



# NK-Junioren Allround + Afstanden en Mass start 2015



6, 7 en 8 februari 2015

de Scheg - Deventer

## 7 - Resultaat in paren - Dames Junioren A 3000 meter

Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
1	I	4	<b>Willemijn Cossen</b>	UT	<b>4:40.47</b>	
	O	16	<b>Danielle Ootes</b>	HN	<b>4:40.35</b>	
			<b>Willemijn Cossen</b>		<b>Danielle Ootes</b>	
1.		200m	21.57 (21.5)	1.	200m	21.53 (21.5)
2.		600m	55.71 (34.1)	2.	600m	56.41 (34.8)
3.		1000m	1:31.11 (35.4)	3.	1000m	1:32.14 (35.7)
4.		1400m	2:08.10 (36.9)	4.	1400m	2:08.67 (36.5)
5.		1800m	2:45.20 (37.1)	5.	1800m	2:45.88 (37.2)
6.		2200m	3:23.13 (37.9)	6.	2200m	3:23.86 (37.9)
7.		2600m	4:01.49 (38.3)	7.	2600m	4:02.22 (38.3)
8.		3000m	4:40.47 (38.9)	8.	3000m	4:40.35 (38.1)
2	I	10	<b>Esther Kiel</b>	HA	<b>4:36.82</b>	
	O	1	<b>Loes Adegeest</b>	DV	<b>4:47.27</b>	
			<b>Esther Kiel</b>		<b>Loes Adegeest</b>	
1.		200m	21.16 (21.1)	1.	200m	22.00 (22.0)
2.		600m	56.01 (34.8)	2.	600m	56.82 (34.8)
3.		1000m	1:32.20 (36.1)	3.	1000m	1:33.38 (36.5)
4.		1400m	2:08.92 (36.7)	4.	1400m	2:10.78 (37.4)
5.		1800m	2:45.73 (36.8)	5.	1800m	2:48.89 (38.1)
6.		2200m	3:22.45 (36.7)	6.	2200m	3:27.87 (38.9)
7.		2600m	3:59.67 (37.2)	7.	2600m	4:07.44 (39.5)
8.		3000m	4:36.82 (37.1)	8.	3000m	4:47.27 (39.8)
3	I	20	<b>Esmee Visser</b>	HA	<b>4:29.39</b>	
	O	5	<b>Rosanne Fischer</b>	HV	<b>4:41.99</b>	
			<b>Esmee Visser</b>		<b>Rosanne Fischer</b>	
1.		200m	21.80 (21.8)	1.	200m	21.14 (21.1)
2.		600m	56.49 (34.6)	2.	600m	55.83 (34.6)
3.		1000m	1:31.39 (34.9)	3.	1000m	1:31.88 (36.0)
4.		1400m	2:06.56 (35.1)	4.	1400m	2:08.50 (36.6)
5.		1800m	2:42.06 (35.5)	5.	1800m	2:46.04 (37.5)
6.		2200m	3:17.58 (35.5)	6.	2200m	3:24.50 (38.4)
7.		2600m	3:53.76 (36.1)	7.	2600m	4:03.18 (38.6)
8.		3000m	4:29.39 (35.6)	8.	3000m	4:41.99 (38.8)



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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
4	I	3	<b>Tessa Boogaard</b>	DH	<b>4:47.69</b>	
	O	2	<b>Danouk Bannink</b>	AL	<b>4:50.06</b>	
<b>Tessa Boogaard</b>				<b>Danouk Bannink</b>		
1.		200m	20.82 (20.8)	1.	200m	21.58 (21.5)
2.		600m	55.25 (34.4)	2.	600m	57.79 (36.2)
3.		1000m	1:31.30 (36.0)	3.	1000m	1:34.85 (37.0)
4.		1400m	2:09.47 (38.1)	4.	1400m	2:12.61 (37.7)
5.		1800m	2:48.79 (39.3)	5.	1800m	2:51.02 (38.4)
6.		2200m	3:28.44 (39.6)	6.	2200m	3:30.16 (39.1)
7.		2600m	4:08.00 (39.5)	7.	2600m	4:09.90 (39.7)
8.		3000m	4:47.69 (39.6)	8.	3000m	4:50.06 (40.1)
5	I	15	<b>Sanneke de Neeling</b>	DH	<b>4:28.29</b>	
	O	23	<b>Melissa Wijfje</b>	HA	<b>4:23.40</b>	
<b>Sanneke de Neeling</b>				<b>Melissa Wijfje</b>		
1.		200m	20.84 (20.8)	1.	200m	21.17 (21.1)
2.		600m	54.62 (33.7)	2.	600m	54.48 (33.3)
3.		1000m	1:29.00 (34.3)	3.	1000m	1:29.00 (34.5)
4.		1400m	2:04.05 (35.0)	4.	1400m	2:03.64 (34.6)
5.		1800m	2:39.20 (35.1)	5.	1800m	2:38.53 (34.8)
6.		2200m	3:15.10 (35.9)	6.	2200m	3:13.64 (35.1)
7.		2600m	3:51.50 (36.4)	7.	2600m	3:48.68 (35.0)
8.		3000m	4:28.29 (36.7)	8.	3000m	4:23.40 (34.7)