

1. Uitslag Dames 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	58 Eline van Voorden	DA1	3	I	7:39.19	TRC	
2	23 Denise van der Hulst	DN2	4	O	7:51.15	PR	
3	6 Evelieke Kool	DA1	1	I	8:11.28	PR	
4	32 Ella van Vloten	DA2	4	I	8:11.32		
5	19 Amy van der Meer	DB2	3	O	8:16.48		
6	61 Madelief de Jong	DA2	1	O	8:23.19	PR	
7	9 Inger van Dok	DA1	2	I	8:46.14		
8	12 Sandra van Bijlert-Burgerhout	D40	2	O	8:48.45		

1. Rituitslag Dames 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	6 Evelieke Kool	DA1	8:19.29	8:11.28	PR
	rd	61 Madelief de Jong	DA2	8:39.36	8:23.19	PR
Evelieke Kool			Madelief de Jong			
	200m	22.30 (22.30)		200m	22.23 (22.23)	
	600m	58.27 (35.97)		600m	58.51 (36.28)	
	1000m	1:35.25 (36.98)		1000m	1:36.65 (38.14)	
	1400m	2:13.23 (37.98)		1400m	2:15.67 (39.02)	
	1800m	2:51.82 (38.59)		1800m	2:55.36 (39.69)	
	2200m	3:30.76 (38.94)		2200m	3:36.26 (40.90)	
	2600m	4:10.17 (39.41)		2600m	4:17.52 (41.26)	
	3000m	4:49.20 (39.03)		3000m	4:58.61 (41.09)	
	3400m	5:29.15 (39.95)		3400m	5:40.31 (41.70)	
	3800m	6:09.54 (40.39)		3800m	6:22.60 (42.29)	
	4200m	6:50.55 (41.01)		4200m	7:03.51 (40.91)	
	4600m	7:30.97 (40.42)		4600m	7:43.22 (39.71)	
	5000m	8:11.28 (40.31)		5000m	8:23.19 (39.97)	

		Naam	Cat	PR	Tijd	Info
2	gl	9 Inger van Dok	DA1	8:30.40	8:46.14	
	bl	12 Sandra van Bijlert-Burgerhout	D40	8:25.95	8:48.45	
Inger van Dok			Sandra van Bijlert-Burgerhout			
	200m	22.95 (22.95)		200m	23.67 (23.67)	
	600m	1:01.76 (38.81)		600m	1:02.83 (39.16)	
	1000m	1:41.79 (40.03)		1000m	1:43.10 (40.27)	
	1400m	2:22.03 (40.24)		1400m	2:24.06 (40.96)	
	1800m	3:03.15 (41.12)		1800m	3:05.92 (41.86)	
	2200m	3:44.77 (41.62)		2200m	3:47.75 (41.83)	
	2600m	4:27.22 (42.45)		2600m	4:30.16 (42.41)	
	3000m	5:10.51 (43.29)		3000m	5:12.55 (42.39)	
	3400m	5:53.98 (43.47)		3400m	5:55.97 (43.42)	
	3800m	6:37.76 (43.78)		3800m	6:38.82 (42.85)	
	4200m	7:21.60 (43.84)		4200m	7:21.92 (43.10)	
	4600m	8:05.10 (43.50)		4600m	8:04.83 (42.91)	
	5000m	8:46.14 (41.04)		5000m	8:48.45 (43.62)	

		Naam	Cat	PR	Tijd	Info
3	wt	58 Eline van Voorden	DA1	7:35.56	7:39.19	TRC
	rd	19 Amy van der Meer	DB2		8:16.48	

Eline van Voorden

200m	21.99	(21.99)
600m	57.20	(35.21)
1000m	1:33.09	(35.89)
1400m	2:09.48	(36.39)
1800m	2:45.65	(36.17)
2200m	3:21.82	(36.17)
2600m	3:57.79	(35.97)
3000m	4:34.25	(36.46)
3400m	5:10.76	(36.51)
3800m	5:47.58	(36.82)
4200m	6:24.53	(36.95)
4600m	7:01.96	(37.43)
5000m	7:39.19	(37.23)

Amy van der Meer

200m	22.76	(22.76)
600m	59.72	(36.96)
1000m	1:36.84	(37.12)
1400m	2:14.59	(37.75)
1800m	2:53.04	(38.45)
2200m	3:31.70	(38.66)
2600m	4:10.91	(39.21)
3000m	4:50.88	(39.97)
3400m	5:31.17	(40.29)
3800m	6:12.26	(41.09)
4200m	6:53.83	(41.57)
4600m	7:34.85	(41.02)
5000m	8:16.48	(41.63)

		Naam	Cat	PR	Tijd	Info
4	gl	32 Ella van Vloten	DA2	8:08.71	8:11.32	
	bl	23 Denise van der Hulst	DN2	7:55.78	7:51.15	PR

Ella van Vloten

200m	22.93	(22.93)
600m	59.30	(36.37)
1000m	1:36.47	(37.17)
1400m	2:14.41	(37.94)
1800m	2:52.20	(37.79)
2200m	3:31.27	(39.07)
2600m	4:10.21	(38.94)
3000m	4:49.65	(39.44)
3400m	5:29.51	(39.86)
3800m	6:10.06	(40.55)
4200m	6:50.70	(40.64)
4600m	7:31.93	(41.23)
5000m	8:11.32	(39.39)

Denise van der Hulst

200m	22.21	(22.21)
600m	57.72	(35.51)
1000m	1:35.12	(37.40)
1400m	2:12.57	(37.45)
1800m	2:49.51	(36.94)
2200m	3:26.75	(37.24)
2600m	4:04.04	(37.29)
3000m	4:41.96	(37.92)
3400m	5:20.01	(38.05)
3800m	5:58.00	(37.99)
4200m	6:35.75	(37.75)
4600m	7:13.39	(37.64)
5000m	7:51.15	(37.76)

2. Uitslag Heren 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	38 Wouter Tel	HSA	12	O	14:34.75	PR	
2	2 Berend Bervoets	HN1	13	I	14:44.89		
3	53 Douwe Boonstra	HN1	8	I	14:53.41	PR	
4	7 Viktor Toonen	HSA	10	I	14:59.34		
5	34 Luc Heine	HN2	11	O	15:00.04	PR	
6	64 Kees Heemskerk	HSA	14	I	15:00.46		
7	33 Wesley Hollenberg	HA2	12	I	15:02.58		
8	46 Jesse Vollaard	HB1	7	O	15:14.06		
9	39 Jan-Willem Broos	HSA	8	O	15:18.39		
10	43 Ronald Ligtenberg	HN4	10	O	15:19.06		
11	63 Lennart Jasche	HA1	11	I	15:20.31		
12	21 Stan van der Hulst	HA2	9	I	15:20.78	PR	
13	57 Remco Langemaire	HA1	5	I	15:39.67		
14	8 Michiel Kok	HA2	7	I	15:41.79	PR	
15	4 Lasse Hiddink	HA1	9	O	15:49.40		
16	15 Pieter Tieme Weenink	HA1	6	O	15:50.70	PR	
17	42 Danny Verdel	HB1	5	O	15:51.99		
18	35 Tristan Hagen	HA2	6	I	15:59.15	PR	
19	13 Evert Jan van Dijk	H40	13	O	16:53.72		
	22 Mark van der Hulst	HN4	14	O	DNF		

2. Rituitslag Heren 10000 meter

		Naam	Cat	PR	Tijd	Info
5	wt	57 Remco Langemaire	HA1		15:39.67	
	rd	42 Danny Verdel	HB1		15:51.99	
Remco Langemaire			Danny Verdel			
		400m	37.93	(37.93)	400m	37.57 (37.57)
		800m	1:12.62	(34.69)	800m	1:12.19 (34.62)
		1200m	1:48.50	(35.88)	1200m	1:47.54 (35.35)
		1600m	2:23.93	(35.43)	1600m	2:23.15 (35.61)
		2000m	2:59.78	(35.85)	2000m	2:58.96 (35.81)
		2400m	3:35.66	(35.88)	2400m	3:35.69 (36.73)
		2800m	4:11.76	(36.10)	2800m	4:12.09 (36.40)
		3200m	4:48.10	(36.34)	3200m	4:49.05 (36.96)
		3600m	5:24.64	(36.54)	3600m	5:25.84 (36.79)
		4000m	6:01.63	(36.99)	4000m	6:03.03 (37.19)
		4400m	6:39.09	(37.46)	4400m	6:40.77 (37.74)
		4800m	7:16.24	(37.15)	4800m	7:18.83 (38.06)
		5200m	7:53.05	(36.81)	5200m	7:56.81 (37.98)
		5600m	8:30.52	(37.47)	5600m	8:35.63 (38.82)
		6000m	9:09.05	(38.53)	6000m	9:14.46 (38.83)
		6400m	9:48.07	(39.02)	6400m	9:54.00 (39.54)
		6800m	10:26.80	(38.73)	6800m	10:33.20 (39.20)
		7200m	11:05.36	(38.56)	7200m	11:13.18 (39.98)
		7600m	11:44.34	(38.98)	7600m	11:52.57 (39.39)
		8000m	12:23.16	(38.82)	8000m	12:32.25 (39.68)
		8400m	13:02.69	(39.53)	8400m	13:12.31 (40.06)
		8800m	13:41.85	(39.16)	8800m	13:52.94 (40.63)
		9200m	14:21.61	(39.76)	9200m	14:32.43 (39.49)
		9600m	15:00.79	(39.18)	9600m	15:12.31 (39.88)
		10000m	15:39.67	(38.88)	10000m	15:51.99 (39.68)

		Naam	Cat	PR	Tijd	Info
6	gl	35 Tristan Hagen	HA2	16:16.24	15:59.15	PR
	bl	15 Pieter Tieme Weenink	HA1	16:49.40	15:50.70	PR

Tristan Hagen

400m	40.35	(40.35)
800m	1:15.93	(35.58)
1200m	1:53.17	(37.24)
1600m	2:29.98	(36.81)
2000m	3:07.60	(37.62)
2400m	3:44.84	(37.24)
2800m	4:22.98	(38.14)
3200m	4:59.46	(36.48)
3600m	5:37.35	(37.89)
4000m	6:15.94	(38.59)
4400m	6:54.71	(38.77)
4800m	7:32.79	(38.08)
5200m	8:11.92	(39.13)
5600m	8:50.84	(38.92)
6000m	9:29.85	(39.01)
6400m	10:08.23	(38.38)
6800m	10:46.76	(38.53)
7200m	11:25.42	(38.66)
7600m	12:04.46	(39.04)
8000m	12:43.69	(39.23)
8400m	13:23.33	(39.64)
8800m	14:02.47	(39.14)
9200m	14:41.43	(38.96)
9600m	15:20.47	(39.04)
10000m	15:59.15	(38.68)

Pieter Tieme Weenink

400m	40.17	(40.17)
800m	1:17.02	(36.85)
1200m	1:54.44	(37.42)
1600m	2:31.66	(37.22)
2000m	3:08.89	(37.23)
2400m	3:46.20	(37.31)
2800m	4:23.73	(37.53)
3200m	5:01.22	(37.49)
3600m	5:39.09	(37.87)
4000m	6:17.25	(38.16)
4400m	6:55.00	(37.75)
4800m	7:32.97	(37.97)
5200m	8:11.23	(38.26)
5600m	8:50.51	(39.28)
6000m	9:28.38	(37.87)
6400m	10:06.10	(37.72)
6800m	10:44.35	(38.25)
7200m	11:22.75	(38.40)
7600m	12:00.81	(38.06)
8000m	12:39.28	(38.47)
8400m	13:18.08	(38.80)
8800m	13:56.36	(38.28)
9200m	14:34.40	(38.04)
9600m	15:12.87	(38.47)
10000m	15:50.70	(37.83)

		Naam	Cat			PR	Tijd	Info
7	wt	8 Michiel Kok	HA2			16:02.42	15:41.79	PR
	rd	46 Jesse Vollaard	HB1				15:14.06	
		Michiel Kok			Jesse Vollaard			
		400m	41.55	(41.55)	400m	39.21	(39.21)	
		800m	1:18.95	(37.40)	800m	1:14.25	(35.04)	
		1200m	1:56.18	(37.23)	1200m	1:49.80	(35.55)	
		1600m	2:33.37	(37.19)	1600m	2:25.72	(35.92)	
		2000m	3:11.07	(37.70)	2000m	3:01.85	(36.13)	
		2400m	3:48.73	(37.66)	2400m	3:38.13	(36.28)	
		2800m	4:26.45	(37.72)	2800m	4:14.74	(36.61)	
		3200m	5:03.61	(37.16)	3200m	4:51.28	(36.54)	
		3600m	5:40.78	(37.17)	3600m	5:27.44	(36.16)	
		4000m	6:17.97	(37.19)	4000m	6:04.32	(36.88)	
		4400m	6:55.53	(37.56)	4400m	6:41.12	(36.80)	
		4800m	7:33.23	(37.70)	4800m	7:18.30	(37.18)	
		5200m	8:10.93	(37.70)	5200m	7:54.95	(36.65)	
		5600m	8:48.69	(37.76)	5600m	8:32.12	(37.17)	
		6000m	9:26.34	(37.65)	6000m	9:09.27	(37.15)	
		6400m	10:03.87	(37.53)	6400m	9:46.55	(37.28)	
		6800m	10:41.39	(37.52)	6800m	10:23.69	(37.14)	
		7200m	11:18.81	(37.42)	7200m	11:01.44	(37.75)	
		7600m	11:56.45	(37.64)	7600m	11:37.76	(36.32)	
		8000m	12:34.41	(37.96)	8000m	12:14.65	(36.89)	
		8400m	13:11.64	(37.23)	8400m	12:50.78	(36.13)	
		8800m	13:49.13	(37.49)	8800m	13:27.25	(36.47)	
		9200m	14:26.85	(37.72)	9200m	14:03.52	(36.27)	
		9600m	15:04.34	(37.49)	9600m	14:39.83	(36.31)	
		10000m	15:41.79	(37.45)	10000m	15:14.06	(34.23)	

		Naam	Cat	PR	Tijd	Info
8	gl	53 Douwe Boonstra	HN1	15:28.78	14:53.41	PR
	bl	39 Jan-Willem Broos	HSA	14:57.70	15:18.39	

Douwe Boonstra

400m	38.18	(38.18)
800m	1:12.28	(34.10)
1200m	1:47.71	(35.43)
1600m	2:22.50	(34.79)
2000m	2:57.63	(35.13)
2400m	3:32.70	(35.07)
2800m	4:07.86	(35.16)
3200m	4:43.02	(35.16)
3600m	5:19.22	(36.20)
4000m	5:55.04	(35.82)
4400m	6:31.06	(36.02)
4800m	7:07.13	(36.07)
5200m	7:43.28	(36.15)
5600m	8:19.20	(35.92)
6000m	8:55.47	(36.27)
6400m	9:30.97	(35.50)
6800m	10:06.44	(35.47)
7200m	10:41.81	(35.37)
7600m	11:17.10	(35.29)
8000m	11:52.96	(35.86)
8400m	12:29.04	(36.08)
8800m	13:05.31	(36.27)
9200m	13:41.65	(36.34)
9600m	14:17.75	(36.10)
10000m	14:53.41	(35.66)

Jan-Willem Broos

400m	37.94	(37.94)
800m	1:13.15	(35.21)
1200m	1:48.78	(35.63)
1600m	2:24.50	(35.72)
2000m	3:00.26	(35.76)
2400m	3:36.36	(36.10)
2800m	4:12.36	(36.00)
3200m	4:49.11	(36.75)
3600m	5:25.68	(36.57)
4000m	6:02.07	(36.39)
4400m	6:38.76	(36.69)
4800m	7:15.21	(36.45)
5200m	7:51.15	(35.94)
5600m	8:27.38	(36.23)
6000m	9:03.81	(36.43)
6400m	9:39.74	(35.93)
6800m	10:16.17	(36.43)
7200m	10:53.18	(37.01)
7600m	11:30.18	(37.00)
8000m	12:07.44	(37.26)
8400m	12:45.33	(37.89)
8800m	13:23.83	(38.50)
9200m	14:02.01	(38.18)
9600m	14:40.25	(38.24)
10000m	15:18.39	(38.14)

		Naam	Cat	PR	Tijd	Info
9	wt	21 Stan van der Hulst	HA2	15:21.78	15:20.78	PR
	rd	4 Lasse Hiddink	HA1		15:49.40	

Stan van der Hulst

400m	39.02	(39.02)
800m	1:13.93	(34.91)
1200m	1:49.69	(35.76)
1600m	2:25.15	(35.46)
2000m	3:00.57	(35.42)
2400m	3:35.76	(35.19)
2800m	4:11.68	(35.92)
3200m	4:47.32	(35.64)
3600m	5:23.53	(36.21)
4000m	6:00.03	(36.50)
4400m	6:36.87	(36.84)
4800m	7:13.61	(36.74)
5200m	7:50.87	(37.26)
5600m	8:27.89	(37.02)
6000m	9:05.17	(37.28)
6400m	9:42.72	(37.55)
6800m	10:20.07	(37.35)
7200m	10:57.62	(37.55)
7600m	11:34.61	(36.99)
8000m	12:11.99	(37.38)
8400m	12:49.44	(37.45)
8800m	13:27.50	(38.06)
9200m	14:06.22	(38.72)
9600m	14:44.55	(38.33)
10000m	15:20.78	(36.23)

Lasse Hiddink

400m	38.98	(38.98)
800m	1:14.68	(35.70)
1200m	1:50.56	(35.88)
1600m	2:26.43	(35.87)
2000m	3:02.25	(35.82)
2400m	3:37.82	(35.57)
2800m	4:14.11	(36.29)
3200m	4:50.37	(36.26)
3600m	5:27.04	(36.67)
4000m	6:04.06	(37.02)
4400m	6:41.10	(37.04)
4800m	7:18.34	(37.24)
5200m	7:56.39	(38.05)
5600m	8:34.77	(38.38)
6000m	9:13.69	(38.92)
6400m	9:53.65	(39.96)
6800m	10:32.74	(39.09)
7200m	11:12.09	(39.35)
7600m	11:52.64	(40.55)
8000m	12:33.38	(40.74)
8400m	13:13.79	(40.41)
8800m	13:54.70	(40.91)
9200m	14:35.71	(41.01)
9600m	15:14.05	(38.34)
10000m	15:49.40	(35.35)

		Naam	Cat	PR	Tijd	Info
10	gl	7 Viktor Toonen	HSA		14:59.34	
	bl	43 Ronald Ligtenberg	HN4	14:23.03	15:19.06	

Viktor Toonen

400m	38.19	(38.19)
800m	1:13.22	(35.03)
1200m	1:48.67	(35.45)
1600m	2:24.14	(35.47)
2000m	2:59.32	(35.18)
2400m	3:34.92	(35.60)
2800m	4:10.46	(35.54)
3200m	4:46.32	(35.86)
3600m	5:21.98	(35.66)
4000m	5:57.59	(35.61)
4400m	6:33.52	(35.93)
4800m	7:09.11	(35.59)
5200m	7:44.94	(35.83)
5600m	8:20.74	(35.80)
6000m	8:56.69	(35.95)
6400m	9:33.07	(36.38)
6800m	10:09.17	(36.10)
7200m	10:45.31	(36.14)
7600m	11:21.55	(36.24)
8000m	11:57.89	(36.34)
8400m	12:34.45	(36.56)
8800m	13:11.15	(36.70)
9200m	13:47.89	(36.74)
9600m	14:23.60	(35.71)
10000m	14:59.34	(35.74)

Ronald Ligtenberg

400m	38.73	(38.73)
800m	1:14.11	(35.38)
1200m	1:49.83	(35.72)
1600m	2:25.65	(35.82)
2000m	3:01.70	(36.05)
2400m	3:37.80	(36.10)
2800m	4:14.06	(36.26)
3200m	4:50.36	(36.30)
3600m	5:26.83	(36.47)
4000m	6:03.42	(36.59)
4400m	6:40.30	(36.88)
4800m	7:16.92	(36.62)
5200m	7:53.65	(36.73)
5600m	8:30.42	(36.77)
6000m	9:07.42	(37.00)
6400m	9:44.27	(36.85)
6800m	10:21.38	(37.11)
7200m	10:58.56	(37.18)
7600m	11:36.15	(37.59)
8000m	12:13.31	(37.16)
8400m	12:50.68	(37.37)
8800m	13:28.15	(37.47)
9200m	14:05.68	(37.53)
9600m	14:42.79	(37.11)
10000m	15:19.06	(36.27)

		Naam	Cat			PR	Tijd	Info
11	wt	63 Lennart Jasche	HA1				15:20.31	
	rd	34 Luc Heine	HN2			15:35.75	15:00.04	PR
		Lennart Jasche			Luc Heine			
		400m	37.54	(37.54)	400m	37.69	(37.69)	
		800m	1:12.78	(35.24)	800m	1:13.16	(35.47)	
		1200m	1:49.92	(37.14)	1200m	1:49.03	(35.87)	
		1600m	2:25.61	(35.69)	1600m	2:24.87	(35.84)	
		2000m	3:01.46	(35.85)	2000m	3:00.65	(35.78)	
		2400m	3:37.19	(35.73)	2400m	3:36.56	(35.91)	
		2800m	4:13.46	(36.27)	2800m	4:12.25	(35.69)	
		3200m	4:49.60	(36.14)	3200m	4:48.39	(36.14)	
		3600m	5:26.39	(36.79)	3600m	5:24.53	(36.14)	
		4000m	6:03.07	(36.68)	4000m	6:00.81	(36.28)	
		4400m	6:39.79	(36.72)	4400m	6:36.69	(35.88)	
		4800m	7:16.59	(36.80)	4800m	7:12.84	(36.15)	
		5200m	7:53.56	(36.97)	5200m	7:48.98	(36.14)	
		5600m	8:30.89	(37.33)	5600m	8:25.28	(36.30)	
		6000m	9:08.35	(37.46)	6000m	9:01.63	(36.35)	
		6400m	9:45.90	(37.55)	6400m	9:38.17	(36.54)	
		6800m	10:23.59	(37.69)	6800m	10:14.51	(36.34)	
		7200m	11:01.22	(37.63)	7200m	10:50.95	(36.44)	
		7600m	11:38.51	(37.29)	7600m	11:26.83	(35.88)	
		8000m	12:16.89	(38.38)	8000m	12:02.99	(36.16)	
		8400m	12:54.54	(37.65)	8400m	12:38.82	(35.83)	
		8800m	13:31.43	(36.89)	8800m	13:14.64	(35.82)	
		9200m	14:08.42	(36.99)	9200m	13:50.25	(35.61)	
		9600m	14:44.65	(36.23)	9600m	14:25.78	(35.53)	
		10000m	15:20.31	(35.66)	10000m	15:00.04	(34.26)	

		Naam			Cat			PR	Tijd	Info
12	gl	33	Wesley Hollenberg		HA2			14:31.81	15:02.58	
	bl	38	Wouter Tel		HSA			14:38.79	14:34.75	PR
		Wesley Hollenberg				Wouter Tel				
		400m	37.40	(37.40)	400m	36.64	(36.64)			
		800m	1:11.70	(34.30)	800m	1:10.83	(34.19)			
		1200m	1:47.21	(35.51)	1200m	1:45.48	(34.65)			
		1600m	2:23.03	(35.82)	1600m	2:20.55	(35.07)			
		2000m	2:58.79	(35.76)	2000m	2:55.62	(35.07)			
		2400m	3:34.61	(35.82)	2400m	3:30.53	(34.91)			
		2800m	4:10.81	(36.20)	2800m	4:05.24	(34.71)			
		3200m	4:46.54	(35.73)	3200m	4:40.33	(35.09)			
		3600m	5:22.28	(35.74)	3600m	5:15.29	(34.96)			
		4000m	5:58.26	(35.98)	4000m	5:50.46	(35.17)			
		4400m	6:34.50	(36.24)	4400m	6:24.87	(34.41)			
		4800m	7:10.90	(36.40)	4800m	6:59.86	(34.99)			
		5200m	7:47.61	(36.71)	5200m	7:34.55	(34.69)			
		5600m	8:24.27	(36.66)	5600m	8:09.15	(34.60)			
		6000m	9:00.75	(36.48)	6000m	8:43.65	(34.50)			
		6400m	9:36.54	(35.79)	6400m	9:18.71	(35.06)			
		6800m	10:12.31	(35.77)	6800m	9:53.89	(35.18)			
		7200m	10:47.80	(35.49)	7200m	10:29.08	(35.19)			
		7600m	11:23.41	(35.61)	7600m	11:04.32	(35.24)			
		8000m	11:59.70	(36.29)	8000m	11:39.86	(35.54)			
		8400m	12:36.11	(36.41)	8400m	12:14.80	(34.94)			
		8800m	13:12.73	(36.62)	8800m	12:50.05	(35.25)			
		9200m	13:49.37	(36.64)	9200m	13:24.99	(34.94)			
		9600m	14:25.98	(36.61)	9600m	13:59.72	(34.73)			
		10000m	15:02.58	(36.60)	10000m	14:34.75	(35.03)			

		Naam	Cat	PR	Tijd	Info
13	wt	2 Berend Bervoets	HN1	14:38.13	14:44.89	
	rd	13 Evert Jan van Dijk	H40	16:36.82	16:53.72	

Berend Bervoets

400m	40.22	(40.22)
800m	1:15.73	(35.51)
1200m	1:51.15	(35.42)
1600m	2:26.55	(35.40)
2000m	3:02.34	(35.79)
2400m	3:38.10	(35.76)
2800m	4:13.73	(35.63)
3200m	4:49.05	(35.32)
3600m	5:24.47	(35.42)
4000m	5:59.24	(34.77)
4400m	6:34.86	(35.62)
4800m	7:10.30	(35.44)
5200m	7:45.40	(35.10)
5600m	8:20.34	(34.94)
6000m	8:55.53	(35.19)
6400m	9:30.72	(35.19)
6800m	10:05.90	(35.18)
7200m	10:41.29	(35.39)
7600m	11:16.65	(35.36)
8000m	11:51.84	(35.19)
8400m	12:27.11	(35.27)
8800m	13:01.58	(34.47)
9200m	13:36.15	(34.57)
9600m	14:10.31	(34.16)
10000m	14:44.89	(34.58)

Evert Jan van Dijk

400m	42.75	(42.75)
800m	1:23.46	(40.71)
1200m	2:03.75	(40.29)
1600m	2:43.48	(39.73)
2000m	3:23.26	(39.78)
2400m	4:02.88	(39.62)
2800m	4:42.49	(39.61)
3200m	5:22.71	(40.22)
3600m	6:02.48	(39.77)
4000m	6:42.23	(39.75)
4400m	7:22.23	(40.00)
4800m	8:02.90	(40.67)
5200m	8:43.26	(40.36)
5600m	9:24.39	(41.13)
6000m	10:05.15	(40.76)
6400m	10:46.38	(41.23)
6800m	11:27.09	(40.71)
7200m	12:08.33	(41.24)
7600m	12:49.34	(41.01)
8000m	13:30.69	(41.35)
8400m	14:11.33	(40.64)
8800m	14:51.69	(40.36)
9200m	15:32.15	(40.46)
9600m	16:12.95	(40.80)
10000m	16:53.72	(40.77)

		Naam	Cat	PR	Tijd	Info
14	gl	64 Kees Heemskerk	HSA	14:44.57	15:00.46	
	bl	22 Mark van der Hulst	HN4	14:54.04	DNF	

Kees Heemskerk

400m	38.58	(38.58)
800m	1:12.87	(34.29)
1200m	1:48.26	(35.39)
1600m	2:22.83	(34.57)
2000m	2:57.75	(34.92)
2400m	3:32.66	(34.91)
2800m	4:07.83	(35.17)
3200m	4:42.55	(34.72)
3600m	5:17.77	(35.22)
4000m	5:53.00	(35.23)
4400m	6:28.44	(35.44)
4800m	7:03.76	(35.32)
5200m	7:39.66	(35.90)
5600m	8:15.45	(35.79)
6000m	8:51.89	(36.44)
6400m	9:28.30	(36.41)
6800m	10:04.92	(36.62)
7200m	10:41.82	(36.90)
7600m	11:18.72	(36.90)
8000m	11:55.30	(36.58)
8400m	12:31.97	(36.67)
8800m	13:08.66	(36.69)
9200m	13:46.01	(37.35)
9600m	14:23.21	(37.20)
10000m	15:00.46	(37.25)

Mark van der Hulst

400m	37.46	(37.46)
800m	1:11.73	(34.27)
1200m	1:46.70	(34.97)
1600m	2:22.45	(35.75)
2000m	2:57.63	(35.18)
2400m	3:32.79	(35.16)
2800m	4:07.60	(34.81)
3200m	4:42.61	(35.01)
3600m	5:17.46	(34.85)
4000m	5:52.97	(35.51)
4400m	6:28.70	(35.73)
4800m	7:04.91	(36.21)
5200m	7:42.09	(37.18)
5600m	8:20.39	(38.30)
6000m	8:59.15	(38.76)
6400m	9:40.21	(41.06)
6800m	10:22.46	(42.25)
7200m	11:05.87	(43.41)

3. Uitslag Heren Jun A/B Mass Start

Pos	Cap / No	Naam	Cat	Rondes	Tijd	Sprint	Sprint	Finish	Totaal
1	102 / 4	Lasse Hiddink	HA1	10	5:41.26			30	30
2	101 / 63	Lennart Jasche	HA1	10	5:42.28		2	20	22
3	107 / 46	Jesse Vollaard	HB1	10	5:42.50		3	10	13
4	108 / 15	Pieter Tieme Weenink	HA1	10	5:48.84	2		4	6
5	105 / 24	Maas de Kruijk	HB2	10	5:49.04		1	2	3
6	104 / 55	Bart Lauwers	HA2	10	5:55.64	3			3
7	103 / 42	Danny Verdel	HB1	10	5:49.43			1	1
8	109 / 47	Abe Jan Weenink	HB1	10	6:24.28	1			1
9	110 / 54	Ivar Schrama	HB1	10	6:57.43				0
10	106 / 29	Mees Egberts	HB2	0	DNS				0