

## 2. Rituitslag 5000 meter

		Naam	Cat	Vereniging	PR	Tijd	Info
15	wt	42 <b>Jur Veenje</b>	HN3	FERWERT	6:45.21	<b>6:57.90</b>	
	rd	63 <b>Michiel Wienese</b>	H40	IJCH	7:13.77	<b>7:43.97</b>	
		<b>Jur Veenje</b>			<b>Michiel Wienese</b>		
		200m			19.77	(19.77)	200m 21.42 (21.42)
		600m			51.83	(32.06)	600m 56.02 (34.60)
		1000m			1:24.26	(32.43)	1000m 1:31.62 (35.60)
		1400m			1:56.50	(32.24)	1400m 2:07.49 (35.87)
		1800m			2:28.87	(32.37)	1800m 2:43.66 (36.17)
		2200m			3:01.96	(33.09)	2200m 3:20.05 (36.39)
		2600m			3:34.99	(33.03)	2600m 3:56.87 (36.82)
		3000m			4:08.13	(33.14)	3000m 4:33.89 (37.02)
		3400m			4:41.63	(33.50)	3400m 5:11.09 (37.20)
		3800m			5:15.38	(33.75)	3800m 5:49.03 (37.94)
		4200m			5:49.03	(33.65)	4200m 6:27.16 (38.13)
		4600m			6:23.31	(34.28)	4600m 7:05.38 (38.22)
		5000m			6:57.90	(34.59)	5000m 7:43.97 (38.59)

		Naam	Cat	Vereniging	PR	Tijd	Info
16	gl	61 <b>Marc Nieuwenhuijse</b>	H40	SV STRIENE	7:41.42	<b>7:37.88</b>	PR
	bl	54 <b>Sybe van Hijum</b>	HSB	SKEUVEL	7:31.95	<b>7:44.44</b>	
		<b>Marc Nieuwenhuijse</b>			<b>Sybe van Hijum</b>		
		200m			23.26	(23.26)	200m 22.88 (22.88)
		600m			58.87	(35.61)	600m 59.14 (36.26)
		1000m			1:34.48	(35.61)	1000m 1:36.07 (36.93)
		1400m			2:10.32	(35.84)	1400m 2:12.82 (36.75)
		1800m			2:46.34	(36.02)	1800m 2:48.98 (36.16)
		2200m			3:22.44	(36.10)	2200m 3:25.33 (36.35)
		2600m			3:58.68	(36.24)	2600m 4:01.94 (36.61)
		3000m			4:34.85	(36.17)	3000m 4:38.74 (36.80)
		3400m			5:11.27	(36.42)	3400m 5:15.40 (36.66)
		3800m			5:47.83	(36.56)	3800m 5:52.37 (36.97)
		4200m			6:24.50	(36.67)	4200m 6:29.62 (37.25)
		4600m			7:01.27	(36.77)	4600m 7:07.13 (37.51)
		5000m			7:37.88	(36.61)	5000m 7:44.44 (37.31)

		Naam	Cat	Vereniging	PR	Tijd	Info
17	wt	9 <b>Max Douma</b>	HN4	AIJV	7:00.53	<b>7:13.98</b>	
	rd	44 <b>Stan van Vliet</b>	HN1	SVO	6:57.03	<b>7:10.78</b>	
		<b>Max Douma</b>			<b>Stan van Vliet</b>		
		200m	19.68	(19.68)	200m	20.11	(20.11)
		600m	52.95	(33.27)	600m	53.96	(33.85)
		1000m	1:26.66	(33.71)	1000m	1:27.69	(33.73)
		1400m	2:00.08	(33.42)	1400m	2:01.39	(33.70)
		1800m	2:33.43	(33.35)	1800m	2:34.39	(33.00)
		2200m	3:06.96	(33.53)	2200m	3:08.15	(33.76)
		2600m	3:41.06	(34.10)	2600m	3:42.34	(34.19)
		3000m	4:15.72	(34.66)	3000m	4:16.76	(34.42)
		3400m	4:50.73	(35.01)	3400m	4:51.79	(35.03)
		3800m	5:25.81	(35.08)	3800m	5:26.02	(34.23)
		4200m	6:01.37	(35.56)	4200m	6:00.71	(34.69)
		4600m	6:37.66	(36.29)	4600m	6:35.81	(35.10)
		5000m	7:13.98	(36.32)	5000m	7:10.78	(34.97)

		Naam	Cat	Vereniging	PR	Tijd	Info
18	gl	41 <b>Bart Valentijn</b>	HSA	STG NINO	6:46.03	<b>6:54.10</b>	
	bl	52 <b>Bart van der Heijden</b>	HSA	YCE	6:57.80	<b>7:31.38</b>	
		<b>Bart Valentijn</b>			<b>Bart van der Heijden</b>		
		200m	19.24	(19.24)	200m	20.76	(20.76)
		600m	50.28	(31.04)	600m	54.51	(33.75)
		1000m	1:21.78	(31.50)	1000m	1:29.38	(34.87)
		1400m	1:53.28	(31.50)	1400m	2:04.61	(35.23)
		1800m	2:25.18	(31.90)	1800m	2:39.68	(35.07)
		2200m	2:57.59	(32.41)	2200m	3:15.33	(35.65)
		2600m	3:30.69	(33.10)	2600m	3:51.36	(36.03)
		3000m	4:04.24	(33.55)	3000m	4:27.88	(36.52)
		3400m	4:37.96	(33.72)	3400m	5:04.59	(36.71)
		3800m	5:11.75	(33.79)	3800m	5:41.59	(37.00)
		4200m	5:45.77	(34.02)	4200m	6:18.08	(36.49)
		4600m	6:19.86	(34.09)	4600m	6:54.72	(36.64)
		5000m	6:54.10	(34.24)	5000m	7:31.38	(36.66)

		Naam	Cat	Vereniging	PR	Tijd	Info
19	wt	31 <b>Colin Schrijver</b>	HN3	YA	7:14.24	<b>7:29.77</b>	
	rd	5 <b>Yoeri van Bostelen</b>	HA1	YC ALKEMADE	7:26.56	<b>7:28.61</b>	
		<b>Colin Schrijver</b>	<b>Yoeri van Bostelen</b>				
		200m	19.96	(19.96)	200m	19.82	(19.82)
		600m	53.71	(33.75)	600m	52.38	(32.56)
		1000m	1:28.30	(34.59)	1000m	1:27.26	(34.88)
		1400m	2:03.77	(35.47)	1400m	2:02.58	(35.32)
		1800m	2:39.39	(35.62)	1800m	2:38.00	(35.42)
		2200m	3:15.18	(35.79)	2200m	3:13.43	(35.43)
		2600m	3:50.97	(35.79)	2600m	3:49.37	(35.94)
		3000m	4:26.99	(36.02)	3000m	4:25.76	(36.39)
		3400m	5:02.84	(35.85)	3400m	5:02.87	(37.11)
		3800m	5:38.53	(35.69)	3800m	5:38.67	(35.80)
		4200m	6:14.63	(36.10)	4200m	6:15.20	(36.53)
		4600m	6:51.61	(36.98)	4600m	6:51.91	(36.71)
		5000m	7:29.77	(38.16)	5000m	7:28.61	(36.70)

		Naam	Cat	Vereniging	PR	Tijd	Info
20	gl	25 <b>Jesse de Lange</b>	HN2	STG PINGUINS	6:55.05	<b>6:56.40</b>	
	bl	7 <b>Nino van Dijk</b>	HSA	SVW	6:42.12	<b>6:59.74</b>	
		<b>Jesse de Lange</b>	<b>Nino van Dijk</b>				
		200m	19.50	(19.50)	200m	19.54	(19.54)
		600m	51.55	(32.05)	600m	50.90	(31.36)
		1000m	1:23.95	(32.40)	1000m	1:23.16	(32.26)
		1400m	1:57.30	(33.35)	1400m	1:56.02	(32.86)
		1800m	2:30.08	(32.78)	1800m	2:28.92	(32.90)
		2200m	3:02.99	(32.91)	2200m	3:02.03	(33.11)
		2600m	3:35.53	(32.54)	2600m	3:35.44	(33.41)
		3000m	4:08.07	(32.54)	3000m	4:08.84	(33.40)
		3400m	4:40.66	(32.59)	3400m	4:42.57	(33.73)
		3800m	5:13.50	(32.84)	3800m	5:16.45	(33.88)
		4200m	5:47.12	(33.62)	4200m	5:50.43	(33.98)
		4600m	6:21.27	(34.15)	4600m	6:24.80	(34.37)
		5000m	6:56.40	(35.13)	5000m	6:59.74	(34.94)

		Naam	Cat	Vereniging	PR	Tijd	Info
21	wt	40 <b>Jasper Tinga</b>	HA2	ST BOLSWARD	6:51.48	<b>7:07.72</b>	
	rd	11 <b>Sijmen Egberts</b>	HA2	VZOD KUDELSTR	6:36.57	<b>6:50.24</b>	
		<b>Jasper Tinga</b>			<b>Sijmen Egberts</b>		
		200m	20.10	(20.10)	200m	20.29	(20.29)
		600m	53.30	(33.20)	600m	52.68	(32.39)
		1000m	1:27.21	(33.91)	1000m	1:25.49	(32.81)
		1400m	2:00.75	(33.54)	1400m	1:58.26	(32.77)
		1800m	2:34.26	(33.51)	1800m	2:30.54	(32.28)
		2200m	3:08.14	(33.88)	2200m	3:02.66	(32.12)
		2600m	3:41.98	(33.84)	2600m	3:34.54	(31.88)
		3000m	4:16.22	(34.24)	3000m	4:06.60	(32.06)
		3400m	4:50.59	(34.37)	3400m	4:38.34	(31.74)
		3800m	5:25.38	(34.79)	3800m	5:10.37	(32.03)
		4200m	5:59.83	(34.45)	4200m	5:42.90	(32.53)
		4600m	6:33.82	(33.99)	4600m	6:16.20	(33.30)
		5000m	7:07.72	(33.90)	5000m	6:50.24	(34.04)

		Naam	Cat	Vereniging	PR	Tijd	Info
22	gl	57 <b>Mark Ooijevaar</b>	HSB	STW	6:24.56	<b>7:07.12</b>	
	bl	14 <b>Luc Heine</b>	HSA	YC KJONG	6:54.75	<b>7:01.95</b>	
		<b>Mark Ooijevaar</b>			<b>Luc Heine</b>		
		200m	21.05	(21.05)	200m	19.81	(19.81)
		600m	53.35	(32.30)	600m	52.35	(32.54)
		1000m	1:26.50	(33.15)	1000m	1:25.47	(33.12)
		1400m	2:00.12	(33.62)	1400m	1:58.59	(33.12)
		1800m	2:33.91	(33.79)	1800m	2:31.84	(33.25)
		2200m	3:07.94	(34.03)	2200m	3:05.11	(33.27)
		2600m	3:42.01	(34.07)	2600m	3:38.50	(33.39)
		3000m	4:16.18	(34.17)	3000m	4:11.62	(33.12)
		3400m	4:50.30	(34.12)	3400m	4:45.01	(33.39)
		3800m	5:24.36	(34.06)	3800m	5:18.56	(33.55)
		4200m	5:58.53	(34.17)	4200m	5:52.58	(34.02)
		4600m	6:32.75	(34.22)	4600m	6:26.89	(34.31)
		5000m	7:07.12	(34.37)	5000m	7:01.95	(35.06)

		Naam	Cat	Vereniging	PR	Tijd	Info
23	wt	38 <b>Dyon Talsma</b>	HN2	STG PINGUINS	6:54.03	<b>7:03.96</b>	
	rd	26 <b>Thomas de Lange</b>	HN1	YC STOKVIS	6:50.31	<b>7:03.36</b>	
		<b>Dyon Talsma</b>			<b>Thomas de Lange</b>		
		200m	20.15	(20.15)	200m	19.99	(19.99)
		600m	53.23	(33.08)	600m	51.87	(31.88)
		1000m	1:26.59	(33.36)	1000m	1:24.76	(32.89)
		1400m	1:59.75	(33.16)	1400m	1:58.04	(33.28)
		1800m	2:32.81	(33.06)	1800m	2:30.75	(32.71)
		2200m	3:05.74	(32.93)	2200m	3:03.73	(32.98)
		2600m	3:38.99	(33.25)	2600m	3:36.74	(33.01)
		3000m	4:12.56	(33.57)	3000m	4:10.05	(33.31)
		3400m	4:45.73	(33.17)	3400m	4:43.59	(33.54)
		3800m	5:19.41	(33.68)	3800m	5:17.63	(34.04)
		4200m	5:54.00	(34.59)	4200m	5:52.11	(34.48)
		4600m	6:28.97	(34.97)	4600m	6:27.46	(35.35)
		5000m	7:03.96	(34.99)	5000m	7:03.36	(35.90)

		Naam	Cat	Vereniging	PR	Tijd	Info
24	gl	50 <b>Victor Ramler</b>	HSA	SKITS	6:18.30	<b>6:47.66</b>	
	bl	4 <b>Joël Bom</b>	HA1	YA	6:47.05	<b>7:00.01</b>	
		<b>Victor Ramler</b>			<b>Joël Bom</b>		
		200m	19.87	(19.87)	200m	20.01	(20.01)
		600m	51.11	(31.24)	600m	51.17	(31.16)
		1000m	1:23.02	(31.91)	1000m	1:23.19	(32.02)
		1400m	1:55.15	(32.13)	1400m	1:55.38	(32.19)
		1800m	2:27.36	(32.21)	1800m	2:27.91	(32.53)
		2200m	2:59.83	(32.47)	2200m	3:00.86	(32.95)
		2600m	3:32.59	(32.76)	2600m	3:34.55	(33.69)
		3000m	4:05.39	(32.80)	3000m	4:08.11	(33.56)
		3400m	4:38.16	(32.77)	3400m	4:41.99	(33.88)
		3800m	5:10.57	(32.41)	3800m	5:16.18	(34.19)
		4200m	5:42.76	(32.19)	4200m	5:50.42	(34.24)
		4600m	6:15.13	(32.37)	4600m	6:25.04	(34.62)
		5000m	6:47.66	(32.53)	5000m	7:00.01	(34.97)

		Naam	Cat	Vereniging	PR	Tijd	Info
25	wt	2 <b>Hylke de Boer</b>	HA2	FERWERT	6:51.93	<b>6:58.11</b>	
	rd	24 <b>Jasper Krommenhoek</b>	HA2	HCH	6:41.49	<b>6:46.15</b>	
		<b>Hylke de Boer</b>			<b>Jasper Krommenhoek</b>		
		200m	19.75	(19.75)	200m	19.99	(19.99)
		600m	52.00	(32.25)	600m	51.11	(31.12)
		1000m	1:24.35	(32.35)	1000m	1:22.41	(31.30)
		1400m	1:56.83	(32.48)	1400m	1:53.80	(31.39)
		1800m	2:29.34	(32.51)	1800m	2:24.98	(31.18)
		2200m	3:01.82	(32.48)	2200m	2:56.29	(31.31)
		2600m	3:34.56	(32.74)	2600m	3:28.03	(31.74)
		3000m	4:07.67	(33.11)	3000m	4:00.17	(32.14)
		3400m	4:40.84	(33.17)	3400m	4:33.00	(32.83)
		3800m	5:14.65	(33.81)	3800m	5:06.06	(33.06)
		4200m	5:48.86	(34.21)	4200m	5:39.30	(33.24)
		4600m	6:23.42	(34.56)	4600m	6:12.95	(33.65)
		5000m	6:58.11	(34.69)	5000m	6:46.15	(33.20)

		Naam	Cat	Vereniging	PR	Tijd	Info
26	gl	48 <b>Mathijs van Zwieten</b>	HN2	HCH	6:40.49	<b>6:46.35</b>	
	bl	35 <b>Jesse Speijers</b>	HN2	IJVZ	6:25.47	<b>6:42.45</b>	
		<b>Mathijs van Zwieten</b>			<b>Jesse Speijers</b>		
		200m	19.23	(19.23)	200m	19.54	(19.54)
		600m	49.88	(30.65)	600m	50.00	(30.46)
		1000m	1:21.30	(31.42)	1000m	1:21.52	(31.52)
		1400m	1:53.61	(32.31)	1400m	1:53.10	(31.58)
		1800m	2:25.60	(31.99)	1800m	2:24.93	(31.83)
		2200m	2:57.71	(32.11)	2200m	2:56.86	(31.93)
		2600m	3:29.84	(32.13)	2600m	3:28.95	(32.09)
		3000m	4:01.66	(31.82)	3000m	4:01.09	(32.14)
		3400m	4:33.95	(32.29)	3400m	4:33.42	(32.33)
		3800m	5:07.08	(33.13)	3800m	5:05.87	(32.45)
		4200m	5:39.84	(32.76)	4200m	5:38.22	(32.35)
		4600m	6:13.20	(33.36)	4600m	6:10.48	(32.26)
		5000m	6:46.35	(33.15)	5000m	6:42.45	(31.97)

		Naam	Cat	Vereniging	PR	Tijd	Info
27	wt	39 <b>Marwin Talsma</b>	HSA	STG PINGUINS	6:13.18	<b>6:38.94</b>	
	rd	46 <b>Gert Wierda</b>	HN1	FERWERT	6:21.14	<b>WDR</b>	
<b>Marwin Talsma</b>			<b>Gert Wierda</b>				
		200m	20.09	(20.09)			
		600m	51.70	(31.61)			
		1000m	1:22.95	(31.25)			
		1400m	1:54.48	(31.53)			
		1800m	2:25.84	(31.36)			
		2200m	2:57.53	(31.69)			
		2600m	3:29.11	(31.58)			
		3000m	4:00.70	(31.59)			
		3400m	4:32.14	(31.44)			
		3800m	5:03.69	(31.55)			
		4200m	5:35.67	(31.98)			
		4600m	6:07.38	(31.71)			
		5000m	6:38.94	(31.56)			

		Naam	Cat	Vereniging	PR	Tijd	Info
28	gl	49 <b>Lex Dijkstra</b>	HSA	IJVG	6:19.79	<b>6:43.86</b>	
	bl	34 <b>Remo Slotegraaf</b>	HN2	IJVG	6:23.11	<b>6:41.68</b>	
<b>Lex Dijkstra</b>			<b>Remo Slotegraaf</b>				
		200m	19.53	(19.53)	200m	20.05	(20.05)
		600m	50.51	(30.98)	600m	50.92	(30.87)
		1000m	1:21.32	(30.81)	1000m	1:21.96	(31.04)
		1400m	1:52.39	(31.07)	1400m	1:53.22	(31.26)
		1800m	2:23.73	(31.34)	1800m	2:24.60	(31.38)
		2200m	2:55.40	(31.67)	2200m	2:55.98	(31.38)
		2600m	3:27.12	(31.72)	2600m	3:27.53	(31.55)
		3000m	3:59.14	(32.02)	3000m	3:58.94	(31.41)
		3400m	4:31.49	(32.35)	3400m	4:30.63	(31.69)
		3800m	5:04.40	(32.91)	3800m	5:02.73	(32.10)
		4200m	5:37.54	(33.14)	4200m	5:34.99	(32.26)
		4600m	6:10.80	(33.26)	4600m	6:07.75	(32.76)
		5000m	6:43.86	(33.06)	5000m	6:41.68	(33.93)