

Open wedstrijd lange afstanden

IJsbaan Twente - Enschede

16 maart 2024

1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	25 Onne van Miltenburg	HB1	3	O	7:29.93		
2	22 Levi Kapp	HB2	8	O	7:30.79		
3	24 Lars Groenheiden	HB1	8	I	7:30.90		
4	21 Floris Verploeg	HB1	7	I	7:35.52		
5	32 Ruben Pekkeriet	HN1	9	O	7:37.83		
6	26 Lars van Ipenburg	HB1	2	O	7:40.75		
7	8 Roelof Timmerman	HB2	5	O	7:52.93		
8	3 Liotte Smits	DN4	10	I	8:01.09	PR	
9	1 Sara ter Hart	DB2	6	I	8:04.13		
10	2 Wessel Jacobs-Monsees	HB2	6	O	8:11.07		
11	34 Valentijn van der Liet	HC2	4	O	8:16.55		
12	20 Diede Brandts	DB1	5	I	8:17.17		
13	16 Mathe Toonen	HSA	9	I	8:23.28		
14	36 Leo de Leede	H60	3	I	8:27.40		
15	23 Valerie Vinken	DA1	1	I	8:41.89		
16	4 Lieve Bunt	DA1	2	I	9:02.04		
17	13 Johan Sonneveld	HSA	7	O	9:03.28		
18	12 Colin Koenderink	HN1	4	I	9:15.93		
	30 Joachim van Laar	HC2	10	O		DQ	

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1. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt rd	23	Valerie Vinken		DA1		8:41.89	
		Valerie Vinken						
		200m	24.21	(24.21)				m
		600m	1:02.45	(38.24)				
		1000m	1:41.86	(39.41)				
		1400m	2:22.48	(40.62)				
		1800m	3:03.97	(41.49)				
		2200m	3:46.04	(42.07)				
		2600m	4:28.48	(42.44)				
		3000m	5:11.03	(42.55)				
		3400m	5:53.58	(42.55)				
		3800m	6:36.19	(42.61)				
		4200m	7:18.78	(42.59)				
		4600m	8:00.49	(41.71)				
		5000m	8:41.89	(41.40)				

		Naam		Cat		PR	Tijd	Info
2	gl bl	4	Lieve Bunt		DA1		9:02.04	
		26	Lars van Ipenburg		HB1		7:40.75	
		Lieve Bunt						
		200m	22.65	(22.65)				
		600m	1:02.75	(40.10)				
		1000m	1:44.90	(42.15)				
		1400m	2:28.05	(43.15)				
		1800m	3:11.92	(43.87)				
		2200m	3:56.72	(44.80)				
		2600m	4:41.12	(44.40)				
		3000m	5:25.69	(44.57)				
		3400m	6:10.78	(45.09)				
		3800m	6:55.59	(44.81)				
		4200m	7:39.92	(44.33)				
		4600m	8:23.26	(43.34)				
		5000m	9:02.04	(38.78)				
		Lars van Ipenburg						
		200m	21.01	(21.01)				
		600m	55.58	(34.57)				
		1000m	1:31.15	(35.57)				
		1400m	2:07.01	(35.86)				
		1800m	2:43.49	(36.48)				
		2200m	3:19.99	(36.50)				
		2600m	3:56.84	(36.85)				
		3000m	4:34.78	(37.94)				
		3400m	5:11.86	(37.08)				
		3800m	5:49.37	(37.51)				
		4200m	6:26.54	(37.17)				
		4600m	7:03.78	(37.24)				
		5000m	7:40.75	(36.97)				

Open wedstrijd lange afstanden

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		Naam		Cat		PR		Tijd	Info
3	wt	36	Leo de Leede		H60			8:27.40	
	rd	25	Onne van Miltenburg		HB1			7:29.93	
		Leo de Leede				Onne van Miltenburg			
		200m	24.52	(24.52)		200m	22.18	(22.18)	
		600m	1:02.47	(37.95)		600m	58.43	(36.25)	
		1000m	1:41.78	(39.31)		1000m	1:34.20	(35.77)	
		1400m	2:21.60	(39.82)		1400m	2:09.63	(35.43)	
		1800m	3:01.84	(40.24)		1800m	2:44.93	(35.30)	
		2200m	3:41.71	(39.87)		2200m	3:20.79	(35.86)	
		2600m	4:22.30	(40.59)		2600m	3:56.39	(35.60)	
		3000m	5:03.08	(40.78)		3000m	4:32.16	(35.77)	
		3400m	5:44.21	(41.13)		3400m	5:07.73	(35.57)	
		3800m	6:24.90	(40.69)		3800m	5:43.58	(35.85)	
		4200m	7:06.04	(41.14)		4200m	6:19.70	(36.12)	
		4600m	7:46.92	(40.88)		4600m	6:55.41	(35.71)	
		5000m	8:27.40	(40.48)		5000m	7:29.93	(34.52)	

		Naam		Cat		PR		Tijd	Info
4	gl	12	Colin Koenderink		HN1			9:15.93	
	bl	34	Valentijn van der Liet		HC2			8:16.55	
		Colin Koenderink				Valentijn van der Liet			
		200m	24.30	(24.30)		200m	23.40	(23.40)	
		600m	1:03.47	(39.17)		600m	1:00.03	(36.63)	
		1000m	1:44.72	(41.25)		1000m	1:38.01	(37.98)	
		1400m	2:27.13	(42.41)		1400m	2:16.53	(38.52)	
		1800m	3:09.86	(42.73)		1800m	2:56.12	(39.59)	
		2200m	3:54.19	(44.33)		2200m	3:36.20	(40.08)	
		2600m	4:39.84	(45.65)		2600m	4:16.33	(40.13)	
		3000m	5:25.72	(45.88)		3000m	4:56.33	(40.00)	
		3400m	6:14.28	(48.56)		3400m	5:36.68	(40.35)	
		3800m	7:03.11	(48.83)		3800m	6:17.05	(40.37)	
		4200m	7:48.42	(45.31)		4200m	6:57.17	(40.12)	
		4600m	8:33.26	(44.84)		4600m	7:37.95	(40.78)	
		5000m	9:15.93	(42.67)		5000m	8:16.55	(38.60)	

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		Naam		Cat		PR		Tijd	Info
5	wt	20	Diede Brandts		DB1			8:17.17	
	rd	8	Roelof Timmerman		HB2			7:52.93	
			Diede Brandts						
			200m	22.43	(22.43)			200m	22.05 (22.05)
			600m	59.67	(37.24)			600m	58.05 (36.00)
			1000m	1:38.93	(39.26)			1000m	1:35.25 (37.20)
			1400m	2:18.67	(39.74)			1400m	2:12.89 (37.64)
			1800m	2:59.22	(40.55)			1800m	2:50.68 (37.79)
			2200m	3:39.88	(40.66)			2200m	3:28.58 (37.90)
			2600m	4:20.14	(40.26)			2600m	4:06.42 (37.84)
			3000m	4:59.84	(39.70)			3000m	4:44.07 (37.65)
			3400m	5:39.58	(39.74)			3400m	5:22.08 (38.01)
			3800m	6:19.42	(39.84)			3800m	5:59.89 (37.81)
			4200m	6:59.34	(39.92)			4200m	6:37.69 (37.80)
			4600m	7:39.40	(40.06)			4600m	7:15.48 (37.79)
			5000m	8:17.17	(37.77)			5000m	7:52.93 (37.45)

		Naam		Cat		PR		Tijd	Info
6	gl	1	Sara ter Hart		DB2			8:04.13	
	bl	2	Wessel Jacobs-Monsees		HB2			8:11.07	
			Sara ter Hart						
			200m	21.91	(21.91)			200m	23.04 (23.04)
			600m	56.52	(34.61)			600m	58.30 (35.26)
			1000m	1:32.77	(36.25)			1000m	1:35.12 (36.82)
			1400m	2:10.66	(37.89)			1400m	2:13.33 (38.21)
			1800m	2:49.08	(38.42)			1800m	2:51.85 (38.52)
			2200m	3:27.75	(38.67)			2200m	3:30.94 (39.09)
			2600m	4:05.44	(37.69)			2600m	4:10.50 (39.56)
			3000m	4:44.95	(39.51)			3000m	4:50.09 (39.59)
			3400m	5:25.02	(40.07)			3400m	5:31.13 (41.04)
			3800m	6:04.80	(39.78)			3800m	6:11.35 (40.22)
			4200m	6:44.85	(40.05)			4200m	6:50.67 (39.32)
			4600m	7:25.23	(40.38)			4600m	7:30.91 (40.24)
			5000m	8:04.13	(38.90)			5000m	8:11.07 (40.16)

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		Naam		Cat		PR	Tijd	Info
7	wt	21	Floris Verploeg		HB1			7:35.52
	rd	13	Johan Sonneveld		HSA	9:01.79		9:03.28
		Floris Verploeg			Johan Sonneveld			
		200m	22.36	(22.36)	200m	25.09	(25.09)	
		600m	56.93	(34.57)	600m	1:05.36	(40.27)	
		1000m	1:32.25	(35.32)	1000m	1:47.15	(41.79)	
		1400m	2:08.16	(35.91)	1400m	2:28.92	(41.77)	
		1800m	2:44.33	(36.17)	1800m	3:11.52	(42.60)	
		2200m	3:20.35	(36.02)	2200m	3:55.11	(43.59)	
		2600m	3:56.68	(36.33)	2600m	4:39.08	(43.97)	
		3000m	4:33.08	(36.40)	3000m	5:22.87	(43.79)	
		3400m	5:09.60	(36.52)	3400m	6:07.33	(44.46)	
		3800m	5:46.11	(36.51)	3800m	6:51.53	(44.20)	
		4200m	6:22.64	(36.53)	4200m	7:35.24	(43.71)	
		4600m	6:59.19	(36.55)	4600m	8:19.15	(43.91)	
		5000m	7:35.52	(36.33)	5000m	9:03.28	(44.13)	

		Naam		Cat		PR	Tijd	Info
8	gl	24	Lars Groenheiden		HB1			7:30.90
	bl	22	Levi Kapp		HB2			7:30.79
		Lars Groenheiden			Levi Kapp			
		200m	20.43	(20.43)	200m	20.78	(20.78)	
		600m	54.52	(34.09)	600m	54.66	(33.88)	
		1000m	1:30.92	(36.40)	1000m	1:30.34	(35.68)	
		1400m	2:07.58	(36.66)	1400m	2:06.18	(35.84)	
		1800m	2:44.30	(36.72)	1800m	2:42.20	(36.02)	
		2200m	3:21.03	(36.73)	2200m	3:17.94	(35.74)	
		2600m	3:57.17	(36.14)	2600m	3:53.72	(35.78)	
		3000m	4:33.20	(36.03)	3000m	4:29.72	(36.00)	
		3400m	5:08.86	(35.66)	3400m	5:06.15	(36.43)	
		3800m	5:44.34	(35.48)	3800m	5:42.93	(36.78)	
		4200m	6:20.42	(36.08)	4200m	6:20.43	(37.50)	
		4600m	6:56.08	(35.66)	4600m	6:56.17	(35.74)	
		5000m	7:30.90	(34.82)	5000m	7:30.79	(34.62)	

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2024

		Naam	Cat	PR	Tijd	Info
9	wt	16 Mathe Toonen	HSA	8:16.77	8:23.28	
	rd	32 Ruben Pekkeriet	HN1	7:33.97	7:37.83	
		Mathe Toonen		Ruben Pekkeriet		
		200m	22.01 (22.01)	200m	20.79 (20.79)	
		600m	56.34 (34.33)	600m	55.61 (34.82)	
		1000m	1:32.39 (36.05)	1000m	1:32.05 (36.44)	
		1400m	2:10.21 (37.82)	1400m	2:08.44 (36.39)	
		1800m	2:47.98 (37.77)	1800m	2:45.03 (36.59)	
		2200m	3:26.79 (38.81)	2200m	3:21.64 (36.61)	
		2600m	4:06.74 (39.95)	2600m	3:58.50 (36.86)	
		3000m	4:48.22 (41.48)	3000m	4:35.73 (37.23)	
		3400m	5:30.89 (42.67)	3400m	5:13.32 (37.59)	
		3800m	6:14.09 (43.20)	3800m	5:50.40 (37.08)	
		4200m	6:58.26 (44.17)	4200m	6:27.18 (36.78)	
		4600m	7:42.02 (43.76)	4600m	7:03.05 (35.87)	
		5000m	8:23.28 (41.26)	5000m	7:37.83 (34.78)	

		Naam	Cat	PR	Tijd	Info
10	gl	3 Liotte Smits	DN4	8:01.52	8:01.09	PR
	bl	30 Joachim van Laar	HC2	8:04.88	DQ	
		Liotte Smits		Joachim van Laar		
		200m	21.62 (21.62)	200m	22.58 (22.58)	
		600m	57.40 (35.78)	600m	58.60 (36.02)	
		1000m	1:35.00 (37.60)	1000m	1:36.24 (37.64)	
		1400m	2:13.35 (38.35)	1400m	2:14.42 (38.18)	
		1800m	2:51.70 (38.35)	1800m	2:52.90 (38.48)	
		2200m	3:29.62 (37.92)	2200m	3:31.76 (38.86)	
		2600m	4:07.88 (38.26)	2600m	4:10.82 (39.06)	
		3000m	4:46.50 (38.62)	3000m	4:50.14 (39.32)	
		3400m	5:25.33 (38.83)	3400m	5:29.72 (39.58)	
		3800m	6:04.12 (38.79)	3800m	6:09.46 (39.74)	
		4200m	6:43.08 (38.96)	4200m	6:49.20 (39.74)	
		4600m	7:22.04 (38.96)	4600m	7:28.46 (39.26)	
		5000m	8:01.09 (39.05)	5000m	8:07.13 (38.67)	

Open wedstrijd lange afstanden

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16 maart 2024

2. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	6 Finn ten Hove	HSA	16	O	14:46.10	PR	
2	19 Menno Mudde	HSA	15	O	15:00.88	PR	
3	7 Twan Kuipers	HA1	11	O	15:39.11		
4	28 Sybe van Hijum	HSB	16	I	15:56.58		
5	37 David van Dijk	HSA	13	I	16:09.77	PR	
6	14 Jeroen Goudswaard	HSA	14	I	16:11.45		
7	9 Florien Bolks	DN4	14	O	16:19.23		
8	18 Emma van der Liet	DN1	13	O	17:33.33	PR	
9	15 Peter Paul Erdman	HSB	11	I	19:07.25		
	29 Jordi Storm	HN1	15	I	DNS		

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2024

2. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
11	wt	15 Peter Paul Erdman	HSB		19:07.25
	rd	7 Twan Kuipers	HA1		15:39.11
	Peter Paul Erdman		Twan Kuipers		
	400m	40.73 (40.73)	400m	39.86	(39.86)
	800m	1:18.09 (37.36)	800m	1:17.44	(37.58)
	1200m	1:56.50 (38.41)	1200m	1:54.86	(37.42)
	1600m	2:36.34 (39.84)	1600m	2:32.53	(37.67)
	2000m	3:17.43 (41.09)	2000m	3:10.25	(37.72)
	2400m	3:59.51 (42.08)	2400m	3:47.79	(37.54)
	2800m	4:42.21 (42.70)	2800m	4:25.86	(38.07)
	3200m	5:25.98 (43.77)	3200m	5:03.36	(37.50)
	3600m	6:10.75 (44.77)	3600m	5:41.26	(37.90)
	4000m	6:55.86 (45.11)	4000m	6:19.00	(37.74)
	4400m	7:42.31 (46.45)	4400m	6:56.44	(37.44)
	4800m	8:30.13 (47.82)	4800m	7:34.34	(37.90)
	5200m	9:18.05 (47.92)	5200m	8:12.12	(37.78)
	5600m	10:06.95 (48.90)	5600m	8:50.10	(37.98)
	6000m	10:57.87 (50.92)	6000m	9:27.82	(37.72)
	6400m	11:50.51 (52.64)	6400m	10:05.88	(38.06)
	6800m	12:37.56 (47.05)	6800m	10:43.59	(37.71)
	7200m	13:25.87 (48.31)	7200m	11:21.38	(37.79)
	7600m	14:15.17 (49.30)	7600m	11:58.74	(37.36)
	8000m	15:05.16 (49.99)	8000m	12:36.14	(37.40)
	8400m	15:54.22 (49.06)	8400m	13:13.56	(37.42)
	8800m	16:46.61 (52.39)	8800m	13:50.55	(36.99)
	9200m	17:34.72 (48.11)	9200m	14:27.06	(36.51)
	9600m	18:22.87 (48.15)	9600m	15:03.10	(36.04)
	10000m	19:07.25 (44.38)	10000m	15:39.11	(36.01)

	Naam	Cat	PR	Tijd	Info
12	gl				
	bl				
	m		m		

Open wedstrijd lange afstanden

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16 maart 2024

		Naam	Cat	PR	Tijd	Info
13	wt	37 David van Dijk	HSA	18:01.89	16:09.77	PR
	rd	18 Emma van der Liet	DN1	17:39.39	17:33.33	PR

David van Dijk

400m	40.45	(40.45)
800m	1:16.56	(36.11)
1200m	1:54.11	(37.55)
1600m	2:32.00	(37.89)
2000m	3:09.84	(37.84)
2400m	3:48.17	(38.33)
2800m	4:26.68	(38.51)
3200m	5:04.73	(38.05)
3600m	5:43.17	(38.44)
4000m	6:21.90	(38.73)
4400m	7:00.56	(38.66)
4800m	7:39.55	(38.99)
5200m	8:18.64	(39.09)
5600m	8:57.87	(39.23)
6000m	9:37.67	(39.80)
6400m	10:16.95	(39.28)
6800m	10:56.45	(39.50)
7200m	11:35.90	(39.45)
7600m	12:15.52	(39.62)
8000m	12:54.57	(39.05)
8400m	13:33.74	(39.17)
8800m	14:13.04	(39.30)
9200m	14:52.81	(39.77)
9600m	15:32.10	(39.29)
10000m	16:09.77	(37.67)

Emma van der Liet

400m	43.05	(43.05)
800m	1:23.09	(40.04)
1200m	2:03.68	(40.59)
1600m	2:44.46	(40.78)
2000m	3:25.19	(40.73)
2400m	4:06.06	(40.87)
2800m	4:46.48	(40.42)
3200m	5:27.69	(41.21)
3600m	6:09.48	(41.79)
4000m	6:51.74	(42.26)
4400m	7:34.21	(42.47)
4800m	8:17.09	(42.88)
5200m	8:59.49	(42.40)
5600m	9:42.15	(42.66)
6000m	10:25.13	(42.98)
6400m	11:08.25	(43.12)
6800m	11:51.60	(43.35)
7200m	12:34.76	(43.16)
7600m	13:16.45	(41.69)
8000m	13:58.64	(42.19)
8400m	14:42.06	(43.42)
8800m	15:25.71	(43.65)
9200m	16:09.01	(43.30)
9600m	16:51.91	(42.90)
10000m	17:33.33	(41.42)

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2024

		Naam	Cat	PR	Tijd	Info
14	gl	14 Jeroen Goudswaard	HSA	16:08.16	16:11.45	
	bl	9 Florien Bolks	DN4	16:11.50	16:19.23	

Jeroen Goudswaard

400m	41.82	(41.82)
800m	1:18.98	(37.16)
1200m	1:57.69	(38.71)
1600m	2:36.20	(38.51)
2000m	3:14.32	(38.12)
2400m	3:53.28	(38.96)
2800m	4:32.29	(39.01)
3200m	5:11.04	(38.75)
3600m	5:50.27	(39.23)
4000m	6:29.04	(38.77)
4400m	7:08.03	(38.99)
4800m	7:47.10	(39.07)
5200m	8:26.06	(38.96)
5600m	9:04.55	(38.49)
6000m	9:43.00	(38.45)
6400m	10:21.57	(38.57)
6800m	10:59.95	(38.38)
7200m	11:38.47	(38.52)
7600m	12:16.73	(38.26)
8000m	12:55.47	(38.74)
8400m	13:34.31	(38.84)
8800m	14:13.34	(39.03)
9200m	14:52.23	(38.89)
9600m	15:31.67	(39.44)
10000m	16:11.45	(39.78)

Florien Bolks

400m	41.58	(41.58)
800m	1:19.05	(37.47)
1200m	1:57.24	(38.19)
1600m	2:35.12	(37.88)
2000m	3:12.86	(37.74)
2400m	3:50.50	(37.64)
2800m	4:28.66	(38.16)
3200m	5:07.13	(38.47)
3600m	5:46.08	(38.95)
4000m	6:24.85	(38.77)
4400m	7:03.69	(38.84)
4800m	7:42.92	(39.23)
5200m	8:22.53	(39.61)
5600m	9:02.01	(39.48)
6000m	9:41.92	(39.91)
6400m	10:21.61	(39.69)
6800m	11:01.10	(39.49)
7200m	11:40.59	(39.49)
7600m	12:20.34	(39.75)
8000m	13:00.33	(39.99)
8400m	13:40.03	(39.70)
8800m	14:19.79	(39.76)
9200m	14:59.95	(40.16)
9600m	15:40.07	(40.12)
10000m	16:19.23	(39.16)

Open wedstrijd lange afstanden

IJsbaan Twente - Enschede

16 maart 2024

		Naam	Cat	PR	Tijd	Info
15	wt	29 Jordi Storm	HN1	15:39.69		DNS
	rd	19 Menno Mudde	HSA	15:35.26	15:00.88	PR

Jordi Storm

Menno Mudde

400m	37.76	(37.76)
800m	1:12.25	(34.49)
1200m	1:48.27	(36.02)
1600m	2:24.38	(36.11)
2000m	3:00.57	(36.19)
2400m	3:36.71	(36.14)
2800m	4:13.17	(36.46)
3200m	4:49.79	(36.62)
3600m	5:26.31	(36.52)
4000m	6:02.86	(36.55)
4400m	6:39.60	(36.74)
4800m	7:16.10	(36.50)
5200m	7:52.36	(36.26)
5600m	8:28.43	(36.07)
6000m	9:05.29	(36.86)
6400m	9:41.98	(36.69)
6800m	10:18.10	(36.12)
7200m	10:54.19	(36.09)
7600m	11:30.14	(35.95)
8000m	12:05.80	(35.66)
8400m	12:40.96	(35.16)
8800m	13:15.41	(34.45)
9200m	13:49.93	(34.52)
9600m	14:26.30	(36.37)
10000m	15:00.88	(34.58)

Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2024

		Naam		Cat		PR		Tijd	Info
16	gl	28	Sybe van Hijum		HSB		15:22.58	15:56.58	
	bl	6	Finn ten Hove		HSA		14:50.14	14:46.10	PR
		Sybe van Hijum				Finn ten Hove			
		400m	41.39	(41.39)		400m	39.98	(39.98)	
		800m	1:17.07	(35.68)		800m	1:13.65	(33.67)	
		1200m	1:54.02	(36.95)		1200m	1:47.70	(34.05)	
		1600m	2:31.25	(37.23)		1600m	2:22.40	(34.70)	
		2000m	3:08.67	(37.42)		2000m	2:57.33	(34.93)	
		2400m	3:46.20	(37.53)		2400m	3:32.29	(34.96)	
		2800m	4:23.87	(37.67)		2800m	4:07.50	(35.21)	
		3200m	5:01.95	(38.08)		3200m	4:42.41	(34.91)	
		3600m	5:39.97	(38.02)		3600m	5:17.35	(34.94)	
		4000m	6:18.24	(38.27)		4000m	5:52.59	(35.24)	
		4400m	6:56.90	(38.66)		4400m	6:27.93	(35.34)	
		4800m	7:35.28	(38.38)		4800m	7:03.18	(35.25)	
		5200m	8:13.14	(37.86)		5200m	7:38.35	(35.17)	
		5600m	8:50.38	(37.24)		5600m	8:13.30	(34.95)	
		6000m	9:27.80	(37.42)		6000m	8:48.66	(35.36)	
		6400m	10:05.34	(37.54)		6400m	9:24.28	(35.62)	
		6800m	10:42.95	(37.61)		6800m	10:00.09	(35.81)	
		7200m	11:20.93	(37.98)		7200m	10:35.63	(35.54)	
		7600m	11:59.36	(38.43)		7600m	11:11.31	(35.68)	
		8000m	12:38.31	(38.95)		8000m	11:47.04	(35.73)	
		8400m	13:17.74	(39.43)		8400m	12:22.69	(35.65)	
		8800m	13:57.49	(39.75)		8800m	12:58.77	(36.08)	
		9200m	14:37.81	(40.32)		9200m	13:34.80	(36.03)	
		9600m	15:17.42	(39.61)		9600m	14:09.64	(34.84)	
		10000m	15:56.58	(39.16)		10000m	14:46.10	(36.46)	