

8. Rituitslag Dames 3000m

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	11 Ineke Dedden	DSA	HVN	4:07.12	4:18.54	
	rd	25 Sterre Jonkers	DN3	HVN	4:07.69	4:17.66	

Ineke Dedden

200m	20.68	(20.68)
600m	53.70	(33.02)
1000m	1:27.40	(33.70)
1400m	2:01.12	(33.72)
1800m	2:34.78	(33.66)
2200m	3:08.98	(34.20)
2600m	3:43.71	(34.73)
3000m	4:18.54	(34.83)

Sterre Jonkers

200m	21.17	(21.17)
600m	53.95	(32.78)
1000m	1:27.48	(33.53)
1400m	2:00.93	(33.45)
1800m	2:34.96	(34.03)
2200m	3:08.60	(33.64)
2600m	3:43.19	(34.59)
3000m	4:17.66	(34.47)

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	20 Aveline Hijlkema	DSA	HVN	4:08.57	4:09.77	
	rd	9 Merel Conijn	DA2	HRN	4:13.70	4:08.03	PR

Aveline Hijlkema

200m	20.22	(20.22)
600m	51.99	(31.77)
1000m	1:24.13	(32.14)
1400m	1:56.39	(32.26)
1800m	2:28.94	(32.55)
2200m	3:01.75	(32.81)
2600m	3:35.34	(33.59)
3000m	4:09.77	(34.43)

Merel Conijn

200m	20.37	(20.37)
600m	51.76	(31.39)
1000m	1:24.19	(32.43)
1400m	1:56.77	(32.58)
1800m	2:29.39	(32.62)
2200m	3:02.35	(32.96)
2600m	3:35.50	(33.15)
3000m	4:08.03	(32.53)



Daikin NK Afstanden

Thialf - Heerenveen

30 oktober t/m 1 november 2020

		Naam		Cat	Baan		PR	Tijd	Info
3	wt	44 Ireen Wüst		DSB	TIL		3:58.01	4:06.82	
	rd	6 Joy Beune		DN3	ENS		3:59.47	4:08.01	
		<u>Ireen Wüst</u>			<u>Joy Beune</u>				
		200m	19.82	(19.82)	200m	20.29	(20.29)		
		600m	50.91	(31.09)	600m	50.68	(30.39)		
		1000m	1:21.78	(30.87)	1000m	1:21.76	(31.08)		
		1400m	1:53.47	(31.69)	1400m	1:53.40	(31.64)		
		1800m	2:25.23	(31.76)	1800m	2:26.08	(32.68)		
		2200m	2:58.30	(33.07)	2200m	2:59.47	(33.39)		
		2600m	3:32.35	(34.05)	2600m	3:33.56	(34.09)		
		3000m	4:06.82	(34.47)	3000m	4:08.01	(34.45)		

		Naam		Cat	Baan		PR	Tijd	Info
4	wt	39 Evelien Vijn		DA1	HRN		4:06.76	4:08.81	
	rd	21 Sanne in 't Hof		DN4	DEV		4:07.16	4:12.47	
		<u>Evelien Vijn</u>			<u>Sanne in 't Hof</u>				
		200m	20.08	(20.08)	200m	20.07	(20.07)		
		600m	51.53	(31.45)	600m	51.14	(31.07)		
		1000m	1:23.23	(31.70)	1000m	1:23.09	(31.95)		
		1400m	1:55.51	(32.28)	1400m	1:55.23	(32.14)		
		1800m	2:28.28	(32.77)	1800m	2:28.13	(32.90)		
		2200m	3:01.51	(33.23)	2200m	3:01.59	(33.46)		
		2600m	3:34.68	(33.17)	2600m	3:36.46	(34.87)		
		3000m	4:08.81	(34.13)	3000m	4:12.47	(36.01)		



Daikin NK Afstanden

Thialf - Heerenveen

30 oktober t/m 1 november 2020

		Naam		Cat	Baan		PR	Tijd	Info
5	wt	26	Esther Kiel		DSA	HVN		4:07.88	4:09.41
	rd	7	Roza Blokker		DSA	HAA		4:06.21	4:13.43
		Esther Kiel			Roza Blokker				
		200m	19.97	(19.97)	200m	20.51	(20.51)		
		600m	51.51	(31.54)	600m	52.67	(32.16)		
		1000m	1:23.28	(31.77)	1000m	1:25.52	(32.85)		
		1400m	1:55.66	(32.38)	1400m	1:58.21	(32.69)		
		1800m	2:28.39	(32.73)	1800m	2:30.92	(32.71)		
		2200m	3:01.56	(33.17)	2200m	3:04.14	(33.22)		
		2600m	3:35.17	(33.61)	2600m	3:38.19	(34.05)		
		3000m	4:09.41	(34.24)	3000m	4:13.43	(35.24)		

		Naam		Cat	Baan		PR	Tijd	Info
6	wt	33	Irene Schouten		DSA	HRN		3:58.07	4:01.93
	rd	1	Carlijn Achtereekte		DSB	DEV		3:54.92	4:06.71
		Irene Schouten			Carlijn Achtereekte				
		200m	20.16	(20.16)	200m	20.47	(20.47)		
		600m	50.83	(30.67)	600m	51.09	(30.62)		
		1000m	1:22.16	(31.33)	1000m	1:22.26	(31.17)		
		1400m	1:53.88	(31.72)	1400m	1:53.64	(31.38)		
		1800m	2:25.32	(31.44)	1800m	2:25.57	(31.93)		
		2200m	2:57.29	(31.97)	2200m	2:58.16	(32.59)		
		2600m	3:29.53	(32.24)	2600m	3:31.94	(33.78)		
		3000m	4:01.93	(32.40)	3000m	4:06.71	(34.77)		



Daikin NK Afstanden

Thialf - Heerenveen

30 oktober t/m 1 november 2020

		Naam		Cat	Baan		PR	Tijd	Info
7	wt	40	Esmee Visser	DSA	HAA		3:54.02	4:09.55	
	rd	43	Melissa Wijffe	DSA	HAA		4:01.07	4:08.27	
			Esmee Visser				Melissa Wijffe		
		200m	21.00	(21.00)		200m	20.12	(20.12)	
		600m	52.92	(31.92)		600m	50.82	(30.70)	
		1000m	1:25.23	(32.31)		1000m	1:22.17	(31.35)	
		1400m	1:57.67	(32.44)		1400m	1:54.11	(31.94)	
		1800m	2:30.14	(32.47)		1800m	2:26.46	(32.35)	
		2200m	3:02.80	(32.66)		2200m	2:59.28	(32.82)	
		2600m	3:35.83	(33.03)		2600m	3:32.98	(33.70)	
		3000m	4:09.55	(33.72)		3000m	4:08.27	(35.29)	

		Naam		Cat	Baan		PR	Tijd	Info
8	wt	22	Antoinette de Jong	DSA	HVN		3:56.18	4:04.53	
	rd	2	Reina Anema	DSA	HVN		4:01.80	4:04.28	
			Antoinette de Jong				Reina Anema		
		200m	20.01	(20.01)		200m	20.21	(20.21)	
		600m	50.35	(30.34)		600m	50.87	(30.66)	
		1000m	1:20.83	(30.48)		1000m	1:21.62	(30.75)	
		1400m	1:52.32	(31.49)		1400m	1:53.01	(31.39)	
		1800m	2:24.42	(32.10)		1800m	2:24.87	(31.86)	
		2200m	2:57.20	(32.78)		2200m	2:56.99	(32.12)	
		2600m	3:30.77	(33.57)		2600m	3:30.18	(33.19)	
		3000m	4:04.53	(33.76)		3000m	4:04.28	(34.10)	