

1. Uitslag KV 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Bennie Kriekaard	H45	5	O	44.35		
2	11 Wim Verbraeken	H40	5	I	44.47		
3	5 Laura den Otter	D40	6	O	49.54		
4	4 Gerita Smallegoor	D50	4	O	52.13		
5	43 Marcel Tange	HSB	1	I	52.34		
6	6 Anna Crielaers-van der Stok	D45	4	I	52.35		
7	2 Daniëlle Frijters	DSB	3	O	52.53	PR	
8	13 Patty van Hoorn	D50	3	I	53.25		
9	47 Ben Jongerius	H65	2	I	55.74		
10	27 Stefan Rüdiger	H50	2	O	56.79		

1. Rituitslag KV 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	43	Marcel Tange		HSB	51.95	52.34	
	rd							
		Marcel Tange						
		100m	13.30	(13.30)	m			
		500m	52.34	(39.04)				

		Naam		Cat		PR	Tijd	Info
2	gl	47	Ben Jongerius		H65	49.27	55.74	
	bl	27	Stefan Rüdiger		H50	55.57	56.79	
		Ben Jongerius		Stefan Rüdiger				
		100m	14.61	(14.61)	100m	14.66	(14.66)	
		500m	55.74	(41.13)	500m	56.79	(42.13)	

		Naam		Cat		PR	Tijd	Info
3	wt	13	Patty van Hoorn		D50	52.22	53.25	
	rd	2	Daniëlle Frijters		DSB	52.58	52.53	PR
		Patty van Hoorn		Daniëlle Frijters				
		100m	14.83	(14.83)	100m	14.11	(14.11)	
		500m	53.25	(38.42)	500m	52.53	(38.42)	

		Naam		Cat		PR	Tijd	Info
4	gl	6	Anna Crielaers-van der Stok		D45	50.08	52.35	
	bl	4	Gerita Smallegoor		D50	51.43	52.13	
		Anna Crielaers-van der Stok		Gerita Smallegoor				
		100m	13.42	(13.42)	100m	13.82	(13.82)	
		500m	52.35	(38.93)	500m	52.13	(38.31)	

		Naam		Cat		PR	Tijd	Info
5	wt	11	Wim Verbraeken		H40	42.97	44.47	
	rd	24	Bennie Kriekaard		H45	43.32	44.35	
		Wim Verbraeken		Bennie Kriekaard				
		100m	12.03	(12.03)	100m	12.01	(12.01)	
		500m	44.47	(32.44)	500m	44.35	(32.34)	

	Naam	Cat	PR	Tijd	Info
6	gl bl	5 Laura den Otter	D40	49.34	49.54
				Laura den Otter	
	m		100m	13.56	(13.56)
			500m	49.54	(35.98)

2. Uitslag GV 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	17 Niels Loos	HN2	18	O	38.60		
2	46 Joost de Jong	HN1	17	I	39.08		
3	39 Bart Valentijn	HN4	18	I	39.20		
4	48 Bryant Boogert	HB2	17	O	39.49		
5	19 Sven Rill	HN2	15	O	41.03	PR	
6	41 Vishwaraj Jadeja	HSB	16	O	41.50		
7	49 Joran Heikoop	HA2	15	I	41.88		
8	44 Bart Streefkerk	HSB	16	I	42.04		
9	12 Sybe van Hijum	HSA	14	O	44.92		
10	40 Quinty van Klink	DN2	13	I	45.74		
11	20 Freek Smits	H45	14	I	46.70		
12	3 Pieter Pennings	H50	13	O	46.81		
13	34 Marc Nieuwenhuijse	HSB	12	O	47.86		
14	51 Cornelis van Breugel	H45	10	I	48.10		
15	30 Johan van Buuren	H60	11	O	49.11		
16	32 Fop Fonteijne	H65	12	I	52.33		
17	42 Niek Bravenboer	H60	7	I	53.25		
18	1 Tialda Gerritsma	D55	10	O	54.48		
19	45 Frank van Heelsum	H55	11	I	54.65		
20	21 Petra Andriessen-Hoekema	D55	9	O	54.79		
21	23 Hans de Vos	H65	9	I	56.57		

2. Rituitslag GV 500 meter

		Naam		Cat		PR	Tijd	Info
7	wt	42	Niek Bravenboer		H60		53.25	
	rd							
		Niek Bravenboer						
		100m	14.34	(14.34)			m	
		500m	53.25	(38.91)				

		Naam		Cat		PR	Tijd	Info
8	gl							
	bl							
			m				m	

		Naam		Cat		PR	Tijd	Info
9	wt	23	Hans de Vos		H65	44.25	56.57	
	rd	21	Petra Andriessen-Hoekema		D55	51.77	54.79	
		Hans de Vos						
		100m	15.23	(15.23)				
		500m	56.57	(41.34)				
		Petra Andriessen-Hoekema						
		100m	14.90	(14.90)				
		500m	54.79	(39.89)				

		Naam		Cat		PR	Tijd	Info
10	gl	51	Cornelis van Breugel		H45		48.10	
	bl	1	Tialda Gerritsma		D55	49.94	54.48	
		Cornelis van Breugel						
		100m	13.37	(13.37)				
		500m	48.10	(34.73)				
		Tialda Gerritsma						
		100m	14.97	(14.97)				
		500m	54.48	(39.51)				

		Naam		Cat		PR	Tijd	Info
11	wt	45	Frank van Heelsum		H55	48.90	54.65	
	rd	30	Johan van Buuren		H60	46.20	49.11	
		Frank van Heelsum						
		100m	14.61	(14.61)				
		500m	54.65	(40.04)				
		Johan van Buuren						
		100m	13.10	(13.10)				
		500m	49.11	(36.01)				

		Naam			Cat	PR	Tijd	Info
12	gl	32	Fop Fonteyjne		H65	46.00	52.33	
	bl	34	Marc Nieuwenhuijse		HSB	47.05	47.86	
		Fop Fonteyjne			Marc Nieuwenhuijse			
		100m	14.85	(14.85)	100m	13.58	(13.58)	
		500m	52.33	(37.48)	500m	47.86	(34.28)	
		Naam			Cat	PR	Tijd	Info
13	wt	40	Quinty van Klink		DN2	44.81	45.74	
	rd	3	Pieter Pennings		H50	44.24	46.81	
		Quinty van Klink			Pieter Pennings			
		100m	12.77	(12.77)	100m	12.52	(12.52)	
		500m	45.74	(32.97)	500m	46.81	(34.29)	
		Naam			Cat	PR	Tijd	Info
14	gl	20	Freek Smits		H45	42.50	46.70	
	bl	12	Sybe van Hijum		HSA	42.80	44.92	
		Freek Smits			Sybe van Hijum			
		100m	12.67	(12.67)	100m	12.37	(12.37)	
		500m	46.70	(34.03)	500m	44.92	(32.55)	
		Naam			Cat	PR	Tijd	Info
15	wt	49	Joran Heikoop		HA2	41.54	41.88	
	rd	19	Sven Rill		HN2	41.61	41.03	PR
		Joran Heikoop			Sven Rill			
		100m	11.16	(11.16)	100m	11.34	(11.34)	
		500m	41.88	(30.72)	500m	41.03	(29.69)	
		Naam			Cat	PR	Tijd	Info
16	gl	44	Bart Streefkerk		HSB	39.22	42.04	
	bl	41	Vishwaraj Jadeja		HSB	40.11	41.50	
		Bart Streefkerk			Vishwaraj Jadeja			
		100m	11.02	(11.02)	100m	11.19	(11.19)	
		500m	42.04	(31.02)	500m	41.50	(30.31)	

		Naam			Cat	PR	Tijd	Info
17	wt	46	Joost de Jong		HN1	38.34	39.08	
	rd	48	Bryant Boogert		HB2	38.04	39.49	
		Joost de Jong			Bryant Boogert			
		100m	10.56	(10.56)	100m	10.80	(10.80)	
		500m	39.08	(28.52)	500m	39.49	(28.69)	

		Naam			Cat	PR	Tijd	Info
18	gl	39	Bart Valentijn		HN4	37.84	39.20	
	bl	17	Niels Loos		HN2	37.76	38.60	
		Bart Valentijn			Niels Loos			
		100m	10.75	(10.75)	100m	10.64	(10.64)	
		500m	39.20	(28.45)	500m	38.60	(27.96)	

3. Uitslag KV 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Wim Verbraeken	H40	23	O	2:17.51		
2	24 Bennie Kriekaard	H45	23	I	2:19.80		
3	5 Laura den Otter	D40	21	I	2:34.95		
4	13 Patty van Hoorn	D50	22	I	2:38.34		
5	4 Gerita Smallegoor	D50	22	O	2:42.09		
6	2 Daniëlle Frijters	DSB	21	O	2:42.86		
7	6 Anna Crielaers-van der Stok	D45	24	I	2:46.85	PR	
8	43 Marcel Tange	HSB	20	I	2:47.40		
9	47 Ben Jongerius	H65	24	O	2:47.90		
10	27 Stefan Rüdiger	H50	20	O	3:15.15		

3. Rituitslag KV 1500 meter

	Naam	Cat	PR	Tijd	Info
19	wt				
	rd				
	m				
	m				

	Naam	Cat	PR	Tijd	Info
20	gl	43 Marcel Tange	HSB	2:25.55	2:47.40
	bl	27 Stefan Rüdiger	H50	3:14.67	3:15.15
	Marcel Tange				
	300m	34.09 (34.09)			
	700m	1:16.66 (42.57)			
	1100m	2:01.18 (44.52)			
	1500m	2:47.40 (46.22)			
	Stefan Rüdiger				
	300m	38.52 (38.52)			
	700m	1:28.45 (49.93)			
	1100m	2:23.58 (55.13)			
	1500m	3:15.15 (51.57)			

	Naam	Cat	PR	Tijd	Info
21	wt	5 Laura den Otter	D40	2:32.33	2:34.95
	rd	2 Daniëlle Frijters	DSB	2:41.12	2:42.86
	Laura den Otter				
	300m	33.22 (33.22)			
	700m	1:11.68 (38.46)			
	1100m	1:52.88 (41.20)			
	1500m	2:34.95 (42.07)			
	Daniëlle Frijters				
	300m	34.97 (34.97)			
	700m	1:15.58 (40.61)			
	1100m	1:58.48 (42.90)			
	1500m	2:42.86 (44.38)			

	Naam	Cat	PR	Tijd	Info
22	gl	13 Patty van Hoorn	D50	2:37.75	2:38.34
	bl	4 Gerita Smallegoor	D50	2:38.63	2:42.09
	Patty van Hoorn				
	300m	35.00 (35.00)			
	700m	1:14.28 (39.28)			
	1100m	1:55.36 (41.08)			
	1500m	2:38.34 (42.98)			
	Gerita Smallegoor				
	300m	34.91 (34.91)			
	700m	1:14.63 (39.72)			
	1100m	1:57.62 (42.99)			
	1500m	2:42.09 (44.47)			

		Naam			Cat			PR	Tijd	Info
23	wt	24	Bennie Kriekaard		H45			2:13.01	2:19.80	
	rd	11	Wim Verbraeken		H40			2:11.48	2:17.51	
		Bennie Kriekaard			Wim Verbraeken					
		300m	30.29	(30.29)	300m	29.57	(29.57)			
		700m	1:05.01	(34.72)	700m	1:04.00	(34.43)			
		1100m	1:41.76	(36.75)	1100m	1:40.13	(36.13)			
		1500m	2:19.80	(38.04)	1500m	2:17.51	(37.38)			
		Naam			Cat			PR	Tijd	Info
24	gl	6	Anna Crielaers-van der Stok		D45			3:22.93	2:46.85	PR
	bl	47	Ben Jongerius		H65			2:27.82	2:47.90	
		Anna Crielaers-van der Stok			Ben Jongerius					
		300m	34.11	(34.11)	300m	35.79	(35.79)			
		700m	1:16.32	(42.21)	700m	1:18.82	(43.03)			
		1100m	2:01.18	(44.86)	1100m	2:02.89	(44.07)			
		1500m	2:46.85	(45.67)	1500m	2:47.90	(45.01)			

4. Uitslag GV 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	39 Bart Valentijn	HN4	35	O	7:09.20		
2	17 Niels Loos	HN2	30	I	7:36.40	PR	
3	34 Marc Nieuwenhuijse	HSB	32	O	7:41.42	PR	
4	41 Vishwaraj Jadeja	HSB	34	O	7:42.79		
5	44 Bart Streefkerk	HSB	35	I	7:47.44		
6	48 Bryant Boogert	HB2	30	O	7:53.08		
7	12 Sybe van Hijum	HSA	34	I	7:57.06		
8	51 Cornelis van Breugel	H45	29	I	8:11.81		
9	40 Quinty van Klink	DN2	32	I	8:13.18		
10	49 Joran Heikoop	HA2	26	I	8:20.89	PR	
11	32 Fop Fonteijne	H65	31	O	8:25.99	PR	
12	3 Pieter Pennings	H50	33	O	8:28.31		
13	30 Johan van Buuren	H60	31	I	8:48.46		
14	42 Niek Bravenboer	H60	27	O	8:48.60		
15	20 Freek Smits	H45	28	I	8:54.33		
16	21 Petra Andriessen-Hoekema	D55	29	O	8:57.81		
17	1 Tialda Gerritsma	D55	28	O	9:22.32		
18	23 Hans de Vos	H65	33	I	9:36.63		
19	45 Frank van Heelsum	H55	27	I	10:06.72		
	19 Sven Rill	HN2	25	I		DNF	
	46 Joost de Jong	HN1	25	O		DQ	

4. Rituitslag GV 5000 meter

		Naam			Cat			PR	Tijd	Info
25	wt	19	Sven Rill		HN2					DNF
	rd	46	Joost de Jong		HN1					DQ
		Sven Rill				Joost de Jong				
		200m	20.96	(20.96)	200m	20.08	(20.08)			
		600m	55.70	(34.74)	600m	53.48	(33.40)			
		1000m	1:32.76	(37.06)	1000m	1:28.26	(34.78)			
		1400m	2:10.70	(37.94)	1400m	2:02.99	(34.73)			
		1800m	2:49.21	(38.51)	1800m	2:37.81	(34.82)			
		2200m	3:27.70	(38.49)	2200m	3:12.09	(34.28)			
		2600m	4:06.79	(39.09)	2600m	3:47.11	(35.02)			
		3000m	4:46.86	(40.07)	3000m	4:22.32	(35.21)			
		3400m	5:40.57	(53.71)	3400m	4:57.88	(35.56)			
		3800m	6:35.94	(55.37)	3800m	5:33.56	(35.68)			
					4200m	6:09.40	(35.84)			
					4600m	6:45.44	(36.04)			
					5000m	7:21.55	(36.11)			

		Naam			Cat			PR	Tijd	Info
26	gl	49	Joran Heikoop		HA2			8:40.79	8:20.89	PR
	bl									
		Joran Heikoop								
		200m	21.20	(21.20)	m					
		600m	57.56	(36.36)						
		1000m	1:36.72	(39.16)						
		1400m	2:16.27	(39.55)						
		1800m	2:55.85	(39.58)						
		2200m	3:35.17	(39.32)						
		2600m	4:15.14	(39.97)						
		3000m	4:55.45	(40.31)						
		3400m	5:36.21	(40.76)						
		3800m	6:17.13	(40.92)						
		4200m	6:58.43	(41.30)						
		4600m	7:39.60	(41.17)						
		5000m	8:20.89	(41.29)						

		Naam			Cat	PR	Tijd	Info
27	wt	45	Frank van Heelsum		H55		10:06.72	
	rd	42	Niek Bravenboer		H60		8:48.60	
		Frank van Heelsum			Niek Bravenboer			
		200m	28.27	(28.27)	200m	27.22	(27.22)	
		600m	1:15.44	(47.17)	600m	1:10.58	(43.36)	
		1000m	2:02.71	(47.27)	1000m	1:53.54	(42.96)	
		1400m	2:49.71	(47.00)	1400m	2:35.81	(42.27)	
		1800m	3:37.32	(47.61)	1800m	3:17.90	(42.09)	
		2200m	4:24.54	(47.22)	2200m	3:59.61	(41.71)	
		2600m	5:12.48	(47.94)	2600m	4:41.07	(41.46)	
		3000m	6:00.25	(47.77)	3000m	5:22.76	(41.69)	
		3400m	6:48.89	(48.64)	3400m	6:03.98	(41.22)	
		3800m	7:37.22	(48.33)	3800m	6:45.20	(41.22)	
		4200m	8:26.39	(49.17)	4200m	7:26.45	(41.25)	
		4600m	9:16.68	(50.29)	4600m	8:08.07	(41.62)	
		5000m	10:06.72	(50.04)	5000m	8:48.60	(40.53)	

		Naam			Cat	PR	Tijd	Info
28	gl	20	Freek Smits		H45		8:54.33	
	bl	1	Tialda Gerritsma		D55	8:29.72	9:22.32	
		Freek Smits			Tialda Gerritsma			
		200m	23.74	(23.74)	200m	27.85	(27.85)	
		600m	1:05.77	(42.03)	600m	1:10.64	(42.79)	
		1000m	1:48.87	(43.10)	1000m	1:54.28	(43.64)	
		1400m	2:32.03	(43.16)	1400m	2:38.32	(44.04)	
		1800m	3:13.89	(41.86)	1800m	3:22.96	(44.64)	
		2200m	3:56.31	(42.42)	2200m	4:08.03	(45.07)	
		2600m	4:39.46	(43.15)	2600m	4:53.33	(45.30)	
		3000m	5:22.42	(42.96)	3000m	5:38.67	(45.34)	
		3400m	6:05.78	(43.36)	3400m	6:23.76	(45.09)	
		3800m	6:48.38	(42.60)	3800m	7:08.55	(44.79)	
		4200m	7:30.83	(42.45)	4200m	7:53.60	(45.05)	
		4600m	8:12.91	(42.08)	4600m	8:38.32	(44.72)	
		5000m	8:54.33	(41.42)	5000m	9:22.32	(44.00)	

		Naam	Cat	PR	Tijd	Info
29	wt	51 Cornelis van Breugel	H45		8:11.81	
	rd	21 Petra Andriessen-Hoekema	D55	8:47.50	8:57.81	
		Cornelis van Breugel				
		200m	23.69 (23.69)			
		600m	1:01.31 (37.62)			
		1000m	1:38.84 (37.53)			
		1400m	2:17.01 (38.17)			
		1800m	2:55.51 (38.50)			
		2200m	3:34.11 (38.60)			
		2600m	4:13.20 (39.09)			
		3000m	4:52.54 (39.34)			
		3400m	5:32.09 (39.55)			
		3800m	6:12.36 (40.27)			
		4600m	7:32.05 (79.69)			
		5000m	8:11.81 (39.76)			
		Petra Andriessen-Hoekema				
		200m	26.94 (26.94)			
		600m	1:09.76 (42.82)			
		1000m	1:53.28 (43.52)			
		1400m	2:36.49 (43.21)			
		1800m	3:19.44 (42.95)			
		2200m	4:02.09 (42.65)			
		2600m	4:44.57 (42.48)			
		3000m	5:27.18 (42.61)			
		3400m	6:09.82 (42.64)			
		3800m	6:52.16 (42.34)			
		4200m	7:33.87 (41.71)			
		4600m	8:15.82 (41.95)			
		5000m	8:57.81 (41.99)			

		Naam	Cat	PR	Tijd	Info
30	gl	17 Niels Loos	HN2	7:44.04	7:36.40	PR
	bl	48 Bryant Boogert	HB2		7:53.08	
		Niels Loos				
		200m	20.53 (20.53)			
		600m	54.85 (34.32)			
		1000m	1:29.59 (34.74)			
		1400m	2:05.70 (36.11)			
		1800m	2:41.22 (35.52)			
		2200m	3:16.94 (35.72)			
		2600m	3:53.35 (36.41)			
		3000m	4:29.76 (36.41)			
		3400m	5:06.16 (36.40)			
		3800m	5:42.49 (36.33)			
		4200m	6:19.22 (36.73)			
		4600m	6:57.52 (38.30)			
		5000m	7:36.40 (38.88)			
		Bryant Boogert				
		200m	20.97 (20.97)			
		600m	55.48 (34.51)			
		1000m	1:30.92 (35.44)			
		1400m	2:06.78 (35.86)			
		1800m	2:43.10 (36.32)			
		2200m	3:20.30 (37.20)			
		2600m	3:58.08 (37.78)			
		3000m	4:36.67 (38.59)			
		3400m	5:14.92 (38.25)			
		3800m	5:53.94 (39.02)			
		4200m	6:34.04 (40.10)			
		4600m	7:14.21 (40.17)			
		5000m	7:53.08 (38.87)			

		Naam			Cat	PR	Tijd	Info
31	wt	30	Johan van Buuren		H60	8:32.12	8:48.46	
	rd	32	Fop Fonteijne		H65	8:47.74	8:25.99	PR
		Johan van Buuren			Fop Fonteijne			
		200m	23.82	(23.82)	200m	27.35	(27.35)	
		600m	1:03.36	(39.54)	600m	1:06.71	(39.36)	
		1000m	1:44.30	(40.94)	1000m	1:46.78	(40.07)	
		1400m	2:25.95	(41.65)	1400m	2:27.33	(40.55)	
		1800m	3:07.37	(41.42)	1800m	3:07.51	(40.18)	
		2200m	3:49.02	(41.65)	2200m	3:47.14	(39.63)	
		2600m	4:30.61	(41.59)	2600m	4:26.73	(39.59)	
		3000m	5:12.63	(42.02)	3000m	5:06.82	(40.09)	
		3400m	5:55.34	(42.71)	3400m	5:46.62	(39.80)	
		3800m	6:38.63	(43.29)	3800m	6:26.59	(39.97)	
		4200m	7:21.93	(43.30)	4200m	7:06.54	(39.95)	
		4600m	8:05.24	(43.31)	4600m	7:46.15	(39.61)	
		5000m	8:48.46	(43.22)	5000m	8:25.99	(39.84)	

		Naam			Cat	PR	Tijd	Info
32	gl	40	Quinty van Klink		DN2	8:03.48	8:13.18	
	bl	34	Marc Nieuwenhuijse		HSB	7:49.17	7:41.42	PR
		Quinty van Klink			Marc Nieuwenhuijse			
		200m	22.50	(22.50)	200m	24.09	(24.09)	
		600m	59.39	(36.89)	600m	59.90	(35.81)	
		1000m	1:37.13	(37.74)	1000m	1:35.81	(35.91)	
		1400m	2:15.37	(38.24)	1400m	2:12.01	(36.20)	
		1800m	2:54.25	(38.88)	1800m	2:48.22	(36.21)	
		2200m	3:33.22	(38.97)	2200m	3:24.44	(36.22)	
		2600m	4:12.22	(39.00)	2600m	4:01.09	(36.65)	
		3000m	4:51.22	(39.00)	3000m	4:37.64	(36.55)	
		3400m	5:30.21	(38.99)	3400m	5:14.26	(36.62)	
		3800m	6:09.97	(39.76)	3800m	5:50.79	(36.53)	
		4200m	6:50.61	(40.64)	4200m	6:27.55	(36.76)	
		4600m	7:31.68	(41.07)	4600m	7:04.48	(36.93)	
		5000m	8:13.18	(41.50)	5000m	7:41.42	(36.94)	

		Naam	Cat	PR	Tijd	Info
33	wt	23 Hans de Vos	H65	8:37.91	9:36.63	
	rd	3 Pieter Pennings	H50	7:56.21	8:28.31	
		Hans de Vos				Pieter Pennings
		200m	27.78 (27.78)	200m	24.23 (24.23)	
		600m	1:12.84 (45.06)	600m	1:02.27 (38.04)	
		1000m	1:59.66 (46.82)	1000m	1:42.12 (39.85)	
		1400m	2:46.23 (46.57)	1400m	2:22.23 (40.11)	
		1800m	3:31.89 (45.66)	1800m	3:02.75 (40.52)	
		2200m	4:17.69 (45.80)	2200m	3:43.13 (40.38)	
		2600m	5:03.82 (46.13)	2600m	4:23.71 (40.58)	
		3000m	5:49.06 (45.24)	3000m	5:04.36 (40.65)	
		3400m	6:34.77 (45.71)	3400m	5:44.80 (40.44)	
		3800m	7:20.56 (45.79)	3800m	6:25.88 (41.08)	
		4200m	8:06.73 (46.17)	4200m	7:06.83 (40.95)	
		4600m	8:52.23 (45.50)	4600m	7:47.96 (41.13)	
		5000m	9:36.63 (44.40)	5000m	8:28.31 (40.35)	

		Naam	Cat	PR	Tijd	Info
34	gl	12 Sybe van Hijum	HSA	7:31.95	7:57.06	
	bl	41 Vishwaraj Jadeja	HSB	7:25.16	7:42.79	
		Sybe van Hijum				Vishwaraj Jadeja
		200m	22.62 (22.62)	200m	22.08 (22.08)	
		600m	59.09 (36.47)	600m	57.08 (35.00)	
		1000m	1:37.00 (37.91)	1000m	1:33.29 (36.21)	
		1400m	2:14.76 (37.76)	1400m	2:09.96 (36.67)	
		1800m	2:52.87 (38.11)	1800m	2:46.28 (36.32)	
		2200m	3:30.99 (38.12)	2200m	3:22.65 (36.37)	
		2600m	4:09.04 (38.05)	2600m	3:59.26 (36.61)	
		3000m	4:47.39 (38.35)	3000m	4:35.64 (36.38)	
		3400m	5:25.43 (38.04)	3400m	5:12.71 (37.07)	
		3800m	6:03.41 (37.98)	3800m	5:49.89 (37.18)	
		4200m	6:41.21 (37.80)	4200m	6:27.28 (37.39)	
		4600m	7:19.23 (38.02)	4600m	7:05.22 (37.94)	
		5000m	7:57.06 (37.83)	5000m	7:42.79 (37.57)	

		Naam			Cat	PR	Tijd	Info
35	wt	44	Bart Streefkerk		HSB	7:07.88	7:47.44	
	rd	39	Bart Valentijn		HN4	6:46.03	7:09.20	
		Bart Streefkerk			Bart Valentijn			
		200m	21.29	(21.29)	200m	20.00	(20.00)	
		600m	57.59	(36.30)	600m	52.37	(32.37)	
		1000m	1:34.30	(36.71)	1000m	1:25.15	(32.78)	
		1400m	2:10.77	(36.47)	1400m	1:58.28	(33.13)	
		1800m	2:47.27	(36.50)	1800m	2:31.33	(33.05)	
		2200m	3:23.67	(36.40)	2200m	3:04.74	(33.41)	
		2600m	4:00.18	(36.51)	2600m	3:38.72	(33.98)	
		3000m	4:36.88	(36.70)	3000m	4:13.27	(34.55)	
		3400m	5:13.96	(37.08)	3400m	4:47.76	(34.49)	
		3800m	5:51.88	(37.92)	3800m	5:22.77	(35.01)	
		4200m	6:30.21	(38.33)	4200m	5:58.47	(35.70)	
		4600m	7:08.86	(38.65)	4600m	6:34.17	(35.70)	
		5000m	7:47.44	(38.58)	5000m	7:09.20	(35.03)	