

31 oktober en 1 & 2 november 2014

IJstadion Thialf - Heerenveen

6 - Resultaat in paren - Dames 3000 meter

Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
1	I	28	Rixt Meijer	HV	4:09.92	
	O	27	Marrit Leenstra	HV	4:09.95	
			Rixt Meijer			Marrit Leenstra
1.		200m	20.39 (20.3)	1.	200m	19.91 (19.9)
2.		600m	51.95 (31.5)	2.	600m	50.83 (30.9)
3.		1000m	1:24.53 (32.5)	3.	1000m	1:22.52 (31.6)
4.		1400m	1:56.98 (32.4)	4.	1400m	1:55.07 (32.5)
5.		1800m	2:29.86 (32.8)	5.	1800m	2:28.01 (32.9)
6.		2200m	3:02.87 (33.0)	6.	2200m	3:01.32 (33.3)
7.		2600m	3:36.18 (33.3)	7.	2600m	3:35.10 (33.7)
8.		3000m	4:09.92 (33.7)	8.	3000m	4:09.95 (34.8)
2	I	2	Reina Anema	HV	4:13.62	
	O	11	Miranda Dekker	HV	4:15.71	
			Reina Anema			Miranda Dekker
1.		200m	20.06 (20.0)	1.	200m	20.11 (20.1)
2.		600m	51.17 (31.1)	2.	600m	51.05 (30.9)
3.		1000m	1:23.12 (31.9)	3.	1000m	1:23.85 (32.8)
4.		1400m	1:56.09 (32.9)	4.	1400m	1:57.53 (33.6)
5.		1800m	2:29.58 (33.4)	5.	1800m	2:31.66 (34.1)
6.		2200m	3:03.60 (34.0)	6.	2200m	3:06.01 (34.3)
7.		2600m	3:38.12 (34.5)	7.	2600m	3:40.67 (34.6)
8.		3000m	4:13.62 (35.5)	8.	3000m	4:15.71 (35.0)
3	I	52	Melissa Wijfje	HA	4:09.56	
	O	29	Jade vd Molen	HV	4:11.35	
			Melissa Wijfje			Jade vd Molen
1.		200m	20.21 (20.2)	1.	200m	20.68 (20.6)
2.		600m	51.21 (31.0)	2.	600m	52.46 (31.7)
3.		1000m	1:23.39 (32.1)	3.	1000m	1:24.55 (32.0)
4.		1400m	1:56.38 (32.9)	4.	1400m	1:57.24 (32.6)
5.		1800m	2:29.37 (32.9)	5.	1800m	2:30.04 (32.8)
6.		2200m	3:02.54 (33.1)	6.	2200m	3:03.34 (33.3)
7.		2600m	3:35.79 (33.2)	7.	2600m	3:37.47 (34.1)
8.		3000m	4:09.56 (33.7)	8.	3000m	4:11.35 (33.8)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
4	I	12	Janneke Ensing	AS	4:17.10	
	O	44	Imke Vormeer	HV	4:13.89	
			Janneke Ensing	Imke Vormeer		
1.		200m	20.56 (20.5)	1.	200m	20.89 (20.8)
2.		600m	52.53 (31.9)	2.	600m	52.82 (31.9)
3.		1000m	1:25.12 (32.5)	3.	1000m	1:25.43 (32.6)
4.		1400m	1:58.40 (33.2)	4.	1400m	1:58.49 (33.0)
5.		1800m	2:31.92 (33.5)	5.	1800m	2:31.77 (33.2)
6.		2200m	3:06.12 (34.2)	6.	2200m	3:05.38 (33.6)
7.		2600m	3:41.24 (35.1)	7.	2600m	3:39.40 (34.0)
8.		3000m	4:17.10 (35.8)	8.	3000m	4:13.89 (34.4)
5	I	39	Irene Schouten	HN	4:13.26	
	O	23	Carien Kleibeuker	HV	4:08.01	
			Irene Schouten	Carien Kleibeuker		
1.		200m	20.25 (20.2)	1.	200m	21.48 (21.4)
2.		600m	51.36 (31.1)	2.	600m	53.01 (31.5)
3.		1000m	1:23.26 (31.9)	3.	1000m	1:24.99 (31.9)
4.		1400m	1:55.59 (32.3)	4.	1400m	1:57.31 (32.3)
5.		1800m	2:28.69 (33.1)	5.	1800m	2:29.66 (32.3)
6.		2200m	3:02.66 (33.9)	6.	2200m	3:02.04 (32.3)
7.		2600m	3:37.59 (34.9)	7.	2600m	3:34.85 (32.8)
8.		3000m	4:13.26 (35.6)	8.	3000m	4:08.01 (33.1)
6	I	1	Carlijn Achtereekte	DV	4:07.13	
	O	13	Lisa vd Geest	DH	4:11.02	
			Carlijn Achtereekte	Lisa vd Geest		
1.		200m	20.28 (20.2)	1.	200m	21.60 (21.6)
2.		600m	51.78 (31.5)	2.	600m	54.02 (32.4)
3.		1000m	1:23.99 (32.2)	3.	1000m	1:26.49 (32.4)
4.		1400m	1:56.36 (32.3)	4.	1400m	1:59.01 (32.5)
5.		1800m	2:28.82 (32.4)	5.	1800m	2:31.61 (32.6)
6.		2200m	3:01.41 (32.5)	6.	2200m	3:04.30 (32.6)
7.		2600m	3:34.27 (32.8)	7.	2600m	3:37.36 (33.0)
8.		3000m	4:07.13 (32.8)	8.	3000m	4:11.02 (33.6)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
7	I	43	Jorien Voorhuis	EN	4:06.00	
	O	42	Diane Valkenburg	DH	4:08.62	
Jorien Voorhuis				Diane Valkenburg		
1.		200m	20.07 (20.0)	1.	200m	20.52 (20.5)
2.		600m	51.68 (31.6)	2.	600m	52.38 (31.8)
3.		1000m	1:24.33 (32.6)	3.	1000m	1:24.79 (32.4)
4.		1400m	1:57.16 (32.8)	4.	1400m	1:57.15 (32.3)
5.		1800m	2:29.25 (32.0)	5.	1800m	2:29.37 (32.2)
6.		2200m	3:01.28 (32.0)	6.	2200m	3:01.45 (32.0)
7.		2600m	3:33.24 (31.9)	7.	2600m	3:34.34 (32.8)
8.		3000m	4:06.00 (32.7)	8.	3000m	4:08.62 (34.2)
8	I	19	Marije Joling	AS	4:07.88	
	O	47	Linda de Vries	HV	4:08.41	
Marije Joling				Linda de Vries		
1.		200m	20.52 (20.5)	1.	200m	19.88 (19.8)
2.		600m	51.05 (30.5)	2.	600m	50.79 (30.9)
3.		1000m	1:22.15 (31.1)	3.	1000m	1:22.30 (31.5)
4.		1400m	1:54.16 (32.0)	4.	1400m	1:53.95 (31.6)
5.		1800m	2:27.54 (33.3)	5.	1800m	2:26.43 (32.4)
6.		2200m	3:01.05 (33.5)	6.	2200m	2:59.60 (33.1)
7.		2600m	3:35.01 (33.9)	7.	2600m	3:33.71 (34.1)
8.		3000m	4:07.88 (32.8)	8.	3000m	4:08.41 (34.7)
9	I	49	Annouk vd Weijden	HA	4:13.74	
	O	53	Ireen Wüst	TB	4:04.50	
Annouk vd Weijden				Ireen Wüst		
1.		200m	19.68 (19.6)	1.	200m	19.55 (19.5)
2.		600m	50.94 (31.2)	2.	600m	49.80 (30.2)
3.		1000m	1:23.36 (32.4)	3.	1000m	1:21.13 (31.3)
4.		1400m	1:56.47 (33.1)	4.	1400m	1:53.06 (31.9)
5.		1800m	2:29.96 (33.4)	5.	1800m	2:24.89 (31.8)
6.		2200m	3:04.00 (34.0)	6.	2200m	2:57.26 (32.3)
7.		2600m	3:38.67 (34.6)	7.	2600m	3:30.53 (33.2)
8.		3000m	4:13.74 (35.0)	8.	3000m	4:04.50 (33.9)

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Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
10	I	20	Antoinette de Jong	HV	4:10.38	
	O	31	Yvonne Nauta	HV	4:09.44	
			Antoinette de Jong			Yvonne Nauta
1.		200m	20.23 (20.2)	1.	200m	20.19 (20.1)
2.		600m	51.67 (31.4)	2.	600m	51.39 (31.2)
3.		1000m	1:23.39 (31.7)	3.	1000m	1:23.36 (31.9)
4.		1400m	1:55.87 (32.4)	4.	1400m	1:55.52 (32.1)
5.		1800m	2:28.71 (32.8)	5.	1800m	2:28.27 (32.7)
6.		2200m	3:02.14 (33.4)	6.	2200m	3:01.19 (32.9)
7.		2600m	3:35.99 (33.8)	7.	2600m	3:34.89 (33.7)
8.		3000m	4:10.38 (34.3)	8.	3000m	4:09.44 (34.5)