

## 4. Rituitslag 5000m Heren Allround

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	115 Remo Slotegraaf	HA2	GRO	6:39.02	<b>6:27.97</b>	PR
	rd	119 Yves Vergeer	HN1	HVN	6:39.58	<b>6:34.43</b>	PR
<b>Remo Slotegraaf</b>			<b>Yves Vergeer</b>				
		200m	19.14	(19.14)	200m	19.35	(19.35)
		600m	50.02	(30.88)	600m	49.80	(30.45)
		1000m	1:20.67	(30.65)	1000m	1:20.55	(30.75)
		1400m	1:51.36	(30.69)	1400m	1:51.37	(30.82)
		1800m	2:21.88	(30.52)	1800m	2:22.19	(30.82)
		2200m	2:52.62	(30.74)	2200m	2:52.77	(30.58)
		2600m	3:23.18	(30.56)	2600m	3:23.65	(30.88)
		3000m	3:53.86	(30.68)	3000m	3:54.42	(30.77)
		3400m	4:24.37	(30.51)	3400m	4:25.57	(31.15)
		3800m	4:54.86	(30.49)	3800m	4:56.85	(31.28)
		4200m	5:25.58	(30.72)	4200m	5:28.70	(31.85)
		4600m	5:56.58	(31.00)	4600m	6:01.17	(32.47)
		5000m	6:27.97	(31.39)	5000m	6:34.43	(33.26)

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	120 Koen Verweij	HSA	ALK	6:09.51	<b>6:29.41</b>	
	rd	117 Jesse Speijers	HA2	BRE	6:41.00	<b>6:43.66</b>	
<b>Koen Verweij</b>			<b>Jesse Speijers</b>				
		200m	18.58	(18.58)	200m	18.95	(18.95)
		600m	48.82	(30.24)	600m	49.53	(30.58)
		1000m	1:19.96	(31.14)	1000m	1:20.57	(31.04)
		1400m	1:50.84	(30.88)	1400m	1:52.33	(31.76)
		1800m	2:21.90	(31.06)	1800m	2:24.02	(31.69)
		2200m	2:52.93	(31.03)	2200m	2:55.95	(31.93)
		2600m	3:24.14	(31.21)	2600m	3:27.84	(31.89)
		3000m	3:55.06	(30.92)	3000m	3:59.92	(32.08)
		3400m	4:25.82	(30.76)	3400m	4:32.24	(32.32)
		3800m	4:56.68	(30.86)	3800m	5:04.77	(32.53)
		4200m	5:27.53	(30.85)	4200m	5:37.51	(32.74)
		4600m	5:58.39	(30.86)	4600m	6:10.59	(33.08)
		5000m	6:29.41	(31.02)	5000m	6:43.66	(33.07)



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		Naam	Cat	Baan	PR	Tijd	Info
3	wt	126 <b>Jordy van Workum</b>	HN1	HVN	6:38.05	<b>6:35.85</b>	PR
	rd	101 <b>Crispijn Ariëns</b>	HSB	HVN	6:22.16	<b>6:30.22</b>	
<b>Jordy van Workum</b>			<b>Crispijn Ariëns</b>				
		200m	19.43	(19.43)	200m	19.66	(19.66)
		600m	50.74	(31.31)	600m	50.54	(30.88)
		1000m	1:21.14	(30.40)	1000m	1:21.10	(30.56)
		1400m	1:51.91	(30.77)	1400m	1:51.56	(30.46)
		1800m	2:22.27	(30.36)	1800m	2:21.93	(30.37)
		2200m	2:52.92	(30.65)	2200m	2:52.36	(30.43)
		2600m	3:23.70	(30.78)	2600m	3:22.78	(30.42)
		3000m	3:54.97	(31.27)	3000m	3:53.26	(30.48)
		3400m	4:26.40	(31.43)	3400m	4:23.92	(30.66)
		3800m	4:58.21	(31.81)	3800m	4:54.73	(30.81)
		4200m	5:30.37	(32.16)	4200m	5:26.29	(31.56)
		4600m	6:02.91	(32.54)	4600m	5:58.16	(31.87)
		5000m	6:35.85	(32.94)	5000m	6:30.22	(32.06)

		Naam	Cat	Baan	PR	Tijd	Info
4	wt	116 <b>Beau Snellink</b>	HN1	UTR	6:23.69	<b>6:20.12</b>	PR
	rd	104 <b>Tjerk de Boer</b>	HN3	LEE	6:30.21	<b>6:43.17</b>	
<b>Beau Snellink</b>			<b>Tjerk de Boer</b>				
		200m	19.31	(19.31)	200m	18.92	(18.92)
		600m	48.86	(29.55)	600m	49.21	(30.29)
		1000m	1:18.75	(29.89)	1000m	1:20.27	(31.06)
		1400m	1:48.79	(30.04)	1400m	1:51.69	(31.42)
		1800m	2:18.85	(30.06)	1800m	2:23.27	(31.58)
		2200m	2:48.90	(30.05)	2200m	2:54.68	(31.41)
		2600m	3:18.65	(29.75)	2600m	3:26.12	(31.44)
		3000m	3:48.35	(29.70)	3000m	3:57.62	(31.50)
		3400m	4:18.05	(29.70)	3400m	4:29.62	(32.00)
		3800m	4:48.02	(29.97)	3800m	5:01.71	(32.09)
		4200m	5:18.32	(30.30)	4200m	5:34.65	(32.94)
		4600m	5:49.04	(30.72)	4600m	6:08.32	(33.67)
		5000m	6:20.12	(31.08)	5000m	6:43.17	(34.85)

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		Naam	Cat	Baan	PR	Tijd	Info
5	wt	106 <b>Ids Bouma</b>	HN1	HVN	6:38.45	<b>6:35.26</b>	PR
	rd	122 <b>Jos de Vos</b>	HSA	EVN	6:21.10	<b>6:36.25</b>	
		<b>Ids Bouma</b>			<b>Jos de Vos</b>		
		200m	19.94	(19.94)	200m	19.86	(19.86)
		600m	50.87	(30.93)	600m	50.33	(30.47)
		1000m	1:21.49	(30.62)	1000m	1:21.07	(30.74)
		1400m	1:52.65	(31.16)	1400m	1:51.77	(30.70)
		1800m	2:23.74	(31.09)	1800m	2:22.65	(30.88)
		2200m	2:55.01	(31.27)	2200m	2:53.63	(30.98)
		2600m	3:26.27	(31.26)	2600m	3:24.65	(31.02)
		3000m	3:57.62	(31.35)	3000m	3:56.02	(31.37)
		3400m	4:28.97	(31.35)	3400m	4:27.77	(31.75)
		3800m	5:00.60	(31.63)	3800m	4:59.74	(31.97)
		4200m	5:32.08	(31.48)	4200m	5:31.92	(32.18)
		4600m	6:03.76	(31.68)	4600m	6:04.00	(32.08)
		5000m	6:35.26	(31.50)	5000m	6:36.25	(32.25)

		Naam	Cat	Baan	PR	Tijd	Info
6	wt	124 <b>Bob de Vries</b>	HSB	ASS	6:10.48	<b>6:27.25</b>	
	rd	110 <b>Jeroen Janissen</b>	HN4	HAA	6:33.64	<b>6:36.07</b>	
		<b>Bob de Vries</b>			<b>Jeroen Janissen</b>		
		200m	19.84	(19.84)	200m	19.34	(19.34)
		600m	49.70	(29.86)	600m	49.48	(30.14)
		1000m	1:20.04	(30.34)	1000m	1:20.28	(30.80)
		1400m	1:50.71	(30.67)	1400m	1:51.30	(31.02)
		1800m	2:21.27	(30.56)	1800m	2:22.33	(31.03)
		2200m	2:52.09	(30.82)	2200m	2:53.40	(31.07)
		2600m	3:22.87	(30.78)	2600m	3:24.65	(31.25)
		3000m	3:53.62	(30.75)	3000m	3:55.73	(31.08)
		3400m	4:24.24	(30.62)	3400m	4:26.99	(31.26)
		3800m	4:55.00	(30.76)	3800m	4:58.56	(31.57)
		4200m	5:25.80	(30.80)	4200m	5:30.33	(31.77)
		4600m	5:56.60	(30.80)	4600m	6:02.64	(32.31)
		5000m	6:27.25	(30.65)	5000m	6:36.07	(33.43)

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		Naam	Cat	Baan	PR	Tijd	Info
7	wt	118 <b>Marwin Talsma</b>	HN4	HVN	6:16.66	<b>6:16.04</b>	PR
	rd	111 <b>Kars Jansman</b>	HSA	ENS	6:20.74	<b>6:28.71</b>	
<b>Marwin Talsma</b>			<b>Kars Jansman</b>				
		200m	19.06	(19.06)	200m	19.39	(19.39)
		600m	48.59	(29.53)	600m	49.47	(30.08)
		1000m	1:18.12	(29.53)	1000m	1:19.57	(30.10)
		1400m	1:47.66	(29.54)	1400m	1:49.70	(30.13)
		1800m	2:17.18	(29.52)	1800m	2:19.90	(30.20)
		2200m	2:46.54	(29.36)	2200m	2:50.06	(30.16)
		2600m	3:15.97	(29.43)	2600m	3:20.55	(30.49)
		3000m	3:45.47	(29.50)	3000m	3:51.28	(30.73)
		3400m	4:15.18	(29.71)	3400m	4:22.16	(30.88)
		3800m	4:45.03	(29.85)	3800m	4:53.45	(31.29)
		4200m	5:15.12	(30.09)	4200m	5:25.06	(31.61)
		4600m	5:45.50	(30.38)	4600m	5:56.85	(31.79)
		5000m	6:16.04	(30.54)	5000m	6:28.71	(31.86)

		Naam	Cat	Baan	PR	Tijd	Info
8	wt	105 <b>Marcel Bosker</b>	HSA	GRO	6:08.90	<b>6:17.41</b>	
	rd	113 <b>Victor Ramler</b>	HSA	HAA	6:19.80	<b>6:26.64</b>	
<b>Marcel Bosker</b>			<b>Victor Ramler</b>				
		200m	19.05	(19.05)	200m	19.28	(19.28)
		600m	48.88	(29.83)	600m	48.83	(29.55)
		1000m	1:18.55	(29.67)	1000m	1:18.87	(30.04)
		1400m	1:48.75	(30.20)	1400m	1:49.19	(30.32)
		1800m	2:18.72	(29.97)	1800m	2:19.79	(30.60)
		2200m	2:48.68	(29.96)	2200m	2:50.41	(30.62)
		2600m	3:18.36	(29.68)	2600m	3:21.29	(30.88)
		3000m	3:48.16	(29.80)	3000m	3:52.25	(30.96)
		3400m	4:17.98	(29.82)	3400m	4:23.07	(30.82)
		3800m	4:47.70	(29.72)	3800m	4:53.87	(30.80)
		4200m	5:17.64	(29.94)	4200m	5:24.80	(30.93)
		4600m	5:47.43	(29.79)	4600m	5:55.52	(30.72)
		5000m	6:17.41	(29.98)	5000m	6:26.64	(31.12)

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		Naam	Cat	Baan	PR	Tijd	Info
9	wt	123 <b>Bart de Vries</b>	HSB	ASS	6:22.06	<b>6:24.04</b>	
	rd	109 <b>Chris Huizinga</b>	HN4	GRO	6:21.45	<b>6:23.02</b>	
		<b>Bart de Vries</b>			<b>Chris Huizinga</b>		
		200m	19.38	(19.38)	200m	19.09	(19.09)
		600m	49.08	(29.70)	600m	48.26	(29.17)
		1000m	1:19.64	(30.56)	1000m	1:18.05	(29.79)
		1400m	1:50.15	(30.51)	1400m	1:48.22	(30.17)
		1800m	2:20.61	(30.46)	1800m	2:18.20	(29.98)
		2200m	2:51.07	(30.46)	2200m	2:48.36	(30.16)
		2600m	3:21.33	(30.26)	2600m	3:18.55	(30.19)
		3000m	3:51.58	(30.25)	3000m	3:48.75	(30.20)
		3400m	4:21.71	(30.13)	3400m	4:18.92	(30.17)
		3800m	4:52.04	(30.33)	3800m	4:49.38	(30.46)
		4200m	5:22.41	(30.37)	4200m	5:20.04	(30.66)
		4600m	5:53.04	(30.63)	4600m	5:51.33	(31.29)
		5000m	6:24.04	(31.00)	5000m	6:23.02	(31.69)

		Naam	Cat	Baan	PR	Tijd	Info
10	wt	102 <b>Jan Blokhuijsen</b>	HSB	HRN	6:11.91	<b>6:21.89</b>	
	rd	114 <b>Patrick Roest</b>	HSA	DNH	6:03.70	<b>6:15.31</b>	
		<b>Jan Blokhuijsen</b>			<b>Patrick Roest</b>		
		200m	18.59	(18.59)	200m	18.91	(18.91)
		600m	47.21	(28.62)	600m	47.66	(28.75)
		1000m	1:16.60	(29.39)	1000m	1:16.63	(28.97)
		1400m	1:46.43	(29.83)	1400m	1:45.90	(29.27)
		1800m	2:16.40	(29.97)	1800m	2:15.53	(29.63)
		2200m	2:46.74	(30.34)	2200m	2:45.15	(29.62)
		2600m	3:16.98	(30.24)	2600m	3:14.93	(29.78)
		3000m	3:47.37	(30.39)	3000m	3:44.80	(29.87)
		3400m	4:18.13	(30.76)	3400m	4:14.83	(30.03)
		3800m	4:48.97	(30.84)	3800m	4:44.97	(30.14)
		4200m	5:19.68	(30.71)	4200m	5:15.11	(30.14)
		4600m	5:50.57	(30.89)	4600m	5:45.08	(29.97)
		5000m	6:21.89	(31.32)	5000m	6:15.31	(30.23)