

## 11. Rituitslag Dames 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	112 <b>Imke Vormeer</b>	DSB	7:08.58	<b>7:19.19</b>	
	rd	89 <b>Irene Schouten</b>	DSA	6:55.93	<b>7:00.95</b>	
<b>Imke Vormeer</b>			<b>Irene Schouten</b>			
		200m	20.93 (20.93)	200m	20.42 (20.42)	
		600m	53.88 (32.95)	600m	52.98 (32.56)	
		1000m	1:28.19 (34.31)	1000m	1:25.96 (32.98)	
		1400m	2:02.51 (34.32)	1400m	1:58.92 (32.96)	
		1800m	2:36.87 (34.36)	1800m	2:31.80 (32.88)	
		2200m	3:11.28 (34.41)	2200m	3:04.66 (32.86)	
		2600m	3:45.85 (34.57)	2600m	3:37.52 (32.86)	
		3000m	4:20.93 (35.08)	3000m	4:10.74 (33.22)	
		3400m	4:56.28 (35.35)	3400m	4:44.09 (33.35)	
		3800m	5:32.03 (35.75)	3800m	5:17.95 (33.86)	
		4200m	6:08.03 (36.00)	4200m	5:52.04 (34.09)	
		4600m	6:43.83 (35.80)	4600m	6:26.49 (34.45)	
		5000m	7:19.19 (35.36)	5000m	7:00.95 (34.46)	

		Naam	Cat	PR	Tijd	Info
2	wt	29 <b>Marieke Driesprong</b>	DN1	7:28.84	<b>7:12.97</b>	PR
	rd	45 <b>Aveline Hijlkema</b>	DSA	7:14.23	<b>7:17.19</b>	
<b>Marieke Driesprong</b>			<b>Aveline Hijlkema</b>			
		200m	21.08 (21.08)	200m	21.20 (21.20)	
		600m	53.66 (32.58)	600m	54.39 (33.19)	
		1000m	1:27.12 (33.46)	1000m	1:27.43 (33.04)	
		1400m	2:00.76 (33.64)	1400m	2:00.83 (33.40)	
		1800m	2:34.45 (33.69)	1800m	2:34.26 (33.43)	
		2200m	3:08.94 (34.49)	2200m	3:07.85 (33.59)	
		2600m	3:43.47 (34.53)	2600m	3:42.21 (34.36)	
		3000m	4:18.29 (34.82)	3000m	4:17.12 (34.91)	
		3400m	4:53.05 (34.76)	3400m	4:52.64 (35.52)	
		3800m	5:27.78 (34.73)	3800m	5:28.42 (35.78)	
		4200m	6:02.71 (34.93)	4200m	6:04.00 (35.58)	
		4600m	6:37.89 (35.18)	4600m	6:40.37 (36.37)	
		5000m	7:12.97 (35.08)	5000m	7:17.19 (36.82)	

		Naam			Cat	PR	Tijd	Info
3	wt	11	<b>Roza Blokker</b>		DSA	7:03.48	<b>7:14.85</b>	
	rd	121	<b>Melissa Wijffe</b>		DSA	6:58.80	<b>7:01.90</b>	
		<b>Roza Blokker</b>			<b>Melissa Wijffe</b>			
		200m	21.05	(21.05)	200m	20.82	(20.82)	
		600m	54.15	(33.10)	600m	52.91	(32.09)	
		1000m	1:27.97	(33.82)	1000m	1:25.28	(32.37)	
		1400m	2:01.98	(34.01)	1400m	1:57.95	(32.67)	
		1800m	2:35.69	(33.71)	1800m	2:30.57	(32.62)	
		2200m	3:09.33	(33.64)	2200m	3:03.41	(32.84)	
		2600m	3:43.27	(33.94)	2600m	3:36.64	(33.23)	
		3000m	4:17.67	(34.40)	3000m	4:10.08	(33.44)	
		3400m	4:52.57	(34.90)	3400m	4:43.88	(33.80)	
		3800m	5:27.88	(35.31)	3800m	5:18.07	(34.19)	
		4200m	6:03.41	(35.53)	4200m	5:52.63	(34.56)	
		4600m	6:39.27	(35.86)	4600m	6:27.25	(34.62)	
		5000m	7:14.85	(35.58)	5000m	7:01.90	(34.65)	

		Naam			Cat	PR	Tijd	Info
4	wt	63	<b>Esther Kiel</b>		DN4	7:13.66	<b>7:11.75</b>	PR
	rd	2	<b>Reina Anema</b>		DSA	7:02.59	<b>6:57.58</b>	PR
		<b>Esther Kiel</b>			<b>Reina Anema</b>			
		200m	20.81	(20.81)	200m	20.91	(20.91)	
		600m	54.39	(33.58)	600m	53.39	(32.48)	
		1000m	1:28.09	(33.70)	1000m	1:26.11	(32.72)	
		1400m	2:02.06	(33.97)	1400m	1:59.04	(32.93)	
		1800m	2:35.56	(33.50)	1800m	2:31.98	(32.94)	
		2200m	3:09.25	(33.69)	2200m	3:04.90	(32.92)	
		2600m	3:43.26	(34.01)	2600m	3:37.95	(33.05)	
		3000m	4:17.53	(34.27)	3000m	4:11.20	(33.25)	
		3400m	4:51.90	(34.37)	3400m	4:44.53	(33.33)	
		3800m	5:26.56	(34.66)	3800m	5:17.75	(33.22)	
		4200m	6:01.36	(34.80)	4200m	5:51.08	(33.33)	
		4600m	6:36.50	(35.14)	4600m	6:24.36	(33.28)	
		5000m	7:11.75	(35.25)	5000m	6:57.58	(33.22)	

		Naam			Cat	PR	Tijd	Info
5	wt	22	<b>Ineke Dedden</b>		DSA	7:02.68	<b>7:12.90</b>	
	rd	1	<b>Carlijn Achtereekte</b>		DSA	6:49.81	<b>6:59.25</b>	
		<u>Ineke Dedden</u>			<u>Carlijn Achtereekte</u>			
		200m	20.43	(20.43)	200m	20.38	(20.38)	
		600m	52.67	(32.24)	600m	51.32	(30.94)	
		1000m	1:25.81	(33.14)	1000m	1:23.39	(32.07)	
		1400m	1:59.49	(33.68)	1400m	1:55.72	(32.33)	
		1800m	2:33.36	(33.87)	1800m	2:28.07	(32.35)	
		2200m	3:07.69	(34.33)	2200m	3:00.71	(32.64)	
		2600m	3:42.39	(34.70)	2600m	3:33.75	(33.04)	
		3000m	4:17.42	(35.03)	3000m	4:07.17	(33.42)	
		3400m	4:52.78	(35.36)	3400m	4:41.08	(33.91)	
		3800m	5:28.12	(35.34)	3800m	5:15.58	(34.50)	
		4200m	6:03.32	(35.20)	4200m	5:50.43	(34.85)	
		4600m	6:38.34	(35.02)	4600m	6:24.95	(34.52)	
		5000m	7:12.90	(34.56)	5000m	6:59.25	(34.30)	

		Naam			Cat	PR	Tijd	Info
6	wt	110	<b>Esmee Visser</b>		DSA	6:45.73	<b>6:52.75</b>	
	rd	54	<b>Antoinette de Jong</b>		DSA	6:56.26	<b>6:59.69</b>	
		<u>Esmee Visser</u>			<u>Antoinette de Jong</u>			
		200m	20.58	(20.58)	200m	20.37	(20.37)	
		600m	52.59	(32.01)	600m	51.94	(31.57)	
		1000m	1:25.47	(32.88)	1000m	1:24.44	(32.50)	
		1400m	1:58.11	(32.64)	1400m	1:57.30	(32.86)	
		1800m	2:30.60	(32.49)	1800m	2:30.34	(33.04)	
		2200m	3:03.11	(32.51)	2200m	3:03.61	(33.27)	
		2600m	3:35.81	(32.70)	2600m	3:37.29	(33.68)	
		3000m	4:08.68	(32.87)	3000m	4:10.81	(33.52)	
		3400m	4:41.48	(32.80)	3400m	4:44.38	(33.57)	
		3800m	5:14.22	(32.74)	3800m	5:18.09	(33.71)	
		4200m	5:46.86	(32.64)	4200m	5:52.05	(33.96)	
		4600m	6:19.69	(32.83)	4600m	6:25.68	(33.63)	
		5000m	6:52.75	(33.06)	5000m	6:59.69	(34.01)	