

12. Rituitslag Heren 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 113 Jos de Vos	HSA	13:16.49	13:16.55	
	rd 68 Sven Kramer	HSB	12:38.89	13:07.97	
	Jos de Vos				Sven Kramer
	400m 35.80 (35.80)		400m 35.63 (35.63)		
	800m 1:07.22 (31.42)		800m 1:07.23 (31.60)		
	1200m 1:38.82 (31.60)		1200m 1:38.61 (31.38)		
	1600m 2:09.94 (31.12)		1600m 2:09.97 (31.36)		
	2000m 2:41.23 (31.29)		2000m 2:41.06 (31.09)		
	2400m 3:12.42 (31.19)		2400m 3:12.35 (31.29)		
	2800m 3:43.82 (31.40)		2800m 3:43.59 (31.24)		
	3200m 4:15.17 (31.35)		3200m 4:14.93 (31.34)		
	3600m 4:46.84 (31.67)		3600m 4:46.40 (31.47)		
	4000m 5:18.47 (31.63)		4000m 5:18.19 (31.79)		
	4400m 5:50.06 (31.59)		4400m 5:49.94 (31.75)		
	4800m 6:21.81 (31.75)		4800m 6:21.79 (31.85)		
	5200m 6:53.50 (31.69)		5200m 6:53.23 (31.44)		
	5600m 7:25.45 (31.95)		5600m 7:24.99 (31.76)		
	6000m 7:57.18 (31.73)		6000m 7:56.59 (31.60)		
	6400m 8:29.26 (32.08)		6400m 8:28.27 (31.68)		
	6800m 9:01.28 (32.02)		6800m 8:59.60 (31.33)		
	7200m 9:33.23 (31.95)		7200m 9:31.06 (31.46)		
	7600m 10:05.18 (31.95)		7600m 10:02.33 (31.27)		
	8000m 10:37.26 (32.08)		8000m 10:33.57 (31.24)		
	8400m 11:09.38 (32.12)		8400m 11:04.55 (30.98)		
	8800m 11:41.52 (32.14)		8800m 11:35.62 (31.07)		
	9200m 12:13.30 (31.78)		9200m 12:06.46 (30.84)		
	9600m 12:45.19 (31.89)		9600m 12:37.37 (30.91)		
	10000m 13:16.55 (31.36)		10000m 13:07.97 (30.60)		

		Naam	Cat	PR	Tijd	Info
2	wt	50 Chris Huizinga	HN3	13:25.87	13:20.58	PR
	rd	3 Crispijn Ariëns	HSB	15:12.67	13:14.39	PR

Chris Huizinga

400m	35.87	(35.87)
800m	1:07.22	(31.35)
1200m	1:39.19	(31.97)
1600m	2:11.25	(32.06)
2000m	2:43.12	(31.87)
2400m	3:14.47	(31.35)
2800m	3:46.34	(31.87)
3200m	4:17.87	(31.53)
3600m	4:49.68	(31.81)
4000m	5:21.56	(31.88)
4400m	5:53.52	(31.96)
4800m	6:25.01	(31.49)
5200m	6:56.84	(31.83)
5600m	7:29.02	(32.18)
6000m	8:00.94	(31.92)
6400m	8:32.59	(31.65)
6800m	9:04.40	(31.81)
7200m	9:35.98	(31.58)
7600m	10:07.71	(31.73)
8000m	10:39.28	(31.57)
8400m	11:10.98	(31.70)
8800m	11:43.04	(32.06)
9200m	12:15.59	(32.55)
9600m	12:48.06	(32.47)
10000m	13:20.58	(32.52)

Crispijn Ariëns

400m	36.91	(36.91)
800m	1:08.45	(31.54)
1200m	1:39.98	(31.53)
1600m	2:11.96	(31.98)
2000m	2:43.65	(31.69)
2400m	3:15.20	(31.55)
2800m	3:46.85	(31.65)
3200m	4:18.66	(31.81)
3600m	4:50.51	(31.85)
4000m	5:22.37	(31.86)
4400m	5:54.25	(31.88)
4800m	6:25.96	(31.71)
5200m	6:57.96	(32.00)
5600m	7:30.04	(32.08)
6000m	8:01.64	(31.60)
6400m	8:33.35	(31.71)
6800m	9:04.82	(31.47)
7200m	9:36.42	(31.60)
7600m	10:08.16	(31.74)
8000m	10:39.62	(31.46)
8400m	11:11.14	(31.52)
8800m	11:42.36	(31.22)
9200m	12:13.12	(30.76)
9600m	12:43.77	(30.65)
10000m	13:14.39	(30.62)

		Naam	Cat	PR	Tijd	Info
3	wt	98 Mats Stoltenborg	HSA	13:06.38	13:13.62	
	rd	116 Bob de Vries	HSB	12:43.57	13:07.63	

Mats Stoltenborg

400m	35.92	(35.92)
800m	1:06.81	(30.89)
1200m	1:38.05	(31.24)
1600m	2:09.55	(31.50)
2000m	2:40.84	(31.29)
2400m	3:12.19	(31.35)
2800m	3:43.66	(31.47)
3200m	4:15.09	(31.43)
3600m	4:46.51	(31.42)
4000m	5:17.89	(31.38)
4400m	5:49.57	(31.68)
4800m	6:21.07	(31.50)
5200m	6:52.64	(31.57)
5600m	7:24.10	(31.46)
6000m	7:55.59	(31.49)
6400m	8:26.89	(31.30)
6800m	8:58.58	(31.69)
7200m	9:30.26	(31.68)
7600m	10:01.84	(31.58)
8000m	10:33.33	(31.49)
8400m	11:05.14	(31.81)
8800m	11:36.90	(31.76)
9200m	12:08.97	(32.07)
9600m	12:41.10	(32.13)
10000m	13:13.62	(32.52)

Bob de Vries

400m	34.89	(34.89)
800m	1:05.74	(30.85)
1200m	1:37.14	(31.40)
1600m	2:08.28	(31.14)
2000m	2:39.40	(31.12)
2400m	3:10.79	(31.39)
2800m	3:41.95	(31.16)
3200m	4:13.54	(31.59)
3600m	4:45.35	(31.81)
4000m	5:17.03	(31.68)
4400m	5:48.73	(31.70)
4800m	6:20.72	(31.99)
5200m	6:52.34	(31.62)
5600m	7:24.20	(31.86)
6000m	7:55.99	(31.79)
6400m	8:27.72	(31.73)
6800m	8:59.54	(31.82)
7200m	9:31.35	(31.81)
7600m	10:03.03	(31.68)
8000m	10:34.21	(31.18)
8400m	11:04.82	(30.61)
8800m	11:35.78	(30.96)
9200m	12:06.68	(30.90)
9600m	12:37.61	(30.93)
10000m	13:07.63	(30.02)

		Naam	Cat	PR	Tijd	Info
4	wt	99 Marwin Talsma	HN3	13:12.78	13:07.25	PR
	rd	15 Marcel Bosker	HN4	13:09.17	13:07.01	PR

Marwin Talsma

400m	35.11	(35.11)
800m	1:06.11	(31.00)
1200m	1:37.71	(31.60)
1600m	2:08.93	(31.22)
2000m	2:40.42	(31.49)
2400m	3:11.67	(31.25)
2800m	3:42.97	(31.30)
3200m	4:13.94	(30.97)
3600m	4:45.50	(31.56)
4000m	5:16.80	(31.30)
4400m	5:48.50	(31.70)
4800m	6:19.85	(31.35)
5200m	6:51.24	(31.39)
5600m	7:22.85	(31.61)
6000m	7:54.67	(31.82)
6400m	8:26.28	(31.61)
6800m	8:58.22	(31.94)
7200m	9:30.29	(32.07)
7600m	10:02.15	(31.86)
8000m	10:33.74	(31.59)
8400m	11:05.28	(31.54)
8800m	11:36.55	(31.27)
9200m	12:07.33	(30.78)
9600m	12:37.70	(30.37)
10000m	13:07.25	(29.55)

Marcel Bosker

400m	35.12	(35.12)
800m	1:06.81	(31.69)
1200m	1:38.39	(31.58)
1600m	2:09.79	(31.40)
2000m	2:40.96	(31.17)
2400m	3:12.18	(31.22)
2800m	3:43.48	(31.30)
3200m	4:14.63	(31.15)
3600m	4:45.68	(31.05)
4000m	5:17.09	(31.41)
4400m	5:48.45	(31.36)
4800m	6:19.65	(31.20)
5200m	6:51.00	(31.35)
5600m	7:22.34	(31.34)
6000m	7:53.73	(31.39)
6400m	8:25.14	(31.41)
6800m	8:56.32	(31.18)
7200m	9:28.22	(31.90)
7600m	9:59.84	(31.62)
8000m	10:31.08	(31.24)
8400m	11:02.33	(31.25)
8800m	11:33.46	(31.13)
9200m	12:04.83	(31.37)
9600m	12:36.10	(31.27)
10000m	13:07.01	(30.91)

		Naam	Cat	PR	Tijd Info
5	wt	117 Douwe de Vries	HSB	12:55.10	13:01.87
	rd	7 Jorrit Bergsma	HSB	12:41.98	12:51.50

Douwe de Vries

400m	34.62	(34.62)
800m	1:05.43	(30.81)
1200m	1:36.87	(31.44)
1600m	2:08.19	(31.32)
2000m	2:39.41	(31.22)
2400m	3:10.62	(31.21)
2800m	3:41.60	(30.98)
3200m	4:12.95	(31.35)
3600m	4:44.11	(31.16)
4000m	5:15.53	(31.42)
4400m	5:46.72	(31.19)
4800m	6:17.98	(31.26)
5200m	6:49.31	(31.33)
5600m	7:20.71	(31.40)
6000m	7:52.22	(31.51)
6400m	8:23.74	(31.52)
6800m	8:55.29	(31.55)
7200m	9:26.91	(31.62)
7600m	9:58.44	(31.53)
8000m	10:29.68	(31.24)
8400m	11:00.24	(30.56)
8800m	11:30.70	(30.46)
9200m	12:00.94	(30.24)
9600m	12:31.29	(30.35)
10000m	13:01.87	(30.58)

Jorrit Bergsma

400m	35.10	(35.10)
800m	1:05.60	(30.50)
1200m	1:36.45	(30.85)
1600m	2:07.63	(31.18)
2000m	2:38.71	(31.08)
2400m	3:09.82	(31.11)
2800m	3:40.63	(30.81)
3200m	4:11.63	(31.00)
3600m	4:42.60	(30.97)
4000m	5:13.41	(30.81)
4400m	5:44.27	(30.86)
4800m	6:15.07	(30.80)
5200m	6:45.68	(30.61)
5600m	7:16.43	(30.75)
6000m	7:47.13	(30.70)
6400m	8:17.64	(30.51)
6800m	8:48.23	(30.59)
7200m	9:18.74	(30.51)
7600m	9:49.25	(30.51)
8000m	10:19.77	(30.52)
8400m	10:49.93	(30.16)
8800m	11:20.26	(30.33)
9200m	11:50.47	(30.21)
9600m	12:20.76	(30.29)
10000m	12:51.50	(30.74)

		Naam	Cat	PR	Tijd	Info
6	wt	53 Kars Jansman	HSA	13:01.73	13:17.17	
	rd	83 Patrick Roest	HSA	12:47.89	12:42.97	PR TR

Kars Jansman

400m	35.36	(35.36)
800m	1:06.64	(31.28)
1200m	1:38.39	(31.75)
1600m	2:10.07	(31.68)
2000m	2:41.73	(31.66)
2400m	3:13.43	(31.70)
2800m	3:45.12	(31.69)
3200m	4:16.68	(31.56)
3600m	4:48.39	(31.71)
4000m	5:20.02	(31.63)
4400m	5:51.61	(31.59)
4800m	6:23.07	(31.46)
5200m	6:54.69	(31.62)
5600m	7:26.37	(31.68)
6000m	7:57.99	(31.62)
6400m	8:29.60	(31.61)
6800m	9:01.30	(31.70)
7200m	9:32.89	(31.59)
7600m	10:04.72	(31.83)
8000m	10:36.47	(31.75)
8400m	11:08.38	(31.91)
8800m	11:40.42	(32.04)
9200m	12:12.84	(32.42)
9600m	12:45.02	(32.18)
10000m	13:17.17	(32.15)

Patrick Roest

400m	34.44	(34.44)
800m	1:04.93	(30.49)
1200m	1:35.94	(31.01)
1600m	2:07.07	(31.13)
2000m	2:37.85	(30.78)
2400m	3:08.49	(30.64)
2800m	3:39.25	(30.76)
3200m	4:09.97	(30.72)
3600m	4:40.61	(30.64)
4000m	5:11.30	(30.69)
4400m	5:41.96	(30.66)
4800m	6:12.56	(30.60)
5200m	6:43.05	(30.49)
5600m	7:13.58	(30.53)
6000m	7:43.99	(30.41)
6400m	8:14.49	(30.50)
6800m	8:44.83	(30.34)
7200m	9:15.17	(30.34)
7600m	9:45.38	(30.21)
8000m	10:15.70	(30.32)
8400m	10:45.91	(30.21)
8800m	11:15.75	(29.84)
9200m	11:45.22	(29.47)
9600m	12:14.22	(29.00)
10000m	12:42.97	(28.75)