

## 3. Rituitslag Heren 5000m

		Naam	Cat	PR	Tijd Info
1	wt	52 <b>Bob de Vries</b>	HSB	6:10.48	<b>6:35.21</b>
	rd	21 <b>Kars Jansman</b>	HSA	6:22.02	<b>6:26.00</b>
		<b>Bob de Vries</b>			<b>Kars Jansman</b>
		200m 19.63 (19.63)		200m 19.35 (19.35)	
		600m 49.61 (29.98)		600m 48.98 (29.63)	
		1000m 1:20.41 (30.80)		1000m 1:19.24 (30.26)	
		1400m 1:51.12 (30.71)		1400m 1:49.84 (30.60)	
		1800m 2:22.06 (30.94)		1800m 2:20.45 (30.61)	
		2200m 2:53.09 (31.03)		2200m 2:50.96 (30.51)	
		2600m 3:24.19 (31.10)		2600m 3:21.63 (30.67)	
		3000m 3:55.39 (31.20)		3000m 3:52.14 (30.51)	
		3400m 4:26.85 (31.46)		3400m 4:22.60 (30.46)	
		3800m 4:58.55 (31.70)		3800m 4:53.09 (30.49)	
		4200m 5:30.70 (32.15)		4200m 5:23.91 (30.82)	
		4600m 6:02.94 (32.24)		4600m 5:54.73 (30.82)	
		5000m 6:35.21 (32.27)		5000m 6:26.00 (31.27)	

		Naam	Cat	PR	Tijd Info
2	wt	51 <b>Bart de Vries</b>	HSB	6:26.01	<b>6:22.06 PR</b>
	rd	34 <b>Victor Ramler</b>	HN4	6:28.77	<b>6:28.92</b>
		<b>Bart de Vries</b>			<b>Victor Ramler</b>
		200m 19.79 (19.79)		200m 19.41 (19.41)	
		600m 49.89 (30.10)		600m 49.78 (30.37)	
		1000m 1:19.84 (29.95)		1000m 1:20.35 (30.57)	
		1400m 1:49.95 (30.11)		1400m 1:51.15 (30.80)	
		1800m 2:20.16 (30.21)		1800m 2:21.93 (30.78)	
		2200m 2:50.27 (30.11)		2200m 2:52.75 (30.82)	
		2600m 3:20.18 (29.91)		2600m 3:23.80 (31.05)	
		3000m 3:49.92 (29.74)		3000m 3:55.00 (31.20)	
		3400m 4:19.66 (29.74)		3400m 4:26.16 (31.16)	
		3800m 4:49.62 (29.96)		3800m 4:57.19 (31.03)	
		4200m 5:19.72 (30.10)		4200m 5:28.21 (31.02)	
		4600m 5:50.46 (30.74)		4600m 5:58.62 (30.41)	
		5000m 6:22.06 (31.60)		5000m 6:28.92 (30.30)	

		Naam	Cat	PR	Tijd Info
3	wt	25 <b>Erik Jan Kooiman</b>	HSB	6:16.83	<b>6:27.11</b>
	rd	20 <b>Chris Huizinga</b>	HN3	6:21.58	<b>6:23.79</b>
		<b>Erik Jan Kooiman</b>		<b>Chris Huizinga</b>	
		200m 20.29 (20.29)		200m 18.68 (18.68)	
		600m 50.65 (30.36)		600m 47.12 (28.44)	
		1000m 1:20.85 (30.20)		1000m 1:15.93 (28.81)	
		1400m 1:51.20 (30.35)		1400m 1:45.30 (29.37)	
		1800m 2:21.59 (30.39)		1800m 2:14.86 (29.56)	
		2200m 2:52.00 (30.41)		2200m 2:44.59 (29.73)	
		2600m 3:22.40 (30.40)		2600m 3:14.48 (29.89)	
		3000m 3:52.87 (30.47)		3000m 3:44.77 (30.29)	
		3400m 4:23.21 (30.34)		3400m 4:15.48 (30.71)	
		3800m 4:53.71 (30.50)		3800m 4:46.73 (31.25)	
		4200m 5:24.58 (30.87)		4200m 5:18.33 (31.60)	
		4600m 5:55.87 (31.29)		4600m 5:50.54 (32.21)	
		5000m 6:27.11 (31.24)		5000m 6:23.79 (33.25)	

		Naam	Cat	PR	Tijd Info
4	wt	50 <b>Jos de Vos</b>	HSA	6:21.10	<b>6:30.73</b>
	rd	42 <b>Marwin Talsma</b>	HN3	6:20.84	<b>6:22.52</b>
		<b>Jos de Vos</b>		<b>Marwin Talsma</b>	
		200m 19.00 (19.00)		200m 19.56 (19.56)	
		600m 49.20 (30.20)		600m 49.83 (30.27)	
		1000m 1:19.51 (30.31)		1000m 1:20.09 (30.26)	
		1400m 1:50.10 (30.59)		1400m 1:50.68 (30.59)	
		1800m 2:20.74 (30.64)		1800m 2:20.83 (30.15)	
		2200m 2:50.99 (30.25)		2200m 2:50.97 (30.14)	
		2600m 3:21.10 (30.11)		2600m 3:21.07 (30.10)	
		3000m 3:51.67 (30.57)		3000m 3:51.24 (30.17)	
		3400m 4:22.52 (30.85)		3400m 4:21.41 (30.17)	
		3800m 4:53.58 (31.06)		3800m 4:51.64 (30.23)	
		4200m 5:24.97 (31.39)		4200m 5:22.03 (30.39)	
		4600m 5:57.46 (32.49)		4600m 5:52.32 (30.29)	
		5000m 6:30.73 (33.27)		5000m 6:22.52 (30.20)	

		Naam			Cat			PR	Tijd Info
5	wt	1	<b>Crispijn Ariëns</b>		HSB			6:22.90	<b>6:32.95</b>
	rd	7	<b>Robert Bovenhuis</b>		HSB			6:24.19	<b>6:33.52</b>
		<b>Crispijn Ariëns</b>			<b>Robert Bovenhuis</b>				
		200m	19.54	(19.54)	200m	20.08	(20.08)		
		600m	49.68	(30.14)	600m	50.51	(30.43)		
		1000m	1:19.98	(30.30)	1000m	1:21.23	(30.72)		
		1400m	1:49.95	(29.97)	1400m	1:51.71	(30.48)		
		1800m	2:19.82	(29.87)	1800m	2:22.22	(30.51)		
		2200m	2:49.98	(30.16)	2200m	2:53.15	(30.93)		
		2600m	3:20.29	(30.31)	2600m	3:24.35	(31.20)		
		3000m	3:51.24	(30.95)	3000m	3:55.62	(31.27)		
		3400m	4:22.76	(31.52)	3400m	4:26.76	(31.14)		
		3800m	4:55.01	(32.25)	3800m	4:58.49	(31.73)		
		4200m	5:27.94	(32.93)	4200m	5:30.16	(31.67)		
		4600m	6:00.73	(32.79)	4600m	6:01.73	(31.57)		
		5000m	6:32.95	(32.22)	5000m	6:33.52	(31.79)		

		Naam			Cat			PR	Tijd Info
6	wt	26	<b>Sven Kramer</b>		HSB			6:03.32	<b>6:10.91</b>
	rd	5	<b>Marcel Bosker</b>		HN4			6:08.90	<b>6:17.51</b>
		<b>Sven Kramer</b>			<b>Marcel Bosker</b>				
		200m	18.65	(18.65)	200m	18.78	(18.78)		
		600m	47.53	(28.88)	600m	48.01	(29.23)		
		1000m	1:16.94	(29.41)	1000m	1:17.55	(29.54)		
		1400m	1:46.34	(29.40)	1400m	1:47.21	(29.66)		
		1800m	2:15.80	(29.46)	1800m	2:16.74	(29.53)		
		2200m	2:45.61	(29.81)	2200m	2:46.49	(29.75)		
		2600m	3:15.35	(29.74)	2600m	3:16.30	(29.81)		
		3000m	3:44.97	(29.62)	3000m	3:45.91	(29.61)		
		3400m	4:13.97	(29.00)	3400m	4:15.46	(29.55)		
		3800m	4:43.13	(29.16)	3800m	4:45.37	(29.91)		
		4200m	5:12.20	(29.07)	4200m	5:15.53	(30.16)		
		4600m	5:41.58	(29.38)	4600m	5:45.95	(30.42)		
		5000m	6:10.91	(29.33)	5000m	6:17.51	(31.56)		

		Naam	Cat	PR	Tijd Info
7	wt	2 <b>Jorrit Bergsma</b>	HSB	6:06.93	<b>6:14.65</b>
	rd	3 <b>Jan Blokhuijsen</b>	HSB	6:11.91	<b>6:21.47</b>
<b>Jorrit Bergsma</b>			<b>Jan Blokhuijsen</b>		
		200m 18.82 (18.82)		200m 18.39 (18.39)	
		600m 47.93 (29.11)		600m 47.00 (28.61)	
		1000m 1:17.40 (29.47)		1000m 1:16.45 (29.45)	
		1400m 1:46.66 (29.26)		1400m 1:45.99 (29.54)	
		1800m 2:16.45 (29.79)		1800m 2:15.47 (29.48)	
		2200m 2:46.53 (30.08)		2200m 2:45.36 (29.89)	
		2600m 3:16.09 (29.56)		2600m 3:15.54 (30.18)	
		3000m 3:45.59 (29.50)		3000m 3:45.71 (30.17)	
		3400m 4:14.93 (29.34)		3400m 4:15.92 (30.21)	
		3800m 4:44.63 (29.70)		3800m 4:46.66 (30.74)	
		4200m 5:14.46 (29.83)		4200m 5:17.83 (31.17)	
		4600m 5:44.45 (29.99)		4600m 5:49.25 (31.42)	
		5000m 6:14.65 (30.20)		5000m 6:21.47 (32.22)	

		Naam	Cat	PR	Tijd Info
8	wt	53 <b>Douwe de Vries</b>	HSB	6:12.47	<b>6:18.62</b>
	rd	35 <b>Patrick Roest</b>	HSA	6:03.70	<b>6:09.79</b>
<b>Douwe de Vries</b>			<b>Patrick Roest</b>		
		200m 18.75 (18.75)		200m 18.54 (18.54)	
		600m 47.99 (29.24)		600m 47.47 (28.93)	
		1000m 1:17.79 (29.80)		1000m 1:17.06 (29.59)	
		1400m 1:47.13 (29.34)		1400m 1:46.39 (29.33)	
		1800m 2:16.83 (29.70)		1800m 2:15.75 (29.36)	
		2200m 2:46.78 (29.95)		2200m 2:45.18 (29.43)	
		2600m 3:16.92 (30.14)		2600m 3:14.64 (29.46)	
		3000m 3:47.05 (30.13)		3000m 3:43.94 (29.30)	
		3400m 4:17.41 (30.36)		3400m 4:13.20 (29.26)	
		3800m 4:47.72 (30.31)		3800m 4:42.36 (29.16)	
		4200m 5:18.02 (30.30)		4200m 5:11.38 (29.02)	
		4600m 5:48.17 (30.15)		4600m 5:40.28 (28.90)	
		5000m 6:18.62 (30.45)		5000m 6:09.79 (29.51)	

