

8. Rituitslag 10000m Heren Allround

	Naam	Cat	Baan	PR	Tijd	Info
1	wt 123 Bart de Vries	HSB	ASS	13:13.86	13:26.00	
	rd 115 Remo Slotegraaf	HA2	GRO		13:52.80	
	Bart de Vries					
	400m 36.80 (36.80)		400m 37.44 (37.44)			
	800m 1:08.35 (31.55)		800m 1:09.79 (32.35)			
	1200m 1:40.63 (32.28)		1200m 1:42.89 (33.10)			
	1600m 2:12.89 (32.26)		1600m 2:15.62 (32.73)			
	2000m 2:44.66 (31.77)		2000m 2:47.98 (32.36)			
	2400m 3:16.53 (31.87)		2400m 3:20.48 (32.50)			
	2800m 3:48.57 (32.04)		2800m 3:53.12 (32.64)			
	3200m 4:20.54 (31.97)		3200m 4:26.03 (32.91)			
	3600m 4:52.73 (32.19)		3600m 4:58.63 (32.60)			
	4000m 5:24.75 (32.02)		4000m 5:31.44 (32.81)			
	4400m 5:56.81 (32.06)		4400m 6:04.19 (32.75)			
	4800m 6:28.85 (32.04)		4800m 6:37.07 (32.88)			
	5200m 7:00.96 (32.11)		5200m 7:10.02 (32.95)			
	5600m 7:32.97 (32.01)		5600m 7:43.04 (33.02)			
	6000m 8:05.16 (32.19)		6000m 8:16.21 (33.17)			
	6400m 8:36.98 (31.82)		6400m 8:49.57 (33.36)			
	6800m 9:09.00 (32.02)		6800m 9:22.77 (33.20)			
	7200m 9:40.99 (31.99)		7200m 9:56.10 (33.33)			
	7600m 10:13.17 (32.18)		7600m 10:29.73 (33.63)			
	8000m 10:45.28 (32.11)		8000m 11:04.03 (34.30)			
	8400m 11:17.43 (32.15)		8400m 11:38.02 (33.99)			
	8800m 11:49.56 (32.13)		8800m 12:12.01 (33.99)			
	9200m 12:22.00 (32.44)		9200m 12:45.85 (33.84)			
	9600m 12:54.08 (32.08)		9600m 13:19.23 (33.38)			
	10000m 13:26.00 (31.92)		10000m 13:52.80 (33.57)			



Daikin NK - Allround 2021

Thialf - Heerenveen
21 en 22 november 2020

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	116 Beau Snellink	HN1	UTR	14:29.90	13:24.25	PR
	rd	109 Chris Huizinga	HN4	GRO	13:20.58	13:20.31	PR

Beau Snellink

400m	35.68	(35.68)
800m	1:06.68	(31.00)
1200m	1:38.31	(31.63)
1600m	2:09.74	(31.43)
2000m	2:41.26	(31.52)
2400m	3:12.61	(31.35)
2800m	3:44.11	(31.50)
3200m	4:15.35	(31.24)
3600m	4:46.65	(31.30)
4000m	5:17.99	(31.34)
4400m	5:49.28	(31.29)
4800m	6:20.76	(31.48)
5200m	6:52.49	(31.73)
5600m	7:24.49	(32.00)
6000m	7:56.60	(32.11)
6400m	8:28.93	(32.33)
6800m	9:01.52	(32.59)
7200m	9:33.84	(32.32)
7600m	10:06.53	(32.69)
8000m	10:39.40	(32.87)
8400m	11:12.06	(32.66)
8800m	11:45.08	(33.02)
9200m	12:18.25	(33.17)
9600m	12:51.26	(33.01)
10000m	13:24.25	(32.99)

Chris Huizinga

400m	35.21	(35.21)
800m	1:06.46	(31.25)
1200m	1:38.18	(31.72)
1600m	2:10.18	(32.00)
2000m	2:41.89	(31.71)
2400m	3:13.97	(32.08)
2800m	3:45.59	(31.62)
3200m	4:17.02	(31.43)
3600m	4:48.76	(31.74)
4000m	5:20.65	(31.89)
4400m	5:52.51	(31.86)
4800m	6:24.45	(31.94)
5200m	6:56.20	(31.75)
5600m	7:27.74	(31.54)
6000m	7:59.22	(31.48)
6400m	8:30.81	(31.59)
6800m	9:02.54	(31.73)
7200m	9:34.03	(31.49)
7600m	10:05.56	(31.53)
8000m	10:37.31	(31.75)
8400m	11:09.45	(32.14)
8800m	11:41.92	(32.47)
9200m	12:14.40	(32.48)
9600m	12:47.24	(32.84)
10000m	13:20.31	(33.07)

Daikin NK - Allround 2021

Thialf - Heerenveen
21 en 22 november 2020

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	105 Marcel Bosker	HSA	GRO	12:59.25	13:06.88	
	rd	120 Koen Verweij	HSA	ALK	13:08.97	13:38.68	

Marcel Bosker

400m	36.29	(36.29)
800m	1:07.95	(31.66)
1200m	1:39.61	(31.66)
1600m	2:11.13	(31.52)
2000m	2:42.88	(31.75)
2400m	3:14.23	(31.35)
2800m	3:45.77	(31.54)
3200m	4:17.04	(31.27)
3600m	4:48.41	(31.37)
4000m	5:19.98	(31.57)
4400m	5:51.45	(31.47)
4800m	6:22.75	(31.30)
5200m	6:54.19	(31.44)
5600m	7:25.51	(31.32)
6000m	7:56.63	(31.12)
6400m	8:27.61	(30.98)
6800m	8:58.63	(31.02)
7200m	9:29.67	(31.04)
7600m	10:00.72	(31.05)
8000m	10:31.61	(30.89)
8400m	11:02.82	(31.21)
8800m	11:34.19	(31.37)
9200m	12:05.38	(31.19)
9600m	12:36.10	(30.72)
10000m	13:06.88	(30.78)

Koen Verweij

400m	37.42	(37.42)
800m	1:10.30	(32.88)
1200m	1:43.09	(32.79)
1600m	2:15.75	(32.66)
2000m	2:48.34	(32.59)
2400m	3:21.13	(32.79)
2800m	3:53.71	(32.58)
3200m	4:26.49	(32.78)
3600m	4:59.34	(32.85)
4000m	5:32.14	(32.80)
4400m	6:04.96	(32.82)
4800m	6:37.91	(32.95)
5200m	7:10.64	(32.73)
5600m	7:43.41	(32.77)
6000m	8:16.12	(32.71)
6400m	8:48.77	(32.65)
6800m	9:21.23	(32.46)
7200m	9:53.69	(32.46)
7600m	10:26.43	(32.74)
8000m	10:59.03	(32.60)
8400m	11:30.97	(31.94)
8800m	12:03.04	(32.07)
9200m	12:35.12	(32.08)
9600m	13:07.23	(32.11)
10000m	13:38.68	(31.45)

Daikin NK - Allround 2021

Thialf - Heerenveen
21 en 22 november 2020

		Naam	Cat	Baan	PR	Tijd	Info
4	wt	114 Patrick Roest	HSA	DNH	12:42.97	13:01.54	
	rd	118 Marwin Talsma	HN4	HVN	12:52.09	13:01.43	

Patrick Roest

400m	35.53	(35.53)
800m	1:07.02	(31.49)
1200m	1:38.48	(31.46)
1600m	2:10.17	(31.69)
2000m	2:41.78	(31.61)
2400m	3:13.30	(31.52)
2800m	3:44.81	(31.51)
3200m	4:16.13	(31.32)
3600m	4:47.43	(31.30)
4000m	5:18.64	(31.21)
4400m	5:49.80	(31.16)
4800m	6:21.11	(31.31)
5200m	6:52.37	(31.26)
5600m	7:23.77	(31.40)
6000m	7:55.17	(31.40)
6400m	8:26.57	(31.40)
6800m	8:57.79	(31.22)
7200m	9:28.92	(31.13)
7600m	9:59.96	(31.04)
8000m	10:31.02	(31.06)
8400m	11:02.18	(31.16)
8800m	11:33.21	(31.03)
9200m	12:03.93	(30.72)
9600m	12:33.50	(29.57)
10000m	13:01.54	(28.04)

Marwin Talsma

400m	34.96	(34.96)
800m	1:06.44	(31.48)
1200m	1:37.51	(31.07)
1600m	2:09.21	(31.70)
2000m	2:40.48	(31.27)
2400m	3:11.95	(31.47)
2800m	3:43.19	(31.24)
3200m	4:14.52	(31.33)
3600m	4:45.54	(31.02)
4000m	5:17.02	(31.48)
4400m	5:48.70	(31.68)
4800m	6:20.40	(31.70)
5200m	6:51.77	(31.37)
5600m	7:23.33	(31.56)
6000m	7:54.74	(31.41)
6400m	8:26.18	(31.44)
6800m	8:57.31	(31.13)
7200m	9:28.77	(31.46)
7600m	9:59.78	(31.01)
8000m	10:30.78	(31.00)
8400m	11:01.38	(30.60)
8800m	11:32.31	(30.93)
9200m	12:02.80	(30.49)
9600m	12:32.57	(29.77)
10000m	13:01.43	(28.86)