

4. Rituitslag Heren 5000m

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	107 Robert Bovenhuis	HSB	ASS	6:24.19	6:45.57	
	rd	134 Beau Snellink	HN1	UTR	6:23.69	6:29.44	
Robert Bovenhuis			Beau Snellink				
		200m	19.80	(19.80)	200m	20.11	(20.11)
		600m	49.93	(30.13)	600m	49.86	(29.75)
		1000m	1:19.79	(29.86)	1000m	1:19.60	(29.74)
		1400m	1:49.91	(30.12)	1400m	1:49.57	(29.97)
		1800m	2:20.28	(30.37)	1800m	2:19.84	(30.27)
		2200m	2:51.25	(30.97)	2200m	2:50.04	(30.20)
		2600m	3:22.50	(31.25)	2600m	3:20.49	(30.45)
		3000m	3:54.73	(32.23)	3000m	3:51.12	(30.63)
		3400m	4:27.66	(32.93)	3400m	4:22.22	(31.10)
		3800m	5:01.52	(33.86)	3800m	4:53.49	(31.27)
		4200m	5:35.99	(34.47)	4200m	5:25.26	(31.77)
		4600m	6:10.73	(34.74)	4600m	5:57.17	(31.91)
		5000m	6:45.57	(34.84)	5000m	6:29.44	(32.27)

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	136 Mats Stoltenborg	HSA	HAA	6:20.84	6:25.73	
	rd	143 Bob de Vries	HSB	ASS	6:10.48	6:24.97	
Mats Stoltenborg			Bob de Vries				
		200m	19.99	(19.99)	200m	19.83	(19.83)
		600m	50.44	(30.45)	600m	49.37	(29.54)
		1000m	1:20.79	(30.35)	1000m	1:19.30	(29.93)
		1400m	1:51.29	(30.50)	1400m	1:49.41	(30.11)
		1800m	2:21.73	(30.44)	1800m	2:19.76	(30.35)
		2200m	2:52.15	(30.42)	2200m	2:50.20	(30.44)
		2600m	3:22.54	(30.39)	2600m	3:20.65	(30.45)
		3000m	3:52.94	(30.40)	3000m	3:51.06	(30.41)
		3400m	4:23.38	(30.44)	3400m	4:21.68	(30.62)
		3800m	4:53.88	(30.50)	3800m	4:52.48	(30.80)
		4200m	5:24.45	(30.57)	4200m	5:23.11	(30.63)
		4600m	5:55.00	(30.55)	4600m	5:54.01	(30.90)
		5000m	6:25.73	(30.73)	5000m	6:24.97	(30.96)



		Naam	Cat	Baan	PR	Tijd	Info
3	wt	101 Crispijn Ariëns	HSB	HVN	6:22.16	6:31.51	
	rd	142 Bart de Vries	HSB	ASS	6:22.06	DQ	
Crispijn Ariëns			Bart de Vries				
		200m	19.09	(19.09)	200m	19.98	(19.98)
		600m	48.24	(29.15)	600m	50.18	(30.20)
		1000m	1:17.62	(29.38)	1000m	1:20.80	(30.62)
		1400m	1:47.46	(29.84)	1400m	1:51.20	(30.40)
		1800m	2:17.58	(30.12)	1800m	2:21.92	(30.72)
		2200m	2:47.84	(30.26)	2200m	2:52.66	(30.74)
		2600m	3:18.38	(30.54)	2600m	3:23.58	(30.92)
		3000m	3:49.42	(31.04)	3000m	3:54.39	(30.81)
		3400m	4:21.03	(31.61)	3400m	4:25.47	(31.08)
		3800m	4:53.63	(32.60)	3800m	4:56.61	(31.14)
		4200m	5:26.88	(33.25)	4200m	5:28.32	(31.71)
		4600m	5:59.62	(32.74)	4600m	5:59.76	(31.44)
		5000m	6:31.51	(31.89)	5000m	6:31.42	(31.66)

		Naam	Cat	Baan	PR	Tijd	Info
4	wt	141 Jos de Vos	HSA	EVN	6:21.10	6:33.90	
	rd	137 Marwin Talsma	HN4	HVN	6:20.84	6:16.66	PR
Jos de Vos			Marwin Talsma				
		200m	19.08	(19.08)	200m	19.22	(19.22)
		600m	48.90	(29.82)	600m	48.73	(29.51)
		1000m	1:19.20	(30.30)	1000m	1:18.88	(30.15)
		1400m	1:49.44	(30.24)	1400m	1:48.82	(29.94)
		1800m	2:20.03	(30.59)	1800m	2:19.04	(30.22)
		2200m	2:50.92	(30.89)	2200m	2:49.03	(29.99)
		2600m	3:21.85	(30.93)	2600m	3:19.19	(30.16)
		3000m	3:53.18	(31.33)	3000m	3:49.12	(29.93)
		3400m	4:24.81	(31.63)	3400m	4:18.77	(29.65)
		3800m	4:56.62	(31.81)	3800m	4:48.22	(29.45)
		4200m	5:28.53	(31.91)	4200m	5:17.74	(29.52)
		4600m	6:01.02	(32.49)	4600m	5:47.17	(29.43)
		5000m	6:33.90	(32.88)	5000m	6:16.66	(29.49)



		Naam	Cat	Baan	PR	Tijd	Info
5	wt	118 Chris Huizinga	HN4	GRO	6:21.45	6:27.91	
	rd	122 Erik Jan Kooiman	HSB	DNH	6:16.83	6:24.23	
		Chris Huizinga			Erik Jan Kooiman		
		200m	19.18	(19.18)	200m	20.30	(20.30)
		600m	49.47	(30.29)	600m	50.28	(29.98)
		1000m	1:19.21	(29.74)	1000m	1:20.48	(30.20)
		1400m	1:49.05	(29.84)	1400m	1:50.51	(30.03)
		1800m	2:19.16	(30.11)	1800m	2:20.78	(30.27)
		2200m	2:49.26	(30.10)	2200m	2:51.08	(30.30)
		2600m	3:19.21	(29.95)	2600m	3:21.40	(30.32)
		3000m	3:49.53	(30.32)	3000m	3:51.71	(30.31)
		3400m	4:20.03	(30.50)	3400m	4:22.13	(30.42)
		3800m	4:51.13	(31.10)	3800m	4:52.58	(30.45)
		4200m	5:22.77	(31.64)	4200m	5:23.21	(30.63)
		4600m	5:54.95	(32.18)	4600m	5:53.62	(30.41)
		5000m	6:27.91	(32.96)	5000m	6:24.23	(30.61)

		Naam	Cat	Baan	PR	Tijd	Info
6	wt	102 Jorrit Bergsma	HSB	HVN	6:06.93	6:16.24	
	rd	105 Marcel Bosker	HSA	GRO	6:08.90	6:15.46	
		Jorrit Bergsma			Marcel Bosker		
		200m	19.15	(19.15)	200m	18.83	(18.83)
		600m	48.70	(29.55)	600m	48.42	(29.59)
		1000m	1:18.52	(29.82)	1000m	1:18.40	(29.98)
		1400m	1:48.42	(29.90)	1400m	1:47.86	(29.46)
		1800m	2:18.14	(29.72)	1800m	2:17.59	(29.73)
		2200m	2:48.01	(29.87)	2200m	2:47.30	(29.71)
		2600m	3:17.86	(29.85)	2600m	3:16.90	(29.60)
		3000m	3:47.91	(30.05)	3000m	3:46.46	(29.56)
		3400m	4:17.73	(29.82)	3400m	4:16.00	(29.54)
		3800m	4:47.39	(29.66)	3800m	4:45.61	(29.61)
		4200m	5:17.03	(29.64)	4200m	5:15.42	(29.81)
		4600m	5:46.62	(29.59)	4600m	5:45.24	(29.82)
		5000m	6:16.24	(29.62)	5000m	6:15.46	(30.22)



		Naam	Cat	Baan	PR	Tijd	Info
7	wt	119 Kars Jansman	HSA	ENS	6:20.74	6:21.53	
	rd	103 Jan Blokhuisen	HSB	HRN	6:11.91	6:21.14	
		Kars Jansman			Jan Blokhuisen		
		200m	19.10	(19.10)	200m	18.76	(18.76)
		600m	48.64	(29.54)	600m	48.19	(29.43)
		1000m	1:19.00	(30.36)	1000m	1:18.65	(30.46)
		1400m	1:49.66	(30.66)	1400m	1:49.13	(30.48)
		1800m	2:19.86	(30.20)	1800m	2:19.58	(30.45)
		2200m	2:49.94	(30.08)	2200m	2:49.73	(30.15)
		2600m	3:19.71	(29.77)	2600m	3:19.87	(30.14)
		3000m	3:49.70	(29.99)	3000m	3:49.75	(29.88)
		3400m	4:19.75	(30.05)	3400m	4:19.82	(30.07)
		3800m	4:50.00	(30.25)	3800m	4:49.82	(30.00)
		4200m	5:20.30	(30.30)	4200m	5:20.11	(30.29)
		4600m	5:50.80	(30.50)	4600m	5:50.51	(30.40)
		5000m	6:21.53	(30.73)	5000m	6:21.14	(30.63)

		Naam	Cat	Baan	PR	Tijd	Info
8	wt	130 Patrick Roest	HSA	DNH	6:03.70	6:10.16	
	rd	123 Sven Kramer	HSB	HVN	6:03.32	6:15.26	
		Patrick Roest			Sven Kramer		
		200m	18.41	(18.41)	200m	18.92	(18.92)
		600m	46.89	(28.48)	600m	47.92	(29.00)
		1000m	1:15.82	(28.93)	1000m	1:17.70	(29.78)
		1400m	1:45.15	(29.33)	1400m	1:47.16	(29.46)
		1800m	2:14.43	(29.28)	1800m	2:16.90	(29.74)
		2200m	2:43.79	(29.36)	2200m	2:46.39	(29.49)
		2600m	3:13.03	(29.24)	2600m	3:16.13	(29.74)
		3000m	3:42.33	(29.30)	3000m	3:45.75	(29.62)
		3400m	4:11.62	(29.29)	3400m	4:15.58	(29.83)
		3800m	4:41.04	(29.42)	3800m	4:45.19	(29.61)
		4200m	5:10.52	(29.48)	4200m	5:15.20	(30.01)
		4600m	5:40.05	(29.53)	4600m	5:45.21	(30.01)
		5000m	6:10.16	(30.11)	5000m	6:15.26	(30.05)

