

1. Uitslag 3000 meter - Ijsbeercup

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	69 Ward Dielissen	HC2	8	O	4:41.32		
2	64 Freek van der Ham	HC2	8	I	4:51.58		
3	20 Siem Dongelmans	HC2	7	O	4:57.65		
4	8 Miel van der Veer	HC2	6	O	5:02.38	HT	
5	56 Sietse Zwart	HC2	5	I	5:02.99		
6	17 Masja Keesman	DC2	7	I	5:06.36	PR	
7	60 Lucas van der Hoorn	HC2	6	I	5:08.71		
8	55 Shelley Blaauw	DC2	4	I	5:13.01	HT	
9	27 Lara Dingjan	DC2	5	O	5:22.18		
10	61 Maerle Huizinga	DC2	3	O	5:44.61	HT	
11	50 Sterre Kamphuis	DC2	1	O	5:45.44		
12	5 Eeke Emilie Weenink	DC2	3	I	6:02.51	HT	
13	15 Marit Heijnen	DC2	4	O	6:04.60		
14	62 Timo Borst	HC2	1	I	6:58.48		

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		Naam		Cat		PR	Tijd	Info
1	wt	62	Timo Borst		HC2		6:58.48	
	rd	50	Sterre Kamphuis		DC2		5:45.44	
		Timo Borst			Sterre Kamphuis			
		200m	28.92	(28.92)	200m	27.66	(27.66)	
		600m	1:23.11	(54.19)	600m	1:11.61	(43.95)	
		1000m	2:18.36	(55.25)	1000m	1:55.86	(44.25)	
		1400m	3:14.50	(56.14)	1400m	2:41.00	(45.14)	
		1800m	4:09.52	(55.02)	1800m	3:27.38	(46.38)	
		2200m	5:05.90	(56.38)	2200m	4:14.18	(46.80)	
		2600m	6:02.11	(56.21)	2600m	4:59.93	(45.75)	
		3000m	6:58.48	(56.37)	3000m	5:45.44	(45.51)	

		Naam		Cat		PR	Tijd	Info
2	gl							
	bl							
		m			m			

		Naam		Cat		PR	Tijd	Info
3	wt	5	Eeke Emilie Weenink		DC2	5:57.93	6:02.51	HT
	rd	61	Maerle Huizinga		DC2		5:44.61	HT
		Eeke Emilie Weenink			Maerle Huizinga			
		200m	24.85	(24.85)	200m	24.56	(24.56)	
		600m	1:07.04	(42.19)	600m	1:05.15	(40.59)	
		1000m	1:51.36	(44.32)	1000m	1:49.40	(44.25)	
		1400m	2:38.93	(47.57)	1400m	2:33.90	(44.50)	
		1800m	3:28.39	(49.46)	1800m	3:20.43	(46.53)	
		2200m	4:18.59	(50.20)	2200m	4:06.87	(46.44)	
		2600m	5:09.62	(51.03)	2600m	4:54.08	(47.21)	
		3000m	6:02.51	(52.89)	3000m	5:44.61	(50.53)	

		Naam		Cat		PR	Tijd	Info
4	gl	55 Shelley Blaauw		DC2		5:02.07	5:13.01	HT
	bl	15 Marit Heijnen		DC2			6:04.60	
Shelley Blaauw			Marit Heijnen					
		200m	23.15	(23.15)		200m	25.34	(25.34)
		600m	1:02.96	(39.81)		600m	1:06.25	(40.91)
		1000m	1:42.79	(39.83)		1000m	1:50.68	(44.43)
		1400m	2:23.74	(40.95)		1400m	2:38.11	(47.43)
		1800m	3:04.67	(40.93)		1800m	3:29.37	(51.26)
		2200m	3:47.32	(42.65)		2200m	4:19.59	(50.22)
		2600m	4:29.32	(42.00)		2600m	5:12.39	(52.80)
		3000m	5:13.01	(43.69)		3000m	6:04.60	(52.21)

		Naam		Cat		PR	Tijd	Info
5	wt	56 Sietse Zwart		HC2			5:02.99	
	rd	27 Lara Dingjan		DC2			5:22.18	
Sietse Zwart			Lara Dingjan					
		200m	23.69	(23.69)		200m	23.63	(23.63)
		600m	1:03.32	(39.63)		600m	1:03.11	(39.48)
		1000m	1:42.66	(39.34)		1000m	1:44.68	(41.57)
		1400m	2:22.80	(40.14)		1400m	2:27.11	(42.43)
		1800m	3:02.81	(40.01)		1800m	3:11.47	(44.36)
		2200m	3:43.42	(40.61)		2200m	3:55.31	(43.84)
		2600m	4:23.80	(40.38)		2600m	4:39.44	(44.13)
		3000m	5:02.99	(39.19)		3000m	5:22.18	(42.74)

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		Naam	Cat	PR	Tijd	Info
6	gl	60 Lucas van der Hoorn	HC2		5:08.71	
	bl	8 Miel van der Veer	HC2		5:02.38	HT
Lucas van der Hoorn			Miel van der Veer			
		200m	23.44 (23.44)		200m	24.18 (24.18)
		600m	1:02.39 (38.95)		600m	1:00.66 (36.48)
		1000m	1:43.14 (40.75)		1000m	1:39.17 (38.51)
		1400m	2:24.55 (41.41)		1400m	2:19.47 (40.30)
		1800m	3:05.97 (41.42)		1800m	2:59.67 (40.20)
		2200m	3:46.99 (41.02)		2200m	3:40.57 (40.90)
		2600m	4:27.67 (40.68)		2600m	4:21.90 (41.33)
		3000m	5:08.71 (41.04)		3000m	5:02.38 (40.48)

		Naam	Cat	PR	Tijd	Info
7	wt	17 Masja Keesman	DC2	5:06.97	5:06.36	PR
	rd	20 Siem Dongelmans	HC2		4:57.65	
Masja Keesman			Siem Dongelmans			
		200m	22.92 (22.92)		200m	23.00 (23.00)
		600m	1:01.25 (38.33)		600m	1:01.29 (38.29)
		1000m	1:40.08 (38.83)		1000m	1:40.55 (39.26)
		1400m	2:20.53 (40.45)		1400m	2:19.03 (38.48)
		1800m	3:00.43 (39.90)		1800m	2:58.71 (39.68)
		2200m	3:41.56 (41.13)		2200m	3:38.03 (39.32)
		2600m	4:23.45 (41.89)		2600m	4:16.73 (38.70)
		3000m	5:06.36 (42.91)		3000m	4:57.65 (40.92)

		Naam		Cat		PR	Tijd	Info
8	gl	64	Freek van der Ham		HC2		4:51.58	
	bl	69	Ward Dielissen		HC2		4:41.32	
Freek van der Ham				Ward Dielissen				
		200m	21.93	(21.93)	200m	21.73	(21.73)	
		600m	59.17	(37.24)	600m	57.76	(36.03)	
		1000m	1:37.68	(38.51)	1000m	1:35.44	(37.68)	
		1400m	2:16.02	(38.34)	1400m	2:13.20	(37.76)	
		1800m	2:54.80	(38.78)	1800m	2:50.68	(37.48)	
		2200m	3:34.06	(39.26)	2200m	3:28.30	(37.62)	
		2600m	4:12.40	(38.34)	2600m	4:05.24	(36.94)	
		3000m	4:51.58	(39.18)	3000m	4:41.32	(36.08)	

2. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52 Bob van Nobelen	HSB	20	O	4:29.56		
2	30 Constant Radenovic	HB1	19	I	4:33.18	PR	
3	23 Evert Jan van Dijk	H40	20	I	4:35.92		
4	38 Jos Niesten	H40	19	O	4:47.42	HT	
5	58 Tim Jilesen	HB2	15	I	4:51.34	HT	
6	16 Simon Wijte	HSB	17	O	4:51.85		
7	57 Marcel Huismans	H45	18	O	4:53.52		
8	40 Cock Baas	H55	18	I	4:58.67		
9	51 Milou Butter	DA1	14	O	5:03.25	PR	
10	25 John van Assema	H50	16	I	5:10.13		
11	44 Clément Torre	H45	13	O	5:13.85		
12	31 Leanne Molenaar	DB2	11	O	5:16.22	PR	
13	19 Jaap Zonneveld	HB2	9	O	5:17.24		
14	6 Renske van der Veer	DB2	13	I	5:18.31	PR	
15	26 Rick van Assema	HA1	14	I	5:19.31	PR	
16	48 Johan Weenink	H45	16	O	5:19.94	HT	
17	32 Ate van Geest	HA1	15	O	5:22.62		
18	67 Rob Ligtenberg	H55	10	I	5:23.96		
19	42 Klaas van 't Veer	H45	10	O	5:34.40		
20	22 Aranka Keur	DSB	11	I	5:34.64		
21	46 Renske Overbosch	DB1	12	O	5:35.32	PR	
22	28 Tjarko van der Pol	HSB	9	I	5:38.53		
23	13 Mieke Heine	D45	12	I	5:40.44		
	24 Niels van Assema	HN2	17	I	DNS		

2. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
9	wt	28	Tjarko van der Pol		HSB		5:33.63	5:38.53	
	rd	19	Jaap Zonneveld		HB2			5:17.24	
			Tjarko van der Pol				Jaap Zonneveld		
		200m	25.65	(25.65)		200m	24.95	(24.95)	
		600m	1:07.71	(42.06)		600m	1:06.08	(41.13)	
		1000m	1:49.59	(41.88)		1000m	1:48.03	(41.95)	
		1400m	2:33.61	(44.02)		1400m	2:29.54	(41.51)	
		1800m	3:18.93	(45.32)		1800m	3:11.00	(41.46)	
		2200m	4:05.56	(46.63)		2200m	3:53.10	(42.10)	
		2600m	4:52.97	(47.41)		2600m	4:35.26	(42.16)	
		3000m	5:38.53	(45.56)		3000m	5:17.24	(41.98)	

		Naam		Cat		PR		Tijd	Info
10	gl	67	Rob Ligtenberg		H55		4:53.30	5:23.96	
	bl	42	Klaas van 't Veer		H45		4:48.82	5:34.40	
			Rob Ligtenberg				Klaas van 't Veer		
		200m	24.34	(24.34)		200m	26.03	(26.03)	
		600m	1:03.83	(39.49)		600m	1:06.93	(40.90)	
		1000m	1:45.35	(41.52)		1000m	1:49.74	(42.81)	
		1400m	2:28.67	(43.32)		1400m	2:32.59	(42.85)	
		1800m	3:11.95	(43.28)		1800m	3:17.38	(44.79)	
		2200m	3:56.44	(44.49)		2200m	4:02.86	(45.48)	
		2600m	4:40.18	(43.74)		2600m	4:48.92	(46.06)	
		3000m	5:23.96	(43.78)		3000m	5:34.40	(45.48)	

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		Naam			Cat	PR	Tijd	Info
11	wt	22	Aranka Keur		DSB	5:34.22	5:34.64	
	rd	31	Leanne Molenaar		DB2	5:24.02	5:16.22	PR
		Aranka Keur			Leanne Molenaar			
		200m	24.32	(24.32)	200m	24.16	(24.16)	
		600m	1:04.93	(40.61)	600m	1:02.74	(38.58)	
		1000m	1:47.44	(42.51)	1000m	1:43.48	(40.74)	
		1400m	2:30.89	(43.45)	1400m	2:25.44	(41.96)	
		1800m	3:15.28	(44.39)	1800m	3:07.94	(42.50)	
		2200m	4:01.43	(46.15)	2200m	3:51.73	(43.79)	
		2600m	4:47.75	(46.32)	2600m	4:34.68	(42.95)	
		3000m	5:34.64	(46.89)	3000m	5:16.22	(41.54)	

		Naam			Cat	PR	Tijd	Info
12	gl	13	Mieke Heine		D45	5:26.38	5:40.44	
	bl	46	Renske Overbosch		DB1	5:40.19	5:35.32	PR
		Mieke Heine			Renske Overbosch			
		200m	26.98	(26.98)	200m	26.16	(26.16)	
		600m	1:09.00	(42.02)	600m	1:07.07	(40.91)	
		1000m	1:51.51	(42.51)	1000m	1:50.06	(42.99)	
		1400m	2:35.16	(43.65)	1400m	2:33.33	(43.27)	
		1800m	3:19.32	(44.16)	1800m	3:18.44	(45.11)	
		2200m	4:05.40	(46.08)	2200m	4:03.63	(45.19)	
		2600m	4:52.19	(46.79)	2600m	4:49.29	(45.66)	
		3000m	5:40.44	(48.25)	3000m	5:35.32	(46.03)	

		Naam			Cat	PR	Tijd	Info
13	wt	6	Renske van der Veer		DB2	5:23.64	5:18.31	PR
	rd	44	Clément Torre		H45	5:12.79	5:13.85	
		Renske van der Veer			Clément Torre			
		200m	24.70	(24.70)	200m	25.48	(25.48)	
		600m	1:03.95	(39.25)	600m	1:04.51	(39.03)	
		1000m	1:44.40	(40.45)	1000m	1:45.13	(40.62)	
		1400m	2:25.62	(41.22)	1400m	2:26.12	(40.99)	
		1800m	3:07.60	(41.98)	1800m	3:08.19	(42.07)	
		2200m	3:50.38	(42.78)	2200m	3:50.74	(42.55)	
		2600m	4:33.91	(43.53)	2600m	4:32.96	(42.22)	
		3000m	5:18.31	(44.40)	3000m	5:13.85	(40.89)	

		Naam			Cat	PR	Tijd	Info
14	gl	26	Rick van Assema		HA1	5:20.53	5:19.31	PR
	bl	51	Milou Butter		DA1	5:10.67	5:03.25	PR
		Rick van Assema			Milou Butter			
		200m	23.98	(23.98)	200m	22.45	(22.45)	
		600m	1:02.12	(38.14)	600m	58.51	(36.06)	
		1000m	1:41.43	(39.31)	1000m	1:36.71	(38.20)	
		1400m	2:22.10	(40.67)	1400m	2:15.86	(39.15)	
		1800m	3:04.18	(42.08)	1800m	2:55.95	(40.09)	
		2200m	3:48.41	(44.23)	2200m	3:37.79	(41.84)	
		2600m	4:33.26	(44.85)	2600m	4:20.08	(42.29)	
		3000m	5:19.31	(46.05)	3000m	5:03.25	(43.17)	

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		Naam	Cat		PR	Tijd	Info
15	wt	58 Tim Jilesen	HB2		5:05.96	4:51.34	HT
	rd	32 Ate van Geest	HA1		5:06.17	5:22.62	
		Tim Jilesen			Ate van Geest		
		200m	21.74	(21.74)	200m	23.65	(23.65)
		600m	58.07	(36.33)	600m	1:01.34	(37.69)
		1000m	1:35.69	(37.62)	1000m	1:41.87	(40.53)
		1400m	2:14.15	(38.46)	1400m	2:23.66	(41.79)
		1800m	2:53.46	(39.31)	1800m	3:06.95	(43.29)
		2200m	3:33.33	(39.87)	2200m	3:51.06	(44.11)
		2600m	4:12.86	(39.53)	2600m	4:36.26	(45.20)
		3000m	4:51.34	(38.48)	3000m	5:22.62	(46.36)

		Naam	Cat		PR	Tijd	Info
16	gl	25 John van Assema	H50		5:05.49	5:10.13	
	bl	48 Johan Weenink	H45		4:36.75	5:19.94	HT
		John van Assema			Johan Weenink		
		200m	24.90	(24.90)	200m	24.83	(24.83)
		600m	1:03.09	(38.19)	600m	1:03.47	(38.64)
		1000m	1:41.75	(38.66)	1000m	1:41.78	(38.31)
		1400m	2:21.84	(40.09)	1400m	2:22.02	(40.24)
		1800m	3:03.02	(41.18)	1800m	3:04.44	(42.42)
		2200m	3:45.19	(42.17)	2200m	3:48.93	(44.49)
		2600m	4:27.62	(42.43)	2600m	4:33.11	(44.18)
		3000m	5:10.13	(42.51)	3000m	5:19.94	(46.83)

		Naam	Cat	PR	Tijd	Info
17	wt	24 Niels van Assema	HN2	4:45.95		DNS
	rd	16 Simon Wijte	HSB	4:21.99		4:51.85
		Niels van Assema		Simon Wijte		
		200m	22.74	(22.74)		
		600m	58.57	(35.83)		
		1000m	1:34.77	(36.20)		
		1400m	2:11.88	(37.11)		
		1800m	2:49.94	(38.06)		
		2200m	3:29.18	(39.24)		
		2600m	4:09.91	(40.73)		
		3000m	4:51.85	(41.94)		

		Naam	Cat	PR	Tijd	Info
18	gl	40 Cock Baas	H55	4:32.21		4:58.67
	bl	57 Marcel Huismans	H45	4:39.60		4:53.52
		Cock Baas		Marcel Huismans		
		200m	22.64	(22.64)	200m	22.59 (22.59)
		600m	1:00.60	(37.96)	600m	59.25 (36.66)
		1000m	1:39.41	(38.81)	1000m	1:37.62 (38.37)
		1400m	2:18.52	(39.11)	1400m	2:16.33 (38.71)
		1800m	2:58.87	(40.35)	1800m	2:55.21 (38.88)
		2200m	3:38.70	(39.83)	2200m	3:34.23 (39.02)
		2600m	4:18.54	(39.84)	2600m	4:13.53 (39.30)
		3000m	4:58.67	(40.13)	3000m	4:53.52 (39.99)

		Naam			Cat	PR	Tijd	Info
19	wt	30	Constant Radenovic		HB1	4:37.43	4:33.18	PR
	rd	38	Jos Niesten		H40	4:36.99	4:47.42	HT
		Constant Radenovic			Jos Niesten			
		200m	21.35	(21.35)	200m	23.64	(23.64)	
		600m	55.39	(34.04)	600m	59.37	(35.73)	
		1000m	1:30.41	(35.02)	1000m	1:35.91	(36.54)	
		1400m	2:05.58	(35.17)	1400m	2:13.02	(37.11)	
		1800m	2:41.54	(35.96)	1800m	2:50.74	(37.72)	
		2200m	3:18.57	(37.03)	2200m	3:29.06	(38.32)	
		2600m	3:55.91	(37.34)	2600m	4:08.19	(39.13)	
		3000m	4:33.18	(37.27)	3000m	4:47.42	(39.23)	

		Naam			Cat	PR	Tijd	Info
20	gl	23	Evert Jan van Dijk		H40	4:35.80	4:35.92	
	bl	52	Bob van Nobelen		HSB	4:24.93	4:29.56	
		Evert Jan van Dijk			Bob van Nobelen			
		200m	22.32	(22.32)	200m	21.98	(21.98)	
		600m	57.67	(35.35)	600m	56.48	(34.50)	
		1000m	1:32.48	(34.81)	1000m	1:30.52	(34.04)	
		1400m	2:07.82	(35.34)	1400m	2:05.34	(34.82)	
		1800m	2:43.81	(35.99)	1800m	2:40.63	(35.29)	
		2200m	3:20.41	(36.60)	2200m	3:16.86	(36.23)	
		2600m	3:58.01	(37.60)	2600m	3:53.25	(36.39)	
		3000m	4:35.92	(37.91)	3000m	4:29.56	(36.31)	

3. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Sven-Yvo Stoop	HSA	26	O	7:41.52	PR	
2	34 Mike van Dijk	HA2	25	O	7:51.17	PR	
3	3 Joost van het Kaar	H40	24	O	8:00.43	PR	
4	18 Tara Donoghue	DA1	25	I	8:04.98		
5	45 AbeJan Weenink	HB2	26	I	8:21.43		
6	10 Maartje Heine	DN2	24	I	8:32.02	PR	
7	65 Jeroen van Hoek	H55	23	I	8:41.40		
8	59 Eva Peters	DSA	23	O	8:56.40	PR	
9	43 Iris Meerhoff	DN4	22	I	9:08.13		
10	47 Sanne Roos	DB1	21	I	9:15.99	PR	
11	49 Frank Christiaans	H65	21	O	9:17.68		
12	12 Mark Peters	H60	22	O	9:26.03		

3. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd	Info
21	wt	47 Sanne Roos	DB1	9:35.48	9:15.99	PR
	rd	49 Frank Christiaans	H65	8:29.83	9:17.68	
		Sanne Roos				Frank Christiaans
		200m	25.27 (25.27)	200m	27.87 (27.87)	
		600m	1:08.76 (43.49)	600m	1:10.53 (42.66)	
		1000m	1:52.60 (43.84)	1000m	1:55.36 (44.83)	
		1400m	2:38.16 (45.56)	1400m	2:39.33 (43.97)	
		1800m	3:23.06 (44.90)	1800m	3:23.08 (43.75)	
		2200m	4:07.57 (44.51)	2200m	4:07.07 (43.99)	
		2600m	4:52.15 (44.58)	2600m	4:51.63 (44.56)	
		3000m	5:36.69 (44.54)	3000m	5:35.55 (43.92)	
		3400m	6:20.73 (44.04)	3400m	6:19.77 (44.22)	
		3800m	7:05.38 (44.65)	3800m	7:04.16 (44.39)	
		4200m	7:49.98 (44.60)	4200m	7:50.39 (46.23)	
		4600m	8:34.24 (44.26)	4600m	8:34.26 (43.87)	
		5000m	9:15.99 (41.75)	5000m	9:17.68 (43.42)	

		Naam	Cat	PR	Tijd	Info
22	gl	43 Iris Meerhoff	DN4		9:08.13	
	bl	12 Mark Peters	H60	8:56.64	9:26.03	
		Iris Meerhoff				Mark Peters
		200m	25.84 (25.84)	200m	27.03 (27.03)	
		600m	1:08.10 (42.26)	600m	1:09.05 (42.02)	
		1000m	1:50.08 (41.98)	1000m	1:52.23 (43.18)	
		1400m	2:32.93 (42.85)	1400m	2:36.41 (44.18)	
		1800m	3:16.48 (43.55)	1800m	3:21.17 (44.76)	
		2200m	4:00.08 (43.60)	2200m	4:05.99 (44.82)	
		2600m	4:43.75 (43.67)	2600m	4:50.39 (44.40)	
		3000m	5:27.74 (43.99)	3000m	5:35.09 (44.70)	
		3400m	6:12.18 (44.44)	3400m	6:19.85 (44.76)	
		3800m	6:56.42 (44.24)	3800m	7:06.07 (46.22)	
		4200m	7:40.87 (44.45)	4200m	7:52.14 (46.07)	
		4600m	8:25.66 (44.79)	4600m	8:39.46 (47.32)	
		5000m	9:08.13 (42.47)	5000m	9:26.03 (46.57)	

		Naam			Cat	PR	Tijd	Info
23	wt	65	Jeroen van Hoek		H55	8:19.87	8:41.40	
	rd	59	Eva Peters		DSA	9:33.01	8:56.40	PR
			Jeroen van Hoek			Eva Peters		
			200m	25.15	(25.15)	200m	25.04	(25.04)
			600m	1:04.06	(38.91)	600m	1:04.42	(39.38)
			1000m	1:44.31	(40.25)	1000m	1:45.41	(40.99)
			1400m	2:25.35	(41.04)	1400m	2:27.35	(41.94)
			1800m	3:06.04	(40.69)	1800m	3:08.88	(41.53)
			2200m	3:47.24	(41.20)	2200m	3:50.88	(42.00)
			2600m	4:28.97	(41.73)	2600m	4:33.72	(42.84)
			3000m	5:10.71	(41.74)	3000m	5:17.07	(43.35)
			3400m	5:52.63	(41.92)	3400m	6:01.03	(43.96)
			3800m	6:34.51	(41.88)	3800m	6:44.75	(43.72)
			4200m	7:16.83	(42.32)	4200m	7:28.46	(43.71)
			4600m	7:59.37	(42.54)	4600m	8:12.71	(44.25)
			5000m	8:41.40	(42.03)	5000m	8:56.40	(43.69)

		Naam			Cat	PR	Tijd	Info
24	gl	10	Maartje Heine		DN2	9:03.29	8:32.02	PR
	bl	3	Joost van het Kaar		H40	8:24.35	8:00.43	PR
			Maartje Heine			Joost van het Kaar		
			200m	23.20	(23.20)	200m	22.80	(22.80)
			600m	1:01.36	(38.16)	600m	58.89	(36.09)
			1000m	1:41.57	(40.21)	1000m	1:36.00	(37.11)
			1400m	2:22.61	(41.04)	1400m	2:13.83	(37.83)
			1800m	3:03.28	(40.67)	1800m	2:51.01	(37.18)
			2200m	3:44.17	(40.89)	2200m	3:28.60	(37.59)
			2600m	4:25.32	(41.15)	2600m	4:06.49	(37.89)
			3000m	5:06.51	(41.19)	3000m	4:45.31	(38.82)
			3400m	5:47.57	(41.06)	3400m	5:23.59	(38.28)
			3800m	6:29.06	(41.49)	3800m	6:02.14	(38.55)
			4200m	7:10.78	(41.72)	4200m	6:41.32	(39.18)
			4600m	7:51.98	(41.20)	4600m	7:20.94	(39.62)
			5000m	8:32.02	(40.04)	5000m	8:00.43	(39.49)

		Naam			Cat	PR	Tijd	Info
25	wt	18	Tara Donoghue		DA1		8:04.98	
	rd	34	Mike van Dijk		HA2	7:57.06	7:51.17	PR
			Tara Donoghue			Mike van Dijk		
			200m	22.62	(22.62)	200m	21.25	(21.25)
			600m	1:00.29	(37.67)	600m	56.52	(35.27)
			1000m	1:38.02	(37.73)	1000m	1:32.61	(36.09)
			1400m	2:15.85	(37.83)	1400m	2:08.72	(36.11)
			1800m	2:53.26	(37.41)	1800m	2:45.03	(36.31)
			2200m	3:31.30	(38.04)	2200m	3:21.74	(36.71)
			2600m	4:09.43	(38.13)	2600m	3:58.14	(36.40)
			3000m	4:47.87	(38.44)	3000m	4:34.84	(36.70)
			3400m	5:26.74	(38.87)	3400m	5:12.49	(37.65)
			3800m	6:06.38	(39.64)	3800m	5:50.93	(38.44)
			4200m	6:45.91	(39.53)	4200m	6:30.63	(39.70)
			4600m	7:25.76	(39.85)	4600m	7:10.43	(39.80)
			5000m	8:04.98	(39.22)	5000m	7:51.17	(40.74)

		Naam			Cat	PR	Tijd	Info
26	gl	45	AbeJan Weenink		HB2	7:57.38	8:21.43	
	bl	11	Sven-Yvo Stoop		HSA	7:58.67	7:41.52	PR
			AbeJan Weenink			Sven-Yvo Stoop		
			200m	22.75	(22.75)	200m	22.01	(22.01)
			600m	59.79	(37.04)	600m	57.59	(35.58)
			1000m	1:38.14	(38.35)	1000m	1:33.47	(35.88)
			1400m	2:16.93	(38.79)	1400m	2:09.32	(35.85)
			1800m	2:56.04	(39.11)	1800m	2:45.16	(35.84)
			2200m	3:35.17	(39.13)	2200m	3:21.07	(35.91)
			2600m	4:13.91	(38.74)	2600m	3:56.60	(35.53)
			3000m	4:53.59	(39.68)	3000m	4:32.47	(35.87)
			3400m	5:34.41	(40.82)	3400m	5:08.67	(36.20)
			3800m	6:15.91	(41.50)	3800m	5:45.89	(37.22)
			4200m	6:57.58	(41.67)	4200m	6:24.03	(38.14)
			4600m	7:39.02	(41.44)	4600m	7:02.34	(38.31)
			5000m	8:21.43	(42.41)	5000m	7:41.52	(39.18)

4. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	68 Luke Kooij	HA2	31	I	15:44.19		
2	1 Erwin Dekker	H60	31	O	17:54.60		
3	35 Joeke van Mulligen	HA1	29	I	18:31.65	PR	
4	33 Rick van Geest	H55	32	I	18:41.43		
5	39 Suzanne Beets	DSA	29	O	19:16.67	PR	
6	63 Chris Kempenaar	H65	27	O	20:16.23		
7	2 Eugène Tonino	H55	32	O	20:29.62		
8	36 Martijn Nikkels	HN3	27	I	22:57.01		
9	Erwin Henskes	H60	30	I	DQ		

4. Rituitslag 10000 meter

		Naam	Cat	PR	Tijd	Info
27	wt	36 Martijn Nikkels	HN3		22:57.01	
	rd	63 Chris Kempenaar	H65	18:52.60	20:16.23	
Martijn Nikkels			Chris Kempenaar			
		400m	49.37 (49.37)	400m	52.18 (52.18)	
		800m	1:34.18 (44.81)	800m	1:38.49 (46.31)	
		1200m	2:21.21 (47.03)	1200m	2:25.66 (47.17)	
		1600m	3:11.23 (50.02)	1600m	3:12.80 (47.14)	
		2000m	4:00.66 (49.43)	2000m	3:59.35 (46.55)	
		2400m	4:50.22 (49.56)	2400m	4:46.69 (47.34)	
		2800m	5:41.43 (51.21)	2800m	5:34.38 (47.69)	
		3200m	6:36.68 (55.25)	3200m	6:21.84 (47.46)	
		3600m	7:28.75 (52.07)	3600m	7:10.28 (48.44)	
		4000m	8:22.50 (53.75)	4000m	7:58.98 (48.70)	
		4400m	9:18.09 (55.59)	4400m	8:47.34 (48.36)	
		4800m	10:16.12 (58.03)	4800m	9:35.62 (48.28)	
		5200m	11:16.68 (60.56)	5200m	10:23.93 (48.31)	
		5600m	12:13.12 (56.44)	5600m	11:12.46 (48.53)	
		6000m	13:09.19 (56.07)	6000m	12:00.34 (47.88)	
		6400m	14:06.83 (57.64)	6400m	12:48.77 (48.43)	
		6800m	15:07.01 (60.18)	6800m	13:37.24 (48.47)	
		7200m	16:03.14 (56.13)	7200m	14:25.61 (48.37)	
		7600m	16:58.33 (55.19)	7600m	15:14.15 (48.54)	
		8000m	18:02.57 (64.24)	8000m	16:02.11 (47.96)	
		8400m	19:08.05 (65.48)	8400m	16:50.41 (48.30)	
		8800m	20:05.84 (57.79)	8800m	17:53.38 (62.97)	
		9200m	21:05.98 (60.14)	9200m	18:41.59 (48.21)	
		9600m	22:03.09 (57.11)	9600m	19:29.25 (47.66)	
		10000m	22:57.01 (53.92)	10000m	20:16.23 (46.98)	

		Naam	Cat	PR	Tijd	Info
28	gl					
	bl					
			m			
			m			

		Naam	Cat	PR	Tijd	Info
29	wt	35 Joeke van Mulligen	HA1	18:53.12	18:31.65	PR
	rd	39 Suzanne Beets	DSA	19:40.68	19:16.67	PR

Joeke van Mulligen

400m	47.15	(47.15)
800m	1:29.56	(42.41)
1200m	2:12.24	(42.68)
1600m	2:55.00	(42.76)
2000m	3:37.74	(42.74)
2400m	4:20.61	(42.87)
2800m	5:03.31	(42.70)
3200m	5:46.65	(43.34)
3600m	6:30.27	(43.62)
4000m	7:13.92	(43.65)
4400m	7:58.33	(44.41)
4800m	8:42.45	(44.12)
5200m	9:26.55	(44.10)
5600m	10:10.84	(44.29)
6000m	10:55.65	(44.81)
6400m	11:40.42	(44.77)
6800m	12:25.46	(45.04)
7200m	13:10.61	(45.15)
7600m	13:55.00	(44.39)
8000m	14:39.76	(44.76)
8400m	15:25.34	(45.58)
8800m	16:11.49	(46.15)
9200m	16:58.96	(47.47)
9600m	17:45.88	(46.92)
10000m	18:31.65	(45.77)

Suzanne Beets

400m	47.32	(47.32)
800m	1:31.67	(44.35)
1200m	2:17.01	(45.34)
1600m	3:02.90	(45.89)
2000m	3:48.68	(45.78)
2400m	4:34.21	(45.53)
2800m	5:20.17	(45.96)
3200m	6:06.10	(45.93)
3600m	6:52.19	(46.09)
4000m	7:38.26	(46.07)
4400m	8:24.97	(46.71)
4800m	9:11.66	(46.69)
5200m	9:58.93	(47.27)
5600m	10:46.38	(47.45)
6000m	11:33.56	(47.18)
6400m	12:20.39	(46.83)
6800m	13:07.83	(47.44)
7200m	13:55.23	(47.40)
7600m	14:39.76	(44.53)
8000m	15:26.39	(46.63)
8400m	16:12.26	(45.87)
8800m	16:58.00	(45.74)
9200m	17:45.00	(47.00)
9600m	18:32.22	(47.22)
10000m	19:16.67	(44.45)

		Naam	Cat	PR	Tijd	Info
30	gl	9 Erwin Henskes	H60	18:03.45	DQ	
	bl					

Erwin Henskes

400m	10.00	(10.00)
800m	1:14.49	(64.49)
1200m	2:37.51	(83.02)

m

		Naam			Cat	PR	Tijd	Info
31	wt	68	Luke Kooij		HA2		15:44.19	
	rd	1	Erwin Dekker		H60		17:54.60	
		Luke Kooij			Erwin Dekker			
		400m	42.88	(42.88)	400m	45.24	(45.24)	
		800m	1:21.58	(38.70)	800m	1:26.39	(41.15)	
		1200m	2:00.19	(38.61)	1200m	2:07.95	(41.56)	
		1600m	2:38.48	(38.29)	1600m	2:49.43	(41.48)	
		2000m	3:17.18	(38.70)	2000m	3:31.20	(41.77)	
		2400m	3:55.41	(38.23)	2400m	4:12.92	(41.72)	
		2800m	4:33.67	(38.26)	2800m	4:54.87	(41.95)	
		3200m	5:12.32	(38.65)	3200m	5:36.50	(41.63)	
		3600m	5:50.11	(37.79)	3600m	6:18.95	(42.45)	
		4000m	6:27.84	(37.73)	4000m	7:01.44	(42.49)	
		4400m	7:04.96	(37.12)	4400m	7:43.67	(42.23)	
		4800m	7:42.01	(37.05)	4800m	8:25.69	(42.02)	
		5200m	8:19.02	(37.01)	5200m	9:07.78	(42.09)	
		5600m	8:55.93	(36.91)	5600m	9:49.53	(41.75)	
		6000m	9:32.62	(36.69)	6000m	10:31.93	(42.40)	
		6400m	10:09.48	(36.86)	6400m	11:15.01	(43.08)	
		6800m	10:46.99	(37.51)	6800m	11:58.12	(43.11)	
		7200m	11:24.26	(37.27)	7200m	12:41.18	(43.06)	
		7600m	12:01.26	(37.00)	7600m	13:25.41	(44.23)	
		8000m	12:38.83	(37.57)	8000m	14:19.43	(54.02)	
		8400m	13:15.76	(36.93)	8400m	15:03.48	(44.05)	
		8800m	13:52.30	(36.54)	8800m	15:45.63	(42.15)	
		9200m	14:29.02	(36.72)	9200m	16:28.71	(43.08)	
		9600m	15:07.21	(38.19)	9600m	17:11.73	(43.02)	
		10000m	15:44.19	(36.98)	10000m	17:54.60	(42.87)	

		Naam	Cat	PR	Tijd	Info
32	gl	33 Rick van Geest	H55		18:41.43	
	bl	2 Eugène Tonino	H55	18:33.78	20:29.62	

Rick van Geest

400m	49.43	(49.43)
800m	1:34.39	(44.96)
1200m	2:19.80	(45.41)
1600m	3:04.93	(45.13)
2000m	3:49.71	(44.78)
2400m	4:35.17	(45.46)
2800m	5:19.87	(44.70)
3200m	6:05.38	(45.51)
3600m	6:50.21	(44.83)
4000m	7:34.60	(44.39)
4400m	8:19.85	(45.25)
4800m	9:05.23	(45.38)
5200m	9:49.90	(44.67)
5600m	10:34.04	(44.14)
6000m	11:18.54	(44.50)
6400m	12:02.17	(43.63)
6800m	12:47.13	(44.96)
7200m	13:32.29	(45.16)
7600m	14:15.66	(43.37)
8000m	15:00.25	(44.59)
8400m	15:44.76	(44.51)
8800m	16:30.06	(45.30)
9200m	17:14.94	(44.88)
9600m	17:59.81	(44.87)
10000m	18:41.43	(41.62)

Eugène Tonino

400m	52.98	(52.98)
800m	1:39.59	(46.61)
1200m	2:26.09	(46.50)
1600m	3:12.58	(46.49)
2000m	3:59.21	(46.63)
2400m	4:46.03	(46.82)
2800m	5:32.59	(46.56)
3200m	6:19.90	(47.31)
3600m	7:08.01	(48.11)
4000m	7:56.49	(48.48)
4400m	8:43.97	(47.48)
4800m	9:51.55	(67.58)
5200m	10:21.71	(30.16)
5600m	11:13.89	(52.18)
6000m	12:06.58	(52.69)
6400m	12:58.41	(51.83)
6800m	13:48.39	(49.98)
7200m	14:37.76	(49.37)
7600m	15:32.30	(54.54)
8000m	16:25.71	(53.41)
8400m	17:17.72	(52.01)
8800m	18:06.03	(48.31)
9200m	18:54.83	(48.80)
9600m	19:43.25	(48.42)
10000m	20:29.62	(46.37)