

## 1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 David Leguit	HA1	2	I	8:16.68		
2	8 Dirk Adriaanse	HSB	2	O	9:20.49		

## 1. Rituitslag 5000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd				
	m	m			

	Naam	Cat	PR	Tijd	Info
2	gl bl	5 <b>David Leguit</b> 8 <b>Dirk Adriaanse</b>	HA1 HSB	8:16.68 9:20.49	

## David Leguit

200m	20.96	(20.96)
600m	55.89	(34.93)
1000m	1:33.10	(37.21)
1400m	2:10.85	(37.75)
1800m	2:48.61	(37.76)
2200m	3:27.27	(38.66)
2600m	4:07.04	(39.77)
3000m	4:46.92	(39.88)
3400m	5:27.98	(41.06)
3800m	6:09.77	(41.79)
4200m	6:52.39	(42.62)
4600m	7:35.24	(42.85)
5000m	8:16.68	(41.44)

## Dirk Adriaanse

200m	25.35	(25.35)
600m	1:05.85	(40.50)
1000m	1:47.75	(41.90)
1400m	2:31.56	(43.81)
1800m	3:16.83	(45.27)
2200m	4:02.37	(45.54)
2600m	4:48.63	(46.26)
3000m	5:34.27	(45.64)
3400m	6:19.65	(45.38)
3800m	7:06.15	(46.50)
4200m	7:52.00	(45.85)
4600m	8:37.56	(45.56)
5000m	9:20.49	(42.93)

## 2. Uitslag 10.000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Danilo de Jong	HA2	5	I	16:48.83		
2	2 Jacco Griffioen	HB1	4	O	17:02.02		
3	4 Tirza Blokland	DA1	3	I	17:11.64		
4	3 Midas Hartevelt	HA2	5	O	18:18.94		
5	1 Ilse Kolmer	DB1	4	I	18:24.77		
	6 Peter Paul Erdman	HSB	3	O	DNF		

## 2. Rituitslag 10.000 meter

	Naam	Cat	PR	Tijd	Info
3	wt	4 Tirza Blokland	DA1		17:11.64
	rd	6 Peter Paul Erdman	HSB	17:48.61	DNF
<b>Tirza Blokland</b>			<b>Peter Paul Erdman</b>		
	400m	44.04 (44.04)	400m	39.27 (39.27)	
	800m	1:23.90 (39.86)	800m	1:16.34 (37.07)	
	1200m	2:04.01 (40.11)	1200m	1:54.63 (38.29)	
	1600m	2:44.14 (40.13)	1600m	2:34.80 (40.17)	
	2000m	3:24.02 (39.88)	2000m	3:16.75 (41.95)	
	2400m	4:04.99 (40.97)	2400m	3:59.53 (42.78)	
	2800m	4:46.15 (41.16)	2800m	4:43.83 (44.30)	
	3200m	5:27.24 (41.09)	3200m	5:29.15 (45.32)	
	3600m	6:08.12 (40.88)	3600m	6:16.31 (47.16)	
	4000m	6:49.08 (40.96)			
	4400m	7:30.04 (40.96)			
	4800m	8:11.28 (41.24)			
	5200m	8:52.60 (41.32)			
	5600m	9:34.37 (41.77)			
	6000m	10:15.85 (41.48)			
	6400m	10:57.39 (41.54)			
	6800m	11:38.66 (41.27)			
	7200m	12:20.68 (42.02)			
	7600m	13:02.78 (42.10)			
	8000m	13:45.25 (42.47)			
	8400m	14:26.86 (41.61)			
	8800m	15:08.73 (41.87)			
	9200m	15:50.14 (41.41)			
	9600m	16:31.22 (41.08)			
	10000m	17:11.64 (40.42)			

		Naam			Cat	PR	Tijd	Info
4	wt	1 Ilse Kolmer			DB1		18:24.77	
	rd	2 Jacco Griffioen			HB1		17:02.02	
		<b>Ilse Kolmer</b>			<b>Jacco Griffioen</b>			
		400m	44.17	(44.17)	400m	42.92	(42.92)	
		800m	1:24.57	(40.40)	800m	1:23.17	(40.25)	
		1200m	2:06.43	(41.86)	1200m	2:03.90	(40.73)	
		1600m	2:49.49	(43.06)	1600m	2:44.88	(40.98)	
		2000m	3:32.56	(43.07)	2000m	3:25.38	(40.50)	
		2400m	4:16.68	(44.12)	2400m	4:05.93	(40.55)	
		2800m	5:01.32	(44.64)	2800m	4:47.02	(41.09)	
		3200m	5:46.36	(45.04)	3200m	5:27.44	(40.42)	
		3600m	6:31.34	(44.98)	3600m	6:07.98	(40.54)	
		4000m	7:16.48	(45.14)	4000m	6:48.92	(40.94)	
		4400m	8:02.34	(45.86)	4400m	7:30.03	(41.11)	
		4800m	8:47.84	(45.50)	4800m	8:11.04	(41.01)	
		5200m	9:33.09	(45.25)	5200m	8:51.94	(40.90)	
		5600m	10:16.44	(43.35)	5600m	9:32.39	(40.45)	
		6000m	11:01.18	(44.74)	6000m	10:13.13	(40.74)	
		6400m	11:46.22	(45.04)	6400m	10:54.78	(41.65)	
		6800m	12:30.92	(44.70)	6800m	11:35.99	(41.21)	
		7200m	13:15.73	(44.81)	7200m	12:17.14	(41.15)	
		7600m	14:01.50	(45.77)	7600m	12:58.50	(41.36)	
		8000m	14:47.04	(45.54)	8000m	13:39.49	(40.99)	
		8400m	15:32.19	(45.15)	8400m	14:20.38	(40.89)	
		8800m	16:16.98	(44.79)	8800m	15:00.90	(40.52)	
		9200m	16:59.37	(42.39)	9200m	15:41.09	(40.19)	
		9600m	17:42.95	(43.58)	9600m	16:21.58	(40.49)	
		10000m	18:24.77	(41.82)	10000m	17:02.02	(40.44)	

		Naam		Cat		PR	Tijd	Info
5	wt	7 Danilo de Jong		HA2			16:48.83	
	rd	3 Midas Hartevelt		HA2			18:18.94	
		<b>Danilo de Jong</b>			<b>Midas Hartevelt</b>			
		400m	39.99	(39.99)	400m	42.93	(42.93)	
		800m	1:17.21	(37.22)	800m	1:26.22	(43.29)	
		1200m	1:55.75	(38.54)	1200m	2:11.33	(45.11)	
		1600m	2:34.88	(39.13)	1600m	2:56.40	(45.07)	
		2000m	3:13.58	(38.70)	2000m	3:42.26	(45.86)	
		2400m	3:52.25	(38.67)	2400m	4:27.64	(45.38)	
		2800m	4:31.01	(38.76)	2800m	5:12.06	(44.42)	
		3200m	5:10.17	(39.16)	3200m	5:55.62	(43.56)	
		3600m	5:49.68	(39.51)	3600m	6:40.33	(44.71)	
		4000m	6:29.92	(40.24)	4000m	7:25.29	(44.96)	
		4400m	7:10.41	(40.49)	4400m	8:10.82	(45.53)	
		4800m	7:51.39	(40.98)	4800m	8:56.30	(45.48)	
		5200m	8:32.35	(40.96)	5200m	9:41.62	(45.32)	
		5600m	9:13.55	(41.20)	5600m	10:26.26	(44.64)	
		6000m	9:54.79	(41.24)	6000m	11:11.04	(44.78)	
		6400m	10:36.20	(41.41)	6400m	11:56.49	(45.45)	
		6800m	11:17.84	(41.64)	6800m	12:40.56	(44.07)	
		7200m	11:59.09	(41.25)	7200m	13:23.47	(42.91)	
		7600m	12:40.30	(41.21)	7600m	14:06.81	(43.34)	
		8000m	13:21.38	(41.08)	8000m	14:49.41	(42.60)	
		8400m	14:02.98	(41.60)	8400m	15:31.76	(42.35)	
		8800m	14:44.53	(41.55)	8800m	16:14.65	(42.89)	
		9200m	15:26.76	(42.23)	9200m	16:58.35	(43.70)	
		9600m	16:08.57	(41.81)	9600m	17:40.58	(42.23)	
		10000m	16:48.83	(40.26)	10000m	18:18.94	(38.36)	