

4. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
39	wt	26	Colin Schrijver		HN2	4:13.00	4:21.05	
	rd	50	Nino van Dijk		HSA	3:55.68	4:10.05	
			Colin Schrijver				Nino van Dijk	
		200m	19.92	(19.92)	200m	19.73	(19.73)	
		600m	53.09	(33.17)	600m	51.19	(31.46)	
		1000m	1:26.84	(33.75)	1000m	1:23.09	(31.90)	
		1400m	2:01.31	(34.47)	1400m	1:55.63	(32.54)	
		1800m	2:35.94	(34.63)	1800m	2:28.50	(32.87)	
		2200m	3:10.67	(34.73)	2200m	3:01.82	(33.32)	
		2600m	3:45.84	(35.17)	2600m	3:35.95	(34.13)	
		3000m	4:21.05	(35.21)	3000m	4:10.05	(34.10)	

		Naam		Cat		PR	Tijd	Info
40	gl							
	bl							

		Naam		Cat		PR	Tijd	Info
41	wt	39	Mathijs van Zwieten		HN1	3:57.99	4:05.57	
	rd	9	Klaas Meekma		HA2	3:57.36	4:01.91	
			Mathijs van Zwieten				Klaas Meekma	
		200m	20.17	(20.17)	200m	19.62	(19.62)	
		600m	51.84	(31.67)	600m	51.24	(31.62)	
		1000m	1:23.69	(31.85)	1000m	1:22.39	(31.15)	
		1400m	1:55.80	(32.11)	1400m	1:53.63	(31.24)	
		1800m	2:28.12	(32.32)	1800m	2:24.92	(31.29)	
		2200m	3:00.93	(32.81)	2200m	2:56.77	(31.85)	
		2600m	3:33.23	(32.30)	2600m	3:29.10	(32.33)	
		3000m	4:05.57	(32.34)	3000m	4:01.91	(32.81)	

		Naam		Cat		PR	Tijd	Info
42	gl	24	Adriaan de Kluiver		HN4	3:57.76	4:02.50	
	bl	25	Jesse de Lange		HN1	4:03.86	4:03.89	

Adriaan de Kluiver

200m	19.92	(19.92)
600m	51.17	(31.25)
1000m	1:22.19	(31.02)
1400m	1:54.03	(31.84)
1800m	2:25.72	(31.69)
2200m	2:57.70	(31.98)
2600m	3:29.80	(32.10)
3000m	4:02.50	(32.70)

Jesse de Lange

200m	19.87	(19.87)
600m	51.07	(31.20)
1000m	1:22.29	(31.22)
1400m	1:53.71	(31.42)
1800m	2:25.43	(31.72)
2200m	2:57.46	(32.03)
2600m	3:30.18	(32.72)
3000m	4:03.89	(33.71)

		Naam		Cat		PR	Tijd	Info
43	wt	7	Jelle Koeleman		HA1	3:57.45	4:02.10	
	rd	55	Luc Heine		HSA	3:57.88	4:01.22	

Jelle Koeleman

200m	19.25	(19.25)
600m	49.40	(30.15)
1000m	1:19.92	(30.52)
1400m	1:51.37	(31.45)
1800m	2:23.26	(31.89)
2200m	2:55.97	(32.71)
2600m	3:28.89	(32.92)
3000m	4:02.10	(33.21)

Luc Heine

200m	19.36	(19.36)
600m	49.85	(30.49)
1000m	1:21.32	(31.47)
1400m	1:52.80	(31.48)
1800m	2:24.63	(31.83)
2200m	2:56.13	(31.50)
2600m	3:28.24	(32.11)
3000m	4:01.22	(32.98)

		Naam	Cat	PR	Tijd	Info
44	gl	35 Max Visscher	HN3	3:52.87	4:06.86	
	bl	16 Hidde Westra	HA1	3:52.43	4:04.64	

Max Visscher

200m	19.68	(19.68)
600m	50.00	(30.32)
1000m	1:21.00	(31.00)
1400m	1:53.02	(32.02)
1800m	2:25.65	(32.63)
2200m	2:58.62	(32.97)
2600m	3:32.17	(33.55)
3000m	4:06.86	(34.69)

Hidde Westra

200m	20.27	(20.27)
600m	51.46	(31.19)
1000m	1:22.95	(31.49)
1400m	1:54.70	(31.75)
1800m	2:26.60	(31.90)
2200m	2:58.96	(32.36)
2600m	3:31.35	(32.39)
3000m	4:04.64	(33.29)

		Naam	Cat	PR	Tijd	Info
45	wt	21 Homme Jan de Groot	HN4	3:57.31	4:02.92	
	rd	8 Jasper Krommenhoek	HA1	3:54.81	DQ	

Homme Jan de Groot

200m	19.46	(19.46)
600m	50.24	(30.78)
1000m	1:21.66	(31.42)
1400m	1:53.48	(31.82)
1800m	2:25.91	(32.43)
2200m	2:58.39	(32.48)
2600m	3:30.46	(32.07)
3000m	4:02.92	(32.46)

Jasper Krommenhoek

		Naam	Cat	PR	Tijd	Info
46	gl	37 Lars Woelders	HN1	3:53.19	3:58.42	
	bl	6 Matthieu Hollaar	HA2	3:59.46	4:04.18	

Lars Woelders

200m	19.16	(19.16)
600m	50.01	(30.85)
1000m	1:21.48	(31.47)
1400m	1:53.13	(31.65)
1800m	2:24.40	(31.27)
2200m	2:55.41	(31.01)
2600m	3:26.71	(31.30)
3000m	3:58.42	(31.71)

Matthieu Hollaar

200m	18.90	(18.90)
600m	49.09	(30.19)
1000m	1:20.57	(31.48)
1400m	1:52.56	(31.99)
1800m	2:24.76	(32.20)
2200m	2:57.35	(32.59)
2600m	3:30.48	(33.13)
3000m	4:04.18	(33.70)

		Naam	Cat	PR	Tijd	Info
47	wt	32 Bart Valentijn	HN4	3:56.45	4:00.58	
	rd	60 Sjoerd Kleinhuis	HSA	3:58.37	4:03.96	

Bart Valentijn

200m	19.07	(19.07)
600m	49.61	(30.54)
1000m	1:20.15	(30.54)
1400m	1:51.36	(31.21)
1800m	2:23.04	(31.68)
2200m	2:54.99	(31.95)
2600m	3:27.54	(32.55)
3000m	4:00.58	(33.04)

Sjoerd Kleinhuis

200m	19.37	(19.37)
600m	49.70	(30.33)
1000m	1:20.67	(30.97)
1400m	1:52.46	(31.79)
1800m	2:25.01	(32.55)
2200m	2:57.53	(32.52)
2600m	3:30.27	(32.74)
3000m	4:03.96	(33.69)

		Naam	Cat	PR	Tijd Info
48	gl	27 Remo Slotegraaf	HN1	3:50.56	4:08.87
	bl	53 Jan Hamers	HSA	3:58.00	WDR

Remo Slotegraaf

200m	19.27	(19.27)
600m	49.95	(30.68)
1000m	1:20.83	(30.88)
1400m	1:52.53	(31.70)
1800m	2:25.41	(32.88)
2200m	2:59.19	(33.78)
2600m	3:33.22	(34.03)
3000m	4:08.87	(35.65)

Jan Hamers

		Naam	Cat	PR	Tijd Info
49	wt	28 Beau Snellink	HN2	3:43.61	3:50.31
	rd	38 Jordy van Workum	HN2	3:50.16	3:55.63

Beau Snellink

200m	19.42	(19.42)
600m	49.34	(29.92)
1000m	1:18.80	(29.46)
1400m	1:48.38	(29.58)
1800m	2:18.28	(29.90)
2200m	2:48.62	(30.34)
2600m	3:19.25	(30.63)
3000m	3:50.31	(31.06)

Jordy van Workum

200m	19.12	(19.12)
600m	49.18	(30.06)
1000m	1:19.40	(30.22)
1400m	1:49.62	(30.22)
1800m	2:20.50	(30.88)
2200m	2:51.88	(31.38)
2600m	3:23.74	(31.86)
3000m	3:55.63	(31.89)

		Naam			Cat	PR	Tijd	Info
50	gl	34 Yves Vergeer			HN2	3:44.38	3:53.08	
	bl	29 Jesse Speijers			HN1	3:47.56	3:54.25	
		<u>Yves Vergeer</u>			<u>Jesse Speijers</u>			
		200m	19.04	(19.04)	200m	18.93	(18.93)	
		600m	49.21	(30.17)	600m	48.51	(29.58)	
		1000m	1:19.87	(30.66)	1000m	1:19.00	(30.49)	
		1400m	1:50.55	(30.68)	1400m	1:49.80	(30.80)	
		1800m	2:20.76	(30.21)	1800m	2:20.90	(31.10)	
		2200m	2:51.35	(30.59)	2200m	2:51.89	(30.99)	
		2600m	3:21.97	(30.62)	2600m	3:23.09	(31.20)	
		3000m	3:53.08	(31.11)	3000m	3:54.25	(31.16)	