

## 4. Rituitslag 5000m Heren Allround

		Naam		Cat		PR	Tijd	Info
1	wt	77	<b>Sjoerd Kleinhuis</b>		HSA	6:55.49	<b>6:57.88</b>	
	rd	53	<b>Jort Boomhouwer</b>		HN1	6:54.72	<b>6:50.59</b>	PR
			<b>Sjoerd Kleinhuis</b>				<b>Jort Boomhouwer</b>	
		200m	19.31 (19.3)		200m	19.61 (19.6)		
		600m	51.21 (31.9)		600m	51.18 (31.5)		
		1000m	1:23.40 (32.2)		1000m	1:23.55 (32.4)		
		1400m	1:55.92 (32.5)		1400m	1:55.79 (32.2)		
		1800m	2:28.49 (32.5)		1800m	2:28.27 (32.5)		
		2200m	3:01.20 (32.8)		2200m	3:00.40 (32.2)		
		2600m	3:34.27 (33.0)		2600m	3:33.03 (32.6)		
		3000m	4:07.51 (33.3)		3000m	4:05.59 (32.5)		
		3400m	4:40.89 (33.3)		3400m	4:38.56 (33.0)		
		3800m	5:14.51 (33.7)		3800m	5:11.21 (32.7)		
		4200m	5:48.28 (33.7)		4200m	5:44.36 (33.1)		
		4600m	6:22.65 (34.4)		4600m	6:17.30 (33.0)		
		5000m	6:57.88 (35.2)		5000m	6:50.59 (33.2)		

		Naam		Cat		PR	Tijd	Info
2	wt	91	<b>Wiebe Stassen</b>		HN3	6:53.54	<b>6:49.68</b>	PR
	rd	67	<b>Jan Hamers</b>		HN3	6:50.75	<b>6:57.36</b>	
			<b>Wiebe Stassen</b>				<b>Jan Hamers</b>	
		200m	19.64 (19.6)		200m	19.35 (19.3)		
		600m	50.34 (30.7)		600m	49.21 (29.9)		
		1000m	1:22.09 (31.7)		1000m	1:20.82 (31.6)		
		1400m	1:54.52 (32.5)		1400m	1:53.17 (32.3)		
		1800m	2:26.91 (32.4)		1800m	2:25.22 (32.1)		
		2200m	2:59.22 (32.3)		2200m	2:57.21 (32.0)		
		2600m	3:31.73 (32.5)		2600m	3:29.68 (32.4)		
		3000m	4:04.43 (32.7)		3000m	4:02.91 (33.3)		
		3400m	4:37.31 (32.9)		3400m	4:36.96 (34.0)		
		3800m	5:10.38 (33.0)		3800m	5:11.70 (34.8)		
		4200m	5:43.36 (33.0)		4200m	5:46.76 (35.0)		
		4600m	6:16.61 (33.3)		4600m	6:22.07 (35.3)		
		5000m	6:49.68 (33.0)		5000m	6:57.36 (35.3)		

## Thialf - Heerenveen

		Naam		Cat		PR	Tijd	Info
3	wt	70 Wesley Hollenberg		HA2		6:52.74	<b>6:58.30</b>	
	rd	62 Jorick Duijzer		HN2		6:46.43	<b>6:43.83</b>	PR
<b>Wesley Hollenberg</b>			<b>Jorick Duijzer</b>					
		200m	20.19	(20.1)		200m	19.47	(19.4)
		600m	52.09	(31.9)		600m	50.91	(31.5)
		1000m	1:24.50	(32.5)		1000m	1:23.05	(32.1)
		1400m	1:57.16	(32.6)		1400m	1:55.58	(32.5)
		1800m	2:29.84	(32.7)		1800m	2:27.84	(32.3)
		2200m	3:02.26	(32.4)		2200m	2:59.80	(32.0)
		2600m	3:34.63	(32.4)		2600m	3:31.64	(31.8)
		3000m	4:07.64	(33.0)		3000m	4:03.54	(31.9)
		3400m	4:41.37	(33.7)		3400m	4:35.51	(32.0)
		3800m	5:15.55	(34.2)		3800m	5:07.59	(32.0)
		4200m	5:50.15	(34.6)		4200m	5:39.78	(32.2)
		4600m	6:24.40	(34.3)		4600m	6:11.93	(32.2)
		5000m	6:58.30	(33.9)		5000m	6:43.83	(31.9)

		Naam		Cat		PR	Tijd	Info
4	wt	56 Gerwin Colje		HSA		6:43.23	<b>6:39.24</b>	PR
	rd	73 Jeroen Janissen		HN2		6:38.91	<b>6:37.88</b>	PR
<b>Gerwin Colje</b>			<b>Jeroen Janissen</b>					
		200m	19.08	(19.0)		200m	19.61	(19.6)
		600m	50.14	(31.1)		600m	50.39	(30.7)
		1000m	1:20.98	(30.8)		1000m	1:21.39	(31.0)
		1400m	1:52.15	(31.2)		1400m	1:52.52	(31.2)
		1800m	2:23.40	(31.3)		1800m	2:23.96	(31.4)
		2200m	2:54.97	(31.5)		2200m	2:55.64	(31.7)
		2600m	3:26.51	(31.6)		2600m	3:27.21	(31.6)
		3000m	3:58.00	(31.5)		3000m	3:58.94	(31.7)
		3400m	4:29.74	(31.7)		3400m	4:30.62	(31.7)
		3800m	5:01.64	(31.9)		3800m	5:02.36	(31.7)
		4200m	5:33.92	(32.3)		4200m	5:33.95	(31.6)
		4600m	6:06.44	(32.5)		4600m	6:05.69	(31.7)
		5000m	6:39.24	(32.8)		5000m	6:37.88	(32.2)

## Thialf - Heerenveen

		Naam		Cat		PR	Tijd	Info
5	wt	79 <b>André Los</b>		HSA		6:44.75	<b>6:46.19</b>	
	rd	86 <b>Victor Ramler</b>		HN3		6:38.97	<b>6:39.87</b>	
			<b>André Los</b>				<b>Victor Ramler</b>	
		200m	20.31	(20.3)		200m	20.24	(20.2)
		600m	51.81	(31.5)		600m	51.44	(31.2)
		1000m	1:23.07	(31.2)		1000m	1:22.75	(31.3)
		1400m	1:54.75	(31.7)		1400m	1:54.15	(31.4)
		1800m	2:26.32	(31.6)		1800m	2:25.66	(31.5)
		2200m	2:57.85	(31.5)		2200m	2:57.01	(31.4)
		2600m	3:29.85	(32.0)		2600m	3:28.75	(31.7)
		3000m	4:02.24	(32.4)		3000m	4:00.86	(32.1)
		3400m	4:34.80	(32.6)		3400m	4:33.04	(32.2)
		3800m	5:07.63	(32.8)		3800m	5:05.35	(32.3)
		4200m	5:40.66	(33.0)		4200m	5:37.60	(32.3)
		4600m	6:13.26	(32.6)		4600m	6:08.92	(31.3)
		5000m	6:46.19	(32.9)		5000m	6:39.87	(30.9)

		Naam		Cat		PR	Tijd	Info
6	wt	69 <b>Louis Hollaar</b>		HN1		6:41.69	<b>6:33.48</b>	PR
	rd	90 <b>Tijmen Snel</b>		HN2		6:44.76	<b>6:41.34</b>	PR
			<b>Louis Hollaar</b>				<b>Tijmen Snel</b>	
		200m	18.94	(18.9)		200m	18.74	(18.7)
		600m	49.88	(30.9)		600m	49.74	(31.0)
		1000m	1:21.04	(31.2)		1000m	1:21.22	(31.5)
		1400m	1:52.21	(31.2)		1400m	1:52.39	(31.1)
		1800m	2:23.35	(31.1)		1800m	2:23.62	(31.3)
		2200m	2:54.68	(31.3)		2200m	2:55.03	(31.4)
		2600m	3:26.06	(31.4)		2600m	3:26.79	(31.7)
		3000m	3:57.39	(31.3)		3000m	3:58.74	(32.0)
		3400m	4:28.53	(31.2)		3400m	4:30.73	(32.0)
		3800m	4:59.75	(31.2)		3800m	5:02.78	(32.0)
		4200m	5:31.24	(31.5)		4200m	5:35.11	(32.4)
		4600m	6:02.46	(31.2)		4600m	6:08.21	(33.1)
		5000m	6:33.48	(31.0)		5000m	6:41.34	(33.1)

## Thialf - Heerenveen

		Naam	Cat	PR	Tijd	Info
7	wt	92 <b>Marwin Talsma</b>	HN2	6:20.84	<b>6:35.71</b>	
	rd	72 <b>Chris Huizinga</b>	HN2	6:23.35	<b>6:24.28</b>	
<b>Marwin Talsma</b>			<b>Chris Huizinga</b>			
		200m	19.81 (19.8)	200m	18.75 (18.7)	
		600m	51.27 (31.4)	600m	47.96 (29.2)	
		1000m	1:22.05 (30.8)	1000m	1:18.33 (30.4)	
		1400m	1:53.07 (31.0)	1400m	1:48.88 (30.5)	
		1800m	2:23.95 (30.9)	1800m	2:19.20 (30.4)	
		2200m	2:54.74 (30.8)	2200m	2:49.51 (30.3)	
		2600m	3:25.20 (30.5)	2600m	3:19.63 (30.1)	
		3000m	3:56.13 (30.9)	3000m	3:49.97 (30.3)	
		3400m	4:27.56 (31.4)	3400m	4:20.36 (30.4)	
		3800m	4:59.38 (31.8)	3800m	4:51.06 (30.7)	
		4200m	5:31.28 (31.9)	4200m	5:22.14 (31.1)	
		4600m	6:03.33 (32.1)	4600m	5:53.25 (31.1)	
		5000m	6:35.71 (32.4)	5000m	6:24.28 (31.0)	

		Naam	Cat	PR	Tijd	Info
8	wt	95 <b>Douwe de Vries</b>	HSB	6:13.58	<b>6:12.47</b>	PR
	rd	55 <b>Marcel Bosker</b>	HN3	6:13.68	<b>6:13.45</b>	PR
<b>Douwe de Vries</b>			<b>Marcel Bosker</b>			
		200m	18.96 (18.9)	200m	18.96 (18.9)	
		600m	48.39 (29.4)	600m	48.44 (29.5)	
		1000m	1:18.39 (30.0)	1000m	1:18.27 (29.8)	
		1400m	1:48.10 (29.8)	1400m	1:48.19 (29.9)	
		1800m	2:17.88 (29.7)	1800m	2:17.78 (29.6)	
		2200m	2:47.54 (29.7)	2200m	2:47.37 (29.6)	
		2600m	3:17.06 (29.5)	2600m	3:17.19 (29.8)	
		3000m	3:46.58 (29.5)	3000m	3:46.53 (29.4)	
		3400m	4:16.09 (29.5)	3400m	4:16.21 (29.7)	
		3800m	4:45.64 (29.6)	3800m	4:45.52 (29.3)	
		4200m	5:15.05 (29.4)	4200m	5:15.12 (29.6)	
		4600m	5:43.73 (28.7)	4600m	5:44.13 (29.0)	
		5000m	6:12.47 (28.7)	5000m	6:13.45 (29.3)	

## Thialf - Heerenveen

		Naam		Cat		PR	Tijd	Info
9	wt	51 Tjerk de Boer		HN1		6:34.52	<b>6:34.38</b>	PR
	rd	58 Lex Dijkstra		HN4		6:25.90	<b>6:31.11</b>	
		<u>Tjerk de Boer</u>			<u>Lex Dijkstra</u>			
		200m	18.78	(18.7)	200m	19.45	(19.4)	
		600m	48.68	(29.9)	600m	50.43	(31.0)	
		1000m	1:19.60	(31.0)	1000m	1:21.30	(30.9)	
		1400m	1:50.42	(30.8)	1400m	1:51.96	(30.6)	
		1800m	2:20.89	(30.4)	1800m	2:22.65	(30.7)	
		2200m	2:51.49	(30.6)	2200m	2:53.24	(30.6)	
		2600m	3:21.95	(30.5)	2600m	3:24.05	(30.8)	
		3000m	3:52.71	(30.8)	3000m	3:54.90	(30.9)	
		3400m	4:23.63	(30.9)	3400m	4:26.02	(31.1)	
		3800m	4:55.11	(31.5)	3800m	4:57.28	(31.2)	
		4200m	5:27.10	(32.0)	4200m	5:28.56	(31.3)	
		4600m	6:00.11	(33.0)	4600m	5:59.87	(31.3)	
		5000m	6:34.38	(34.2)	5000m	6:31.11	(31.3)	

		Naam		Cat		PR	Tijd	Info
10	wt	64 Thomas Geerdinck		HN4		6:27.46	<b>6:28.83</b>	
	rd	94 Jos de Vos		HSA		6:21.10	<b>6:24.03</b>	
		<u>Thomas Geerdinck</u>			<u>Jos de Vos</u>			
		200m	18.95	(18.9)	200m	19.46	(19.4)	
		600m	49.09	(30.1)	600m	49.43	(30.0)	
		1000m	1:19.51	(30.5)	1000m	1:19.37	(29.9)	
		1400m	1:50.24	(30.7)	1400m	1:49.53	(30.2)	
		1800m	2:20.88	(30.6)	1800m	2:19.66	(30.1)	
		2200m	2:51.56	(30.7)	2200m	2:49.90	(30.3)	
		2600m	3:22.16	(30.6)	2600m	3:20.27	(30.3)	
		3000m	3:53.19	(31.0)	3000m	3:50.49	(30.2)	
		3400m	4:24.06	(30.9)	3400m	4:20.95	(30.5)	
		3800m	4:55.05	(31.0)	3800m	4:51.38	(30.4)	
		4200m	5:26.37	(31.3)	4200m	5:22.14	(30.8)	
		4600m	5:57.53	(31.2)	4600m	5:53.21	(31.1)	
		5000m	6:28.83	(31.3)	5000m	6:24.03	(30.8)	