

# KNSB Cup (Selectie World Cup)

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

## 9. Rituitslag Dames 5000 meter

		Naam	Cat	PR	Tijd Info
1	wt	43 <b>Ineke Dedden</b>	DN3	7:25.49	<b>DNS</b>
	rd				

Ineke Dedden

m

		Naam	Cat	PR	Tijd Info
2	wt	19 <b>Annouk van der Weijden</b>	DSA	7:00.72	<b>7:20.53</b>
	rd	20 <b>Melissa Wijffe</b>	DN1	7:16.35	<b>7:21.60</b>

Annouk van der Weijden

Melissa Wijffe

200m	20.18	(20,2)	200m	20.90	(20,9)
600m	53.73	(33,5)	600m	53.99	(33,1)
1000m	1:27.99	(34,3)	1000m	1:28.89	(34,9)
1400m	2:02.41	(34,4)	1400m	2:03.39	(34,5)
1800m	2:36.96	(34,5)	1800m	2:37.95	(34,6)
2200m	3:11.93	(35,0)	2200m	3:12.80	(34,9)
2600m	3:47.00	(35,1)	2600m	3:48.13	(35,3)
3000m	4:22.45	(35,5)	3000m	4:23.35	(35,2)
3400m	4:58.07	(35,6)	3400m	4:58.71	(35,4)
3800m	5:33.91	(35,8)	3800m	5:34.09	(35,4)
4200m	6:09.47	(35,6)	4200m	6:09.80	(35,7)
4600m	6:45.12	(35,6)	4600m	6:45.50	(35,7)
5000m	7:20.53	(35,4)	5000m	7:21.60	(36,1)

		Naam	Cat	PR	Tijd Info
3	wt	45 <b>Imke Vormeer</b>	DSA	7:11.13	<b>7:31.86</b>
	rd	18 <b>Esmee Visser</b>	DN1	7:18.72	<b>7:25.50</b>

Imke Vormeer

Esmee Visser

200m	21.53	(21,5)	200m	21.69	(21,7)
600m	56.06	(34,5)	600m	55.63	(33,9)
1000m	1:31.06	(35,0)	1000m	1:31.09	(35,5)
1400m	2:06.26	(35,2)	1400m	2:06.49	(35,4)
1800m	2:41.43	(35,2)	1800m	2:41.48	(35,0)
2200m	3:17.06	(35,6)	2200m	3:16.64	(35,2)
2600m	3:52.91	(35,8)	2600m	3:52.22	(35,6)
3000m	4:29.04	(36,1)	3000m	4:27.81	(35,6)
3400m	5:05.55	(36,5)	3400m	5:03.22	(35,4)
3800m	5:42.21	(36,7)	3800m	5:38.95	(35,7)
4200m	6:19.57	(37,4)	4200m	6:14.49	(35,5)
4600m	6:56.20	(36,6)	4600m	6:50.02	(35,5)
5000m	7:31.86	(35,7)	5000m	7:25.50	(35,5)

		Naam	Cat		PR	Tijd Info
4	wt	5 <b>Reina Anema</b>	DN3		7:14.60	<b>7:25.87</b>
	rd	22 <b>Diane Valkenburg</b>	DSB		7:03.51	<b>7:21.88</b>
		<b>Reina Anema</b>			<b>Diane Valkenburg</b>	
		200m	20.81	(20,8)	200m	21.24 (21,2)
		600m	54.73	(33,9)	600m	55.57 (34,3)
		1000m	1:30.07	(35,3)	1000m	1:30.93 (35,4)
		1400m	2:05.68	(35,6)	1400m	2:05.71 (34,8)
		1800m	2:40.57	(34,9)	1800m	2:39.99 (34,3)
		2200m	3:15.25	(34,7)	2200m	3:14.30 (34,3)
		2600m	3:50.51	(35,3)	2600m	3:49.02 (34,7)
		3000m	4:26.07	(35,6)	3000m	4:23.77 (34,8)
		3400m	5:01.73	(35,7)	3400m	4:58.56 (34,8)
		3800m	5:37.76	(36,0)	3800m	5:33.65 (35,1)
		4200m	6:13.97	(36,2)	4200m	6:09.21 (35,6)
		4600m	6:50.03	(36,1)	4600m	6:45.16 (36,0)
		5000m	7:25.87	(35,8)	5000m	7:21.88 (36,7)

		Naam	Cat		PR	Tijd Info
5	wt	4 <b>Antoinette de Jong</b>	DN2		7:05.95	<b>7:18.70</b>
	rd	21 <b>Lisa van der Geest</b>	DN3		7:05.50	<b>7:13.39</b> TRN
		<b>Antoinette de Jong</b>			<b>Lisa van der Geest</b>	
		200m	21.06	(21,1)	200m	22.04 (22,0)
		600m	55.16	(34,1)	600m	56.45 (34,4)
		1000m	1:29.24	(34,1)	1000m	1:30.62 (34,2)
		1400m	2:03.51	(34,3)	1400m	2:04.98 (34,4)
		1800m	2:38.31	(34,8)	1800m	2:39.25 (34,3)
		2200m	3:13.02	(34,7)	2200m	3:13.86 (34,6)
		2600m	3:47.58	(34,6)	2600m	3:48.41 (34,5)
		3000m	4:22.37	(34,8)	3000m	4:22.45 (34,0)
		3400m	4:57.14	(34,8)	3400m	4:56.44 (34,0)
		3800m	5:32.24	(35,1)	3800m	5:30.19 (33,7)
		4200m	6:07.62	(35,4)	4200m	6:04.11 (33,9)
		4600m	6:43.11	(35,5)	4600m	6:38.61 (34,5)
		5000m	7:18.70	(35,6)	5000m	7:13.39 (34,8)

		Naam	Cat		PR	Tijd Info
6	wt	41 <b>Carien Kleibeuker</b>	DSB		6:55.66	<b>7:06.69</b> TR
	rd	9 <b>Yvonne Nauta</b>	DSA		6:57.59	<b>7:13.89</b>
		<b>Carien Kleibeuker</b>			<b>Yvonne Nauta</b>	
		200m	21.60	(21,6)	200m	20.86 (20,9)
		600m	54.50	(32,9)	600m	53.64 (32,8)
		1000m	1:28.03	(33,5)	1000m	1:27.15 (33,5)
		1400m	2:01.84	(33,8)	1400m	2:00.67 (33,5)
		1800m	2:35.40	(33,6)	1800m	2:34.42 (33,8)
		2200m	3:08.87	(33,5)	2200m	3:08.14 (33,7)
		2600m	3:42.16	(33,3)	2600m	3:42.15 (34,0)
		3000m	4:15.82	(33,7)	3000m	4:16.02 (33,9)

3400m	4:49.67	(33,8)	3400m	4:50.27	(34,2)
3800m	5:23.56	(33,9)	3800m	5:24.88	(34,6)
4200m	5:57.63	(34,1)	4200m	6:00.13	(35,2)
4600m	6:32.14	(34,5)	4600m	6:36.23	(36,1)
5000m	7:06.69	(34,5)	5000m	7:13.89	(37,7)

		Naam	Cat	PR	Tijd Info
7	wt	11 <b>Jorien Voorhuis</b>	DSB	6:59.23	<b>7:23.97</b>
	rd	46 <b>Irene Schouten</b>	DSA	7:03.45	<b>7:10.39</b>

**Jorien Voorhuis**

200m	20.64	(20,6)
600m	54.25	(33,6)
1000m	1:28.58	(34,3)
1400m	2:03.21	(34,6)
1800m	2:37.57	(34,4)
2200m	3:12.57	(35,0)
2600m	3:47.60	(35,0)
3000m	4:22.51	(34,9)
3400m	4:57.81	(35,3)
3800m	5:33.25	(35,4)
4200m	6:09.47	(36,2)
4600m	6:46.49	(37,0)
5000m	7:23.97	(37,5)

**Irene Schouten**

200m	20.93	(20,9)
600m	54.49	(33,6)
1000m	1:28.62	(34,1)
1400m	2:02.39	(33,8)
1800m	2:36.50	(34,1)
2200m	3:10.54	(34,0)
2600m	3:44.74	(34,2)
3000m	4:19.02	(34,3)
3400m	4:53.25	(34,2)
3800m	5:27.45	(34,2)
4200m	6:01.79	(34,3)
4600m	6:36.12	(34,3)
5000m	7:10.39	(34,3)