

4. Rituitslag 5000m Heren Allround

	Naam	Cat	PR	Tijd	Info
1	wt rd	148 Max Visscher	HN1	6:41.20	6:47.19
	Max Visscher				
	200m	19.44	(19.44)		m
	600m	51.12	(31.68)		
	1000m	1:22.49	(31.37)		
	1400m	1:54.17	(31.68)		
	1800m	2:25.85	(31.68)		
	2200m	2:57.69	(31.84)		
	2600m	3:29.96	(32.27)		
	3000m	4:02.38	(32.42)		
	3400m	4:34.83	(32.45)		
	3800m	5:07.39	(32.56)		
	4200m	5:40.55	(33.16)		
	4600m	6:13.85	(33.30)		
	5000m	6:47.19	(33.34)		

	Naam	Cat	PR	Tijd	Info
2	wt	129 Sjoerd Kleinhuis	HSA	6:55.49	6:50.63 PR
	rd	119 Lasse Hiddink	HA2	6:52.49	6:47.77 PR
	Sjoerd Kleinhuis		Lasse Hiddink		
	200m	19.37	(19.37)	200m	18.94 (18.94)
	600m	50.54	(31.17)	600m	49.28 (30.34)
	1000m	1:22.29	(31.75)	1000m	1:20.55 (31.27)
	1400m	1:54.40	(32.11)	1400m	1:52.39 (31.84)
	1800m	2:26.84	(32.44)	1800m	2:24.05 (31.66)
	2200m	2:59.14	(32.30)	2200m	2:56.00 (31.95)
	2600m	3:31.43	(32.29)	2600m	3:28.09 (32.09)
	3000m	4:03.89	(32.46)	3000m	4:00.44 (32.35)
	3400m	4:36.47	(32.58)	3400m	4:33.20 (32.76)
	3800m	5:08.91	(32.44)	3800m	5:06.01 (32.81)
	4200m	5:41.47	(32.56)	4200m	5:39.47 (33.46)
	4600m	6:14.76	(33.29)	4600m	6:13.19 (33.72)
	5000m	6:50.63	(35.87)	5000m	6:47.77 (34.58)

		Naam	Cat	PR	Tijd	Info
3	wt	103 Roel Boek	HN3	6:42.21	6:45.80	
	rd	105 Jort Boomhouwer	HN2	6:50.59	7:04.21	

Roel Boek

200m	20.15	(20.15)
600m	51.12	(30.97)
1000m	1:22.74	(31.62)
1400m	1:54.41	(31.67)
1800m	2:25.76	(31.35)
2200m	2:57.37	(31.61)
2600m	3:29.33	(31.96)
3000m	4:01.38	(32.05)
3400m	4:33.69	(32.31)
3800m	5:06.16	(32.47)
4200m	5:38.83	(32.67)
4600m	6:12.12	(33.29)
5000m	6:45.80	(33.68)

Jort Boomhouwer

200m	19.75	(19.75)
600m	50.94	(31.19)
1000m	1:23.08	(32.14)
1400m	1:54.44	(31.36)
1800m	2:26.25	(31.81)
2200m	2:58.78	(32.53)
2600m	3:32.55	(33.77)
3000m	4:06.59	(34.04)
3400m	4:41.40	(34.81)
3800m	5:16.64	(35.24)
4200m	5:52.76	(36.12)
4600m	6:28.72	(35.96)
5000m	7:04.21	(35.49)

		Naam	Cat	PR	Tijd	Info
4	wt	151 Teun de Wit	HN1	6:41.93	6:49.26	
	rd	115 Thomas Geerdinck	HSA	6:27.30	6:35.87	

Teun de Wit

200m	19.28	(19.28)
600m	50.45	(31.17)
1000m	1:22.09	(31.64)
1400m	1:53.91	(31.82)
1800m	2:25.71	(31.80)
2200m	2:57.69	(31.98)
2600m	3:29.79	(32.10)
3000m	4:02.15	(32.36)
3400m	4:35.17	(33.02)
3800m	5:08.43	(33.26)
4200m	5:42.01	(33.58)
4600m	6:15.79	(33.78)
5000m	6:49.26	(33.47)

Thomas Geerdinck

200m	19.08	(19.08)
600m	49.22	(30.14)
1000m	1:19.60	(30.38)
1400m	1:50.36	(30.76)
1800m	2:21.19	(30.83)
2200m	2:51.93	(30.74)
2600m	3:22.76	(30.83)
3000m	3:53.98	(31.22)
3400m	4:25.95	(31.97)
3800m	4:57.93	(31.98)
4200m	5:30.39	(32.46)
4600m	6:02.96	(32.57)
5000m	6:35.87	(32.91)

		Naam		Cat		PR		Tijd	Info
5	wt	113	Jorick Duijzer		HN3	6:43.83		6:45.11	
	rd	147	Yves Vergeer		HA2	6:42.92		6:43.53	
Jorick Duijzer					Yves Vergeer				
		200m	19.33	(19.33)		200m	19.17	(19.17)	
		600m	50.52	(31.19)		600m	50.27	(31.10)	
		1000m	1:22.69	(32.17)		1000m	1:21.73	(31.46)	
		1400m	1:54.87	(32.18)		1400m	1:52.94	(31.21)	
		1800m	2:26.88	(32.01)		1800m	2:24.25	(31.31)	
		2200m	2:59.04	(32.16)		2200m	2:55.43	(31.18)	
		2600m	3:30.88	(31.84)		2600m	3:26.98	(31.55)	
		3000m	4:02.90	(32.02)		3000m	3:58.65	(31.67)	
		3400m	4:34.93	(32.03)		3400m	4:30.55	(31.90)	
		3800m	5:07.07	(32.14)		3800m	5:02.87	(32.32)	
		4200m	5:39.47	(32.40)		4200m	5:35.88	(33.01)	
		4600m	6:12.33	(32.86)		4600m	6:09.35	(33.47)	
		5000m	6:45.11	(32.78)		5000m	6:43.53	(34.18)	

		Naam		Cat		PR		Tijd	Info
6	wt	136	Victor Ramler		HN4	6:28.77		6:38.63	
	rd	104	Tjerk de Boer		HN2	6:30.21		6:46.49	
Victor Ramler					Tjerk de Boer				
		200m	19.22	(19.22)		200m	18.84	(18.84)	
		600m	49.45	(30.23)		600m	48.35	(29.51)	
		1000m	1:19.96	(30.51)		1000m	1:19.15	(30.80)	
		1400m	1:50.17	(30.21)		1400m	1:49.75	(30.60)	
		1800m	2:21.34	(31.17)		1800m	2:20.59	(30.84)	
		2200m	2:52.95	(31.61)		2200m	2:51.72	(31.13)	
		2600m	3:24.36	(31.41)		2600m	3:23.02	(31.30)	
		3000m	3:56.10	(31.74)		3000m	3:54.81	(31.79)	
		3400m	4:28.23	(32.13)		3400m	4:27.05	(32.24)	
		3800m	5:00.51	(32.28)		3800m	4:59.76	(32.71)	
		4200m	5:32.77	(32.26)		4200m	5:33.52	(33.76)	
		4600m	6:05.05	(32.28)		4600m	6:08.92	(35.40)	
		5000m	6:38.63	(33.58)		5000m	6:46.49	(37.57)	

		Naam	Cat	PR	Tijd Info
7	wt	149 Jos de Vos	HSA	6:21.10	6:43.51
	rd	120 Louis Hollaar	HN2	6:33.48	WDR

Jos de Vos

200m	19.23	(19.23)
600m	49.77	(30.54)
1000m	1:20.84	(31.07)
1400m	1:52.08	(31.24)
1800m	2:23.07	(30.99)
2200m	2:54.29	(31.22)
2600m	3:25.75	(31.46)
3000m	3:57.61	(31.86)
3400m	4:29.90	(32.29)
3800m	5:02.64	(32.74)
4200m	5:35.90	(33.26)
4600m	6:09.46	(33.56)
5000m	6:43.51	(34.05)

Louis Hollaar

		Naam	Cat	PR	Tijd Info
8	wt	123 Chris Huizinga	HN3	6:21.58	6:24.28
	rd	124 Kars Jansman	HSA	6:22.02	6:20.74 PR

Chris Huizinga

200m	18.75	(18.75)
600m	47.68	(28.93)
1000m	1:17.42	(29.74)
1400m	1:47.66	(30.24)
1800m	2:17.73	(30.07)
2200m	2:47.92	(30.19)
2600m	3:18.20	(30.28)
3000m	3:48.63	(30.43)
3400m	4:19.37	(30.74)
3800m	4:50.13	(30.76)
4200m	5:20.51	(30.38)
4600m	5:51.82	(31.31)
5000m	6:24.28	(32.46)

Kars Jansman

200m	19.49	(19.49)
600m	49.32	(29.83)
1000m	1:19.48	(30.16)
1400m	1:49.79	(30.31)
1800m	2:20.02	(30.23)
2200m	2:50.10	(30.08)
2600m	3:20.24	(30.14)
3000m	3:50.25	(30.01)
3400m	4:20.29	(30.04)
3800m	4:50.30	(30.01)
4200m	5:20.47	(30.17)
4600m	5:50.63	(30.16)
5000m	6:20.74	(30.11)

		Naam	Cat	PR	Tijd	Info
9	wt	106 Marcel Bosker	HN4	6:08.90	6:18.32	
	rd	102 Jan Blokhuijsen	HSB	6:11.91	6:18.02	
		Marcel Bosker		Jan Blokhuijsen		
		200m	18.51 (18.51)	200m	18.35 (18.35)	
		600m	47.87 (29.36)	600m	47.65 (29.30)	
		1000m	1:17.44 (29.57)	1000m	1:17.46 (29.81)	
		1400m	1:47.31 (29.87)	1400m	1:47.10 (29.64)	
		1800m	2:16.91 (29.60)	1800m	2:16.94 (29.84)	
		2200m	2:46.55 (29.64)	2200m	2:46.44 (29.50)	
		2600m	3:16.18 (29.63)	2600m	3:16.26 (29.82)	
		3000m	3:46.04 (29.86)	3000m	3:46.01 (29.75)	
		3400m	4:15.86 (29.82)	3400m	4:16.08 (30.07)	
		3800m	4:45.99 (30.13)	3800m	4:46.15 (30.07)	
		4200m	5:16.30 (30.31)	4200m	5:16.47 (30.32)	
		4600m	5:47.06 (30.76)	4600m	5:46.88 (30.41)	
		5000m	6:18.32 (31.26)	5000m	6:18.02 (31.14)	

		Naam	Cat	PR	Tijd	Info
10	wt	150 Douwe de Vries	HSB	6:12.47	6:19.55	
	rd	110 Lex Dijkstra	HSA	6:25.10	6:27.62	
		Douwe de Vries		Lex Dijkstra		
		200m	18.78 (18.78)	200m	18.71 (18.71)	
		600m	47.91 (29.13)	600m	48.25 (29.54)	
		1000m	1:18.01 (30.10)	1000m	1:18.52 (30.27)	
		1400m	1:48.04 (30.03)	1400m	1:48.64 (30.12)	
		1800m	2:17.91 (29.87)	1800m	2:19.02 (30.38)	
		2200m	2:47.86 (29.95)	2200m	2:49.45 (30.43)	
		2600m	3:17.93 (30.07)	2600m	3:20.12 (30.67)	
		3000m	3:48.02 (30.09)	3000m	3:50.81 (30.69)	
		3400m	4:18.30 (30.28)	3400m	4:21.83 (31.02)	
		3800m	4:48.67 (30.37)	3800m	4:52.93 (31.10)	
		4200m	5:18.98 (30.31)	4200m	5:24.33 (31.40)	
		4600m	5:49.19 (30.21)	4600m	5:55.88 (31.55)	
		5000m	6:19.55 (30.36)	5000m	6:27.62 (31.74)	