

11. Rituitslag 5000m Dames Allround

	Naam	Cat	PR	Tijd	Info
1	wt 7 Roza Blokker	DSA	7:03.48	7:19.50	
	rd 16 Aveline Hijlkema	DSA	7:14.05	7:21.02	
	Roza Blokker				Aveline Hijlkema
	200m 21.93 (21.93)		200m 21.74 (21.74)		
	600m 57.14 (35.21)		600m 56.70 (34.96)		
	1000m 1:32.06 (34.92)		1000m 1:31.43 (34.73)		
	1400m 2:06.74 (34.68)		1400m 2:05.79 (34.36)		
	1800m 2:41.20 (34.46)		1800m 2:40.02 (34.23)		
	2200m 3:15.70 (34.50)		2200m 3:14.26 (34.24)		
	2600m 3:50.01 (34.31)		2600m 3:48.59 (34.33)		
	3000m 4:24.60 (34.59)		3000m 4:23.37 (34.78)		
	3400m 4:58.70 (34.10)		3400m 4:58.24 (34.87)		
	3800m 5:33.35 (34.65)		3800m 5:33.37 (35.13)		
	4200m 6:08.20 (34.85)		4200m 6:08.59 (35.22)		
	4600m 6:43.47 (35.27)		4600m 6:44.35 (35.76)		
	5000m 7:19.50 (36.03)		5000m 7:21.02 (36.67)		

	Naam	Cat	PR	Tijd	Info
2	wt 2 Reina Anema	DSA	6:57.58	7:05.09	
	rd 25 Esther Kiel	DN4	7:11.75	7:15.36	
	Reina Anema				Esther Kiel
	200m 21.02 (21.02)		200m 20.97 (20.97)		
	600m 54.23 (33.21)		600m 54.90 (33.93)		
	1000m 1:27.85 (33.62)		1000m 1:29.05 (34.15)		
	1400m 2:01.22 (33.37)		1400m 2:03.18 (34.13)		
	1800m 2:34.43 (33.21)		1800m 2:37.44 (34.26)		
	2200m 3:07.86 (33.43)		2200m 3:11.70 (34.26)		
	2600m 3:41.47 (33.61)		2600m 3:46.17 (34.47)		
	3000m 4:14.98 (33.51)		3000m 4:20.54 (34.37)		
	3400m 4:48.58 (33.60)		3400m 4:54.99 (34.45)		
	3800m 5:22.47 (33.89)		3800m 5:29.70 (34.71)		
	4200m 5:56.54 (34.07)		4200m 6:04.60 (34.90)		
	4600m 6:30.78 (34.24)		4600m 6:39.96 (35.36)		
	5000m 7:05.09 (34.31)		5000m 7:15.36 (35.40)		



		Naam			Cat	PR	Tijd	Info
3	wt	51 Melissa Wijffe			DSA	6:58.80	7:04.47	
	rd	6 Joy Beune			DN2	6:58.94	7:09.69	
		<u>Melissa Wijffe</u>			<u>Joy Beune</u>			
		200m	21.13	(21.13)	200m	21.23	(21.23)	
		600m	54.08	(32.95)	600m	53.60	(32.37)	
		1000m	1:26.66	(32.58)	1000m	1:26.84	(33.24)	
		1400m	1:59.63	(32.97)	1400m	2:00.17	(33.33)	
		1800m	2:32.43	(32.80)	1800m	2:33.64	(33.47)	
		2200m	3:05.62	(33.19)	2200m	3:07.35	(33.71)	
		2600m	3:38.74	(33.12)	2600m	3:41.36	(34.01)	
		3000m	4:12.10	(33.36)	3000m	4:15.54	(34.18)	
		3400m	4:45.67	(33.57)	3400m	4:49.82	(34.28)	
		3800m	5:19.54	(33.87)	3800m	5:24.36	(34.54)	
		4200m	5:53.62	(34.08)	4200m	5:59.30	(34.94)	
		4600m	6:28.54	(34.92)	4600m	6:34.61	(35.31)	
		5000m	7:04.47	(35.93)	5000m	7:09.69	(35.08)	

		Naam			Cat	PR	Tijd	Info
4	wt	19 Antoinette de Jong			DSA	6:56.26	6:58.38	
	rd	1 Carlijn Achtereekte			DSA	6:49.81	6:56.46	
		<u>Antoinette de Jong</u>			<u>Carlijn Achtereekte</u>			
		200m	21.06	(21.06)	200m	21.22	(21.22)	
		600m	54.52	(33.46)	600m	53.62	(32.40)	
		1000m	1:27.22	(32.70)	1000m	1:26.71	(33.09)	
		1400m	1:59.70	(32.48)	1400m	1:59.32	(32.61)	
		1800m	2:32.42	(32.72)	1800m	2:32.15	(32.83)	
		2200m	3:05.78	(33.36)	2200m	3:05.01	(32.86)	
		2600m	3:39.10	(33.32)	2600m	3:37.99	(32.98)	
		3000m	4:12.49	(33.39)	3000m	4:11.07	(33.08)	
		3400m	4:45.66	(33.17)	3400m	4:44.17	(33.10)	
		3800m	5:18.84	(33.18)	3800m	5:17.40	(33.23)	
		4200m	5:51.89	(33.05)	4200m	5:51.03	(33.63)	
		4600m	6:25.11	(33.22)	4600m	6:24.09	(33.06)	
		5000m	6:58.38	(33.27)	5000m	6:56.46	(32.37)	