

## 9. Rituitslag Dames 5000m

		Naam		Cat		PR	Tijd	Info
1	wt	16	<b>Sanne in 't Hof</b>		DN1	7:15.55	<b>7:10.18</b>	PR
	rd	41	<b>Annouk van der Weijden</b>		DSB	7:00.72	<b>6:56.41</b>	PR
			<b>Sanne in 't Hof</b>	<b>Annouk van der Weijden</b>				
		200m	20.26	(20.2)		200m	19.93	(19.9)
		600m	52.52	(32.3)		600m	51.44	(31.5)
		1000m	1:26.39	(33.8)		1000m	1:24.34	(32.9)
		1400m	2:00.52	(34.2)		1400m	1:57.45	(33.1)
		1800m	2:34.38	(33.8)		1800m	2:30.62	(33.2)
		2200m	3:08.24	(33.9)		2200m	3:03.71	(33.1)
		2600m	3:42.10	(33.9)		2600m	3:36.69	(32.9)
		3000m	4:16.17	(34.0)		3000m	4:09.76	(33.1)
		3400m	4:50.36	(34.2)		3400m	4:42.95	(33.2)
		3800m	5:24.95	(34.6)		3800m	5:16.08	(33.1)
		4200m	5:59.84	(34.9)		4200m	5:49.36	(33.3)
		4600m	6:34.95	(35.1)		4600m	6:22.87	(33.5)
		5000m	7:10.18	(35.2)		5000m	6:56.41	(33.6)

		Naam		Cat		PR	Tijd	Info
2	wt	39	<b>Linda de Vries</b>		DSA	7:02.77	<b>7:08.97</b>	
	rd	27	<b>Femke Markus</b>		DN2	7:10.97	<b>7:23.57</b>	
			<b>Linda de Vries</b>	<b>Femke Markus</b>				
		200m	20.08	(20.0)		200m	20.38	(20.3)
		600m	52.32	(32.3)		600m	52.54	(32.2)
		1000m	1:25.01	(32.7)		1000m	1:26.09	(33.5)
		1400m	1:58.48	(33.4)		1400m	2:00.13	(34.1)
		1800m	2:31.72	(33.3)		1800m	2:34.27	(34.1)
		2200m	3:04.72	(33.0)		2200m	3:08.46	(34.2)
		2600m	3:37.90	(33.2)		2600m	3:43.22	(34.8)
		3000m	4:11.57	(33.6)		3000m	4:17.98	(34.7)
		3400m	4:45.63	(34.1)		3400m	4:53.45	(35.5)
		3800m	5:20.41	(34.8)		3800m	5:29.64	(36.2)
		4200m	5:55.82	(35.4)		4200m	6:07.28	(37.6)
		4600m	6:32.04	(36.2)		4600m	6:45.51	(38.3)
		5000m	7:08.97	(36.9)		5000m	7:23.57	(38.0)

		Naam			Cat	PR	Tijd	Info
3	wt	2 <b>Reina Anema</b>			DSA	7:02.59	<b>7:06.38</b>	
	rd	42 <b>Melissa Wijffe</b>			DN3	7:02.51	<b>7:11.67</b>	
		<b>Reina Anema</b>			<b>Melissa Wijffe</b>			
		200m	20.69	(20.6)	200m	20.27	(20.2)	
		600m	52.48	(31.8)	600m	52.00	(31.8)	
		1000m	1:25.45	(33.0)	1000m	1:25.31	(33.3)	
		1400m	1:58.43	(33.0)	1400m	1:58.44	(33.1)	
		1800m	2:31.32	(32.9)	1800m	2:31.89	(33.4)	
		2200m	3:04.51	(33.2)	2200m	3:05.14	(33.3)	
		2600m	3:38.00	(33.5)	2600m	3:38.85	(33.7)	
		3000m	4:11.71	(33.7)	3000m	4:12.85	(34.0)	
		3400m	4:45.74	(34.0)	3400m	4:47.63	(34.8)	
		3800m	5:20.08	(34.3)	3800m	5:22.85	(35.2)	
		4200m	5:54.71	(34.7)	4200m	5:58.75	(35.9)	
		4600m	6:30.18	(35.4)	4600m	6:34.90	(36.2)	
		5000m	7:06.38	(36.2)	5000m	7:11.67	(36.7)	

		Naam			Cat	PR	Tijd	Info
4	wt	32 <b>Irene Schouten</b>			DSA	6:55.93	<b>7:00.33</b>	
	rd	12 <b>Lisa van der Geest</b>			DSA	6:57.89	<b>7:02.81</b>	
		<b>Irene Schouten</b>			<b>Lisa van der Geest</b>			
		200m	20.74	(20.7)	200m	21.37	(21.3)	
		600m	53.56	(32.8)	600m	54.83	(33.5)	
		1000m	1:26.48	(32.9)	1000m	1:28.30	(33.5)	
		1400m	1:59.38	(32.9)	1400m	2:01.50	(33.2)	
		1800m	2:32.11	(32.8)	1800m	2:34.32	(32.8)	
		2200m	3:04.67	(32.5)	2200m	3:07.42	(33.1)	
		2600m	3:37.40	(32.8)	2600m	3:40.57	(33.1)	
		3000m	4:10.25	(32.8)	3000m	4:13.94	(33.4)	
		3400m	4:43.33	(33.1)	3400m	4:47.53	(33.6)	
		3800m	5:16.53	(33.2)	3800m	5:21.24	(33.7)	
		4200m	5:50.23	(33.7)	4200m	5:55.17	(33.9)	
		4600m	6:24.82	(34.6)	4600m	6:28.90	(33.8)	
		5000m	7:00.33	(35.5)	5000m	7:02.81	(33.9)	

		Naam	Cat	PR	Tijd	Info
5	wt	23 <b>Carien Kleibeuker</b>	D40	6:45.04	<b>6:57.23</b>	
	rd	1 <b>Carlijn Achtereekte</b>	DSA	6:54.49	<b>6:58.29</b>	
		<b>Carien Kleibeuker</b>			<b>Carlijn Achtereekte</b>	
		200m	21.20 (21.2)	200m	20.63 (20.6)	
		600m	52.79 (31.5)	600m	52.26 (31.6)	
		1000m	1:25.10 (32.4)	1000m	1:24.67 (32.4)	
		1400m	1:57.82 (32.7)	1400m	1:57.38 (32.7)	
		1800m	2:30.14 (32.3)	1800m	2:30.28 (32.9)	
		2200m	3:02.83 (32.7)	2200m	3:03.05 (32.8)	
		2600m	3:35.64 (32.8)	2600m	3:36.09 (33.0)	
		3000m	4:08.69 (33.0)	3000m	4:09.43 (33.4)	
		3400m	4:41.86 (33.2)	3400m	4:43.43 (34.0)	
		3800m	5:15.30 (33.5)	3800m	5:17.01 (33.6)	
		4200m	5:49.30 (34.0)	4200m	5:50.72 (33.7)	
		4600m	6:23.24 (33.9)	4600m	6:24.59 (33.8)	
		5000m	6:57.23 (34.0)	5000m	6:58.29 (33.7)	

		Naam	Cat	PR	Tijd	Info
6	wt	18 <b>Antoinette de Jong</b>	DN4	6:56.45	<b>6:58.41</b>	
	rd	36 <b>Esmee Visser</b>	DN3	6:58.04	<b>6:56.60</b>	PR
		<b>Antoinette de Jong</b>			<b>Esmee Visser</b>	
		200m	21.06 (21.0)	200m	21.24 (21.2)	
		600m	53.62 (32.6)	600m	54.30 (33.1)	
		1000m	1:25.77 (32.1)	1000m	1:27.35 (33.0)	
		1400m	1:58.20 (32.5)	1400m	2:00.18 (32.8)	
		1800m	2:30.97 (32.7)	1800m	2:33.07 (32.9)	
		2200m	3:04.13 (33.2)	2200m	3:05.81 (32.8)	
		2600m	3:37.13 (33.0)	2600m	3:38.46 (32.6)	
		3000m	4:10.45 (33.3)	3000m	4:11.10 (32.7)	
		3400m	4:43.84 (33.4)	3400m	4:43.88 (32.7)	
		3800m	5:17.41 (33.6)	3800m	5:16.59 (32.7)	
		4200m	5:50.87 (33.4)	4200m	5:49.53 (33.0)	
		4600m	6:24.50 (33.7)	4600m	6:22.83 (33.3)	
		5000m	6:58.41 (33.9)	5000m	6:56.60 (33.8)	