

KNSB Cup (Selectie World Cup)

IJsbahn Twente - Enschede
30 oktober t/m 1 november 2015

1. Rituitslag Heren 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	150	Patrick Roest		HN1	6:29.30		6:39.67	
	rd	138	Mats Stoltenborg		HN4	6:33.25		6:32.11	PB
		Patrick Roest				Mats Stoltenborg			
		200m	18.69	(18.7)		200m	19.95	(20.0)	
		600m	48.13	(29.4)		600m	50.18	(30.2)	
		1000m	1:17.98	(29.8)		1000m	1:20.51	(30.3)	
		1400m	1:48.31	(30.3)		1400m	1:51.10	(30.6)	
		1800m	2:18.88	(30.6)		1800m	2:21.89	(30.8)	
		2200m	2:49.88	(31.0)		2200m	2:52.79	(30.9)	
		2600m	3:21.31	(31.4)		2600m	3:23.83	(31.0)	
		3000m	3:53.24	(31.9)		3000m	3:54.97	(31.1)	
		3400m	4:25.60	(32.4)		3400m	4:25.96	(31.0)	
		3800m	4:58.37	(32.8)		3800m	4:57.09	(31.1)	
		4200m	5:31.69	(33.3)		4200m	5:28.39	(31.3)	
		4600m	6:05.66	(34.0)		4600m	6:00.02	(31.6)	
		5000m	6:39.67	(34.0)		5000m	6:32.11	(32.1)	

		Naam		Cat		PR		Tijd	Info
2	wt	158	Bart Mol		HSA	6:33.34		6:29.80	PB
	rd	133	Bob de Vries		HSB	6:10.56		6:28.46	
		Bart Mol				Bob de Vries			
		200m	20.00	(20.0)		200m	19.59	(19.6)	
		600m	49.71	(29.7)		600m	48.96	(29.4)	
		1000m	1:19.15	(29.4)		1000m	1:18.99	(30.0)	
		1400m	1:49.20	(30.0)		1400m	1:49.03	(30.0)	
		1800m	2:19.36	(30.2)		1800m	2:19.11	(30.1)	
		2200m	2:49.98	(30.6)		2200m	2:49.26	(30.1)	
		2600m	3:20.82	(30.8)		2600m	3:19.58	(30.3)	
		3000m	3:51.69	(30.9)		3000m	3:50.34	(30.8)	
		3400m	4:23.08	(31.4)		3400m	4:20.97	(30.6)	
		3800m	4:54.78	(31.7)		3800m	4:52.62	(31.6)	
		4200m	5:26.38	(31.6)		4200m	5:24.85	(32.2)	
		4600m	5:58.16	(31.8)		4600m	5:56.78	(31.9)	
		5000m	6:29.80	(31.6)		5000m	6:28.46	(31.7)	

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		Naam		Cat		PR	Tijd	Info
3	wt	152	Renz Rotteveel		HSA	6:20.25	6:37.84	
	rd	145	Marcel Bosker		HA2	6:28.10	6:35.04	
		Renz Rotteveel			Marcel Bosker			
		200m	19.11	(19.1)	200m	19.07	(19.1)	
		600m	49.15	(30.0)	600m	49.17	(30.1)	
		1000m	1:19.49	(30.3)	1000m	1:19.91	(30.7)	
		1400m	1:50.59	(31.1)	1400m	1:50.50	(30.6)	
		1800m	2:21.41	(30.8)	1800m	2:21.27	(30.8)	
		2200m	2:52.75	(31.3)	2200m	2:51.98	(30.7)	
		2600m	3:24.09	(31.3)	2600m	3:23.21	(31.2)	
		3000m	3:55.86	(31.8)	3000m	3:54.75	(31.5)	
		3400m	4:27.68	(31.8)	3400m	4:26.32	(31.6)	
		3800m	4:59.81	(32.1)	3800m	4:58.21	(31.9)	
		4200m	5:32.07	(32.3)	4200m	5:30.23	(32.0)	
		4600m	6:04.87	(32.8)	4600m	6:02.67	(32.4)	
		5000m	6:37.84	(33.0)	5000m	6:35.04	(32.4)	

		Naam		Cat		PR	Tijd	Info
4	wt	156	Evert Hoolwerf		HN2	6:28.36	6:27.72	PB
	rd	157	Marcel van Ham		HSA	6:29.95	6:35.05	
		Evert Hoolwerf			Marcel van Ham			
		200m	19.01	(19.0)	200m	20.09	(20.1)	
		600m	49.00	(30.0)	600m	50.58	(30.5)	
		1000m	1:19.51	(30.5)	1000m	1:20.98	(30.4)	
		1400m	1:50.02	(30.5)	1400m	1:51.40	(30.4)	
		1800m	2:20.47	(30.4)	1800m	2:21.99	(30.6)	
		2200m	2:51.01	(30.5)	2200m	2:52.71	(30.7)	
		2600m	3:21.77	(30.8)	2600m	3:23.75	(31.0)	
		3000m	3:52.59	(30.8)	3000m	3:54.91	(31.2)	
		3400m	4:23.42	(30.8)	3400m	4:26.13	(31.2)	
		3800m	4:54.49	(31.1)	3800m	4:57.62	(31.5)	
		4200m	5:25.82	(31.3)	4200m	5:29.51	(31.9)	
		4600m	5:56.93	(31.1)	4600m	6:01.95	(32.4)	
		5000m	6:27.72	(30.8)	5000m	6:35.05	(33.1)	

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		Naam		Cat		PR	Tijd	Info
5	wt	160	Simon Schouten		HSA	6:26.20	6:31.04	
	rd	155	Willem Hoolwerf		HN2	6:27.10	6:38.53	
		Simon Schouten			Willem Hoolwerf			
		200m	19.22	(19.2)	200m	19.59	(19.6)	
		600m	49.67	(30.4)	600m	49.69	(30.1)	
		1000m	1:19.87	(30.2)	1000m	1:20.45	(30.8)	
		1400m	1:50.77	(30.9)	1400m	1:50.98	(30.5)	
		1800m	2:21.32	(30.6)	1800m	2:21.90	(30.9)	
		2200m	2:52.38	(31.1)	2200m	2:53.26	(31.4)	
		2600m	3:23.69	(31.3)	2600m	3:25.06	(31.8)	
		3000m	3:55.08	(31.4)	3000m	3:57.26	(32.2)	
		3400m	4:26.19	(31.1)	3400m	4:29.99	(32.7)	
		3800m	4:57.42	(31.2)	3800m	5:02.30	(32.3)	
		4200m	5:28.85	(31.4)	4200m	5:34.83	(32.5)	
		4600m	6:00.15	(31.3)	4600m	6:06.60	(31.8)	
		5000m	6:31.04	(30.9)	5000m	6:38.53	(31.9)	

		Naam		Cat		PR	Tijd	Info
6	wt	154	Arjan Stroetinga		HSB	6:24.26	6:27.71	
	rd	140	Erik Jan Kooiman		HSA	6:26.40	6:26.47	
		Arjan Stroetinga			Erik Jan Kooiman			
		200m	19.17	(19.2)	200m	20.68	(20.7)	
		600m	49.00	(29.8)	600m	50.94	(30.3)	
		1000m	1:19.48	(30.5)	1000m	1:21.37	(30.4)	
		1400m	1:49.71	(30.2)	1400m	1:51.70	(30.3)	
		1800m	2:19.89	(30.2)	1800m	2:22.17	(30.5)	
		2200m	2:50.20	(30.3)	2200m	2:52.65	(30.5)	
		2600m	3:20.81	(30.6)	2600m	3:23.40	(30.8)	
		3000m	3:51.56	(30.8)	3000m	3:53.86	(30.5)	
		3400m	4:22.20	(30.6)	3400m	4:24.22	(30.4)	
		3800m	4:53.21	(31.0)	3800m	4:54.61	(30.4)	
		4200m	5:24.66	(31.5)	4200m	5:25.22	(30.6)	
		4600m	5:56.16	(31.5)	4600m	5:55.79	(30.6)	
		5000m	6:27.71	(31.6)	5000m	6:26.47	(30.7)	

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		Naam		Cat		PR	Tijd	Info
7	wt	149	Jan Blokhuijsen		HSA	6:11.91	6:33.40	
	rd	137	Bob de Jong		HSB	6:07.43	6:27.03	
		Jan Blokhuijsen			Bob de Jong			
		200m	18.27	(18.3)	200m	19.82	(19.8)	
		600m	47.68	(29.4)	600m	49.68	(29.9)	
		1000m	1:18.35	(30.7)	1000m	1:20.48	(30.8)	
		1400m	1:49.52	(31.2)	1400m	1:51.25	(30.8)	
		1800m	2:20.50	(31.0)	1800m	2:22.31	(31.1)	
		2200m	2:51.61	(31.1)	2200m	2:53.02	(30.7)	
		2600m	3:22.78	(31.2)	2600m	3:23.72	(30.7)	
		3000m	3:54.14	(31.4)	3000m	3:54.46	(30.7)	
		3400m	4:25.34	(31.2)	3400m	4:24.96	(30.5)	
		3800m	4:56.91	(31.6)	3800m	4:55.45	(30.5)	
		4200m	5:28.63	(31.7)	4200m	5:25.95	(30.5)	
		4600m	6:00.75	(32.1)	4600m	5:56.51	(30.6)	
		5000m	6:33.40	(32.6)	5000m	6:27.03	(30.5)	

		Naam		Cat		PR	Tijd	Info
8	wt	139	Frank Vreugdenhil		HSB	6:22.42	6:35.89	
	rd	153	Jos de Vos		HSA	6:23.62	6:36.11	
		Frank Vreugdenhil			Jos de Vos			
		200m	19.32	(19.3)	200m	19.15	(19.2)	
		600m	49.66	(30.3)	600m	49.26	(30.1)	
		1000m	1:20.23	(30.6)	1000m	1:19.92	(30.7)	
		1400m	1:51.03	(30.8)	1400m	1:50.88	(31.0)	
		1800m	2:21.74	(30.7)	1800m	2:21.93	(31.0)	
		2200m	2:52.71	(31.0)	2200m	2:52.98	(31.1)	
		2600m	3:23.92	(31.2)	2600m	3:24.20	(31.2)	
		3000m	3:55.30	(31.4)	3000m	3:55.69	(31.5)	
		3400m	4:26.49	(31.2)	3400m	4:27.33	(31.6)	
		3800m	4:57.99	(31.5)	3800m	4:59.35	(32.0)	
		4200m	5:30.19	(32.2)	4200m	5:31.66	(32.3)	
		4600m	6:03.19	(33.0)	4600m	6:04.11	(32.5)	
		5000m	6:35.89	(32.7)	5000m	6:36.11	(32.0)	

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		Naam		Cat		PR	Tijd	Info
9	wt	130	Sven Kramer		HSA	6:03.32	6:18.90	
	rd	132	Douwe de Vries		HSB	6:14.53	6:25.09	
		Sven Kramer			Douwe de Vries			
		200m	18.88	(18.9)	200m	19.45	(19.5)	
		600m	48.14	(29.3)	600m	49.11	(29.7)	
		1000m	1:18.56	(30.4)	1000m	1:19.46	(30.4)	
		1400m	1:49.02	(30.5)	1400m	1:50.10	(30.6)	
		1800m	2:18.96	(29.9)	1800m	2:20.64	(30.5)	
		2200m	2:49.27	(30.3)	2200m	2:51.30	(30.7)	
		2600m	3:19.22	(30.0)	2600m	3:21.96	(30.7)	
		3000m	3:49.06	(29.8)	3000m	3:52.41	(30.5)	
		3400m	4:18.87	(29.8)	3400m	4:22.67	(30.3)	
		3800m	4:48.78	(29.9)	3800m	4:53.06	(30.4)	
		4200m	5:18.64	(29.9)	4200m	5:23.68	(30.6)	
		4600m	5:48.80	(30.2)	4600m	5:54.41	(30.7)	
		5000m	6:18.90	(30.1)	5000m	6:25.09	(30.7)	

		Naam		Cat		PR	Tijd	Info
10	wt	134	Wouter oude Heuvel		HSA	6:16.26	6:26.28	
	rd	131	Jorrit Bergsma		HSA	6:06.93	6:18.40	
		Wouter oude Heuvel			Jorrit Bergsma			
		200m	18.97	(19.0)	200m	19.12	(19.1)	
		600m	48.54	(29.6)	600m	48.58	(29.5)	
		1000m	1:18.65	(30.1)	1000m	1:18.82	(30.2)	
		1400m	1:49.03	(30.4)	1400m	1:49.02	(30.2)	
		1800m	2:19.27	(30.2)	1800m	2:19.38	(30.4)	
		2200m	2:50.06	(30.8)	2200m	2:49.55	(30.2)	
		2600m	3:20.77	(30.7)	2600m	3:20.08	(30.5)	
		3000m	3:51.15	(30.4)	3000m	3:50.44	(30.4)	
		3400m	4:21.78	(30.6)	3400m	4:20.50	(30.1)	
		3800m	4:52.78	(31.0)	3800m	4:50.24	(29.7)	
		4200m	5:23.72	(30.9)	4200m	5:19.52	(29.3)	
		4600m	5:54.88	(31.2)	4600m	5:48.80	(29.3)	
		5000m	6:26.28	(31.4)	5000m	6:18.40	(29.6)	