

Klassement 2

	Naam	Cat	500	5000	1500	10000	Punten
1	93 Lex Dijkstra	HN3	38.27 (7)	6:33.39 (1)	1:52.52 (1)	13:47.97 (1)	156.513
2	55 Kars Jansman	HN4	39.04 (20)	6:39.44 (2)	1:55.05 (5)	13:55.80 (2)	159.124
3	96 Bart Vreugdenhil	HN3	38.34 (9)	6:56.30 (7)	1:55.85 (9)	14:43.19 (3)	162.745
4	65 Kees Heemskerk	HN4	38.43 (10)	6:57.54 (9)	1:55.85 (9)	14:44.57 (4)	163.028
5	46 Olof Gerritsen	HN3	37.56 (2)	7:05.34 (17)	1:55.14 (6)	15:17.79 (9)	164.363
6	101 Jan Hamers	HN2	38.86 (17)	7:04.47 (14)	1:56.66 (16)	14:51.68 (5)	164.777
7	15 Jort Boomhouwer	HA2	37.59 (3)	7:08.08 (19)	1:56.18 (14)	15:18.47 (10)	165.047
8	16 Sjoerd Kleinhuis	HSA	39.05 (21)	7:04.02 (13)	1:56.07 (12)	15:08.22 (8)	165.553
9	36 Richard van Schie	HSA	39.50 (31)	7:03.75 (12)	1:58.36 (24)	14:56.70 (6)	166.163
10	100 Ronald Ligtenberg	HN3	39.18 (26)	7:08.88 (23)	1:57.29 (20)	15:06.36 (7)	166.482
11	37 Elmar Visser	HN3	38.91 (18)	7:07.51 (18)	1:59.07 (27)	15:31.81 (11)	167.941
12	25 Louis Hollaar	HA2	37.60 (4)	6:51.10 (4)	1:53.90 (3)		116.676
13	45 Jeroen Janissen	HN1	38.52 (11)	6:50.18 (3)	1:54.01 (4)		117.541
14	94 Thijs Roozen	HN4	37.38 (1)	7:08.27 (21)	1:52.72 (2)		117.780
15	47 Gerwin Colje	HN4	37.98 (5)	6:57.82 (10)	1:55.78 (7)		118.355
16	95 Victor Ramler	HN2	38.61 (12)	6:52.55 (5)	1:57.60 (22)		119.065
17	5 Max Visscher	HA1	39.16 (25)	6:55.58 (6)	1:56.05 (11)		119.401
18	27 Hanno Dahmen	HN1	39.13 (24)	6:57.30 (8)	1:55.82 (8)	WDR	119.466
19	35 Jorick Duijzer	HN1	38.26 (6)	7:03.43 (11)	1:56.75 (17)		119.519
20	99 Joes Klijnsoorn	HN1	39.07 (23)	7:05.02 (15)	1:56.07 (12)		120.262
21	26 Tom Terpstra	HSA	38.67 (13)	7:08.16 (20)	1:57.09 (18)		120.516
22	67 Adne van Diest	HA2	38.31 (8)	7:20.15 (31)	1:56.25 (15)		121.075
23	103 Luc Heine	HN1	38.70 (14)	7:08.67 (22)	1:59.25 (29)		121.317
24	104 Wiebe Stassen	HN2	39.06 (22)	7:12.66 (27)	1:57.40 (21)		121.459
25	102 Nino van Dijk	HN1	38.82 (15)	7:12.10 (26)	1:58.67 (25)		121.586
26	68 Bram van Schie	HSA	38.84 (16)	7:11.83 (25)	1:59.08 (28)		121.716
27	18 Olav Zuidert	HSA	39.28 (29)	7:14.23 (28)	1:57.92 (23)		122.009
28	56 Vincent Oudshoorn	HN3	39.25 (28)	7:15.92 (30)	1:58.85 (26)		122.458
29	105 Fausto Hubner	HN1	39.23 (27)	7:15.72 (29)	1:59.39 (30)		122.598
30	57 Rynald Kip	HN3	39.32 (30)	7:33.87 (32)	2:03.12 (31)		125.747
31	98 Rick van Hemert	HSB	40.43 (32)	7:11.65 (24)			83.595
	97 Jeffrey Kors	HN3	39.00 (19)	7:05.19 (16)	1:57.27 (19)	DQ	120.609

8. Uitslag Heren 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	93 Lex Dijkstra	HN3	6	I	13:47.97	PR	
2	55 Kars Jansman	HN4	6	O	13:55.80		
3	96 Bart Vreugdenhil	HN3	4	I	14:43.19		
4	65 Kees Heemskerck	HN4	4	O	14:44.57		
5	101 Jan Hamers	HN2	2	O	14:51.68		
6	36 Richard van Schie	HSA	3	O	14:56.70		
7	100 Ronald Ligtenberg	HN3	3	I	15:06.36		
8	16 Sjoerd Kleinhuis	HSA	2	I	15:08.22	PR	
9	46 Olof Gerritsen	HN3	5	I	15:17.79		
10	15 Jort Boomhouwer	HA2	5	O	15:18.47		
11	37 Elmar Visser	HN3	1	O	15:31.81		
	97 Jeffrey Kors	HN3	1	I		DQ	
	27 Hanno Dahmen	HN1				WDR	



8. Rituitslag Heren 10000 meter

	Naam	Cat	PR	Tijd Info
1	wt 97 Jeffrey Kors	HN3		DQ
	rd 37 Elmar Visser	HN3	15:19.16	15:31.81
	Jeffrey Kors	Elmar Visser		
		400m	38.57	(38.5)
		800m	1:14.60	(36.1)
		1200m	1:51.07	(36.4)
		1600m	2:27.32	(36.3)
		2000m	3:03.55	(36.2)
		2400m	3:39.54	(36.0)
		2800m	4:15.47	(35.9)
		3200m	4:51.89	(36.4)
		3600m	5:28.42	(36.6)
		4000m	6:06.30	(37.9)
		4400m	6:45.37	(39.0)
		4800m	7:23.05	(37.7)
		5200m	8:00.05	(37.0)
		5600m	8:38.23	(38.2)
		6000m	9:16.72	(38.5)
		6400m	9:54.14	(37.4)
		6800m	10:32.95	(38.8)
		7200m	11:10.31	(37.4)
		7600m	11:49.26	(38.9)
		8000m	12:28.29	(39.0)
		8400m	13:05.83	(37.6)
		8800m	13:42.44	(36.6)
		9200m	14:19.28	(36.8)
		9600m	14:55.48	(36.2)
		10000m	15:31.81	(36.4)

		Naam	Cat	PR	Tijd Info
2	gl	16 Sjoerd Kleinhuis	HSA	15:19.62	15:08.22 PR
	bl	101 Jan Hamers	HN2		14:51.68

Sjoerd Kleinhuis

Jan Hamers

400m	37.57	(37.5)	400m	37.79	(37.7)
800m	1:12.58	(35.0)	800m	1:13.88	(36.1)
1200m	1:47.91	(35.4)	1200m	1:48.66	(34.8)
1600m	2:22.52	(34.6)	1600m	2:23.22	(34.6)
2000m	2:57.49	(34.9)	2000m	2:57.86	(34.6)
2400m	3:32.09	(34.6)	2400m	3:32.84	(35.0)
2800m	4:07.03	(35.0)	2800m	4:07.55	(34.7)
3200m	4:42.02	(35.0)	3200m	4:42.74	(35.2)
3600m	5:17.45	(35.4)	3600m	5:17.94	(35.2)
4000m	5:52.45	(35.0)	4000m	5:53.13	(35.2)
4400m	6:27.88	(35.4)	4400m	6:28.43	(35.3)
4800m	7:03.42	(35.6)	4800m	7:04.13	(35.7)
5200m	7:39.04	(35.6)	5200m	7:39.49	(35.3)
5600m	8:14.63	(35.6)	5600m	8:15.25	(35.8)
6000m	8:51.38	(36.7)	6000m	8:51.11	(35.9)
6400m	9:28.64	(37.3)	6400m	9:27.04	(35.9)
6800m	10:05.92	(37.3)	6800m	10:03.11	(36.1)
7200m	10:42.68	(36.7)	7200m	10:39.37	(36.2)
7600m	11:19.65	(37.0)	7600m	11:15.48	(36.1)
8000m	11:57.36	(37.7)	8000m	11:51.42	(36.0)
8400m	12:35.08	(37.7)	8400m	12:27.60	(36.2)
8800m	13:13.46	(38.4)	8800m	13:04.19	(36.5)
9200m	13:52.00	(38.6)	9200m	13:40.29	(36.1)
9600m	14:30.15	(38.1)	9600m	14:16.18	(35.9)
10000m	15:08.22	(38.1)	10000m	14:51.68	(35.5)



	Naam	Cat	PR	Tijd Info
3 wt	100 Ronald Ligtenberg	HN3	14:53.75	15:06.36
rd	36 Richard van Schie	HSA	14:26.08	14:56.70

Ronald Ligtenberg

Richard van Schie

400m	38.63	(38.6)	400m	37.49	(37.4)
800m	1:13.96	(35.3)	800m	1:12.10	(34.7)
1200m	1:49.61	(35.7)	1200m	1:47.21	(35.1)
1600m	2:25.28	(35.6)	1600m	2:22.46	(35.2)
2000m	3:00.98	(35.7)	2000m	2:57.72	(35.3)
2400m	3:36.50	(35.6)	2400m	3:33.10	(35.4)
2800m	4:12.18	(35.6)	2800m	4:08.65	(35.5)
3200m	4:47.90	(35.8)	3200m	4:44.10	(35.5)
3600m	5:23.75	(35.8)	3600m	5:19.82	(35.7)
4000m	5:59.44	(35.7)	4000m	5:55.86	(36.0)
4400m	6:35.32	(35.9)	4400m	6:31.68	(35.8)
4800m	7:11.28	(35.9)	4800m	7:07.25	(35.6)
5200m	7:47.54	(36.3)	5200m	7:42.95	(35.7)
5600m	8:24.24	(36.7)	5600m	8:18.67	(35.7)
6000m	9:01.42	(37.2)	6000m	8:54.49	(35.8)
6400m	9:38.93	(37.5)	6400m	9:30.36	(35.9)
6800m	10:16.66	(37.7)	6800m	10:06.61	(36.3)
7200m	10:54.01	(37.4)	7200m	10:42.97	(36.3)
7600m	11:30.64	(36.6)	7600m	11:19.18	(36.2)
8000m	12:07.14	(36.5)	8000m	11:55.64	(36.5)
8400m	12:43.33	(36.2)	8400m	12:32.25	(36.6)
8800m	13:19.38	(36.0)	8800m	13:08.67	(36.4)
9200m	13:55.21	(35.9)	9200m	13:44.61	(36.0)
9600m	14:30.78	(35.5)	9600m	14:20.75	(36.1)
10000m	15:06.36	(35.6)	10000m	14:56.70	(36.0)



		Naam	Cat	PR	Tijd Info
4	gl	96 Bart Vreugdenhil	HN3	14:28.63	14:43.19
	bl	65 Kees Heemskerk	HN4		14:44.57

Bart Vreugdenhil

Kees Heemskerk

400m	38.19	(38.1)	400m	38.75	(38.7)
800m	1:13.16	(35.0)	800m	1:14.11	(35.4)
1200m	1:48.80	(35.7)	1200m	1:49.97	(35.8)
1600m	2:24.40	(35.6)	1600m	2:25.69	(35.7)
2000m	2:59.67	(35.2)	2000m	3:00.88	(35.2)
2400m	3:34.93	(35.3)	2400m	3:35.83	(35.0)
2800m	4:10.18	(35.2)	2800m	4:10.96	(35.1)
3200m	4:45.41	(35.3)	3200m	4:46.23	(35.3)
3600m	5:21.11	(35.7)	3600m	5:21.59	(35.3)
4000m	5:56.28	(35.1)	4000m	5:57.25	(35.7)
4400m	6:31.93	(35.7)	4400m	6:32.85	(35.6)
4800m	7:07.50	(35.6)	4800m	7:08.44	(35.6)
5200m	7:42.89	(35.3)	5200m	7:43.88	(35.4)
5600m	8:18.15	(35.3)	5600m	8:19.44	(35.6)
6000m	8:53.28	(35.1)	6000m	8:55.08	(35.6)
6400m	9:28.15	(34.9)	6400m	9:30.58	(35.5)
6800m	10:02.85	(34.7)	6800m	10:05.89	(35.3)
7200m	10:37.58	(34.7)	7200m	10:41.45	(35.6)
7600m	11:12.70	(35.2)	7600m	11:17.16	(35.7)
8000m	11:48.05	(35.3)	8000m	11:52.61	(35.5)
8400m	12:23.39	(35.3)	8400m	12:27.82	(35.2)
8800m	12:58.69	(35.3)	8800m	13:02.81	(35.0)
9200m	13:33.89	(35.2)	9200m	13:37.20	(34.4)
9600m	14:08.54	(34.7)	9600m	14:11.03	(33.8)
10000m	14:43.19	(34.6)	10000m	14:44.57	(33.5)



	Naam	Cat	PR	Tijd Info
5	wt 46 Olof Gerritsen	HN3	15:13.42	15:17.79
	rd 15 Jort Boomhouwer	HA2		15:18.47

Olof Gerritsen

Jort Boomhouwer

400m	40.50	(40.5)	400m	40.56	(40.5)
800m	1:16.59	(36.0)	800m	1:16.87	(36.3)
1200m	1:52.84	(36.3)	1200m	1:52.49	(35.6)
1600m	2:29.24	(36.4)	1600m	2:29.33	(36.9)
2000m	3:05.56	(36.3)	2000m	3:05.40	(36.1)
2400m	3:41.20	(35.7)	2400m	3:41.75	(36.3)
2800m	4:17.52	(36.3)	2800m	4:17.72	(36.0)
3200m	4:54.14	(36.6)	3200m	4:54.54	(36.8)
3600m	5:30.98	(36.8)	3600m	5:31.54	(37.0)
4000m	6:08.00	(37.1)	4000m	6:08.46	(36.9)
4400m	6:44.88	(36.8)	4400m	6:45.57	(37.1)
4800m	7:21.79	(36.9)	4800m	7:22.83	(37.3)
5200m	7:59.08	(37.3)	5200m	8:00.04	(37.2)
5600m	8:36.48	(37.4)	5600m	8:36.80	(36.8)
6000m	9:13.66	(37.2)	6000m	9:13.43	(36.6)
6400m	9:50.56	(36.9)	6400m	9:50.29	(36.8)
6800m	10:27.40	(36.9)	6800m	10:26.60	(36.4)
7200m	11:04.13	(36.7)	7200m	11:03.39	(36.7)
7600m	11:40.73	(36.6)	7600m	11:39.77	(36.4)
8000m	12:17.36	(36.6)	8000m	12:16.97	(37.2)
8400m	12:53.93	(36.6)	8400m	12:53.48	(36.5)
8800m	13:30.25	(36.3)	8800m	13:30.09	(36.6)
9200m	14:06.57	(36.3)	9200m	14:06.96	(36.9)
9600m	14:42.00	(35.5)	9600m	14:43.06	(36.1)
10000m	15:17.79	(35.7)	10000m	15:18.47	(35.4)



		Naam	Cat	PR	Tijd Info
6	gl	93 Lex Dijkstra	HN3	14:01.37	13:47.97 PR
	bl	55 Kars Jansman	HN4	13:48.80	13:55.80

Lex Dijkstra

Kars Jansman

400m	36.61	(36.6)	400m	36.65	(36.6)
800m	1:09.62	(33.0)	800m	1:09.87	(33.2)
1200m	1:42.81	(33.2)	1200m	1:43.01	(33.2)
1600m	2:15.74	(32.9)	1600m	2:16.08	(33.0)
2000m	2:48.75	(33.0)	2000m	2:48.73	(32.7)
2400m	3:21.71	(33.0)	2400m	3:21.68	(32.9)
2800m	3:55.15	(33.4)	2800m	3:54.93	(33.3)
3200m	4:28.26	(33.1)	3200m	4:28.48	(33.5)
3600m	5:01.68	(33.4)	3600m	5:01.65	(33.2)
4000m	5:34.75	(33.1)	4000m	5:35.18	(33.5)
4400m	6:07.90	(33.2)	4400m	6:08.73	(33.6)
4800m	6:41.19	(33.2)	4800m	6:42.23	(33.5)
5200m	7:14.09	(32.9)	5200m	7:15.26	(33.0)
5600m	7:46.87	(32.8)	5600m	7:48.17	(32.9)
6000m	8:19.43	(32.6)	6000m	8:21.11	(33.0)
6400m	8:52.38	(32.9)	6400m	8:54.34	(33.2)
6800m	9:25.49	(33.1)	6800m	9:27.75	(33.4)
7200m	9:58.59	(33.1)	7200m	10:01.13	(33.4)
7600m	10:31.56	(33.0)	7600m	10:34.48	(33.3)
8000m	11:04.59	(33.0)	8000m	11:07.95	(33.5)
8400m	11:37.65	(33.1)	8400m	11:41.40	(33.5)
8800m	12:10.79	(33.1)	8800m	12:15.16	(33.7)
9200m	12:43.88	(33.1)	9200m	12:48.90	(33.8)
9600m	13:16.53	(32.7)	9600m	13:22.31	(33.4)
10000m	13:47.97	(31.4)	10000m	13:55.80	(33.5)

