

9. Rituitslag Heren 10000m

	Naam	Cat	PR	Tijd	Info
1	wt 169 Jordy van Workum	HN2		13:37.04	
	rd 162 Jos de Vos	HSB	13:16.49	13:08.35	PR
	Jordy van Workum		Jos de Vos		
	400m	37.69 (37.69)	400m	36.74 (36.74)	
	800m	1:10.18 (32.49)	800m	1:08.78 (32.04)	
	1200m	1:42.51 (32.33)	1200m	1:40.26 (31.48)	
	1600m	2:14.74 (32.23)	1600m	2:11.82 (31.56)	
	2000m	2:47.12 (32.38)	2000m	2:43.25 (31.43)	
	2400m	3:19.18 (32.06)	2400m	3:14.51 (31.26)	
	2800m	3:51.44 (32.26)	2800m	3:45.65 (31.14)	
	3200m	4:23.64 (32.20)	3200m	4:16.83 (31.18)	
	3600m	4:55.68 (32.04)	3600m	4:48.01 (31.18)	
	4000m	5:27.65 (31.97)	4000m	5:19.12 (31.11)	
	4400m	5:59.99 (32.34)	4400m	5:50.20 (31.08)	
	4800m	6:32.26 (32.27)	4800m	6:21.62 (31.42)	
	5200m	7:04.53 (32.27)	5200m	6:52.81 (31.19)	
	5600m	7:36.88 (32.35)	5600m	7:24.20 (31.39)	
	6000m	8:09.29 (32.41)	6000m	7:55.51 (31.31)	
	6400m	8:41.67 (32.38)	6400m	8:26.73 (31.22)	
	6800m	9:14.24 (32.57)	6800m	8:57.84 (31.11)	
	7200m	9:46.69 (32.45)	7200m	9:29.02 (31.18)	
	7600m	10:19.14 (32.45)	7600m	10:00.23 (31.21)	
	8000m	10:51.60 (32.46)	8000m	10:31.49 (31.26)	
	8400m	11:24.28 (32.68)	8400m	11:02.88 (31.39)	
	8800m	11:57.26 (32.98)	8800m	11:34.21 (31.33)	
	9200m	12:30.50 (33.24)	9200m	12:05.66 (31.45)	
	9600m	13:03.81 (33.31)	9600m	12:37.16 (31.50)	
	10000m	13:37.04 (33.23)	10000m	13:08.35 (31.19)	

Daikin NK Afstanden

Thialf - Heerenveen
29 t/m 31 oktober 2021

		Naam	Cat	PR	Tijd	Info
2	wt	101 Crispijn Ariëns	HSB	13:14.39	13:30.72	
	rd	110 Lex Dijkstra	HSA	13:24.01	13:16.35	PR

Crispijn Ariëns

400m	35.63	(35.63)
800m	1:07.06	(31.43)
1200m	1:38.88	(31.82)
1600m	2:10.38	(31.50)
2000m	2:41.76	(31.38)
2400m	3:13.14	(31.38)
2800m	3:44.68	(31.54)
3200m	4:16.16	(31.48)
3600m	4:47.75	(31.59)
4000m	5:19.36	(31.61)
4400m	5:51.00	(31.64)
4800m	6:22.84	(31.84)
5200m	6:54.61	(31.77)
5600m	7:26.73	(32.12)
6000m	7:59.05	(32.32)
6400m	8:31.74	(32.69)
6800m	9:05.26	(33.52)
7200m	9:38.72	(33.46)
7600m	10:12.21	(33.49)
8000m	10:45.55	(33.34)
8400m	11:18.88	(33.33)
8800m	11:52.07	(33.19)
9200m	12:25.22	(33.15)
9600m	12:57.94	(32.72)
10000m	13:30.72	(32.78)

Lex Dijkstra

400m	34.77	(34.77)
800m	1:06.65	(31.88)
1200m	1:38.32	(31.67)
1600m	2:10.13	(31.81)
2000m	2:41.24	(31.11)
2400m	3:12.80	(31.56)
2800m	3:43.93	(31.13)
3200m	4:15.43	(31.50)
3600m	4:46.73	(31.30)
4000m	5:18.09	(31.36)
4400m	5:49.60	(31.51)
4800m	6:21.08	(31.48)
5200m	6:52.52	(31.44)
5600m	7:24.10	(31.58)
6000m	7:55.67	(31.57)
6400m	8:27.49	(31.82)
6800m	8:58.90	(31.41)
7200m	9:30.36	(31.46)
7600m	10:02.15	(31.79)
8000m	10:34.26	(32.11)
8400m	11:06.64	(32.38)
8800m	11:38.94	(32.30)
9200m	12:11.37	(32.43)
9600m	12:43.99	(32.62)
10000m	13:16.35	(32.36)

Daikin NK Afstanden

Thialf - Heerenveen
29 t/m 31 oktober 2021

		Naam	Cat	PR	Tijd	Info
3	wt	145 Victor Ramler	HSA	13:11.45	13:05.66	PR
	rd	154 Mats Stoltenborg	HSA	13:01.70		DQ

Victor Ramler

400m	36.16	(36.16)
800m	1:07.79	(31.63)
1200m	1:39.46	(31.67)
1600m	2:10.98	(31.52)
2000m	2:42.42	(31.44)
2400m	3:13.76	(31.34)
2800m	3:45.21	(31.45)
3200m	4:16.50	(31.29)
3600m	4:47.78	(31.28)
4000m	5:18.86	(31.08)
4400m	5:50.00	(31.14)
4800m	6:21.06	(31.06)
5200m	6:52.36	(31.30)
5600m	7:23.43	(31.07)
6000m	7:54.73	(31.30)
6400m	8:25.86	(31.13)
6800m	8:57.26	(31.40)
7200m	9:28.59	(31.33)
7600m	10:00.09	(31.50)
8000m	10:31.25	(31.16)
8400m	11:02.44	(31.19)
8800m	11:33.70	(31.26)
9200m	12:04.68	(30.98)
9600m	12:35.47	(30.79)
10000m	13:05.66	(30.19)

Mats Stoltenborg

400m	36.68	(36.68)
800m	1:08.13	(31.45)
1200m	1:39.52	(31.39)
1600m	2:11.01	(31.49)
2000m	2:42.46	(31.45)
2400m	3:13.97	(31.51)
2800m	3:45.57	(31.60)
3200m	4:17.28	(31.71)
3600m	4:48.68	(31.40)
4000m	5:20.01	(31.33)
4400m	5:51.29	(31.28)
4800m	6:22.15	(30.86)
5200m	6:53.19	(31.04)
5600m	7:24.09	(30.90)
6000m	7:54.86	(30.77)
6400m	8:25.82	(30.96)
6800m	8:56.56	(30.74)
7200m	9:27.53	(30.97)
7600m	9:58.60	(31.07)
8000m	10:29.72	(31.12)
8400m	11:00.79	(31.07)
8800m	11:31.92	(31.13)
9200m	12:03.03	(31.11)
9600m	12:34.18	(31.15)
10000m	13:05.04	(30.86)

Daikin NK Afstanden

Thialf - Heerenveen
29 t/m 31 oktober 2021

		Naam	Cat	PR	Tijd	Info
4	wt	152 Beau Snellink	HN2	13:04.14	13:12.83	
	rd	131 Kars Jansman	HSA	13:01.73	13:07.12	

Beau Snellink

Kars Jansman

400m	35.35	(35.35)	400m	35.42	(35.42)
800m	1:06.02	(30.67)	800m	1:06.50	(31.08)
1200m	1:37.35	(31.33)	1200m	1:37.73	(31.23)
1600m	2:08.96	(31.61)	1600m	2:08.90	(31.17)
2000m	2:40.25	(31.29)	2000m	2:40.00	(31.10)
2400m	3:11.50	(31.25)	2400m	3:11.40	(31.40)
2800m	3:42.90	(31.40)	2800m	3:42.47	(31.07)
3200m	4:14.15	(31.25)	3200m	4:13.50	(31.03)
3600m	4:45.47	(31.32)	3600m	4:44.80	(31.30)
4000m	5:16.72	(31.25)	4000m	5:16.28	(31.48)
4400m	5:48.01	(31.29)	4400m	5:47.51	(31.23)
4800m	6:19.05	(31.04)	4800m	6:18.73	(31.22)
5200m	6:50.22	(31.17)	5200m	6:50.04	(31.31)
5600m	7:21.24	(31.02)	5600m	7:21.19	(31.15)
6000m	7:52.43	(31.19)	6000m	7:52.02	(30.83)
6400m	8:23.43	(31.00)	6400m	8:23.23	(31.21)
6800m	8:54.52	(31.09)	6800m	8:54.19	(30.96)
7200m	9:25.82	(31.30)	7200m	9:25.42	(31.23)
7600m	9:57.52	(31.70)	7600m	9:56.42	(31.00)
8000m	10:29.57	(32.05)	8000m	10:27.77	(31.35)
8400m	11:02.25	(32.68)	8400m	10:59.20	(31.43)
8800m	11:34.94	(32.69)	8800m	11:31.00	(31.80)
9200m	12:07.56	(32.62)	9200m	12:02.88	(31.88)
9600m	12:40.14	(32.58)	9600m	12:35.01	(32.13)
10000m	13:12.83	(32.69)	10000m	13:07.12	(32.11)

Daikin NK Afstanden

Thialf - Heerenveen
29 t/m 31 oktober 2021

		Naam	Cat	PR	Tijd	Info
5	wt	155 Marwin Talsma	HSA	12:52.09	12:50.91	PR
	rd	102 Jorrit Bergsma	HSB	12:37.72	12:39.67	
		Marwin Talsma				
		400m	35.56 (35.56)			
		800m	1:06.19 (30.63)			
		1200m	1:37.86 (31.67)			
		1600m	2:09.13 (31.27)			
		2000m	2:39.78 (30.65)			
		2400m	3:10.50 (30.72)			
		2800m	3:41.22 (30.72)			
		3200m	4:11.86 (30.64)			
		3600m	4:42.55 (30.69)			
		4000m	5:13.07 (30.52)			
		4400m	5:43.57 (30.50)			
		4800m	6:14.48 (30.91)			
		5200m	6:45.44 (30.96)			
		5600m	7:16.15 (30.71)			
		6000m	7:46.71 (30.56)			
		6400m	8:17.42 (30.71)			
		6800m	8:48.15 (30.73)			
		7200m	9:18.65 (30.50)			
		7600m	9:49.39 (30.74)			
		8000m	10:20.04 (30.65)			
		8400m	10:50.70 (30.66)			
		8800m	11:21.29 (30.59)			
		9200m	11:51.64 (30.35)			
		9600m	12:21.61 (29.97)			
		10000m	12:50.91 (29.30)			
		Jorrit Bergsma				
		400m	35.32 (35.32)			
		800m	1:06.14 (30.82)			
		1200m	1:36.89 (30.75)			
		1600m	2:07.82 (30.93)			
		2000m	2:38.61 (30.79)			
		2400m	3:09.24 (30.63)			
		2800m	3:39.84 (30.60)			
		3200m	4:10.54 (30.70)			
		3600m	4:41.19 (30.65)			
		4000m	5:11.82 (30.63)			
		4400m	5:42.50 (30.68)			
		4800m	6:13.03 (30.53)			
		5200m	6:43.38 (30.35)			
		5600m	7:13.58 (30.20)			
		6000m	7:43.60 (30.02)			
		6400m	8:13.76 (30.16)			
		6800m	8:43.84 (30.08)			
		7200m	9:13.68 (29.84)			
		7600m	9:43.48 (29.80)			
		8000m	10:13.10 (29.62)			
		8400m	10:42.74 (29.64)			
		8800m	11:12.41 (29.67)			
		9200m	11:41.93 (29.52)			
		9600m	12:10.96 (29.03)			
		10000m	12:39.67 (28.71)			

Daikin NK Afstanden

Thialf - Heerenveen
29 t/m 31 oktober 2021

		Naam			Cat	PR	Tijd	Info
6	wt	105	Marcel Bosker		HSA	12:59.25	13:04.26	
	rd	146	Patrick Roest		HSA	12:35.20	12:48.05	
		Marcel Bosker			Patrick Roest			
		400m	35.43	(35.43)	400m	35.17	(35.17)	
		800m	1:06.90	(31.47)	800m	1:05.94	(30.77)	
		1200m	1:38.50	(31.60)	1200m	1:36.79	(30.85)	
		1600m	2:09.85	(31.35)	1600m	2:07.70	(30.91)	
		2000m	2:40.92	(31.07)	2000m	2:38.61	(30.91)	
		2400m	3:12.06	(31.14)	2400m	3:09.47	(30.86)	
		2800m	3:43.47	(31.41)	2800m	3:40.33	(30.86)	
		3200m	4:14.72	(31.25)	3200m	4:11.17	(30.84)	
		3600m	4:45.81	(31.09)	3600m	4:41.94	(30.77)	
		4000m	5:16.90	(31.09)	4000m	5:12.80	(30.86)	
		4400m	5:48.04	(31.14)	4400m	5:43.51	(30.71)	
		4800m	6:19.36	(31.32)	4800m	6:14.20	(30.69)	
		5200m	6:50.61	(31.25)	5200m	6:44.76	(30.56)	
		5600m	7:21.70	(31.09)	5600m	7:15.30	(30.54)	
		6000m	7:52.73	(31.03)	6000m	7:45.77	(30.47)	
		6400m	8:23.77	(31.04)	6400m	8:16.26	(30.49)	
		6800m	8:54.73	(30.96)	6800m	8:46.57	(30.31)	
		7200m	9:25.84	(31.11)	7200m	9:16.86	(30.29)	
		7600m	9:56.94	(31.10)	7600m	9:47.04	(30.18)	
		8000m	10:28.01	(31.07)	8000m	10:17.38	(30.34)	
		8400m	10:59.25	(31.24)	8400m	10:47.64	(30.26)	
		8800m	11:30.44	(31.19)	8800m	11:17.93	(30.29)	
		9200m	12:01.67	(31.23)	9200m	11:48.13	(30.20)	
		9600m	12:32.91	(31.24)	9600m	12:18.17	(30.04)	
		10000m	13:04.26	(31.35)	10000m	12:48.05	(29.88)	