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| **4. Rituitslag HC 3000 meter** |
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|  | **Naam** | **Cat** |  | **PR** | **Tijd** | **Info** |
| 1 | wt | 19 | **Sybe van Hijum** | HSA |  | 4:29.50 | **4:44.96** |  |
| rd | 6 | **Gerwin Colje** | HN4 |  | 3:57.07 | **4:07.28** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | **Sybe van Hijum** |  |  | **Gerwin Colje** |  |  |
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| --- | --- | --- |
| 200m | 22.99 | (22.9) |
| 600m | 59.47 | (36.5) |
| 1000m | 1:36.95 | (37.5) |
| 1400m | 2:14.58 | (37.6) |
| 1800m | 2:52.28 | (37.7) |
| 2200m | 3:30.09 | (37.8) |
| 2600m | 4:07.77 | (37.7) |
| 3000m | 4:44.96 | (37.2) |

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|  |  |  |
| --- | --- | --- |
| 200m | 19.92 | (19.9) |
| 600m | 50.99 | (31.0) |
| 1000m | 1:21.96 | (31.0) |
| 1400m | 1:53.76 | (31.8) |
| 1800m | 2:26.19 | (32.4) |
| 2200m | 2:59.49 | (33.3) |
| 2600m | 3:33.22 | (33.8) |
| 3000m | 4:07.28 | (34.0) |

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|  |
|  | **Naam** | **Cat** |  | **PR** | **Tijd** | **Info** |
| 2 | gl |  |  |  |  |  |  |  |
| bl |  |  |  |  |  |  |  |
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|  | **Naam** | **Cat** |  | **PR** | **Tijd** | **Info** |
| 3 | wt | 50 | **Pieter de Munck** | HSA |  | 4:07.88 | **4:24.10** |  |
| rd | 51 | **Roel Hamers** | HN1 |  | 4:17.80 | **4:25.17** |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | **Pieter de Munck** |  |  | **Roel Hamers** |  |  |
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| --- | --- | --- |
| 200m | 20.64 | (20.6) |
| 600m | 54.59 | (33.9) |
| 1000m | 1:28.87 | (34.3) |
| 1400m | 2:03.86 | (35.0) |
| 1800m | 2:38.80 | (35.0) |
| 2200m | 3:13.97 | (35.1) |
| 2600m | 3:48.70 | (34.8) |
| 3000m | 4:24.10 | (35.4) |

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| --- | --- | --- |
| 200m | 20.92 | (20.9) |
| 600m | 54.25 | (33.3) |
| 1000m | 1:28.48 | (34.2) |
| 1400m | 2:03.72 | (35.3) |
| 1800m | 2:39.33 | (35.6) |
| 2200m | 3:14.53 | (35.2) |
| 2600m | 3:49.71 | (35.2) |
| 3000m | 4:25.17 | (35.4) |

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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) |

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|  |  |  |
| --- | --- | --- |
| 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) |

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|  |
|  | **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) |

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|  |  |  |
| --- | --- | --- |
| 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) |

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|  |  |  |
| --- | --- | --- |
| 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) |

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|  | **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** |  |  |
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| --- | --- | --- |
| 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) |

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|  |  |  |
| --- | --- | --- |
| 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) |

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|  |  |  |
| --- | --- | --- |
| 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) |

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|  |
|  | **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) |

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|  |  |  |
| --- | --- | --- |
| 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** |  |
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|  |  |  | **Hanno Dahmen** |  |  | **Ronald Ligtenberg** |  |  |
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| --- | --- | --- |
| 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) |

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| --- | --- | --- |
| 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) |

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|  | **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** |  |  |
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| --- | --- | --- |
| 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) |

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|  |  |  |
| --- | --- | --- |
| 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** |  |  |
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|  |  |  |
| --- | --- | --- |
| 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) |

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|  |  |  |
| --- | --- | --- |
| 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) |

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|  | **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** |  |  |
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| --- | --- | --- |
| 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) |

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| --- | --- | --- |
| 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** |  |  |
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|  |  |  |
| --- | --- | --- |
| 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) |

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| --- | --- | --- |
| 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) |

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|  | **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** |  |  |
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| --- | --- | --- |
| 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) |

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| --- | --- | --- |
| 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** |  |  |
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|  |  |  |
| --- | --- | --- |
| 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) |

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|  |  |  |
| --- | --- | --- |
| 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) |

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