

19 - Ritten 3000 meter dames afstanden

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
68	I	242	Maureen Bos	HA02773	5:31.10	
	O	9	Diane Kramer	AL06624	5:30.85	
1.		200m	26.08 (26.0)	1.	200m	26.49 (26.4)
2.		600m	1:07.80 (41.7)	2.	600m	1:08.61 (42.1)
3.		1000m	1:50.95 (43.1)	3.	1000m	1:51.58 (42.9)
4.		1400m	2:34.53 (43.5)	4.	1400m	2:34.87 (43.2)
5.		1800m	3:18.16 (43.6)	5.	1800m	3:18.81 (43.9)
6.		2200m	4:02.26 (44.1)	6.	2200m	4:02.93 (44.1)
7.		2600m	4:46.94 (44.6)	7.	2600m	4:47.36 (44.4)
8.		3000m	5:31.10 (44.1)	8.	3000m	5:30.85 (43.4)

20 - Ritten 3000 meter dames allround

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
69	I	8	Manon Scholte	HA00227	5:06.22	PB
	O	4	Irma Woud	UT00675	5:19.12	
1.		200m	23.51 (23.5)	1.	200m	23.57 (23.5)
2.		600m	1:02.30 (38.7)	2.	600m	1:03.86 (40.2)
3.		1000m	1:42.03 (39.7)	3.	1000m	1:45.38 (41.5)
4.		1400m	2:22.61 (40.5)	4.	1400m	2:27.43 (42.0)
5.		1800m	3:03.30 (40.6)	5.	1800m	3:09.73 (42.3)
6.		2200m	3:44.25 (40.9)	6.	2200m	3:52.48 (42.7)
7.		2600m	4:25.65 (41.4)	7.	2600m	4:35.86 (43.3)
8.		3000m	5:06.22 (40.5)	8.	3000m	5:19.12 (43.2)
70	I	3	Bianca van den Hoek	UT00382	4:54.56	
	O	1	Renske Winters	DV58533	5:08.31	
1.		200m	22.09 (22.0)	1.	200m	23.33 (23.3)
2.		600m	58.62 (36.5)	2.	600m	1:02.12 (38.7)
3.		1000m	1:37.22 (38.6)	3.	1000m	1:41.98 (39.8)
4.		1400m	2:16.42 (39.2)	4.	1400m	2:22.23 (40.2)
5.		1800m	2:55.72 (39.3)	5.	1800m	3:02.94 (40.7)
6.		2200m	3:35.01 (39.2)	6.	2200m	3:44.42 (41.4)
7.		2600m	4:14.62 (39.6)	7.	2600m	4:26.65 (42.2)
8.		3000m	4:54.56 (39.9)	8.	3000m	5:08.31 (41.6)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
71	I	16	Lijnie Boele	DH50253	4:55.00	
	O	17	Henriette Goede	HA04249	4:53.34	
1.		200m	21.71 (21.7)	1.	200m	22.90 (22.9)
2.		600m	57.44 (35.7)	2.	600m	59.22 (36.3)
3.		1000m	1:34.80 (37.3)	3.	1000m	1:36.73 (37.5)
4.		1400m	2:13.65 (38.8)	4.	1400m	2:15.64 (38.9)
5.		1800m	2:53.14 (39.4)	5.	1800m	2:54.88 (39.2)
6.		2200m	3:33.41 (40.2)	6.	2200m	3:34.99 (40.1)
7.		2600m	4:13.92 (40.5)	7.	2600m	4:14.56 (39.5)
8.		3000m	4:55.00 (41.0)	8.	3000m	4:53.34 (38.7)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
72	I	15	Kaska Rogulska	AS35364	4:49.57	TRM
	O	14	Anja Bollaart	BR07190	5:01.88	
1.		200m	22.56 (22.5)	1.	200m	23.22 (23.2)
2.		600m	59.38 (36.8)	2.	600m	1:01.54 (38.3)
3.		1000m	1:36.84 (37.4)	3.	1000m	1:40.97 (39.4)
4.		1400m	2:14.94 (38.1)	4.	1400m	2:19.48 (38.5)
5.		1800m	2:53.39 (38.4)	5.	1800m	2:58.64 (39.1)
6.		2200m	3:32.11 (38.7)	6.	2200m	3:38.19 (39.5)
7.		2600m	4:10.73 (38.6)	7.	2600m	4:19.76 (41.5)
8.		3000m	4:49.57 (38.8)	8.	3000m	5:01.88 (42.1)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
73	I	30	Gerdien Meijer	AM05732	5:17.90	
	O	28	Anita Smit-Groot	AL05756	DQ	DQ
1.		200m	23.72 (23.7)	1.		
2.		600m	1:02.88 (39.1)	2.		
3.		1000m	1:42.42 (39.5)	3.		
4.		1400m	2:23.54 (41.1)	4.		
5.		1800m	3:05.59 (42.0)	5.		
6.		2200m	3:49.01 (43.4)	6.		
7.		2600m	4:33.53 (44.5)	7.		
8.		3000m	5:17.90 (44.3)	8.		

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
74	I	29	Lian van Dongen	BR05004	5:04.00	PB
	O	27	Monique Boerema	HA03494	5:08.27	PB
1.		200m	23.60 (23.6)	1.	200m	22.66 (22.6)
2.		600m	1:00.87 (37.2)	2.	600m	1:00.30 (37.6)
3.		1000m	1:40.07 (39.2)	3.	1000m	1:40.33 (40.0)
4.		1400m	2:20.56 (40.4)	4.	1400m	2:20.56 (40.2)
5.		1800m	3:01.34 (40.7)	5.	1800m	3:01.90 (41.3)
6.		2200m	3:42.65 (41.3)	6.	2200m	3:43.14 (41.2)
7.		2600m	4:23.94 (41.2)	7.	2600m	4:25.60 (42.4)
8.		3000m	5:04.00 (40.0)	8.	3000m	5:08.27 (42.6)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
75	I	43	Ans Oudejans	HA03189	5:07.33	
	O	41	Lettie Zwanenburg	UT02285	5:12.05	
1.		200m	24.02 (24.0)	1.	200m	24.68 (24.6)
2.		600m	1:01.66 (37.6)	2.	600m	1:02.28 (37.6)
3.		1000m	1:41.13 (39.4)	3.	1000m	1:42.54 (40.2)
4.		1400m	2:22.65 (41.5)	4.	1400m	2:23.35 (40.8)
5.		1800m	3:03.54 (40.8)	5.	1800m	3:05.56 (42.2)
6.		2200m	3:44.87 (41.3)	6.	2200m	3:47.68 (42.1)
7.		2600m	4:26.35 (41.4)	7.	2600m	4:30.12 (42.4)
8.		3000m	5:07.33 (40.9)	8.	3000m	5:12.05 (41.9)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
76	I	40	Noor van der Ster	BR05035	5:08.13	
	O	42	Marianne de Neeling	DH30418	5:11.77	
1.		200m	23.56 (23.5)	1.	200m	24.53 (24.5)
2.		600m	1:02.38 (38.8)	2.	600m	1:03.43 (38.9)
3.		1000m	1:42.02 (39.6)	3.	1000m	1:43.49 (40.0)
4.		1400m	2:22.81 (40.7)	4.	1400m	2:24.91 (41.4)
5.		1800m	3:03.97 (41.1)	5.	1800m	3:06.65 (41.7)
6.		2200m	3:45.20 (41.2)	6.	2200m	3:48.81 (42.1)
7.		2600m	4:26.72 (41.5)	7.	2600m	4:30.90 (42.0)
8.		3000m	5:08.13 (41.4)	8.	3000m	5:11.77 (40.8)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
77	I	55	Anneke Balster	HV22435	5:47.05	
	O	56	Joke Wittenberg	HV43618	NS NS	
1.		200m	26.82 (26.8)	1.		
2.		600m	1:11.95 (45.1)	2.		
3.		1000m	1:58.13 (46.1)	3.		
4.		1400m	2:44.48 (46.3)	4.		
5.		1800m	3:31.01 (46.5)	5.		
6.		2200m	4:16.77 (45.7)	6.		
7.		2600m	5:02.53 (45.7)	7.		
8.		3000m	5:47.05 (44.5)	8.		

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
78	I	52	Thea Kroontje	HV11046	5:12.06	
	O	53	Ria Slikker	AL02109	5:25.22	
1.		200m	24.62 (24.6)	1.	200m	24.54 (24.5)
2.		600m	1:04.51 (39.8)	2.	600m	1:05.43 (40.8)
3.		1000m	1:44.95 (40.4)	3.	1000m	1:47.68 (42.2)
4.		1400m	2:26.09 (41.1)	4.	1400m	2:31.24 (43.5)
5.		1800m	3:07.12 (41.0)	5.	1800m	3:15.09 (43.8)
6.		2200m	3:48.76 (41.6)	6.	2200m	3:58.84 (43.7)
7.		2600m	4:30.53 (41.7)	7.	2600m	4:42.52 (43.6)
8.		3000m	5:12.06 (41.5)	8.	3000m	5:25.22 (42.7)