

8. Rituitslag Heren 10000m

	Naam	Cat	PR	Tijd	Info
1	wt 3 Jan Blokhuijsen	HSB	12:57.58	13:05.00	
	rd 25 Erik Jan Kooiman	HSB	12:57.13	13:06.69	
	Jan Blokhuijsen				Erik Jan Kooiman
	400m 35.97 (35.97)		400m 37.30 (37.30)		
	800m 1:08.11 (32.14)		800m 1:08.97 (31.67)		
	1200m 1:40.20 (32.09)		1200m 1:40.48 (31.51)		
	1600m 2:11.63 (31.43)		1600m 2:12.26 (31.78)		
	2000m 2:43.84 (32.21)		2000m 2:43.69 (31.43)		
	2400m 3:14.87 (31.03)		2400m 3:14.92 (31.23)		
	2800m 3:45.95 (31.08)		2800m 3:45.85 (30.93)		
	3200m 4:17.18 (31.23)		3200m 4:17.24 (31.39)		
	3600m 4:48.46 (31.28)		3600m 4:48.47 (31.23)		
	4000m 5:19.97 (31.51)		4000m 5:20.05 (31.58)		
	4400m 5:51.82 (31.85)		4400m 5:51.54 (31.49)		
	4800m 6:23.26 (31.44)		4800m 6:23.20 (31.66)		
	5200m 6:54.90 (31.64)		5200m 6:54.54 (31.34)		
	5600m 7:26.23 (31.33)		5600m 7:25.73 (31.19)		
	6000m 7:57.47 (31.24)		6000m 7:56.56 (30.83)		
	6400m 8:28.71 (31.24)		6400m 8:27.46 (30.90)		
	6800m 9:00.17 (31.46)		6800m 8:58.39 (30.93)		
	7200m 9:31.31 (31.14)		7200m 9:29.18 (30.79)		
	7600m 10:02.13 (30.82)		7600m 10:00.07 (30.89)		
	8000m 10:33.01 (30.88)		8000m 10:30.98 (30.91)		
	8400m 11:03.96 (30.95)		8400m 11:02.05 (31.07)		
	8800m 11:34.54 (30.58)		8800m 11:33.22 (31.17)		
	9200m 12:04.80 (30.26)		9200m 12:04.48 (31.26)		
	9600m 12:34.87 (30.07)		9600m 12:35.54 (31.06)		
	10000m 13:05.00 (30.13)		10000m 13:06.69 (31.15)		

		Naam	Cat	PR	Tijd Info
2	wt	42 Marwin Talsma	HN3	13:07.25	12:59.12 PR
	rd	21 Kars Jansman	HSA	13:01.73	13:22.25

Marwin Talsma

400m	35.54	(35.54)
800m	1:06.41	(30.87)
1200m	1:37.84	(31.43)
1600m	2:08.83	(30.99)
2000m	2:39.87	(31.04)
2400m	3:11.02	(31.15)
2800m	3:42.12	(31.10)
3200m	4:13.09	(30.97)
3600m	4:43.92	(30.83)
4000m	5:14.77	(30.85)
4400m	5:45.63	(30.86)
4800m	6:16.42	(30.79)
5200m	6:47.36	(30.94)
5600m	7:18.48	(31.12)
6000m	7:49.60	(31.12)
6400m	8:20.71	(31.11)
6800m	8:51.91	(31.20)
7200m	9:22.96	(31.05)
7600m	9:53.86	(30.90)
8000m	10:24.63	(30.77)
8400m	10:55.67	(31.04)
8800m	11:26.80	(31.13)
9200m	11:57.86	(31.06)
9600m	12:28.66	(30.80)
10000m	12:59.12	(30.46)

Kars Jansman

400m	35.34	(35.34)
800m	1:06.73	(31.39)
1200m	1:38.29	(31.56)
1600m	2:09.76	(31.47)
2000m	2:41.30	(31.54)
2400m	3:12.60	(31.30)
2800m	3:43.92	(31.32)
3200m	4:15.37	(31.45)
3600m	4:46.99	(31.62)
4000m	5:18.60	(31.61)
4400m	5:50.21	(31.61)
4800m	6:21.68	(31.47)
5200m	6:53.30	(31.62)
5600m	7:25.10	(31.80)
6000m	7:57.01	(31.91)
6400m	8:28.99	(31.98)
6800m	9:01.24	(32.25)
7200m	9:33.75	(32.51)
7600m	10:06.15	(32.40)
8000m	10:38.70	(32.55)
8400m	11:11.29	(32.59)
8800m	11:44.22	(32.93)
9200m	12:17.06	(32.84)
9600m	12:49.71	(32.65)
10000m	13:22.25	(32.54)

		Naam	Cat	PR	Tijd Info
3	wt	52 Bob de Vries	HSB	12:43.57	13:11.32
	rd	51 Bart de Vries	HSB	13:13.86	13:18.88

Bob de Vries

400m	35.35	(35.35)
800m	1:06.20	(30.85)
1200m	1:37.75	(31.55)
1600m	2:08.64	(30.89)
2000m	2:40.03	(31.39)
2400m	3:11.02	(30.99)
2800m	3:42.32	(31.30)
3200m	4:13.43	(31.11)
3600m	4:44.87	(31.44)
4000m	5:16.11	(31.24)
4400m	5:47.85	(31.74)
4800m	6:19.58	(31.73)
5200m	6:51.39	(31.81)
5600m	7:23.42	(32.03)
6000m	7:55.46	(32.04)
6400m	8:27.38	(31.92)
6800m	8:59.36	(31.98)
7200m	9:30.80	(31.44)
7600m	10:02.34	(31.54)
8000m	10:33.68	(31.34)
8400m	11:05.29	(31.61)
8800m	11:36.90	(31.61)
9200m	12:08.25	(31.35)
9600m	12:39.77	(31.52)
10000m	13:11.32	(31.55)

Bart de Vries

400m	35.59	(35.59)
800m	1:06.74	(31.15)
1200m	1:38.24	(31.50)
1600m	2:09.38	(31.14)
2000m	2:40.50	(31.12)
2400m	3:11.77	(31.27)
2800m	3:42.94	(31.17)
3200m	4:14.12	(31.18)
3600m	4:45.18	(31.06)
4000m	5:16.26	(31.08)
4400m	5:47.45	(31.19)
4800m	6:18.97	(31.52)
5200m	6:50.42	(31.45)
5600m	7:22.18	(31.76)
6000m	7:54.14	(31.96)
6400m	8:26.22	(32.08)
6800m	8:58.66	(32.44)
7200m	9:31.26	(32.60)
7600m	10:03.55	(32.29)
8000m	10:36.06	(32.51)
8400m	11:07.86	(31.80)
8800m	11:40.02	(32.16)
9200m	12:12.48	(32.46)
9600m	12:45.41	(32.93)
10000m	13:18.88	(33.47)

		Naam	Cat	PR	Tijd	Info
4	wt	5 Marcel Bosker	HN4	13:07.01		DNF
	rd	20 Chris Huizinga	HN3	13:20.58	13:47.84	

Marcel Bosker

400m	36.74	(36.74)
800m	1:09.03	(32.29)
1200m	1:41.33	(32.30)
1600m	2:13.17	(31.84)
2000m	2:44.79	(31.62)
2400m	3:16.39	(31.60)
2800m	3:48.36	(31.97)
3200m	4:20.02	(31.66)
3600m	4:51.91	(31.89)
4000m	5:23.55	(31.64)
4400m	5:55.35	(31.80)
4800m	6:27.17	(31.82)
5200m	6:58.77	(31.60)
5600m	7:30.13	(31.36)

Chris Huizinga

400m	36.30	(36.30)
800m	1:08.75	(32.45)
1200m	1:40.89	(32.14)
1600m	2:13.14	(32.25)
2000m	2:44.78	(31.64)
2400m	3:16.85	(32.07)
2800m	3:48.72	(31.87)
3200m	4:20.66	(31.94)
3600m	4:52.51	(31.85)
4000m	5:24.62	(32.11)
4400m	5:56.95	(32.33)
4800m	6:29.51	(32.56)
5200m	7:02.40	(32.89)
5600m	7:35.38	(32.98)
6000m	8:08.55	(33.17)
6400m	8:41.93	(33.38)
6800m	9:15.34	(33.41)
7200m	9:49.13	(33.79)
7600m	10:22.78	(33.65)
8000m	10:56.52	(33.74)
8400m	11:30.68	(34.16)
8800m	12:04.83	(34.15)
9200m	12:39.11	(34.28)
9600m	13:13.16	(34.05)
10000m	13:47.84	(34.68)

		Naam	Cat	PR	Tijd	Info
5	wt	2 Jorrit Bergsma	HSB	12:41.98	12:45.04	
	rd	35 Patrick Roest	HSA	12:42.97	12:48.59	

Jorrit Bergsma

Patrick Roest

400m	35.04	(35.04)	400m	34.45	(34.45)
800m	1:05.66	(30.62)	800m	1:05.32	(30.87)
1200m	1:36.58	(30.92)	1200m	1:36.27	(30.95)
1600m	2:07.27	(30.69)	1600m	2:07.39	(31.12)
2000m	2:38.22	(30.95)	2000m	2:38.41	(31.02)
2400m	3:09.01	(30.79)	2400m	3:09.37	(30.96)
2800m	3:40.15	(31.14)	2800m	3:40.27	(30.90)
3200m	4:10.86	(30.71)	3200m	4:11.37	(31.10)
3600m	4:41.77	(30.91)	3600m	4:42.23	(30.86)
4000m	5:12.45	(30.68)	4000m	5:13.02	(30.79)
4400m	5:43.32	(30.87)	4400m	5:43.66	(30.64)
4800m	6:13.94	(30.62)	4800m	6:14.32	(30.66)
5200m	6:44.72	(30.78)	5200m	6:44.93	(30.61)
5600m	7:15.22	(30.50)	5600m	7:15.52	(30.59)
6000m	7:45.89	(30.67)	6000m	7:46.06	(30.54)
6400m	8:16.21	(30.32)	6400m	8:16.55	(30.49)
6800m	8:46.65	(30.44)	6800m	8:47.09	(30.54)
7200m	9:16.69	(30.04)	7200m	9:17.53	(30.44)
7600m	9:46.69	(30.00)	7600m	9:48.08	(30.55)
8000m	10:16.44	(29.75)	8000m	10:18.64	(30.56)
8400m	10:46.15	(29.71)	8400m	10:48.90	(30.26)
8800m	11:15.76	(29.61)	8800m	11:18.93	(30.03)
9200m	11:45.40	(29.64)	9200m	11:48.68	(29.75)
9600m	12:14.97	(29.57)	9600m	12:18.32	(29.64)
10000m	12:45.04	(30.07)	10000m	12:48.59	(30.27)