

KNSB Cup (Selectie World Cup)

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

10. Rituitslag Heren 10000 meter

		Naam	Cat	PR	Tijd
1	wt rd	138 Mats Stoltenborg	HN4	13:34.90	13:31.26

Mats Stoltenborg

Distance	Time	Diff	Unit
400m	36.39	(36,4)	m
800m	1:08.25	(31,9)	
1200m	1:40.24	(32,0)	
1600m	2:12.23	(32,0)	
2000m	2:44.20	(32,0)	
2400m	3:16.12	(31,9)	
2800m	3:48.19	(32,1)	
3200m	4:20.21	(32,0)	
3600m	4:52.13	(31,9)	
4000m	5:24.00	(31,9)	
4400m	5:55.92	(31,9)	
4800m	6:27.82	(31,9)	
5200m	6:59.70	(31,9)	
5600m	7:31.66	(32,0)	
6000m	8:03.67	(32,0)	
6400m	8:35.61	(31,9)	
6800m	9:07.59	(32,0)	
7200m	9:39.81	(32,2)	
7600m	10:12.25	(32,4)	
8000m	10:44.65	(32,4)	
8400m	11:17.35	(32,7)	
8800m	11:50.47	(33,1)	
9200m	12:23.90	(33,4)	
9600m	12:57.44	(33,5)	
10000m	13:31.26	(33,8)	

		Naam	Cat	PR	Tijd
2	wt	135 Arjen van der Kieft	HSB	12:56.90	14:00.68
	rd	154 Arjan Stroetinga	HSB		13:18.01

Arjen van der Kieft

400m	37.15	(37,2)
800m	1:10.09	(32,9)
1200m	1:43.10	(33,0)
1600m	2:15.73	(32,6)
2000m	2:48.84	(33,1)
2400m	3:21.68	(32,8)
2800m	3:54.90	(33,2)

Arjan Stroetinga

400m	36.07	(36,1)
800m	1:08.47	(32,4)
1200m	1:40.34	(31,9)
1600m	2:12.03	(31,7)
2000m	2:43.96	(31,9)
2400m	3:15.97	(32,0)
2800m	3:47.76	(31,8)

3200m	4:27.84	(32,9)	3200m	4:19.55	(31,8)
3600m	5:00.77	(32,9)	3600m	4:51.37	(31,8)
4000m	5:33.90	(33,1)	4000m	5:23.12	(31,8)
4400m	6:06.91	(33,0)	4400m	5:54.89	(31,8)
4800m	6:40.13	(33,2)	4800m	6:26.66	(31,8)
5200m	7:13.76	(33,6)	5200m	6:58.35	(31,7)
5600m	7:47.55	(33,8)	5600m	7:30.04	(31,7)
6000m	8:21.46	(33,9)	6000m	8:01.51	(31,5)
6400m	8:55.68	(34,2)	6400m	8:33.07	(31,6)
6800m	9:30.31	(34,6)	6800m	9:04.53	(31,5)
7200m	10:04.85	(34,5)	7200m	9:36.13	(31,6)
7600m	10:39.44	(34,6)	7600m	10:07.68	(31,6)
8000m	11:13.18	(33,7)	8000m	10:39.26	(31,6)
8400m	11:46.83	(33,7)	8400m	11:10.94	(31,7)
8800m	12:20.30	(33,5)	8800m	11:42.75	(31,8)
9200m	12:54.08	(33,8)	9200m	12:14.58	(31,8)
9600m	13:27.54	(33,5)	9600m	12:46.39	(31,8)
10000m	14:00.68	(33,1)	10000m	13:18.01	(31,6)

		Naam	Cat	PR	Tijd
3	wt	136 Jouke Hoogeveen	HSB	13:13.79	13:19.17
	rd	156 Evert Hoolwerf	HN2	13:41.51	13:35.85

Jouke Hoogeveen

400m	37.90	(37,9)
800m	1:09.55	(31,7)
1200m	1:41.72	(32,2)
1600m	2:13.44	(31,7)
2000m	2:45.05	(31,6)
2400m	3:16.62	(31,6)
2800m	3:48.68	(32,1)
3200m	4:20.32	(31,6)
3600m	4:52.28	(32,0)
4000m	5:23.91	(31,6)
4400m	5:55.90	(32,0)
4800m	6:27.59	(31,7)
5200m	6:59.36	(31,8)
5600m	7:30.92	(31,6)
6000m	8:02.48	(31,6)
6400m	8:33.99	(31,5)
6800m	9:05.51	(31,5)
7200m	9:37.06	(31,5)
7600m	10:08.60	(31,5)
8000m	10:40.28	(31,7)
8400m	11:12.22	(31,9)
8800m	11:44.08	(31,9)
9200m	12:15.74	(31,7)
9600m	12:47.58	(31,8)

Evert Hoolwerf

400m	35.08	(35,1)
800m	1:06.65	(31,6)
1200m	1:38.27	(31,6)
1600m	2:10.16	(31,9)
2000m	2:41.92	(31,8)
2400m	3:13.96	(32,0)
2800m	3:45.99	(32,0)
3200m	4:18.09	(32,1)
3600m	4:50.31	(32,2)
4000m	5:22.83	(32,5)
4400m	5:55.26	(32,4)
4800m	6:27.55	(32,3)
5200m	6:59.86	(32,3)
5600m	7:32.32	(32,5)
6000m	8:05.40	(33,1)
6400m	8:38.65	(33,3)
6800m	9:11.54	(32,9)
7200m	9:44.57	(33,0)
7600m	10:17.66	(33,1)
8000m	10:50.93	(33,3)
8400m	11:23.95	(33,0)
8800m	11:56.92	(33,0)
9200m	12:30.11	(33,2)
9600m	13:03.03	(32,9)

10000m 13:19.17 (31,6) 10000m 13:35.85 (32,8)

		Naam			Cat			PR	Tijd
4	wt	132	Douwe de Vries		HSB			13:04.02	13:40.71
	rd	133	Bob de Vries		HSB			13:01.19	13:16.81
		Douwe de Vries			Bob de Vries				
		400m	35.10	(35,1)	400m	35.24	(35,2)		
		800m	1:06.57	(31,5)	800m	1:06.17	(30,9)		
		1200m	1:38.56	(32,0)	1200m	1:37.63	(31,5)		
		1600m	2:10.58	(32,0)	1600m	2:09.74	(32,1)		
		2000m	2:42.09	(31,5)	2000m	2:41.53	(31,8)		
		2400m	3:13.71	(31,6)	2400m	3:13.51	(32,0)		
		2800m	3:45.55	(31,8)	2800m	3:44.95	(31,4)		
		3200m	4:17.82	(32,3)	3200m	4:16.83	(31,9)		
		3600m	4:50.21	(32,4)	3600m	4:48.97	(32,1)		
		4000m	5:22.73	(32,5)	4000m	5:21.52	(32,5)		
		4400m	5:55.19	(32,5)	4400m	5:54.05	(32,5)		
		4800m	6:27.60	(32,4)	4800m	6:26.61	(32,6)		
		5200m	7:00.08	(32,5)	5200m	6:58.54	(31,9)		
		5600m	7:32.91	(32,8)	5600m	7:30.45	(31,9)		
		6000m	8:05.63	(32,7)	6000m	8:02.13	(31,7)		
		6400m	8:38.53	(32,9)	6400m	8:33.71	(31,6)		
		6800m	9:11.78	(33,3)	6800m	9:05.42	(31,7)		
		7200m	9:45.29	(33,5)	7200m	9:36.98	(31,6)		
		7600m	10:18.76	(33,5)	7600m	10:08.87	(31,9)		
		8000m	10:52.43	(33,7)	8000m	10:41.06	(32,2)		
		8400m	11:25.87	(33,4)	8400m	11:12.32	(31,3)		
		8800m	11:59.53	(33,7)	8800m	11:43.83	(31,5)		
		9200m	12:33.30	(33,8)	9200m	12:15.09	(31,3)		
		9600m	13:06.97	(33,7)	9600m	12:46.02	(30,9)		
		10000m	13:40.71	(33,7)	10000m	13:16.81	(30,8)		

		Naam			Cat			PR	Tijd
5	wt	130	Sven Kramer		HSA			12:41.69	13:16.08
	rd	131	Jorrit Bergsma		HSA			12:44.45	13:07.40
		Sven Kramer			Jorrit Bergsma				
		400m	35.26	(35,3)	400m	35.41	(35,4)		
		800m	1:07.33	(32,1)	800m	1:07.45	(32,0)		
		1200m	1:40.01	(32,7)	1200m	1:39.36	(31,9)		
		1600m	2:11.80	(31,8)	1600m	2:11.51	(32,1)		
		2000m	2:43.86	(32,1)	2000m	2:43.14	(31,6)		
		2400m	3:15.69	(31,8)	2400m	3:14.56	(31,4)		
		2800m	3:47.46	(31,8)	2800m	3:45.81	(31,2)		
		3200m	4:18.99	(31,5)	3200m	4:17.05	(31,2)		
		3600m	4:50.97	(32,0)	3600m	4:48.25	(31,2)		
		4000m	5:22.27	(31,3)	4000m	5:19.49	(31,2)		

4400m	5:54.00	(31,7)	4400m	5:50.59	(31,1)
4800m	6:25.32	(31,3)	4800m	6:21.79	(31,2)
5200m	6:56.86	(31,5)	5200m	6:52.91	(31,1)
5600m	7:28.18	(31,3)	5600m	7:24.05	(31,1)
6000m	7:59.74	(31,6)	6000m	7:55.21	(31,2)
6400m	8:31.31	(31,6)	6400m	8:26.27	(31,1)
6800m	9:02.83	(31,5)	6800m	8:57.22	(30,9)
7200m	9:34.28	(31,5)	7200m	9:28.09	(30,9)
7600m	10:05.73	(31,4)	7600m	9:58.93	(30,8)
8000m	10:37.16	(31,4)	8000m	10:29.80	(30,9)
8400m	11:08.77	(31,6)	8400m	11:00.70	(30,9)
8800m	11:40.28	(31,5)	8800m	11:31.95	(31,2)
9200m	12:12.04	(31,8)	9200m	12:03.41	(31,5)
9600m	12:44.03	(32,0)	9600m	12:35.37	(32,0)
10000m	13:16.08	(32,0)	10000m	13:07.40	(32,0)

	Naam	Cat	PR	Tijd
6	wt 140 Erik Jan Kooiman	HSA	13:02.57	13:05.96
	rd 137 Bob de Jong	HSB	12:48.20	13:28.29

Erik Jan Kooiman

Bob de Jong

400m	35.73	(35,7)	400m	35.00	(35,0)
800m	1:06.47	(30,7)	800m	1:06.87	(31,9)
1200m	1:37.81	(31,3)	1200m	1:38.62	(31,7)
1600m	2:09.08	(31,3)	1600m	2:10.13	(31,5)
2000m	2:40.32	(31,2)	2000m	2:41.76	(31,6)
2400m	3:11.28	(31,0)	2400m	3:13.54	(31,8)
2800m	3:42.50	(31,2)	2800m	3:45.25	(31,7)
3200m	4:13.53	(31,0)	3200m	4:17.11	(31,9)
3600m	4:44.66	(31,1)	3600m	4:49.06	(32,0)
4000m	5:15.78	(31,1)	4000m	5:20.79	(31,7)
4400m	5:47.11	(31,3)	4400m	5:52.49	(31,7)
4800m	6:18.45	(31,3)	4800m	6:24.65	(32,2)
5200m	6:49.92	(31,5)	5200m	6:56.95	(32,3)
5600m	7:21.26	(31,3)	5600m	7:29.31	(32,4)
6000m	7:52.67	(31,4)	6000m	8:02.08	(32,8)
6400m	8:23.85	(31,2)	6400m	8:35.29	(33,2)
6800m	8:55.24	(31,4)	6800m	9:08.14	(32,9)
7200m	9:26.55	(31,3)	7200m	9:40.46	(32,3)
7600m	9:57.87	(31,3)	7600m	10:12.84	(32,4)
8000m	10:29.20	(31,3)	8000m	10:45.95	(33,1)
8400m	11:00.63	(31,4)	8400m	11:19.00	(33,1)
8800m	11:32.00	(31,4)	8800m	11:51.74	(32,7)
9200m	12:03.55	(31,6)	9200m	12:24.09	(32,4)
9600m	12:34.89	(31,3)	9600m	12:56.31	(32,2)
10000m	13:05.96	(31,1)	10000m	13:28.29	(32,0)

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