

## 8. Rituitslag Dames 3000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	111	<b>Eline van Voorden</b>		DA2	4:20.75	<b>4:20.99</b>	
	rd	107	<b>Paulien Verhaar</b>		DN1	4:18.45	<b>4:16.84</b>	PR
			<b>Eline van Voorden</b>				<b>Paulien Verhaar</b>	
		200m	20.64 (20.64)		200m	20.89 (20.89)		
		600m	52.99 (32.35)		600m	53.29 (32.40)		
		1000m	1:25.95 (32.96)		1000m	1:26.31 (33.02)		
		1400m	1:59.84 (33.89)		1400m	1:59.69 (33.38)		
		1800m	2:34.19 (34.35)		1800m	2:33.21 (33.52)		
		2200m	3:09.15 (34.96)		2200m	3:07.02 (33.81)		
		2600m	3:44.76 (35.61)		2600m	3:41.53 (34.51)		
		3000m	4:20.99 (36.23)		3000m	4:16.84 (35.31)		

		Naam		Cat		PR	Tijd	Info
2	wt	112	<b>Imke Vormeer</b>		DSB	4:09.39	<b>4:14.02</b>	
	rd	63	<b>Esther Kiel</b>		DN4	4:11.51	<b>4:07.88</b>	PR
			<b>Imke Vormeer</b>				<b>Esther Kiel</b>	
		200m	20.64 (20.64)		200m	20.24 (20.24)		
		600m	52.30 (31.66)		600m	51.95 (31.71)		
		1000m	1:24.32 (32.02)		1000m	1:23.82 (31.87)		
		1400m	1:56.98 (32.66)		1400m	1:55.90 (32.08)		
		1800m	2:30.48 (33.50)		1800m	2:28.34 (32.44)		
		2200m	3:04.44 (33.96)		2200m	3:01.30 (32.96)		
		2600m	3:39.00 (34.56)		2600m	3:34.36 (33.06)		
		3000m	4:14.02 (35.02)		3000m	4:07.88 (33.52)		

		Naam		Cat		PR	Tijd	Info
3	wt	58 <b>Sterre Jonkers</b>		DN2		4:07.69	<b>4:16.63</b>	
	rd	29 <b>Marieke Driesprong</b>		DN1		4:15.09	<b>4:13.17</b>	PR

### Sterre Jonkers

200m	21.22	(21.22)
600m	53.14	(31.92)
1000m	1:25.51	(32.37)
1400m	1:58.92	(33.41)
1800m	2:32.44	(33.52)
2200m	3:06.74	(34.30)
2600m	3:41.35	(34.61)
3000m	4:16.63	(35.28)

### Marieke Driesprong

200m	20.83	(20.83)
600m	52.42	(31.59)
1000m	1:24.86	(32.44)
1400m	1:58.08	(33.22)
1800m	2:31.44	(33.36)
2200m	3:05.19	(33.75)
2600m	3:39.09	(33.90)
3000m	4:13.17	(34.08)

		Naam		Cat		PR	Tijd	Info
4	wt	20 <b>Merel Conijn</b>		DA1		4:18.04	<b>4:17.43</b>	PR
	rd	42 <b>Robin Groot</b>		DA2		4:14.80	<b>4:15.74</b>	

### Merel Conijn

200m	20.20	(20.20)
600m	51.94	(31.74)
1000m	1:24.98	(33.04)
1400m	1:59.17	(34.19)
1800m	2:33.75	(34.58)
2200m	3:08.46	(34.71)
2600m	3:43.15	(34.69)
3000m	4:17.43	(34.28)

### Robin Groot

200m	20.52	(20.52)
600m	51.98	(31.46)
1000m	1:24.59	(32.61)
1400m	1:57.87	(33.28)
1800m	2:31.56	(33.69)
2200m	3:05.84	(34.28)
2600m	3:40.70	(34.86)
3000m	4:15.74	(35.04)

		Naam		Cat		PR	Tijd	Info
5	wt	45	<b>Aveline Hijlkema</b>		DSA	4:08.57	<b>4:12.16</b>	
	rd	22	<b>Ineke Dedden</b>		DSA	4:07.12	<b>4:15.90</b>	
			<b>Aveline Hijlkema</b>				<b>Ineke Dedden</b>	
		200m	20.26	(20.26)		200m	20.54	(20.54)
		600m	52.03	(31.77)		600m	51.90	(31.36)
		1000m	1:24.22	(32.19)		1000m	1:24.27	(32.37)
		1400m	1:56.92	(32.70)		1400m	1:57.50	(33.23)
		1800m	2:30.06	(33.14)		1800m	2:31.14	(33.64)
		2200m	3:03.50	(33.44)		2200m	3:05.33	(34.19)
		2600m	3:37.43	(33.93)		2600m	3:40.50	(35.17)
		3000m	4:12.16	(34.73)		3000m	4:15.90	(35.40)

		Naam		Cat		PR	Tijd	Info
6	wt	89	<b>Irene Schouten</b>		DSA	3:58.39	<b>4:04.58</b>	
	rd	64	<b>Carien Kleibeuker</b>		D40	4:03.79	<b>4:09.76</b>	
			<b>Irene Schouten</b>				<b>Carien Kleibeuker</b>	
		200m	20.11	(20.11)		200m	21.05	(21.05)
		600m	51.69	(31.58)		600m	52.30	(31.25)
		1000m	1:23.53	(31.84)		1000m	1:24.08	(31.78)
		1400m	1:55.48	(31.95)		1400m	1:56.62	(32.54)
		1800m	2:27.44	(31.96)		1800m	2:29.14	(32.52)
		2200m	2:59.59	(32.15)		2200m	3:02.37	(33.23)
		2600m	3:31.96	(32.37)		2600m	3:35.84	(33.47)
		3000m	4:04.58	(32.62)		3000m	4:09.76	(33.92)

		Naam	Cat	PR	Tijd	Info
7	wt	2 <b>Reina Anema</b>	DSA	4:04.35	<b>4:01.80</b>	PR
	rd	11 <b>Roza Blokker</b>	DSA	4:06.21	<b>4:08.10</b>	

### Reina Anema

200m	20.27	(20.27)
600m	51.26	(30.99)
1000m	1:22.35	(31.09)
1400m	1:53.50	(31.15)
1800m	2:24.79	(31.29)
2200m	2:56.46	(31.67)
2600m	3:28.68	(32.22)
3000m	4:01.80	(33.12)

### Roza Blokker

200m	21.27	(21.27)
600m	53.24	(31.97)
1000m	1:25.46	(32.22)
1400m	1:57.55	(32.09)
1800m	2:29.67	(32.12)
2200m	3:01.97	(32.30)
2600m	3:34.78	(32.81)
3000m	4:08.10	(33.32)

		Naam	Cat	PR	Tijd	Info
8	wt	110 <b>Esmee Visser</b>	DSA	3:54.02	<b>4:00.27</b>	
	rd	1 <b>Carlijn Achtereekte</b>	DSA	3:58.63	<b>4:00.51</b>	

### Esmee Visser

200m	20.42	(20.42)
600m	51.19	(30.77)
1000m	1:22.60	(31.41)
1400m	1:54.08	(31.48)
1800m	2:25.37	(31.29)
2200m	2:56.58	(31.21)
2600m	3:27.95	(31.37)
3000m	4:00.27	(32.32)

### Carlijn Achtereekte

200m	19.87	(19.87)
600m	49.98	(30.11)
1000m	1:20.58	(30.60)
1400m	1:51.63	(31.05)
1800m	2:23.13	(31.50)
2200m	2:55.17	(32.04)
2600m	3:27.95	(32.78)
3000m	4:00.51	(32.56)

		Naam			Cat	PR	Tijd	Info
9	wt	124 <b>Ireen Wüst</b>			DSB	3:58.01	<b>4:03.41</b>	
	rd	9 <b>Joy Beune</b>			DN2	3:59.47	<b>4:06.89</b>	
		<b>Ireen Wüst</b>			<b>Joy Beune</b>			
		200m	19.56	(19.56)	200m	20.47	(20.47)	
		600m	50.00	(30.44)	600m	50.33	(29.86)	
		1000m	1:20.87	(30.87)	1000m	1:20.85	(30.52)	
		1400m	1:52.37	(31.50)	1400m	1:52.27	(31.42)	
		1800m	2:23.76	(31.39)	1800m	2:24.69	(32.42)	
		2200m	2:56.29	(32.53)	2200m	2:57.98	(33.29)	
		2600m	3:29.70	(33.41)	2600m	3:32.17	(34.19)	
		3000m	4:03.41	(33.71)	3000m	4:06.89	(34.72)	

		Naam			Cat	PR	Tijd	Info
10	wt	121 <b>Melissa Wijffe</b>			DSA	4:01.07	<b>4:02.53</b>	
	rd	54 <b>Antoinette de Jong</b>			DSA	3:57.78	<b>4:00.29</b>	
		<b>Melissa Wijffe</b>			<b>Antoinette de Jong</b>			
		200m	19.66	(19.66)	200m	19.97	(19.97)	
		600m	50.35	(30.69)	600m	50.12	(30.15)	
		1000m	1:20.92	(30.57)	1000m	1:20.84	(30.72)	
		1400m	1:52.23	(31.31)	1400m	1:52.06	(31.22)	
		1800m	2:23.79	(31.56)	1800m	2:23.61	(31.55)	
		2200m	2:55.91	(32.12)	2200m	2:55.27	(31.66)	
		2600m	3:28.64	(32.73)	2600m	3:27.54	(32.27)	
		3000m	4:02.53	(33.89)	3000m	4:00.29	(32.75)	