

## 1. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	1 Berto Anker	HA2	8	I	4:33.52	PR	
2	4 Bram van der Hoeven	HB1	7	O	4:36.01	PR	
3	15 Maarten Pennings	HA1	7	I	4:39.00	PR	
4	9 Quinten de Jong	HB1	5	I	4:41.41	PR	
5	7 Guus Gelderblom	HA2	6	I	4:48.33		
6	13 Joey van den Berg	HB2	5	O	4:50.70	PR	
7	18 Liam Dias d'Ullois	HB2	4	O	4:53.74	PR	
8	19 Duco Kuper	HA1	3	O	4:58.55	PR	
9	2 Gio Kromokario	HB1	4	I	5:02.54	PR	
10	14 Tiemen Haaring	HA1	6	O	5:02.58		
11	12 Julian Broos	HB1	2	I	5:16.45		
12	3 Indy Kromokario	HA1	3	I	5:20.42	PR	
13	8 Famke Hogenboom	DA2	1	I	5:32.77		
14	16 Sara de Jong	DB1	1	O	5:49.49	PR	
	5 Jules van Winden	HB2	8	O	DNF		

## 1. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	8 <b>Famke Hogenboom</b>		DA2		5:27.48	<b>5:32.77</b>	
	rd	16 <b>Sara de Jong</b>		DB1		6:08.14	<b>5:49.49</b>	PR
<b>Famke Hogenboom</b>			<b>Sara de Jong</b>					
		200m	23.99	(23.99)		200m	25.68	(25.68)
		600m	1:05.06	(41.07)		600m	1:09.59	(43.91)
		1000m	1:49.35	(44.29)		1000m	1:55.83	(46.24)
		1400m	2:34.53	(45.18)		1400m	2:43.00	(47.17)
		1800m	3:20.24	(45.71)		1800m	3:28.73	(45.73)
		2200m	4:05.03	(44.79)		2200m	4:15.58	(46.85)
		2600m	4:50.26	(45.23)		2600m	5:03.30	(47.72)
		3000m	5:32.77	(42.51)		3000m	5:49.49	(46.19)

		Naam		Cat		PR	Tijd	Info
2	gl	12 <b>Julian Broos</b>		HB1			<b>5:16.45</b>	
	bl							
<b>Julian Broos</b>								
		200m	22.32	(22.32)		m		
		600m	1:00.78	(38.46)				
		1000m	1:43.08	(42.30)				
		1400m	2:25.52	(42.44)				
		1800m	3:08.82	(43.30)				
		2200m	3:51.75	(42.93)				
		2600m	4:34.21	(42.46)				
		3000m	5:16.45	(42.24)				

		Naam		Cat		PR		Tijd	Info		
3	wt	3	<b>Indy Kromokario</b>		HA1			5:43.78	<b>5:20.42</b> PR		
	rd	19	<b>Duco Kuper</b>		HA1			5:19.39	<b>4:58.55</b> PR		
			<b>Indy Kromokario</b>				<b>Duco Kuper</b>				
			200m	22.70	(22.70)				200m	21.79	(21.79)
			600m	59.99	(37.29)				600m	57.78	(35.99)
			1000m	1:39.50	(39.51)				1000m	1:35.11	(37.33)
			1400m	2:21.51	(42.01)				1400m	2:14.16	(39.05)
			1800m	3:04.91	(43.40)				1800m	2:54.58	(40.42)
			2200m	3:48.28	(43.37)				2200m	3:35.94	(41.36)
			2600m	4:33.98	(45.70)				2600m	4:17.34	(41.40)
			3000m	5:20.42	(46.44)				3000m	4:58.55	(41.21)

		Naam		Cat		PR		Tijd	Info		
4	gl	2	<b>Gio Kromokario</b>		HB1			5:27.42	<b>5:02.54</b> PR		
	bl	18	<b>Liam Dias d'Ullois</b>		HB2			5:05.77	<b>4:53.74</b> PR		
			<b>Gio Kromokario</b>				<b>Liam Dias d'Ullois</b>				
			200m	21.18	(21.18)				200m	21.99	(21.99)
			600m	57.66	(36.48)				600m	57.96	(35.97)
			1000m	1:37.40	(39.74)				1000m	1:36.23	(38.27)
			1400m	2:17.04	(39.64)				1400m	2:15.38	(39.15)
			1800m	2:56.86	(39.82)				1800m	2:54.59	(39.21)
			2200m	3:37.53	(40.67)				2200m	3:34.80	(40.21)
			2600m	4:19.78	(42.25)				2600m	4:15.02	(40.22)
			3000m	5:02.54	(42.76)				3000m	4:53.74	(38.72)

		Naam		Cat		PR	Tijd	Info
5	wt	9	<b>Quinten de Jong</b>		HB1	4:58.83	<b>4:41.41</b>	PR
	rd	13	<b>Joey van den Berg</b>		HB2	4:57.33	<b>4:50.70</b>	PR
			<b>Quinten de Jong</b>				<b>Joey van den Berg</b>	
			200m	20.71	(20.71)	200m	21.13	(21.13)
			600m	53.89	(33.18)	600m	55.44	(34.31)
			1000m	1:29.81	(35.92)	1000m	1:32.44	(37.00)
			1400m	2:07.05	(37.24)	1400m	2:10.94	(38.50)
			1800m	2:45.80	(38.75)	1800m	2:50.57	(39.63)
			2200m	3:24.82	(39.02)	2200m	3:30.70	(40.13)
			2600m	4:03.98	(39.16)	2600m	4:11.02	(40.32)
			3000m	4:41.41	(37.43)	3000m	4:50.70	(39.68)

		Naam		Cat		PR	Tijd	Info
6	gl	7	<b>Guus Gelderblom</b>		HA2	4:45.23	<b>4:48.33</b>	
	bl	14	<b>Tiemen Haaring</b>		HA1	4:50.35	<b>5:02.58</b>	
			<b>Guus Gelderblom</b>				<b>Tiemen Haaring</b>	
			200m	20.82	(20.82)	200m	22.16	(22.16)
			600m	57.01	(36.19)	600m	59.77	(37.61)
			1000m	1:34.64	(37.63)	1000m	1:38.27	(38.50)
			1400m	2:12.00	(37.36)	1400m	2:17.31	(39.04)
			1800m	2:50.01	(38.01)	1800m	2:57.09	(39.78)
			2200m	3:29.70	(39.69)	2200m	3:38.32	(41.23)
			2600m	4:09.25	(39.55)	2600m	4:20.63	(42.31)
			3000m	4:48.33	(39.08)	3000m	5:02.58	(41.95)

		Naam	Cat	PR	Tijd	Info
7	wt	15 <b>Maarten Pennings</b>	HA1	4:40.36	<b>4:39.00</b>	PR
	rd	4 <b>Bram van der Hoeven</b>	HB1	4:41.66	<b>4:36.01</b>	PR
		<b>Maarten Pennings</b>			<b>Bram van der Hoeven</b>	
		200m	20.81 (20.81)	200m	21.04 (21.04)	
		600m	55.66 (34.85)	600m	55.42 (34.38)	
		1000m	1:31.25 (35.59)	1000m	1:31.32 (35.90)	
		1400m	2:07.92 (36.67)	1400m	2:08.01 (36.69)	
		1800m	2:45.01 (37.09)	1800m	2:45.08 (37.07)	
		2200m	3:23.10 (38.09)	2200m	3:22.38 (37.30)	
		2600m	4:01.50 (38.40)	2600m	3:59.87 (37.49)	
		3000m	4:39.00 (37.50)	3000m	4:36.01 (36.14)	

		Naam	Cat	PR	Tijd	Info
8	gl	1 <b>Berto Anker</b>	HA2	4:36.88	<b>4:33.52</b>	PR
	bl	5 <b>Jules van Winden</b>	HB2	4:34.96	<b>DNF</b>	
		<b>Berto Anker</b>			<b>Jules van Winden</b>	
		200m	20.46 (20.46)	200m	20.66 (20.66)	
		600m	54.14 (33.68)	600m	54.36 (33.70)	
		1000m	1:28.91 (34.77)	1000m	1:31.07 (36.71)	
		1400m	2:04.91 (36.00)	1400m	2:08.90 (37.83)	
		1800m	2:41.55 (36.64)	1800m	2:46.76 (37.86)	
		2200m	3:18.46 (36.91)	2200m	3:36.32 (49.56)	
		2600m	3:56.12 (37.66)	2600m	5:00.08 (83.76)	
		3000m	4:33.52 (37.40)			