

8. Rituitslag 10000m Heren

	Naam	Cat	PR	Tijd	Info
1	wt 10 Willem Hoolwerf	HN2	13:49.97	13:47.90	PR
	rd 3 Marcel Bosker	HA2	14:22.02	13:54.29	PR

Willem Hoolwerf

400m	36.04	(36.0)
800m	1:08.62	(32.6)
1200m	1:41.39	(32.8)
1600m	2:14.00	(32.6)
2000m	2:46.52	(32.5)
2400m	3:18.94	(32.4)
2800m	3:51.26	(32.3)
3200m	4:23.79	(32.5)
3600m	4:56.29	(32.5)
4000m	5:28.86	(32.6)
4400m	6:01.37	(32.5)
4800m	6:34.06	(32.7)
5200m	7:07.07	(33.0)
5600m	7:40.70	(33.6)
6000m	8:14.81	(34.1)
6400m	8:49.05	(34.2)
6800m	9:23.26	(34.2)
7200m	9:57.34	(34.1)
7600m	10:31.39	(34.1)
8000m	11:05.17	(33.8)
8400m	11:38.25	(33.1)
8800m	12:11.21	(33.0)
9200m	12:43.83	(32.6)
9600m	13:15.96	(32.1)
10000m	13:47.90	(31.9)

Marcel Bosker

400m	36.31	(36.3)
800m	1:09.83	(33.5)
1200m	1:43.07	(33.2)
1600m	2:16.40	(33.3)
2000m	2:49.41	(33.0)
2400m	3:22.59	(33.2)
2800m	3:55.57	(33.0)
3200m	4:28.65	(33.1)
3600m	5:01.78	(33.1)
4000m	5:35.19	(33.4)
4400m	6:08.34	(33.2)
4800m	6:42.05	(33.7)
5200m	7:16.18	(34.1)
5600m	7:51.13	(34.9)
6000m	8:24.97	(33.8)
6400m	8:58.45	(33.5)
6800m	9:31.79	(33.3)
7200m	10:05.05	(33.3)
7600m	10:38.18	(33.1)
8000m	11:11.02	(32.8)
8400m	11:43.90	(32.9)
8800m	12:16.59	(32.7)
9200m	12:49.08	(32.5)
9600m	13:21.98	(32.9)
10000m	13:54.29	(32.3)

		Naam	Cat	PR	Tijd Info
2	wt	22 Arjan Stroetinga	HSB	12:51.92	13:11.35
	rd	9 Evert Hoolwerf	HN2	13:35.85	13:23.78 PR

Arjan Stroetinga

400m	35.17	(35.2)
800m	1:05.94	(30.8)
1200m	1:37.50	(31.6)
1600m	2:08.89	(31.4)
2000m	2:40.28	(31.4)
2400m	3:11.94	(31.7)
2800m	3:43.49	(31.6)
3200m	4:14.99	(31.5)
3600m	4:46.57	(31.6)
4000m	5:18.01	(31.4)
4400m	5:49.39	(31.4)
4800m	6:20.79	(31.4)
5200m	6:52.27	(31.5)
5600m	7:23.90	(31.6)
6000m	7:55.43	(31.5)
6400m	8:26.89	(31.5)
6800m	8:58.38	(31.5)
7200m	9:30.06	(31.7)
7600m	10:01.77	(31.7)
8000m	10:33.53	(31.8)
8400m	11:05.36	(31.8)
8800m	11:36.99	(31.6)
9200m	12:08.53	(31.5)
9600m	12:39.98	(31.5)
10000m	13:11.35	(31.4)

Evert Hoolwerf

400m	34.04	(34.0)
800m	1:04.61	(30.6)
1200m	1:35.59	(31.0)
1600m	2:06.86	(31.3)
2000m	2:38.42	(31.6)
2400m	3:10.02	(31.6)
2800m	3:41.86	(31.8)
3200m	4:13.72	(31.9)
3600m	4:45.64	(31.9)
4000m	5:17.63	(32.0)
4400m	5:49.59	(32.0)
4800m	6:21.73	(32.1)
5200m	6:54.23	(32.5)
5600m	7:27.01	(32.8)
6000m	7:59.24	(32.2)
6400m	8:31.83	(32.6)
6800m	9:04.37	(32.5)
7200m	9:37.03	(32.7)
7600m	10:09.68	(32.6)
8000m	10:42.48	(32.8)
8400m	11:14.94	(32.5)
8800m	11:47.57	(32.6)
9200m	12:19.87	(32.3)
9600m	12:51.98	(32.1)
10000m	13:23.78	(31.8)

		Naam	Cat	PR	Tijd Info
3	wt	18 Patrick Roest	HN1	13:49.45	13:37.28 PR
	rd	4 Jos de Vos	HSA	13:27.88	13:30.84

Patrick Roest

400m	35.95	(36.0)
800m	1:08.62	(32.7)
1200m	1:41.53	(32.9)
1600m	2:14.12	(32.6)
2000m	2:46.61	(32.5)
2400m	3:19.09	(32.5)
2800m	3:51.54	(32.4)
3200m	4:24.04	(32.5)
3600m	4:56.33	(32.3)
4000m	5:28.61	(32.3)
4400m	6:00.85	(32.2)
4800m	6:33.18	(32.3)
5200m	7:05.56	(32.4)
5600m	7:38.19	(32.6)
6000m	8:11.09	(32.9)
6400m	8:43.99	(32.9)
6800m	9:16.86	(32.9)
7200m	9:49.75	(32.9)
7600m	10:22.51	(32.8)
8000m	10:55.50	(33.0)
8400m	11:28.32	(32.8)
8800m	12:00.96	(32.6)
9200m	12:33.32	(32.4)
9600m	13:05.39	(32.1)
10000m	13:37.28	(31.9)

Jos de Vos

400m	35.37	(35.4)
800m	1:07.14	(31.8)
1200m	1:39.46	(32.3)
1600m	2:11.91	(32.5)
2000m	2:44.25	(32.3)
2400m	3:16.43	(32.2)
2800m	3:48.49	(32.1)
3200m	4:20.56	(32.1)
3600m	4:52.65	(32.1)
4000m	5:24.71	(32.1)
4400m	5:56.97	(32.3)
4800m	6:28.99	(32.0)
5200m	7:01.28	(32.3)
5600m	7:33.68	(32.4)
6000m	8:06.25	(32.6)
6400m	8:38.71	(32.5)
6800m	9:11.18	(32.5)
7200m	9:43.58	(32.4)
7600m	10:15.93	(32.3)
8000m	10:48.61	(32.7)
8400m	11:21.10	(32.5)
8800m	11:53.42	(32.3)
9200m	12:25.86	(32.4)
9600m	12:58.40	(32.5)
10000m	13:30.84	(32.4)

		Naam	Cat	PR	Tijd Info
4	wt	2 Jan Blokhuijsen	HSA	12:57.58	13:17.07
	rd	5 Douwe de Vries	HSB	13:04.02	13:21.92

Jan Blokhuijsen

400m	34.23	(34.2)
800m	1:04.70	(30.5)
1200m	1:36.12	(31.4)
1600m	2:07.71	(31.6)
2000m	2:39.63	(31.9)
2400m	3:11.18	(31.5)
2800m	3:43.04	(31.9)
3200m	4:14.72	(31.7)
3600m	4:46.81	(32.1)
4000m	5:19.12	(32.3)
4400m	5:51.38	(32.3)
4800m	6:23.14	(31.8)
5200m	6:55.24	(32.1)
5600m	7:27.43	(32.2)
6000m	7:59.66	(32.2)
6400m	8:31.86	(32.2)
6800m	9:04.03	(32.2)
7200m	9:36.37	(32.3)
7600m	10:08.31	(31.9)
8000m	10:39.87	(31.6)
8400m	11:11.58	(31.7)
8800m	11:43.30	(31.7)
9200m	12:14.86	(31.6)
9600m	12:46.25	(31.4)
10000m	13:17.07	(30.8)

Douwe de Vries

400m	34.75	(34.8)
800m	1:05.65	(30.9)
1200m	1:37.33	(31.7)
1600m	2:08.93	(31.6)
2000m	2:40.51	(31.6)
2400m	3:12.02	(31.5)
2800m	3:43.97	(31.9)
3200m	4:15.61	(31.6)
3600m	4:47.74	(32.1)
4000m	5:20.22	(32.5)
4400m	5:52.23	(32.0)
4800m	6:23.99	(31.8)
5200m	6:56.36	(32.4)
5600m	7:28.56	(32.2)
6000m	8:00.80	(32.2)
6400m	8:32.88	(32.1)
6800m	9:05.34	(32.5)
7200m	9:37.59	(32.3)
7600m	10:10.01	(32.4)
8000m	10:42.23	(32.2)
8400m	11:14.33	(32.1)
8800m	11:46.38	(32.0)
9200m	12:18.32	(31.9)
9600m	12:50.26	(31.9)
10000m	13:21.92	(31.7)