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| **4. Rituitslag HC 3000 meter** | | |
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|  | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 4 | gl | 46 | **Mark Ooijevaar** | HSB | |  | | 3:46.94 | **4:09.14** | |  | | bl | 18 | **Rick van Hemert** | HSB | |  | | 3:59.13 | **4:10.40** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Mark Ooijevaar** | |  |  | **Rick van Hemert** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 20.42 | (20.4) | | 600m | 52.61 | (32.2) | | 1000m | 1:25.31 | (32.7) | | 1400m | 1:58.29 | (32.9) | | 1800m | 2:31.06 | (32.8) | | 2200m | 3:03.96 | (32.9) | | 2600m | 3:36.26 | (32.3) | | 3000m | 4:09.14 | (32.9) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 20.50 | (20.5) | | 600m | 52.30 | (31.8) | | 1000m | 1:24.93 | (32.6) | | 1400m | 1:57.85 | (32.9) | | 1800m | 2:30.95 | (33.1) | | 2200m | 3:03.63 | (32.7) | | 2600m | 3:36.70 | (33.1) | | 3000m | 4:10.40 | (33.7) | | | |  |  | |  | | | | | | | | | | | | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 5 | wt | 30 | **Vincent Oudshoorn** | HN3 | |  | | 4:15.95 | **4:16.76** | |  | | rd | 49 | **Fausto Hubner** | HN1 | |  | | 4:08.27 | **4:15.44** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Vincent Oudshoorn** | |  |  | **Fausto Hubner** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.76 | (19.7) | | 600m | 52.31 | (32.6) | | 1000m | 1:24.76 | (32.4) | | 1400m | 1:57.59 | (32.8) | | 1800m | 2:31.46 | (33.9) | | 2200m | 3:05.83 | (34.4) | | 2600m | 3:41.08 | (35.2) | | 3000m | 4:16.76 | (35.7) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 20.16 | (20.1) | | 600m | 51.46 | (31.3) | | 1000m | 1:23.27 | (31.8) | | 1400m | 1:56.52 | (33.3) | | 1800m | 2:30.54 | (34.0) | | 2200m | 3:05.17 | (34.6) | | 2600m | 3:40.50 | (35.4) | | 3000m | 4:15.44 | (34.9) | | | |  |  | |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  | |  |

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|  | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 6 | gl | 48 | **Wiebe Stassen** | HN2 | |  | | 4:05.25 | **4:12.46** | |  | | bl | 33 | **Richard van Schie** | HSA | |  | | 3:58.47 | **4:09.72** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Wiebe Stassen** | |  |  | **Richard van Schie** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.68 | (19.6) | | 600m | 51.22 | (31.6) | | 1000m | 1:23.59 | (32.3) | | 1400m | 1:56.83 | (33.3) | | 1800m | 2:30.55 | (33.7) | | 2200m | 3:04.03 | (33.5) | | 2600m | 3:38.19 | (34.1) | | 3000m | 4:12.46 | (34.3) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.57 | (19.5) | | 600m | 50.59 | (31.0) | | 1000m | 1:22.75 | (32.2) | | 1400m | 1:55.31 | (32.6) | | 1800m | 2:28.14 | (32.8) | | 2200m | 3:01.37 | (33.2) | | 2600m | 3:35.14 | (33.8) | | 3000m | 4:09.72 | (34.6) | | | |  |  | |  | | | | | | | | | | | | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 7 | wt | 28 | **Jeffrey Kors** | HN3 | |  | | 4:04.03 | **4:13.91** | |  | | rd | 47 | **Luc Heine** | HN1 | |  | | 3:58.54 | **4:12.46** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Jeffrey Kors** | |  |  | **Luc Heine** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.23 | (19.2) | | 600m | 52.05 | (32.8) | | 1000m | 1:25.45 | (33.4) | | 1400m | 1:58.79 | (33.3) | | 1800m | 2:31.61 | (32.9) | | 2200m | 3:04.70 | (33.1) | | 2600m | 3:38.83 | (34.1) | | 3000m | 4:13.91 | (35.1) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.28 | (19.2) | | 600m | 51.30 | (32.1) | | 1000m | 1:24.53 | (33.2) | | 1400m | 1:57.80 | (33.3) | | 1800m | 2:30.87 | (33.0) | | 2200m | 3:03.95 | (33.1) | | 2600m | 3:37.61 | (33.7) | | 3000m | 4:12.46 | (34.8) | | | |  |  | |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  | |  |

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|  | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 8 | gl | 26 | **Joes Klijnsoon** | HN1 | |  | | 3:57.92 | **4:06.63** | |  | | bl | 9 | **Adne van Diest** | HA2 | |  | | 4:02.24 | **4:13.33** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Joes Klijnsoon** | |  |  | **Adne van Diest** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.64 | (19.6) | | 600m | 51.12 | (31.5) | | 1000m | 1:23.29 | (32.1) | | 1400m | 1:55.79 | (32.5) | | 1800m | 2:28.19 | (32.4) | | 2200m | 3:00.73 | (32.6) | | 2600m | 3:33.65 | (32.9) | | 3000m | 4:06.63 | (33.0) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.50 | (19.5) | | 600m | 50.97 | (31.4) | | 1000m | 1:23.93 | (33.0) | | 1400m | 1:57.00 | (33.1) | | 1800m | 2:30.30 | (33.3) | | 2200m | 3:04.34 | (34.0) | | 2600m | 3:38.60 | (34.3) | | 3000m | 4:13.33 | (34.7) | | | |  |  | |  | | | | | | | | | | | | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 9 | wt | 16 | **Jan Hamers** | HN2 | |  | | 3:58.00 | **4:12.96** | |  | | rd | 10 | **Nino van Dijk** | HN1 | |  | | 4:00.97 | **4:07.66** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Jan Hamers** | |  |  | **Nino van Dijk** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.26 | (19.2) | | 600m | 50.38 | (31.1) | | 1000m | 1:22.53 | (32.2) | | 1400m | 1:55.45 | (32.9) | | 1800m | 2:28.96 | (33.5) | | 2200m | 3:03.21 | (34.3) | | 2600m | 3:37.95 | (34.7) | | 3000m | 4:12.96 | (35.0) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.16 | (19.1) | | 600m | 49.51 | (30.4) | | 1000m | 1:20.99 | (31.4) | | 1400m | 1:52.94 | (32.0) | | 1800m | 2:25.50 | (32.6) | | 2200m | 2:58.74 | (33.2) | | 2600m | 3:32.97 | (34.2) | | 3000m | 4:07.66 | (34.7) | | | |  |  | |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  | |  |

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|  | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 10 | gl | 7 | **Hanno Dahmen** | HN1 | |  | | 3:54.52 | **DQ** | |  | | bl | 29 | **Ronald Ligtenberg** | HN3 | |  | | 3:58.66 | **4:09.41** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Hanno Dahmen** | |  |  | **Ronald Ligtenberg** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.93 | (19.9) | | 600m | 52.51 | (32.6) | | 1000m | 1:24.42 | (31.9) | | 1400m | 1:57.06 | (32.6) | | 1800m | 2:29.82 | (32.8) | | 2200m | 3:02.92 | (33.1) | | 2600m | 3:36.02 | (33.1) | | 3000m | 4:09.28 | (33.2) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.95 | (19.9) | | 600m | 51.92 | (32.0) | | 1000m | 1:24.15 | (32.2) | | 1400m | 1:56.50 | (32.4) | | 1800m | 2:29.22 | (32.7) | | 2200m | 3:02.18 | (32.9) | | 2600m | 3:35.63 | (33.5) | | 3000m | 4:09.41 | (33.8) | | | |  |  | |  | | | | | | | | | | | | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 11 | wt | 15 | **Olof Gerritsen** | HN3 | |  | | 4:01.65 | **4:09.63** | |  | | rd | 13 | **Jorick Duijzer** | HN1 | |  | | 4:02.23 | **4:11.62** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Olof Gerritsen** | |  |  | **Jorick Duijzer** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 18.90 | (18.9) | | 600m | 51.26 | (32.3) | | 1000m | 1:24.13 | (32.9) | | 1400m | 1:57.29 | (33.1) | | 1800m | 2:30.40 | (33.2) | | 2200m | 3:03.58 | (33.1) | | 2600m | 3:36.66 | (33.1) | | 3000m | 4:09.63 | (33.0) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.53 | (19.5) | | 600m | 51.24 | (31.7) | | 1000m | 1:24.20 | (33.0) | | 1400m | 1:57.47 | (33.2) | | 1800m | 2:30.85 | (33.4) | | 2200m | 3:04.33 | (33.5) | | 2600m | 3:37.73 | (33.4) | | 3000m | 4:11.62 | (33.9) | | | |  |  | |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  | |  |

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|  | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 12 | gl | 42 | **Bart Vreugdenhil** | HN3 | |  | | 4:02.58 | **4:05.22** | |  | | bl | 39 | **Tom Terpstra** | HSA | |  | | 4:00.06 | **4:06.23** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Bart Vreugdenhil** | |  |  | **Tom Terpstra** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.59 | (19.5) | | 600m | 51.16 | (31.6) | | 1000m | 1:23.37 | (32.2) | | 1400m | 1:55.85 | (32.5) | | 1800m | 2:28.44 | (32.6) | | 2200m | 3:00.87 | (32.4) | | 2600m | 3:33.20 | (32.4) | | 3000m | 4:05.22 | (32.0) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.59 | (19.5) | | 600m | 51.04 | (31.5) | | 1000m | 1:24.11 | (33.1) | | 1400m | 1:57.42 | (33.3) | | 1800m | 2:29.77 | (32.3) | | 2200m | 3:02.71 | (33.0) | | 2600m | 3:34.85 | (32.1) | | 3000m | 4:06.23 | (31.4) | | | |  |  | |  | | | | | | | | | | | | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 13 | wt | 38 | **Marwin Talsma** | HN1 | |  | | 3:44.60 | **3:56.50** | |  | | rd | 17 | **Kees Heemskerk** | HN4 | |  | | 3:53.24 | **4:02.31** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Marwin Talsma** | |  |  | **Kees Heemskerk** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.68 | (19.6) | | 600m | 50.83 | (31.2) | | 1000m | 1:21.77 | (30.9) | | 1400m | 1:52.87 | (31.1) | | 1800m | 2:23.91 | (31.1) | | 2200m | 2:54.88 | (30.9) | | 2600m | 3:25.97 | (31.1) | | 3000m | 3:56.50 | (30.6) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.53 | (19.5) | | 600m | 50.32 | (30.8) | | 1000m | 1:21.60 | (31.3) | | 1400m | 1:53.10 | (31.5) | | 1800m | 2:24.68 | (31.5) | | 2200m | 2:56.62 | (32.0) | | 2600m | 3:29.21 | (32.6) | | 3000m | 4:02.31 | (33.1) | | | |  |  | |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  | |  |

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|  | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 14 | gl | 11 | **Lex Dijkstra** | HN3 | |  | | 3:45.38 | **3:56.97** | |  | | bl | 22 | **Jeroen Janissen** | HN1 | |  | | 3:54.15 | **4:01.74** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Lex Dijkstra** | |  |  | **Jeroen Janissen** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 18.68 | (18.6) | | 600m | 49.12 | (30.5) | | 1000m | 1:19.72 | (30.6) | | 1400m | 1:50.60 | (30.9) | | 1800m | 2:21.62 | (31.0) | | 2200m | 2:53.18 | (31.5) | | 2600m | 3:24.97 | (31.8) | | 3000m | 3:56.97 | (32.0) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.09 | (19.0) | | 600m | 50.21 | (31.2) | | 1000m | 1:22.07 | (31.8) | | 1400m | 1:53.96 | (31.9) | | 1800m | 2:25.70 | (31.8) | | 2200m | 2:57.73 | (32.0) | | 2600m | 3:29.72 | (32.0) | | 3000m | 4:01.74 | (32.0) | | | |  |  | |  | | | | | | | | | | | | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 15 | wt | 44 | **Jos de Vos** | HSA | |  | | 3:44.83 | **3:55.20** | |  | | rd | 36 | **Tijmen Snel** | HN1 | |  | | 4:02.15 | **4:04.60** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Jos de Vos** | |  |  | **Tijmen Snel** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 18.84 | (18.8) | | 600m | 48.37 | (29.5) | | 1000m | 1:18.98 | (30.6) | | 1400m | 1:49.92 | (31.0) | | 1800m | 2:20.85 | (30.9) | | 2200m | 2:52.12 | (31.3) | | 2600m | 3:23.60 | (31.5) | | 3000m | 3:55.20 | (31.6) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 18.87 | (18.8) | | 600m | 49.00 | (30.2) | | 1000m | 1:20.00 | (31.0) | | 1400m | 1:52.07 | (32.0) | | 1800m | 2:24.51 | (32.5) | | 2200m | 2:57.23 | (32.7) | | 2600m | 3:30.62 | (33.4) | | 3000m | 4:04.60 | (34.0) | | | |  |  | |  | | | | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  | |  |

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|  | |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | |  | | | **Naam** | **Cat** | |  | | **PR** | **Tijd** | | **Info** | | 16 | gl | 21 | **Chris Huizinga** | HN1 | |  | | 3:44.01 | **3:54.78** | |  | | bl | 14 | **Thomas Geerdinck** | HN3 | |  | | 3:45.13 | **4:01.48** | |  | |  |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | **Chris Huizinga** | |  |  | **Thomas Geerdinck** | | |  |  | |  |  |  | |  |  |  | | --- | --- | --- | | 200m | 18.87 | (18.8) | | 600m | 49.36 | (30.5) | | 1000m | 1:19.75 | (30.4) | | 1400m | 1:50.83 | (31.1) | | 1800m | 2:21.88 | (31.0) | | 2200m | 2:52.60 | (30.8) | | 2600m | 3:23.37 | (30.7) | | 3000m | 3:54.78 | (31.4) | | |  |  | |  |  |  | | --- | --- | --- | | 200m | 19.29 | (19.2) | | 600m | 49.37 | (30.1) | | 1000m | 1:20.39 | (31.0) | | 1400m | 1:52.18 | (31.8) | | 1800m | 2:24.52 | (32.4) | | 2200m | 2:56.75 | (32.2) | | 2600m | 3:28.98 | (32.2) | | 3000m | 4:01.48 | (32.5) | | | |  |  | |  | | | | | | | | | | | | |  |