



NK-Junioren Allround + Afstanden en Mass start 2015



6, 7 en 8 februari 2015

de Scheg - Deventer

19 - Resultaat in paren - Meisjes Junioren B 3000 meter

Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
1	I	8	Sandra Dekker	DH	4:46.81	
	O	25	Marit Steunenberg	EN	4:46.44	
			Sandra Dekker		Marit Steunenberg	
1.		200m	21.75 (21.7)	1.	200m	21.79 (21.7)
2.		600m	57.11 (35.3)	2.	600m	56.41 (34.6)
3.		1000m	1:33.75 (36.6)	3.	1000m	1:33.29 (36.8)
4.		1400m	2:11.71 (37.9)	4.	1400m	2:11.26 (37.9)
5.		1800m	2:50.13 (38.4)	5.	1800m	2:49.95 (38.6)
6.		2200m	3:29.17 (39.0)	6.	2200m	3:28.78 (38.8)
7.		2600m	4:08.27 (39.1)	7.	2600m	4:08.17 (39.3)
8.		3000m	4:46.81 (38.5)	8.	3000m	4:46.44 (38.2)
2	I	10	Elisa Dul	DV	4:55.74	
	O	12	Marijke Groenewoud	HV	5:00.41	
			Elisa Dul		Marijke Groenewoud	
1.		200m	21.07 (21.0)	1.	200m	21.27 (21.2)
2.		600m	58.13 (37.0)	2.	600m	58.22 (36.9)
3.		1000m	1:35.89 (37.7)	3.	1000m	1:37.23 (39.0)
4.		1400m	2:14.39 (38.5)	4.	1400m	2:16.88 (39.6)
5.		1800m	2:53.59 (39.2)	5.	1800m	2:57.50 (40.6)
6.		2200m	3:34.19 (40.6)	6.	2200m	3:38.15 (40.6)
7.		2600m	4:15.10 (40.9)	7.	2600m	4:19.69 (41.5)
8.		3000m	4:55.74 (40.6)	8.	3000m	5:00.41 (40.7)
3	I	16	Vera Mallens	TB	4:47.64	
	O	21	Arianna Pruisscher	GR	4:46.16	
			Vera Mallens		Arianna Pruisscher	
1.		200m	21.43 (21.4)	1.	200m	21.09 (21.0)
2.		600m	56.43 (35.0)	2.	600m	55.00 (33.9)
3.		1000m	1:32.62 (36.1)	3.	1000m	1:31.32 (36.3)
4.		1400m	2:10.87 (38.2)	4.	1400m	2:09.08 (37.7)
5.		1800m	2:49.04 (38.1)	5.	1800m	2:47.55 (38.4)
6.		2200m	3:28.39 (39.3)	6.	2200m	3:27.19 (39.6)
7.		2600m	4:07.69 (39.3)	7.	2600m	4:06.74 (39.5)
8.		3000m	4:47.64 (39.9)	8.	3000m	4:46.16 (39.4)



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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
4	I	9	Helga Drost	HV	4:58.77	
	O	17	Lina Miedema	HA	5:00.28	
			Helga Drost			Lina Miedema
1.		200m	21.26 (21.2)	1.	200m	21.91 (21.9)
2.		600m	58.60 (37.3)	2.	600m	58.55 (36.6)
3.		1000m	1:35.95 (37.3)	3.	1000m	1:37.12 (38.5)
4.		1400m	2:15.06 (39.1)	4.	1400m	2:15.91 (38.7)
5.		1800m	2:55.14 (40.0)	5.	1800m	2:56.00 (40.0)
6.		2200m	3:35.90 (40.7)	6.	2200m	3:36.83 (40.8)
7.		2600m	4:17.47 (41.5)	7.	2600m	4:18.73 (41.9)
8.		3000m	4:58.77 (41.3)	8.	3000m	5:00.28 (41.5)
5	I	15	Jutta Leerdam	DH	4:47.47	
	O	2	Demi van Benthem	HV	4:44.82	
			Jutta Leerdam			Demi van Benthem
1.		200m	21.11 (21.1)	1.	200m	20.88 (20.8)
2.		600m	55.61 (34.5)	2.	600m	55.30 (34.4)
3.		1000m	1:31.95 (36.3)	3.	1000m	1:31.45 (36.1)
4.		1400m	2:09.48 (37.5)	4.	1400m	2:07.82 (36.3)
5.		1800m	2:46.83 (37.3)	5.	1800m	2:45.72 (37.9)
6.		2200m	3:25.90 (39.0)	6.	2200m	3:24.69 (38.9)
7.		2600m	4:05.72 (39.8)	7.	2600m	4:05.43 (40.7)
8.		3000m	4:47.47 (41.7)	8.	3000m	4:44.82 (39.3)
6	I	11	Isabelle van Elst	HA	4:34.85	
	O	14	Sterre Jonkers	AS	4:31.00	
			Isabelle van Elst			Sterre Jonkers
1.		200m	20.88 (20.8)	1.	200m	21.09 (21.0)
2.		600m	55.57 (34.6)	2.	600m	53.87 (32.7)
3.		1000m	1:30.76 (35.1)	3.	1000m	1:28.55 (34.6)
4.		1400m	2:06.75 (35.9)	4.	1400m	2:04.05 (35.5)
5.		1800m	2:43.17 (36.4)	5.	1800m	2:40.11 (36.0)
6.		2200m	3:19.92 (36.7)	6.	2200m	3:16.74 (36.6)
7.		2600m	3:56.81 (36.8)	7.	2600m	3:54.09 (37.3)
8.		3000m	4:34.85 (38.0)	8.	3000m	4:31.00 (36.9)