

Recordweek 10K

De Uithof - Den Haag

20 March 2023

1. Result 10000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	13 Joost de Jong	HN2	6	I	14:53.78 PB	
2	1 Wouter van der Geer	HSA	5	O	16:04.10 PB	
3	7 Thomas Jansen	HN4	3	I	16:17.15	
4	2 Berto Anker	HA1	1	O	16:28.26 PB	
5	3 Sven Pera	HA1	4	O	16:35.64	
6	14 Herman Banken	HSA	5	I	16:48.72	
7	11 Susanne Prins	DA1	4	I	16:58.88	
8	5 Joppe Kleiweg	HN3	1	I	17:00.29 PB	
9	6 Bart Oostdam	HSA	6	O	17:08.05	
10	4 Alexander Doornekamp	HN3	3	O	17:19.96	

Referee:

Assistant:

Starter:

From 3/20/2023 9:15:00 PM to 4/13/2023 8:37:19 AM

Print: 2/23/2025 9:44:19 AM

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De Uithof - Den Haag

20 March 2023

1. Race Result 10000 meter

	Name	Cat	PB	Time	Info
1	wt 5 Joppe Kleiweg	HN3	18:02.70	17:00.29	PB
	rd 2 Berto Anker	HA1	16:30.75	16:28.26	PB
	Joppe Kleiweg				
	Berto Anker				
	400m 40.82 (40.82)		400m 40.72 (40.72)		
	800m 1:18.32 (37.50)		800m 1:18.17 (37.45)		
	1200m 1:56.40 (38.08)		1200m 1:55.98 (37.81)		
	1600m 2:34.88 (38.48)		1600m 2:34.75 (38.77)		
	2000m 3:13.74 (38.86)		2000m 3:13.02 (38.27)		
	2400m 3:53.44 (39.70)		2400m 3:51.48 (38.46)		
	2800m 4:33.62 (40.18)		2800m 4:30.57 (39.09)		
	3200m 5:14.39 (40.77)		3200m 5:09.66 (39.09)		
	3600m 5:55.62 (41.23)		3600m 5:49.13 (39.47)		
	4000m 6:36.90 (41.28)		4000m 6:28.77 (39.64)		
	4400m 7:18.49 (41.59)		4400m 7:08.39 (39.62)		
	4800m 8:00.32 (41.83)		4800m 7:47.88 (39.49)		
	5200m 8:41.99 (41.67)		5200m 8:28.14 (40.26)		
	5600m 9:23.78 (41.79)		5600m 9:08.34 (40.20)		
	6000m 10:05.44 (41.66)		6000m 9:48.95 (40.61)		
	6400m 10:47.13 (41.69)		6400m 10:29.62 (40.67)		
	6800m 11:29.30 (42.17)		6800m 11:10.54 (40.92)		
	7200m 12:11.24 (41.94)		7200m 11:51.30 (40.76)		
	7600m 12:53.68 (42.44)		7600m 12:31.45 (40.15)		
	8000m 13:35.80 (42.12)		8000m 13:11.48 (40.03)		
	8400m 14:17.24 (41.44)		8400m 13:51.59 (40.11)		
	8800m 14:58.35 (41.11)		8800m 14:30.51 (38.92)		
	9200m 15:39.74 (41.39)		9200m 15:10.10 (39.59)		
	9600m 16:20.23 (40.49)		9600m 15:49.32 (39.22)		
	10000m 17:00.29 (40.06)		10000m 16:28.26 (38.94)		

	Name	Cat	PB	Time	Info
2	yw				
	bl				
	m				
	m				

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20 March 2023

	Name	Cat	PB	Time	Info
3	wt	7 Thomas Jansen	HN4		16:17.15
	rd	4 Alexander Doornekamp	HN3	17:06.39	17:19.96
	Thomas Jansen			Alexander Doornekamp	
	400m	44.58 (44.58)	400m	45.00 (45.00)	
	800m	1:23.05 (38.47)	800m	1:25.99 (40.99)	
	1200m	2:01.51 (38.46)	1200m	2:06.05 (40.06)	
	1600m	2:40.31 (38.80)	1600m	2:47.13 (41.08)	
	2000m	3:18.72 (38.41)	2000m	3:28.59 (41.46)	
	2400m	3:56.89 (38.17)	2400m	4:10.06 (41.47)	
	2800m	4:35.06 (38.17)	2800m	4:51.04 (40.98)	
	3200m	5:13.12 (38.06)	3200m	5:32.32 (41.28)	
	3600m	5:51.84 (38.72)	3600m	6:13.15 (40.83)	
	4000m	6:30.83 (38.99)	4000m	6:55.22 (42.07)	
	4400m	7:09.51 (38.68)	4400m	7:37.10 (41.88)	
	4800m	7:48.48 (38.97)	4800m	8:18.83 (41.73)	
	5200m	8:27.29 (38.81)	5200m	9:01.12 (42.29)	
	5600m	9:06.49 (39.20)	5600m	9:43.10 (41.98)	
	6000m	9:45.66 (39.17)	6000m	10:24.35 (41.25)	
	6400m	10:24.41 (38.75)	6400m	11:03.39 (39.04)	
	6800m	11:08.01 (43.60)	6800m	11:43.20 (39.81)	
	7200m	11:46.31 (38.30)	7200m	12:27.53 (44.33)	
	7600m	12:23.36 (37.05)	7600m	13:08.65 (41.12)	
	8000m	13:02.56 (39.20)	8000m	13:50.42 (41.77)	
	8400m	13:41.70 (39.14)	8400m	14:32.38 (41.96)	
	8800m	14:21.71 (40.01)	8800m	15:14.84 (42.46)	
	9200m	15:01.51 (39.80)	9200m	15:57.06 (42.22)	
	9600m	15:40.49 (38.98)	9600m	16:39.39 (42.33)	
	10000m	16:17.15 (36.66)	10000m	17:19.96 (40.57)	

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De Uithof - Den Haag

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		Name		Cat		PB	Time	Info
4	yw	11	Susanne Prins		DA1		16:58.88	
	bl	3	Sven Pera		HA1		16:35.64	
		Susanne Prins			Sven Pera			
		400m	42.86	(42.86)	400m	42.81	(42.81)	
		800m	1:21.66	(38.80)	800m	1:22.34	(39.53)	
		1200m	1:59.92	(38.26)	1200m	2:01.27	(38.93)	
		1600m	2:39.54	(39.62)	1600m	2:49.18	(47.91)	
		2000m	3:19.33	(39.79)	2000m	3:28.31	(39.13)	
		2400m	3:59.39	(40.06)	2400m	4:07.87	(39.56)	
		2800m	4:39.65	(40.26)	2800m	4:46.84	(38.97)	
		3200m	5:20.39	(40.74)	3200m	5:26.14	(39.30)	
		3600m	6:00.76	(40.37)	3600m	6:05.05	(38.91)	
		4000m	6:41.17	(40.41)	4000m	6:44.40	(39.35)	
		4400m	7:22.40	(41.23)	4400m	7:23.48	(39.08)	
		4800m	8:03.16	(40.76)	4800m	8:02.92	(39.44)	
		5200m	8:44.34	(41.18)	5200m	8:42.08	(39.16)	
		5600m	9:25.30	(40.96)	5600m	9:20.58	(38.50)	
		6000m	10:06.57	(41.27)	6000m	10:00.05	(39.47)	
		6400m	10:44.80	(38.23)	6400m	10:40.21	(40.16)	
		6800m	11:29.03	(44.23)	6800m	11:20.30	(40.09)	
		7200m	12:10.51	(41.48)	7200m	11:59.86	(39.56)	
		7600m	12:52.07	(41.56)	7600m	12:39.89	(40.03)	
		8000m	13:33.52	(41.45)	8000m	13:20.17	(40.28)	
		8400m	14:14.92	(41.40)	8400m	13:59.75	(39.58)	
		8800m	14:56.15	(41.23)	8800m	14:39.45	(39.70)	
		9200m	15:37.80	(41.65)	9200m	15:19.30	(39.85)	
		9600m	16:19.33	(41.53)	9600m	15:57.37	(38.07)	
		10000m	16:58.88	(39.55)	10000m	16:35.64	(38.27)	

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	Name	Cat	PB	Time	Info
5	wt	14 Herman Banken	HSA	15:54.35	16:48.72
	rd	1 Wouter van der Geer	HSA	16:25.11	16:04.10 PB
	Herman Banken		Wouter van der Geer		
	400m	39.76 (39.76)	400m	39.33 (39.33)	
	800m	1:16.08 (36.32)	800m	1:16.53 (37.20)	
	1200m	1:54.25 (38.17)	1200m	1:54.19 (37.66)	
	1600m	2:33.83 (39.58)	1600m	2:32.29 (38.10)	
	2000m	3:12.85 (39.02)	2000m	3:10.59 (38.30)	
	2400m	3:52.20 (39.35)	2400m	3:49.18 (38.59)	
	2800m	4:32.34 (40.14)	2800m	4:27.48 (38.30)	
	3200m	5:12.52 (40.18)	3200m	5:05.88 (38.40)	
	3600m	5:52.73 (40.21)	3600m	5:44.37 (38.49)	
	4000m	6:33.60 (40.87)	4000m	6:22.59 (38.22)	
	4400m	7:15.40 (41.80)	4400m	7:01.01 (38.42)	
	4800m	7:57.06 (41.66)	4800m	7:39.60 (38.59)	
	5200m	8:38.40 (41.34)	5200m	8:18.15 (38.55)	
	5600m	9:15.12 (36.72)	5600m	8:56.72 (38.57)	
	6000m	10:01.29 (46.17)	6000m	9:35.42 (38.70)	
	6400m	10:42.85 (41.56)	6400m	10:13.87 (38.45)	
	6800m	11:24.39 (41.54)	6800m	10:52.27 (38.40)	
	7200m	12:05.83 (41.44)	7200m	11:31.06 (38.79)	
	7600m	12:47.74 (41.91)	7600m	12:09.70 (38.64)	
	8000m	13:28.52 (40.78)	8000m	12:48.17 (38.47)	
	8400m	14:09.13 (40.61)	8400m	13:26.35 (38.18)	
	8800m	14:49.67 (40.54)	8800m	14:06.68 (40.33)	
	9200m	15:29.89 (40.22)	9200m	14:44.75 (38.07)	
	9600m	16:09.82 (39.93)	9600m	15:24.72 (39.97)	
	10000m	16:48.72 (38.90)	10000m	16:04.10 (39.38)	

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6	yw	13	Joost de Jong		HN2	15:48.92	14:53.78	PB
	bl	6	Bart Oostdam		HSA	16:24.69	17:08.05	
		Joost de Jong			Bart Oostdam			
		400m	40.74	(40.74)	400m	38.53	(38.53)	
		800m	1:14.28	(33.54)	800m	1:18.98	(40.45)	
		1200m	1:50.50	(36.22)	1200m	1:58.01	(39.03)	
		1600m	2:26.54	(36.04)	1600m	2:37.39	(39.38)	
		2000m	3:01.82	(35.28)	2000m	3:17.12	(39.73)	
		2400m	3:37.32	(35.50)	2400m	3:56.96	(39.84)	
		2800m	4:13.00	(35.68)	2800m	4:36.96	(40.00)	
		3200m	4:48.33	(35.33)	3200m	5:17.79	(40.83)	
		3600m	5:23.94	(35.61)	3600m	5:59.12	(41.33)	
		4000m	5:59.94	(36.00)	4000m	6:40.42	(41.30)	
		4400m	6:34.71	(34.77)	4400m	7:21.48	(41.06)	
		4800m	7:10.76	(36.05)	4800m	8:02.61	(41.13)	
		5200m	7:46.77	(36.01)	5200m	8:43.67	(41.06)	
		5600m	8:22.57	(35.80)	5600m	9:25.15	(41.48)	
		6000m	8:58.39	(35.82)	6000m	10:06.63	(41.48)	
		6400m	9:34.11	(35.72)	6400m	10:48.84	(42.21)	
		6800m	10:10.04	(35.93)	6800m	11:31.88	(43.04)	
		7200m	10:45.97	(35.93)	7200m	12:14.42	(42.54)	
		7600m	11:22.05	(36.08)	7600m	12:57.93	(43.51)	
		8000m	11:57.83	(35.78)	8000m	13:41.80	(43.87)	
		8400m	12:33.37	(35.54)	8400m	14:24.79	(42.99)	
		8800m	13:08.89	(35.52)	8800m	15:05.97	(41.18)	
		9200m	13:42.63	(33.74)	9200m	15:47.79	(41.82)	
		9600m	14:19.02	(36.39)	9600m	16:27.88	(40.09)	
		10000m	14:53.78	(34.76)	10000m	17:08.05	(40.17)	

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