

31 oktober en 1 & 2 november 2014

IJstadion Thialf - Heerenveen

12 - Resultaat in paren - Heren 10000 meter

Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
1	I	45	Simon Schouten	HN	13:29.64	
	O	35	Wouter oude Heuvel	EN	13:16.24	
			Simon Schouten			Wouter oude Heuvel
1.		400m	35.89 (35.8)	1.	400m	34.75 (34.7)
2.		800m	1:08.01 (32.1)	2.	800m	1:05.86 (31.1)
3.		1200m	1:40.35 (32.3)	3.	1200m	1:37.41 (31.5)
4.		1600m	2:12.48 (32.1)	4.	1600m	2:09.26 (31.8)
5.		2000m	2:44.29 (31.8)	5.	2000m	2:40.94 (31.6)
6.		2400m	3:16.20 (31.9)	6.	2400m	3:12.61 (31.6)
7.		2800m	3:48.22 (32.0)	7.	2800m	3:44.30 (31.6)
8.		3200m	4:20.31 (32.0)	8.	3200m	4:16.15 (31.8)
9.		3600m	4:52.40 (32.0)	9.	3600m	4:47.87 (31.7)
10.		4000m	5:24.35 (31.9)	10.	4000m	5:19.66 (31.7)
11.		4400m	5:56.18 (31.8)	11.	4400m	5:51.62 (31.9)
12.		4800m	6:28.19 (32.0)	12.	4800m	6:23.32 (31.7)
13.		5200m	7:00.23 (32.0)	13.	5200m	6:55.03 (31.7)
14.		5600m	7:32.32 (32.0)	14.	5600m	7:27.06 (32.0)
15.		6000m	8:04.65 (32.3)	15.	6000m	7:58.93 (31.8)
16.		6400m	8:37.04 (32.3)	16.	6400m	8:30.72 (31.7)
17.		6800m	9:09.26 (32.2)	17.	6800m	9:02.48 (31.7)
18.		7200m	9:41.63 (32.3)	18.	7200m	9:34.37 (31.8)
19.		7600m	10:14.16 (32.5)	19.	7600m	10:06.41 (32.0)
20.		8000m	10:46.70 (32.5)	20.	8000m	10:38.31 (31.9)
21.		8400m	11:19.23 (32.5)	21.	8400m	11:10.20 (31.8)
22.		8800m	11:51.84 (32.6)	22.	8800m	11:41.86 (31.6)
23.		9200m	12:24.72 (32.8)	23.	9200m	12:13.17 (31.3)
24.		9600m	12:57.35 (32.6)	24.	9600m	12:44.58 (31.4)
25.		10000m	13:29.64 (32.2)	25.	10000m	13:16.24 (31.6)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
2	I	17	Jouke Hoogeveen	AM	13:13.79	
	O	52	Jos de Vos	EV	13:39.48	
			Jouke Hoogeveen			Jos de Vos
1.		400m	37.73 (37.7)	1.	400m	35.00 (35.0)
2.		800m	1:09.13 (31.4)	2.	800m	1:06.79 (31.7)
3.		1200m	1:40.98 (31.8)	3.	1200m	1:38.80 (32.0)
4.		1600m	2:12.65 (31.6)	4.	1600m	2:10.99 (32.1)
5.		2000m	2:44.56 (31.9)	5.	2000m	2:42.98 (31.9)
6.		2400m	3:16.36 (31.8)	6.	2400m	3:15.15 (32.1)
7.		2800m	3:48.23 (31.8)	7.	2800m	3:47.31 (32.1)
8.		3200m	4:19.83 (31.6)	8.	3200m	4:19.30 (31.9)
9.		3600m	4:51.53 (31.7)	9.	3600m	4:51.26 (31.9)
10.		4000m	5:23.02 (31.4)	10.	4000m	5:23.10 (31.8)
11.		4400m	5:54.68 (31.6)	11.	4400m	5:54.65 (31.5)
12.		4800m	6:26.33 (31.6)	12.	4800m	6:26.73 (32.0)
13.		5200m	6:58.05 (31.7)	13.	5200m	6:59.12 (32.3)
14.		5600m	7:29.64 (31.5)	14.	5600m	7:31.71 (32.5)
15.		6000m	8:01.13 (31.4)	15.	6000m	8:04.44 (32.7)
16.		6400m	8:32.46 (31.3)	16.	6400m	8:37.31 (32.8)
17.		6800m	9:04.01 (31.5)	17.	6800m	9:10.67 (33.3)
18.		7200m	9:35.28 (31.2)	18.	7200m	9:44.19 (33.5)
19.		7600m	10:06.62 (31.3)	19.	7600m	10:17.72 (33.5)
20.		8000m	10:37.86 (31.2)	20.	8000m	10:51.08 (33.3)
21.		8400m	11:09.32 (31.4)	21.	8400m	11:24.67 (33.5)
22.		8800m	11:40.70 (31.3)	22.	8800m	11:58.37 (33.7)
23.		9200m	12:12.06 (31.3)	23.	9200m	12:32.02 (33.6)
24.		9600m	12:43.34 (31.2)	24.	9600m	13:05.72 (33.7)
25.		10000m	13:13.79 (30.4)	25.	10000m	13:39.48 (33.7)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
3	I	23	Erik-Jan Kooiman	DH	13:09.84	
	O	53	Frank Vreugdenhil	GR	13:18.07	
Erik-Jan Kooiman				Frank Vreugdenhil		
1.		400m	35.94 (35.9)	1.	400m	35.51 (35.5)
2.		800m	1:07.48 (31.5)	2.	800m	1:07.09 (31.5)
3.		1200m	1:39.42 (31.9)	3.	1200m	1:38.54 (31.4)
4.		1600m	2:11.09 (31.6)	4.	1600m	2:10.26 (31.7)
5.		2000m	2:42.35 (31.2)	5.	2000m	2:41.85 (31.5)
6.		2400m	3:13.53 (31.1)	6.	2400m	3:13.52 (31.6)
7.		2800m	3:44.91 (31.3)	7.	2800m	3:44.97 (31.4)
8.		3200m	4:16.27 (31.3)	8.	3200m	4:16.81 (31.8)
9.		3600m	4:47.81 (31.5)	9.	3600m	4:48.44 (31.6)
10.		4000m	5:19.15 (31.3)	10.	4000m	5:20.24 (31.8)
11.		4400m	5:50.52 (31.3)	11.	4400m	5:52.06 (31.8)
12.		4800m	6:21.91 (31.3)	12.	4800m	6:23.87 (31.8)
13.		5200m	6:53.26 (31.3)	13.	5200m	6:55.84 (31.9)
14.		5600m	7:24.49 (31.2)	14.	5600m	7:27.73 (31.8)
15.		6000m	7:55.81 (31.3)	15.	6000m	7:59.67 (31.9)
16.		6400m	8:27.23 (31.4)	16.	6400m	8:31.63 (31.9)
17.		6800m	8:58.79 (31.5)	17.	6800m	9:03.58 (31.9)
18.		7200m	9:29.93 (31.1)	18.	7200m	9:35.48 (31.9)
19.		7600m	10:01.31 (31.3)	19.	7600m	10:07.26 (31.7)
20.		8000m	10:32.55 (31.2)	20.	8000m	10:39.09 (31.8)
21.		8400m	11:04.02 (31.4)	21.	8400m	11:10.95 (31.8)
22.		8800m	11:35.58 (31.5)	22.	8800m	11:42.84 (31.8)
23.		9200m	12:07.29 (31.7)	23.	9200m	12:14.66 (31.8)
24.		9600m	12:38.80 (31.5)	24.	9600m	12:46.49 (31.8)
25.		10000m	13:09.84 (31.0)	25.	10000m	13:18.07 (31.5)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
4	I	22	Arjen vd Kieft	HA	13:24.24	
	O	57	Douwe de Vries	HV	13:19.20	
			Arjen vd Kieft			Douwe de Vries
1.		400m	35.28 (35.2)	1.	400m	34.57 (34.5)
2.		800m	1:05.84 (30.5)	2.	800m	1:04.97 (30.4)
3.		1200m	1:37.17 (31.3)	3.	1200m	1:35.93 (30.9)
4.		1600m	2:08.40 (31.2)	4.	1600m	2:07.06 (31.1)
5.		2000m	2:39.55 (31.1)	5.	2000m	2:38.32 (31.2)
6.		2400m	3:10.76 (31.2)	6.	2400m	3:09.65 (31.3)
7.		2800m	3:42.29 (31.5)	7.	2800m	3:41.01 (31.3)
8.		3200m	4:13.66 (31.3)	8.	3200m	4:12.53 (31.5)
9.		3600m	4:45.33 (31.6)	9.	3600m	4:44.26 (31.7)
10.		4000m	5:17.08 (31.7)	10.	4000m	5:15.97 (31.7)
11.		4400m	5:48.87 (31.7)	11.	4400m	5:47.59 (31.6)
12.		4800m	6:20.60 (31.7)	12.	4800m	6:19.02 (31.4)
13.		5200m	6:52.57 (31.9)	13.	5200m	6:50.63 (31.6)
14.		5600m	7:24.77 (32.2)	14.	5600m	7:22.34 (31.7)
15.		6000m	7:57.55 (32.7)	15.	6000m	7:54.09 (31.7)
16.		6400m	8:30.28 (32.7)	16.	6400m	8:26.27 (32.1)
17.		6800m	9:02.99 (32.7)	17.	6800m	8:58.38 (32.1)
18.		7200m	9:35.46 (32.4)	18.	7200m	9:30.83 (32.4)
19.		7600m	10:08.38 (32.9)	19.	7600m	10:03.30 (32.4)
20.		8000m	10:41.15 (32.7)	20.	8000m	10:35.97 (32.6)
21.		8400m	11:14.10 (32.9)	21.	8400m	11:08.85 (32.8)
22.		8800m	11:46.67 (32.5)	22.	8800m	11:41.58 (32.7)
23.		9200m	12:19.19 (32.5)	23.	9200m	12:14.13 (32.5)
24.		9600m	12:51.56 (32.3)	24.	9600m	12:46.70 (32.5)
25.		10000m	13:24.24 (32.6)	25.	10000m	13:19.20 (32.5)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
5	I	55	Bob de Vries	AS	13:19.62	
	O	7	Robert Bovenhuis	AS	13:37.13	
			Bob de Vries			Robert Bovenhuis
1.		400m	36.13 (36.1)	1.	400m	36.76 (36.7)
2.		800m	1:07.50 (31.3)	2.	800m	1:08.19 (31.4)
3.		1200m	1:38.98 (31.4)	3.	1200m	1:39.62 (31.4)
4.		1600m	2:09.97 (30.9)	4.	1600m	2:11.10 (31.4)
5.		2000m	2:41.44 (31.4)	5.	2000m	2:42.78 (31.6)
6.		2400m	3:12.96 (31.5)	6.	2400m	3:14.74 (31.9)
7.		2800m	3:44.86 (31.9)	7.	2800m	3:46.50 (31.7)
8.		3200m	4:16.68 (31.8)	8.	3200m	4:18.58 (32.0)
9.		3600m	4:48.62 (31.9)	9.	3600m	4:50.58 (32.0)
10.		4000m	5:20.27 (31.6)	10.	4000m	5:22.76 (32.1)
11.		4400m	5:52.44 (32.1)	11.	4400m	5:54.65 (31.8)
12.		4800m	6:24.84 (32.4)	12.	4800m	6:26.93 (32.2)
13.		5200m	6:56.90 (32.0)	13.	5200m	6:59.15 (32.2)
14.		5600m	7:29.10 (32.2)	14.	5600m	7:31.50 (32.3)
15.		6000m	8:01.47 (32.3)	15.	6000m	8:03.72 (32.2)
16.		6400m	8:33.78 (32.3)	16.	6400m	8:36.27 (32.5)
17.		6800m	9:06.13 (32.3)	17.	6800m	9:08.55 (32.2)
18.		7200m	9:38.15 (32.0)	18.	7200m	9:40.88 (32.3)
19.		7600m	10:10.02 (31.8)	19.	7600m	10:13.36 (32.4)
20.		8000m	10:41.84 (31.8)	20.	8000m	10:46.18 (32.8)
21.		8400m	11:13.59 (31.7)	21.	8400m	11:19.59 (33.4)
22.		8800m	11:45.16 (31.5)	22.	8800m	11:53.58 (33.9)
23.		9200m	12:16.47 (31.3)	23.	9200m	12:28.00 (34.4)
24.		9600m	12:48.00 (31.5)	24.	9600m	13:02.45 (34.4)
25.		10000m	13:19.62 (31.6)	25.	10000m	13:37.13 (34.6)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
6	I	3	Jorrit Bergsma	HV	12:59.16	
	O	24	Sven Kramer	HV	13:23.74	
			Jorrit Bergsma			Sven Kramer
1.		400m	34.68 (34.6)	1.	400m	34.33 (34.3)
2.		800m	1:05.15 (30.4)	2.	800m	1:05.50 (31.1)
3.		1200m	1:36.23 (31.0)	3.	1200m	1:36.70 (31.2)
4.		1600m	2:07.31 (31.0)	4.	1600m	2:07.74 (31.0)
5.		2000m	2:38.34 (31.0)	5.	2000m	2:38.84 (31.1)
6.		2400m	3:09.19 (30.8)	6.	2400m	3:10.13 (31.2)
7.		2800m	3:39.99 (30.8)	7.	2800m	3:41.49 (31.3)
8.		3200m	4:10.86 (30.8)	8.	3200m	4:13.19 (31.7)
9.		3600m	4:41.72 (30.8)	9.	3600m	4:44.54 (31.3)
10.		4000m	5:12.58 (30.8)	10.	4000m	5:16.14 (31.6)
11.		4400m	5:43.46 (30.8)	11.	4400m	5:47.81 (31.6)
12.		4800m	6:14.19 (30.7)	12.	4800m	6:19.52 (31.7)
13.		5200m	6:45.13 (30.9)	13.	5200m	6:51.14 (31.6)
14.		5600m	7:15.89 (30.7)	14.	5600m	7:22.94 (31.8)
15.		6000m	7:46.82 (30.9)	15.	6000m	7:54.98 (32.0)
16.		6400m	8:17.69 (30.8)	16.	6400m	8:27.51 (32.5)
17.		6800m	8:48.49 (30.8)	17.	6800m	8:59.79 (32.2)
18.		7200m	9:19.34 (30.8)	18.	7200m	9:32.21 (32.4)
19.		7600m	9:50.34 (31.0)	19.	7600m	10:05.16 (32.9)
20.		8000m	10:21.41 (31.0)	20.	8000m	10:38.29 (33.1)
21.		8400m	10:52.58 (31.1)	21.	8400m	11:11.26 (32.9)
22.		8800m	11:24.00 (31.4)	22.	8800m	11:44.30 (33.0)
23.		9200m	11:55.56 (31.5)	23.	9200m	12:16.75 (32.4)
24.		9600m	12:27.20 (31.6)	24.	9600m	12:49.77 (33.0)
25.		10000m	12:59.16 (31.9)	25.	10000m	13:23.74 (33.9)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
7	I	4	Jan Blokhuijsen	HN	DNF	DNF
	O	20	Bob de Jong	HA	13:07.98	
			Jan Blokhuijsen			Bob de Jong
1.				1. 400m	35.18	(35.1)
2.				2. 800m	1:06.20	(31.0)
3.				3. 1200m	1:37.77	(31.5)
4.				4. 1600m	2:09.25	(31.4)
5.				5. 2000m	2:40.36	(31.1)
6.				6. 2400m	3:11.61	(31.2)
7.				7. 2800m	3:42.76	(31.1)
8.				8. 3200m	4:14.26	(31.5)
9.				9. 3600m	4:45.74	(31.4)
10.				10. 4000m	5:17.38	(31.6)
11.				11. 4400m	5:48.97	(31.5)
12.				12. 4800m	6:20.74	(31.7)
13.				13. 5200m	6:52.35	(31.6)
14.				14. 5600m	7:24.14	(31.7)
15.				15. 6000m	7:55.95	(31.8)
16.				16. 6400m	8:27.31	(31.3)
17.				17. 6800m	8:58.50	(31.1)
18.				18. 7200m	9:29.47	(30.9)
19.				19. 7600m	10:00.53	(31.0)
20.				20. 8000m	10:31.59	(31.0)
21.				21. 8400m	11:02.80	(31.2)
22.				22. 8800m	11:34.00	(31.2)
23.				23. 9200m	12:05.15	(31.1)
24.				24. 9600m	12:36.64	(31.4)
25.				25. 10000m	13:07.98	(31.3)