

GAK 5k dames, GAK 10k heren

Kunstijsbaan Breda - Breda

12 maart 2023

1. Uitslag 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------|-----|------|------|---------|------|--------|
| 1 | 4 Bo Mengerink | DA1 | 1 | I | 8:39.33 | | |
| 2 | 2 Tialda Gerritsma | D55 | 2 | I | 9:29.78 | | |
| 3 | 13 Rian Buitendijk | D55 | 1 | O | 9:48.23 | | |

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12 maart 2023

1. Rituitslag 5000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|------------------------|---------|------------------------|---------|---------|----------------|------|
| 1 | wt | 4 | Bo Mengerink | | DA1 | | | 8:39.33 | |
| | rd | 13 | Rian Buitendijk | | D55 | 8:40.53 | | 9:48.23 | |
| | | Bo Mengerink | | | Rian Buitendijk | | | | |
| | | 200m | 23.11 | (23.11) | 200m | 26.77 | (26.77) | | |
| | | 600m | 1:03.13 | (40.02) | 600m | 1:10.03 | (43.26) | | |
| | | 1000m | 1:43.93 | (40.80) | 1000m | 1:55.15 | (45.12) | | |
| | | 1400m | 2:25.09 | (41.16) | 1400m | 2:40.88 | (45.73) | | |
| | | 1800m | 3:06.43 | (41.34) | 1800m | 3:26.88 | (46.00) | | |
| | | 2200m | 3:47.89 | (41.46) | 2200m | 4:13.47 | (46.59) | | |
| | | 2600m | 4:29.54 | (41.65) | 2600m | 5:00.09 | (46.62) | | |
| | | 3000m | 5:11.27 | (41.73) | 3000m | 5:47.40 | (47.31) | | |
| | | 3400m | 5:52.95 | (41.68) | 3400m | 6:34.38 | (46.98) | | |
| | | 3800m | 6:33.95 | (41.00) | 3800m | 7:21.72 | (47.34) | | |
| | | 4200m | 7:15.56 | (41.61) | 4200m | 8:09.73 | (48.01) | | |
| | | 4600m | 7:57.67 | (42.11) | 4600m | 8:59.52 | (49.79) | | |
| | | 5000m | 8:39.33 | (41.66) | 5000m | 9:48.23 | (48.71) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|-----|---------|--|----------------|------|
| 2 | gl | 2 | Tialda Gerritsma | | D55 | 8:29.72 | | 9:29.78 | |
| | bl | | | | | | | | |
| | | Tialda Gerritsma | | | | | | | |
| | | 200m | 27.26 | (27.26) | m | | | | |
| | | 600m | 1:10.34 | (43.08) | | | | | |
| | | 1000m | 1:54.92 | (44.58) | | | | | |
| | | 1400m | 2:39.97 | (45.05) | | | | | |
| | | 1800m | 3:24.94 | (44.97) | | | | | |
| | | 2200m | 4:10.25 | (45.31) | | | | | |
| | | 2600m | 4:56.51 | (46.26) | | | | | |
| | | 3000m | 5:42.25 | (45.74) | | | | | |
| | | 3400m | 6:27.59 | (45.34) | | | | | |
| | | 3800m | 7:12.78 | (45.19) | | | | | |
| | | 4200m | 7:58.50 | (45.72) | | | | | |
| | | 4600m | 8:44.14 | (45.64) | | | | | |
| | | 5000m | 9:29.78 | (45.64) | | | | | |

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Kunstijsbaan Breda - Breda

12 maart 2023

2. Uitslag 10000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|----------|------|--------|
| 1 | 16 Niek Berden | HA2 | 7 | I | 15:24.11 | PR | |
| 2 | 17 Rik Houwers | HSB | 7 | O | 15:46.36 | | |
| 3 | 5 Menno Mudde | HSA | 8 | I | 16:00.87 | PR | |
| 4 | 14 Colin Schrijver | HN3 | 8 | O | 16:07.29 | | |
| 5 | 9 Jens Klootwijk | HA2 | 6 | O | 16:07.97 | PR | |
| 6 | 18 Bart Streefkerk | HSB | 5 | O | 16:08.98 | | |
| 7 | 8 Tade Salverda | HN4 | 5 | I | 16:50.63 | | |
| 8 | 15 Thijs van de Burgt | HA1 | 6 | I | 16:56.44 | | |
| 9 | 7 Lars Vernet | HN2 | 4 | I | 17:20.45 | | |
| 10 | 1 johan sweep | H60 | 3 | I | 17:46.77 | | |
| 11 | 6 Hugo Hulleman | HSA | 4 | O | 17:59.51 | | |
| 12 | 12 Marijn Venderbosch | HSA | 3 | O | 19:05.54 | | |

GAK 5k dames, GAK 10k heren

Kunstijsbaan Breda - Breda

12 maart 2023

2. Rituitslag 10000 meter

| | Naam | Cat | PR | Tijd | Info |
|---|---------------------------------|-----|----------|-----------------|------|
| 3 | wt 1 johan sweep | H60 | 17:09.19 | 17:46.77 | |
| | rd 12 Marijn Venderbosch | HSA | | 19:05.54 | |

johan sweep

| | | |
|--------|----------|---------|
| 400m | 43.74 | (43.74) |
| 800m | 1:22.54 | (38.80) |
| 1200m | 2:02.33 | (39.79) |
| 1600m | 2:43.65 | (41.32) |
| 2000m | 3:25.25 | (41.60) |
| 2400m | 4:06.46 | (41.21) |
| 2800m | 4:48.30 | (41.84) |
| 3200m | 5:30.55 | (42.25) |
| 3600m | 6:13.46 | (42.91) |
| 4000m | 6:56.44 | (42.98) |
| 4400m | 7:39.83 | (43.39) |
| 4800m | 8:22.75 | (42.92) |
| 5200m | 9:06.26 | (43.51) |
| 5600m | 9:49.86 | (43.60) |
| 6000m | 10:32.56 | (42.70) |
| 6400m | 11:16.14 | (43.58) |
| 6800m | 12:00.15 | (44.01) |
| 7200m | 12:43.77 | (43.62) |
| 7600m | 13:27.62 | (43.85) |
| 8000m | 14:11.41 | (43.79) |
| 8400m | 14:55.83 | (44.42) |
| 8800m | 15:38.84 | (43.01) |
| 9200m | 16:21.44 | (42.60) |
| 9600m | 17:04.61 | (43.17) |
| 10000m | 17:46.77 | (42.16) |

Marijn Venderbosch

| | | |
|--------|----------|---------|
| 400m | 43.60 | (43.60) |
| 800m | 1:26.23 | (42.63) |
| 1200m | 2:10.31 | (44.08) |
| 1600m | 2:54.75 | (44.44) |
| 2000m | 3:39.56 | (44.81) |
| 2400m | 4:24.42 | (44.86) |
| 2800m | 5:09.67 | (45.25) |
| 3200m | 5:55.12 | (45.45) |
| 3600m | 6:40.82 | (45.70) |
| 4000m | 7:27.07 | (46.25) |
| 4400m | 8:13.57 | (46.50) |
| 4800m | 9:01.38 | (47.81) |
| 5200m | 9:49.37 | (47.99) |
| 5600m | 10:36.64 | (47.27) |
| 6000m | 11:22.77 | (46.13) |
| 6400m | 12:09.15 | (46.38) |
| 6800m | 12:51.02 | (41.87) |
| 7200m | 13:32.47 | (41.45) |
| 7600m | 14:28.64 | (56.17) |
| 8000m | 15:15.73 | (47.09) |
| 8400m | 16:01.70 | (45.97) |
| 8800m | 16:47.96 | (46.26) |
| 9200m | 17:34.32 | (46.36) |
| 9600m | 18:20.20 | (45.88) |
| 10000m | 19:05.54 | (45.34) |

GAK 5k dames, GAK 10k heren

Kunstijsbaan Breda - Breda

12 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|----------------------|---------|----------------------|----------|---------|-----------------|------|
| 4 | gl | 7 | Lars Vernet | | HN2 | | | 17:20.45 | |
| | bl | 6 | Hugo Hulleman | | HSA | 17:33.85 | | 17:59.51 | |
| | | Lars Vernet | | | Hugo Hulleman | | | | |
| | | 400m | 43.32 | (43.32) | 400m | 42.98 | (42.98) | | |
| | | 800m | 1:22.93 | (39.61) | 800m | 1:23.12 | (40.14) | | |
| | | 1200m | 2:04.28 | (41.35) | 1200m | 2:04.32 | (41.20) | | |
| | | 1600m | 2:45.77 | (41.49) | 1600m | 2:46.15 | (41.83) | | |
| | | 2000m | 3:27.71 | (41.94) | 2000m | 3:27.83 | (41.68) | | |
| | | 2400m | 4:09.12 | (41.41) | 2400m | 4:10.14 | (42.31) | | |
| | | 2800m | 4:50.68 | (41.56) | 2800m | 4:51.49 | (41.35) | | |
| | | 3200m | 5:31.89 | (41.21) | 3200m | 5:33.26 | (41.77) | | |
| | | 3600m | 6:13.92 | (42.03) | 3600m | 6:16.12 | (42.86) | | |
| | | 4000m | 6:56.39 | (42.47) | 4000m | 6:58.94 | (42.82) | | |
| | | 4400m | 7:38.63 | (42.24) | 4400m | 7:41.48 | (42.54) | | |
| | | 4800m | 8:21.11 | (42.48) | 4800m | 8:24.54 | (43.06) | | |
| | | 5200m | 9:02.94 | (41.83) | 5200m | 9:07.86 | (43.32) | | |
| | | 5600m | 9:45.54 | (42.60) | 5600m | 9:51.39 | (43.53) | | |
| | | 6000m | 10:27.27 | (41.73) | 6000m | 10:35.01 | (43.62) | | |
| | | 6400m | 11:09.18 | (41.91) | 6400m | 11:18.97 | (43.96) | | |
| | | 7200m | 12:36.56 | (87.38) | 6800m | 12:02.86 | (43.89) | | |
| | | 7600m | 13:22.83 | (46.27) | 7200m | 12:46.75 | (43.89) | | |
| | | 8000m | 13:55.59 | (32.76) | 7600m | 13:30.95 | (44.20) | | |
| | | 8800m | 15:18.40 | (82.81) | 8000m | 14:15.68 | (44.73) | | |
| | | 9200m | 15:59.62 | (41.22) | 8400m | 15:02.77 | (47.09) | | |
| | | 9600m | 16:40.12 | (40.50) | 8800m | 15:47.64 | (44.87) | | |
| | | 10000m | 17:20.45 | (40.33) | 9200m | 16:32.73 | (45.09) | | |
| | | | | | 9600m | 17:16.35 | (43.62) | | |
| | | | | | 10000m | 17:59.51 | (43.16) | | |

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Kunstijsbaan Breda - Breda

12 maart 2023

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|------------------------|---------|------------------------|----------|---------|-----------------|
| 5 | wt | 8 | Tade Salverda | | HN4 | | | 16:50.63 |
| | rd | 18 | Bart Streefkerk | | HSB | 15:13.02 | | 16:08.98 |
| | | Tade Salverda | | | Bart Streefkerk | | | |
| | | 400m | 43.89 | (43.89) | 400m | 41.76 | (41.76) | |
| | | 800m | 1:23.62 | (39.73) | 800m | 1:21.74 | (39.98) | |
| | | 1200m | 2:03.03 | (39.41) | 1200m | 2:01.27 | (39.53) | |
| | | 1600m | 2:42.83 | (39.80) | 1600m | 2:40.58 | (39.31) | |
| | | 2000m | 3:22.92 | (40.09) | 2000m | 3:19.55 | (38.97) | |
| | | 2400m | 4:02.92 | (40.00) | 2400m | 3:58.38 | (38.83) | |
| | | 2800m | 4:42.97 | (40.05) | 2800m | 4:36.93 | (38.55) | |
| | | 3200m | 5:23.22 | (40.25) | 3200m | 5:15.48 | (38.55) | |
| | | 3600m | 6:03.29 | (40.07) | 3600m | 5:54.04 | (38.56) | |
| | | 4000m | 6:43.56 | (40.27) | 4000m | 6:32.63 | (38.59) | |
| | | 4400m | 7:23.51 | (39.95) | 4400m | 7:11.16 | (38.53) | |
| | | 4800m | 8:03.44 | (39.93) | 4800m | 7:49.64 | (38.48) | |
| | | 5200m | 8:43.65 | (40.21) | 5200m | 8:28.26 | (38.62) | |
| | | 5600m | 9:23.79 | (40.14) | 5600m | 9:06.84 | (38.58) | |
| | | 6000m | 10:03.93 | (40.14) | 6000m | 9:45.57 | (38.73) | |
| | | 6400m | 10:44.12 | (40.19) | 6400m | 10:23.87 | (38.30) | |
| | | 6800m | 11:24.21 | (40.09) | 6800m | 11:02.18 | (38.31) | |
| | | 7200m | 12:04.26 | (40.05) | 7200m | 11:40.50 | (38.32) | |
| | | 7600m | 12:44.18 | (39.92) | 7600m | 12:18.93 | (38.43) | |
| | | 8000m | 13:24.77 | (40.59) | 8000m | 12:57.46 | (38.53) | |
| | | 8400m | 14:05.53 | (40.76) | 8400m | 13:35.99 | (38.53) | |
| | | 8800m | 14:47.31 | (41.78) | 8800m | 14:14.40 | (38.41) | |
| | | 9200m | 15:28.88 | (41.57) | 9200m | 14:52.87 | (38.47) | |
| | | 9600m | 16:09.97 | (41.09) | 9600m | 15:31.05 | (38.18) | |
| | | 10000m | 16:50.63 | (40.66) | 10000m | 16:08.98 | (37.93) | |

GAK 5k dames, GAK 10k heren

Kunstijsbaan Breda - Breda

12 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|--------|-----------------------|---------|-----------------|------|
| 6 | gl | 15 | Thijs van de Burgt | | HA1 | | | 16:56.44 | |
| | bl | 9 | Jens Klootwijk | | HA2 | 16:33.30 | | 16:07.97 | PR |
| | | Thijs van de Burgt | | | | Jens Klootwijk | | | |
| | | 400m | 40.53 | (40.53) | 400m | 39.35 | (39.35) | | |
| | | 800m | 1:18.40 | (37.87) | 800m | 1:17.04 | (37.69) | | |
| | | 1200m | 1:56.91 | (38.51) | 1200m | 1:55.49 | (38.45) | | |
| | | 1600m | 2:35.66 | (38.75) | 1600m | 2:34.30 | (38.81) | | |
| | | 2000m | 3:14.23 | (38.57) | 2000m | 3:13.14 | (38.84) | | |
| | | 2400m | 3:52.51 | (38.28) | 2400m | 3:51.84 | (38.70) | | |
| | | 2800m | 4:31.06 | (38.55) | 2800m | 4:30.27 | (38.43) | | |
| | | 3200m | 5:09.79 | (38.73) | 3200m | 5:09.32 | (39.05) | | |
| | | 3600m | 5:48.62 | (38.83) | 3600m | 5:47.81 | (38.49) | | |
| | | 4000m | 6:28.19 | (39.57) | 4000m | 6:26.16 | (38.35) | | |
| | | 4400m | 7:08.45 | (40.26) | 4400m | 7:04.64 | (38.48) | | |
| | | 4800m | 7:49.58 | (41.13) | 4800m | 7:43.38 | (38.74) | | |
| | | 5200m | 8:31.05 | (41.47) | 5200m | 8:22.15 | (38.77) | | |
| | | 5600m | 9:12.58 | (41.53) | 5600m | 9:01.14 | (38.99) | | |
| | | 6000m | 9:54.55 | (41.97) | 6000m | 9:39.93 | (38.79) | | |
| | | 6400m | 10:38.09 | (43.54) | 6400m | 10:19.04 | (39.11) | | |
| | | 6800m | 11:20.24 | (42.15) | 6800m | 10:58.09 | (39.05) | | |
| | | 7200m | 12:02.57 | (42.33) | 7200m | 11:37.22 | (39.13) | | |
| | | 7600m | 12:45.23 | (42.66) | 7600m | 12:15.84 | (38.62) | | |
| | | 8000m | 13:29.29 | (44.06) | 8000m | 12:54.30 | (38.46) | | |
| | | 8400m | 14:11.37 | (42.08) | 8400m | 13:33.13 | (38.83) | | |
| | | 8800m | 14:52.26 | (40.89) | 8800m | 14:11.88 | (38.75) | | |
| | | 9200m | 15:35.84 | (43.58) | 9200m | 14:49.92 | (38.04) | | |
| | | 9600m | 16:18.21 | (42.37) | 9600m | 15:28.57 | (38.65) | | |
| | | 10000m | 16:56.44 | (38.23) | 10000m | 16:07.97 | (39.40) | | |

GAK 5k dames, GAK 10k heren

Kunstijsbaan Breda - Breda

12 maart 2023

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------|--------------------|---------|--------------------|----------|-----------------|------|
| 7 | wt | 16 | Niek Berden | | HA2 | 15:55.72 | 15:24.11 | PR |
| | rd | 17 | Rik Houwers | | HSB | 15:44.91 | 15:46.36 | |
| | | Niek Berden | | | Rik Houwers | | | |
| | | 400m | 40.14 | (40.14) | 400m | 39.93 | (39.93) | |
| | | 800m | 1:17.21 | (37.07) | 800m | 1:17.10 | (37.17) | |
| | | 1200m | 1:54.99 | (37.78) | 1200m | 1:54.46 | (37.36) | |
| | | 1600m | 2:31.96 | (36.97) | 1600m | 2:31.94 | (37.48) | |
| | | 2000m | 3:09.60 | (37.64) | 2000m | 3:09.59 | (37.65) | |
| | | 2400m | 3:46.95 | (37.35) | 2400m | 3:47.10 | (37.51) | |
| | | 2800m | 4:24.84 | (37.89) | 2800m | 4:24.93 | (37.83) | |
| | | 3200m | 5:02.24 | (37.40) | 3200m | 5:02.56 | (37.63) | |
| | | 3600m | 5:39.50 | (37.26) | 3600m | 5:40.50 | (37.94) | |
| | | 4000m | 6:17.06 | (37.56) | 4000m | 6:19.02 | (38.52) | |
| | | 4400m | 6:54.47 | (37.41) | 4400m | 6:57.50 | (38.48) | |
| | | 4800m | 7:31.77 | (37.30) | 4800m | 7:35.84 | (38.34) | |
| | | 5200m | 8:08.85 | (37.08) | 5200m | 8:13.82 | (37.98) | |
| | | 5600m | 8:46.11 | (37.26) | 5600m | 8:51.60 | (37.78) | |
| | | 6000m | 9:23.16 | (37.05) | 6000m | 9:29.47 | (37.87) | |
| | | 6400m | 10:00.09 | (36.93) | 6400m | 10:06.89 | (37.42) | |
| | | 6800m | 10:36.39 | (36.30) | 6800m | 10:44.93 | (38.04) | |
| | | 7200m | 11:12.53 | (36.14) | 7200m | 11:23.02 | (38.09) | |
| | | 7600m | 11:48.09 | (35.56) | 7600m | 12:01.12 | (38.10) | |
| | | 8000m | 12:23.63 | (35.54) | 8000m | 12:39.13 | (38.01) | |
| | | 8400m | 12:59.33 | (35.70) | 8400m | 13:17.04 | (37.91) | |
| | | 8800m | 13:35.57 | (36.24) | 8800m | 13:54.82 | (37.78) | |
| | | 9200m | 14:11.59 | (36.02) | 9200m | 14:32.16 | (37.34) | |
| | | 9600m | 14:47.85 | (36.26) | 9600m | 15:09.24 | (37.08) | |
| | | 10000m | 15:24.11 | (36.26) | 10000m | 15:46.36 | (37.12) | |

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12 maart 2023

| | | Naam | Cat | PR | Tijd | Info |
|---|----|---------------------------|-----|----------|-----------------|------|
| 8 | gl | 5 Menno Mudde | HSA | 16:16.92 | 16:00.87 | PR |
| | bl | 14 Colin Schrijver | HN3 | 15:49.62 | 16:07.29 | |

Menno Mudde

| | | |
|--------|----------|---------|
| 400m | 39.45 | (39.45) |
| 800m | 1:15.56 | (36.11) |
| 1200m | 1:53.56 | (38.00) |
| 1600m | 2:31.08 | (37.52) |
| 2000m | 3:08.99 | (37.91) |
| 2400m | 3:46.67 | (37.68) |
| 2800m | 4:24.64 | (37.97) |
| 3200m | 5:02.39 | (37.75) |
| 3600m | 5:40.29 | (37.90) |
| 4000m | 6:18.65 | (38.36) |
| 4400m | 6:57.35 | (38.70) |
| 4800m | 7:36.08 | (38.73) |
| 5200m | 8:14.76 | (38.68) |
| 5600m | 8:53.77 | (39.01) |
| 6000m | 9:32.86 | (39.09) |
| 6400m | 10:11.90 | (39.04) |
| 6800m | 10:50.84 | (38.94) |
| 7200m | 11:29.89 | (39.05) |
| 7600m | 12:09.00 | (39.11) |
| 8000m | 12:47.65 | (38.65) |
| 8400m | 13:26.44 | (38.79) |
| 8800m | 14:04.83 | (38.39) |
| 9200m | 14:43.55 | (38.72) |
| 9600m | 15:22.72 | (39.17) |
| 10000m | 16:00.87 | (38.15) |

Colin Schrijver

| | | |
|--------|----------|---------|
| 400m | 39.36 | (39.36) |
| 800m | 1:16.34 | (36.98) |
| 1200m | 1:53.90 | (37.56) |
| 1600m | 2:31.51 | (37.61) |
| 2000m | 3:09.20 | (37.69) |
| 2400m | 3:46.88 | (37.68) |
| 2800m | 4:24.40 | (37.52) |
| 3200m | 5:02.14 | (37.74) |
| 3600m | 5:39.63 | (37.49) |
| 4000m | 6:17.44 | (37.81) |
| 4400m | 6:55.56 | (38.12) |
| 4800m | 7:33.63 | (38.07) |
| 5200m | 8:11.42 | (37.79) |
| 5600m | 8:49.19 | (37.77) |
| 6000m | 9:26.91 | (37.72) |
| 6400m | 10:04.43 | (37.52) |
| 6800m | 10:42.66 | (38.23) |
| 7200m | 11:23.18 | (40.52) |
| 7600m | 12:06.58 | (43.40) |
| 8000m | 12:47.92 | (41.34) |
| 8400m | 13:29.33 | (41.41) |
| 8800m | 14:09.98 | (40.65) |
| 9200m | 14:49.72 | (39.74) |
| 9600m | 15:28.72 | (39.00) |
| 10000m | 16:07.29 | (38.57) |