

25. Rituitslag Dames Junioren A 5000 meter

		Naam	Cat	Baan	PR	Tijd Info
1	wt	35 Dieuwertje van Kalken	DA2	HRN	7:47.05	DQ
	rd	70 Lonneke Uneken	DA1	HVN		7:59.73
		<u>Dieuwertje van Kalken</u>		<u>Lonneke Uneken</u>		
				200m	22.44	(22.4)
				600m	59.54	(37.1)
				1000m	1:37.27	(37.7)
				1400m	2:14.68	(37.4)
				1800m	2:51.96	(37.3)
				2200m	3:29.07	(37.1)
				2600m	4:06.21	(37.2)
				3000m	4:43.47	(37.2)
				3400m	5:21.32	(37.9)
				3800m	6:00.12	(38.8)
				4200m	6:39.89	(39.7)
				4600m	7:20.24	(40.4)
				5000m	7:59.73	(39.5)

		Naam	Cat	Baan	PR	Tijd Info
2	gl	50 Muriël Meijer	DA2	DEV	8:39.88	7:36.94 PR
	bl	65 Tessa Snoek	DA1	AMS		7:38.71
		<u>Muriël Meijer</u>		<u>Tessa Snoek</u>		
		200m	21.23	(21.2)	200m	21.27 (21.2)
		600m	55.88	(34.6)	600m	56.96 (35.7)
		1000m	1:31.72	(35.9)	1000m	1:32.96 (36.0)
		1400m	2:07.54	(35.8)	1400m	2:08.80 (35.9)
		1800m	2:43.38	(35.8)	1800m	2:45.09 (36.2)
		2200m	3:19.40	(36.1)	2200m	3:21.57 (36.5)
		2600m	3:55.53	(36.1)	2600m	3:58.67 (37.1)
		3000m	4:31.86	(36.3)	3000m	4:35.35 (36.7)
		3400m	5:08.22	(36.4)	3400m	5:12.56 (37.2)
		3800m	5:45.18	(36.9)	3800m	5:49.82 (37.3)
		4200m	6:21.51	(36.4)	4200m	6:26.68 (36.8)
		4600m	6:59.05	(37.5)	4600m	7:03.25 (36.6)
		5000m	7:36.94	(37.9)	5000m	7:38.71 (35.5)

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	79 Annemarie van der Wal	DA2	HVN	7:50.70	7:47.46	PR
	rd	53 Annet Noppert	DA2	HVN	7:42.90	7:39.92	PR

Annemarie van der Wal			Annet Noppert		
200m	22.09	(22.0)	200m	21.89	(21.8)
600m	57.13	(35.1)	600m	55.83	(34.0)
1000m	1:33.40	(36.3)	1000m	1:31.26	(35.4)
1400m	2:10.17	(36.7)	1400m	2:06.74	(35.5)
1800m	2:47.18	(37.0)	1800m	2:42.52	(35.8)
2200m	3:24.17	(37.0)	2200m	3:18.64	(36.1)
2600m	4:01.12	(37.0)	2600m	3:55.21	(36.6)
3000m	4:38.40	(37.3)	3000m	4:31.89	(36.6)
3400m	5:15.74	(37.3)	3400m	5:08.99	(37.1)
3800m	5:53.29	(37.5)	3800m	5:46.78	(37.8)
4200m	6:31.28	(38.0)	4200m	6:24.58	(37.8)
4600m	7:09.50	(38.3)	4600m	7:02.57	(38.0)
5000m	7:47.46	(37.9)	5000m	7:39.92	(37.4)

		Naam	Cat	Baan	PR	Tijd	Info
4	gl	17 Sandra Dekker	DA2	BRE		7:55.85	
	bl	3 Janet Beers	DA1	HRN	8:04.70	7:46.86	PR

Sandra Dekker			Janet Beers		
200m	21.93	(21.9)	200m	22.29	(22.2)
600m	58.44	(36.5)	600m	57.49	(35.2)
1000m	1:34.43	(36.0)	1000m	1:33.82	(36.4)
1400m	2:10.94	(36.5)	1400m	2:10.03	(36.2)
1800m	2:47.60	(36.7)	1800m	2:46.77	(36.7)
2200m	3:24.65	(37.0)	2200m	3:23.41	(36.7)
2600m	4:01.66	(37.0)	2600m	4:00.52	(37.1)
3000m	4:38.84	(37.2)	3000m	4:37.42	(36.9)
3400m	5:16.41	(37.6)	3400m	5:14.87	(37.4)
3800m	5:54.72	(38.3)	3800m	5:52.43	(37.6)
4200m	6:33.70	(39.0)	4200m	6:30.43	(38.0)
4600m	7:14.03	(40.3)	4600m	7:08.84	(38.4)
5000m	7:55.85	(41.8)	5000m	7:46.86	(38.0)

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd	Info
5	wt	32 Sterre Jonkers	DA2	HVN	7:23.86	7:12.81	PR
	rd	69 Eva van Til	DA1	DNH	7:42.68	7:45.04	
Sterre Jonkers			Eva van Til				
		200m	21.05	(21.0)	200m	21.61	(21.6)
		600m	53.93	(32.9)	600m	55.66	(34.0)
		1000m	1:27.43	(33.5)	1000m	1:31.19	(35.5)
		1400m	2:01.19	(33.7)	1400m	2:07.06	(35.9)
		1800m	2:35.00	(33.9)	1800m	2:43.46	(36.4)
		2200m	3:09.11	(34.1)	2200m	3:20.33	(36.9)
		2600m	3:43.35	(34.2)	2600m	3:57.31	(37.0)
		3000m	4:17.92	(34.6)	3000m	4:34.63	(37.3)
		3400m	4:52.76	(34.8)	3400m	5:12.66	(38.0)
		3800m	5:27.52	(34.8)	3800m	5:51.11	(38.5)
		4200m	6:02.78	(35.2)	4200m	6:29.42	(38.3)
		4600m	6:37.89	(35.1)	4600m	7:07.40	(38.0)
		5000m	7:12.81	(35.0)	5000m	7:45.04	(37.6)

		Naam	Cat	Baan	PR	Tijd	Info
6	gl	31 Luna Jonkers	DA1	ASS	7:35.15	7:27.50	PR
	bl	72 Paulien Verhaar	DA1	ENS	7:37.53	7:38.25	
Luna Jonkers			Paulien Verhaar				
		200m	21.76	(21.7)	200m	21.15	(21.1)
		600m	54.88	(33.1)	600m	55.34	(34.2)
		1000m	1:28.54	(33.7)	1000m	1:29.87	(34.5)
		1400m	2:03.42	(34.9)	1400m	2:04.72	(34.9)
		1800m	2:38.55	(35.1)	1800m	2:40.00	(35.3)
		2200m	3:13.93	(35.4)	2200m	3:15.51	(35.5)
		2600m	3:49.71	(35.8)	2600m	3:51.17	(35.6)
		3000m	4:25.94	(36.2)	3000m	4:27.35	(36.2)
		3400m	5:02.24	(36.3)	3400m	5:04.03	(36.7)
		3800m	5:38.63	(36.4)	3800m	5:41.39	(37.3)
		4200m	6:15.04	(36.4)	4200m	6:19.78	(38.4)
		4600m	6:51.42	(36.4)	4600m	6:58.29	(38.5)
		5000m	7:27.50	(36.1)	5000m	7:38.25	(40.0)