

Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

25 en 26 november 2017

4. Rituitslag Dames 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|-----------------------|-----|-----|----|---------|----------------|------|
| 1 | wt rd | 11 | Janneke Ensing | | DSB | | 4:06.65 | 4:26.29 | |

Janneke Ensing

| | | | |
|-------|---------|--------|---|
| 200m | 21.34 | (21.3) | m |
| 600m | 53.88 | (32.5) | |
| 1000m | 1:27.69 | (33.8) | |
| 1400m | 2:02.27 | (34.6) | |
| 1800m | 2:37.16 | (34.9) | |
| 2200m | 3:12.97 | (35.8) | |
| 2600m | 3:49.36 | (36.4) | |
| 3000m | 4:26.29 | (36.9) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 29 | Lilian Temmink | | DN1 | | 4:24.25 | 4:40.94 | |
| | bl | 24 | Natasja Roest | | DSA | | 4:23.97 | 4:32.42 | |

Lilian Temmink

| | | |
|-------|---------|--------|
| 200m | 22.58 | (22.5) |
| 600m | 58.35 | (35.8) |
| 1000m | 1:34.36 | (36.0) |
| 1400m | 2:10.78 | (36.4) |
| 1800m | 2:47.66 | (36.9) |
| 2200m | 3:25.04 | (37.4) |
| 2600m | 4:02.62 | (37.6) |
| 3000m | 4:40.94 | (38.3) |

Natasja Roest

| | | |
|-------|---------|--------|
| 200m | 21.82 | (21.8) |
| 600m | 56.14 | (34.3) |
| 1000m | 1:31.49 | (35.3) |
| 1400m | 2:06.84 | (35.4) |
| 1800m | 2:42.68 | (35.8) |
| 2200m | 3:18.54 | (35.9) |
| 2600m | 3:55.22 | (36.7) |
| 3000m | 4:32.42 | (37.2) |

Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

25 en 26 november 2017

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------------|--------|-----------------------------|-------|---------|----------------|------|
| 3 | wt | 32 | Lonneke Uneken | | DA1 | | 4:30.20 | 4:44.20 | |
| | rd | 39 | Ellen van Vroonhoven | | DSA | | 4:22.78 | 4:46.09 | |
| | | Lonneke Uneken | | | Ellen van Vroonhoven | | | | |
| | | 200m | 22.08 | (22.0) | | 200m | 22.21 | (22.2) | |
| | | 600m | 57.92 | (35.9) | | 600m | 56.75 | (34.5) | |
| | | 1000m | 1:34.77 | (36.8) | | 1000m | 1:32.89 | (36.1) | |
| | | 1400m | 2:12.24 | (37.5) | | 1400m | 2:10.08 | (37.2) | |
| | | 1800m | 2:49.90 | (37.7) | | 1800m | 2:47.95 | (37.9) | |
| | | 2200m | 3:27.76 | (37.8) | | 2200m | 3:27.06 | (39.1) | |
| | | 2600m | 4:05.73 | (38.0) | | 2600m | 4:06.50 | (39.5) | |
| | | 3000m | 4:44.20 | (38.5) | | 3000m | 4:46.09 | (39.5) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------------|--------|--------------------------|-------|---------|----------------|------|
| 4 | gl | 30 | Eva van Til | | DA1 | | 4:24.89 | 4:43.19 | |
| | bl | 20 | Robin van Leeuwen | | DN2 | | 4:27.03 | 4:35.78 | |
| | | Eva van Til | | | Robin van Leeuwen | | | | |
| | | 200m | 21.84 | (21.8) | | 200m | 22.04 | (22.0) | |
| | | 600m | 56.53 | (34.7) | | 600m | 56.20 | (34.2) | |
| | | 1000m | 1:32.29 | (35.7) | | 1000m | 1:31.57 | (35.3) | |
| | | 1400m | 2:09.34 | (37.1) | | 1400m | 2:07.24 | (35.7) | |
| | | 1800m | 2:47.43 | (38.1) | | 1800m | 2:43.69 | (36.4) | |
| | | 2200m | 3:26.03 | (38.6) | | 2200m | 3:20.74 | (37.1) | |
| | | 2600m | 4:04.42 | (38.4) | | 2600m | 3:57.88 | (37.1) | |
| | | 3000m | 4:43.19 | (38.7) | | 3000m | 4:35.78 | (37.9) | |

Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

25 en 26 november 2017

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|--------------------------|--------|--------------------------|-------|---------|----------------|------|
| 5 | wt | 8 | Sandra Dekker | | DA2 | | 4:22.52 | 4:44.35 | |
| | rd | 28 | Marit Steunenberg | | DN1 | | 4:25.47 | 4:56.36 | |
| | | Sandra Dekker | | | Marit Steunenberg | | | | |
| | | 200m | 22.31 | (22.3) | | 200m | 23.11 | (23.1) | |
| | | 600m | 58.45 | (36.1) | | 600m | 58.88 | (35.7) | |
| | | 1000m | 1:34.63 | (36.2) | | 1000m | 1:36.09 | (37.2) | |
| | | 1400m | 2:11.45 | (36.8) | | 1400m | 2:14.04 | (38.0) | |
| | | 1800m | 2:48.64 | (37.2) | | 1800m | 2:53.18 | (39.1) | |
| | | 2200m | 3:26.41 | (37.8) | | 2200m | 3:33.01 | (39.9) | |
| | | 2600m | 4:05.42 | (39.0) | | 2600m | 4:14.60 | (41.6) | |
| | | 3000m | 4:44.35 | (38.9) | | 3000m | 4:56.36 | (41.7) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|--------|----------------------|-------|---------|----------------|------|
| 6 | gl | 5 | Willemijn Cnossen | | DN3 | | 4:23.34 | 4:41.23 | |
| | bl | 25 | Anouk Sanders | | DN3 | | 4:31.88 | DQ | |
| | | Willemijn Cnossen | | | Anouk Sanders | | | | |
| | | 200m | 22.41 | (22.4) | | 200m | 22.06 | (22.0) | |
| | | 600m | 58.54 | (36.1) | | 600m | 58.02 | (36.0) | |
| | | 1000m | 1:34.88 | (36.3) | | 1000m | 1:35.45 | (37.4) | |
| | | 1400m | 2:11.21 | (36.4) | | 1400m | 2:12.34 | (36.9) | |
| | | 1800m | 2:47.91 | (36.7) | | 1800m | 2:49.34 | (37.0) | |
| | | 2200m | 3:25.22 | (37.3) | | 2200m | 3:27.63 | (38.3) | |
| | | 2600m | 4:02.36 | (37.1) | | 2600m | 4:06.73 | (39.1) | |
| | | 3000m | 4:41.23 | (38.9) | | 3000m | 4:47.14 | (40.4) | |

Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

25 en 26 november 2017

| | | Naam | | | Cat | | | PR | Tijd | Info |
|---|----|---------------------|----------------------|--------|----------------------|---------|--------|---------|----------------|------|
| 7 | wt | 4 | Roza Blokker | | DSA | | | 4:15.97 | 4:37.56 | |
| | rd | 22 | Muriël Meijer | | DA2 | | | 4:25.33 | 4:43.04 | |
| | | Roza Blokker | | | Muriël Meijer | | | | | |
| | | 200m | 22.24 | (22.2) | 200m | 22.44 | (22.4) | | | |
| | | 600m | 56.59 | (34.3) | 600m | 56.88 | (34.4) | | | |
| | | 1000m | 1:31.34 | (34.8) | 1000m | 1:32.39 | (35.5) | | | |
| | | 1400m | 2:06.77 | (35.4) | 1400m | 2:08.28 | (35.9) | | | |
| | | 1800m | 2:43.16 | (36.4) | 1800m | 2:45.98 | (37.7) | | | |
| | | 2200m | 3:20.73 | (37.6) | 2200m | 3:24.10 | (38.2) | | | |
| | | 2600m | 3:58.85 | (38.1) | 2600m | 4:03.59 | (39.4) | | | |
| | | 3000m | 4:37.56 | (38.7) | 3000m | 4:43.04 | (39.5) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|---|----|---------------------|------------------------|--------|------------------------|---------|--------|---------|----------------|------|
| 8 | gl | 21 | Femke Markus | | DN2 | | | 4:11.60 | 4:33.81 | |
| | bl | 33 | Paulien Verhaar | | DA1 | | | 4:22.69 | 4:37.17 | |
| | | Femke Markus | | | Paulien Verhaar | | | | | |
| | | 200m | 21.30 | (21.3) | 200m | 21.87 | (21.8) | | | |
| | | 600m | 54.90 | (33.6) | 600m | 56.08 | (34.2) | | | |
| | | 1000m | 1:29.64 | (34.7) | 1000m | 1:31.54 | (35.5) | | | |
| | | 1400m | 2:05.02 | (35.4) | 1400m | 2:07.56 | (36.0) | | | |
| | | 1800m | 2:41.25 | (36.2) | 1800m | 2:44.72 | (37.2) | | | |
| | | 2200m | 3:18.44 | (37.2) | 2200m | 3:21.83 | (37.1) | | | |
| | | 2600m | 3:56.27 | (37.8) | 2600m | 3:59.47 | (37.6) | | | |
| | | 3000m | 4:33.81 | (37.6) | 3000m | 4:37.17 | (37.7) | | | |

Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

25 en 26 november 2017

| | | Naam | | | Cat | | | PR | Tijd | Info |
|---|----|----------------------|----------------------|--------|--------------------|---------|--------|---------|----------------|------|
| 9 | wt | 10 | Kelly Eijsink | | DN4 | | | 4:29.01 | 4:36.64 | |
| | rd | 2 | Reina Anema | | DSA | | | 4:05.66 | 4:19.57 | |
| | | Kelly Eijsink | | | Reina Anema | | | | | |
| | | 200m | 21.64 | (21.6) | 200m | 21.33 | (21.3) | | | |
| | | 600m | 56.13 | (34.5) | 600m | 54.50 | (33.2) | | | |
| | | 1000m | 1:31.52 | (35.4) | 1000m | 1:28.83 | (34.3) | | | |
| | | 1400m | 2:07.64 | (36.1) | 1400m | 2:02.89 | (34.0) | | | |
| | | 1800m | 2:44.07 | (36.4) | 1800m | 2:37.20 | (34.4) | | | |
| | | 2200m | 3:21.31 | (37.3) | 2200m | 3:11.34 | (34.1) | | | |
| | | 2600m | 3:58.59 | (37.2) | 2600m | 3:45.47 | (34.1) | | | |
| | | 3000m | 4:36.64 | (38.1) | 3000m | 4:19.57 | (34.1) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|--------------------|------------------------|--------|------------------------|---------|--------|---------|----------------|------|
| 10 | gl | 19 | Esther Kiel | | DN2 | | | 4:12.07 | 4:27.06 | |
| | bl | 17 | Sanne in 't Hof | | DN1 | | | 4:13.53 | 4:25.97 | |
| | | Esther Kiel | | | Sanne in 't Hof | | | | | |
| | | 200m | 21.00 | (21.0) | 200m | 21.20 | (21.2) | | | |
| | | 600m | 53.83 | (32.8) | 600m | 53.74 | (32.5) | | | |
| | | 1000m | 1:27.58 | (33.7) | 1000m | 1:27.63 | (33.9) | | | |
| | | 1400m | 2:02.38 | (34.8) | 1400m | 2:02.05 | (34.4) | | | |
| | | 1800m | 2:37.69 | (35.3) | 1800m | 2:37.39 | (35.3) | | | |
| | | 2200m | 3:13.40 | (35.8) | 2200m | 3:12.81 | (35.5) | | | |
| | | 2600m | 3:49.92 | (36.5) | 2600m | 3:48.94 | (36.1) | | | |
| | | 3000m | 4:27.06 | (37.1) | 3000m | 4:25.97 | (37.0) | | | |

Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

25 en 26 november 2017

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|-------------------------------|-------------------------------|--------|-------|-------------------------|--------|----|---------|----------------|
| 11 | wt | 40 | Annouk van der Weijden | | | DSB | | | 4:00.45 | 4:19.84 |
| | rd | 16 | Aveline Hijlkema | | | DN3 | | | 4:17.73 | 4:29.74 |
| | | Annouk van der Weijden | | | | Aveline Hijlkema | | | | |
| | | 200m | 20.46 | (20.4) | 200m | 21.14 | (21.1) | | | |
| | | 600m | 53.56 | (33.1) | 600m | 54.92 | (33.8) | | | |
| | | 1000m | 1:27.45 | (33.9) | 1000m | 1:29.41 | (34.5) | | | |
| | | 1400m | 2:01.66 | (34.2) | 1400m | 2:04.10 | (34.7) | | | |
| | | 1800m | 2:35.87 | (34.2) | 1800m | 2:39.64 | (35.5) | | | |
| | | 2200m | 3:10.17 | (34.3) | 2200m | 3:15.61 | (36.0) | | | |
| | | 2600m | 3:44.87 | (34.7) | 2600m | 3:52.29 | (36.6) | | | |
| | | 3000m | 4:19.84 | (35.0) | 3000m | 4:29.74 | (37.5) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|---------------------------|---------------------------|--------|-------|-----------------------|--------|----|---------|----------------|
| 12 | gl | 14 | Roxanne van Hemert | | | DSA | | | 4:12.35 | 4:30.02 |
| | bl | 38 | Linda de Vries | | | DSA | | | 4:01.00 | 4:19.60 |
| | | Roxanne van Hemert | | | | Linda de Vries | | | | |
| | | 200m | 20.48 | (20.4) | 200m | 20.63 | (20.6) | | | |
| | | 600m | 53.03 | (32.6) | 600m | 53.10 | (32.5) | | | |
| | | 1000m | 1:26.54 | (33.5) | 1000m | 1:26.53 | (33.4) | | | |
| | | 1400m | 2:01.36 | (34.8) | 1400m | 2:00.22 | (33.7) | | | |
| | | 1800m | 2:37.11 | (35.8) | 1800m | 2:34.40 | (34.2) | | | |
| | | 2200m | 3:13.98 | (36.8) | 2200m | 3:08.93 | (34.5) | | | |
| | | 2600m | 3:51.56 | (37.6) | 2600m | 3:44.05 | (35.1) | | | |
| | | 3000m | 4:30.02 | (38.5) | 3000m | 4:19.60 | (35.6) | | | |