

## 23. Rituitslag Dames Junioren B 3000 meter

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	27 <b>Tessa Huttenhuis</b>	DB2	ENS	4:45.05	<b>4:36.97</b>	PR
	rd	68 <b>Lidia Tempert</b>	DB2	ENS	4:39.98	<b>4:34.51</b>	PR
<b>Tessa Huttenhuis</b>			<b>Lidia Tempert</b>				
		200m	21.55	(21.5)	200m	21.56	(21.5)
		600m	56.36	(34.8)	600m	56.08	(34.5)
		1000m	1:31.66	(35.3)	1000m	1:31.30	(35.3)
		1400m	2:08.32	(36.7)	1400m	2:07.09	(35.7)
		1800m	2:44.88	(36.5)	1800m	2:43.46	(36.4)
		2200m	3:22.18	(37.3)	2200m	3:19.87	(36.4)
		2600m	3:59.47	(37.3)	2600m	3:56.81	(37.0)
		3000m	4:36.97	(37.5)	3000m	4:34.51	(37.7)

		Naam	Cat	Baan	PR	Tijd	Info
2	gl	54 <b>Hilde Noppert</b>	DB2	HVN	4:35.98	<b>4:31.88</b>	PR
	bl	46 <b>Roos Markus</b>	DB2	AMS	4:36.58	<b>4:32.22</b>	PR
<b>Hilde Noppert</b>			<b>Roos Markus</b>				
		200m	21.20	(21.2)	200m	21.73	(21.7)
		600m	54.68	(33.4)	600m	54.99	(33.2)
		1000m	1:29.03	(34.4)	1000m	1:29.07	(34.1)
		1400m	2:04.57	(35.5)	1400m	2:04.17	(35.1)
		1800m	2:40.79	(36.2)	1800m	2:40.59	(36.4)
		2200m	3:17.97	(37.2)	2200m	3:17.59	(37.0)
		2600m	3:55.12	(37.2)	2600m	3:55.02	(37.5)
		3000m	4:31.88	(36.7)	3000m	4:32.22	(37.2)

## Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	52 <b>Famke Minnee</b>	DB1	DEV	4:36.55	<b>4:42.48</b>	
	rd	71 <b>Laura van der Vegt</b>	DB2	ASS	4:35.36	<b>4:36.68</b>	

### Famke Minnee

200m	20.98	(20.9)
600m	54.47	(33.5)
1000m	1:30.54	(36.1)
1400m	2:07.95	(37.4)
1800m	2:45.80	(37.9)
2200m	3:24.33	(38.5)
2600m	4:03.25	(38.9)
3000m	4:42.48	(39.2)

### Laura van der Vegt

200m	21.04	(21.0)
600m	55.20	(34.2)
1000m	1:30.75	(35.5)
1400m	2:07.31	(36.6)
1800m	2:44.31	(37.0)
2200m	3:21.61	(37.3)
2600m	3:59.15	(37.5)
3000m	4:36.68	(37.5)

		Naam	Cat	Baan	PR	Tijd	Info
4	gl	60 <b>Brit Qualm</b>	DB2	DNH	4:33.33	<b>4:36.47</b>	
	bl	5 <b>Debby Behr</b>	DB1	HVN	4:35.56	<b>4:43.70</b>	

### Brit Qualm

200m	20.65	(20.6)
600m	53.69	(33.0)
1000m	1:28.23	(34.6)
1400m	2:04.29	(36.0)
1800m	2:41.08	(36.8)
2200m	3:18.91	(37.9)
2600m	3:57.57	(38.6)
3000m	4:36.47	(38.9)

### Debby Behr

200m	20.61	(20.6)
600m	53.56	(32.9)
1000m	1:28.69	(35.1)
1400m	2:05.00	(36.4)
1800m	2:42.88	(37.8)
2200m	3:22.51	(39.7)
2600m	4:02.88	(40.3)
3000m	4:43.70	(40.9)

## Thialf - Heerenveen

		Naam		Cat	Baan		PR	Tijd	Info
5	wt	63 Iris Schultinga		DB1	ASS		4:30.84	<b>4:32.93</b>	
	rd	13 Merel Conijn		DB1	HRN		4:31.54	<b>4:23.30</b>	PR
			<b>Iris Schultinga</b>			<b>Merel Conijn</b>			
		200m	20.59	(20.5)		200m	20.68	(20.6)	
		600m	52.76	(32.2)		600m	53.40	(32.8)	
		1000m	1:26.82	(34.1)		1000m	1:28.12	(34.7)	
		1400m	2:02.19	(35.3)		1400m	2:03.32	(35.2)	
		1800m	2:38.08	(35.9)		1800m	2:38.61	(35.3)	
		2200m	3:15.02	(37.0)		2200m	3:14.05	(35.4)	
		2600m	3:53.29	(38.2)		2600m	3:49.40	(35.4)	
		3000m	4:32.93	(39.7)		3000m	4:23.30	(33.9)	

		Naam		Cat	Baan		PR	Tijd	Info
6	gl	22 Vera Lou Gemser		DB1	HVN		4:33.09	<b>4:35.35</b>	
	bl	2 Leonie Bats		DB1	GRO		4:32.55	<b>4:32.88</b>	
			<b>Vera Lou Gemser</b>			<b>Leonie Bats</b>			
		200m	21.21	(21.2)		200m	20.81	(20.8)	
		600m	54.02	(32.8)		600m	53.39	(32.5)	
		1000m	1:28.56	(34.5)		1000m	1:28.35	(35.0)	
		1400m	2:04.23	(35.7)		1400m	2:03.90	(35.6)	
		1800m	2:41.21	(37.0)		1800m	2:40.60	(36.7)	
		2200m	3:19.15	(37.9)		2200m	3:17.84	(37.2)	
		2600m	3:57.66	(38.5)		2600m	3:55.46	(37.6)	
		3000m	4:35.35	(37.7)		3000m	4:32.88	(37.4)	

## Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
7	wt	36 <b>Bente Kerkhoff</b>	DB1	HRN	4:31.28	<b>4:26.93</b>	PR
	rd	74 <b>Maaïke Verweij</b>	DB2	HVN	4:30.46	<b>4:28.17</b>	PR

### Bente Kerkhoff

200m	21.06	(21.0)
600m	54.19	(33.1)
1000m	1:28.16	(34.0)
1400m	2:03.59	(35.4)
1800m	2:39.09	(35.5)
2200m	3:14.98	(35.9)
2600m	3:51.38	(36.4)
3000m	4:26.93	(35.6)

### Maaïke Verweij

200m	21.52	(21.5)
600m	54.13	(32.6)
1000m	1:28.17	(34.0)
1400m	2:02.65	(34.5)
1800m	2:38.07	(35.4)
2200m	3:13.95	(35.9)
2600m	3:51.10	(37.2)
3000m	4:28.17	(37.0)

		Naam	Cat	Baan	PR	Tijd	Info
8	gl	28 <b>Eline Jansen</b>	DB1	DEV	4:30.44	<b>4:29.91</b>	PR
	bl	25 <b>Robin Groot</b>	DB2	ALK	4:27.25	<b>4:24.49</b>	PR

### Eline Jansen

200m	21.22	(21.2)
600m	55.01	(33.8)
1000m	1:29.37	(34.3)
1400m	2:04.14	(34.8)
1800m	2:39.09	(34.9)
2200m	3:14.81	(35.8)
2600m	3:51.76	(36.9)
3000m	4:29.91	(38.2)

### Robin Groot

200m	20.92	(20.9)
600m	54.67	(33.7)
1000m	1:29.27	(34.6)
1400m	2:03.87	(34.6)
1800m	2:38.39	(34.5)
2200m	3:12.70	(34.4)
2600m	3:48.07	(35.3)
3000m	4:24.49	(36.4)

## Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
9	wt	66 <b>Megan Sokolov</b>	DB1	HVN	4:25.38	<b>4:24.73</b>	PR
	rd	77 <b>Eline van Voorden</b>	DB2	DNH	4:28.78	<b>4:28.05</b>	PR
<b>Megan Sokolov</b>			<b>Eline van Voorden</b>				
		200m	21.21	(21.2)	200m	20.69	(20.6)
		600m	53.80	(32.6)	600m	52.53	(31.9)
		1000m	1:27.73	(33.9)	1000m	1:26.33	(33.8)
		1400m	2:02.40	(34.7)	1400m	2:01.36	(35.0)
		1800m	2:37.13	(34.7)	1800m	2:37.29	(35.9)
		2200m	3:12.08	(34.9)	2200m	3:13.53	(36.3)
		2600m	3:48.14	(36.1)	2600m	3:50.44	(36.9)
		3000m	4:24.73	(36.6)	3000m	4:28.05	(37.6)

		Naam	Cat	Baan	PR	Tijd	Info
10	gl	67 <b>Kim Talsma</b>	DB2	HVN	4:21.46	<b>4:19.92</b>	PR
	bl	37 <b>Femke Kok</b>	DB2	HVN	4:30.10	<b>4:24.64</b>	PR
<b>Kim Talsma</b>			<b>Femke Kok</b>				
		200m	20.97	(20.9)	200m	20.20	(20.2)
		600m	53.34	(32.4)	600m	52.76	(32.5)
		1000m	1:26.07	(32.7)	1000m	1:26.44	(33.7)
		1400m	1:59.98	(33.9)	1400m	2:00.36	(33.9)
		1800m	2:34.26	(34.3)	1800m	2:35.43	(35.1)
		2200m	3:09.00	(34.8)	2200m	3:11.24	(35.8)
		2600m	3:44.09	(35.0)	2600m	3:47.79	(36.5)
		3000m	4:19.92	(35.9)	3000m	4:24.64	(36.9)