

## 4. Rituitslag 3000m Dames

		Naam		Cat		PR	Tijd	Info
1	wt	28	<b>Mignon Goeree</b>		DSA	4:35.11	<b>4:29.77</b>	PR
	rd	26	<b>Loes Adegeest</b>		DA2	4:25.21	<b>4:21.38</b>	PR
			<b>Mignon Goeree</b>				<b>Loes Adegeest</b>	
		200m	20.68	(20.7)	200m	21.08	(21.1)	
		600m	53.35	(32.7)	600m	53.14	(32.1)	
		1000m	1:26.16	(32.8)	1000m	1:25.91	(32.8)	
		1400m	2:00.31	(34.2)	1400m	1:59.61	(33.7)	
		1800m	2:36.39	(36.1)	1800m	2:34.17	(34.6)	
		2200m	3:13.32	(36.9)	2200m	3:09.38	(35.2)	
		2600m	3:50.91	(37.6)	2600m	3:45.12	(35.7)	
		3000m	4:29.77	(38.9)	3000m	4:21.38	(36.3)	

		Naam		Cat		PR	Tijd	Info
2	wt	29	<b>Natasja Roest</b>		DN3	4:25.53	<b>4:31.25</b>	
	rd	13	<b>Inge Mostert</b>		DN1	4:28.36	<b>4:25.39</b>	PR
			<b>Natasja Roest</b>				<b>Inge Mostert</b>	
		200m	20.57	(20.6)	200m	20.57	(20.6)	
		600m	52.60	(32.0)	600m	52.39	(31.8)	
		1000m	1:25.88	(33.3)	1000m	1:25.94	(33.5)	
		1400m	2:01.08	(35.2)	1400m	2:00.15	(34.2)	
		1800m	2:37.20	(36.1)	1800m	2:35.23	(35.1)	
		2200m	3:14.33	(37.1)	2200m	3:11.20	(36.0)	
		2600m	3:52.24	(37.9)	2600m	3:48.01	(36.8)	
		3000m	4:31.25	(39.0)	3000m	4:25.39	(37.4)	

		Naam			Cat	PR	Tijd	Info
3	wt	25 <b>Willemijn Cnossen</b>			DN1	4:23.34	<b>4:28.78</b>	
	rd	4 <b>Roza Blokker</b>			DSA	4:20.92	<b>4:20.97</b>	
<b>Willemijn Cnossen</b>			<b>Roza Blokker</b>					
		200m	21.08	(21.1)	200m	20.95	(21.0)	
		600m	54.19	(33.1)	600m	53.93	(33.0)	
		1000m	1:27.85	(33.7)	1000m	1:26.95	(33.0)	
		1400m	2:01.78	(33.9)	1400m	2:00.56	(33.6)	
		1800m	2:37.06	(35.3)	1800m	2:34.68	(34.1)	
		2200m	3:13.13	(36.1)	2200m	3:09.44	(34.8)	
		2600m	3:50.07	(36.9)	2600m	3:44.83	(35.4)	
		3000m	4:28.78	(38.7)	3000m	4:20.97	(36.1)	

		Naam			Cat	PR	Tijd	Info
4	wt	5 <b>Annemarie Boer</b>			DN3	4:23.62	<b>4:17.37</b>	PR
	rd	6 <b>Maike Brinksma</b>			DN2	4:25.82	<b>4:22.15</b>	PR
<b>Annemarie Boer</b>			<b>Maike Brinksma</b>					
		200m	20.81	(20.8)	200m	20.65	(20.7)	
		600m	53.29	(32.5)	600m	52.86	(32.2)	
		1000m	1:26.03	(32.7)	1000m	1:25.95	(33.1)	
		1400m	1:59.18	(33.2)	1400m	1:59.38	(33.4)	
		1800m	2:32.54	(33.4)	1800m	2:33.87	(34.5)	
		2200m	3:06.69	(34.2)	2200m	3:09.07	(35.2)	
		2600m	3:41.83	(35.1)	2600m	3:45.36	(36.3)	
		3000m	4:17.37	(35.5)	3000m	4:22.15	(36.8)	

		Naam	Cat	PR	Tijd Info
5	wt	23 <b>Melissa Wijffe</b>	DN1	4:07.71	<b>4:09.25</b>
	rd	27 <b>Paulien Westerhof</b>	DSA	4:25.81	<b>4:25.24</b> PR

#### Melissa Wijffe

200m	20.65	(20.7)
600m	52.93	(32.3)
1000m	1:25.53	(32.6)
1400m	1:58.12	(32.6)
1800m	2:30.45	(32.3)
2200m	3:02.97	(32.5)
2600m	3:35.52	(32.6)
3000m	4:09.25	(33.7)

#### Paulien Westerhof

200m	21.18	(21.2)
600m	54.55	(33.4)
1000m	1:28.36	(33.8)
1400m	2:02.76	(34.4)
1800m	2:37.51	(34.7)
2200m	3:12.76	(35.2)
2600m	3:48.47	(35.7)
3000m	4:25.24	(36.8)

		Naam	Cat	PR	Tijd Info
6	wt	7 <b>Miranda Dekker</b>	DSA	4:14.91	<b>4:20.32</b>
	rd	18 <b>Diane Valkenburg</b>	DSB	4:02.44	<b>4:10.57</b>

#### Miranda Dekker

200m	20.58	(20.6)
600m	52.74	(32.2)
1000m	1:25.35	(32.6)
1400m	1:58.90	(33.6)
1800m	2:32.99	(34.1)
2200m	3:08.09	(35.1)
2600m	3:43.80	(35.7)
3000m	4:20.32	(36.5)

#### Diane Valkenburg

200m	20.86	(20.9)
600m	53.02	(32.2)
1000m	1:25.23	(32.2)
1400m	1:57.58	(32.3)
1800m	2:30.17	(32.6)
2200m	3:03.05	(32.9)
2600m	3:36.34	(33.3)
3000m	4:10.57	(34.2)

		Naam			Cat	PR	Tijd	Info
7	wt	12 <b>Femke Markus</b>			DA2	4:17.01	<b>4:20.22</b>	
	rd	19 <b>Esmee Visser</b>			DN1	4:12.84	<b>4:12.54</b>	PR
<b>Femke Markus</b>			<b>Esmee Visser</b>					
		200m	20.87	(20.9)	200m	20.78	(20.8)	
		600m	53.13	(32.3)	600m	52.40	(31.6)	
		1000m	1:26.29	(33.2)	1000m	1:24.25	(31.9)	
		1400m	1:59.83	(33.5)	1400m	1:56.62	(32.4)	
		1800m	2:34.06	(34.2)	1800m	2:29.46	(32.8)	
		2200m	3:08.92	(34.9)	2200m	3:02.98	(33.5)	
		2600m	3:44.36	(35.4)	2600m	3:37.04	(34.1)	
		3000m	4:20.22	(35.9)	3000m	4:12.54	(35.5)	

		Naam			Cat	PR	Tijd	Info
8	wt	10 <b>Esther Kiel</b>			DA2	4:16.70	<b>4:17.12</b>	
	rd	15 <b>Sanne van der Schaar</b>			DN4	4:18.12	<b>4:15.80</b>	PR
<b>Esther Kiel</b>			<b>Sanne van der Schaar</b>					
		200m	20.59	(20.6)	200m	20.59	(20.6)	
		600m	52.48	(31.9)	600m	52.55	(32.0)	
		1000m	1:25.22	(32.7)	1000m	1:25.17	(32.6)	
		1400m	1:58.52	(33.3)	1400m	1:58.29	(33.1)	
		1800m	2:32.49	(34.0)	1800m	2:32.15	(33.9)	
		2200m	3:06.90	(34.4)	2200m	3:06.46	(34.3)	
		2600m	3:41.62	(34.7)	2600m	3:40.99	(34.5)	
		3000m	4:17.12	(35.5)	3000m	4:15.80	(34.8)	

		Naam			Cat	PR	Tijd	Info
9	wt	16 <b>Irene Schouten</b>			DSA	3:58.39	<b>4:09.61</b>	
	rd	2 <b>Reina Anema</b>			DN3	4:09.01	<b>4:10.47</b>	
		<b>Irene Schouten</b>			<b>Reina Anema</b>			
		200m	20.34	(20.3)	200m	20.40	(20.4)	
		600m	51.78	(31.4)	600m	52.07	(31.7)	
		1000m	1:23.35	(31.6)	1000m	1:24.33	(32.3)	
		1400m	1:55.56	(32.2)	1400m	1:56.89	(32.6)	
		1800m	2:28.11	(32.6)	1800m	2:29.89	(33.0)	
		2200m	3:01.23	(33.1)	2200m	3:02.99	(33.1)	
		2600m	3:35.31	(34.1)	2600m	3:36.66	(33.7)	
		3000m	4:09.61	(34.3)	3000m	4:10.47	(33.8)	

		Naam			Cat	PR	Tijd	Info
10	wt	22 <b>Annouk van der Weijden</b>			DSA	4:00.45	<b>4:04.07</b>	
	rd	21 <b>Linda de Vries</b>			DSA	4:01.00	<b>4:06.24</b>	
		<b>Annouk van der Weijden</b>			<b>Linda de Vries</b>			
		200m	19.58	(19.6)	200m	19.70	(19.7)	
		600m	50.71	(31.1)	600m	50.51	(30.8)	
		1000m	1:22.22	(31.5)	1000m	1:22.08	(31.6)	
		1400m	1:54.05	(31.8)	1400m	1:53.62	(31.5)	
		1800m	2:25.97	(31.9)	1800m	2:25.79	(32.2)	
		2200m	2:58.49	(32.5)	2200m	2:58.20	(32.4)	
		2600m	3:31.02	(32.5)	2600m	3:31.68	(33.5)	
		3000m	4:04.07	(33.0)	3000m	4:06.24	(34.6)	

		Naam			Cat	PR	Tijd	Info
11	wt	9	<b>Antoinette de Jong</b>		DN2	3:59.49	<b>4:04.30</b>	
	rd	20	<b>Jorien Voorhuis</b>		DSB	3:59.51	<b>4:12.60</b>	
		<b>Antoinette de Jong</b>			<b>Jorien Voorhuis</b>			
		200m	19.63	(19.6)	200m	20.01	(20.0)	
		600m	50.81	(31.2)	600m	51.76	(31.8)	
		1000m	1:22.13	(31.3)	1000m	1:24.31	(32.5)	
		1400m	1:53.69	(31.6)	1400m	1:56.84	(32.5)	
		1800m	2:25.74	(32.1)	1800m	2:29.82	(33.0)	
		2200m	2:58.31	(32.6)	2200m	3:03.10	(33.3)	
		2600m	3:31.28	(33.0)	2600m	3:37.43	(34.3)	
		3000m	4:04.30	(33.0)	3000m	4:12.60	(35.2)	

		Naam			Cat	PR	Tijd	Info
12	wt	1	<b>Carlijn Achtereekte</b>		DSA	4:00.80	<b>4:08.17</b>	
	rd	14	<b>Yvonne Nauta</b>		DSA	4:02.63	<b>4:08.65</b>	
		<b>Carlijn Achtereekte</b>			<b>Yvonne Nauta</b>			
		200m	19.82	(19.8)	200m	20.12	(20.1)	
		600m	51.11	(31.3)	600m	51.03	(30.9)	
		1000m	1:23.46	(32.4)	1000m	1:22.88	(31.9)	
		1400m	1:56.12	(32.7)	1400m	1:55.05	(32.2)	
		1800m	2:28.96	(32.8)	1800m	2:27.78	(32.7)	
		2200m	3:02.21	(33.2)	2200m	3:01.03	(33.2)	
		2600m	3:35.30	(33.1)	2600m	3:34.63	(33.6)	
		3000m	4:08.17	(32.9)	3000m	4:08.65	(34.0)	