

KPN NK-Afstanden 2020

27-29 december 2019

Heerenveen



8. Startlijst 10000m Heren

Zondag 29 december

Pag. 1 van 2

29-12-2019 12:18

Wereld-, Baan- en Kampioenschapsrecord								Paar 1		Paar 2		Paar 3	
Ted-Jan Bloemen (CAN) Salt Lake City 21-11-2015 12:36.30 WR		Patrick Roest (NED) Thialf 03-11-2019 12:42.97 BR		Jorrit Bergsma (NED) Heerenveen 30-12-2018 12:43.70 KR		Naam	Jan Blokhuijsen	Erik Jan Kooiman	Marwin Talsma	Kars Jansman	Bob de Vries	Bart de Vries	
						PB	12:57.58	12:57.13	13:07.25	13:01.73	12:43.57	13:13.86	
							NED	NED	NED	NED	NED	NED	
						Baan	Binnenbaan/wit	Buitenbaan/rood	Binnenbaan/wit	Buitenbaan/rood	Binnenbaan/wit	Buitenbaan/rood	
	Done	Pos	Split	Lap	Split	Lap	Split	Lap	Split / Lap	Split / Lap	Split / Lap	Split / Lap	
400	1	24	33.54	33.54	34.44	34.44	34.90	34.90					
800	2	23	1:03.19	29.65	1:04.93	30.49	1:05.49	30.59					
1200	3	22	1:33.22	30.03	1:35.94	31.01	1:36.36	30.87					
1600	4	21	2:03.41	30.19	2:07.07	31.13	2:07.11	30.75					
2000	5	20	2:33.46	30.05	2:37.85	30.78	2:37.98	30.87					
2400	6	19	3:03.57	30.11	3:08.49	30.64	3:09.10	31.12					
2800	7	18	3:33.80	30.23	3:39.25	30.76	3:39.79	30.69					
3200	8	17	4:03.81	30.01	4:09.97	30.72	4:10.63	30.84					
3600	9	16	4:33.94	30.13	4:40.61	30.64	4:41.45	30.82					
4000	10	15	5:03.94	30.00	5:11.30	30.69	5:12.31	30.86					
4400	11	14	5:33.91	29.97	5:41.96	30.66	5:43.17	30.86					
4800	12	13	6:04.04	30.13	6:12.56	30.60	6:13.91	30.74					
5200	13	12	6:34.22	30.18	6:43.05	30.49	6:44.52	30.61					
5600	14	11	7:04.18	29.96	7:13.58	30.53	7:15.16	30.64					
6000	15	10	7:34.27	30.09	7:43.99	30.41	7:45.63	30.47					
6400	16	9	8:04.23	29.96	8:14.49	30.50	8:16.09	30.46					
6800	17	8	8:34.09	29.86	8:44.83	30.34	8:46.36	30.27					
7200	18	7	9:04.00	29.91	9:15.17	30.34	9:16.63	30.27					
7600	19	6	9:34.15	30.15	9:45.38	30.21	9:46.82	30.19					
8000	20	5	10:04.30	30.15	10:15.70	30.32	10:16.82	30.00					
8400	21	4	10:34.65	30.35	10:45.91	30.21	10:46.52	29.70					
8800	22	3	11:04.81	30.16	11:15.75	29.84	11:16.14	29.62					
9200	23	2	11:35.13	30.32	11:45.22	29.47	11:45.46	29.32					
9600	24	1	12:05.51	30.38	12:14.22	29.00	12:14.64	29.18					
10000			12:36.30	30.79	12:42.97	28.75	12:43.70	29.06					
								/	/	/	/	/	/

Scheidsrechters: Hanjo Heideman / Wil Schildwacht (Ass.)

Starter: xxxx