)	
		2200m	4:08.66	(43.89)	2200m	4:06.73	(43.40)	
		2600m	4:52.21	(43.55)	2600m	4:50.17	(43.44)	
		3000m	5:34.44	(42.23)	3000m	5:32.51	(42.34)	

		Naam			Cat	PR	Tijd	Info
22	gl	3	Klaas Hoomans		H40	4:14.12	4:45.13	
	bl	21	Lucien de Esch		HC1		4:44.40	
		Klaas Hoomans			Lucien de Esch			
		200m	20.68	(20.68)	200m	22.43	(22.43)	
		600m	55.51	(34.83)	600m	58.11	(35.68)	
		1000m	1:31.12	(35.61)	1000m	1:34.78	(36.67)	
		1400m	2:07.34	(36.22)	1400m	2:12.20	(37.42)	
		1800m	2:44.23	(36.89)	1800m	2:50.10	(37.90)	
		2200m	3:22.52	(38.29)	2200m	3:28.26	(38.16)	
		2600m	4:03.27	(40.75)	2600m	4:06.47	(38.21)	
		3000m	4:45.13	(41.86)	3000m	4:44.40	(37.93)	