

## 4. Rituitslag 5000m Heren Allround

		Naam		Cat		PR	Tijd	Info
1	wt	26	<b>Sjoerd Kleinhuis</b>		HSA	6:55.49	<b>7:00.84</b>	
	rd	3	<b>Jort Boomhouwer</b>		HA2	6:59.18	<b>7:00.53</b>	
			<b>Sjoerd Kleinhuis</b>				<b>Jort Boomhouwer</b>	
		200m	19.96	(19.9)		200m	20.47	(20.4)
		600m	52.66	(32.7)		600m	52.86	(32.4)
		1000m	1:24.46	(31.8)		1000m	1:25.24	(32.4)
		1400m	1:56.30	(31.9)		1400m	1:57.53	(32.3)
		1800m	2:28.47	(32.1)		1800m	2:30.38	(32.8)
		2200m	3:00.97	(32.5)		2200m	3:03.34	(33.0)
		2600m	3:33.71	(32.8)		2600m	3:36.18	(32.8)
		3000m	4:06.75	(33.0)		3000m	4:08.98	(32.8)
		3400m	4:39.99	(33.2)		3400m	4:42.02	(33.1)
		3800m	5:12.93	(33.0)		3800m	5:15.72	(33.7)
		4200m	5:46.84	(33.9)		4200m	5:50.46	(34.7)
		4600m	6:22.52	(35.7)		4600m	6:25.63	(35.2)
		5000m	7:00.84	(38.3)		5000m	7:00.53	(34.9)

		Naam		Cat		PR	Tijd	Info
2	wt	38	<b>Thijs Roozen</b>		HN4	6:55.47	<b>7:03.39</b>	
	rd	7	<b>Hanno Dahmen</b>		HN1	6:41.89	<b>6:56.73</b>	
			<b>Thijs Roozen</b>				<b>Hanno Dahmen</b>	
		200m	19.26	(19.2)		200m	19.50	(19.5)
		600m	50.14	(30.9)		600m	51.17	(31.6)
		1000m	1:22.16	(32.0)		1000m	1:23.41	(32.3)
		1400m	1:54.94	(32.8)		1400m	1:55.99	(32.5)
		1800m	2:28.12	(33.2)		1800m	2:28.90	(33.0)
		2200m	3:01.46	(33.3)		2200m	3:01.79	(32.8)
		2600m	3:34.97	(33.5)		2600m	3:35.03	(33.3)
		3000m	4:08.96	(34.0)		3000m	4:08.23	(33.2)
		3400m	4:43.27	(34.3)		3400m	4:41.74	(33.5)
		3800m	5:17.60	(34.4)		3800m	5:15.30	(33.6)
		4200m	5:52.56	(34.9)		4200m	5:49.10	(33.8)
		4600m	6:27.72	(35.2)		4600m	6:22.86	(33.7)
		5000m	7:03.39	(35.6)		5000m	6:56.73	(33.9)

## Thialf - Heerenveen

		Naam		Cat		PR	Tijd	Info
3	wt	12	<b>Jorick Duijzer</b>		HN1	6:49.16	<b>6:59.85</b>	
	rd	19	<b>Louis Hollaar</b>		HA2	6:45.59	<b>6:41.69</b>	PR

  

Jorick Duijzer			Louis Hollaar		
200m	19.31	(19.3)	200m	19.12	(19.1)
600m	51.62	(32.3)	600m	50.23	(31.1)
1000m	1:24.69	(33.0)	1000m	1:21.20	(31.0)
1400m	1:57.50	(32.9)	1400m	1:52.79	(31.5)
1800m	2:30.15	(32.6)	1800m	2:24.54	(31.8)
2200m	3:03.17	(33.0)	2200m	2:56.35	(31.8)
2600m	3:36.52	(33.4)	2600m	3:28.00	(31.7)
3000m	4:10.06	(33.5)	3000m	4:00.11	(32.1)
3400m	4:43.70	(33.7)	3400m	4:32.01	(31.9)
3800m	5:17.50	(33.8)	3800m	5:04.22	(32.2)
4200m	5:51.34	(33.8)	4200m	5:36.50	(32.3)
4600m	6:25.60	(34.3)	4600m	6:09.06	(32.5)
5000m	6:59.85	(34.2)	5000m	6:41.69	(32.6)

		Naam		Cat		PR	Tijd	Info
4	wt	15	<b>Olof Gerritsen</b>		HN3	6:49.65	<b>6:59.69</b>	
	rd	43	<b>Tijmen Snel</b>		HN1	6:44.76	<b>6:44.79</b>	

  

Olof Gerritsen			Tijmen Snel		
200m	18.88	(18.8)	200m	19.03	(19.0)
600m	51.21	(32.4)	600m	50.12	(31.1)
1000m	1:23.52	(32.3)	1000m	1:21.68	(31.5)
1400m	1:55.94	(32.4)	1400m	1:53.23	(31.6)
1800m	2:28.36	(32.4)	1800m	2:24.91	(31.7)
2200m	3:00.81	(32.5)	2200m	2:56.44	(31.5)
2600m	3:33.39	(32.5)	2600m	3:28.34	(31.9)
3000m	4:06.00	(32.7)	3000m	4:00.52	(32.2)
3400m	4:39.17	(33.1)	3400m	4:32.71	(32.2)
3800m	5:13.65	(34.5)	3800m	5:05.36	(32.6)
4200m	5:49.07	(35.4)	4200m	5:37.73	(32.4)
4600m	6:24.82	(35.8)	4600m	6:11.07	(33.3)
5000m	6:59.69	(34.8)	5000m	6:44.79	(33.7)

## Thialf - Heerenveen

		Naam		Cat		PR	Tijd	Info
5	wt	17 <b>Jan Hamers</b>		HN2		6:50.75	<b>6:55.13</b>	
	rd	47 <b>Bart Vreugdenhil</b>		HN3		6:41.46	<b>6:50.90</b>	
<b>Jan Hamers</b>			<b>Bart Vreugdenhil</b>					
		200m	19.48	(19.4)		200m	19.46	(19.4)
		600m	51.27	(31.8)		600m	50.52	(31.1)
		1000m	1:23.24	(32.0)		1000m	1:22.32	(31.8)
		1400m	1:55.62	(32.4)		1400m	1:54.27	(31.9)
		1800m	2:27.64	(32.0)		1800m	2:25.99	(31.7)
		2200m	2:59.93	(32.3)		2200m	2:57.75	(31.8)
		2600m	3:32.41	(32.5)		2600m	3:29.92	(32.2)
		3000m	4:05.31	(32.9)		3000m	4:02.40	(32.5)
		3400m	4:38.57	(33.2)		3400m	4:35.18	(32.7)
		3800m	5:12.52	(34.0)		3800m	5:08.57	(33.4)
		4200m	5:46.89	(34.3)		4200m	5:42.25	(33.7)
		4600m	6:21.17	(34.3)		4600m	6:16.33	(34.1)
		5000m	6:55.13	(34.0)		5000m	6:50.90	(34.6)

		Naam		Cat		PR	Tijd	Info
6	wt	36 <b>Victor Ramler</b>		HN2		6:47.20	<b>6:43.90</b>	PR
	rd	18 <b>Kees Heemskerk</b>		HN4		6:41.89	<b>6:50.68</b>	
<b>Victor Ramler</b>			<b>Kees Heemskerk</b>					
		200m	20.11	(20.1)		200m	19.93	(19.9)
		600m	51.67	(31.5)		600m	52.62	(32.7)
		1000m	1:23.59	(31.9)		1000m	1:24.92	(32.3)
		1400m	1:55.39	(31.8)		1400m	1:56.89	(31.9)
		1800m	2:27.29	(31.9)		1800m	2:28.46	(31.6)
		2200m	2:59.45	(32.2)		2200m	3:00.00	(31.6)
		2600m	3:31.36	(31.9)		2600m	3:31.64	(31.6)
		3000m	4:03.46	(32.1)		3000m	4:03.61	(32.0)
		3400m	4:35.72	(32.3)		3400m	4:35.86	(32.2)
		3800m	5:08.17	(32.4)		3800m	5:08.49	(32.6)
		4200m	5:40.60	(32.5)		4200m	5:41.75	(33.3)
		4600m	6:12.74	(32.1)		4600m	6:15.85	(34.1)
		5000m	6:43.90	(31.2)		5000m	6:50.68	(34.8)

## Thialf - Heerenveen

		Naam		Cat		PR	Tijd	Info
7	wt	22	<b>Jeroen Janissen</b>		HN1	6:38.91	<b>6:53.96</b>	
	rd	44	<b>Marwin Talsma</b>		HN1	6:20.84	<b>6:30.64</b>	
<b>Jeroen Janissen</b>				<b>Marwin Talsma</b>				
		200m	18.91	(18.9)	200m	20.36	(20.3)	
		600m	50.01	(31.1)	600m	51.36	(31.0)	
		1000m	1:21.80	(31.8)	1000m	1:22.59	(31.2)	
		1400m	1:53.28	(31.4)	1400m	1:53.19	(30.6)	
		1800m	2:24.74	(31.5)	1800m	2:23.49	(30.3)	
		2200m	2:56.46	(31.7)	2200m	2:53.97	(30.5)	
		2600m	3:28.64	(32.2)	2600m	3:24.82	(30.9)	
		3000m	4:00.91	(32.3)	3000m	3:55.42	(30.6)	
		3400m	4:33.74	(32.8)	3400m	4:26.06	(30.6)	
		3800m	5:07.27	(33.5)	3800m	4:56.87	(30.8)	
		4200m	5:41.95	(34.7)	4200m	5:28.04	(31.2)	
		4600m	6:17.63	(35.7)	4600m	5:59.57	(31.5)	
		5000m	6:53.96	(36.3)	5000m	6:30.64	(31.1)	

		Naam		Cat		PR	Tijd	Info
8	wt	6	<b>Gerwin Colje</b>		HN4	6:43.73	<b>6:43.23</b>	PR
	rd	5	<b>Marcel Bosker</b>		HN2	6:13.68	<b>6:23.29</b>	
<b>Gerwin Colje</b>				<b>Marcel Bosker</b>				
		200m	19.06	(19.0)	200m	18.96	(18.9)	
		600m	49.73	(30.7)	600m	48.50	(29.6)	
		1000m	1:20.71	(31.0)	1000m	1:18.77	(30.2)	
		1400m	1:52.23	(31.5)	1400m	1:49.31	(30.6)	
		1800m	2:23.98	(31.7)	1800m	2:19.61	(30.3)	
		2200m	2:55.71	(31.8)	2200m	2:49.72	(30.1)	
		2600m	3:27.78	(32.0)	2600m	3:20.01	(30.3)	
		3000m	4:00.19	(32.4)	3000m	3:50.31	(30.3)	
		3400m	4:32.40	(32.3)	3400m	4:20.70	(30.4)	
		3800m	5:04.67	(32.2)	3800m	4:51.13	(30.4)	
		4200m	5:37.40	(32.8)	4200m	5:21.62	(30.5)	
		4600m	6:10.23	(32.8)	4600m	5:52.61	(31.0)	
		5000m	6:43.23	(33.0)	5000m	6:23.29	(30.6)	

## Thialf - Heerenveen

		Naam	Cat		PR	Tijd	Info
9	wt	21 <b>Chris Huizinga</b>	HN1		6:23.35	<b>6:31.85</b>	
	rd	9 <b>Lex Dijkstra</b>	HN3		6:25.90	<b>6:26.69</b>	
		<b>Chris Huizinga</b>			<b>Lex Dijkstra</b>		
		200m	19.30	(19.3)	200m	19.30	(19.3)
		600m	49.95	(30.6)	600m	49.69	(30.3)
		1000m	1:20.47	(30.5)	1000m	1:20.30	(30.7)
		1400m	1:51.39	(30.9)	1400m	1:50.82	(30.5)
		1800m	2:22.29	(30.9)	1800m	2:21.65	(30.8)
		2200m	2:53.37	(31.1)	2200m	2:52.38	(30.7)
		2600m	3:24.53	(31.2)	2600m	3:23.11	(30.8)
		3000m	3:55.18	(30.6)	3000m	3:53.98	(30.8)
		3400m	4:25.86	(30.7)	3400m	4:24.68	(30.7)
		3800m	4:56.85	(31.0)	3800m	4:55.25	(30.6)
		4200m	5:27.95	(31.1)	4200m	5:25.75	(30.5)
		4600m	5:59.64	(31.7)	4600m	5:56.41	(30.7)
		5000m	6:31.85	(32.2)	5000m	6:26.69	(30.2)

		Naam	Cat		PR	Tijd	Info
10	wt	46 <b>Jos de Vos</b>	HSA		6:22.72	<b>6:32.12</b>	
	rd	14 <b>Thomas Geerdinck</b>	HN3		6:27.46	<b>6:38.62</b>	
		<b>Jos de Vos</b>			<b>Thomas Geerdinck</b>		
		200m	18.81	(18.8)	200m	19.01	(19.0)
		600m	48.67	(29.8)	600m	48.91	(29.9)
		1000m	1:19.39	(30.7)	1000m	1:19.59	(30.6)
		1400m	1:50.21	(30.9)	1400m	1:50.41	(30.9)
		1800m	2:20.96	(30.7)	1800m	2:21.57	(31.1)
		2200m	2:51.85	(30.9)	2200m	2:52.89	(31.3)
		2600m	3:22.62	(30.8)	2600m	3:24.52	(31.7)
		3000m	3:53.62	(31.0)	3000m	3:56.24	(31.7)
		3400m	4:24.66	(31.0)	3400m	4:28.49	(32.2)
		3800m	4:56.03	(31.4)	3800m	5:00.68	(32.2)
		4200m	5:27.72	(31.7)	4200m	5:33.46	(32.8)
		4600m	5:59.93	(32.2)	4600m	6:05.94	(32.5)
		5000m	6:32.12	(32.2)	5000m	6:38.62	(32.7)