

26. Rituitslag Heren Junioren A 5000 meter

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	27 Homme Jan de Groot	HA2	LEE		6:57.55	
	rd	32 Louis Hollaar	HA2	GRO	6:45.59	6:46.81	
Homme Jan de Groot			Louis Hollaar				
		200m	19.73	(19.7)	200m	19.62	(19.6)
		600m	51.88	(32.1)	600m	51.11	(31.5)
		1000m	1:24.54	(32.7)	1000m	1:23.21	(32.1)
		1400m	1:57.57	(33.0)	1400m	1:55.39	(32.1)
		1800m	2:30.04	(32.5)	1800m	2:27.51	(32.2)
		2200m	3:03.09	(33.0)	2200m	2:59.61	(32.1)
		2600m	3:36.55	(33.5)	2600m	3:31.86	(32.2)
		3000m	4:09.95	(33.4)	3000m	4:04.18	(32.3)
		3400m	4:43.65	(33.7)	3400m	4:36.52	(32.4)
		3800m	5:17.09	(33.4)	3800m	5:09.19	(32.6)
		4200m	5:51.00	(34.0)	4200m	5:41.69	(32.5)
		4600m	6:24.70	(33.7)	4600m	6:14.34	(32.7)
		5000m	6:57.55	(32.8)	5000m	6:46.81	(32.5)

		Naam	Cat	Baan	PR	Tijd	Info
2	gl	86 Teun de Wit	HA1	UTR		6:55.12	
	bl	46 Adriaan de Kluiver	HA2	DEV		7:02.85	
Teun de Wit			Adriaan de Kluiver				
		200m	19.62	(19.6)	200m	20.69	(20.6)
		600m	50.87	(31.2)	600m	52.81	(32.2)
		1000m	1:22.95	(32.1)	1000m	1:25.47	(32.6)
		1400m	1:55.25	(32.3)	1400m	1:58.04	(32.6)
		1800m	2:27.74	(32.5)	1800m	2:31.18	(33.1)
		2200m	3:00.69	(32.9)	2200m	3:04.11	(33.0)
		2600m	3:33.69	(33.0)	2600m	3:37.27	(33.1)
		3000m	4:06.77	(33.1)	3000m	4:10.76	(33.5)
		3400m	4:40.17	(33.4)	3400m	4:45.06	(34.3)
		3800m	5:13.90	(33.8)	3800m	5:19.18	(34.1)
		4200m	5:47.96	(34.0)	4200m	5:53.55	(34.4)
		4600m	6:21.82	(33.9)	4600m	6:28.07	(34.5)
		5000m	6:55.12	(33.3)	5000m	7:02.85	(34.8)

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd Info
3	wt	16 Bram Cohen	HA1	HVN	7:04.71	6:54.17 PR
	rd	17 Adne van Diest	HA2	DNH	7:02.74	DNF

Bram Cohen

200m	19.78	(19.7)
600m	51.23	(31.5)
1000m	1:23.36	(32.1)
1400m	1:56.08	(32.7)
1800m	2:28.48	(32.4)
2200m	3:00.98	(32.5)
2600m	3:33.66	(32.7)
3000m	4:06.62	(33.0)
3400m	4:39.65	(33.0)
3800m	5:13.17	(33.5)
4200m	5:47.02	(33.9)
4600m	6:20.89	(33.8)
5000m	6:54.17	(33.3)

Adne van Diest

200m	19.69	(19.6)
600m	51.32	(31.7)
1000m	1:24.41	(33.1)
1400m	1:57.47	(33.0)
1800m	2:30.70	(33.3)
2200m	3:04.13	(33.4)
2600m	3:38.09	(33.9)
3000m	4:12.46	(34.4)
3400m	4:46.74	(34.3)

		Naam	Cat	Baan	PR	Tijd Info
4	gl	60 Martin van Schie	HA2	HAA	6:54.58	6:58.20
	bl	81 Max Visscher	HA1	ASS	7:05.57	6:41.20 PR

Martin van Schie

200m	20.15	(20.1)
600m	52.17	(32.0)
1000m	1:24.30	(32.2)
1400m	1:56.72	(32.4)
1800m	2:29.39	(32.6)
2200m	3:02.32	(33.0)
2600m	3:35.53	(33.2)
3000m	4:08.83	(33.3)
3400m	4:42.10	(33.3)
3800m	5:15.51	(33.4)
4200m	5:49.67	(34.1)
4600m	6:23.97	(34.3)
5000m	6:58.20	(34.3)

Max Visscher

200m	19.37	(19.3)
600m	50.06	(30.7)
1000m	1:21.38	(31.3)
1400m	1:53.33	(32.0)
1800m	2:25.55	(32.2)
2200m	2:57.66	(32.1)
2600m	3:29.61	(32.0)
3000m	4:01.59	(31.9)
3400m	4:33.34	(31.8)
3800m	5:05.08	(31.7)
4200m	5:37.04	(32.0)
4600m	6:09.10	(32.1)
5000m	6:41.20	(32.1)

Thialf - Heerenveen

		Naam	Cat	Baan	PR	Tijd Info
5	wt	10 Jort Boomhouwer	HA2	HVN	6:59.18	DNF
	rd	4 Berend Bervoets	HA2	HRN	6:57.02	6:56.41 PR
Jort Boomhouwer			Berend Bervoets			
		200m	20.00	(20.0)	200m	20.44 (20.4)
		600m	52.30	(32.3)	600m	53.20 (32.8)
		1000m	1:24.79	(32.4)	1000m	1:25.31 (32.1)
		1400m	1:57.35	(32.6)	1400m	1:57.72 (32.4)
		1800m	2:29.61	(32.3)	1800m	2:30.27 (32.5)
		2200m	3:02.65	(33.0)	2200m	3:03.08 (32.8)
		2600m	3:35.33	(32.7)	2600m	3:35.90 (32.9)
		3000m	4:08.77	(33.4)	3000m	4:09.20 (33.3)
		3400m	4:42.49	(33.7)	3400m	4:42.49 (33.2)
		3800m	5:16.96	(34.5)	3800m	5:15.55 (33.1)
					4200m	5:49.13 (33.6)
					4600m	6:22.76 (33.6)
					5000m	6:56.41 (33.7)

		Naam	Cat	Baan	PR	Tijd Info
6	gl	66 Jesse Stam	HA1	DNH	6:58.49	7:04.37
	bl	62 Chiel Smit	HA2	HVN	6:49.10	6:52.31
Jesse Stam			Chiel Smit			
		200m	19.45	(19.4)	200m	19.92 (19.9)
		600m	51.24	(31.8)	600m	52.25 (32.3)
		1000m	1:23.95	(32.7)	1000m	1:24.60 (32.4)
		1400m	1:56.63	(32.7)	1400m	1:56.86 (32.2)
		1800m	2:28.89	(32.2)	1800m	2:28.90 (32.1)
		2200m	3:01.19	(32.3)	2200m	3:00.89 (31.9)
		2600m	3:33.77	(32.6)	2600m	3:33.26 (32.4)
		3000m	4:07.01	(33.3)	3000m	4:05.93 (32.7)
		3400m	4:40.62	(33.6)	3400m	4:39.07 (33.1)
		3800m	5:15.34	(34.7)	3800m	5:12.36 (33.3)
		4200m	5:51.07	(35.7)	4200m	5:45.64 (33.3)
		4600m	6:27.53	(36.5)	4600m	6:18.93 (33.3)
		5000m	7:04.37	(36.8)	5000m	6:52.31 (33.4)