

31 oktober en 1 & 2 november 2014

IJstadion Thialf - Heerenveen

## 2 - Resultaat in paren - Heren 5000 meter

Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
1	I	16	<b>Frank Hermans</b>	DH	<b>6:43.53</b>	
	O	45	<b>Simon Schouten</b>	HN	<b>6:33.38</b>	
			<b>Frank Hermans</b>	<b>Simon Schouten</b>		
1.		200m	18.66 (18.6)	1.	200m	19.12 (19.1)
2.		600m	48.20 (29.5)	2.	600m	49.17 (30.0)
3.		1000m	1:18.33 (30.1)	3.	1000m	1:19.44 (30.2)
4.		1400m	1:49.01 (30.6)	4.	1400m	1:50.15 (30.7)
5.		1800m	2:19.87 (30.8)	5.	1800m	2:20.61 (30.4)
6.		2200m	2:51.01 (31.1)	6.	2200m	2:51.28 (30.6)
7.		2600m	3:22.54 (31.5)	7.	2600m	3:22.17 (30.8)
8.		3000m	3:54.77 (32.2)	8.	3000m	3:53.36 (31.1)
9.		3400m	4:27.74 (32.9)	9.	3400m	4:24.62 (31.2)
10.		3800m	5:01.28 (33.5)	10.	3800m	4:56.24 (31.6)
11.		4200m	5:35.23 (33.9)	11.	4200m	5:28.37 (32.1)
12.		4600m	6:09.29 (34.0)	12.	4600m	6:00.85 (32.4)
13.		5000m	6:43.53 (34.2)	13.	5000m	6:33.38 (32.5)
2	I	18	<b>Evert Hoolwerf</b>	UT	<b>6:30.67</b>	
	O	48	<b>Arjan Stroetinga</b>	HV	<b>6:29.11</b>	
			<b>Evert Hoolwerf</b>	<b>Arjan Stroetinga</b>		
1.		200m	19.03 (19.0)	1.	200m	19.22 (19.2)
2.		600m	48.85 (29.8)	2.	600m	48.75 (29.5)
3.		1000m	1:19.21 (30.3)	3.	1000m	1:19.23 (30.4)
4.		1400m	1:49.99 (30.7)	4.	1400m	1:49.31 (30.0)
5.		1800m	2:20.44 (30.4)	5.	1800m	2:19.59 (30.2)
6.		2200m	2:51.28 (30.8)	6.	2200m	2:49.91 (30.3)
7.		2600m	3:22.04 (30.7)	7.	2600m	3:20.36 (30.4)
8.		3000m	3:53.31 (31.2)	8.	3000m	3:51.03 (30.6)
9.		3400m	4:24.35 (31.0)	9.	3400m	4:21.68 (30.6)
10.		3800m	4:55.88 (31.5)	10.	3800m	4:52.74 (31.0)
11.		4200m	5:27.47 (31.5)	11.	4200m	5:24.26 (31.5)
12.		4600m	5:59.23 (31.7)	12.	4600m	5:56.56 (32.3)
13.		5000m	6:30.67 (31.4)	13.	5000m	6:29.11 (32.5)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
3	I	54	<b>Maurice Vriend</b>	HN	<b>6:38.54</b>	
	O	7	<b>Robert Bovenhuis</b>	AS	<b>6:30.61</b>	
			<b>Maurice Vriend</b>			<b>Robert Bovenhuis</b>
1.		200m	19.03 (19.0)	1.	200m	19.77 (19.7)
2.		600m	48.53 (29.5)	2.	600m	49.87 (30.1)
3.		1000m	1:18.52 (29.9)	3.	1000m	1:20.04 (30.1)
4.		1400m	1:48.99 (30.4)	4.	1400m	1:50.10 (30.0)
5.		1800m	2:19.57 (30.5)	5.	1800m	2:20.95 (30.8)
6.		2200m	2:50.40 (30.8)	6.	2200m	2:51.66 (30.7)
7.		2600m	3:21.45 (31.0)	7.	2600m	3:22.87 (31.2)
8.		3000m	3:52.78 (31.3)	8.	3000m	3:54.04 (31.1)
9.		3400m	4:24.65 (31.8)	9.	3400m	4:25.47 (31.4)
10.		3800m	4:56.68 (32.0)	10.	3800m	4:56.71 (31.2)
11.		4200m	5:29.65 (32.9)	11.	4200m	5:27.83 (31.1)
12.		4600m	6:03.59 (33.9)	12.	4600m	5:59.05 (31.2)
13.		5000m	6:38.54 (34.9)	13.	5000m	6:30.61 (31.5)
4	I	23	<b>Erik-Jan Kooiman</b>	DH	<b>6:29.58</b>	
	O	22	<b>Arjen vd Kieft</b>	HA	<b>6:31.98</b>	
			<b>Erik-Jan Kooiman</b>			<b>Arjen vd Kieft</b>
1.		200m	19.99 (19.9)	1.	200m	19.71 (19.7)
2.		600m	49.88 (29.8)	2.	600m	49.96 (30.2)
3.		1000m	1:20.11 (30.2)	3.	1000m	1:20.22 (30.2)
4.		1400m	1:50.76 (30.6)	4.	1400m	1:50.70 (30.4)
5.		1800m	2:21.27 (30.5)	5.	1800m	2:21.41 (30.7)
6.		2200m	2:52.44 (31.1)	6.	2200m	2:52.10 (30.6)
7.		2600m	3:23.39 (30.9)	7.	2600m	3:22.95 (30.8)
8.		3000m	3:54.34 (30.9)	8.	3000m	3:53.92 (30.9)
9.		3400m	4:25.25 (30.9)	9.	3400m	4:25.27 (31.3)
10.		3800m	4:56.38 (31.1)	10.	3800m	4:56.73 (31.4)
11.		4200m	5:27.30 (30.9)	11.	4200m	5:28.74 (32.0)
12.		4600m	5:58.50 (31.2)	12.	4600m	6:00.41 (31.6)
13.		5000m	6:29.58 (31.0)	13.	5000m	6:31.98 (31.5)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
5	I	43	<b>Renz Rotteveel</b>	DH	<b>6:37.21</b>	
	O	55	<b>Bob de Vries</b>	AS	<b>6:29.86</b>	
			<b>Renz Rotteveel</b>		<b>Bob de Vries</b>	
1.		200m	18.64 (18.6)	1.	200m	19.66 (19.6)
2.		600m	48.39 (29.7)	2.	600m	49.75 (30.0)
3.		1000m	1:18.21 (29.8)	3.	1000m	1:19.83 (30.0)
4.		1400m	1:48.18 (29.9)	4.	1400m	1:50.35 (30.5)
5.		1800m	2:18.53 (30.3)	5.	1800m	2:21.20 (30.8)
6.		2200m	2:49.21 (30.6)	6.	2200m	2:52.30 (31.1)
7.		2600m	3:20.22 (31.0)	7.	2600m	3:23.74 (31.4)
8.		3000m	3:51.72 (31.5)	8.	3000m	3:55.06 (31.3)
9.		3400m	4:23.73 (32.0)	9.	3400m	4:26.20 (31.1)
10.		3800m	4:56.60 (32.8)	10.	3800m	4:56.88 (30.6)
11.		4200m	5:29.83 (33.2)	11.	4200m	5:27.67 (30.7)
12.		4600m	6:03.48 (33.6)	12.	4600m	5:58.71 (31.0)
13.		5000m	6:37.21 (33.7)	13.	5000m	6:29.86 (31.1)
6	I	52	<b>Jos de Vos</b>	EV	<b>6:37.73</b>	
	O	53	<b>Frank Vreugdenhil</b>	GR	<b>6:29.00</b>	
			<b>Jos de Vos</b>		<b>Frank Vreugdenhil</b>	
1.		200m	18.69 (18.6)	1.	200m	19.24 (19.2)
2.		600m	48.78 (30.0)	2.	600m	49.14 (29.9)
3.		1000m	1:19.36 (30.5)	3.	1000m	1:19.85 (30.7)
4.		1400m	1:50.09 (30.7)	4.	1400m	1:50.30 (30.4)
5.		1800m	2:20.81 (30.7)	5.	1800m	2:20.93 (30.6)
6.		2200m	2:51.86 (31.0)	6.	2200m	2:51.58 (30.6)
7.		2600m	3:22.87 (31.0)	7.	2600m	3:22.62 (31.0)
8.		3000m	3:54.50 (31.6)	8.	3000m	3:53.53 (30.9)
9.		3400m	4:26.45 (31.9)	9.	3400m	4:24.54 (31.0)
10.		3800m	4:58.89 (32.4)	10.	3800m	4:55.71 (31.1)
11.		4200m	5:31.69 (32.8)	11.	4200m	5:26.98 (31.2)
12.		4600m	6:04.47 (32.7)	12.	4600m	5:58.02 (31.0)
13.		5000m	6:37.73 (33.2)	13.	5000m	6:29.00 (30.9)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
7	I	14	<b>Rob Hadders</b>	GR	<b>6:42.07</b>	
	O	51	<b>Koen Verweij</b>	AL	<b>6:26.06</b>	
			<b>Rob Hadders</b>	<b>Koen Verweij</b>		
1.		200m	19.63 (19.6)	1.	200m	18.92 (18.9)
2.		600m	49.10 (29.4)	2.	600m	48.38 (29.4)
3.		1000m	1:18.85 (29.7)	3.	1000m	1:18.35 (29.9)
4.		1400m	1:49.12 (30.2)	4.	1400m	1:48.35 (30.0)
5.		1800m	2:19.62 (30.5)	5.	1800m	2:18.24 (29.8)
6.		2200m	2:50.63 (31.0)	6.	2200m	2:48.34 (30.1)
7.		2600m	3:21.85 (31.2)	7.	2600m	3:18.56 (30.2)
8.		3000m	3:53.83 (31.9)	8.	3000m	3:49.25 (30.6)
9.		3400m	4:26.62 (32.7)	9.	3400m	4:20.27 (31.0)
10.		3800m	4:59.99 (33.3)	10.	3800m	4:51.42 (31.1)
11.		4200m	5:33.82 (33.8)	11.	4200m	5:22.87 (31.4)
12.		4600m	6:07.60 (33.7)	12.	4600m	5:54.41 (31.5)
13.		5000m	6:42.07 (34.4)	13.	5000m	6:26.06 (31.6)
8	I	57	<b>Douwe de Vries</b>	HV	<b>6:22.42</b>	
	O	35	<b>Wouter olde Heuvel</b>	EN	<b>6:21.47</b>	
			<b>Douwe de Vries</b>	<b>Wouter olde Heuvel</b>		
1.		200m	18.80 (18.8)	1.	200m	18.87 (18.8)
2.		600m	47.97 (29.1)	2.	600m	47.99 (29.1)
3.		1000m	1:17.89 (29.9)	3.	1000m	1:18.11 (30.1)
4.		1400m	1:48.33 (30.4)	4.	1400m	1:47.99 (29.8)
5.		1800m	2:18.53 (30.2)	5.	1800m	2:18.15 (30.1)
6.		2200m	2:48.54 (30.0)	6.	2200m	2:48.41 (30.2)
7.		2600m	3:18.79 (30.2)	7.	2600m	3:19.11 (30.7)
8.		3000m	3:49.08 (30.2)	8.	3000m	3:49.62 (30.5)
9.		3400m	4:19.59 (30.5)	9.	3400m	4:19.85 (30.2)
10.		3800m	4:50.25 (30.6)	10.	3800m	4:50.08 (30.2)
11.		4200m	5:21.17 (30.9)	11.	4200m	5:20.30 (30.2)
12.		4600m	5:51.84 (30.6)	12.	4600m	5:50.63 (30.3)
13.		5000m	6:22.42 (30.5)	13.	5000m	6:21.47 (30.8)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
9	I	4	<b>Jan Blokhuijsen</b>	HN	<b>DNF</b>	DNF
	O	3	<b>Jorrit Bergsma</b>	HV	<b>6:18.49</b>	
			<b>Jan Blokhuijsen</b>			<b>Jorrit Bergsma</b>
1.				1.	200m	19.28 (19.2)
2.				2.	600m	48.52 (29.2)
3.				3.	1000m	1:18.14 (29.6)
4.				4.	1400m	1:47.86 (29.7)
5.				5.	1800m	2:17.70 (29.8)
6.				6.	2200m	2:47.76 (30.0)
7.				7.	2600m	3:17.74 (29.9)
8.				8.	3000m	3:47.42 (29.6)
9.				9.	3400m	4:17.29 (29.8)
10.				10.	3800m	4:47.13 (29.8)
11.				11.	4200m	5:17.28 (30.1)
12.				12.	4600m	5:47.71 (30.4)
13.				13.	5000m	6:18.49 (30.7)
10	I	20	<b>Bob de Jong</b>	HA	<b>6:23.84</b>	
	O	24	<b>Sven Kramer</b>	HV	<b>6:16.60</b>	
			<b>Bob de Jong</b>			<b>Sven Kramer</b>
1.		200m	19.24 (19.2)	1.	200m	18.68 (18.6)
2.		600m	49.29 (30.0)	2.	600m	48.43 (29.7)
3.		1000m	1:19.94 (30.6)	3.	1000m	1:18.85 (30.4)
4.		1400m	1:50.25 (30.3)	4.	1400m	1:48.47 (29.6)
5.		1800m	2:20.51 (30.2)	5.	1800m	2:18.18 (29.7)
6.		2200m	2:50.89 (30.3)	6.	2200m	2:47.88 (29.7)
7.		2600m	3:21.09 (30.2)	7.	2600m	3:17.58 (29.7)
8.		3000m	3:51.30 (30.2)	8.	3000m	3:47.02 (29.4)
9.		3400m	4:21.60 (30.3)	9.	3400m	4:16.66 (29.6)
10.		3800m	4:52.04 (30.4)	10.	3800m	4:46.27 (29.6)
11.		4200m	5:22.61 (30.5)	11.	4200m	5:15.84 (29.5)
12.		4600m	5:53.10 (30.4)	12.	4600m	5:45.80 (29.9)
13.		5000m	6:23.84 (30.7)	13.	5000m	6:16.60 (30.8)