

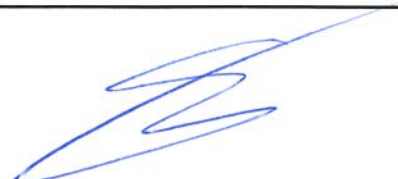
8. Uitslag Heren 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	81 Erik Jan Kooiman	HSB	3	I	13:31.17		
2	32 Willem Hoolwerf	HN3	3	O	13:51.23		
3	72 Remco Schouten	HN3	2	I	13:53.22		
4	71 Thomas Geerdinck	HN2	5	I	14:04.10		
5	74 Chris Huizinga	HA2	6	I	14:04.89		
6	70 Koen Verweij	HSA	6	O	14:04.92		
7	21 Kars Jansman	HN3	4	I	14:11.69		
8	75 Wesly Dijs	HN2	5	O	14:26.52	PR	
9	31 Bart Vreugdenhil	HN2	2	O	14:28.63	PR	
10	78 Lex Dijkstra	HN2	4	O	14:28.67		
11	85 Ronald Ligtenberg	HN2	1	I	15:07.22	PR	
	3 Tom Kant	HN1	1	O	DNF		
	77 Gerwin Colje	HN3			WDR		



Klassement Heren Gruno Bokaal

	Naam	Cat	500	5000	1500	10000	Punten
1	70 Koen Verweij	HSA	36.69 (1)	6:38.68 (3)	1:50.28 (1)	14:04.92 (6)	155.564
2	74 Chris Huizinga	HA2	38.24 (10)	6:34.33 (2)	1:51.97 (2)	14:04.89 (5)	157.240
3	81 Erik Jan Kooiman	HSB	40.50 (31)	6:34.22 (1)	1:53.12 (5)	13:31.17 (1)	158.186
4	32 Willem Hoolwerf	HN3	39.35 (25)	6:41.13 (4)	1:53.78 (7)	13:51.23 (2)	158.950
5	71 Thomas Geerdinck	HN2	37.68 (5)	6:47.27 (8)	1:55.83 (20)	14:04.10 (4)	159.222
6	72 Remco Schouten	HN3	39.58 (28)	6:45.42 (7)	1:54.13 (11)	13:53.22 (3)	159.826
7	21 Kars Jansman	HN3	38.85 (18)	6:42.42 (5)	1:54.50 (14)	14:11.69 (7)	159.842
8	75 Wesly Dijs	HN2	37.57 (3)	6:54.25 (12)	1:52.87 (4)	14:26.52 (8)	159.944
9	78 Lex Dijkstra	HN2	38.72 (15)	6:43.46 (6)	1:54.79 (15)	14:28.67 (10)	160.762
10	31 Bart Vreugdenhil	HN2	38.06 (8)	6:53.49 (10)	1:54.18 (12)	14:28.63 (9)	160.900
11	85 Ronald Ligtenberg	HN2	38.90 (20)	7:06.58 (20)	1:55.50 (18)	15:07.22 (11)	165.419
	3 Tom Kant	HN1	37.21 (2)	7:12.63 (25)	1:52.67 (3)	DNF	118.029
	77 Gerwin Colje	HN3	39.16 (24)	7:05.52 (19)	1:57.20 (23)	WDR	120.778
12	73 Louis Hollaar	HA1	37.69 (6)	6:55.26 (13)	1:53.68 (6)		117.109
13	42 Tijmen Snel	HA2	37.64 (4)	6:57.29 (14)	1:53.87 (9)		117.325
14	41 Kees Heemskerck	HN3	38.56 (13)	6:52.89 (9)	1:53.79 (8)		117.779
15	33 Jeroen Janissen	HA2	38.91 (21)	6:54.16 (11)	1:53.88 (10)		118.286
16	80 Olof Gerritsen	HN2	37.93 (7)	7:01.39 (17)	1:55.18 (17)		118.462
17	82 Joes Klijnsoon	HA2	38.72 (15)	6:57.32 (15)	1:54.92 (16)		118.758
18	79 Victor Ramler	HN1	38.18 (9)	7:01.82 (18)	1:55.82 (19)		118.968
19	84 Jan Hamers	HN1	38.55 (12)	7:00.78 (16)	1:55.98 (21)		119.288
20	11 Pieter van Velde	HN1	38.58 (14)	7:07.31 (21)	1:54.47 (13)		119.467
21	87 Jeffrey Kors	HN2	39.15 (23)	7:08.95 (22)	1:58.66 (24)		121.598
22	13 Maarten van Oosterhout	HN1	39.04 (22)	7:20.45 (27)	1:56.00 (22)		121.751
23	86 Joeri Groot	HN4	38.82 (17)	7:17.76 (26)	1:58.79 (25)		122.192
24	43 Thijmen Polman	HN1	38.28 (11)	7:27.12 (30)	1:59.35 (27)		122.775
25	52 Casper Martens	HN3	38.87 (19)	7:24.65 (29)	1:59.23 (26)		123.078
26	12 Floran Bathoorn	HN3	40.45 (30)	7:11.90 (23)	2:00.49 (28)		123.803
27	53 Stein van Kuik	HN1	40.34 (29)	7:28.61 (31)	2:02.70 (29)		126.101
28	51 Elmar Visser	HN2	39.56 (27)	7:22.96 (28)	2:08.63 (30)		126.732
29	2 Ruurd Dijkstra	HSA	39.45 (26)	7:12.49 (24)			82.699
	1 Jorjan Jorritsma	HSA	DNS	DNS			



8. Rituitslag Heren 10000 meter

	Naam	Cat	PR	Tijd Info
1	wt 85 Ronald Ligtenberg	HN2	15:14.01	15:07.22 PR
	rd 3 Tom Kant	HN1		DNF
	Ronald Ligtenberg			
	400m	38.69	(38.6)	
	800m	1:13.39	(34.7)	
	1200m	1:49.06	(35.7)	
	1600m	2:24.64	(35.6)	
	2000m	3:00.67	(36.0)	
	2400m	3:36.80	(36.2)	
	2800m	4:12.87	(36.0)	
	3200m	4:48.69	(35.8)	
	3600m	5:24.75	(36.1)	
	4000m	6:01.03	(36.3)	
	4400m	6:37.48	(36.4)	
	4800m	7:13.76	(36.3)	
	5200m	7:49.99	(36.2)	
	5600m	8:26.23	(36.3)	
	6000m	9:02.35	(36.1)	
	6400m	9:38.69	(36.3)	
	6800m	10:15.21	(36.6)	
	7200m	10:51.75	(36.5)	
	7600m	11:28.20	(36.5)	
	8000m	12:04.55	(36.3)	
	8400m	12:41.09	(36.5)	
	8800m	13:17.50	(36.5)	
	9200m	13:54.13	(36.6)	
	9600m	14:30.66	(36.5)	
	10000m	15:07.22	(36.6)	
	Tom Kant			



	Naam	Cat	PR	Tijd Info
2	gl 72 Remco Schouten	HN3	13:40.72	13:53.22
	bl 31 Bart Vreugdenhil	HN2	15:26.68	14:28.63 PR

Remco Schouten

400m	37.18	(37.1)
800m	1:10.30	(33.2)
1200m	1:43.46	(33.1)
1600m	2:16.40	(33.0)
2000m	2:49.15	(32.7)
2400m	3:22.03	(32.9)
2800m	3:54.75	(32.7)
3200m	4:27.97	(33.2)
3600m	5:01.20	(33.3)
4000m	5:34.40	(33.2)
4400m	6:07.84	(33.4)
4800m	6:40.86	(33.0)
5200m	7:14.00	(33.2)
5600m	7:47.21	(33.2)
6000m	8:20.27	(33.0)
6400m	8:53.40	(33.2)
6800m	9:26.44	(33.0)
7200m	9:59.64	(33.2)
7600m	10:33.04	(33.4)
8000m	11:06.40	(33.4)
8400m	11:39.75	(33.3)
8800m	12:13.10	(33.4)
9200m	12:46.69	(33.5)
9600m	13:20.06	(33.4)
10000m	13:53.22	(33.2)

Bart Vreugdenhil

400m	38.47	(38.4)
800m	1:13.27	(34.8)
1200m	1:47.89	(34.6)
1600m	2:22.32	(34.5)
2000m	2:56.79	(34.4)
2400m	3:31.06	(34.3)
2800m	4:05.22	(34.2)
3200m	4:39.36	(34.1)
3600m	5:13.21	(33.9)
4000m	5:47.28	(34.0)
4400m	6:21.52	(34.3)
4800m	6:55.76	(34.2)
5200m	7:30.02	(34.3)
5600m	8:04.40	(34.4)
6000m	8:38.84	(34.4)
6400m	9:13.06	(34.2)
6800m	9:47.42	(34.4)
7200m	10:22.21	(34.8)
7600m	10:57.28	(35.0)
8000m	11:32.54	(35.3)
8400m	12:07.57	(35.0)
8800m	12:42.78	(35.2)
9200m	13:18.28	(35.5)
9600m	13:53.61	(35.4)
10000m	14:28.63	(35.0)



	Naam	Cat	PR	Tijd Info
3	wt 81 Erik Jan Kooiman	HSB	12:57.92	13:31.17
	rd 32 Willem Hoolwerf	HN3	13:47.90	13:51.23

Erik Jan Kooiman

Willem Hoolwerf

400m	36.79	(36.7)	400m	36.63	(36.6)
800m	1:08.45	(31.7)	800m	1:08.53	(31.9)
1200m	1:40.75	(32.3)	1200m	1:40.42	(31.9)
1600m	2:12.91	(32.2)	1600m	2:12.56	(32.1)
2000m	2:45.31	(32.4)	2000m	2:44.43	(31.9)
2400m	3:17.73	(32.4)	2400m	3:16.33	(31.9)
2800m	3:50.31	(32.6)	2800m	3:48.47	(32.1)
3200m	4:22.51	(32.2)	3200m	4:21.07	(32.6)
3600m	4:54.99	(32.4)	3600m	4:53.94	(32.9)
4000m	5:27.30	(32.4)	4000m	5:27.07	(33.1)
4400m	5:59.92	(32.6)	4400m	6:00.03	(33.0)
4800m	6:32.36	(32.4)	4800m	6:33.43	(33.4)
5200m	7:04.89	(32.5)	5200m	7:06.87	(33.4)
5600m	7:37.53	(32.7)	5600m	7:40.52	(33.7)
6000m	8:10.38	(32.8)	6000m	8:14.90	(34.4)
6400m	8:42.92	(32.6)	6400m	8:49.77	(34.8)
6800m	9:15.51	(32.6)	6800m	9:24.23	(34.5)
7200m	9:47.78	(32.2)	7200m	9:58.43	(34.2)
7600m	10:19.96	(32.2)	7600m	10:32.18	(33.7)
8000m	10:51.80	(31.9)	8000m	11:06.06	(33.9)
8400m	11:23.67	(31.8)	8400m	11:39.68	(33.6)
8800m	11:55.25	(31.6)	8800m	12:12.19	(32.5)
9200m	12:27.06	(31.8)	9200m	12:45.05	(32.9)
9600m	12:59.05	(32.0)	9600m	13:18.02	(33.0)
10000m	13:31.17	(32.1)	10000m	13:51.23	(33.2)



		Naam	Cat	PR	Tijd	Info
4	gl	21 Kars Jansman	HN3	13:48.80	14:11.69	
	bl	78 Lex Dijkstra	HN2	14:01.37	14:28.67	

Kars Jansman

400m	37.15	(37.1)
800m	1:10.30	(33.2)
1200m	1:44.37	(34.0)
1600m	2:17.70	(33.4)
2000m	2:51.35	(33.6)
2400m	3:25.02	(33.7)
2800m	3:58.99	(33.9)
3200m	4:32.66	(33.7)
3600m	5:06.71	(34.1)
4000m	5:40.89	(34.1)
4400m	6:15.08	(34.2)
4800m	6:49.26	(34.2)
5200m	7:23.88	(34.6)
5600m	7:58.65	(34.8)
6000m	8:32.77	(34.1)
6400m	9:06.09	(33.3)
6800m	9:39.63	(33.6)
7200m	10:13.52	(33.9)
7600m	10:47.53	(34.0)
8000m	11:21.89	(34.3)
8400m	11:56.18	(34.3)
8800m	12:29.84	(33.7)
9200m	13:03.82	(34.0)
9600m	13:37.90	(34.1)
10000m	14:11.69	(33.7)

Lex Dijkstra

400m	36.73	(36.7)
800m	1:10.28	(33.5)
1200m	1:43.54	(33.3)
1600m	2:17.40	(33.9)
2000m	2:51.04	(33.6)
2400m	3:25.12	(34.1)
2800m	3:59.14	(34.0)
3200m	4:33.80	(34.7)
3600m	5:08.49	(34.6)
4000m	5:43.42	(35.0)
4400m	6:17.55	(34.1)
4800m	6:51.96	(34.4)
5200m	7:26.67	(34.7)
5600m	8:01.64	(35.0)
6000m	8:36.43	(34.8)
6400m	9:11.16	(34.7)
6800m	9:45.85	(34.7)
7200m	10:20.84	(35.0)
7600m	10:55.90	(35.1)
8000m	11:31.05	(35.1)
8400m	12:06.57	(35.5)
8800m	12:42.40	(35.9)
9200m	13:18.23	(35.8)
9600m	13:53.69	(35.4)
10000m	14:28.67	(35.0)



	Naam	Cat	PR	Tijd Info
5 wt	71 Thomas Geerdinck	HN2	13:40.68	14:04.10
rd	75 Wesly Dijs	HN2	14:40.34	14:26.52 PR

Thomas Geerdinck

Wesly Dijs

400m	37.23	(37.2)	400m	36.74	(36.7)
800m	1:10.11	(32.9)	800m	1:10.94	(34.2)
1200m	1:43.31	(33.2)	1200m	1:44.57	(33.6)
1600m	2:16.54	(33.2)	1600m	2:18.97	(34.4)
2000m	2:49.90	(33.4)	2000m	2:53.72	(34.8)
2400m	3:23.13	(33.2)	2400m	3:28.89	(35.1)
2800m	3:56.34	(33.2)	2800m	4:03.55	(34.7)
3200m	4:29.44	(33.1)	3200m	4:38.95	(35.4)
3600m	5:02.61	(33.2)	3600m	5:14.35	(35.4)
4000m	5:36.05	(33.4)	4000m	5:50.02	(35.7)
4400m	6:09.91	(33.9)	4400m	6:25.33	(35.3)
4800m	6:43.83	(33.9)	4800m	7:01.13	(35.8)
5200m	7:17.84	(34.0)	5200m	7:35.70	(34.6)
5600m	7:51.87	(34.0)	5600m	8:10.17	(34.4)
6000m	8:25.61	(33.8)	6000m	8:44.66	(34.5)
6400m	8:59.57	(33.9)	6400m	9:19.34	(34.7)
6800m	9:33.47	(33.9)	6800m	9:53.58	(34.2)
7200m	10:07.14	(33.7)	7200m	10:28.28	(34.7)
7600m	10:40.56	(33.4)	7600m	11:03.00	(34.8)
8000m	11:14.15	(33.6)	8000m	11:37.67	(34.6)
8400m	11:47.97	(33.8)	8400m	12:12.19	(34.5)
8800m	12:21.75	(33.8)	8800m	12:46.90	(34.8)
9200m	12:55.44	(33.7)	9200m	13:21.13	(34.2)
9600m	13:29.48	(34.0)	9600m	13:54.62	(33.5)
10000m	14:04.10	(34.7)	10000m	14:26.52	(31.9)



	Naam	Cat	PR	Tijd	Info
6	gl 74 Chris Huizinga	HA2		14:04.89	
	bl 70 Koen Verweij	HSA	13:08.97	14:04.92	

Chris Huizinga			Koen Verweij		
400m	36.22	(36.2)	400m	36.51	(36.5)
800m	1:09.35	(33.1)	800m	1:09.85	(33.3)
1200m	1:42.89	(33.5)	1200m	1:43.41	(33.6)
1600m	2:16.54	(33.7)	1600m	2:16.94	(33.5)
2000m	2:50.25	(33.7)	2000m	2:50.45	(33.5)
2400m	3:23.69	(33.4)	2400m	3:24.00	(33.6)
2800m	3:57.37	(33.7)	2800m	3:57.32	(33.3)
3200m	4:30.86	(33.5)	3200m	4:31.04	(33.7)
3600m	5:04.45	(33.6)	3600m	5:04.37	(33.3)
4000m	5:37.75	(33.3)	4000m	5:37.81	(33.5)
4400m	6:11.12	(33.4)	4400m	6:11.09	(33.2)
4800m	6:44.23	(33.1)	4800m	6:44.22	(33.2)
5200m	7:17.48	(33.2)	5200m	7:17.13	(32.9)
5600m	7:51.26	(33.8)	5600m	7:50.92	(33.8)
6000m	8:25.16	(33.9)	6000m	8:24.51	(33.6)
6400m	8:59.03	(33.9)	6400m	8:58.68	(34.1)
6800m	9:33.04	(34.0)	6800m	9:32.85	(34.2)
7200m	10:07.11	(34.1)	7200m	10:07.30	(34.5)
7600m	10:41.33	(34.2)	7600m	10:42.13	(34.8)
8000m	11:15.88	(34.5)	8000m	11:16.78	(34.6)
8400m	11:49.97	(34.1)	8400m	11:51.40	(34.7)
8800m	12:24.32	(34.4)	8800m	12:26.15	(34.7)
9200m	12:58.95	(34.6)	9200m	13:00.31	(34.2)
9600m	13:32.86	(33.9)	9600m	13:33.49	(33.1)
10000m	14:04.89	(32.0)	10000m	14:04.92	(31.5)

