

3. Rituitslag 3000m Dames Allround

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	5 Myrthe de Boer	DA2	HVN	4:24.90	4:29.84	
	rd	19 Muriël Meijer	DN3	DEV	4:21.78	4:35.63	
Myrthe de Boer			Muriël Meijer				
		200m	21.35	(21.35)	200m	21.65	(21.65)
		600m	56.50	(35.15)	600m	56.11	(34.46)
		1000m	1:32.03	(35.53)	1000m	1:31.49	(35.38)
		1400m	2:07.84	(35.81)	1400m	2:07.13	(35.64)
		1800m	2:43.33	(35.49)	1800m	2:43.48	(36.35)
		2200m	3:19.00	(35.67)	2200m	3:20.20	(36.72)
		2600m	3:54.28	(35.28)	2600m	3:57.49	(37.29)
		3000m	4:29.84	(35.56)	3000m	4:35.63	(38.14)

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	18 Gioya Lancee	DN3	HVN	4:15.73	4:12.69	PR
	rd	9 Marijke Groenewoud	DN3	LEE	4:14.43	4:11.58	PR
Gioya Lancee			Marijke Groenewoud				
		200m	20.13	(20.13)	200m	19.91	(19.91)
		600m	52.21	(32.08)	600m	50.99	(31.08)
		1000m	1:24.94	(32.73)	1000m	1:23.46	(32.47)
		1400m	1:57.94	(33.00)	1400m	1:56.62	(33.16)
		1800m	2:30.69	(32.75)	1800m	2:30.12	(33.50)
		2200m	3:03.58	(32.89)	2200m	3:03.66	(33.54)
		2600m	3:37.50	(33.92)	2600m	3:37.48	(33.82)
		3000m	4:12.69	(35.19)	3000m	4:11.58	(34.10)

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		Naam	Cat	Baan	PR	Tijd	Info
3	wt	20 Jorien ter Mors	DSB	HVN	4:02.23	4:07.65	
	rd	6 Merel Conijn	DA2	HRN	4:08.03	4:14.97	
Jorien ter Mors			Merel Conijn				
		200m	20.05	(20.05)	200m	20.57	(20.57)
		600m	51.59	(31.54)	600m	52.60	(32.03)
		1000m	1:23.60	(32.01)	1000m	1:25.85	(33.25)
		1400m	1:55.49	(31.89)	1400m	1:59.38	(33.53)
		1800m	2:27.75	(32.26)	1800m	2:33.03	(33.65)
		2200m	3:00.47	(32.72)	2200m	3:06.75	(33.72)
		2600m	3:33.61	(33.14)	2600m	3:41.00	(34.25)
		3000m	4:07.65	(34.04)	3000m	4:14.97	(33.97)

		Naam	Cat	Baan	PR	Tijd	Info
4	wt	4 Roza Blokker	DSA	HAA	4:06.21	4:12.34	
	rd	22 Paulien Verhaar	DN2	ENS	4:12.07	4:13.95	
Roza Blokker			Paulien Verhaar				
		200m	20.93	(20.93)	200m	20.62	(20.62)
		600m	53.88	(32.95)	600m	53.99	(33.37)
		1000m	1:27.07	(33.19)	1000m	1:27.16	(33.17)
		1400m	1:59.80	(32.73)	1400m	1:59.79	(32.63)
		1800m	2:32.25	(32.45)	1800m	2:32.55	(32.76)
		2200m	3:05.12	(32.87)	2200m	3:05.49	(32.94)
		2600m	3:38.18	(33.06)	2600m	3:39.11	(33.62)
		3000m	4:12.34	(34.16)	3000m	4:13.95	(34.84)

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		Naam	Cat	Baan	PR	Tijd	Info
5	wt	15 Sterre Jonkers	DN3	HVN	4:07.69	4:13.67	
	rd	10 Robin Groot	DN1	ALK	4:13.09	4:16.51	
		Sterre Jonkers			Robin Groot		
		200m	21.00	(21.00)	200m	21.15	(21.15)
		600m	53.74	(32.74)	600m	53.87	(32.72)
		1000m	1:26.21	(32.47)	1000m	1:26.22	(32.35)
		1400m	1:59.06	(32.85)	1400m	1:58.74	(32.52)
		1800m	2:31.82	(32.76)	1800m	2:31.56	(32.82)
		2200m	3:05.35	(33.53)	2200m	3:05.49	(33.93)
		2600m	3:39.30	(33.95)	2600m	3:40.36	(34.87)
		3000m	4:13.67	(34.37)	3000m	4:16.51	(36.15)

		Naam	Cat	Baan	PR	Tijd	Info
6	wt	7 Ineke Dedden	DSA	HVN	4:07.12	4:14.72	
	rd	11 Aveline Hijlkema	DSA	HVN	4:08.57	4:10.61	
		Ineke Dedden			Aveline Hijlkema		
		200m	20.81	(20.81)	200m	20.79	(20.79)
		600m	53.49	(32.68)	600m	53.38	(32.59)
		1000m	1:26.35	(32.86)	1000m	1:26.14	(32.76)
		1400m	1:59.60	(33.25)	1400m	1:58.93	(32.79)
		1800m	2:33.05	(33.45)	1800m	2:31.59	(32.66)
		2200m	3:06.74	(33.69)	2200m	3:04.44	(32.85)
		2600m	3:40.65	(33.91)	2600m	3:37.40	(32.96)
		3000m	4:14.72	(34.07)	3000m	4:10.61	(33.21)

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		Naam	Cat	Baan	PR	Tijd	Info
7	wt	12 Sanne in 't Hof	DN4	DEV	4:07.16	4:12.55	
	rd	24 Esmee Visser	DSA	HAA	3:54.02	4:07.10	
		Sanne in 't Hof			Esmee Visser		
		200m	20.61	(20.61)	200m	21.03	(21.03)
		600m	52.69	(32.08)	600m	52.94	(31.91)
		1000m	1:24.79	(32.10)	1000m	1:25.01	(32.07)
		1400m	1:57.47	(32.68)	1400m	1:56.89	(31.88)
		1800m	2:30.56	(33.09)	1800m	2:29.12	(32.23)
		2200m	3:04.12	(33.56)	2200m	3:01.21	(32.09)
		2600m	3:38.06	(33.94)	2600m	3:33.88	(32.67)
		3000m	4:12.55	(34.49)	3000m	4:07.10	(33.22)

		Naam	Cat	Baan	PR	Tijd	Info
8	wt	25 Melissa Wijffe	DSA	HAA	4:01.07	4:03.10	
	rd	16 Esther Kiel	DSA	HVN	4:07.88	4:08.36	
		Melissa Wijffe			Esther Kiel		
		200m	20.06	(20.06)	200m	20.27	(20.27)
		600m	50.93	(30.87)	600m	51.76	(31.49)
		1000m	1:22.11	(31.18)	1000m	1:23.85	(32.09)
		1400m	1:53.54	(31.43)	1400m	1:56.46	(32.61)
		1800m	2:25.07	(31.53)	1800m	2:29.08	(32.62)
		2200m	2:56.98	(31.91)	2200m	3:01.95	(32.87)
		2600m	3:29.53	(32.55)	2600m	3:34.95	(33.00)
		3000m	4:03.10	(33.57)	3000m	4:08.36	(33.41)

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		Naam	Cat	Baan	PR	Tijd	Info
9	wt	2 Reina Anema	DSA	HVN	4:01.80	4:04.64	
	rd	14 Antoinette de Jong	DSA	HVN	3:56.18	4:04.19	
		Reina Anema			Antoinette de Jong		
		200m	20.32	(20.32)	200m	20.38	(20.38)
		600m	51.79	(31.47)	600m	51.21	(30.83)
		1000m	1:23.45	(31.66)	1000m	1:22.35	(31.14)
		1400m	1:55.39	(31.94)	1400m	1:54.00	(31.65)
		1800m	2:27.49	(32.10)	1800m	2:26.08	(32.08)
		2200m	2:59.86	(32.37)	2200m	2:58.41	(32.33)
		2600m	3:32.20	(32.34)	2600m	3:31.31	(32.90)
		3000m	4:04.64	(32.44)	3000m	4:04.19	(32.88)

		Naam	Cat	Baan	PR	Tijd	Info
10	wt	23 Evelien Vijn	DA1	HRN	4:06.76	4:13.41	
	rd	3 Joy Beune	DN3	ENS	3:59.47	4:08.45	
		Evelien Vijn			Joy Beune		
		200m	20.48	(20.48)	200m	20.82	(20.82)
		600m	53.14	(32.66)	600m	52.01	(31.19)
		1000m	1:25.44	(32.30)	1000m	1:23.44	(31.43)
		1400m	1:57.97	(32.53)	1400m	1:55.32	(31.88)
		1800m	2:31.11	(33.14)	1800m	2:27.75	(32.43)
		2200m	3:05.10	(33.99)	2200m	3:00.65	(32.90)
		2600m	3:39.19	(34.09)	2600m	3:34.25	(33.60)
		3000m	4:13.41	(34.22)	3000m	4:08.45	(34.20)

