

4. Rituitslag Heren 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	103	Tjerk de Boer		HN4	6:30.21	6:35.32	
	rd	109	Louis Hollaar		HN4	6:33.48	6:32.49	PR
		Tjerk de Boer			Louis Hollaar			
		200m	18.88	(18.88)	200m	19.24	(19.24)	
		600m	49.27	(30.39)	600m	49.56	(30.32)	
		1000m	1:20.22	(30.95)	1000m	1:20.26	(30.70)	
		1400m	1:51.58	(31.36)	1400m	1:51.23	(30.97)	
		1800m	2:22.47	(30.89)	1800m	2:22.44	(31.21)	
		2200m	2:53.80	(31.33)	2200m	2:53.48	(31.04)	
		2600m	3:24.70	(30.90)	2600m	3:24.72	(31.24)	
		3000m	3:55.94	(31.24)	3000m	3:55.72	(31.00)	
		3400m	4:27.05	(31.11)	3400m	4:27.04	(31.32)	
		3800m	4:58.65	(31.60)	3800m	4:58.19	(31.15)	
		4200m	5:30.23	(31.58)	4200m	5:29.71	(31.52)	
		4600m	6:02.16	(31.93)	4600m	6:01.08	(31.37)	
		5000m	6:35.32	(33.16)	5000m	6:32.49	(31.41)	

		Naam		Cat		PR	Tijd	Info
2	wt	122	Bart Valentijn		HN4	6:47.01	6:46.03	PR
	rd	123	Jur Veenje		HN2	6:56.58	6:45.21	PR
		Bart Valentijn			Jur Veenje			
		200m	19.03	(19.03)	200m	19.17	(19.17)	
		600m	49.45	(30.42)	600m	49.89	(30.72)	
		1000m	1:20.07	(30.62)	1000m	1:21.40	(31.51)	
		1400m	1:51.30	(31.23)	1400m	1:52.91	(31.51)	
		1800m	2:22.79	(31.49)	1800m	2:24.75	(31.84)	
		2200m	2:54.72	(31.93)	2200m	2:56.66	(31.91)	
		2600m	3:27.11	(32.39)	2600m	3:28.86	(32.20)	
		3000m	3:59.91	(32.80)	3000m	4:01.09	(32.23)	
		3400m	4:32.82	(32.91)	3400m	4:33.69	(32.60)	
		3800m	5:05.88	(33.06)	3800m	5:06.22	(32.53)	
		4200m	5:38.97	(33.09)	4200m	5:39.30	(33.08)	
		4600m	6:12.38	(33.41)	4600m	6:12.18	(32.88)	
		5000m	6:46.03	(33.65)	5000m	6:45.21	(33.03)	

		Naam		Cat		PR	Tijd	Info
3	wt	120	Jesse Speijers		HN1	6:31.26	6:33.83	
	rd	118	Remo Slotegraaf		HN1	6:27.97	6:45.89	
		Jesse Speijers			Remo Slotegraaf			
		200m	19.08	(19.08)	200m	19.72	(19.72)	
		600m	49.11	(30.03)	600m	49.84	(30.12)	
		1000m	1:19.32	(30.21)	1000m	1:19.93	(30.09)	
		1400m	1:50.04	(30.72)	1400m	1:50.96	(31.03)	
		1800m	2:20.92	(30.88)	1800m	2:22.19	(31.23)	
		2200m	2:51.95	(31.03)	2200m	2:53.50	(31.31)	
		2600m	3:23.14	(31.19)	2600m	3:25.04	(31.54)	
		3000m	3:54.47	(31.33)	3000m	3:56.64	(31.60)	
		3400m	4:25.98	(31.51)	3400m	4:29.28	(32.64)	
		3800m	4:57.69	(31.71)	3800m	5:02.85	(33.57)	
		4200m	5:29.56	(31.87)	4200m	5:36.86	(34.01)	
		4600m	6:01.54	(31.98)	4600m	6:10.99	(34.13)	
		5000m	6:33.83	(32.29)	5000m	6:45.89	(34.90)	

		Naam		Cat		PR	Tijd	Info
4	wt	111	Jeroen Janissen		HSA	6:33.64	6:28.64	PR
	rd	125	Bart Vreugdenhil		HSA	6:41.46	6:43.89	
		Jeroen Janissen			Bart Vreugdenhil			
		200m	19.09	(19.09)	200m	19.83	(19.83)	
		600m	49.18	(30.09)	600m	50.88	(31.05)	
		1000m	1:19.77	(30.59)	1000m	1:22.43	(31.55)	
		1400m	1:50.68	(30.91)	1400m	1:54.11	(31.68)	
		1800m	2:21.67	(30.99)	1800m	2:25.68	(31.57)	
		2200m	2:52.49	(30.82)	2200m	2:57.28	(31.60)	
		2600m	3:23.25	(30.76)	2600m	3:28.97	(31.69)	
		3000m	3:53.84	(30.59)	3000m	4:00.81	(31.84)	
		3400m	4:24.45	(30.61)	3400m	4:32.74	(31.93)	
		3800m	4:55.07	(30.62)	3800m	5:04.93	(32.19)	
		4200m	5:25.82	(30.75)	4200m	5:37.38	(32.45)	
		4600m	5:56.96	(31.14)	4600m	6:10.08	(32.70)	
		5000m	6:28.64	(31.68)	5000m	6:43.89	(33.81)	

		Naam	Cat	PR	Tijd	Info
5	wt	107 Colin James Duivenvoorden	HA2	6:33.99	6:46.70	
	rd	127 Lars Woelders	HN1	6:41.91	6:38.06	PR
Colin James Duivenvoorden			Lars Woelders			
		200m	19.07 (19.07)	200m	19.89 (19.89)	
		600m	49.81 (30.74)	600m	50.41 (30.52)	
		1000m	1:20.13 (30.32)	1000m	1:21.57 (31.16)	
		1400m	1:50.78 (30.65)	1400m	1:52.41 (30.84)	
		1800m	2:21.59 (30.81)	1800m	2:23.43 (31.02)	
		2200m	2:53.00 (31.41)	2200m	2:54.50 (31.07)	
		2600m	3:24.80 (31.80)	2600m	3:25.50 (31.00)	
		3000m	3:57.13 (32.33)	3000m	3:56.66 (31.16)	
		3400m	4:29.81 (32.68)	3400m	4:28.17 (31.51)	
		3800m	5:04.11 (34.30)	3800m	4:59.96 (31.79)	
		4200m	5:38.62 (34.51)	4200m	5:32.30 (32.34)	
		4600m	6:12.80 (34.18)	4600m	6:05.08 (32.78)	
		5000m	6:46.70 (33.90)	5000m	6:38.06 (32.98)	

		Naam	Cat	PR	Tijd	Info
6	wt	108 Sijmen Egberts	HA1	6:40.12	6:36.57	PR
	rd	115 Jasper Krommenhoek	HA1	6:43.12	6:41.49	PR
Sijmen Egberts			Jasper Krommenhoek			
		200m	19.81 (19.81)	200m	20.64 (20.64)	
		600m	51.16 (31.35)	600m	51.26 (30.62)	
		1000m	1:22.18 (31.02)	1000m	1:22.20 (30.94)	
		1400m	1:53.04 (30.86)	1400m	1:53.09 (30.89)	
		1800m	2:23.86 (30.82)	1800m	2:24.08 (30.99)	
		2200m	2:54.72 (30.86)	2200m	2:55.00 (30.92)	
		2600m	3:25.74 (31.02)	2600m	3:26.68 (31.68)	
		3000m	3:56.90 (31.16)	3000m	3:58.15 (31.47)	
		3400m	4:28.07 (31.17)	3400m	4:30.10 (31.95)	
		3800m	4:59.41 (31.34)	3800m	5:02.36 (32.26)	
		4200m	5:31.14 (31.73)	4200m	5:35.29 (32.93)	
		4600m	6:03.64 (32.50)	4600m	6:08.53 (33.24)	
		5000m	6:36.57 (32.93)	5000m	6:41.49 (32.96)	

		Naam			Cat	PR	Tijd	Info
7	wt	112	Kars Jansman		HSA	6:15.56	6:18.48	
	rd	119	Beau Snellink		HN2	6:14.98	6:17.31	
		Kars Jansman			Beau Snellink			
		200m	19.25	(19.25)	200m	19.60	(19.60)	
		600m	49.49	(30.24)	600m	49.53	(29.93)	
		1000m	1:19.41	(29.92)	1000m	1:19.14	(29.61)	
		1400m	1:49.47	(30.06)	1400m	1:48.82	(29.68)	
		1800m	2:19.58	(30.11)	1800m	2:18.78	(29.96)	
		2200m	2:49.55	(29.97)	2200m	2:48.44	(29.66)	
		2600m	3:19.42	(29.87)	2600m	3:18.08	(29.64)	
		3000m	3:49.08	(29.66)	3000m	3:47.73	(29.65)	
		3400m	4:18.94	(29.86)	3400m	4:17.38	(29.65)	
		3800m	4:48.66	(29.72)	3800m	4:47.07	(29.69)	
		4200m	5:18.51	(29.85)	4200m	5:16.82	(29.75)	
		4600m	5:48.43	(29.92)	4600m	5:46.83	(30.01)	
		5000m	6:18.48	(30.05)	5000m	6:17.31	(30.48)	

		Naam			Cat	PR	Tijd	Info
8	wt	102	Jan Blokhuijsen		HSB	6:11.91	6:29.09	
	rd	104	Marcel Bosker		HSA	6:08.90	6:16.50	
		Jan Blokhuijsen			Marcel Bosker			
		200m	18.74	(18.74)	200m	19.10	(19.10)	
		600m	47.91	(29.17)	600m	48.57	(29.47)	
		1000m	1:17.63	(29.72)	1000m	1:18.38	(29.81)	
		1400m	1:48.09	(30.46)	1400m	1:48.43	(30.05)	
		1800m	2:18.10	(30.01)	1800m	2:18.22	(29.79)	
		2200m	2:48.39	(30.29)	2200m	2:47.94	(29.72)	
		2600m	3:18.69	(30.30)	2600m	3:17.70	(29.76)	
		3000m	3:49.42	(30.73)	3000m	3:47.61	(29.91)	
		3400m	4:20.55	(31.13)	3400m	4:17.39	(29.78)	
		3800m	4:52.20	(31.65)	3800m	4:47.16	(29.77)	
		4200m	5:24.36	(32.16)	4200m	5:16.93	(29.77)	
		4600m	5:56.78	(32.42)	4600m	5:46.70	(29.77)	
		5000m	6:29.09	(32.31)	5000m	6:16.50	(29.80)	

		Naam	Cat	PR	Tijd	Info
9	wt	110 Chris Huizinga	HSA	6:21.45	6:23.42	
	rd	106 Lex Dijkstra	HSA	6:19.79	DQ	
Chris Huizinga			Lex Dijkstra			
		200m	18.35 (18.35)			
		600m	46.97 (28.62)			
		1000m	1:16.09 (29.12)			
		1400m	1:45.54 (29.45)			
		1800m	2:15.34 (29.80)			
		2200m	2:45.27 (29.93)			
		2600m	3:15.37 (30.10)			
		3000m	3:45.59 (30.22)			
		3400m	4:16.18 (30.59)			
		3800m	4:47.22 (31.04)			
		4200m	5:18.66 (31.44)			
		4600m	5:50.57 (31.91)			
		5000m	6:23.42 (32.85)			

		Naam	Cat	PR	Tijd	Info
10	wt	121 Marwin Talsma	HSA	6:13.18	6:31.40	
	rd	128 Jordy van Workum	HN2	6:25.77	6:33.60	
Marwin Talsma			Jordy van Workum			
		200m	19.30 (19.30)	200m	19.10 (19.10)	
		600m	49.78 (30.48)	600m	49.42 (30.32)	
		1000m	1:20.14 (30.36)	1000m	1:20.52 (31.10)	
		1400m	1:50.63 (30.49)	1400m	1:51.03 (30.51)	
		1800m	2:20.76 (30.13)	1800m	2:21.67 (30.64)	
		2200m	2:50.66 (29.90)	2200m	2:52.31 (30.64)	
		2600m	3:20.71 (30.05)	2600m	3:23.38 (31.07)	
		3000m	3:52.58 (31.87)	3000m	3:54.48 (31.10)	
		3400m	4:24.06 (31.48)	3400m	4:25.94 (31.46)	
		3800m	4:55.74 (31.68)	3800m	4:57.51 (31.57)	
		4200m	5:28.03 (32.29)	4200m	5:29.41 (31.90)	
		4600m	5:59.90 (31.87)	4600m	6:01.31 (31.90)	
		5000m	6:31.40 (31.50)	5000m	6:33.60 (32.29)	