

3. Rituitslag 3000m Dames Allround

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------------|---------|--------|--------------------------|---------|----------------|------|
| 1 | wt | 5 Britt de Boer | | DA2 | | 4:36.33 | 4:47.39 | |
| | rd | 36 Marit Steunenberg | | DN1 | | 4:25.47 | 4:40.91 | |
| | | Britt de Boer | | | Marit Steunenberg | | | |
| | | 200m | 21.68 | (21.6) | 200m | 21.71 | (21.7) | |
| | | 600m | 56.35 | (34.7) | 600m | 55.90 | (34.2) | |
| | | 1000m | 1:31.35 | (35.0) | 1000m | 1:31.09 | (35.1) | |
| | | 1400m | 2:08.23 | (36.9) | 1400m | 2:07.29 | (36.2) | |
| | | 1800m | 2:46.66 | (38.4) | 1800m | 2:44.11 | (36.9) | |
| | | 2200m | 3:26.53 | (39.9) | 2200m | 3:21.85 | (37.7) | |
| | | 2600m | 4:07.02 | (40.5) | 2600m | 4:00.89 | (39.0) | |
| | | 3000m | 4:47.39 | (40.3) | 3000m | 4:40.91 | (40.1) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|---------|--------|--------------------|---------|----------------|------|
| 2 | wt | 30 Tessa Oudman | | DA1 | | 4:44.74 | 4:59.81 | |
| | rd | 34 Ariane Smit | | DN2 | | 4:29.77 | 4:39.07 | |
| | | Tessa Oudman | | | Ariane Smit | | | |
| | | 200m | 21.42 | (21.4) | 200m | 21.12 | (21.1) | |
| | | 600m | 56.27 | (34.8) | 600m | 55.28 | (34.1) | |
| | | 1000m | 1:33.51 | (37.3) | 1000m | 1:31.70 | (36.5) | |
| | | 1400m | 2:13.09 | (39.5) | 1400m | 2:08.36 | (36.6) | |
| | | 1800m | 2:53.83 | (40.8) | 1800m | 2:45.53 | (37.2) | |
| | | 2200m | 3:35.69 | (41.8) | 2200m | 3:23.06 | (37.5) | |
| | | 2600m | 4:18.04 | (42.4) | 2600m | 4:01.13 | (38.1) | |
| | | 3000m | 4:59.81 | (41.8) | 3000m | 4:39.07 | (37.9) | |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-------------------------|-----|---------|----------------|------|
| 3 | wt | 10 Sandra Dekker | DA2 | 4:22.52 | 4:39.20 | |
| | rd | 26 Muriël Meijer | DA2 | 4:23.43 | 4:28.75 | |

Sandra Dekker

| | | |
|-------|---------|--------|
| 200m | 21.48 | (21.4) |
| 600m | 56.54 | (35.1) |
| 1000m | 1:31.76 | (35.2) |
| 1400m | 2:07.43 | (35.7) |
| 1800m | 2:44.01 | (36.6) |
| 2200m | 3:21.24 | (37.2) |
| 2600m | 3:59.60 | (38.4) |
| 3000m | 4:39.20 | (39.6) |

Muriël Meijer

| | | |
|-------|---------|--------|
| 200m | 21.40 | (21.4) |
| 600m | 55.08 | (33.6) |
| 1000m | 1:28.78 | (33.7) |
| 1400m | 2:03.05 | (34.3) |
| 1800m | 2:38.37 | (35.3) |
| 2200m | 3:14.34 | (36.0) |
| 2600m | 3:51.11 | (36.8) |
| 3000m | 4:28.75 | (37.6) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-------------------------|-----|---------|----------------|------|
| 4 | wt | 31 Natasja Roest | DSA | 4:23.97 | 4:29.29 | |
| | rd | 22 Esther Kiel | DN2 | 4:12.07 | 4:21.44 | |

Natasja Roest

| | | |
|-------|---------|--------|
| 200m | 20.64 | (20.6) |
| 600m | 54.00 | (33.4) |
| 1000m | 1:28.69 | (34.6) |
| 1400m | 2:03.91 | (35.3) |
| 1800m | 2:39.45 | (35.5) |
| 2200m | 3:15.46 | (36.0) |
| 2600m | 3:52.09 | (36.6) |
| 3000m | 4:29.29 | (37.2) |

Esther Kiel

| | | |
|-------|---------|--------|
| 200m | 20.48 | (20.4) |
| 600m | 53.17 | (32.7) |
| 1000m | 1:27.16 | (34.0) |
| 1400m | 2:01.47 | (34.3) |
| 1800m | 2:35.67 | (34.2) |
| 2200m | 3:10.36 | (34.7) |
| 2600m | 3:45.57 | (35.2) |
| 3000m | 4:21.44 | (35.9) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------|--------------------------|--------|-----|---------|--------------------------|--------|
| 5 | wt | 37 | Lilian Temmink | | DN1 | 4:24.25 | 4:28.21 | |
| | rd | 24 | Robin van Leeuwen | | DN2 | 4:25.85 | 4:26.34 | |
| | | | Lilian Temmink | | | | Robin van Leeuwen | |
| | | 200m | 22.19 | (22.1) | | 200m | 22.11 | (22.1) |
| | | 600m | 57.08 | (34.9) | | 600m | 57.37 | (35.2) |
| | | 1000m | 1:31.92 | (34.9) | | 1000m | 1:32.50 | (35.2) |
| | | 1400m | 2:06.82 | (34.9) | | 1400m | 2:07.07 | (34.5) |
| | | 1800m | 2:41.62 | (34.8) | | 1800m | 2:41.85 | (34.8) |
| | | 2200m | 3:16.42 | (34.8) | | 2200m | 3:16.44 | (34.6) |
| | | 2600m | 3:51.82 | (35.4) | | 2600m | 3:51.29 | (34.8) |
| | | 3000m | 4:28.21 | (36.4) | | 3000m | 4:26.34 | (35.1) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------|--------------------------|--------|-----|---------|--------------------------|--------|
| 6 | wt | 38 | Eva van Til | | DA1 | 4:24.89 | 4:35.36 | |
| | rd | 8 | Willemijn Cnossen | | DN3 | 4:23.34 | 4:27.23 | |
| | | | Eva van Til | | | | Willemijn Cnossen | |
| | | 200m | 21.90 | (21.9) | | 200m | 21.74 | (21.7) |
| | | 600m | 56.32 | (34.4) | | 600m | 54.65 | (32.9) |
| | | 1000m | 1:30.95 | (34.6) | | 1000m | 1:27.77 | (33.1) |
| | | 1400m | 2:06.85 | (35.9) | | 1400m | 2:01.45 | (33.7) |
| | | 1800m | 2:43.41 | (36.6) | | 1800m | 2:36.03 | (34.6) |
| | | 2200m | 3:20.17 | (36.7) | | 2200m | 3:11.65 | (35.6) |
| | | 2600m | 3:57.60 | (37.5) | | 2600m | 3:48.63 | (37.0) |
| | | 3000m | 4:35.36 | (37.7) | | 3000m | 4:27.23 | (38.6) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------|------------------------|--------|-----|---------------------|---------|-------------------|
| 7 | wt | 17 | Sanne in 't Hof | | DN1 | | 4:13.07 | 4:13.10 |
| | rd | 4 | Roza Blokker | | DSA | | 4:15.97 | 4:15.75 PR |
| | | | Sanne in 't Hof | | | Roza Blokker | | |
| | | 200m | 20.63 | (20.6) | | 200m | 20.99 | (20.9) |
| | | 600m | 52.62 | (32.0) | | 600m | 53.46 | (32.5) |
| | | 1000m | 1:25.32 | (32.7) | | 1000m | 1:26.68 | (33.2) |
| | | 1400m | 1:58.38 | (33.0) | | 1400m | 1:59.77 | (33.1) |
| | | 1800m | 2:31.69 | (33.3) | | 1800m | 2:33.18 | (33.4) |
| | | 2200m | 3:05.30 | (33.7) | | 2200m | 3:06.76 | (33.6) |
| | | 2600m | 3:38.95 | (33.6) | | 2600m | 3:41.05 | (34.3) |
| | | 3000m | 4:13.10 | (34.2) | | 3000m | 4:15.75 | (34.7) |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------|-------------------------------|--------|-----|---------------------|---------|----------------|
| 8 | wt | 43 | Annouk van der Weijden | | DSB | | 4:00.45 | 4:07.89 |
| | rd | 25 | Femke Markus | | DN2 | | 4:11.60 | 4:16.82 |
| | | | Annouk van der Weijden | | | Femke Markus | | |
| | | 200m | 20.04 | (20.0) | | 200m | 20.59 | (20.5) |
| | | 600m | 51.73 | (31.7) | | 600m | 52.60 | (32.1) |
| | | 1000m | 1:23.64 | (31.9) | | 1000m | 1:24.90 | (32.3) |
| | | 1400m | 1:55.90 | (32.3) | | 1400m | 1:58.02 | (33.1) |
| | | 1800m | 2:28.53 | (32.6) | | 1800m | 2:31.68 | (33.6) |
| | | 2200m | 3:01.24 | (32.7) | | 2200m | 3:06.38 | (34.7) |
| | | 2600m | 3:34.42 | (33.2) | | 2600m | 3:41.46 | (35.1) |
| | | 3000m | 4:07.89 | (33.4) | | 3000m | 4:16.82 | (35.4) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------|-------------------------|--------|-----|---------|-----------------------|--------|
| 9 | wt | 16 | Aveline Hijlkema | | DN3 | 4:17.73 | 4:20.61 | |
| | rd | 41 | Linda de Vries | | DSA | 3:59.76 | 4:09.86 | |
| | | | Aveline Hijlkema | | | | Linda de Vries | |
| | | 200m | 20.61 | (20.6) | | 200m | 20.39 | (20.3) |
| | | 600m | 54.19 | (33.5) | | 600m | 52.39 | (32.0) |
| | | 1000m | 1:27.54 | (33.4) | | 1000m | 1:24.76 | (32.4) |
| | | 1400m | 2:01.27 | (33.7) | | 1400m | 1:56.87 | (32.1) |
| | | 1800m | 2:35.18 | (33.9) | | 1800m | 2:29.21 | (32.4) |
| | | 2200m | 3:09.79 | (34.6) | | 2200m | 3:01.83 | (32.6) |
| | | 2600m | 3:44.91 | (35.2) | | 2600m | 3:35.48 | (33.6) |
| | | 3000m | 4:20.61 | (35.7) | | 3000m | 4:09.86 | (34.4) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------|-----------------------|--------|-----|---------|-----------------------|--------|
| 10 | wt | 1 | Reina Anema | | DSA | 4:05.66 | 4:14.31 | |
| | rd | 45 | Melissa Wijfje | | DN3 | 4:03.89 | 4:10.85 | |
| | | | Reina Anema | | | | Melissa Wijfje | |
| | | 200m | 20.82 | (20.8) | | 200m | 20.55 | (20.5) |
| | | 600m | 52.70 | (31.9) | | 600m | 52.41 | (31.9) |
| | | 1000m | 1:25.21 | (32.5) | | 1000m | 1:24.86 | (32.4) |
| | | 1400m | 1:58.00 | (32.8) | | 1400m | 1:57.23 | (32.4) |
| | | 1800m | 2:31.31 | (33.3) | | 1800m | 2:29.81 | (32.6) |
| | | 2200m | 3:05.35 | (34.0) | | 2200m | 3:02.65 | (32.8) |
| | | 2600m | 3:39.76 | (34.4) | | 2600m | 3:36.10 | (33.5) |
| | | 3000m | 4:14.31 | (34.6) | | 3000m | 4:10.85 | (34.7) |