

11 - Ritten 3000 meter heren afstanden

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
103	I	218	Bert Smits	BR06064	5:00.95	

1.	200m	24.13	(24.1)	1.
2.	600m	1:00.44	(36.3)	2.
3.	1000m	1:37.81	(37.3)	3.
4.	1400m	2:17.13	(39.3)	4.
5.	1800m	2:56.96	(39.8)	5.
6.	2200m	3:37.48	(40.5)	6.
7.	2600m	4:18.78	(41.3)	7.
8.	3000m	5:00.95	(42.1)	8.

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
104	I	256	Thomas Hoekstra	UT00176	4:57.47	
	O	221	Sieb Wiersma	DH32229	4:50.05	

1.	200m	22.77	(22.7)	1.	200m	22.20	(22.2)
2.	600m	58.76	(35.9)	2.	600m	57.74	(35.5)
3.	1000m	1:36.71	(37.9)	3.	1000m	1:34.52	(36.7)
4.	1400m	2:16.01	(39.3)	4.	1400m	2:12.13	(37.6)
5.	1800m	2:55.75	(39.7)	5.	1800m	2:50.58	(38.4)
6.	2200m	3:35.83	(40.0)	6.	2200m	3:29.87	(39.2)
7.	2600m	4:16.38	(40.5)	7.	2600m	4:09.58	(39.7)
8.	3000m	4:57.47	(41.0)	8.	3000m	4:50.05	(40.4)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
105	I	203	Gerlof Zwaga	AL06789	4:42.96	PB
	O	262	Ton van Klooster	UT02240	4:40.38	PB

1.	200m	22.33	(22.3)	1.	200m	23.27	(23.2)
2.	600m	56.88	(34.5)	2.	600m	57.77	(34.5)
3.	1000m	1:33.35	(36.4)	3.	1000m	1:33.21	(35.4)
4.	1400m	2:10.78	(37.4)	4.	1400m	2:09.83	(36.6)
5.	1800m	2:48.92	(38.1)	5.	1800m	2:47.01	(37.1)
6.	2200m	3:27.23	(38.3)	6.	2200m	3:24.09	(37.0)
7.	2600m	4:05.25	(38.0)	7.	2600m	4:01.83	(37.7)
8.	3000m	4:42.96	(37.7)	8.	3000m	4:40.38	(38.5)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
106	I	219	Frank Steenkamp	DH21184	DQ	DQ
	O	215	Pieter Elzinga	BR05036	4:49.90	

1.	200m	22.85	(22.8)	1.	200m	22.85	(22.8)
2.	600m	59.58	(36.7)	2.	600m	59.58	(36.7)
3.	1000m	1:37.43	(37.8)	3.	1000m	1:37.43	(37.8)
4.	1400m	2:16.07	(38.6)	4.	1400m	2:16.07	(38.6)
5.	1800m	2:54.14	(38.0)	5.	1800m	2:54.14	(38.0)
6.	2200m	3:32.54	(38.4)	6.	2200m	3:32.54	(38.4)
7.	2600m	4:11.32	(38.7)	7.	2600m	4:11.32	(38.7)
8.	3000m	4:49.90	(38.5)	8.	3000m	4:49.90	(38.5)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
107	I	263	Hans Spil	UT02553	4:43.74	
	O	252	Henri Heijltjes	NY00098	4:38.30	
1.		200m	21.67 (21.6)	1.	200m	21.85 (21.8)
2.		600m	56.27 (34.6)	2.	600m	56.33 (34.4)
3.		1000m	1:31.61 (35.3)	3.	1000m	1:32.07 (35.7)
4.		1400m	2:08.18 (36.5)	4.	1400m	2:08.51 (36.4)
5.		1800m	2:45.50 (37.3)	5.	1800m	2:45.45 (36.9)
6.		2200m	3:23.60 (38.1)	6.	2200m	3:22.83 (37.3)
7.		2600m	4:02.91 (39.3)	7.	2600m	4:00.51 (37.6)
8.		3000m	4:43.74 (40.8)	8.	3000m	4:38.30 (37.7)
108	I	216	Jasper Ras	BR05147	4:46.90	
	O	205	Adriaan Krom	AM00050	4:48.69	
1.		200m	21.42 (21.4)	1.	200m	22.23 (22.2)
2.		600m	56.05 (34.6)	2.	600m	56.88 (34.6)
3.		1000m	1:32.19 (36.1)	3.	1000m	1:33.15 (36.2)
4.		1400m	2:10.01 (37.8)	4.	1400m	2:11.12 (37.9)
5.		1800m	2:48.33 (38.3)	5.	1800m	2:50.04 (38.9)
6.		2200m	3:27.60 (39.2)	6.	2200m	3:28.82 (38.7)
7.		2600m	4:06.91 (39.3)	7.	2600m	4:08.43 (39.6)
8.		3000m	4:46.90 (39.9)	8.	3000m	4:48.69 (40.2)
109	I	220	Martin Rotgans	DH24091	4:45.83	
	O	245	Erwin Dekker	HA04349	4:44.97	
1.		200m	22.84 (22.8)	1.	200m	22.01 (22.0)
2.		600m	56.99 (34.1)	2.	600m	56.76 (34.7)
3.		1000m	1:32.20 (35.2)	3.	1000m	1:32.85 (36.0)
4.		1400m	2:09.89 (37.6)	4.	1400m	2:09.65 (36.8)
5.		1800m	2:47.52 (37.6)	5.	1800m	2:47.45 (37.8)
6.		2200m	3:26.08 (38.5)	6.	2200m	3:26.14 (38.6)
7.		2600m	4:05.58 (39.5)	7.	2600m	4:05.54 (39.4)
8.		3000m	4:45.83 (40.2)	8.	3000m	4:44.97 (39.4)
110	I	231	Roberto van Goor	DV15368	4:27.42	PB
	O	253	Sjors Verhaagh	NY60875	4:28.72	
1.		200m	21.23 (21.2)	1.	200m	20.98 (20.9)
2.		600m	54.86 (33.6)	2.	600m	54.40 (33.4)
3.		1000m	1:29.51 (34.6)	3.	1000m	1:28.92 (34.5)
4.		1400m	2:04.65 (35.1)	4.	1400m	2:03.72 (34.8)
5.		1800m	2:39.93 (35.2)	5.	1800m	2:39.08 (35.3)
6.		2200m	3:15.55 (35.6)	6.	2200m	3:14.94 (35.8)
7.		2600m	3:51.37 (35.8)	7.	2600m	3:51.65 (36.7)
8.		3000m	4:27.42 (36.0)	8.	3000m	4:28.72 (37.0)

12 - Ritten 3000 meter heren allround

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
111	I	151	Cees Stoop	AL01108	5:15.34	
	O	149	Ton van Helden	GL70070	5:15.90	
1.		200m	23.98 (23.9)	1.	200m	24.36 (24.3)
2.		600m	1:04.33 (40.3)	2.	600m	1:04.94 (40.5)
3.		1000m	1:45.63 (41.3)	3.	1000m	1:46.85 (41.9)
4.		1400m	2:27.69 (42.0)	4.	1400m	2:29.15 (42.3)
5.		1800m	3:09.74 (42.0)	5.	1800m	3:11.04 (41.8)
6.		2200m	3:52.26 (42.5)	6.	2200m	3:53.27 (42.2)
7.		2600m	4:33.80 (41.5)	7.	2600m	4:34.92 (41.6)
8.		3000m	5:15.34 (41.5)	8.	3000m	5:15.90 (40.9)
112	I	148	Jan Boelen	HV13567	DQ	DQ
	O	146	Piet Slikker	AL01616	5:13.08	
1.				1.	200m	24.51 (24.5)
2.				2.	600m	1:05.34 (40.8)
3.				3.	1000m	1:46.59 (41.2)
4.				4.	1400m	2:28.55 (41.9)
5.				5.	1800m	3:11.91 (43.3)
6.				6.	2200m	3:53.68 (41.7)
7.				7.	2600m	4:34.04 (40.3)
8.				8.	3000m	5:13.08 (39.0)
113	I	136	Dirk van Leen	HN00137	5:03.24	
	O	147	Gerke Corstiaensen	UT01067	4:59.51	
1.		200m	22.57 (22.5)	1.	200m	23.44 (23.4)
2.		600m	1:00.21 (37.6)	2.	600m	1:00.28 (36.8)
3.		1000m	1:38.49 (38.2)	3.	1000m	1:38.42 (38.1)
4.		1400m	2:18.07 (39.5)	4.	1400m	2:16.69 (38.2)
5.		1800m	2:58.05 (39.9)	5.	1800m	2:56.14 (39.4)
6.		2200m	3:39.16 (41.1)	6.	2200m	3:36.28 (40.1)
7.		2600m	4:20.99 (41.8)	7.	2600m	4:17.45 (41.1)
8.		3000m	5:03.24 (42.2)	8.	3000m	4:59.51 (42.0)
114	I	135	Jan Zwaan	UT00344	5:02.06	
	O	130	Bert Keizer	DV15204	4:58.02	
1.		200m	22.82 (22.8)	1.	200m	22.71 (22.7)
2.		600m	59.83 (37.0)	2.	600m	59.20 (36.4)
3.		1000m	1:37.59 (37.7)	3.	1000m	1:36.95 (37.7)
4.		1400m	2:16.99 (39.4)	4.	1400m	2:15.27 (38.3)
5.		1800m	2:57.02 (40.0)	5.	1800m	2:54.54 (39.2)
6.		2200m	3:37.79 (40.7)	6.	2200m	3:34.79 (40.2)
7.		2600m	4:19.86 (42.0)	7.	2600m	4:15.93 (41.1)
8.		3000m	5:02.06 (42.2)	8.	3000m	4:58.02 (42.0)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
115	I	142	Pieter den Dunnen	BR01001	4:51.15	
	O	143	Niek Bodifée	AM00009	4:52.84	
1.		200m	23.22 (23.2)	1.	200m	22.98 (22.9)
2.		600m	1:00.45 (37.2)	2.	600m	59.48 (36.5)
3.		1000m	1:38.00 (37.5)	3.	1000m	1:38.19 (38.7)
4.		1400m	2:16.88 (38.8)	4.	1400m	2:17.14 (38.9)
5.		1800m	2:55.16 (38.2)	5.	1800m	2:56.07 (38.9)
6.		2200m	3:33.20 (38.0)	6.	2200m	3:34.80 (38.7)
7.		2600m	4:11.59 (38.3)	7.	2600m	4:13.81 (39.0)
8.		3000m	4:51.15 (39.5)	8.	3000m	4:52.84 (39.0)
116	I	141	Jan Zijp	AL01140	4:51.48	
	O	101	Stephan Tellier	DH50210	4:47.92	
1.		200m	22.07 (22.0)	1.	200m	21.60 (21.6)
2.		600m	58.64 (36.5)	2.	600m	57.34 (35.7)
3.		1000m	1:36.53 (37.8)	3.	1000m	1:36.19 (38.8)
4.		1400m	2:14.73 (38.2)	4.	1400m	2:13.96 (37.7)
5.		1800m	2:53.43 (38.7)	5.	1800m	2:52.10 (38.1)
6.		2200m	3:32.49 (39.0)	6.	2200m	3:30.38 (38.2)
7.		2600m	4:11.79 (39.3)	7.	2600m	4:09.00 (38.6)
8.		3000m	4:51.48 (39.6)	8.	3000m	4:47.92 (38.9)
117	I	134	Twan den Braber	BR04033	4:52.66	
	O	122	Karel Margry	UT00504	NS NS	
1.		200m	23.04 (23.0)	1.		
2.		600m	1:00.79 (37.7)	2.		
3.		1000m	1:39.59 (38.8)	3.		
4.		1400m	2:17.93 (38.3)	4.		
5.		1800m	2:55.65 (37.7)	5.		
6.		2200m	3:34.34 (38.6)	6.		
7.		2600m	4:13.43 (39.0)	7.		
8.		3000m	4:52.66 (39.2)	8.		
118	I	75	Arjen Keuning	DH35709	4:51.75	
	O	87	Menno Westerveld	AS02427	4:45.21	
1.		200m	21.75 (21.7)	1.	200m	22.15 (22.1)
2.		600m	58.40 (36.6)	2.	600m	58.25 (36.1)
3.		1000m	1:35.92 (37.5)	3.	1000m	1:35.94 (37.6)
4.		1400m	2:14.05 (38.1)	4.	1400m	2:13.59 (37.6)
5.		1800m	2:52.22 (38.1)	5.	1800m	2:51.65 (38.0)
6.		2200m	3:31.57 (39.3)	6.	2200m	3:29.25 (37.6)
7.		2600m	4:11.29 (39.7)	7.	2600m	4:07.34 (38.0)
8.		3000m	4:51.75 (40.4)	8.	3000m	4:45.21 (37.8)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
119	I	98	Roland ten Klooster	DH40086	4:42.43	
	O	120	Ferd Veelenturf	DH50654	4:54.75	
1.		200m	21.60 (21.6)	1.	200m	22.55 (22.5)
2.		600m	56.94 (35.3)	2.	600m	59.28 (36.7)
3.		1000m	1:33.39 (36.4)	3.	1000m	1:37.40 (38.1)
4.		1400m	2:10.39 (37.0)	4.	1400m	2:16.14 (38.7)
5.		1800m	2:48.07 (37.6)	5.	1800m	2:54.78 (38.6)
6.		2200m	3:25.91 (37.8)	6.	2200m	3:34.26 (39.4)
7.		2600m	4:04.11 (38.2)	7.	2600m	4:14.23 (39.9)
8.		3000m	4:42.43 (38.3)	8.	3000m	4:54.75 (40.5)
120	I	127	Rein van Luunen	NY60854	NS	NS
	O	131	Brugt Drijver	AS02360	4:51.44	
1.				1.	200m	23.54 (23.5)
2.				2.	600m	58.38 (34.8)
3.				3.	1000m	1:34.20 (35.8)
4.				4.	1400m	2:11.77 (37.5)
5.				5.	1800m	2:50.47 (38.7)
6.				6.	2200m	3:29.65 (39.1)
7.				7.	2600m	4:09.89 (40.2)
8.				8.	3000m	4:51.44 (41.5)
121	I	73	Emiel de Haan	DH35037	4:44.88	
	O	99	Ruud Bouwmeester	AM01389	4:37.72	
1.		200m	21.57 (21.5)	1.	200m	21.96 (21.9)
2.		600m	57.23 (35.6)	2.	600m	57.19 (35.2)
3.		1000m	1:33.56 (36.3)	3.	1000m	1:32.70 (35.5)
4.		1400m	2:10.23 (36.6)	4.	1400m	2:08.89 (36.1)
5.		1800m	2:47.71 (37.4)	5.	1800m	2:45.54 (36.6)
6.		2200m	3:25.99 (38.2)	6.	2200m	3:22.85 (37.3)
7.		2600m	4:05.17 (39.1)	7.	2600m	4:00.42 (37.5)
8.		3000m	4:44.88 (39.7)	8.	3000m	4:37.72 (37.3)
122	I	132	Sjaak Hulsmann	HA03365	4:44.21	
	O	126	Victor van den Hoff	HA00097	4:30.65	
1.		200m	22.82 (22.8)	1.	200m	22.02 (22.0)
2.		600m	59.01 (36.1)	2.	600m	56.19 (34.1)
3.		1000m	1:36.72 (37.7)	3.	1000m	1:31.12 (34.9)
4.		1400m	2:13.92 (37.2)	4.	1400m	2:06.47 (35.3)
5.		1800m	2:51.32 (37.4)	5.	1800m	2:42.08 (35.6)
6.		2200m	3:28.86 (37.5)	6.	2200m	3:17.90 (35.8)
7.		2600m	4:06.38 (37.5)	7.	2600m	3:53.96 (36.0)
8.		3000m	4:44.21 (37.8)	8.	3000m	4:30.65 (36.6)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
123	I	106	Jean Paul van Rie	NY10000	4:50.70	
	O	79	Jan van der Stouwe	HV33502	4:59.21	
1.		200m	22.20 (22.2)	1.	200m	22.41 (22.4)
2.		600m	59.18 (36.9)	2.	600m	58.61 (36.2)
3.		1000m	1:37.07 (37.8)	3.	1000m	1:35.99 (37.3)
4.		1400m	2:16.51 (39.4)	4.	1400m	2:13.62 (37.6)
5.		1800m	2:55.34 (38.8)	5.	1800m	2:51.39 (37.7)
6.		2200m	3:34.53 (39.1)	6.	2200m	3:30.92 (39.5)
7.		2600m	4:13.19 (38.6)	7.	2600m	4:13.36 (42.4)
8.		3000m	4:50.70 (37.5)	8.	3000m	4:59.21 (45.8)
124	I	145	Jaap v.d. Heijden	HV11139	4:46.84	
	O	85	Michel Meyering	AL06623	4:46.75	
1.		200m	23.43 (23.4)	1.	200m	23.01 (23.0)
2.		600m	1:00.32 (36.8)	2.	600m	59.55 (36.5)
3.		1000m	1:37.82 (37.5)	3.	1000m	1:36.67 (37.1)
4.		1400m	2:15.32 (37.5)	4.	1400m	2:14.62 (37.9)
5.		1800m	2:52.74 (37.4)	5.	1800m	2:52.52 (37.9)
6.		2200m	3:30.75 (38.0)	6.	2200m	3:30.59 (38.0)
7.		2600m	4:08.52 (37.7)	7.	2600m	4:09.04 (38.4)
8.		3000m	4:46.84 (38.3)	8.	3000m	4:46.75 (37.7)
125	I	116	Bert Piek	HV43798	4:43.69	
	O	121	Alfred Beers	HN00254	4:43.79	
1.		200m	22.00 (22.0)	1.	200m	22.18 (22.1)
2.		600m	57.93 (35.9)	2.	600m	57.31 (35.1)
3.		1000m	1:35.27 (37.3)	3.	1000m	1:34.60 (37.2)
4.		1400m	2:12.84 (37.5)	4.	1400m	2:11.67 (37.0)
5.		1800m	2:50.57 (37.7)	5.	1800m	2:49.62 (37.9)
6.		2200m	3:29.39 (38.8)	6.	2200m	3:27.93 (38.3)
7.		2600m	4:06.85 (37.4)	7.	2600m	4:06.13 (38.2)
8.		3000m	4:43.69 (36.8)	8.	3000m	4:43.79 (37.6)
126	I	128	Pieter Hessel Siemonsma	HV44203	4:44.35	
	O	84	André Kleinrensink	UT01461	4:37.93	
1.		200m	22.52 (22.5)	1.	200m	21.63 (21.6)
2.		600m	58.72 (36.2)	2.	600m	56.11 (34.4)
3.		1000m	1:36.17 (37.4)	3.	1000m	1:32.11 (36.0)
4.		1400m	2:13.85 (37.6)	4.	1400m	2:09.07 (36.9)
5.		1800m	2:51.40 (37.5)	5.	1800m	2:45.80 (36.7)
6.		2200m	3:29.00 (37.6)	6.	2200m	3:22.74 (36.9)
7.		2600m	4:06.82 (37.8)	7.	2600m	4:00.06 (37.3)
8.		3000m	4:44.35 (37.5)	8.	3000m	4:37.93 (37.8)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
127	I	63	Harry Pardijs	DV48029	4:29.68	
	O	86	Eddy van Dijk	UT03022	4:39.71	
1.		200m	20.45 (20.4)	1.	200m	22.21 (22.2)
2.		600m	55.39 (34.9)	2.	600m	57.44 (35.2)
3.		1000m	1:30.67 (35.2)	3.	1000m	1:34.06 (36.6)
4.		1400m	2:05.36 (34.6)	4.	1400m	2:10.79 (36.7)
5.		1800m	2:40.43 (35.0)	5.	1800m	2:47.94 (37.1)
6.		2200m	3:16.40 (35.9)	6.	2200m	3:25.14 (37.2)
7.		2600m	3:52.93 (36.5)	7.	2600m	4:02.37 (37.2)
8.		3000m	4:29.68 (36.7)	8.	3000m	4:39.71 (37.3)
128	I	139	Wibe Veenbaas	UT00763	4:43.12	
	O	113	Jan Smid	GR75183	4:47.94	
1.		200m	22.62 (22.6)	1.	200m	23.00 (23.0)
2.		600m	57.91 (35.2)	2.	600m	58.27 (35.2)
3.		1000m	1:33.53 (35.6)	3.	1000m	1:34.86 (36.5)
4.		1400m	2:11.02 (37.4)	4.	1400m	2:12.30 (37.4)
5.		1800m	2:48.27 (37.2)	5.	1800m	2:50.34 (38.0)
6.		2200m	3:26.21 (37.9)	6.	2200m	3:28.96 (38.6)
7.		2600m	4:04.43 (38.2)	7.	2600m	4:08.05 (39.0)
8.		3000m	4:43.12 (38.6)	8.	3000m	4:47.94 (39.8)
129	I	125	Jacob Heslinga	HV12142	4:43.52	
	O	83	Jaap Pereboom	HN00246	4:36.81	
1.		200m	22.22 (22.2)	1.	200m	21.84 (21.8)
2.		600m	58.08 (35.8)	2.	600m	56.97 (35.1)
3.		1000m	1:35.52 (37.4)	3.	1000m	1:33.44 (36.4)
4.		1400m	2:13.00 (37.4)	4.	1400m	2:09.93 (36.4)
5.		1800m	2:50.31 (37.3)	5.	1800m	2:46.27 (36.3)
6.		2200m	3:27.99 (37.6)	6.	2200m	3:23.04 (36.7)
7.		2600m	4:05.75 (37.7)	7.	2600m	4:00.16 (37.1)
8.		3000m	4:43.52 (37.7)	8.	3000m	4:36.81 (36.6)
130	I	82	Frans Verhoeve	HA03231	4:33.43	
	O	105	Frank Heijerman	DH35349	4:40.58	
1.		200m	21.57 (21.5)	1.	200m	21.29 (21.2)
2.		600m	56.37 (34.8)	2.	600m	54.88 (33.5)
3.		1000m	1:31.68 (35.3)	3.	1000m	1:31.83 (36.9)
4.		1400m	2:07.59 (35.9)	4.	1400m	2:09.06 (37.2)
5.		1800m	2:43.23 (35.6)	5.	1800m	2:46.61 (37.5)
6.		2200m	3:19.14 (35.9)	6.	2200m	3:24.49 (37.8)
7.		2600m	3:55.83 (36.6)	7.	2600m	4:02.70 (38.2)
8.		3000m	4:33.43 (37.6)	8.	3000m	4:40.58 (37.8)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
131	I	68	Alex van Huissteden	BR04104	4:32.69	PB
	O	72	Jeroen de Heer	BR07192	4:36.90	
1.		200m	21.00 (21.0)	1.	200m	22.53 (22.5)
2.		600m	54.06 (33.0)	2.	600m	58.03 (35.5)
3.		1000m	1:28.69 (34.6)	3.	1000m	1:34.08 (36.0)
4.		1400m	2:04.31 (35.6)	4.	1400m	2:10.24 (36.1)
5.		1800m	2:40.68 (36.3)	5.	1800m	2:46.10 (35.8)
6.		2200m	3:17.44 (36.7)	6.	2200m	3:22.32 (36.2)
7.		2600m	3:54.86 (37.4)	7.	2600m	3:58.84 (36.5)
8.		3000m	4:32.69 (37.8)	8.	3000m	4:36.90 (38.0)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
132	I	104	Beno Pol	NY60915	4:45.84	
	O	114	Adriaan Provoost	BR06057	4:37.79	
1.		200m	21.57 (21.5)	1.	200m	22.49 (22.4)
2.		600m	59.36 (37.7)	2.	600m	57.24 (34.7)
3.		1000m	1:37.05 (37.6)	3.	1000m	1:33.24 (36.0)
4.		1400m	2:14.43 (37.3)	4.	1400m	2:09.85 (36.6)
5.		1800m	2:51.55 (37.1)	5.	1800m	2:46.43 (36.5)
6.		2200m	3:29.36 (37.8)	6.	2200m	3:22.88 (36.4)
7.		2600m	4:07.71 (38.3)	7.	2600m	4:00.11 (37.2)
8.		3000m	4:45.84 (38.1)	8.	3000m	4:37.79 (37.6)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
133	I	67	Marc de Vrieze	BR06193	4:39.45	
	O	111	Wim de Wit	DH60325	4:34.43	
1.		200m	21.65 (21.6)	1.	200m	21.82 (21.8)
2.		600m	56.46 (34.8)	2.	600m	56.46 (34.6)
3.		1000m	1:31.32 (34.8)	3.	1000m	1:31.82 (35.3)
4.		1400m	2:07.67 (36.3)	4.	1400m	2:07.74 (35.9)
5.		1800m	2:44.24 (36.5)	5.	1800m	2:44.18 (36.4)
6.		2200m	3:21.94 (37.7)	6.	2200m	3:20.95 (36.7)
7.		2600m	4:00.53 (38.5)	7.	2600m	3:58.02 (37.0)
8.		3000m	4:39.45 (38.9)	8.	3000m	4:34.43 (36.4)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
134	I	65	Willem-Jan Molleman	DH24163	4:32.42	
	O	118	Henk Abbink	EN01033	4:37.06	
1.		200m	21.30 (21.3)	1.	200m	21.93 (21.9)
2.		600m	56.06 (34.7)	2.	600m	56.63 (34.7)
3.		1000m	1:31.00 (34.9)	3.	1000m	1:31.86 (35.2)
4.		1400m	2:06.36 (35.3)	4.	1400m	2:07.61 (35.7)
5.		1800m	2:42.15 (35.7)	5.	1800m	2:44.17 (36.5)
6.		2200m	3:18.29 (36.1)	6.	2200m	3:21.46 (37.2)
7.		2600m	3:55.33 (37.0)	7.	2600m	3:58.85 (37.3)
8.		3000m	4:32.42 (37.0)	8.	3000m	4:37.06 (38.2)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
135	I	88	Kees Bakker	HN00004	4:31.98	
	O	70	Andy van Waes	AM01640	4:29.85	
1.		200m	21.77 (21.7)	1.	200m	20.23 (20.2)
2.		600m	56.09 (34.3)	2.	600m	52.65 (32.4)
3.		1000m	1:31.20 (35.1)	3.	1000m	1:31.80 (39.1)
4.		1400m	2:07.07 (35.8)	4.	1400m	2:08.23 (36.4)
5.		1800m	2:43.29 (36.2)	5.	1800m	2:44.02 (35.7)
6.		2200m	3:19.59 (36.3)	6.	2200m	3:19.28 (35.2)
7.		2600m	3:55.83 (36.2)	7.	2600m	3:54.65 (35.3)
8.		3000m	4:31.98 (36.1)	8.	3000m	4:29.85 (35.2)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
136	I	66	Ard Neven	DH50145	4:35.22	
	O	115	Sietse van der Werff	AM07109	4:36.03	
1.		200m	20.72 (20.7)	1.	200m	22.70 (22.7)
2.		600m	53.97 (33.2)	2.	600m	57.15 (34.4)
3.		1000m	1:28.81 (34.8)	3.	1000m	1:32.72 (35.5)
4.		1400m	2:03.97 (35.1)	4.	1400m	2:09.32 (36.6)
5.		1800m	2:40.31 (36.3)	5.	1800m	2:45.60 (36.2)
6.		2200m	3:17.38 (37.0)	6.	2200m	3:22.26 (36.6)
7.		2600m	3:56.06 (38.6)	7.	2600m	3:59.01 (36.7)
8.		3000m	4:35.22 (39.1)	8.	3000m	4:36.03 (37.0)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
137	I	81	Ed de Looze	BR06199	4:25.17	PB
	O	80	Wijnand Kooiman	DH50168	4:28.45	
1.		200m	21.48 (21.4)	1.	200m	21.73 (21.7)
2.		600m	55.27 (33.7)	2.	600m	56.14 (34.4)
3.		1000m	1:29.17 (33.9)	3.	1000m	1:31.32 (35.1)
4.		1400m	2:03.97 (34.8)	4.	1400m	2:06.25 (34.9)
5.		1800m	2:39.06 (35.0)	5.	1800m	2:40.70 (34.4)
6.		2200m	3:14.25 (35.1)	6.	2200m	3:15.63 (34.9)
7.		2600m	3:49.83 (35.5)	7.	2600m	3:51.66 (36.0)
8.		3000m	4:25.17 (35.3)	8.	3000m	4:28.45 (36.7)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
138	I	100	Jan Buisman	HA00277	4:35.09	
	O	110	Johan van Leeuwen	DH40077	4:28.12	
1.		200m	21.52 (21.5)	1.	200m	21.14 (21.1)
2.		600m	55.57 (34.0)	2.	600m	54.01 (32.8)
3.		1000m	1:30.93 (35.3)	3.	1000m	1:28.86 (34.8)
4.		1400m	2:07.03 (36.1)	4.	1400m	2:03.72 (34.8)
5.		1800m	2:43.22 (36.1)	5.	1800m	2:39.08 (35.3)
6.		2200m	3:19.58 (36.3)	6.	2200m	3:14.78 (35.7)
7.		2600m	3:56.86 (37.2)	7.	2600m	3:51.11 (36.3)
8.		3000m	4:35.09 (38.2)	8.	3000m	4:28.12 (37.0)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
139	I	93	Herman Vermeer	UT00783	4:21.82	
	O	95	Emile Jansen	NY00047	4:28.23	
1.		200m	21.09 (21.0)	1.	200m	22.34 (22.3)
2.		600m	54.60 (33.5)	2.	600m	56.06 (33.7)
3.		1000m	1:28.80 (34.2)	3.	1000m	1:30.15 (34.0)
4.		1400m	2:02.82 (34.0)	4.	1400m	2:04.74 (34.5)
5.		1800m	2:36.68 (33.8)	5.	1800m	2:39.78 (35.0)
6.		2200m	3:11.04 (34.3)	6.	2200m	3:15.26 (35.4)
7.		2600m	3:45.78 (34.7)	7.	2600m	3:51.45 (36.1)
8.		3000m	4:21.82 (36.0)	8.	3000m	4:28.23 (36.7)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
140	I	103	Sjaak Botman	HN00249	4:20.03	
	O	78	Hans van der Does	DH40089	4:24.19	
1.		200m	20.47 (20.4)	1.	200m	21.07 (21.0)
2.		600m	53.68 (33.2)	2.	600m	54.13 (33.0)
3.		1000m	1:27.74 (34.0)	3.	1000m	1:28.77 (34.6)
4.		1400m	2:02.41 (34.6)	4.	1400m	2:02.70 (33.9)
5.		1800m	2:36.53 (34.1)	5.	1800m	2:36.83 (34.1)
6.		2200m	3:11.15 (34.6)	6.	2200m	3:11.63 (34.8)
7.		2600m	3:45.50 (34.3)	7.	2600m	3:47.30 (35.6)
8.		3000m	4:20.03 (34.5)	8.	3000m	4:24.19 (36.8)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
141	I	94	Rob Vermist	AM01505	4:26.86	
	O	96	Harry Schut	GR30278	4:24.61	
1.		200m	20.53 (20.5)	1.	200m	21.44 (21.4)
2.		600m	54.25 (33.7)	2.	600m	54.49 (33.0)
3.		1000m	1:28.80 (34.5)	3.	1000m	1:29.10 (34.6)
4.		1400m	2:03.62 (34.8)	4.	1400m	2:03.91 (34.8)
5.		1800m	2:38.68 (35.0)	5.	1800m	2:38.83 (34.9)
6.		2200m	3:14.23 (35.5)	6.	2200m	3:13.79 (34.9)
7.		2600m	3:50.23 (36.0)	7.	2600m	3:49.28 (35.4)
8.		3000m	4:26.86 (36.6)	8.	3000m	4:24.61 (35.3)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
142	I	97	Jim Verdurmen	HA02082	4:29.64	
	O	112	John van der Vlugt	HA01482	4:27.87	
1.		200m	21.67 (21.6)	1.	200m	22.04 (22.0)
2.		600m	55.87 (34.2)	2.	600m	55.53 (33.4)
3.		1000m	1:30.09 (34.2)	3.	1000m	1:31.03 (35.5)
4.		1400m	2:05.10 (35.0)	4.	1400m	2:06.25 (35.2)
5.		1800m	2:40.35 (35.2)	5.	1800m	2:41.27 (35.0)
6.		2200m	3:15.99 (35.6)	6.	2200m	3:16.62 (35.3)
7.		2600m	3:52.46 (36.4)	7.	2600m	3:52.38 (35.7)
8.		3000m	4:29.64 (37.1)	8.	3000m	4:27.87 (35.4)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
143	I	117	Arjan Bakker	DH50281	4:23.90	
	O	102	Jan Duif	HN00171	4:21.08	
1.		200m	21.94 (21.9)	1.	200m	20.82 (20.8)
2.		600m	55.99 (34.0)	2.	600m	53.43 (32.6)
3.		1000m	1:30.37 (34.3)	3.	1000m	1:27.09 (33.6)
4.		1400m	2:04.53 (34.1)	4.	1400m	2:01.08 (33.9)
5.		1800m	2:39.12 (34.5)	5.	1800m	2:35.24 (34.1)
6.		2200m	3:13.69 (34.5)	6.	2200m	3:09.60 (34.3)
7.		2600m	3:48.79 (35.1)	7.	2600m	3:44.83 (35.2)
8.		3000m	4:23.90 (35.1)	8.	3000m	4:21.08 (36.2)
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Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
144	I	62	Johannes de Groot	HV31590	4:17.16	
	O	77	Erik Valentijn	HA00485	4:13.93	TRM
1.		200m	20.32 (20.3)	1.	200m	20.13 (20.1)
2.		600m	53.74 (33.4)	2.	600m	52.32 (32.1)
3.		1000m	1:27.70 (33.9)	3.	1000m	1:25.23 (32.9)
4.		1400m	2:01.68 (33.9)	4.	1400m	1:58.17 (32.9)
5.		1800m	2:35.37 (33.6)	5.	1800m	2:31.28 (33.1)
6.		2200m	3:08.89 (33.5)	6.	2200m	3:04.75 (33.4)
7.		2600m	3:42.84 (33.9)	7.	2600m	3:39.09 (34.3)
8.		3000m	4:17.16 (34.3)	8.	3000m	4:13.93 (34.8)