

2. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd Info
13	wt rd	26 Colin Schrijver	HN2	7:14.24	7:27.14
		Colin Schrijver			
		200m	19.92 (19.92)		m
		600m	54.85 (34.93)		
		1000m	1:29.83 (34.98)		
		1400m	2:04.60 (34.77)		
		1800m	2:39.39 (34.79)		
		2200m	3:14.34 (34.95)		
		2600m	3:49.75 (35.41)		
		3000m	4:25.27 (35.52)		
		3400m	5:00.86 (35.59)		
		3800m	5:36.45 (35.59)		
		4200m	6:12.57 (36.12)		
		4600m	6:49.69 (37.12)		
		5000m	7:27.14 (37.45)		

		Naam	Cat	PR	Tijd Info
14	gl	53 Jan Hamers	HSA	6:49.56	6:57.32
	bl	25 Jesse de Lange	HN1	7:05.85	7:06.49
		Jan Hamers		Jesse de Lange	
		200m	19.56 (19.56)	200m	19.83 (19.83)
		600m	51.65 (32.09)	600m	51.85 (32.02)
		1000m	1:24.11 (32.46)	1000m	1:24.20 (32.35)
		1400m	1:56.89 (32.78)	1400m	1:56.56 (32.36)
		1800m	2:29.05 (32.16)	1800m	2:29.09 (32.53)
		2200m	3:01.73 (32.68)	2200m	3:01.71 (32.62)
		2600m	3:34.47 (32.74)	2600m	3:34.83 (33.12)
		3000m	4:07.58 (33.11)	3000m	4:08.69 (33.86)
		3400m	4:40.50 (32.92)	3400m	4:43.09 (34.40)
		3800m	5:13.67 (33.17)	3800m	5:18.01 (34.92)
		4200m	5:47.66 (33.99)	4200m	5:53.50 (35.49)
		4600m	6:22.34 (34.68)	4600m	6:29.86 (36.36)
		5000m	6:57.32 (34.98)	5000m	7:06.49 (36.63)

		Naam			Cat	PR	Tijd	Info
15	wt	60	Sjoerd Kleinhuis		HSA	6:50.63	6:54.27	
	rd	6	Matthieu Hollaar		HA2	7:00.33	7:07.18	
		<u>Sjoerd Kleinhuis</u>			<u>Matthieu Hollaar</u>			
		200m	19.76	(19.76)	200m	19.99	(19.99)	
		600m	52.24	(32.48)	600m	52.59	(32.60)	
		1000m	1:25.20	(32.96)	1000m	1:26.15	(33.56)	
		1400m	1:58.31	(33.11)	1400m	1:59.71	(33.56)	
		1800m	2:30.94	(32.63)	1800m	2:32.55	(32.84)	
		2200m	3:03.27	(32.33)	2200m	3:05.99	(33.44)	
		2600m	3:36.08	(32.81)	2600m	3:39.69	(33.70)	
		3000m	4:09.02	(32.94)	3000m	4:13.50	(33.81)	
		3400m	4:41.77	(32.75)	3400m	4:47.32	(33.82)	
		3800m	5:14.44	(32.67)	3800m	5:21.44	(34.12)	
		4200m	5:47.21	(32.77)	4200m	5:56.34	(34.90)	
		4600m	6:20.48	(33.27)	4600m	6:31.99	(35.65)	
		5000m	6:54.27	(33.79)	5000m	7:07.18	(35.19)	

		Naam			Cat	PR	Tijd	Info
16	gl	35	Max Visscher		HN3	6:41.20	6:55.37	
	bl	9	Klaas Meekma		HA2	6:54.51	7:13.96	
		<u>Max Visscher</u>			<u>Klaas Meekma</u>			
		200m	19.81	(19.81)	200m	20.14	(20.14)	
		600m	50.88	(31.07)	600m	52.36	(32.22)	
		1000m	1:22.97	(32.09)	1000m	1:25.17	(32.81)	
		1400m	1:55.98	(33.01)	1400m	1:58.07	(32.90)	
		1800m	2:28.94	(32.96)	1800m	2:30.78	(32.71)	
		2200m	3:02.08	(33.14)	2200m	3:03.84	(33.06)	
		2600m	3:35.08	(33.00)	2600m	3:37.09	(33.25)	
		3000m	4:08.01	(32.93)	3000m	4:10.68	(33.59)	
		3400m	4:41.17	(33.16)	3400m	4:45.01	(34.33)	
		3800m	5:14.66	(33.49)	3800m	5:20.98	(35.97)	
		4200m	5:48.00	(33.34)	4200m	5:57.89	(36.91)	
		4600m	6:21.68	(33.68)	4600m	6:35.48	(37.59)	
		5000m	6:55.37	(33.69)	5000m	7:13.96	(38.48)	

		Naam	Cat	PR	Tijd	Info
17	wt	39 Mathijs van Zwieten	HN1	6:53.64	7:01.94	
	rd	55 Luc Heine	HSA	6:54.75	6:56.68	
		Mathijs van Zwieten				Luc Heine
		200m	19.88 (19.88)	200m	19.44 (19.44)	
		600m	51.59 (31.71)	600m	51.67 (32.23)	
		1000m	1:24.66 (33.07)	1000m	1:24.89 (33.22)	
		1400m	1:57.83 (33.17)	1400m	1:58.09 (33.20)	
		1800m	2:30.85 (33.02)	1800m	2:31.95 (33.86)	
		2200m	3:04.31 (33.46)	2200m	3:05.18 (33.23)	
		2600m	3:37.41 (33.10)	2600m	3:38.70 (33.52)	
		3000m	4:10.55 (33.14)	3000m	4:11.79 (33.09)	
		3400m	4:43.67 (33.12)	3400m	4:44.96 (33.17)	
		3800m	5:17.23 (33.56)	3800m	5:17.76 (32.80)	
		4200m	5:51.18 (33.95)	4200m	5:51.07 (33.31)	
		4600m	6:25.95 (34.77)	4600m	6:23.76 (32.69)	
		5000m	7:01.94 (35.99)	5000m	6:56.68 (32.92)	

		Naam	Cat	PR	Tijd	Info
18	gl	7 Jelle Koeleman	HA1	6:57.98	6:58.80	
	bl	30 Stan Springer	HN1	6:54.06	7:09.91	
		Jelle Koeleman				Stan Springer
		200m	19.75 (19.75)	200m	19.86 (19.86)	
		600m	50.87 (31.12)	600m	52.05 (32.19)	
		1000m	1:22.52 (31.65)	1000m	1:24.62 (32.57)	
		1400m	1:54.75 (32.23)	1400m	1:57.59 (32.97)	
		1800m	2:27.09 (32.34)	1800m	2:30.80 (33.21)	
		2200m	2:59.69 (32.60)	2200m	3:04.20 (33.40)	
		2600m	3:32.60 (32.91)	2600m	3:38.24 (34.04)	
		3000m	4:05.53 (32.93)	3000m	4:12.44 (34.20)	
		3400m	4:38.89 (33.36)	3400m	4:46.85 (34.41)	
		3800m	5:12.92 (34.03)	3800m	5:21.78 (34.93)	
		4200m	5:47.47 (34.55)	4200m	5:57.19 (35.41)	
		4600m	6:23.09 (35.62)	4600m	6:33.19 (36.00)	
		5000m	6:58.80 (35.71)	5000m	7:09.91 (36.72)	

		Naam			Cat	PR	Tijd	Info
19	wt	50	Nino van Dijk		HSA	6:42.12	7:02.98	
	rd	16	Hidde Westra		HA1	6:51.41	7:02.73	
		<u>Nino van Dijk</u>			<u>Hidde Westra</u>			
		200m	19.33	(19.33)	200m	19.96	(19.96)	
		600m	51.51	(32.18)	600m	52.24	(32.28)	
		1000m	1:24.29	(32.78)	1000m	1:24.92	(32.68)	
		1400m	1:57.31	(33.02)	1400m	1:57.97	(33.05)	
		1800m	2:30.49	(33.18)	1800m	2:30.93	(32.96)	
		2200m	3:03.99	(33.50)	2200m	3:03.95	(33.02)	
		2600m	3:37.56	(33.57)	2600m	3:37.38	(33.43)	
		3000m	4:11.59	(34.03)	3000m	4:10.76	(33.38)	
		3400m	4:45.80	(34.21)	3400m	4:44.17	(33.41)	
		3800m	5:20.34	(34.54)	3800m	5:18.07	(33.90)	
		4200m	5:54.45	(34.11)	4200m	5:52.69	(34.62)	
		4600m	6:28.64	(34.19)	4600m	6:27.97	(35.28)	
		5000m	7:02.98	(34.34)	5000m	7:02.73	(34.76)	

		Naam			Cat	PR	Tijd	Info
20	gl	8	Jasper Krommenhoek		HA1	6:43.12	6:45.24	
	bl	21	Homme Jan de Groot		HN4	6:50.23	6:54.56	
		<u>Jasper Krommenhoek</u>			<u>Homme Jan de Groot</u>			
		200m	20.01	(20.01)	200m	19.72	(19.72)	
		600m	51.18	(31.17)	600m	51.28	(31.56)	
		1000m	1:22.42	(31.24)	1000m	1:23.26	(31.98)	
		1400m	1:54.93	(32.51)	1400m	1:55.58	(32.32)	
		1800m	2:26.51	(31.58)	1800m	2:27.67	(32.09)	
		2200m	2:58.04	(31.53)	2200m	3:00.33	(32.66)	
		2600m	3:29.57	(31.53)	2600m	3:32.98	(32.65)	
		3000m	4:01.62	(32.05)	3000m	4:06.48	(33.50)	
		3400m	4:33.60	(31.98)	3400m	4:39.79	(33.31)	
		3800m	5:06.16	(32.56)	3800m	5:13.41	(33.62)	
		4200m	5:38.89	(32.73)	4200m	5:47.48	(34.07)	
		4600m	6:12.02	(33.13)	4600m	6:21.02	(33.54)	
		5000m	6:45.24	(33.22)	5000m	6:54.56	(33.54)	

		Naam			Cat	PR	Tijd	Info
21	wt	24	Adriaan de Kluiver		HN4	6:53.74	7:03.70	
	rd	32	Bart Valentijn		HN4	6:47.01	6:54.43	
		Adriaan de Kluiver			Bart Valentijn			
		200m	19.55	(19.55)	200m	19.41	(19.41)	
		600m	50.92	(31.37)	600m	50.62	(31.21)	
		1000m	1:23.52	(32.60)	1000m	1:23.00	(32.38)	
		1400m	1:56.80	(33.28)	1400m	1:55.17	(32.17)	
		1800m	2:30.04	(33.24)	1800m	2:27.50	(32.33)	
		2200m	3:03.53	(33.49)	2200m	2:59.86	(32.36)	
		2600m	3:37.01	(33.48)	2600m	3:32.60	(32.74)	
		3000m	4:11.33	(34.32)	3000m	4:05.42	(32.82)	
		3400m	4:44.79	(33.46)	3400m	4:38.45	(33.03)	
		3800m	5:19.50	(34.71)	3800m	5:12.00	(33.55)	
		4200m	5:53.94	(34.44)	4200m	5:45.88	(33.88)	
		4600m	6:28.72	(34.78)	4600m	6:20.17	(34.29)	
		5000m	7:03.70	(34.98)	5000m	6:54.43	(34.26)	

		Naam			Cat	PR	Tijd	Info
22	gl	28	Beau Snellink		HN2	6:14.98	6:34.56	
	bl	27	Remo Slotegraaf		HN1	6:27.97	6:47.25	
		Beau Snellink			Remo Slotegraaf			
		200m	19.81	(19.81)	200m	20.18	(20.18)	
		600m	50.41	(30.60)	600m	51.66	(31.48)	
		1000m	1:20.83	(30.42)	1000m	1:23.41	(31.75)	
		1400m	1:51.39	(30.56)	1400m	1:55.02	(31.61)	
		1800m	2:22.22	(30.83)	1800m	2:26.68	(31.66)	
		2200m	2:53.12	(30.90)	2200m	2:58.30	(31.62)	
		2600m	3:24.03	(30.91)	2600m	3:30.04	(31.74)	
		3000m	3:55.07	(31.04)	3000m	4:01.75	(31.71)	
		3400m	4:26.91	(31.84)	3400m	4:33.91	(32.16)	
		3800m	4:57.72	(30.81)	3800m	5:06.49	(32.58)	
		4200m	5:29.63	(31.91)	4200m	5:39.69	(33.20)	
		4600m	6:01.88	(32.25)	4600m	6:13.30	(33.61)	
		5000m	6:34.56	(32.68)	5000m	6:47.25	(33.95)	

		Naam	Cat		PR	Tijd	Info
23	wt	29 Jesse Speijers	HN1		6:31.26	6:42.11	
	rd	37 Lars Woelders	HN1		6:41.91	6:48.27	
		Jesse Speijers			Lars Woelders		
		200m	19.20	(19.20)	200m	19.76	(19.76)
		600m	49.71	(30.51)	600m	50.96	(31.20)
		1000m	1:20.65	(30.94)	1000m	1:22.45	(31.49)
		1400m	1:51.88	(31.23)	1400m	1:54.14	(31.69)
		1800m	2:23.21	(31.33)	1800m	2:26.15	(32.01)
		2200m	2:54.84	(31.63)	2200m	2:57.77	(31.62)
		2600m	3:26.82	(31.98)	2600m	3:29.36	(31.59)
		3000m	3:58.90	(32.08)	3000m	4:01.19	(31.83)
		3400m	4:30.96	(32.06)	3400m	4:33.43	(32.24)
		3800m	5:03.49	(32.53)	3800m	5:06.32	(32.89)
		4200m	5:36.00	(32.51)	4200m	5:39.68	(33.36)
		4600m	6:08.98	(32.98)	4600m	6:13.77	(34.09)
		5000m	6:42.11	(33.13)	5000m	6:48.27	(34.50)

		Naam	Cat		PR	Tijd	Info
24	gl	38 Jordy van Workum	HN2		6:25.77	6:42.25	
	bl	34 Yves Vergeer	HN2		6:28.42	6:41.21	
		Jordy van Workum			Yves Vergeer		
		200m	19.53	(19.53)	200m	19.38	(19.38)
		600m	50.59	(31.06)	600m	50.53	(31.15)
		1000m	1:21.96	(31.37)	1000m	1:22.74	(32.21)
		1400m	1:54.09	(32.13)	1400m	1:54.68	(31.94)
		1800m	2:26.14	(32.05)	1800m	2:27.04	(32.36)
		2200m	2:58.30	(32.16)	2200m	2:58.86	(31.82)
		2600m	3:30.01	(31.71)	2600m	3:30.83	(31.97)
		3000m	4:01.79	(31.78)	3000m	4:02.67	(31.84)
		3400m	4:33.89	(32.10)	3400m	4:34.48	(31.81)
		3800m	5:05.92	(32.03)	3800m	5:06.22	(31.74)
		4200m	5:38.18	(32.26)	4200m	5:37.90	(31.68)
		4600m	6:10.36	(32.18)	4600m	6:09.41	(31.51)
		5000m	6:42.25	(31.89)	5000m	6:41.21	(31.80)