

4. Rituitslag 3000 meter

	Naam	Cat	PR	Tijd Info
1	wt rd	15 Max Douma	HN1	4:13.21 4:10.90 PR

Max Douma

200m	19.83	(19.83)	m
600m	51.71	(31.88)	
1000m	1:23.77	(32.06)	
1400m	1:56.24	(32.47)	
1800m	2:28.94	(32.70)	
2200m	3:02.33	(33.39)	
2600m	3:36.31	(33.98)	
3000m	4:10.90	(34.59)	

	Naam	Cat	PR	Tijd Info
2	gl bl			

m

m

	Naam	Cat	PR	Tijd Info
3	wt	26 Ole ten Hove	HN1	4:15.56 4:17.92
	rd	38 Mark Ooijevaar	HSB	3:46.94 4:12.16

Ole ten Hove

200m	20.26	(20.26)
600m	52.77	(32.51)
1000m	1:25.83	(33.06)
1400m	1:59.74	(33.91)
1800m	2:33.43	(33.69)
2200m	3:07.73	(34.30)
2600m	3:42.71	(34.98)
3000m	4:17.92	(35.21)

Mark Ooijevaar

200m	21.57	(21.57)
600m	54.36	(32.79)
1000m	1:27.03	(32.67)
1400m	2:00.00	(32.97)
1800m	2:33.09	(33.09)
2200m	3:06.12	(33.03)
2600m	3:39.08	(32.96)
3000m	4:12.16	(33.08)

		Naam	Cat	PR	Tijd	Info
4	gl	57 Casper van der Woude	HN1	4:18.04	4:17.44	PR
	bl	25 Finn ten Hove	HN3	4:08.72	4:14.05	

Casper van der Woude

200m	19.68	(19.68)
600m	51.72	(32.04)
1000m	1:24.68	(32.96)
1400m	1:58.35	(33.67)
1800m	2:32.09	(33.74)
2200m	3:06.66	(34.57)
2600m	3:42.17	(35.51)
3000m	4:17.44	(35.27)

Finn ten Hove

200m	21.05	(21.05)
600m	52.74	(31.69)
1000m	1:25.22	(32.48)
1400m	1:58.18	(32.96)
1800m	2:31.74	(33.56)
2200m	3:05.43	(33.69)
2600m	3:39.82	(34.39)
3000m	4:14.05	(34.23)

		Naam	Cat	PR	Tijd	Info
5	wt	29 Ivar Immerzeel	HA2	3:56.36	4:05.55	
	rd	58 Bart Valentijn	HN2	4:01.91	4:14.41	

Ivar Immerzeel

200m	19.53	(19.53)
600m	50.52	(30.99)
1000m	1:21.68	(31.16)
1400m	1:54.13	(32.45)
1800m	2:26.82	(32.69)
2200m	2:59.55	(32.73)
2600m	3:32.39	(32.84)
3000m	4:05.55	(33.16)

Bart Valentijn

200m	19.68	(19.68)
600m	50.61	(30.93)
1000m	1:22.85	(32.24)
1400m	1:55.77	(32.92)
1800m	2:29.26	(33.49)
2200m	3:03.50	(34.24)
2600m	3:38.76	(35.26)
3000m	4:14.41	(35.65)

		Naam		Cat		PR	Tijd	Info
6	gl	50	Max Visscher		HN1	3:52.87	4:08.21	
	bl	19	Joeri Groot		HSA	4:01.52	4:12.21	
			Max Visscher				Joeri Groot	
		200m	19.82 (19.82)		200m	20.37 (20.37)		
		600m	51.72 (31.90)		600m	52.25 (31.88)		
		1000m	1:23.72 (32.00)		1000m	1:24.70 (32.45)		
		1400m	1:56.22 (32.50)		1400m	1:58.13 (33.43)		
		1800m	2:28.83 (32.61)		1800m	2:31.46 (33.33)		
		2200m	3:01.88 (33.05)		2200m	3:04.71 (33.25)		
		2600m	3:34.92 (33.04)		2600m	3:38.41 (33.70)		
		3000m	4:08.21 (33.29)		3000m	4:12.21 (33.80)		

		Naam		Cat		PR	Tijd	Info
7	wt	23	Wesley Hollenberg		HN1	3:58.39	4:03.65	
	rd	22	Lasse Hiddink		HA2	3:55.76	4:02.70	
			Wesley Hollenberg				Lasse Hiddink	
		200m	19.90 (19.90)		200m	19.52 (19.52)		
		600m	51.36 (31.46)		600m	50.85 (31.33)		
		1000m	1:22.84 (31.48)		1000m	1:22.55 (31.70)		
		1400m	1:54.60 (31.76)		1400m	1:53.95 (31.40)		
		1800m	2:26.75 (32.15)		1800m	2:26.05 (32.10)		
		2200m	2:59.16 (32.41)		2200m	2:58.31 (32.26)		
		2600m	3:31.23 (32.07)		2600m	3:30.76 (32.45)		
		3000m	4:03.65 (32.42)		3000m	4:02.70 (31.94)		

		Naam	Cat	PR	Tijd	Info
8	gl	27 Fausto Hubner	HN3	4:00.95	4:07.93	
	bl	36 Casper Martens	HSA	4:09.88	4:12.90	

Fausto Hubner

200m	20.08	(20.08)
600m	51.83	(31.75)
1000m	1:23.05	(31.22)
1400m	1:54.58	(31.53)
1800m	2:26.70	(32.12)
2200m	2:59.81	(33.11)
2600m	3:33.69	(33.88)
3000m	4:07.93	(34.24)

Casper Martens

200m	20.02	(20.02)
600m	52.15	(32.13)
1000m	1:24.94	(32.79)
1400m	1:58.21	(33.27)
1800m	2:31.77	(33.56)
2200m	3:05.25	(33.48)
2600m	3:38.98	(33.73)
3000m	4:12.90	(33.92)

		Naam	Cat	PR	Tijd	Info
9	wt	18 Homme Jan de Groot	HN2	3:57.31	4:03.72	
	rd	21 Luc Heine	HN3	3:58.54	4:06.53	

Homme Jan de Groot

200m	19.27	(19.27)
600m	50.45	(31.18)
1000m	1:22.50	(32.05)
1400m	1:54.60	(32.10)
1800m	2:26.69	(32.09)
2200m	2:58.73	(32.04)
2600m	3:31.26	(32.53)
3000m	4:03.72	(32.46)

Luc Heine

200m	19.37	(19.37)
600m	50.37	(31.00)
1000m	1:22.03	(31.66)
1400m	1:53.92	(31.89)
1800m	2:26.31	(32.39)
2200m	2:58.64	(32.33)
2600m	3:31.93	(33.29)
3000m	4:06.53	(34.60)

		Naam			Cat	PR	Tijd	Info
10	gl	10 Nino van Dijk			HN3	4:00.74	4:03.57	
	bl	33 Sjoerd Kleinhuis			HSA	3:58.37	4:05.52	
		Nino van Dijk			Sjoerd Kleinhuis			
		200m	19.19	(19.19)	200m	19.38	(19.38)	
		600m	49.85	(30.66)	600m	49.91	(30.53)	
		1000m	1:20.97	(31.12)	1000m	1:21.44	(31.53)	
		1400m	1:52.58	(31.61)	1400m	1:53.87	(32.43)	
		1800m	2:24.77	(32.19)	1800m	2:26.62	(32.75)	
		2200m	2:57.29	(32.52)	2200m	2:59.74	(33.12)	
		2600m	3:30.27	(32.98)	2600m	3:32.82	(33.08)	
		3000m	4:03.57	(33.30)	3000m	4:05.52	(32.70)	

		Naam			Cat	PR	Tijd	Info
11	wt	20 Jan Hamers			HN4	3:58.00	4:04.14	
	rd	16 Jorick Duijzer			HN3	3:56.28	4:08.65	
		Jan Hamers			Jorick Duijzer			
		200m	19.44	(19.44)	200m	19.64	(19.64)	
		600m	50.31	(30.87)	600m	50.76	(31.12)	
		1000m	1:21.76	(31.45)	1000m	1:23.13	(32.37)	
		1400m	1:53.76	(32.00)	1400m	1:56.37	(33.24)	
		1800m	2:25.61	(31.85)	1800m	2:29.38	(33.01)	
		2200m	2:57.96	(32.35)	2200m	3:02.19	(32.81)	
		2600m	3:30.64	(32.68)	2600m	3:35.40	(33.21)	
		3000m	4:04.14	(33.50)	3000m	4:08.65	(33.25)	

		Naam	Cat	PR	Tijd	Info
12	gl	39 Victor Ramler	HN4	4:01.25		DNS
	bl	5 Jort Boomhouwer	HN2	3:55.46		4:09.30
		<u>Victor Ramler</u>			<u>Jort Boomhouwer</u>	
				200m	20.03	(20.03)
				600m	51.20	(31.17)
				1000m	1:23.30	(32.10)
				1400m	1:55.57	(32.27)
				1800m	2:28.17	(32.60)
				2200m	3:01.61	(33.44)
				2600m	3:35.34	(33.73)
				3000m	4:09.30	(33.96)

		Naam	Cat	PR	Tijd	Info
13	wt	52 Jos de Vos	HSA	3:41.34		3:52.80
	rd	11 Lex Dijkstra	HSA	3:44.72		3:54.30
		<u>Jos de Vos</u>			<u>Lex Dijkstra</u>	
		200m	18.92	(18.92)	200m	19.17 (19.17)
		600m	48.64	(29.72)	600m	48.95 (29.78)
		1000m	1:18.85	(30.21)	1000m	1:19.35 (30.40)
		1400m	1:49.38	(30.53)	1400m	1:49.66 (30.31)
		1800m	2:19.75	(30.37)	1800m	2:20.58 (30.92)
		2200m	2:50.44	(30.69)	2200m	2:51.61 (31.03)
		2600m	3:21.45	(31.01)	2600m	3:23.00 (31.39)
		3000m	3:52.80	(31.35)	3000m	3:54.30 (31.30)

		Naam	Cat	PR	Tijd	Info
14	gl	4 Tjerk de Boer	HN2	3:48.31	3:52.89	
	bl	17 Thomas Geerdinck	HSA	3:45.13	3:56.69	

Tjerk de Boer

200m	19.07	(19.07)
600m	49.58	(30.51)
1000m	1:19.71	(30.13)
1400m	1:49.94	(30.23)
1800m	2:20.15	(30.21)
2200m	2:50.74	(30.59)
2600m	3:21.34	(30.60)
3000m	3:52.89	(31.55)

Thomas Geerdinck

200m	19.47	(19.47)
600m	49.63	(30.16)
1000m	1:19.65	(30.02)
1400m	1:50.18	(30.53)
1800m	2:21.73	(31.55)
2200m	2:53.30	(31.57)
2600m	3:25.00	(31.70)
3000m	3:56.69	(31.69)