

## 1. Uitslag Dames 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	13 Esmee Visser	DSA	5	O	7:30.29	TR	
2	22 Esmée Brommer	DA2	6	I	7:56.15		
3	4 Denise van der Hulst	DSA	6	O	8:05.81		
4	21 Susanne Prins	DA1	5	I	8:12.54		
5	11 Tessa Dijkman	DSA	4	O	8:20.97	PR	
6	16 Hilde Houtzager	DN1	3	I	8:23.37	PR	
7	7 Lara Dingjan	DA1	3	O	8:39.23	PR	
8	5 Leanne Molenaar	DN1	4	I	8:54.25	PR	
9	8 Ciska de Ree	DSB	1	I	9:17.39	PR	
10	6 Melanie van der Zalm	DN2	1	O	9:36.37	PR	

## 1. Rituitslag Dames 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	8 Ciska de Ree	DSB	9:32.49	9:17.39	PR
	rd	6 Melanie van der Zalm	DN2	10:02.63	9:36.37	PR
		<b>Ciska de Ree</b>		<b>Melanie van der Zalm</b>		
		200m	23.96 (23.96)	200m	26.94 (26.94)	
		600m	1:03.81 (39.85)	600m	1:10.41 (43.47)	
		1000m	1:45.01 (41.20)	1000m	1:57.18 (46.77)	
		1400m	2:27.40 (42.39)	1400m	2:42.80 (45.62)	
		1800m	3:09.40 (42.00)	1800m	3:28.30 (45.50)	
		2200m	3:51.78 (42.38)	2200m	4:13.23 (44.93)	
		2600m	4:35.42 (43.64)	2600m	4:59.18 (45.95)	
		3000m	5:20.06 (44.64)	3000m	5:44.94 (45.76)	
		3400m	6:06.05 (45.99)	3400m	6:31.33 (46.39)	
		3800m	6:53.22 (47.17)	3800m	7:17.18 (45.85)	
		4200m	7:41.17 (47.95)	4200m	8:02.90 (45.72)	
		4600m	8:29.63 (48.46)	4600m	8:50.25 (47.35)	
		5000m	9:17.39 (47.76)	5000m	9:36.37 (46.12)	

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					
		m			m	

		Naam			Cat	PR	Tijd	Info
3	wt	16	<b>Hilde Houtzager</b>		DN1	8:27.89	<b>8:23.37</b>	PR
	rd	7	<b>Lara Dingjan</b>		DA1	9:00.82	<b>8:39.23</b>	PR
			<b>Hilde Houtzager</b>			<b>Lara Dingjan</b>		
			200m	22.74	(22.74)	200m	23.96	(23.96)
			600m	1:01.29	(38.55)	600m	1:01.56	(37.60)
			1000m	1:39.54	(38.25)	1000m	1:40.95	(39.39)
			1400m	2:18.14	(38.60)	1400m	2:21.58	(40.63)
			1800m	2:57.41	(39.27)	1800m	3:02.52	(40.94)
			2200m	3:37.15	(39.74)	2200m	3:44.07	(41.55)
			2600m	4:16.73	(39.58)	2600m	4:25.35	(41.28)
			3000m	4:57.39	(40.66)	3000m	5:07.64	(42.29)
			3400m	5:38.26	(40.87)	3400m	5:49.87	(42.23)
			3800m	6:19.88	(41.62)	3800m	6:32.83	(42.96)
			4200m	7:01.78	(41.90)	4200m	7:15.71	(42.88)
			4600m	7:43.15	(41.37)	4600m	7:57.72	(42.01)
			5000m	8:23.37	(40.22)	5000m	8:39.23	(41.51)

		Naam			Cat	PR	Tijd	Info
4	gl	5	<b>Leanne Molenaar</b>		DN1	9:30.54	<b>8:54.25</b>	PR
	bl	11	<b>Tessa Dijkman</b>		DSA	8:49.08	<b>8:20.97</b>	PR
			<b>Leanne Molenaar</b>			<b>Tessa Dijkman</b>		
			200m	24.26	(24.26)	200m	24.21	(24.21)
			600m	1:03.55	(39.29)	600m	1:02.86	(38.65)
			1000m	1:44.55	(41.00)	1000m	1:42.79	(39.93)
			1400m	2:26.06	(41.51)	1400m	2:23.31	(40.52)
			1800m	3:08.59	(42.53)	1800m	3:02.84	(39.53)
			2200m	3:51.08	(42.49)	2200m	3:42.85	(40.01)
			2600m	4:34.02	(42.94)	2600m	4:22.66	(39.81)
			3000m	5:17.75	(43.73)	3000m	5:02.42	(39.76)
			3400m	6:01.25	(43.50)	3400m	5:41.69	(39.27)
			3800m	6:45.49	(44.24)	3800m	6:21.62	(39.93)
			4200m	7:29.56	(44.07)	4200m	7:01.46	(39.84)
			4600m	8:12.65	(43.09)	4600m	7:41.08	(39.62)
			5000m	8:54.25	(41.60)	5000m	8:20.97	(39.89)

		Naam	Cat	PR	Tijd	Info	
5	wt	21 <b>Susanne Prins</b>	DA1	8:11.29	<b>8:12.54</b>		
	rd	13 <b>Esmee Visser</b>	DSA	6:45.73	<b>7:30.29</b>	TR	
		<b>Susanne Prins</b>			<b>Esmee Visser</b>		
		200m	21.45 (21.45)	200m	23.05 (23.05)		
		600m	56.92 (35.47)	600m	58.31 (35.26)		
		1000m	1:33.72 (36.80)	1000m	1:34.14 (35.83)		
		1400m	2:12.06 (38.34)	1400m	2:10.12 (35.98)		
		1800m	2:50.86 (38.80)	1800m	2:45.97 (35.85)		
		2200m	3:30.27 (39.41)	2200m	3:22.06 (36.09)		
		2600m	4:10.32 (40.05)	2600m	3:57.86 (35.80)		
		3000m	4:50.27 (39.95)	3000m	4:33.50 (35.64)		
		3400m	5:31.37 (41.10)	3400m	5:09.19 (35.69)		
		3800m	6:12.55 (41.18)	3800m	5:44.76 (35.57)		
		4200m	6:53.75 (41.20)	4200m	6:20.09 (35.33)		
		4600m	7:33.85 (40.10)	4600m	6:55.28 (35.19)		
		5000m	8:12.54 (38.69)	5000m	7:30.29 (35.01)		

		Naam	Cat	PR	Tijd	Info	
6	gl	22 <b>Esmée Brommer</b>	DA2	7:42.73	<b>7:56.15</b>		
	bl	4 <b>Denise van der Hulst</b>	DSA	7:47.24	<b>8:05.81</b>		
		<b>Esmée Brommer</b>			<b>Denise van der Hulst</b>		
		200m	22.86 (22.86)	200m	23.04 (23.04)		
		600m	1:01.35 (38.49)	600m	1:00.04 (37.00)		
		1000m	1:39.07 (37.72)	1000m	1:37.71 (37.67)		
		1400m	2:16.70 (37.63)	1400m	2:15.81 (38.10)		
		1800m	2:54.43 (37.73)	1800m	2:54.63 (38.82)		
		2200m	3:32.41 (37.98)	2200m	3:32.95 (38.32)		
		2600m	4:10.31 (37.90)	2600m	4:11.64 (38.69)		
		3000m	4:47.84 (37.53)	3000m	4:50.67 (39.03)		
		3400m	5:25.89 (38.05)	3400m	5:30.59 (39.92)		
		3800m	6:03.56 (37.67)	3800m	6:09.83 (39.24)		
		4200m	6:41.05 (37.49)	4200m	6:48.55 (38.72)		
		4600m	7:18.69 (37.64)	4600m	7:27.05 (38.50)		
		5000m	7:56.15 (37.46)	5000m	8:05.81 (38.76)		

## 2. Uitslag Heren 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	18 Stein Bocxe	HA1	2	I	7:41.48		
2	25 Jim Verdurmen	H60	2	O	8:11.30		
3	32 David Peyrot	HSB	1	I	8:18.13		
4	29 Vigo Nederstigt	HA2	1	O	8:39.79		

## 2. Rituitslag Heren 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	32	<b>David Peyrot</b>		HSB			8:12.03	<b>8:18.13</b>
	rd	29	<b>Vigo Nederstigt</b>		HA2				<b>8:39.79</b>
		<b>David Peyrot</b>			<b>Vigo Nederstigt</b>				
		200m	23.81	(23.81)	200m	24.31	(24.31)		
		600m	1:01.62	(37.81)	600m	1:03.84	(39.53)		
		1000m	1:40.63	(39.01)	1000m	1:42.53	(38.69)		
		1400m	2:20.20	(39.57)	1400m	2:22.02	(39.49)		
		1800m	3:00.10	(39.90)	1800m	3:01.37	(39.35)		
		2200m	3:39.96	(39.86)	2200m	3:40.18	(38.81)		
		2600m	4:19.47	(39.51)	2600m	4:20.40	(40.22)		
		3000m	4:58.74	(39.27)	3000m	5:02.68	(42.28)		
		3400m	5:38.92	(40.18)	3400m	5:45.69	(43.01)		
		3800m	6:18.76	(39.84)	3800m	6:29.60	(43.91)		
		4200m	6:58.53	(39.77)	4200m	7:14.35	(44.75)		
		4600m	7:38.47	(39.94)	4600m	7:58.01	(43.66)		
		5000m	8:18.13	(39.66)	5000m	8:39.79	(41.78)		

		Naam		Cat		PR		Tijd	Info
2	gl	18	<b>Stein Bocxe</b>		HA1				<b>7:41.48</b>
	bl	25	<b>Jim Verdurmen</b>		H60		7:21.08		<b>8:11.30</b>
		<b>Stein Bocxe</b>			<b>Jim Verdurmen</b>				
		200m	21.09	(21.09)	200m	23.15	(23.15)		
		600m	56.90	(35.81)	600m	1:00.16	(37.01)		
		1000m	1:33.92	(37.02)	1000m	1:37.84	(37.68)		
		1400m	2:10.74	(36.82)	1400m	2:16.80	(38.96)		
		1800m	2:47.03	(36.29)	1800m	2:56.16	(39.36)		
		2200m	3:23.58	(36.55)	2200m	3:35.55	(39.39)		
		2600m	4:00.26	(36.68)	2600m	4:14.20	(38.65)		
		3000m	4:36.52	(36.26)	3000m	4:53.29	(39.09)		
		3400m	5:13.47	(36.95)	3400m	5:32.32	(39.03)		
		3800m	5:49.84	(36.37)	3800m	6:11.61	(39.29)		
		4200m	6:26.78	(36.94)	4200m	6:51.29	(39.68)		
		4600m	7:03.86	(37.08)	4600m	7:31.51	(40.22)		
		5000m	7:41.48	(37.62)	5000m	8:11.30	(39.79)		

## 3. Uitslag Heren 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	19 Wisse Slendebroek	HA1	5	O	14:14.93	PR TRC	
2	12 Leon Wenteler	HN3	3	I	14:21.97	PR	
3	3 Jelle Koeleman	HA2	6	O	14:27.52	PR	
4	14 Zeno de Ponti	HN2	5	I	14:32.19	PR	
5	2 Matthé Pronk	HA2	6	I	14:59.43		
6	31 Gem Wender	H45	1	O	15:16.69		
7	20 Stefan Huizenga	HB2	3	O	15:17.96	PR	
8	27 Pieter Tieme Weenink	HN3	2	I	15:46.90	PR	
9	26 Tom Wijffe	HSA	4	O	15:53.31		
10	9 Berto Anker	HA1	4	I	16:30.75		
11	23 Evert Jan van Dijk	H40	2	O	16:40.15		
12	33 Jan Willem Dijkstra	H55	1	I	17:34.55	PR	

## 3. Rituitslag Heren 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 33 <b>Jan Willem Dijkstra</b>	H55	17:35.40	<b>17:34.55</b>	PR
	rd 31 <b>Gem Wender</b>	H45		<b>15:16.69</b>	
	<b>Jan Willem Dijkstra</b>				<b>Gem Wender</b>
	400m 45.01 (45.01)		400m 40.84 (40.84)		
	800m 1:26.31 (41.30)		800m 1:15.32 (34.48)		
	1200m 2:08.22 (41.91)		1200m 1:51.19 (35.87)		
	1600m 2:49.83 (41.61)		1600m 2:27.20 (36.01)		
	2000m 3:31.54 (41.71)		2000m 3:03.42 (36.22)		
	2400m 4:14.25 (42.71)		2400m 3:39.72 (36.30)		
	2800m 4:56.13 (41.88)		2800m 4:16.42 (36.70)		
	3200m 5:38.54 (42.41)		3200m 4:52.48 (36.06)		
	3600m 6:21.60 (43.06)		3600m 5:28.82 (36.34)		
	4000m 7:03.91 (42.31)		4000m 6:05.27 (36.45)		
	4400m 7:46.23 (42.32)		4400m 6:41.81 (36.54)		
	4800m 8:29.36 (43.13)		4800m 7:18.48 (36.67)		
	5200m 9:12.88 (43.52)		5200m 7:55.08 (36.60)		
	5600m 9:55.22 (42.34)		5600m 8:31.41 (36.33)		
	6000m 10:37.93 (42.71)		6000m 9:08.31 (36.90)		
	6400m 11:20.28 (42.35)		6400m 9:44.91 (36.60)		
	6800m 12:01.86 (41.58)		6800m 10:21.32 (36.41)		
	7200m 12:44.28 (42.42)		7200m 10:57.69 (36.37)		
	7600m 13:26.36 (42.08)		7600m 11:34.78 (37.09)		
	8000m 14:07.95 (41.59)		8000m 12:11.40 (36.62)		
	8400m 14:49.58 (41.63)		8400m 12:48.06 (36.66)		
	8800m 15:31.75 (42.17)		8800m 13:25.03 (36.97)		
	9200m 16:13.15 (41.40)		9200m 14:02.02 (36.99)		
	9600m 16:55.20 (42.05)		9600m 14:39.41 (37.39)		
	10000m 17:34.55 (39.35)		10000m 15:16.69 (37.28)		



		Naam	Cat	PR	Tijd	Info
2	gl	27 <b>Pieter Tieme Weenink</b>	HN3		15:50.70	<b>15:46.90</b> PR
	bl	23 <b>Evert Jan van Dijk</b>	H40		16:09.86	<b>16:40.15</b>

### Pieter Tieme Weenink

400m	40.48	(40.48)
800m	1:17.25	(36.77)
1200m	1:54.45	(37.20)
1600m	2:31.31	(36.86)
2000m	3:08.65	(37.34)
2400m	3:46.72	(38.07)
2800m	4:24.18	(37.46)
3200m	5:01.83	(37.65)
3600m	5:39.66	(37.83)
4000m	6:17.97	(38.31)
4400m	6:55.83	(37.86)
4800m	7:34.09	(38.26)
5200m	8:12.65	(38.56)
5600m	8:51.36	(38.71)
6000m	9:28.64	(37.28)
6400m	10:06.23	(37.59)
6800m	10:43.55	(37.32)
7200m	11:21.19	(37.64)
7600m	11:58.78	(37.59)
8000m	12:36.55	(37.77)
8400m	13:14.50	(37.95)
8800m	13:52.44	(37.94)
9200m	14:30.50	(38.06)
9600m	15:08.95	(38.45)
10000m	15:46.90	(37.95)

### Evert Jan van Dijk

400m	41.84	(41.84)
800m	1:20.32	(38.48)
1200m	1:59.29	(38.97)
1600m	2:37.69	(38.40)
2000m	3:16.58	(38.89)
2400m	3:56.59	(40.01)
2800m	4:36.34	(39.75)
3200m	5:15.95	(39.61)
3600m	5:56.54	(40.59)
4000m	6:36.54	(40.00)
4400m	7:17.09	(40.55)
4800m	7:58.35	(41.26)
5200m	8:39.89	(41.54)
5600m	9:21.56	(41.67)
6000m	10:03.14	(41.58)
6400m	10:42.73	(39.59)
6800m	11:22.82	(40.09)
7200m	12:01.96	(39.14)
7600m	12:41.92	(39.96)
8000m	13:21.04	(39.12)
8400m	14:00.71	(39.67)
8800m	14:40.33	(39.62)
9200m	15:19.97	(39.64)
9600m	15:59.49	(39.52)
10000m	16:40.15	(40.66)

		Naam	Cat	PR	Tijd	Info
3	wt	12 <b>Leon Wenteler</b>	HN3	15:06.56	<b>14:21.97</b>	PR
	rd	20 <b>Stefan Huizenga</b>	HB2	16:20.57	<b>15:17.96</b>	PR

### Leon Wenteler

400m	36.57	(36.57)
800m	1:09.32	(32.75)
1200m	1:43.18	(33.86)
1600m	2:18.13	(34.95)
2000m	2:52.33	(34.20)
2400m	3:26.28	(33.95)
2800m	4:00.55	(34.27)
3200m	4:35.17	(34.62)
3600m	5:09.95	(34.78)
4000m	5:44.89	(34.94)
4400m	6:19.48	(34.59)
4800m	6:54.21	(34.73)
5200m	7:28.83	(34.62)
5600m	8:03.57	(34.74)
6000m	8:38.32	(34.75)
6400m	9:13.07	(34.75)
6800m	9:47.11	(34.04)
7200m	10:21.47	(34.36)
7600m	10:56.14	(34.67)
8000m	11:31.19	(35.05)
8400m	12:05.45	(34.26)
8800m	12:39.78	(34.33)
9200m	13:14.10	(34.32)
9600m	13:48.39	(34.29)
10000m	14:21.97	(33.58)

### Stefan Huizenga

400m	37.66	(37.66)
800m	1:11.11	(33.45)
1200m	1:46.30	(35.19)
1600m	2:22.46	(36.16)
2000m	2:58.47	(36.01)
2400m	3:34.22	(35.75)
2800m	4:09.66	(35.44)
3200m	4:45.51	(35.85)
3600m	5:22.63	(37.12)
4000m	6:00.66	(38.03)
4400m	6:38.30	(37.64)
4800m	7:15.21	(36.91)
5200m	7:52.31	(37.10)
5600m	8:29.80	(37.49)
6000m	9:07.95	(38.15)
6400m	9:46.11	(38.16)
6800m	10:23.42	(37.31)
7200m	11:00.63	(37.21)
7600m	11:38.04	(37.41)
8000m	12:15.27	(37.23)
8400m	12:51.78	(36.51)
8800m	13:27.93	(36.15)
9200m	14:05.31	(37.38)
9600m	14:42.03	(36.72)
10000m	15:17.96	(35.93)

		Naam	Cat	PR	Tijd	Info
4	gl	9 <b>Berto Anker</b>	HA1		<b>16:30.75</b>	
	bl	26 <b>Tom Wijffe</b>	HSA		<b>15:53.31</b>	

### Berto Anker

### Tom Wijffe

400m	40.23	(40.23)	400m	38.92	(38.92)
800m	1:17.47	(37.24)	800m	1:16.14	(37.22)
1200m	1:56.08	(38.61)	1200m	1:54.30	(38.16)
1600m	2:35.35	(39.27)	1600m	2:33.06	(38.76)
2000m	3:14.20	(38.85)	2000m	3:10.81	(37.75)
2400m	3:53.17	(38.97)	2400m	3:48.24	(37.43)
2800m	4:31.98	(38.81)	2800m	4:25.95	(37.71)
3200m	5:11.53	(39.55)	3200m	5:04.29	(38.34)
3600m	5:50.86	(39.33)	3600m	5:42.90	(38.61)
4000m	6:30.44	(39.58)	4000m	6:20.76	(37.86)
4400m	7:10.42	(39.98)	4400m	6:58.84	(38.08)
4800m	7:50.45	(40.03)	4800m	7:36.31	(37.47)
5200m	8:30.49	(40.04)	5200m	8:14.62	(38.31)
5600m	9:11.39	(40.90)	5600m	8:52.94	(38.32)
6000m	9:51.52	(40.13)	6000m	9:31.14	(38.20)
6400m	10:32.19	(40.67)	6400m	10:09.40	(38.26)
6800m	11:12.72	(40.53)	6800m	10:47.94	(38.54)
7200m	11:53.44	(40.72)	7200m	11:25.87	(37.93)
7600m	12:32.98	(39.54)	7600m	12:03.14	(37.27)
8000m	13:12.58	(39.60)	8000m	12:39.86	(36.72)
8400m	13:52.16	(39.58)	8400m	13:17.33	(37.47)
8800m	14:31.43	(39.27)	8800m	13:55.23	(37.90)
9200m	15:10.48	(39.05)	9200m	14:33.56	(38.33)
9600m	15:50.00	(39.52)	9600m	15:12.88	(39.32)
10000m	16:30.75	(40.75)	10000m	15:53.31	(40.43)

		Naam	Cat	PR	Tijd	Info
5	wt	14 <b>Zeno de Ponti</b>	HN2		14:41.23	<b>14:32.19</b> PR
	rd	19 <b>Wisse Slendebroek</b>	HA1		14:58.41	<b>14:14.93</b> PR TRC

### Zeno de Ponti

400m	37.45	(37.45)
800m	1:11.86	(34.41)
1200m	1:46.38	(34.52)
1600m	2:20.52	(34.14)
2000m	2:55.14	(34.62)
2400m	3:29.50	(34.36)
2800m	4:03.91	(34.41)
3200m	4:38.35	(34.44)
3600m	5:12.47	(34.12)
4000m	5:46.55	(34.08)
4400m	6:20.28	(33.73)
4800m	6:54.50	(34.22)
5200m	7:28.45	(33.95)
5600m	8:02.78	(34.33)
6000m	8:37.06	(34.28)
6400m	9:11.33	(34.27)
6800m	9:45.57	(34.24)
7200m	10:20.22	(34.65)
7600m	10:55.03	(34.81)
8000m	11:30.47	(35.44)
8400m	12:06.05	(35.58)
8800m	12:42.57	(36.52)
9200m	13:19.16	(36.59)
9600m	13:55.96	(36.80)
10000m	14:32.19	(36.23)

### Wisse Slendebroek

400m	37.59	(37.59)
800m	1:11.67	(34.08)
1200m	1:45.96	(34.29)
1600m	2:20.49	(34.53)
2000m	2:54.59	(34.10)
2400m	3:28.92	(34.33)
2800m	4:02.63	(33.71)
3200m	4:36.89	(34.26)
3600m	5:11.16	(34.27)
4000m	5:45.22	(34.06)
4400m	6:19.16	(33.94)
4800m	6:53.13	(33.97)
5200m	7:27.32	(34.19)
5600m	8:01.46	(34.14)
6000m	8:35.78	(34.32)
6400m	9:09.90	(34.12)
6800m	9:43.91	(34.01)
7200m	10:17.73	(33.82)
7600m	10:51.44	(33.71)
8000m	11:25.35	(33.91)
8400m	11:59.32	(33.97)
8800m	12:33.37	(34.05)
9200m	13:07.49	(34.12)
9600m	13:41.71	(34.22)
10000m	14:14.93	(33.22)

		Naam	Cat	PR	Tijd	Info
6	gl	2 <b>Matthé Pronk</b>	HA2	14:51.05	<b>14:59.43</b>	
	bl	3 <b>Jelle Koeleman</b>	HA2	14:55.95	<b>14:27.52</b>	PR

### Matthé Pronk

400m	35.61	(35.61)
800m	1:08.67	(33.06)
1200m	1:42.80	(34.13)
1600m	2:16.76	(33.96)
2000m	2:51.61	(34.85)
2400m	3:26.01	(34.40)
2800m	4:00.72	(34.71)
3200m	4:35.47	(34.75)
3600m	5:10.63	(35.16)
4000m	5:45.63	(35.00)
4400m	6:21.06	(35.43)
4800m	6:56.63	(35.57)
5200m	7:33.03	(36.40)
5600m	8:09.66	(36.63)
6000m	8:46.34	(36.68)
6400m	9:23.21	(36.87)
6800m	10:00.32	(37.11)
7200m	10:37.52	(37.20)
7600m	11:14.56	(37.04)
8000m	11:51.94	(37.38)
8400m	12:29.38	(37.44)
8800m	13:06.86	(37.48)
9200m	13:44.52	(37.66)
9600m	14:21.94	(37.42)
10000m	14:59.43	(37.49)

### Jelle Koeleman

400m	36.93	(36.93)
800m	1:10.04	(33.11)
1200m	1:43.55	(33.51)
1600m	2:17.53	(33.98)
2000m	2:51.56	(34.03)
2400m	3:25.59	(34.03)
2800m	3:59.75	(34.16)
3200m	4:33.88	(34.13)
3600m	5:07.89	(34.01)
4000m	5:41.69	(33.80)
4400m	6:15.62	(33.93)
4800m	6:49.47	(33.85)
5200m	7:23.67	(34.20)
5600m	7:58.00	(34.33)
6000m	8:32.45	(34.45)
6400m	9:07.29	(34.84)
6800m	9:42.29	(35.00)
7200m	10:17.46	(35.17)
7600m	10:52.73	(35.27)
8000m	11:28.05	(35.32)
8400m	12:03.60	(35.55)
8800m	12:39.69	(36.09)
9200m	13:15.67	(35.98)
9600m	13:51.48	(35.81)
10000m	14:27.52	(36.04)