



Nederlands Kampioenschap Junioren Allround + Afstanden



Kardingse - Groningen

19. Rituitslag Dames Junioren B 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	28	Megan Sokolov		DB2		4:18.31	4:24.85	
	rd	14	Eline Jansen		DB2		4:18.86	4:24.84	
			Megan Sokolov				Eline Jansen		
		200m	21.84	(21.8)		200m	21.97	(21.9)	
		600m	55.93	(34.1)		600m	55.75	(33.8)	
		1000m	1:29.92	(34.0)		1000m	1:29.92	(34.2)	
		1400m	2:04.23	(34.3)		1400m	2:04.28	(34.3)	
		1800m	2:38.66	(34.4)		1800m	2:38.91	(34.7)	
		2200m	3:13.72	(35.1)		2200m	3:13.64	(34.7)	
		2600m	3:49.16	(35.4)		2600m	3:49.17	(35.5)	
		3000m	4:24.85	(35.7)		3000m	4:24.84	(35.7)	

		Naam		Cat		PR		Tijd	Info
2	gl	27	Iris Schultinga		DB2		4:30.84	4:32.86	
	bl	17	Bente Kerkhoff		DB2		4:25.25	4:33.97	
			Iris Schultinga				Bente Kerkhoff		
		200m	20.96	(20.9)		200m	21.49	(21.4)	
		600m	54.98	(34.0)		600m	56.99	(35.5)	
		1000m	1:30.11	(35.2)		1000m	1:32.70	(35.8)	
		1400m	2:05.59	(35.4)		1400m	2:08.58	(35.8)	
		1800m	2:41.80	(36.3)		1800m	2:44.91	(36.4)	
		2200m	3:18.40	(36.6)		2200m	3:21.29	(36.3)	
		2600m	3:55.48	(37.0)		2600m	3:57.63	(36.4)	
		3000m	4:32.86	(37.4)		3000m	4:33.97	(36.3)	



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		Naam	Cat	PR	Tijd	Info
3	wt	33 Sacha van der Weide	DB2	4:43.37	4:47.35	
	rd	20 Amy van der Meer	DB2	4:31.77	4:43.83	

Sacha van der Weide

200m	21.36	(21.3)
600m	56.18	(34.8)
1000m	1:31.83	(35.7)
1400m	2:08.93	(37.1)
1800m	2:47.05	(38.1)
2200m	3:26.30	(39.3)
2600m	4:06.66	(40.3)
3000m	4:47.35	(40.7)

Amy van der Meer

200m	21.91	(21.9)
600m	57.17	(35.2)
1000m	1:32.86	(35.7)
1400m	2:09.79	(36.9)
1800m	2:47.68	(37.9)
2200m	3:26.11	(38.5)
2600m	4:04.95	(38.8)
3000m	4:43.83	(38.9)

		Naam	Cat	PR	Tijd	Info
4	gl	35 Sanne Westra	DB1	4:42.61	4:41.79	PR
	bl	22 Famke Minnee	DB2	4:36.03	4:33.02	PR

Sanne Westra

200m	22.09	(22.0)
600m	57.14	(35.1)
1000m	1:32.91	(35.8)
1400m	2:10.00	(37.1)
1800m	2:47.12	(37.1)
2200m	3:24.65	(37.5)
2600m	4:03.13	(38.5)
3000m	4:41.79	(38.6)

Famke Minnee

200m	22.06	(22.0)
600m	56.89	(34.8)
1000m	1:33.10	(36.3)
1400m	2:09.53	(36.4)
1800m	2:46.07	(36.5)
2200m	3:22.21	(36.2)
2600m	3:58.04	(35.8)
3000m	4:33.02	(35.0)



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		Naam		Cat		PR	Tijd	Info
5	wt	5	Merel Conijn		DB2		4:22.94	4:22.75 PR TRC
	rd	4	Myrthe de Boer		DB2		4:30.24	4:34.04
		Merel Conijn			Myrthe de Boer			
		200m	19.95	(19.9)	200m	20.97	(20.9)	
		600m	52.22	(32.3)	600m	54.95	(34.0)	
		1000m	1:26.80	(34.6)	1000m	1:30.63	(35.7)	
		1400m	2:02.26	(35.4)	1400m	2:06.43	(35.8)	
		1800m	2:37.83	(35.6)	1800m	2:42.59	(36.1)	
		2200m	3:13.38	(35.5)	2200m	3:19.15	(36.6)	
		2600m	3:48.47	(35.1)	2600m	3:56.28	(37.1)	
		3000m	4:22.75	(34.3)	3000m	4:34.04	(37.8)	

		Naam		Cat		PR	Tijd	Info
6	gl	11	Isabel Grevelt		DB2		4:32.99	4:32.13 PR
	bl	2	Leonie Bats		DB2		4:25.94	4:32.45
		Isabel Grevelt			Leonie Bats			
		200m	20.71	(20.7)	200m	21.02	(21.0)	
		600m	54.25	(33.5)	600m	54.44	(33.4)	
		1000m	1:28.57	(34.3)	1000m	1:29.58	(35.1)	
		1400m	2:04.50	(36.0)	1400m	2:05.43	(35.9)	
		1800m	2:40.90	(36.4)	1800m	2:42.81	(37.4)	
		2200m	3:18.42	(37.5)	2200m	3:19.65	(36.8)	
		2600m	3:55.61	(37.2)	2600m	3:56.92	(37.3)	
		3000m	4:32.13	(36.5)	3000m	4:32.45	(35.5)	