

## 10. Rituitslag Dames 5000m

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	39 <b>Evelien Vijn</b>	DA1	HRN		<b>7:13.89</b>	
	rd	9 <b>Merel Conijn</b>	DA2	HRN	7:33.77	<b>7:10.99</b>	PR
<b>Evelien Vijn</b>			<b>Merel Conijn</b>				
		200m	20.52	(20.52)	200m	20.64	(20.64)
		600m	54.06	(33.54)	600m	53.44	(32.80)
		1000m	1:27.88	(33.82)	1000m	1:26.95	(33.51)
		1400m	2:01.89	(34.01)	1400m	2:01.04	(34.09)
		1800m	2:35.83	(33.94)	1800m	2:35.35	(34.31)
		2200m	3:10.11	(34.28)	2200m	3:09.68	(34.33)
		2600m	3:44.29	(34.18)	2600m	3:44.47	(34.79)
		3000m	4:19.06	(34.77)	3000m	4:19.18	(34.71)
		3400m	4:53.85	(34.79)	3400m	4:54.14	(34.96)
		3800m	5:29.00	(35.15)	3800m	5:29.05	(34.91)
		4200m	6:03.87	(34.87)	4200m	6:03.99	(34.94)
		4600m	6:38.92	(35.05)	4600m	6:38.05	(34.06)
		5000m	7:13.89	(34.97)	5000m	7:10.99	(32.94)

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	22 <b>Antoinette de Jong</b>	DSA	HVN	6:56.26	<b>7:07.22</b>	
	rd	11 <b>Ineke Dedden</b>	DSA	HVN	7:02.68	<b>7:26.81</b>	
<b>Antoinette de Jong</b>			<b>Ineke Dedden</b>				
		200m	20.75	(20.75)	200m	20.92	(20.92)
		600m	53.31	(32.56)	600m	53.99	(33.07)
		1000m	1:26.51	(33.20)	1000m	1:27.58	(33.59)
		1400m	1:59.47	(32.96)	1400m	2:02.08	(34.50)
		1800m	2:32.62	(33.15)	1800m	2:36.83	(34.75)
		2200m	3:06.17	(33.55)	2200m	3:11.84	(35.01)
		2600m	3:39.84	(33.67)	2600m	3:47.18	(35.34)
		3000m	4:13.91	(34.07)	3000m	4:22.91	(35.73)
		3400m	4:48.16	(34.25)	3400m	4:59.09	(36.18)
		3800m	5:22.67	(34.51)	3800m	5:35.42	(36.33)
		4200m	5:57.48	(34.81)	4200m	6:12.18	(36.76)
		4600m	6:32.46	(34.98)	4600m	6:49.33	(37.15)
		5000m	7:07.22	(34.76)	5000m	7:26.81	(37.48)



# Daikin NK Afstanden

Thialf - Heerenveen

30 oktober t/m 1 november 2020

		Naam		Cat	Baan		PR	Tijd	Info
3	wt	6 Joy Beune		DN3	ENS		6:58.94	<b>7:05.23</b>	
	rd	43 Melissa Wijffe		DSA	HAA		6:58.80	<b>7:05.80</b>	
		<u>Joy Beune</u>			<u>Melissa Wijffe</u>				
		200m	20.63	(20.63)	200m	20.73	(20.73)		
		600m	52.87	(32.24)	600m	52.80	(32.07)		
		1000m	1:25.37	(32.50)	1000m	1:25.56	(32.76)		
		1400m	1:58.38	(33.01)	1400m	1:58.58	(33.02)		
		1800m	2:31.67	(33.29)	1800m	2:31.90	(33.32)		
		2200m	3:05.51	(33.84)	2200m	3:05.28	(33.38)		
		2600m	3:39.47	(33.96)	2600m	3:39.27	(33.99)		
		3000m	4:13.64	(34.17)	3000m	4:13.39	(34.12)		
		3400m	4:47.81	(34.17)	3400m	4:47.70	(34.31)		
		3800m	5:22.19	(34.38)	3800m	5:22.12	(34.42)		
		4200m	5:56.44	(34.25)	4200m	5:56.82	(34.70)		
		4600m	6:31.00	(34.56)	4600m	6:31.29	(34.47)		
		5000m	7:05.23	(34.23)	5000m	7:05.80	(34.51)		

		Naam		Cat	Baan		PR	Tijd	Info
4	wt	40 Esmee Visser		DSA	HAA		6:45.73	<b>7:02.06</b>	
	rd	2 Reina Anema		DSA	HVN		6:57.58	<b>7:01.37</b>	
		<u>Esmee Visser</u>			<u>Reina Anema</u>				
		200m	21.62	(21.62)	200m	20.95	(20.95)		
		600m	54.31	(32.69)	600m	52.89	(31.94)		
		1000m	1:28.09	(33.78)	1000m	1:26.40	(33.51)		
		1400m	2:01.44	(33.35)	1400m	2:00.13	(33.73)		
		1800m	2:34.77	(33.33)	1800m	2:33.68	(33.55)		
		2200m	3:08.31	(33.54)	2200m	3:07.11	(33.43)		
		2600m	3:41.85	(33.54)	2600m	3:40.78	(33.67)		
		3000m	4:15.50	(33.65)	3000m	4:14.45	(33.67)		
		3400m	4:48.94	(33.44)	3400m	4:48.03	(33.58)		
		3800m	5:22.36	(33.42)	3800m	5:21.37	(33.34)		
		4200m	5:55.72	(33.36)	4200m	5:54.79	(33.42)		
		4600m	6:28.92	(33.20)	4600m	6:28.05	(33.26)		
		5000m	7:02.06	(33.14)	5000m	7:01.37	(33.32)		



# Daikin NK Afstanden

Thialf - Heerenveen

30 oktober t/m 1 november 2020

		Naam	Cat	Baan	PR	Tijd	Info
5	wt	1 <b>Carlijn Achtereekte</b>	DSB	DEV	6:49.81	<b>7:01.62</b>	
	rd	33 <b>Irene Schouten</b>	DSA	HRN	6:50.59	<b>6:55.94</b>	
		<b>Carlijn Achtereekte</b>			<b>Irene Schouten</b>		
		200m	20.22	(20.22)	200m	20.61	(20.61)
		600m	52.14	(31.92)	600m	53.10	(32.49)
		1000m	1:25.10	(32.96)	1000m	1:25.73	(32.63)
		1400m	1:58.33	(33.23)	1400m	1:58.70	(32.97)
		1800m	2:31.58	(33.25)	1800m	2:31.48	(32.78)
		2200m	3:04.68	(33.10)	2200m	3:04.02	(32.54)
		2600m	3:37.81	(33.13)	2600m	3:37.31	(33.29)
		3000m	4:11.17	(33.36)	3000m	4:10.31	(33.00)
		3400m	4:44.88	(33.71)	3400m	4:43.44	(33.13)
		3800m	5:18.76	(33.88)	3800m	5:16.55	(33.11)
		4200m	5:53.14	(34.38)	4200m	5:49.96	(33.41)
		4600m	6:27.22	(34.08)	4600m	6:23.09	(33.13)
		5000m	7:01.62	(34.40)	5000m	6:55.94	(32.85)

