KPN NK-Allround 2015

27 en 28 december 2014

IJsstadion Thialf - Heerenveen

7 - Resultaat in paren - Dames 5000 meter

Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
1	I	11	**Yvonne Nauta**	HV	**7:09.67**	
	O	22	**Annouk vd Weijden**	HA	**7:22.16**	

	Yvonne Nauta				**Annouk vd Weijden**		
1.	200m	20.55	(20.5)	1.	200m	20.66	(20.6)
2.	600m	53.59	(33.0)	2.	600m	53.87	(33.2)
3.	1000m	1:26.80	(33.2)	3.	1000m	1:27.58	(33.7)
4.	1400m	2:00.34	(33.5)	4.	1400m	2:01.64	(34.0)
5.	1800m	2:34.04	(33.7)	5.	1800m	2:36.16	(34.5)
6.	2200m	3:07.78	(33.7)	6.	2200m	3:11.01	(34.8)
7.	2600m	3:41.59	(33.8)	7.	2600m	3:46.39	(35.3)
8.	3000m	4:15.57	(33.9)	8.	3000m	4:21.93	(35.5)
9.	3400m	4:49.77	(34.2)	9.	3400m	4:57.78	(35.8)
10.	3800m	5:24.09	(34.3)	10.	3800m	5:33.63	(35.8)
11.	4200m	5:58.71	(34.6)	11.	4200m	6:09.75	(36.1)
12.	4600m	6:33.80	(35.0)	12.	4600m	6:45.76	(36.0)
13.	5000m	7:09.67	(35.8)	13.	5000m	7:22.16	(36.4)

2	I	1	**Carlijn Achtereekte**	DV	**7:03.72**	
	O	23	**Melissa Wijfje**	HA	**7:16.35**	PB

	Carlijn Achtereekte				**Melissa Wijfje**		
1.	200m	20.28	(20.2)	1.	200m	20.86	(20.8)
2.	600m	52.17	(31.8)	2.	600m	53.12	(32.2)
3.	1000m	1:25.07	(32.9)	3.	1000m	1:26.76	(33.6)
4.	1400m	1:58.54	(33.4)	4.	1400m	2:00.61	(33.8)
5.	1800m	2:31.99	(33.4)	5.	1800m	2:34.79	(34.1)
6.	2200m	3:05.50	(33.5)	6.	2200m	3:09.28	(34.4)
7.	2600m	3:39.17	(33.6)	7.	2600m	3:44.00	(34.7)
8.	3000m	4:13.10	(33.9)	8.	3000m	4:19.02	(35.0)
9.	3400m	4:47.08	(33.9)	9.	3400m	4:54.10	(35.0)
10.	3800m	5:21.28	(34.2)	10.	3800m	5:29.28	(35.1)
11.	4200m	5:55.59	(34.3)	11.	4200m	6:04.98	(35.7)
12.	4600m	6:29.93	(34.3)	12.	4600m	6:40.59	(35.6)
13.	5000m	7:03.72	(33.7)	13.	5000m	7:16.35	(35.7)

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3	I	21	**Linda de Vries**	HV	**7:06.67**	
	O	19	**Jorien Voorhuis**	EN	**7:03.92**	

	Linda de Vries				Jorien Voorhuis		
1.	200m	20.12	(20.1)	1.	200m	20.38	(20.3)
2.	600m	52.75	(32.6)	2.	600m	52.71	(32.3)
3.	1000m	1:25.94	(33.1)	3.	1000m	1:26.23	(33.5)
4.	1400m	1:59.67	(33.7)	4.	1400m	1:59.90	(33.6)
5.	1800m	2:33.15	(33.4)	5.	1800m	2:33.84	(33.9)
6.	2200m	3:06.62	(33.4)	6.	2200m	3:07.51	(33.6)
7.	2600m	3:40.30	(33.6)	7.	2600m	3:41.48	(33.9)
8.	3000m	4:14.04	(33.7)	8.	3000m	4:15.25	(33.7)
9.	3400m	4:47.84	(33.8)	9.	3400m	4:48.86	(33.6)
10.	3800m	5:21.92	(34.0)	10.	3800m	5:22.17	(33.3)
11.	4200m	5:56.26	(34.3)	11.	4200m	5:55.61	(33.4)
12.	4600m	6:31.06	(34.8)	12.	4600m	6:29.59	(33.9)
13.	5000m	7:06.67	(35.6)	13.	5000m	7:03.92	(34.3)

4	I	24	**Ireen Wüst**	TB	**7:05.71**	
	O	17	**Diane Valkenburg**	DH	**7:10.38**	

	Ireen Wüst				Diane Valkenburg		
1.	200m	20.64	(20.6)	1.	200m	21.38	(21.3)
2.	600m	53.59	(32.9)	2.	600m	55.40	(34.0)
3.	1000m	1:26.82	(33.2)	3.	1000m	1:29.89	(34.4)
4.	1400m	2:00.34	(33.5)	4.	1400m	2:03.74	(33.8)
5.	1800m	2:33.75	(33.4)	5.	1800m	2:37.41	(33.6)
6.	2200m	3:07.12	(33.3)	6.	2200m	3:10.96	(33.5)
7.	2600m	3:40.78	(33.6)	7.	2600m	3:44.86	(33.9)
8.	3000m	4:14.83	(34.0)	8.	3000m	4:18.78	(33.9)
9.	3400m	4:48.90	(34.0)	9.	3400m	4:52.91	(34.1)
10.	3800m	5:23.25	(34.3)	10.	3800m	5:26.94	(34.0)
11.	4200m	5:57.88	(34.6)	11.	4200m	6:01.20	(34.2)
12.	4600m	6:31.99	(34.1)	12.	4600m	6:35.49	(34.2)
13.	5000m	7:05.71	(33.7)	13.	5000m	7:10.38	(34.8)