

11. Rituitslag 5000m Dames Allround

		Naam	Cat	PR	Tijd	Info
1	wt	18 Sanne in 't Hof	DN2	7:10.18	7:14.71	
	rd	22 Esther Kiel	DN3	7:19.11	7:13.66	PR
		Sanne in 't Hof				
		200m	20.80	(20.8)		
		600m	54.17	(33.3)		
		1000m	1:27.89	(33.7)		
		1400m	2:01.86	(34.0)		
		1800m	2:35.89	(34.0)		
		2200m	3:09.79	(33.9)		
		2600m	3:43.78	(34.0)		
		3000m	4:18.10	(34.4)		
		3400m	4:52.72	(34.6)		
		3800m	5:27.92	(35.2)		
		4200m	6:03.19	(35.2)		
		4600m	6:38.95	(35.8)		
		5000m	7:14.71	(35.8)		
		Esther Kiel				
		200m	21.22	(21.2)		
		600m	54.86	(33.6)		
		1000m	1:28.89	(34.0)		
		1400m	2:03.27	(34.4)		
		1800m	2:37.57	(34.3)		
		2200m	3:11.67	(34.1)		
		2600m	3:45.80	(34.2)		
		3000m	4:19.99	(34.1)		
		3400m	4:54.29	(34.3)		
		3800m	5:28.76	(34.5)		
		4200m	6:03.58	(34.8)		
		4600m	6:38.80	(35.3)		
		5000m	7:13.66	(34.8)		

		Naam	Cat	PR	Tijd	Info
2	wt	42 Esmee Visser	DN4	6:49.49	6:47.47	PR TR
	rd	6 Roza Blokker	DSA	7:11.70	7:11.25	PR
		Esmee Visser				
		200m	20.87	(20.8)		
		600m	53.33	(32.5)		
		1000m	1:26.16	(32.8)		
		1400m	1:58.78	(32.6)		
		1800m	2:30.95	(32.2)		
		2200m	3:02.96	(32.0)		
		2600m	3:34.97	(32.0)		
		3000m	4:06.86	(31.9)		
		3400m	4:38.77	(31.9)		
		3800m	5:10.74	(32.0)		
		4200m	5:42.73	(32.0)		
		4600m	6:14.96	(32.2)		
		5000m	6:47.47	(32.5)		
		Roza Blokker				
		200m	21.16	(21.1)		
		600m	54.05	(32.9)		
		1000m	1:27.49	(33.4)		
		1400m	2:01.12	(33.7)		
		1800m	2:34.66	(33.5)		
		2200m	3:08.36	(33.7)		
		2600m	3:42.54	(34.2)		
		3000m	4:16.74	(34.2)		
		3400m	4:51.11	(34.4)		
		3800m	5:25.58	(34.4)		
		4200m	6:00.40	(34.9)		
		4600m	6:35.51	(35.1)		
		5000m	7:11.25	(35.7)		

Thialf - Heerenveen

		Naam		Cat		PR	Tijd	Info
3	wt	47 Melissa Wijffe		DN4		6:58.80	7:07.52	
	rd	2 Reina Anema		DSA		7:02.59	7:02.99	
			Melissa Wijffe				Reina Anema	
		200m	20.39	(20.3)		200m	20.67	(20.6)
		600m	53.39	(33.0)		600m	53.10	(32.5)
		1000m	1:26.46	(33.1)		1000m	1:26.82	(33.7)
		1400m	1:59.51	(33.1)		1400m	1:59.59	(32.7)
		1800m	2:32.23	(32.7)		1800m	2:32.16	(32.6)
		2200m	3:05.04	(32.8)		2200m	3:04.89	(32.7)
		2600m	3:38.07	(33.0)		2600m	3:38.08	(33.2)
		3000m	4:11.79	(33.7)		3000m	4:11.32	(33.3)
		3400m	4:46.04	(34.3)		3400m	4:45.09	(33.7)
		3800m	5:20.93	(34.9)		3800m	5:19.25	(34.2)
		4200m	5:55.82	(34.9)		4200m	5:53.60	(34.4)
		4600m	6:30.89	(35.0)		4600m	6:28.13	(34.5)
		5000m	7:07.52	(36.7)		5000m	7:02.99	(34.8)

		Naam		Cat		PR	Tijd	Info
4	wt	1 Carlijn Achtereekte		DSA		6:54.49	6:49.81	PR
	rd	5 Joy Beune		DN1		7:39.00	6:58.94	PR
			Carlijn Achtereekte				Joy Beune	
		200m	20.24	(20.2)		200m	20.94	(20.9)
		600m	51.71	(31.5)		600m	51.97	(31.0)
		1000m	1:23.55	(31.8)		1000m	1:23.57	(31.6)
		1400m	1:55.68	(32.1)		1400m	1:55.63	(32.1)
		1800m	2:27.98	(32.3)		1800m	2:28.40	(32.8)
		2200m	3:00.23	(32.3)		2200m	3:01.15	(32.7)
		2600m	3:32.52	(32.3)		2600m	3:34.24	(33.1)
		3000m	4:04.89	(32.3)		3000m	4:07.30	(33.1)
		3400m	4:37.29	(32.4)		3400m	4:40.91	(33.6)
		3800m	5:10.31	(33.1)		3800m	5:14.89	(33.9)
		4200m	5:43.34	(33.0)		4200m	5:49.41	(34.6)
		4600m	6:16.33	(33.0)		4600m	6:24.18	(34.7)
		5000m	6:49.81	(33.5)		5000m	6:58.94	(34.8)