

11. Rituitslag Dames 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	11 Aveline Hijlkema	DSA	7:10.24	7:18.24	
	rd	17 Gioya Lancee	DN4	7:32.50	7:35.53	
		Aveline Hijlkema				Gioya Lancee
		200m	21.18 (21.18)	200m	21.46 (21.46)	
		600m	55.30 (34.12)	600m	56.17 (34.71)	
		1000m	1:29.26 (33.96)	1000m	1:31.89 (35.72)	
		1400m	2:02.89 (33.63)	1400m	2:07.53 (35.64)	
		1800m	2:36.52 (33.63)	1800m	2:43.59 (36.06)	
		2200m	3:10.07 (33.55)	2200m	3:20.12 (36.53)	
		2600m	3:43.87 (33.80)	2600m	3:56.83 (36.71)	
		3000m	4:18.15 (34.28)	3000m	4:33.82 (36.99)	
		3400m	4:52.83 (34.68)	3400m	5:10.89 (37.07)	
		3800m	5:28.31 (35.48)	3800m	5:47.47 (36.58)	
		4200m	6:04.47 (36.16)	4200m	6:23.47 (36.00)	
		4600m	6:41.43 (36.96)	4600m	6:59.38 (35.91)	
		5000m	7:18.24 (36.81)	5000m	7:35.53 (36.15)	

		Naam	Cat	PR	Tijd	Info
2	wt	10 Robin Groot	DN2	7:20.77	7:22.35	
	rd	2 Reina Anema	DSA	6:57.58	7:09.49	
		Robin Groot				Reina Anema
		200m	21.30 (21.30)	200m	21.24 (21.24)	
		600m	55.09 (33.79)	600m	53.68 (32.44)	
		1000m	1:29.04 (33.95)	1000m	1:26.74 (33.06)	
		1400m	2:03.67 (34.63)	1400m	2:00.07 (33.33)	
		1800m	2:38.17 (34.50)	1800m	2:33.80 (33.73)	
		2200m	3:12.68 (34.51)	2200m	3:07.66 (33.86)	
		2600m	3:47.38 (34.70)	2600m	3:41.83 (34.17)	
		3000m	4:22.57 (35.19)	3000m	4:16.14 (34.31)	
		3400m	4:58.32 (35.75)	3400m	4:50.74 (34.60)	
		3800m	5:33.95 (35.63)	3800m	5:25.60 (34.86)	
		4200m	6:10.01 (36.06)	4200m	6:00.52 (34.92)	
		4600m	6:46.02 (36.01)	4600m	6:35.07 (34.55)	
		5000m	7:22.35 (36.33)	5000m	7:09.49 (34.42)	

		Naam			Cat	PR	Tijd	Info
3	wt	28	Melissa Wijffe		DSA	6:58.80	7:14.65	
	rd	14	Esther Kiel		DSA	7:11.68	7:19.58	
		Melissa Wijffe			Esther Kiel			
		200m	20.78	(20.78)	200m	21.22	(21.22)	
		600m	54.22	(33.44)	600m	55.36	(34.14)	
		1000m	1:27.68	(33.46)	1000m	1:30.06	(34.70)	
		1400m	2:01.53	(33.85)	1400m	2:04.60	(34.54)	
		1800m	2:35.35	(33.82)	1800m	2:39.40	(34.80)	
		2200m	3:09.74	(34.39)	2200m	3:14.29	(34.89)	
		2600m	3:44.19	(34.45)	2600m	3:49.28	(34.99)	
		3000m	4:18.66	(34.47)	3000m	4:24.32	(35.04)	
		3400m	4:53.17	(34.51)	3400m	4:59.29	(34.97)	
		3800m	5:27.77	(34.60)	3800m	5:34.41	(35.12)	
		4200m	6:02.85	(35.08)	4200m	6:09.59	(35.18)	
		4600m	6:38.34	(35.49)	4600m	6:44.73	(35.14)	
		5000m	7:14.65	(36.31)	5000m	7:19.58	(34.85)	

		Naam			Cat	PR	Tijd	Info
4	wt	6	Merel Conijn		DN1	6:55.27	6:58.36	
	rd	4	Joy Beune		DN4	6:58.94	7:03.98	
		Merel Conijn			Joy Beune			
		200m	19.96	(19.96)	200m	20.74	(20.74)	
		600m	52.16	(32.20)	600m	52.70	(31.96)	
		1000m	1:24.78	(32.62)	1000m	1:25.01	(32.31)	
		1400m	1:58.20	(33.42)	1400m	1:57.88	(32.87)	
		1800m	2:31.74	(33.54)	1800m	2:31.07	(33.19)	
		2200m	3:05.50	(33.76)	2200m	3:04.25	(33.18)	
		2600m	3:39.36	(33.86)	2600m	3:37.58	(33.33)	
		3000m	4:13.52	(34.16)	3000m	4:11.17	(33.59)	
		3400m	4:47.16	(33.64)	3400m	4:45.11	(33.94)	
		3800m	5:20.91	(33.75)	3800m	5:19.24	(34.13)	
		4200m	5:53.72	(32.81)	4200m	5:53.74	(34.50)	
		4600m	6:26.02	(32.30)	4600m	6:28.52	(34.78)	
		5000m	6:58.36	(32.34)	5000m	7:03.98	(35.46)	