

# 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	<b>Claire Garretsen</b>		DB2		<b>8:35.51</b>	
	rd	16	<b>Daniëlle Frijters</b>		DSA		<b>10:11.14</b>	
		<b>Claire Garretsen</b>			<b>Daniëlle Frijters</b>			
		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	<b>Ilse Vanlaerhoven</b>		DSB		<b>9:13.58</b>	
	bl	18	<b>Gerita Smallegoor</b>		D45		<b>9:41.50</b>	
		<b>Ilse Vanlaerhoven</b>			<b>Gerita Smallegoor</b>			
		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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		Naam		Cat		PR		Tijd	Info
3	wt	7	<b>Ilse van Ipenburg</b>		DSA		10:02.02	<b>9:23.46</b>	PR
	rd	14	<b>Patty van Hoorn</b>		D45			<b>9:29.50</b>	
		<b>Ilse van Ipenburg</b>			<b>Patty van Hoorn</b>				
		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	<b>Petra Andriessen-Hoekema</b>		D50		9:03.18	<b>8:47.50</b>	PR
	bl	4	<b>Jip Spel</b>		DSA		9:54.23	<b>9:48.90</b>	PR
		<b>Petra Andriessen-Hoekema</b>			<b>Jip Spel</b>				
		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)		

# GAK 5000m Dames en 10.000m Heren

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## 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

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## 2. Rituitslag Heren 10000 meter

	Naam	Cat	PR	Tijd Info	
5	wt rd	20 Krijn van Nuland	HSA	18:49.62	<b>17:39.71</b> 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)	

# GAK 5000m Dames en 10.000m Heren

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

## 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 <b>Johan van Buuren</b>	H55	17:35.76	<b>18:01.98</b>	
	rd	23 <b>Martijn Proost</b>	H50	17:41.28	<b>18:17.32</b>	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)

# GAK 5000m Dames en 10.000m Heren

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		Naam		Cat		PR		Tijd	Info
8	gl	3	<b>Erik Jansen</b>		HSA		16:26.94	<b>15:57.75</b>	PR
	bl	2	<b>Pieter Pennings</b>		H50		16:12.04	<b>17:11.13</b>	
		<b>Erik Jansen</b>			<b>Pieter Pennings</b>				
		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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		Naam	Cat	PR	Tijd	Info
9	wt	13 <b>Sybe van Hijum</b>	HSA	15:48.84	<b>15:56.76</b>	
	rd	5 <b>Pieter de Munck</b>	HSA	15:50.16	<b>16:28.98</b>	FL
		<b>Sybe van Hijum</b>				
		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)	

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		Naam	Cat	PR	Tijd	Info
10	gl	15 <b>Roel Hamers</b>	HN2	15:45.02	<b>17:00.39</b>	FL
	bl	11 <b>Adriaan Provoost</b>	H55	15:19.66	<b>17:07.46</b>	

## 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)