

KNSB Cup (Selectie World Cup)

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

5. Rituitslag Dames 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	47	Jade van der Molen		DN2		4:09.20	4:25.53	
	rd	45	Imke Vormeer		DSA		4:11.58	4:21.74	
		Jade van der Molen			Imke Vormeer				
		200m	20.87	(20.9)	200m	21.08	(21.1)		
		600m	53.55	(32.7)	600m	53.87	(32.8)		
		1000m	1:27.10	(33.6)	1000m	1:27.42	(33.6)		
		1400m	2:01.63	(34.5)	1400m	2:01.76	(34.3)		
		1800m	2:37.01	(35.4)	1800m	2:36.06	(34.3)		
		2200m	3:12.90	(35.9)	2200m	3:10.81	(34.8)		
		2600m	3:49.13	(36.2)	2600m	3:45.88	(35.1)		
		3000m	4:25.53	(36.4)	3000m	4:21.74	(35.9)		

		Naam		Cat		PR		Tijd	Info
2	wt	43	Ineke Dedden		DN3		4:15.82	4:22.65	
	rd	5	Reina Anema		DN3		4:11.83	4:16.06	
		Ineke Dedden			Reina Anema				
		200m	20.77	(20.8)	200m	20.62	(20.6)		
		600m	52.82	(32.1)	600m	52.70	(32.1)		
		1000m	1:25.96	(33.1)	1000m	1:25.57	(32.9)		
		1400m	2:00.29	(34.3)	1400m	1:58.82	(33.2)		
		1800m	2:35.19	(34.9)	1800m	2:32.65	(33.8)		
		2200m	3:10.92	(35.7)	2200m	3:06.70	(34.1)		
		2600m	3:46.86	(35.9)	2600m	3:41.26	(34.6)		
		3000m	4:22.65	(35.8)	3000m	4:16.06	(34.8)		

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		Naam	Cat	PR	Tijd	Info
3	wt	2 Sanne van der Schaar	DN4	4:18.12		DNS
	rd	18 Esmee Visser	DN1	4:16.96		4:19.20
		<u>Sanne van der Schaar</u>		<u>Esmee Visser</u>		
				200m	21.41	(21.4)
				600m	53.96	(32.6)
				1000m	1:26.95	(33.0)
				1400m	2:00.29	(33.3)
				1800m	2:34.23	(33.9)
				2200m	3:08.61	(34.4)
				2600m	3:43.53	(34.9)
				3000m	4:19.20	(35.7)

		Naam	Cat	PR	Tijd	Info
4	wt	44 Birgit Witte	DSB	4:23.10		4:25.68
	rd	15 Esther Kiel	DA2	4:18.98		4:25.44
		<u>Birgit Witte</u>		<u>Esther Kiel</u>		
		200m	21.53	(21.5)	200m	21.14 (21.1)
		600m	54.39	(32.9)	600m	54.45 (33.3)
		1000m	1:28.50	(34.1)	1000m	1:28.39 (33.9)
		1400m	2:03.24	(34.7)	1400m	2:03.28 (34.9)
		1800m	2:38.17	(34.9)	1800m	2:38.28 (35.0)
		2200m	3:13.64	(35.5)	2200m	3:13.47 (35.2)
		2600m	3:49.55	(35.9)	2600m	3:49.28 (35.8)
		3000m	4:25.68	(36.1)	3000m	4:25.44 (36.2)

		Naam	Cat	PR	Tijd	Info
5	wt	4 Antoinette de Jong	DN2	3:59.49		4:11.49
	rd	20 Melissa Wijffe	DN1	4:07.71		4:16.34
		<u>Antoinette de Jong</u>		<u>Melissa Wijffe</u>		
		200m	19.71	(19.7)	200m	21.08 (21.1)
		600m	50.88	(31.2)	600m	53.39 (32.3)
		1000m	1:22.95	(32.1)	1000m	1:26.57 (33.2)
		1400m	1:55.70	(32.8)	1400m	1:59.82 (33.2)
		1800m	2:28.93	(33.2)	1800m	2:33.52 (33.7)
		2200m	3:02.80	(33.9)	2200m	3:07.43 (33.9)
		2600m	3:36.96	(34.2)	2600m	3:41.71 (34.3)
		3000m	4:11.49	(34.5)	3000m	4:16.34 (34.6)

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		Naam		Cat		PR		Tijd	Info
6	wt	46	Irene Schouten		DSA		4:05.65	4:11.00	
	rd	21	Lisa van der Geest		DN3		4:07.43	4:13.02	
		Irene Schouten				Lisa van der Geest			
		200m	20.48	(20.5)		200m	21.20	(21.2)	
		600m	52.36	(31.9)		600m	53.61	(32.4)	
		1000m	1:24.55	(32.2)		1000m	1:26.43	(32.8)	
		1400m	1:56.92	(32.4)		1400m	1:59.39	(33.0)	
		1800m	2:29.69	(32.8)		1800m	2:32.54	(33.2)	
		2200m	3:03.04	(33.3)		2200m	3:05.61	(33.1)	
		2600m	3:36.81	(33.8)		2600m	3:39.20	(33.6)	
		3000m	4:11.00	(34.2)		3000m	4:13.02	(33.8)	

		Naam		Cat		PR		Tijd	Info
7	wt	19	Annouk van der Weijden		DSA		4:02.22	4:10.71	
	rd	22	Diane Valkenburg		DSB		4:02.44	4:12.50	
		Annouk van der Weijden				Diane Valkenburg			
		200m	19.93	(19.9)		200m	20.60	(20.6)	
		600m	51.77	(31.8)		600m	52.08	(31.5)	
		1000m	1:24.02	(32.2)		1000m	1:24.44	(32.4)	
		1400m	1:56.88	(32.9)		1400m	1:57.32	(32.9)	
		1800m	2:29.99	(33.1)		1800m	2:30.47	(33.1)	
		2200m	3:03.48	(33.5)		2200m	3:03.59	(33.1)	
		2600m	3:36.73	(33.2)		2600m	3:37.18	(33.6)	
		3000m	4:10.71	(34.0)		3000m	4:12.50	(35.3)	

		Naam		Cat		PR		Tijd	Info
8	wt	9	Yvonne Nauta		DSA		4:02.63	4:09.90	
	rd	11	Jorien Voorhuis		DSB		3:59.51	4:10.12	
		Yvonne Nauta				Jorien Voorhuis			
		200m	20.15	(20.2)		200m	20.46	(20.5)	
		600m	51.48	(31.3)		600m	51.74	(31.3)	
		1000m	1:23.41	(31.9)		1000m	1:23.89	(32.2)	
		1400m	1:55.76	(32.4)		1400m	1:56.20	(32.3)	
		1800m	2:28.36	(32.6)		1800m	2:28.93	(32.7)	
		2200m	3:01.56	(33.2)		2200m	3:01.83	(32.9)	
		2600m	3:35.12	(33.6)		2600m	3:35.48	(33.7)	
		3000m	4:09.90	(34.8)		3000m	4:10.12	(34.6)	

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		Naam		Cat		PR		Tijd	Info
9	wt	7	Linda de Vries		DSA		4:01.00	4:14.53	
	rd	12	Carlijn Achtereekte		DSA		4:00.80	4:20.93	
		Linda de Vries			Carlijn Achtereekte				
		200m	19.79	(19.8)	200m	20.34	(20.3)		
		600m	51.24	(31.5)	600m	52.24	(31.9)		
		1000m	1:23.46	(32.2)	1000m	1:25.21	(33.0)		
		1400m	1:56.18	(32.7)	1400m	1:58.70	(33.5)		
		1800m	2:29.45	(33.3)	1800m	2:33.09	(34.4)		
		2200m	3:03.58	(34.1)	2200m	3:08.25	(35.2)		
		2600m	3:38.56	(35.0)	2600m	3:44.53	(36.3)		
		3000m	4:14.53	(36.0)	3000m	4:20.93	(36.4)		

		Naam		Cat		PR		Tijd	Info
10	wt	41	Carien Kleibeuker		DSB		4:03.79	4:11.03	
	rd	10	Marije Joling		DSA		4:02.85	4:11.00	
		Carien Kleibeuker			Marije Joling				
		200m	21.71	(21.7)	200m	20.32	(20.3)		
		600m	53.87	(32.2)	600m	52.05	(31.7)		
		1000m	1:26.41	(32.5)	1000m	1:24.03	(32.0)		
		1400m	1:59.22	(32.8)	1400m	1:56.47	(32.4)		
		1800m	2:32.28	(33.1)	1800m	2:29.19	(32.7)		
		2200m	3:05.31	(33.0)	2200m	3:02.40	(33.2)		
		2600m	3:38.29	(33.0)	2600m	3:36.25	(33.8)		
		3000m	4:11.03	(32.7)	3000m	4:11.00	(34.8)		