



# Nederlands Kampioenschap Junioren Allround + Afstanden



Kardingse - Groningen

## 22. Rituitslag Heren Junioren A 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	19	<b>Wesley Hollenberg</b>		HA2	6:52.74		<b>6:57.41</b>	
	rd	6	<b>Bram Cohen</b>		HA2	6:45.47		<b>6:57.50</b>	
		<b>Wesley Hollenberg</b>			<b>Bram Cohen</b>				
		200m	20.46	(20.4)	200m	20.47	(20.4)		
		600m	53.59	(33.1)	600m	52.99	(32.5)		
		1000m	1:26.45	(32.9)	1000m	1:25.78	(32.8)		
		1400m	1:59.53	(33.1)	1400m	1:58.71	(33.0)		
		1800m	2:32.89	(33.3)	1800m	2:31.68	(32.9)		
		2200m	3:06.17	(33.3)	2200m	3:04.86	(33.2)		
		2600m	3:39.15	(33.0)	2600m	3:38.00	(33.2)		
		3000m	4:12.39	(33.2)	3000m	4:11.08	(33.0)		
		3400m	4:45.78	(33.4)	3400m	4:44.42	(33.4)		
		3800m	5:19.37	(33.6)	3800m	5:18.29	(33.8)		
		4200m	5:52.50	(33.2)	4200m	5:52.41	(34.2)		
		4600m	6:25.22	(32.7)	4600m	6:24.99	(32.5)		
		5000m	6:57.41	(32.2)	5000m	6:57.50	(32.6)		

		Naam		Cat		PR		Tijd	Info
2	gl	11	<b>Jacco Efdé</b>		HA2			<b>7:28.90</b>	
	bl	18	<b>Jens Hoekstra</b>		HA2			<b>7:29.08</b>	
		<b>Jacco Efdé</b>			<b>Jens Hoekstra</b>				
		200m	21.30	(21.3)	200m	20.14	(20.1)		
		600m	56.53	(35.2)	600m	54.79	(34.6)		
		1000m	1:32.56	(36.0)	1000m	1:30.03	(35.3)		
		1400m	2:08.31	(35.8)	1400m	2:05.44	(35.4)		
		1800m	2:43.87	(35.5)	1800m	2:40.38	(34.9)		
		2200m	3:19.16	(35.3)	2200m	3:15.29	(34.9)		
		2600m	3:55.01	(35.9)	2600m	3:50.45	(35.2)		
		3000m	4:30.05	(35.0)	3000m	4:26.26	(35.8)		
		3400m	5:05.49	(35.4)	3400m	5:03.45	(37.2)		
		3800m	5:41.27	(35.8)	3800m	5:40.08	(36.6)		
		4200m	6:17.42	(36.2)	4200m	6:17.27	(37.2)		
		4600m	6:53.50	(36.1)	4600m	6:53.62	(36.4)		
		5000m	7:28.90	(35.4)	5000m	7:29.08	(35.4)		



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		Naam		Cat		PR	Tijd	Info
3	wt	33	<b>Yves Vergeer</b>		HA1		6:42.92	<b>6:50.63</b>
	rd	37	<b>Harm Visser</b>		HA1		6:53.96	<b>6:54.39</b>
		<b>Yves Vergeer</b>			<b>Harm Visser</b>			
		200m	19.26	(19.2)	200m	19.24	(19.2)	
		600m	50.34	(31.1)	600m	50.65	(31.4)	
		1000m	1:22.68	(32.3)	1000m	1:22.98	(32.3)	
		1400m	1:55.62	(33.0)	1400m	1:55.76	(32.8)	
		1800m	2:27.81	(32.2)	1800m	2:28.71	(33.0)	
		2200m	3:00.32	(32.5)	2200m	3:01.63	(32.9)	
		2600m	3:32.48	(32.1)	2600m	3:34.71	(33.1)	
		3000m	4:05.25	(32.8)	3000m	4:07.96	(33.2)	
		3400m	4:38.06	(32.8)	3400m	4:41.20	(33.3)	
		3800m	5:10.91	(32.9)	3800m	5:14.40	(33.2)	
		4200m	5:43.79	(32.8)	4200m	5:47.64	(33.2)	
		4600m	6:16.96	(33.2)	4600m	6:21.09	(33.4)	
		5000m	6:50.63	(33.7)	5000m	6:54.39	(33.3)	

		Naam		Cat		PR	Tijd	Info
4	gl	23	<b>Elwin Jongman</b>		HA2		7:26.59	<b>DQ</b>
	bl	40	<b>Serge Yoro</b>		HA2		7:32.80	<b>7:31.26 PR</b>
		<b>Elwin Jongman</b>			<b>Serge Yoro</b>			
					200m	20.32	(20.3)	
					600m	54.10	(33.8)	
					1000m	1:30.09	(35.9)	
					1400m	2:05.53	(35.5)	
					1800m	2:41.09	(35.5)	
					2200m	3:17.00	(36.0)	
					2600m	3:52.86	(35.8)	
					3000m	4:29.14	(36.3)	
					3400m	5:05.38	(36.2)	
					3800m	5:41.70	(36.4)	
					4200m	6:18.28	(36.5)	
					4600m	6:54.93	(36.7)	
					5000m	7:31.26	(36.3)	



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		Naam		Cat		PR		Tijd	Info
5	wt	32	<b>Jur Veenje</b>		HA1			<b>6:56.87</b>	
	rd	1	<b>Raoul van Aken</b>		HA1	7:05.47		<b>7:20.50</b>	
		<b>Jur Veenje</b>			<b>Raoul van Aken</b>				
		200m	19.10	(19.1)	200m	19.56	(19.5)		
		600m	50.43	(31.3)	600m	51.33	(31.8)		
		1000m	1:22.74	(32.3)	1000m	1:24.22	(32.9)		
		1400m	1:55.37	(32.6)	1400m	1:57.76	(33.5)		
		1800m	2:28.24	(32.9)	1800m	2:31.54	(33.8)		
		2200m	3:01.34	(33.1)	2200m	3:05.45	(33.9)		
		2600m	3:34.48	(33.1)	2600m	3:39.80	(34.4)		
		3000m	4:07.83	(33.4)	3000m	4:14.58	(34.7)		
		3400m	4:41.47	(33.6)	3400m	4:50.54	(36.0)		
		3800m	5:15.52	(34.1)	3800m	5:27.25	(36.7)		
		4200m	5:49.45	(33.9)	4200m	6:05.23	(38.0)		
		4600m	6:23.33	(33.9)	4600m	6:42.96	(37.7)		
		5000m	6:56.87	(33.5)	5000m	7:20.50	(37.6)		

		Naam		Cat		PR		Tijd	Info
6	gl	28	<b>Merijn Scheperkamp</b>		HA2	7:14.26		<b>7:03.84</b>	PR
	bl	38	<b>Teun de Wit</b>		HA2	6:55.12		<b>6:54.21</b>	PR
		<b>Merijn Scheperkamp</b>			<b>Teun de Wit</b>				
		200m	20.19	(20.1)	200m	20.08	(20.0)		
		600m	53.22	(33.1)	600m	51.90	(31.9)		
		1000m	1:26.24	(33.0)	1000m	1:24.64	(32.7)		
		1400m	1:59.44	(33.2)	1400m	1:57.02	(32.4)		
		1800m	2:32.94	(33.5)	1800m	2:29.58	(32.5)		
		2200m	3:06.53	(33.6)	2200m	3:02.40	(32.9)		
		2600m	3:39.91	(33.4)	2600m	3:35.05	(32.6)		
		3000m	4:13.63	(33.7)	3000m	4:08.04	(33.0)		
		3400m	4:47.47	(33.8)	3400m	4:41.13	(33.1)		
		3800m	5:21.28	(33.8)	3800m	5:14.22	(33.1)		
		4200m	5:55.36	(34.1)	4200m	5:47.35	(33.1)		
		4600m	6:29.57	(34.2)	4600m	6:20.51	(33.2)		
		5000m	7:03.84	(34.3)	5000m	6:54.21	(33.7)		