

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: 12/24/2024 12:40:56 AM

Recordweek 10K

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 | | | |

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Referee:

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

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Recordweek 10K

De Uithof - Den Haag

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

20 March 2023

| | | 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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De Uithof - Den Haag

20 March 2023

| | 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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Starter:

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

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De Uithof - Den Haag

20 March 2023

| | | Name | | Cat | | PB | Time | Info |
|---|----|----------------------|----------------------|---------|---------------------|----------|----------|--------------------|
| 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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From 3/20/2023 9:15:00 PM to 4/13/2023 8:37:19 AM

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