

9. Rituitslag Heren 10000m

	Naam	Cat	Baan	PR	Tijd	Info
1	wt 119 Kars Jansman	HSA	ENS	13:01.73	13:10.60	
	rd 118 Chris Huizinga	HN4	GRO	13:20.58	13:32.89	

Kars Jansman			Chris Huizinga		
400m	35.37	(35.37)	400m	35.14	(35.14)
800m	1:06.41	(31.04)	800m	1:06.49	(31.35)
1200m	1:37.98	(31.57)	1200m	1:37.89	(31.40)
1600m	2:09.38	(31.40)	1600m	2:09.41	(31.52)
2000m	2:40.74	(31.36)	2000m	2:40.76	(31.35)
2400m	3:11.81	(31.07)	2400m	3:12.19	(31.43)
2800m	3:43.14	(31.33)	2800m	3:43.70	(31.51)
3200m	4:14.57	(31.43)	3200m	4:15.43	(31.73)
3600m	4:46.01	(31.44)	3600m	4:47.12	(31.69)
4000m	5:17.44	(31.43)	4000m	5:18.96	(31.84)
4400m	5:48.63	(31.19)	4400m	5:50.86	(31.90)
4800m	6:19.63	(31.00)	4800m	6:22.77	(31.91)
5200m	6:50.78	(31.15)	5200m	6:54.77	(32.00)
5600m	7:21.86	(31.08)	5600m	7:27.05	(32.28)
6000m	7:53.08	(31.22)	6000m	7:59.41	(32.36)
6400m	8:24.39	(31.31)	6400m	8:31.81	(32.40)
6800m	8:55.73	(31.34)	6800m	9:04.57	(32.76)
7200m	9:27.22	(31.49)	7200m	9:37.45	(32.88)
7600m	9:58.84	(31.62)	7600m	10:10.42	(32.97)
8000m	10:30.44	(31.60)	8000m	10:43.66	(33.24)
8400m	11:02.35	(31.91)	8400m	11:17.15	(33.49)
8800m	11:34.29	(31.94)	8800m	11:50.90	(33.75)
9200m	12:06.48	(32.19)	9200m	12:24.34	(33.44)
9600m	12:38.43	(31.95)	9600m	12:58.56	(34.22)
10000m	13:10.60	(32.17)	10000m	13:32.89	(34.33)



Daikin NK Afstanden

Thialf - Heerenveen

30 oktober t/m 1 november 2020

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	122 Erik Jan Kooiman	HSB	DNH	12:57.13	12:59.70	
	rd	136 Mats Stoltenborg	HSA	HAA	13:06.38	13:08.53	

Erik Jan Kooiman

Mats Stoltenborg

400m	35.40	(35.40)	400m	35.80	(35.80)
800m	1:05.91	(30.51)	800m	1:06.65	(30.85)
1200m	1:37.37	(31.46)	1200m	1:37.86	(31.21)
1600m	2:08.59	(31.22)	1600m	2:09.22	(31.36)
2000m	2:39.92	(31.33)	2000m	2:40.64	(31.42)
2400m	3:10.87	(30.95)	2400m	3:11.87	(31.23)
2800m	3:41.67	(30.80)	2800m	3:43.16	(31.29)
3200m	4:12.41	(30.74)	3200m	4:14.33	(31.17)
3600m	4:43.14	(30.73)	3600m	4:45.35	(31.02)
4000m	5:13.94	(30.80)	4000m	5:16.50	(31.15)
4400m	5:44.74	(30.80)	4400m	5:47.60	(31.10)
4800m	6:15.43	(30.69)	4800m	6:18.71	(31.11)
5200m	6:46.21	(30.78)	5200m	6:49.79	(31.08)
5600m	7:16.95	(30.74)	5600m	7:21.06	(31.27)
6000m	7:47.75	(30.80)	6000m	7:52.35	(31.29)
6400m	8:18.50	(30.75)	6400m	8:23.61	(31.26)
6800m	8:49.56	(31.06)	6800m	8:54.82	(31.21)
7200m	9:20.66	(31.10)	7200m	9:25.99	(31.17)
7600m	9:51.73	(31.07)	7600m	9:57.17	(31.18)
8000m	10:22.88	(31.15)	8000m	10:28.50	(31.33)
8400m	10:54.22	(31.34)	8400m	10:59.95	(31.45)
8800m	11:25.53	(31.31)	8800m	11:31.71	(31.76)
9200m	11:57.10	(31.57)	9200m	12:03.81	(32.10)
9600m	12:28.60	(31.50)	9600m	12:36.15	(32.34)
10000m	12:59.70	(31.10)	10000m	13:08.53	(32.38)



Daikin NK Afstanden

Thialf - Heerenveen

30 oktober t/m 1 november 2020

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	143 Bob de Vries	HSB	ASS	12:43.57	13:11.15	
	rd	123 Sven Kramer	HSB	HVN	12:38.89	13:10.09	

Bob de Vries

400m	35.02	(35.02)
800m	1:05.88	(30.86)
1200m	1:36.96	(31.08)
1600m	2:07.85	(30.89)
2000m	2:38.96	(31.11)
2400m	3:09.96	(31.00)
2800m	3:41.17	(31.21)
3200m	4:12.26	(31.09)
3600m	4:43.78	(31.52)
4000m	5:15.16	(31.38)
4400m	5:46.72	(31.56)
4800m	6:18.14	(31.42)
5200m	6:49.78	(31.64)
5600m	7:21.70	(31.92)
6000m	7:54.13	(32.43)
6400m	8:26.57	(32.44)
6800m	8:58.77	(32.20)
7200m	9:30.64	(31.87)
7600m	10:02.69	(32.05)
8000m	10:34.19	(31.50)
8400m	11:05.56	(31.37)
8800m	11:37.06	(31.50)
9200m	12:08.42	(31.36)
9600m	12:39.70	(31.28)
10000m	13:11.15	(31.45)

Sven Kramer

400m	34.54	(34.54)
800m	1:05.35	(30.81)
1200m	1:36.59	(31.24)
1600m	2:07.96	(31.37)
2000m	2:38.86	(30.90)
2400m	3:10.33	(31.47)
2800m	3:41.59	(31.26)
3200m	4:12.99	(31.40)
3600m	4:44.30	(31.31)
4000m	5:16.02	(31.72)
4400m	5:47.63	(31.61)
4800m	6:19.75	(32.12)
5200m	6:51.41	(31.66)
5600m	7:23.29	(31.88)
6000m	7:55.17	(31.88)
6400m	8:27.68	(32.51)
6800m	8:59.46	(31.78)
7200m	9:31.32	(31.86)
7600m	10:03.19	(31.87)
8000m	10:34.94	(31.75)
8400m	11:06.71	(31.77)
8800m	11:38.90	(32.19)
9200m	12:10.03	(31.13)
9600m	12:40.60	(30.57)
10000m	13:10.09	(29.49)



Daikin NK Afstanden

Thialf - Heerenveen

30 oktober t/m 1 november 2020

		Naam	Cat	Baan	PR	Tijd	Info
4	wt	130 Patrick Roest	HSA	DNH	12:42.97	12:57.67	
	rd	105 Marcel Bosker	HSA	GRO	13:07.01	12:59.25	PR

Patrick Roest

400m	35.05	(35.05)
800m	1:05.68	(30.63)
1200m	1:36.82	(31.14)
1600m	2:07.76	(30.94)
2000m	2:38.89	(31.13)
2400m	3:09.70	(30.81)
2800m	3:40.47	(30.77)
3200m	4:11.13	(30.66)
3600m	4:41.81	(30.68)
4000m	5:12.37	(30.56)
4400m	5:43.11	(30.74)
4800m	6:13.77	(30.66)
5200m	6:44.39	(30.62)
5600m	7:14.81	(30.42)
6000m	7:45.24	(30.43)
6400m	8:15.59	(30.35)
6800m	8:45.88	(30.29)
7200m	9:16.46	(30.58)
7600m	9:47.25	(30.79)
8000m	10:18.32	(31.07)
8400m	10:50.12	(31.80)
8800m	11:22.79	(32.67)
9200m	11:55.11	(32.32)
9600m	12:27.71	(32.60)
10000m	12:57.67	(29.96)

Marcel Bosker

400m	35.09	(35.09)
800m	1:06.28	(31.19)
1200m	1:37.59	(31.31)
1600m	2:08.86	(31.27)
2000m	2:39.64	(30.78)
2400m	3:10.82	(31.18)
2800m	3:41.85	(31.03)
3200m	4:12.99	(31.14)
3600m	4:44.02	(31.03)
4000m	5:15.33	(31.31)
4400m	5:46.50	(31.17)
4800m	6:17.61	(31.11)
5200m	6:48.74	(31.13)
5600m	7:19.71	(30.97)
6000m	7:50.76	(31.05)
6400m	8:21.77	(31.01)
6800m	8:52.68	(30.91)
7200m	9:23.49	(30.81)
7600m	9:54.24	(30.75)
8000m	10:25.17	(30.93)
8400m	10:56.04	(30.87)
8800m	11:26.81	(30.77)
9200m	11:57.69	(30.88)
9600m	12:28.51	(30.82)
10000m	12:59.25	(30.74)



Daikin NK Afstanden

Thialf - Heerenveen

30 oktober t/m 1 november 2020

		Naam	Cat	Baan	PR	Tijd	Info
5	wt	137 Marwin Talsma	HN4	HVN	12:59.12	12:52.09	PR
	rd	102 Jorrit Bergsma	HSB	HVN	12:41.98		DQ

Marwin Talsma

Jorrit Bergsma

400m	34.59	(34.59)	400m	35.04	(35.04)
800m	1:05.25	(30.66)	800m	1:05.71	(30.67)
1200m	1:36.54	(31.29)	1200m	1:36.65	(30.94)
1600m	2:07.25	(30.71)	1600m	2:07.80	(31.15)
2000m	2:38.19	(30.94)	2000m	2:38.66	(30.86)
2400m	3:08.93	(30.74)	2400m	3:09.70	(31.04)
2800m	3:39.67	(30.74)	2800m	3:40.64	(30.94)
3200m	4:10.07	(30.40)	3200m	4:11.07	(30.43)
3600m	4:40.92	(30.85)	3600m	4:41.68	(30.61)
4000m	5:11.87	(30.95)	4000m	5:12.41	(30.73)
4400m	5:42.75	(30.88)	4400m	5:43.15	(30.74)
4800m	6:13.75	(31.00)	4800m	6:14.06	(30.91)
5200m	6:44.67	(30.92)	5200m	6:44.73	(30.67)
5600m	7:15.50	(30.83)	5600m	7:15.51	(30.78)
6000m	7:46.38	(30.88)	6000m	7:46.08	(30.57)
6400m	8:17.11	(30.73)	6400m	8:16.82	(30.74)
6800m	8:47.91	(30.80)	6800m	8:47.34	(30.52)
7200m	9:18.74	(30.83)	7200m	9:17.96	(30.62)
7600m	9:49.77	(31.03)	7600m	9:48.47	(30.51)
8000m	10:20.34	(30.57)	8000m	10:18.82	(30.35)
8400m	10:51.09	(30.75)	8400m	10:48.91	(30.09)
8800m	11:21.77	(30.68)	8800m	11:19.12	(30.21)
9200m	11:52.56	(30.79)	9200m	11:49.60	(30.48)
9600m	12:22.67	(30.11)	9600m	12:20.48	(30.88)
10000m	12:52.09	(29.42)	10000m	12:51.71	(31.23)

