

Open wedstrijd Jun B t/m master 3000 of 5000 mtr

Sport- en Recreatiecentrum de Scheg - Deventer

1. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	16 Twan van de Poppe	HC2	8	I	4:44.53	
2	12 Gerwin Boschloo	H50	5	I	4:58.54	
3	25 Gerben Hettinga	H55	7	O	5:00.52	
4	6 Arjen Esselink	H55	7	I	5:02.24	
5	17 Sjoerd de Haan	HC2	5	O	5:08.63	
6	27 Eva Weultjes	DB2	6	I	5:16.02	
7	1 Chantal Herms	D50	4	O	5:25.18	
8	3 Remco Wisselink	H45	3	O	5:31.18 PB	
9	24 Herre Mak	HC2	1	O	5:32.70	
10	13 Lisa Otten	DB1	2	I	5:38.98	
11	8 Rudie Assink	H55	6	O	5:40.19	
12	18 Bas Ellenbroek	HC2	2	O	5:41.06	
13	10 Myrthe Kuiper	DA1	3	I	5:43.43	
14	21 Jelte Wensveen	HB1	1	I	5:44.27	
15	4 André Bannink	H55	8	O	5:58.02	
16	2 Joanne Spliethof	DSB	4	I	6:08.69	

Referee:

Assistant:

Starter:

From 12/28/2024 9:45:00 PM to 12/28/2024 8:54:13 PM

Print: 2/2/2025 10:39:02 AM

Open wedstrijd Jun B t/m master 3000 of 5000 mtr

Sport- en Recreatiecentrum de Scheg - Deventer

1. Race Result 3000 meter

		Name		Cat		PB	Time	Info
1	wt	21	Jelte Wensveen		HB1		5:44.27	
	rd	24	Herre Mak		HC2		5:32.70	
		Jelte Wensveen			Herre Mak			
		200m	25.40	(25.40)	200m	24.85	(24.85)	
		600m	1:07.60	(42.20)	600m	1:06.06	(41.21)	
		1000m	1:51.45	(43.85)	1000m	1:49.52	(43.46)	
		1400m	2:35.81	(44.36)	1400m	2:34.01	(44.49)	
		1800m	3:21.67	(45.86)	1800m	3:18.72	(44.71)	
		2200m	4:10.13	(48.46)	2200m	4:03.60	(44.88)	
		2600m	4:58.60	(48.47)	2600m	4:48.82	(45.22)	
		3000m	5:44.27	(45.67)	3000m	5:32.70	(43.88)	

		Name		Cat		PB	Time	Info
2	yw	13	Lisa Otten		DB1		5:38.98	
	bl	18	Bas Ellenbroek		HC2		5:41.06	
		Lisa Otten			Bas Ellenbroek			
		200m	23.67	(23.67)	200m	22.92	(22.92)	
		600m	1:03.28	(39.61)	600m	1:01.22	(38.30)	
		1000m	1:47.26	(43.98)	1000m	1:44.22	(43.00)	
		1400m	2:33.11	(45.85)	1400m	2:29.95	(45.73)	
		1800m	3:19.68	(46.57)	1800m	3:17.55	(47.60)	
		2200m	4:06.71	(47.03)	2200m	4:04.81	(47.26)	
		2600m	4:54.44	(47.73)	2600m	4:54.55	(49.74)	
		3000m	5:38.98	(44.54)	3000m	5:41.06	(46.51)	

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		Name		Cat		PB	Time	Info
3	wt	10	Myrthe Kuiper		DA1	5:22.40	5:43.43	
	rd	3	Remco Wisselink		H45	5:49.35	5:31.18	PB
				Myrthe Kuiper		Remco Wisselink		
		200m	25.91	(25.91)	200m		25.21	(25.21)
		600m	1:08.85	(42.94)	600m		1:06.09	(40.88)
		1000m	1:53.37	(44.52)	1000m		1:48.97	(42.88)
		1400m	2:38.03	(44.66)	1400m		2:32.70	(43.73)
		1800m	3:23.56	(45.53)	1800m		3:16.80	(44.10)
		2200m	4:10.07	(46.51)	2200m		4:01.38	(44.58)
		2600m	4:57.05	(46.98)	2600m		4:45.86	(44.48)
		3000m	5:43.43	(46.38)	3000m		5:31.18	(45.32)

		Name		Cat		PB	Time	Info
4	yw	2	Joanne Spliethof		DSB	5:18.11	6:08.69	
	bl	1	Chantal Herms		D50	5:00.90	5:25.18	
				Joanne Spliethof		Chantal Herms		
		200m	23.02	(23.02)	200m		23.75	(23.75)
		600m	1:03.39	(40.37)	600m		1:02.70	(38.95)
		1000m	1:46.06	(42.67)	1000m		1:43.77	(41.07)
		1400m	2:30.20	(44.14)	1400m		2:26.32	(42.55)
		1800m	3:16.51	(46.31)	1800m		3:10.04	(43.72)
		2200m	4:08.63	(52.12)	2200m		3:54.81	(44.77)
		2600m	5:07.23	(58.60)	2600m		4:39.63	(44.82)
		3000m	6:08.69	(61.46)	3000m		5:25.18	(45.55)

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		Name		Cat		PB	Time	Info
5	wt	12	Gerwin Boschloo		H50	4:41.70	4:58.54	
	rd	17	Sjoerd de Haan		HC2	4:57.98	5:08.63	
			Gerwin Boschloo				Sjoerd de Haan	
			200m	22.50	(22.50)	200m	22.35	(22.35)
			600m	59.40	(36.90)	600m	1:00.22	(37.87)
			1000m	1:38.31	(38.91)	1000m	1:39.93	(39.71)
			1400m	2:18.67	(40.36)	1400m	2:20.91	(40.98)
			1800m	2:58.91	(40.24)	1800m	3:01.76	(40.85)
			2200m	3:38.86	(39.95)	2200m	3:43.55	(41.79)
			2600m	4:19.20	(40.34)	2600m	4:25.65	(42.10)
			3000m	4:58.54	(39.34)	3000m	5:08.63	(42.98)

		Name		Cat		PB	Time	Info
6	yw	27	Eva Weultjes		DB2	4:53.19	5:16.02	
	bl	8	Rudie Assink		H55	4:57.62	5:40.19	
			Eva Weultjes				Rudie Assink	
			200m	23.19	(23.19)	200m	23.85	(23.85)
			600m	1:01.97	(38.78)	600m	1:02.42	(38.57)
			1000m	1:42.80	(40.83)	1000m	1:44.18	(41.76)
			1400m	2:25.17	(42.37)	1400m	2:28.57	(44.39)
			1800m	3:08.02	(42.85)	1800m	3:13.84	(45.27)
			2200m	3:50.89	(42.87)	2200m	4:01.87	(48.03)
			2600m	4:33.96	(43.07)	2600m	4:50.75	(48.88)
			3000m	5:16.02	(42.06)	3000m	5:40.19	(49.44)

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		Name		Cat		PB	Time	Info
7	wt	6 Arjen Esselink		H55		4:50.23	5:02.24	
	rd	25 Gerben Hettinga		H55		4:31.29	5:00.52	
			Arjen Esselink			Gerben Hettinga		
		200m	23.35	(23.35)	200m	23.90	(23.90)	
		600m	1:02.37	(39.02)	600m	1:01.96	(38.06)	
		1000m	1:41.26	(38.89)	1000m	1:41.04	(39.08)	
		1400m	2:21.03	(39.77)	1400m	2:20.56	(39.52)	
		1800m	3:00.51	(39.48)	1800m	3:00.32	(39.76)	
		2200m	3:40.73	(40.22)	2200m	3:39.59	(39.27)	
		2600m	4:21.14	(40.41)	2600m	4:19.69	(40.10)	
		3000m	5:02.24	(41.10)	3000m	5:00.52	(40.83)	

		Name		Cat		PB	Time	Info
8	yw	16 Twan van de Poppe		HC2		4:38.22	4:44.53	
	bl	4 André Bannink		H55		4:39.77	5:58.02	
			Twan van de Poppe			André Bannink		
		200m	21.83	(21.83)	200m	28.06	(28.06)	
		600m	56.80	(34.97)	600m	1:12.54	(44.48)	
		1000m	1:33.33	(36.53)	1000m	1:59.20	(46.66)	
		1400m	2:10.69	(37.36)	1400m	2:46.88	(47.68)	
		1800m	2:48.03	(37.34)	1800m	3:34.18	(47.30)	
		2200m	3:26.50	(38.47)	2200m	4:21.86	(47.68)	
		2600m	4:05.16	(38.66)	2600m	5:09.40	(47.54)	
		3000m	4:44.53	(39.37)	3000m	5:58.02	(48.62)	

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2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	15 Jordi Storm	HN2	10	I	7:38.75	
2	5 Joris Mulder	HB2	9	I	8:04.08	
3	14 Lennaart Lamers	HSB	9	O	8:04.39	
4	23 Tristan Swenne	HA1	10	O	9:20.87 FL	

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2. Race Result 5000 meter

		Name		Cat		PB	Time	Info
9	wt	5	Joris Mulder		HB2	7:49.47	8:04.08	
	rd	14	Lennaart Lamers		HSB	7:32.53	8:04.39	
				Joris Mulder				
					Lennaart Lamers			
		200m	21.73	(21.73)	200m	21.19	(21.19)	
		600m	59.10	(37.37)	600m	57.47	(36.28)	
		1000m	1:37.91	(38.81)	1000m	1:35.14	(37.67)	
		1400m	2:16.39	(38.48)	1400m	2:13.39	(38.25)	
		1800m	2:55.05	(38.66)	1800m	2:51.08	(37.69)	
		2200m	3:33.69	(38.64)	2200m	3:29.11	(38.03)	
		2600m	4:12.34	(38.65)	2600m	4:07.91	(38.80)	
		3000m	4:51.19	(38.85)	3000m	4:46.92	(39.01)	
		3400m	5:29.74	(38.55)	3400m	5:26.47	(39.55)	
		3800m	6:08.46	(38.72)	3800m	6:06.93	(40.46)	
		4200m	6:47.49	(39.03)	4200m	6:47.27	(40.34)	
		4600m	7:26.13	(38.64)	4600m	7:26.82	(39.55)	
		5000m	8:04.08	(37.95)	5000m	8:04.39	(37.57)	

		Name		Cat		PB	Time	Info
10	yw	15	Jordi Storm		HN2	7:22.09	7:38.75	
	bl	23	Tristan Swenne		HA1		9:20.87	FL
				Jordi Storm				
					Tristan Swenne			
		200m	21.48	(21.48)	200m	23.62	(23.62)	
		600m	56.42	(34.94)	600m	1:04.74	(41.12)	
		1000m	1:32.08	(35.66)	1000m	1:47.36	(42.62)	
		1400m	2:07.32	(35.24)	1400m	2:30.26	(42.90)	
		1800m	2:42.47	(35.15)	1800m	3:13.77	(43.51)	
		2200m	3:17.76	(35.29)	2200m	3:57.71	(43.94)	
		2600m	3:52.94	(35.18)	2600m	4:41.74	(44.03)	
		3000m	4:28.96	(36.02)	3000m	5:26.70	(44.96)	
		3400m	5:05.74	(36.78)	3400m	6:11.83	(45.13)	
		3800m	5:43.54	(37.80)	3800m	6:57.03	(45.20)	
		4200m	6:21.88	(38.34)	4200m	7:42.04	(45.01)	
		4600m	7:00.31	(38.43)	4600m	8:26.91	(44.87)	
		5000m	7:38.75	(38.44)	5000m	9:20.87	(53.96)	

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