

3. Rituitslag Dames 3000m

		Naam			Cat	PR	Tijd	Info
1	wt	29	Yvonne Nauta		DSA	4:02.56	4:14.57	
	rd	38	Elma de Vries		DSB	4:03.18	4:18.47	
		Yvonne Nauta			Elma de Vries			
		200m	20.87	(20.8)	200m	20.27	(20.2)	
		600m	52.51	(31.7)	600m	52.45	(32.2)	
		1000m	1:24.49	(31.9)	1000m	1:24.88	(32.4)	
		1400m	1:57.31	(32.9)	1400m	1:57.89	(33.0)	
		1800m	2:30.28	(32.9)	1800m	2:30.94	(33.1)	
		2200m	3:04.06	(33.8)	2200m	3:05.13	(34.2)	
		2600m	3:38.77	(34.7)	2600m	3:41.15	(36.0)	
		3000m	4:14.57	(35.8)	3000m	4:18.47	(37.3)	

		Naam			Cat	PR	Tijd	Info
2	wt	12	Lisa van der Geest		DSA	4:07.43	4:18.33	
	rd	5	Joy Beune		DA2	4:08.91	4:07.92	PR
		Lisa van der Geest			Joy Beune			
		200m	20.89	(20.8)	200m	20.55	(20.5)	
		600m	53.07	(32.2)	600m	51.63	(31.1)	
		1000m	1:25.43	(32.4)	1000m	1:22.79	(31.1)	
		1400m	1:58.41	(33.0)	1400m	1:54.52	(31.8)	
		1800m	2:31.86	(33.4)	1800m	2:26.74	(32.2)	
		2200m	3:06.28	(34.4)	2200m	2:59.63	(32.9)	
		2600m	3:41.89	(35.6)	2600m	3:33.60	(34.0)	
		3000m	4:18.33	(36.5)	3000m	4:07.92	(34.3)	

		Naam			Cat	PR	Tijd	Info
3	wt	36	Esmee Visser		DN3	4:08.02	4:06.23	PR
	rd	1	Carlijn Achtereekte		DSA	3:58.63	4:03.99	
		Esmee Visser			Carlijn Achtereekte			
		200m	20.80	(20.8)	200m	20.39	(20.3)	
		600m	52.62	(31.8)	600m	51.20	(30.9)	
		1000m	1:24.25	(31.6)	1000m	1:22.40	(31.2)	
		1400m	1:56.11	(31.9)	1400m	1:54.21	(31.8)	
		1800m	2:28.11	(32.0)	1800m	2:26.25	(32.0)	
		2200m	3:00.16	(32.0)	2200m	2:58.35	(32.1)	
		2600m	3:32.86	(32.7)	2600m	3:30.93	(32.6)	
		3000m	4:06.23	(33.4)	3000m	4:03.99	(33.0)	

		Naam			Cat	PR	Tijd	Info
4	wt	41	Annouk van der Weijden		DSB	4:00.45	4:05.76	
	rd	2	Reina Anema		DSA	4:05.66	4:10.79	
		Annouk van der Weijden			Reina Anema			
		200m	19.50	(19.5)	200m	20.57	(20.5)	
		600m	50.34	(30.8)	600m	51.85	(31.3)	
		1000m	1:21.72	(31.4)	1000m	1:23.79	(31.9)	
		1400m	1:53.69	(31.9)	1400m	1:55.96	(32.2)	
		1800m	2:26.00	(32.4)	1800m	2:28.51	(32.6)	
		2200m	2:58.50	(32.5)	2200m	3:01.65	(33.1)	
		2600m	3:31.48	(32.9)	2600m	3:35.83	(34.2)	
		3000m	4:05.76	(34.3)	3000m	4:10.79	(34.9)	

		Naam			Cat	PR	Tijd	Info
5	wt	21 Sterre Jonkers			DA2	4:07.69	4:20.59	
	rd	42 Melissa Wijffe			DN3	4:03.89	4:07.29	
		Sterre Jonkers			Melissa Wijffe			
		200m	20.59	(20.5)	200m	20.28	(20.2)	
		600m	52.36	(31.8)	600m	50.78	(30.5)	
		1000m	1:25.20	(32.9)	1000m	1:21.98	(31.2)	
		1400m	1:58.41	(33.2)	1400m	1:53.52	(31.6)	
		1800m	2:32.31	(33.9)	1800m	2:25.35	(31.8)	
		2200m	3:07.25	(34.9)	2200m	2:57.81	(32.5)	
		2600m	3:43.51	(36.3)	2600m	3:31.44	(33.6)	
		3000m	4:20.59	(37.0)	3000m	4:07.29	(35.8)	

		Naam			Cat	PR	Tijd	Info
6	wt	39 Linda de Vries			DSA	3:59.76	4:07.70	
	rd	23 Carien Kleibeuker			D40	4:03.79	4:11.64	
		Linda de Vries			Carien Kleibeuker			
		200m	19.70	(19.7)	200m	21.13	(21.1)	
		600m	50.53	(30.8)	600m	52.73	(31.6)	
		1000m	1:21.66	(31.1)	1000m	1:24.78	(32.0)	
		1400m	1:53.26	(31.6)	1400m	1:57.56	(32.8)	
		1800m	2:25.24	(32.0)	1800m	2:30.51	(33.0)	
		2200m	2:58.14	(32.9)	2200m	3:03.67	(33.1)	
		2600m	3:32.16	(34.0)	2600m	3:37.69	(34.0)	
		3000m	4:07.70	(35.6)	3000m	4:11.64	(34.0)	

		Naam			Cat	PR	Tijd	Info
7	wt	17 Marije Joling			DSA	4:00.48	4:11.91	
	rd	18 Antoinette de Jong			DN4	3:57.78	4:02.07	
Marije Joling			Antoinette de Jong					
		200m	20.44	(20.4)		200m	20.13	(20.1)
		600m	52.18	(31.7)		600m	50.51	(30.4)
		1000m	1:24.31	(32.2)		1000m	1:21.21	(30.7)
		1400m	1:57.39	(33.0)		1400m	1:52.34	(31.1)
		1800m	2:30.92	(33.6)		1800m	2:24.06	(31.7)
		2200m	3:04.33	(33.4)		2200m	2:56.29	(32.2)
		2600m	3:37.96	(33.6)		2600m	3:29.08	(32.8)
		3000m	4:11.91	(34.0)		3000m	4:02.07	(33.0)

		Naam			Cat	PR	Tijd	Info
8	wt	32 Irene Schouten			DSA	3:58.39	4:17.01	
	rd	43 Ireen Wüst			DSB	3:58.01	4:03.39	
Irene Schouten			Ireen Wüst					
		200m	20.05	(20.0)		200m	19.62	(19.6)
		600m	50.72	(30.7)		600m	49.42	(29.8)
		1000m	1:22.89	(32.1)		1000m	1:20.46	(31.0)
		1400m	1:55.35	(32.5)		1400m	1:52.11	(31.7)
		1800m	2:28.70	(33.4)		1800m	2:23.79	(31.6)
		2200m	3:03.03	(34.3)		2200m	2:56.05	(32.3)
		2600m	3:39.49	(36.4)		2600m	3:29.26	(33.2)
		3000m	4:17.01	(37.6)		3000m	4:03.39	(34.1)