

## 6. Rituitslag Dames 3000m

		Naam		Cat		PR	Tijd	Info
1	wt	11 Ineke Dedden		DSA		4:07.12	<b>4:11.28</b>	
	rd	18 Robin Groot		DA2		4:14.80	<b>4:16.12</b>	
		<b>Ineke Dedden</b>			<b>Robin Groot</b>			
		200m	20.13	(20.13)	200m	20.61	(20.61)	
		600m	51.86	(31.73)	600m	52.66	(32.05)	
		1000m	1:24.26	(32.40)	1000m	1:25.13	(32.47)	
		1400m	1:57.16	(32.90)	1400m	1:57.84	(32.71)	
		1800m	2:30.29	(33.13)	1800m	2:31.31	(33.47)	
		2200m	3:03.58	(33.29)	2200m	3:05.54	(34.23)	
		2600m	3:37.28	(33.70)	2600m	3:40.65	(35.11)	
		3000m	4:11.28	(34.00)	3000m	4:16.12	(35.47)	

		Naam		Cat		PR	Tijd	Info
2	wt	25 Sterre Jonkers		DN2		4:07.69	<b>4:11.55</b>	
	rd	43 Paulien Verhaar		DN1		4:16.84	<b>4:12.07</b>	PR
		<b>Sterre Jonkers</b>			<b>Paulien Verhaar</b>			
		200m	21.03	(21.03)	200m	20.66	(20.66)	
		600m	52.71	(31.68)	600m	52.62	(31.96)	
		1000m	1:24.72	(32.01)	1000m	1:24.70	(32.08)	
		1400m	1:57.56	(32.84)	1400m	1:57.54	(32.84)	
		1800m	2:30.46	(32.90)	1800m	2:30.86	(33.32)	
		2200m	3:03.97	(33.51)	2200m	3:04.19	(33.33)	
		2600m	3:37.46	(33.49)	2600m	3:37.87	(33.68)	
		3000m	4:11.55	(34.09)	3000m	4:12.07	(34.20)	

		Naam			Cat	PR	Tijd	Info
3	wt	46	<b>Imke Vormeer</b>		DSB	4:09.39	<b>4:11.54</b>	
	rd	37	<b>Irene Schouten</b>		DSA	3:58.39	<b>4:01.80</b>	
		<b>Imke Vormeer</b>			<b>Irene Schouten</b>			
		200m	20.67	(20.67)	200m	20.48	(20.48)	
		600m	52.19	(31.52)	600m	51.06	(30.58)	
		1000m	1:24.37	(32.18)	1000m	1:22.63	(31.57)	
		1400m	1:57.20	(32.83)	1400m	1:54.33	(31.70)	
		1800m	2:30.17	(32.97)	1800m	2:26.12	(31.79)	
		2200m	3:03.72	(33.55)	2200m	2:57.95	(31.83)	
		2600m	3:37.82	(34.10)	2600m	3:29.97	(32.02)	
		3000m	4:11.54	(33.72)	3000m	4:01.80	(31.83)	

		Naam			Cat	PR	Tijd	Info
4	wt	6	<b>Joy Beune</b>		DN2	3:59.47	<b>4:08.12</b>	
	rd	20	<b>Aveline Hijlkema</b>		DSA	4:08.57	<b>4:11.19</b>	
		<b>Joy Beune</b>			<b>Aveline Hijlkema</b>			
		200m	20.39	(20.39)	200m	20.44	(20.44)	
		600m	52.41	(32.02)	600m	52.82	(32.38)	
		1000m	1:24.16	(31.75)	1000m	1:25.18	(32.36)	
		1400m	1:56.28	(32.12)	1400m	1:57.51	(32.33)	
		1800m	2:28.66	(32.38)	1800m	2:30.34	(32.83)	
		2200m	3:01.40	(32.74)	2200m	3:03.47	(33.13)	
		2600m	3:34.30	(32.90)	2600m	3:37.09	(33.62)	
		3000m	4:08.12	(33.82)	3000m	4:11.19	(34.10)	

		Naam			Cat	PR	Tijd	Info
5	wt	26	<b>Esther Kiel</b>		DN4	4:07.88	<b>4:13.65</b>	
	rd	7	<b>Roza Blokker</b>		DSA	4:06.21	<b>4:11.72</b>	
		<b>Esther Kiel</b>			<b>Roza Blokker</b>			
		200m	19.93	(19.93)	200m	20.94	(20.94)	
		600m	51.55	(31.62)	600m	53.17	(32.23)	
		1000m	1:23.65	(32.10)	1000m	1:25.17	(32.00)	
		1400m	1:56.03	(32.38)	1400m	1:57.52	(32.35)	
		1800m	2:29.08	(33.05)	1800m	2:30.16	(32.64)	
		2200m	3:02.77	(33.69)	2200m	3:03.34	(33.18)	
		2600m	3:37.72	(34.95)	2600m	3:37.26	(33.92)	
		3000m	4:13.65	(35.93)	3000m	4:11.72	(34.46)	

		Naam			Cat	PR	Tijd	Info
6	wt	1	<b>Carlijn Achtereekte</b>		DSA	3:58.63	<b>4:02.20</b>	
	rd	49	<b>Melissa Wijfje</b>		DSA	4:01.07	<b>4:03.58</b>	
		<b>Carlijn Achtereekte</b>			<b>Melissa Wijfje</b>			
		200m	19.99	(19.99)	200m	20.38	(20.38)	
		600m	50.78	(30.79)	600m	52.05	(31.67)	
		1000m	1:22.10	(31.32)	1000m	1:23.69	(31.64)	
		1400m	1:53.69	(31.59)	1400m	1:55.28	(31.59)	
		1800m	2:25.40	(31.71)	1800m	2:27.15	(31.87)	
		2200m	2:57.44	(32.04)	2200m	2:58.91	(31.76)	
		2600m	3:29.72	(32.28)	2600m	3:30.87	(31.96)	
		3000m	4:02.20	(32.48)	3000m	4:03.58	(32.71)	

		Naam		Cat		PR	Tijd	Info
7	wt	50 Ireen Wüst		DSB		3:58.01	<b>4:02.65</b>	
	rd	2 Reina Anema		DSA		4:01.80	<b>4:02.67</b>	
		<u>Ireen Wüst</u>			<u>Reina Anema</u>			
		200m	19.35	(19.35)	200m	20.13	(20.13)	
		600m	49.61	(30.26)	600m	51.33	(31.20)	
		1000m	1:20.84	(31.23)	1000m	1:23.14	(31.81)	
		1400m	1:52.56	(31.72)	1400m	1:54.60	(31.46)	
		1800m	2:24.51	(31.95)	1800m	2:26.03	(31.43)	
		2200m	2:56.50	(31.99)	2200m	2:57.72	(31.69)	
		2600m	3:29.26	(32.76)	2600m	3:29.96	(32.24)	
		3000m	4:02.65	(33.39)	3000m	4:02.67	(32.71)	

		Naam		Cat		PR	Tijd	Info
8	wt	22 Antoinette de Jong		DSA		3:57.78	<b>4:02.23</b>	
	rd	45 Esmee Visser		DSA		3:54.02	<b>4:01.29</b>	
		<u>Antoinette de Jong</u>			<u>Esmee Visser</u>			
		200m	19.79	(19.79)	200m	20.33	(20.33)	
		600m	50.58	(30.79)	600m	50.98	(30.65)	
		1000m	1:21.35	(30.77)	1000m	1:22.10	(31.12)	
		1400m	1:52.95	(31.60)	1400m	1:53.14	(31.04)	
		1800m	2:24.86	(31.91)	1800m	2:24.40	(31.26)	
		2200m	2:56.96	(32.10)	2200m	2:55.86	(31.46)	
		2600m	3:29.33	(32.37)	2600m	3:27.87	(32.01)	
		3000m	4:02.23	(32.90)	3000m	4:01.29	(33.42)	