

3. Rituitslag Dames 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	15	Veerle van Koppen		DA1	4:23.23		4:27.71	
	rd	22	Lidia Tempert		DN2	4:23.86		4:32.85	
			Veerle van Koppen				Lidia Tempert		
			200m	21.27	(21.27)	200m	21.34	(21.34)	
			600m	55.47	(34.20)	600m	55.33	(33.99)	
			1000m	1:29.78	(34.31)	1000m	1:29.93	(34.60)	
			1400m	2:04.40	(34.62)	1400m	2:04.48	(34.55)	
			1800m	2:39.29	(34.89)	1800m	2:39.92	(35.44)	
			2200m	3:14.94	(35.65)	2200m	3:16.54	(36.62)	
			2600m	3:50.92	(35.98)	2600m	3:54.06	(37.52)	
			3000m	4:27.71	(36.79)	3000m	4:32.85	(38.79)	

		Naam		Cat		PR		Tijd	Info
2	wt	27	Sanne Westra		DA2	4:28.68		4:27.29	PR
	rd	19	Yael Prenger		DA2	4:20.74		4:27.89	
			Sanne Westra				Yael Prenger		
			200m	21.22	(21.22)	200m	21.39	(21.39)	
			600m	54.79	(33.57)	600m	54.76	(33.37)	
			1000m	1:28.68	(33.89)	1000m	1:28.91	(34.15)	
			1400m	2:03.41	(34.73)	1400m	2:03.29	(34.38)	
			1800m	2:38.29	(34.88)	1800m	2:37.73	(34.44)	
			2200m	3:13.54	(35.25)	2200m	3:12.75	(35.02)	
			2600m	3:49.98	(36.44)	2600m	3:49.67	(36.92)	
			3000m	4:27.29	(37.31)	3000m	4:27.89	(38.22)	

		Naam			Cat	PR	Tijd	Info
3	wt	21	Kim Talsma		DN2	4:13.49	4:17.90	
	rd	3	Leonie Bats		DN1	4:13.21	4:21.25	
		Kim Talsma			Leonie Bats			
		200m	20.69	(20.69)	200m	21.04	(21.04)	
		600m	53.49	(32.80)	600m	53.52	(32.48)	
		1000m	1:26.81	(33.32)	1000m	1:27.14	(33.62)	
		1400m	2:00.58	(33.77)	1400m	2:00.84	(33.70)	
		1800m	2:34.47	(33.89)	1800m	2:35.24	(34.40)	
		2200m	3:08.43	(33.96)	2200m	3:10.42	(35.18)	
		2600m	3:42.90	(34.47)	2600m	3:45.70	(35.28)	
		3000m	4:17.90	(35.00)	3000m	4:21.25	(35.55)	

		Naam			Cat	PR	Tijd	Info
4	wt	12	Eline Jansen		DN1	4:15.81	4:15.95	
	rd	13	Sterre Jonkers		DN4	4:07.69	4:16.58	
		Eline Jansen			Sterre Jonkers			
		200m	20.82	(20.82)	200m	21.03	(21.03)	
		600m	52.71	(31.89)	600m	52.77	(31.74)	
		1000m	1:25.06	(32.35)	1000m	1:25.54	(32.77)	
		1400m	1:57.77	(32.71)	1400m	1:58.83	(33.29)	
		1800m	2:30.86	(33.09)	1800m	2:32.74	(33.91)	
		2200m	3:04.90	(34.04)	2200m	3:07.01	(34.27)	
		2600m	3:39.87	(34.97)	2600m	3:41.83	(34.82)	
		3000m	4:15.95	(36.08)	3000m	4:16.58	(34.75)	

		Naam			Cat	PR	Tijd	Info
5	wt	7 Elisa Dul			DN4	4:11.03	4:08.24	PR
	rd	17 Gioya Lancee			DN4	4:06.25	4:14.29	
		Elisa Dul			Gioya Lancee			
		200m	19.95	(19.95)	200m	20.48	(20.48)	
		600m	51.63	(31.68)	600m	51.97	(31.49)	
		1000m	1:23.95	(32.32)	1000m	1:24.20	(32.23)	
		1400m	1:56.58	(32.63)	1400m	1:56.95	(32.75)	
		1800m	2:29.25	(32.67)	1800m	2:30.27	(33.32)	
		2200m	3:02.04	(32.79)	2200m	3:03.96	(33.69)	
		2600m	3:34.95	(32.91)	2600m	3:38.54	(34.58)	
		3000m	4:08.24	(33.29)	3000m	4:14.29	(35.75)	

		Naam			Cat	PR	Tijd	Info
6	wt	25 Eline van Voorden			DN2	4:18.55	4:18.95	
	rd	23 Paulien Verhaar			DN3	4:12.07	4:16.16	
		Eline van Voorden			Paulien Verhaar			
		200m	20.82	(20.82)	200m	20.28	(20.28)	
		600m	53.10	(32.28)	600m	53.28	(33.00)	
		1000m	1:26.22	(33.12)	1000m	1:26.79	(33.51)	
		1400m	1:59.78	(33.56)	1400m	1:59.87	(33.08)	
		1800m	2:33.71	(33.93)	1800m	2:32.78	(32.91)	
		2200m	3:08.29	(34.58)	2200m	3:06.33	(33.55)	
		2600m	3:43.16	(34.87)	2600m	3:40.77	(34.44)	
		3000m	4:18.95	(35.79)	3000m	4:16.16	(35.39)	

		Naam			Cat	PR	Tijd	Info
7	wt	10 Robin Groot			DN2	4:05.93	4:09.83	
	rd	16 Sophie Kraaijeveld			DA1	4:10.39	4:22.80	
		Robin Groot			Sophie Kraaijeveld			
		200m	20.66	(20.66)	200m	21.54	(21.54)	
		600m	52.25	(31.59)	600m	54.26	(32.72)	
		1000m	1:24.16	(31.91)	1000m	1:27.62	(33.36)	
		1400m	1:56.63	(32.47)	1400m	2:01.66	(34.04)	
		1800m	2:29.12	(32.49)	1800m	2:36.24	(34.58)	
		2200m	3:02.10	(32.98)	2200m	3:11.34	(35.10)	
		2600m	3:35.50	(33.40)	2600m	3:46.93	(35.59)	
		3000m	4:09.83	(34.33)	3000m	4:22.80	(35.87)	

		Naam			Cat	PR	Tijd	Info
8	wt	11 Aveline Hijlkema			DSA	4:06.70	4:09.51	
	rd	2 Reina Anema			DSA	4:01.12	4:05.20	
		Aveline Hijlkema			Reina Anema			
		200m	20.39	(20.39)	200m	20.59	(20.59)	
		600m	52.15	(31.76)	600m	51.22	(30.63)	
		1000m	1:24.12	(31.97)	1000m	1:22.33	(31.11)	
		1400m	1:56.39	(32.27)	1400m	1:53.90	(31.57)	
		1800m	2:28.96	(32.57)	1800m	2:25.93	(32.03)	
		2200m	3:01.90	(32.94)	2200m	2:58.30	(32.37)	
		2600m	3:35.31	(33.41)	2600m	3:31.33	(33.03)	
		3000m	4:09.51	(34.20)	3000m	4:05.20	(33.87)	

		Naam			Cat			PR	Tijd	Info
9	wt	14	Esther Kiel		DSA			4:07.88	4:10.57	
	rd	6	Merel Conijn		DN1			3:59.21	4:05.07	
		Esther Kiel			Merel Conijn					
		200m	20.25	(20.25)	200m	20.17	(20.17)			
		600m	52.03	(31.78)	600m	51.53	(31.36)			
		1000m	1:24.34	(32.31)	1000m	1:24.31	(32.78)			
		1400m	1:57.16	(32.82)	1400m	1:56.73	(32.42)			
		1800m	2:30.04	(32.88)	1800m	2:29.01	(32.28)			
		2200m	3:03.11	(33.07)	2200m	3:01.26	(32.25)			
		2600m	3:36.53	(33.42)	2600m	3:33.20	(31.94)			
		3000m	4:10.57	(34.04)	3000m	4:05.07	(31.87)			

		Naam			Cat			PR	Tijd	Info
10	wt	4	Joy Beune		DN4			3:57.09	4:04.51	
	rd	28	Melissa Wijfje		DSA			4:01.07	4:06.46	
		Joy Beune			Melissa Wijfje					
		200m	20.07	(20.07)	200m	20.14	(20.14)			
		600m	50.93	(30.86)	600m	51.31	(31.17)			
		1000m	1:22.10	(31.17)	1000m	1:23.02	(31.71)			
		1400m	1:53.97	(31.87)	1400m	1:54.95	(31.93)			
		1800m	2:25.97	(32.00)	1800m	2:27.42	(32.47)			
		2200m	2:58.49	(32.52)	2200m	2:59.71	(32.29)			
		2600m	3:31.16	(32.67)	2600m	3:32.50	(32.79)			
		3000m	4:04.51	(33.35)	3000m	4:06.46	(33.96)			