

Open wedstrijd lange afstanden

IJsbaan Twente - Enschede

18 maart 2023

6. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	18 Edsger van Felius	HB1	3	I	7:18.96		
2	23 Jens Klootwijk	HA2	4	O	7:30.68	PR	
3	20 Ruben Pekkeriet	HA2	2	O	7:33.97		
4	29 Mathe Toonen	HSA	2	I	8:16.77		
5	17 Kim Leliveld	DSA	3	O	8:21.56		
6	19 Ties Postma	HN1	1	I	8:44.86		
7	25 Johan Sonneveld	HSA	4	I	9:01.79	PR	
	26 Cas van der Rest	HSA	1	O	DNS		

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

6. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	19 Ties Postma	HN1		8:44.86	
	rd	26 Cas van der Rest	HSA		DNS	

Ties Postma

200m	25.25	(25.25)
600m	1:06.92	(41.67)
1000m	1:48.24	(41.32)
1400m	2:29.31	(41.07)
1800m	3:10.57	(41.26)
2200m	3:51.75	(41.18)
2600m	4:33.85	(42.10)
3000m	5:15.82	(41.97)
3400m	5:58.16	(42.34)
3800m	6:40.93	(42.77)
4200m	7:23.02	(42.09)
4600m	8:04.19	(41.17)
5000m	8:44.86	(40.67)

Cas van der Rest

		Naam	Cat	PR	Tijd	Info
2	gl	29 Mathe Toonen	HSA		8:16.77	
	bl	20 Ruben Pekkeriet	HA2		7:33.97	

Mathe Toonen

200m	21.53	(21.53)
600m	55.54	(34.01)
1000m	1:32.07	(36.53)
1400m	2:10.34	(38.27)
1800m	2:49.05	(38.71)
2200m	3:27.96	(38.91)
2600m	4:07.91	(39.95)
3000m	4:48.32	(40.41)
3400m	5:29.04	(40.72)
3800m	6:10.85	(41.81)
4200m	6:53.44	(42.59)
4600m	7:35.66	(42.22)
5000m	8:16.77	(41.11)

Ruben Pekkeriet

200m	20.80	(20.80)
600m	54.46	(33.66)
1000m	1:29.90	(35.44)
1400m	2:05.87	(35.97)
1800m	2:41.47	(35.60)
2200m	3:17.54	(36.07)
2600m	3:53.79	(36.25)
3000m	4:31.05	(37.26)
3400m	5:07.77	(36.72)
3800m	5:44.52	(36.75)
4200m	6:21.71	(37.19)
4600m	6:58.22	(36.51)
5000m	7:33.97	(35.75)

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

		Naam		Cat		PR		Tijd	Info
3	wt	18	Edsger van Felius		HB1			7:18.96	
	rd	17	Kim Leliveld		DSA			8:21.56	
		Edsger van Felius			Kim Leliveld				
		200m	20.87	(20.87)	200m	23.26	(23.26)		
		600m	54.88	(34.01)	600m	1:00.32	(37.06)		
		1000m	1:29.39	(34.51)	1000m	1:38.95	(38.63)		
		1400m	2:03.87	(34.48)	1400m	2:18.50	(39.55)		
		1800m	2:38.67	(34.80)	1800m	2:58.41	(39.91)		
		2200m	3:13.82	(35.15)	2200m	3:38.57	(40.16)		
		2600m	3:48.79	(34.97)	2600m	4:18.20	(39.63)		
		3000m	4:24.02	(35.23)	3000m	4:57.77	(39.57)		
		3400m	4:58.78	(34.76)	3400m	5:38.09	(40.32)		
		3800m	5:33.85	(35.07)	3800m	6:18.84	(40.75)		
		4200m	6:08.93	(35.08)	4200m	6:59.70	(40.86)		
		4600m	6:43.84	(34.91)	4600m	7:40.77	(41.07)		
		5000m	7:18.96	(35.12)	5000m	8:21.56	(40.79)		

		Naam		Cat		PR		Tijd	Info
4	gl	25	Johan Sonneveld		HSA	9:23.16		9:01.79	PR
	bl	23	Jens Klootwijk		HA2	7:46.96		7:30.68	PR
		Johan Sonneveld			Jens Klootwijk				
		200m	24.46	(24.46)	200m	21.19	(21.19)		
		600m	1:04.47	(40.01)	600m	56.71	(35.52)		
		1000m	1:47.11	(42.64)	1000m	1:32.21	(35.50)		
		1400m	2:30.20	(43.09)	1400m	2:07.78	(35.57)		
		1800m	3:13.40	(43.20)	1800m	2:43.31	(35.53)		
		2200m	3:57.33	(43.93)	2200m	3:18.44	(35.13)		
		2600m	4:40.98	(43.65)	2600m	3:54.12	(35.68)		
		3000m	5:24.49	(43.51)	3000m	4:30.27	(36.15)		
		3400m	6:08.62	(44.13)	3400m	5:06.47	(36.20)		
		3800m	6:52.23	(43.61)	3800m	5:42.66	(36.19)		
		4200m	7:35.89	(43.66)	4200m	6:18.73	(36.07)		
		4600m	8:19.11	(43.22)	4600m	6:54.72	(35.99)		
		5000m	9:01.79	(42.68)	5000m	7:30.68	(35.96)		

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

7. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	2 Menno Mudde	HSA	14	O	15:35.26	PR	
2	28 Jordi Storm	HA2	7	O	15:39.69		
3	8 Sybe van Hijum	HSB	13	I	15:45.45		
4	3 Jeroen Goudswaard	HSA	6	I	16:08.16		
5	1 Sylvian Hoogeveen	HA1	10	I	16:08.26		
6	24 Florian Bolks	DN3	5	I	16:11.50		
7	11 Bas Huttenhuis	HN1	8	O	16:12.05		
8	21 Lennaart Lamers	HSB	11	O	16:18.99		
9	12 Guido Gosselink	H50	14	I	16:26.27	PR	
10	6 Lars Vernet	HN2	12	I	16:54.72	PR	
11	4 Hugo Hulleman	HSA	5	O	17:04.37	PR	
12	27 Wieke Roemaat	DA2	9	I	17:11.79		
13	7 Hidde Litjens	HN3	10	O	17:14.59		
14	30 Emma Alida Veuger	DN1	6	O	17:36.65		
15	15 Emma van der Liet	DA2	8	I	17:39.39		
16	13 Melvin Kool	HSA	7	I	18:14.75		
17	14 Rolien de Groot	D45	12	O	18:34.16	PR	
	5 Tade Salverda	HN4	13	O	DQ		
	16 Mike Huizenga	HSA	9	O	DNS		

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

7. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
5	wt 24 Florien Bolks	DN3		16:11.50	
	rd 4 Hugo Hulleman	HSA	17:33.85	17:04.37	PR
	Florien Bolks				
	Hugo Hulleman				
	400m	42.03 (42.03)	400m	41.55 (41.55)	
	800m	1:18.37 (36.34)	800m	1:19.39 (37.84)	
	1200m	1:56.59 (38.22)	1200m	1:58.61 (39.22)	
	1600m	2:34.22 (37.63)	1600m	2:38.56 (39.95)	
	2000m	3:11.63 (37.41)	2000m	3:18.87 (40.31)	
	2400m	3:49.42 (37.79)	2400m	3:59.65 (40.78)	
	2800m	4:27.28 (37.86)	2800m	4:40.14 (40.49)	
	3200m	5:05.07 (37.79)	3200m	5:21.06 (40.92)	
	3600m	5:43.90 (38.83)	3600m	6:02.27 (41.21)	
	4000m	6:23.11 (39.21)	4000m	6:43.15 (40.88)	
	4400m	7:02.53 (39.42)	4400m	7:24.21 (41.06)	
	4800m	7:42.01 (39.48)	4800m	8:05.92 (41.71)	
	5200m	8:21.47 (39.46)	5200m	8:46.82 (40.90)	
	5600m	9:00.91 (39.44)	5600m	9:28.43 (41.61)	
	6000m	9:40.38 (39.47)	6000m	10:10.08 (41.65)	
	6400m	10:19.40 (39.02)	6400m	10:51.37 (41.29)	
	6800m	10:58.65 (39.25)	6800m	11:32.86 (41.49)	
	7200m	11:37.99 (39.34)	7200m	12:14.65 (41.79)	
	7600m	12:16.61 (38.62)	7600m	12:56.19 (41.54)	
	8000m	12:55.23 (38.62)	8000m	13:37.40 (41.21)	
	8400m	13:34.02 (38.79)	8400m	14:18.98 (41.58)	
	8800m	14:13.45 (39.43)	8800m	15:00.92 (41.94)	
	9200m	14:53.24 (39.79)	9200m	15:42.78 (41.86)	
	9600m	15:32.79 (39.55)	9600m	16:24.19 (41.41)	
	10000m	16:11.50 (38.71)	10000m	17:04.37 (40.18)	

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

		Naam	Cat	PR	Tijd	Info
6	gl	3 Jeroen Goudswaard	HSA		16:08.16	
	bl	30 Emma Alida Veuger	DN1		17:36.65	

Jeroen Goudswaard

400m	39.96	(39.96)
800m	1:17.07	(37.11)
1200m	1:56.21	(39.14)
1600m	2:35.27	(39.06)
2000m	3:14.01	(38.74)
2400m	3:53.35	(39.34)
2800m	4:32.55	(39.20)
3200m	5:10.97	(38.42)
3600m	5:49.61	(38.64)
4000m	6:28.42	(38.81)
4400m	7:07.28	(38.86)
4800m	7:46.05	(38.77)
5200m	8:24.59	(38.54)
5600m	9:03.08	(38.49)
6000m	9:41.65	(38.57)
6400m	10:20.28	(38.63)
6800m	10:58.86	(38.58)
7200m	11:37.44	(38.58)
7600m	12:16.23	(38.79)
8000m	12:54.82	(38.59)
8400m	13:33.51	(38.69)
8800m	14:12.36	(38.85)
9200m	14:51.28	(38.92)
9600m	15:29.89	(38.61)
10000m	16:08.16	(38.27)

Emma Alida Veuger

400m	43.74	(43.74)
800m	1:24.15	(40.41)
1200m	2:05.48	(41.33)
1600m	2:47.41	(41.93)
2000m	3:29.32	(41.91)
2400m	4:11.14	(41.82)
2800m	4:52.84	(41.70)
3200m	5:34.88	(42.04)
3600m	6:17.00	(42.12)
4000m	6:58.84	(41.84)
4400m	7:41.19	(42.35)
4800m	8:23.45	(42.26)
5200m	9:05.92	(42.47)
5600m	9:47.94	(42.02)
6000m	10:30.59	(42.65)
6400m	11:13.38	(42.79)
6800m	11:55.84	(42.46)
7200m	12:38.45	(42.61)
7600m	13:21.19	(42.74)
8000m	14:04.32	(43.13)
8400m	14:47.75	(43.43)
8800m	15:30.33	(42.58)
9200m	16:12.86	(42.53)
9600m	16:54.73	(41.87)
10000m	17:36.65	(41.92)

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

		Naam		Cat		PR	Tijd	Info
7	wt	13	Melvin Kool		HSA		18:14.75	
	rd	28	Jordi Storm		HA2		15:39.69	
		Melvin Kool			Jordi Storm			
		400m	42.84	(42.84)	400m	40.86	(40.86)	
		800m	1:21.76	(38.92)	800m	1:18.16	(37.30)	
		1200m	2:02.38	(40.62)	1200m	1:55.25	(37.09)	
		1600m	2:44.18	(41.80)	1600m	2:32.37	(37.12)	
		2000m	3:25.99	(41.81)	2000m	3:09.08	(36.71)	
		2400m	4:07.70	(41.71)	2400m	3:45.68	(36.60)	
		2800m	4:49.20	(41.50)	2800m	4:21.95	(36.27)	
		3200m	5:31.07	(41.87)	3200m	4:57.99	(36.04)	
		3600m	6:14.04	(42.97)	3600m	5:34.65	(36.66)	
		4000m	6:57.23	(43.19)	4000m	6:11.56	(36.91)	
		4400m	7:41.30	(44.07)	4400m	6:49.03	(37.47)	
		4800m	8:26.14	(44.84)	4800m	7:26.47	(37.44)	
		5200m	9:11.37	(45.23)	5200m	8:04.51	(38.04)	
		5600m	9:56.61	(45.24)	5600m	8:42.38	(37.87)	
		6000m	10:41.94	(45.33)	6000m	9:20.66	(38.28)	
		6400m	11:26.95	(45.01)	6400m	9:58.86	(38.20)	
		6800m	12:12.22	(45.27)	6800m	10:37.21	(38.35)	
		7200m	12:57.30	(45.08)	7200m	11:15.90	(38.69)	
		7600m	13:42.82	(45.52)	7600m	11:53.37	(37.47)	
		8000m	14:27.74	(44.92)	8000m	12:31.59	(38.22)	
		8400m	15:13.27	(45.53)	8400m	13:09.53	(37.94)	
		8800m	15:59.31	(46.04)	8800m	13:47.39	(37.86)	
		9200m	16:45.08	(45.77)	9200m	14:25.02	(37.63)	
		9600m	17:30.26	(45.18)	9600m	15:02.34	(37.32)	
		10000m	18:14.75	(44.49)	10000m	15:39.69	(37.35)	

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

		Naam	Cat	PR	Tijd	Info
8	gl	15 Emma van der Liet	DA2		17:39.39	
	bl	11 Bas Huttenhuis	HN1		16:12.05	

Emma van der Liet

400m	41.79	(41.79)
800m	1:19.61	(37.82)
1200m	1:59.25	(39.64)
1600m	2:39.84	(40.59)
2000m	3:21.05	(41.21)
2400m	4:02.83	(41.78)
2800m	4:45.03	(42.20)
3200m	5:27.67	(42.64)
3600m	6:11.01	(43.34)
4000m	6:54.29	(43.28)
4400m	7:37.53	(43.24)
4800m	8:18.87	(41.34)
5200m	9:01.16	(42.29)
5600m	9:43.77	(42.61)
6000m	10:26.38	(42.61)
6400m	11:08.68	(42.30)
6800m	11:52.59	(43.91)
7200m	12:36.52	(43.93)
7600m	13:20.85	(44.33)
8000m	14:05.38	(44.53)
8400m	14:48.92	(43.54)
8800m	15:31.92	(43.00)
9200m	16:15.00	(43.08)
9600m	16:58.08	(43.08)
10000m	17:39.39	(41.31)

Bas Huttenhuis

400m	38.92	(38.92)
800m	1:15.57	(36.65)
1200m	1:52.83	(37.26)
1600m	2:30.27	(37.44)
2000m	3:08.05	(37.78)
2400m	3:45.87	(37.82)
2800m	4:23.78	(37.91)
3200m	5:01.91	(38.13)
3600m	5:40.29	(38.38)
4000m	6:18.87	(38.58)
4400m	6:57.71	(38.84)
4800m	7:36.81	(39.10)
5200m	8:16.01	(39.20)
5600m	8:55.39	(39.38)
6000m	9:34.92	(39.53)
6400m	10:14.22	(39.30)
6800m	10:53.95	(39.73)
7200m	11:33.84	(39.89)
7600m	12:13.73	(39.89)
8000m	12:53.49	(39.76)
8400m	13:33.07	(39.58)
8800m	14:13.09	(40.02)
9200m	14:53.05	(39.96)
9600m	15:32.74	(39.69)
10000m	16:12.05	(39.31)

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

		Naam	Cat	PR	Tijd	Info
9	wt	27 Wieke Roemaat	DA2		17:11.79	
	rd	16 Mike Huizenga	HSA		DNS	

Wieke Roemaat

400m	42.51	(42.51)
800m	1:22.12	(39.61)
1200m	2:02.28	(40.16)
1600m	2:42.56	(40.28)
2000m	3:22.90	(40.34)
2400m	4:03.53	(40.63)
2800m	4:44.36	(40.83)
3200m	5:25.62	(41.26)
3600m	6:06.69	(41.07)
4000m	6:46.86	(40.17)
4400m	7:27.27	(40.41)
4800m	8:08.09	(40.82)
5200m	8:49.09	(41.00)
5600m	9:30.33	(41.24)
6000m	10:12.11	(41.78)
6400m	10:53.88	(41.77)
6800m	11:36.04	(42.16)
7200m	12:18.54	(42.50)
7600m	13:00.86	(42.32)
8000m	13:43.02	(42.16)
8400m	14:25.39	(42.37)
8800m	15:07.56	(42.17)
9200m	15:49.61	(42.05)
9600m	16:31.28	(41.67)
10000m	17:11.79	(40.51)

Mike Huizenga

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

		Naam		Cat		PR		Tijd	Info
10	gl	1	Sylvian Hoogeveen		HA1			16:08.26	
	bl	7	Hidde Litjens		HN3			17:14.59	
		Sylvian Hoogeveen				Hidde Litjens			
		400m	41.65	(41.65)		400m	41.18	(41.18)	
		800m	1:19.53	(37.88)		800m	1:19.16	(37.98)	
		1200m	1:57.86	(38.33)		1200m	1:59.28	(40.12)	
		1600m	2:36.53	(38.67)		1600m	2:40.12	(40.84)	
		2000m	3:15.09	(38.56)		2000m	3:20.58	(40.46)	
		2400m	3:53.64	(38.55)		2400m	4:01.46	(40.88)	
		2800m	4:32.43	(38.79)		2800m	4:42.18	(40.72)	
		3200m	5:10.99	(38.56)		3200m	5:23.11	(40.93)	
		3600m	5:49.19	(38.20)		3600m	6:04.13	(41.02)	
		4000m	6:27.68	(38.49)		4000m	6:45.38	(41.25)	
		4400m	7:06.73	(39.05)		4400m	7:26.55	(41.17)	
		4800m	7:46.18	(39.45)		4800m	8:08.49	(41.94)	
		5200m	8:25.46	(39.28)		5200m	8:50.19	(41.70)	
		5600m	9:04.73	(39.27)		5600m	9:32.58	(42.39)	
		6000m	9:43.74	(39.01)		6000m	10:14.41	(41.83)	
		6400m	10:22.94	(39.20)		6400m	10:56.28	(41.87)	
		6800m	11:02.06	(39.12)		6800m	11:38.60	(42.32)	
		7200m	11:40.67	(38.61)		7200m	12:20.71	(42.11)	
		7600m	12:19.16	(38.49)		7600m	13:02.39	(41.68)	
		8000m	12:57.51	(38.35)		8000m	13:44.18	(41.79)	
		8400m	13:35.78	(38.27)		8400m	14:26.40	(42.22)	
		8800m	14:14.09	(38.31)		8800m	15:08.05	(41.65)	
		9200m	14:52.40	(38.31)		9200m	15:50.60	(42.55)	
		9600m	15:30.25	(37.85)		9600m	16:32.65	(42.05)	
		10000m	16:08.26	(38.01)		10000m	17:14.59	(41.94)	

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

	Naam	Cat	PR	Tijd	Info
11	wt rd	21 Lennaart Lamers	HSB		16:18.99
			Lennaart Lamers		
	m		400m	40.33	(40.33)
			800m	1:18.66	(38.33)
			1200m	1:57.36	(38.70)
			1600m	2:36.19	(38.83)
			2000m	3:14.80	(38.61)
			2400m	3:53.61	(38.81)
			2800m	4:32.79	(39.18)
			3200m	5:11.98	(39.19)
			3600m	5:50.99	(39.01)
			4000m	6:30.42	(39.43)
			4400m	7:09.82	(39.40)
			4800m	7:49.32	(39.50)
			5200m	8:29.18	(39.86)
			5600m	9:09.32	(40.14)
			6000m	9:49.12	(39.80)
			6400m	10:28.53	(39.41)
			6800m	11:07.98	(39.45)
			7200m	11:47.17	(39.19)
			7600m	12:26.38	(39.21)
			8000m	13:05.83	(39.45)
			8400m	13:45.21	(39.38)
			8800m	14:24.56	(39.35)
			9200m	15:03.51	(38.95)
			9600m	15:41.69	(38.18)
			10000m	16:18.99	(37.30)

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

		Naam	Cat	PR	Tijd	Info
12	gl	6 Lars Vernet	HN2	17:20.45	16:54.72	PR
	bl	14 Rolien de Groot	D45	19:48.97	18:34.16	PR

Lars Vernet

400m	40.83	(40.83)
800m	1:19.65	(38.82)
1200m	1:59.70	(40.05)
1600m	2:40.26	(40.56)
2000m	3:20.83	(40.57)
2400m	4:00.96	(40.13)
2800m	4:41.20	(40.24)
3200m	5:21.76	(40.56)
3600m	6:02.48	(40.72)
4000m	6:43.39	(40.91)
4400m	7:24.47	(41.08)
4800m	8:05.31	(40.84)
5200m	8:46.03	(40.72)
5600m	9:27.33	(41.30)
6000m	10:08.08	(40.75)
6400m	10:49.28	(41.20)
6800m	11:30.50	(41.22)
7200m	12:10.51	(40.01)
7600m	12:50.50	(39.99)
8000m	13:31.35	(40.85)
8400m	14:12.38	(41.03)
8800m	14:53.79	(41.41)
9200m	15:34.54	(40.75)
9600m	16:15.29	(40.75)
10000m	16:54.72	(39.43)

Rolien de Groot

400m	43.75	(43.75)
800m	1:25.08	(41.33)
1200m	2:08.20	(43.12)
1600m	2:51.54	(43.34)
2000m	3:35.09	(43.55)
2400m	4:19.04	(43.95)
2800m	5:02.79	(43.75)
3200m	5:47.07	(44.28)
3600m	6:32.23	(45.16)
4000m	7:17.51	(45.28)
4400m	8:02.77	(45.26)
4800m	8:48.47	(45.70)
5200m	9:33.14	(44.67)
5600m	10:17.71	(44.57)
6000m	11:03.11	(45.40)
6400m	11:49.18	(46.07)
6800m	12:35.02	(45.84)
7200m	13:20.30	(45.28)
7600m	14:05.84	(45.54)
8000m	14:51.58	(45.74)
8400m	15:36.48	(44.90)
8800m	16:21.28	(44.80)
9200m	17:06.12	(44.84)
9600m	17:50.87	(44.75)
10000m	18:34.16	(43.29)

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

		Naam	Cat	PR	Tijd	Info
13	wt	8 Sybe van Hijum	HSB	15:25.20	15:45.45	
	rd	5 Tade Salverda	HN4	16:50.63	DQ	

Sybe van Hijum

400m	40.21	(40.21)
800m	1:16.58	(36.37)
1200m	1:54.04	(37.46)
1600m	2:31.41	(37.37)
2000m	3:08.67	(37.26)
2400m	3:45.88	(37.21)
2800m	4:23.60	(37.72)
3200m	5:01.24	(37.64)
3600m	5:39.01	(37.77)
4000m	6:17.18	(38.17)
4400m	6:54.96	(37.78)
4800m	7:33.05	(38.09)
5200m	8:11.43	(38.38)
5600m	8:49.64	(38.21)
6000m	9:27.48	(37.84)
6400m	10:05.05	(37.57)
6800m	10:42.85	(37.80)
7200m	11:20.36	(37.51)
7600m	11:58.22	(37.86)
8000m	12:36.12	(37.90)
8400m	13:14.04	(37.92)
8800m	13:51.80	(37.76)
9200m	14:29.68	(37.88)
9600m	15:07.49	(37.81)
10000m	15:45.45	(37.96)

Tade Salverda

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

18 maart 2023

		Naam	Cat	PR	Tijd	Info
14	gl	12 Guido Gosselink	H50	16:55.75	16:26.27	PR
	bl	2 Menno Mudde	HSA	16:00.87	15:35.26	PR

Guido Gosselink

400m	42.73	(42.73)
800m	1:22.00	(39.27)
1200m	2:01.92	(39.92)
1600m	2:40.57	(38.65)
2000m	3:19.81	(39.24)
2400m	3:59.61	(39.80)
2800m	4:39.30	(39.69)
3200m	5:18.84	(39.54)
3600m	5:58.54	(39.70)
4000m	6:38.26	(39.72)
4400m	7:17.91	(39.65)
4800m	7:56.76	(38.85)
5200m	8:35.47	(38.71)
5600m	9:14.08	(38.61)
6000m	9:52.57	(38.49)
6400m	10:31.09	(38.52)
6800m	11:10.47	(39.38)
7200m	11:50.30	(39.83)
7600m	12:29.57	(39.27)
8000m	13:08.83	(39.26)
8400m	13:48.09	(39.26)
8800m	14:27.63	(39.54)
9200m	15:07.43	(39.80)
9600m	15:46.98	(39.55)
10000m	16:26.27	(39.29)

Menno Mudde

400m	38.08	(38.08)
800m	1:12.99	(34.91)
1200m	1:49.13	(36.14)
1600m	2:25.14	(36.01)
2000m	3:01.33	(36.19)
2400m	3:37.61	(36.28)
2800m	4:14.12	(36.51)
3200m	4:50.52	(36.40)
3600m	5:27.04	(36.52)
4000m	6:03.17	(36.13)
4400m	6:40.02	(36.85)
4800m	7:16.93	(36.91)
5200m	7:54.26	(37.33)
5600m	8:32.20	(37.94)
6000m	9:10.08	(37.88)
6400m	9:48.09	(38.01)
6800m	10:26.04	(37.95)
7200m	11:04.37	(38.33)
7600m	11:42.74	(38.37)
8000m	12:21.68	(38.94)
8400m	13:00.56	(38.88)
8800m	13:39.47	(38.91)
9200m	14:18.20	(38.73)
9600m	14:56.84	(38.64)
10000m	15:35.26	(38.42)