

7. Rituitslag 5000m Dames

		Naam	Cat	PR	Tijd	Info
1	wt	1 Carlijn Achtereekte	DSA	6:54.49	7:13.61	
	rd	14 Yvonne Nauta	DSA	6:57.59	7:09.30	
Carlijn Achtereekte			Yvonne Nauta			
		200m	20.30 (20.3)	200m	20.70 (20.7)	
		600m	53.28 (33.0)	600m	53.28 (32.6)	
		1000m	1:27.16 (33.9)	1000m	1:26.92 (33.6)	
		1400m	2:01.22 (34.1)	1400m	2:00.53 (33.6)	
		1800m	2:35.55 (34.3)	1800m	2:34.55 (34.0)	
		2200m	3:10.38 (34.8)	2200m	3:08.52 (34.0)	
		2600m	3:45.18 (34.8)	2600m	3:42.73 (34.2)	
		3000m	4:20.20 (35.0)	3000m	4:16.88 (34.2)	
		3400m	4:55.20 (35.0)	3400m	4:51.11 (34.2)	
		3800m	5:30.09 (34.9)	3800m	5:25.29 (34.2)	
		4200m	6:05.00 (34.9)	4200m	5:59.61 (34.3)	
		4600m	6:39.42 (34.4)	4600m	6:34.23 (34.6)	
		5000m	7:13.61 (34.2)	5000m	7:09.30 (35.1)	

		Naam	Cat	PR	Tijd	Info
2	wt	2 Reina Anema	DN3	7:12.32	7:13.21	
	rd	18 Diane Valkenburg	DSB	7:03.51	7:13.27	
Reina Anema			Diane Valkenburg			
		200m	20.95 (21.0)	200m	21.17 (21.2)	
		600m	54.33 (33.4)	600m	55.29 (34.1)	
		1000m	1:28.79 (34.5)	1000m	1:30.04 (34.8)	
		1400m	2:03.15 (34.4)	1400m	2:04.21 (34.2)	
		1800m	2:37.40 (34.3)	1800m	2:38.41 (34.2)	
		2200m	3:11.67 (34.3)	2200m	3:12.18 (33.8)	
		2600m	3:45.86 (34.2)	2600m	3:46.16 (34.0)	
		3000m	4:20.11 (34.2)	3000m	4:20.44 (34.3)	
		3400m	4:54.53 (34.4)	3400m	4:54.83 (34.4)	
		3800m	5:29.08 (34.5)	3800m	5:29.21 (34.4)	
		4200m	6:03.66 (34.6)	4200m	6:03.87 (34.7)	
		4600m	6:38.47 (34.8)	4600m	6:38.40 (34.5)	
		5000m	7:13.21 (34.7)	5000m	7:13.27 (34.9)	

		Naam	Cat	PR	Tijd	Info
3	wt	21 Linda de Vries	DSA	7:02.77	7:12.96	
	rd	23 Melissa Wijffe	DN1	7:16.12	7:13.15	PR
		<u>Linda de Vries</u>			<u>Melissa Wijffe</u>	
		200m 20.60 (20.6)		200m 21.51 (21.5)		
		600m 53.93 (33.3)		600m 55.09 (33.6)		
		1000m 1:28.19 (34.3)		1000m 1:29.29 (34.2)		
		1400m 2:02.50 (34.3)		1400m 2:03.54 (34.2)		
		1800m 2:36.83 (34.3)		1800m 2:38.00 (34.5)		
		2200m 3:10.93 (34.1)		2200m 3:11.99 (34.0)		
		2600m 3:45.04 (34.1)		2600m 3:46.28 (34.3)		
		3000m 4:19.09 (34.0)		3000m 4:20.45 (34.2)		
		3400m 4:53.41 (34.3)		3400m 4:54.55 (34.1)		
		3800m 5:28.06 (34.7)		3800m 5:28.90 (34.3)		
		4200m 6:02.70 (34.6)		4200m 6:03.66 (34.8)		
		4600m 6:37.92 (35.2)		4600m 6:38.32 (34.7)		
		5000m 7:12.96 (35.0)		5000m 7:13.15 (34.8)		

		Naam	Cat	PR	Tijd	Info
4	wt	22 Annouk van der Weijden	DSA	7:00.72	7:04.55	
	rd	9 Antoinette de Jong	DN2	6:56.45	7:05.93	
		<u>Annouk van der Weijden</u>			<u>Antoinette de Jong</u>	
		200m 20.04 (20.0)		200m 20.47 (20.5)		
		600m 53.06 (33.0)		600m 52.44 (32.0)		
		1000m 1:26.70 (33.6)		1000m 1:25.99 (33.6)		
		1400m 2:00.61 (33.9)		1400m 1:59.73 (33.7)		
		1800m 2:34.41 (33.8)		1800m 2:33.82 (34.1)		
		2200m 3:08.26 (33.8)		2200m 3:07.73 (33.9)		
		2600m 3:42.07 (33.8)		2600m 3:41.87 (34.1)		
		3000m 4:15.90 (33.8)		3000m 4:15.73 (33.9)		
		3400m 4:49.78 (33.9)		3400m 4:49.75 (34.0)		
		3800m 5:23.72 (33.9)		3800m 5:23.64 (33.9)		
		4200m 5:57.56 (33.8)		4200m 5:57.98 (34.3)		
		4600m 6:31.09 (33.5)		4600m 6:32.02 (34.0)		
		5000m 7:04.55 (33.5)		5000m 7:05.93 (33.9)		