

## 11. Rituitslag 5000m Dames Allround

|                     |    | Naam                       | Cat                     | Vereniging   | PR      | Tijd           | Info   |
|---------------------|----|----------------------------|-------------------------|--------------|---------|----------------|--------|
| 1                   | wt | 25 <b>Femke Markus</b>     | DN2                     |              | 7:10.97 | <b>7:25.35</b> |        |
|                     | rd | 16 <b>Aveline Hijlkema</b> | DN3                     | STG PINGUINS | 7:43.80 | <b>7:36.11</b> | PR     |
| <b>Femke Markus</b> |    |                            | <b>Aveline Hijlkema</b> |              |         |                |        |
|                     |    | 200m                       | 21.36                   | (21.3)       | 200m    | 21.95          | (21.9) |
|                     |    | 600m                       | 55.34                   | (34.0)       | 600m    | 57.59          | (35.6) |
|                     |    | 1000m                      | 1:29.99                 | (34.6)       | 1000m   | 1:33.86        | (36.3) |
|                     |    | 1400m                      | 2:04.89                 | (34.9)       | 1400m   | 2:09.20        | (35.4) |
|                     |    | 1800m                      | 2:39.62                 | (34.8)       | 1800m   | 2:44.73        | (35.5) |
|                     |    | 2200m                      | 3:14.75                 | (35.1)       | 2200m   | 3:20.26        | (35.5) |
|                     |    | 2600m                      | 3:50.01                 | (35.3)       | 2600m   | 3:56.25        | (36.0) |
|                     |    | 3000m                      | 4:25.49                 | (35.4)       | 3000m   | 4:32.42        | (36.2) |
|                     |    | 3400m                      | 5:01.11                 | (35.7)       | 3400m   | 5:08.66        | (36.2) |
|                     |    | 3800m                      | 5:37.05                 | (35.9)       | 3800m   | 5:45.01        | (36.4) |
|                     |    | 4200m                      | 6:13.06                 | (36.0)       | 4200m   | 6:21.92        | (36.9) |
|                     |    | 4600m                      | 6:49.27                 | (36.2)       | 4600m   | 6:59.07        | (37.1) |
|                     |    | 5000m                      | 7:25.35                 | (36.1)       | 5000m   | 7:36.11        | (37.1) |

|                    |    | Naam                  | Cat                 | Vereniging        | PR      | Tijd           | Info   |
|--------------------|----|-----------------------|---------------------|-------------------|---------|----------------|--------|
| 2                  | wt | 1 <b>Reina Anema</b>  | DSA                 | HCH               | 7:02.59 | <b>7:14.59</b> |        |
|                    | rd | 4 <b>Roza Blokker</b> | DSA                 | STG<br>ZAANSTREEK | 7:33.73 | <b>7:22.74</b> | PR     |
| <b>Reina Anema</b> |    |                       | <b>Roza Blokker</b> |                   |         |                |        |
|                    |    | 200m                  | 21.08               | (21.0)            | 200m    | 21.59          | (21.5) |
|                    |    | 600m                  | 54.50               | (33.5)            | 600m    | 54.99          | (33.4) |
|                    |    | 1000m                 | 1:27.84             | (33.3)            | 1000m   | 1:28.90        | (34.0) |
|                    |    | 1400m                 | 2:01.34             | (33.5)            | 1400m   | 2:02.95        | (34.0) |
|                    |    | 1800m                 | 2:35.11             | (33.8)            | 1800m   | 2:37.14        | (34.2) |
|                    |    | 2200m                 | 3:09.04             | (33.9)            | 2200m   | 3:11.61        | (34.5) |
|                    |    | 2600m                 | 3:43.13             | (34.1)            | 2600m   | 3:46.42        | (34.8) |
|                    |    | 3000m                 | 4:17.83             | (34.7)            | 3000m   | 4:21.59        | (35.1) |
|                    |    | 3400m                 | 4:52.77             | (34.9)            | 3400m   | 4:57.02        | (35.5) |
|                    |    | 3800m                 | 5:27.76             | (35.0)            | 3800m   | 5:32.88        | (35.8) |
|                    |    | 4200m                 | 6:02.96             | (35.2)            | 4200m   | 6:09.16        | (36.3) |
|                    |    | 4600m                 | 6:38.41             | (35.5)            | 4600m   | 6:45.72        | (36.6) |
|                    |    | 5000m                 | 7:14.59             | (36.1)            | 5000m   | 7:22.74        | (37.0) |

## Thialf - Heerenveen

|                       |    | Naam                      | Cat                    | Vereniging   | PR      | Tijd           | Info   |
|-----------------------|----|---------------------------|------------------------|--------------|---------|----------------|--------|
| 3                     | wt | 45 <b>Melissa Wijffe</b>  | DN3                    | TER AARSE YC | 7:02.51 | <b>7:17.20</b> |        |
|                       | rd | 17 <b>Sanne in 't Hof</b> | DN1                    | DNIJ         | 7:10.18 | <b>7:15.27</b> |        |
| <b>Melissa Wijffe</b> |    |                           | <b>Sanne in 't Hof</b> |              |         |                |        |
|                       |    | 200m                      | 20.39                  | (20.3)       | 200m    | 21.01          | (21.0) |
|                       |    | 600m                      | 53.02                  | (32.7)       | 600m    | 54.29          | (33.2) |
|                       |    | 1000m                     | 1:26.72                | (33.7)       | 1000m   | 1:28.46        | (34.2) |
|                       |    | 1400m                     | 2:00.63                | (33.9)       | 1400m   | 2:02.60        | (34.2) |
|                       |    | 1800m                     | 2:34.54                | (33.9)       | 1800m   | 2:36.59        | (33.9) |
|                       |    | 2200m                     | 3:08.64                | (34.1)       | 2200m   | 3:10.72        | (34.2) |
|                       |    | 2600m                     | 3:43.10                | (34.5)       | 2600m   | 3:45.06        | (34.3) |
|                       |    | 3000m                     | 4:17.83                | (34.7)       | 3000m   | 4:19.53        | (34.5) |
|                       |    | 3400m                     | 4:52.83                | (35.0)       | 3400m   | 4:54.44        | (34.9) |
|                       |    | 3800m                     | 5:28.00                | (35.2)       | 3800m   | 5:29.39        | (34.9) |
|                       |    | 4200m                     | 6:03.51                | (35.5)       | 4200m   | 6:04.67        | (35.3) |
|                       |    | 4600m                     | 6:39.96                | (36.4)       | 4600m   | 6:39.89        | (35.2) |
|                       |    | 5000m                     | 7:17.20                | (37.3)       | 5000m   | 7:15.27        | (35.4) |

|                               |    | Naam                             | Cat                   | Vereniging   | PR      | Tijd           | Info   |
|-------------------------------|----|----------------------------------|-----------------------|--------------|---------|----------------|--------|
| 4                             | wt | 43 <b>Annouk van der Weijden</b> | DSB                   | TER AARSE YC | 6:56.41 | <b>7:07.84</b> |        |
|                               | rd | 41 <b>Linda de Vries</b>         | DSA                   | HCH          | 7:02.77 | <b>7:15.46</b> |        |
| <b>Annouk van der Weijden</b> |    |                                  | <b>Linda de Vries</b> |              |         |                |        |
|                               |    | 200m                             | 20.03                 | (20.0)       | 200m    | 20.11          | (20.1) |
|                               |    | 600m                             | 52.71                 | (32.7)       | 600m    | 52.78          | (32.6) |
|                               |    | 1000m                            | 1:26.56               | (33.8)       | 1000m   | 1:26.58        | (33.8) |
|                               |    | 1400m                            | 2:00.55               | (34.0)       | 1400m   | 2:00.22        | (33.7) |
|                               |    | 1800m                            | 2:34.17               | (33.6)       | 1800m   | 2:34.22        | (34.0) |
|                               |    | 2200m                            | 3:08.02               | (33.9)       | 2200m   | 3:08.19        | (33.9) |
|                               |    | 2600m                            | 3:41.88               | (33.8)       | 2600m   | 3:42.40        | (34.3) |
|                               |    | 3000m                            | 4:15.83               | (34.0)       | 3000m   | 4:16.64        | (34.2) |
|                               |    | 3400m                            | 4:49.99               | (34.1)       | 3400m   | 4:51.61        | (35.0) |
|                               |    | 3800m                            | 5:24.31               | (34.4)       | 3800m   | 5:26.62        | (35.0) |
|                               |    | 4200m                            | 5:58.83               | (34.5)       | 4200m   | 6:02.22        | (35.6) |
|                               |    | 4600m                            | 6:33.26               | (34.4)       | 4600m   | 6:38.52        | (36.3) |
|                               |    | 5000m                            | 7:07.84               | (34.6)       | 5000m   | 7:15.46        | (36.9) |