

## 7. Rituitslag Dames 5000m

|                     |    | Naam                 |                          | Cat     |  | PR      | Tijd           | Info    |
|---------------------|----|----------------------|--------------------------|---------|--|---------|----------------|---------|
| 1                   | wt | 46 Imke Vormeer      |                          | DSB     |  | 7:08.58 | <b>7:14.46</b> |         |
|                     | rd | 27 Carien Kleibeuker |                          | D40     |  | 6:45.04 | <b>7:03.90</b> |         |
| <b>Imke Vormeer</b> |    |                      | <b>Carien Kleibeuker</b> |         |  |         |                |         |
|                     |    | 200m                 | 21.13                    | (21.13) |  | 200m    | 21.32          | (21.32) |
|                     |    | 600m                 | 54.27                    | (33.14) |  | 600m    | 53.64          | (32.32) |
|                     |    | 1000m                | 1:27.56                  | (33.29) |  | 1000m   | 1:26.57        | (32.93) |
|                     |    | 1400m                | 2:00.69                  | (33.13) |  | 1400m   | 1:59.95        | (33.38) |
|                     |    | 1800m                | 2:33.87                  | (33.18) |  | 1800m   | 2:33.45        | (33.50) |
|                     |    | 2200m                | 3:07.47                  | (33.60) |  | 2200m   | 3:06.80        | (33.35) |
|                     |    | 2600m                | 3:41.56                  | (34.09) |  | 2600m   | 3:40.55        | (33.75) |
|                     |    | 3000m                | 4:15.89                  | (34.33) |  | 3000m   | 4:14.24        | (33.69) |
|                     |    | 3400m                | 4:51.54                  | (35.65) |  | 3400m   | 4:47.95        | (33.71) |
|                     |    | 3800m                | 5:27.64                  | (36.10) |  | 3800m   | 5:22.06        | (34.11) |
|                     |    | 4200m                | 6:03.92                  | (36.28) |  | 4200m   | 5:55.99        | (33.93) |
|                     |    | 4600m                | 6:39.46                  | (35.54) |  | 4600m   | 6:30.03        | (34.04) |
|                     |    | 5000m                | 7:14.46                  | (35.00) |  | 5000m   | 7:03.90        | (33.87) |

|                     |    | Naam            |                    | Cat     |  | PR      | Tijd           | Info    |
|---------------------|----|-----------------|--------------------|---------|--|---------|----------------|---------|
| 2                   | wt | 11 Ineke Dedden |                    | DSA     |  | 7:02.68 | <b>7:08.53</b> |         |
|                     | rd | 26 Esther Kiel  |                    | DN4     |  | 7:11.75 | <b>7:23.79</b> |         |
| <b>Ineke Dedden</b> |    |                 | <b>Esther Kiel</b> |         |  |         |                |         |
|                     |    | 200m            | 20.97              | (20.97) |  | 200m    | 21.24          | (21.24) |
|                     |    | 600m            | 54.45              | (33.48) |  | 600m    | 55.02          | (33.78) |
|                     |    | 1000m           | 1:28.72            | (34.27) |  | 1000m   | 1:29.72        | (34.70) |
|                     |    | 1400m           | 2:02.52            | (33.80) |  | 1400m   | 2:04.46        | (34.74) |
|                     |    | 1800m           | 2:36.21            | (33.69) |  | 1800m   | 2:38.82        | (34.36) |
|                     |    | 2200m           | 3:10.28            | (34.07) |  | 2200m   | 3:13.09        | (34.27) |
|                     |    | 2600m           | 3:44.29            | (34.01) |  | 2600m   | 3:47.72        | (34.63) |
|                     |    | 3000m           | 4:18.08            | (33.79) |  | 3000m   | 4:22.27        | (34.55) |
|                     |    | 3400m           | 4:52.26            | (34.18) |  | 3400m   | 4:57.15        | (34.88) |
|                     |    | 3800m           | 5:26.66            | (34.40) |  | 3800m   | 5:32.62        | (35.47) |
|                     |    | 4200m           | 6:00.69            | (34.03) |  | 4200m   | 6:08.81        | (36.19) |
|                     |    | 4600m           | 6:34.66            | (33.97) |  | 4600m   | 6:45.91        | (37.10) |
|                     |    | 5000m           | 7:08.53            | (33.87) |  | 5000m   | 7:23.79        | (37.88) |

|   |    | Naam                       |         |         | Cat                   | PR      | Tijd           | Info |
|---|----|----------------------------|---------|---------|-----------------------|---------|----------------|------|
| 3 | wt | 20 <b>Aveline Hijlkema</b> |         |         | DSA                   | 7:14.23 | <b>7:14.05</b> | PR   |
|   | rd | 49 <b>Melissa Wijffe</b>   |         |         | DSA                   | 6:58.80 | <b>7:07.77</b> |      |
|   |    | <b>Aveline Hijlkema</b>    |         |         | <b>Melissa Wijffe</b> |         |                |      |
|   |    | 200m                       | 20.84   | (20.84) | 200m                  | 20.46   | (20.46)        |      |
|   |    | 600m                       | 53.73   | (32.89) | 600m                  | 52.44   | (31.98)        |      |
|   |    | 1000m                      | 1:27.72 | (33.99) | 1000m                 | 1:25.92 | (33.48)        |      |
|   |    | 1400m                      | 2:01.85 | (34.13) | 1400m                 | 1:59.55 | (33.63)        |      |
|   |    | 1800m                      | 2:35.83 | (33.98) | 1800m                 | 2:33.11 | (33.56)        |      |
|   |    | 2200m                      | 3:09.96 | (34.13) | 2200m                 | 3:06.69 | (33.58)        |      |
|   |    | 2600m                      | 3:44.01 | (34.05) | 2600m                 | 3:40.39 | (33.70)        |      |
|   |    | 3000m                      | 4:18.38 | (34.37) | 3000m                 | 4:14.37 | (33.98)        |      |
|   |    | 3400m                      | 4:53.22 | (34.84) | 3400m                 | 4:48.45 | (34.08)        |      |
|   |    | 3800m                      | 5:28.09 | (34.87) | 3800m                 | 5:23.02 | (34.57)        |      |
|   |    | 4200m                      | 6:03.35 | (35.26) | 4200m                 | 5:57.83 | (34.81)        |      |
|   |    | 4600m                      | 6:38.60 | (35.25) | 4600m                 | 6:32.62 | (34.79)        |      |
|   |    | 5000m                      | 7:14.05 | (35.45) | 5000m                 | 7:07.77 | (35.15)        |      |

|   |    | Naam                     |         |         | Cat                   | PR      | Tijd           | Info |
|---|----|--------------------------|---------|---------|-----------------------|---------|----------------|------|
| 4 | wt | 45 <b>Esmee Visser</b>   |         |         | DSA                   | 6:45.73 | <b>6:50.96</b> |      |
|   | rd | 37 <b>Irene Schouten</b> |         |         | DSA                   | 6:55.93 | <b>6:54.87</b> | PR   |
|   |    | <b>Esmee Visser</b>      |         |         | <b>Irene Schouten</b> |         |                |      |
|   |    | 200m                     | 20.49   | (20.49) | 200m                  | 20.40   | (20.40)        |      |
|   |    | 600m                     | 52.30   | (31.81) | 600m                  | 52.40   | (32.00)        |      |
|   |    | 1000m                    | 1:24.91 | (32.61) | 1000m                 | 1:25.57 | (33.17)        |      |
|   |    | 1400m                    | 1:57.87 | (32.96) | 1400m                 | 1:58.65 | (33.08)        |      |
|   |    | 1800m                    | 2:30.58 | (32.71) | 1800m                 | 2:31.43 | (32.78)        |      |
|   |    | 2200m                    | 3:03.48 | (32.90) | 2200m                 | 3:04.20 | (32.77)        |      |
|   |    | 2600m                    | 3:36.11 | (32.63) | 2600m                 | 3:37.06 | (32.86)        |      |
|   |    | 3000m                    | 4:08.81 | (32.70) | 3000m                 | 4:09.84 | (32.78)        |      |
|   |    | 3400m                    | 4:41.55 | (32.74) | 3400m                 | 4:42.77 | (32.93)        |      |
|   |    | 3800m                    | 5:14.14 | (32.59) | 3800m                 | 5:15.55 | (32.78)        |      |
|   |    | 4200m                    | 5:46.60 | (32.46) | 4200m                 | 5:48.38 | (32.83)        |      |
|   |    | 4600m                    | 6:18.86 | (32.26) | 4600m                 | 6:21.75 | (33.37)        |      |
|   |    | 5000m                    | 6:50.96 | (32.10) | 5000m                 | 6:54.87 | (33.12)        |      |

|   |    | Naam                       |                            |         | Cat                | PR      | Tijd           | Info |
|---|----|----------------------------|----------------------------|---------|--------------------|---------|----------------|------|
| 5 | wt | 1                          | <b>Carlijn Achtereekte</b> |         | DSA                | 6:49.81 | <b>6:55.04</b> |      |
|   | rd | 2                          | <b>Reina Anema</b>         |         | DSA                | 6:57.58 | <b>7:03.83</b> |      |
|   |    | <b>Carlijn Achtereekte</b> |                            |         | <b>Reina Anema</b> |         |                |      |
|   |    | 200m                       | 20.49                      | (20.49) | 200m               | 20.79   | (20.79)        |      |
|   |    | 600m                       | 52.93                      | (32.44) | 600m               | 53.12   | (32.33)        |      |
|   |    | 1000m                      | 1:25.58                    | (32.65) | 1000m              | 1:25.70 | (32.58)        |      |
|   |    | 1400m                      | 1:58.62                    | (33.04) | 1400m              | 1:58.44 | (32.74)        |      |
|   |    | 1800m                      | 2:31.29                    | (32.67) | 1800m              | 2:31.33 | (32.89)        |      |
|   |    | 2200m                      | 3:04.26                    | (32.97) | 2200m              | 3:04.34 | (33.01)        |      |
|   |    | 2600m                      | 3:36.89                    | (32.63) | 2600m              | 3:37.37 | (33.03)        |      |
|   |    | 3000m                      | 4:10.09                    | (33.20) | 3000m              | 4:10.78 | (33.41)        |      |
|   |    | 3400m                      | 4:43.31                    | (33.22) | 3400m              | 4:44.69 | (33.91)        |      |
|   |    | 3800m                      | 5:16.46                    | (33.15) | 3800m              | 5:19.05 | (34.36)        |      |
|   |    | 4200m                      | 5:49.34                    | (32.88) | 4200m              | 5:53.82 | (34.77)        |      |
|   |    | 4600m                      | 6:22.24                    | (32.90) | 4600m              | 6:28.78 | (34.96)        |      |
|   |    | 5000m                      | 6:55.04                    | (32.80) | 5000m              | 7:03.83 | (35.05)        |      |