

## 1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 Cock Groot	H60	3	I	17:11.66		
2	11 Gerlof Zwaga	H55	4	O	17:16.27		
3	6 Casper Schut	HA1	4	I	17:17.52		
4	2 Jordy Jak	H45	3	O	18:17.59		
5	4 Koen van Egmond	H40	2	O	18:19.23		
6	8 Jan Zijp	H75	1	I	19:00.18		
7	10 Fien Gunneweg	DB2	1	O	19:44.57	TRC	
8	9 Jan de Jong	H65	2	I	20:01.46		

## 1. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 8 Jan Zijp	H75	16:25.94	<b>19:00.18</b>	
	rd 10 Fien Gunneweg	DB2		<b>19:44.57</b>	TRC
	<u>Jan Zijp</u>			<u>Fien Gunneweg</u>	
	400m 51.06 (51.06)		400m 51.56 (51.56)		
	800m 1:38.11 (47.05)		800m 1:39.98 (48.42)		
	1200m 2:26.25 (48.14)		1200m 2:28.32 (48.34)		
	1600m 3:13.74 (47.49)		1600m 3:16.88 (48.56)		
	2000m 4:00.40 (46.66)		2000m 4:05.14 (48.26)		
	2400m 4:47.39 (46.99)		2400m 4:53.08 (47.94)		
	2800m 5:34.11 (46.72)		2800m 5:42.41 (49.33)		
	3200m 6:20.37 (46.26)		3200m 6:31.87 (49.46)		
	3600m 7:06.71 (46.34)		3600m 7:20.91 (49.04)		
	4000m 7:52.78 (46.07)		4000m 8:09.92 (49.01)		
	4400m 8:38.85 (46.07)		4400m 8:58.81 (48.89)		
	4800m 9:24.33 (45.48)		4800m 9:47.61 (48.80)		
	5200m 10:10.06 (45.73)		5200m 10:37.23 (49.62)		
	5600m 10:54.68 (44.62)		5600m 11:25.87 (48.64)		
	6000m 11:39.44 (44.76)		6000m 12:13.23 (47.36)		
	6400m 12:23.83 (44.39)		6400m 12:59.81 (46.58)		
	6800m 13:08.01 (44.18)		6800m 13:46.06 (46.25)		
	7200m 13:51.83 (43.82)		7200m 14:31.65 (45.59)		
	7600m 14:35.82 (43.99)		7600m 15:17.63 (45.98)		
	8000m 15:20.03 (44.21)		8000m 16:05.00 (47.37)		
	8400m 16:04.60 (44.57)		8400m 16:49.74 (44.74)		
	8800m 16:48.62 (44.02)		8800m 17:34.63 (44.89)		
	9200m 17:32.73 (44.11)		9200m 18:18.83 (44.20)		
	9600m 18:17.14 (44.41)		9600m 19:01.51 (42.68)		
	10000m 19:00.18 (43.04)		10000m 19:44.57 (43.06)		

		Naam	Cat	PR	Tijd	Info
2	gl	9 Jan de Jong	H65	18:04.10	<b>20:01.46</b>	
	bl	4 Koen van Egmond	H40	17:25.20	<b>18:19.23</b>	

### Jan de Jong

400m	48.21	(48.21)
800m	1:33.22	(45.01)
1200m	2:20.81	(47.59)
1600m	3:08.47	(47.66)
2000m	3:56.52	(48.05)
2400m	4:43.67	(47.15)
2800m	5:31.82	(48.15)
3200m	6:19.78	(47.96)
3600m	7:08.00	(48.22)
4000m	7:56.70	(48.70)
4400m	8:44.81	(48.11)
4800m	9:32.26	(47.45)
5200m	10:20.04	(47.78)
5600m	11:07.96	(47.92)
6000m	11:55.95	(47.99)
6400m	12:43.67	(47.72)
6800m	13:31.72	(48.05)
7200m	14:20.25	(48.53)
7600m	15:09.12	(48.87)
8000m	15:56.64	(47.52)
8400m	16:46.35	(49.71)
8800m	17:35.36	(49.01)
9200m	18:25.19	(49.83)
9600m	19:13.93	(48.74)
10000m	20:01.46	(47.53)

### Koen van Egmond

400m	47.76	(47.76)
800m	1:32.58	(44.82)
1200m	2:16.45	(43.87)
1600m	3:00.36	(43.91)
2000m	3:43.78	(43.42)
2400m	4:27.08	(43.30)
2800m	5:10.40	(43.32)
3200m	5:53.63	(43.23)
3600m	6:36.80	(43.17)
4000m	7:20.36	(43.56)
4400m	8:03.73	(43.37)
4800m	8:47.15	(43.42)
5200m	9:30.19	(43.04)
5600m	10:14.31	(44.12)
6000m	10:58.29	(43.98)
6400m	11:42.52	(44.23)
6800m	12:26.70	(44.18)
7200m	13:11.10	(44.40)
7600m	13:55.13	(44.03)
8000m	14:39.35	(44.22)
8400m	15:23.31	(43.96)
8800m	16:07.70	(44.39)
9200m	16:51.99	(44.29)
9600m	17:36.07	(44.08)
10000m	18:19.23	(43.16)

		Naam			Cat	PR	Tijd	Info
3	wt	5	<b>Cock Groot</b>		H60	17:11.30	<b>17:11.66</b>	
	rd	2	<b>Jordy Jak</b>		H45		<b>18:17.59</b>	
		<b>Cock Groot</b>			<b>Jordy Jak</b>			
		400m	46.17	(46.17)	400m	46.37	(46.37)	
		800m	1:27.17	(41.00)	800m	1:28.56	(42.19)	
		1200m	2:08.66	(41.49)	1200m	2:09.74	(41.18)	
		1600m	2:49.70	(41.04)	1600m	2:51.86	(42.12)	
		2000m	3:30.88	(41.18)	2000m	3:34.83	(42.97)	
		2400m	4:11.67	(40.79)	2400m	4:17.90	(43.07)	
		2800m	4:52.77	(41.10)	2800m	5:01.22	(43.32)	
		3200m	5:33.80	(41.03)	3200m	5:44.74	(43.52)	
		3600m	6:15.18	(41.38)	3600m	6:28.28	(43.54)	
		4000m	6:56.21	(41.03)	4000m	7:12.29	(44.01)	
		4400m	7:37.57	(41.36)	4400m	7:55.86	(43.57)	
		4800m	8:18.69	(41.12)	4800m	8:39.77	(43.91)	
		5200m	8:59.96	(41.27)	5200m	9:23.35	(43.58)	
		5600m	9:40.87	(40.91)	5600m	10:05.70	(42.35)	
		6000m	10:22.03	(41.16)	6000m	10:48.40	(42.70)	
		6400m	11:03.07	(41.04)	6400m	11:32.06	(43.66)	
		6800m	11:44.07	(41.00)	6800m	12:16.64	(44.58)	
		7200m	12:25.11	(41.04)	7200m	13:01.32	(44.68)	
		7600m	13:06.21	(41.10)	7600m	13:46.45	(45.13)	
		8000m	13:46.99	(40.78)	8000m	14:31.47	(45.02)	
		8400m	14:28.33	(41.34)	8400m	15:16.29	(44.82)	
		8800m	15:09.16	(40.83)	8800m	16:01.71	(45.42)	
		9200m	15:50.10	(40.94)	9200m	16:47.50	(45.79)	
		9600m	16:30.83	(40.73)	9600m	17:33.05	(45.55)	
		10000m	17:11.66	(40.83)	10000m	18:17.59	(44.54)	

		Naam	Cat	PR	Tijd	Info
4	gl	6 Casper Schut	HA1		<b>17:17.52</b>	
	bl	11 Gerlof Zwaga	H55	16:34.49	<b>17:16.27</b>	

### Casper Schut

400m	42.58	(42.58)
800m	1:23.63	(41.05)
1200m	2:06.76	(43.13)
1600m	2:49.71	(42.95)
2000m	3:33.17	(43.46)
2400m	4:15.83	(42.66)
2800m	4:59.27	(43.44)
3200m	5:42.21	(42.94)
3600m	6:25.11	(42.90)
4000m	7:07.64	(42.53)
4400m	7:50.35	(42.71)
4800m	8:32.91	(42.56)
5200m	9:15.44	(42.53)
5600m	9:57.06	(41.62)
6000m	10:38.18	(41.12)
6400m	11:18.37	(40.19)
6800m	11:59.17	(40.80)
7200m	12:39.37	(40.20)
7600m	13:19.55	(40.18)
8000m	13:59.43	(39.88)
8400m	14:39.81	(40.38)
8800m	15:19.97	(40.16)
9200m	15:59.93	(39.96)
9600m	16:38.93	(39.00)
10000m	17:17.52	(38.59)

### Gerlof Zwaga

400m	44.73	(44.73)
800m	1:25.42	(40.69)
1200m	2:07.14	(41.72)
1600m	2:49.23	(42.09)
2000m	3:30.72	(41.49)
2400m	4:12.96	(42.24)
2800m	4:54.90	(41.94)
3200m	5:36.50	(41.60)
3600m	6:17.72	(41.22)
4000m	6:58.95	(41.23)
4400m	7:40.39	(41.44)
4800m	8:21.43	(41.04)
5200m	9:01.96	(40.53)
5600m	9:43.38	(41.42)
6000m	10:24.82	(41.44)
6400m	11:06.60	(41.78)
6800m	11:48.00	(41.40)
7200m	12:29.36	(41.36)
7600m	13:10.88	(41.52)
8000m	13:52.46	(41.58)
8400m	14:33.33	(40.87)
8800m	15:14.21	(40.88)
9200m	15:55.18	(40.97)
9600m	16:36.29	(41.11)
10000m	17:16.27	(39.98)