

Klassement 2

	Naam	Cat	500	5000	1500	Punten
1	93 Lex Dijkstra	HN3	38.27 (7)	6:33.39 (1)		77.609
2	25 Louis Hollaar	HA2	37.60 (4)	6:51.10 (4)	+3.30	78.710
3	55 Kars Jansman	HN4	39.04 (20)	6:39.44 (2)	+4.12	78.984
4	45 Jeroen Janissen	HN1	38.52 (11)	6:50.18 (3)	+5.78	79.538
5	47 Gerwin Colje	HN4	37.98 (5)	6:57.82 (10)	+6.45	79.762
6	95 Victor Ramler	HN2	38.61 (12)	6:52.55 (5)	+6.76	79.865
7	96 Bart Vreugdenhil	HN3	38.34 (9)	6:56.30 (7)	+7.08	79.970
8	46 Olof Gerritsen	HN3	37.56 (2)	7:05.34 (17)	+7.45	80.094
9	65 Kees Heemskerk	HN4	38.43 (10)	6:57.54 (9)	+7.72	80.184
10	94 Thijs Roozen	HN4	37.38 (1)	7:08.27 (21)	+7.79	80.207
11	15 Jort Boomhouwer	HA2	37.59 (3)	7:08.08 (19)	+8.36	80.398
12	35 Jorick Duijzer	HN1	38.26 (6)	7:03.43 (11)	+8.98	80.603
13	5 Max Visscher	HA1	39.16 (25)	6:55.58 (6)	+9.32	80.718
14	27 Hanno Dahmen	HN1	39.13 (24)	6:57.30 (8)	+9.75	80.860
15	101 Jan Hamers	HN2	38.86 (17)	7:04.47 (14)	+11.09	81.307
16	16 Sjoerd Kleinhuis	HSA	39.05 (21)	7:04.02 (13)	+11.52	81.452
17	26 Tom Terpstra	HSA	38.67 (13)	7:08.16 (20)	+11.63	81.486
18	97 Jeffrey Kors	HN3	39.00 (19)	7:05.19 (16)	+11.73	81.519
19	103 Luc Heine	HN1	38.70 (14)	7:08.67 (22)	+11.87	81.567
20	99 Joes Klijnsoorn	HN1	39.07 (23)	7:05.02 (15)	+11.88	81.572
21	37 Elmar Visser	HN3	38.91 (18)	7:07.51 (18)	+12.15	81.661
22	36 Richard van Schie	HSA	39.50 (31)	7:03.75 (12)	+12.79	81.875
23	68 Bram van Schie	HSA	38.84 (16)	7:11.83 (25)	+13.24	82.023
24	102 Nino van Dijk	HN1	38.82 (15)	7:12.10 (26)	+13.26	82.030
25	100 Ronald Ligtenberg	HN3	39.18 (26)	7:08.88 (23)	+13.37	82.068
26	67 Adne van Diest	HA2	38.31 (8)	7:20.15 (31)	+14.14	82.325
27	104 Wiebe Stassen	HN2	39.06 (22)	7:12.66 (27)	+14.15	82.326
28	18 Olav Zuidert	HSA	39.28 (29)	7:14.23 (28)	+15.28	82.703
29	105 Fausto Hubner	HN1	39.23 (27)	7:15.72 (29)	+15.57	82.802
30	56 Vincent Oudshoorn	HN3	39.25 (28)	7:15.92 (30)	+15.69	82.842
31	98 Rick van Hemert	HSB	40.43 (32)	7:11.65 (24)	+17.95	83.595
32	57 Rynald Kip	HN3	39.32 (30)	7:33.87 (32)	+21.29	84.707



4. Uitslag Heren 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	93 Lex Dijkstra	HN3	16	I	6:33.39		
2	55 Kars Jansman	HN4	15	I	6:39.44		
3	45 Jeroen Janissen	HN1	14	I	6:50.18		
4	25 Louis Hollaar	HA2	15	O	6:51.10		
5	95 Victor Ramler	HN2	17	I	6:52.55		
6	5 Max Visscher	HA1	13	I	6:55.58		
7	96 Bart Vreugdenhil	HN3	12	I	6:56.30		
8	27 Hanno Dahmen	HN1	3	I	6:57.30		
9	65 Kees Heemskerck	HN4	18	I	6:57.54		
10	47 Gerwin Colje	HN4	11	O	6:57.82		
11	106 Mark Ooijevaar	HSB	1	I	6:58.42		
12	35 Jorick Duijzer	HN1	18	O	7:03.43		
13	36 Richard van Schie	HSA	12	O	7:03.75		
14	16 Sjoerd Kleinhuis	HSA	7	I	7:04.02		
15	101 Jan Hamers	HN2	9	I	7:04.47		
16	99 Joes Klijnsoon	HN1	17	O	7:05.02		
17	97 Jeffrey Kors	HN3	13	O	7:05.19		
18	46 Olof Gerritsen	HN3	5	I	7:05.34		
19	37 Elmar Visser	HN3	3	O	7:07.51		
20	15 Jort Boomhouwer	HA2	14	O	7:08.08		
21	26 Tom Terpstra	HSA	8	O	7:08.16		
22	94 Thijs Roozen	HN4	9	O	7:08.27		
23	103 Luc Heine	HN1	11	I	7:08.67		
24	100 Ronald Ligtenberg	HN3	8	I	7:08.88		
25	98 Rick van Hemert	HSB	16	O	7:11.65		
26	68 Bram van Schie	HSA	6	I	7:11.83		
27	102 Nino van Dijk	HN1	10	I	7:12.10		
28	104 Wiebe Stassen	HN2	6	O	7:12.66		
29	18 Olav Zuidert	HSA	4	I	7:14.23		
30	105 Fausto Hubner	HN1	4	O	7:15.72		
31	56 Vincent Oudshoorn	HN3	7	O	7:15.92		
32	67 Adne van Diest	HA2	10	O	7:20.15		
33	57 Rynald Kip	HN3	5	O	7:33.87	PR.	

4. Rituitslag Heren 5000 meter

	Naam	Cat	PR	Tijd Info
1	wt rd	106 Mark Ooijevaar	HSB	6:24.56 6:58.42

Mark Ooijevaar

200m	20.04	(20.0)	m
600m	51.83	(31.8)	
1000m	1:24.75	(32.9)	
1400m	1:57.64	(32.9)	
1800m	2:30.61	(33.0)	
2200m	3:03.54	(32.9)	
2600m	3:36.51	(33.0)	
3000m	4:09.60	(33.1)	
3400m	4:42.96	(33.3)	
3800m	5:16.61	(33.7)	
4200m	5:50.30	(33.7)	
4600m	6:24.01	(33.7)	
5000m	6:58.42	(34.4)	

	Naam	Cat	PR	Tijd Info
2	gl bl			
				m
				m



		Naam	Cat		PR	Tijd Info
3	wt	27 Hanno Dahmen	HN1		6:41.89	6:57.30
	rd	37 Elmar Visser	HN3		6:59.97	7:07.51
		Hanno Dahmen			Elmar Visser	
		200m	20.00	(20.0)	200m	19.95 (19.9)
		600m	53.12	(33.1)	600m	52.33 (32.4)
		1000m	1:25.72	(32.6)	1000m	1:25.26 (32.9)
		1400m	1:58.92	(33.2)	1400m	1:58.12 (32.9)
		1800m	2:31.87	(32.9)	1800m	2:31.31 (33.2)
		2200m	3:05.30	(33.5)	2200m	3:04.49 (33.1)
		2600m	3:38.28	(32.9)	2600m	3:38.26 (33.8)
		3000m	4:11.42	(33.2)	3000m	4:12.23 (34.0)
		3400m	4:44.44	(33.0)	3400m	4:47.32 (35.1)
		3800m	5:17.57	(33.1)	3800m	5:22.86 (35.5)
		4200m	5:50.60	(33.1)	4200m	5:58.27 (35.4)
		4600m	6:24.07	(33.4)	4600m	6:32.91 (34.7)
		5000m	6:57.30	(33.3)	5000m	7:07.51 (34.6)

		Naam	Cat		PR	Tijd Info
4	gl	18 Olav Zuidert	HSA		7:01.17	7:14.23
	bl	105 Fausto Hubner	HN1		7:04.48	7:15.72
		Olav Zuidert			Fausto Hubner	
		200m	20.58	(20.5)	200m	20.85 (20.8)
		600m	53.70	(33.2)	600m	52.95 (32.1)
		1000m	1:26.17	(32.4)	1000m	1:25.45 (32.5)
		1400m	1:59.88	(33.7)	1400m	1:58.34 (32.9)
		1800m	2:34.20	(34.4)	1800m	2:32.12 (33.8)
		2200m	3:09.37	(35.1)	2200m	3:06.65 (34.5)
		2600m	3:44.31	(35.0)	2600m	3:41.87 (35.2)
		3000m	4:19.14	(34.8)	3000m	4:17.13 (35.3)
		3400m	4:54.17	(35.0)	3400m	4:52.85 (35.7)
		3800m	5:29.56	(35.4)	3800m	5:28.82 (36.0)
		4200m	6:04.63	(35.1)	4200m	6:04.94 (36.1)
		4600m	6:39.31	(34.7)	4600m	6:40.42 (35.5)
		5000m	7:14.23	(34.9)	5000m	7:15.72 (35.3)



		Naam	Cat		PR	Tijd Info
5	wt	46 Olof Gerritsen	HN3		6:49.65	7:05.34
	rd	57 Rynald Kip	HN3		7:40.12	7:33.87 PR
		Olof Gerritsen			Rynald Kip	
		200m	18.66	(18.6)	200m	20.13 (20.1)
		600m	50.91	(32.3)	600m	54.15 (34.0)
		1000m	1:23.89	(32.9)	1000m	1:29.61 (35.5)
		1400m	1:56.55	(32.7)	1400m	2:05.08 (35.4)
		1800m	2:29.66	(33.1)	1800m	2:40.48 (35.4)
		2200m	3:02.88	(33.2)	2200m	3:16.19 (35.7)
		2600m	3:36.27	(33.4)	2600m	3:52.62 (36.5)
		3000m	4:09.96	(33.7)	3000m	4:29.82 (37.2)
		3400m	4:44.20	(34.3)	3400m	5:07.76 (37.9)
		3800m	5:19.17	(34.9)	3800m	5:45.56 (37.8)
		4200m	5:54.53	(35.4)	4200m	6:21.95 (36.4)
		4600m	6:29.95	(35.4)	4600m	6:58.05 (36.1)
		5000m	7:05.34	(35.4)	5000m	7:33.87 (35.8)

		Naam	Cat		PR	Tijd Info
6	gl	68 Bram van Schie	HSA		6:48.17	7:11.83
	bl	104 Wiebe Stassen	HN2		7:00.66	7:12.66
		Bram van Schie			Wiebe Stassen	
		200m	19.62	(19.6)	200m	20.53 (20.5)
		600m	52.21	(32.6)	600m	53.18 (32.6)
		1000m	1:26.01	(33.8)	1000m	1:26.91 (33.8)
		1400m	1:59.71	(33.7)	1400m	2:00.59 (33.6)
		1800m	2:33.42	(33.7)	1800m	2:34.53 (34.0)
		2200m	3:07.39	(33.9)	2200m	3:08.38 (33.8)
		2600m	3:41.69	(34.3)	2600m	3:43.06 (34.7)
		3000m	4:15.80	(34.2)	3000m	4:17.46 (34.4)
		3400m	4:50.22	(34.4)	3400m	4:52.11 (34.7)
		3800m	5:25.07	(34.8)	3800m	5:27.38 (35.2)
		4200m	6:00.36	(35.3)	4200m	6:02.40 (35.1)
		4600m	6:36.11	(35.8)	4600m	6:38.05 (35.6)
		5000m	7:11.83	(35.7)	5000m	7:12.66 (34.6)



		Naam			Cat	PR	Tijd Info
7	wt	16 Sjoerd Kleinhuis			HSA	6:55.49	7:04.02
	rd	56 Vincent Oudshoorn			HN3	7:07.50	7:15.92
		Sjoerd Kleinhuis			Vincent Oudshoorn		
		200m	19.59	(19.5)	200m	19.98	(19.9)
		600m	52.02	(32.5)	600m	52.26	(32.3)
		1000m	1:25.08	(33.0)	1000m	1:25.24	(33.0)
		1400m	1:58.41	(33.4)	1400m	1:58.57	(33.3)
		1800m	2:31.39	(32.9)	1800m	2:32.42	(33.9)
		2200m	3:04.83	(33.5)	2200m	3:06.34	(33.9)
		2600m	3:38.41	(33.6)	2600m	3:40.58	(34.2)
		3000m	4:12.20	(33.8)	3000m	4:15.00	(34.5)
		3400m	4:45.87	(33.6)	3400m	4:49.76	(34.7)
		3800m	5:19.61	(33.8)	3800m	5:25.21	(35.5)
		4200m	5:53.59	(33.9)	4200m	6:01.34	(36.1)
		4600m	6:28.35	(34.8)	4600m	6:38.27	(36.9)
		5000m	7:04.02	(35.7)	5000m	7:15.92	(37.7)

		Naam			Cat	PR	Tijd Info
8	gl	100 Ronald Ligtenberg			HN3	6:47.86	7:08.88
	bl	26 Tom Terpstra			HSA	6:49.75	7:08.16
		Ronald Ligtenberg			Tom Terpstra		
		200m	20.01	(20.0)	200m	19.90	(19.9)
		600m	53.19	(33.1)	600m	51.90	(32.0)
		1000m	1:26.59	(33.4)	1000m	1:25.16	(33.2)
		1400m	1:59.85	(33.3)	1400m	1:58.61	(33.5)
		1800m	2:33.43	(33.6)	1800m	2:32.30	(33.7)
		2200m	3:07.36	(33.9)	2200m	3:06.24	(33.9)
		2600m	3:41.26	(33.9)	2600m	3:40.57	(34.3)
		3000m	4:15.57	(34.3)	3000m	4:15.17	(34.6)
		3400m	4:49.87	(34.3)	3400m	4:49.82	(34.7)
		3800m	5:24.31	(34.5)	3800m	5:23.92	(34.1)
		4200m	5:59.00	(34.7)	4200m	5:59.17	(35.2)
		4600m	6:33.87	(34.8)	4600m	6:34.11	(35.0)
		5000m	7:08.88	(35.0)	5000m	7:08.16	(34.0)



		Naam			Cat			PR	Tijd Info
9	wt	101	Jan Hamers		HN2			6:50.75	7:04.47
	rd	94	Thijs Roozen		HN4			6:55.47	7:08.27
			Jan Hamers			Thijs Roozen			
			200m	19.67	(19.6)	200m	19.80	(19.8)	
			600m	52.16	(32.5)	600m	51.27	(31.4)	
			1000m	1:25.09	(32.9)	1000m	1:23.55	(32.3)	
			1400m	1:58.27	(33.2)	1400m	1:56.93	(33.4)	
			1800m	2:31.33	(33.1)	1800m	2:30.86	(33.9)	
			2200m	3:04.75	(33.4)	2200m	3:04.74	(33.9)	
			2600m	3:38.33	(33.6)	2600m	3:38.91	(34.2)	
			3000m	4:12.09	(33.7)	3000m	4:13.07	(34.1)	
			3400m	4:46.30	(34.3)	3400m	4:47.09	(34.0)	
			3800m	5:20.53	(34.2)	3800m	5:21.68	(34.6)	
			4200m	5:54.85	(34.3)	4200m	5:56.86	(35.2)	
			4600m	6:29.67	(34.8)	4600m	6:32.11	(35.3)	
			5000m	7:04.47	(34.8)	5000m	7:08.27	(36.1)	

		Naam			Cat			PR	Tijd Info
10	gl	102	Nino van Dijk		HN1			6:49.40	7:12.10
	bl	67	Adne van Diest		HA2			7:02.74	7:20.15
			Nino van Dijk			Adne van Diest			
			200m	19.60	(19.6)	200m	19.79	(19.7)	
			600m	52.13	(32.5)	600m	51.94	(32.2)	
			1000m	1:25.18	(33.0)	1000m	1:25.52	(33.6)	
			1400m	1:58.22	(33.1)	1400m	1:59.19	(33.6)	
			1800m	2:31.52	(33.3)	1800m	2:33.18	(34.0)	
			2200m	3:05.29	(33.7)	2200m	3:07.86	(34.7)	
			2600m	3:39.29	(34.0)	2600m	3:43.09	(35.2)	
			3000m	4:13.74	(34.5)	3000m	4:18.78	(35.7)	
			3400m	4:48.67	(34.9)	3400m	4:54.83	(36.1)	
			3800m	5:23.93	(35.3)	3800m	5:31.01	(36.2)	
			4200m	5:59.75	(35.8)	4200m	6:07.45	(36.4)	
			4600m	6:35.58	(35.8)	4600m	6:43.81	(36.4)	
			5000m	7:12.10	(36.6)	5000m	7:20.15	(36.3)	



		Naam			Cat	PR	Tijd Info
11	wt	103	Luc Heine		HN1	6:56.50	7:08.67
	rd	47	Gerwin Colje		HN4	6:43.73	6:57.82
		Luc Heine			Gerwin Colje		
		200m	19.60	(19.6)	200m	19.87	(19.8)
		600m	52.86	(33.2)	600m	51.53	(31.7)
		1000m	1:26.69	(33.8)	1000m	1:23.52	(32.0)
		1400m	2:00.93	(34.3)	1400m	1:55.81	(32.3)
		1800m	2:34.65	(33.7)	1800m	2:28.29	(32.4)
		2200m	3:08.34	(33.7)	2200m	3:01.02	(32.8)
		2600m	3:42.07	(33.7)	2600m	3:33.89	(32.8)
		3000m	4:15.75	(33.7)	3000m	4:06.94	(33.1)
		3400m	4:49.34	(33.6)	3400m	4:40.17	(33.2)
		3800m	5:23.15	(33.8)	3800m	5:13.75	(33.6)
		4200m	5:57.53	(34.4)	4200m	5:47.96	(34.2)
		4600m	6:32.66	(35.1)	4600m	6:22.74	(34.8)
		5000m	7:08.67	(36.0)	5000m	6:57.82	(35.1)

		Naam			Cat	PR	Tijd Info
12	gl	96	Bart Vreugdenhil		HN3	6:41.46	6:56.30
	bl	36	Richard van Schie		HSA	6:50.58	7:03.75
		Bart Vreugdenhil			Richard van Schie		
		200m	19.70	(19.7)	200m	19.69	(19.6)
		600m	52.04	(32.3)	600m	51.62	(32.0)
		1000m	1:24.87	(32.8)	1000m	1:24.38	(32.7)
		1400m	1:57.84	(33.0)	1400m	1:57.24	(32.9)
		1800m	2:30.68	(32.8)	1800m	2:30.32	(33.1)
		2200m	3:03.59	(32.9)	2200m	3:03.27	(32.9)
		2600m	3:36.42	(32.9)	2600m	3:36.72	(33.5)
		3000m	4:09.23	(32.8)	3000m	4:10.42	(33.7)
		3400m	4:42.16	(32.9)	3400m	4:44.61	(34.2)
		3800m	5:15.24	(33.1)	3800m	5:18.96	(34.3)
		4200m	5:48.70	(33.5)	4200m	5:53.68	(34.7)
		4600m	6:22.45	(33.7)	4600m	6:28.56	(34.9)
		5000m	6:56.30	(33.9)	5000m	7:03.75	(35.2)



		Naam	Cat		PR	Tijd Info
13	wt	5 Max Visscher	HA1		6:41.20	6:55.58
	rd	97 Jeffrey Kors	HN3		6:47.53	7:05.19
		Max Visscher	Jeffrey Kors			
		200m	19.68	(19.6)	200m	19.99 (19.9)
		600m	51.24	(31.6)	600m	52.84 (32.9)
		1000m	1:23.63	(32.4)	1000m	1:26.35 (33.5)
		1400m	1:56.21	(32.6)	1400m	2:00.18 (33.8)
		1800m	2:29.11	(32.9)	1800m	2:33.60 (33.5)
		2200m	3:01.98	(32.8)	2200m	3:07.03 (33.4)
		2600m	3:35.00	(33.1)	2600m	3:40.94 (33.9)
		3000m	4:07.94	(32.9)	3000m	4:14.69 (33.7)
		3400m	4:41.03	(33.1)	3400m	4:48.34 (33.7)
		3800m	5:14.14	(33.1)	3800m	5:22.13 (33.8)
		4200m	5:47.82	(33.7)	4200m	5:56.14 (34.0)
		4600m	6:21.56	(33.7)	4600m	6:30.53 (34.4)
		5000m	6:55.58	(34.0)	5000m	7:05.19 (34.6)

		Naam	Cat		PR	Tijd Info
14	gl	45 Jeroen Janissen	HN1		6:38.91	6:50.18
	bl	15 Jort Boomhouwer	HA2		6:59.18	7:08.08
		Jeroen Janissen	Jort Boomhouwer			
		200m	19.06	(19.0)	200m	20.07 (20.0)
		600m	51.06	(32.0)	600m	51.80 (31.8)
		1000m	1:23.25	(32.2)	1000m	1:24.00 (32.2)
		1400m	1:55.69	(32.4)	1400m	1:56.53 (32.5)
		1800m	2:27.99	(32.3)	1800m	2:29.39 (32.8)
		2200m	3:00.48	(32.5)	2200m	3:03.01 (33.7)
		2600m	3:33.17	(32.7)	2600m	3:37.35 (34.3)
		3000m	4:05.76	(32.6)	3000m	4:12.15 (34.8)
		3400m	4:38.46	(32.7)	3400m	4:47.02 (34.9)
		3800m	5:11.08	(32.6)	3800m	5:21.89 (34.8)
		4200m	5:43.98	(32.9)	4200m	5:57.26 (35.4)
		4600m	6:17.00	(33.1)	4600m	6:32.99 (35.7)
		5000m	6:50.18	(33.1)	5000m	7:08.08 (35.1)

		Naam	Cat		PR	Tijd Info
15	wt	55 Kars Jansman	HN4		6:30.44	6:39.44
	rd	25 Louis Hollaar	HA2		6:45.59	6:51.10
		Kars Jansman			Louis Hollaar	
		200m	19.64	(19.6)	200m	19.64 (19.6)
		600m	50.70	(31.1)	600m	51.34 (31.7)
		1000m	1:22.47	(31.7)	1000m	1:23.81 (32.5)
		1400m	1:54.49	(32.0)	1400m	1:55.90 (32.1)
		1800m	2:26.00	(31.6)	1800m	2:28.28 (32.3)
		2200m	2:57.46	(31.4)	2200m	3:00.65 (32.4)
		2600m	3:28.69	(31.2)	2600m	3:33.13 (32.5)
		3000m	4:00.17	(31.5)	3000m	4:05.95 (32.8)
		3400m	4:31.95	(31.8)	3400m	4:38.56 (32.6)
		3800m	5:03.63	(31.7)	3800m	5:11.72 (33.2)
		4200m	5:35.50	(31.9)	4200m	5:44.57 (32.8)
		4600m	6:07.74	(32.2)	4600m	6:17.71 (33.2)
		5000m	6:39.44	(31.7)	5000m	6:51.10 (33.4)

		Naam	Cat		PR	Tijd Info
16	gl	93 Lex Dijkstra	HN3		6:25.90	6:33.39
	bl	98 Rick van Hemert	HSB		6:46.22	7:11.65
		Lex Dijkstra			Rick van Hemert	
		200m	19.05	(19.0)	200m	20.50 (20.5)
		600m	50.21	(31.2)	600m	53.25 (32.7)
		1000m	1:21.67	(31.4)	1000m	1:27.39 (34.1)
		1400m	1:52.94	(31.3)	1400m	2:01.81 (34.5)
		1800m	2:24.22	(31.3)	1800m	2:36.29 (34.4)
		2200m	2:55.58	(31.3)	2200m	3:10.95 (34.7)
		2600m	3:26.97	(31.4)	2600m	3:45.19 (34.2)
		3000m	3:58.20	(31.3)	3000m	4:19.33 (34.2)
		3400m	4:29.45	(31.2)	3400m	4:53.56 (34.2)
		3800m	5:00.55	(31.1)	3800m	5:27.92 (34.4)
		4200m	5:31.82	(31.3)	4200m	6:02.32 (34.4)
		4600m	6:02.66	(30.8)	4600m	6:36.87 (34.5)
		5000m	6:33.39	(30.7)	5000m	7:11.65 (34.8)



		Naam			Cat			PR	Tijd Info
17	wt	95 Victor Ramler			HN2			6:47.20	6:52.55
	rd	99 Joes Klijnsoorn			HN1			6:46.45	7:05.02
		Victor Ramler			Joes Klijnsoorn				
		200m	20.28	(20.2)	200m	20.39	(20.3)		
		600m	52.13	(31.9)	600m	52.19	(31.8)		
		1000m	1:24.61	(32.5)	1000m	1:24.92	(32.8)		
		1400m	1:57.19	(32.5)	1400m	1:57.26	(32.3)		
		1800m	2:29.66	(32.5)	1800m	2:30.00	(32.8)		
		2200m	3:02.50	(32.9)	2200m	3:02.66	(32.6)		
		2600m	3:35.33	(32.8)	2600m	3:35.93	(33.3)		
		3000m	4:08.37	(33.0)	3000m	4:09.60	(33.7)		
		3400m	4:41.76	(33.4)	3400m	4:43.50	(33.9)		
		3800m	5:14.87	(33.1)	3800m	5:18.17	(34.6)		
		4200m	5:48.08	(33.2)	4200m	5:53.73	(35.6)		
		4600m	6:20.77	(32.7)	4600m	6:29.29	(35.5)		
		5000m	6:52.55	(31.8)	5000m	7:05.02	(35.8)		

		Naam			Cat			PR	Tijd Info
18	gl	65 Kees Heemskerk			HN4			6:41.89	6:57.54
	bl	35 Jorick Duijzer			HN1			6:49.16	7:03.43
		Kees Heemskerk			Jorick Duijzer				
		200m	19.65	(19.6)	200m	19.60	(19.6)		
		600m	51.83	(32.2)	600m	51.74	(32.1)		
		1000m	1:24.66	(32.8)	1000m	1:24.87	(33.1)		
		1400m	1:57.72	(33.1)	1400m	1:57.80	(33.0)		
		1800m	2:30.43	(32.7)	1800m	2:31.18	(33.3)		
		2200m	3:03.45	(33.0)	2200m	3:04.24	(33.1)		
		2600m	3:36.59	(33.1)	2600m	3:37.50	(33.3)		
		3000m	4:09.79	(33.2)	3000m	4:10.97	(33.4)		
		3400m	4:42.95	(33.2)	3400m	4:45.12	(34.2)		
		3800m	5:16.26	(33.3)	3800m	5:19.40	(34.3)		
		4200m	5:49.74	(33.5)	4200m	5:54.20	(34.8)		
		4600m	6:23.75	(34.0)	4600m	6:28.78	(34.5)		
		5000m	6:57.54	(33.8)	5000m	7:03.43	(34.7)		

