

8. Rituitslag Dames 3000m

		Naam	Cat	PR	Tijd	Info
1	wt	34 Sophie Kraaijeveld	DA1	4:18.74	4:18.27	PR
	rd	45 Kim Talsma	DN2	4:16.02	4:13.49	PR

Sophie Kraaijeveld

200m	20.98	(20.98)
600m	53.66	(32.68)
1000m	1:26.77	(33.11)
1400m	2:00.22	(33.45)
1800m	2:34.14	(33.92)
2200m	3:08.45	(34.31)
2600m	3:43.11	(34.66)
3000m	4:18.27	(35.16)

Kim Talsma

200m	20.86	(20.86)
600m	52.52	(31.66)
1000m	1:24.61	(32.09)
1400m	1:56.82	(32.21)
1800m	2:29.70	(32.88)
2200m	3:03.22	(33.52)
2600m	3:37.75	(34.53)
3000m	4:13.49	(35.74)

		Naam	Cat	PR	Tijd	Info
2	wt	30 Sterre Jonkers	DN4	4:07.69	4:13.94	
	rd	4 Leonie Bats	DN1	4:16.83	4:13.21	PR

Sterre Jonkers

200m	21.04	(21.04)
600m	52.54	(31.50)
1000m	1:24.45	(31.91)
1400m	1:56.96	(32.51)
1800m	2:30.09	(33.13)
2200m	3:04.31	(34.22)
2600m	3:38.81	(34.50)
3000m	4:13.94	(35.13)

Leonie Bats

200m	20.48	(20.48)
600m	51.70	(31.22)
1000m	1:23.62	(31.92)
1400m	1:56.47	(32.85)
1800m	2:29.81	(33.34)
2200m	3:03.74	(33.93)
2600m	3:38.29	(34.55)
3000m	4:13.21	(34.92)

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Daikin NK Afstanden

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		Naam			Cat			PR	Tijd	Info
3	wt	31	Esther Kiel		DSA			4:07.88	4:10.55	
	rd	26	Eline Jansen		DN1			4:16.45	4:15.81	PR
		Esther Kiel			Eline Jansen					
		200m	19.95	(19.95)	200m	20.88	(20.88)			
		600m	50.61	(30.66)	600m	53.29	(32.41)			
		1000m	1:21.88	(31.27)	1000m	1:25.88	(32.59)			
		1400m	1:53.91	(32.03)	1400m	1:58.71	(32.83)			
		1800m	2:26.90	(32.99)	1800m	2:31.99	(33.28)			
		2200m	3:00.72	(33.82)	2200m	3:05.98	(33.99)			
		2600m	3:35.38	(34.66)	2600m	3:40.57	(34.59)			
		3000m	4:10.55	(35.17)	3000m	4:15.81	(35.24)			

		Naam			Cat			PR	Tijd	Info
4	wt	18	Jade Groenewoud		DA1			4:13.20	4:12.01	PR
	rd	20	Robin Groot		DN2			4:09.86	4:05.93	PR
		Jade Groenewoud			Robin Groot					
		200m	20.10	(20.10)	200m	20.48	(20.48)			
		600m	52.09	(31.99)	600m	51.72	(31.24)			
		1000m	1:24.27	(32.18)	1000m	1:22.84	(31.12)			
		1400m	1:56.86	(32.59)	1400m	1:54.13	(31.29)			
		1800m	2:29.99	(33.13)	1800m	2:25.96	(31.83)			
		2200m	3:03.69	(33.70)	2200m	2:58.44	(32.48)			
		2600m	3:37.84	(34.15)	2600m	3:31.73	(33.29)			
		3000m	4:12.01	(34.17)	3000m	4:05.93	(34.20)			

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		Naam			Cat	PR	Tijd	Info
5	wt	49 Esmee Visser			DSA	3:54.02	4:07.46	
	rd	11 Merel Conijn			DN1	4:08.03	4:04.05	PR
		Esmee Visser			Merel Conijn			
		200m	21.09	(21.09)	200m	20.36	(20.36)	
		600m	52.92	(31.83)	600m	51.43	(31.07)	
		1000m	1:25.46	(32.54)	1000m	1:23.72	(32.29)	
		1400m	1:58.07	(32.61)	1400m	1:56.21	(32.49)	
		1800m	2:30.38	(32.31)	1800m	2:28.43	(32.22)	
		2200m	3:02.64	(32.26)	2200m	3:00.44	(32.01)	
		2600m	3:34.85	(32.21)	2600m	3:32.49	(32.05)	
		3000m	4:07.46	(32.61)	3000m	4:04.05	(31.56)	

		Naam			Cat	PR	Tijd	Info
6	wt	22 Aveline Hijlkema			DSA	4:06.70	4:12.58	
	rd	48 Evelien Vijn			DA2	4:06.76	4:05.68	PR
		Aveline Hijlkema			Evelien Vijn			
		200m	20.15	(20.15)	200m	20.17	(20.17)	
		600m	51.65	(31.50)	600m	51.44	(31.27)	
		1000m	1:23.71	(32.06)	1000m	1:22.96	(31.52)	
		1400m	1:56.41	(32.70)	1400m	1:54.81	(31.85)	
		1800m	2:29.18	(32.77)	1800m	2:26.87	(32.06)	
		2200m	3:02.68	(33.50)	2200m	2:59.37	(32.50)	
		2600m	3:37.26	(34.58)	2600m	3:32.33	(32.96)	
		3000m	4:12.58	(35.32)	3000m	4:05.68	(33.35)	



Daikin NK Afstanden

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		Naam		Cat		PR	Tijd	Info
7	wt	24	Sanne in 't Hof		DSA	4:06.97	4:05.04	PR
	rd	55	Ireen Wüst		DSB	3:58.01	4:03.01	
		Sanne in 't Hof			Ireen Wüst			
		200m	19.97	(19.97)	200m	19.79	(19.79)	
		600m	50.98	(31.01)	600m	50.21	(30.42)	
		1000m	1:22.49	(31.51)	1000m	1:21.58	(31.37)	
		1400m	1:54.62	(32.13)	1400m	1:53.31	(31.73)	
		1800m	2:26.62	(32.00)	1800m	2:24.56	(31.25)	
		2200m	2:59.04	(32.42)	2200m	2:56.31	(31.75)	
		2600m	3:31.79	(32.75)	2600m	3:29.35	(33.04)	
		3000m	4:05.04	(33.25)	3000m	4:03.01	(33.66)	

		Naam		Cat		PR	Tijd	Info
8	wt	41	Irene Schouten		DSA	3:57.15	3:54.59	PR TR
	rd	1	Carlijn Achtereekte		DSB	3:54.92	4:02.16	
		Irene Schouten			Carlijn Achtereekte			
		200m	19.84	(19.84)	200m	20.58	(20.58)	
		600m	50.15	(30.31)	600m	50.99	(30.41)	
		1000m	1:20.90	(30.75)	1000m	1:21.79	(30.80)	
		1400m	1:51.51	(30.61)	1400m	1:52.85	(31.06)	
		1800m	2:22.18	(30.67)	1800m	2:24.25	(31.40)	
		2200m	2:52.96	(30.78)	2200m	2:56.10	(31.85)	
		2600m	3:23.83	(30.87)	2600m	3:28.81	(32.71)	
		3000m	3:54.59	(30.76)	3000m	4:02.16	(33.35)	

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		Naam			Cat	PR	Tijd	Info
9	wt	8 Joy Beune			DN4	3:58.90	4:02.71	
	rd	2 Reina Anema			DSA	4:01.12	4:04.45	
		<u>Joy Beune</u>			<u>Reina Anema</u>			
		200m	20.04	(20.04)	200m	20.31	(20.31)	
		600m	49.74	(29.70)	600m	51.32	(31.01)	
		1000m	1:20.05	(30.31)	1000m	1:22.81	(31.49)	
		1400m	1:50.98	(30.93)	1400m	1:54.31	(31.50)	
		1800m	2:22.59	(31.61)	1800m	2:25.93	(31.62)	
		2200m	2:55.04	(32.45)	2200m	2:58.05	(32.12)	
		2600m	3:28.27	(33.23)	2600m	3:30.80	(32.75)	
		3000m	4:02.71	(34.44)	3000m	4:04.45	(33.65)	

		Naam			Cat	PR	Tijd	Info
10	wt	54 Melissa Wijffe			DSA	4:01.07	4:03.57	
	rd	27 Antoinette de Jong			DSA	3:56.18	4:00.83	
		<u>Melissa Wijffe</u>			<u>Antoinette de Jong</u>			
		200m	19.83	(19.83)	200m	19.85	(19.85)	
		600m	50.44	(30.61)	600m	49.60	(29.75)	
		1000m	1:21.21	(30.77)	1000m	1:20.38	(30.78)	
		1400m	1:52.35	(31.14)	1400m	1:51.67	(31.29)	
		1800m	2:23.93	(31.58)	1800m	2:23.36	(31.69)	
		2200m	2:56.31	(32.38)	2200m	2:55.51	(32.15)	
		2600m	3:29.36	(33.05)	2600m	3:28.14	(32.63)	
		3000m	4:03.57	(34.21)	3000m	4:00.83	(32.69)	

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