

## 1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	28 Tijmen Snel	HN2	13	O	36.95		
2	9 Thomas Geerdinck	HN4	14	O	37.42		
3	12 Jan Hamers	HN3	14	I	37.74		
4	4 Jort Boomhouwer	HN1	12	I	37.89		
5	7 Gerwin Colje	HSA	13	I	38.01		
6	35 Jos de Vos	HSA	2	O	38.02		
7	8 Jorick Duijzer	HN2	11	I	38.11		
8	39 Casper Martens	HSA	10	I	38.17		
9	20 Sjoerd Kleinhuis	HSA	11	O	38.26		
10	32 Jan Hein Verhoeff	HN1	12	O	38.27		
11	25 Vincent Oudshoorn	HN4	9	O	38.50		
12	33 Watse Vermaning	HA2	10	O	38.73		
13	30 Wiebe Stassen	HN3	6	O	38.74		
	13 Luc Heine	HN2	9	I	38.74		
15	36 Lex Dijkstra	HN4	2	I	38.82		
16	11 Homme Jan de Groot	HN1	8	O	39.06		
17	21 Joes Klijnsoon	HN2	5	I	39.24		
18	14 Lasse Hiddink	HA1	3	O	39.27		
19	1 Berend Bervoets	HN1	6	I	39.41		
20	38 Jeffrey Kors	HN4	7	O	39.43		
21	37 Nino van Dijk	HN2	7	I	39.50		
22	23 André Los	HSA	5	O	39.52		
23	5 Joris Brink	HN1	8	I	39.64		
24	22 Adriaan de Kluiver	HN1	4	I	39.78		
25	29 Beau Snellink	HA1	4	O	40.37		
26	24 Mark Ooijevaar	HSB	3	I	42.00		
27	15 Sybe van Hijum	HSA	1	I	46.07		

## 1. Rituitslag 500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	15	<b>Sybe van Hijum</b>		HSA	44.24		<b>46.07</b>	
	rd								
		<u>Sybe van Hijum</u>							
			100m	12.32	(12,3)		m		
			500m	46.07	(33,7)				
2	wt	36	<b>Lex Dijkstra</b>		HN4	37.37		<b>38.82</b>	
	rd	35	<b>Jos de Vos</b>		HSA	37.24		<b>38.02</b>	
		<u>Lex Dijkstra</u>							
			100m	10.88	(10,8)		100m	10.77	(10,7)
			500m	38.82	(28,0)		500m	38.02	(27,3)
		<u>Jos de Vos</u>							
			100m	10.77	(10,7)		100m	10.81	(10,8)
			500m	38.02	(27,3)		500m	39.27	(28,4)
3	wt	24	<b>Mark Ooijevaar</b>		HSB	39.43		<b>42.00</b>	
	rd	14	<b>Lasse Hiddink</b>		HA1	38.39		<b>39.27</b>	
		<u>Mark Ooijevaar</u>							
			100m	11.78	(11,7)		100m	10.81	(10,8)
			500m	42.00	(30,3)		500m	39.27	(28,4)
		<u>Lasse Hiddink</u>							
			100m	10.81	(10,8)		100m	11.15	(11,1)
			500m	39.27	(28,4)		500m	39.52	(28,4)
4	wt	22	<b>Adriaan de Kluiver</b>		HN1	38.79		<b>39.78</b>	
	rd	29	<b>Beau Snellink</b>		HA1	39.27		<b>40.37</b>	
		<u>Adriaan de Kluiver</u>							
			100m	11.08	(11,0)		100m	11.25	(11,2)
			500m	39.78	(28,7)		500m	40.37	(29,1)
		<u>Beau Snellink</u>							
			100m	11.15	(11,1)		100m	11.15	(11,1)
			500m	39.52	(28,4)		500m	39.52	(28,4)
5	wt	21	<b>Joes Klijnsoorn</b>		HN2	37.89		<b>39.24</b>	
	rd	23	<b>André Los</b>		HSA	38.48		<b>39.52</b>	
		<u>Joes Klijnsoorn</u>							
			100m	10.94	(10,9)		100m	11.15	(11,1)
			500m	39.24	(28,3)		500m	39.52	(28,4)
		<u>André Los</u>							
			100m	11.15	(11,1)		100m	11.15	(11,1)
			500m	39.52	(28,4)		500m	39.52	(28,4)
6	wt	1	<b>Berend Bervoets</b>		HN1	38.50		<b>39.41</b>	
	rd	30	<b>Wiebe Stassen</b>		HN3	38.46		<b>38.74</b>	
		<u>Berend Bervoets</u>							
			100m	10.97	(10,9)		100m	10.69	(10,6)
			500m	39.41	(28,5)		500m	38.74	(28,1)
		<u>Wiebe Stassen</u>							
			100m	10.69	(10,6)		100m	10.69	(10,6)
			500m	38.74	(28,1)		500m	38.74	(28,1)

		Naam		Cat		PR	Tijd	Info
7	wt	37	<b>Nino van Dijk</b>		HN2	38.43	<b>39.50</b>	
	rd	38	<b>Jeffrey Kors</b>		HN4	38.09	<b>39.43</b>	
		<u>Nino van Dijk</u>			<u>Jeffrey Kors</u>			
		100m	10.94	(10,9)	100m	11.04	(11,0)	
		500m	39.50	(28,6)	500m	39.43	(28,4)	

		Naam		Cat		PR	Tijd	Info
8	wt	5	<b>Joris Brink</b>		HN1	38.52	<b>39.64</b>	
	rd	11	<b>Homme Jan de Groot</b>		HN1	38.51	<b>39.06</b>	
		<u>Joris Brink</u>			<u>Homme Jan de Groot</u>			
		100m	10.90	(10,9)	100m	11.01	(11,0)	
		500m	39.64	(28,7)	500m	39.06	(28,0)	

		Naam		Cat		PR	Tijd	Info
9	wt	13	<b>Luc Heine</b>		HN2	38.23	<b>38.74</b>	
	rd	25	<b>Vincent Oudshoorn</b>		HN4	37.90	<b>38.50</b>	
		<u>Luc Heine</u>			<u>Vincent Oudshoorn</u>			
		100m	10.63	(10,6)	100m	10.59	(10,5)	
		500m	38.74	(28,1)	500m	38.50	(28,0)	

		Naam		Cat		PR	Tijd	Info
10	wt	39	<b>Casper Martens</b>		HSA	37.69	<b>38.17</b>	
	rd	33	<b>Watse Vermaning</b>		HA2	37.98	<b>38.73</b>	
		<u>Casper Martens</u>			<u>Watse Vermaning</u>			
		100m	10.44	(10,4)	100m	10.73	(10,7)	
		500m	38.17	(27,7)	500m	38.73	(28,0)	

		Naam		Cat		PR	Tijd	Info
11	wt	8	<b>Jorick Duijzer</b>		HN2	37.74	<b>38.11</b>	
	rd	20	<b>Sjoerd Kleinhuis</b>		HSA	37.73	<b>38.26</b>	
		<u>Jorick Duijzer</u>			<u>Sjoerd Kleinhuis</u>			
		100m	10.56	(10,5)	100m	10.73	(10,7)	
		500m	38.11	(27,6)	500m	38.26	(27,5)	

		Naam		Cat		PR	Tijd	Info
12	wt	4	<b>Jort Boomhouwer</b>		HN1	37.09	<b>37.89</b>	
	rd	32	<b>Jan Hein Verhoeff</b>		HN1	37.62	<b>38.27</b>	
		<u>Jort Boomhouwer</u>			<u>Jan Hein Verhoeff</u>			
		100m	10.58	(10,5)	100m	10.55	(10,5)	
		500m	37.89	(27,3)	500m	38.27	(27,7)	

		Naam		Cat		PR	Tijd	Info
13	wt	7	<b>Gerwin Colje</b>		HSA	37.02	<b>38.01</b>	
	rd	28	<b>Tijmen Snel</b>		HN2	35.80	<b>36.95</b>	
		<u>Gerwin Colje</u>			<u>Tijmen Snel</u>			
		100m	10.75	(10,7)	100m	10.15	(10,1)	

500m 38.01 (27,3)

500m 36.95 (26,8)

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		Naam		Cat		PR	Tijd	Info
14	wt	12	<b>Jan Hamers</b>		HN3	37.52	<b>37.74</b>	
	rd	9	<b>Thomas Geerdinck</b>		HN4	36.13	<b>37.42</b>	
		<b>Jan Hamers</b>			<b>Thomas Geerdinck</b>			
		100m	10.63	(10,6)	100m	10.37	(10,3)	
		500m	37.74	(27,1)	500m	37.42	(27,1)	

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## 2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	35 Jos de Vos	HSA	14	I	6:42.21		
2	36 Lex Dijkstra	HN4	12	I	6:42.57		
3	9 Thomas Geerdinck	HN4	13	I	6:43.96		
4	7 Gerwin Colje	HSA	14	O	6:53.13		
5	12 Jan Hamers	HN3	8	O	6:59.00		
6	28 Tijmen Snel	HN2	2	I	7:01.84		
7	23 André Los	HSA	12	O	7:03.41		
8	24 Mark Ooijevaar	HSB	13	O	7:03.64		
9	11 Homme Jan de Groot	HN1	4	O	7:03.77		
10	8 Jorick Duijzer	HN2	9	I	7:03.91		
11	4 Jort Boomhouwer	HN1	8	I	7:05.79		
12	29 Beau Snellink	HA1	10	I	7:05.90		
13	30 Wiebe Stassen	HN3	6	I	7:06.98		
14	22 Adriaan de Kluiver	HN1	9	O	7:07.93		
15	13 Luc Heine	HN2	10	O	7:09.49		
16	20 Sjoerd Kleinhuis	HSA	11	O	7:13.63		
17	14 Lasse Hiddink	HA1	5	I	7:13.80		
18	39 Casper Martens	HSA	4	I	7:14.36		
19	37 Nino van Dijk	HN2	6	O	7:14.47		
20	1 Berend Bervoets	HN1	11	I	7:16.05		
21	21 Joes Klijnsoon	HN2	7	O	7:17.99		
22	5 Joris Brink	HN1	7	I	7:20.43		
23	25 Vincent Oudshoorn	HN4	3	O	7:24.74		
24	33 Watse Vermaning	HA2	5	O	7:29.64		
25	38 Jeffrey Kors	HN4	3	I	7:33.44		
26	32 Jan Hein Verhoeff	HN1	1	I	7:47.73		
27	15 Sybe van Hijum	HSA	2	O	7:53.58		

## 2. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt rd	32	<b>Jan Hein Verhoeff</b>		HN1	7:34.13	<b>7:47.73</b>	
		<b>Jan Hein Verhoeff</b>						
			200m	20.13	(20,1)			m
			600m	54.32	(34,2)			
			1000m	1:29.23	(34,9)			
			1400m	2:04.60	(35,4)			
			1800m	2:40.50	(35,9)			
			2200m	3:16.86	(36,3)			
			2600m	3:53.67	(36,8)			
			3000m	4:30.61	(37,0)			
			3400m	5:07.73	(37,1)			
			3800m	5:45.80	(38,1)			
			4200m	6:25.25	(39,4)			
			4600m	7:06.01	(40,8)			
			5000m	7:47.73	(41,7)			

		Naam		Cat		PR	Tijd	Info
2	gl	28	<b>Tijmen Snel</b>		HN2	6:44.76	<b>7:01.84</b>	
	bl	15	<b>Sybe van Hijum</b>		HSA	7:39.31	<b>7:53.58</b>	
		<b>Tijmen Snel</b>						
			200m	19.22	(19,2)			
			600m	50.93	(31,7)			
			1000m	1:23.33	(32,4)			
			1400m	1:56.19	(32,8)			
			1800m	2:29.05	(32,9)			
			2200m	3:02.31	(33,3)			
			2600m	3:36.00	(33,7)			
			3000m	4:09.37	(33,3)			
			3400m	4:43.43	(34,1)			
			3800m	5:17.44	(34,0)			
			4200m	5:51.69	(34,2)			
			4600m	6:26.26	(34,6)			
			5000m	7:01.84	(35,6)			
		<b>Sybe van Hijum</b>						
			200m	22.99	(22,9)			
			600m	59.40	(36,5)			
			1000m	1:37.48	(38,0)			
			1400m	2:15.32	(37,9)			
			1800m	2:53.02	(37,7)			
			2200m	3:30.84	(37,8)			
			2600m	4:08.59	(37,7)			
			3000m	4:45.55	(37,0)			
			3400m	5:22.58	(37,0)			
			3800m	6:00.01	(37,5)			
			4200m	6:37.96	(37,9)			
			4600m	7:15.95	(38,0)			
			5000m	7:53.58	(37,6)			

		Naam		Cat		PR	Tijd	Info
3	wt	38	<b>Jeffrey Kors</b>		HN4	6:47.53	<b>7:33.44</b>	
	rd	25	<b>Vincent Oudshoorn</b>		HN4	7:07.50	<b>7:24.74</b>	
		<b>Jeffrey Kors</b>						
			200m	19.99	(19,9)			
			600m	54.11	(34,2)			
			1000m	1:29.04	(34,9)			
			1400m	2:04.63	(35,6)			
		<b>Vincent Oudshoorn</b>						
			200m	20.39	(20,3)			
			600m	54.22	(33,9)			
			1000m	1:28.97	(34,7)			
			1400m	2:03.70	(34,8)			

1800m	2:40.14	(35,5)	1800m	2:39.35	(35,6)
2200m	3:15.97	(35,8)	2200m	3:15.19	(35,8)
2600m	3:52.08	(36,1)	2600m	3:51.12	(36,0)
3000m	4:28.91	(36,9)	3000m	4:27.42	(36,3)
3400m	5:05.34	(36,4)	3400m	5:03.61	(36,2)
3800m	5:42.29	(36,9)	3800m	5:39.37	(35,7)
4200m	6:19.37	(37,1)	4200m	6:14.22	(34,9)
4600m	6:56.53	(37,2)	4600m	6:49.60	(35,4)
5000m	7:33.44	(36,9)	5000m	7:24.74	(35,1)

		Naam		Cat		PR	Tijd Info
4	gl	39	<b>Casper Martens</b>		HSA	7:04.90	<b>7:14.36</b>
	bl	11	<b>Homme Jan de Groot</b>		HN1	6:57.55	<b>7:03.77</b>
		<b>Casper Martens</b>			<b>Homme Jan de Groot</b>		
		200m	19.29	(19,2)	200m	20.13	(20,1)
		600m	50.77	(31,5)	600m	52.00	(31,9)
		1000m	1:23.64	(32,9)	1000m	1:24.61	(32,6)
		1400m	1:57.39	(33,7)	1400m	1:57.42	(32,8)
		1800m	2:31.01	(33,7)	1800m	2:30.19	(32,7)
		2200m	3:05.45	(34,4)	2200m	3:03.23	(33,1)
		2600m	3:40.07	(34,6)	2600m	3:36.85	(33,6)
		3000m	4:15.49	(35,4)	3000m	4:10.75	(33,9)
		3400m	4:50.98	(35,5)	3400m	4:45.12	(34,4)
		3800m	5:26.65	(35,7)	3800m	5:19.62	(34,5)
		4200m	6:03.17	(36,5)	4200m	5:54.28	(34,6)
		4600m	6:39.41	(36,3)	4600m	6:28.96	(34,7)
		5000m	7:14.36	(34,9)	5000m	7:03.77	(34,8)

		Naam		Cat		PR	Tijd Info
5	wt	14	<b>Lasse Hiddink</b>		HA1	7:00.66	<b>7:13.80</b>
	rd	33	<b>Watse Vermaning</b>		HA2	7:16.99	<b>7:29.64</b>
		<b>Lasse Hiddink</b>			<b>Watse Vermaning</b>		
		200m	20.56	(20,5)	200m	20.10	(20,1)
		600m	53.62	(33,1)	600m	52.01	(31,9)
		1000m	1:26.78	(33,1)	1000m	1:25.36	(33,3)
		1400m	2:00.18	(33,4)	1400m	1:59.17	(33,8)
		1800m	2:33.73	(33,6)	1800m	2:32.52	(33,4)
		2200m	3:07.09	(33,3)	2200m	3:06.50	(34,0)
		2600m	3:40.92	(33,9)	2600m	3:41.01	(34,5)
		3000m	4:15.44	(34,5)	3000m	4:16.39	(35,3)
		3400m	4:50.50	(35,1)	3400m	4:52.72	(36,4)
		3800m	5:25.53	(35,0)	3800m	5:29.99	(37,2)
		4200m	6:01.25	(35,7)	4200m	6:08.51	(38,6)
		4600m	6:37.44	(36,2)	4600m	6:48.60	(40,1)
		5000m	7:13.80	(36,4)	5000m	7:29.64	(41,0)

		Naam		Cat		PR	Tijd Info
6	gl	30	<b>Wiebe Stassen</b>		HN3	6:56.42	<b>7:06.98</b>
	bl	37	<b>Nino van Dijk</b>		HN2	6:49.40	<b>7:14.47</b>

## Wiebe Stassen

200m	20.09	(20,0)
600m	52.31	(32,3)
1000m	1:25.36	(33,0)
1400m	1:59.05	(33,7)
1800m	2:32.29	(33,2)
2200m	3:06.00	(33,8)
2600m	3:39.93	(33,9)
3000m	4:14.14	(34,2)
3400m	4:48.31	(34,2)
3800m	5:22.87	(34,5)
4200m	5:57.50	(34,7)
4600m	6:32.09	(34,5)
5000m	7:06.98	(34,9)

## Nino van Dijk

200m	20.09	(20,0)
600m	52.27	(32,2)
1000m	1:25.55	(33,3)
1400m	1:59.22	(33,7)
1800m	2:33.11	(33,9)
2200m	3:07.56	(34,4)
2600m	3:42.24	(34,7)
3000m	4:17.15	(34,9)
3400m	4:52.28	(35,1)
3800m	5:27.51	(35,3)
4200m	6:02.93	(35,4)
4600m	6:38.54	(35,6)
5000m	7:14.47	(35,9)

		Naam	Cat	PR	Tijd Info
7	wt	5 <b>Joris Brink</b>	HN1	6:55.61	<b>7:20.43</b>
	rd	21 <b>Joos Klijnsohn</b>	HN2	6:46.45	<b>7:17.99</b>

## Joris Brink

200m	20.60	(20,6)
600m	54.69	(34,0)
1000m	1:28.63	(34,0)
1400m	2:02.57	(33,9)
1800m	2:36.93	(34,4)
2200m	3:11.43	(34,5)
2600m	3:45.90	(34,5)
3000m	4:21.18	(35,2)
3400m	4:56.85	(35,7)
3800m	5:32.97	(36,1)
4200m	6:09.11	(36,2)
4600m	6:45.28	(36,1)
5000m	7:20.43	(35,2)

## Joos Klijnsohn

200m	20.98	(20,9)
600m	54.64	(33,7)
1000m	1:28.69	(34,0)
1400m	2:02.82	(34,2)
1800m	2:37.15	(34,3)
2200m	3:11.39	(34,2)
2600m	3:46.49	(35,1)
3000m	4:21.79	(35,3)
3400m	4:57.61	(35,9)
3800m	5:33.66	(36,0)
4200m	6:08.17	(34,5)
4600m	6:42.69	(34,5)
5000m	7:17.99	(35,3)

		Naam	Cat	PR	Tijd Info
8	gl	4 <b>Jort Boomhouwer</b>	HN1	6:59.18	<b>7:05.79</b>
	bl	12 <b>Jan Hamers</b>	HN3	6:50.75	<b>6:59.00</b>

## Jort Boomhouwer

200m	20.16	(20,1)
600m	53.33	(33,2)
1000m	1:26.51	(33,2)
1400m	1:59.95	(33,4)
1800m	2:32.95	(33,0)
2200m	3:06.26	(33,3)
2600m	3:39.46	(33,2)
3000m	4:13.21	(33,8)
3400m	4:47.45	(34,2)
3800m	5:21.97	(34,5)
4200m	5:56.47	(34,5)
4600m	6:31.14	(34,7)
5000m	7:05.79	(34,6)

## Jan Hamers

200m	20.27	(20,2)
600m	53.25	(33,0)
1000m	1:26.51	(33,3)
1400m	1:59.35	(32,8)
1800m	2:32.28	(32,9)
2200m	3:05.03	(32,8)
2600m	3:37.86	(32,8)
3000m	4:10.77	(32,9)
3400m	4:43.88	(33,1)
3800m	5:17.37	(33,5)
4200m	5:51.22	(33,9)
4600m	6:24.96	(33,7)
5000m	6:59.00	(34,1)



		Naam	Cat		PR	Tijd Info
9	wt	8 <b>Jorick Duijzer</b>	HN2		6:46.43	<b>7:03.91</b>
	rd	22 <b>Adriaan de Kluiver</b>	HN1		6:55.80	<b>7:07.93</b>
		<b>Jorick Duijzer</b>			<b>Adriaan de Kluiver</b>	
		200m	19.55	(19,5)	200m	20.88 (20,8)
		600m	52.15	(32,6)	600m	53.17 (32,3)
		1000m	1:25.57	(33,4)	1000m	1:26.28 (33,1)
		1400m	1:58.93	(33,4)	1400m	1:59.49 (33,2)
		1800m	2:32.11	(33,2)	1800m	2:33.00 (33,6)
		2200m	3:05.55	(33,4)	2200m	3:06.77 (33,7)
		2600m	3:39.22	(33,7)	2600m	3:40.30 (33,6)
		3000m	4:13.18	(33,9)	3000m	4:14.39 (34,0)
		3400m	4:47.12	(34,0)	3400m	4:49.08 (34,7)
		3800m	5:21.38	(34,2)	3800m	5:23.86 (34,8)
		4200m	5:55.52	(34,2)	4200m	5:58.48 (34,6)
		4600m	6:29.79	(34,2)	4600m	6:33.13 (34,7)
		5000m	7:03.91	(34,2)	5000m	7:07.93 (34,8)

		Naam	Cat		PR	Tijd Info
10	gl	29 <b>Beu Snellink</b>	HA1		6:50.48	<b>7:05.90</b>
	bl	13 <b>Luc Heine</b>	HN2		6:54.75	<b>7:09.49</b>
		<b>Beu Snellink</b>			<b>Luc Heine</b>	
		200m	20.52	(20,5)	200m	20.40 (20,4)
		600m	53.80	(33,3)	600m	54.06 (33,6)
		1000m	1:27.00	(33,2)	1000m	1:28.37 (34,3)
		1400m	2:00.39	(33,3)	1400m	2:02.52 (34,2)
		1800m	2:33.96	(33,6)	1800m	2:36.49 (33,9)
		2200m	3:07.65	(33,7)	2200m	3:10.19 (33,7)
		2600m	3:41.40	(33,8)	2600m	3:43.93 (33,8)
		3000m	4:15.18	(33,7)	3000m	4:17.56 (33,6)
		3400m	4:49.16	(34,0)	3400m	4:51.40 (33,9)
		3800m	5:23.37	(34,2)	3800m	5:25.17 (33,7)
		4200m	5:57.60	(34,3)	4200m	5:59.65 (34,5)
		4600m	6:31.93	(34,3)	4600m	6:34.40 (34,8)
		5000m	7:05.90	(34,0)	5000m	7:09.49 (35,0)

		Naam	Cat		PR	Tijd Info
11	wt	1 <b>Berend Bervoets</b>	HN1		6:50.83	<b>7:16.05</b>
	rd	20 <b>Sjoerd Kleinhuis</b>	HSA		6:55.49	<b>7:13.63</b>
		<b>Berend Bervoets</b>			<b>Sjoerd Kleinhuis</b>	
		200m	19.94	(19,9)	200m	19.67 (19,6)
		600m	53.46	(33,5)	600m	52.76 (33,1)
		1000m	1:27.93	(34,5)	1000m	1:25.75 (33,0)
		1400m	2:01.97	(34,0)	1400m	1:58.39 (32,6)
		1800m	2:35.98	(34,0)	1800m	2:31.32 (33,0)
		2200m	3:10.44	(34,5)	2200m	3:04.48 (33,1)
		2600m	3:44.76	(34,3)	2600m	3:38.13 (33,7)
		3000m	4:19.72	(35,0)	3000m	4:12.51 (34,4)

3400m	4:54.56	(34,8)	3400m	4:46.97	(34,4)
3800m	5:29.50	(35,0)	3800m	5:21.84	(34,9)
4200m	6:04.98	(35,4)	4200m	5:57.50	(35,7)
4600m	6:40.72	(35,8)	4600m	6:34.20	(36,7)
5000m	7:16.05	(35,3)	5000m	7:13.63	(39,4)

		Naam			Cat			PR	Tijd Info
12	gl	36	<b>Lex Dijkstra</b>		HN4			6:25.90	<b>6:42.57</b>
	bl	23	<b>André Los</b>		HSA			6:44.75	<b>7:03.41</b>
		<u>Lex Dijkstra</u>			<u>André Los</u>				
		200m	19.26	(19,2)	200m	20.27	(20,2)		
		600m	50.71	(31,5)	600m	52.40	(32,2)		
		1000m	1:22.31	(31,6)	1000m	1:25.86	(33,4)		
		1400m	1:53.91	(31,6)	1400m	1:59.05	(33,2)		
		1800m	2:25.39	(31,4)	1800m	2:32.07	(33,0)		
		2200m	2:57.13	(31,8)	2200m	3:05.56	(33,5)		
		2600m	3:28.69	(31,5)	2600m	3:39.06	(33,5)		
		3000m	4:00.36	(31,7)	3000m	4:12.75	(33,7)		
		3400m	4:32.24	(31,9)	3400m	4:46.84	(34,1)		
		3800m	5:04.46	(32,2)	3800m	5:20.70	(33,9)		
		4200m	5:36.95	(32,5)	4200m	5:55.20	(34,5)		
		4600m	6:09.75	(32,8)	4600m	6:29.41	(34,2)		
		5000m	6:42.57	(32,8)	5000m	7:03.41	(34,0)		

		Naam			Cat			PR	Tijd Info
13	wt	9	<b>Thomas Geerdinck</b>		HN4			6:27.46	<b>6:43.96</b>
	rd	24	<b>Mark Ooijevaar</b>		HSB			6:24.56	<b>7:03.64</b>
		<u>Thomas Geerdinck</u>			<u>Mark Ooijevaar</u>				
		200m	20.20	(20,2)	200m	20.94	(20,9)		
		600m	51.47	(31,2)	600m	53.60	(32,7)		
		1000m	1:22.91	(31,5)	1000m	1:26.76	(33,1)		
		1400m	1:54.82	(31,9)	1400m	2:00.00	(33,3)		
		1800m	2:26.58	(31,7)	1800m	2:33.44	(33,4)		
		2200m	2:58.50	(32,0)	2200m	3:06.78	(33,3)		
		2600m	3:30.43	(31,9)	2600m	3:40.53	(33,8)		
		3000m	4:02.43	(32,0)	3000m	4:14.37	(33,8)		
		3400m	4:34.39	(31,9)	3400m	4:48.04	(33,7)		
		3800m	5:06.58	(32,2)	3800m	5:21.84	(33,8)		
		4200m	5:39.20	(32,7)	4200m	5:55.84	(34,0)		
		4600m	6:11.50	(32,3)	4600m	6:29.60	(33,8)		
		5000m	6:43.96	(32,4)	5000m	7:03.64	(34,0)		

		Naam			Cat			PR	Tijd Info
14	gl	35	<b>Jos de Vos</b>		HSA			6:21.10	<b>6:42.21</b>
	bl	7	<b>Gerwin Colje</b>		HSA			6:43.23	<b>6:53.13</b>
		<u>Jos de Vos</u>			<u>Gerwin Colje</u>				
		200m	19.64	(19,6)	200m	20.00	(20,0)		
		600m	50.87	(31,2)	600m	51.23	(31,2)		
		1000m	1:22.41	(31,6)	1000m	1:22.90	(31,7)		

1400m	1:54.11	(31,7)	1400m	1:54.96	(32,0)
1800m	2:25.89	(31,7)	1800m	2:27.41	(32,5)
2200m	2:57.75	(31,9)	2200m	2:59.78	(32,3)
2600m	3:29.47	(31,7)	2600m	3:32.09	(32,3)
3000m	4:01.42	(32,0)	3000m	4:04.78	(32,7)
3400m	4:33.23	(31,8)	3400m	4:37.72	(33,0)
3800m	5:05.18	(31,9)	3800m	5:11.09	(33,3)
4200m	5:37.48	(32,3)	4200m	5:44.82	(33,8)
4600m	6:09.88	(32,4)	4600m	6:18.87	(34,0)
5000m	6:42.21	(32,4)	5000m	6:53.13	(34,3)

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## 3. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	9 Thomas Geerdinck	HN4	14	I	1:52.85		
2	28 Tijmen Snel	HN2	13	O	1:53.01		
3	7 Gerwin Colje	HSA	12	I	1:53.63		
4	36 Lex Dijkstra	HN4	13	I	1:54.20		
5	12 Jan Hamers	HN3	12	O	1:54.23		
6	35 Jos de Vos	HSA	14	O	1:54.32		
7	8 Jorick Duijzer	HN2	11	O	1:54.60		
8	20 Sjoerd Kleinhuis	HSA	9	O	1:55.08		
9	30 Wiebe Stassen	HN3	10	O	1:55.88		
10	4 Jort Boomhouwer	HN1	11	I	1:56.00		
11	25 Vincent Oudshoorn	HN4	5	I	1:56.54		
12	22 Adriaan de Kluiver	HN1	7	I	1:56.72		
13	39 Casper Martens	HSA	9	I	1:56.88		
14	13 Luc Heine	HN2	8	I	1:57.27		
15	1 Berend Bervoets	HN1	5	O	1:57.37		
16	23 André Los	HSA	8	O	1:57.86		
17	11 Homme Jan de Groot	HN1	10	I	1:58.01		
18	33 Watse Vermaning	HA2	3	I	1:58.08		
	21 Joes Klijnsoon	HN2	4	I	1:58.08		
	14 Lasse Hiddink	HA1	7	O	1:58.08		
21	37 Nino van Dijk	HN2	6	I	1:58.22		
22	29 Beau Snellink	HA1	6	O	1:59.21		
23	5 Joris Brink	HN1	4	O	2:00.17		
24	32 Jan Hein Verhoeff	HN1	1	I	2:01.71		
25	24 Mark Ooijevaar	HSB	3	O	2:02.24		
26	15 Sybe van Hijum	HSA	1	O	2:14.63		

## 3. Rituitslag 1500 meter

		Naam			Cat			PR	Tijd	Info
1	wt	32	<b>Jan Hein Verhoeff</b>		HN1			1:55.93	<b>2:01.71</b>	
	rd	15	<b>Sybe van Hijum</b>		HSA			2:08.48	<b>2:14.63</b>	
		<u>Jan Hein Verhoeff</u>			<u>Sybe van Hijum</u>					
		300m	25.41	(25,4)	300m	30.09	(30,0)			
		700m	54.59	(29,1)	700m	1:04.36	(34,3)			
		1100m	1:26.28	(31,7)	1100m	1:39.33	(35,0)			
		1500m	2:01.71	(35,5)	1500m	2:14.63	(35,3)			
		Naam			Cat			PR	Tijd	Info
2	gl									
	bl									
		<u>m</u>			<u>m</u>					
		Naam			Cat			PR	Tijd	Info
3	wt	33	<b>Watse Vermaning</b>		HA2			1:55.24	<b>1:58.08</b>	
	rd	24	<b>Mark Ooijevaar</b>		HSB			1:50.34	<b>2:02.24</b>	
		<u>Watse Vermaning</u>			<u>Mark Ooijevaar</u>					
		300m	25.83	(25,8)	300m	28.08	(28,0)			
		700m	55.08	(29,2)	700m	58.66	(30,6)			
		1100m	1:25.51	(30,5)	1100m	1:29.96	(31,3)			
		1500m	1:58.08	(32,5)	1500m	2:02.24	(32,3)			
		Naam			Cat			PR	Tijd	Info
4	gl	21	<b>Joes Klijnsohn</b>		HN2			1:52.53	<b>1:58.08</b>	
	bl	5	<b>Joris Brink</b>		HN1			1:53.77	<b>2:00.17</b>	
		<u>Joes Klijnsohn</u>			<u>Joris Brink</u>					
		300m	25.53	(25,5)	300m	25.86	(25,8)			
		700m	54.57	(29,0)	700m	54.84	(29,0)			
		1100m	1:25.38	(30,8)	1100m	1:26.45	(31,6)			
		1500m	1:58.08	(32,7)	1500m	2:00.17	(33,7)			
		Naam			Cat			PR	Tijd	Info
5	wt	25	<b>Vincent Oudshoorn</b>		HN4			1:54.50	<b>1:56.54</b>	
	rd	1	<b>Berend Bervoets</b>		HN1			1:53.40	<b>1:57.37</b>	
		<u>Vincent Oudshoorn</u>			<u>Berend Bervoets</u>					
		300m	25.37	(25,3)	300m	26.00	(26,0)			
		700m	54.36	(29,0)	700m	54.83	(28,8)			
		1100m	1:24.36	(30,0)	1100m	1:25.04	(30,2)			
		1500m	1:56.54	(32,2)	1500m	1:57.37	(32,3)			
		Naam			Cat			PR	Tijd	Info

6	gl	37 <b>Nino van Dijk</b>	HN2	1:54.44	<b>1:58.22</b>
	bl	29 <b>Beau Snellink</b>	HA1	1:55.34	<b>1:59.21</b>

Nino van Dijk			Beau Snellink		
300m	26.08	(26,0)	300m	26.73	(26,7)
700m	55.82	(29,8)	700m	56.29	(29,5)
1100m	1:26.40	(30,6)	1100m	1:27.16	(30,9)
1500m	1:58.22	(31,8)	1500m	1:59.21	(32,1)

		Naam	Cat	PR	Tijd Info
7	wt	22 <b>Adriaan de Kluiver</b>	HN1	1:54.04	<b>1:56.72</b>
	rd	14 <b>Lasse Hiddink</b>	HA1	1:55.61	<b>1:58.08</b>

Adriaan de Kluiver			Lasse Hiddink		
300m	26.09	(26,0)	300m	26.21	(26,2)
700m	55.22	(29,2)	700m	55.99	(29,7)
1100m	1:25.21	(30,0)	1100m	1:26.87	(30,9)
1500m	1:56.72	(31,5)	1500m	1:58.08	(31,2)

		Naam	Cat	PR	Tijd Info
8	gl	13 <b>Luc Heine</b>	HN2	1:53.30	<b>1:57.27</b>
	bl	23 <b>André Los</b>	HSA	1:55.92	<b>1:57.86</b>

Luc Heine			André Los		
300m	25.31	(25,3)	300m	26.38	(26,3)
700m	54.47	(29,1)	700m	55.93	(29,6)
1100m	1:25.00	(30,6)	1100m	1:26.27	(30,3)
1500m	1:57.27	(32,2)	1500m	1:57.86	(31,6)

		Naam	Cat	PR	Tijd Info
9	wt	39 <b>Casper Martens</b>	HSA	1:54.63	<b>1:56.88</b>
	rd	20 <b>Sjoerd Kleinhuis</b>	HSA	1:52.83	<b>1:55.08</b>

Casper Martens			Sjoerd Kleinhuis		
300m	25.31	(25,3)	300m	25.60	(25,6)
700m	54.53	(29,2)	700m	53.63	(28,0)
1100m	1:24.81	(30,3)	1100m	1:23.31	(29,7)
1500m	1:56.88	(32,0)	1500m	1:55.08	(31,7)

		Naam	Cat	PR	Tijd Info
10	gl	11 <b>Homme Jan de Groot</b>	HN1	1:54.05	<b>1:58.01</b>
	bl	30 <b>Wiebe Stassen</b>	HN3	1:52.87	<b>1:55.88</b>

Homme Jan de Groot			Wiebe Stassen		
300m	25.68	(25,6)	300m	25.48	(25,4)
700m	54.53	(28,9)	700m	54.10	(28,7)
1100m	1:25.27	(30,7)	1100m	1:24.38	(30,2)
1500m	1:58.01	(32,8)	1500m	1:55.88	(31,5)

		Naam	Cat	PR	Tijd Info
11	wt	4 <b>Jort Boomhouwer</b>	HN1	1:51.78	<b>1:56.00</b>
	rd	8 <b>Jorick Duijzer</b>	HN2	1:50.07	<b>1:54.60</b>

**Jort Boomhouwer**

300m	24.99	(24,9)
700m	52.91	(28,0)
1100m	1:23.05	(30,1)
1500m	1:56.00	(33,0)

**Jorick Duijzer**

300m	25.14	(25,1)
700m	53.63	(28,5)
1100m	1:23.28	(29,6)
1500m	1:54.60	(31,4)

		Naam	Cat	PR	Tijd Info
12	gl	7 <b>Gerwin Colje</b>	HSA	1:50.79	<b>1:53.63</b>
	bl	12 <b>Jan Hamers</b>	HN3	1:51.01	<b>1:54.23</b>
		<b>Gerwin Colje</b>			
		300m	24.42	(24,4)	
		700m	52.34	(27,9)	
		1100m	1:21.88	(29,5)	
		1500m	1:53.63	(31,8)	
		<b>Jan Hamers</b>			
		300m	24.91	(24,9)	
		700m	52.96	(28,0)	
		1100m	1:22.75	(29,8)	
		1500m	1:54.23	(31,5)	

		Naam	Cat	PR	Tijd Info
13	wt	36 <b>Lex Dijkstra</b>	HN4	1:49.05	<b>1:54.20</b>
	rd	28 <b>Tijmen Snel</b>	HN2	1:48.99	<b>1:53.01</b>
		<b>Lex Dijkstra</b>			
		300m	25.52	(25,5)	
		700m	54.12	(28,6)	
		1100m	1:23.70	(29,6)	
		1500m	1:54.20	(30,5)	
		<b>Tijmen Snel</b>			
		300m	24.42	(24,4)	
		700m	52.55	(28,1)	
		1100m	1:21.91	(29,4)	
		1500m	1:53.01	(31,1)	

		Naam	Cat	PR	Tijd Info
14	gl	9 <b>Thomas Geerdinck</b>	HN4	1:48.72	<b>1:52.85</b>
	bl	35 <b>Jos de Vos</b>	HSA	1:47.01	<b>1:54.32</b>
		<b>Thomas Geerdinck</b>			
		300m	24.46	(24,4)	
		700m	52.37	(27,9)	
		1100m	1:21.77	(29,4)	
		1500m	1:52.85	(31,1)	
		<b>Jos de Vos</b>			
		300m	25.46	(25,4)	
		700m	53.98	(28,5)	
		1100m	1:23.69	(29,7)	
		1500m	1:54.32	(30,7)	

## 4. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	36 Lex Dijkstra	HN4	11	O	3:54.48		
2	9 Thomas Geerdinck	HN4	12	I	3:54.63		
3	35 Jos de Vos	HSA	12	O	3:55.18		
4	28 Tijmen Snel	HN2	11	I	3:55.79		
5	30 Wiebe Stassen	HN3	8	O	4:05.34		
6	22 Adriaan de Kluiver	HN1	5	I	4:05.53		
7	7 Gerwin Colje	HSA	10	I	4:05.56		
8	20 Sjoerd Kleinhuis	HSA	8	I	4:05.66		
9	14 Lasse Hiddink	HA1	4	I	4:07.62		
10	4 Jort Boomhouwer	HN1	9	O	4:07.73		
11	8 Jorick Duijzer	HN2	9	I	4:08.09		
12	29 Beau Snellink	HA1	2	I	4:08.29		
13	12 Jan Hamers	HN3	10	O	4:08.69		
14	37 Nino van Dijk	HN2	3	I	4:08.91		
15	24 Mark Ooijevaar	HSB	1	I	4:09.21		
16	1 Berend Bervoets	HN1	4	O	4:09.55		
17	11 Homme Jan de Groot	HN1	7	O	4:10.31		
18	13 Luc Heine	HN2	6	I	4:10.38		
19	21 Joes Klijnsoon	HN2	3	O	4:11.03		
20	33 Watse Vermaning	HA2	2	O	4:13.38		
21	25 Vincent Oudshoorn	HN4	5	O	4:14.24		
22	23 André Los	HSA	6	O	4:15.24		
23	39 Casper Martens	HSA	7	I	4:16.03		
24	15 Sybe van Hijum	HSA	1	O	4:37.89		



## 4. Rituitslag 3000 meter

		Naam	Cat		PR	Tijd	Info
1	wt	24 <b>Mark Ooijevaar</b>	HSB		3:46.94	<b>4:09.21</b>	
	rd	15 <b>Sybe van Hijum</b>	HSA		4:29.50	<b>4:37.89</b>	
		<u>Mark Ooijevaar</u>		<u>Sybe van Hijum</u>			
		200m	20.74	(20,7)	200m	22.56	(22,5)
		600m	52.84	(32,1)	600m	58.79	(36,2)
		1000m	1:25.43	(32,6)	1000m	1:35.81	(37,1)
		1400m	1:58.23	(32,8)	1400m	2:12.48	(36,6)
		1800m	2:31.06	(32,8)	1800m	2:48.96	(36,5)
		2200m	3:03.69	(32,6)	2200m	3:25.40	(36,5)
		2600m	3:36.25	(32,6)	2600m	4:01.90	(36,5)
		3000m	4:09.21	(33,0)	3000m	4:37.89	(35,9)

		Naam	Cat		PR	Tijd	Info
2	gl	29 <b>Beau Snellink</b>	HA1		3:59.84	<b>4:08.29</b>	
	bl	33 <b>Watsje Vermaning</b>	HA2		4:08.64	<b>4:13.38</b>	
		<u>Beau Snellink</u>		<u>Watsje Vermaning</u>			
		200m	20.94	(20,9)	200m	20.15	(20,1)
		600m	53.08	(32,1)	600m	52.12	(32,0)
		1000m	1:25.31	(32,3)	1000m	1:24.57	(32,4)
		1400m	1:57.82	(32,5)	1400m	1:56.89	(32,3)
		1800m	2:30.27	(32,4)	1800m	2:29.61	(32,8)
		2200m	3:02.80	(32,6)	2200m	3:02.96	(33,3)
		2600m	3:35.64	(32,8)	2600m	3:37.60	(34,7)
		3000m	4:08.29	(32,6)	3000m	4:13.38	(35,7)

		Naam	Cat		PR	Tijd	Info
3	wt	37 <b>Nino van Dijk</b>	HN2		4:00.74	<b>4:08.91</b>	
	rd	21 <b>Joes Klijnsoorn</b>	HN2		3:57.92	<b>4:11.03</b>	
		<u>Nino van Dijk</u>		<u>Joes Klijnsoorn</u>			
		200m	19.34	(19,3)	200m	20.57	(20,5)
		600m	49.99	(30,6)	600m	52.22	(31,7)
		1000m	1:21.60	(31,7)	1000m	1:25.24	(33,0)
		1400m	1:53.93	(32,3)	1400m	1:58.23	(33,0)
		1800m	2:26.76	(32,8)	1800m	2:30.38	(32,1)
		2200m	3:00.23	(33,5)	2200m	3:03.16	(32,8)
		2600m	3:34.11	(33,9)	2600m	3:36.35	(33,2)
		3000m	4:08.91	(34,8)	3000m	4:11.03	(34,7)

		Naam	Cat		PR	Tijd	Info
4	gl	14 <b>Lasse Hiddink</b>	HA1		4:05.64	<b>4:07.62</b>	
	bl	1 <b>Berend Bervoets</b>	HN1		3:58.31	<b>4:09.55</b>	
		<u>Lasse Hiddink</u>		<u>Berend Bervoets</u>			
		200m	20.01	(20,0)	200m	20.36	(20,3)

600m	52.25	(32,2)	600m	52.37	(32,0)
1000m	1:24.55	(32,3)	1000m	1:23.85	(31,5)
1400m	1:57.13	(32,6)	1400m	1:55.78	(31,9)
1800m	2:29.90	(32,8)	1800m	2:28.42	(32,7)
2200m	3:02.58	(32,6)	2200m	3:01.60	(33,2)
2600m	3:35.21	(32,7)	2600m	3:35.14	(33,5)
3000m	4:07.62	(32,4)	3000m	4:09.55	(34,4)

		Naam		Cat		PR	Tijd	Info
5	wt	22	<b>Adriaan de Kluiver</b>		HN1	3:59.52	<b>4:05.53</b>	
	rd	25	<b>Vincent Oudshoorn</b>		HN4	4:07.29	<b>4:14.24</b>	
		<b>Adriaan de Kluiver</b>			<b>Vincent Oudshoorn</b>			
		200m	19.96	(19,9)	200m	20.11	(20,1)	
		600m	51.46	(31,5)	600m	52.53	(32,4)	
		1000m	1:22.99	(31,5)	1000m	1:25.37	(32,8)	
		1400m	1:54.97	(32,0)	1400m	1:58.41	(33,1)	
		1800m	2:27.28	(32,3)	1800m	2:31.86	(33,4)	
		2200m	3:00.00	(32,8)	2200m	3:05.74	(33,9)	
		2600m	3:32.81	(32,8)	2600m	3:39.72	(34,0)	
		3000m	4:05.53	(32,7)	3000m	4:14.24	(34,5)	

		Naam		Cat		PR	Tijd	Info
6	gl	13	<b>Luc Heine</b>		HN2	3:58.54	<b>4:10.38</b>	
	bl	23	<b>André Los</b>		HSA	4:01.48	<b>4:15.24</b>	
		<b>Luc Heine</b>			<b>André Los</b>			
		200m	19.76	(19,7)	200m	20.68	(20,6)	
		600m	51.24	(31,5)	600m	52.96	(32,3)	
		1000m	1:23.67	(32,4)	1000m	1:25.94	(33,0)	
		1400m	1:56.52	(32,9)	1400m	1:59.00	(33,1)	
		1800m	2:29.38	(32,8)	1800m	2:31.98	(32,9)	
		2200m	3:02.51	(33,2)	2200m	3:05.67	(33,7)	
		2600m	3:36.07	(33,5)	2600m	3:39.95	(34,3)	
		3000m	4:10.38	(34,3)	3000m	4:15.24	(35,3)	

		Naam		Cat		PR	Tijd	Info
7	wt	39	<b>Casper Martens</b>		HSA	4:14.31	<b>4:16.03</b>	
	rd	11	<b>Homme Jan de Groot</b>		HN1	3:57.31	<b>4:10.31</b>	
		<b>Casper Martens</b>			<b>Homme Jan de Groot</b>			
		200m	19.77	(19,7)	200m	20.82	(20,8)	
		600m	51.64	(31,9)	600m	52.86	(32,0)	
		1000m	1:24.43	(32,8)	1000m	1:25.23	(32,4)	
		1400m	1:57.85	(33,4)	1400m	1:57.82	(32,6)	
		1800m	2:31.64	(33,8)	1800m	2:30.88	(33,0)	
		2200m	3:06.64	(35,0)	2200m	3:04.03	(33,2)	
		2600m	3:41.48	(34,8)	2600m	3:36.95	(32,9)	
		3000m	4:16.03	(34,6)	3000m	4:10.31	(33,4)	

		Naam		Cat		PR	Tijd	Info
8	gl	20	<b>Sjoerd Kleinhuis</b>		HSA	3:58.37	<b>4:05.66</b>	

o bl 30 Wiebe Stassen HN3 3:58.78 4:05.34

Sjoerd Kleinhuis

200m	19.49	(19,4)
600m	51.15	(31,7)
1000m	1:22.58	(31,4)
1400m	1:54.58	(32,0)
1800m	2:26.94	(32,4)
2200m	2:59.89	(32,9)
2600m	3:32.82	(33,0)
3000m	4:05.66	(32,8)

Wiebe Stassen

200m	19.97	(19,9)
600m	50.95	(31,0)
1000m	1:22.59	(31,6)
1400m	1:54.28	(31,7)
1800m	2:26.69	(32,4)
2200m	2:59.25	(32,6)
2600m	3:32.60	(33,4)
3000m	4:05.34	(32,7)

	Naam	Cat	PR	Tijd Info
9	wt 8 Jorick Duijzer	HN2	4:02.23	4:08.09
	rd 4 Jort Boomhouwer	HN1	3:55.46	4:07.73

Jorick Duijzer

200m	19.76	(19,7)
600m	51.28	(31,5)
1000m	1:23.44	(32,2)
1400m	1:56.17	(32,7)
1800m	2:29.15	(33,0)
2200m	3:02.40	(33,3)
2600m	3:35.43	(33,0)
3000m	4:08.09	(32,6)

Jort Boomhouwer

200m	20.30	(20,3)
600m	51.67	(31,3)
1000m	1:23.99	(32,3)
1400m	1:56.44	(32,5)
1800m	2:29.24	(32,8)
2200m	3:02.02	(32,8)
2600m	3:34.99	(32,9)
3000m	4:07.73	(32,8)

	Naam	Cat	PR	Tijd Info
10	gl 7 Gerwin Colje	HSA	3:55.23	4:05.56
	bl 12 Jan Hamers	HN3	3:58.00	4:08.69

Gerwin Colje

200m	19.56	(19,5)
600m	51.41	(31,9)
1000m	1:23.42	(32,0)
1400m	1:55.23	(31,8)
1800m	2:27.07	(31,8)
2200m	2:59.57	(32,5)
2600m	3:32.52	(33,0)
3000m	4:05.56	(33,0)

Jan Hamers

200m	20.23	(20,2)
600m	52.41	(32,2)
1000m	1:24.26	(31,8)
1400m	1:56.04	(31,8)
1800m	2:28.88	(32,8)
2200m	3:02.00	(33,2)
2600m	3:35.30	(33,3)
3000m	4:08.69	(33,3)

	Naam	Cat	PR	Tijd Info
11	wt 28 Tijmen Snel	HN2	3:53.69	3:55.79
	rd 36 Lex Dijkstra	HN4	3:44.72	3:54.48

Tijmen Snel

200m	18.39	(18,3)
600m	48.33	(30,0)
1000m	1:18.83	(30,5)
1400m	1:49.50	(30,7)
1800m	2:20.49	(30,9)
2200m	2:52.01	(31,6)
2600m	3:23.74	(31,7)
3000m	3:55.79	(32,0)

Lex Dijkstra

200m	19.42	(19,4)
600m	49.87	(30,4)
1000m	1:20.59	(30,7)
1400m	1:51.18	(30,6)
1800m	2:21.93	(30,8)
2200m	2:52.78	(30,8)
2600m	3:23.72	(31,0)
3000m	3:54.48	(30,7)

		Naam	Cat		PR	Tijd	Info
12	gl	9 <b>Thomas Geerdinck</b>	HN4		3:45.13	<b>3:54.63</b>	
	bl	35 <b>Jos de Vos</b>	HSA		3:41.34	<b>3:55.18</b>	
		<b>Thomas Geerdinck</b>			<b>Jos de Vos</b>		
		200m	19.16	(19,1)	200m	19.26	(19,2)
		600m	48.74	(29,6)	600m	48.76	(29,5)
		1000m	1:18.54	(29,8)	1000m	1:19.07	(30,3)
		1400m	1:49.00	(30,5)	1400m	1:50.44	(31,4)
		1800m	2:20.02	(31,0)	1800m	2:21.59	(31,1)
		2200m	2:51.36	(31,3)	2200m	2:52.88	(31,3)
		2600m	3:22.81	(31,5)	2600m	3:24.28	(31,4)
		3000m	3:54.63	(31,8)	3000m	3:55.18	(30,9)