



Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

22 december 2024



1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	28 Joep Aben	HA1	3	O	15:14.34		
2	14 Ruben Molenaar	HB2	4	O	16:21.30		
3	35 Evert Jan van Dijk	H45	3	I	16:53.02		
4	47 Lara Dingjan	DN1	2	I	16:57.50	PR TRC	
5	67 Mike van Dijk	HSA	4	I	17:21.93		
6	3 Driek Tolk	HA1	1	O	17:28.10	PR	
7	71 Jack van Dongen	H50	2	O	17:42.55		
	66 Cas Middelkoop	HB2	1	I		DQ	

1. Rituitslag 10000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	66 Cas Middelkoop	HB2			DQ
	rd	3 Driek Tolk	HA1	18:15.09	17:28.10	PR
		<u>Cas Middelkoop</u>				
			<u>Driek Tolk</u>			
			400m	41.48	(41.48)	
			800m	1:19.19	(37.71)	
			1200m	1:58.68	(39.49)	
			1600m	2:39.79	(41.11)	
			2000m	3:20.90	(41.11)	
			2400m	4:03.36	(42.46)	
			2800m	4:45.33	(41.97)	
			3200m	5:27.96	(42.63)	
			3600m	6:10.00	(42.04)	
			4000m	6:52.14	(42.14)	
			4400m	7:34.85	(42.71)	
			4800m	8:17.63	(42.78)	
			5200m	9:00.66	(43.03)	
			5600m	9:43.63	(42.97)	
			6000m	10:26.36	(42.73)	
			6400m	11:09.02	(42.66)	
			6800m	11:51.45	(42.43)	
			7200m	12:33.44	(41.99)	
			7600m	13:15.43	(41.99)	
			8000m	13:57.46	(42.03)	
			8400m	14:40.28	(42.82)	
			8800m	15:22.96	(42.68)	
			9200m	16:05.60	(42.64)	
			9600m	16:46.95	(41.35)	
			10000m	17:28.10	(41.15)	



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		Naam	Cat	PR	Tijd	Info
2	gl	47 Lara Dingjan	DN1		17:30.01	16:57.50 PR TRC
	bl	71 Jack van Dongen	H50			17:42.55

Lara Dingjan

400m	43.12	(43.12)
800m	1:21.72	(38.60)
1200m	2:01.49	(39.77)
1600m	2:41.48	(39.99)
2000m	3:21.83	(40.35)
2400m	4:01.93	(40.10)
2800m	4:41.68	(39.75)
3200m	5:21.59	(39.91)
3600m	6:02.15	(40.56)
4000m	6:42.89	(40.74)
4400m	7:24.38	(41.49)
4800m	8:05.36	(40.98)
5200m	8:47.21	(41.85)
5600m	9:28.64	(41.43)
6000m	10:10.20	(41.56)
6400m	10:51.15	(40.95)
6800m	11:31.91	(40.76)
7200m	12:12.60	(40.69)
7600m	12:53.24	(40.64)
8000m	13:34.22	(40.98)
8400m	14:16.16	(41.94)
8800m	14:57.75	(41.59)
9200m	15:39.11	(41.36)
9600m	16:19.14	(40.03)
10000m	16:57.50	(38.36)

Jack van Dongen

400m	44.84	(44.84)
800m	1:24.91	(40.07)
1200m	2:06.47	(41.56)
1600m	2:48.51	(42.04)
2000m	3:30.35	(41.84)
2400m	4:12.25	(41.90)
2800m	4:54.73	(42.48)
3200m	5:37.51	(42.78)
3600m	6:20.40	(42.89)
4000m	7:03.20	(42.80)
4400m	7:45.71	(42.51)
4800m	8:28.29	(42.58)
5200m	9:10.76	(42.47)
5600m	9:53.46	(42.70)
6000m	10:36.05	(42.59)
6400m	11:18.79	(42.74)
6800m	12:01.52	(42.73)
7200m	12:43.88	(42.36)
7600m	13:26.71	(42.83)
8000m	14:09.42	(42.71)
8400m	14:52.46	(43.04)
8800m	15:35.35	(42.89)
9200m	16:17.98	(42.63)
9600m	17:00.52	(42.54)
10000m	17:42.55	(42.03)



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		Naam		Cat		PR	Tijd	Info
3	wt	35	Evert Jan van Dijk		H45		16:09.86	16:53.02
	rd	28	Joep Aben		HA1			15:14.34
		Evert Jan van Dijk			Joep Aben			
		400m	42.90	(42.90)	400m	39.07	(39.07)	
		800m	1:23.15	(40.25)	800m	1:13.93	(34.86)	
		1200m	2:03.30	(40.15)	1200m	1:49.36	(35.43)	
		1600m	2:43.18	(39.88)	1600m	2:25.35	(35.99)	
		2000m	3:22.88	(39.70)	2000m	3:01.38	(36.03)	
		2400m	4:02.12	(39.24)	2400m	3:38.04	(36.66)	
		2800m	4:41.93	(39.81)	2800m	4:14.56	(36.52)	
		3200m	5:22.27	(40.34)	3200m	4:51.15	(36.59)	
		3600m	6:03.21	(40.94)	3600m	5:28.32	(37.17)	
		4000m	6:44.16	(40.95)	4000m	6:05.75	(37.43)	
		4400m	7:24.64	(40.48)	4400m	6:42.98	(37.23)	
		4800m	8:05.26	(40.62)	4800m	7:20.16	(37.18)	
		5200m	8:46.21	(40.95)	5200m	7:57.70	(37.54)	
		5600m	9:27.07	(40.86)	5600m	8:34.98	(37.28)	
		6000m	10:08.02	(40.95)	6000m	9:12.02	(37.04)	
		6400m	10:48.10	(40.08)	6400m	9:49.08	(37.06)	
		6800m	11:28.83	(40.73)	6800m	10:25.98	(36.90)	
		7200m	12:09.31	(40.48)	7200m	11:02.35	(36.37)	
		7600m	12:50.18	(40.87)	7600m	11:38.70	(36.35)	
		8000m	13:30.62	(40.44)	8000m	12:14.86	(36.16)	
		8400m	14:11.10	(40.48)	8400m	12:51.40	(36.54)	
		8800m	14:51.37	(40.27)	8800m	13:27.69	(36.29)	
		9200m	15:31.74	(40.37)	9200m	14:03.65	(35.96)	
		9600m	16:12.39	(40.65)	9600m	14:39.23	(35.58)	
		10000m	16:53.02	(40.63)	10000m	15:14.34	(35.11)	



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		Naam	Cat	PR	Tijd	Info
4	gl	67 Mike van Dijk	HSA		17:21.93	
	bl	14 Ruben Molenaar	HB2		16:21.30	

Mike van Dijk

400m	42.05	(42.05)
800m	1:20.08	(38.03)
1200m	1:58.85	(38.77)
1600m	2:37.95	(39.10)
2000m	3:17.40	(39.45)
2400m	3:56.23	(38.83)
2800m	4:35.56	(39.33)
3200m	5:15.01	(39.45)
3600m	5:54.71	(39.70)
4000m	6:34.69	(39.98)
4400m	7:14.78	(40.09)
4800m	7:55.32	(40.54)
5200m	8:35.91	(40.59)
5600m	9:17.46	(41.55)
6000m	10:00.45	(42.99)
6400m	10:45.26	(44.81)
6800m	11:27.78	(42.52)
7200m	12:11.09	(43.31)
7600m	12:58.42	(47.33)
8000m	13:45.22	(46.80)
8400m	14:28.72	(43.50)
8800m	15:11.43	(42.71)
9200m	15:54.88	(43.45)
9600m	16:38.13	(43.25)
10000m	17:21.93	(43.80)

Ruben Molenaar

400m	41.70	(41.70)
800m	1:20.98	(39.28)
1200m	1:58.42	(37.44)
1600m	2:37.43	(39.01)
2000m	3:16.66	(39.23)
2400m	3:55.66	(39.00)
2800m	4:34.66	(39.00)
3200m	5:13.77	(39.11)
3600m	5:53.10	(39.33)
4000m	6:33.09	(39.99)
4400m	7:12.71	(39.62)
4800m	7:52.18	(39.47)
5200m	8:31.42	(39.24)
5600m	9:10.94	(39.52)
6000m	9:49.98	(39.04)
6400m	10:29.15	(39.17)
6800m	11:07.95	(38.80)
7200m	11:47.53	(39.58)
7600m	12:26.98	(39.45)
8000m	13:06.61	(39.63)
8400m	13:46.32	(39.71)
8800m	14:25.44	(39.12)
9200m	15:04.72	(39.28)
9600m	15:43.70	(38.98)
10000m	16:21.30	(37.60)

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	6 Gem Wender	H45	14	O	7:34.29		
2	34 Rick Loos	HA1	15	O	7:50.22	PR	
3	62 Luc Hogenboom	HB1	14	I	7:51.69		
4	4 Maud Kempenaar	DB2	15	I	7:57.46		
5	31 Tom Loos	HA1	11	O	8:06.69		
6	21 Max Barends	HB1	12	O	8:09.68		
7	23 Bram Braak	HA2	11	I	8:23.13	PR	
8	30 Lars van Klink	HB2	9	O	8:26.06	PR	
9	49 Mike Teunisse	H45	9	I	8:26.41	PR	
10	32 Pepijn Schmutzer	HB1	13	I	8:33.53		
11	36 Job van Dongen	HA1	8	I	8:41.71	PR	
12	61 Laura Linssen	DN1	12	I	8:42.02		
13	27 Emma Hartveld	DN1	10	I	8:45.35	PR	
14	2 Anouk Rodenburg	DB2	7	O	8:45.41	PR	
15	63 Hein Smit	HB2	6	I	8:59.18	PR	
16	40 Mees de Ruijter	HB1	6	O	9:06.09		
17	1 Marco Meeuwisse	H60	13	O	9:12.02		
18	46 Franca Baars	DB1	5	O	9:26.85		
19	38 Renske Bruinsma	DSA	7	I	9:38.13		
20	13 Sep Jan de Graaff	HB1	5	I	9:46.91		
21	51 Pieter van Dijk	HA2	8	O	10:24.95		
	69 Iris Meerhoff	DSA				WDR	

2. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
5	wt	13	Sep Jan de Graaff		HB1		9:46.91	
	rd	46	Franca Baars		DB1		9:26.85	
		Sep Jan de Graaff			Franca Baars			
		200m	25.68	(25.68)	200m	26.85	(26.85)	
		600m	1:10.63	(44.95)	600m	1:11.39	(44.54)	
		1000m	1:56.08	(45.45)	1000m	1:57.16	(45.77)	
		1400m	2:42.33	(46.25)	1400m	2:42.92	(45.76)	
		1800m	3:28.07	(45.74)	1800m	3:28.85	(45.93)	
		2200m	4:15.18	(47.11)	2200m	4:15.16	(46.31)	
		2600m	5:01.38	(46.20)	2600m	5:01.38	(46.22)	
		3000m	5:49.42	(48.04)	3000m	5:47.11	(45.73)	
		3400m	6:36.53	(47.11)	3400m	6:31.91	(44.80)	
		3800m	7:25.53	(49.00)	3800m	7:16.88	(44.97)	
		4200m	8:15.66	(50.13)	4200m	8:01.01	(44.13)	
		4600m	9:01.96	(46.30)	4600m	8:44.04	(43.03)	
		5000m	9:46.91	(44.95)	5000m	9:26.85	(42.81)	

		Naam		Cat		PR	Tijd	Info
6	gl	63	Hein Smit		HB2	9:57.18	8:59.18	PR
	bl	40	Mees de Ruijter		HB1		9:06.09	
		Hein Smit			Mees de Ruijter			
		200m	23.98	(23.98)	200m	24.05	(24.05)	
		600m	1:04.76	(40.78)	600m	1:03.91	(39.86)	
		1000m	1:46.17	(41.41)	1000m	1:45.35	(41.44)	
		1400m	2:29.04	(42.87)	1400m	2:27.81	(42.46)	
		1800m	3:11.97	(42.93)	1800m	3:11.19	(43.38)	
		2200m	3:56.60	(44.63)	2200m	3:55.44	(44.25)	
		2600m	4:39.99	(43.39)	2600m	4:40.06	(44.62)	
		3000m	5:23.42	(43.43)	3000m	5:23.89	(43.83)	
		3400m	6:06.51	(43.09)	3400m	6:07.07	(43.18)	
		3800m	6:51.03	(44.52)	3800m	6:52.25	(45.18)	
		4200m	7:34.57	(43.54)	4200m	7:37.38	(45.13)	
		4600m	8:18.49	(43.92)	4600m	8:21.37	(43.99)	
		5000m	8:59.18	(40.69)	5000m	9:06.09	(44.72)	



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		Naam		Cat		PR		Tijd	Info
7	wt	38	Renske Bruinsma		DSA			9:38.13	
	rd	2	Anouk Rodenburg		DB2	9:19.61		8:45.41	PR
			Renske Bruinsma				Anouk Rodenburg		
		200m	25.42	(25.42)		200m	24.89	(24.89)	
		600m	1:07.71	(42.29)		600m	1:04.93	(40.04)	
		1000m	1:52.18	(44.47)		1000m	1:45.34	(40.41)	
		1400m	2:37.78	(45.60)		1400m	2:26.18	(40.84)	
		1800m	3:24.13	(46.35)		1800m	3:07.52	(41.34)	
		2200m	4:10.96	(46.83)		2200m	3:49.58	(42.06)	
		2600m	4:58.04	(47.08)		2600m	4:32.91	(43.33)	
		3000m	5:45.34	(47.30)		3000m	5:15.60	(42.69)	
		3400m	6:33.11	(47.77)		3400m	5:59.76	(44.16)	
		3800m	7:20.34	(47.23)		3800m	6:42.59	(42.83)	
		4200m	8:07.76	(47.42)		4200m	7:25.15	(42.56)	
		4600m	8:54.14	(46.38)		4600m	8:06.37	(41.22)	
		5000m	9:38.13	(43.99)		5000m	8:45.41	(39.04)	

		Naam		Cat		PR		Tijd	Info
8	gl	36	Job van Dongen		HA1	8:49.71		8:41.71	PR
	bl	51	Pieter van Dijk		HA2	10:03.02		10:24.95	
			Job van Dongen				Pieter van Dijk		
		200m	22.96	(22.96)		200m	25.42	(25.42)	
		600m	1:02.07	(39.11)		600m	1:07.13	(41.71)	
		1000m	1:42.78	(40.71)		1000m	1:51.29	(44.16)	
		1400m	2:24.52	(41.74)		1400m	2:37.12	(45.83)	
		1800m	3:06.13	(41.61)		1800m	3:25.09	(47.97)	
		2200m	3:47.70	(41.57)		2200m	4:16.47	(51.38)	
		2600m	4:28.72	(41.02)		2600m	5:08.92	(52.45)	
		3000m	5:10.40	(41.68)		3000m	6:01.48	(52.56)	
		3400m	5:52.45	(42.05)		3400m	6:54.81	(53.33)	
		3800m	6:35.31	(42.86)		3800m	7:47.57	(52.76)	
		4200m	7:18.61	(43.30)		4200m	8:41.26	(53.69)	
		4600m	8:00.61	(42.00)		4600m	9:36.01	(54.75)	
		5000m	8:41.71	(41.10)		5000m	10:24.95	(48.94)	

		Naam			Cat	PR	Tijd	Info
9	wt	49 Mike Teunisse			H45	8:35.37	8:26.41	PR
	rd	30 Lars van Klink			HB2	8:30.02	8:26.06	PR
		Mike Teunisse			Lars van Klink			
		200m	23.64	(23.64)	200m	24.43	(24.43)	
		600m	1:02.60	(38.96)	600m	1:05.04	(40.61)	
		1000m	1:41.89	(39.29)	1000m	1:45.29	(40.25)	
		1400m	2:21.01	(39.12)	1400m	2:25.69	(40.40)	
		1800m	3:00.18	(39.17)	1800m	3:06.11	(40.42)	
		2200m	3:39.68	(39.50)	2200m	3:46.68	(40.57)	
		2600m	4:19.93	(40.25)	2600m	4:27.24	(40.56)	
		3000m	5:00.92	(40.99)	3000m	5:07.74	(40.50)	
		3400m	5:42.09	(41.17)	3400m	5:47.93	(40.19)	
		3800m	6:23.41	(41.32)	3800m	6:28.35	(40.42)	
		4200m	7:05.11	(41.70)	4200m	7:08.69	(40.34)	
		4600m	7:46.61	(41.50)	4600m	7:48.43	(39.74)	
		5000m	8:26.41	(39.80)	5000m	8:26.06	(37.63)	

		Naam			Cat	PR	Tijd	Info
10	gl	27 Emma Hartveld			DN1	9:28.12	8:45.35	PR
	bl	69 Iris Meerhoff			DSA	9:08.13	WDR	
		Emma Hartveld			Iris Meerhoff			
		200m	25.47	(25.47)				
		600m	1:05.30	(39.83)				
		1000m	1:46.74	(41.44)				
		1400m	2:27.94	(41.20)				
		1800m	3:09.74	(41.80)				
		2200m	3:51.80	(42.06)				
		2600m	4:33.60	(41.80)				
		3000m	5:15.48	(41.88)				
		3400m	5:57.99	(42.51)				
		3800m	6:40.50	(42.51)				
		4200m	7:22.20	(41.70)				
		4600m	8:04.36	(42.16)				
		5000m	8:45.35	(40.99)				



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		Naam		Cat		PR		Tijd	Info
11	wt	23	Bram Braak		HA2			8:24.33	8:23.13 PR
	rd	31	Tom Loos		HA1				8:06.69
		Bram Braak			Tom Loos				
		200m	22.72	(22.72)	200m	22.16	(22.16)		
		600m	58.90	(36.18)	600m	57.76	(35.60)		
		1000m	1:36.39	(37.49)	1000m	1:35.08	(37.32)		
		1400m	2:15.50	(39.11)	1400m	2:12.85	(37.77)		
		1800m	2:55.46	(39.96)	1800m	2:51.34	(38.49)		
		2200m	3:35.10	(39.64)	2200m	3:29.75	(38.41)		
		2600m	4:15.43	(40.33)	2600m	4:09.12	(39.37)		
		3000m	4:56.25	(40.82)	3000m	4:48.54	(39.42)		
		3400m	5:37.09	(40.84)	3400m	5:28.16	(39.62)		
		3800m	6:18.72	(41.63)	3800m	6:07.66	(39.50)		
		4200m	7:00.51	(41.79)	4200m	6:47.57	(39.91)		
		4600m	7:42.40	(41.89)	4600m	7:27.18	(39.61)		
		5000m	8:23.13	(40.73)	5000m	8:06.69	(39.51)		

		Naam		Cat		PR		Tijd	Info
12	gl	61	Laura Linssen		DN1				8:42.02
	bl	21	Max Barends		HB1				8:09.68
		Laura Linssen			Max Barends				
		200m	22.60	(22.60)	200m	22.63	(22.63)		
		600m	1:00.58	(37.98)	600m	58.53	(35.90)		
		1000m	1:40.43	(39.85)	1000m	1:34.67	(36.14)		
		1400m	2:21.04	(40.61)	1400m	2:11.46	(36.79)		
		1800m	3:02.23	(41.19)	1800m	2:49.26	(37.80)		
		2200m	3:43.72	(41.49)	2200m	3:28.10	(38.84)		
		2600m	4:25.72	(42.00)	2600m	4:07.60	(39.50)		
		3000m	5:07.89	(42.17)	3000m	4:47.26	(39.66)		
		3400m	5:50.57	(42.68)	3400m	5:27.59	(40.33)		
		3800m	6:32.44	(41.87)	3800m	6:08.60	(41.01)		
		4200m	7:15.55	(43.11)	4200m	6:50.01	(41.41)		
		4600m	7:58.92	(43.37)	4600m	7:30.64	(40.63)		
		5000m	8:42.02	(43.10)	5000m	8:09.68	(39.04)		

		Naam			Cat	PR	Tijd	Info
13	wt	32	Pepijn Schmutzer		HB1		8:33.53	
	rd	1	Marco Meeuwisse		H60	8:45.59	9:12.02	
			Pepijn Schmutzer			Marco Meeuwisse		
			200m	24.23	(24.23)	200m	24.86	(24.86)
			600m	1:04.75	(40.52)	600m	1:04.18	(39.32)
			1000m	1:46.56	(41.81)	1000m	1:46.73	(42.55)
			1400m	2:28.32	(41.76)	1400m	2:29.23	(42.50)
			1800m	3:08.99	(40.67)	1800m	3:12.29	(43.06)
			2200m	3:49.72	(40.73)	2200m	3:55.83	(43.54)
			2600m	4:30.84	(41.12)	2600m	4:40.15	(44.32)
			3000m	5:11.80	(40.96)	3000m	5:24.75	(44.60)
			3400m	5:52.93	(41.13)	3400m	6:09.95	(45.20)
			3800m	6:33.70	(40.77)	3800m	6:55.48	(45.53)
			4200m	7:14.71	(41.01)	4200m	7:40.85	(45.37)
			4600m	7:55.00	(40.29)	4600m	8:25.97	(45.12)
			5000m	8:33.53	(38.53)	5000m	9:12.02	(46.05)

		Naam			Cat	PR	Tijd	Info
14	gl	62	Luc Hogenboom		HB1		7:51.69	
	bl	6	Gem Wender		H45	7:22.75	7:34.29	
			Luc Hogenboom			Gem Wender		
			200m	22.23	(22.23)	200m	22.53	(22.53)
			600m	58.27	(36.04)	600m	56.09	(33.56)
			1000m	1:34.82	(36.55)	1000m	1:30.91	(34.82)
			1400m	2:11.79	(36.97)	1400m	2:05.86	(34.95)
			1800m	2:48.89	(37.10)	1800m	2:40.89	(35.03)
			2200m	3:25.95	(37.06)	2200m	3:16.10	(35.21)
			2600m	4:03.47	(37.52)	2600m	3:51.31	(35.21)
			3000m	4:41.18	(37.71)	3000m	4:26.98	(35.67)
			3400m	5:19.55	(38.37)	3400m	5:02.89	(35.91)
			3800m	5:57.21	(37.66)	3800m	5:39.34	(36.45)
			4200m	6:34.72	(37.51)	4200m	6:17.29	(37.95)
			4600m	7:13.72	(39.00)	4600m	6:55.73	(38.44)
			5000m	7:51.69	(37.97)	5000m	7:34.29	(38.56)



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		Naam		Cat		PR		Tijd	Info
15	wt	4	Maud Kempenaar		DB2			7:57.46	
	rd	34	Rick Loos		HA1		8:09.48	7:50.22	PR
		Maud Kempenaar			Rick Loos				
		200m	21.88	(21.88)		200m	21.70	(21.70)	
		600m	59.35	(37.47)		600m	57.24	(35.54)	
		1000m	1:36.76	(37.41)		1000m	1:34.98	(37.74)	
		1400m	2:14.21	(37.45)		1400m	2:12.76	(37.78)	
		1800m	2:51.59	(37.38)		1800m	2:50.31	(37.55)	
		2200m	3:29.01	(37.42)		2200m	3:27.70	(37.39)	
		2600m	4:06.45	(37.44)		2600m	4:05.55	(37.85)	
		3000m	4:44.71	(38.26)		3000m	4:43.35	(37.80)	
		3400m	5:22.86	(38.15)		3400m	5:21.51	(38.16)	
		3800m	6:00.89	(38.03)		3800m	5:59.10	(37.59)	
		4200m	6:39.70	(38.81)		4200m	6:36.98	(37.88)	
		4600m	7:18.75	(39.05)		4600m	7:13.58	(36.60)	
		5000m	7:57.46	(38.71)		5000m	7:50.22	(36.64)	

3. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Bruno Bonetti	HB2	27	I	4:26.65	PR	
2	48 Jonah Zwaan	HB2	28	I	4:38.30		
3	54 Rob Visser	H45	24	I	4:41.60		
4	17 Ids Witkamp	HB1	28	O	4:41.75		
5	24 Teun van Nobelen	HB1	29	I	4:41.85		
6	44 Bert Nijman	H40	26	I	4:46.90		
7	64 Tjebbe Berkhout	HA1	29	O	4:47.03		
8	65 Sybren Berkhout	HA1	27	O	4:51.81		
9	56 Wende Heeremans	DB2	22	O	5:03.24	PR	
10	41 Michiel de Ruijter	H45	16	O	5:05.24		
11	22 Josine Kroon	D40	16	I	5:06.61		
12	50 Kersty Heeremans	DN1	25	O	5:12.07	PR	
13	68 Cock Baas	H60	23	I	5:12.60		
14	57 Pepijn van de Poll	HB1	21	I	5:13.93	PR	
15	26 Xander Terstal	HN2	23	O	5:17.87	PR	
16	60 Pim Braak	HB2	24	O	5:20.02		
17	19 Noa Bierens	DB2	25	I	5:21.93		
18	39 Amy Valentijn	DB2	22	I	5:30.09		
19	43 Lisanne Hartveld	DB1	21	O	5:31.51	PR	
20	59 Valerie Nijman	DA2	20	I	5:32.77	PR	
21	29 Pien Lodder	DN2	20	O	5:37.04	PR	
22	33 Eline Schmutzer	DB1	18	O	5:39.91	PR	
23	18 Mark Peters	H65	19	O	5:47.03		
24	37 Britt van Hameren	DB2	18	I	5:52.99		
25	55 Anne Lubbers	DB2	19	I	5:56.98	PR	
26	52 Meggy van Dijk-Brolsma	D50	17	I	6:05.22		
27	45 Henk van der Zwaan	H65	17	O	6:05.30		
	53 Emilie Fransen	DB2				WDR	

3. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
16	wt	22	Josine Kroon		D40			5:06.61	
	rd	41	Michiel de Ruijter		H45			5:05.24	
		Josine Kroon			Michiel de Ruijter				
		200m	25.71	(25.71)	200m	25.00	(25.00)		
		600m	1:05.08	(39.37)	600m	1:03.83	(38.83)		
		1000m	1:45.03	(39.95)	1000m	1:43.18	(39.35)		
		1400m	2:25.16	(40.13)	1400m	2:22.99	(39.81)		
		1800m	3:05.26	(40.10)	1800m	3:03.23	(40.24)		
		2200m	3:45.76	(40.50)	2200m	3:44.06	(40.83)		
		2600m	4:26.69	(40.93)	2600m	4:24.73	(40.67)		
		3000m	5:06.61	(39.92)	3000m	5:05.24	(40.51)		

		Naam		Cat		PR		Tijd	Info
17	gl	52	Meggy van Dijk-Brolsma		D50			6:05.22	
	bl	45	Henk van der Zwaan		H65	4:32.22		6:05.30	
		Meggy van Dijk-Brolsma			Henk van der Zwaan				
		200m	30.12	(30.12)	200m	30.10	(30.10)		
		600m	1:19.36	(49.24)	600m	1:17.37	(47.27)		
		1000m	2:06.81	(47.45)	1000m	2:05.18	(47.81)		
		1400m	2:54.22	(47.41)	1400m	2:53.39	(48.21)		
		1800m	3:41.81	(47.59)	1800m	3:41.67	(48.28)		
		2200m	4:29.45	(47.64)	2200m	4:29.49	(47.82)		
		2600m	5:17.08	(47.63)	2600m	5:17.83	(48.34)		
		3000m	6:05.22	(48.14)	3000m	6:05.30	(47.47)		



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		Naam		Cat		PR		Tijd	Info
18	wt	37	Britt van Hameren		DB2			5:48.70	5:52.99
	rd	33	Eline Schmutzer		DB1			5:44.09	5:39.91 PR
		Britt van Hameren			Eline Schmutzer				
		200m	27.77	(27.77)	200m	25.12	(25.12)		
		600m	1:14.13	(46.36)	600m	1:08.33	(43.21)		
		1000m	2:01.22	(47.09)	1000m	1:53.37	(45.04)		
		1400m	2:48.75	(47.53)	1400m	2:39.10	(45.73)		
		1800m	3:35.70	(46.95)	1800m	3:24.46	(45.36)		
		2200m	4:22.60	(46.90)	2200m	4:10.21	(45.75)		
		2600m	5:08.95	(46.35)	2600m	4:56.14	(45.93)		
		3000m	5:52.99	(44.04)	3000m	5:39.91	(43.77)		
		Anne Lubbers			Mark Peters				
		200m	25.53	(25.53)	200m	27.21	(27.21)		
		600m	1:09.19	(43.66)	600m	1:10.28	(43.07)		
		1000m	1:53.62	(44.43)	1000m	1:55.03	(44.75)		
		1400m	2:38.65	(45.03)	1400m	2:40.47	(45.44)		
		1800m	3:24.24	(45.59)	1800m	3:26.74	(46.27)		
		2200m	4:10.42	(46.18)	2200m	4:13.71	(46.97)		
		2600m	4:56.78	(46.36)	2600m	4:59.94	(46.23)		
		3000m	5:56.98	(60.20)	3000m	5:47.03	(47.09)		



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		Naam			Cat			PR	Tijd	Info
20	wt	59	Valerie Nijman		DA2			5:41.77	5:32.77	PR
	rd	29	Pien Lodder		DN2			5:37.43	5:37.04	PR
		Valerie Nijman			Pien Lodder					
		200m	24.76	(24.76)	200m	25.89	(25.89)			
		600m	1:05.36	(40.60)	600m	1:07.22	(41.33)			
		1000m	1:47.88	(42.52)	1000m	1:50.61	(43.39)			
		1400m	2:31.80	(43.92)	1400m	2:34.98	(44.37)			
		1800m	3:16.57	(44.77)	1800m	3:19.95	(44.97)			
		2200m	4:01.71	(45.14)	2200m	4:05.62	(45.67)			
		2600m	4:48.08	(46.37)	2600m	4:51.60	(45.98)			
		3000m	5:32.77	(44.69)	3000m	5:37.04	(45.44)			
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		Naam			Cat			PR	Tijd	Info
21	gl	57	Pepijn van de Poll		HB1			5:31.09	5:13.93	PR
	bl	43	Lisanne Hartveld		DB1			5:37.07	5:31.51	PR
		Pepijn van de Poll			Lisanne Hartveld					
		200m	24.34	(24.34)	200m	26.33	(26.33)			
		600m	1:03.59	(39.25)	600m	1:08.13	(41.80)			
		1000m	1:44.54	(40.95)	1000m	1:51.19	(43.06)			
		1400m	2:26.23	(41.69)	1400m	2:34.98	(43.79)			
		1800m	3:07.77	(41.54)	1800m	3:18.70	(43.72)			
		2200m	3:50.03	(42.26)	2200m	4:03.69	(44.99)			
		2600m	4:32.64	(42.61)	2600m	4:48.43	(44.74)			
		3000m	5:13.93	(41.29)	3000m	5:31.51	(43.08)			



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		Naam	Cat	PR	Tijd	Info
22	wt	39 Amy Valentijn	DB2	5:19.30	5:30.09	
	rd	56 Wende Heeremans	DB2	5:15.73	5:03.24	PR

Amy Valentijn

200m	25.19	(25.19)
600m	1:04.90	(39.71)
1000m	1:46.94	(42.04)
1400m	2:30.62	(43.68)
1800m	3:15.00	(44.38)
2200m	4:00.11	(45.11)
2600m	4:45.44	(45.33)
3000m	5:30.09	(44.65)

Wende Heeremans

200m	23.95	(23.95)
600m	1:00.94	(36.99)
1000m	1:39.41	(38.47)
1400m	2:19.57	(40.16)
1800m	2:59.94	(40.37)
2200m	3:41.24	(41.30)
2600m	4:22.63	(41.39)
3000m	5:03.24	(40.61)

		Naam	Cat	PR	Tijd	Info
23	gl	68 Cock Baas	H60	4:28.66	5:12.60	
	bl	26 Xander Terstal	HN2	5:20.81	5:17.87	PR

Cock Baas

200m	23.29	(23.29)
600m	1:02.00	(38.71)
1000m	1:42.72	(40.72)
1400m	2:23.83	(41.11)
1800m	3:05.41	(41.58)
2200m	3:47.67	(42.26)
2600m	4:30.28	(42.61)
3000m	5:12.60	(42.32)

Xander Terstal

200m	23.11	(23.11)
600m	1:01.00	(37.89)
1000m	1:40.87	(39.87)
1400m	2:22.62	(41.75)
1800m	3:05.47	(42.85)
2200m	3:49.25	(43.78)
2600m	4:33.31	(44.06)
3000m	5:17.87	(44.56)



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		Naam			Cat	PR	Tijd	Info
24	wt	54	Rob Visser		H45	4:29.41	4:41.60	
	rd	60	Pim Braak		HB2	5:14.50	5:20.02	
		Rob Visser			Pim Braak			
		200m	21.77	(21.77)	200m	23.90	(23.90)	
		600m	55.98	(34.21)	600m	1:00.30	(36.40)	
		1000m	1:31.84	(35.86)	1000m	1:39.83	(39.53)	
		1400m	2:08.85	(37.01)	1400m	2:21.59	(41.76)	
		1800m	2:46.51	(37.66)	1800m	3:05.81	(44.22)	
		2200m	3:23.78	(37.27)	2200m	3:51.43	(45.62)	
		2600m	4:02.38	(38.60)	2600m	4:36.84	(45.41)	
		3000m	4:41.60	(39.22)	3000m	5:20.02	(43.18)	
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		Naam			Cat	PR	Tijd	Info
25	gl	19	Noa Bierens		DB2	5:10.71	5:21.93	
	bl	50	Kersty Heeremans		DN1	5:14.17	5:12.07 PR	
		Noa Bierens			Kersty Heeremans			
		200m	24.41	(24.41)	200m	23.93	(23.93)	
		600m	1:03.03	(38.62)	600m	1:01.21	(37.28)	
		1000m	1:43.28	(40.25)	1000m	1:40.81	(39.60)	
		1400m	2:25.74	(42.46)	1400m	2:22.21	(41.40)	
		1800m	3:08.62	(42.88)	1800m	3:03.56	(41.35)	
		2200m	3:53.31	(44.69)	2200m	3:46.02	(42.46)	
		2600m	4:38.08	(44.77)	2600m	4:29.45	(43.43)	
		3000m	5:21.93	(43.85)	3000m	5:12.07	(42.62)	



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		Naam	Cat	PR	Tijd	Info
26	wt	44 Bert Nijman	H40	4:40.73	4:46.90	
	rd	53 Emilie Fransen	DB2	4:48.17	WDR	
		Bert Nijman				Emilie Fransen
		200m	21.06 (21.06)			
		600m	54.21 (33.15)			
		1000m	1:29.38 (35.17)			
		1400m	2:06.34 (36.96)			
		1800m	2:44.79 (38.45)			
		2200m	3:24.23 (39.44)			
		2600m	4:04.91 (40.68)			
		3000m	4:46.90 (41.99)			
		Naam	Cat	PR	Tijd	Info
27	gl	15 Bruno Bonetti	HB2	4:46.22	4:26.65	PR
	bl	65 Sybren Berkhout	HA1	4:38.20	4:51.81	
		Bruno Bonetti				Sybren Berkhout
		200m	20.63 (20.63)	200m	22.78 (22.78)	
		600m	54.03 (33.40)	600m	59.18 (36.40)	
		1000m	1:28.52 (34.49)	1000m	1:35.55 (36.37)	
		1400m	2:03.16 (34.64)	1400m	2:12.61 (37.06)	
		1800m	2:38.22 (35.06)	1800m	2:50.38 (37.77)	
		2200m	3:13.89 (35.67)	2200m	3:29.80 (39.42)	
		2600m	3:50.24 (36.35)	2600m	4:10.35 (40.55)	
		3000m	4:26.65 (36.41)	3000m	4:51.81 (41.46)	



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		Naam		Cat		PR		Tijd	Info
28	wt	48	Jonah Zwaan		HB2			4:24.62	4:38.30
	rd	17	Ids Witkamp		HB1			4:28.06	4:41.75
		Jonah Zwaan			Ids Witkamp				
		200m	21.05	(21.05)	200m	21.17	(21.17)		
		600m	54.54	(33.49)	600m	55.15	(33.98)		
		1000m	1:30.20	(35.66)	1000m	1:30.41	(35.26)		
		1400m	2:07.30	(37.10)	1400m	2:06.33	(35.92)		
		1800m	2:44.51	(37.21)	1800m	2:43.68	(37.35)		
		2200m	3:22.06	(37.55)	2200m	3:21.87	(38.19)		
		2600m	4:00.35	(38.29)	2600m	4:01.26	(39.39)		
		3000m	4:38.30	(37.95)	3000m	4:41.75	(40.49)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
29	gl	24	Teun van Nobelen		HB1			4:29.56	4:41.85
	bl	64	Tjebbe Berkhout		HA1			4:25.93	4:47.03
		Teun van Nobelen			Tjebbe Berkhout				
		200m	22.54	(22.54)	200m	21.74	(21.74)		
		600m	58.24	(35.70)	600m	56.49	(34.75)		
		1000m	1:34.22	(35.98)	1000m	1:31.85	(35.36)		
		1400m	2:10.77	(36.55)	1400m	2:08.44	(36.59)		
		1800m	2:47.62	(36.85)	1800m	2:46.61	(38.17)		
		2200m	3:25.05	(37.43)	2200m	3:26.03	(39.42)		
		2600m	4:03.02	(37.97)	2600m	4:05.41	(39.38)		
		3000m	4:41.85	(38.83)	3000m	4:47.03	(41.62)		