

## 12. Rituitslag 10000m Heren Allround

	Naam	Cat	PR	Tijd Info
1	wt 110 Lex Dijkstra	HSA	13:24.43	13:24.01 PR
	rd 104 Tjerk de Boer	HN2	13:48.65	14:07.37

### Lex Dijkstra

400m	35.61	(35.61)
800m	1:07.53	(31.92)
1200m	1:40.07	(32.54)
1600m	2:12.24	(32.17)
2000m	2:44.53	(32.29)
2400m	3:16.48	(31.95)
2800m	3:48.70	(32.22)
3200m	4:20.86	(32.16)
3600m	4:53.20	(32.34)
4000m	5:25.42	(32.22)
4400m	5:57.66	(32.24)
4800m	6:29.75	(32.09)
5200m	7:01.98	(32.23)
5600m	7:34.04	(32.06)
6000m	8:06.28	(32.24)
6400m	8:38.14	(31.86)
6800m	9:10.13	(31.99)
7200m	9:42.04	(31.91)
7600m	10:13.94	(31.90)
8000m	10:45.73	(31.79)
8400m	11:17.54	(31.81)
8800m	11:49.34	(31.80)
9200m	12:21.15	(31.81)
9600m	12:52.86	(31.71)
10000m	13:24.01	(31.15)

### Tjerk de Boer

400m	35.21	(35.21)
800m	1:07.70	(32.49)
1200m	1:40.15	(32.45)
1600m	2:12.70	(32.55)
2000m	2:44.89	(32.19)
2400m	3:17.52	(32.63)
2800m	3:50.06	(32.54)
3200m	4:22.63	(32.57)
3600m	4:54.99	(32.36)
4000m	5:27.53	(32.54)
4400m	6:00.10	(32.57)
4800m	6:33.01	(32.91)
5200m	7:06.02	(33.01)
5600m	7:39.19	(33.17)
6000m	8:12.62	(33.43)
6400m	8:46.76	(34.14)
6800m	9:21.47	(34.71)
7200m	9:56.66	(35.19)
7600m	10:31.90	(35.24)
8000m	11:07.35	(35.45)
8400m	11:43.22	(35.87)
8800m	12:19.29	(36.07)
9200m	12:55.19	(35.90)
9600m	13:30.76	(35.57)
10000m	14:07.37	(36.61)

	Naam	Cat	PR	Tijd	Info
2	wt 124 Kars Jansman	HSA	13:01.73	<b>13:14.48</b>	
	rd 123 Chris Huizinga	HN3	13:20.58	<b>13:25.03</b>	

### Kars Jansman

### Chris Huizinga

400m	36.09 (36.09)	400m	35.45 (35.45)
800m	1:07.30 (31.21)	800m	1:07.31 (31.86)
1200m	1:38.82 (31.52)	1200m	1:39.13 (31.82)
1600m	2:10.35 (31.53)	1600m	2:11.19 (32.06)
2000m	2:41.95 (31.60)	2000m	2:43.12 (31.93)
2400m	3:13.29 (31.34)	2400m	3:14.97 (31.85)
2800m	3:44.63 (31.34)	2800m	3:46.93 (31.96)
3200m	4:16.10 (31.47)	3200m	4:19.05 (32.12)
3600m	4:47.78 (31.68)	3600m	4:51.00 (31.95)
4000m	5:19.56 (31.78)	4000m	5:23.08 (32.08)
4400m	5:51.36 (31.80)	4400m	5:54.92 (31.84)
4800m	6:23.08 (31.72)	4800m	6:26.90 (31.98)
5200m	6:54.73 (31.65)	5200m	6:58.64 (31.74)
5600m	7:26.25 (31.52)	5600m	7:30.33 (31.69)
6000m	7:57.89 (31.64)	6000m	8:01.92 (31.59)
6400m	8:29.28 (31.39)	6400m	8:33.87 (31.95)
6800m	9:00.47 (31.19)	6800m	9:05.78 (31.91)
7200m	9:31.64 (31.17)	7200m	9:37.62 (31.84)
7600m	10:03.25 (31.61)	7600m	10:09.66 (32.04)
8000m	10:35.00 (31.75)	8000m	10:41.85 (32.19)
8400m	11:07.05 (32.05)	8400m	11:14.19 (32.34)
8800m	11:39.20 (32.15)	8800m	11:46.49 (32.30)
9200m	12:11.08 (31.88)	9200m	12:18.96 (32.47)
9600m	12:42.78 (31.70)	9600m	12:51.74 (32.78)
10000m	13:14.48 (31.70)	10000m	13:25.03 (33.29)

	Naam	Cat	PR	Tijd	Info
3	wt 150 Douwe de Vries	HSB	12:55.10	13:05.65	
	rd 115 Thomas Geerdinck	HSA	13:30.79	13:32.68	

### Douwe de Vries

### Thomas Geerdinck

400m	35.55	(35.55)	400m	35.86	(35.86)
800m	1:06.78	(31.23)	800m	1:07.61	(31.75)
1200m	1:38.38	(31.60)	1200m	1:39.93	(32.32)
1600m	2:09.97	(31.59)	1600m	2:12.27	(32.34)
2000m	2:41.40	(31.43)	2000m	2:44.48	(32.21)
2400m	3:12.67	(31.27)	2400m	3:16.98	(32.50)
2800m	3:44.07	(31.40)	2800m	3:49.05	(32.07)
3200m	4:15.43	(31.36)	3200m	4:21.22	(32.17)
3600m	4:46.81	(31.38)	3600m	4:53.33	(32.11)
4000m	5:18.29	(31.48)	4000m	5:25.38	(32.05)
4400m	5:49.70	(31.41)	4400m	5:57.45	(32.07)
4800m	6:21.21	(31.51)	4800m	6:29.73	(32.28)
5200m	6:52.54	(31.33)	5200m	7:01.92	(32.19)
5600m	7:23.75	(31.21)	5600m	7:34.49	(32.57)
6000m	7:54.86	(31.11)	6000m	8:07.18	(32.69)
6400m	8:25.96	(31.10)	6400m	8:39.50	(32.32)
6800m	8:56.94	(30.98)	6800m	9:11.53	(32.03)
7200m	9:28.12	(31.18)	7200m	9:43.71	(32.18)
7600m	9:59.10	(30.98)	7600m	10:16.04	(32.33)
8000m	10:30.22	(31.12)	8000m	10:48.77	(32.73)
8400m	11:01.33	(31.11)	8400m	11:21.69	(32.92)
8800m	11:32.51	(31.18)	8800m	11:55.13	(33.44)
9200m	12:03.68	(31.17)	9200m	12:28.36	(33.23)
9600m	12:34.77	(31.09)	9600m	13:00.64	(32.28)
10000m	13:05.65	(30.88)	10000m	13:32.68	(32.04)

	Naam	Cat	PR	Tijd	Info
4	wt 102 Jan Blokhuijsen	HSB	12:57.58	13:08.63	
	rd 106 Marcel Bosker	HN4	13:07.01	13:11.18	

### Jan Blokhuijsen

### Marcel Bosker

400m	34.60 (34.60)	400m	35.21 (35.21)
800m	1:05.89 (31.29)	800m	1:06.31 (31.10)
1200m	1:38.01 (32.12)	1200m	1:37.86 (31.55)
1600m	2:09.53 (31.52)	1600m	2:09.51 (31.65)
2000m	2:41.26 (31.73)	2000m	2:40.85 (31.34)
2400m	3:12.44 (31.18)	2400m	3:12.34 (31.49)
2800m	3:43.81 (31.37)	2800m	3:43.58 (31.24)
3200m	4:15.16 (31.35)	3200m	4:15.07 (31.49)
3600m	4:46.78 (31.62)	3600m	4:46.50 (31.43)
4000m	5:18.01 (31.23)	4000m	5:17.77 (31.27)
4400m	5:49.20 (31.19)	4400m	5:49.14 (31.37)
4800m	6:20.55 (31.35)	4800m	6:20.45 (31.31)
5200m	6:52.20 (31.65)	5200m	6:51.58 (31.13)
5600m	7:23.30 (31.10)	5600m	7:22.84 (31.26)
6000m	7:54.62 (31.32)	6000m	7:53.97 (31.13)
6400m	8:25.52 (30.90)	6400m	8:25.23 (31.26)
6800m	8:56.55 (31.03)	6800m	8:56.65 (31.42)
7200m	9:27.87 (31.32)	7200m	9:28.35 (31.70)
7600m	9:59.55 (31.68)	7600m	9:59.88 (31.53)
8000m	10:31.25 (31.70)	8000m	10:31.64 (31.76)
8400m	11:02.86 (31.61)	8400m	11:03.02 (31.38)
8800m	11:34.15 (31.29)	8800m	11:34.55 (31.53)
9200m	12:05.23 (31.08)	9200m	12:06.37 (31.82)
9600m	12:36.37 (31.14)	9600m	12:38.51 (32.14)
10000m	13:08.63 (32.26)	10000m	13:11.18 (32.67)

