


Klassement 1

	Naam	Cat	500	3000	1500	5000	Punten
1	12 Reina Anema	DSA	42.03 (11)	4:14.88 (2)	2:02.85 (1)	7:25.68 (1)	170.028
2	52 Sanne in 't Hof	DN1	41.67 (4)	4:19.35 (3)	2:04.28 (2)	7:34.54 (3)	171.775
3	43 Roza Blokker	DSA	41.84 (6)	4:21.79 (5)	2:04.80 (3)	7:33.73 (2)	172.444
4	41 Femke Markus	DN2	41.89 (7)	4:20.54 (4)	2:06.44 (5)	7:36.13 (4)	173.072
5	11 Aveline Hijlkema	DN3	41.45 (2)	4:26.55 (8)	2:06.07 (4)	7:43.80 (5)	174.278
6	13 Sterre Jonkers	DA2	43.56 (18)	4:25.58 (7)	2:08.12 (8)	7:46.36 (6)	177.165
7	53 Muriël Meijer	DA2	41.97 (9)	4:31.60 (11)	2:07.07 (6)	8:02.66 (9)	177.858
8	86 Willemijn Cossen	DN3	42.15 (13)	4:29.92 (9)	2:09.06 (13)	8:04.06 (10)	178.562
9	90 Robin van Leeuwen	DN2	42.93 (15)	4:31.10 (10)	2:08.63 (12)	7:59.11 (8)	178.900
10	61 Ariane Smit	DN2	41.24 (1)	4:36.58 (16)	2:08.48 (11)	8:15.44 (11)	179.706
11	88 Lilian Temmink	DN1	44.37 (22)	4:33.28 (13)	2:12.75 (17)	7:54.48 (7)	181.614
12	2 Demi Meek	DA2	44.23 (21)	4:48.37 (22)	2:16.14 (21)	8:25.33 (12)	188.204
13	42 Esther Kiel	DN2	41.57 (3)	4:22.94 (6)	2:07.19 (7)	WDR	127.789
14	82 Natasja Roest	DSA	41.90 (8)	4:31.69 (12)	2:08.14 (9)	WDR	129.894
15	31 Sandra Dekker	DA2	41.99 (10)	4:33.63 (14)	2:09.90 (14)		130.895
16	92 Marit Steunenbergh	DN1	42.09 (12)	4:39.01 (17)	2:08.33 (10)		131.367
17	62 Eva van Til	DA1	42.96 (16)	4:42.89 (19)	2:11.83 (16)		134.051
18	21 Tessa Oudman	DA1	42.44 (14)	4:49.36 (23)	2:12.92 (18)		134.972
19	107 Britt de Boer	DA2	44.01 (19)	4:44.32 (21)	2:14.54 (19)		136.242
20	108 Amber Siegers	DA1	45.16 (23)	4:40.11 (18)	2:14.96 (20)		136.831
	54 Anouk Sanders	DN3	41.82 (5)	DQ	2:11.15 (15)		85.536
	1 Luna Jonkers	DA1	45.74 (24)	4:34.25 (15)	DQ		91.448
	83 Esmee Visser	DN3	43.22 (17)	4:12.00 (1)	DNS		85.220
	91 Lynn Dekker	DA2	44.22 (20)	4:44.14 (20)			91.576

7. Uitslag Dames 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Reina Anema	DSA	6	I	7:25.68		
2	43 Roza Blokker	DSA	5	O	7:33.73	PR	
3	52 Sanne in 't Hof	DN1	6	O	7:34.54		
4	41 Femke Markus	DN2	5	I	7:36.13		
5	11 Aveline Hijlkema	DN3	4	O	7:43.80	PR	
6	13 Sterre Jonkers	DA2	1	I	7:46.36		
7	88 Lilian Temmink	DN1	4	I	7:54.48		
8	90 Robin van Leeuwen	DN2	3	I	7:59.11		
9	53 Muriël Meijer	DA2	3	O	8:02.66		
10	86 Willemijn Cnossen	DN3	1	O	8:04.06		
11	61 Ariane Smit	DN2	2	O	8:15.44		
12	2 Demi Meek	DA2	2	I	8:25.33		
	42 Esther Kiel	DN2			WDR		
	82 Natasja Roest	DSA			WDR		



7. Rituitslag Dames 5000 meter

		Naam		Cat		PR	Tijd Info
1	wt	13 Sterre Jonkers		DA2		7:12.81	7:46.36
	rd	86 Willemijn Cnossen		DN3		7:37.19	8:04.06
		Sterre Jonkers			Willemijn Cnossen		
		200m	22.29	(22.2)	200m	23.13	(23.1)
		600m	57.89	(35.6)	600m	1:00.36	(37.2)
		1000m	1:33.99	(36.1)	1000m	1:37.50	(37.2)
		1400m	2:10.43	(36.5)	1400m	2:14.49	(36.9)
		1800m	2:46.82	(36.4)	1800m	2:52.37	(37.9)
		2200m	3:23.41	(36.6)	2200m	3:30.44	(38.1)
		2600m	4:00.42	(37.0)	2600m	4:09.24	(38.8)
		3000m	4:37.24	(36.8)	3000m	4:48.55	(39.3)
		3400m	5:14.78	(37.5)	3400m	5:27.75	(39.2)
		3800m	5:52.42	(37.7)	3800m	6:06.97	(39.2)
		4200m	6:30.33	(37.9)	4200m	6:45.73	(38.8)
		4600m	7:08.52	(38.2)	4600m	7:25.20	(39.5)
		5000m	7:46.36	(37.8)	5000m	8:04.06	(38.8)

		Naam		Cat		PR	Tijd Info
2	gl	2 Demi Meek		DA2		8:22.20	8:25.33
	bl	61 Ariane Smit		DN2			8:15.44
		Demi Meek			Ariane Smit		
		200m	23.31	(23.3)	200m	23.13	(23.1)
		600m	1:01.69	(38.3)	600m	1:01.09	(37.9)
		1000m	1:40.19	(38.5)	1000m	1:40.26	(39.2)
		1400m	2:19.43	(39.3)	1400m	2:19.70	(39.5)
		1800m	2:58.78	(39.3)	1800m	2:59.53	(39.8)
		2200m	3:38.83	(40.1)	2200m	3:38.98	(39.4)
		2600m	4:18.80	(40.0)	2600m	4:18.59	(39.6)
		3000m	4:59.72	(40.9)	3000m	4:57.27	(38.7)
		3400m	5:41.14	(41.4)	3400m	5:36.79	(39.5)
		3800m	6:23.34	(42.2)	3800m	6:16.80	(40.1)
		4200m	7:04.93	(41.6)	4200m	6:56.64	(39.8)
		4600m	7:46.16	(41.2)	4600m	7:36.66	(40.0)
		5000m	8:25.33	(39.2)	5000m	8:15.44	(38.8)



		Naam			Cat			PR	Tijd Info
3	wt	90	Robin van Leeuwen		DN2			7:40.24	7:59.11
	rd	53	Muriël Meijer		DA2			7:36.94	8:02.66
		Robin van Leeuwen				Muriël Meijer			
		200m	23.06	(23.0)	200m	23.00	(23.0)		
		600m	1:00.87	(37.8)	600m	1:00.24	(37.2)		
		1000m	1:38.77	(37.9)	1000m	1:38.16	(37.9)		
		1400m	2:16.91	(38.2)	1400m	2:15.56	(37.4)		
		1800m	2:54.50	(37.6)	1800m	2:53.08	(37.5)		
		2200m	3:32.33	(37.8)	2200m	3:30.69	(37.6)		
		2600m	4:10.40	(38.1)	2600m	4:08.87	(38.2)		
		3000m	4:48.26	(37.8)	3000m	4:47.11	(38.3)		
		3400m	5:26.82	(38.6)	3400m	5:25.80	(38.7)		
		3800m	6:05.63	(38.8)	3800m	6:04.67	(38.8)		
		4200m	6:44.07	(38.4)	4200m	6:43.94	(39.3)		
		4600m	7:22.14	(38.1)	4600m	7:23.15	(39.2)		
		5000m	7:59.11	(37.0)	5000m	8:02.66	(39.5)		

		Naam			Cat			PR	Tijd Info
4	gl	88	Lilian Temmink		DN1			7:32.07	7:54.48
	bl	11	Aveline Hijlkema		DN3			7:50.16	7:43.80 PR
		Lilian Temmink				Aveline Hijlkema			
		200m	22.75	(22.7)	200m	21.88	(21.8)		
		600m	59.10	(36.4)	600m	58.40	(36.6)		
		1000m	1:35.91	(36.8)	1000m	1:34.74	(36.3)		
		1400m	2:12.75	(36.8)	1400m	2:10.79	(36.0)		
		1800m	2:49.87	(37.1)	1800m	2:46.93	(36.2)		
		2200m	3:27.53	(37.7)	2200m	3:23.34	(36.4)		
		2600m	4:05.41	(37.9)	2600m	4:00.09	(36.7)		
		3000m	4:43.16	(37.7)	3000m	4:37.08	(37.0)		
		3400m	5:20.94	(37.8)	3400m	5:14.18	(37.1)		
		3800m	5:59.01	(38.1)	3800m	5:51.44	(37.3)		
		4200m	6:37.42	(38.4)	4200m	6:29.08	(37.6)		
		4600m	7:16.05	(38.6)	4600m	7:06.54	(37.5)		
		5000m	7:54.48	(38.4)	5000m	7:43.80	(37.3)		



		Naam		Cat		PR	Tijd Info
5	wt	41 Femke Markus		DN2		7:10.97	7:36.13
	rd	43 Roza Blokker		DSA		7:34.86	7:33.73 PR
				Femke Markus		Roza Blokker	
		200m	21.92	(21.9)	200m	21.76	(21.7)
		600m	56.89	(34.9)	600m	56.94	(35.2)
		1000m	1:32.26	(35.4)	1000m	1:32.56	(35.6)
		1400m	2:07.84	(35.6)	1400m	2:07.76	(35.2)
		1800m	2:43.07	(35.2)	1800m	2:43.11	(35.4)
		2200m	3:18.76	(35.7)	2200m	3:18.68	(35.5)
		2600m	3:54.58	(35.8)	2600m	3:54.40	(35.8)
		3000m	4:30.87	(36.3)	3000m	4:30.36	(35.9)
		3400m	5:07.17	(36.3)	3400m	5:06.62	(36.3)
		3800m	5:43.89	(36.7)	3800m	5:42.90	(36.3)
		4200m	6:21.14	(37.3)	4200m	6:19.53	(36.6)
		4600m	6:58.56	(37.4)	4600m	6:56.42	(36.9)
		5000m	7:36.13	(37.6)	5000m	7:33.73	(37.3)

		Naam		Cat		PR	Tijd Info
6	gl	12 Reina Anema		DSA		7:02.59	7:25.68
	bl	52 Sanne in 't Hof		DN1		7:10.18	7:34.54
				Reina Anema		Sanne in 't Hof	
		200m	20.98	(20.9)	200m	21.16	(21.1)
		600m	54.92	(34.0)	600m	55.45	(34.3)
		1000m	1:29.63	(34.7)	1000m	1:30.86	(35.4)
		1400m	2:05.18	(35.5)	1400m	2:07.14	(36.3)
		1800m	2:40.29	(35.1)	1800m	2:43.47	(36.3)
		2200m	3:15.26	(35.0)	2200m	3:19.54	(36.1)
		2600m	3:50.18	(34.9)	2600m	3:55.65	(36.1)
		3000m	4:25.40	(35.3)	3000m	4:31.79	(36.1)
		3400m	5:01.20	(35.8)	3400m	5:08.17	(36.4)
		3800m	5:37.29	(36.0)	3800m	5:44.68	(36.5)
		4200m	6:13.36	(36.1)	4200m	6:21.50	(36.9)
		4600m	6:49.36	(36.0)	4600m	6:58.19	(36.6)
		5000m	7:25.68	(36.3)	5000m	7:34.54	(36.4)

