

# GAK 3000m dames en 5000m heren

IJssportcentrum Eindhoven - Eindhoven

25 februari 2023

## 1. Uitslag Dames DB t/m DM 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Michelle van Sonsbeeck	D50	1	I	5:45.55		
2	7 Daniëlle Frijters	DSB	1	O	5:50.59		

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## 1. Rituitslag Dames DB t/m DM 3000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	15 <b>Michelle van Sonsbeeck</b>	D50	5:23.16	<b>5:45.55</b>	
	rd	7 <b>Daniëlle Frijters</b>	DSB	5:43.37	<b>5:50.59</b>	
		<b>Michelle van Sonsbeeck</b>				<b>Daniëlle Frijters</b>
		200m 26.24 (26.24)				200m 27.38 (27.38)
		600m 1:08.42 (42.18)				600m 1:10.31 (42.93)
		1000m 1:53.50 (45.08)				1000m 1:55.62 (45.31)
		1400m 2:39.38 (45.88)				1400m 2:42.28 (46.66)
		1800m 3:25.85 (46.47)				1800m 3:29.52 (47.24)
		2200m 4:12.44 (46.59)				2200m 4:17.03 (47.51)
		2600m 4:59.20 (46.76)				2600m 5:03.26 (46.23)
		3000m 5:45.55 (46.35)				3000m 5:50.59 (47.33)

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## 2. Uitslag Heren HB t/m HM 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	13 Menno Mudde	HSA	8	I	7:27.58		
2	9 Bavo Coremans	HSA	8	O	7:37.58		
3	4 Marc Nieuwenhuijse	H40	9	O	7:49.63		
4	17 Jens Klootwijk	HA2	7	O	7:54.18		
5	10 Tade Salverda	HN4	6	O	7:54.20	PR	
6	16 Thijs van de Burgt	HA1	9	I	7:56.38		
7	2 Joost Hermans	HSA	7	I	7:58.47		
8	11 Lars Vernet	HN2	6	I	8:01.71	PR	
9	5 Willem Leeuwenburgh	HSA	5	O	8:14.71		
10	3 Paul Hermans	HSA	4	O	8:18.40	PR	
11	12 Martijn Willemsen	H50	5	I	8:24.97		
12	1 Jan de Koning	H60	4	I	9:09.09		
13	14 Stan Krewinkel	HN3	2	I	9:55.81		

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## 2. Rituitslag Heren HB t/m HM 5000 meter

	Naam	Cat	PR	Tijd	Info
2	wt rd	14 Stan Krewinkel	HN3	9:55.81	

### Stan Krewinkel

200m	26.25	(26.25)	m
600m	1:08.14	(41.89)	
1000m	1:53.33	(45.19)	
1400m	2:39.69	(46.36)	
1800m	3:26.29	(46.60)	
2200m	4:13.83	(47.54)	
2600m	5:00.93	(47.10)	
3000m	5:48.05	(47.12)	
3400m	6:35.93	(47.88)	
3800m	7:25.75	(49.82)	
4200m	8:15.70	(49.95)	
4600m	9:05.75	(50.05)	
5000m	9:55.81	(50.06)	

	Naam	Cat	PR	Tijd	Info
3	gl bl				
				m	m

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		Naam	Cat	PR	Tijd	Info	
4	wt	1 <b>Jan de Koning</b>	H60	8:19.14	<b>9:09.09</b>		
	rd	3 <b>Paul Hermans</b>	HSA	8:20.22	<b>8:18.40</b>	PR	
		<b>Jan de Koning</b>			<b>Paul Hermans</b>		
		200m	28.93 (28.93)	200m	23.72 (23.72)		
		600m	1:13.08 (44.15)	600m	1:02.70 (38.98)		
		1000m	1:57.05 (43.97)	1000m	1:41.45 (38.75)		
		1400m	2:40.64 (43.59)	1400m	2:20.04 (38.59)		
		1800m	3:24.46 (43.82)	1800m	2:58.95 (38.91)		
		2200m	4:06.99 (42.53)	2200m	3:38.02 (39.07)		
		2600m	4:50.27 (43.28)	2600m	4:17.05 (39.03)		
		3000m	5:33.62 (43.35)	3000m	4:57.06 (40.01)		
		3400m	6:17.65 (44.03)	3400m	5:37.68 (40.62)		
		3800m	7:01.24 (43.59)	3800m	6:18.43 (40.75)		
		4200m	7:43.95 (42.71)	4200m	6:58.12 (39.69)		
		4600m	8:26.44 (42.49)	4600m	7:38.00 (39.88)		
		5000m	9:09.09 (42.65)	5000m	8:18.40 (40.40)		

		Naam	Cat	PR	Tijd	Info	
5	gl	12 <b>Martijn Willemsen</b>	H50	7:57.79	<b>8:24.97</b>		
	bl	5 <b>Willem Leeuwenburgh</b>	HSA	7:53.90	<b>8:14.71</b>		
		<b>Martijn Willemsen</b>			<b>Willem Leeuwenburgh</b>		
		200m	23.31 (23.31)	200m	23.30 (23.30)		
		600m	1:00.92 (37.61)	600m	59.87 (36.57)		
		1000m	1:40.08 (39.16)	1000m	1:37.11 (37.24)		
		1400m	2:19.56 (39.48)	1400m	2:15.45 (38.34)		
		1800m	2:59.61 (40.05)	1800m	2:54.17 (38.72)		
		2200m	3:39.64 (40.03)	2200m	3:32.65 (38.48)		
		2600m	4:20.50 (40.86)	2600m	4:11.58 (38.93)		
		3000m	5:01.03 (40.53)	3000m	4:51.39 (39.81)		
		3400m	5:41.56 (40.53)	3400m	5:31.47 (40.08)		
		3800m	6:21.69 (40.13)	3800m	6:11.93 (40.46)		
		4200m	7:02.10 (40.41)	4200m	6:52.45 (40.52)		
		4600m	7:42.96 (40.86)	4600m	7:33.33 (40.88)		
		5000m	8:24.97 (42.01)	5000m	8:14.71 (41.38)		

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		Naam		Cat		PR	Tijd	Info
6	wt	11	<b>Lars Vernet</b>		HN2	8:04.77	<b>8:01.71</b>	PR
	rd	10	<b>Tade Salverda</b>		HN4	8:09.64	<b>7:54.20</b>	PR
		<b>Lars Vernet</b>			<b>Tade Salverda</b>			
		200m	21.73	(21.73)	200m	21.85	(21.85)	
		600m	56.46	(34.73)	600m	56.24	(34.39)	
		1000m	1:31.61	(35.15)	1000m	1:31.96	(35.72)	
		1400m	2:09.39	(37.78)	1400m	2:08.64	(36.68)	
		1800m	2:47.59	(38.20)	1800m	2:45.82	(37.18)	
		2200m	3:25.99	(38.40)	2200m	3:23.45	(37.63)	
		2600m	4:04.70	(38.71)	2600m	4:01.26	(37.81)	
		3000m	4:43.60	(38.90)	3000m	4:39.35	(38.09)	
		3400m	5:22.67	(39.07)	3400m	5:17.85	(38.50)	
		3800m	6:01.85	(39.18)	3800m	5:56.44	(38.59)	
		4200m	6:42.16	(40.31)	4200m	6:35.50	(39.06)	
		4600m	7:21.97	(39.81)	4600m	7:15.03	(39.53)	
		5000m	8:01.71	(39.74)	5000m	7:54.20	(39.17)	

		Naam		Cat		PR	Tijd	Info
7	gl	2	<b>Joost Hermans</b>		HSA	7:25.36	<b>7:58.47</b>	
	bl	17	<b>Jens Klootwijk</b>		HA2	7:46.96	<b>7:54.18</b>	
		<b>Joost Hermans</b>			<b>Jens Klootwijk</b>			
		200m	22.45	(22.45)	200m	22.15	(22.15)	
		600m	1:00.82	(38.37)	600m	59.25	(37.10)	
		1000m	1:38.76	(37.94)	1000m	1:36.35	(37.10)	
		1400m	2:15.82	(37.06)	1400m	2:13.33	(36.98)	
		1800m	2:53.01	(37.19)	1800m	2:50.33	(37.00)	
		2200m	3:30.14	(37.13)	2200m	3:28.02	(37.69)	
		2600m	4:07.76	(37.62)	2600m	4:05.97	(37.95)	
		3000m	4:45.37	(37.61)	3000m	4:44.40	(38.43)	
		3400m	5:23.02	(37.65)	3400m	5:22.89	(38.49)	
		3800m	6:01.47	(38.45)	3800m	6:00.77	(37.88)	
		4200m	6:40.18	(38.71)	4200m	6:38.41	(37.64)	
		4600m	7:18.98	(38.80)	4600m	7:16.14	(37.73)	
		5000m	7:58.47	(39.49)	5000m	7:54.18	(38.04)	

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		Naam		Cat		PR	Tijd	Info
8	wt	13	<b>Menno Mudde</b>		HSA	7:16.32	<b>7:27.58</b>	
	rd	9	<b>Bavo Coremans</b>		HSA	7:24.66	<b>7:37.58</b>	
		<b>Menno Mudde</b>			<b>Bavo Coremans</b>			
		200m	21.55	(21.55)	200m	21.73	(21.73)	
		600m	56.65	(35.10)	600m	56.15	(34.42)	
		1000m	1:30.99	(34.34)	1000m	1:31.12	(34.97)	
		1400m	2:06.23	(35.24)	1400m	2:06.05	(34.93)	
		1800m	2:41.34	(35.11)	1800m	2:41.56	(35.51)	
		2200m	3:16.79	(35.45)	2200m	3:17.17	(35.61)	
		2600m	3:52.36	(35.57)	2600m	3:53.17	(36.00)	
		3000m	4:28.33	(35.97)	3000m	4:29.72	(36.55)	
		3400m	5:03.90	(35.57)	3400m	5:07.07	(37.35)	
		3800m	5:39.86	(35.96)	3800m	5:44.80	(37.73)	
		4200m	6:15.10	(35.24)	4200m	6:23.04	(38.24)	
		4600m	6:50.79	(35.69)	4600m	6:58.78	(35.74)	
		5000m	7:27.58	(36.79)	5000m	7:37.58	(38.80)	

		Naam		Cat		PR	Tijd	Info
9	gl	16	<b>Thijs van de Burgt</b>		HA1	7:46.26	<b>7:56.38</b>	
	bl	4	<b>Marc Nieuwenhuijse</b>		H40	7:37.88	<b>7:49.63</b>	
		<b>Thijs van de Burgt</b>			<b>Marc Nieuwenhuijse</b>			
		200m	21.10	(21.10)	200m	24.64	(24.64)	
		600m	56.38	(35.28)	600m	1:00.12	(35.48)	
		1000m	1:33.28	(36.90)	1000m	1:35.66	(35.54)	
		1400m	2:10.12	(36.84)	1400m	2:11.76	(36.10)	
		1800m	2:47.49	(37.37)	1800m	2:48.47	(36.71)	
		2200m	3:24.60	(37.11)	2200m	3:25.40	(36.93)	
		2600m	4:01.87	(37.27)	2600m	4:02.32	(36.92)	
		3000m	4:39.93	(38.06)	3000m	4:39.07	(36.75)	
		3400m	5:19.01	(39.08)	3400m	5:15.99	(36.92)	
		3800m	5:58.50	(39.49)	3800m	5:53.21	(37.22)	
		4200m	6:39.39	(40.89)	4200m	6:30.23	(37.02)	
		4600m	7:19.07	(39.68)	4600m	7:11.67	(41.44)	
		5000m	7:56.38	(37.31)	5000m	7:49.63	(37.96)	