

12. Rituitslag 10000m Heren Allround

		Naam		Cat		PR	Tijd	Info
1	wt	94 Jos de Vos		HSA		13:16.49	13:29.20	
	rd	58 Lex Dijkstra		HN4		13:24.43	13:41.72	
		Jos de Vos			Lex Dijkstra			
		400m	35.89	(35.8)	400m	36.30	(36.3)	
		800m	1:07.76	(31.9)	800m	1:08.39	(32.0)	
		1200m	1:39.85	(32.1)	1200m	1:40.49	(32.1)	
		1600m	2:11.54	(31.7)	1600m	2:12.60	(32.2)	
		2000m	2:43.09	(31.5)	2000m	2:44.79	(32.1)	
		2400m	3:14.69	(31.6)	2400m	3:17.23	(32.5)	
		2800m	3:46.26	(31.6)	2800m	3:49.49	(32.2)	
		3200m	4:17.94	(31.7)	3200m	4:22.02	(32.6)	
		3600m	4:49.56	(31.6)	3600m	4:54.41	(32.4)	
		4000m	5:21.10	(31.6)	4000m	5:26.89	(32.4)	
		4400m	5:52.85	(31.7)	4400m	5:59.43	(32.6)	
		4800m	6:24.52	(31.7)	4800m	6:31.98	(32.5)	
		5200m	6:56.14	(31.6)	5200m	7:04.56	(32.6)	
		5600m	7:28.33	(32.2)	5600m	7:37.36	(32.8)	
		6000m	8:00.57	(32.2)	6000m	8:09.82	(32.5)	
		6400m	8:33.01	(32.5)	6400m	8:42.55	(32.7)	
		6800m	9:05.54	(32.5)	6800m	9:15.42	(32.9)	
		7200m	9:38.64	(33.1)	7200m	9:48.30	(32.9)	
		7600m	10:11.46	(32.8)	7600m	10:21.33	(33.0)	
		8000m	10:44.40	(33.0)	8000m	10:54.59	(33.2)	
		8400m	11:17.30	(32.9)	8400m	11:27.84	(33.3)	
		8800m	11:50.31	(33.0)	8800m	12:01.22	(33.4)	
		9200m	12:23.25	(32.9)	9200m	12:34.66	(33.4)	
		9600m	12:56.33	(33.1)	9600m	13:08.30	(33.7)	
		10000m	13:29.20	(32.9)	10000m	13:41.72	(33.4)	

Thialf - Heerenveen

		Naam	Cat	PR	Tijd Info
2	wt	90 Tijmen Snel	HN2		14:12.71
	rd	51 Tjerk de Boer	HN1	14:39.64	13:48.65 PR

Tijmen Snel

400m	38.38	(38.3)
800m	1:12.29	(33.9)
1200m	1:46.25	(34.0)
1600m	2:19.77	(33.5)
2000m	2:53.51	(33.8)
2400m	3:27.24	(33.7)
2800m	4:00.93	(33.7)
3200m	4:34.41	(33.5)
3600m	5:07.86	(33.4)
4000m	5:41.23	(33.4)
4400m	6:15.23	(34.0)
4800m	6:49.22	(34.0)
5200m	7:23.58	(34.3)
5600m	7:58.03	(34.5)
6000m	8:32.12	(34.1)
6400m	9:06.30	(34.2)
6800m	9:40.74	(34.4)
7200m	10:15.00	(34.3)
7600m	10:49.24	(34.2)
8000m	11:23.64	(34.4)
8400m	11:58.21	(34.6)
8800m	12:32.06	(33.8)
9200m	13:05.74	(33.7)
9600m	13:39.29	(33.5)
10000m	14:12.71	(33.5)

Tjerk de Boer

400m	36.44	(36.4)
800m	1:09.02	(32.6)
1200m	1:41.95	(32.9)
1600m	2:14.93	(33.0)
2000m	2:48.10	(33.2)
2400m	3:21.12	(33.0)
2800m	3:54.07	(32.9)
3200m	4:27.13	(33.1)
3600m	4:59.97	(32.8)
4000m	5:32.90	(33.0)
4400m	6:05.68	(32.7)
4800m	6:38.57	(32.9)
5200m	7:11.54	(33.0)
5600m	7:44.56	(33.0)
6000m	8:17.45	(32.9)
6400m	8:50.41	(33.0)
6800m	9:23.47	(33.0)
7200m	9:56.65	(33.2)
7600m	10:29.87	(33.2)
8000m	11:03.36	(33.5)
8400m	11:36.63	(33.3)
8800m	12:10.18	(33.5)
9200m	12:43.90	(33.8)
9600m	13:17.19	(33.2)
10000m	13:48.65	(31.5)

Thialf - Heerenveen

		Naam	Cat	PR	Tijd Info
3	wt	72 Chris Huizinga	HN2	13:29.09	13:25.87 PR
	rd	64 Thomas Geerdinck	HN4	13:32.72	13:30.79 PR

Chris Huizinga

400m	35.18	(35.1)
800m	1:06.13	(31.0)
1200m	1:38.05	(31.9)
1600m	2:10.01	(32.0)
2000m	2:42.22	(32.2)
2400m	3:14.45	(32.2)
2800m	3:46.77	(32.3)
3200m	4:19.08	(32.3)
3600m	4:51.17	(32.1)
4000m	5:23.19	(32.0)
4400m	5:55.09	(31.9)
4800m	6:27.13	(32.1)
5200m	6:58.99	(31.8)
5600m	7:30.87	(31.9)
6000m	8:02.76	(31.9)
6400m	8:34.69	(31.9)
6800m	9:06.53	(31.9)
7200m	9:38.32	(31.8)
7600m	10:10.28	(31.9)
8000m	10:42.57	(32.3)
8400m	11:14.64	(32.1)
8800m	11:46.80	(32.2)
9200m	12:19.75	(32.9)
9600m	12:53.08	(33.3)
10000m	13:25.87	(32.8)

Thomas Geerdinck

400m	35.92	(35.9)
800m	1:07.07	(31.1)
1200m	1:39.12	(32.1)
1600m	2:11.52	(32.4)
2000m	2:43.64	(32.1)
2400m	3:15.76	(32.1)
2800m	3:47.85	(32.1)
3200m	4:20.38	(32.5)
3600m	4:52.46	(32.1)
4000m	5:24.55	(32.1)
4400m	5:56.37	(31.8)
4800m	6:28.44	(32.1)
5200m	7:00.50	(32.1)
5600m	7:32.69	(32.1)
6000m	8:04.71	(32.1)
6400m	8:37.13	(32.4)
6800m	9:09.57	(32.4)
7200m	9:42.13	(32.6)
7600m	10:14.60	(32.5)
8000m	10:47.23	(32.6)
8400m	11:19.72	(32.5)
8800m	11:52.78	(33.0)
9200m	12:26.20	(33.5)
9600m	12:58.83	(32.6)
10000m	13:30.79	(31.9)

Thialf - Heerenveen

		Naam	Cat	PR	Tijd Info
4	wt	95 Douwe de Vries	HSB	12:56.61	12:55.10 PR
	rd	55 Marcel Bosker	HN3	13:09.17	13:14.34

Douwe de Vries

400m	34.77	(34.7)
800m	1:05.24	(30.5)
1200m	1:36.13	(30.9)
1600m	2:07.15	(31.0)
2000m	2:38.03	(30.9)
2400m	3:08.92	(30.9)
2800m	3:39.72	(30.8)
3200m	4:10.54	(30.8)
3600m	4:41.18	(30.6)
4000m	5:11.94	(30.8)
4400m	5:42.69	(30.7)
4800m	6:13.48	(30.8)
5200m	6:44.34	(30.9)
5600m	7:15.22	(30.9)
6000m	7:46.03	(30.8)
6400m	8:16.90	(30.9)
6800m	8:47.86	(30.9)
7200m	9:19.00	(31.2)
7600m	9:49.86	(30.8)
8000m	10:20.52	(30.7)
8400m	10:51.22	(30.7)
8800m	11:22.33	(31.1)
9200m	11:53.51	(31.2)
9600m	12:24.38	(30.8)
10000m	12:55.10	(30.8)

Marcel Bosker

400m	34.97	(34.9)
800m	1:06.14	(31.2)
1200m	1:37.23	(31.1)
1600m	2:08.09	(30.8)
2000m	2:39.38	(31.3)
2400m	3:10.55	(31.2)
2800m	3:41.76	(31.2)
3200m	4:13.50	(31.8)
3600m	4:44.97	(31.4)
4000m	5:16.65	(31.7)
4400m	5:48.63	(32.0)
4800m	6:20.53	(31.9)
5200m	6:52.53	(32.0)
5600m	7:24.58	(32.0)
6000m	7:56.90	(32.4)
6400m	8:28.86	(31.9)
6800m	9:00.35	(31.5)
7200m	9:32.20	(31.9)
7600m	10:04.31	(32.1)
8000m	10:35.93	(31.6)
8400m	11:07.51	(31.6)
8800m	11:39.14	(31.6)
9200m	12:10.87	(31.7)
9600m	12:42.65	(31.8)
10000m	13:14.34	(31.7)

		Naam	Cat	PR	Tijd Info
5	wt	69 Louis Hollaar	HN1	14:23.33	WDR
	rd				

Louis Hollaar

m