

5. Rituitslag Heren 5000 meter

		Naam	Cat	PR	Tijd Info
1	wt	74 Bart Mol	HSB	6:24.87	6:37.44
	rd	82 Victor Ramler	HN4	6:35.94	6:28.77 PR

Bart Mol

200m	20.54	(20.54)
600m	51.17	(30.63)
1000m	1:21.09	(29.92)
1400m	1:51.65	(30.56)
1800m	2:22.25	(30.60)
2200m	2:53.23	(30.98)
2600m	3:24.28	(31.05)
3000m	3:55.46	(31.18)
3400m	4:27.16	(31.70)
3800m	4:59.34	(32.18)
4200m	5:31.44	(32.10)
4600m	6:04.12	(32.68)
5000m	6:37.44	(33.32)

Victor Ramler

200m	19.50	(19.50)
600m	49.90	(30.40)
1000m	1:20.30	(30.40)
1400m	1:50.77	(30.47)
1800m	2:21.35	(30.58)
2200m	2:52.20	(30.85)
2600m	3:23.06	(30.86)
3000m	3:54.15	(31.09)
3400m	4:25.24	(31.09)
3800m	4:56.42	(31.18)
4200m	5:27.49	(31.07)
4600m	5:58.46	(30.97)
5000m	6:28.77	(30.31)

		Naam	Cat	PR	Tijd Info
2	wt	98 Mats Stoltenborg	HSA	6:20.84	6:27.20
	rd	115 Bart de Vries	HSB	6:26.01	6:36.57

Mats Stoltenborg

200m	19.82	(19.82)
600m	49.85	(30.03)
1000m	1:19.88	(30.03)
1400m	1:50.17	(30.29)
1800m	2:20.47	(30.30)
2200m	2:50.94	(30.47)
2600m	3:21.37	(30.43)
3000m	3:51.96	(30.59)
3400m	4:22.68	(30.72)
3800m	4:53.42	(30.74)
4200m	5:24.27	(30.85)
4600m	5:55.44	(31.17)
5000m	6:27.20	(31.76)

Bart de Vries

200m	19.89	(19.89)
600m	49.68	(29.79)
1000m	1:19.68	(30.00)
1400m	1:49.88	(30.20)
1800m	2:20.25	(30.37)
2200m	2:50.68	(30.43)
2600m	3:21.17	(30.49)
3000m	3:51.88	(30.71)
3400m	4:23.05	(31.17)
3800m	4:54.98	(31.93)
4200m	5:27.56	(32.58)
4600m	6:01.34	(33.78)
5000m	6:36.57	(35.23)

		Naam			Cat	PR	Tijd	Info
3	wt	3	Crispijn Ariëns		HSB	6:26.10	6:22.90	PR
	rd	37	Thomas Geerdinck		HSA	6:27.46	6:27.30	PR
		<u>Crispijn Ariëns</u>			<u>Thomas Geerdinck</u>			
		200m	19.42	(19.42)	200m	19.08	(19.08)	
		600m	48.97	(29.55)	600m	48.37	(29.29)	
		1000m	1:18.76	(29.79)	1000m	1:18.26	(29.89)	
		1400m	1:49.05	(30.29)	1400m	1:48.52	(30.26)	
		1800m	2:18.91	(29.86)	1800m	2:19.03	(30.51)	
		2200m	2:49.26	(30.35)	2200m	2:49.53	(30.50)	
		2600m	3:19.40	(30.14)	2600m	3:20.48	(30.95)	
		3000m	3:49.69	(30.29)	3000m	3:51.31	(30.83)	
		3400m	4:19.74	(30.05)	3400m	4:22.51	(31.20)	
		3800m	4:49.89	(30.15)	3800m	4:53.72	(31.21)	
		4200m	5:20.63	(30.74)	4200m	5:24.97	(31.25)	
		4600m	5:51.63	(31.00)	4600m	5:56.15	(31.18)	
		5000m	6:22.90	(31.27)	5000m	6:27.30	(31.15)	

		Naam			Cat	PR	Tijd	Info
4	wt	17	Robert Bovenhuis		HSB	6:24.19	6:25.17	
	rd	24	Lex Dijkstra		HSA	6:25.90	6:25.10	PR
		<u>Robert Bovenhuis</u>			<u>Lex Dijkstra</u>			
		200m	19.94	(19.94)	200m	18.90	(18.90)	
		600m	49.78	(29.84)	600m	48.63	(29.73)	
		1000m	1:19.66	(29.88)	1000m	1:18.62	(29.99)	
		1400m	1:50.03	(30.37)	1400m	1:48.70	(30.08)	
		1800m	2:20.36	(30.33)	1800m	2:18.87	(30.17)	
		2200m	2:50.85	(30.49)	2200m	2:49.06	(30.19)	
		2600m	3:21.23	(30.38)	2600m	3:19.33	(30.27)	
		3000m	3:51.77	(30.54)	3000m	3:49.91	(30.58)	
		3400m	4:22.05	(30.28)	3400m	4:20.82	(30.91)	
		3800m	4:52.73	(30.68)	3800m	4:51.72	(30.90)	
		4200m	5:23.04	(30.31)	4200m	5:22.87	(31.15)	
		4600m	5:54.27	(31.23)	4600m	5:54.11	(31.24)	
		5000m	6:25.17	(30.90)	5000m	6:25.10	(30.99)	

		Naam			Cat	PR	Tijd	Info
5	wt	10 Jan Blokhuijsen			HSB	6:11.91	6:20.50	
	rd	50 Chris Huizinga			HN3	6:23.35	6:21.58	PR
		<u>Jan Blokhuijsen</u>			<u>Chris Huizinga</u>			
		200m	18.43	(18.43)	200m	18.71	(18.71)	
		600m	47.47	(29.04)	600m	47.06	(28.35)	
		1000m	1:17.13	(29.66)	1000m	1:16.41	(29.35)	
		1400m	1:46.76	(29.63)	1400m	1:45.96	(29.55)	
		1800m	2:16.41	(29.65)	1800m	2:15.70	(29.74)	
		2200m	2:46.31	(29.90)	2200m	2:45.48	(29.78)	
		2600m	3:16.46	(30.15)	2600m	3:15.38	(29.90)	
		3000m	3:46.75	(30.29)	3000m	3:45.93	(30.55)	
		3400m	4:17.29	(30.54)	3400m	4:16.57	(30.64)	
		3800m	4:47.81	(30.52)	3800m	4:47.20	(30.63)	
		4200m	5:18.36	(30.55)	4200m	5:18.29	(31.09)	
		4600m	5:49.09	(30.73)	4600m	5:49.85	(31.56)	
		5000m	6:20.50	(31.41)	5000m	6:21.58	(31.73)	

		Naam			Cat	PR	Tijd	Info
6	wt	99 Marwin Talsma			HN3	6:20.84	6:21.33	
	rd	53 Kars Jansman			HSA	6:22.02	6:33.35	
		<u>Marwin Talsma</u>			<u>Kars Jansman</u>			
		200m	19.50	(19.50)	200m	19.51	(19.51)	
		600m	49.88	(30.38)	600m	49.37	(29.86)	
		1000m	1:19.65	(29.77)	1000m	1:19.53	(30.16)	
		1400m	1:49.71	(30.06)	1400m	1:49.79	(30.26)	
		1800m	2:19.83	(30.12)	1800m	2:20.30	(30.51)	
		2200m	2:49.82	(29.99)	2200m	2:50.72	(30.42)	
		2600m	3:20.08	(30.26)	2600m	3:21.42	(30.70)	
		3000m	3:50.37	(30.29)	3000m	3:52.45	(31.03)	
		3400m	4:20.45	(30.08)	3400m	4:23.86	(31.41)	
		3800m	4:50.60	(30.15)	3800m	4:55.67	(31.81)	
		4200m	5:20.61	(30.01)	4200m	5:27.89	(32.22)	
		4600m	5:51.12	(30.51)	4600m	6:00.47	(32.58)	
		5000m	6:21.33	(30.21)	5000m	6:33.35	(32.88)	

		Naam		Cat		PR	Tijd	Info
7	wt	116	Bob de Vries		HSB	6:10.48	6:29.05	
	rd	67	Erik Jan Kooiman		HSB	6:16.83	6:31.75	
		Bob de Vries			Erik Jan Kooiman			
		200m	19.70	(19.70)	200m	20.40	(20.40)	
		600m	49.62	(29.92)	600m	49.94	(29.54)	
		1000m	1:19.57	(29.95)	1000m	1:20.12	(30.18)	
		1400m	1:50.20	(30.63)	1400m	1:50.41	(30.29)	
		1800m	2:20.62	(30.42)	1800m	2:20.99	(30.58)	
		2200m	2:51.51	(30.89)	2200m	2:51.59	(30.60)	
		2600m	3:22.46	(30.95)	2600m	3:22.37	(30.78)	
		3000m	3:53.48	(31.02)	3000m	3:53.10	(30.73)	
		3400m	4:24.49	(31.01)	3400m	4:24.28	(31.18)	
		3800m	4:55.53	(31.04)	3800m	4:55.58	(31.30)	
		4200m	5:26.28	(30.75)	4200m	5:27.35	(31.77)	
		4600m	5:57.49	(31.21)	4600m	5:59.47	(32.12)	
		5000m	6:29.05	(31.56)	5000m	6:31.75	(32.28)	

		Naam		Cat		PR	Tijd	Info
8	wt	83	Patrick Roest		HSA	6:03.70	6:09.83	
	rd	68	Sven Kramer		HSB	6:03.32	6:15.71	
		Patrick Roest			Sven Kramer			
		200m	18.35	(18.35)	200m	18.76	(18.76)	
		600m	46.63	(28.28)	600m	47.77	(29.01)	
		1000m	1:15.06	(28.43)	1000m	1:17.20	(29.43)	
		1400m	1:43.83	(28.77)	1400m	1:46.49	(29.29)	
		1800m	2:12.74	(28.91)	1800m	2:15.97	(29.48)	
		2200m	2:41.72	(28.98)	2200m	2:45.47	(29.50)	
		2600m	3:10.94	(29.22)	2600m	3:15.28	(29.81)	
		3000m	3:40.20	(29.26)	3000m	3:44.90	(29.62)	
		3400m	4:09.65	(29.45)	3400m	4:14.75	(29.85)	
		3800m	4:39.39	(29.74)	3800m	4:44.48	(29.73)	
		4200m	5:09.29	(29.90)	4200m	5:14.55	(30.07)	
		4600m	5:39.36	(30.07)	4600m	5:44.80	(30.25)	
		5000m	6:09.83	(30.47)	5000m	6:15.71	(30.91)	

		Naam			Cat	PR	Tijd	Info
9	wt	113	Jos de Vos		HSA	6:21.10	6:23.44	
	rd	15	Marcel Bosker		HN4	6:08.90	6:18.41	
		<u>Jos de Vos</u>			<u>Marcel Bosker</u>			
		200m	18.79	(18.79)	200m	18.74	(18.74)	
		600m	48.18	(29.39)	600m	47.87	(29.13)	
		1000m	1:17.94	(29.76)	1000m	1:17.91	(30.04)	
		1400m	1:47.94	(30.00)	1400m	1:47.43	(29.52)	
		1800m	2:18.00	(30.06)	1800m	2:17.15	(29.72)	
		2200m	2:48.31	(30.31)	2200m	2:47.14	(29.99)	
		2600m	3:18.73	(30.42)	2600m	3:17.01	(29.87)	
		3000m	3:49.04	(30.31)	3000m	3:46.77	(29.76)	
		3400m	4:19.55	(30.51)	3400m	4:16.46	(29.69)	
		3800m	4:50.21	(30.66)	3800m	4:46.39	(29.93)	
		4200m	5:21.17	(30.96)	4200m	5:16.70	(30.31)	
		4600m	5:52.19	(31.02)	4600m	5:47.27	(30.57)	
		5000m	6:23.44	(31.25)	5000m	6:18.41	(31.14)	

		Naam			Cat	PR	Tijd	Info
10	wt	117	Douwe de Vries		HSB	6:12.47	6:18.80	
	rd	7	Jorrit Bergsma		HSB	6:06.93	6:14.31	
		<u>Douwe de Vries</u>			<u>Jorrit Bergsma</u>			
		200m	18.82	(18.82)	200m	19.09	(19.09)	
		600m	47.47	(28.65)	600m	48.33	(29.24)	
		1000m	1:16.91	(29.44)	1000m	1:17.64	(29.31)	
		1400m	1:46.57	(29.66)	1400m	1:47.05	(29.41)	
		1800m	2:16.37	(29.80)	1800m	2:16.65	(29.60)	
		2200m	2:46.43	(30.06)	2200m	2:46.13	(29.48)	
		2600m	3:16.59	(30.16)	2600m	3:15.83	(29.70)	
		3000m	3:46.82	(30.23)	3000m	3:45.63	(29.80)	
		3400m	4:16.86	(30.04)	3400m	4:15.41	(29.78)	
		3800m	4:46.96	(30.10)	3800m	4:45.06	(29.65)	
		4200m	5:17.34	(30.38)	4200m	5:14.66	(29.60)	
		4600m	5:47.96	(30.62)	4600m	5:44.36	(29.70)	
		5000m	6:18.80	(30.84)	5000m	6:14.31	(29.95)	