

1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	17 Thomas Geerdinck	HSA	11	O	36.47		
2	4 Tjerk de Boer	HN2	2	O	37.09		
3	5 Jort Boomhouwer	HN2	11	I	37.60		
4	52 Jos de Vos	HSA	3	I	37.68		
5	20 Jan Hamers	HN4	14	O	38.07		
6	16 Jorick Duijzer	HN3	13	O	38.16		
7	36 Casper Martens	HSA	14	I	38.22		
8	39 Victor Ramler	HN4	1	O	38.32		
9	33 Sjoerd Kleinhuis	HSA	12	O	38.38		
10	27 Fausto Hubner	HN3	12	I	38.41		
11	21 Luc Heine	HN3	10	I	38.44		
12	18 Homme Jan de Groot	HN2	8	I	38.69		
13	19 Joeri Groot	HSA	4	I	38.77		
14	9 Gerwin Colje	HSA	10	O	38.81		
15	11 Lex Dijkstra	HSA	8	O	38.90		
16	23 Wesley Hollenberg	HN1	7	I	38.93		
17	10 Nino van Dijk	HN3	3	O	39.03		
18	22 Lasse Hiddink	HA2	9	O	39.21		
19	57 Casper van der Woude	HN1	1	I	39.28		
20	50 Max Visscher	HN1	5	O	39.67		
21	58 Bart Valentijn	HN2	9	I	40.04		
22	7 Ids Bouma	HA2	6	I	40.12		
23	29 Ivar Immerzeel	HA2	4	O	40.14		
24	26 Ole ten Hove	HN1	6	O	40.78		
25	25 Finn ten Hove	HN3	5	I	41.05		
26	38 Mark Ooijevaar	HSB	2	I	42.96		
	15 Max Douma	HN1	7	O	DQ		
	49 Watse Vermaning	HN1	13	I	DQ		
	35 Remco Langemaire	HA2	15	O	DNS		
	46 Marwin Talsma	HN3			WDR		

1. Rituitslag 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	57	Casper van der Woude		HN1	38.48	39.28	
	rd	39	Victor Ramler		HN4	37.43	38.32	
		<u>Casper van der Woude</u>			<u>Victor Ramler</u>			
		100m	11.10	(11,10)	100m	10.62	(10,62)	
		500m	39.28	(28,18)	500m	38.32	(27,70)	

		Naam		Cat		PR	Tijd	Info
2	wt	38	Mark Ooijevaar		HSB	39.43	42.96	
	rd	4	Tjerk de Boer		HN2	36.19	37.09	
		<u>Mark Ooijevaar</u>			<u>Tjerk de Boer</u>			
		100m	12.07	(12,07)	100m	10.51	(10,51)	
		500m	42.96	(30,89)	500m	37.09	(26,58)	

		Naam		Cat		PR	Tijd	Info
3	wt	52	Jos de Vos		HSA	37.24	37.68	
	rd	10	Nino van Dijk		HN3	38.43	39.03	
		<u>Jos de Vos</u>			<u>Nino van Dijk</u>			
		100m	10.65	(10,65)	100m	11.00	(11,00)	
		500m	37.68	(27,03)	500m	39.03	(28,03)	

		Naam		Cat		PR	Tijd	Info
4	wt	19	Joeri Groot		HSA	37.76	38.77	
	rd	29	Ivar Immerzeel		HA2	39.21	40.14	
		<u>Joeri Groot</u>			<u>Ivar Immerzeel</u>			
		100m	10.76	(10,76)	100m	11.31	(11,31)	
		500m	38.77	(28,01)	500m	40.14	(28,83)	

		Naam		Cat		PR	Tijd	Info
5	wt	25	Finn ten Hove		HN3	40.59	41.05	
	rd	50	Max Visscher		HN1	38.60	39.67	
		<u>Finn ten Hove</u>			<u>Max Visscher</u>			
		100m	11.56	(11,56)	100m	11.19	(11,19)	
		500m	41.05	(29,49)	500m	39.67	(28,48)	

		Naam		Cat		PR	Tijd	Info
6	wt	7	Ids Bouma		HA2	39.62	40.12	
	rd	26	Ole ten Hove		HN1	40.42	40.78	
		<u>Ids Bouma</u>			<u>Ole ten Hove</u>			
		100m	11.44	(11,44)	100m	11.48	(11,48)	
		500m	40.12	(28,68)	500m	40.78	(29,30)	

		Naam		Cat		PR	Tijd	Info
7	wt	23	Wesley Hollenberg		HN1	38.12	38.93	
	rd	15	Max Douma		HN1	37.96	DQ	
		<u>Wesley Hollenberg</u>			<u>Max Douma</u>			
			100m	10.94	(10,94)			
			500m	38.93	(27,99)			

		Naam		Cat		PR	Tijd	Info
8	wt	18	Homme Jan de Groot		HN2	38.14	38.69	
	rd	11	Lex Dijkstra		HSA	37.37	38.90	
		<u>Homme Jan de Groot</u>			<u>Lex Dijkstra</u>			
			100m	10.86	(10,86)	100m	11.05	(11,05)
			500m	38.69	(27,83)	500m	38.90	(27,85)

		Naam		Cat		PR	Tijd	Info
9	wt	58	Bart Valentijn		HN2	39.04	40.04	
	rd	22	Lasse Hiddink		HA2	38.39	39.21	
		<u>Bart Valentijn</u>			<u>Lasse Hiddink</u>			
			100m	10.73	(10,73)	100m	10.81	(10,81)
			500m	40.04	(29,31)	500m	39.21	(28,40)

		Naam		Cat		PR	Tijd	Info
10	wt	21	Luc Heine		HN3	38.06	38.44	
	rd	9	Gerwin Colje		HSA	36.55	38.81	
		<u>Luc Heine</u>			<u>Gerwin Colje</u>			
			100m	10.79	(10,79)	100m	10.83	(10,83)
			500m	38.44	(27,65)	500m	38.81	(27,98)

		Naam		Cat		PR	Tijd	Info
11	wt	5	Jort Boomhouwer		HN2	37.03	37.60	
	rd	17	Thomas Geerdinck		HSA	36.13	36.47	
		<u>Jort Boomhouwer</u>			<u>Thomas Geerdinck</u>			
			100m	10.49	(10,49)	100m	10.14	(10,14)
			500m	37.60	(27,11)	500m	36.47	(26,33)

		Naam		Cat		PR	Tijd	Info
12	wt	27	Fausto Hubner		HN3	37.85	38.41	
	rd	33	Sjoerd Kleinhuis		HSA	37.69	38.38	
		<u>Fausto Hubner</u>			<u>Sjoerd Kleinhuis</u>			
			100m	10.71	(10,71)	100m	10.68	(10,68)
			500m	38.41	(27,70)	500m	38.38	(27,70)

		Naam		Cat		PR	Tijd	Info
13	wt	49	Watse Vermaning		HN1	37.15	DQ	
	rd	16	Jorick Duijzer		HN3	37.15	38.16	
		<u>Watse Vermaning</u>			<u>Jorick Duijzer</u>			
			100m	10.72	(10,72)			

500m 38.16 (27,44)

		Naam		Cat		PR		Tijd Info
14	wt	36	Casper Martens		HSA		37.43	38.22
	rd	20	Jan Hamers		HN4		37.28	38.07
			Casper Martens					
			100m			10.48	(10,48)	
			500m			38.22	(27,74)	
			Jan Hamers					
			100m			10.76	(10,76)	
			500m			38.07	(27,31)	

		Naam		Cat		PR		Tijd Info
15	wt	46	Marwin Talsma		HN3		38.97	WDR
	rd	35	Remco Langemaire		HA2		38.45	DNS
			Marwin Talsma					
			Remco Langemaire					

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Lex Dijkstra	HSA	15	O	6:34.55		
2	52 Jos de Vos	HSA	15	I	6:36.42		
3	46 Marwin Talsma	HN3	1	I	6:36.71		
4	4 Tjerk de Boer	HN2	14	I	6:39.36		
5	39 Victor Ramler	HN4	16	I	6:41.17		
6	17 Thomas Geerdinck	HSA	14	O	6:42.08		
7	10 Nino van Dijk	HN3	16	O	6:49.97		
8	7 Ids Bouma	HA2	11	O	6:51.91		
9	29 Ivar Immerzeel	HA2	13	O	6:55.17		
10	20 Jan Hamers	HN4	11	I	6:55.94		
11	5 Jort Boomhouwer	HN2	10	I	6:56.12		
12	18 Homme Jan de Groot	HN2	10	O	6:57.27		
13	16 Jorick Duijzer	HN3	12	I	6:58.19		
14	50 Max Visscher	HN1	9	O	6:59.20		
15	33 Sjoerd Kleinhuis	HSA	7	O	7:00.32		
16	38 Mark Ooijevaar	HSB	8	I	7:00.75		
17	22 Lasse Hiddink	HA2	12	O	7:02.68		
18	23 Wesley Hollenberg	HN1	13	I	7:03.79		
19	21 Luc Heine	HN3	6	O	7:05.58		
20	19 Joeri Groot	HSA	9	I	7:08.91		
21	27 Fausto Hubner	HN3	8	O	7:09.23		
22	15 Max Douma	HN1	5	O	7:09.48		
23	9 Gerwin Colje	HSA	4	I	7:10.43		
24	36 Casper Martens	HSA	5	I	7:10.83		
25	58 Bart Valentijn	HN2	4	O	7:11.20		
26	25 Finn ten Hove	HN3	7	I	7:12.75		
27	26 Ole ten Hove	HN1	6	I	7:18.19		
28	49 Watse Vermaing	HN1	3	O	7:18.28		
29	57 Casper van der Woude	HN1	3	I	7:22.20	PR	
	35 Remco Langemaire	HA2	2	I	DNS		

2. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt rd	46	Marwin Talsma		HN3	6:20.84	6:36.71	
		Marwin Talsma						
		200m	19.43	(19,43)		m		
		600m	50.13	(30,70)				
		1000m	1:21.28	(31,15)				
		1400m	1:52.79	(31,51)				
		1800m	2:24.21	(31,42)				
		2200m	2:55.61	(31,40)				
		2600m	3:26.97	(31,36)				
		3000m	3:58.30	(31,33)				
		3400m	4:29.81	(31,51)				
		3800m	5:01.34	(31,53)				
		4200m	5:33.23	(31,89)				
		4600m	6:05.02	(31,79)				
		5000m	6:36.71	(31,69)				

		Naam		Cat		PR	Tijd	Info
2	gl bl	35	Remco Langemaire		HA2	7:17.13	DNS	
		Remco Langemaire						
						m		

		Naam		Cat		PR	Tijd	Info
3	wt rd	57	Casper van der Woude		HN1	7:36.69	7:22.20	PR
		49	Watsje Vermaning		HN1	7:16.99	7:18.28	
		Casper van der Woude						
		200m	19.78	(19,78)				
		600m	52.71	(32,93)				
		1000m	1:25.93	(33,22)				
		1400m	1:59.73	(33,80)				
		1800m	2:33.33	(33,60)				
		2200m	3:07.53	(34,20)				
		2600m	3:42.62	(35,09)				
		3000m	4:18.09	(35,47)				
		3400m	4:54.18	(36,09)				
		3800m	5:31.16	(36,98)				
		4200m	6:08.34	(37,18)				
		4600m	6:45.49	(37,15)				
		5000m	7:22.20	(36,71)				
		Watsje Vermaning						
		200m	20.04	(20,04)				
		600m	52.24	(32,20)				
		1000m	1:25.61	(33,37)				
		1400m	1:58.65	(33,04)				
		1800m	2:32.02	(33,37)				
		2200m	3:05.83	(33,81)				
		2600m	3:40.03	(34,20)				
		3000m	4:14.70	(34,67)				
		3400m	4:50.19	(35,49)				
		3800m	5:26.20	(36,01)				
		4200m	6:02.90	(36,70)				
		4600m	6:40.24	(37,34)				
		5000m	7:18.28	(38,04)				

		Naam		Cat		PR	Tijd	Info
4	gl	9	Gerwin Colje		HSA	6:39.24	7:10.43	

Gerwin Colje			Bart Valentijn		
200m	20.52	(20,52)	200m	19.80	(19,80)
600m	53.29	(32,77)	600m	51.98	(32,18)
1000m	1:26.09	(32,80)	1000m	1:25.18	(33,20)
1400m	1:59.16	(33,07)	1400m	1:58.75	(33,57)
1800m	2:32.16	(33,00)	1800m	2:32.25	(33,50)
2200m	3:05.42	(33,26)	2200m	3:05.76	(33,51)
2600m	3:39.26	(33,84)	2600m	3:39.92	(34,16)
3000m	4:13.72	(34,46)	3000m	4:14.44	(34,52)
3400m	4:48.59	(34,87)	3400m	4:49.08	(34,64)
3800m	5:23.83	(35,24)	3800m	5:23.92	(34,84)
4200m	5:59.77	(35,94)	4200m	5:59.30	(35,38)
4600m	6:35.28	(35,51)	4600m	6:35.02	(35,72)
5000m	7:10.43	(35,15)	5000m	7:11.20	(36,18)

	Naam	Cat	PR	Tijd Info
5	wt 36 Casper Martens	HSA	7:04.90	7:10.83
	rd 15 Max Douma	HN1	7:02.49	7:09.48

Casper Martens			Max Douma		
200m	19.31	(19,31)	200m	19.91	(19,91)
600m	50.89	(31,58)	600m	52.67	(32,76)
1000m	1:23.95	(33,06)	1000m	1:26.32	(33,65)
1400m	1:57.74	(33,79)	1400m	1:59.61	(33,29)
1800m	2:31.62	(33,88)	1800m	2:32.83	(33,22)
2200m	3:05.75	(34,13)	2200m	3:06.42	(33,59)
2600m	3:40.11	(34,36)	2600m	3:40.29	(33,87)
3000m	4:15.01	(34,90)	3000m	4:14.41	(34,12)
3400m	4:49.68	(34,67)	3400m	4:48.93	(34,52)
3800m	5:24.89	(35,21)	3800m	5:23.50	(34,57)
4200m	6:00.15	(35,26)	4200m	5:58.69	(35,19)
4600m	6:35.70	(35,55)	4600m	6:34.08	(35,39)
5000m	7:10.83	(35,13)	5000m	7:09.48	(35,40)

	Naam	Cat	PR	Tijd Info
6	gl 26 Ole ten Hove	HN1	7:14.29	7:18.19
	bl 21 Luc Heine	HN3	6:54.75	7:05.58

Ole ten Hove			Luc Heine		
200m	20.03	(20,03)	200m	20.20	(20,20)
600m	52.55	(32,52)	600m	52.45	(32,25)
1000m	1:25.40	(32,85)	1000m	1:25.36	(32,91)
1400m	1:59.47	(34,07)	1400m	1:58.43	(33,07)
1800m	2:33.89	(34,42)	1800m	2:31.84	(33,41)
2200m	3:08.58	(34,69)	2200m	3:05.28	(33,44)
2600m	3:44.03	(35,45)	2600m	3:38.82	(33,54)
3000m	4:19.70	(35,67)	3000m	4:12.27	(33,45)
3400m	4:55.24	(35,54)	3400m	4:46.03	(33,76)
3800m	5:31.11	(35,87)	3800m	5:19.86	(33,83)
4200m	6:06.84	(35,73)	4200m	5:54.37	(34,51)

4600m	6:42.86	(36,02)	4600m	6:29.69	(35,32)
5000m	7:18.19	(35,33)	5000m	7:05.58	(35,89)

		Naam	Cat	PR	Tijd	Info
7	wt	25 Finn ten Hove	HN3	7:05.67	7:12.75	
	rd	33 Sjoerd Kleinhuis	HSA	6:55.49	7:00.32	
		Finn ten Hove				Sjoerd Kleinhuis
		200m	20.48	(20,48)	200m	20.22 (20,22)
		600m	53.39	(32,91)	600m	53.19 (32,97)
		1000m	1:26.54	(33,15)	1000m	1:26.45 (33,26)
		1400m	2:00.07	(33,53)	1400m	1:59.25 (32,80)
		1800m	2:33.78	(33,71)	1800m	2:32.43 (33,18)
		2200m	3:07.94	(34,16)	2200m	3:05.97 (33,54)
		2600m	3:42.38	(34,44)	2600m	3:39.92 (33,95)
		3000m	4:17.00	(34,62)	3000m	4:13.45 (33,53)
		3400m	4:51.73	(34,73)	3400m	4:46.55 (33,10)
		3800m	5:26.67	(34,94)	3800m	5:19.79 (33,24)
		4200m	6:02.08	(35,41)	4200m	5:53.17 (33,38)
		4600m	6:37.38	(35,30)	4600m	6:26.62 (33,45)
		5000m	7:12.75	(35,37)	5000m	7:00.32 (33,70)

		Naam	Cat	PR	Tijd	Info
8	gl	38 Mark Ooijevaar	HSB	6:24.56	7:00.75	
	bl	27 Fausto Hubner	HN3	6:59.75	7:09.23	
		Mark Ooijevaar				Fausto Hubner
		200m	20.81	(20,81)	200m	20.66 (20,66)
		600m	53.52	(32,71)	600m	53.79 (33,13)
		1000m	1:26.82	(33,30)	1000m	1:26.78 (32,99)
		1400m	2:00.30	(33,48)	1400m	1:59.80 (33,02)
		1800m	2:33.37	(33,07)	1800m	2:32.69 (32,89)
		2200m	3:06.40	(33,03)	2200m	3:05.17 (32,48)
		2600m	3:39.81	(33,41)	2600m	3:38.23 (33,06)
		3000m	4:13.20	(33,39)	3000m	4:11.94 (33,71)
		3400m	4:47.06	(33,86)	3400m	4:46.66 (34,72)
		3800m	5:21.20	(34,14)	3800m	5:21.37 (34,71)
		4200m	5:54.87	(33,67)	4200m	5:57.40 (36,03)
		4600m	6:27.85	(32,98)	4600m	6:33.48 (36,08)
		5000m	7:00.75	(32,90)	5000m	7:09.23 (35,75)

		Naam	Cat	PR	Tijd	Info
9	wt	19 Joeri Groot	HSA	6:57.02	7:08.91	
	rd	50 Max Visscher	HN1	6:41.20	6:59.20	
		Joeri Groot				Max Visscher
		200m	20.04	(20,04)	200m	20.25 (20,25)
		600m	52.70	(32,66)	600m	52.66 (32,41)
		1000m	1:26.45	(33,75)	1000m	1:25.25 (32,59)
		1400m	2:00.50	(34,05)	1400m	1:58.33 (33,08)
		1800m	2:33.98	(33,48)	1800m	2:31.54 (33,21)
		2200m	3:08.08	(34,10)	2200m	3:04.99 (33,45)

2600m	3:42.21	(34,13)	2600m	3:38.43	(33,44)
3000m	4:16.47	(34,26)	3000m	4:11.87	(33,44)
3400m	4:50.77	(34,30)	3400m	4:45.44	(33,57)
3800m	5:25.04	(34,27)	3800m	5:19.00	(33,56)
4200m	5:59.66	(34,62)	4200m	5:52.87	(33,87)
4600m	6:34.40	(34,74)	4600m	6:26.38	(33,51)
5000m	7:08.91	(34,51)	5000m	6:59.20	(32,82)

		Naam	Cat	PR	Tijd Info
10	gl	5 Jort Boomhouwer	HN2	6:50.59	6:56.12
	bl	18 Homme Jan de Groot	HN2	6:50.23	6:57.27

Jort Boomhouwer

200m	19.66	(19,66)
600m	51.34	(31,68)
1000m	1:23.12	(31,78)
1400m	1:55.69	(32,57)
1800m	2:27.95	(32,26)
2200m	3:00.50	(32,55)
2600m	3:32.82	(32,32)
3000m	4:06.07	(33,25)
3400m	4:39.62	(33,55)
3800m	5:13.39	(33,77)
4200m	5:47.22	(33,83)
4600m	6:21.40	(34,18)
5000m	6:56.12	(34,72)

Homme Jan de Groot

200m	19.71	(19,71)
600m	51.12	(31,41)
1000m	1:23.25	(32,13)
1400m	1:55.43	(32,18)
1800m	2:27.97	(32,54)
2200m	3:00.79	(32,82)
2600m	3:34.16	(33,37)
3000m	4:07.63	(33,47)
3400m	4:41.22	(33,59)
3800m	5:14.88	(33,66)
4200m	5:48.71	(33,83)
4600m	6:23.07	(34,36)
5000m	6:57.27	(34,20)

		Naam	Cat	PR	Tijd Info
11	wt	20 Jan Hamers	HN4	6:49.56	6:55.94
	rd	7 Ids Bouma	HA2	6:46.46	6:51.91

Jan Hamers

200m	19.72	(19,72)
600m	51.83	(32,11)
1000m	1:24.12	(32,29)
1400m	1:56.35	(32,23)
1800m	2:28.52	(32,17)
2200m	3:00.79	(32,27)
2600m	3:33.39	(32,60)
3000m	4:06.67	(33,28)
3400m	4:40.40	(33,73)
3800m	5:14.09	(33,69)
4200m	5:47.59	(33,50)
4600m	6:21.66	(34,07)
5000m	6:55.94	(34,28)

Ids Bouma

200m	21.04	(21,04)
600m	53.30	(32,26)
1000m	1:25.73	(32,43)
1400m	1:58.16	(32,43)
1800m	2:30.42	(32,26)
2200m	3:02.99	(32,57)
2600m	3:35.35	(32,36)
3000m	4:07.98	(32,63)
3400m	4:40.94	(32,96)
3800m	5:13.40	(32,46)
4200m	5:46.02	(32,62)
4600m	6:19.03	(33,01)
5000m	6:51.91	(32,88)

		Naam	Cat	PR	Tijd Info
12	gl	16 Jorick Duijzer	HN3	6:43.83	6:58.19
	bl	22 Lasse Hiddink	HA2	6:52.49	7:02.68

Jorick Duijzer

200m	19.85	(19,85)
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Lasse Hiddink

200m	19.90	(19,90)
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600m	51.95	(32,10)	600m	52.23	(32,33)
1000m	1:25.02	(33,07)	1000m	1:25.08	(32,85)
1400m	1:58.33	(33,31)	1400m	1:58.08	(33,00)
1800m	2:31.14	(32,81)	1800m	2:31.12	(33,04)
2200m	3:04.07	(32,93)	2200m	3:03.87	(32,75)
2600m	3:36.95	(32,88)	2600m	3:37.22	(33,35)
3000m	4:10.28	(33,33)	3000m	4:10.56	(33,34)
3400m	4:43.55	(33,27)	3400m	4:44.37	(33,81)
3800m	5:17.31	(33,76)	3800m	5:18.61	(34,24)
4200m	5:50.96	(33,65)	4200m	5:53.02	(34,41)
4600m	6:24.73	(33,77)	4600m	6:27.98	(34,96)
5000m	6:58.19	(33,46)	5000m	7:02.68	(34,70)

		Naam	Cat	PR	Tijd Info
13	wt	23 Wesley Hollenberg	HN1	6:52.74	7:03.79
	rd	29 Ivar Immerzeel	HA2	6:43.37	6:55.17

Wesley Hollenberg

200m	20.34	(20,34)
600m	52.64	(32,30)
1000m	1:25.56	(32,92)
1400m	1:58.47	(32,91)
1800m	2:32.04	(33,57)
2200m	3:05.47	(33,43)
2600m	3:38.79	(33,32)
3000m	4:12.35	(33,56)
3400m	4:46.55	(34,20)
3800m	5:20.89	(34,34)
4200m	5:55.32	(34,43)
4600m	6:29.86	(34,54)
5000m	7:03.79	(33,93)

Ivar Immerzeel

200m	19.76	(19,76)
600m	51.72	(31,96)
1000m	1:24.29	(32,57)
1400m	1:56.93	(32,64)
1800m	2:29.65	(32,72)
2200m	3:02.71	(33,06)
2600m	3:35.75	(33,04)
3000m	4:08.69	(32,94)
3400m	4:41.38	(32,69)
3800m	5:14.66	(33,28)
4200m	5:48.17	(33,51)
4600m	6:21.63	(33,46)
5000m	6:55.17	(33,54)

		Naam	Cat	PR	Tijd Info
14	gl	4 Tjerk de Boer	HN2	6:30.21	6:39.36
	bl	17 Thomas Geerdinck	HSA	6:27.30	6:42.08

Tjerk de Boer

200m	19.41	(19,41)
600m	50.36	(30,95)
1000m	1:21.53	(31,17)
1400m	1:53.21	(31,68)
1800m	2:24.56	(31,35)
2200m	2:56.09	(31,53)
2600m	3:27.38	(31,29)
3000m	3:58.85	(31,47)
3400m	4:30.16	(31,31)
3800m	5:01.68	(31,52)
4200m	5:33.48	(31,80)
4600m	6:05.80	(32,32)
5000m	6:39.36	(33,56)

Thomas Geerdinck

200m	19.79	(19,79)
600m	50.67	(30,88)
1000m	1:22.00	(31,33)
1400m	1:53.55	(31,55)
1800m	2:25.00	(31,45)
2200m	2:56.66	(31,66)
2600m	3:28.57	(31,91)
3000m	4:00.40	(31,83)
3400m	4:32.51	(32,11)
3800m	5:04.67	(32,16)
4200m	5:37.27	(32,60)
4600m	6:09.98	(32,71)
5000m	6:42.08	(32,10)

		Naam	Cat		PR	Tijd Info
15	wt	52 Jos de Vos	HSA		6:21.10	6:36.42
	rd	11 Lex Dijkstra	HSA		6:25.10	6:34.55
		Jos de Vos			Lex Dijkstra	
		200m	19.19	(19,19)	200m	19.43 (19,43)
		600m	49.56	(30,37)	600m	49.85 (30,42)
		1000m	1:20.37	(30,81)	1000m	1:20.32 (30,47)
		1400m	1:51.28	(30,91)	1400m	1:50.69 (30,37)
		1800m	2:21.96	(30,68)	1800m	2:21.34 (30,65)
		2200m	2:52.64	(30,68)	2200m	2:51.87 (30,53)
		2600m	3:23.74	(31,10)	2600m	3:22.93 (31,06)
		3000m	3:55.43	(31,69)	3000m	3:54.02 (31,09)
		3400m	4:27.22	(31,79)	3400m	4:25.62 (31,60)
		3800m	4:59.41	(32,19)	3800m	4:57.48 (31,86)
		4200m	5:31.87	(32,46)	4200m	5:29.75 (32,27)
		4600m	6:04.28	(32,41)	4600m	6:02.03 (32,28)
		5000m	6:36.42	(32,14)	5000m	6:34.55 (32,52)

		Naam	Cat		PR	Tijd Info
16	gl	39 Victor Ramler	HN4		6:28.77	6:41.17
	bl	10 Nino van Dijk	HN3		6:47.30	6:49.97
		Victor Ramler			Nino van Dijk	
		200m	19.59	(19,59)	200m	19.74 (19,74)
		600m	50.52	(30,93)	600m	51.03 (31,29)
		1000m	1:21.94	(31,42)	1000m	1:22.88 (31,85)
		1400m	1:53.31	(31,37)	1400m	1:55.13 (32,25)
		1800m	2:25.14	(31,83)	1800m	2:27.59 (32,46)
		2200m	2:57.31	(32,17)	2200m	3:00.02 (32,43)
		2600m	3:29.62	(32,31)	2600m	3:31.93 (31,91)
		3000m	4:01.95	(32,33)	3000m	4:03.90 (31,97)
		3400m	4:34.18	(32,23)	3400m	4:36.24 (32,34)
		3800m	5:06.63	(32,45)	3800m	5:08.80 (32,56)
		4200m	5:38.72	(32,09)	4200m	5:41.98 (33,18)
		4600m	6:10.71	(31,99)	4600m	6:15.63 (33,65)
		5000m	6:41.17	(30,46)	5000m	6:49.97 (34,34)

3. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	4 Tjerk de Boer	HN2	14	O	1:50.35		
2	41 Tijmen Snel	HN3	1	O	1:51.05		
3	17 Thomas Geerdinck	HSA	14	I	1:51.97		
4	52 Jos de Vos	HSA	13	I	1:52.20		
5	39 Victor Ramler	HN4	12	I	1:52.64		
6	11 Lex Dijkstra	HSA	13	O	1:52.73		
7	16 Jorick Duijzer	HN3	11	O	1:53.47		
8	20 Jan Hamers	HN4	11	I	1:53.73		
9	13 Joost van Dobbenburgh	HN3	1	I	1:54.58		
10	5 Jort Boomhouwer	HN2	12	O	1:54.77		
11	33 Sjoerd Kleinhuis	HSA	10	O	1:55.23		
12	27 Fausto Hubner	HN3	7	O	1:56.10		
13	18 Homme Jan de Groot	HN2	9	I	1:56.13		
14	10 Nino van Dijk	HN3	10	I	1:56.36		
15	21 Luc Heine	HN3	9	O	1:56.40		
16	36 Casper Martens	HSA	8	I	1:56.84		
17	15 Max Douma	HN1	2	O	1:56.87		
18	50 Max Visscher	HN1	6	O	1:57.30	HT	
19	22 Lasse Hiddink	HA2	6	I	1:57.53		
20	23 Wesley Hollenberg	HN1	8	O	1:57.63		
21	57 Casper van der Woude	HN1	4	O	1:59.35	HT	
22	19 Joeri Groot	HSA	5	O	1:59.81	HT	
23	58 Bart Valentijn	HN2	4	I	2:00.05	HT	
24	7 Ids Bouma	HA2	7	I	2:00.80		
25	25 Finn ten Hove	HN3	3	I	2:01.68	HT	
26	26 Ole ten Hove	HN1	3	O	2:02.38	HT	
27	29 Ivar Immerzeel	HA2	5	I	2:02.51		
28	38 Mark Ooijevaar	HSB	2	I	2:02.63		

3. Rituitslag 1500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	13	Joost van Dobbenburgh		HN3		1:48.10	1:54.58	
	rd	41	Tijmen Snel		HN3		1:47.97	1:51.05	
		<u>Joost van Dobbenburgh</u>			<u>Tijmen Snel</u>				
		300m	24.71	(24,71)	300m	24.33	(24,33)		
		700m	52.38	(27,67)	700m	51.50	(27,17)		
		1100m	1:22.23	(29,85)	1100m	1:20.55	(29,05)		
		1500m	1:54.58	(32,35)	1500m	1:51.05	(30,50)		

		Naam		Cat		PR		Tijd	Info
2	gl	38	Mark Ooijevaar		HSB		1:50.34	2:02.63	
	bl	15	Max Douma		HN1		1:53.66	1:56.87	
		<u>Mark Ooijevaar</u>			<u>Max Douma</u>				
		300m	28.26	(28,26)	300m	25.93	(25,93)		
		700m	58.79	(30,53)	700m	54.40	(28,47)		
		1100m	1:30.22	(31,43)	1100m	1:24.59	(30,19)		
		1500m	2:02.63	(32,41)	1500m	1:56.87	(32,28)		

		Naam		Cat		PR		Tijd	Info
3	wt	25	Finn ten Hove		HN3		1:57.78	2:01.68	HT
	rd	26	Ole ten Hove		HN1		1:59.09	2:02.38	HT
		<u>Finn ten Hove</u>			<u>Ole ten Hove</u>				
		300m	26.96	(26,96)	300m	27.13	(27,13)		
		700m	56.93	(29,97)	700m	57.32	(30,19)		
		1100m	1:28.58	(31,65)	1100m	1:29.51	(32,19)		
		1500m	2:01.68	(33,10)	1500m	2:02.38	(32,87)		

		Naam		Cat		PR		Tijd	Info
4	gl	58	Bart Valentijn		HN2		1:56.39	2:00.05	HT
	bl	57	Casper van der Woude		HN1		1:56.09	1:59.35	HT
		<u>Bart Valentijn</u>			<u>Casper van der Woude</u>				
		300m	25.45	(25,45)	300m	25.86	(25,86)		
		700m	55.90	(30,45)	700m	55.06	(29,20)		
		1100m	1:27.00	(31,10)	1100m	1:26.67	(31,61)		
		1500m	2:00.05	(33,05)	1500m	1:59.35	(32,68)		

		Naam		Cat		PR		Tijd	Info
5	wt	29	Ivar Immerzeel		HA2		1:55.94	2:02.51	
	rd	19	Joeri Groot		HSA		1:54.66	1:59.81	HT
		<u>Ivar Immerzeel</u>			<u>Joeri Groot</u>				
		300m	26.53	(26,53)	300m	25.83	(25,83)		
		700m	56.80	(30,27)	700m	55.37	(29,54)		
		1100m	1:28.97	(32,17)	1100m	1:27.09	(31,72)		

1500m 2:02.51 (33,54) 1500m 1:59.81 (32,72)

		Naam	Cat	PR	Tijd Info
6	gl	22 Lasse Hiddink	HA2	1:52.76	1:57.53
	bl	50 Max Visscher	HN1	1:54.55	1:57.30 HT
		<u>Lasse Hiddink</u>		<u>Max Visscher</u>	
		300m 25.70 (25,70)		300m 26.22 (26,22)	
		700m 54.97 (29,27)		700m 54.99 (28,77)	
		1100m 1:25.74 (30,77)		1100m 1:25.96 (30,97)	
		1500m 1:57.53 (31,79)		1500m 1:57.30 (31,34)	

		Naam	Cat	PR	Tijd Info
7	wt	7 Ids Bouma	HA2	1:54.94	2:00.80
	rd	27 Fausto Hubner	HN3	1:52.63	1:56.10
		<u>Ids Bouma</u>		<u>Fausto Hubner</u>	
		300m 27.15 (27,15)		300m 25.75 (25,75)	
		700m 56.98 (29,83)		700m 54.53 (28,78)	
		1100m 1:28.31 (31,33)		1100m 1:24.59 (30,06)	
		1500m 2:00.80 (32,49)		1500m 1:56.10 (31,51)	

		Naam	Cat	PR	Tijd Info
8	gl	36 Casper Martens	HSA	1:54.63	1:56.84
	bl	23 Wesley Hollenberg	HN1	1:52.58	1:57.63
		<u>Casper Martens</u>		<u>Wesley Hollenberg</u>	
		300m 25.48 (25,48)		300m 26.53 (26,53)	
		700m 55.12 (29,64)		700m 55.98 (29,45)	
		1100m 1:25.74 (30,62)		1100m 1:26.26 (30,28)	
		1500m 1:56.84 (31,10)		1500m 1:57.63 (31,37)	

		Naam	Cat	PR	Tijd Info
9	wt	18 Homme Jan de Groot	HN2	1:52.95	1:56.13
	rd	21 Luc Heine	HN3	1:53.30	1:56.40
		<u>Homme Jan de Groot</u>		<u>Luc Heine</u>	
		300m 25.73 (25,73)		300m 25.70 (25,70)	
		700m 54.22 (28,49)		700m 54.82 (29,12)	
		1100m 1:24.60 (30,38)		1100m 1:24.86 (30,04)	
		1500m 1:56.13 (31,53)		1500m 1:56.40 (31,54)	

		Naam	Cat	PR	Tijd Info
10	gl	10 Nino van Dijk	HN3	1:54.01	1:56.36
	bl	33 Sjoerd Kleinhuis	HSA	1:52.08	1:55.23
		<u>Nino van Dijk</u>		<u>Sjoerd Kleinhuis</u>	
		300m 25.81 (25,81)		300m 25.32 (25,32)	
		700m 54.67 (28,86)		700m 53.66 (28,34)	
		1100m 1:24.70 (30,03)		1100m 1:23.35 (29,69)	
		1500m 1:56.36 (31,66)		1500m 1:55.23 (31,88)	

		Naam	Cat		PR	Tijd Info
11	wt	20 Jan Hamers	HN4		1:51.01	1:53.73
	rd	16 Jorick Duijzer	HN3		1:49.54	1:53.47
		<u>Jan Hamers</u>	<u>Jorick Duijzer</u>			
		300m	25.01	(25,01)	300m	24.97 (24,97)
		700m	53.01	(28,00)	700m	53.12 (28,15)
		1100m	1:22.52	(29,51)	1100m	1:22.73 (29,61)
		1500m	1:53.73	(31,21)	1500m	1:53.47 (30,74)

		Naam	Cat		PR	Tijd Info
12	gl	39 Victor Ramler	HN4		1:50.03	1:52.64
	bl	5 Jort Boomhouwer	HN2		1:50.52	1:54.77
		<u>Victor Ramler</u>	<u>Jort Boomhouwer</u>			
		300m	25.03	(25,03)	300m	24.94 (24,94)
		700m	52.93	(27,90)	700m	52.72 (27,78)
		1100m	1:22.04	(29,11)	1100m	1:22.74 (30,02)
		1500m	1:52.64	(30,60)	1500m	1:54.77 (32,03)

		Naam	Cat		PR	Tijd Info
13	wt	52 Jos de Vos	HSA		1:47.01	1:52.20
	rd	11 Lex Dijkstra	HSA		1:48.94	1:52.73
		<u>Jos de Vos</u>	<u>Lex Dijkstra</u>			
		300m	25.00	(25,00)	300m	25.44 (25,44)
		700m	52.78	(27,78)	700m	53.67 (28,23)
		1100m	1:21.85	(29,07)	1100m	1:22.76 (29,09)
		1500m	1:52.20	(30,35)	1500m	1:52.73 (29,97)

		Naam	Cat		PR	Tijd Info
14	gl	17 Thomas Geerdinck	HSA		1:46.74	1:51.97
	bl	4 Tjerk de Boer	HN2		1:47.15	1:50.35
		<u>Thomas Geerdinck</u>	<u>Tjerk de Boer</u>			
		300m	24.28	(24,28)	300m	24.44 (24,44)
		700m	51.77	(27,49)	700m	51.27 (26,83)
		1100m	1:20.77	(29,00)	1100m	1:19.71 (28,44)
		1500m	1:51.97	(31,20)	1500m	1:50.35 (30,64)

4. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52 Jos de Vos	HSA	13	I	3:52.80		
2	4 Tjerk de Boer	HN2	14	I	3:52.89		
3	11 Lex Dijkstra	HSA	13	O	3:54.30		
4	17 Thomas Geerdinck	HSA	14	O	3:56.69		
5	22 Lasse Hiddink	HA2	7	O	4:02.70		
6	10 Nino van Dijk	HN3	10	I	4:03.57		
7	23 Wesley Hollenberg	HN1	7	I	4:03.65		
8	18 Homme Jan de Groot	HN2	9	I	4:03.72		
9	20 Jan Hamers	HN4	11	I	4:04.14		
10	33 Sjoerd Kleinhuis	HSA	10	O	4:05.52		
11	29 Ivar Immerzeel	HA2	5	I	4:05.55		
12	21 Luc Heine	HN3	9	O	4:06.53		
13	27 Fausto Hubner	HN3	8	I	4:07.93		
14	50 Max Visscher	HN1	6	I	4:08.21		
15	16 Jorick Duijzer	HN3	11	O	4:08.65		
16	5 Jort Boomhouwer	HN2	12	O	4:09.30		
17	15 Max Douma	HN1	1	I	4:10.90	PR	
18	38 Mark Ooijevaar	HSB	3	O	4:12.16		
19	19 Joeri Groot	HSA	6	O	4:12.21		
20	36 Casper Martens	HSA	8	O	4:12.90		
21	25 Finn ten Hove	HN3	4	O	4:14.05		
22	58 Bart Valentijn	HN2	5	O	4:14.41		
23	57 Casper van der Woude	HN1	4	I	4:17.44	PR	
24	26 Ole ten Hove	HN1	3	I	4:17.92		
	39 Victor Ramler	HN4	12	I	DNS		

4. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt rd	15	Max Douma		HN1		4:13.21	4:10.90	PR

Max Douma

200m	19.83	(19,83)		m
600m	51.71	(31,88)		
1000m	1:23.77	(32,06)		
1400m	1:56.24	(32,47)		
1800m	2:28.94	(32,70)		
2200m	3:02.33	(33,39)		
2600m	3:36.31	(33,98)		
3000m	4:10.90	(34,59)		

		Naam		Cat		PR		Tijd	Info
2	gl bl								

		Naam		Cat		PR		Tijd	Info
3	wt rd	26	Ole ten Hove		HN1		4:15.56	4:17.92	
		38	Mark Ooijevaar		HSB		3:46.94	4:12.16	

Ole ten Hove

200m	20.26	(20,26)
600m	52.77	(32,51)
1000m	1:25.83	(33,06)
1400m	1:59.74	(33,91)
1800m	2:33.43	(33,69)
2200m	3:07.73	(34,30)
2600m	3:42.71	(34,98)
3000m	4:17.92	(35,21)

Mark Ooijevaar

200m	21.57	(21,57)
600m	54.36	(32,79)
1000m	1:27.03	(32,67)
1400m	2:00.00	(32,97)
1800m	2:33.09	(33,09)
2200m	3:06.12	(33,03)
2600m	3:39.08	(32,96)
3000m	4:12.16	(33,08)

		Naam		Cat		PR		Tijd	Info
4	gl bl	57	Casper van der Woude		HN1		4:18.04	4:17.44	PR
		25	Finn ten Hove		HN3		4:08.72	4:14.05	

Casper van der Woude

200m	19.68	(19,68)
600m	51.72	(32,04)
1000m	1:24.68	(32,96)
1400m	1:58.35	(33,67)
1800m	2:32.09	(33,74)
2200m	3:06.66	(34,57)
2600m	3:42.17	(35,51)
3000m	4:17.44	(35,27)

Finn ten Hove

200m	21.05	(21,05)
600m	52.74	(31,69)
1000m	1:25.22	(32,48)
1400m	1:58.18	(32,96)
1800m	2:31.74	(33,56)
2200m	3:05.43	(33,69)
2600m	3:39.82	(34,39)
3000m	4:14.05	(34,23)

		Naam	Cat	PR	Tijd Info
5	wt	29 Ivar Immerzeel	HA2	3:56.36	4:05.55
	rd	58 Bart Valentijn	HN2	4:01.91	4:14.41
		Ivar Immerzeel		Bart Valentijn	
		200m 19.53 (19,53)		200m 19.68 (19,68)	
		600m 50.52 (30,99)		600m 50.61 (30,93)	
		1000m 1:21.68 (31,16)		1000m 1:22.85 (32,24)	
		1400m 1:54.13 (32,45)		1400m 1:55.77 (32,92)	
		1800m 2:26.82 (32,69)		1800m 2:29.26 (33,49)	
		2200m 2:59.55 (32,73)		2200m 3:03.50 (34,24)	
		2600m 3:32.39 (32,84)		2600m 3:38.76 (35,26)	
		3000m 4:05.55 (33,16)		3000m 4:14.41 (35,65)	

		Naam	Cat	PR	Tijd Info
6	gl	50 Max Visscher	HN1	3:52.87	4:08.21
	bl	19 Joeri Groot	HSA	4:01.52	4:12.21
		Max Visscher		Joeri Groot	
		200m 19.82 (19,82)		200m 20.37 (20,37)	
		600m 51.72 (31,90)		600m 52.25 (31,88)	
		1000m 1:23.72 (32,00)		1000m 1:24.70 (32,45)	
		1400m 1:56.22 (32,50)		1400m 1:58.13 (33,43)	
		1800m 2:28.83 (32,61)		1800m 2:31.46 (33,33)	
		2200m 3:01.88 (33,05)		2200m 3:04.71 (33,25)	
		2600m 3:34.92 (33,04)		2600m 3:38.41 (33,70)	
		3000m 4:08.21 (33,29)		3000m 4:12.21 (33,80)	

		Naam	Cat	PR	Tijd Info
7	wt	23 Wesley Hollenberg	HN1	3:58.39	4:03.65
	rd	22 Lasse Hiddink	HA2	3:55.76	4:02.70
		Wesley Hollenberg		Lasse Hiddink	
		200m 19.90 (19,90)		200m 19.52 (19,52)	
		600m 51.36 (31,46)		600m 50.85 (31,33)	
		1000m 1:22.84 (31,48)		1000m 1:22.55 (31,70)	
		1400m 1:54.60 (31,76)		1400m 1:53.95 (31,40)	
		1800m 2:26.75 (32,15)		1800m 2:26.05 (32,10)	
		2200m 2:59.16 (32,41)		2200m 2:58.31 (32,26)	
		2600m 3:31.23 (32,07)		2600m 3:30.76 (32,45)	
		3000m 4:03.65 (32,42)		3000m 4:02.70 (31,94)	

		Naam	Cat	PR	Tijd Info
8	gl	27 Fausto Hubner	HN3	4:00.95	4:07.93
	bl	36 Casper Martens	HSA	4:09.88	4:12.90
		Fausto Hubner		Casper Martens	
		200m 20.08 (20,08)		200m 20.02 (20,02)	
		600m 51.83 (31,75)		600m 52.15 (32,13)	
		1000m 1:23.05 (31,22)		1000m 1:24.94 (32,79)	
		1400m 1:54.58 (31,53)		1400m 1:58.21 (33,27)	

1800m	2:26.70	(32,12)	1800m	2:31.77	(33,56)
2200m	2:59.81	(33,11)	2200m	3:05.25	(33,48)
2600m	3:33.69	(33,88)	2600m	3:38.98	(33,73)
3000m	4:07.93	(34,24)	3000m	4:12.90	(33,92)

		Naam	Cat	PR	Tijd Info
9	wt	18 Homme Jan de Groot	HN2	3:57.31	4:03.72
	rd	21 Luc Heine	HN3	3:58.54	4:06.53
		<u>Homme Jan de Groot</u>		<u>Luc Heine</u>	
		200m 19.27 (19,27)		200m 19.37 (19,37)	
		600m 50.45 (31,18)		600m 50.37 (31,00)	
		1000m 1:22.50 (32,05)		1000m 1:22.03 (31,66)	
		1400m 1:54.60 (32,10)		1400m 1:53.92 (31,89)	
		1800m 2:26.69 (32,09)		1800m 2:26.31 (32,39)	
		2200m 2:58.73 (32,04)		2200m 2:58.64 (32,33)	
		2600m 3:31.26 (32,53)		2600m 3:31.93 (33,29)	
		3000m 4:03.72 (32,46)		3000m 4:06.53 (34,60)	

		Naam	Cat	PR	Tijd Info
10	gl	10 Nino van Dijk	HN3	4:00.74	4:03.57
	bl	33 Sjoerd Kleinhuis	HSA	3:58.37	4:05.52
		<u>Nino van Dijk</u>		<u>Sjoerd Kleinhuis</u>	
		200m 19.19 (19,19)		200m 19.38 (19,38)	
		600m 49.85 (30,66)		600m 49.91 (30,53)	
		1000m 1:20.97 (31,12)		1000m 1:21.44 (31,53)	
		1400m 1:52.58 (31,61)		1400m 1:53.87 (32,43)	
		1800m 2:24.77 (32,19)		1800m 2:26.62 (32,75)	
		2200m 2:57.29 (32,52)		2200m 2:59.74 (33,12)	
		2600m 3:30.27 (32,98)		2600m 3:32.82 (33,08)	
		3000m 4:03.57 (33,30)		3000m 4:05.52 (32,70)	

		Naam	Cat	PR	Tijd Info
11	wt	20 Jan Hamers	HN4	3:58.00	4:04.14
	rd	16 Jorick Duijzer	HN3	3:56.28	4:08.65
		<u>Jan Hamers</u>		<u>Jorick Duijzer</u>	
		200m 19.44 (19,44)		200m 19.64 (19,64)	
		600m 50.31 (30,87)		600m 50.76 (31,12)	
		1000m 1:21.76 (31,45)		1000m 1:23.13 (32,37)	
		1400m 1:53.76 (32,00)		1400m 1:56.37 (33,24)	
		1800m 2:25.61 (31,85)		1800m 2:29.38 (33,01)	
		2200m 2:57.96 (32,35)		2200m 3:02.19 (32,81)	
		2600m 3:30.64 (32,68)		2600m 3:35.40 (33,21)	
		3000m 4:04.14 (33,50)		3000m 4:08.65 (33,25)	

		Naam	Cat	PR	Tijd Info
12	gl	39 Victor Ramler	HN4	4:01.25	DNS
	bl	5 Jort Boomhouwer	HN2	3:55.46	4:09.30
		<u>Victor Ramler</u>		<u>Jort Boomhouwer</u>	

200m	20.03	(20,03)
600m	51.20	(31,17)
1000m	1:23.30	(32,10)
1400m	1:55.57	(32,27)
1800m	2:28.17	(32,60)
2200m	3:01.61	(33,44)
2600m	3:35.34	(33,73)
3000m	4:09.30	(33,96)

		Naam		Cat		PR	Tijd	Info
13	wt	52	Jos de Vos		HSA	3:41.34	3:52.80	
	rd	11	Lex Dijkstra		HSA	3:44.72	3:54.30	
		<u>Jos de Vos</u>			<u>Lex Dijkstra</u>			
		200m	18.92	(18,92)	200m	19.17	(19,17)	
		600m	48.64	(29,72)	600m	48.95	(29,78)	
		1000m	1:18.85	(30,21)	1000m	1:19.35	(30,40)	
		1400m	1:49.38	(30,53)	1400m	1:49.66	(30,31)	
		1800m	2:19.75	(30,37)	1800m	2:20.58	(30,92)	
		2200m	2:50.44	(30,69)	2200m	2:51.61	(31,03)	
		2600m	3:21.45	(31,01)	2600m	3:23.00	(31,39)	
		3000m	3:52.80	(31,35)	3000m	3:54.30	(31,30)	

		Naam		Cat		PR	Tijd	Info
14	gl	4	Tjerk de Boer		HN2	3:48.31	3:52.89	
	bl	17	Thomas Geerdinck		HSA	3:45.13	3:56.69	
		<u>Tjerk de Boer</u>			<u>Thomas Geerdinck</u>			
		200m	19.07	(19,07)	200m	19.47	(19,47)	
		600m	49.58	(30,51)	600m	49.63	(30,16)	
		1000m	1:19.71	(30,13)	1000m	1:19.65	(30,02)	
		1400m	1:49.94	(30,23)	1400m	1:50.18	(30,53)	
		1800m	2:20.15	(30,21)	1800m	2:21.73	(31,55)	
		2200m	2:50.74	(30,59)	2200m	2:53.30	(31,57)	
		2600m	3:21.34	(30,60)	2600m	3:25.00	(31,70)	
		3000m	3:52.89	(31,55)	3000m	3:56.69	(31,69)	
