

12. Rituitslag 10000m Heren Allround

		Naam		Cat	Vereniging	PR	Tijd	Info
1	wt	19 Louis Hollaar		HA2	SV STRIENE		14:23.33	
	rd	6 Gerwin Colje		HN4	SV OUDEWATER	14:45.80	14:09.86	PR
		Louis Hollaar			Gerwin Colje			
		400m 37.75 (37.7)			400m 37.25 (37.2)			
		800m 1:12.22 (34.5)			800m 1:10.97 (33.7)			
		1200m 1:46.98 (34.7)			1200m 1:45.08 (34.1)			
		1600m 2:21.46 (34.5)			1600m 2:19.36 (34.3)			
		2000m 2:56.27 (34.8)			2000m 2:53.60 (34.3)			
		2400m 3:31.02 (34.8)			2400m 3:27.84 (34.2)			
		2800m 4:05.52 (34.5)			2800m 4:01.95 (34.1)			
		3200m 4:40.08 (34.5)			3200m 4:36.18 (34.2)			
		3600m 5:14.60 (34.6)			3600m 5:10.49 (34.3)			
		4000m 5:49.29 (34.6)			4000m 5:44.65 (34.2)			
		4400m 6:23.79 (34.5)			4400m 6:18.73 (34.1)			
		4800m 6:58.35 (34.6)			4800m 6:52.65 (33.9)			
		5200m 7:32.66 (34.3)			5200m 7:26.17 (33.5)			
		5600m 8:07.04 (34.4)			5600m 7:59.56 (33.4)			
		6000m 8:41.32 (34.3)			6000m 8:32.94 (33.4)			
		6400m 9:15.71 (34.4)			6400m 9:06.34 (33.4)			
		6800m 9:49.96 (34.2)			6800m 9:39.84 (33.5)			
		7200m 10:24.42 (34.5)			7200m 10:13.40 (33.6)			
		7600m 10:58.51 (34.1)			7600m 10:47.27 (33.8)			
		8000m 11:32.85 (34.3)			8000m 11:21.24 (34.0)			
		8400m 12:07.01 (34.2)			8400m 11:55.15 (33.9)			
		8800m 12:41.38 (34.3)			8800m 12:29.01 (33.9)			
		9200m 13:15.73 (34.4)			9200m 13:02.76 (33.7)			
		9600m 13:49.78 (34.0)			9600m 13:36.37 (33.6)			
		10000m 14:23.33 (33.6)			10000m 14:09.86 (33.5)			

Thialf - Heerenveen

		Naam	Cat	Vereniging	PR	Tijd Info
2	wt	44 Marwin Talsma	HN1	STD	13:12.78	13:27.84
	rd	46 Jos de Vos	HSA	VYC	13:16.49	13:32.49

Marwin Talsma

Jos de Vos

400m	36.60	(36.6)	400m	35.57	(35.5)
800m	1:08.19	(31.5)	800m	1:07.32	(31.8)
1200m	1:40.32	(32.2)	1200m	1:39.78	(32.4)
1600m	2:12.56	(32.2)	1600m	2:12.23	(32.5)
2000m	2:44.54	(32.0)	2000m	2:44.14	(31.9)
2400m	3:16.65	(32.1)	2400m	3:16.26	(32.1)
2800m	3:48.69	(32.0)	2800m	3:48.29	(32.0)
3200m	4:20.86	(32.2)	3200m	4:20.37	(32.1)
3600m	4:53.00	(32.2)	3600m	4:52.47	(32.1)
4000m	5:25.15	(32.1)	4000m	5:24.81	(32.4)
4400m	5:57.38	(32.2)	4400m	5:57.21	(32.4)
4800m	6:29.86	(32.5)	4800m	6:29.62	(32.4)
5200m	7:02.42	(32.6)	5200m	7:02.08	(32.4)
5600m	7:35.08	(32.6)	5600m	7:34.72	(32.7)
6000m	8:07.70	(32.7)	6000m	8:07.31	(32.6)
6400m	8:40.15	(32.4)	6400m	8:39.84	(32.5)
6800m	9:12.62	(32.5)	6800m	9:12.46	(32.6)
7200m	9:44.98	(32.3)	7200m	9:45.03	(32.6)
7600m	10:17.20	(32.3)	7600m	10:17.55	(32.5)
8000m	10:49.39	(32.1)	8000m	10:50.36	(32.8)
8400m	11:21.60	(32.3)	8400m	11:23.24	(32.9)
8800m	11:53.75	(32.1)	8800m	11:55.85	(32.6)
9200m	12:25.76	(32.0)	9200m	12:28.50	(32.7)
9600m	12:57.09	(31.3)	9600m	13:00.67	(32.1)
10000m	13:27.84	(30.8)	10000m	13:32.49	(31.8)

Thialf - Heerenveen

		Naam	Cat	Vereniging	PR	Tijd	Info
3	wt	21 Chris Huizinga	HN1	IJVG	13:59.86	13:49.26	PR
	rd	14 Thomas Geerdinck	HN3	YSC HAAKSBERGEN	13:32.72	13:34.94	

Chris Huizinga

400m	36.64	(36.6)
800m	1:09.05	(32.4)
1200m	1:41.64	(32.6)
1600m	2:14.04	(32.4)
2000m	2:46.98	(32.9)
2400m	3:19.42	(32.5)
2800m	3:51.93	(32.5)
3200m	4:24.35	(32.4)
3600m	4:56.74	(32.4)
4000m	5:29.01	(32.3)
4400m	6:01.49	(32.4)
4800m	6:33.75	(32.3)
5200m	7:06.16	(32.4)
5600m	7:38.48	(32.3)
6000m	8:11.04	(32.6)
6400m	8:43.59	(32.5)
6800m	9:16.36	(32.8)
7200m	9:49.40	(33.1)
7600m	10:23.04	(33.6)
8000m	10:56.95	(33.9)
8400m	11:30.93	(34.0)
8800m	12:05.20	(34.3)
9200m	12:40.00	(34.8)
9600m	13:14.80	(34.8)
10000m	13:49.26	(34.4)

Thomas Geerdinck

400m	36.73	(36.7)
800m	1:09.27	(32.5)
1200m	1:41.72	(32.5)
1600m	2:14.53	(32.8)
2000m	2:47.16	(32.6)
2400m	3:19.66	(32.5)
2800m	3:52.03	(32.4)
3200m	4:24.56	(32.5)
3600m	4:56.86	(32.3)
4000m	5:29.54	(32.7)
4400m	6:02.17	(32.6)
4800m	6:34.87	(32.7)
5200m	7:07.59	(32.7)
5600m	7:40.32	(32.8)
6000m	8:12.85	(32.5)
6400m	8:45.18	(32.3)
6800m	9:17.26	(32.1)
7200m	9:49.81	(32.6)
7600m	10:21.68	(31.8)
8000m	10:53.39	(31.7)
8400m	11:25.37	(32.0)
8800m	11:57.81	(32.5)
9200m	12:30.33	(32.5)
9600m	13:02.47	(32.1)
10000m	13:34.94	(32.5)

Thialf - Heerenveen

		Naam	Cat	Vereniging	PR	Tijd Info
4	wt	5 Marcel Bosker	HN2	IJVG	13:17.10	13:22.65
	rd	9 Lex Dijkstra	HN3	IJVG	13:47.97	13:24.43 PR

Marcel Bosker

Lex Dijkstra

400m	36.11	(36.1)	400m	35.49	(35.4)
800m	1:07.73	(31.6)	800m	1:07.29	(31.8)
1200m	1:39.93	(32.2)	1200m	1:39.45	(32.2)
1600m	2:11.81	(31.9)	1600m	2:11.64	(32.2)
2000m	2:44.20	(32.4)	2000m	2:43.59	(31.9)
2400m	3:16.12	(31.9)	2400m	3:15.82	(32.3)
2800m	3:48.20	(32.1)	2800m	3:47.68	(31.8)
3200m	4:19.98	(31.7)	3200m	4:19.63	(32.0)
3600m	4:52.08	(32.1)	3600m	4:51.65	(32.0)
4000m	5:24.00	(32.0)	4000m	5:23.84	(32.2)
4400m	5:55.94	(31.9)	4400m	5:55.93	(32.1)
4800m	6:28.08	(32.1)	4800m	6:28.07	(32.1)
5200m	7:00.32	(32.3)	5200m	7:00.03	(32.0)
5600m	7:32.26	(31.9)	5600m	7:32.25	(32.2)
6000m	8:04.40	(32.2)	6000m	8:04.36	(32.1)
6400m	8:36.49	(32.0)	6400m	8:36.51	(32.2)
6800m	9:08.92	(32.5)	6800m	9:08.53	(32.0)
7200m	9:40.81	(31.9)	7200m	9:40.54	(32.0)
7600m	10:12.65	(31.8)	7600m	10:12.65	(32.1)
8000m	10:44.01	(31.4)	8000m	10:44.71	(32.1)
8400m	11:15.92	(31.9)	8400m	11:16.86	(32.1)
8800m	11:48.08	(32.1)	8800m	11:48.91	(32.1)
9200m	12:20.07	(32.0)	9200m	12:20.91	(32.0)
9600m	12:51.56	(31.5)	9600m	12:53.11	(32.2)
10000m	13:22.65	(31.1)	10000m	13:24.43	(31.3)