

1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 Driek Tolk	HA1	1	I	8:42.00		
2	4 Wende Heeremans	DB2	3	I	8:45.19		
3	8 Jan de Jong	H65	4	O	9:40.63		
4	2 Sep Jan de Graaff	HB1	1	O	9:41.52	PR	
5	3 Anne Lubbers	DB2	4	I	10:10.57	PR	

1. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	5 Driek Tolk	HA1	8:22.82	8:42.00	
	rd	2 Sep Jan de Graaff	HB1	9:46.91	9:41.52	PR
		Driek Tolk				Sep Jan de Graaff
		200m 22.89 (22.89)		200m 25.84 (25.84)		
		600m 1:01.40 (38.51)		600m 1:10.29 (44.45)		
		1000m 1:41.68 (40.28)		1000m 1:55.77 (45.48)		
		1400m 2:22.31 (40.63)		1400m 2:41.93 (46.16)		
		1800m 3:03.39 (41.08)		1800m 3:28.76 (46.83)		
		2200m 3:45.06 (41.67)		2200m 4:16.11 (47.35)		
		2600m 4:26.88 (41.82)		2600m 5:03.32 (47.21)		
		3000m 5:08.90 (42.02)		3000m 5:51.09 (47.77)		
		3400m 5:51.10 (42.20)		3400m 6:37.36 (46.27)		
		3800m 6:32.99 (41.89)		3800m 7:24.53 (47.17)		
		4200m 7:15.80 (42.81)		4200m 8:12.27 (47.74)		
		4600m 7:59.29 (43.49)		4600m 8:57.28 (45.01)		
		5000m 8:42.00 (42.71)		5000m 9:41.52 (44.24)		

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					
		m				m

Extra baanwedstrijd 5000m

Ijsbaan Haarlem - Haarlem

9 maart 2025

		Naam	Cat	PR	Tijd	Info
3	wt rd	4 Wende Heeremans	DB2		8:45.19	
Wende Heeremans						
		200m	23.62 (23.62)			m
		600m	1:03.02 (39.40)			
		1000m	1:44.54 (41.52)			
		1400m	2:25.64 (41.10)			
		1800m	3:07.33 (41.69)			
		2200m	3:48.91 (41.58)			
		2600m	4:30.36 (41.45)			
		3000m	5:13.01 (42.65)			
		3400m	5:55.85 (42.84)			
		3800m	6:38.25 (42.40)			
		4200m	7:21.10 (42.85)			
		4600m	8:03.48 (42.38)			
		5000m	8:45.19 (41.71)			

		Naam	Cat	PR	Tijd	Info
4	gl	3 Anne Lubbers	DB2	10:11.19	10:10.57	PR
	bl	8 Jan de Jong	H65	8:33.67	9:40.63	
Anne Lubbers						
		200m	26.24 (26.24)			
		600m	1:10.26 (44.02)			
		1000m	1:55.44 (45.18)			
		1400m	2:42.31 (46.87)			
		1800m	3:29.95 (47.64)			
		2200m	4:18.53 (48.58)			
		2600m	5:08.20 (49.67)			
		3000m	5:58.50 (50.30)			
		3400m	6:49.67 (51.17)			
		3800m	7:40.76 (51.09)			
		4200m	8:31.84 (51.08)			
		4600m	9:21.40 (49.56)			
		5000m	10:10.57 (49.17)			
Jan de Jong						
		200m	26.56 (26.56)			
		600m	1:10.50 (43.94)			
		1000m	1:56.38 (45.88)			
		1400m	2:42.07 (45.69)			
		1800m	3:28.82 (46.75)			
		2200m	4:15.37 (46.55)			
		2600m	5:00.59 (45.22)			
		3000m	5:47.25 (46.66)			
		3400m	6:34.22 (46.97)			
		3800m	7:21.07 (46.85)			
		4200m	8:07.78 (46.71)			
		4600m	8:55.34 (47.56)			
		5000m	9:40.63 (45.29)			