



Nederlands Kampioenschap Junioren Allround + Afstanden



Kardinghe - Groningen

20. Rituitslag Heren Junioren B 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	10	Niels d' Huy		HB2	4:08.92		4:16.04	
	rd	2	Stephan Clazing		HB2	4:15.36		4:18.81	
		Niels d' Huy			Stephan Clazing				
		200m	20.42	(20.4)	200m	21.52	(21.5)		
		600m	52.30	(31.9)	600m	55.11	(33.6)		
		1000m	1:24.68	(32.3)	1000m	1:28.56	(33.4)		
		1400m	1:57.89	(33.2)	1400m	2:02.43	(33.9)		
		1800m	2:31.88	(34.0)	1800m	2:36.63	(34.2)		
		2200m	3:06.55	(34.7)	2200m	3:10.46	(33.8)		
		2600m	3:41.54	(35.0)	2600m	3:44.49	(34.0)		
		3000m	4:16.04	(34.5)	3000m	4:18.81	(34.4)		

		Naam		Cat		PR		Tijd	Info
2	gl	27	Martijn Takens		HB2	4:00.78		4:03.73	
	bl	38	Stan van Vliet		HB1	4:01.02		4:02.75	
		Martijn Takens			Stan van Vliet				
		200m	19.17	(19.1)	200m	19.40	(19.4)		
		600m	49.75	(30.6)	600m	49.90	(30.5)		
		1000m	1:21.66	(31.9)	1000m	1:21.63	(31.7)		
		1400m	1:54.40	(32.8)	1400m	1:54.32	(32.7)		
		1800m	2:26.44	(32.0)	1800m	2:26.49	(32.1)		
		2200m	2:58.84	(32.4)	2200m	2:58.30	(31.9)		
		2600m	3:31.27	(32.4)	2600m	3:30.72	(32.4)		
		3000m	4:03.73	(32.5)	3000m	4:02.75	(32.0)		



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		Naam		Cat		PR	Tijd	Info
3	wt	8	David Holmes		HB2		4:06.57	4:13.27
	rd	25	Daan Spruit		HB2		4:02.60	4:10.26
		David Holmes			Daan Spruit			
		200m	20.65	(20.6)	200m	19.82	(19.8)	
		600m	53.24	(32.6)	600m	51.91	(32.1)	
		1000m	1:25.93	(32.7)	1000m	1:24.12	(32.2)	
		1400m	1:58.82	(32.9)	1400m	1:56.13	(32.0)	
		1800m	2:32.24	(33.4)	1800m	2:29.20	(33.1)	
		2200m	3:06.09	(33.8)	2200m	3:02.49	(33.2)	
		2600m	3:40.24	(34.2)	2600m	3:36.19	(33.7)	
		3000m	4:13.27	(33.0)	3000m	4:10.26	(34.1)	
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		Naam		Cat		PR	Tijd	Info
4	gl	36	Gert Wierda		HB1		4:08.42	4:05.41 PR
	bl	22	Remo Slotegraaf		HB2		3:56.90	4:01.20
		Gert Wierda			Remo Slotegraaf			
		200m	19.51	(19.5)	200m	19.45	(19.4)	
		600m	50.83	(31.3)	600m	50.66	(31.2)	
		1000m	1:22.92	(32.1)	1000m	1:22.48	(31.8)	
		1400m	1:55.44	(32.5)	1400m	1:54.20	(31.8)	
		1800m	2:28.09	(32.6)	1800m	2:26.28	(32.0)	
		2200m	3:00.60	(32.6)	2200m	2:57.98	(31.7)	
		2600m	3:33.04	(32.4)	2600m	3:29.58	(31.6)	
		3000m	4:05.41	(32.4)	3000m	4:01.20	(31.7)	



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Kardingse - Groningen

		Naam		Cat		PR		Tijd	Info
5	wt	7	Jarle Gerrits		HB2			4:03.73	4:04.47
	rd	11	Olav Kooij		HB2			4:00.31	4:02.14
		Jarle Gerrits			Olav Kooij				
		200m	19.36	(19.3)	200m	19.85	(19.8)		
		600m	52.01	(32.7)	600m	50.96	(31.1)		
		1000m	1:24.06	(32.0)	1000m	1:23.60	(32.7)		
		1400m	1:55.92	(31.9)	1400m	1:55.45	(31.8)		
		1800m	2:27.27	(31.3)	1800m	2:27.29	(31.8)		
		2200m	2:58.92	(31.7)	2200m	2:58.88	(31.6)		
		2600m	3:31.08	(32.1)	2600m	3:30.12	(31.3)		
		3000m	4:04.47	(33.4)	3000m	4:02.14	(32.0)		
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		Naam		Cat		PR		Tijd	Info
6	gl	30	Wietse Tukkie		HB2			4:00.83	4:04.16
	bl	35	Stefan Westenbroek		HB2			3:57.69	4:07.61
		Wietse Tukkie			Stefan Westenbroek				
		200m	19.52	(19.5)	200m	18.82	(18.8)		
		600m	50.91	(31.4)	600m	50.60	(31.8)		
		1000m	1:22.24	(31.3)	1000m	1:22.68	(32.0)		
		1400m	1:54.03	(31.8)	1400m	1:54.82	(32.2)		
		1800m	2:26.34	(32.3)	1800m	2:27.73	(32.9)		
		2200m	2:58.68	(32.3)	2200m	3:00.95	(33.2)		
		2600m	3:31.31	(32.7)	2600m	3:34.29	(33.3)		
		3000m	4:04.16	(32.8)	3000m	4:07.61	(33.4)		