

1. Rituitslag Heren 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	13 Marcel van Ham	HSA	6:29.95	6:35.05	
	rd	6 Marcel Bosker	HA2	6:28.10	6:33.50	
		Marcel van Ham				Marcel Bosker
		200m	20.17 (20.2)	200m	19.22 (19.2)	
		600m	50.94 (30.8)	600m	49.54 (30.3)	
		1000m	1:21.45 (30.5)	1000m	1:19.90 (30.4)	
		1400m	1:52.23 (30.8)	1400m	1:50.44 (30.5)	
		1800m	2:23.19 (31.0)	1800m	2:21.19 (30.7)	
		2200m	2:54.08 (30.9)	2200m	2:52.39 (31.2)	
		2600m	3:24.96 (30.9)	2600m	3:23.81 (31.4)	
		3000m	3:56.11 (31.2)	3000m	3:55.34 (31.5)	
		3400m	4:27.24 (31.1)	3400m	4:26.98 (31.6)	
		3800m	4:58.63 (31.4)	3800m	4:58.43 (31.4)	
		4200m	5:30.10 (31.5)	4200m	5:30.10 (31.7)	
		4600m	6:01.92 (31.8)	4600m	6:01.38 (31.3)	
		5000m	6:35.05 (33.1)	5000m	6:33.50 (32.1)	

		Naam	Cat	PR	Tijd	Info
2	wt	34 Patrick Roest	HN1	6:29.30	6:29.90	
	rd	41 Mats Stoltenborg	HN4	6:32.11	6:30.93	PB
		Patrick Roest				Mats Stoltenborg
		200m	19.07 (19.1)	200m	19.95 (20.0)	
		600m	49.36 (30.3)	600m	50.50 (30.5)	
		1000m	1:20.35 (31.0)	1000m	1:21.15 (30.6)	
		1400m	1:51.45 (31.1)	1400m	1:52.03 (30.9)	
		1800m	2:22.10 (30.7)	1800m	2:22.90 (30.9)	
		2200m	2:52.76 (30.7)	2200m	2:53.83 (30.9)	
		2600m	3:23.60 (30.8)	2600m	3:24.74 (30.9)	
		3000m	3:54.55 (31.0)	3000m	3:55.84 (31.1)	
		3400m	4:25.59 (31.0)	3400m	4:26.64 (30.8)	
		3800m	4:56.91 (31.3)	3800m	4:57.55 (30.9)	
		4200m	5:28.45 (31.5)	4200m	5:28.51 (31.0)	
		4600m	5:59.48 (31.0)	4600m	5:59.51 (31.0)	
		5000m	6:29.90 (30.4)	5000m	6:30.93 (31.4)	

		Naam			Cat	PR	Tijd	Info
3	wt	37 Renz Rotteveel			HSA	6:20.25		DNF
	rd	46 Jos de Vos			HSA	6:23.62		6:41.39
		Renz Rotteveel			Jos de Vos			
		200m	18.99	(19.0)	200m	18.98	(19.0)	
		600m	49.17	(30.2)	600m	49.14	(30.2)	
		1000m	1:19.53	(30.4)	1000m	1:19.46	(30.3)	
		1400m	1:50.66	(31.1)	1400m	1:50.25	(30.8)	
		1800m	2:21.98	(31.3)	1800m	2:21.49	(31.2)	
		2200m	2:53.93	(32.0)	2200m	2:53.09	(31.6)	
		2600m	3:26.06	(32.1)	2600m	3:24.83	(31.7)	
		3000m	3:58.54	(32.5)	3000m	3:56.83	(32.0)	
		3400m	4:31.74	(33.2)	3400m	4:29.18	(32.4)	
		3800m	5:06.17	(34.4)	3800m	5:01.71	(32.5)	
					4200m	5:34.67	(33.0)	
					4600m	6:07.96	(33.3)	
					5000m	6:41.39	(33.4)	

		Naam			Cat	PR	Tijd	Info
4	wt	15 Evert Hoolwerf			HN2	6:27.72		6:24.38 PB
	rd	18 Bob de Jong			HSB	6:07.43		6:29.76
		Evert Hoolwerf			Bob de Jong			
		200m	18.57	(18.6)	200m	19.96	(20.0)	
		600m	47.98	(29.4)	600m	50.08	(30.1)	
		1000m	1:18.17	(30.2)	1000m	1:20.76	(30.7)	
		1400m	1:48.43	(30.3)	1400m	1:51.42	(30.7)	
		1800m	2:18.64	(30.2)	1800m	2:22.15	(30.7)	
		2200m	2:49.02	(30.4)	2200m	2:52.64	(30.5)	
		2600m	3:19.55	(30.5)	2600m	3:23.14	(30.5)	
		3000m	3:50.13	(30.6)	3000m	3:53.59	(30.5)	
		3400m	4:20.64	(30.5)	3400m	4:24.27	(30.7)	
		3800m	4:51.57	(30.9)	3800m	4:54.94	(30.7)	
		4200m	5:22.56	(31.0)	4200m	5:25.69	(30.8)	
		4600m	5:53.45	(30.9)	4600m	5:57.02	(31.3)	
		5000m	6:24.38	(30.9)	5000m	6:29.76	(32.7)	

		Naam			Cat	PR	Tijd	Info
5	wt	24 Bart Mol			HSA	6:26.67	6:30.57	
	rd	47 Frank Vreugdenhil			HSB	6:22.42	6:35.73	
		Bart Mol			Frank Vreugdenhil			
		200m	20.25	(20.3)	200m	19.50	(19.5)	
		600m	50.71	(30.5)	600m	50.05	(30.5)	
		1000m	1:20.93	(30.2)	1000m	1:20.86	(30.8)	
		1400m	1:51.35	(30.4)	1400m	1:51.29	(30.4)	
		1800m	2:21.72	(30.4)	1800m	2:22.00	(30.7)	
		2200m	2:52.53	(30.8)	2200m	2:52.65	(30.7)	
		2600m	3:23.25	(30.7)	2600m	3:23.76	(31.1)	
		3000m	3:54.03	(30.8)	3000m	3:54.87	(31.1)	
		3400m	4:25.02	(31.0)	3400m	4:26.29	(31.4)	
		3800m	4:56.16	(31.1)	3800m	4:57.95	(31.7)	
		4200m	5:27.52	(31.4)	4200m	5:30.06	(32.1)	
		4600m	5:59.14	(31.6)	4600m	6:02.65	(32.6)	
		5000m	6:30.57	(31.4)	5000m	6:35.73	(33.1)	

		Naam			Cat	PR	Tijd	Info
6	wt	48 Bob de Vries			HSB	6:10.56	6:21.12	
	rd	4 Jan Blokhuijsen			HSA	6:11.91	6:21.57	
		Bob de Vries			Jan Blokhuijsen			
		200m	19.22	(19.2)	200m	18.64	(18.6)	
		600m	48.86	(29.6)	600m	48.09	(29.5)	
		1000m	1:19.22	(30.4)	1000m	1:18.13	(30.0)	
		1400m	1:49.66	(30.4)	1400m	1:48.51	(30.4)	
		1800m	2:20.00	(30.3)	1800m	2:18.80	(30.3)	
		2200m	2:50.06	(30.1)	2200m	2:49.02	(30.2)	
		2600m	3:20.06	(30.0)	2600m	3:19.26	(30.2)	
		3000m	3:49.94	(29.9)	3000m	3:49.65	(30.4)	
		3400m	4:19.52	(29.6)	3400m	4:19.82	(30.2)	
		3800m	4:49.42	(29.9)	3800m	4:49.97	(30.2)	
		4200m	5:19.65	(30.2)	4200m	5:20.54	(30.6)	
		4600m	5:50.32	(30.7)	4600m	5:51.11	(30.6)	
		5000m	6:21.12	(30.8)	5000m	6:21.57	(30.5)	

		Naam	Cat		PR	Tijd	Info
7	wt	39 Simon Schouten	HSA		6:26.20	6:29.42	
	rd	20 Erik Jan Kooiman	HSA		6:17.95	6:20.54	
		Simon Schouten			Erik Jan Kooiman		
		200m	18.98	(19.0)	200m	19.99	(20.0)
		600m	48.95	(30.0)	600m	49.67	(29.7)
		1000m	1:19.31	(30.4)	1000m	1:19.59	(29.9)
		1400m	1:49.68	(30.4)	1400m	1:49.53	(29.9)
		1800m	2:19.99	(30.3)	1800m	2:19.57	(30.0)
		2200m	2:50.47	(30.5)	2200m	2:49.35	(29.8)
		2600m	3:21.03	(30.6)	2600m	3:19.24	(29.9)
		3000m	3:51.57	(30.5)	3000m	3:49.12	(29.9)
		3400m	4:22.40	(30.8)	3400m	4:19.11	(30.0)
		3800m	4:53.54	(31.1)	3800m	4:49.15	(30.0)
		4200m	5:25.15	(31.6)	4200m	5:19.73	(30.6)
		4600m	5:57.27	(32.1)	4600m	5:50.17	(30.4)
		5000m	6:29.42	(32.1)	5000m	6:20.54	(30.4)

		Naam	Cat		PR	Tijd	Info
8	wt	21 Sven Kramer	HSA		6:03.32	6:11.34	
	rd	3 Jorrit Bergsma	HSA		6:06.93	6:13.19	
		Sven Kramer			Jorrit Bergsma		
		200m	18.53	(18.5)	200m	19.08	(19.1)
		600m	47.17	(28.6)	600m	47.40	(28.3)
		1000m	1:16.17	(29.0)	1000m	1:16.36	(29.0)
		1400m	1:45.51	(29.3)	1400m	1:45.49	(29.1)
		1800m	2:14.73	(29.2)	1800m	2:14.86	(29.4)
		2200m	2:44.10	(29.4)	2200m	2:44.13	(29.3)
		2600m	3:13.38	(29.3)	2600m	3:13.62	(29.5)
		3000m	3:42.84	(29.5)	3000m	3:43.06	(29.4)
		3400m	4:12.13	(29.3)	3400m	4:12.76	(29.7)
		3800m	4:41.60	(29.5)	3800m	4:42.58	(29.8)
		4200m	5:11.10	(29.5)	4200m	5:12.46	(29.9)
		4600m	5:41.10	(30.0)	4600m	5:42.34	(29.9)
		5000m	6:11.34	(30.2)	5000m	6:13.19	(30.9)

		Naam	Cat	PR	Tijd	Info
9	wt	42 Arjan Stroetinga	HSB	6:21.66	6:21.76	
	rd	49 Douwe de Vries	HSB	6:14.53	6:19.90	

Arjan Stroetinga

200m	18.85	(18.9)
600m	48.54	(29.7)
1000m	1:18.70	(30.2)
1400m	1:48.91	(30.2)
1800m	2:18.73	(29.8)
2200m	2:48.87	(30.1)
2600m	3:18.74	(29.9)
3000m	3:48.74	(30.0)
3400m	4:18.89	(30.2)
3800m	4:49.28	(30.4)
4200m	5:19.93	(30.7)
4600m	5:50.75	(30.8)
5000m	6:21.76	(31.0)

Douwe de Vries

200m	19.20	(19.2)
600m	48.53	(29.3)
1000m	1:18.24	(29.7)
1400m	1:48.12	(29.9)
1800m	2:18.21	(30.1)
2200m	2:48.37	(30.2)
2600m	3:18.53	(30.2)
3000m	3:48.72	(30.2)
3400m	4:19.16	(30.4)
3800m	4:49.35	(30.2)
4200m	5:19.49	(30.1)
4600m	5:49.45	(30.0)
5000m	6:19.90	(30.4)