

## 10. Rituitslag Dames 5000m

		Naam	Cat	PR	Tijd	Info
1	wt	22 <b>Aveline Hijlkema</b>	DSA	7:10.24	<b>7:14.71</b>	
	rd	11 <b>Merel Conijn</b>	DN1	7:10.99	<b>7:04.43</b>	PR
		<b>Aveline Hijlkema</b>				<b>Merel Conijn</b>
		200m	20.51 (20.51)	200m	20.73 (20.73)	
		600m	53.49 (32.98)	600m	53.44 (32.71)	
		1000m	1:27.31 (33.82)	1000m	1:27.21 (33.77)	
		1400m	2:01.03 (33.72)	1400m	2:01.09 (33.88)	
		1800m	2:35.06 (34.03)	1800m	2:34.63 (33.54)	
		2200m	3:08.91 (33.85)	2200m	3:07.92 (33.29)	
		2600m	3:43.14 (34.23)	2600m	3:41.61 (33.69)	
		3000m	4:17.65 (34.51)	3000m	4:15.58 (33.97)	
		3400m	4:52.33 (34.68)	3400m	4:49.57 (33.99)	
		3800m	5:27.44 (35.11)	3800m	5:23.75 (34.18)	
		4200m	6:02.89 (35.45)	4200m	5:57.86 (34.11)	
		4600m	6:38.66 (35.77)	4600m	6:31.82 (33.96)	
		5000m	7:14.71 (36.05)	5000m	7:04.43 (32.61)	

		Naam	Cat	PR	Tijd	Info
2	wt	31 <b>Esther Kiel</b>	DSA	7:11.75	<b>7:11.68</b>	PR
	rd	18 <b>Jade Groenewoud</b>	DA1		<b>7:20.17</b>	
		<b>Esther Kiel</b>				<b>Jade Groenewoud</b>
		200m	20.60 (20.60)	200m	20.87 (20.87)	
		600m	53.53 (32.93)	600m	54.07 (33.20)	
		1000m	1:27.33 (33.80)	1000m	1:28.45 (34.38)	
		1400m	2:01.37 (34.04)	1400m	2:03.29 (34.84)	
		1800m	2:35.47 (34.10)	1800m	2:37.77 (34.48)	
		2200m	3:09.65 (34.18)	2200m	3:12.17 (34.40)	
		2600m	3:43.92 (34.27)	2600m	3:47.02 (34.85)	
		3000m	4:18.43 (34.51)	3000m	4:22.33 (35.31)	
		3400m	4:52.85 (34.42)	3400m	4:57.48 (35.15)	
		3800m	5:27.45 (34.60)	3800m	5:32.74 (35.26)	
		4200m	6:02.15 (34.70)	4200m	6:08.48 (35.74)	
		4600m	6:36.93 (34.78)	4600m	6:44.53 (36.05)	
		5000m	7:11.68 (34.75)	5000m	7:20.17 (35.64)	

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# Daikin NK Afstanden

Thialf - Heerenveen  
29 t/m 31 oktober 2021

		Naam			Cat	PR	Tijd	Info
3	wt	48 <b>Evelien Vijn</b>			DA2	7:12.71	<b>7:05.29</b>	PR
	rd	2 <b>Reina Anema</b>			DSA	6:57.58	<b>7:05.63</b>	
		<b>Evelien Vijn</b>			<b>Reina Anema</b>			
		200m	20.64	(20.64)	200m	20.77	(20.77)	
		600m	54.18	(33.54)	600m	53.79	(33.02)	
		1000m	1:28.05	(33.87)	1000m	1:27.66	(33.87)	
		1400m	2:01.42	(33.37)	1400m	2:01.10	(33.44)	
		1800m	2:34.80	(33.38)	1800m	2:34.53	(33.43)	
		2200m	3:08.33	(33.53)	2200m	3:07.88	(33.35)	
		2600m	3:42.01	(33.68)	2600m	3:41.73	(33.85)	
		3000m	4:16.12	(34.11)	3000m	4:15.59	(33.86)	
		3400m	4:50.36	(34.24)	3400m	4:49.71	(34.12)	
		3800m	5:24.81	(34.45)	3800m	5:23.70	(33.99)	
		4200m	5:59.35	(34.54)	4200m	5:57.89	(34.19)	
		4600m	6:32.80	(33.45)	4600m	6:31.95	(34.06)	
		5000m	7:05.29	(32.49)	5000m	7:05.63	(33.68)	

		Naam			Cat	PR	Tijd	Info
4	wt	24 <b>Sanne in 't Hof</b>			DSA	7:07.53	<b>6:57.63</b>	PR
	rd	8 <b>Joy Beune</b>			DN4	6:58.94	<b>7:01.91</b>	
		<b>Sanne in 't Hof</b>			<b>Joy Beune</b>			
		200m	20.65	(20.65)	200m	20.77	(20.77)	
		600m	52.53	(31.88)	600m	52.19	(31.42)	
		1000m	1:24.86	(32.33)	1000m	1:24.58	(32.39)	
		1400m	1:57.76	(32.90)	1400m	1:57.57	(32.99)	
		1800m	2:30.50	(32.74)	1800m	2:30.57	(33.00)	
		2200m	3:03.44	(32.94)	2200m	3:03.35	(32.78)	
		2600m	3:36.10	(32.66)	2600m	3:36.30	(32.95)	
		3000m	4:09.08	(32.98)	3000m	4:09.37	(33.07)	
		3400m	4:42.10	(33.02)	3400m	4:43.01	(33.64)	
		3800m	5:15.51	(33.41)	3800m	5:17.17	(34.16)	
		4200m	5:49.29	(33.78)	4200m	5:51.76	(34.59)	
		4600m	6:23.53	(34.24)	4600m	6:26.66	(34.90)	
		5000m	6:57.63	(34.10)	5000m	7:01.91	(35.25)	



# Daikin NK Afstanden

Thialf - Heerenveen  
29 t/m 31 oktober 2021

		Naam		Cat		PR	Tijd	Info
5	wt	54	<b>Melissa Wijffe</b>		DSA	6:58.80	<b>7:02.68</b>	
	rd	41	<b>Irene Schouten</b>		DSA	6:48.53	<b>6:45.69</b>	PR TR
		<b>Melissa Wijffe</b>			<b>Irene Schouten</b>			
		200m	20.15	(20.15)	200m	20.31	(20.31)	
		600m	52.19	(32.04)	600m	52.41	(32.10)	
		1000m	1:24.89	(32.70)	1000m	1:25.12	(32.71)	
		1400m	1:57.86	(32.97)	1400m	1:57.60	(32.48)	
		1800m	2:30.68	(32.82)	1800m	2:30.07	(32.47)	
		2200m	3:03.88	(33.20)	2200m	3:02.28	(32.21)	
		2600m	3:36.92	(33.04)	2600m	3:34.85	(32.57)	
		3000m	4:10.45	(33.53)	3000m	4:07.38	(32.53)	
		3400m	4:43.89	(33.44)	3400m	4:39.52	(32.14)	
		3800m	5:17.69	(33.80)	3800m	5:11.53	(32.01)	
		4200m	5:51.83	(34.14)	4200m	5:43.39	(31.86)	
		4600m	6:26.72	(34.89)	4600m	6:14.82	(31.43)	
		5000m	7:02.68	(35.96)	5000m	6:45.69	(30.87)	

		Naam		Cat		PR	Tijd	Info
6	wt	1	<b>Carlijn Achtereekte</b>		DSB	6:49.81	<b>7:00.50</b>	
	rd	49	<b>Esmee Visser</b>		DSA	6:45.73	<b>7:05.19</b>	
		<b>Carlijn Achtereekte</b>			<b>Esmee Visser</b>			
		200m	20.77	(20.77)	200m	21.26	(21.26)	
		600m	52.77	(32.00)	600m	53.49	(32.23)	
		1000m	1:24.93	(32.16)	1000m	1:26.58	(33.09)	
		1400m	1:57.62	(32.69)	1400m	1:59.88	(33.30)	
		1800m	2:30.62	(33.00)	1800m	2:33.37	(33.49)	
		2200m	3:03.59	(32.97)	2200m	3:06.79	(33.42)	
		2600m	3:36.48	(32.89)	2600m	3:40.46	(33.67)	
		3000m	4:09.59	(33.11)	3000m	4:14.18	(33.72)	
		3400m	4:42.95	(33.36)	3400m	4:48.56	(34.38)	
		3800m	5:16.78	(33.83)	3800m	5:23.17	(34.61)	
		4200m	5:51.15	(34.37)	4200m	5:57.69	(34.52)	
		4600m	6:25.82	(34.67)	4600m	6:31.93	(34.24)	
		5000m	7:00.50	(34.68)	5000m	7:05.19	(33.26)	

*Bj.*