

24. Rituitslag Heren Junioren B 3000 meter

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	30 Lasse Hiddink	HB2	DEV	4:12.23	4:06.31	PR
	rd	40 Job Jaspers	HB2	ENS	4:10.03	4:15.09	
		Lasse Hiddink		Job Jaspers			
		200m 19.44 (19.4)		200m 18.87 (18.8)			
		600m 49.15 (29.7)		600m 48.18 (29.3)			
		1000m 1:19.67 (30.5)		1000m 1:19.37 (31.2)			
		1400m 1:51.15 (31.5)		1400m 1:52.41 (33.1)			
		1800m 2:23.55 (32.4)		1800m 2:26.66 (34.2)			
		2200m 2:56.72 (33.2)		2200m 3:02.35 (35.7)			
		2600m 3:31.20 (34.5)		2600m 3:38.59 (36.2)			
		3000m 4:06.31 (35.1)		3000m 4:15.09 (36.5)			

		Naam	Cat	Baan	PR	Tijd	Info
2	gl						
	bl						
		m		m			

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	36 Cas Hoorneman	HB2	UTR	4:12.91	4:14.71	
	rd	84 Hugo van der Wel	HB2	ALK	4:11.40	4:10.31	PR
		Cas Hoorneman		Hugo van der Wel			
		200m 20.03 (20.0)		200m 19.97 (19.9)			
		600m 51.74 (31.7)		600m 51.71 (31.8)			
		1000m 1:24.33 (32.6)		1000m 1:24.40 (32.7)			
		1400m 1:57.54 (33.2)		1400m 1:56.98 (32.5)			
		1800m 2:30.90 (33.4)		1800m 2:29.60 (32.7)			
		2200m 3:04.92 (34.0)		2200m 3:02.36 (32.7)			
		2600m 3:39.81 (34.9)		2600m 3:35.90 (33.6)			
		3000m 4:14.71 (34.9)		3000m 4:10.31 (34.4)			

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
4	gl	14 Jitse Breeuwsma	HB2	GRO	4:07.19	4:08.83	
	bl	12 Ids Bouma	HB2	HVN	4:08.64	4:10.03	
Jitse Breeuwsma			Ids Bouma				
		200m	20.52	(20.5)	200m	20.66	(20.6)
		600m	51.00	(30.5)	600m	51.74	(31.1)
		1000m	1:22.24	(31.2)	1000m	1:23.53	(31.8)
		1400m	1:54.46	(32.2)	1400m	1:56.14	(32.6)
		1800m	2:27.28	(32.8)	1800m	2:28.84	(32.7)
		2200m	3:00.23	(33.0)	2200m	3:02.05	(33.2)
		2600m	3:34.41	(34.2)	2600m	3:35.90	(33.9)
		3000m	4:08.83	(34.4)	3000m	4:10.03	(34.1)

		Naam	Cat	Baan	PR	Tijd	Info
5	wt	34 David Holmes	HB1	AMS	4:08.16	4:06.57	PR
	rd	39 Matthijs Janssen	HB2	DNH	4:08.72	4:07.31	PR
David Holmes			Matthijs Janssen				
		200m	19.67	(19.6)	200m	19.49	(19.4)
		600m	50.92	(31.3)	600m	50.35	(30.9)
		1000m	1:23.06	(32.1)	1000m	1:22.71	(32.4)
		1400m	1:55.68	(32.6)	1400m	1:55.27	(32.5)
		1800m	2:28.46	(32.8)	1800m	2:28.38	(33.1)
		2200m	3:01.76	(33.3)	2200m	3:01.53	(33.2)
		2600m	3:34.50	(32.8)	2600m	3:34.84	(33.3)
		3000m	4:06.57	(32.0)	3000m	4:07.31	(32.5)

Thialf - Heerenveen

		Naam		Cat	Baan		PR	Tijd	Info
6	gl	68 Martijn Takens		HB1	ASS		4:09.69	4:13.31	
	bl	24 Daan Gelling		HB2	HVN		4:05.35	4:02.14	PR
Martijn Takens			Daan Gelling						
		200m	19.61	(19.6)		200m	19.51	(19.5)	
		600m	50.51	(30.9)		600m	49.95	(30.4)	
		1000m	1:22.07	(31.5)		1000m	1:21.20	(31.3)	
		1400m	1:55.28	(33.2)		1400m	1:52.88	(31.6)	
		1800m	2:29.24	(34.0)		1800m	2:24.61	(31.8)	
		2200m	3:03.13	(33.9)		2200m	2:56.74	(32.1)	
		2600m	3:37.67	(34.5)		2600m	3:29.29	(32.5)	
		3000m	4:13.31	(35.7)		3000m	4:02.14	(32.9)	

		Naam		Cat	Baan		PR	Tijd	Info
7	wt	73 Jur Veenje		HB2	LEE		4:02.91	4:01.48	PR
	rd	64 Jesse Speijers		HB1	DNH		4:04.25	4:01.47	PR
Jur Veenje			Jesse Speijers						
		200m	18.81	(18.8)		200m	19.17	(19.1)	
		600m	48.78	(29.9)		600m	48.85	(29.7)	
		1000m	1:18.82	(30.1)		1000m	1:19.48	(30.6)	
		1400m	1:50.27	(31.4)		1400m	1:50.63	(31.2)	
		1800m	2:22.52	(32.3)		1800m	2:22.64	(32.0)	
		2200m	2:55.26	(32.7)		2200m	2:55.13	(32.5)	
		2600m	3:28.50	(33.3)		2600m	3:28.26	(33.1)	
		3000m	4:01.48	(32.9)		3000m	4:01.47	(33.2)	

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
8	gl	76 Yves Vergeer	HB2	HAA	4:01.97	3:56.53	PR
	bl	65 Daan Spruit	HB1	DNH	4:02.60	DQ	

Yves Vergeer

200m	19.27	(19.2)
600m	48.61	(29.4)
1000m	1:17.81	(29.2)
1400m	1:47.55	(29.7)
1800m	2:18.21	(30.7)
2200m	2:49.88	(31.6)
2600m	3:22.40	(32.6)
3000m	3:56.53	(34.1)

Daan Spruit

		Naam	Cat	Baan	PR	Tijd	Info
9	wt	70 Wietse Tukkie	HB1	HAA	4:04.34	4:03.22	PR
	rd	71 Axel van der Tuuk	HB2	ASS	4:07.11	4:00.11	PR

Wietse Tukkie

200m	18.85	(18.8)
600m	48.58	(29.7)
1000m	1:18.89	(30.3)
1400m	1:50.17	(31.3)
1800m	2:22.38	(32.2)
2200m	2:55.53	(33.2)
2600m	3:29.25	(33.7)
3000m	4:03.22	(34.0)

Axel van der Tuuk

200m	19.27	(19.2)
600m	50.15	(30.9)
1000m	1:21.72	(31.6)
1400m	1:52.70	(31.0)
1800m	2:23.78	(31.0)
2200m	2:55.03	(31.3)
2600m	3:27.26	(32.2)
3000m	4:00.11	(32.9)

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
10	gl	82 Harm Visser	HB2	HVN	3:58.65	4:06.88	
	bl	61 Remo Slotegraaf	HB1	GRO	3:57.52	3:56.90	PR
Harm Visser			Remo Slotegraaf				
		200m	19.37	(19.3)	200m	19.79	(19.7)
		600m	50.74	(31.4)	600m	50.53	(30.8)
		1000m	1:21.86	(31.1)	1000m	1:21.43	(30.9)
		1400m	1:53.00	(31.2)	1400m	1:52.28	(30.8)
		1800m	2:24.64	(31.6)	1800m	2:23.19	(30.9)
		2200m	2:57.40	(32.8)	2200m	2:54.24	(31.1)
		2600m	3:31.52	(34.1)	2600m	3:25.34	(31.1)
		3000m	4:06.88	(35.3)	3000m	3:56.90	(31.6)

		Naam	Cat	Baan	PR	Tijd	Info
11	wt	74 Kai in 't Veld	HB1	HAA	3:57.74	4:01.67	
	rd	87 Jordy van Workum	HB2	HVN	3:56.64	3:56.31	PR
Kai in 't Veld			Jordy van Workum				
		200m	19.22	(19.2)	200m	19.29	(19.2)
		600m	48.89	(29.6)	600m	48.62	(29.4)
		1000m	1:18.73	(29.9)	1000m	1:18.55	(29.9)
		1400m	1:49.74	(31.0)	1400m	1:48.60	(30.1)
		1800m	2:21.08	(31.3)	1800m	2:19.30	(30.7)
		2200m	2:53.35	(32.3)	2200m	2:51.05	(31.7)
		2600m	3:26.95	(33.6)	2600m	3:23.60	(32.6)
		3000m	4:01.67	(34.7)	3000m	3:56.31	(32.7)

Thialf - Heerenveen

		Naam		Cat	Baan	PR	Tijd	Info
12	gl	38 Ivar Immerzeel		HB2	AMS	4:01.96	4:08.74	
	bl	47 Olav Kooij		HB1	BRE	4:01.06	4:06.30	
		Ivar Immerzeel			Olav Kooij			
		200m	19.68	(19.6)	200m	19.17	(19.1)	
		600m	51.25	(31.6)	600m	50.23	(31.1)	
		1000m	1:23.15	(31.9)	1000m	1:21.79	(31.5)	
		1400m	1:55.24	(32.1)	1400m	1:53.60	(31.9)	
		1800m	2:27.27	(32.0)	1800m	2:25.62	(32.0)	
		2200m	3:00.41	(33.2)	2200m	2:58.18	(32.5)	
		2600m	3:34.21	(33.8)	2600m	3:31.42	(33.3)	
		3000m	4:08.74	(34.5)	3000m	4:06.30	(34.9)	