

## 7. Rituitslag 5000m Dames Allround

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	3 Joy Beune	DN3	ENS	6:58.94	<b>7:17.12</b>	
	rd	18 Gioya Lancee	DN3	HVN		<b>7:32.50</b>	
		<b>Joy Beune</b>			<b>Gioya Lancee</b>		
		200m	21.43	(21.43)	200m	21.40	(21.40)
		600m	54.80	(33.37)	600m	55.60	(34.20)
		1000m	1:28.53	(33.73)	1000m	1:29.73	(34.13)
		1400m	2:02.43	(33.90)	1400m	2:05.62	(35.89)
		1800m	2:36.59	(34.16)	1800m	2:41.57	(35.95)
		2200m	3:11.06	(34.47)	2200m	3:17.74	(36.17)
		2600m	3:45.79	(34.73)	2600m	3:53.82	(36.08)
		3000m	4:20.64	(34.85)	3000m	4:29.77	(35.95)
		3400m	4:55.53	(34.89)	3400m	5:05.90	(36.13)
		3800m	5:30.81	(35.28)	3800m	5:42.70	(36.80)
		4200m	6:06.22	(35.41)	4200m	6:19.87	(37.17)
		4600m	6:41.71	(35.49)	4600m	6:56.36	(36.49)
		5000m	7:17.12	(35.41)	5000m	7:32.50	(36.14)

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	2 Reina Anema	DSA	HVN	6:57.58	<b>7:03.35</b>	
	rd	24 Esmee Visser	DSA	HAA	6:45.73	<b>7:04.95</b>	
		<b>Reina Anema</b>			<b>Esmee Visser</b>		
		200m	20.70	(20.70)	200m	21.29	(21.29)
		600m	53.44	(32.74)	600m	53.89	(32.60)
		1000m	1:26.91	(33.47)	1000m	1:27.70	(33.81)
		1400m	2:00.73	(33.82)	1400m	2:01.28	(33.58)
		1800m	2:33.89	(33.16)	1800m	2:35.16	(33.88)
		2200m	3:07.42	(33.53)	2200m	3:08.92	(33.76)
		2600m	3:40.94	(33.52)	2600m	3:42.80	(33.88)
		3000m	4:14.58	(33.64)	3000m	4:16.63	(33.83)
		3400m	4:48.17	(33.59)	3400m	4:50.52	(33.89)
		3800m	5:21.94	(33.77)	3800m	5:24.44	(33.92)
		4200m	5:55.73	(33.79)	4200m	5:58.21	(33.77)
		4600m	6:29.63	(33.90)	4600m	6:31.74	(33.53)
		5000m	7:03.35	(33.72)	5000m	7:04.95	(33.21)

# Daikin NK - Allround 2021

Thialf - Heerenveen  
21 en 22 november 2020

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	16 <b>Esther Kiel</b>	DSA	HVN	7:11.75	<b>7:15.89</b>	
	rd	11 <b>Aveline Hijlkema</b>	DSA	HVN	7:14.05	<b>7:23.04</b>	
		<b>Esther Kiel</b>			<b>Aveline Hijlkema</b>		
		200m	21.48	(21.48)	200m	21.71	(21.71)
		600m	56.33	(34.85)	600m	56.60	(34.89)
		1000m	1:31.03	(34.70)	1000m	1:31.16	(34.56)
		1400m	2:04.98	(33.95)	1400m	2:05.31	(34.15)
		1800m	2:39.07	(34.09)	1800m	2:39.64	(34.33)
		2200m	3:13.34	(34.27)	2200m	3:14.54	(34.90)
		2600m	3:47.75	(34.41)	2600m	3:49.60	(35.06)
		3000m	4:22.20	(34.45)	3000m	4:24.40	(34.80)
		3400m	4:56.42	(34.22)	3400m	4:59.22	(34.82)
		3800m	5:30.21	(33.79)	3800m	5:34.15	(34.93)
		4200m	6:04.74	(34.53)	4200m	6:09.78	(35.63)
		4600m	6:40.07	(35.33)	4600m	6:46.33	(36.55)
		5000m	7:15.89	(35.82)	5000m	7:23.04	(36.71)

		Naam	Cat	Baan	PR	Tijd	Info
4	wt	25 <b>Melissa Wijffe</b>	DSA	HAA	6:58.80	<b>7:09.85</b>	
	rd	14 <b>Antoinette de Jong</b>	DSA	HVN	6:56.26	<b>7:06.57</b>	
		<b>Melissa Wijffe</b>			<b>Antoinette de Jong</b>		
		200m	21.19	(21.19)	200m	21.07	(21.07)
		600m	54.80	(33.61)	600m	54.06	(32.99)
		1000m	1:27.83	(33.03)	1000m	1:27.43	(33.37)
		1400m	2:01.37	(33.54)	1400m	2:00.92	(33.49)
		1800m	2:34.86	(33.49)	1800m	2:34.49	(33.57)
		2200m	3:08.53	(33.67)	2200m	3:07.94	(33.45)
		2600m	3:42.05	(33.52)	2600m	3:41.46	(33.52)
		3000m	4:15.78	(33.73)	3000m	4:15.02	(33.56)
		3400m	4:49.71	(33.93)	3400m	4:48.88	(33.86)
		3800m	5:24.32	(34.61)	3800m	5:22.90	(34.02)
		4200m	5:58.94	(34.62)	4200m	5:57.11	(34.21)
		4600m	6:34.19	(35.25)	4600m	6:31.68	(34.57)
		5000m	7:09.85	(35.66)	5000m	7:06.57	(34.89)

