

## 1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	14 Jeroen van Voorden	HSA	7	O	14:42.32	PR	
2	12 Tygo Kompier	HA1	8	O	15:40.29		
3	3 Yoeri van Bostelen	HA2	8	I	15:50.19		
4	19 Bram van der Hoeven	HB1	6	I	16:16.33	FL	
5	7 Sven Pera	HA2	5	I	16:16.67	PR	
6	2 Joppe Kleiweg	HN4	3	O	16:24.70	PR	
7	18 Dennis Vergeer	HN2	6	O	16:38.71		
8	16 Stefan Lenselink	H40	3	I	16:50.65		
9	13 Susanne Prins	DA2	7	I	16:58.37	PR TRC	
10	17 Martijn Cox	HN1	4	I	17:14.20		
11	4 Thijs Langeveld	HN4	2	I	17:24.43		
12	20 Lenthe Jansen	DB2	4	O	17:34.56		
13	8 Hilde Houtzager	DN2	1	O	18:04.34		
14	6 Nerena van Vuuren	DN3	1	I	18:22.36		
15	15 Arthur Knibbe	HSA	2	O	20:26.05	FL	
	9 Wouter van der Geer	HSA	5	O		DNF	

## 1. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt	6 Nerena van Vuuren	DN3	18:22.36	
	rd	8 Hilde Houtzager	DN2	18:04.34	
Nerena van Vuuren			Hilde Houtzager		
	400m	43.88 (43.88)	400m	44.15 (44.15)	
	800m	1:24.61 (40.73)	800m	1:24.94 (40.79)	
	1200m	2:06.22 (41.61)	1200m	2:06.16 (41.22)	
	1600m	2:48.36 (42.14)	1600m	2:48.48 (42.32)	
	2000m	3:31.17 (42.81)	2000m	3:30.48 (42.00)	
	2400m	4:14.50 (43.33)	2400m	4:13.70 (43.22)	
	2800m	4:58.44 (43.94)	2800m	4:56.55 (42.85)	
	3200m	5:43.19 (44.75)	3200m	5:40.15 (43.60)	
	3600m	6:27.56 (44.37)	3600m	6:24.30 (44.15)	
	4000m	7:09.73 (42.17)	4000m	7:07.74 (43.44)	
	4400m	7:54.84 (45.11)	4400m	7:50.49 (42.75)	
	4800m	8:37.56 (42.72)	4800m	8:33.73 (43.24)	
	5200m	9:23.40 (45.84)	5200m	9:18.04 (44.31)	
	5600m	10:09.39 (45.99)	5600m	10:02.21 (44.17)	
	6000m	10:55.55 (46.16)	6000m	10:46.27 (44.06)	
	6400m	11:41.39 (45.84)	6400m	11:29.97 (43.70)	
	6800m	12:26.32 (44.93)	6800m	12:13.61 (43.64)	
	7200m	13:10.76 (44.44)	7200m	12:56.89 (43.28)	
	7600m	13:55.08 (44.32)	7600m	13:41.09 (44.20)	
	8000m	14:40.18 (45.10)	8000m	14:25.12 (44.03)	
	8400m	15:25.49 (45.31)	8400m	15:09.70 (44.58)	
	8800m	16:10.85 (45.36)	8800m	15:54.51 (44.81)	
	9200m	16:55.98 (45.13)	9200m	16:38.86 (44.35)	
	9600m	17:40.28 (44.30)	9600m	17:22.54 (43.68)	
	10000m	18:22.36 (42.08)	10000m	18:04.34 (41.80)	

		Naam	Cat	PR	Tijd Info
2	gl	4 <b>Thijs Langeveld</b>	HN4		<b>17:24.43</b>
	bl	15 <b>Arthur Knibbe</b>	HSA		<b>20:26.05</b> FL

### Thijs Langeveld

400m	42.62	(42.62)
800m	1:23.88	(41.26)
1200m	2:04.77	(40.89)
1600m	2:45.09	(40.32)
2000m	3:25.31	(40.22)
2400m	4:05.76	(40.45)
2800m	4:46.25	(40.49)
3200m	5:26.71	(40.46)
3600m	6:08.02	(41.31)
4000m	6:48.89	(40.87)
4400m	7:30.27	(41.38)
4800m	8:12.16	(41.89)
5200m	8:54.56	(42.40)
5600m	9:36.68	(42.12)
6000m	10:19.43	(42.75)
6400m	11:02.08	(42.65)
6800m	11:44.48	(42.40)
7200m	12:26.98	(42.50)
7600m	13:09.06	(42.08)
8000m	13:51.43	(42.37)
8400m	14:34.09	(42.66)
8800m	15:17.31	(43.22)
9200m	16:00.49	(43.18)
9600m	16:42.83	(42.34)
10000m	17:24.43	(41.60)

### Arthur Knibbe

400m	44.22	(44.22)
800m	1:26.78	(42.56)
1200m	2:10.07	(43.29)
1600m	2:54.46	(44.39)
2000m	3:40.51	(46.05)
2400m	4:26.53	(46.02)
2800m	5:13.04	(46.51)
3200m	6:00.90	(47.86)
3600m	6:48.84	(47.94)
4000m	7:32.83	(43.99)
4400m	8:23.13	(50.30)
4800m	9:14.13	(51.00)
5200m	10:05.62	(51.49)
5600m	10:58.38	(52.76)
6000m	11:51.47	(53.09)
6400m	12:45.25	(53.78)
6800m	13:40.24	(54.99)
7200m	14:35.25	(55.01)
7600m	15:28.41	(53.16)
8000m	16:21.33	(52.92)
8400m	17:13.30	(51.97)
8800m	18:03.86	(50.56)
9200m	18:50.80	(46.94)
9600m	19:33.96	(43.16)
10000m	20:26.05	(52.09)

		Naam	Cat	PR	Tijd Info
3	wt	16 <b>Stefan Lenselink</b>	H40		<b>16:50.65</b>
	rd	2 <b>Joppe Kleiweg</b>	HN4	17:00.29	<b>16:24.70</b> PR

### Stefan Lenselink

400m	43.09	(43.09)
800m	1:21.12	(38.03)
1200m	2:00.47	(39.35)
1600m	2:40.47	(40.00)
2000m	3:20.67	(40.20)
2400m	4:00.95	(40.28)
2800m	4:41.42	(40.47)
3200m	5:22.74	(41.32)
3600m	6:04.08	(41.34)
4000m	6:45.39	(41.31)
4400m	7:26.64	(41.25)
4800m	8:07.15	(40.51)
5200m	8:47.31	(40.16)
5600m	9:27.26	(39.95)
6000m	10:07.40	(40.14)
6400m	10:48.01	(40.61)
6800m	11:28.02	(40.01)
7200m	12:08.18	(40.16)
7600m	12:47.80	(39.62)
8000m	13:28.02	(40.22)
8400m	14:08.60	(40.58)
8800m	14:49.21	(40.61)
9200m	15:30.65	(41.44)
9600m	16:10.99	(40.34)
10000m	16:50.65	(39.66)

### Joppe Kleiweg

400m	41.39	(41.39)
800m	1:17.97	(36.58)
1200m	1:54.82	(36.85)
1600m	2:32.54	(37.72)
2000m	3:10.76	(38.22)
2400m	3:49.35	(38.59)
2800m	4:28.00	(38.65)
3200m	5:06.55	(38.55)
3600m	5:45.62	(39.07)
4000m	6:25.46	(39.84)
4400m	7:05.49	(40.03)
4800m	7:45.62	(40.13)
5200m	8:25.79	(40.17)
5600m	9:06.16	(40.37)
6000m	9:46.55	(40.39)
6400m	10:26.79	(40.24)
6800m	11:06.95	(40.16)
7200m	11:47.21	(40.26)
7600m	12:27.37	(40.16)
8000m	13:07.21	(39.84)
8400m	13:46.34	(39.13)
8800m	14:25.81	(39.47)
9200m	15:05.67	(39.86)
9600m	15:45.61	(39.94)
10000m	16:24.70	(39.09)

		Naam	Cat	PR	Tijd Info
4	gl	17 <b>Martijn Cox</b>	HN1		<b>17:14.20</b>
	bl	20 <b>Lenthe Jansen</b>	DB2		<b>17:34.56</b>

### Martijn Cox

400m	41.88	(41.88)
800m	1:20.07	(38.19)
1200m	2:00.68	(40.61)
1600m	2:41.74	(41.06)
2000m	3:23.02	(41.28)
2400m	4:05.06	(42.04)
2800m	4:46.52	(41.46)
3200m	5:28.00	(41.48)
3600m	6:09.91	(41.91)
4000m	6:51.84	(41.93)
4400m	7:34.02	(42.18)
4800m	8:16.36	(42.34)
5200m	8:58.66	(42.30)
5600m	9:40.54	(41.88)
6000m	10:22.52	(41.98)
6400m	11:03.65	(41.13)
6800m	11:45.14	(41.49)
7200m	12:26.86	(41.72)
7600m	13:08.63	(41.77)
8000m	13:49.98	(41.35)
8400m	14:31.30	(41.32)
8800m	15:12.38	(41.08)
9200m	15:53.59	(41.21)
9600m	16:33.97	(40.38)
10000m	17:14.20	(40.23)

### Lenthe Jansen

400m	41.64	(41.64)
800m	1:20.79	(39.15)
1200m	2:00.02	(39.23)
1600m	2:40.54	(40.52)
2000m	3:21.44	(40.90)
2400m	4:03.29	(41.85)
2800m	4:44.76	(41.47)
3200m	5:27.44	(42.68)
3600m	6:10.46	(43.02)
4000m	6:54.30	(43.84)
4400m	7:37.91	(43.61)
4800m	8:21.34	(43.43)
5200m	9:05.57	(44.23)
5600m	9:48.80	(43.23)
6000m	10:31.22	(42.42)
6400m	11:14.70	(43.48)
6800m	11:58.80	(44.10)
7200m	12:42.74	(43.94)
7600m	13:25.66	(42.92)
8000m	14:06.80	(41.14)
8400m	14:49.25	(42.45)
8800m	15:31.87	(42.62)
9200m	16:14.53	(42.66)
9600m	16:55.27	(40.74)
10000m	17:34.56	(39.29)

		Naam	Cat	PR	Tijd Info
5	wt	7 <b>Sven Pera</b>	HA2	16:35.64	<b>16:16.67</b> PR
	rd	9 <b>Wouter van der Geer</b>	HSA	16:04.10	<b>DNF</b>

### Sven Pera

400m	39.70	(39.70)
800m	1:17.63	(37.93)
1200m	1:55.99	(38.36)
1600m	2:34.69	(38.70)
2000m	3:13.33	(38.64)
2400m	3:51.73	(38.40)
2800m	4:30.02	(38.29)
3200m	5:08.55	(38.53)
3600m	5:47.86	(39.31)
4000m	6:27.01	(39.15)
4400m	7:06.41	(39.40)
4800m	7:45.77	(39.36)
5200m	8:25.21	(39.44)
5600m	9:04.36	(39.15)
6000m	9:43.40	(39.04)
6400m	10:22.34	(38.94)
6800m	11:01.35	(39.01)
7200m	11:40.82	(39.47)
7600m	12:20.19	(39.37)
8000m	12:59.97	(39.78)
8400m	13:39.08	(39.11)
8800m	14:18.49	(39.41)
9200m	14:57.94	(39.45)
9600m	15:37.56	(39.62)
10000m	16:16.67	(39.11)

### Wouter van der Geer

400m	40.06	(40.06)
800m	1:18.55	(38.49)
1200m	1:57.00	(38.45)
1600m	2:35.96	(38.96)
2000m	3:14.74	(38.78)
2400m	3:53.38	(38.64)
2800m	4:31.68	(38.30)
3200m	5:09.97	(38.29)
3600m	5:48.34	(38.37)
4000m	6:26.97	(38.63)
4400m	7:05.25	(38.28)
4800m	7:44.00	(38.75)
5200m	8:22.74	(38.74)
5600m	9:02.26	(39.52)

		Naam	Cat	PR	Tijd Info
6	gl	19 <b>Bram van der Hoeven</b>	HB1		<b>16:16.33</b> FL
	bl	18 <b>Dennis Vergeer</b>	HN2		<b>16:38.71</b>

### Bram van der Hoeven

400m	40.51	(40.51)
800m	1:18.10	(37.59)
1200m	1:57.14	(39.04)
1600m	2:35.66	(38.52)
2000m	3:14.49	(38.83)
2400m	3:53.32	(38.83)
2800m	4:32.18	(38.86)
3200m	5:19.17	(46.99)
3600m	5:58.13	(38.96)
4000m	6:37.47	(39.34)
4400m	7:16.71	(39.24)
4800m	7:55.81	(39.10)
5200m	8:34.63	(38.82)
5600m	9:13.51	(38.88)
6000m	9:52.77	(39.26)
6400m	10:31.70	(38.93)
6800m	11:10.67	(38.97)
7200m	11:49.19	(38.52)
7600m	12:27.71	(38.52)
8000m	13:05.96	(38.25)
8400m	13:44.41	(38.45)
8800m	14:22.80	(38.39)
9200m	15:01.19	(38.39)
9600m	15:39.19	(38.00)
10000m	16:16.33	(37.14)

### Dennis Vergeer

400m	41.20	(41.20)
800m	1:18.00	(36.80)
1200m	1:56.24	(38.24)
1600m	2:36.52	(40.28)
2000m	3:16.38	(39.86)
2400m	3:56.28	(39.90)
2800m	4:35.82	(39.54)
3200m	5:16.71	(40.89)
3600m	5:57.73	(41.02)
4000m	6:38.14	(40.41)
4400m	7:17.98	(39.84)
4800m	7:58.09	(40.11)
5200m	8:38.86	(40.77)
5600m	9:19.68	(40.82)
6000m	10:00.79	(41.11)
6400m	10:41.65	(40.86)
6800m	11:22.10	(40.45)
7200m	12:02.09	(39.99)
7600m	12:41.90	(39.81)
8000m	13:21.22	(39.32)
8400m	14:00.67	(39.45)
8800m	14:40.26	(39.59)
9200m	15:19.81	(39.55)
9600m	15:59.33	(39.52)
10000m	16:38.71	(39.38)

		Naam	Cat	PR	Tijd	Info
7	wt	13 <b>Susanne Prins</b>	DA2	16:58.88	<b>16:58.37</b>	PR TRC
	rd	14 <b>Jeroen van Voorden</b>	HSA	15:20.12	<b>14:42.32</b>	PR

### Susanne Prins

400m	39.93	(39.93)
800m	1:17.27	(37.34)
1200m	1:56.38	(39.11)
1600m	2:35.88	(39.50)
2000m	3:15.77	(39.89)
2400m	3:55.71	(39.94)
2800m	4:36.14	(40.43)
3200m	5:17.15	(41.01)
3600m	5:57.73	(40.58)
4000m	6:37.79	(40.06)
4400m	7:18.89	(41.10)
4800m	8:00.47	(41.58)
5200m	8:41.84	(41.37)
5600m	9:22.97	(41.13)
6000m	10:04.76	(41.79)
6400m	10:46.88	(42.12)
6800m	11:29.23	(42.35)
7200m	12:11.31	(42.08)
7600m	12:53.42	(42.11)
8000m	13:34.29	(40.87)
8400m	14:09.63	(35.34)
8800m	14:14.89	(5.26)
9200m	15:37.34	(82.45)
9600m	16:18.44	(41.10)
10000m	16:58.37	(39.93)

### Jeroen van Voorden

400m	37.96	(37.96)
800m	1:12.98	(35.02)
1200m	1:48.80	(35.82)
1600m	2:24.38	(35.58)
2000m	2:59.47	(35.09)
2400m	3:34.87	(35.40)
2800m	4:10.07	(35.20)
3200m	4:45.24	(35.17)
3600m	5:20.37	(35.13)
4000m	5:55.32	(34.95)
4400m	6:30.73	(35.41)
4800m	7:06.45	(35.72)
5200m	7:42.06	(35.61)
5600m	8:17.79	(35.73)
6000m	8:53.19	(35.40)
6400m	9:28.71	(35.52)
6800m	10:03.93	(35.22)
7200m	10:39.20	(35.27)
7600m	11:14.38	(35.18)
8000m	11:49.75	(35.37)
8400m	12:24.85	(35.10)
8800m	12:59.90	(35.05)
9200m	13:34.58	(34.68)
9600m	14:14.84	(40.26)
10000m	14:42.32	(27.48)



		Naam	Cat	PR	Tijd Info
8	gl	3 Yoeri van Bostelen	HA2		15:50.19
	bl	12 Tygo Kompier	HA1		15:40.29

### Yoeri van Bostelen

400m	39.91	(39.91)
800m	1:16.36	(36.45)
1200m	1:52.83	(36.47)
1600m	2:29.48	(36.65)
2000m	3:06.48	(37.00)
2400m	3:43.16	(36.68)
2800m	4:19.81	(36.65)
3200m	4:56.60	(36.79)
3600m	5:33.78	(37.18)
4000m	6:10.09	(36.31)
4400m	6:46.68	(36.59)
4800m	7:23.91	(37.23)
5200m	8:01.93	(38.02)
5600m	8:39.88	(37.95)
6000m	9:17.96	(38.08)
6400m	9:56.43	(38.47)
6800m	10:35.30	(38.87)
7200m	11:14.59	(39.29)
7600m	11:54.04	(39.45)
8000m	12:33.52	(39.48)
8400m	13:13.46	(39.94)
8800m	13:53.27	(39.81)
9200m	14:32.01	(38.74)
9600m	15:10.88	(38.87)
10000m	15:50.19	(39.31)

### Tygo Kompier

400m	37.39	(37.39)
800m	1:11.68	(34.29)
1200m	1:46.29	(34.61)
1600m	2:21.06	(34.77)
2000m	2:56.09	(35.03)
2400m	3:31.49	(35.40)
2800m	4:08.25	(36.76)
3200m	4:46.43	(38.18)
3600m	5:24.95	(38.52)
4000m	6:04.11	(39.16)
4400m	6:43.93	(39.82)
4800m	7:24.32	(40.39)
5200m	8:04.84	(40.52)
5600m	8:44.68	(39.84)
6000m	9:23.62	(38.94)
6400m	10:02.51	(38.89)
6800m	10:40.44	(37.93)
7200m	11:17.66	(37.22)
7600m	11:55.42	(37.76)
8000m	12:32.62	(37.20)
8400m	13:09.71	(37.09)
8800m	13:46.21	(36.50)
9200m	14:24.99	(38.78)
9600m	15:02.98	(37.99)
10000m	15:40.29	(37.31)