

9. Rituitslag Dames 5000m

		Naam			Cat	PR	Tijd	Info
1	wt	46 Linda de Vries			DSA	7:02.77	7:11.78	
	rd	1 Carlijn Achtereekte			DSA	6:54.49	7:10.19	
		Linda de Vries			Carlijn Achtereekte			
		200m	20.54	(20.5)	200m	20.50	(20.5)	
		600m	53.13	(32.6)	600m	52.78	(32.3)	
		1000m	1:25.73	(32.6)	1000m	1:25.98	(33.2)	
		1400m	1:59.57	(33.8)	1400m	1:59.51	(33.5)	
		1800m	2:33.19	(33.6)	1800m	2:33.12	(33.6)	
		2200m	3:07.05	(33.9)	2200m	3:06.92	(33.8)	
		2600m	3:40.82	(33.8)	2600m	3:41.26	(34.3)	
		3000m	4:15.52	(34.7)	3000m	4:15.95	(34.7)	
		3400m	4:49.98	(34.5)	3400m	4:50.71	(34.8)	
		3800m	5:24.99	(35.0)	3800m	5:25.94	(35.2)	
		4200m	6:00.29	(35.3)	4200m	6:01.57	(35.6)	
		4600m	6:35.85	(35.6)	4600m	6:36.14	(34.6)	
		5000m	7:11.78	(35.9)	5000m	7:10.19	(34.0)	

		Naam			Cat	PR	Tijd	Info
2	wt	50 Melissa Wijfje			DN1	7:16.35	7:16.12	PB
	rd	2 Reina Anema			DN3	7:14.60	7:12.32	PB
		Melissa Wijfje			Reina Anema			
		200m	20.95	(21.0)	200m	20.78	(20.8)	
		600m	53.66	(32.7)	600m	53.53	(32.8)	
		1000m	1:26.81	(33.1)	1000m	1:27.45	(33.9)	
		1400m	2:00.86	(34.1)	1400m	2:01.43	(34.0)	
		1800m	2:34.62	(33.8)	1800m	2:35.46	(34.0)	
		2200m	3:08.54	(33.9)	2200m	3:09.63	(34.2)	
		2600m	3:42.75	(34.2)	2600m	3:43.95	(34.3)	
		3000m	4:16.80	(34.1)	3000m	4:18.41	(34.5)	
		3400m	4:50.89	(34.1)	3400m	4:53.03	(34.6)	
		3800m	5:25.49	(34.6)	3800m	5:27.90	(34.9)	
		4200m	6:00.94	(35.5)	4200m	6:02.91	(35.0)	
		4600m	6:37.61	(36.7)	4600m	6:37.73	(34.8)	
		5000m	7:16.12	(38.5)	5000m	7:12.32	(34.6)	

		Naam			Cat	PR	Tijd	Info
3	wt	43 Jorien Voorhuis			DSB	6:59.23	7:11.58	
	rd	20 Antoinette de Jong			DN2	6:56.45	7:07.55	
		<u>Jorien Voorhuis</u>			<u>Antoinette de Jong</u>			
		200m	20.35	(20.4)	200m	20.11	(20.1)	
		600m	52.95	(32.6)	600m	51.38	(31.3)	
		1000m	1:26.96	(34.0)	1000m	1:23.63	(32.2)	
		1400m	2:01.52	(34.6)	1400m	1:56.81	(33.2)	
		1800m	2:35.80	(34.3)	1800m	2:30.13	(33.3)	
		2200m	3:09.84	(34.0)	2200m	3:03.70	(33.6)	
		2600m	3:43.99	(34.1)	2600m	3:37.66	(34.0)	
		3000m	4:18.17	(34.2)	3000m	4:12.11	(34.5)	
		3400m	4:52.56	(34.4)	3400m	4:46.91	(34.8)	
		3800m	5:27.00	(34.4)	3800m	5:21.89	(35.0)	
		4200m	6:01.40	(34.4)	4200m	5:57.14	(35.2)	
		4600m	6:36.34	(34.9)	4600m	6:32.53	(35.4)	
		5000m	7:11.58	(35.2)	5000m	7:07.55	(35.0)	

		Naam			Cat	PR	Tijd	Info
4	wt	32 Yvonne Nauta			DSA	6:57.59	7:15.02	
	rd	14 Lisa vd Geest			DN3	6:57.89	7:06.30	
		<u>Yvonne Nauta</u>			<u>Lisa vd Geest</u>			
		200m	20.57	(20.6)	200m	21.69	(21.7)	
		600m	53.58	(33.0)	600m	55.50	(33.8)	
		1000m	1:27.54	(34.0)	1000m	1:29.19	(33.7)	
		1400m	2:01.81	(34.3)	1400m	2:02.71	(33.5)	
		1800m	2:35.77	(34.0)	1800m	2:35.86	(33.2)	
		2200m	3:09.60	(33.8)	2200m	3:09.52	(33.7)	
		2600m	3:43.40	(33.8)	2600m	3:43.45	(33.9)	
		3000m	4:17.58	(34.2)	3000m	4:17.18	(33.7)	
		3400m	4:52.10	(34.5)	3400m	4:50.84	(33.7)	
		3800m	5:26.90	(34.8)	3800m	5:24.61	(33.8)	
		4200m	6:02.17	(35.3)	4200m	5:58.39	(33.8)	
		4600m	6:38.30	(36.1)	4600m	6:32.23	(33.8)	
		5000m	7:15.02	(36.7)	5000m	7:06.30	(34.1)	

		Naam	Cat	PR	Tijd Info
5	wt	24 Carien Kleibeuker	DSB	6:45.04	6:58.88
	rd	37 Irene Schouten	DSA	7:00.19	7:03.71

Carien Kleibeuker

200m	21.06	(21.1)
600m	53.04	(32.0)
1000m	1:25.72	(32.7)
1400m	1:58.59	(32.9)
1800m	2:31.58	(33.0)
2200m	3:04.61	(33.0)
2600m	3:37.93	(33.3)
3000m	4:11.17	(33.2)
3400m	4:44.43	(33.3)
3800m	5:18.02	(33.6)
4200m	5:51.48	(33.5)
4600m	6:25.19	(33.7)
5000m	6:58.88	(33.7)

Irene Schouten

200m	20.57	(20.6)
600m	53.56	(33.0)
1000m	1:26.92	(33.4)
1400m	2:00.40	(33.5)
1800m	2:33.83	(33.4)
2200m	3:07.23	(33.4)
2600m	3:40.64	(33.4)
3000m	4:14.19	(33.5)
3400m	4:47.82	(33.6)
3800m	5:21.53	(33.7)
4200m	5:55.35	(33.8)
4600m	6:29.48	(34.1)
5000m	7:03.71	(34.2)