

10. Rituitslag Heren 10000m

	Naam	Cat	PR	Tijd	Info
1	wt 49 Douwe de Vries	HSB	13:04.02	13:21.56	
	rd 47 Frank Vreugdenhil	HSB	13:18.07	13:50.45	
	Douwe de Vries		Frank Vreugdenhil		
	400m	34.02 (34.0)	400m	35.58 (35.6)	
	800m	1:04.99 (31.0)	800m	1:07.36 (31.8)	
	1200m	1:36.99 (32.0)	1200m	1:39.57 (32.2)	
	1600m	2:09.04 (32.0)	1600m	2:11.92 (32.4)	
	2000m	2:40.99 (31.9)	2000m	2:44.32 (32.4)	
	2400m	3:13.08 (32.1)	2400m	3:16.79 (32.5)	
	2800m	3:45.12 (32.0)	2800m	3:49.35 (32.6)	
	3200m	4:17.16 (32.0)	3200m	4:22.22 (32.9)	
	3600m	4:49.28 (32.1)	3600m	4:55.13 (32.9)	
	4000m	5:21.44 (32.2)	4000m	5:28.20 (33.1)	
	4400m	5:53.56 (32.1)	4400m	6:01.33 (33.1)	
	4800m	6:25.65 (32.1)	4800m	6:34.63 (33.3)	
	5200m	6:57.70 (32.1)	5200m	7:08.27 (33.6)	
	5600m	7:29.82 (32.1)	5600m	7:42.12 (33.9)	
	6000m	8:01.72 (31.9)	6000m	8:16.02 (33.9)	
	6400m	8:33.66 (31.9)	6400m	8:50.03 (34.0)	
	6800m	9:05.59 (31.9)	6800m	9:23.88 (33.9)	
	7200m	9:37.62 (32.0)	7200m	9:57.65 (33.8)	
	7600m	10:09.66 (32.0)	7600m	10:31.28 (33.6)	
	8000m	10:41.67 (32.0)	8000m	11:04.77 (33.5)	
	8400m	11:13.68 (32.0)	8400m	11:38.22 (33.5)	
	8800m	11:45.92 (32.2)	8800m	12:11.61 (33.4)	
	9200m	12:17.84 (31.9)	9200m	12:44.80 (33.2)	
	9600m	12:49.71 (31.9)	9600m	13:17.66 (32.9)	
	10000m	13:21.56 (31.8)	10000m	13:50.45 (32.8)	

		Naam	Cat	PR	Tijd Info
2	wt	14 Jouke Hoogeveen	HSB	13:13.79	13:09.50 PB
	rd	42 Arjan Stroetinga	HSB	12:51.92	13:09.68

Jouke Hoogeveen

400m	38.04	(38.0)
800m	1:09.55	(31.5)
1200m	1:41.28	(31.7)
1600m	2:12.89	(31.6)
2000m	2:44.45	(31.6)
2400m	3:16.02	(31.6)
2800m	3:47.52	(31.5)
3200m	4:18.99	(31.5)
3600m	4:50.60	(31.6)
4000m	5:21.84	(31.2)
4400m	5:52.98	(31.1)
4800m	6:24.80	(31.8)
5200m	6:56.40	(31.6)
5600m	7:27.68	(31.3)
6000m	7:59.15	(31.5)
6400m	8:30.35	(31.2)
6800m	9:02.12	(31.8)
7200m	9:33.51	(31.4)
7600m	10:04.82	(31.3)
8000m	10:36.01	(31.2)
8400m	11:07.53	(31.5)
8800m	11:38.62	(31.1)
9200m	12:09.76	(31.1)
9600m	12:40.28	(30.5)
10000m	13:09.50	(29.2)

Arjan Stroetinga

400m	35.93	(35.9)
800m	1:08.33	(32.4)
1200m	1:40.18	(31.8)
1600m	2:11.69	(31.5)
2000m	2:43.13	(31.4)
2400m	3:14.70	(31.6)
2800m	3:46.25	(31.5)
3200m	4:17.90	(31.7)
3600m	4:49.54	(31.6)
4000m	5:21.05	(31.5)
4400m	5:52.23	(31.2)
4800m	6:23.71	(31.5)
5200m	6:55.16	(31.4)
5600m	7:26.54	(31.4)
6000m	7:57.94	(31.4)
6400m	8:29.37	(31.4)
6800m	9:00.89	(31.5)
7200m	9:32.30	(31.4)
7600m	10:03.62	(31.3)
8000m	10:34.87	(31.2)
8400m	11:06.07	(31.2)
8800m	11:37.38	(31.3)
9200m	12:08.74	(31.4)
9600m	12:39.78	(31.0)
10000m	13:09.68	(29.9)

		Naam	Cat	PR	Tijd Info
3	wt	18 Bob de Jong	HSB	12:48.20	DQ
	rd	41 Mats Stoltenborg	HN4	13:31.26	13:20.22 PB

Bob de Jong

400m	35.88	(35.9)
800m	1:07.15	(31.3)
1200m	1:39.10	(32.0)
1600m	2:10.55	(31.4)
2000m	2:41.93	(31.4)
2400m	3:13.60	(31.7)
2800m	3:45.26	(31.7)
3200m	4:16.88	(31.6)
3600m	4:48.77	(31.9)
4000m	5:20.87	(32.1)
4400m	5:52.83	(32.0)
4800m	6:25.11	(32.3)
5200m	6:57.32	(32.2)
5600m	7:29.83	(32.5)
6000m	8:02.37	(32.5)
6400m	8:34.73	(32.4)
6800m	9:07.16	(32.4)
7200m	9:39.43	(32.3)
7600m	10:12.30	(32.9)
8000m	10:44.53	(32.2)
8400m	11:16.86	(32.3)
8800m	11:49.71	(32.9)
9200m	12:21.75	(32.0)
9600m	12:53.48	(31.7)
10000m	13:24.57	(31.1)

Mats Stoltenborg

400m	35.29	(35.3)
800m	1:06.25	(31.0)
1200m	1:37.73	(31.5)
1600m	2:09.43	(31.7)
2000m	2:41.11	(31.7)
2400m	3:12.91	(31.8)
2800m	3:44.58	(31.7)
3200m	4:16.36	(31.8)
3600m	4:47.85	(31.5)
4000m	5:19.70	(31.9)
4400m	5:51.43	(31.7)
4800m	6:23.13	(31.7)
5200m	6:54.79	(31.7)
5600m	7:26.43	(31.6)
6000m	7:57.99	(31.6)
6400m	8:29.55	(31.6)
6800m	9:01.17	(31.6)
7200m	9:32.89	(31.7)
7600m	10:04.64	(31.8)
8000m	10:36.51	(31.9)
8400m	11:08.62	(32.1)
8800m	11:41.18	(32.6)
9200m	12:13.87	(32.7)
9600m	12:47.04	(33.2)
10000m	13:20.22	(33.2)

		Naam	Cat	PR	Tijd Info
4	wt	20 Erik Jan Kooiman	HSA	12:58.24	13:05.22
	rd	21 Sven Kramer	HSA	12:41.69	12:58.71

Erik Jan Kooiman

400m	35.97	(36.0)
800m	1:07.16	(31.2)
1200m	1:38.55	(31.4)
1600m	2:09.58	(31.0)
2000m	2:40.32	(30.7)
2400m	3:11.20	(30.9)
2800m	3:42.29	(31.1)
3200m	4:13.31	(31.0)
3600m	4:44.49	(31.2)
4000m	5:15.39	(30.9)
4400m	5:46.39	(31.0)
4800m	6:17.45	(31.1)
5200m	6:48.61	(31.2)
5600m	7:19.72	(31.1)
6000m	7:50.78	(31.1)
6400m	8:21.82	(31.0)
6800m	8:52.95	(31.1)
7200m	9:24.06	(31.1)
7600m	9:55.32	(31.3)
8000m	10:26.62	(31.3)
8400m	10:58.05	(31.4)
8800m	11:29.59	(31.5)
9200m	12:01.35	(31.8)
9600m	12:33.19	(31.8)
10000m	13:05.22	(32.0)

Sven Kramer

400m	34.24	(34.2)
800m	1:05.30	(31.1)
1200m	1:36.25	(30.9)
1600m	2:07.21	(31.0)
2000m	2:37.85	(30.6)
2400m	3:08.64	(30.8)
2800m	3:39.72	(31.1)
3200m	4:10.74	(31.0)
3600m	4:41.61	(30.9)
4000m	5:12.86	(31.2)
4400m	5:43.88	(31.0)
4800m	6:14.95	(31.1)
5200m	6:46.08	(31.1)
5600m	7:17.31	(31.2)
6000m	7:48.41	(31.1)
6400m	8:19.35	(30.9)
6800m	8:50.28	(30.9)
7200m	9:21.43	(31.2)
7600m	9:52.22	(30.8)
8000m	10:23.39	(31.2)
8400m	10:54.26	(30.9)
8800m	11:25.21	(30.9)
9200m	11:56.32	(31.1)
9600m	12:27.62	(31.3)
10000m	12:58.71	(31.1)

		Naam	Cat	PR	Tijd Info
5	wt	3 Jorrit Bergsma	HSA	12:44.45	DQ
	rd	48 Bob de Vries	HSB	12:43.57	13:06.40

Jorrit Bergsma

400m	34.86	(34.9)
800m	1:05.78	(30.9)
1200m	1:37.21	(31.4)
1600m	2:08.59	(31.4)
2000m	2:39.73	(31.1)
2400m	3:10.63	(30.9)
2800m	3:41.72	(31.1)
3200m	4:12.61	(30.9)
3600m	4:43.79	(31.2)
4000m	5:14.85	(31.1)
4400m	5:46.10	(31.2)
4800m	6:17.06	(31.0)
5200m	6:48.27	(31.2)
5600m	7:19.54	(31.3)
6000m	7:50.82	(31.3)
6400m	8:22.10	(31.3)
6800m	8:53.40	(31.3)
7200m	9:24.75	(31.4)
7600m	9:56.37	(31.6)
8000m	10:27.85	(31.5)
8400m	10:59.14	(31.3)
8800m	11:30.33	(31.2)
9200m	12:01.86	(31.5)
9600m	12:34.14	(32.3)
10000m	13:07.77	(33.6)

Bob de Vries

400m	35.04	(35.0)
800m	1:05.67	(30.6)
1200m	1:36.75	(31.1)
1600m	2:08.18	(31.4)
2000m	2:39.03	(30.8)
2400m	3:10.24	(31.2)
2800m	3:41.12	(30.9)
3200m	4:12.33	(31.2)
3600m	4:43.30	(31.0)
4000m	5:14.81	(31.5)
4400m	5:46.20	(31.4)
4800m	6:17.73	(31.5)
5200m	6:49.39	(31.7)
5600m	7:21.07	(31.7)
6000m	7:52.70	(31.6)
6400m	8:24.43	(31.7)
6800m	8:55.98	(31.5)
7200m	9:27.52	(31.5)
7600m	9:59.08	(31.6)
8000m	10:30.53	(31.5)
8400m	11:01.87	(31.3)
8800m	11:33.32	(31.4)
9200m	12:04.63	(31.3)
9600m	12:36.02	(31.4)
10000m	13:06.40	(30.4)