

## 4. Rituitslag Heren 5000m

		Naam		Cat		PR	Tijd	Info
1	wt	139 <b>Bart Mol</b>		HSB		6:24.87	<b>6:33.41</b>	
	rd	161 <b>Harm Visser</b>		HN2		6:41.32	<b>6:34.48</b>	PR
		<b>Bart Mol</b>			<b>Harm Visser</b>			
		200m	20.40	(20.40)	200m	19.53	(19.53)	
		600m	50.34	(29.94)	600m	49.08	(29.55)	
		1000m	1:19.86	(29.52)	1000m	1:19.50	(30.42)	
		1400m	1:49.97	(30.11)	1400m	1:50.29	(30.79)	
		1800m	2:20.31	(30.34)	1800m	2:21.23	(30.94)	
		2200m	2:51.02	(30.71)	2200m	2:52.19	(30.96)	
		2600m	3:22.08	(31.06)	2600m	3:23.48	(31.29)	
		3000m	3:53.48	(31.40)	3000m	3:54.69	(31.21)	
		3400m	4:25.24	(31.76)	3400m	4:26.27	(31.58)	
		3800m	4:57.17	(31.93)	3800m	4:57.98	(31.71)	
		4200m	5:29.11	(31.94)	4200m	5:29.95	(31.97)	
		4600m	6:01.14	(32.03)	4600m	6:02.13	(32.18)	
		5000m	6:33.41	(32.27)	5000m	6:34.48	(32.35)	

		Naam		Cat		PR	Tijd	Info
2	wt	162 <b>Jos de Vos</b>		HSB		6:21.10	<b>6:18.43</b>	PR
	rd	159 <b>Yves Vergeer</b>		HN2		6:34.43	<b>6:28.42</b>	PR
		<b>Jos de Vos</b>			<b>Yves Vergeer</b>			
		200m	19.25	(19.25)	200m	19.02	(19.02)	
		600m	48.87	(29.62)	600m	48.76	(29.74)	
		1000m	1:18.85	(29.98)	1000m	1:19.34	(30.58)	
		1400m	1:48.98	(30.13)	1400m	1:49.72	(30.38)	
		1800m	2:19.08	(30.10)	1800m	2:20.08	(30.36)	
		2200m	2:49.25	(30.17)	2200m	2:50.41	(30.33)	
		2600m	3:19.30	(30.05)	2600m	3:20.75	(30.34)	
		3000m	3:49.27	(29.97)	3000m	3:51.15	(30.40)	
		3400m	4:19.25	(29.98)	3400m	4:21.74	(30.59)	
		3800m	4:49.15	(29.90)	3800m	4:52.51	(30.77)	
		4200m	5:18.88	(29.73)	4200m	5:23.62	(31.11)	
		4600m	5:48.65	(29.77)	4600m	5:55.32	(31.70)	
		5000m	6:18.43	(29.78)	5000m	6:28.42	(33.10)	

# Daikin NK Afstanden

Thialf - Heerenveen  
29 t/m 31 oktober 2021

		Naam	Cat	PR	Tijd	Info
3	wt	169 <b>Jordy van Workum</b>	HN2	6:30.75	<b>6:25.77</b>	PR
	rd	153 <b>Jesse Speijers</b>	HN1	6:34.62	<b>6:31.26</b>	PR
<b>Jordy van Workum</b>			<b>Jesse Speijers</b>			
		200m	18.78 (18.78)	200m	18.73 (18.73)	
		600m	48.46 (29.68)	600m	48.37 (29.64)	
		1000m	1:17.81 (29.35)	1000m	1:18.38 (30.01)	
		1400m	1:47.91 (30.10)	1400m	1:48.59 (30.21)	
		1800m	2:17.85 (29.94)	1800m	2:18.76 (30.17)	
		2200m	2:48.26 (30.41)	2200m	2:49.47 (30.71)	
		2600m	3:18.76 (30.50)	2600m	3:20.41 (30.94)	
		3000m	3:49.43 (30.67)	3000m	3:51.60 (31.19)	
		3400m	4:20.40 (30.97)	3400m	4:23.07 (31.47)	
		3800m	4:51.59 (31.19)	3800m	4:54.83 (31.76)	
		4200m	5:22.95 (31.36)	4200m	5:26.76 (31.93)	
		4600m	5:54.15 (31.20)	4600m	5:59.00 (32.24)	
		5000m	6:25.77 (31.62)	5000m	6:31.26 (32.26)	

		Naam	Cat	PR	Tijd	Info
4	wt	150 <b>Remo Slotegraaf</b>	HN1	6:27.97	<b>6:43.72</b>	
	rd	107 <b>Ids Bouma</b>	HN2	6:34.23	<b>6:36.75</b>	
<b>Remo Slotegraaf</b>			<b>Ids Bouma</b>			
		200m	19.07 (19.07)	200m	19.82 (19.82)	
		600m	49.34 (30.27)	600m	49.76 (29.94)	
		1000m	1:19.82 (30.48)	1000m	1:20.23 (30.47)	
		1400m	1:50.68 (30.86)	1400m	1:50.79 (30.56)	
		1800m	2:21.35 (30.67)	1800m	2:21.56 (30.77)	
		2200m	2:52.41 (31.06)	2200m	2:52.34 (30.78)	
		2600m	3:23.83 (31.42)	2600m	3:23.72 (31.38)	
		3000m	3:56.10 (32.27)	3000m	3:54.89 (31.17)	
		3400m	4:28.88 (32.78)	3400m	4:26.78 (31.89)	
		3800m	5:02.15 (33.27)	3800m	4:58.95 (32.17)	
		4200m	5:35.53 (33.38)	4200m	5:31.22 (32.27)	
		4600m	6:09.49 (33.96)	4600m	6:03.72 (32.50)	
		5000m	6:43.72 (34.23)	5000m	6:36.75 (33.03)	

# Daikin NK Afstanden

Thialf - Heerenveen  
29 t/m 31 oktober 2021

		Naam	Cat	PR	Tijd	Info
5	wt	145 <b>Victor Ramler</b>	HSA	6:19.80	<b>6:18.30</b>	PR
	rd	103 <b>Jan Blokhuisen</b>	HSB	6:11.91	<b>6:19.29</b>	
		<b>Victor Ramler</b>			<b>Jan Blokhuisen</b>	
		200m	18.98 (18.98)	200m	18.19 (18.19)	
		600m	48.05 (29.07)	600m	46.69 (28.50)	
		1000m	1:17.44 (29.39)	1000m	1:15.94 (29.25)	
		1400m	1:47.16 (29.72)	1400m	1:45.74 (29.80)	
		1800m	2:17.09 (29.93)	1800m	2:15.72 (29.98)	
		2200m	2:47.18 (30.09)	2200m	2:45.58 (29.86)	
		2600m	3:17.33 (30.15)	2600m	3:15.52 (29.94)	
		3000m	3:47.65 (30.32)	3000m	3:45.87 (30.35)	
		3400m	4:18.06 (30.41)	3400m	4:16.44 (30.57)	
		3800m	4:48.20 (30.14)	3800m	4:46.83 (30.39)	
		4200m	5:18.37 (30.17)	4200m	5:17.28 (30.45)	
		4600m	5:48.48 (30.11)	4600m	5:48.04 (30.76)	
		5000m	6:18.30 (29.82)	5000m	6:19.29 (31.25)	

		Naam	Cat	PR	Tijd	Info
6	wt	110 <b>Lex Dijkstra</b>	HSA	6:23.83	<b>6:19.79</b>	PR
	rd	131 <b>Kars Jansman</b>	HSA	6:17.76	<b>6:18.63</b>	
		<b>Lex Dijkstra</b>			<b>Kars Jansman</b>	
		200m	18.66 (18.66)	200m	19.25 (19.25)	
		600m	47.79 (29.13)	600m	48.59 (29.34)	
		1000m	1:17.09 (29.30)	1000m	1:18.27 (29.68)	
		1400m	1:46.37 (29.28)	1400m	1:47.93 (29.66)	
		1800m	2:15.79 (29.42)	1800m	2:17.54 (29.61)	
		2200m	2:45.23 (29.44)	2200m	2:47.37 (29.83)	
		2600m	3:15.04 (29.81)	2600m	3:17.26 (29.89)	
		3000m	3:45.13 (30.09)	3000m	3:47.22 (29.96)	
		3400m	4:15.46 (30.33)	3400m	4:17.07 (29.85)	
		3800m	4:46.09 (30.63)	3800m	4:47.08 (30.01)	
		4200m	5:17.00 (30.91)	4200m	5:17.22 (30.14)	
		4600m	5:48.26 (31.26)	4600m	5:47.57 (30.35)	
		5000m	6:19.79 (31.53)	5000m	6:18.63 (31.06)	

# Daikin NK Afstanden

Thialf - Heerenveen  
29 t/m 31 oktober 2021

		Naam	Cat	PR	Tijd	Info
7	wt	127 <b>Chris Huizinga</b>	HSA	6:21.45	<b>6:21.54</b>	
	rd	101 <b>Crispijn Ariëns</b>	HSB	6:22.16	<b>6:22.06</b>	PR
		<b>Chris Huizinga</b>				<b>Crispijn Ariëns</b>
		200m	18.78 (18.78)	200m	19.54 (19.54)	
		600m	47.58 (28.80)	600m	49.40 (29.86)	
		1000m	1:16.83 (29.25)	1000m	1:19.22 (29.82)	
		1400m	1:46.40 (29.57)	1400m	1:48.82 (29.60)	
		1800m	2:16.18 (29.78)	1800m	2:18.62 (29.80)	
		2200m	2:46.23 (30.05)	2200m	2:48.35 (29.73)	
		2600m	3:16.51 (30.28)	2600m	3:18.21 (29.86)	
		3000m	3:46.88 (30.37)	3000m	3:48.48 (30.27)	
		3400m	4:17.52 (30.64)	3400m	4:18.78 (30.30)	
		3800m	4:48.17 (30.65)	3800m	4:49.17 (30.39)	
		4200m	5:19.14 (30.97)	4200m	5:19.92 (30.75)	
		4600m	5:50.48 (31.34)	4600m	5:50.76 (30.84)	
		5000m	6:21.54 (31.06)	5000m	6:22.06 (31.30)	

		Naam	Cat	PR	Tijd	Info
8	wt	102 <b>Jorrit Bergsma</b>	HSB	6:06.93	<b>6:07.30</b>	
	rd	146 <b>Patrick Roest</b>	HSA	6:03.70	<b>6:10.84</b>	
		<b>Jorrit Bergsma</b>				<b>Patrick Roest</b>
		200m	18.84 (18.84)	200m	18.83 (18.83)	
		600m	47.76 (28.92)	600m	47.17 (28.34)	
		1000m	1:16.89 (29.13)	1000m	1:16.17 (29.00)	
		1400m	1:46.05 (29.16)	1400m	1:45.37 (29.20)	
		1800m	2:15.33 (29.28)	1800m	2:14.40 (29.03)	
		2200m	2:44.63 (29.30)	2200m	2:43.35 (28.95)	
		2600m	3:14.01 (29.38)	2600m	3:12.59 (29.24)	
		3000m	3:43.31 (29.30)	3000m	3:41.80 (29.21)	
		3400m	4:12.42 (29.11)	3400m	4:11.20 (29.40)	
		3800m	4:41.39 (28.97)	3800m	4:40.76 (29.56)	
		4200m	5:09.75 (28.36)	4200m	5:10.35 (29.59)	
		4600m	5:38.33 (28.58)	4600m	5:40.21 (29.86)	
		5000m	6:07.30 (28.97)	5000m	6:10.84 (30.63)	

# Daikin NK Afstanden

Thialf - Heerenveen

29 t/m 31 oktober 2021

		Naam	Cat	PR	Tijd	Info
9	wt	155 <b>Marwin Talsma</b>	HSA	6:13.18	<b>6:14.31</b>	
	rd	137 <b>Sven Kramer</b>	HSB	6:03.32	<b>6:16.06</b>	
		<b>Marwin Talsma</b>				<b>Sven Kramer</b>
		200m	19.32 (19.32)	200m	19.04 (19.04)	
		600m	48.90 (29.58)	600m	48.71 (29.67)	
		1000m	1:18.20 (29.30)	1000m	1:18.34 (29.63)	
		1400m	1:47.93 (29.73)	1400m	1:47.72 (29.38)	
		1800m	2:17.41 (29.48)	1800m	2:17.45 (29.73)	
		2200m	2:47.08 (29.67)	2200m	2:47.22 (29.77)	
		2600m	3:16.54 (29.46)	2600m	3:16.93 (29.71)	
		3000m	3:46.03 (29.49)	3000m	3:46.80 (29.87)	
		3400m	4:15.80 (29.77)	3400m	4:16.98 (30.18)	
		3800m	4:45.54 (29.74)	3800m	4:46.59 (29.61)	
		4200m	5:15.03 (29.49)	4200m	5:16.84 (30.25)	
		4600m	5:44.39 (29.36)	4600m	5:46.23 (29.39)	
		5000m	6:14.31 (29.92)	5000m	6:16.06 (29.83)	

		Naam	Cat	PR	Tijd	Info
10	wt	105 <b>Marcel Bosker</b>	HSA	6:08.90	<b>6:15.35</b>	
	rd	152 <b>Beau Snellink</b>	HN2	6:14.98	<b>6:22.36</b>	
		<b>Marcel Bosker</b>				<b>Beau Snellink</b>
		200m	18.72 (18.72)	200m	19.32 (19.32)	
		600m	47.94 (29.22)	600m	48.30 (28.98)	
		1000m	1:17.49 (29.55)	1000m	1:17.50 (29.20)	
		1400m	1:47.20 (29.71)	1400m	1:46.65 (29.15)	
		1800m	2:16.66 (29.46)	1800m	2:16.21 (29.56)	
		2200m	2:46.40 (29.74)	2200m	2:45.92 (29.71)	
		2600m	3:16.00 (29.60)	2600m	3:15.78 (29.86)	
		3000m	3:45.63 (29.63)	3000m	3:45.67 (29.89)	
		3400m	4:15.35 (29.72)	3400m	4:16.07 (30.40)	
		3800m	4:45.15 (29.80)	3800m	4:46.85 (30.78)	
		4200m	5:15.11 (29.96)	4200m	5:18.19 (31.34)	
		4600m	5:45.19 (30.08)	4600m	5:49.88 (31.69)	
		5000m	6:15.35 (30.16)	5000m	6:22.36 (32.48)	