

## 22. Rituitslag Heren Junioren A 3000 meter

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	49 <b>Sam Kramer</b>	HA2	AMS	4:15.56	<b>4:11.77</b>	PR
	rd	80 <b>Watse Vermaning</b>	HA1	ENS	4:11.26	<b>4:15.63</b>	
<b>Sam Kramer</b>			<b>Watse Vermaning</b>				
		200m	20.24	(20.2)	200m	19.60	(19.6)
		600m	51.43	(31.2)	600m	50.51	(30.9)
		1000m	1:23.55	(32.1)	1000m	1:23.14	(32.6)
		1400m	1:56.46	(32.9)	1400m	1:56.32	(33.2)
		1800m	2:29.75	(33.3)	1800m	2:30.31	(34.0)
		2200m	3:03.70	(34.0)	2200m	3:04.54	(34.2)
		2600m	3:37.67	(33.9)	2600m	3:40.09	(35.5)
		3000m	4:11.77	(34.1)	3000m	4:15.63	(35.6)

		Naam	Cat	Baan	PR	Tijd	Info
2	gl	53 <b>Marc Middelkoop</b>	HA2	UTR	4:06.27	<b>4:05.93</b>	PR
	bl	69 <b>Joeri van der Tuin</b>	HA2	HRN	4:09.11	<b>4:01.98</b>	PR
<b>Marc Middelkoop</b>			<b>Joeri van der Tuin</b>				
		200m	18.81	(18.8)	200m	19.97	(19.9)
		600m	49.83	(31.0)	600m	50.96	(31.0)
		1000m	1:21.48	(31.6)	1000m	1:22.28	(31.3)
		1400m	1:53.74	(32.3)	1400m	1:53.17	(30.9)
		1800m	2:26.12	(32.4)	1800m	2:24.65	(31.5)
		2200m	2:58.64	(32.5)	2200m	2:56.81	(32.2)
		2600m	3:31.72	(33.1)	2600m	3:29.28	(32.4)
		3000m	4:05.93	(34.2)	3000m	4:01.98	(32.7)

## Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	60 <b>Martin van Schie</b>	HA2	HAA	4:04.86	<b>3:57.93</b>	PR
	rd	4 <b>Berend Bervoets</b>	HA2	HRN	4:03.49	<b>3:58.31</b>	PR

### Martin van Schie

200m	19.54	(19.5)
600m	50.45	(30.9)
1000m	1:21.24	(30.8)
1400m	1:52.30	(31.1)
1800m	2:23.27	(30.9)
2200m	2:54.50	(31.3)
2600m	3:26.05	(31.5)
3000m	3:57.93	(31.9)

### Berend Bervoets

200m	19.71	(19.7)
600m	50.35	(30.6)
1000m	1:21.40	(31.1)
1400m	1:52.42	(31.0)
1800m	2:23.50	(31.1)
2200m	2:54.38	(30.8)
2600m	3:25.87	(31.5)
3000m	3:58.31	(32.5)

		Naam	Cat	Baan	PR	Tijd	Info
4	gl	3 <b>Milo Balk</b>	HA2	UTR	4:08.80	<b>4:16.83</b>	
	bl	67 <b>Jeroen Steenbergen</b>	HA2	HVN	4:00.16	<b>4:06.82</b>	

### Milo Balk

200m	19.30	(19.3)
600m	49.50	(30.2)
1000m	1:20.95	(31.4)
1400m	1:53.56	(32.6)
1800m	2:27.02	(33.5)
2200m	3:02.51	(35.5)
2600m	3:39.45	(36.9)
3000m	4:16.83	(37.4)

### Jeroen Steenbergen

200m	19.23	(19.2)
600m	49.81	(30.6)
1000m	1:21.56	(31.7)
1400m	1:53.71	(32.2)
1800m	2:26.33	(32.6)
2200m	2:59.35	(33.0)
2600m	3:32.85	(33.5)
3000m	4:06.82	(34.0)

## Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
5	wt	46 <b>Adriaan de Kluiver</b>	HA2	DEV	4:04.77	<b>4:00.95</b>	PR
	rd	33 <b>Wesley Hollenberg</b>	HA1	ALK	4:03.32	<b>DQ</b>	

### Adriaan de Kluiver

200m	19.77	(19.7)
600m	50.51	(30.8)
1000m	1:20.89	(30.3)
1400m	1:51.85	(31.0)
1800m	2:23.06	(31.2)
2200m	2:55.16	(32.1)
2600m	3:27.92	(32.8)
3000m	4:00.95	(33.0)

### Wesley Hollenberg

		Naam	Cat	Baan	PR	Tijd	Info
6	gl	27 <b>Homme Jan de Groot</b>	HA2	LEE	4:03.55	<b>4:01.33</b>	PR
	bl	10 <b>Jort Boomhouwer</b>	HA2	HVN	3:55.46	<b>4:01.91</b>	

### Homme Jan de Groot

200m	19.52	(19.5)
600m	50.29	(30.7)
1000m	1:21.44	(31.2)
1400m	1:52.72	(31.3)
1800m	2:24.08	(31.3)
2200m	2:56.37	(32.3)
2600m	3:29.19	(32.8)
3000m	4:01.33	(32.2)

### Jort Boomhouwer

200m	19.34	(19.3)
600m	49.34	(30.0)
1000m	1:20.24	(30.9)
1400m	1:51.51	(31.3)
1800m	2:23.30	(31.8)
2200m	2:55.43	(32.1)
2600m	3:28.83	(33.4)
3000m	4:01.91	(33.1)

## Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
7	wt	17 <b>Adne van Diest</b>	HA2	DNH	4:02.24	<b>4:04.14</b>	
	rd	19 <b>Mike Dogterom</b>	HA1	HVN	4:00.93	<b>4:04.97</b>	
<b>Adne van Diest</b>			<b>Mike Dogterom</b>				
		200m	18.92	(18.9)	200m	19.93	(19.9)
		600m	49.40	(30.5)	600m	49.99	(30.0)
		1000m	1:19.53	(30.1)	1000m	1:20.72	(30.8)
		1400m	1:50.33	(30.8)	1400m	1:51.92	(31.2)
		1800m	2:21.47	(31.1)	1800m	2:23.82	(31.9)
		2200m	2:54.06	(32.6)	2200m	2:56.85	(33.0)
		2600m	3:28.66	(34.6)	2600m	3:30.90	(34.1)
		3000m	4:04.14	(35.5)	3000m	4:04.97	(34.0)

		Naam	Cat	Baan	PR	Tijd	Info
8	gl	66 <b>Jesse Stam</b>	HA1	DNH	3:59.06	<b>3:58.82</b>	PR
	bl	62 <b>Chiel Smit</b>	HA2	HVN	3:54.41	<b>3:57.03</b>	
<b>Jesse Stam</b>			<b>Chiel Smit</b>				
		200m	18.54	(18.5)	200m	19.30	(19.3)
		600m	48.07	(29.5)	600m	49.31	(30.0)
		1000m	1:18.15	(30.1)	1000m	1:20.12	(30.8)
		1400m	1:48.79	(30.6)	1400m	1:50.61	(30.5)
		1800m	2:20.01	(31.3)	1800m	2:21.23	(30.6)
		2200m	2:52.04	(32.0)	2200m	2:52.21	(31.0)
		2600m	3:25.00	(33.0)	2600m	3:24.16	(31.9)
		3000m	3:58.82	(33.8)	3000m	3:57.03	(32.9)

## Thialf - Heerenveen

		Naam		Cat	Baan	PR	Tijd	Info
9	wt	16 <b>Bram Cohen</b>		HA1	HVN	3:55.24	<b>4:00.12</b>	
	rd	86 <b>Teun de Wit</b>		HA1	UTR	4:00.47	<b>3:57.01</b>	PR
<b>Bram Cohen</b>			<b>Teun de Wit</b>					
		200m	19.48	(19.4)		200m	19.09	(19.0)
		600m	49.92	(30.5)		600m	49.01	(30.0)
		1000m	1:20.71	(30.8)		1000m	1:19.66	(30.6)
		1400m	1:51.66	(30.9)		1400m	1:50.61	(31.0)
		1800m	2:22.91	(31.3)		1800m	2:21.89	(31.2)
		2200m	2:54.74	(31.8)		2200m	2:53.44	(31.6)
		2600m	3:27.00	(32.3)		2600m	3:25.18	(31.7)
		3000m	4:00.12	(33.1)		3000m	3:57.01	(31.9)

		Naam		Cat	Baan	PR	Tijd	Info
10	gl	32 <b>Louis Hollaar</b>		HA2	GRO	3:53.00	<b>3:52.73</b>	PR
	bl	81 <b>Max Visscher</b>		HA1	ASS	3:59.17	<b>3:52.87</b>	PR
<b>Louis Hollaar</b>			<b>Max Visscher</b>					
		200m	18.72	(18.7)		200m	19.09	(19.0)
		600m	47.97	(29.2)		600m	48.20	(29.2)
		1000m	1:17.52	(29.6)		1000m	1:17.89	(29.6)
		1400m	1:47.63	(30.1)		1400m	1:48.06	(30.2)
		1800m	2:17.99	(30.3)		1800m	2:18.73	(30.7)
		2200m	2:48.92	(31.0)		2200m	2:49.66	(30.9)
		2600m	3:20.33	(31.4)		2600m	3:21.15	(31.5)
		3000m	3:52.73	(32.4)		3000m	3:52.87	(31.7)