

12. Rituitslag Heren 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 120 Jesse Speijers	HN1		14:08.02	
	rd 111 Jeroen Janissen	HSA	14:06.91	13:33.03	PR
	Jesse Speijers		Jeroen Janissen		
	400m	36.00 (36.00)	400m	35.62 (35.62)	
	800m	1:08.76 (32.76)	800m	1:08.06 (32.44)	
	1200m	1:41.95 (33.19)	1200m	1:40.93 (32.87)	
	1600m	2:15.26 (33.31)	1600m	2:13.65 (32.72)	
	2000m	2:48.76 (33.50)	2000m	2:46.18 (32.53)	
	2400m	3:22.16 (33.40)	2400m	3:18.78 (32.60)	
	2800m	3:55.78 (33.62)	2800m	3:51.19 (32.41)	
	3200m	4:29.30 (33.52)	3200m	4:23.82 (32.63)	
	3600m	5:02.88 (33.58)	3600m	4:56.11 (32.29)	
	4000m	5:36.59 (33.71)	4000m	5:28.50 (32.39)	
	4400m	6:10.11 (33.52)	4400m	6:00.91 (32.41)	
	4800m	6:43.88 (33.77)	4800m	6:33.23 (32.32)	
	5200m	7:17.46 (33.58)	5200m	7:05.35 (32.12)	
	5600m	7:50.95 (33.49)	5600m	7:37.52 (32.17)	
	6000m	8:24.45 (33.50)	6000m	8:09.83 (32.31)	
	6400m	8:58.18 (33.73)	6400m	8:41.91 (32.08)	
	6800m	9:32.07 (33.89)	6800m	9:13.99 (32.08)	
	7200m	10:06.19 (34.12)	7200m	9:46.04 (32.05)	
	7600m	10:40.62 (34.43)	7600m	10:18.19 (32.15)	
	8000m	11:15.04 (34.42)	8000m	10:50.44 (32.25)	
	8400m	11:49.93 (34.89)	8400m	11:22.56 (32.12)	
	8800m	12:24.85 (34.92)	8800m	11:54.99 (32.43)	
	9200m	12:59.79 (34.94)	9200m	12:27.34 (32.35)	
	9600m	13:33.72 (33.93)	9600m	12:59.82 (32.48)	
	10000m	14:08.02 (34.30)	10000m	13:33.03 (33.21)	

Daikin NK Allround

Thialf - Heerenveen

22 en 23 januari 2022

Hoofdsponsors Langebaan





		Naam	Cat	PR	Tijd Info
2	wt	112 Kars Jansman	HSA	13:01.73	13:10.49
	rd	128 Jordy van Workum	HN2	13:37.04	DQ

Kars Jansman

400m	36.78	(36.78)
800m	1:08.75	(31.97)
1200m	1:40.60	(31.85)
1600m	2:12.23	(31.63)
2000m	2:43.77	(31.54)
2400m	3:15.17	(31.40)
2800m	3:46.67	(31.50)
3200m	4:18.14	(31.47)
3600m	4:49.71	(31.57)
4000m	5:21.39	(31.68)
4400m	5:53.00	(31.61)
4800m	6:24.52	(31.52)
5200m	6:56.10	(31.58)
5600m	7:27.62	(31.52)
6000m	7:59.15	(31.53)
6400m	8:30.47	(31.32)
6800m	9:01.93	(31.46)
7200m	9:33.43	(31.50)
7600m	10:04.82	(31.39)
8000m	10:35.76	(30.94)
8400m	11:06.85	(31.09)
8800m	11:37.72	(30.87)
9200m	12:08.61	(30.89)
9600m	12:39.47	(30.86)
10000m	13:10.49	(31.02)

Jordy van Workum

		Naam	Cat	PR	Tijd	Info
3	wt	119 Beau Snellink	HN2	12:59.75	12:58.29	PR
	rd	110 Chris Huizinga	HSA	13:20.31	13:40.27	

Beau Snellink

400m	35.99	(35.99)
800m	1:06.79	(30.80)
1200m	1:37.76	(30.97)
1600m	2:09.02	(31.26)
2000m	2:40.10	(31.08)
2400m	3:10.96	(30.86)
2800m	3:41.82	(30.86)
3200m	4:12.76	(30.94)
3600m	4:43.80	(31.04)
4000m	5:14.62	(30.82)
4400m	5:45.58	(30.96)
4800m	6:16.43	(30.85)
5200m	6:47.29	(30.86)
5600m	7:17.94	(30.65)
6000m	7:48.56	(30.62)
6400m	8:19.26	(30.70)
6800m	8:50.03	(30.77)
7200m	9:20.69	(30.66)
7600m	9:51.41	(30.72)
8000m	10:22.02	(30.61)
8400m	10:52.71	(30.69)
8800m	11:23.46	(30.75)
9200m	11:54.83	(31.37)
9600m	12:26.39	(31.56)
10000m	12:58.29	(31.90)

Chris Huizinga

400m	36.62	(36.62)
800m	1:08.42	(31.80)
1200m	1:39.87	(31.45)
1600m	2:11.44	(31.57)
2000m	2:43.18	(31.74)
2400m	3:14.78	(31.60)
2800m	3:46.33	(31.55)
3200m	4:17.96	(31.63)
3600m	4:49.75	(31.79)
4000m	5:21.76	(32.01)
4400m	5:54.09	(32.33)
4800m	6:26.57	(32.48)
5200m	6:59.45	(32.88)
5600m	7:31.96	(32.51)
6000m	8:04.54	(32.58)
6400m	8:37.03	(32.49)
6800m	9:09.91	(32.88)
7200m	9:42.90	(32.99)
7600m	10:16.41	(33.51)
8000m	10:50.24	(33.83)
8400m	11:24.19	(33.95)
8800m	11:57.46	(33.27)
9200m	12:31.36	(33.90)
9600m	13:05.88	(34.52)
10000m	13:40.27	(34.39)

		Naam	Cat	PR	Tijd	Info
4	wt	104 Marcel Bosker	HSA	12:59.25	13:13.38	
	rd	103 Tjerk de Boer	HN4	13:48.65	13:54.24	

Marcel Bosker
Tjerk de Boer

400m	36.07	(36.07)	400m	35.80	(35.80)
800m	1:07.62	(31.55)	800m	1:08.26	(32.46)
1200m	1:39.52	(31.90)	1200m	1:40.83	(32.57)
1600m	2:11.19	(31.67)	1600m	2:13.71	(32.88)
2000m	2:42.86	(31.67)	2000m	2:46.49	(32.78)
2400m	3:14.55	(31.69)	2400m	3:19.27	(32.78)
2800m	3:46.08	(31.53)	2800m	3:52.20	(32.93)
3200m	4:17.88	(31.80)	3200m	4:25.27	(33.07)
3600m	4:49.35	(31.47)	3600m	4:58.20	(32.93)
4000m	5:20.82	(31.47)	4000m	5:31.37	(33.17)
4400m	5:52.29	(31.47)	4400m	6:04.45	(33.08)
4800m	6:23.85	(31.56)	4800m	6:37.71	(33.26)
5200m	6:55.28	(31.43)	5200m	7:10.82	(33.11)
5600m	7:26.81	(31.53)	5600m	7:44.07	(33.25)
6000m	7:58.08	(31.27)	6000m	8:17.54	(33.47)
6400m	8:29.45	(31.37)	6400m	8:51.44	(33.90)
6800m	9:00.91	(31.46)	6800m	9:25.55	(34.11)
7200m	9:32.27	(31.36)	7200m	9:59.69	(34.14)
7600m	10:03.45	(31.18)	7600m	10:33.69	(34.00)
8000m	10:34.82	(31.37)	8000m	11:07.00	(33.31)
8400m	11:06.36	(31.54)	8400m	11:39.68	(32.68)
8800m	11:38.22	(31.86)	8800m	12:13.05	(33.37)
9200m	12:10.17	(31.95)	9200m	12:47.13	(34.08)
9600m	12:41.77	(31.60)	9600m	13:20.54	(33.41)
10000m	13:13.38	(31.61)	10000m	13:54.24	(33.70)