

## 4. Rituitslag 3000 meter

		Naam	Cat	Vereniging	PR	Tijd	Info
1	wt	24 <b>Mark Ooijevaar</b>	HSB	STW	3:46.94	<b>4:09.21</b>	
	rd	15 <b>Sybe van Hijum</b>	HSA	SKEUVEL	4:29.50	<b>4:37.89</b>	
		<b>Mark Ooijevaar</b>			<b>Sybe van Hijum</b>		
		200m	20.74	(20.7)	200m	22.56	(22.5)
		600m	52.84	(32.1)	600m	58.79	(36.2)
		1000m	1:25.43	(32.6)	1000m	1:35.81	(37.1)
		1400m	1:58.23	(32.8)	1400m	2:12.48	(36.6)
		1800m	2:31.06	(32.8)	1800m	2:48.96	(36.5)
		2200m	3:03.69	(32.6)	2200m	3:25.40	(36.5)
		2600m	3:36.25	(32.6)	2600m	4:01.90	(36.5)
		3000m	4:09.21	(33.0)	3000m	4:37.89	(35.9)

		Naam	Cat	Vereniging	PR	Tijd	Info
2	gl	29 <b>Beau Snellink</b>	HA1	STG NINO	3:59.84	<b>4:08.29</b>	
	bl	33 <b>Watse Vermaning</b>	HA2	CSV VRIEZENVEEN	4:08.64	<b>4:13.38</b>	
		<b>Beau Snellink</b>			<b>Watse Vermaning</b>		
		200m	20.94	(20.9)	200m	20.15	(20.1)
		600m	53.08	(32.1)	600m	52.12	(32.0)
		1000m	1:25.31	(32.3)	1000m	1:24.57	(32.4)
		1400m	1:57.82	(32.5)	1400m	1:56.89	(32.3)
		1800m	2:30.27	(32.4)	1800m	2:29.61	(32.8)
		2200m	3:02.80	(32.6)	2200m	3:02.96	(33.3)
		2600m	3:35.64	(32.8)	2600m	3:37.60	(34.7)
		3000m	4:08.29	(32.6)	3000m	4:13.38	(35.7)

		Naam	Cat	Vereniging	PR	Tijd	Info
3	wt	37 <b>Nino van Dijk</b>	HN2	SVW	4:00.74	<b>4:08.91</b>	
	rd	21 <b>Joes Klijnsoen</b>	HN2	AIJC	3:57.92	<b>4:11.03</b>	
		<b>Nino van Dijk</b>			<b>Joes Klijnsoen</b>		
		200m	19.34	(19.3)	200m	20.57	(20.5)
		600m	49.99	(30.6)	600m	52.22	(31.7)
		1000m	1:21.60	(31.7)	1000m	1:25.24	(33.0)
		1400m	1:53.93	(32.3)	1400m	1:58.23	(33.0)
		1800m	2:26.76	(32.8)	1800m	2:30.38	(32.1)
		2200m	3:00.23	(33.5)	2200m	3:03.16	(32.8)
		2600m	3:34.11	(33.9)	2600m	3:36.35	(33.2)
		3000m	4:08.91	(34.8)	3000m	4:11.03	(34.7)

		Naam	Cat	Vereniging	PR	Tijd	Info
4	gl	14 <b>Lasse Hiddink</b>	HA1	DYC	4:05.64	<b>4:07.62</b>	
	bl	1 <b>Berend Bervoets</b>	HN1	STG HOORN	3:58.31	<b>4:09.55</b>	
		<b>Lasse Hiddink</b>			<b>Berend Bervoets</b>		
		200m	20.01	(20.0)	200m	20.36	(20.3)
		600m	52.25	(32.2)	600m	52.37	(32.0)
		1000m	1:24.55	(32.3)	1000m	1:23.85	(31.5)
		1400m	1:57.13	(32.6)	1400m	1:55.78	(31.9)
		1800m	2:29.90	(32.8)	1800m	2:28.42	(32.7)
		2200m	3:02.58	(32.6)	2200m	3:01.60	(33.2)
		2600m	3:35.21	(32.7)	2600m	3:35.14	(33.5)
		3000m	4:07.62	(32.4)	3000m	4:09.55	(34.4)

		Naam	Cat	Vereniging	PR	Tijd	Info
5	wt	22 <b>Adriaan de Kluiver</b>	HN1	DYC	3:59.52	<b>4:05.53</b>	
	rd	25 <b>Vincent Oudshoorn</b>	HN4	SKEUVEL	4:07.29	<b>4:14.24</b>	
		<b>Adriaan de Kluiver</b>			<b>Vincent Oudshoorn</b>		
		200m	19.96	(19.9)	200m	20.11	(20.1)
		600m	51.46	(31.5)	600m	52.53	(32.4)
		1000m	1:22.99	(31.5)	1000m	1:25.37	(32.8)
		1400m	1:54.97	(32.0)	1400m	1:58.41	(33.1)
		1800m	2:27.28	(32.3)	1800m	2:31.86	(33.4)
		2200m	3:00.00	(32.8)	2200m	3:05.74	(33.9)
		2600m	3:32.81	(32.8)	2600m	3:39.72	(34.0)
		3000m	4:05.53	(32.7)	3000m	4:14.24	(34.5)

		Naam	Cat	Vereniging	PR	Tijd	Info
6	gl	13 <b>Luc Heine</b>	HN2	YC KJONG	3:58.54	<b>4:10.38</b>	
	bl	23 <b>André Los</b>	HSA	GHV	4:01.48	<b>4:15.24</b>	
		<b>Luc Heine</b>			<b>André Los</b>		
		200m	19.76	(19.7)	200m	20.68	(20.6)
		600m	51.24	(31.5)	600m	52.96	(32.3)
		1000m	1:23.67	(32.4)	1000m	1:25.94	(33.0)
		1400m	1:56.52	(32.9)	1400m	1:59.00	(33.1)
		1800m	2:29.38	(32.8)	1800m	2:31.98	(32.9)
		2200m	3:02.51	(33.2)	2200m	3:05.67	(33.7)
		2600m	3:36.07	(33.5)	2600m	3:39.95	(34.3)
		3000m	4:10.38	(34.3)	3000m	4:15.24	(35.3)

		Naam	Cat	Vereniging	PR	Tijd	Info
7	wt	39 <b>Casper Martens</b>	HSA	BALLANGRUD	4:14.31	<b>4:16.03</b>	
	rd	11 <b>Homme Jan de Groot</b>	HN1	HC IJSLEEUVEN	3:57.31	<b>4:10.31</b>	
		<b>Casper Martens</b>			<b>Homme Jan de Groot</b>		
		200m	19.77	(19.7)	200m	20.82	(20.8)
		600m	51.64	(31.9)	600m	52.86	(32.0)
		1000m	1:24.43	(32.8)	1000m	1:25.23	(32.4)
		1400m	1:57.85	(33.4)	1400m	1:57.82	(32.6)
		1800m	2:31.64	(33.8)	1800m	2:30.88	(33.0)
		2200m	3:06.64	(35.0)	2200m	3:04.03	(33.2)
		2600m	3:41.48	(34.8)	2600m	3:36.95	(32.9)
		3000m	4:16.03	(34.6)	3000m	4:10.31	(33.4)

		Naam	Cat	Vereniging	PR	Tijd	Info
8	gl	20 <b>Sjoerd Kleinhuis</b>	HSA	STG PINGUINS	3:58.37	<b>4:05.66</b>	
	bl	30 <b>Wiebe Stassen</b>	HN3	ASV POELSTER	3:58.78	<b>4:05.34</b>	
		<b>Sjoerd Kleinhuis</b>			<b>Wiebe Stassen</b>		
		200m	19.49	(19.4)	200m	19.97	(19.9)
		600m	51.15	(31.7)	600m	50.95	(31.0)
		1000m	1:22.58	(31.4)	1000m	1:22.59	(31.6)
		1400m	1:54.58	(32.0)	1400m	1:54.28	(31.7)
		1800m	2:26.94	(32.4)	1800m	2:26.69	(32.4)
		2200m	2:59.89	(32.9)	2200m	2:59.25	(32.6)
		2600m	3:32.82	(33.0)	2600m	3:32.60	(33.4)
		3000m	4:05.66	(32.8)	3000m	4:05.34	(32.7)

		Naam	Cat	Vereniging	PR	Tijd	Info
9	wt	8 <b>Jorick Duijzer</b>	HN2	YA	4:02.23	<b>4:08.09</b>	
	rd	4 <b>Jort Boomhouwer</b>	HN1	HCH	3:55.46	<b>4:07.73</b>	
		<b>Jorick Duijzer</b>			<b>Jort Boomhouwer</b>		
		200m	19.76	(19.7)	200m	20.30	(20.3)
		600m	51.28	(31.5)	600m	51.67	(31.3)
		1000m	1:23.44	(32.2)	1000m	1:23.99	(32.3)
		1400m	1:56.17	(32.7)	1400m	1:56.44	(32.5)
		1800m	2:29.15	(33.0)	1800m	2:29.24	(32.8)
		2200m	3:02.40	(33.3)	2200m	3:02.02	(32.8)
		2600m	3:35.43	(33.0)	2600m	3:34.99	(32.9)
		3000m	4:08.09	(32.6)	3000m	4:07.73	(32.8)

		Naam	Cat	Vereniging	PR	Tijd	Info
10	gl	7 <b>Gerwin Colje</b>	HSA	SV OUDEWATER	3:55.23	<b>4:05.56</b>	
	bl	12 <b>Jan Hamers</b>	HN3	STG PINGUINS	3:58.00	<b>4:08.69</b>	
		<b>Gerwin Colje</b>			<b>Jan Hamers</b>		
		200m	19.56	(19.5)	200m	20.23	(20.2)
		600m	51.41	(31.9)	600m	52.41	(32.2)
		1000m	1:23.42	(32.0)	1000m	1:24.26	(31.8)
		1400m	1:55.23	(31.8)	1400m	1:56.04	(31.8)
		1800m	2:27.07	(31.8)	1800m	2:28.88	(32.8)
		2200m	2:59.57	(32.5)	2200m	3:02.00	(33.2)
		2600m	3:32.52	(33.0)	2600m	3:35.30	(33.3)
		3000m	4:05.56	(33.0)	3000m	4:08.69	(33.3)

		Naam	Cat	Vereniging	PR	Tijd	Info
11	wt	28 <b>Tijmen Snel</b>	HN2	IJVL	3:53.69	<b>3:55.79</b>	
	rd	36 <b>Lex Dijkstra</b>	HN4	IJVG	3:44.72	<b>3:54.48</b>	
		<b>Tijmen Snel</b>			<b>Lex Dijkstra</b>		
		200m	18.39	(18.3)	200m	19.42	(19.4)
		600m	48.33	(30.0)	600m	49.87	(30.4)
		1000m	1:18.83	(30.5)	1000m	1:20.59	(30.7)
		1400m	1:49.50	(30.7)	1400m	1:51.18	(30.6)
		1800m	2:20.49	(30.9)	1800m	2:21.93	(30.8)
		2200m	2:52.01	(31.6)	2200m	2:52.78	(30.8)
		2600m	3:23.74	(31.7)	2600m	3:23.72	(31.0)
		3000m	3:55.79	(32.0)	3000m	3:54.48	(30.7)

		Naam	Cat	Vereniging	PR	Tijd	Info
12	gl	9 <b>Thomas Geerdinck</b>	HN4	YSC HAAKSBERGEN	3:45.13	<b>3:54.63</b>	
	bl	35 <b>Jos de Vos</b>	HSA	VYC	3:41.34	<b>3:55.18</b>	
		<b>Thomas Geerdinck</b>			<b>Jos de Vos</b>		
		200m	19.16	(19.1)	200m	19.26	(19.2)
		600m	48.74	(29.6)	600m	48.76	(29.5)
		1000m	1:18.54	(29.8)	1000m	1:19.07	(30.3)
		1400m	1:49.00	(30.5)	1400m	1:50.44	(31.4)
		1800m	2:20.02	(31.0)	1800m	2:21.59	(31.1)
		2200m	2:51.36	(31.3)	2200m	2:52.88	(31.3)
		2600m	3:22.81	(31.5)	2600m	3:24.28	(31.4)
		3000m	3:54.63	(31.8)	3000m	3:55.18	(30.9)