

2. Rituitslag 5000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd	46 Marwin Talsma	HN3	6:20.84	6:36.71

Marwin Talsma

200m	19.43	(19.43)	m
600m	50.13	(30.70)	
1000m	1:21.28	(31.15)	
1400m	1:52.79	(31.51)	
1800m	2:24.21	(31.42)	
2200m	2:55.61	(31.40)	
2600m	3:26.97	(31.36)	
3000m	3:58.30	(31.33)	
3400m	4:29.81	(31.51)	
3800m	5:01.34	(31.53)	
4200m	5:33.23	(31.89)	
4600m	6:05.02	(31.79)	
5000m	6:36.71	(31.69)	

	Naam	Cat	PR	Tijd	Info
2	gl bl	35 Remco Langemaire	HA2	7:17.13	DNS

Remco Langemaire

m

		Naam			Cat	PR	Tijd	Info
3	wt	57	Casper van der Woude		HN1	7:36.69	7:22.20	PR
	rd	49	Watse Vermaning		HN1	7:16.99	7:18.28	
		<u>Casper van der Woude</u>			<u>Watse Vermaning</u>			
		200m	19.78	(19.78)	200m	20.04	(20.04)	
		600m	52.71	(32.93)	600m	52.24	(32.20)	
		1000m	1:25.93	(33.22)	1000m	1:25.61	(33.37)	
		1400m	1:59.73	(33.80)	1400m	1:58.65	(33.04)	
		1800m	2:33.33	(33.60)	1800m	2:32.02	(33.37)	
		2200m	3:07.53	(34.20)	2200m	3:05.83	(33.81)	
		2600m	3:42.62	(35.09)	2600m	3:40.03	(34.20)	
		3000m	4:18.09	(35.47)	3000m	4:14.70	(34.67)	
		3400m	4:54.18	(36.09)	3400m	4:50.19	(35.49)	
		3800m	5:31.16	(36.98)	3800m	5:26.20	(36.01)	
		4200m	6:08.34	(37.18)	4200m	6:02.90	(36.70)	
		4600m	6:45.49	(37.15)	4600m	6:40.24	(37.34)	
		5000m	7:22.20	(36.71)	5000m	7:18.28	(38.04)	

		Naam			Cat	PR	Tijd	Info
4	gl	9	Gerwin Colje		HSA	6:39.24	7:10.43	
	bl	58	Bart Valentijn		HN2	6:59.38	7:11.20	
		<u>Gerwin Colje</u>			<u>Bart Valentijn</u>			
		200m	20.52	(20.52)	200m	19.80	(19.80)	
		600m	53.29	(32.77)	600m	51.98	(32.18)	
		1000m	1:26.09	(32.80)	1000m	1:25.18	(33.20)	
		1400m	1:59.16	(33.07)	1400m	1:58.75	(33.57)	
		1800m	2:32.16	(33.00)	1800m	2:32.25	(33.50)	
		2200m	3:05.42	(33.26)	2200m	3:05.76	(33.51)	
		2600m	3:39.26	(33.84)	2600m	3:39.92	(34.16)	
		3000m	4:13.72	(34.46)	3000m	4:14.44	(34.52)	
		3400m	4:48.59	(34.87)	3400m	4:49.08	(34.64)	
		3800m	5:23.83	(35.24)	3800m	5:23.92	(34.84)	
		4200m	5:59.77	(35.94)	4200m	5:59.30	(35.38)	
		4600m	6:35.28	(35.51)	4600m	6:35.02	(35.72)	
		5000m	7:10.43	(35.15)	5000m	7:11.20	(36.18)	

		Naam		Cat		PR	Tijd	Info
5	wt	36	Casper Martens		HSA	7:04.90	7:10.83	
	rd	15	Max Douma		HN1	7:02.49	7:09.48	
				Casper Martens				
				Max Douma				
		200m	19.31	(19.31)		200m	19.91	(19.91)
		600m	50.89	(31.58)		600m	52.67	(32.76)
		1000m	1:23.95	(33.06)		1000m	1:26.32	(33.65)
		1400m	1:57.74	(33.79)		1400m	1:59.61	(33.29)
		1800m	2:31.62	(33.88)		1800m	2:32.83	(33.22)
		2200m	3:05.75	(34.13)		2200m	3:06.42	(33.59)
		2600m	3:40.11	(34.36)		2600m	3:40.29	(33.87)
		3000m	4:15.01	(34.90)		3000m	4:14.41	(34.12)
		3400m	4:49.68	(34.67)		3400m	4:48.93	(34.52)
		3800m	5:24.89	(35.21)		3800m	5:23.50	(34.57)
		4200m	6:00.15	(35.26)		4200m	5:58.69	(35.19)
		4600m	6:35.70	(35.55)		4600m	6:34.08	(35.39)
		5000m	7:10.83	(35.13)		5000m	7:09.48	(35.40)

		Naam		Cat		PR	Tijd	Info
6	gl	26	Ole ten Hove		HN1	7:14.29	7:18.19	
	bl	21	Luc Heine		HN3	6:54.75	7:05.58	
				Ole ten Hove				
				Luc Heine				
		200m	20.03	(20.03)		200m	20.20	(20.20)
		600m	52.55	(32.52)		600m	52.45	(32.25)
		1000m	1:25.40	(32.85)		1000m	1:25.36	(32.91)
		1400m	1:59.47	(34.07)		1400m	1:58.43	(33.07)
		1800m	2:33.89	(34.42)		1800m	2:31.84	(33.41)
		2200m	3:08.58	(34.69)		2200m	3:05.28	(33.44)
		2600m	3:44.03	(35.45)		2600m	3:38.82	(33.54)
		3000m	4:19.70	(35.67)		3000m	4:12.27	(33.45)
		3400m	4:55.24	(35.54)		3400m	4:46.03	(33.76)
		3800m	5:31.11	(35.87)		3800m	5:19.86	(33.83)
		4200m	6:06.84	(35.73)		4200m	5:54.37	(34.51)
		4600m	6:42.86	(36.02)		4600m	6:29.69	(35.32)
		5000m	7:18.19	(35.33)		5000m	7:05.58	(35.89)

		Naam			Cat	PR	Tijd	Info
7	wt	25	Finn ten Hove		HN3	7:05.67	7:12.75	
	rd	33	Sjoerd Kleinhuis		HSA	6:55.49	7:00.32	
		Finn ten Hove			Sjoerd Kleinhuis			
		200m	20.48	(20.48)	200m	20.22	(20.22)	
		600m	53.39	(32.91)	600m	53.19	(32.97)	
		1000m	1:26.54	(33.15)	1000m	1:26.45	(33.26)	
		1400m	2:00.07	(33.53)	1400m	1:59.25	(32.80)	
		1800m	2:33.78	(33.71)	1800m	2:32.43	(33.18)	
		2200m	3:07.94	(34.16)	2200m	3:05.97	(33.54)	
		2600m	3:42.38	(34.44)	2600m	3:39.92	(33.95)	
		3000m	4:17.00	(34.62)	3000m	4:13.45	(33.53)	
		3400m	4:51.73	(34.73)	3400m	4:46.55	(33.10)	
		3800m	5:26.67	(34.94)	3800m	5:19.79	(33.24)	
		4200m	6:02.08	(35.41)	4200m	5:53.17	(33.38)	
		4600m	6:37.38	(35.30)	4600m	6:26.62	(33.45)	
		5000m	7:12.75	(35.37)	5000m	7:00.32	(33.70)	

		Naam			Cat	PR	Tijd	Info
8	gl	38	Mark Ooijevaar		HSB	6:24.56	7:00.75	
	bl	27	Fausto Hubner		HN3	6:59.75	7:09.23	
		Mark Ooijevaar			Fausto Hubner			
		200m	20.81	(20.81)	200m	20.66	(20.66)	
		600m	53.52	(32.71)	600m	53.79	(33.13)	
		1000m	1:26.82	(33.30)	1000m	1:26.78	(32.99)	
		1400m	2:00.30	(33.48)	1400m	1:59.80	(33.02)	
		1800m	2:33.37	(33.07)	1800m	2:32.69	(32.89)	
		2200m	3:06.40	(33.03)	2200m	3:05.17	(32.48)	
		2600m	3:39.81	(33.41)	2600m	3:38.23	(33.06)	
		3000m	4:13.20	(33.39)	3000m	4:11.94	(33.71)	
		3400m	4:47.06	(33.86)	3400m	4:46.66	(34.72)	
		3800m	5:21.20	(34.14)	3800m	5:21.37	(34.71)	
		4200m	5:54.87	(33.67)	4200m	5:57.40	(36.03)	
		4600m	6:27.85	(32.98)	4600m	6:33.48	(36.08)	
		5000m	7:00.75	(32.90)	5000m	7:09.23	(35.75)	

		Naam	Cat		PR	Tijd	Info
9	wt	19 Joeri Groot	HSA		6:57.02	7:08.91	
	rd	50 Max Visscher	HN1		6:41.20	6:59.20	
		Joeri Groot			Max Visscher		
		200m	20.04	(20.04)	200m	20.25	(20.25)
		600m	52.70	(32.66)	600m	52.66	(32.41)
		1000m	1:26.45	(33.75)	1000m	1:25.25	(32.59)
		1400m	2:00.50	(34.05)	1400m	1:58.33	(33.08)
		1800m	2:33.98	(33.48)	1800m	2:31.54	(33.21)
		2200m	3:08.08	(34.10)	2200m	3:04.99	(33.45)
		2600m	3:42.21	(34.13)	2600m	3:38.43	(33.44)
		3000m	4:16.47	(34.26)	3000m	4:11.87	(33.44)
		3400m	4:50.77	(34.30)	3400m	4:45.44	(33.57)
		3800m	5:25.04	(34.27)	3800m	5:19.00	(33.56)
		4200m	5:59.66	(34.62)	4200m	5:52.87	(33.87)
		4600m	6:34.40	(34.74)	4600m	6:26.38	(33.51)
		5000m	7:08.91	(34.51)	5000m	6:59.20	(32.82)

		Naam	Cat		PR	Tijd	Info
10	gl	5 Jort Boomhouwer	HN2		6:50.59	6:56.12	
	bl	18 Homme Jan de Groot	HN2		6:50.23	6:57.27	
		Jort Boomhouwer			Homme Jan de Groot		
		200m	19.66	(19.66)	200m	19.71	(19.71)
		600m	51.34	(31.68)	600m	51.12	(31.41)
		1000m	1:23.12	(31.78)	1000m	1:23.25	(32.13)
		1400m	1:55.69	(32.57)	1400m	1:55.43	(32.18)
		1800m	2:27.95	(32.26)	1800m	2:27.97	(32.54)
		2200m	3:00.50	(32.55)	2200m	3:00.79	(32.82)
		2600m	3:32.82	(32.32)	2600m	3:34.16	(33.37)
		3000m	4:06.07	(33.25)	3000m	4:07.63	(33.47)
		3400m	4:39.62	(33.55)	3400m	4:41.22	(33.59)
		3800m	5:13.39	(33.77)	3800m	5:14.88	(33.66)
		4200m	5:47.22	(33.83)	4200m	5:48.71	(33.83)
		4600m	6:21.40	(34.18)	4600m	6:23.07	(34.36)
		5000m	6:56.12	(34.72)	5000m	6:57.27	(34.20)

		Naam			Cat	PR	Tijd	Info
11	wt	20	Jan Hamers		HN4	6:49.56	6:55.94	
	rd	7	Ids Bouma		HA2	6:46.46	6:51.91	
		Jan Hamers			Ids Bouma			
		200m	19.72	(19.72)	200m	21.04	(21.04)	
		600m	51.83	(32.11)	600m	53.30	(32.26)	
		1000m	1:24.12	(32.29)	1000m	1:25.73	(32.43)	
		1400m	1:56.35	(32.23)	1400m	1:58.16	(32.43)	
		1800m	2:28.52	(32.17)	1800m	2:30.42	(32.26)	
		2200m	3:00.79	(32.27)	2200m	3:02.99	(32.57)	
		2600m	3:33.39	(32.60)	2600m	3:35.35	(32.36)	
		3000m	4:06.67	(33.28)	3000m	4:07.98	(32.63)	
		3400m	4:40.40	(33.73)	3400m	4:40.94	(32.96)	
		3800m	5:14.09	(33.69)	3800m	5:13.40	(32.46)	
		4200m	5:47.59	(33.50)	4200m	5:46.02	(32.62)	
		4600m	6:21.66	(34.07)	4600m	6:19.03	(33.01)	
		5000m	6:55.94	(34.28)	5000m	6:51.91	(32.88)	

		Naam			Cat	PR	Tijd	Info
12	gl	16	Jorick Duijzer		HN3	6:43.83	6:58.19	
	bl	22	Lasse Hiddink		HA2	6:52.49	7:02.68	
		Jorick Duijzer			Lasse Hiddink			
		200m	19.85	(19.85)	200m	19.90	(19.90)	
		600m	51.95	(32.10)	600m	52.23	(32.33)	
		1000m	1:25.02	(33.07)	1000m	1:25.08	(32.85)	
		1400m	1:58.33	(33.31)	1400m	1:58.08	(33.00)	
		1800m	2:31.14	(32.81)	1800m	2:31.12	(33.04)	
		2200m	3:04.07	(32.93)	2200m	3:03.87	(32.75)	
		2600m	3:36.95	(32.88)	2600m	3:37.22	(33.35)	
		3000m	4:10.28	(33.33)	3000m	4:10.56	(33.34)	
		3400m	4:43.55	(33.27)	3400m	4:44.37	(33.81)	
		3800m	5:17.31	(33.76)	3800m	5:18.61	(34.24)	
		4200m	5:50.96	(33.65)	4200m	5:53.02	(34.41)	
		4600m	6:24.73	(33.77)	4600m	6:27.98	(34.96)	
		5000m	6:58.19	(33.46)	5000m	7:02.68	(34.70)	

		Naam			Cat	PR	Tijd	Info
13	wt	23	Wesley Hollenberg		HN1	6:52.74	7:03.79	
	rd	29	Ivar Immerzeel		HA2	6:43.37	6:55.17	
		Wesley Hollenberg			Ivar Immerzeel			
		200m	20.34	(20.34)	200m	19.76	(19.76)	
		600m	52.64	(32.30)	600m	51.72	(31.96)	
		1000m	1:25.56	(32.92)	1000m	1:24.29	(32.57)	
		1400m	1:58.47	(32.91)	1400m	1:56.93	(32.64)	
		1800m	2:32.04	(33.57)	1800m	2:29.65	(32.72)	
		2200m	3:05.47	(33.43)	2200m	3:02.71	(33.06)	
		2600m	3:38.79	(33.32)	2600m	3:35.75	(33.04)	
		3000m	4:12.35	(33.56)	3000m	4:08.69	(32.94)	
		3400m	4:46.55	(34.20)	3400m	4:41.38	(32.69)	
		3800m	5:20.89	(34.34)	3800m	5:14.66	(33.28)	
		4200m	5:55.32	(34.43)	4200m	5:48.17	(33.51)	
		4600m	6:29.86	(34.54)	4600m	6:21.63	(33.46)	
		5000m	7:03.79	(33.93)	5000m	6:55.17	(33.54)	

		Naam			Cat	PR	Tijd	Info
14	gl	4	Tjerk de Boer		HN2	6:30.21	6:39.36	
	bl	17	Thomas Geerdinck		HSA	6:27.30	6:42.08	
		Tjerk de Boer			Thomas Geerdinck			
		200m	19.41	(19.41)	200m	19.79	(19.79)	
		600m	50.36	(30.95)	600m	50.67	(30.88)	
		1000m	1:21.53	(31.17)	1000m	1:22.00	(31.33)	
		1400m	1:53.21	(31.68)	1400m	1:53.55	(31.55)	
		1800m	2:24.56	(31.35)	1800m	2:25.00	(31.45)	
		2200m	2:56.09	(31.53)	2200m	2:56.66	(31.66)	
		2600m	3:27.38	(31.29)	2600m	3:28.57	(31.91)	
		3000m	3:58.85	(31.47)	3000m	4:00.40	(31.83)	
		3400m	4:30.16	(31.31)	3400m	4:32.51	(32.11)	
		3800m	5:01.68	(31.52)	3800m	5:04.67	(32.16)	
		4200m	5:33.48	(31.80)	4200m	5:37.27	(32.60)	
		4600m	6:05.80	(32.32)	4600m	6:09.98	(32.71)	
		5000m	6:39.36	(33.56)	5000m	6:42.08	(32.10)	

		Naam	Cat		PR	Tijd	Info
15	wt	52 Jos de Vos	HSA		6:21.10	6:36.42	
	rd	11 Lex Dijkstra	HSA		6:25.10	6:34.55	
		Jos de Vos			Lex Dijkstra		
		200m	19.19	(19.19)	200m	19.43	(19.43)
		600m	49.56	(30.37)	600m	49.85	(30.42)
		1000m	1:20.37	(30.81)	1000m	1:20.32	(30.47)
		1400m	1:51.28	(30.91)	1400m	1:50.69	(30.37)
		1800m	2:21.96	(30.68)	1800m	2:21.34	(30.65)
		2200m	2:52.64	(30.68)	2200m	2:51.87	(30.53)
		2600m	3:23.74	(31.10)	2600m	3:22.93	(31.06)
		3000m	3:55.43	(31.69)	3000m	3:54.02	(31.09)
		3400m	4:27.22	(31.79)	3400m	4:25.62	(31.60)
		3800m	4:59.41	(32.19)	3800m	4:57.48	(31.86)
		4200m	5:31.87	(32.46)	4200m	5:29.75	(32.27)
		4600m	6:04.28	(32.41)	4600m	6:02.03	(32.28)
		5000m	6:36.42	(32.14)	5000m	6:34.55	(32.52)

		Naam	Cat		PR	Tijd	Info
16	gl	39 Victor Ramler	HN4		6:28.77	6:41.17	
	bl	10 Nino van Dijk	HN3		6:47.30	6:49.97	
		Victor Ramler			Nino van Dijk		
		200m	19.59	(19.59)	200m	19.74	(19.74)
		600m	50.52	(30.93)	600m	51.03	(31.29)
		1000m	1:21.94	(31.42)	1000m	1:22.88	(31.85)
		1400m	1:53.31	(31.37)	1400m	1:55.13	(32.25)
		1800m	2:25.14	(31.83)	1800m	2:27.59	(32.46)
		2200m	2:57.31	(32.17)	2200m	3:00.02	(32.43)
		2600m	3:29.62	(32.31)	2600m	3:31.93	(31.91)
		3000m	4:01.95	(32.33)	3000m	4:03.90	(31.97)
		3400m	4:34.18	(32.23)	3400m	4:36.24	(32.34)
		3800m	5:06.63	(32.45)	3800m	5:08.80	(32.56)
		4200m	5:38.72	(32.09)	4200m	5:41.98	(33.18)
		4600m	6:10.71	(31.99)	4600m	6:15.63	(33.65)
		5000m	6:41.17	(30.46)	5000m	6:49.97	(34.34)