

19. Rituitslag Dames 5000 meter

		Naam	Cat	Baan	PR	Tijd	Info
1	wt	107 Roza Blokker	DSA	HAA	7:03.48	7:14.74	
	rd	119 Robin Groot	DN1	ALK	7:33.34	7:22.92	PR
Roza Blokker			Robin Groot				
		200m	20.78	(20.78)	200m	21.37	(21.37)
		600m	54.88	(34.10)	600m	55.29	(33.92)
		1000m	1:29.51	(34.63)	1000m	1:29.73	(34.44)
		1400m	2:03.92	(34.41)	1400m	2:04.05	(34.32)
		1800m	2:38.14	(34.22)	1800m	2:38.40	(34.35)
		2200m	3:12.47	(34.33)	2200m	3:12.84	(34.44)
		2600m	3:46.68	(34.21)	2600m	3:47.86	(35.02)
		3000m	4:20.94	(34.26)	3000m	4:22.67	(34.81)
		3400m	4:55.39	(34.45)	3400m	4:57.99	(35.32)
		3800m	5:29.96	(34.57)	3800m	5:33.78	(35.79)
		4200m	6:04.60	(34.64)	4200m	6:09.94	(36.16)
		4600m	6:39.66	(35.06)	4600m	6:46.38	(36.44)
		5000m	7:14.74	(35.08)	5000m	7:22.92	(36.54)

		Naam	Cat	Baan	PR	Tijd	Info
2	wt	131 Esther Kiel	DSA	HVN	7:11.75	7:14.23	
	rd	149 Maaïke Verweij	DN1	HVN	7:43.71	7:12.40	PR
Esther Kiel			Maaïke Verweij				
		200m	20.81	(20.81)	200m	21.90	(21.90)
		600m	54.11	(33.30)	600m	54.57	(32.67)
		1000m	1:27.76	(33.65)	1000m	1:27.65	(33.08)
		1400m	2:01.79	(34.03)	1400m	2:00.92	(33.27)
		1800m	2:36.00	(34.21)	1800m	2:34.69	(33.77)
		2200m	3:09.99	(33.99)	2200m	3:08.65	(33.96)
		2600m	3:44.21	(34.22)	2600m	3:42.76	(34.11)
		3000m	4:18.65	(34.44)	3000m	4:16.91	(34.15)
		3400m	4:53.29	(34.64)	3400m	4:51.51	(34.60)
		3800m	5:28.24	(34.95)	3800m	5:26.21	(34.70)
		4200m	6:03.34	(35.10)	4200m	6:01.17	(34.96)
		4600m	6:38.82	(35.48)	4600m	6:36.60	(35.43)
		5000m	7:14.23	(35.41)	5000m	7:12.40	(35.80)

WK Kwalificatie Toernooi

Thialf - Heerenveen
26 t/m 28 december 2020

		Naam	Cat	Baan	PR	Tijd	Info
3	wt	123 Sanne in 't Hof	DN4	DEV	7:10.18	7:07.53	PR
	rd	150 Evelien Vijn	DA1	HRN	7:13.89	7:12.71	PR
		Sanne in 't Hof			Evelien Vijn		
		200m	20.31	(20.31)	200m	21.06	(21.06)
		600m	52.23	(31.92)	600m	53.44	(32.38)
		1000m	1:25.14	(32.91)	1000m	1:26.64	(33.20)
		1400m	1:58.45	(33.31)	1400m	2:00.23	(33.59)
		1800m	2:31.74	(33.29)	1800m	2:34.04	(33.81)
		2200m	3:05.19	(33.45)	2200m	3:08.07	(34.03)
		2600m	3:38.96	(33.77)	2600m	3:42.38	(34.31)
		3000m	4:13.01	(34.05)	3000m	4:16.87	(34.49)
		3400m	4:47.26	(34.25)	3400m	4:51.60	(34.73)
		3800m	5:21.68	(34.42)	3800m	5:26.93	(35.33)
		4200m	5:56.56	(34.88)	4200m	6:02.73	(35.80)
		4600m	6:31.76	(35.20)	4600m	6:38.27	(35.54)
		5000m	7:07.53	(35.77)	5000m	7:12.71	(34.44)

		Naam	Cat	Baan	PR	Tijd	Info
4	wt	106 Joy Beune	DN3	ENS	6:58.94	7:00.93	
	rd	122 Aveline Hijlkema	DSA	HVN	7:14.05	7:10.24	PR
		Joy Beune			Aveline Hijlkema		
		200m	20.22	(20.22)	200m	20.95	(20.95)
		600m	51.83	(31.61)	600m	53.81	(32.86)
		1000m	1:23.97	(32.14)	1000m	1:27.33	(33.52)
		1400m	1:56.67	(32.70)	1400m	2:00.81	(33.48)
		1800m	2:29.57	(32.90)	1800m	2:34.10	(33.29)
		2200m	3:02.71	(33.14)	2200m	3:07.68	(33.58)
		2600m	3:36.09	(33.38)	2600m	3:41.20	(33.52)
		3000m	4:09.57	(33.48)	3000m	4:14.93	(33.73)
		3400m	4:43.34	(33.77)	3400m	4:49.18	(34.25)
		3800m	5:17.28	(33.94)	3800m	5:23.84	(34.66)
		4200m	5:51.60	(34.32)	4200m	5:58.81	(34.97)
		4600m	6:26.25	(34.65)	4600m	6:34.55	(35.74)
		5000m	7:00.93	(34.68)	5000m	7:10.24	(35.69)

WK Kwalificatie Toernooi

Thialf - Heerenveen
26 t/m 28 december 2020

		Naam	Cat	Baan	PR	Tijd	Info
5	wt	151 Esmee Visser	DSA	HAA	6:45.73	6:59.15	
	rd	101 Carlijn Achtereekte	DSB	DEV	6:49.81	6:55.90	
		Esmee Visser			Carlijn Achtereekte		
		200m	20.87	(20.87)	200m	20.64	(20.64)
		600m	53.08	(32.21)	600m	52.04	(31.40)
		1000m	1:26.08	(33.00)	1000m	1:24.63	(32.59)
		1400m	1:59.04	(32.96)	1400m	1:57.53	(32.90)
		1800m	2:32.11	(33.07)	1800m	2:30.02	(32.49)
		2200m	3:05.15	(33.04)	2200m	3:02.28	(32.26)
		2600m	3:38.26	(33.11)	2600m	3:34.65	(32.37)
		3000m	4:11.59	(33.33)	3000m	4:07.17	(32.52)
		3400m	4:45.15	(33.56)	3400m	4:40.27	(33.10)
		3800m	5:18.76	(33.61)	3800m	5:13.82	(33.55)
		4200m	5:52.42	(33.66)	4200m	5:47.88	(34.06)
		4600m	6:25.86	(33.44)	4600m	6:21.99	(34.11)
		5000m	6:59.15	(33.29)	5000m	6:55.90	(33.91)

		Naam	Cat	Baan	PR	Tijd	Info
6	wt	102 Reina Anema	DSA	HVN	6:57.58	7:03.77	
	rd	139 Irene Schouten	DSA	HRN	6:50.59	6:51.45	
		Reina Anema			Irene Schouten		
		200m	20.04	(20.04)	200m	20.01	(20.01)
		600m	51.77	(31.73)	600m	51.78	(31.77)
		1000m	1:24.40	(32.63)	1000m	1:24.29	(32.51)
		1400m	1:57.14	(32.74)	1400m	1:56.64	(32.35)
		1800m	2:29.74	(32.60)	1800m	2:29.53	(32.89)
		2200m	3:02.71	(32.97)	2200m	3:02.03	(32.50)
		2600m	3:35.99	(33.28)	2600m	3:34.98	(32.95)
		3000m	4:09.93	(33.94)	3000m	4:07.58	(32.60)
		3400m	4:44.15	(34.22)	3400m	4:40.53	(32.95)
		3800m	5:18.90	(34.75)	3800m	5:13.33	(32.80)
		4200m	5:53.77	(34.87)	4200m	5:46.31	(32.98)
		4600m	6:28.95	(35.18)	4600m	6:19.05	(32.74)
		5000m	7:03.77	(34.82)	5000m	6:51.45	(32.40)