



Nederlands Kampioenschap Junioren Allround + Afstanden



Kardingne - Groningen

21. Rituitslag Dames Junioren A 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	29	Eva van Til		DA2		4:24.89	4:38.55	
	rd	2	Amber Bartelds		DA2		4:29.01	4:50.59	
		Eva van Til			Amber Bartelds				
		200m	21.69	(21.6)	200m	21.98	(21.9)		
		600m	56.99	(35.3)	600m	57.48	(35.5)		
		1000m	1:32.50	(35.6)	1000m	1:33.54	(36.1)		
		1400m	2:08.73	(36.2)	1400m	2:10.05	(36.5)		
		1800m	2:45.59	(36.8)	1800m	2:48.11	(38.1)		
		2200m	3:22.96	(37.4)	2200m	3:27.41	(39.3)		
		2600m	4:00.84	(37.9)	2600m	4:08.58	(41.1)		
		3000m	4:38.55	(37.7)	3000m	4:50.59	(42.0)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
3	wt	21	Hilde Noppert		DA1		4:24.21	4:33.58	
	rd	13	Romy de Jong		DA1		4:42.27	4:43.25	
		Hilde Noppert			Romy de Jong				
		200m	20.84	(20.8)	200m	23.02	(23.0)		
		600m	55.06	(34.2)	600m	58.50	(35.5)		
		1000m	1:30.50	(35.5)	1000m	1:34.78	(36.2)		
		1400m	2:06.56	(36.0)	1400m	2:11.77	(37.0)		
		1800m	2:43.00	(36.5)	1800m	2:49.49	(37.7)		
		2200m	3:20.03	(37.0)	2200m	3:27.12	(37.7)		
		2600m	3:56.93	(36.9)	2600m	4:05.34	(38.2)		
		3000m	4:33.58	(36.6)	3000m	4:43.25	(37.9)		



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		Naam	Cat	PR	Tijd	Info
4	gl	5 Marieke Driesprong	DA2	4:23.63	4:22.68	PR
	bl	35 Eline van Voorden	DA1	4:24.45	4:26.71	

Marieke Driesprong

200m	21.13	(21.1)
600m	54.12	(33.0)
1000m	1:27.91	(33.8)
1400m	2:02.21	(34.3)
1800m	2:36.71	(34.5)
2200m	3:11.87	(35.1)
2600m	3:47.36	(35.5)
3000m	4:22.68	(35.3)

Eline van Voorden

200m	20.89	(20.8)
600m	53.83	(33.0)
1000m	1:28.11	(34.3)
1400m	2:03.23	(35.1)
1800m	2:38.86	(35.6)
2200m	3:14.62	(35.8)
2600m	3:50.14	(35.5)
3000m	4:26.71	(36.6)

		Naam	Cat	PR	Tijd	Info
5	wt	19 Roos Markus	DA1	4:21.78	4:28.59	
	rd	18 Maud Lugters	DA1	4:32.85	DNF	

Roos Markus

200m	21.01	(21.0)
600m	54.43	(33.4)
1000m	1:28.25	(33.8)
1400m	2:02.81	(34.6)
1800m	2:38.13	(35.3)
2200m	3:14.54	(36.4)
2600m	3:51.44	(36.9)
3000m	4:28.59	(37.1)

Maud Lugters

200m	20.71	(20.7)
600m	53.80	(33.1)
1000m	1:29.06	(35.2)
1400m	2:05.24	(36.2)
1800m	2:42.81	(37.6)



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		Naam	Cat	PR	Tijd	Info
6	gl	7 Robin Groot	DA1	4:14.80	4:23.32	
	bl	30 Paulien Verhaar	DA2	4:18.49	4:21.86	

Robin Groot

200m	21.21	(21.2)
600m	54.93	(33.7)
1000m	1:28.82	(33.9)
1400m	2:03.07	(34.2)
1800m	2:37.26	(34.2)
2200m	3:12.19	(34.9)
2600m	3:47.50	(35.4)
3000m	4:23.32	(35.8)

Paulien Verhaar

200m	21.04	(21.0)
600m	54.66	(33.6)
1000m	1:28.99	(34.3)
1400m	2:03.22	(34.3)
1800m	2:37.34	(34.1)
2200m	3:11.56	(34.2)
2600m	3:46.41	(34.9)
3000m	4:21.86	(35.4)