

3. Rituitslag 3000m Dames Allround

		Naam	Cat		PR	Tijd	Info
1	wt	34 Famke Minnee	DA1		4:29.45	4:25.82	PR
	rd	30 Roos Markus	DA2		4:21.78	4:25.62	
		Famke Minnee			Roos Markus		
		200m	20.96	(20.96)	200m	21.17	(21.17)
		600m	53.77	(32.81)	600m	54.30	(33.13)
		1000m	1:28.09	(34.32)	1000m	1:28.56	(34.26)
		1400m	2:03.17	(35.08)	1400m	2:02.98	(34.42)
		1800m	2:38.28	(35.11)	1800m	2:37.97	(34.99)
		2200m	3:14.05	(35.77)	2200m	3:13.40	(35.43)
		2600m	3:50.10	(36.05)	2600m	3:49.56	(36.16)
		3000m	4:25.82	(35.72)	3000m	4:25.62	(36.06)

		Naam	Cat		PR	Tijd	Info
2	wt	40 Marit Steunenberg	DN3		4:22.40	4:27.39	
	rd	32 Muriël Meijer	DN2		4:21.78	4:23.15	
		Marit Steunenberg			Muriël Meijer		
		200m	21.09	(21.09)	200m	21.28	(21.28)
		600m	54.42	(33.33)	600m	54.31	(33.03)
		1000m	1:28.39	(33.97)	1000m	1:28.30	(33.99)
		1400m	2:03.30	(34.91)	1400m	2:02.49	(34.19)
		1800m	2:38.43	(35.13)	1800m	2:37.24	(34.75)
		2200m	3:14.04	(35.61)	2200m	3:12.15	(34.91)
		2600m	3:50.22	(36.18)	2600m	3:47.50	(35.35)
		3000m	4:27.39	(37.17)	3000m	4:23.15	(35.65)

	Naam	Cat	PR	Tijd	Info
3	wt 17 Sanne in 't Hof	DN3	4:07.16	4:15.04	
	rd 38 Ariane Smit	DN4	4:20.65	4:21.24	
	Sanne in 't Hof				Ariane Smit
	200m 20.41 (20.41)		200m 21.25 (21.25)		
	600m 52.25 (31.84)		600m 53.69 (32.44)		
	1000m 1:24.88 (32.63)		1000m 1:27.30 (33.61)		
	1400m 1:58.16 (33.28)		1400m 2:01.53 (34.23)		
	1800m 2:31.90 (33.74)		1800m 2:36.40 (34.87)		
	2200m 3:05.83 (33.93)		2200m 3:11.39 (34.99)		
	2600m 3:40.09 (34.26)		2600m 3:46.57 (35.18)		
	3000m 4:15.04 (34.95)		3000m 4:21.24 (34.67)		

	Naam	Cat	PR	Tijd	Info
4	wt 44 Paulien Verhaar	DN1	4:12.07	4:15.90	
	rd 18 Eline Jansen	DA1	4:18.86	4:22.60	
	Paulien Verhaar				Eline Jansen
	200m 20.27 (20.27)		200m 21.52 (21.52)		
	600m 52.56 (32.29)		600m 54.72 (33.20)		
	1000m 1:25.33 (32.77)		1000m 1:27.92 (33.20)		
	1400m 1:58.48 (33.15)		1400m 2:01.35 (33.43)		
	1800m 2:32.14 (33.66)		1800m 2:35.64 (34.29)		
	2200m 3:05.92 (33.78)		2200m 3:10.40 (34.76)		
	2600m 3:40.56 (34.64)		2600m 3:46.04 (35.64)		
	3000m 4:15.90 (35.34)		3000m 4:22.60 (36.56)		

	Naam	Cat	PR	Tijd	Info
5	wt 50 Naomi van der Werf	DN2	4:20.69	4:24.05	
	rd 16 Aveline Hijlkema	DSA	4:08.57	4:12.28	

Naomi van der Werf

200m	21.02	(21.02)
600m	54.09	(33.07)
1000m	1:27.51	(33.42)
1400m	2:01.57	(34.06)
1800m	2:36.09	(34.52)
2200m	3:11.49	(35.40)
2600m	3:47.51	(36.02)
3000m	4:24.05	(36.54)

Aveline Hijlkema

200m	20.74	(20.74)
600m	52.79	(32.05)
1000m	1:25.05	(32.26)
1400m	1:57.38	(32.33)
1800m	2:29.88	(32.50)
2200m	3:03.01	(33.13)
2600m	3:37.01	(34.00)
3000m	4:12.28	(35.27)

	Naam	Cat	PR	Tijd	Info
6	wt 10 Merel Conijn	DA1	4:17.43	4:19.66	
	rd 22 Sterre Jonkers	DN2	4:07.69	4:13.28	

Merel Conijn

200m	20.35	(20.35)
600m	52.17	(31.82)
1000m	1:25.50	(33.33)
1400m	1:59.85	(34.35)
1800m	2:34.41	(34.56)
2200m	3:09.47	(35.06)
2600m	3:44.35	(34.88)
3000m	4:19.66	(35.31)

Sterre Jonkers

200m	21.11	(21.11)
600m	52.70	(31.59)
1000m	1:25.12	(32.42)
1400m	1:57.91	(32.79)
1800m	2:31.13	(33.22)
2200m	3:04.65	(33.52)
2600m	3:38.74	(34.09)
3000m	4:13.28	(34.54)

		Naam	Cat	PR	Tijd	Info
7	wt	19 Antoinette de Jong	DSA	3:57.78	4:00.66	
	rd	51 Melissa Wijffe	DSA	4:01.07	4:02.87	

Antoinette de Jong

Melissa Wijffe

200m	20.01	(20.01)	200m	20.38	(20.38)
600m	50.89	(30.88)	600m	51.44	(31.06)
1000m	1:21.59	(30.70)	1000m	1:22.58	(31.14)
1400m	1:52.56	(30.97)	1400m	1:53.72	(31.14)
1800m	2:23.85	(31.29)	1800m	2:25.37	(31.65)
2200m	2:55.73	(31.88)	2200m	2:56.88	(31.51)
2600m	3:27.91	(32.18)	2600m	3:29.37	(32.49)
3000m	4:00.66	(32.75)	3000m	4:02.87	(33.50)

		Naam	Cat	PR	Tijd	Info
8	wt	7 Roza Blokker	DSA	4:06.21	4:11.96	
	rd	6 Joy Beune	DN2	3:59.47	4:06.10	

Roza Blokker

Joy Beune

200m	21.01	(21.01)	200m	20.88	(20.88)
600m	53.18	(32.17)	600m	51.74	(30.86)
1000m	1:25.38	(32.20)	1000m	1:23.12	(31.38)
1400m	1:57.68	(32.30)	1400m	1:54.90	(31.78)
1800m	2:30.36	(32.68)	1800m	2:27.00	(32.10)
2200m	3:03.42	(33.06)	2200m	2:59.40	(32.40)
2600m	3:37.13	(33.71)	2600m	3:32.45	(33.05)
3000m	4:11.96	(34.83)	3000m	4:06.10	(33.65)

		Naam	Cat		PR	Tijd	Info
9	wt	2 Reina Anema	DSA		4:01.80	4:03.28	
	rd	46 Esmee Visser	DSA		3:54.02	4:04.59	
		Reina Anema			Esmee Visser		
		200m	20.38	(20.38)	200m	20.91	(20.91)
		600m	52.39	(32.01)	600m	52.59	(31.68)
		1000m	1:24.25	(31.86)	1000m	1:24.62	(32.03)
		1400m	1:55.84	(31.59)	1400m	1:56.08	(31.46)
		1800m	2:27.43	(31.59)	1800m	2:27.65	(31.57)
		2200m	2:59.26	(31.83)	2200m	2:59.16	(31.51)
		2600m	3:31.02	(31.76)	2600m	3:31.38	(32.22)
		3000m	4:03.28	(32.26)	3000m	4:04.59	(33.21)

		Naam	Cat		PR	Tijd	Info
10	wt	25 Esther Kiel	DN4		4:07.88	4:11.89	
	rd	1 Carlijn Achtereekte	DSA		3:58.63	4:02.84	
		Esther Kiel			Carlijn Achtereekte		
		200m	20.47	(20.47)	200m	20.83	(20.83)
		600m	53.13	(32.66)	600m	51.80	(30.97)
		1000m	1:25.52	(32.39)	1000m	1:23.25	(31.45)
		1400m	1:57.96	(32.44)	1400m	1:54.96	(31.71)
		1800m	2:30.78	(32.82)	1800m	2:26.92	(31.96)
		2200m	3:03.99	(33.21)	2200m	2:58.72	(31.80)
		2600m	3:37.63	(33.64)	2600m	3:30.46	(31.74)
		3000m	4:11.89	(34.26)	3000m	4:02.84	(32.38)