

# 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	<b>Bo Mengerink</b>		DA1			<b>8:39.33</b>	
	rd	13	<b>Rian Buitendijk</b>		D55	8:40.53		<b>9:48.23</b>	
		<b>Bo Mengerink</b>			<b>Rian Buitendijk</b>				
		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	<b>Tialda Gerritsma</b>		D55	8:29.72		<b>9:29.78</b>	
	bl								
		<b>Tialda Gerritsma</b>							
		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)					

# GAK 5k dames, GAK 10k heren

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## 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		

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## 2. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
3	wt 1 <b>johan sweep</b>	H60	17:09.19	<b>17:46.77</b>	
	rd 12 <b>Marijn Venderbosch</b>	HSA		<b>19:05.54</b>	

### 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

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		Naam		Cat		PR	Tijd	Info
4	gl	7	<b>Lars Vernet</b>		HN2		<b>17:20.45</b>	
	bl	6	<b>Hugo Hulleman</b>		HSA	17:33.85	<b>17:59.51</b>	
		<b>Lars Vernet</b>			<b>Hugo Hulleman</b>			
		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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		Naam		Cat		PR	Tijd	Info
5	wt	8	<b>Tade Salverda</b>		HN4			<b>16:50.63</b>
	rd	18	<b>Bart Streefkerk</b>		HSB	15:13.02		<b>16:08.98</b>
		<b>Tade Salverda</b>			<b>Bart Streefkerk</b>			
		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

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		Naam		Cat		PR		Tijd	Info
6	gl	15	<b>Thijs van de Burgt</b>		HA1			<b>16:56.44</b>	
	bl	9	<b>Jens Klootwijk</b>		HA2	16:33.30		<b>16:07.97</b>	PR
		<b>Thijs van de Burgt</b>				<b>Jens Klootwijk</b>			
		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

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		Naam	Cat	PR	Tijd	Info
7	wt	16 <b>Niek Berden</b>	HA2	15:55.72	<b>15:24.11</b>	PR
	rd	17 <b>Rik Houwers</b>	HSB	15:44.91	<b>15:46.36</b>	

## Niek Berden

400m	40.14	(40.14)
800m	1:17.21	(37.07)
1200m	1:54.99	(37.78)
1600m	2:31.96	(36.97)
2000m	3:09.60	(37.64)
2400m	3:46.95	(37.35)
2800m	4:24.84	(37.89)
3200m	5:02.24	(37.40)
3600m	5:39.50	(37.26)
4000m	6:17.06	(37.56)
4400m	6:54.47	(37.41)
4800m	7:31.77	(37.30)
5200m	8:08.85	(37.08)
5600m	8:46.11	(37.26)
6000m	9:23.16	(37.05)
6400m	10:00.09	(36.93)
6800m	10:36.39	(36.30)
7200m	11:12.53	(36.14)
7600m	11:48.09	(35.56)
8000m	12:23.63	(35.54)
8400m	12:59.33	(35.70)
8800m	13:35.57	(36.24)
9200m	14:11.59	(36.02)
9600m	14:47.85	(36.26)
10000m	15:24.11	(36.26)

## Rik Houwers

400m	39.93	(39.93)
800m	1:17.10	(37.17)
1200m	1:54.46	(37.36)
1600m	2:31.94	(37.48)
2000m	3:09.59	(37.65)
2400m	3:47.10	(37.51)
2800m	4:24.93	(37.83)
3200m	5:02.56	(37.63)
3600m	5:40.50	(37.94)
4000m	6:19.02	(38.52)
4400m	6:57.50	(38.48)
4800m	7:35.84	(38.34)
5200m	8:13.82	(37.98)
5600m	8:51.60	(37.78)
6000m	9:29.47	(37.87)
6400m	10:06.89	(37.42)
6800m	10:44.93	(38.04)
7200m	11:23.02	(38.09)
7600m	12:01.12	(38.10)
8000m	12:39.13	(38.01)
8400m	13:17.04	(37.91)
8800m	13:54.82	(37.78)
9200m	14:32.16	(37.34)
9600m	15:09.24	(37.08)
10000m	15:46.36	(37.12)



# GAK 5k dames, GAK 10k heren

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12 maart 2023

		Naam	Cat	PR	Tijd	Info
8	gl	5 <b>Menno Mudde</b>	HSA	16:16.92	<b>16:00.87</b>	PR
	bl	14 <b>Colin Schrijver</b>	HN3	15:49.62	<b>16:07.29</b>	

## 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)