

## 3. Rituitslag 5000m Heren

		Naam	Cat	PR	Tijd	Info
1	wt rd	26 <b>Gerwin Coljé</b>	HN2	6:58.19	<b>6:59.09</b>	
<b>Gerwin Coljé</b>						
		200m	19.91 (19.9)			m
		600m	51.64 (31.7)			
		1000m	1:24.06 (32.4)			
		1400m	1:56.65 (32.6)			
		1800m	2:29.53 (32.9)			
		2200m	3:02.41 (32.9)			
		2600m	3:35.46 (33.0)			
		3000m	4:08.49 (33.0)			
		3400m	4:41.96 (33.5)			
		3800m	5:15.68 (33.7)			
		4200m	5:49.76 (34.1)			
		4600m	6:24.32 (34.6)			
		5000m	6:59.09 (34.8)			

		Naam	Cat	PR	Tijd	Info
2	wt rd	6 <b>Wesly Dijs</b>	HN1	6:47.45	<b>6:46.87</b>	PR
		31 <b>Olof Gerritsen</b>	HN1	7:09.11	<b>7:04.72</b>	PR
<b>Wesly Dijs</b>						
		200m	18.64 (18.6)			
		600m	49.40 (30.8)			
		1000m	1:21.13 (31.7)			
		1400m	1:53.16 (32.0)			
		1800m	2:24.97 (31.8)			
		2200m	2:57.12 (32.1)			
		2600m	3:29.33 (32.2)			
		3000m	4:01.81 (32.5)			
		3400m	4:34.19 (32.4)			
		3800m	5:07.05 (32.9)			
		4200m	5:40.44 (33.4)			
		4600m	6:13.94 (33.5)			
		5000m	6:46.87 (32.9)			
<b>Olof Gerritsen</b>						
		200m	19.25 (19.3)			
		600m	51.94 (32.7)			
		1000m	1:24.99 (33.1)			
		1400m	1:58.11 (33.1)			
		1800m	2:31.38 (33.3)			
		2200m	3:04.82 (33.4)			
		2600m	3:38.21 (33.4)			
		3000m	4:11.70 (33.5)			
		3400m	4:45.43 (33.7)			
		3800m	5:19.52 (34.1)			
		4200m	5:54.31 (34.8)			
		4600m	6:29.48 (35.2)			
		5000m	7:04.72 (35.2)			

		Naam	Cat		PR	Tijd	Info
3	wt	13 <b>Joep Kalverdijk</b>	HN1		7:02.16	<b>7:13.55</b>	
	rd	24 <b>Bart Vreugdenhil</b>	HN1		6:51.86	<b>7:02.29</b>	
		<b>Joep Kalverdijk</b>			<b>Bart Vreugdenhil</b>		
		200m	19.17	(19.2)	200m	19.80	(19.8)
		600m	50.64	(31.5)	600m	51.20	(31.4)
		1000m	1:22.84	(32.2)	1000m	1:23.65	(32.5)
		1400m	1:55.85	(33.0)	1400m	1:56.33	(32.7)
		1800m	2:28.76	(32.9)	1800m	2:29.08	(32.8)
		2200m	3:01.90	(33.1)	2200m	3:01.86	(32.8)
		2600m	3:35.56	(33.7)	2600m	3:35.22	(33.4)
		3000m	4:09.64	(34.1)	3000m	4:08.95	(33.7)
		3400m	4:44.63	(35.0)	3400m	4:42.85	(33.9)
		3800m	5:20.52	(35.9)	3800m	5:17.19	(34.3)
		4200m	5:57.76	(37.2)	4200m	5:52.12	(34.9)
		4600m	6:36.13	(38.4)	4600m	6:27.21	(35.1)
		5000m	7:13.55	(37.4)	5000m	7:02.29	(35.1)

		Naam	Cat		PR	Tijd	Info
4	wt	30 <b>Feiko Bierman</b>	HN2		6:50.69	<b>DQ</b>	
	rd	27 <b>Tom Kant</b>	HA2		7:07.66	<b>DQ</b>	
		<b>Feiko Bierman</b>			<b>Tom Kant</b>		
		200m	19.75	(19.8)	200m	20.25	(20.3)
		600m	51.95	(32.2)	600m	52.18	(31.9)
		1000m	1:24.71	(32.8)	1000m	1:25.35	(33.2)
		1400m	1:57.94	(33.2)	1400m	1:58.83	(33.5)
		1800m	2:31.48	(33.5)	1800m	2:32.45	(33.6)
		2200m	3:04.92	(33.4)	2200m	3:06.01	(33.6)
		2600m	3:38.50	(33.6)	2600m	3:39.71	(33.7)
		3000m	4:12.20	(33.7)	3000m	4:13.89	(34.2)
		3400m	4:46.00	(33.8)	3400m	4:47.87	(34.0)
		3800m	5:20.17	(34.2)	3800m	5:22.45	(34.6)
		4200m	5:54.82	(34.7)	4200m	5:57.33	(34.9)
		4600m	6:28.42	(33.6)	4600m	6:33.87	(36.5)
		5000m	7:03.93	(35.5)	5000m	7:10.31	(36.4)

		Naam	Cat	PR	Tijd	Info
5	wt	14 <b>Joes Klijnssoon</b>	HA1	6:47.53	<b>6:54.12</b>	
	rd	7 <b>Thomas Geerdinck</b>	HN1	6:42.04	<b>6:44.61</b>	
		<b>Joes Klijnssoon</b>			<b>Thomas Geerdinck</b>	
		200m	19.78 (19.8)	200m	19.61 (19.6)	
		600m	51.25 (31.5)	600m	50.60 (31.0)	
		1000m	1:23.54 (32.3)	1000m	1:22.06 (31.5)	
		1400m	1:55.72 (32.2)	1400m	1:54.06 (32.0)	
		1800m	2:28.35 (32.6)	1800m	2:26.11 (32.1)	
		2200m	3:00.63 (32.3)	2200m	2:58.11 (32.0)	
		2600m	3:32.92 (32.3)	2600m	3:30.36 (32.2)	
		3000m	4:05.51 (32.6)	3000m	4:02.71 (32.4)	
		3400m	4:38.68 (33.2)	3400m	4:35.16 (32.4)	
		3800m	5:12.29 (33.6)	3800m	5:07.71 (32.5)	
		4200m	5:46.05 (33.8)	4200m	5:40.19 (32.5)	
		4600m	6:20.06 (34.0)	4600m	6:12.48 (32.3)	
		5000m	6:54.12 (34.1)	5000m	6:44.61 (32.1)	

		Naam	Cat	PR	Tijd	Info
6	wt	11 <b>Jeroen Janissen</b>	HA1	6:47.45	<b>6:55.97</b>	
	rd	25 <b>Marwin Talsma</b>	HA1	6:39.69	<b>6:35.49</b>	PR
		<b>Jeroen Janissen</b>			<b>Marwin Talsma</b>	
		200m	19.57 (19.6)	200m	20.06 (20.1)	
		600m	51.76 (32.2)	600m	50.53 (30.5)	
		1000m	1:24.48 (32.7)	1000m	1:20.59 (30.1)	
		1400m	1:57.37 (32.9)	1400m	1:50.49 (29.9)	
		1800m	2:30.16 (32.8)	1800m	2:20.98 (30.5)	
		2200m	3:03.19 (33.0)	2200m	2:51.41 (30.4)	
		2600m	3:36.26 (33.1)	2600m	3:21.97 (30.6)	
		3000m	4:09.27 (33.0)	3000m	3:53.16 (31.2)	
		3400m	4:42.29 (33.0)	3400m	4:24.52 (31.4)	
		3800m	5:15.52 (33.2)	3800m	4:56.53 (32.0)	
		4200m	5:48.93 (33.4)	4200m	5:29.14 (32.6)	
		4600m	6:22.27 (33.3)	4600m	6:02.44 (33.3)	
		5000m	6:55.97 (33.7)	5000m	6:35.49 (33.0)	

		Naam	Cat		PR	Tijd	Info
7	wt	12 <b>Kars Jansman</b>	HN2		6:44.51	<b>6:39.04</b>	PR
	rd	8 <b>Peter Groen</b>	HN4		6:46.85	<b>DQ</b>	
		<b>Kars Jansman</b>			<b>Peter Groen</b>		
		200m	19.50	(19.5)	200m	19.52	(19.5)
		600m	50.49	(31.0)	600m	49.42	(29.9)
		1000m	1:21.27	(30.8)	1000m	1:20.41	(31.0)
		1400m	1:52.40	(31.1)	1400m	1:51.92	(31.5)
		1800m	2:23.60	(31.2)	1800m	2:23.91	(32.0)
		2200m	2:55.14	(31.5)	2200m	2:55.62	(31.7)
		2600m	3:26.60	(31.5)	2600m	3:27.52	(31.9)
		3000m	3:58.30	(31.7)	3000m	3:59.51	(32.0)
		3400m	4:30.14	(31.8)	3400m	4:31.73	(32.2)
		3800m	5:02.26	(32.1)	3800m	5:04.13	(32.4)
		4200m	5:34.53	(32.3)	4200m	5:36.91	(32.8)
		4600m	6:06.90	(32.4)	4600m	6:09.60	(32.7)
		5000m	6:39.04	(32.1)	5000m	6:42.51	(32.9)

		Naam	Cat		PR	Tijd	Info
8	wt	28 <b>Leon van Alstede</b>	HSA		6:51.11	<b>6:56.19</b>	
	rd	29 <b>Mark Ooijevaar</b>	HSB		6:24.56	<b>6:44.29</b>	
		<b>Leon van Alstede</b>			<b>Mark Ooijevaar</b>		
		200m	20.16	(20.2)	200m	20.59	(20.6)
		600m	52.82	(32.7)	600m	51.94	(31.4)
		1000m	1:25.47	(32.7)	1000m	1:23.47	(31.5)
		1400m	1:58.21	(32.7)	1400m	1:54.68	(31.2)
		1800m	2:30.80	(32.6)	1800m	2:25.99	(31.3)
		2200m	3:03.41	(32.6)	2200m	2:57.37	(31.4)
		2600m	3:36.13	(32.7)	2600m	3:29.18	(31.8)
		3000m	4:08.79	(32.7)	3000m	4:01.14	(32.0)
		3400m	4:41.74	(33.0)	3400m	4:33.53	(32.4)
		3800m	5:14.87	(33.1)	3800m	5:06.06	(32.5)
		4200m	5:48.67	(33.8)	4200m	5:38.69	(32.6)
		4600m	6:22.56	(33.9)	4600m	6:11.30	(32.6)
		5000m	6:56.19	(33.6)	5000m	6:44.29	(33.0)

		Naam	Cat	PR	Tijd	Info
9	wt	3 <b>Marcel Bosker</b>	HA2	6:28.10	<b>6:35.80</b>	
	rd	5 <b>Douwe de Vries</b>	HSB	6:14.53	<b>6:22.41</b>	
		<b>Marcel Bosker</b>			<b>Douwe de Vries</b>	
		200m	18.89 (18.9)	200m	19.21 (19.2)	
		600m	49.37 (30.5)	600m	48.82 (29.6)	
		1000m	1:19.86 (30.5)	1000m	1:19.02 (30.2)	
		1400m	1:50.24 (30.4)	1400m	1:49.23 (30.2)	
		1800m	2:20.85 (30.6)	1800m	2:19.16 (29.9)	
		2200m	2:51.91 (31.1)	2200m	2:49.26 (30.1)	
		2600m	3:23.04 (31.1)	2600m	3:19.50 (30.2)	
		3000m	3:54.43 (31.4)	3000m	3:49.75 (30.2)	
		3400m	4:26.25 (31.8)	3400m	4:20.12 (30.4)	
		3800m	4:58.29 (32.0)	3800m	4:50.71 (30.6)	
		4200m	5:30.47 (32.2)	4200m	5:21.24 (30.5)	
		4600m	6:03.22 (32.7)	4600m	5:51.89 (30.7)	
		5000m	6:35.80 (32.6)	5000m	6:22.41 (30.5)	

		Naam	Cat	PR	Tijd	Info
10	wt	22 <b>Arjan Stroetinga</b>	HSB	6:21.66	<b>6:22.85</b>	
	rd	9 <b>Evert Hoolwerf</b>	HN2	6:24.38	<b>6:24.47</b>	
		<b>Arjan Stroetinga</b>			<b>Evert Hoolwerf</b>	
		200m	18.82 (18.8)	200m	18.62 (18.6)	
		600m	48.06 (29.2)	600m	47.37 (28.8)	
		1000m	1:18.03 (30.0)	1000m	1:17.25 (29.9)	
		1400m	1:48.14 (30.1)	1400m	1:47.43 (30.2)	
		1800m	2:18.34 (30.2)	1800m	2:17.59 (30.2)	
		2200m	2:49.01 (30.7)	2200m	2:47.85 (30.3)	
		2600m	3:19.47 (30.5)	2600m	3:18.35 (30.5)	
		3000m	3:49.87 (30.4)	3000m	3:48.91 (30.6)	
		3400m	4:19.95 (30.1)	3400m	4:19.74 (30.8)	
		3800m	4:49.97 (30.0)	3800m	4:50.81 (31.1)	
		4200m	5:20.45 (30.5)	4200m	5:22.23 (31.4)	
		4600m	5:51.50 (31.0)	4600m	5:53.43 (31.2)	
		5000m	6:22.85 (31.4)	5000m	6:24.47 (31.0)	

		Naam	Cat		PR	Tijd	Info
11	wt	10 <b>Willem Hoolwerf</b>	HN2		6:27.10	<b>6:34.03</b>	
	rd	18 <b>Patrick Roest</b>	HN1		6:29.30	<b>6:28.80</b>	PR
		<b>Willem Hoolwerf</b>			<b>Patrick Roest</b>		
		200m	18.98	(19.0)	200m	19.10	(19.1)
		600m	48.74	(29.8)	600m	48.77	(29.7)
		1000m	1:19.05	(30.3)	1000m	1:19.18	(30.4)
		1400m	1:49.88	(30.8)	1400m	1:49.82	(30.6)
		1800m	2:21.00	(31.1)	1800m	2:20.53	(30.7)
		2200m	2:52.28	(31.3)	2200m	2:51.05	(30.5)
		2600m	3:23.91	(31.6)	2600m	3:21.84	(30.8)
		3000m	3:55.86	(32.0)	3000m	3:52.59	(30.8)
		3400m	4:27.65	(31.8)	3400m	4:23.72	(31.1)
		3800m	4:59.31	(31.7)	3800m	4:54.92	(31.2)
		4200m	5:31.25	(31.9)	4200m	5:26.23	(31.3)
		4600m	6:02.62	(31.4)	4600m	5:57.53	(31.3)
		5000m	6:34.03	(31.4)	5000m	6:28.80	(31.3)

		Naam	Cat		PR	Tijd	Info
12	wt	2 <b>Jan Blokhuijsen</b>	HSA		6:11.91	<b>6:22.18</b>	
	rd	4 <b>Jos de Vos</b>	HSA		6:23.62	<b>6:32.99</b>	
		<b>Jan Blokhuijsen</b>			<b>Jos de Vos</b>		
		200m	18.38	(18.4)	200m	19.02	(19.0)
		600m	47.39	(29.0)	600m	48.72	(29.7)
		1000m	1:16.75	(29.4)	1000m	1:19.24	(30.5)
		1400m	1:46.36	(29.6)	1400m	1:50.11	(30.9)
		1800m	2:16.39	(30.0)	1800m	2:20.76	(30.6)
		2200m	2:46.42	(30.0)	2200m	2:51.66	(30.9)
		2600m	3:16.55	(30.1)	2600m	3:22.38	(30.7)
		3000m	3:47.09	(30.5)	3000m	3:53.28	(30.9)
		3400m	4:17.74	(30.6)	3400m	4:24.39	(31.1)
		3800m	4:48.38	(30.6)	3800m	4:55.90	(31.5)
		4200m	5:19.15	(30.8)	4200m	5:27.88	(32.0)
		4600m	5:50.49	(31.3)	4600m	6:00.20	(32.3)
		5000m	6:22.18	(31.7)	5000m	6:32.99	(32.8)