

**23 - Ritten 5000 meter heren afstanden**

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
83	I	208	Marco Roos	AM03968	8:33.89	PB
	O	237	Wybren Visser	HA00075	NS	NS
1.		200m	23.36 (23.3)	1.		
2.		600m	1:00.63 (37.2)	2.		
3.		1000m	1:40.89 (40.2)	3.		
4.		1400m	2:21.02 (40.1)	4.		
5.		1800m	3:01.38 (40.3)	5.		
6.		2200m	3:42.06 (40.6)	6.		
7.		2600m	4:23.00 (40.9)	7.		
8.		3000m	5:04.28 (41.2)	8.		
9.		3400m	5:46.28 (42.0)	9.		
10.		3800m	6:28.19 (41.9)	10.		
11.		4200m	7:10.15 (41.9)	11.		
12.		4600m	7:52.56 (42.4)	12.		
13.		5000m	8:33.89 (41.3)	13.		

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
84	I	225	Erik Nijland	DH42360	9:29.76	
	O	234	Hans de Vos	EV02498	8:58.32	
1.		200m	24.88 (24.8)	1.	200m	24.63 (24.6)
2.		600m	1:06.92 (42.0)	2.	600m	1:05.29 (40.6)
3.		1000m	1:50.25 (43.3)	3.	1000m	1:47.68 (42.3)
4.		1400m	2:33.92 (43.6)	4.	1400m	2:30.43 (42.7)
5.		1800m	3:18.70 (44.7)	5.	1800m	3:13.33 (42.9)
6.		2200m	4:03.13 (44.4)	6.	2200m	3:56.10 (42.7)
7.		2600m	4:47.32 (44.1)	7.	2600m	4:39.07 (42.9)
8.		3000m	5:32.79 (45.4)	8.	3000m	5:22.29 (43.2)
9.		3400m	6:20.19 (47.4)	9.	3400m	6:05.62 (43.3)
10.		3800m	7:07.78 (47.5)	10.	3800m	6:48.90 (43.2)
11.		4200m	7:55.33 (47.5)	11.	4200m	7:32.42 (43.5)
12.		4600m	8:43.38 (48.0)	12.	4600m	8:15.02 (42.6)
13.		5000m	9:29.76 (46.3)	13.	5000m	8:58.32 (43.3)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
85	I	236	Dirk Dijkman	HA00043	7:48.10	
	O	216	Jasper Ras	BR05147	NS	NS
1.		200m	21.76 (21.7)	1.		
2.		600m	57.00 (35.2)	2.		
3.		1000m	1:33.79 (36.7)	3.		
4.		1400m	2:10.65 (36.8)	4.		
5.		1800m	2:47.39 (36.7)	5.		
6.		2200m	3:24.51 (37.1)	6.		
7.		2600m	4:01.99 (37.4)	7.		
8.		3000m	4:39.05 (37.0)	8.		
9.		3400m	5:16.16 (37.1)	9.		
10.		3800m	5:53.46 (37.3)	10.		
11.		4200m	6:31.20 (37.7)	11.		
12.		4600m	7:09.51 (38.3)	12.		
13.		5000m	7:48.10 (38.5)	13.		

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
86	I	207	Andres Landman	AM02122	7:26.36	
	O	215	Pieter Elzinga	BR05036	8:12.76	
1.		200m	21.01 (21.0)	1.	200m	23.37 (23.3)
2.		600m	54.12 (33.1)	2.	600m	1:01.77 (38.4)
3.		1000m	1:27.67 (33.5)	3.	1000m	1:40.66 (38.8)
4.		1400m	2:01.48 (33.8)	4.	1400m	2:20.13 (39.4)
5.		1800m	2:35.62 (34.1)	5.	1800m	2:59.32 (39.1)
6.		2200m	3:10.40 (34.7)	6.	2200m	3:38.79 (39.4)
7.		2600m	3:45.65 (35.2)	7.	2600m	4:18.57 (39.7)
8.		3000m	4:21.71 (36.0)	8.	3000m	4:58.97 (40.4)
9.		3400m	4:58.36 (36.6)	9.	3400m	5:38.14 (39.1)
10.		3800m	5:34.92 (36.5)	10.	3800m	6:17.20 (39.0)
11.		4200m	6:11.84 (36.9)	11.	4200m	6:55.99 (38.7)
12.		4600m	6:49.19 (37.3)	12.	4600m	7:34.25 (38.2)
13.		5000m	7:26.36 (37.1)	13.	5000m	8:12.76 (38.5)

## 24 - Ritten 5000 meter heren allround

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
87	I	68	Alex van Huissteden	BR04104	7:56.15	PB
	O	66	Ard Neven	DH50145	8:03.53	
1.		200m	22.31 (22.3)	1.	200m	22.46 (22.4)
2.		600m	59.42 (37.1)	2.	600m	59.88 (37.4)
3.		1000m	1:36.53 (37.1)	3.	1000m	1:37.43 (37.5)
4.		1400m	2:13.50 (36.9)	4.	1400m	2:15.58 (38.1)
5.		1800m	2:50.87 (37.3)	5.	1800m	2:53.84 (38.2)
6.		2200m	3:27.96 (37.0)	6.	2200m	3:31.93 (38.0)
7.		2600m	4:05.23 (37.2)	7.	2600m	4:09.70 (37.7)
8.		3000m	4:42.36 (37.1)	8.	3000m	4:48.03 (38.3)
9.		3400m	5:19.94 (37.5)	9.	3400m	5:26.77 (38.7)
10.		3800m	5:58.16 (38.2)	10.	3800m	6:06.16 (39.3)
11.		4200m	6:37.11 (38.9)	11.	4200m	6:45.69 (39.5)
12.		4600m	7:16.37 (39.2)	12.	4600m	7:24.99 (39.3)
13.		5000m	7:56.15 (39.7)	13.	5000m	8:03.53 (38.5)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
88	I	70	Andy van Waes	AM01640	7:45.50	
	O	65	Willem-Jan Molleman	DH24163	7:59.51	
1.		200m	20.70 (20.7)	1.	200m	21.50 (21.5)
2.		600m	56.26 (35.5)	2.	600m	57.66 (36.1)
3.		1000m	1:33.24 (36.9)	3.	1000m	1:33.88 (36.2)
4.		1400m	2:10.00 (36.7)	4.	1400m	2:11.38 (37.5)
5.		1800m	2:46.85 (36.8)	5.	1800m	2:48.49 (37.1)
6.		2200m	3:23.61 (36.7)	6.	2200m	3:26.26 (37.7)
7.		2600m	4:00.68 (37.0)	7.	2600m	4:03.95 (37.6)
8.		3000m	4:37.88 (37.2)	8.	3000m	4:42.22 (38.2)
9.		3400m	5:15.02 (37.1)	9.	3400m	5:21.01 (38.7)
10.		3800m	5:52.62 (37.6)	10.	3800m	6:00.35 (39.3)
11.		4200m	6:30.04 (37.4)	11.	4200m	6:40.27 (39.9)
12.		4600m	7:07.95 (37.9)	12.	4600m	7:20.24 (39.9)
13.		5000m	7:45.50 (37.5)	13.	5000m	7:59.51 (39.2)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
89	I	62	Johannes de Groot	HV31590	7:39.91	
	O	63	Harry Pardijs	DV48029	8:11.73	
1.		200m	21.03 (21.0)	1.	200m	21.79 (21.7)
2.		600m	57.34 (36.3)	2.	600m	1:00.31 (38.5)
3.		1000m	1:33.84 (36.5)	3.	1000m	1:38.15 (37.8)
4.		1400m	2:10.17 (36.3)	4.	1400m	2:15.83 (37.6)
5.		1800m	2:46.38 (36.2)	5.	1800m	2:53.48 (37.6)
6.		2200m	3:22.06 (35.6)	6.	2200m	3:31.49 (38.0)
7.		2600m	3:57.79 (35.7)	7.	2600m	4:10.03 (38.5)
8.		3000m	4:33.62 (35.8)	8.	3000m	4:49.18 (39.1)
9.		3400m	5:10.09 (36.4)	9.	3400m	5:28.97 (39.7)
10.		3800m	5:46.90 (36.8)	10.	3800m	6:08.95 (39.9)
11.		4200m	6:25.13 (38.2)	11.	4200m	6:49.38 (40.4)
12.		4600m	7:03.10 (37.9)	12.	4600m	7:30.45 (41.0)
13.		5000m	7:39.91 (36.8)	13.	5000m	8:11.73 (41.2)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
90	I	88	Kees Bakker	HN00004	7:48.96	PB
	O	82	Frans Verhoeve	HA03231	8:03.49	
1.		200m	22.61 (22.6)	1.	200m	22.66 (22.6)
2.		600m	58.64 (36.0)	2.	600m	59.53 (36.8)
3.		1000m	1:34.61 (35.9)	3.	1000m	1:36.38 (36.8)
4.		1400m	2:11.51 (36.9)	4.	1400m	2:13.85 (37.4)
5.		1800m	2:48.62 (37.1)	5.	1800m	2:51.70 (37.8)
6.		2200m	3:25.97 (37.3)	6.	2200m	3:29.59 (37.8)
7.		2600m	4:03.37 (37.4)	7.	2600m	4:07.99 (38.4)
8.		3000m	4:40.89 (37.5)	8.	3000m	4:46.66 (38.6)
9.		3400m	5:18.63 (37.7)	9.	3400m	5:25.62 (38.9)
10.		3800m	5:56.15 (37.5)	10.	3800m	6:04.92 (39.3)
11.		4200m	6:33.76 (37.6)	11.	4200m	6:44.73 (39.8)
12.		4600m	7:11.52 (37.7)	12.	4600m	7:24.20 (39.4)
13.		5000m	7:48.96 (37.4)	13.	5000m	8:03.49 (39.2)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
91	I	81	Ed de Looze	BR06199	NS	NS
	O	80	Wijnand Kooiman	DH50168	7:50.74	
1.		200m		1.	200m	22.00 (22.0)
2.		600m		2.	600m	58.44 (36.4)
3.		1000m		3.	1000m	1:36.23 (37.7)
4.		1400m		4.	1400m	2:13.34 (37.1)
5.		1800m		5.	1800m	2:50.03 (36.6)
6.		2200m		6.	2200m	3:27.20 (37.1)
7.		2600m		7.	2600m	4:04.62 (37.4)
8.		3000m		8.	3000m	4:42.11 (37.4)
9.		3400m		9.	3400m	5:19.53 (37.4)
10.		3800m		10.	3800m	5:56.92 (37.3)
11.		4200m		11.	4200m	6:35.37 (38.4)
12.		4600m		12.	4600m	7:13.00 (37.6)
13.		5000m		13.	5000m	7:50.74 (37.7)

Datum: 14-01-2010

UITSLAG OP RITVOLGORDE

Print: 15-01-2010 17:07 uur

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
92	I	77	Erik Valentijn	HA00485	7:29.19	TRM
	O	78	Hans van der Does	DH40089	7:46.34	
1.		200m	20.43 (20.4)	1.	200m	21.28 (21.2)
2.		600m	53.85 (33.4)	2.	600m	55.73 (34.4)
3.		1000m	1:29.03 (35.1)	3.	1000m	1:31.89 (36.1)
4.		1400m	2:04.09 (35.0)	4.	1400m	2:08.03 (36.1)
5.		1800m	2:39.03 (34.9)	5.	1800m	2:44.05 (36.0)
6.		2200m	3:14.53 (35.5)	6.	2200m	3:20.35 (36.3)
7.		2600m	3:50.08 (35.5)	7.	2600m	3:57.11 (36.7)
8.		3000m	4:25.84 (35.7)	8.	3000m	4:34.60 (37.4)
9.		3400m	5:01.75 (35.9)	9.	3400m	5:12.34 (37.7)
10.		3800m	5:38.12 (36.3)	10.	3800m	5:50.37 (38.0)
11.		4200m	6:14.94 (36.8)	11.	4200m	6:28.58 (38.2)
12.		4600m	6:52.03 (37.0)	12.	4600m	7:06.88 (38.3)
13.		5000m	7:29.19 (37.1)	13.	5000m	7:46.34 (39.4)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
93	I	94	Rob Vermist	AM01505	7:46.12	
	O	95	Emile Jansen	NY00047	7:43.33	
1.		200m	21.74 (21.7)	1.	200m	23.01 (23.0)
2.		600m	58.12 (36.3)	2.	600m	58.05 (35.0)
3.		1000m	1:34.37 (36.2)	3.	1000m	1:34.22 (36.1)
4.		1400m	2:10.56 (36.1)	4.	1400m	2:10.31 (36.0)
5.		1800m	2:46.81 (36.2)	5.	1800m	2:46.69 (36.3)
6.		2200m	3:23.35 (36.5)	6.	2200m	3:23.07 (36.3)
7.		2600m	3:59.82 (36.4)	7.	2600m	3:59.74 (36.6)
8.		3000m	4:36.80 (36.9)	8.	3000m	4:36.87 (37.1)
9.		3400m	5:13.79 (36.9)	9.	3400m	5:14.03 (37.1)
10.		3800m	5:51.57 (37.7)	10.	3800m	5:51.90 (37.8)
11.		4200m	6:29.13 (37.5)	11.	4200m	6:29.39 (37.4)
12.		4600m	7:07.06 (37.9)	12.	4600m	7:06.50 (37.1)
13.		5000m	7:46.12 (39.0)	13.	5000m	7:43.33 (36.8)

Rit	I/O	DIn	Deelnemer	Wed.Nr.	Tijd	Info
94	I	93	Herman Vermeer	UT00783	7:41.85	
	O	96	Harry Schut	GR30278	7:37.60	
1.		200m	22.10 (22.1)	1.	200m	21.84 (21.8)
2.		600m	57.53 (35.4)	2.	600m	56.32 (34.4)
3.		1000m	1:33.28 (35.7)	3.	1000m	1:32.18 (35.8)
4.		1400m	2:09.94 (36.6)	4.	1400m	2:08.87 (36.6)
5.		1800m	2:45.85 (35.9)	5.	1800m	2:45.62 (36.7)
6.		2200m	3:22.11 (36.2)	6.	2200m	3:22.00 (36.3)
7.		2600m	3:58.62 (36.5)	7.	2600m	3:58.84 (36.8)
8.		3000m	4:35.48 (36.8)	8.	3000m	4:35.36 (36.5)
9.		3400m	5:12.25 (36.7)	9.	3400m	5:12.35 (36.9)
10.		3800m	5:49.55 (37.3)	10.	3800m	5:49.27 (36.9)
11.		4200m	6:26.66 (37.1)	11.	4200m	6:25.94 (36.6)
12.		4600m	7:03.64 (36.9)	12.	4600m	7:01.79 (35.8)
13.		5000m	7:41.85 (38.2)	13.	5000m	7:37.60 (35.8)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
95	I	103	Sjaak Botman	HN00249	7:35.04	
	O	102	Jan Duif	HN00171	7:37.80	
1.		200m	21.54 (21.5)	1.	200m	21.36 (21.3)
2.		600m	56.38 (34.8)	2.	600m	55.67 (34.3)
3.		1000m	1:32.57 (36.1)	3.	1000m	1:31.85 (36.1)
4.		1400m	2:09.03 (36.4)	4.	1400m	2:08.30 (36.4)
5.		1800m	2:45.06 (36.0)	5.	1800m	2:44.70 (36.4)
6.		2200m	3:21.21 (36.1)	6.	2200m	3:20.76 (36.0)
7.		2600m	3:57.25 (36.0)	7.	2600m	3:57.35 (36.5)
8.		3000m	4:33.69 (36.4)	8.	3000m	4:33.75 (36.4)
9.		3400m	5:09.53 (35.8)	9.	3400m	5:10.37 (36.6)
10.		3800m	5:45.74 (36.2)	10.	3800m	5:46.75 (36.3)
11.		4200m	6:22.50 (36.7)	11.	4200m	6:23.75 (37.0)
12.		4600m	6:59.05 (36.5)	12.	4600m	7:00.16 (36.4)
13.		5000m	7:35.04 (35.9)	13.	5000m	7:37.80 (37.6)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
96	I	115	Sietse van der Werff	AM07109	7:57.55	
	O	114	Adriaan Provoost	BR06057	7:53.15	
1.		200m	22.97 (22.9)	1.	200m	22.57 (22.5)
2.		600m	58.10 (35.1)	2.	600m	58.10 (35.5)
3.		1000m	1:34.14 (36.0)	3.	1000m	1:34.43 (36.3)
4.		1400m	2:11.40 (37.2)	4.	1400m	2:10.94 (36.5)
5.		1800m	2:48.32 (36.9)	5.	1800m	2:47.84 (36.9)
6.		2200m	3:25.82 (37.5)	6.	2200m	3:25.10 (37.2)
7.		2600m	4:03.65 (37.8)	7.	2600m	4:03.02 (37.9)
8.		3000m	4:41.62 (37.9)	8.	3000m	4:40.55 (37.5)
9.		3400m	5:20.14 (38.5)	9.	3400m	5:18.43 (37.8)
10.		3800m	5:58.83 (38.6)	10.	3800m	5:56.51 (38.0)
11.		4200m	6:38.38 (39.5)	11.	4200m	6:35.07 (38.5)
12.		4600m	7:17.78 (39.4)	12.	4600m	7:13.95 (38.8)
13.		5000m	7:57.55 (39.7)	13.	5000m	7:53.15 (39.2)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
97	I	110	Johan van Leeuwen	DH40077	8:00.84	
	O	111	Wim de Wit	DH60325	8:04.36	
1.		200m	22.67 (22.6)	1.	200m	23.42 (23.4)
2.		600m	1:00.92 (38.2)	2.	600m	1:01.80 (38.3)
3.		1000m	1:39.38 (38.4)	3.	1000m	1:40.46 (38.6)
4.		1400m	2:18.22 (38.8)	4.	1400m	2:19.74 (39.2)
5.		1800m	2:56.65 (38.4)	5.	1800m	2:58.72 (38.9)
6.		2200m	3:35.54 (38.8)	6.	2200m	3:37.09 (38.3)
7.		2600m	4:14.16 (38.6)	7.	2600m	4:15.91 (38.8)
8.		3000m	4:52.26 (38.1)	8.	3000m	4:53.95 (38.0)
9.		3400m	5:29.63 (37.3)	9.	3400m	5:31.68 (37.7)
10.		3800m	6:07.47 (37.8)	10.	3800m	6:09.24 (37.5)
11.		4200m	6:45.29 (37.8)	11.	4200m	6:47.66 (38.4)
12.		4600m	7:23.07 (37.7)	12.	4600m	7:26.19 (38.5)
13.		5000m	8:00.84 (37.7)	13.	5000m	8:04.36 (38.1)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
98	I	117	Arjan Bakker	DH50281	7:33.01	
	O	112	John van der Vlugt	HA01482	7:37.51	
1.		200m	22.52 (22.5)	1.	200m	22.49 (22.4)
2.		600m	58.01 (35.4)	2.	600m	58.66 (36.1)
3.		1000m	1:33.34 (35.3)	3.	1000m	1:34.98 (36.3)
4.		1400m	2:09.70 (36.3)	4.	1400m	2:12.23 (37.2)
5.		1800m	2:45.89 (36.1)	5.	1800m	2:48.85 (36.6)
6.		2200m	3:21.71 (35.8)	6.	2200m	3:24.74 (35.8)
7.		2600m	3:57.43 (35.7)	7.	2600m	4:00.72 (35.9)
8.		3000m	4:33.21 (35.7)	8.	3000m	4:36.34 (35.6)
9.		3400m	5:09.51 (36.3)	9.	3400m	5:12.46 (36.1)
10.		3800m	5:45.61 (36.1)	10.	3800m	5:48.52 (36.0)
11.		4200m	6:21.55 (35.9)	11.	4200m	6:24.81 (36.2)
12.		4600m	6:57.43 (35.8)	12.	4600m	7:01.17 (36.3)
13.		5000m	7:33.01 (35.5)	13.	5000m	7:37.51 (36.3)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
99	I	131	Brugt Drijver	AS02360	8:25.93	
	O	134	Twan den Braber	BR04033	8:35.66	
1.		200m	23.35 (23.3)	1.	200m	24.29 (24.2)
2.		600m	1:01.43 (38.0)	2.	600m	1:04.61 (40.3)
3.		1000m	1:41.07 (39.6)	3.	1000m	1:46.23 (41.6)
4.		1400m	2:20.68 (39.6)	4.	1400m	2:28.04 (41.8)
5.		1800m	3:00.11 (39.4)	5.	1800m	3:10.01 (41.9)
6.		2200m	3:39.64 (39.5)	6.	2200m	3:51.76 (41.7)
7.		2600m	4:19.69 (40.0)	7.	2600m	4:33.21 (41.4)
8.		3000m	5:00.02 (40.3)	8.	3000m	5:15.02 (41.8)
9.		3400m	5:40.97 (40.9)	9.	3400m	5:56.97 (41.9)
10.		3800m	6:22.11 (41.1)	10.	3800m	6:37.54 (40.5)
11.		4200m	7:03.29 (41.1)	11.	4200m	7:17.51 (39.9)
12.		4600m	7:44.22 (40.9)	12.	4600m	7:56.55 (39.0)
13.		5000m	8:25.93 (41.7)	13.	5000m	8:35.66 (39.1)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
100	I	132	Sjaak Hulsmann	HA03365	8:09.80	
	O	128	Pieter Hessel Siemonsma	HV44203	8:15.08	
1.		200m	23.44 (23.4)	1.	200m	23.84 (23.8)
2.		600m	1:01.75 (38.3)	2.	600m	1:02.90 (39.0)
3.		1000m	1:41.60 (39.8)	3.	1000m	1:42.42 (39.5)
4.		1400m	2:20.64 (39.0)	4.	1400m	2:21.85 (39.4)
5.		1800m	2:59.49 (38.8)	5.	1800m	3:01.60 (39.7)
6.		2200m	3:38.65 (39.1)	6.	2200m	3:41.13 (39.5)
7.		2600m	4:17.73 (39.0)	7.	2600m	4:20.25 (39.1)
8.		3000m	4:56.75 (39.0)	8.	3000m	4:59.47 (39.2)
9.		3400m	5:35.47 (38.7)	9.	3400m	5:38.55 (39.0)
10.		3800m	6:14.48 (39.0)	10.	3800m	6:17.92 (39.3)
11.		4200m	6:53.19 (38.7)	11.	4200m	6:57.20 (39.2)
12.		4600m	7:31.42 (38.2)	12.	4600m	7:36.70 (39.5)
13.		5000m	8:09.80 (38.3)	13.	5000m	8:15.08 (38.3)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
101	I	126	Victor van den Hoff	HA00097	8:02.19	
	O	125	Jacob Heslinga	HV12142	8:15.01	
1.		200m	22.94 (22.9)	1.	200m	23.98 (23.9)
2.		600m	59.71 (36.7)	2.	600m	1:02.55 (38.5)
3.		1000m	1:37.73 (38.0)	3.	1000m	1:42.26 (39.7)
4.		1400m	2:15.85 (38.1)	4.	1400m	2:21.53 (39.2)
5.		1800m	2:54.50 (38.6)	5.	1800m	3:00.03 (38.5)
6.		2200m	3:33.34 (38.8)	6.	2200m	3:39.03 (39.0)
7.		2600m	4:12.10 (38.7)	7.	2600m	4:17.95 (38.9)
8.		3000m	4:50.23 (38.1)	8.	3000m	4:57.19 (39.2)
9.		3400m	5:28.83 (38.6)	9.	3400m	5:36.69 (39.5)
10.		3800m	6:07.14 (38.3)	10.	3800m	6:16.08 (39.3)
11.		4200m	6:45.65 (38.5)	11.	4200m	6:56.13 (40.0)
12.		4600m	7:24.08 (38.4)	12.	4600m	7:35.79 (39.6)
13.		5000m	8:02.19 (38.1)	13.	5000m	8:15.01 (39.2)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
102	I	143	Niek Bodifée	AM00009	8:38.38	
	O	147	Gerke Corstiaensen	UT01067	8:39.34	
1.		200m	23.64 (23.6)	1.	200m	24.57 (24.5)
2.		600m	1:03.50 (39.8)	2.	600m	1:04.17 (39.6)
3.		1000m	1:44.11 (40.6)	3.	1000m	1:45.35 (41.1)
4.		1400m	2:25.67 (41.5)	4.	1400m	2:26.52 (41.1)
5.		1800m	3:06.29 (40.6)	5.	1800m	3:07.61 (41.0)
6.		2200m	3:48.48 (42.1)	6.	2200m	3:49.22 (41.6)
7.		2600m	4:30.29 (41.8)	7.	2600m	4:30.95 (41.7)
8.		3000m	5:12.32 (42.0)	8.	3000m	5:12.13 (41.1)
9.		3400m	5:53.30 (40.9)	9.	3400m	5:53.54 (41.4)
10.		3800m	6:35.02 (41.7)	10.	3800m	6:35.44 (41.9)
11.		4200m	7:17.02 (42.0)	11.	4200m	7:17.70 (42.2)
12.		4600m	7:58.77 (41.7)	12.	4600m	7:59.24 (41.5)
13.		5000m	8:38.38 (39.6)	13.	5000m	8:39.34 (40.1)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
103	I	142	Pieter den Dunnen	BR01001	8:27.75	
	O	141	Jan Zijp	AL01140	8:25.52	
1.		200m	24.69 (24.6)	1.	200m	24.45 (24.4)
2.		600m	1:05.74 (41.0)	2.	600m	1:05.24 (40.7)
3.		1000m	1:46.14 (40.4)	3.	1000m	1:46.86 (41.6)
4.		1400m	2:26.96 (40.8)	4.	1400m	2:27.34 (40.4)
5.		1800m	3:07.02 (40.0)	5.	1800m	3:06.97 (39.6)
6.		2200m	3:47.69 (40.6)	6.	2200m	3:46.82 (39.8)
7.		2600m	4:28.10 (40.4)	7.	2600m	4:27.26 (40.4)
8.		3000m	5:08.37 (40.2)	8.	3000m	5:07.49 (40.2)
9.		3400m	5:48.51 (40.1)	9.	3400m	5:47.50 (40.0)
10.		3800m	6:28.71 (40.2)	10.	3800m	6:27.99 (40.4)
11.		4200m	7:08.27 (39.5)	11.	4200m	7:07.62 (39.6)
12.		4600m	7:48.37 (40.1)	12.	4600m	7:47.56 (39.9)
13.		5000m	8:27.75 (39.3)	13.	5000m	8:25.52 (37.9)

Rit	I/O	Dln	Deelnemer	Wed.Nr.	Tijd	Info
104	I	139	Wibe Veenbaas	UT00763	8:12.98	
	O	145	Jaap v.d. Heijden	HV11139	8:15.74	
1.		200m	22.88 (22.8)	1.	200m	23.63 (23.6)
2.		600m	59.73 (36.8)	2.	600m	1:01.13 (37.5)
3.		1000m	1:37.87 (38.1)	3.	1000m	1:40.28 (39.1)
4.		1400m	2:16.27 (38.4)	4.	1400m	2:19.99 (39.7)
5.		1800m	2:54.74 (38.4)	5.	1800m	2:59.21 (39.2)
6.		2200m	3:33.46 (38.7)	6.	2200m	3:38.66 (39.4)
7.		2600m	4:12.64 (39.1)	7.	2600m	4:18.13 (39.4)
8.		3000m	4:52.23 (39.5)	8.	3000m	4:57.82 (39.6)
9.		3400m	5:31.94 (39.7)	9.	3400m	5:37.44 (39.6)
10.		3800m	6:12.20 (40.2)	10.	3800m	6:17.14 (39.7)
11.		4200m	6:52.15 (39.9)	11.	4200m	6:56.88 (39.7)
12.		4600m	7:32.46 (40.3)	12.	4600m	7:36.61 (39.7)
13.		5000m	8:12.98 (40.5)	13.	5000m	8:15.74 (39.1)