

## 1. Uitslag 3000m ALL

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Alexander Doornekamp	HSA	11	I	4:29.46	PR	
2	27 Sven Pera	HN1	3	I	4:29.98	PR	
3	41 Arjan Bakker	H65	9	I	4:35.34	TRC	
4	21 Joppe Kleiweg	HSA	11	O	4:36.36		
5	33 Mark Veenstra	HSB	12	I	4:37.61		
6	10 Wouter van der Geer	HSA	12	O	4:41.26		
7	15 Thomas van Herk	HN4	3	O	4:42.58	PR	
8	12 Bart Groot	H55	9	O	4:44.07		
9	23 Thijs Langeveld	HSA	10	I	4:49.86		
10	4 Meerle van den Berg	DN4	7	O	4:50.68	PR	
11	39 Mariska van Zon	DSA	7	I	4:52.57	PR	
12	14 Richard Heikoop	H55	4	O	5:06.90		
13	20 Hilde Houtzager	DN3	10	O	5:08.92		
14	13 Thijs Heezen	HN4	4	I	5:09.84		
15	30 Frank Steenkamp	H70	8	I	5:12.53		
16	32 Ferd Veelenturf	H65	8	O	5:18.89		
17	9 Jan Floor	H45	6	O	5:22.41	PR	
18	31 Lex van Tol	H65	5	O	5:28.09		
19	5 Menco van den Berg	H55	5	I	5:32.77	PR	
20	24 Edwin van Leeuwen	H40	6	I	5:36.42	PR	
21	38 Inge Rotteveel	DSA	2	O	5:43.19	PR	
22	37 Wendy Oostdam	DSA	1	I	5:53.36	HT	
23	40 Annewil Stelloo	D40	1	O	6:05.07	HT	
24	35 Nico Woldendorp	H80	2	I	6:16.23	HT	

## 1. Rituitslag 3000m ALL

		Naam		Cat		PR	Tijd	Info
1	wt	37	<b>Wendy Oostdam</b>		DSA	5:17.67	<b>5:53.36</b>	HT
	rd	40	<b>Annewil Stelloo</b>		D40	5:58.77	<b>6:05.07</b>	HT
			<b>Wendy Oostdam</b>		<b>Annewil Stelloo</b>			
			200m	5:53.36	(353.36)	200m	6:05.07	(365.07)

		Naam		Cat		PR	Tijd	Info
2	gl	35	<b>Nico Woldendorp</b>		H80	4:51.16	<b>6:16.23</b>	HT
	bl	38	<b>Inge Rotteveel</b>		DSA	5:51.03	<b>5:43.19</b>	PR
			<b>Nico Woldendorp</b>		<b>Inge Rotteveel</b>			
			200m	6:16.23	(376.23)	200m	28.57	(28.57)
						600m	1:12.70	(44.13)
						1000m	1:56.93	(44.23)
						1400m	2:42.53	(45.60)
						1800m	3:28.27	(45.74)
						2200m	4:14.05	(45.78)
						2600m	4:59.03	(44.98)
						3000m	5:43.19	(44.16)

		Naam		Cat		PR	Tijd	Info
3	wt	27	<b>Sven Pera</b>		HN1	4:35.22	<b>4:29.98</b>	PR
	rd	15	<b>Thomas van Herk</b>		HN4	4:47.64	<b>4:42.58</b>	PR
			<b>Sven Pera</b>		<b>Thomas van Herk</b>			
			200m	20.65	(20.65)	200m	21.30	(21.30)
			600m	54.12	(33.47)	600m	55.67	(34.37)
			1000m	1:29.34	(35.22)	1000m	1:31.33	(35.66)
			1400m	2:04.91	(35.57)	1400m	2:07.82	(36.49)
			1800m	2:40.65	(35.74)	1800m	2:45.20	(37.38)
			2200m	3:16.70	(36.05)	2200m	3:22.98	(37.78)
			2600m	3:53.40	(36.70)	2600m	4:02.28	(39.30)
			3000m	4:29.98	(36.58)	3000m	4:42.58	(40.30)

		Naam	Cat	PR	Tijd Info
4	gl	13 <b>Thijs Heezen</b>	HN4	4:52.75	<b>5:09.84</b>
	bl	14 <b>Richard Heikoop</b>	H55	4:51.56	<b>5:06.90</b>

### Thijs Heezen

200m	22.68	(22.68)
600m	1:02.41	(39.73)
1000m	1:42.74	(40.33)
1400m	2:23.81	(41.07)
1800m	3:05.24	(41.43)
2200m	3:46.52	(41.28)
2600m	4:27.94	(41.42)
3000m	5:09.84	(41.90)

### Richard Heikoop

200m	24.50	(24.50)
600m	1:02.10	(37.60)
1000m	1:42.17	(40.07)
1400m	2:22.94	(40.77)
1800m	3:03.30	(40.36)
2200m	3:44.35	(41.05)
2600m	4:25.83	(41.48)
3000m	5:06.90	(41.07)

		Naam	Cat	PR	Tijd Info
5	wt	5 <b>Menco van den Berg</b>	H55	5:33.17	<b>5:32.77</b> PR
	rd	31 <b>Lex van Tol</b>	H65	5:09.08	<b>5:28.09</b>

### Menco van den Berg

200m	25.28	(25.28)
600m	1:06.38	(41.10)
1000m	1:48.95	(42.57)
1400m	2:32.76	(43.81)
1800m	3:17.40	(44.64)
2200m	4:02.19	(44.79)
2600m	4:47.13	(44.94)
3000m	5:32.77	(45.64)

### Lex van Tol

200m	25.08	(25.08)
600m	1:04.28	(39.20)
1000m	1:45.11	(40.83)
1400m	2:27.88	(42.77)
1800m	3:12.22	(44.34)
2200m	3:56.99	(44.77)
2600m	4:42.14	(45.15)
3000m	5:28.09	(45.95)

		Naam	Cat	PR	Tijd	Info
6	gl	24 <b>Edwin van Leeuwen</b>	H40	5:38.96	<b>5:36.42</b>	PR
	bl	9 <b>Jan Floor</b>	H45	5:38.37	<b>5:22.41</b>	PR

### Edwin van Leeuwen

200m	26.24	(26.24)
600m	1:06.73	(40.49)
1000m	1:49.23	(42.50)
1400m	2:33.18	(43.95)
1800m	3:18.41	(45.23)
2200m	4:04.43	(46.02)
2600m	4:50.48	(46.05)
3000m	5:36.42	(45.94)

### Jan Floor

200m	25.67	(25.67)
600m	1:04.98	(39.31)
1000m	1:45.50	(40.52)
1400m	2:27.52	(42.02)
1800m	3:11.00	(43.48)
2200m	3:54.66	(43.66)
2600m	4:38.06	(43.40)
3000m	5:22.41	(44.35)

		Naam	Cat	PR	Tijd	Info
7	wt	39 <b>Mariska van Zon</b>	DSA	4:53.50	<b>4:52.57</b>	PR
	rd	4 <b>Meerle van den Berg</b>	DN4	4:54.36	<b>4:50.68</b>	PR

### Mariska van Zon

200m	22.39	(22.39)
600m	58.14	(35.75)
1000m	1:34.92	(36.78)
1400m	2:13.20	(38.28)
1800m	2:52.35	(39.15)
2200m	3:32.13	(39.78)
2600m	4:11.73	(39.60)
3000m	4:52.57	(40.84)

### Meerle van den Berg

200m	22.62	(22.62)
600m	58.14	(35.52)
1000m	1:35.78	(37.64)
1400m	2:14.11	(38.33)
1800m	2:53.19	(39.08)
2200m	3:32.09	(38.90)
2600m	4:11.97	(39.88)
3000m	4:50.68	(38.71)

		Naam	Cat	PR	Tijd Info
8	gl	30 <b>Frank Steenkamp</b>	H70	4:36.38	<b>5:12.53</b>
	bl	32 <b>Ferd Veelenturf</b>	H65	4:42.16	<b>5:18.89</b>

### Frank Steenkamp

200m	24.54	(24.54)
600m	1:03.31	(38.77)
1000m	1:43.59	(40.28)
1400m	2:25.00	(41.41)
1800m	3:06.61	(41.61)
2200m	3:48.83	(42.22)
2600m	4:30.59	(41.76)
3000m	5:12.53	(41.94)

### Ferd Veelenturf

200m	24.87	(24.87)
600m	1:04.41	(39.54)
1000m	1:45.24	(40.83)
1400m	2:28.03	(42.79)
1800m	3:11.21	(43.18)
2200m	3:53.90	(42.69)
2600m	4:36.15	(42.25)
3000m	5:18.89	(42.74)

		Naam	Cat	PR	Tijd Info
9	wt	41 <b>Arjan Bakker</b>	H65	4:04.59	<b>4:35.34</b> TRC
	rd	12 <b>Bart Groot</b>	H55	4:28.03	<b>4:44.07</b>

### Arjan Bakker

200m	22.01	(22.01)
600m	57.23	(35.22)
1000m	1:32.37	(35.14)
1400m	2:08.52	(36.15)
1800m	2:45.01	(36.49)
2200m	3:21.46	(36.45)
2600m	3:58.22	(36.76)
3000m	4:35.34	(37.12)

### Bart Groot

200m	22.33	(22.33)
600m	57.54	(35.21)
1000m	1:33.54	(36.00)
1400m	2:11.25	(37.71)
1800m	2:49.42	(38.17)
2200m	3:27.96	(38.54)
2600m	4:05.99	(38.03)
3000m	4:44.07	(38.08)

		Naam	Cat	PR	Tijd Info
10	gl	23 <b>Thijs Langeveld</b>	HSA	4:42.15	<b>4:49.86</b>
	bl	20 <b>Hilde Houtzager</b>	DN3	4:52.30	<b>5:08.92</b>

### Thijs Langeveld

200m	20.97	(20.97)
600m	55.81	(34.84)
1000m	1:33.19	(37.38)
1400m	2:11.08	(37.89)
1800m	2:50.03	(38.95)
2200m	3:29.45	(39.42)
2600m	4:09.80	(40.35)
3000m	4:49.86	(40.06)

### Hilde Houtzager

200m	21.99	(21.99)
600m	57.27	(35.28)
1000m	1:35.42	(38.15)
1400m	2:15.51	(40.09)
1800m	2:57.84	(42.33)
2200m	3:41.52	(43.68)
2600m	4:25.12	(43.60)
3000m	5:08.92	(43.80)

		Naam	Cat	PR	Tijd Info
11	wt	8 <b>Alexander Doornekamp</b>	HSA	4:31.80	<b>4:29.46</b> PR
	rd	21 <b>Joppe Kleiweg</b>	HSA	4:29.36	<b>4:36.36</b>

### Alexander Doornekamp

200m	20.68	(20.68)
600m	54.46	(33.78)
1000m	1:29.13	(34.67)
1400m	2:04.82	(35.69)
1800m	2:40.56	(35.74)
2200m	3:16.48	(35.92)
2600m	3:52.93	(36.45)
3000m	4:29.46	(36.53)

### Joppe Kleiweg

200m	20.30	(20.30)
600m	52.97	(32.67)
1000m	1:26.79	(33.82)
1400m	2:02.44	(35.65)
1800m	2:39.42	(36.98)
2200m	3:17.42	(38.00)
2600m	3:56.66	(39.24)
3000m	4:36.36	(39.70)

		Naam	Cat	PR	Tijd Info
12	gl	33 <b>Mark Veenstra</b>	HSB	4:29.98	<b>4:37.61</b>
	bl	10 <b>Wouter van der Geer</b>	HSA	4:09.31	<b>4:41.26</b>

### Mark Veenstra

200m	21.70	(21.70)
600m	56.81	(35.11)
1000m	1:32.52	(35.71)
1400m	2:08.50	(35.98)
1800m	2:44.58	(36.08)
2200m	3:22.03	(37.45)
2600m	3:59.68	(37.65)
3000m	4:37.61	(37.93)

### Wouter van der Geer

200m	21.39	(21.39)
600m	56.64	(35.25)
1000m	1:32.68	(36.04)
1400m	2:08.74	(36.06)
1800m	2:45.49	(36.75)
2200m	3:22.91	(37.42)
2600m	4:01.94	(39.03)
3000m	4:41.26	(39.32)