

1. Uitslag Dames jun-A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52 Tessa Snoek	DA1	8	O	4:34.04	PR	
2	40 Muriël Meijer	DA2	13	O	4:34.10		
3	2 Janet Beers	DA1	12	I	4:34.94		
4	30 Dieuwertje van Kalken	DA2	13	I	4:37.00		
5	43 Annet Noppert	DA2	14	O	4:38.24		
6	63 Annemarie van der Wal	DA2	11	O	4:39.10		
7	51 Amber Siegers	DA1	14	I	4:40.01		
8	41 Isa Merkuur	DA1	10	I	4:40.78		
9	28 Madelief de Jong	DA1	4	O	4:42.09		
10	8 Britt de Boer	DA2	10	O	4:46.09		
11	62 Ella van Vloten	DA1	5	O	4:47.63		
12	39 Demi Meek	DA2	9	I	4:47.69		
13	64 Nikki van der Zee	DA2	8	I	4:48.66		
14	66 Leonie Beers	DA2	2	O	4:50.62		
	9 Anke Breunis	DA2	6	I	4:50.62		
16	10 Lynn Dekker	DA2	11	I	4:51.68		
17	47 Sanne Pfaff	DA1	9	O	4:52.57		
18	45 Wieke Olde Hanter	DA1	7	I	4:52.63		
19	33 Charlotte Kool	DA2	12	O	4:52.89		
20	27 Estelle de Jong	DA1	5	I	4:53.29		
21	70 Dieke Hendriks	DA1	6	O	4:53.40		
22	26 Nathalie Janssen	DA2	4	I	4:53.54		
23	54 Quinty Ton	DA2	7	O	4:53.76		
24	79 Suzanne Klous	DA2	1	I	4:54.64		
25	74 Verne Ros	DA1	3	O	4:55.01		
26	77 Famke Wilmink	DA2	3	I	4:56.66		
27	78 Kim Zuiver	DA1	2	I	5:02.59		
28	69 Liesanne van Gorkom	DA1	1	O	5:15.45		

1. Rituitslag Dames jun-A 3000 meter

		Naam	Cat	PR	Tijd Info
1	wt	79 Suzanne Klous	DA2	4:42.76	4:54.64
	rd	69 Liesanne van Gorkom	DA1	4:53.01	5:15.45
		Suzanne Klous			
		200m	23.73 (23,7)	200m	24.14 (24,1)
		600m	1:01.33 (37,6)	600m	59.90 (35,8)
		1000m	1:39.12 (37,8)	1000m	1:36.91 (37,0)
		1400m	2:17.42 (38,3)	1400m	2:16.28 (39,3)
		1800m	2:56.10 (38,7)	1800m	2:56.87 (40,6)
		2200m	3:35.23 (39,1)	2200m	3:37.18 (40,3)
		2600m	4:14.68 (39,4)	2600m	4:17.74 (40,6)
		3000m	4:54.64 (40,0)	3000m	5:15.45 (57,7)

		Naam	Cat	PR	Tijd Info
2	gl	78 Kim Zuiver	DA1	4:51.56	5:02.59
	bl	66 Leonie Beers	DA2	4:46.99	4:50.62
		Kim Zuiver			
		200m	22.92 (22,9)	200m	22.31 (22,3)
		600m	59.39 (36,4)	600m	58.39 (36,0)
		1000m	1:37.35 (38,0)	1000m	1:35.93 (37,6)
		1400m	2:16.71 (39,4)	1400m	2:13.86 (37,9)
		1800m	2:56.89 (40,1)	1800m	2:52.25 (38,4)
		2200m	3:37.96 (41,1)	2200m	3:31.28 (39,0)
		2600m	4:19.89 (41,9)	2600m	4:10.69 (39,4)
		3000m	5:02.59 (42,7)	3000m	4:50.62 (40,0)

		Naam	Cat	PR	Tijd Info
3	wt	77 Famke Wilmink	DA2	4:48.66	4:56.66
	rd	74 Verne Ros	DA1	4:45.32	4:55.01
		Famke Wilmink			
		200m	23.18 (23,1)	200m	22.73 (22,7)
		600m	59.48 (36,3)	600m	58.67 (35,9)
		1000m	1:37.29 (37,8)	1000m	1:37.04 (38,4)
		1400m	2:16.08 (38,8)	1400m	2:15.96 (38,9)
		1800m	2:55.33 (39,3)	1800m	2:55.18 (39,2)
		2200m	3:35.33 (40,0)	2200m	3:34.69 (39,5)
		2600m	4:16.21 (40,9)	2600m	4:14.73 (40,1)
		3000m	4:56.66 (40,4)	3000m	4:55.01 (40,3)

		Naam	Cat	PR	Tijd Info
4	gl	26 Nathalie Janssen	DA2	4:47.52	4:53.54
	bl	28 Madelief de Jong	DA1	4:35.12	4:42.09
		Nathalie Janssen			
		200m	22.75 (22,7)	200m	21.83 (21,8)
		600m	59.73 (37,0)	600m	56.88 (35,0)
		1000m	1:37.82 (38,1)	1000m	1:33.31 (36,5)
		1400m	2:16.30 (38,5)	1400m	2:10.77 (37,4)
		1800m	2:55.07 (38,7)	1800m	2:48.36 (37,6)
		2200m	3:34.22 (39,2)	2200m	3:26.03 (37,7)

2600m	4:13.78	(39,5)	2600m	4:03.82	(37,8)
3000m	4:53.54	(39,8)	3000m	4:42.09	(38,2)

		Naam	Cat	PR	Tijd Info
5	wt	27 Estelle de Jong	DA1	4:46.98	4:53.29
	rd	62 Ella van Vloten	DA1	4:35.33	4:47.63
		Estelle de Jong		Ella van Vloten	
		200m	22.11 (22,1)	200m	22.10 (22,1)
		600m	58.00 (35,9)	600m	58.34 (36,2)
		1000m	1:35.00 (37,0)	1000m	1:35.03 (36,7)
		1400m	2:13.29 (38,2)	1400m	2:12.76 (37,7)
		1800m	2:52.07 (38,8)	1800m	2:51.41 (38,7)
		2200m	3:31.78 (39,7)	2200m	3:29.80 (38,4)
		2600m	4:12.17 (40,4)	2600m	4:09.29 (39,4)
		3000m	4:53.29 (41,1)	3000m	4:47.63 (38,4)

		Naam	Cat	PR	Tijd Info
6	gl	9 Anke Breunis	DA2	4:45.26	4:50.62
	bl	70 Dieke Hendriks	DA1	4:36.83	4:53.40
		Anke Breunis		Dieke Hendriks	
		200m	21.91 (21,9)	200m	22.43 (22,4)
		600m	59.10 (37,2)	600m	58.52 (36,1)
		1000m	1:36.98 (37,8)	1000m	1:35.06 (36,5)
		1400m	2:15.25 (38,3)	1400m	2:12.01 (37,0)
		1800m	2:53.69 (38,4)	1800m	2:49.88 (37,8)
		2200m	3:32.66 (39,0)	2200m	3:29.31 (39,5)
		2600m	4:12.23 (39,6)	2600m	4:11.10 (41,8)
		3000m	4:50.62 (38,4)	3000m	4:53.40 (42,3)

		Naam	Cat	PR	Tijd Info
7	wt	45 Wieke Olde Hanter	DA1	4:42.05	4:52.63
	rd	54 Quinty Ton	DA2	4:43.41	4:53.76
		Wieke Olde Hanter		Quinty Ton	
		200m	22.84 (22,8)	200m	23.00 (23,0)
		600m	58.19 (35,3)	600m	59.59 (36,5)
		1000m	1:34.26 (36,1)	1000m	1:37.25 (37,7)
		1400m	2:12.17 (37,9)	1400m	2:15.80 (38,6)
		1800m	2:51.01 (38,9)	1800m	2:54.67 (38,8)
		2200m	3:31.15 (40,1)	2200m	3:34.12 (39,5)
		2600m	4:11.84 (40,7)	2600m	4:13.85 (39,7)
		3000m	4:52.63 (40,8)	3000m	4:53.76 (39,9)

		Naam	Cat	PR	Tijd Info
8	gl	64 Nikki van der Zee	DA2	4:43.11	4:48.66
	bl	52 Tessa Snoek	DA1	4:41.00	4:34.04 PR
		Nikki van der Zee		Tessa Snoek	
		200m	21.72 (21,7)	200m	21.07 (21,0)
		600m	56.79 (35,0)	600m	55.63 (34,6)
		1000m	1:33.68 (36,9)	1000m	1:31.23 (35,6)
		1400m	2:11.59 (37,9)	1400m	2:07.51 (36,3)
		1800m	2:50.51 (39,0)	1800m	2:43.85 (36,3)
		2200m	3:30.00 (39,5)	2200m	3:20.49 (36,6)
		2600m	4:09.58 (39,5)	2600m	3:57.83 (37,4)
		3000m	4:48.66 (39,1)	3000m	4:34.04 (36,2)

		Naam	Cat		PR	Tijd Info
9	wt	39 Demi Meek	DA2		4:37.36	4:47.69
	rd	47 Sanne Pfaff	DA1		4:37.43	4:52.57
		Demi Meek		Sanne Pfaff		
		200m	21.53	(21,5)	200m	21.92 (21,9)
		600m	56.02	(34,5)	600m	57.29 (35,3)
		1000m	1:31.65	(35,6)	1000m	1:33.79 (36,5)
		1400m	2:08.49	(36,8)	1400m	2:11.77 (38,0)
		1800m	2:46.74	(38,3)	1800m	2:51.12 (39,4)
		2200m	3:26.34	(39,6)	2200m	3:32.05 (40,9)
		2600m	4:06.87	(40,5)	2600m	4:12.39 (40,3)
		3000m	4:47.69	(40,8)	3000m	4:52.57 (40,2)

		Naam	Cat		PR	Tijd Info
10	gl	41 Isa Merkuur	DA1		4:40.22	4:40.78
	bl	8 Britt de Boer	DA2		4:36.33	4:46.09
		Isa Merkuur		Britt de Boer		
		200m	21.78	(21,7)	200m	21.50 (21,5)
		600m	55.59	(33,8)	600m	55.24 (33,7)
		1000m	1:30.70	(35,2)	1000m	1:30.79 (35,5)
		1400m	2:07.47	(36,7)	1400m	2:07.87 (37,1)
		1800m	2:44.76	(37,3)	1800m	2:46.09 (38,2)
		2200m	3:22.69	(37,9)	2200m	3:25.75 (39,7)
		2600m	4:01.41	(38,8)	2600m	4:05.86 (40,1)
		3000m	4:40.78	(39,3)	3000m	4:46.09 (40,2)

		Naam	Cat		PR	Tijd Info
11	wt	10 Lynn Dekker	DA2		4:28.16	4:51.68
	rd	63 Annemarie van der Wal	DA2		4:34.17	4:39.10
		Lynn Dekker		Annemarie van der Wal		
		200m	22.06	(22,0)	200m	22.67 (22,6)
		600m	58.15	(36,1)	600m	57.43 (34,8)
		1000m	1:34.63	(36,5)	1000m	1:33.24 (35,8)
		1400m	2:12.78	(38,1)	1400m	2:09.43 (36,2)
		1800m	2:50.55	(37,8)	1800m	2:46.19 (36,7)
		2200m	3:29.19	(38,6)	2200m	3:23.30 (37,2)
		2600m	4:09.28	(40,1)	2600m	4:01.04 (37,7)
		3000m	4:51.68	(42,4)	3000m	4:39.10 (38,1)

		Naam	Cat		PR	Tijd Info
12	gl	2 Janet Beers	DA1		4:28.03	4:34.94
	bl	33 Charlotte Kool	DA2		4:36.71	4:52.89
		Janet Beers		Charlotte Kool		
		200m	21.64	(21,6)	200m	21.73 (21,7)
		600m	55.99	(34,3)	600m	56.88 (35,1)
		1000m	1:31.23	(35,3)	1000m	1:33.44 (36,6)
		1400m	2:06.87	(35,6)	1400m	2:10.62 (37,2)
		1800m	2:43.05	(36,2)	1800m	2:49.07 (38,4)
		2200m	3:19.94	(36,9)	2200m	3:28.91 (39,9)
		2600m	3:57.25	(37,3)	2600m	4:10.38 (41,4)
		3000m	4:34.94	(37,7)	3000m	4:52.89 (42,5)

		Naam	Cat		PR	Tijd Info
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13	wt	30 Dieuwertje van Kalken	DA2	4:29.55	4:37.00
	rd	40 Muriël Meijer	DA2	4:25.33	4:34.10

Dieuwertje van Kalken			Muriël Meijer		
200m	22.80	(22,8)	200m	22.03	(22,0)
600m	57.91	(35,1)	600m	57.04	(35,0)
1000m	1:32.82	(34,9)	1000m	1:32.07	(35,0)
1400m	2:08.29	(35,4)	1400m	2:07.05	(35,0)
1800m	2:44.11	(35,9)	1800m	2:42.68	(35,6)
2200m	3:20.77	(36,6)	2200m	3:19.09	(36,4)
2600m	3:58.10	(37,4)	2600m	3:56.29	(37,2)
3000m	4:37.00	(38,9)	3000m	4:34.10	(37,9)

		Naam	Cat	PR	Tijd Info
14	gl	51 Amber Siegers	DA1	4:31.47	4:40.01
	bl	43 Annet Noppert	DA2	4:28.11	4:38.24

Amber Siegers			Annet Noppert		
200m	22.22	(22,2)	200m	22.12	(22,1)
600m	57.25	(35,0)	600m	56.10	(34,0)
1000m	1:32.93	(35,7)	1000m	1:31.00	(34,9)
1400m	2:09.48	(36,5)	1400m	2:07.06	(36,0)
1800m	2:46.63	(37,2)	1800m	2:44.35	(37,3)
2200m	3:24.17	(37,5)	2200m	3:22.15	(37,8)
2600m	4:01.65	(37,5)	2600m	4:00.31	(38,2)
3000m	4:40.01	(38,4)	3000m	4:38.24	(37,9)

2. Uitslag Heren jun-A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	23 Wesley Hollenberg	HA1	28	I	4:03.91		
2	4 Berend Bervoets	HA2	26	O	4:05.94		
3	11 Adne van Diest	HA2	28	O	4:06.02		
4	20 Homme Jan de Groot	HA2	27	O	4:08.76		
5	50 Martin van Schie	HA2	24	O	4:08.96		
6	13 Mike Dogterom	HA1	27	I	4:10.02		
7	53 Jeroen Steenbergen	HA2	25	O	4:10.10		
8	21 Tom den Heijer	HA1	26	I	4:10.43		
9	55 Joeri van der Tuin	HA2	23	O	4:11.27		
10	32 Adriaan de Kluiver	HA2	25	I	4:11.32		
11	38 Edo Maas	HA1	21	O	4:13.66		
12	42 Marc Middelkoop	HA2	23	I	4:14.12		
13	61 Watse Vermaning	HA1	21	I	4:14.45		
14	1 Milo Balk	HA2	22	I	4:15.79		
15	34 Sam Kramer	HA2	17	I	4:16.26		
16	6 Melvin van Beuzekom	HA1	22	O	4:17.45		
17	58 Pim Verhagen	HA1	20	O	4:17.52		
18	59 Jan Hein Verhoeff	HA2	19	I	4:17.91		
19	37 Kenny de Leeuw	HA1	24	I	4:19.04		
20	36 Mathijs Kuik	HA2	19	O	4:20.26		
21	72 Levy Kramer	HA2	20	I	4:20.45		
22	25 Rick Huizinga	HA1	18	O	4:20.57		
23	67 Daan de Best	HA2	16	I	4:21.93	PR	
24	73 Gerben van Leeuwen	HA2	15	O	4:24.09		
25	80 Stefan Schot	HA1	15	I	4:24.64		
26	65 Mick van Banning	HA2	16	O	4:24.80		
27	17 Tim Gielissen	HA1	18	I	4:26.48		
28	56 Bart Valentijn	HA2	17	O	4:26.58		

2. Rituitslag Heren jun-A 3000 meter

		Naam	Cat	PR	Tijd Info
15	wt	80 Stefan Schot	HA1	4:21.48	4:24.64
	rd	73 Gerben van Leeuwen	HA2	4:21.37	4:24.09
		Stefan Schot		Gerben van Leeuwen	
		200m 21.23 (21,2)		200m 20.84 (20,8)	
		600m 54.80 (33,6)		600m 55.00 (34,2)	
		1000m 1:28.78 (33,9)		1000m 1:29.25 (34,2)	
		1400m 2:03.58 (34,8)		1400m 2:03.23 (34,0)	
		1800m 2:38.30 (34,8)		1800m 2:37.66 (34,4)	
		2200m 3:13.30 (35,0)		2200m 3:12.75 (35,1)	
		2600m 3:48.78 (35,4)		2600m 3:48.08 (35,3)	
		3000m 4:24.64 (35,9)		3000m 4:24.09 (36,0)	

		Naam	Cat	PR	Tijd Info
16	gl	67 Daan de Best	HA2	4:22.82	4:21.93 PR
	bl	65 Mick van Banning	HA2	4:20.97	4:24.80
		Daan de Best		Mick van Banning	
		200m 19.11 (19,1)		200m 20.48 (20,4)	
		600m 51.03 (31,9)		600m 53.84 (33,4)	
		1000m 1:24.47 (33,4)		1000m 1:28.59 (34,7)	
		1400m 1:58.63 (34,2)		1400m 2:03.38 (34,8)	
		1800m 2:33.47 (34,8)		1800m 2:38.53 (35,2)	
		2200m 3:08.94 (35,5)		2200m 3:13.74 (35,2)	
		2600m 3:44.95 (36,0)		2600m 3:49.08 (35,3)	
		3000m 4:21.93 (37,0)		3000m 4:24.80 (35,8)	

		Naam	Cat	PR	Tijd Info
17	wt	34 Sam Kramer	HA2	4:15.56	4:16.26
	rd	56 Bart Valentijn	HA2	4:18.31	4:26.58
		Sam Kramer		Bart Valentijn	
		200m 20.30 (20,3)		200m 20.23 (20,2)	
		600m 52.48 (32,1)		600m 52.91 (32,7)	
		1000m 1:25.52 (33,1)		1000m 1:26.54 (33,6)	
		1400m 1:58.76 (33,2)		1400m 2:00.85 (34,3)	
		1800m 2:32.33 (33,6)		1800m 2:36.26 (35,4)	
		2200m 3:06.04 (33,7)		2200m 3:12.36 (36,1)	
		2600m 3:40.78 (34,7)		2600m 3:49.47 (37,1)	
		3000m 4:16.26 (35,5)		3000m 4:26.58 (37,1)	

		Naam	Cat	PR	Tijd Info
18	gl	17 Tim Gielissen	HA1	4:17.15	4:26.48
	bl	25 Rick Huizinga	HA1	4:17.53	4:20.57
		Tim Gielissen		Rick Huizinga	
		200m 20.60 (20,6)		200m 19.76 (19,7)	
		600m 53.03 (32,4)		600m 52.52 (32,8)	
		1000m 1:27.43 (34,4)		1000m 1:26.53 (34,0)	
		1400m 2:02.81 (35,4)		1400m 2:00.68 (34,1)	
		1800m 2:38.31 (35,5)		1800m 2:34.57 (33,9)	
		2200m 3:14.54 (36,2)		2200m 3:09.06 (34,5)	

2600m	3:50.68	(36,1)	2600m	3:44.27	(35,2)
3000m	4:26.48	(35,8)	3000m	4:20.57	(36,3)

		Naam	Cat	PR	Tijd Info
19	wt	59 Jan Hein Verhoeff	HA2	4:12.96	4:17.91
	rd	36 Mathijs Kuik	HA2	4:13.56	4:20.26
		Jan Hein Verhoeff		Mathijs Kuik	
		200m	19.59 (19,5)	200m	20.59 (20,5)
		600m	52.13 (32,6)	600m	52.79 (32,2)
		1000m	1:25.61 (33,5)	1000m	1:25.82 (33,1)
		1400m	1:59.39 (33,7)	1400m	1:59.20 (33,4)
		1800m	2:32.67 (33,3)	1800m	2:32.84 (33,6)
		2200m	3:07.11 (34,5)	2200m	3:07.35 (34,5)
		2600m	3:42.08 (34,9)	2600m	3:43.17 (35,8)
		3000m	4:17.91 (35,9)	3000m	4:20.26 (37,1)

		Naam	Cat	PR	Tijd Info
20	gl	72 Levy Kramer	HA2	4:15.87	4:20.45
	bl	58 Pim Verhagen	HA1	4:12.97	4:17.52
		Levy Kramer		Pim Verhagen	
		200m	20.73 (20,7)	200m	20.07 (20,0)
		600m	52.45 (31,7)	600m	51.33 (31,3)
		1000m	1:25.12 (32,7)	1000m	1:23.84 (32,5)
		1400m	1:58.99 (33,8)	1400m	1:57.58 (33,7)
		1800m	2:33.22 (34,3)	1800m	2:31.89 (34,3)
		2200m	3:08.42 (35,2)	2200m	3:06.74 (34,9)
		2600m	3:44.07 (35,6)	2600m	3:42.21 (35,5)
		3000m	4:20.45 (36,4)	3000m	4:17.52 (35,3)

		Naam	Cat	PR	Tijd Info
21	wt	61 Witse Vermaning	HA1	4:11.26	4:14.45
	rd	38 Edo Maas	HA1	4:12.81	4:13.66
		Witse Vermaning		Edo Maas	
		200m	19.84 (19,8)	200m	19.99 (19,9)
		600m	51.10 (31,3)	600m	51.02 (31,1)
		1000m	1:23.29 (32,1)	1000m	1:23.37 (32,3)
		1400m	1:56.03 (32,8)	1400m	1:56.07 (32,7)
		1800m	2:29.47 (33,4)	1800m	2:29.59 (33,5)
		2200m	3:03.67 (34,2)	2200m	3:03.72 (34,2)
		2600m	3:38.61 (35,0)	2600m	3:38.63 (34,9)
		3000m	4:14.45 (35,8)	3000m	4:13.66 (35,0)

		Naam	Cat	PR	Tijd Info
22	gl	1 Milo Balk	HA2	4:08.80	4:15.79
	bl	6 Melvin van Beuzekom	HA1	4:09.57	4:17.45
		Milo Balk		Melvin van Beuzekom	
		200m	19.68 (19,6)	200m	20.46 (20,4)
		600m	51.97 (32,3)	600m	52.10 (31,7)
		1000m	1:24.26 (32,3)	1000m	1:24.46 (32,3)
		1400m	1:56.80 (32,6)	1400m	1:57.35 (32,9)
		1800m	2:29.65 (32,8)	1800m	2:31.15 (33,8)
		2200m	3:03.71 (34,1)	2200m	3:05.82 (34,7)
		2600m	3:39.21 (35,5)	2600m	3:41.18 (35,3)
		3000m	4:15.79 (36,5)	3000m	4:17.45 (36,3)

		Naam	Cat	PR	Tijd Info
23	wt	42 Marc Middelkoop	HA2	4:06.27	4:14.12
	rd	55 Joeri van der Tuin	HA2	4:09.11	4:11.27
		Marc Middelkoop		Joeri van der Tuin	
		200m 19.13 (19,1)		200m 20.83 (20,8)	
		600m 51.04 (31,9)		600m 52.43 (31,6)	
		1000m 1:23.63 (32,6)		1000m 1:24.40 (32,0)	
		1400m 1:56.47 (32,8)		1400m 1:56.78 (32,3)	
		1800m 2:29.55 (33,1)		1800m 2:29.98 (33,2)	
		2200m 3:03.28 (33,7)		2200m 3:03.41 (33,5)	
		2600m 3:37.74 (34,5)		2600m 3:37.18 (33,7)	
		3000m 4:14.12 (36,4)		3000m 4:11.27 (34,1)	

		Naam	Cat	PR	Tijd Info
24	gl	37 Kenny de Leeuw	HA1	4:07.64	4:19.04
	bl	50 Martin van Schie	HA2	4:04.86	4:08.96
		Kenny de Leeuw		Martin van Schie	
		200m 19.69 (19,6)		200m 19.79 (19,7)	
		600m 51.43 (31,8)		600m 50.97 (31,2)	
		1000m 1:23.49 (32,0)		1000m 1:23.23 (32,3)	
		1400m 1:56.70 (33,3)		1400m 1:55.97 (32,7)	
		1800m 2:30.75 (34,0)		1800m 2:28.90 (33,0)	
		2200m 3:05.49 (34,7)		2200m 3:02.18 (33,2)	
		2600m 3:41.61 (36,2)		2600m 3:35.66 (33,5)	
		3000m 4:19.04 (37,4)		3000m 4:08.96 (33,3)	

		Naam	Cat	PR	Tijd Info
25	wt	32 Adriaan de Kluiver	HA2	4:04.77	4:11.32
	rd	53 Jeroen Steenbergen	HA2	4:00.16	4:10.10
		Adriaan de Kluiver		Jeroen Steenbergen	
		200m 19.96 (19,9)		200m 19.37 (19,3)	
		600m 50.93 (31,0)		600m 50.14 (30,8)	
		1000m 1:22.59 (31,6)		1000m 1:22.24 (32,1)	
		1400m 1:55.32 (32,8)		1400m 1:54.58 (32,3)	
		1800m 2:28.46 (33,1)		1800m 2:27.72 (33,2)	
		2200m 3:02.34 (33,9)		2200m 3:01.19 (33,4)	
		2600m 3:36.64 (34,3)		2600m 3:35.66 (34,5)	
		3000m 4:11.32 (34,7)		3000m 4:10.10 (34,5)	

		Naam	Cat	PR	Tijd Info
26	gl	21 Tom den Heijer	HA1	4:05.42	4:10.43
	bl	4 Berend Bervoets	HA2	4:03.49	4:05.94
		Tom den Heijer		Berend Bervoets	
		200m 19.51 (19,5)		200m 20.03 (20,0)	
		600m 50.99 (31,4)		600m 50.90 (30,9)	
		1000m 1:23.26 (32,3)		1000m 1:22.46 (31,5)	
		1400m 1:56.36 (33,1)		1400m 1:54.76 (32,3)	
		1800m 2:29.35 (33,0)		1800m 2:26.73 (32,0)	
		2200m 3:02.80 (33,5)		2200m 2:58.68 (31,9)	
		2600m 3:36.26 (33,4)		2600m 3:31.76 (33,1)	
		3000m 4:10.43 (34,2)		3000m 4:05.94 (34,2)	

		Naam	Cat	PR	Tijd Info
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27	wt	13	Mike Dogterom	HA1	4:00.93	4:10.02
	rd	20	Homme Jan de Groot	HA2	4:03.55	4:08.76

Mike Dogterom			Homme Jan de Groot		
200m	19.96	(19,9)	200m	19.47	(19,4)
600m	51.42	(31,5)	600m	50.48	(31,0)
1000m	1:23.35	(31,9)	1000m	1:22.36	(31,9)
1400m	1:56.09	(32,7)	1400m	1:55.07	(32,7)
1800m	2:28.76	(32,7)	1800m	2:28.27	(33,2)
2200m	3:02.18	(33,4)	2200m	3:01.84	(33,6)
2600m	3:35.81	(33,7)	2600m	3:35.33	(33,5)
3000m	4:10.02	(34,2)	3000m	4:08.76	(33,4)

		Naam	Cat	PR	Tijd Info	
28	gl	23	Wesley Hollenberg	HA1	4:03.32	4:03.91
	bl	11	Adne van Diest	HA2	4:02.24	4:06.02

Wesley Hollenberg			Adne van Diest		
200m	19.70	(19,7)	200m	19.39	(19,3)
600m	50.63	(30,9)	600m	49.98	(30,6)
1000m	1:21.62	(31,0)	1000m	1:21.05	(31,1)
1400m	1:53.17	(31,5)	1400m	1:52.18	(31,1)
1800m	2:24.97	(31,8)	1800m	2:24.20	(32,1)
2200m	2:57.20	(32,3)	2200m	2:56.60	(32,4)
2600m	3:29.94	(32,7)	2600m	3:30.75	(34,1)
3000m	4:03.91	(34,0)	3000m	4:06.02	(35,3)