

## 7. Uitslag Dames 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	89 Linda de Vries	DSA	6	I	7:21.95		
2	35 Esmee Visser	DN2	6	O	7:22.18		
3	4 Ineke Dedden	DN4	3	I	7:28.76		
4	92 Reina Anema	DN4	4	I	7:29.35		
5	34 Esther Kiel	DN1	4	O	7:32.75		
6	36 Femke Markus	DN1	5	I	7:33.22	PR	
7	96 Roza Blokker	DSA	2	I	7:41.81		
8	90 Sanne van der Schaar	DSA	5	O	7:46.22		
9	45 Inge Mostert	DN2	3	O	7:50.13		
10	14 Aveline Hijlkema	DN2	1	O	7:50.16	PR	
11	97 Willemijn Crossen	DN2	1	I	7:54.33		
12	6 Annemarie Boer	DN4	2	O	8:07.88		

## Klassement Dames Gruno Bokaal

	Naam	Cat	500	3000	1500	5000	Punten
1	89 Linda de Vries	DSA	40.94 (2)	4:15.02 (2)	2:01.13 (1)	7:21.95 (1)	168.014
2	35 Esmee Visser	DN2	42.84 (23)	4:17.81 (3)	2:04.82 (7)	7:22.18 (2)	171.632
3	34 Esther Kiel	DN1	41.61 (8)	4:19.96 (6)	2:04.46 (6)	7:32.75 (5)	171.697
4	92 Reina Anema	DN4	42.50 (19)	4:18.40 (4)	2:04.39 (5)	7:29.35 (4)	171.964
5	36 Femke Markus	DN1	41.98 (11)	4:20.22 (7)	2:05.20 (10)	7:33.22 (6)	172.405
6	90 Sanne van der Schaar	DSA	41.12 (3)	4:24.80 (10)	2:02.63 (3)	7:46.22 (8)	172.751
7	4 Ineke Dedden	DN4	42.77 (22)	4:20.49 (8)	2:05.19 (9)	7:28.76 (3)	172.791
8	45 Inge Mostert	DN2	42.03 (12)	4:26.95 (12)	2:05.68 (12)	7:50.13 (9)	175.427
9	96 Roza Blokker	DSA	42.63 (20)	4:27.55 (13)	2:07.79 (16)	7:41.81 (7)	175.998
10	14 Aveline Hijlkema	DN2	41.92 (10)	4:31.90 (17)	2:05.75 (13)	7:50.16 (10)	176.168
11	6 Annemarie Boer	DN4	41.55 (7)	4:29.43 (14)	2:05.17 (8)	8:07.88 (12)	176.966
12	97 Willemijn Cossen	DN2	42.13 (13)	4:31.71 (16)	2:07.53 (15)	7:54.33 (11)	177.358
13	88 Marije Joling	DSA	40.65 (1)	4:10.44 (1)	2:01.33 (2)		122.833
14	91 Jorien Voorhuis	DSB	41.68 (9)	4:19.22 (5)	2:03.24 (4)		125.963
15	94 Sanne in 't Hof	DA2	41.29 (5)	4:24.15 (9)	2:05.34 (11)		127.095
16	5 Miranda Dekker	DSA	42.25 (15)	4:29.90 (15)	2:06.47 (14)		129.389
17	54 Sandra Dekker	DA1	42.27 (16)	4:33.87 (18)	2:08.78 (18)		130.841
18	26 Kelly Eijsink	DN3	42.32 (17)	4:36.83 (19)	2:08.12 (17)		131.164
19	102 Natasja Roest	DN4	42.42 (18)	4:37.42 (20)	2:08.85 (19)		131.606
20	27 Paulien Westerhof	DSA	42.16 (14)	4:39.93 (21)	2:09.15 (20)		131.865
21	15 Sanne Westerveld	DN1	41.26 (4)	4:45.78 (23)	2:13.81 (21)		133.493
22	93 Joy Beune	DA1	41.30 (6)	4:26.53 (11)			85.721
23	24 Loes Adegeest	DN1	42.74 (21)	4:43.63 (22)			90.011
	95 Anne Ruysenaars	DA2	43.17 (24)	WDR			43.170
	101 Pien Keulstra	DN4	DNS	WDR			
	99 Marijke Groenewoud	DA1	DNS	WDR			
	98 Elisa Dul	DA1	WDR	WDR			



## 7. Rituitslag Dames 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	97 Willemijn Cnossen		DN2		7:37.19	<b>7:54.33</b>	
	rd	14 Aveline Hijlkema		DN2		8:10.08	<b>7:50.16</b>	PR
		<u>Willemijn Cnossen</u>			<u>Aveline Hijlkema</u>			
		200m	22.51	(22.5)	200m	21.94	(21.9)	
		600m	59.80	(37.3)	600m	59.48	(37.5)	
		1000m	1:37.03	(37.2)	1000m	1:36.61	(37.2)	
		1400m	2:13.76	(36.7)	1400m	2:13.47	(36.8)	
		1800m	2:50.41	(36.7)	1800m	2:50.60	(37.2)	
		2200m	3:27.88	(37.4)	2200m	3:27.81	(37.2)	
		2600m	4:05.35	(37.5)	2600m	4:05.02	(37.2)	
		3000m	4:42.63	(37.3)	3000m	4:42.35	(37.3)	
		3400m	5:20.36	(37.7)	3400m	5:19.78	(37.4)	
		3800m	5:58.36	(38.0)	3800m	5:57.35	(37.6)	
		4200m	6:37.37	(39.0)	4200m	6:34.84	(37.5)	
		4600m	7:15.48	(38.1)	4600m	7:12.39	(37.5)	
		5000m	7:54.33	(38.9)	5000m	7:50.16	(37.8)	

		Naam		Cat		PR	Tijd	Info
2	gl	96 Roza Blokker		DSA		7:34.86	<b>7:41.81</b>	
	bl	6 Annemarie Boer		DN4		7:47.37	<b>8:07.88</b>	
		<u>Roza Blokker</u>			<u>Annemarie Boer</u>			
		200m	22.03	(22.0)	200m	21.88	(21.8)	
		600m	57.82	(35.8)	600m	58.72	(36.9)	
		1000m	1:33.93	(36.1)	1000m	1:35.07	(36.3)	
		1400m	2:09.80	(35.9)	1400m	2:12.37	(37.3)	
		1800m	2:46.05	(36.2)	1800m	2:49.43	(37.1)	
		2200m	3:22.56	(36.5)	2200m	3:26.36	(36.9)	
		2600m	3:59.10	(36.6)	2600m	4:04.02	(37.7)	
		3000m	4:35.77	(36.6)	3000m	4:42.57	(38.5)	
		3400m	5:12.91	(37.2)	3400m	5:22.60	(40.1)	
		3800m	5:50.08	(37.1)	3800m	6:03.31	(40.7)	
		4200m	6:27.36	(37.3)	4200m	6:44.83	(41.5)	
		4600m	7:04.60	(37.3)	4600m	7:26.30	(41.5)	
		5000m	7:41.81	(37.2)	5000m	8:07.88	(41.5)	



		Naam			Cat			PR	Tijd	Info
3	wt	4 Ineke Dedden			DN4			7:22.84	<b>7:28.76</b>	
	rd	45 Inge Mostert			DN2			7:43.74	<b>7:50.13</b>	
		<b>Ineke Dedden</b>			<b>Inge Mostert</b>					
		200m	21.26	(21.2)	200m	21.80	(21.8)			
		600m	55.62	(34.4)	600m	57.62	(35.8)			
		1000m	1:30.40	(34.8)	1000m	1:35.07	(37.4)			
		1400m	2:05.46	(35.0)	1400m	2:12.14	(37.1)			
		1800m	2:40.47	(35.0)	1800m	2:48.74	(36.6)			
		2200m	3:15.65	(35.2)	2200m	3:25.45	(36.7)			
		2600m	3:51.08	(35.4)	2600m	4:02.45	(37.0)			
		3000m	4:26.65	(35.6)	3000m	4:39.82	(37.4)			
		3400m	5:02.84	(36.2)	3400m	5:17.91	(38.1)			
		3800m	5:39.35	(36.5)	3800m	5:55.71	(37.8)			
		4200m	6:15.82	(36.5)	4200m	6:33.84	(38.1)			
		4600m	6:52.65	(36.8)	4600m	7:12.00	(38.2)			
		5000m	7:28.76	(36.1)	5000m	7:50.13	(38.1)			

		Naam			Cat			PR	Tijd	Info
4	gl	92 Reina Anema			DN4			7:07.23	<b>7:29.35</b>	
	bl	34 Esther Kiel			DN1			7:19.56	<b>7:32.75</b>	
		<b>Reina Anema</b>			<b>Esther Kiel</b>					
		200m	21.24	(21.2)	200m	21.40	(21.4)			
		600m	55.66	(34.4)	600m	56.84	(35.4)			
		1000m	1:30.74	(35.1)	1000m	1:33.15	(36.3)			
		1400m	2:06.00	(35.3)	1400m	2:09.05	(35.9)			
		1800m	2:41.36	(35.3)	1800m	2:44.76	(35.7)			
		2200m	3:16.76	(35.4)	2200m	3:20.46	(35.7)			
		2600m	3:52.19	(35.4)	2600m	3:56.15	(35.7)			
		3000m	4:27.76	(35.6)	3000m	4:31.95	(35.8)			
		3400m	5:03.28	(35.5)	3400m	5:07.93	(36.0)			
		3800m	5:39.23	(36.0)	3800m	5:43.87	(35.9)			
		4200m	6:15.45	(36.2)	4200m	6:20.01	(36.2)			
		4600m	6:52.02	(36.6)	4600m	6:56.52	(36.5)			
		5000m	7:29.35	(37.3)	5000m	7:32.75	(36.2)			



		Naam		Cat		PR		Tijd	Info	
5	wt	36 Femke Markus		DN1		7:48.80		<b>7:33.22</b>	PR	
	rd	90 Sanne van der Schaar		DSA		7:38.31		<b>7:46.22</b>		
		<b>Femke Markus</b>			<b>Sanne van der Schaar</b>					
		200m	21.29	(21.2)	200m	21.61	(21.6)			
		600m	56.61	(35.4)	600m	56.36	(34.7)			
		1000m	1:31.89	(35.2)	1000m	1:32.26	(35.9)			
		1400m	2:07.31	(35.5)	1400m	2:07.94	(35.7)			
		1800m	2:42.61	(35.3)	1800m	2:43.69	(35.7)			
		2200m	3:18.34	(35.7)	2200m	3:19.73	(36.1)			
		2600m	3:53.89	(35.5)	2600m	3:56.54	(36.8)			
		3000m	4:29.74	(35.9)	3000m	4:33.85	(37.3)			
		3400m	5:05.75	(36.0)	3400m	5:11.65	(37.8)			
		3800m	5:42.39	(36.6)	3800m	5:49.90	(38.3)			
		4200m	6:19.29	(36.9)	4200m	6:28.63	(38.7)			
		4600m	6:56.32	(37.1)	4600m	7:07.48	(38.8)			
		5000m	7:33.22	(36.9)	5000m	7:46.22	(38.8)			

		Naam		Cat		PR		Tijd	Info	
6	gl	89 Linda de Vries		DSA		7:02.77		<b>7:21.95</b>		
	bl	35 Esmee Visser		DN2		7:04.81		<b>7:22.18</b>		
		<b>Linda de Vries</b>			<b>Esmee Visser</b>					
		200m	20.80	(20.8)	200m	21.38	(21.3)			
		600m	54.27	(33.4)	600m	55.90	(34.6)			
		1000m	1:28.89	(34.6)	1000m	1:31.66	(35.7)			
		1400m	2:04.03	(35.2)	1400m	2:06.97	(35.3)			
		1800m	2:38.78	(34.7)	1800m	2:42.08	(35.1)			
		2200m	3:13.40	(34.7)	2200m	3:17.34	(35.3)			
		2600m	3:48.26	(34.8)	2600m	3:52.59	(35.2)			
		3000m	4:23.68	(35.4)	3000m	4:27.76	(35.2)			
		3400m	4:58.91	(35.3)	3400m	5:02.80	(35.1)			
		3800m	5:34.40	(35.5)	3800m	5:37.84	(35.0)			
		4200m	6:10.31	(35.9)	4200m	6:12.73	(34.9)			
		4600m	6:46.30	(36.0)	4600m	6:47.56	(34.8)			
		5000m	7:21.95	(35.6)	5000m	7:22.18	(34.6)			

