

## 4. Rituitslag 3000 meter

|    |          | Naam                         | Cat | Vereniging | PR      | Tijd Info         |
|----|----------|------------------------------|-----|------------|---------|-------------------|
| 39 | wt<br>rd | 61 <b>Marc Nieuwenhuijse</b> | H40 | SV STRIENE | 4:32.65 | <b>4:30.63</b> PR |

### Marc Nieuwenhuijse

|       |         |         |   |
|-------|---------|---------|---|
| 200m  | 22.66   | (22.66) | m |
| 600m  | 56.65   | (33.99) |   |
| 1000m | 1:31.10 | (34.45) |   |
| 1400m | 2:06.46 | (35.36) |   |
| 1800m | 2:42.00 | (35.54) |   |
| 2200m | 3:18.00 | (36.00) |   |
| 2600m | 3:54.13 | (36.13) |   |
| 3000m | 4:30.63 | (36.50) |   |

|    |    | Naam                      | Cat | Vereniging | PR      | Tijd Info      |
|----|----|---------------------------|-----|------------|---------|----------------|
| 40 | gl | 63 <b>Michiel Wienese</b> | H40 | IJCH       | 4:04.06 | <b>4:29.95</b> |
|    | bl | 54 <b>Sybe van Hijum</b>  | HSB | SKEUVEL    | 4:23.78 | <b>4:28.73</b> |

### Michiel Wienese

|       |         |         |
|-------|---------|---------|
| 200m  | 20.89   | (20.89) |
| 600m  | 54.25   | (33.36) |
| 1000m | 1:28.82 | (34.57) |
| 1400m | 2:04.06 | (35.24) |
| 1800m | 2:39.79 | (35.73) |
| 2200m | 3:16.36 | (36.57) |
| 2600m | 3:52.80 | (36.44) |
| 3000m | 4:29.95 | (37.15) |

### Sybe van Hijum

|       |         |         |
|-------|---------|---------|
| 200m  | 22.64   | (22.64) |
| 600m  | 56.94   | (34.30) |
| 1000m | 1:31.58 | (34.64) |
| 1400m | 2:06.62 | (35.04) |
| 1800m | 2:41.96 | (35.34) |
| 2200m | 3:17.56 | (35.60) |
| 2600m | 3:53.08 | (35.52) |
| 3000m | 4:28.73 | (35.65) |

|                       |    | Naam                           |                             | Cat     | Vereniging | PR      | Tijd           | Info |
|-----------------------|----|--------------------------------|-----------------------------|---------|------------|---------|----------------|------|
| 41                    | wt | 57 <b>Mark Ooijevaar</b>       |                             | HSB     | STW        | 3:46.94 | <b>4:12.28</b> |      |
|                       | rd | 52 <b>Bart van der Heijden</b> |                             | HSA     | YCE        | 4:07.52 | <b>4:21.41</b> |      |
| <b>Mark Ooijevaar</b> |    |                                | <b>Bart van der Heijden</b> |         |            |         |                |      |
|                       |    | 200m                           | 21.01                       | (21.01) | 200m       | 20.44   | (20.44)        |      |
|                       |    | 600m                           | 53.11                       | (32.10) | 600m       | 52.20   | (31.76)        |      |
|                       |    | 1000m                          | 1:25.79                     | (32.68) | 1000m      | 1:25.76 | (33.56)        |      |
|                       |    | 1400m                          | 1:58.65                     | (32.86) | 1400m      | 1:59.62 | (33.86)        |      |
|                       |    | 1800m                          | 2:31.73                     | (33.08) | 1800m      | 2:33.92 | (34.30)        |      |
|                       |    | 2200m                          | 3:05.04                     | (33.31) | 2200m      | 3:08.97 | (35.05)        |      |
|                       |    | 2600m                          | 3:38.66                     | (33.62) | 2600m      | 3:44.74 | (35.77)        |      |
|                       |    | 3000m                          | 4:12.28                     | (33.62) | 3000m      | 4:21.41 | (36.67)        |      |

|                           |    | Naam                        |                        | Cat     | Vereniging  | PR      | Tijd           | Info |
|---------------------------|----|-----------------------------|------------------------|---------|-------------|---------|----------------|------|
| 42                        | gl | 5 <b>Yoeri van Bostelen</b> |                        | HA1     | YC ALKEMADE | 4:05.97 | <b>4:17.29</b> |      |
|                           | bl | 31 <b>Colin Schrijver</b>   |                        | HN3     | YA          | 4:13.00 | <b>4:16.28</b> |      |
| <b>Yoeri van Bostelen</b> |    |                             | <b>Colin Schrijver</b> |         |             |         |                |      |
|                           |    | 200m                        | 19.41                  | (19.41) | 200m        | 20.26   | (20.26)        |      |
|                           |    | 600m                        | 51.76                  | (32.35) | 600m        | 52.47   | (32.21)        |      |
|                           |    | 1000m                       | 1:24.99                | (33.23) | 1000m       | 1:25.83 | (33.36)        |      |
|                           |    | 1400m                       | 1:59.00                | (34.01) | 1400m       | 1:59.56 | (33.73)        |      |
|                           |    | 1800m                       | 2:33.12                | (34.12) | 1800m       | 2:33.61 | (34.05)        |      |
|                           |    | 2200m                       | 3:07.42                | (34.30) | 2200m       | 3:07.67 | (34.06)        |      |
|                           |    | 2600m                       | 3:42.05                | (34.63) | 2600m       | 3:41.84 | (34.17)        |      |
|                           |    | 3000m                       | 4:17.29                | (35.24) | 3000m       | 4:16.28 | (34.44)        |      |

|    |    | Naam                   | Cat     | Vereniging | PR               | Tijd           | Info    |
|----|----|------------------------|---------|------------|------------------|----------------|---------|
| 43 | wt | 2 <b>Hylke de Boer</b> | HA2     | FERWERT    | 3:54.85          | <b>4:03.32</b> |         |
|    | rd | 9 <b>Max Douma</b>     | HN4     | AIJV       | 4:10.90          | <b>4:12.28</b> |         |
|    |    | <b>Hylke de Boer</b>   |         |            | <b>Max Douma</b> |                |         |
|    |    | 200m                   | 19.81   | (19.81)    | 200m             | 19.60          | (19.60) |
|    |    | 600m                   | 50.97   | (31.16)    | 600m             | 49.91          | (30.31) |
|    |    | 1000m                  | 1:22.22 | (31.25)    | 1000m            | 1:21.03        | (31.12) |
|    |    | 1400m                  | 1:54.00 | (31.78)    | 1400m            | 1:52.99        | (31.96) |
|    |    | 1800m                  | 2:25.79 | (31.79)    | 1800m            | 2:26.44        | (33.45) |
|    |    | 2200m                  | 2:57.85 | (32.06)    | 2200m            | 3:00.96        | (34.52) |
|    |    | 2600m                  | 3:30.37 | (32.52)    | 2600m            | 3:36.57        | (35.61) |
|    |    | 3000m                  | 4:03.32 | (32.95)    | 3000m            | 4:12.28        | (35.71) |

|    |    | Naam                     | Cat     | Vereniging | PR                   | Tijd           | Info    |
|----|----|--------------------------|---------|------------|----------------------|----------------|---------|
| 44 | gl | 44 <b>Stan van Vliet</b> | HN1     | SVO        | 3:56.47              | <b>4:08.06</b> |         |
|    | bl | 7 <b>Nino van Dijk</b>   | HSA     | SVW        | 3:55.68              | <b>4:05.35</b> |         |
|    |    | <b>Stan van Vliet</b>    |         |            | <b>Nino van Dijk</b> |                |         |
|    |    | 200m                     | 19.36   | (19.36)    | 200m                 | 19.52          | (19.52) |
|    |    | 600m                     | 51.61   | (32.25)    | 600m                 | 50.15          | (30.63) |
|    |    | 1000m                    | 1:23.95 | (32.34)    | 1000m                | 1:21.16        | (31.01) |
|    |    | 1400m                    | 1:56.15 | (32.20)    | 1400m                | 1:52.89        | (31.73) |
|    |    | 1800m                    | 2:28.29 | (32.14)    | 1800m                | 2:25.20        | (32.31) |
|    |    | 2200m                    | 3:00.86 | (32.57)    | 2200m                | 2:57.90        | (32.70) |
|    |    | 2600m                    | 3:33.99 | (33.13)    | 2600m                | 3:31.50        | (33.60) |
|    |    | 3000m                    | 4:08.06 | (34.07)    | 3000m                | 4:05.35        | (33.85) |

|                  |    | Naam                  | Cat                | Vereniging   | PR      | Tijd           | Info    |
|------------------|----|-----------------------|--------------------|--------------|---------|----------------|---------|
| 45               | wt | 14 <b>Luc Heine</b>   | HSA                | YC KJONG     | 3:57.88 | <b>4:05.95</b> |         |
|                  | rd | 38 <b>Dyon Talsma</b> | HN2                | STG PINGUINS | 4:04.67 | <b>4:06.28</b> |         |
| <b>Luc Heine</b> |    |                       | <b>Dyon Talsma</b> |              |         |                |         |
|                  |    | 200m                  | 19.27              | (19.27)      | 200m    | 20.03          | (20.03) |
|                  |    | 600m                  | 51.31              | (32.04)      | 600m    | 51.55          | (31.52) |
|                  |    | 1000m                 | 1:23.91            | (32.60)      | 1000m   | 1:23.91        | (32.36) |
|                  |    | 1400m                 | 1:56.55            | (32.64)      | 1400m   | 1:56.19        | (32.28) |
|                  |    | 1800m                 | 2:28.56            | (32.01)      | 1800m   | 2:28.20        | (32.01) |
|                  |    | 2200m                 | 3:00.73            | (32.17)      | 2200m   | 3:00.23        | (32.03) |
|                  |    | 2600m                 | 3:32.79            | (32.06)      | 2600m   | 3:32.85        | (32.62) |
|                  |    | 3000m                 | 4:05.95            | (33.16)      | 3000m   | 4:06.28        | (33.43) |

|                       |    | Naam                     | Cat                   | Vereniging   | PR      | Tijd           | Info    |
|-----------------------|----|--------------------------|-----------------------|--------------|---------|----------------|---------|
| 46                    | gl | 41 <b>Bart Valentijn</b> | HSA                   | STG NINO     | 3:55.24 | <b>4:03.99</b> |         |
|                       | bl | 25 <b>Jesse de Lange</b> | HN2                   | STG PINGUINS | 4:01.67 | <b>4:03.36</b> |         |
| <b>Bart Valentijn</b> |    |                          | <b>Jesse de Lange</b> |              |         |                |         |
|                       |    | 200m                     | 19.25                 | (19.25)      | 200m    | 19.85          | (19.85) |
|                       |    | 600m                     | 50.10                 | (30.85)      | 600m    | 51.21          | (31.36) |
|                       |    | 1000m                    | 1:21.22               | (31.12)      | 1000m   | 1:22.47        | (31.26) |
|                       |    | 1400m                    | 1:52.69               | (31.47)      | 1400m   | 1:54.03        | (31.56) |
|                       |    | 1800m                    | 2:24.61               | (31.92)      | 1800m   | 2:26.02        | (31.99) |
|                       |    | 2200m                    | 2:57.00               | (32.39)      | 2200m   | 2:58.38        | (32.36) |
|                       |    | 2600m                    | 3:30.22               | (33.22)      | 2600m   | 3:30.77        | (32.39) |
|                       |    | 3000m                    | 4:03.99               | (33.77)      | 3000m   | 4:03.36        | (32.59) |

|    |    | Naam                      | Cat     | Vereniging | PR                     | Tijd           | Info    |
|----|----|---------------------------|---------|------------|------------------------|----------------|---------|
| 47 | wt | 42 <b>Jur Veenje</b>      | HN3     | FERWERT    | 3:54.92                | <b>4:04.90</b> |         |
|    | rd | 26 <b>Thomas de Lange</b> | HN1     | YC STOKVIS | 3:52.55                | <b>4:01.65</b> |         |
|    |    | <b>Jur Veenje</b>         |         |            | <b>Thomas de Lange</b> |                |         |
|    |    | 200m                      | 19.27   | (19.27)    | 200m                   | 19.32          | (19.32) |
|    |    | 600m                      | 49.78   | (30.51)    | 600m                   | 49.85          | (30.53) |
|    |    | 1000m                     | 1:21.14 | (31.36)    | 1000m                  | 1:21.06        | (31.21) |
|    |    | 1400m                     | 1:53.32 | (32.18)    | 1400m                  | 1:52.39        | (31.33) |
|    |    | 1800m                     | 2:25.72 | (32.40)    | 1800m                  | 2:24.19        | (31.80) |
|    |    | 2200m                     | 2:58.62 | (32.90)    | 2200m                  | 2:55.96        | (31.77) |
|    |    | 2600m                     | 3:31.62 | (33.00)    | 2600m                  | 3:28.32        | (32.36) |
|    |    | 3000m                     | 4:04.90 | (33.28)    | 3000m                  | 4:01.65        | (33.33) |

|    |    | Naam                          | Cat     | Vereniging    | PR                         | Tijd           | Info    |
|----|----|-------------------------------|---------|---------------|----------------------------|----------------|---------|
| 48 | gl | 11 <b>Sijmen Egberts</b>      | HA2     | VZOD KUDELSTR | 3:45.17                    | <b>3:56.16</b> |         |
|    | bl | 48 <b>Mathijs van Zwieten</b> | HN2     | HCH           | 3:57.99                    | <b>3:55.67</b> | PR      |
|    |    | <b>Sijmen Egberts</b>         |         |               | <b>Mathijs van Zwieten</b> |                |         |
|    |    | 200m                          | 19.49   | (19.49)       | 200m                       | 19.21          | (19.21) |
|    |    | 600m                          | 50.24   | (30.75)       | 600m                       | 49.52          | (30.31) |
|    |    | 1000m                         | 1:21.39 | (31.15)       | 1000m                      | 1:20.42        | (30.90) |
|    |    | 1400m                         | 1:52.63 | (31.24)       | 1400m                      | 1:51.24        | (30.82) |
|    |    | 1800m                         | 2:22.86 | (30.23)       | 1800m                      | 2:21.87        | (30.63) |
|    |    | 2200m                         | 2:53.63 | (30.77)       | 2200m                      | 2:52.92        | (31.05) |
|    |    | 2600m                         | 3:24.53 | (30.90)       | 2600m                      | 3:24.30        | (31.38) |
|    |    | 3000m                         | 3:56.16 | (31.63)       | 3000m                      | 3:55.67        | (31.37) |

|    |    | Naam                    | Cat     | Vereniging   | PR                   | Tijd           | Info    |
|----|----|-------------------------|---------|--------------|----------------------|----------------|---------|
| 49 | wt | 49 <b>Lex Dijkstra</b>  | HSA     | IJVG         | 3:43.67              | <b>3:54.14</b> |         |
|    | rd | 39 <b>Marwin Talsma</b> | HSA     | STG PINGUINS | 3:44.51              | <b>3:51.69</b> |         |
|    |    | <u>Lex Dijkstra</u>     |         |              | <u>Marwin Talsma</u> |                |         |
|    |    | 200m                    | 19.02   | (19.02)      | 200m                 | 19.95          | (19.95) |
|    |    | 600m                    | 49.03   | (30.01)      | 600m                 | 50.35          | (30.40) |
|    |    | 1000m                   | 1:19.27 | (30.24)      | 1000m                | 1:20.21        | (29.86) |
|    |    | 1400m                   | 1:49.78 | (30.51)      | 1400m                | 1:50.29        | (30.08) |
|    |    | 1800m                   | 2:20.33 | (30.55)      | 1800m                | 2:20.76        | (30.47) |
|    |    | 2200m                   | 2:51.46 | (31.13)      | 2200m                | 2:51.09        | (30.33) |
|    |    | 2600m                   | 3:22.59 | (31.13)      | 2600m                | 3:21.35        | (30.26) |
|    |    | 3000m                   | 3:54.14 | (31.55)      | 3000m                | 3:51.69        | (30.34) |

|    |    | Naam                      | Cat | Vereniging | PR                     | Tijd           | Info    |
|----|----|---------------------------|-----|------------|------------------------|----------------|---------|
| 50 | gl | 35 <b>Jesse Speijers</b>  | HN2 | IJVZ       | 3:46.51                | <b>DQ</b>      |         |
|    | bl | 34 <b>Remo Slotegraaf</b> | HN2 | IJVG       | 3:50.56                | <b>3:51.83</b> |         |
|    |    | <u>Jesse Speijers</u>     |     |            | <u>Remo Slotegraaf</u> |                |         |
|    |    |                           |     |            | 200m                   | 19.50          | (19.50) |
|    |    |                           |     |            | 600m                   | 49.76          | (30.26) |
|    |    |                           |     |            | 1000m                  | 1:20.01        | (30.25) |
|    |    |                           |     |            | 1400m                  | 1:50.43        | (30.42) |
|    |    |                           |     |            | 1800m                  | 2:20.80        | (30.37) |
|    |    |                           |     |            | 2200m                  | 2:50.88        | (30.08) |
|    |    |                           |     |            | 2600m                  | 3:21.45        | (30.57) |
|    |    |                           |     |            | 3000m                  | 3:51.83        | (30.38) |