

2. Rituitslag Heren 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	37 Mats Stoltenborg	HSA	6:20.84	6:33.43	
	rd	44 Frank Vreugdenhil	HSB	6:22.42	6:31.09	
Mats Stoltenborg			Frank Vreugdenhil			
		200m	20.15 (20.1)	200m	19.75 (19.7)	
		600m	50.95 (30.8)	600m	50.35 (30.6)	
		1000m	1:21.47 (30.5)	1000m	1:21.02 (30.7)	
		1400m	1:52.09 (30.6)	1400m	1:51.64 (30.6)	
		1800m	2:22.73 (30.7)	1800m	2:22.38 (30.7)	
		2200m	2:53.51 (30.8)	2200m	2:52.87 (30.5)	
		2600m	3:24.53 (31.0)	2600m	3:23.71 (30.9)	
		3000m	3:55.57 (31.0)	3000m	3:54.70 (31.0)	
		3400m	4:26.84 (31.3)	3400m	4:26.04 (31.3)	
		3800m	4:58.24 (31.4)	3800m	4:57.68 (31.6)	
		4200m	5:29.66 (31.4)	4200m	5:29.61 (32.0)	
		4600m	6:01.29 (31.6)	4600m	6:00.41 (30.8)	
		5000m	6:33.43 (32.2)	5000m	6:31.09 (30.6)	

		Naam	Cat	PR	Tijd	Info
2	wt	15 Chris Huizinga	HN1	6:23.35	6:25.87	
	rd	7 Lex Dijkstra	HN3	6:30.14	6:25.90	PR
Chris Huizinga			Lex Dijkstra			
		200m	18.44 (18.4)	200m	18.90 (18.9)	
		600m	47.72 (29.3)	600m	48.44 (29.5)	
		1000m	1:17.78 (30.0)	1000m	1:18.22 (29.8)	
		1400m	1:48.16 (30.4)	1400m	1:48.18 (29.9)	
		1800m	2:18.07 (29.9)	1800m	2:18.25 (30.1)	
		2200m	2:48.67 (30.6)	2200m	2:48.44 (30.2)	
		2600m	3:18.70 (30.1)	2600m	3:18.92 (30.5)	
		3000m	3:49.22 (30.5)	3000m	3:49.43 (30.5)	
		3400m	4:19.67 (30.4)	3400m	4:20.39 (30.9)	
		3800m	4:50.49 (30.8)	3800m	4:51.66 (31.3)	
		4200m	5:21.90 (31.5)	4200m	5:23.29 (31.6)	
		4600m	5:54.08 (32.1)	4600m	5:54.91 (31.7)	
		5000m	6:25.87 (31.8)	5000m	6:25.90 (31.0)	

		Naam			Cat	PR	Tijd	Info
3	wt	23 Bart Mol			HSA	6:24.87	6:34.91	
	rd	42 Koen Verweij			HSA	6:09.51	6:26.00	
		Bart Mol			Koen Verweij			
		200m	20.10	(20.1)	200m	18.77	(18.7)	
		600m	49.94	(29.8)	600m	47.33	(28.6)	
		1000m	1:19.92	(30.0)	1000m	1:16.13	(28.8)	
		1400m	1:50.31	(30.4)	1400m	1:45.55	(29.4)	
		1800m	2:20.80	(30.5)	1800m	2:15.32	(29.8)	
		2200m	2:51.70	(30.9)	2200m	2:45.48	(30.1)	
		2600m	3:22.99	(31.2)	2600m	3:16.06	(30.6)	
		3000m	3:54.46	(31.5)	3000m	3:46.86	(30.8)	
		3400m	4:26.26	(31.8)	3400m	4:18.25	(31.4)	
		3800m	4:58.15	(31.9)	3800m	4:49.97	(31.7)	
		4200m	5:30.20	(32.1)	4200m	5:22.15	(32.2)	
		4600m	6:02.46	(32.2)	4600m	5:54.03	(31.9)	
		5000m	6:34.91	(32.5)	5000m	6:26.00	(32.0)	

		Naam			Cat	PR	Tijd	Info
4	wt	30 Patrick Roest			HN3	6:15.10	6:20.36	
	rd	43 Jos de Vos			HSA	6:22.72	DNF	
		Patrick Roest			Jos de Vos			
		200m	18.74	(18.7)	200m	19.00	(19.0)	
		600m	47.71	(29.0)	600m	48.65	(29.6)	
		1000m	1:17.30	(29.6)	1000m	1:18.87	(30.2)	
		1400m	1:47.13	(29.8)	1400m	2:18.69	(59.8)	
		1800m	2:16.93	(29.8)				
		2200m	2:46.74	(29.8)				
		2600m	3:16.61	(29.9)				
		3000m	3:46.57	(29.9)				
		3400m	4:16.73	(30.2)				
		3800m	4:47.27	(30.5)				
		4200m	5:18.18	(30.9)				
		4600m	5:49.16	(31.0)				
		5000m	6:20.36	(31.2)				

		Naam			Cat	PR	Tijd	Info
5	wt	46 Douwe de Vries			HSB	6:13.70	6:26.37	
	rd	38 Arjan Stroetinga			HSB	6:19.18	6:37.96	
		Douwe de Vries			Arjan Stroetinga			
		200m	18.86	(18.8)	200m	19.47	(19.4)	
		600m	48.34	(29.5)	600m	49.38	(29.9)	
		1000m	1:18.53	(30.2)	1000m	1:19.65	(30.3)	
		1400m	1:48.91	(30.4)	1400m	1:49.93	(30.3)	
		1800m	2:19.13	(30.2)	1800m	2:20.45	(30.5)	
		2200m	2:49.44	(30.3)	2200m	2:51.10	(30.7)	
		2600m	3:19.85	(30.4)	2600m	3:22.13	(31.0)	
		3000m	3:50.46	(30.6)	3000m	3:53.32	(31.2)	
		3400m	4:21.09	(30.6)	3400m	4:24.97	(31.6)	
		3800m	4:51.94	(30.9)	3800m	4:57.51	(32.6)	
		4200m	5:23.18	(31.2)	4200m	5:30.59	(33.0)	
		4600m	5:54.64	(31.5)	4600m	6:03.93	(33.4)	
		5000m	6:26.37	(31.7)	5000m	6:37.96	(34.0)	

		Naam			Cat	PR	Tijd	Info
6	wt	34 Simon Schouten			HSA	6:16.76	6:23.91	
	rd	39 Marwin Talsma			HN1	6:20.84	6:25.55	
		Simon Schouten			Marwin Talsma			
		200m	18.88	(18.8)	200m	19.64	(19.6)	
		600m	49.66	(30.8)	600m	49.60	(30.0)	
		1000m	1:20.20	(30.6)	1000m	1:19.41	(29.8)	
		1400m	1:50.13	(29.9)	1400m	1:49.32	(29.9)	
		1800m	2:20.39	(30.2)	1800m	2:19.12	(29.8)	
		2200m	2:50.68	(30.3)	2200m	2:49.15	(30.0)	
		2600m	3:21.01	(30.4)	2600m	3:19.13	(30.0)	
		3000m	3:51.30	(30.3)	3000m	3:49.34	(30.2)	
		3400m	4:21.59	(30.2)	3400m	4:20.06	(30.7)	
		3800m	4:51.85	(30.3)	3800m	4:51.14	(31.1)	
		4200m	5:22.46	(30.6)	4200m	5:22.76	(31.6)	
		4600m	5:53.21	(30.8)	4600m	5:54.48	(31.7)	
		5000m	6:23.91	(30.7)	5000m	6:25.55	(31.1)	

		Naam			Cat	PR	Tijd	Info
7	wt	3 Jan Blokhuijsen			HSA	6:11.91	6:18.01	
	rd	45 Bob de Vries			HSB	6:10.48	6:15.06	
		Jan Blokhuijsen			Bob de Vries			
		200m	18.71	(18.7)	200m	19.17	(19.1)	
		600m	47.98	(29.2)	600m	48.15	(29.0)	
		1000m	1:17.19	(29.2)	1000m	1:17.47	(29.3)	
		1400m	1:46.97	(29.8)	1400m	1:47.02	(29.6)	
		1800m	2:16.41	(29.5)	1800m	2:16.54	(29.5)	
		2200m	2:46.41	(30.0)	2200m	2:46.20	(29.7)	
		2600m	3:16.02	(29.6)	2600m	3:16.02	(29.8)	
		3000m	3:45.70	(29.7)	3000m	3:45.58	(29.5)	
		3400m	4:15.49	(29.7)	3400m	4:15.31	(29.8)	
		3800m	4:45.39	(29.9)	3800m	4:44.63	(29.3)	
		4200m	5:15.87	(30.5)	4200m	5:14.44	(29.8)	
		4600m	5:46.61	(30.8)	4600m	5:44.53	(30.1)	
		5000m	6:18.01	(31.4)	5000m	6:15.06	(30.5)	

		Naam			Cat	PR	Tijd	Info
8	wt	20 Erik Jan Kooiman			HSB	6:16.83	6:27.57	
	rd	21 Sven Kramer			HSB	6:03.32	6:15.79	
		Erik Jan Kooiman			Sven Kramer			
		200m	19.89	(19.8)	200m	19.05	(19.0)	
		600m	49.68	(29.8)	600m	48.50	(29.5)	
		1000m	1:19.84	(30.2)	1000m	1:18.42	(29.9)	
		1400m	1:49.90	(30.1)	1400m	1:48.22	(29.8)	
		1800m	2:19.69	(29.7)	1800m	2:17.95	(29.7)	
		2200m	2:49.67	(30.0)	2200m	2:47.86	(29.9)	
		2600m	3:19.92	(30.3)	2600m	3:17.86	(30.0)	
		3000m	3:50.37	(30.4)	3000m	3:47.24	(29.4)	
		3400m	4:21.07	(30.7)	3400m	4:16.83	(29.6)	
		3800m	4:52.08	(31.0)	3800m	4:46.47	(29.6)	
		4200m	5:23.56	(31.5)	4200m	5:16.10	(29.7)	
		4600m	5:55.49	(31.9)	4600m	5:45.80	(29.7)	
		5000m	6:27.57	(32.1)	5000m	6:15.79	(29.9)	

Olympisch kwalificatietoernooi

Thialf - Heerenveen
26 t/m 30 december 2017

		Naam			Cat	PR	Tijd	Info
9	wt	5 Marcel Bosker			HN2	6:13.68	6:22.59	
	rd	2 Jorrit Bergsma			HSB	6:06.93	6:20.04	
		Marcel Bosker			Jorrit Bergsma			
		200m	18.41	(18.4)	200m	19.02	(19.0)	
		600m	47.72	(29.3)	600m	48.66	(29.6)	
		1000m	1:17.87	(30.1)	1000m	1:18.80	(30.2)	
		1400m	1:48.04	(30.2)	1400m	1:48.77	(29.9)	
		1800m	2:18.24	(30.2)	1800m	2:18.76	(30.0)	
		2200m	2:48.40	(30.2)	2200m	2:48.66	(29.9)	
		2600m	3:18.24	(29.8)	2600m	3:18.84	(30.2)	
		3000m	3:48.49	(30.2)	3000m	3:49.03	(30.2)	
		3400m	4:18.68	(30.2)	3400m	4:19.15	(30.1)	
		3800m	4:49.08	(30.4)	3800m	4:48.88	(29.7)	
		4200m	5:19.25	(30.2)	4200m	5:18.84	(30.0)	
		4600m	5:50.17	(30.9)	4600m	5:49.06	(30.2)	
		5000m	6:22.59	(32.4)	5000m	6:20.04	(31.0)	