

2. Rituitslag 5000 meter

		Naam	Cat	Vereniging	PR	Tijd Info
1	wt rd	32 Jan Hein Verhoeff	HN1	SKEUVEL	7:34.13	7:47.73

Jan Hein Verhoeff

Distance	Time	Info	Unit
200m	20.13	(20.1)	m
600m	54.32	(34.2)	
1000m	1:29.23	(34.9)	
1400m	2:04.60	(35.4)	
1800m	2:40.50	(35.9)	
2200m	3:16.86	(36.3)	
2600m	3:53.67	(36.8)	
3000m	4:30.61	(37.0)	
3400m	5:07.73	(37.1)	
3800m	5:45.80	(38.1)	
4200m	6:25.25	(39.4)	
4600m	7:06.01	(40.8)	
5000m	7:47.73	(41.7)	

		Naam	Cat	Vereniging	PR	Tijd Info
2	gl	28 Tijmen Snel	HN2	IJVL	6:44.76	7:01.84
	bl	15 Sybe van Hijum	HSA	SKEUVEL	7:39.31	7:53.58

Tijmen Snel

Distance	Time	Info
200m	19.22	(19.2)
600m	50.93	(31.7)
1000m	1:23.33	(32.4)
1400m	1:56.19	(32.8)
1800m	2:29.05	(32.9)
2200m	3:02.31	(33.3)
2600m	3:36.00	(33.7)
3000m	4:09.37	(33.3)
3400m	4:43.43	(34.1)
3800m	5:17.44	(34.0)
4200m	5:51.69	(34.2)
4600m	6:26.26	(34.6)
5000m	7:01.84	(35.6)

Sybe van Hijum

Distance	Time	Info
200m	22.99	(22.9)
600m	59.40	(36.5)
1000m	1:37.48	(38.0)
1400m	2:15.32	(37.9)
1800m	2:53.02	(37.7)
2200m	3:30.84	(37.8)
2600m	4:08.59	(37.7)
3000m	4:45.55	(37.0)
3400m	5:22.58	(37.0)
3800m	6:00.01	(37.5)
4200m	6:37.96	(37.9)
4600m	7:15.95	(38.0)
5000m	7:53.58	(37.6)

		Naam	Cat	Vereniging	PR	Tijd	Info
3	wt	38 Jeffrey Kors	HN4	STG	6:47.53	7:33.44	
	rd	25 Vincent Oudshoorn	HN4	KOGGENLAND	7:07.50	7:24.74	
Jeffrey Kors			Vincent Oudshoorn				
		200m	19.99	(19.9)	200m	20.39	(20.3)
		600m	54.11	(34.2)	600m	54.22	(33.9)
		1000m	1:29.04	(34.9)	1000m	1:28.97	(34.7)
		1400m	2:04.63	(35.6)	1400m	2:03.70	(34.8)
		1800m	2:40.14	(35.5)	1800m	2:39.35	(35.6)
		2200m	3:15.97	(35.8)	2200m	3:15.19	(35.8)
		2600m	3:52.08	(36.1)	2600m	3:51.12	(36.0)
		3000m	4:28.91	(36.9)	3000m	4:27.42	(36.3)
		3400m	5:05.34	(36.4)	3400m	5:03.61	(36.2)
		3800m	5:42.29	(36.9)	3800m	5:39.37	(35.7)
		4200m	6:19.37	(37.1)	4200m	6:14.22	(34.9)
		4600m	6:56.53	(37.2)	4600m	6:49.60	(35.4)
		5000m	7:33.44	(36.9)	5000m	7:24.74	(35.1)

		Naam	Cat	Vereniging	PR	Tijd	Info
4	gl	39 Casper Martens	HSA	BALLANGRUD	7:04.90	7:14.36	
	bl	11 Homme Jan de Groot	HN1	HC IJSLEEUWEN	6:57.55	7:03.77	
Casper Martens			Homme Jan de Groot				
		200m	19.29	(19.2)	200m	20.13	(20.1)
		600m	50.77	(31.5)	600m	52.00	(31.9)
		1000m	1:23.64	(32.9)	1000m	1:24.61	(32.6)
		1400m	1:57.39	(33.7)	1400m	1:57.42	(32.8)
		1800m	2:31.01	(33.7)	1800m	2:30.19	(32.7)
		2200m	3:05.45	(34.4)	2200m	3:03.23	(33.1)
		2600m	3:40.07	(34.6)	2600m	3:36.85	(33.6)
		3000m	4:15.49	(35.4)	3000m	4:10.75	(33.9)
		3400m	4:50.98	(35.5)	3400m	4:45.12	(34.4)
		3800m	5:26.65	(35.7)	3800m	5:19.62	(34.5)
		4200m	6:03.17	(36.5)	4200m	5:54.28	(34.6)
		4600m	6:39.41	(36.3)	4600m	6:28.96	(34.7)
		5000m	7:14.36	(34.9)	5000m	7:03.77	(34.8)

		Naam	Cat	Vereniging	PR	Tijd	Info
5	wt	14 Lasse Hiddink	HA1	DYC	7:00.66	7:13.80	
	rd	33 Watse Vermaning	HA2	CSV VRIEZENVEEN	7:16.99	7:29.64	
		Lasse Hiddink			Watse Vermaning		
		200m	20.56	(20.5)	200m	20.10	(20.1)
		600m	53.62	(33.1)	600m	52.01	(31.9)
		1000m	1:26.78	(33.1)	1000m	1:25.36	(33.3)
		1400m	2:00.18	(33.4)	1400m	1:59.17	(33.8)
		1800m	2:33.73	(33.6)	1800m	2:32.52	(33.4)
		2200m	3:07.09	(33.3)	2200m	3:06.50	(34.0)
		2600m	3:40.92	(33.9)	2600m	3:41.01	(34.5)
		3000m	4:15.44	(34.5)	3000m	4:16.39	(35.3)
		3400m	4:50.50	(35.1)	3400m	4:52.72	(36.4)
		3800m	5:25.53	(35.0)	3800m	5:29.99	(37.2)
		4200m	6:01.25	(35.7)	4200m	6:08.51	(38.6)
		4600m	6:37.44	(36.2)	4600m	6:48.60	(40.1)
		5000m	7:13.80	(36.4)	5000m	7:29.64	(41.0)

		Naam	Cat	Vereniging	PR	Tijd	Info
6	gl	30 Wiebe Stassen	HN3	ASV POELSTER	6:56.42	7:06.98	
	bl	37 Nino van Dijk	HN2	SVW	6:49.40	7:14.47	
		Wiebe Stassen			Nino van Dijk		
		200m	20.09	(20.0)	200m	20.09	(20.0)
		600m	52.31	(32.3)	600m	52.27	(32.2)
		1000m	1:25.36	(33.0)	1000m	1:25.55	(33.3)
		1400m	1:59.05	(33.7)	1400m	1:59.22	(33.7)
		1800m	2:32.29	(33.2)	1800m	2:33.11	(33.9)
		2200m	3:06.00	(33.8)	2200m	3:07.56	(34.4)
		2600m	3:39.93	(33.9)	2600m	3:42.24	(34.7)
		3000m	4:14.14	(34.2)	3000m	4:17.15	(34.9)
		3400m	4:48.31	(34.2)	3400m	4:52.28	(35.1)
		3800m	5:22.87	(34.5)	3800m	5:27.51	(35.3)
		4200m	5:57.50	(34.7)	4200m	6:02.93	(35.4)
		4600m	6:32.09	(34.5)	4600m	6:38.54	(35.6)
		5000m	7:06.98	(34.9)	5000m	7:14.47	(35.9)

		Naam	Cat	Vereniging	PR	Tijd	Info
7	wt	5 Joris Brink	HN1	VYC	6:55.61	7:20.43	
	rd	21 Joels Klijnssoon	HN2	AIJC	6:46.45	7:17.99	
		Joris Brink			Joels Klijnssoon		
		200m	20.60	(20.6)	200m	20.98	(20.9)
		600m	54.69	(34.0)	600m	54.64	(33.7)
		1000m	1:28.63	(34.0)	1000m	1:28.69	(34.0)
		1400m	2:02.57	(33.9)	1400m	2:02.82	(34.2)
		1800m	2:36.93	(34.4)	1800m	2:37.15	(34.3)
		2200m	3:11.43	(34.5)	2200m	3:11.39	(34.2)
		2600m	3:45.90	(34.5)	2600m	3:46.49	(35.1)
		3000m	4:21.18	(35.2)	3000m	4:21.79	(35.3)
		3400m	4:56.85	(35.7)	3400m	4:57.61	(35.9)
		3800m	5:32.97	(36.1)	3800m	5:33.66	(36.0)
		4200m	6:09.11	(36.2)	4200m	6:08.17	(34.5)
		4600m	6:45.28	(36.1)	4600m	6:42.69	(34.5)
		5000m	7:20.43	(35.2)	5000m	7:17.99	(35.3)

		Naam	Cat	Vereniging	PR	Tijd	Info
8	gl	4 Jort Boomhouwer	HN1	HCH	6:59.18	7:05.79	
	bl	12 Jan Hamers	HN3	STG PINGUINS	6:50.75	6:59.00	
		Jort Boomhouwer			Jan Hamers		
		200m	20.16	(20.1)	200m	20.27	(20.2)
		600m	53.33	(33.2)	600m	53.25	(33.0)
		1000m	1:26.51	(33.2)	1000m	1:26.51	(33.3)
		1400m	1:59.95	(33.4)	1400m	1:59.35	(32.8)
		1800m	2:32.95	(33.0)	1800m	2:32.28	(32.9)
		2200m	3:06.26	(33.3)	2200m	3:05.03	(32.8)
		2600m	3:39.46	(33.2)	2600m	3:37.86	(32.8)
		3000m	4:13.21	(33.8)	3000m	4:10.77	(32.9)
		3400m	4:47.45	(34.2)	3400m	4:43.88	(33.1)
		3800m	5:21.97	(34.5)	3800m	5:17.37	(33.5)
		4200m	5:56.47	(34.5)	4200m	5:51.22	(33.9)
		4600m	6:31.14	(34.7)	4600m	6:24.96	(33.7)
		5000m	7:05.79	(34.6)	5000m	6:59.00	(34.1)

		Naam	Cat	Vereniging	PR	Tijd	Info
9	wt	8 Jorick Duijzer	HN2	YA	6:46.43	7:03.91	
	rd	22 Adriaan de Kluiver	HN1	DYC	6:55.80	7:07.93	
		Jorick Duijzer			Adriaan de Kluiver		
		200m	19.55	(19.5)	200m	20.88	(20.8)
		600m	52.15	(32.6)	600m	53.17	(32.3)
		1000m	1:25.57	(33.4)	1000m	1:26.28	(33.1)
		1400m	1:58.93	(33.4)	1400m	1:59.49	(33.2)
		1800m	2:32.11	(33.2)	1800m	2:33.00	(33.6)
		2200m	3:05.55	(33.4)	2200m	3:06.77	(33.7)
		2600m	3:39.22	(33.7)	2600m	3:40.30	(33.6)
		3000m	4:13.18	(33.9)	3000m	4:14.39	(34.0)
		3400m	4:47.12	(34.0)	3400m	4:49.08	(34.7)
		3800m	5:21.38	(34.2)	3800m	5:23.86	(34.8)
		4200m	5:55.52	(34.2)	4200m	5:58.48	(34.6)
		4600m	6:29.79	(34.2)	4600m	6:33.13	(34.7)
		5000m	7:03.91	(34.2)	5000m	7:07.93	(34.8)

		Naam	Cat	Vereniging	PR	Tijd	Info
10	gl	29 Beau Snellink	HA1	STG NINO	6:50.48	7:05.90	
	bl	13 Luc Heine	HN2	YC KJONG	6:54.75	7:09.49	
		Beau Snellink			Luc Heine		
		200m	20.52	(20.5)	200m	20.40	(20.4)
		600m	53.80	(33.3)	600m	54.06	(33.6)
		1000m	1:27.00	(33.2)	1000m	1:28.37	(34.3)
		1400m	2:00.39	(33.3)	1400m	2:02.52	(34.2)
		1800m	2:33.96	(33.6)	1800m	2:36.49	(33.9)
		2200m	3:07.65	(33.7)	2200m	3:10.19	(33.7)
		2600m	3:41.40	(33.8)	2600m	3:43.93	(33.8)
		3000m	4:15.18	(33.7)	3000m	4:17.56	(33.6)
		3400m	4:49.16	(34.0)	3400m	4:51.40	(33.9)
		3800m	5:23.37	(34.2)	3800m	5:25.17	(33.7)
		4200m	5:57.60	(34.3)	4200m	5:59.65	(34.5)
		4600m	6:31.93	(34.3)	4600m	6:34.40	(34.8)
		5000m	7:05.90	(34.0)	5000m	7:09.49	(35.0)

		Naam	Cat	Vereniging	PR	Tijd	Info
11	wt	1 Berend Bervoets	HN1	STG HOORN	6:50.83	7:16.05	
	rd	20 Sjoerd Kleinhuis	HSA	STG PINGUINS	6:55.49	7:13.63	
		Berend Bervoets	Sjoerd Kleinhuis				
		200m	19.94	(19.9)	200m	19.67	(19.6)
		600m	53.46	(33.5)	600m	52.76	(33.1)
		1000m	1:27.93	(34.5)	1000m	1:25.75	(33.0)
		1400m	2:01.97	(34.0)	1400m	1:58.39	(32.6)
		1800m	2:35.98	(34.0)	1800m	2:31.32	(33.0)
		2200m	3:10.44	(34.5)	2200m	3:04.48	(33.1)
		2600m	3:44.76	(34.3)	2600m	3:38.13	(33.7)
		3000m	4:19.72	(35.0)	3000m	4:12.51	(34.4)
		3400m	4:54.56	(34.8)	3400m	4:46.97	(34.4)
		3800m	5:29.50	(35.0)	3800m	5:21.84	(34.9)
		4200m	6:04.98	(35.4)	4200m	5:57.50	(35.7)
		4600m	6:40.72	(35.8)	4600m	6:34.20	(36.7)
		5000m	7:16.05	(35.3)	5000m	7:13.63	(39.4)

		Naam	Cat	Vereniging	PR	Tijd	Info
12	gl	36 Lex Dijkstra	HN4	IJVG	6:25.90	6:42.57	
	bl	23 André Los	HSA	GHV	6:44.75	7:03.41	
		Lex Dijkstra	André Los				
		200m	19.26	(19.2)	200m	20.27	(20.2)
		600m	50.71	(31.5)	600m	52.40	(32.2)
		1000m	1:22.31	(31.6)	1000m	1:25.86	(33.4)
		1400m	1:53.91	(31.6)	1400m	1:59.05	(33.2)
		1800m	2:25.39	(31.4)	1800m	2:32.07	(33.0)
		2200m	2:57.13	(31.8)	2200m	3:05.56	(33.5)
		2600m	3:28.69	(31.5)	2600m	3:39.06	(33.5)
		3000m	4:00.36	(31.7)	3000m	4:12.75	(33.7)
		3400m	4:32.24	(31.9)	3400m	4:46.84	(34.1)
		3800m	5:04.46	(32.2)	3800m	5:20.70	(33.9)
		4200m	5:36.95	(32.5)	4200m	5:55.20	(34.5)
		4600m	6:09.75	(32.8)	4600m	6:29.41	(34.2)
		5000m	6:42.57	(32.8)	5000m	7:03.41	(34.0)

		Naam	Cat	Vereniging	PR	Tijd	Info
13	wt	9 Thomas Geerdinck	HN4	YSC HAAKSBERGEN	6:27.46	6:43.96	
	rd	24 Mark Ooijevaar	HSB	STW	6:24.56	7:03.64	
Thomas Geerdinck			Mark Ooijevaar				
		200m	20.20	(20.2)	200m	20.94	(20.9)
		600m	51.47	(31.2)	600m	53.60	(32.7)
		1000m	1:22.91	(31.5)	1000m	1:26.76	(33.1)
		1400m	1:54.82	(31.9)	1400m	2:00.00	(33.3)
		1800m	2:26.58	(31.7)	1800m	2:33.44	(33.4)
		2200m	2:58.50	(32.0)	2200m	3:06.78	(33.3)
		2600m	3:30.43	(31.9)	2600m	3:40.53	(33.8)
		3000m	4:02.43	(32.0)	3000m	4:14.37	(33.8)
		3400m	4:34.39	(31.9)	3400m	4:48.04	(33.7)
		3800m	5:06.58	(32.2)	3800m	5:21.84	(33.8)
		4200m	5:39.20	(32.7)	4200m	5:55.84	(34.0)
		4600m	6:11.50	(32.3)	4600m	6:29.60	(33.8)
		5000m	6:43.96	(32.4)	5000m	7:03.64	(34.0)

		Naam	Cat	Vereniging	PR	Tijd	Info
14	gl	35 Jos de Vos	HSA	VYC	6:21.10	6:42.21	
	bl	7 Gerwin Colje	HSA	SV OUDEWATER	6:43.23	6:53.13	
Jos de Vos			Gerwin Colje				
		200m	19.64	(19.6)	200m	20.00	(20.0)
		600m	50.87	(31.2)	600m	51.23	(31.2)
		1000m	1:22.41	(31.6)	1000m	1:22.90	(31.7)
		1400m	1:54.11	(31.7)	1400m	1:54.96	(32.0)
		1800m	2:25.89	(31.7)	1800m	2:27.41	(32.5)
		2200m	2:57.75	(31.9)	2200m	2:59.78	(32.3)
		2600m	3:29.47	(31.7)	2600m	3:32.09	(32.3)
		3000m	4:01.42	(32.0)	3000m	4:04.78	(32.7)
		3400m	4:33.23	(31.8)	3400m	4:37.72	(33.0)
		3800m	5:05.18	(31.9)	3800m	5:11.09	(33.3)
		4200m	5:37.48	(32.3)	4200m	5:44.82	(33.8)
		4600m	6:09.88	(32.4)	4600m	6:18.87	(34.0)
		5000m	6:42.21	(32.4)	5000m	6:53.13	(34.3)