

21. Rituitslag Dames Junioren A 3000 meter

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	83 Nikki van der Zee	DA2	BRE	4:43.11	4:43.30	
	rd	76 Ella van Vloten	DA1	HAA	4:35.33	4:44.02	
Nikki van der Zee			Ella van Vloten				
		200m	21.73	(21.7)	200m	22.06	(22.0)
		600m	56.21	(34.5)	600m	57.65	(35.6)
		1000m	1:32.40	(36.2)	1000m	1:34.68	(37.0)
		1400m	2:09.46	(37.0)	1400m	2:12.29	(37.6)
		1800m	2:47.41	(38.0)	1800m	2:49.47	(37.2)
		2200m	3:25.57	(38.1)	2200m	3:27.43	(38.0)
		2600m	4:04.21	(38.7)	2600m	4:06.35	(38.9)
		3000m	4:43.30	(39.1)	3000m	4:44.02	(37.7)

		Naam	Cat	Baan	PR	Tijd	Info
2	gl	47 Demi Meek	DA2	ASS	4:37.36	4:36.43	PR
	bl	65 Tessa Snoek	DA1	AMS	4:34.04	4:24.79	PR
Demi Meek			Tessa Snoek				
		200m	20.75	(20.7)	200m	20.53	(20.5)
		600m	53.99	(33.2)	600m	53.11	(32.6)
		1000m	1:28.46	(34.5)	1000m	1:27.16	(34.0)
		1400m	2:04.40	(36.0)	1400m	2:02.18	(35.0)
		1800m	2:41.52	(37.1)	1800m	2:37.42	(35.3)
		2200m	3:19.42	(37.9)	2200m	3:13.17	(35.7)
		2600m	3:58.00	(38.6)	2600m	3:49.10	(36.0)
		3000m	4:36.43	(38.4)	3000m	4:24.79	(35.6)

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	29 Madelief de Jong	DA1	UTR	4:35.12	4:44.83	
	rd	51 Isa Merkuur	DA1	ALK	4:40.22	4:37.34	PR

Madelief de Jong

200m	21.26	(21.2)
600m	55.21	(34.0)
1000m	1:30.62	(35.4)
1400m	2:08.24	(37.6)
1800m	2:47.20	(39.0)
2200m	3:26.57	(39.3)
2600m	4:06.15	(39.6)
3000m	4:44.83	(38.7)

Isa Merkuur

200m	21.25	(21.2)
600m	54.60	(33.4)
1000m	1:29.68	(35.0)
1400m	2:05.76	(36.1)
1800m	2:42.73	(37.0)
2200m	3:20.54	(37.8)
2600m	3:58.82	(38.3)
3000m	4:37.34	(38.5)

		Naam	Cat	Baan	PR	Tijd	Info
4	gl	79 Annemarie van der Wal	DA2	HVN	4:34.17	4:31.11	PR
	bl	9 Britt de Boer	DA2	ENS	4:36.33	4:40.99	

Annemarie van der Wal

200m	21.33	(21.3)
600m	55.08	(33.7)
1000m	1:29.75	(34.7)
1400m	2:05.11	(35.4)
1800m	2:40.72	(35.6)
2200m	3:16.65	(35.9)
2600m	3:53.56	(36.9)
3000m	4:31.11	(37.6)

Britt de Boer

200m	21.32	(21.3)
600m	54.93	(33.6)
1000m	1:30.06	(35.1)
1400m	2:06.40	(36.4)
1800m	2:43.92	(37.5)
2200m	3:22.42	(38.5)
2600m	4:01.88	(39.4)
3000m	4:40.99	(39.1)

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
5	wt	53 Annet Noppert	DA2	HVN	4:28.11	4:24.67	PR
	rd	64 Amber Siegers	DA1	ASS	4:31.47	DQ	
Annet Noppert			Amber Siegers				
		200m	21.25	(21.2)			
		600m	53.17	(31.9)			
		1000m	1:26.28	(33.1)			
		1400m	2:00.84	(34.6)			
		1800m	2:36.34	(35.5)			
		2200m	3:12.48	(36.1)			
		2600m	3:48.74	(36.3)			
		3000m	4:24.67	(35.9)			

		Naam	Cat	Baan	PR	Tijd	Info
6	gl	70 Lonneke Uneken	DA1	HVN	4:28.17	4:31.69	
	bl	3 Janet Beers	DA1	HRN	4:28.03	4:29.68	
Lonneke Uneken			Janet Beers				
		200m	20.67	(20.6)	200m	21.14	(21.1)
		600m	53.12	(32.5)	600m	53.51	(32.4)
		1000m	1:26.94	(33.8)	1000m	1:27.25	(33.7)
		1400m	2:02.05	(35.1)	1400m	2:02.00	(34.8)
		1800m	2:37.87	(35.8)	1800m	2:37.85	(35.8)
		2200m	3:14.47	(36.6)	2200m	3:14.34	(36.5)
		2600m	3:52.56	(38.1)	2600m	3:51.98	(37.6)
		3000m	4:31.69	(39.1)	3000m	4:29.68	(37.7)

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
7	wt	50 Muriël Meijer	DA2	DEV	4:25.33	4:23.43	PR
	rd	35 Dieuwertje van Kalken	DA2	HRN	4:29.55	4:30.77	

Muriël Meijer

200m	20.78	(20.7)
600m	53.76	(33.0)
1000m	1:26.91	(33.2)
1400m	2:00.81	(33.9)
1800m	2:35.39	(34.5)
2200m	3:10.71	(35.4)
2600m	3:46.79	(36.0)
3000m	4:23.43	(36.7)

Dieuwertje van Kalken

200m	22.21	(22.2)
600m	55.96	(33.7)
1000m	1:30.61	(34.7)
1400m	2:05.04	(34.4)
1800m	2:40.09	(35.0)
2200m	3:15.92	(35.9)
2600m	3:52.93	(37.0)
3000m	4:30.77	(37.8)

		Naam	Cat	Baan	PR	Tijd	Info
8	gl	69 Eva van Til	DA1	DNH	4:24.89	4:29.07	
	bl	17 Sandra Dekker	DA2	BRE	4:22.52	4:30.70	

Eva van Til

200m	21.03	(21.0)
600m	54.12	(33.1)
1000m	1:27.38	(33.2)
1400m	2:02.60	(35.3)
1800m	2:38.41	(35.8)
2200m	3:15.32	(36.9)
2600m	3:52.40	(37.1)
3000m	4:29.07	(36.6)

Sandra Dekker

200m	21.21	(21.2)
600m	54.38	(33.1)
1000m	1:27.95	(33.6)
1400m	2:01.92	(34.0)
1800m	2:37.12	(35.2)
2200m	3:13.40	(36.3)
2600m	3:51.34	(37.9)
3000m	4:30.70	(39.4)

Thialf - Heerenveen

		Naam		Cat	Baan		PR	Tijd	Info
9	wt	8 Joy Beune		DA2	ENS		4:08.91	4:15.67	
	rd	72 Paulien Verhaar		DA1	ENS		4:22.69	4:23.80	
<u>Joy Beune</u>			<u>Paulien Verhaar</u>						
		200m	20.32	(20.3)		200m	20.61	(20.6)	
		600m	52.19	(31.8)		600m	53.10	(32.5)	
		1000m	1:24.47	(32.3)		1000m	1:26.42	(33.3)	
		1400m	1:57.68	(33.2)		1400m	2:00.06	(33.6)	
		1800m	2:31.40	(33.8)		1800m	2:34.58	(34.5)	
		2200m	3:05.67	(34.2)		2200m	3:09.90	(35.4)	
		2600m	3:40.48	(34.8)		2600m	3:46.43	(36.5)	
		3000m	4:15.67	(35.2)		3000m	4:23.80	(37.4)	

		Naam		Cat	Baan		PR	Tijd	Info
10	gl	32 Sterre Jonkers		DA2	HVN		4:07.69	4:12.10	
	bl	31 Luna Jonkers		DA1	ASS		4:27.47	4:21.09	PR
<u>Sterre Jonkers</u>			<u>Luna Jonkers</u>						
		200m	21.07	(21.0)		200m	21.65	(21.6)	
		600m	53.22	(32.2)		600m	54.39	(32.7)	
		1000m	1:25.38	(32.1)		1000m	1:27.89	(33.5)	
		1400m	1:57.96	(32.6)		1400m	2:01.80	(34.0)	
		1800m	2:30.98	(33.0)		1800m	2:36.30	(34.5)	
		2200m	3:04.44	(33.5)		2200m	3:10.89	(34.5)	
		2600m	3:38.16	(33.7)		2600m	3:46.19	(35.3)	
		3000m	4:12.10	(34.0)		3000m	4:21.09	(34.9)	