

GAK 5000m Dames en 10.000m Heren

Kunstijsbaan Breda - Breda

2 maart 2019

1. Uitslag Dames 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------|-----|------|------|----------|------|--------|
| 1 | 24 Claire Garretsen | DB2 | 1 | I | 8:35.51 | | |
| 2 | 10 Petra Andriessen-Hoekema | D50 | 4 | I | 8:47.50 | PR | |
| 3 | 21 Ilse Vanlaerhoven | DSB | 2 | I | 9:13.58 | | |
| 4 | 7 Ilse van Ipenburg | DSA | 3 | I | 9:23.46 | PR | |
| 5 | 14 Patty van Hoorn | D45 | 3 | O | 9:29.50 | | |
| 6 | 18 Gerita Smallegoor | D45 | 2 | O | 9:41.50 | | |
| 7 | 4 Jip Spel | DSA | 4 | O | 9:48.90 | PR | |
| 8 | 16 Daniëlle Frijters | DSA | 1 | O | 10:11.14 | | |

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1. Rituitslag Dames 5000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|--------------------------|---------|--------------------------|----------|-----------------|------|
| 1 | wt | 24 | Claire Garretsen | | DB2 | | 8:35.51 | |
| | rd | 16 | Daniëlle Frijters | | DSA | | 10:11.14 | |
| | | Claire Garretsen | | | Daniëlle Frijters | | | |
| | | 200m | 23.84 | (23.84) | 200m | 27.68 | (27.68) | |
| | | 600m | 1:02.86 | (39.02) | 600m | 1:12.67 | (44.99) | |
| | | 1000m | 1:43.10 | (40.24) | 1000m | 2:00.95 | (48.28) | |
| | | 1400m | 2:23.04 | (39.94) | 1400m | 2:49.74 | (48.79) | |
| | | 1800m | 3:03.13 | (40.09) | 1800m | 3:38.49 | (48.75) | |
| | | 2200m | 3:43.33 | (40.20) | 2200m | 4:27.50 | (49.01) | |
| | | 2600m | 4:24.38 | (41.05) | 2600m | 5:16.76 | (49.26) | |
| | | 3000m | 5:05.86 | (41.48) | 3000m | 6:06.15 | (49.39) | |
| | | 3400m | 5:47.52 | (41.66) | 3400m | 6:54.78 | (48.63) | |
| | | 3800m | 6:29.07 | (41.55) | 3800m | 7:44.39 | (49.61) | |
| | | 4200m | 7:11.04 | (41.97) | 4200m | 8:33.32 | (48.93) | |
| | | 4600m | 7:53.58 | (42.54) | 4600m | 9:22.77 | (49.45) | |
| | | 5000m | 8:35.51 | (41.93) | 5000m | 10:11.14 | (48.37) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|--------------------------|---------|----------------|------|
| 2 | gl | 21 | Ilse Vanlaerhoven | | DSB | | 9:13.58 | |
| | bl | 18 | Gerita Smallegoor | | D45 | | 9:41.50 | |
| | | Ilse Vanlaerhoven | | | Gerita Smallegoor | | | |
| | | 200m | 24.68 | (24.68) | 200m | 25.50 | (25.50) | |
| | | 600m | 1:05.05 | (40.37) | 600m | 1:06.45 | (40.95) | |
| | | 1000m | 1:47.38 | (42.33) | 1000m | 1:51.01 | (44.56) | |
| | | 1400m | 2:31.21 | (43.83) | 1400m | 2:37.41 | (46.40) | |
| | | 1800m | 3:15.49 | (44.28) | 1800m | 3:22.98 | (45.57) | |
| | | 2200m | 4:00.37 | (44.88) | 2200m | 4:10.84 | (47.86) | |
| | | 2600m | 4:45.34 | (44.97) | 2600m | 4:58.24 | (47.40) | |
| | | 3000m | 5:30.55 | (45.21) | 3000m | 5:45.29 | (47.05) | |
| | | 3400m | 6:15.34 | (44.79) | 3400m | 6:32.37 | (47.08) | |
| | | 3800m | 7:00.01 | (44.67) | 3800m | 7:19.87 | (47.50) | |
| | | 4200m | 7:44.74 | (44.73) | 4200m | 8:07.68 | (47.81) | |
| | | 4600m | 8:29.74 | (45.00) | 4600m | 8:55.47 | (47.79) | |
| | | 5000m | 9:13.58 | (43.84) | 5000m | 9:41.50 | (46.03) | |

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Kunstijsbaan Breda - Breda

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| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------|-----------------|------------------------|-----------------|------|
| 3 | wt | 7 Ilse van Ipenburg | DSA | 10:02.02 | 9:23.46 | PR |
| | rd | 14 Patty van Hoorn | D45 | | 9:29.50 | |
| | | <u>Ilse van Ipenburg</u> | | <u>Patty van Hoorn</u> | | |
| | | 200m | 26.29 (26.29) | 200m | 26.69 (26.69) | |
| | | 600m | 1:07.22 (40.93) | 600m | 1:07.86 (41.17) | |
| | | 1000m | 1:50.52 (43.30) | 1000m | 1:51.23 (43.37) | |
| | | 1400m | 2:36.02 (45.50) | 1400m | 2:36.16 (44.93) | |
| | | 1800m | 3:21.12 (45.10) | 1800m | 3:22.08 (45.92) | |
| | | 2200m | 4:07.10 (45.98) | 2200m | 4:07.33 (45.25) | |
| | | 2600m | 4:53.38 (46.28) | 2600m | 4:53.73 (46.40) | |
| | | 3000m | 5:39.41 (46.03) | 3000m | 5:39.88 (46.15) | |
| | | 3400m | 6:25.84 (46.43) | 3400m | 6:25.88 (46.00) | |
| | | 3800m | 7:12.34 (46.50) | 3800m | 7:11.64 (45.76) | |
| | | 4200m | 7:58.17 (45.83) | 4200m | 7:58.31 (46.67) | |
| | | 4600m | 8:42.06 (43.89) | 4600m | 8:44.00 (45.69) | |
| | | 5000m | 9:23.46 (41.40) | 5000m | 9:29.50 (45.50) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|---------------------------------|-----------------|-----------------|-----------------|------|
| 4 | gl | 10 Petra Andriessen-Hoekema | D50 | 9:03.18 | 8:47.50 | PR |
| | bl | 4 Jip Spel | DSA | 9:54.23 | 9:48.90 | PR |
| | | <u>Petra Andriessen-Hoekema</u> | | <u>Jip Spel</u> | | |
| | | 200m | 26.10 (26.10) | 200m | 27.09 (27.09) | |
| | | 600m | 1:06.99 (40.89) | 600m | 1:11.71 (44.62) | |
| | | 1000m | 1:48.48 (41.49) | 1000m | 1:57.71 (46.00) | |
| | | 1400m | 2:30.11 (41.63) | 1400m | 2:44.20 (46.49) | |
| | | 1800m | 3:11.70 (41.59) | 1800m | 3:30.80 (46.60) | |
| | | 2200m | 3:52.93 (41.23) | 2200m | 4:18.42 (47.62) | |
| | | 2600m | 4:33.96 (41.03) | 2600m | 5:06.12 (47.70) | |
| | | 3000m | 5:15.57 (41.61) | 3000m | 5:53.89 (47.77) | |
| | | 3400m | 5:57.91 (42.34) | 3400m | 6:41.45 (47.56) | |
| | | 3800m | 6:39.96 (42.05) | 3800m | 7:28.26 (46.81) | |
| | | 4200m | 7:22.67 (42.71) | 4200m | 8:15.42 (47.16) | |
| | | 4600m | 8:05.32 (42.65) | 4600m | 9:02.32 (46.90) | |
| | | 5000m | 8:47.50 (42.18) | 5000m | 9:48.90 (46.58) | |

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2 maart 2019

2. Uitslag Heren 10000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------|-----|------|------|----------|------|--------|
| 1 | 13 Sybe van Hijum | HSA | 9 | I | 15:56.76 | | |
| 2 | 3 Erik Jansen | HSA | 8 | I | 15:57.75 | PR | |
| 3 | 5 Pieter de Munck | HSA | 9 | O | 16:28.98 | FL | |
| 4 | 15 Roel Hamers | HN2 | 10 | I | 17:00.39 | FL | |
| 5 | 11 Adriaan Provoost | H55 | 10 | O | 17:07.46 | | |
| 6 | 2 Pieter Pennings | H50 | 8 | O | 17:11.13 | | |
| 7 | 8 Jan de Koning | H55 | 6 | O | 17:17.98 | | |
| 8 | 20 Krijn van Nuland | HSA | 5 | I | 17:39.71 | PR | |
| 9 | 19 Johan van Buuren | H55 | 7 | I | 18:01.98 | | |
| 10 | 12 Hans de Vos | H60 | 6 | I | 18:59.83 | | |
| | 23 Martijn Proost | H50 | 7 | O | 18:17.32 | OC | |

GAK 5000m Dames en 10.000m Heren

Kunstijsbaan Breda - Breda

2 maart 2019

2. Rituitslag Heren 10000 meter

| | Naam | Cat | PR | Tijd | Info |
|---|-------------------------|---------------------|-----|----------|--------------------|
| 5 | wt rd | 20 Krijn van Nuland | HSA | 18:49.62 | 17:39.71 PR |
| | Krijn van Nuland | | | | |
| | 400m | 43.66 (43.66) | | | m |
| | 800m | 1:23.22 (39.56) | | | |
| | 1200m | 2:02.74 (39.52) | | | |
| | 1600m | 2:43.09 (40.35) | | | |
| | 2000m | 3:23.71 (40.62) | | | |
| | 2400m | 4:04.63 (40.92) | | | |
| | 2800m | 4:45.57 (40.94) | | | |
| | 3200m | 5:27.04 (41.47) | | | |
| | 3600m | 6:08.74 (41.70) | | | |
| | 4000m | 6:51.06 (42.32) | | | |
| | 4400m | 7:33.08 (42.02) | | | |
| | 4800m | 8:15.32 (42.24) | | | |
| | 5200m | 8:57.93 (42.61) | | | |
| | 5600m | 9:51.27 (53.34) | | | |
| | 6000m | 10:34.91 (43.64) | | | |
| | 6400m | 11:16.53 (41.62) | | | |
| | 6800m | 11:58.74 (42.21) | | | |
| | 7200m | 12:41.35 (42.61) | | | |
| | 7600m | 13:23.37 (42.02) | | | |
| | 8000m | 14:06.05 (42.68) | | | |
| | 8400m | 14:48.82 (42.77) | | | |
| | 8800m | 15:31.71 (42.89) | | | |
| | 9200m | 16:14.68 (42.97) | | | |
| | 9600m | 16:57.44 (42.76) | | | |
| | 10000m | 17:39.71 (42.27) | | | |

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Kunstijsbaan Breda - Breda

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| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------|-----|----------|-----------------|------|
| 6 | gl | 12 Hans de Vos | H60 | 17:49.16 | 18:59.83 | |
| | bl | 8 Jan de Koning | H55 | 16:44.19 | 17:17.98 | |

Hans de Vos

| | | |
|--------|----------|---------|
| 400m | 49.92 | (49.92) |
| 800m | 1:34.77 | (44.85) |
| 1200m | 2:20.28 | (45.51) |
| 1600m | 3:05.59 | (45.31) |
| 2000m | 3:51.27 | (45.68) |
| 2400m | 4:36.66 | (45.39) |
| 2800m | 5:21.74 | (45.08) |
| 3200m | 6:06.93 | (45.19) |
| 3600m | 6:52.29 | (45.36) |
| 4000m | 7:37.71 | (45.42) |
| 4400m | 8:22.89 | (45.18) |
| 4800m | 9:07.75 | (44.86) |
| 5200m | 9:52.66 | (44.91) |
| 5600m | 10:37.60 | (44.94) |
| 6000m | 11:22.59 | (44.99) |
| 6400m | 12:07.89 | (45.30) |
| 6800m | 12:53.50 | (45.61) |
| 7200m | 13:39.21 | (45.71) |
| 7600m | 14:24.88 | (45.67) |
| 8000m | 15:11.25 | (46.37) |
| 8400m | 15:56.91 | (45.66) |
| 8800m | 16:42.67 | (45.76) |
| 9200m | 17:29.02 | (46.35) |
| 9600m | 18:15.11 | (46.09) |
| 10000m | 18:59.83 | (44.72) |

Jan de Koning

| | | |
|--------|----------|---------|
| 400m | 47.34 | (47.34) |
| 800m | 1:29.23 | (41.89) |
| 1200m | 2:11.53 | (42.30) |
| 1600m | 2:52.74 | (41.21) |
| 2000m | 3:33.74 | (41.00) |
| 2400m | 4:15.01 | (41.27) |
| 2800m | 4:56.50 | (41.49) |
| 3200m | 5:37.46 | (40.96) |
| 3600m | 6:18.73 | (41.27) |
| 4000m | 6:59.55 | (40.82) |
| 4400m | 7:40.85 | (41.30) |
| 4800m | 8:21.56 | (40.71) |
| 5200m | 9:02.84 | (41.28) |
| 5600m | 9:44.22 | (41.38) |
| 6000m | 10:25.58 | (41.36) |
| 6400m | 11:07.14 | (41.56) |
| 6800m | 11:48.60 | (41.46) |
| 7200m | 12:29.73 | (41.13) |
| 7600m | 13:10.67 | (40.94) |
| 8000m | 13:51.99 | (41.32) |
| 8400m | 14:33.20 | (41.21) |
| 8800m | 15:14.62 | (41.42) |
| 9200m | 15:55.94 | (41.32) |
| 9600m | 16:37.37 | (41.43) |
| 10000m | 17:17.98 | (40.61) |

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| | | Naam | Cat | PR | Tijd | Info |
|---|----|----------------------------|-----|----------|-----------------|------|
| 7 | wt | 19 Johan van Buuren | H55 | 17:35.76 | 18:01.98 | |
| | rd | 23 Martijn Proost | H50 | 17:41.28 | 18:17.32 | OC |

Johan van Buuren

| | | |
|--------|----------|---------|
| 400m | 44.17 | (44.17) |
| 800m | 1:24.49 | (40.32) |
| 1200m | 2:06.93 | (42.44) |
| 1600m | 2:49.54 | (42.61) |
| 2000m | 3:32.62 | (43.08) |
| 2400m | 4:15.18 | (42.56) |
| 2800m | 4:57.88 | (42.70) |
| 3200m | 5:41.29 | (43.41) |
| 3600m | 6:24.67 | (43.38) |
| 4000m | 7:07.84 | (43.17) |
| 4400m | 7:50.60 | (42.76) |
| 4800m | 8:34.11 | (43.51) |
| 5200m | 9:17.55 | (43.44) |
| 5600m | 10:01.41 | (43.86) |
| 6000m | 10:45.32 | (43.91) |
| 6400m | 11:28.68 | (43.36) |
| 6800m | 12:12.76 | (44.08) |
| 7200m | 12:56.70 | (43.94) |
| 7600m | 13:40.66 | (43.96) |
| 8000m | 14:24.98 | (44.32) |
| 8400m | 15:08.95 | (43.97) |
| 8800m | 15:52.81 | (43.86) |
| 9200m | 16:36.42 | (43.61) |
| 9600m | 17:19.64 | (43.22) |
| 10000m | 18:01.98 | (42.34) |

Martijn Proost

| | | |
|--------|----------|---------|
| 400m | 44.57 | (44.57) |
| 800m | 1:26.31 | (41.74) |
| 1200m | 2:09.12 | (42.81) |
| 1600m | 2:51.27 | (42.15) |
| 2000m | 3:34.86 | (43.59) |
| 2400m | 4:18.17 | (43.31) |
| 2800m | 5:02.37 | (44.20) |
| 3200m | 5:45.43 | (43.06) |
| 3600m | 6:28.92 | (43.49) |
| 4000m | 7:12.31 | (43.39) |
| 4400m | 7:56.87 | (44.56) |
| 4800m | 8:41.13 | (44.26) |
| 5200m | 9:25.21 | (44.08) |
| 5600m | 10:09.65 | (44.44) |
| 6000m | 10:54.96 | (45.31) |
| 6400m | 11:40.17 | (45.21) |
| 6800m | 12:25.39 | (45.22) |
| 7200m | 13:10.05 | (44.66) |
| 7600m | 13:54.99 | (44.94) |
| 8000m | 14:39.30 | (44.31) |
| 8400m | 15:24.14 | (44.84) |
| 8800m | 16:07.70 | (43.56) |
| 9200m | 16:51.42 | (43.72) |
| 9600m | 17:35.14 | (43.72) |
| 10000m | 18:17.32 | (42.18) |

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| | | Naam | Cat | | PR | Tijd | Info |
|---|----|--------------------|----------|---------|------------------------|-----------------|---------|
| 8 | gl | 3 Erik Jansen | HSA | | 16:26.94 | 15:57.75 | PR |
| | bl | 2 Pieter Pennings | H50 | | 16:12.04 | 17:11.13 | |
| | | <u>Erik Jansen</u> | | | <u>Pieter Pennings</u> | | |
| | | 400m | 41.04 | (41.04) | 400m | 42.13 | (42.13) |
| | | 800m | 1:17.61 | (36.57) | 800m | 1:19.78 | (37.65) |
| | | 1200m | 1:54.98 | (37.37) | 1200m | 1:59.55 | (39.77) |
| | | 1600m | 2:33.33 | (38.35) | 1600m | 2:40.00 | (40.45) |
| | | 2000m | 3:11.57 | (38.24) | 2000m | 3:20.94 | (40.94) |
| | | 2400m | 3:49.78 | (38.21) | 2400m | 4:01.64 | (40.70) |
| | | 2800m | 4:27.35 | (37.57) | 2800m | 4:42.32 | (40.68) |
| | | 3200m | 5:05.21 | (37.86) | 3200m | 5:22.64 | (40.32) |
| | | 3600m | 5:43.15 | (37.94) | 3600m | 6:04.05 | (41.41) |
| | | 4000m | 6:21.56 | (38.41) | 4000m | 6:45.68 | (41.63) |
| | | 4400m | 7:00.23 | (38.67) | 4400m | 7:27.09 | (41.41) |
| | | 4800m | 7:39.12 | (38.89) | 4800m | 8:08.53 | (41.44) |
| | | 5200m | 8:17.99 | (38.87) | 5200m | 8:50.37 | (41.84) |
| | | 5600m | 8:56.55 | (38.56) | 5600m | 9:32.58 | (42.21) |
| | | 6000m | 9:34.84 | (38.29) | 6000m | 10:14.27 | (41.69) |
| | | 6400m | 10:12.81 | (37.97) | 6400m | 10:55.02 | (40.75) |
| | | 6800m | 10:51.14 | (38.33) | 6800m | 11:36.70 | (41.68) |
| | | 7200m | 11:29.77 | (38.63) | 7200m | 12:18.84 | (42.14) |
| | | 7600m | 12:08.44 | (38.67) | 7600m | 13:00.94 | (42.10) |
| | | 8000m | 12:47.34 | (38.90) | 8000m | 13:42.71 | (41.77) |
| | | 8400m | 13:25.76 | (38.42) | 8400m | 14:24.87 | (42.16) |
| | | 8800m | 14:03.83 | (38.07) | 8800m | 15:07.21 | (42.34) |
| | | 9200m | 14:42.31 | (38.48) | 9200m | 15:49.26 | (42.05) |
| | | 9600m | 15:20.25 | (37.94) | 9600m | 16:30.79 | (41.53) |
| | | 10000m | 15:57.75 | (37.50) | 10000m | 17:11.13 | (40.34) |

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2 maart 2019

| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------|------------------|----------|------------------|------|
| 9 | wt | 13 Sybe van Hijum | HSA | 15:48.84 | 15:56.76 | |
| | rd | 5 Pieter de Munck | HSA | 15:50.16 | 16:28.98 | FL |
| | | <u>Sybe van Hijum</u> | | | | |
| | | 400m | 41.76 (41.76) | 400m | 41.02 (41.02) | |
| | | 800m | 1:20.46 (38.70) | 800m | 1:20.65 (39.63) | |
| | | 1200m | 1:59.15 (38.69) | 1200m | 1:59.37 (38.72) | |
| | | 1600m | 2:37.19 (38.04) | 1600m | 2:37.82 (38.45) | |
| | | 2000m | 3:15.20 (38.01) | 2000m | 3:15.51 (37.69) | |
| | | 2400m | 3:52.96 (37.76) | 2400m | 3:53.48 (37.97) | |
| | | 2800m | 4:30.91 (37.95) | 2800m | 4:31.11 (37.63) | |
| | | 3200m | 5:08.56 (37.65) | 3200m | 5:08.78 (37.67) | |
| | | 3600m | 5:46.02 (37.46) | 3600m | 5:46.41 (37.63) | |
| | | 4000m | 6:23.46 (37.44) | 4000m | 6:23.91 (37.50) | |
| | | 4400m | 7:01.40 (37.94) | 4400m | 7:01.26 (37.35) | |
| | | 4800m | 7:39.03 (37.63) | 4800m | 7:38.94 (37.68) | |
| | | 5200m | 8:17.00 (37.97) | 5200m | 8:16.94 (38.00) | |
| | | 5600m | 8:54.93 (37.93) | 5600m | 8:55.45 (38.51) | |
| | | 6000m | 9:33.40 (38.47) | 6000m | 9:49.98 (54.53) | |
| | | 6400m | 10:11.72 (38.32) | 6400m | 10:30.56 (40.58) | |
| | | 6800m | 10:50.16 (38.44) | 6800m | 11:09.96 (39.40) | |
| | | 7200m | 11:28.63 (38.47) | 7200m | 11:49.52 (39.56) | |
| | | 7600m | 12:07.35 (38.72) | 7600m | 12:29.15 (39.63) | |
| | | 8000m | 12:46.36 (39.01) | 8000m | 13:08.81 (39.66) | |
| | | 8400m | 13:24.91 (38.55) | 8400m | 13:48.82 (40.01) | |
| | | 8800m | 14:03.49 (38.58) | 8800m | 14:29.15 (40.33) | |
| | | 9200m | 14:41.61 (38.12) | 9200m | 15:09.34 (40.19) | |
| | | 9600m | 15:19.44 (37.83) | 9600m | 15:49.06 (39.72) | |
| | | 10000m | 15:56.76 (37.32) | 10000m | 16:28.98 (39.92) | |

GAK 5000m Dames en 10.000m Heren

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| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|----------|-----------------|------|
| 10 | gl | 15 Roel Hamers | HN2 | 15:45.02 | 17:00.39 | FL |
| | bl | 11 Adriaan Provoost | H55 | 15:19.66 | 17:07.46 | |

Roel Hamers

| | | |
|--------|----------|---------|
| 400m | 40.42 | (40.42) |
| 800m | 1:16.59 | (36.17) |
| 1200m | 1:52.89 | (36.30) |
| 1600m | 2:29.30 | (36.41) |
| 2000m | 3:06.25 | (36.95) |
| 2400m | 3:43.85 | (37.60) |
| 2800m | 4:21.54 | (37.69) |
| 3200m | 4:59.59 | (38.05) |
| 3600m | 5:37.76 | (38.17) |
| 4000m | 6:16.36 | (38.60) |
| 4400m | 6:55.14 | (38.78) |
| 4800m | 7:34.42 | (39.28) |
| 5200m | 8:14.76 | (40.34) |
| 5600m | 8:55.69 | (40.93) |
| 6000m | 9:36.98 | (41.29) |
| 6400m | 10:19.23 | (42.25) |
| 6800m | 11:11.10 | (51.87) |
| 7200m | 12:04.05 | (52.95) |
| 7600m | 12:47.64 | (43.59) |
| 8000m | 13:29.97 | (42.33) |
| 8400m | 14:11.82 | (41.85) |
| 8800m | 14:53.46 | (41.64) |
| 9200m | 15:35.59 | (42.13) |
| 9600m | 16:18.27 | (42.68) |
| 10000m | 17:00.39 | (42.12) |

Adriaan Provoost

| | | |
|--------|----------|---------|
| 400m | 43.80 | (43.80) |
| 800m | 1:22.99 | (39.19) |
| 1200m | 2:02.73 | (39.74) |
| 1600m | 2:42.97 | (40.24) |
| 2000m | 3:23.57 | (40.60) |
| 2400m | 4:04.04 | (40.47) |
| 2800m | 4:44.15 | (40.11) |
| 3200m | 5:24.53 | (40.38) |
| 3600m | 6:04.93 | (40.40) |
| 4000m | 6:44.82 | (39.89) |
| 4400m | 7:24.90 | (40.08) |
| 4800m | 8:05.50 | (40.60) |
| 5200m | 8:46.38 | (40.88) |
| 5600m | 9:28.18 | (41.80) |
| 6000m | 10:09.33 | (41.15) |
| 6400m | 10:50.58 | (41.25) |
| 6800m | 11:31.85 | (41.27) |
| 7200m | 12:13.29 | (41.44) |
| 7600m | 12:55.01 | (41.72) |
| 8000m | 13:36.87 | (41.86) |
| 8400m | 14:18.72 | (41.85) |
| 8800m | 15:00.69 | (41.97) |
| 9200m | 15:42.63 | (41.94) |
| 9600m | 16:25.11 | (42.48) |
| 10000m | 17:07.46 | (42.35) |