

5. Rituitslag Dames 3000m

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	42 Esmee Visser	DN1	HAA	4:12.84	4:15.21	
	rd	41 Diane Valkenburg	DSB	DNH	4:02.44	4:10.42	
Esmee Visser			Diane Valkenburg				
		200m			21.15	(21.2)	200m 20.46 (20.5)
		600m			54.09	(32.9)	600m 52.39 (31.9)
		1000m			1:27.36	(33.3)	1000m 1:24.73 (32.3)
		1400m			2:00.51	(33.2)	1400m 1:57.03 (32.3)
		1800m			2:33.70	(33.2)	1800m 2:29.56 (32.5)
		2200m			3:07.31	(33.6)	2200m 3:02.29 (32.7)
		2600m			3:41.02	(33.7)	2600m 3:35.82 (33.5)
		3000m			4:15.21	(34.2)	3000m 4:10.42 (34.6)

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	2 Reina Anema	DN3	HVN	4:11.83	4:09.01	PB
	rd	23 Esther Kiel	DA2	HAA	4:16.70	4:16.85	
Reina Anema			Esther Kiel				
		200m			20.40	(20.4)	200m 20.65 (20.7)
		600m			52.23	(31.8)	600m 52.58 (31.9)
		1000m			1:24.51	(32.3)	1000m 1:25.33 (32.7)
		1400m			1:57.03	(32.5)	1400m 1:58.79 (33.5)
		1800m			2:29.98	(32.9)	1800m 2:32.57 (33.8)
		2200m			3:02.89	(32.9)	2200m 3:06.74 (34.2)
		2600m			3:35.94	(33.1)	2600m 3:41.63 (34.9)
		3000m			4:09.01	(33.1)	3000m 4:16.85 (35.2)

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	1 Carlijn Achtereekte	DSA	ENS	4:00.80	4:09.33	
	rd	11 Ineke Dedden	DN3	HVN	4:15.82	4:16.95	
		Carlijn Achtereekte			Ineke Dedden		
		200m	19.86	(19.9)	200m	20.73	(20.7)
		600m	50.74	(30.9)	600m	52.22	(31.5)
		1000m	1:22.86	(32.1)	1000m	1:24.65	(32.4)
		1400m	1:55.65	(32.8)	1400m	1:58.33	(33.7)
		1800m	2:28.66	(33.0)	1800m	2:32.53	(34.2)
		2200m	3:02.08	(33.4)	2200m	3:06.89	(34.4)
		2600m	3:35.75	(33.7)	2600m	3:41.72	(34.8)
		3000m	4:09.33	(33.6)	3000m	4:16.95	(35.2)

		Naam	Cat	Baan	PR	Tijd	Info
4	wt	20 Antoinette de Jong	DN2	HVN	3:59.49	4:04.97	
	rd	52 Ireen Wüst	DSA	TIL	3:58.01	4:04.13	
		Antoinette de Jong			Ireen Wüst		
		200m	19.57	(19.6)	200m	19.62	(19.6)
		600m	50.08	(30.5)	600m	49.94	(30.3)
		1000m	1:21.11	(31.0)	1000m	1:21.24	(31.3)
		1400m	1:52.77	(31.7)	1400m	1:52.48	(31.2)
		1800m	2:24.93	(32.2)	1800m	2:24.04	(31.6)
		2200m	2:57.73	(32.8)	2200m	2:56.55	(32.5)
		2600m	3:31.05	(33.3)	2600m	3:29.83	(33.3)
		3000m	4:04.97	(33.9)	3000m	4:04.13	(34.3)

		Naam	Cat	Baan	PR	Tijd	Info
5	wt	27 Marrit Leenstra	DSA	HVN	4:02.74	4:11.34	
	rd	50 Melissa Wijffe	DN1	HAA	4:07.71	4:11.57	

Marrit Leenstra

200m	19.86	(19.9)
600m	51.32	(31.5)
1000m	1:23.60	(32.3)
1400m	1:56.30	(32.7)
1800m	2:29.24	(32.9)
2200m	3:02.79	(33.5)
2600m	3:36.71	(33.9)
3000m	4:11.34	(34.6)

Melissa Wijffe

200m	20.77	(20.8)
600m	52.47	(31.7)
1000m	1:24.92	(32.4)
1400m	1:57.64	(32.7)
1800m	2:30.73	(33.1)
2200m	3:03.89	(33.2)
2600m	3:37.34	(33.4)
3000m	4:11.57	(34.2)

		Naam	Cat	Baan	PR	Tijd	Info
6	wt	14 Lisa vd Geest	DN3	DNH	4:07.43	4:12.60	
	rd	24 Carien Kleibeuker	DSB	HVN	4:03.79	4:07.84	

Lisa vd Geest

200m	20.97	(21.0)
600m	52.46	(31.5)
1000m	1:24.63	(32.2)
1400m	1:57.32	(32.7)
1800m	2:30.53	(33.2)
2200m	3:04.12	(33.6)
2600m	3:38.24	(34.1)
3000m	4:12.60	(34.4)

Carien Kleibeuker

200m	21.17	(21.2)
600m	52.52	(31.3)
1000m	1:24.38	(31.9)
1400m	1:56.53	(32.2)
1800m	2:29.03	(32.5)
2200m	3:01.77	(32.7)
2600m	3:34.69	(32.9)
3000m	4:07.84	(33.2)

		Naam	Cat	Baan	PR	Tijd	Info
7	wt	32 Yvonne Nauta	DSA	HVN	4:02.63	4:09.12	
	rd	46 Linda de Vries	DSA	HVN	4:01.00	4:09.44	

Yvonne Nauta

200m	20.18	(20.2)
600m	51.49	(31.3)
1000m	1:23.26	(31.8)
1400m	1:55.51	(32.3)
1800m	2:28.19	(32.7)
2200m	3:01.23	(33.0)
2600m	3:34.70	(33.5)
3000m	4:09.12	(34.4)

Linda de Vries

200m	20.05	(20.1)
600m	51.27	(31.2)
1000m	1:22.89	(31.6)
1400m	1:54.71	(31.8)
1800m	2:27.04	(32.3)
2200m	3:00.46	(33.4)
2600m	3:34.85	(34.4)
3000m	4:09.44	(34.6)

		Naam	Cat	Baan	PR	Tijd	Info
8	wt	43 Jorien Voorhuis	DSB	ENS	3:59.51	4:07.63	
	rd	37 Irene Schouten	DSA	HRN	3:58.39	4:07.99	

Jorien Voorhuis

200m	19.91	(19.9)
600m	51.23	(31.3)
1000m	1:23.37	(32.1)
1400m	1:55.73	(32.4)
1800m	2:27.83	(32.1)
2200m	3:00.50	(32.7)
2600m	3:33.79	(33.3)
3000m	4:07.63	(33.8)

Irene Schouten

200m	20.47	(20.5)
600m	51.95	(31.5)
1000m	1:23.84	(31.9)
1400m	1:55.90	(32.1)
1800m	2:28.43	(32.5)
2200m	3:01.33	(32.9)
2600m	3:34.60	(33.3)
3000m	4:07.99	(33.4)

		Naam	Cat	Baan	PR	Tijd	Info
9	wt	19 Marije Joling	DSA	ASS	4:00.48	4:07.72	
	rd	48 Annouk vd Weijden	DSA	HAA	4:00.45	4:12.22	
		Marije Joling			Annouk vd Weijden		
		200m	19.86	(19.9)	200m	20.09	(20.1)
		600m	50.97	(31.1)	600m	51.63	(31.5)
		1000m	1:22.31	(31.3)	1000m	1:23.36	(31.7)
		1400m	1:54.47	(32.2)	1400m	1:56.07	(32.7)
		1800m	2:27.11	(32.6)	1800m	2:29.33	(33.3)
		2200m	3:00.03	(32.9)	2200m	3:02.93	(33.6)
		2600m	3:33.40	(33.4)	2600m	3:37.17	(34.2)
		3000m	4:07.72	(34.3)	3000m	4:12.22	(35.1)