

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						
		100m	14.61	(14.61)	100m	14.66	(14.66)	
		500m	55.74	(41.13)	500m	56.79	(42.13)	
		Stefan Rüdiger						
		100m	14.66	(14.66)	100m	14.66	(14.66)	
		500m	56.79	(42.13)	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						
		100m	14.83	(14.83)	100m	14.11	(14.11)	
		500m	53.25	(38.42)	500m	52.53	(38.42)	
		Daniëlle Frijters						
		100m	14.11	(14.11)	100m	14.11	(14.11)	
		500m	52.53	(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						
		100m	13.42	(13.42)	100m	13.82	(13.82)	
		500m	52.35	(38.93)	500m	52.13	(38.31)	
		Gerita Smallegoor						
		100m	13.82	(13.82)	100m	13.82	(13.82)	
		500m	52.13	(38.31)	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						
		100m	12.03	(12.03)	100m	12.01	(12.01)	
		500m	44.47	(32.44)	500m	44.35	(32.34)	
		Bennie Kriekaard						
		100m	12.01	(12.01)	100m	12.01	(12.01)	
		500m	44.35	(32.34)	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)		100m	14.90	(14.90)
		500m	56.57	(41.34)		500m	54.79	(39.89)
		Petra Andriessen-Hoekema						

		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)		100m	14.97	(14.97)
		500m	48.10	(34.73)		500m	54.48	(39.51)
		Tialda Gerritsma						

		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)		100m	13.10	(13.10)
		500m	54.65	(40.04)		500m	49.11	(36.01)
		Johan van Buuren						

		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		Stefan Rüdiger		
	300m	34.09 (34.09)	300m	38.52 (38.52)	
	700m	1:16.66 (42.57)	700m	1:28.45 (49.93)	
	1100m	2:01.18 (44.52)	1100m	2:23.58 (55.13)	
	1500m	2:47.40 (46.22)	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		Daniëlle Frijters		
	300m	33.22 (33.22)	300m	34.97 (34.97)	
	700m	1:11.68 (38.46)	700m	1:15.58 (40.61)	
	1100m	1:52.88 (41.20)	1100m	1:58.48 (42.90)	
	1500m	2:34.95 (42.07)	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		Gerita Smallegoor		
	300m	35.00 (35.00)	300m	34.91 (34.91)	
	700m	1:14.28 (39.28)	700m	1:14.63 (39.72)	
	1100m	1:55.36 (41.08)	1100m	1:57.62 (42.99)	
	1500m	2:38.34 (42.98)	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			Petra Andriessen-Hoekema		
		200m	23.69	(23.69)	200m	26.94	(26.94)
		600m	1:01.31	(37.62)	600m	1:09.76	(42.82)
		1000m	1:38.84	(37.53)	1000m	1:53.28	(43.52)
		1400m	2:17.01	(38.17)	1400m	2:36.49	(43.21)
		1800m	2:55.51	(38.50)	1800m	3:19.44	(42.95)
		2200m	3:34.11	(38.60)	2200m	4:02.09	(42.65)
		2600m	4:13.20	(39.09)	2600m	4:44.57	(42.48)
		3000m	4:52.54	(39.34)	3000m	5:27.18	(42.61)
		3400m	5:32.09	(39.55)	3400m	6:09.82	(42.64)
		3800m	6:12.36	(40.27)	3800m	6:52.16	(42.34)
		4600m	7:32.05	(79.69)	4200m	7:33.87	(41.71)
		5000m	8:11.81	(39.76)	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			Bryant Boogert		
		200m	20.53	(20.53)	200m	20.97	(20.97)
		600m	54.85	(34.32)	600m	55.48	(34.51)
		1000m	1:29.59	(34.74)	1000m	1:30.92	(35.44)
		1400m	2:05.70	(36.11)	1400m	2:06.78	(35.86)
		1800m	2:41.22	(35.52)	1800m	2:43.10	(36.32)
		2200m	3:16.94	(35.72)	2200m	3:20.30	(37.20)
		2600m	3:53.35	(36.41)	2600m	3:58.08	(37.78)
		3000m	4:29.76	(36.41)	3000m	4:36.67	(38.59)
		3400m	5:06.16	(36.40)	3400m	5:14.92	(38.25)
		3800m	5:42.49	(36.33)	3800m	5:53.94	(39.02)
		4200m	6:19.22	(36.73)	4200m	6:34.04	(40.10)
		4600m	6:57.52	(38.30)	4600m	7:14.21	(40.17)
		5000m	7:36.40	(38.88)	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)	

5. Uitslag KV 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Bennie Kriekaard	H45	41	O	1:27.19		
2	11 Wim Verbraeken	H40	41	I	1:27.99		
3	5 Laura den Otter	D40	40	I	1:38.26	PR	
4	13 Patty van Hoorn	D50	40	O	1:43.10	PR	
5	4 Gerita Smallegoor	D50	39	I	1:43.44	PR	
6	6 Anna Crielaers-van der Stok	D45	38	I	1:45.55	PR	
7	2 Daniëlle Frijters	DSB	39	O	1:46.02	PR	
8	43 Marcel Tange	HSB	38	O	1:47.79	PR	
9	47 Ben Jongerius	H65	36	I	1:49.47		
10	27 Stefan Rüdiger	H50	36	O	2:01.15		

5. Rituitslag KV 1000 meter

		Naam	Cat	PR	Tijd	Info
36	wt	47 Ben Jongerius	H65	1:39.04	1:49.47	
	rd	27 Stefan Rüdiger	H50	1:59.03	2:01.15	

Ben Jongerius

200m	24.96	(24.96)
600m	1:05.89	(40.93)
1000m	1:49.47	(43.58)

Stefan Rüdiger

200m	28.56	(28.56)
600m	1:13.24	(44.68)
1000m	2:01.15	(47.91)

		Naam	Cat	PR	Tijd	Info
37	gl					
	bl					

m

m

		Naam	Cat	PR	Tijd	Info
38	wt	6 Anna Crielaers-van der Stok	D45	1:46.05	1:45.55	PR
	rd	43 Marcel Tange	HSB	1:50.42	1:47.79	PR

Anna Crielaers-van der Stok

200m	23.47	(23.47)
600m	1:03.00	(39.53)
1000m	1:45.55	(42.55)

Marcel Tange

200m	24.58	(24.58)
600m	1:05.41	(40.83)
1000m	1:47.79	(42.38)

		Naam	Cat	PR	Tijd	Info
39	gl	4 Gerita Smallegoor	D50	1:45.30	1:43.44	PR
	bl	2 Daniëlle Frijters	DSB	1:46.23	1:46.02	PR

Gerita Smallegoor

200m	24.14	(24.14)
600m	1:02.36	(38.22)
1000m	1:43.44	(41.08)

Daniëlle Frijters

200m	25.15	(25.15)
600m	1:04.44	(39.29)
1000m	1:46.02	(41.58)

		Naam	Cat		PR	Tijd	Info
40	wt	5 Laura den Otter	D40		1:38.93	1:38.26	PR
	rd	13 Patty van Hoorn	D50		1:44.08	1:43.10	PR
		Laura den Otter			Patty van Hoorn		
		200m	23.13	(23.13)	200m	25.41	(25.41)
		600m	59.52	(36.39)	600m	1:03.51	(38.10)
		1000m	1:38.26	(38.74)	1000m	1:43.10	(39.59)
		Naam	Cat		PR	Tijd	Info
41	gl	11 Wim Verbraeken	H40		1:25.64	1:27.99	
	bl	24 Bennie Kriekaard	H45		1:25.95	1:27.19	
		Wim Verbraeken			Bennie Kriekaard		
		200m	20.62	(20.62)	200m	20.91	(20.91)
		600m	53.47	(32.85)	600m	53.18	(32.27)
		1000m	1:27.99	(34.52)	1000m	1:27.19	(34.01)

6. Uitslag GV 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	39 Bart Valentijn	HN4	51	I	1:55.15		
2	17 Niels Loos	HN2	51	O	1:57.93		
3	46 Joost de Jong	HN1	42	I	1:57.94		
4	41 Vishwaraj Jadeja	HSB	50	I	2:05.74		
5	44 Bart Streefkerk	HSB	50	O	2:06.98		
6	12 Sybe van Hijum	HSA	49	O	2:09.85		
7	19 Sven Rill	HN2	42	O	2:10.17		
8	49 Joran Heikoop	HA2	49	I	2:10.92	PR	
9	34 Marc Nieuwenhuijse	HSB	48	I	2:14.21	PR	
10	40 Quinty van Klink	DN2	48	O	2:15.93		
11	51 Cornelis van Breugel	H45	47	I	2:18.77		
12	3 Pieter Pennings	H50	47	O	2:20.64		
13	20 Freek Smits	H45	46	I	2:22.26		
14	30 Johan van Buuren	H60	46	O	2:24.02		
15	32 Fop Fonteijne	H65	45	I	2:29.01		
16	42 Niek Bravenboer	H60	45	O	2:31.57		
17	21 Petra Andriessen-Hoekema	D55	44	I	2:38.30		
18	1 Tialda Gerritsma	D55	44	O	2:40.27		
19	23 Hans de Vos	H65	43	I	2:47.86		
20	45 Frank van Heelsum	H55	43	O	2:48.70		

6. Rituitslag GV 1500 meter

		Naam	Cat	PR	Tijd	Info
42	wt	46 Joost de Jong	HN1	1:55.33	1:57.94	
	rd	19 Sven Rill	HN2	2:09.96	2:10.17	

Joost de Jong

300m	25.37	(25.37)
700m	54.99	(29.62)
1100m	1:25.63	(30.64)
1500m	1:57.94	(32.31)

Sven Rill

300m	26.77	(26.77)
700m	57.88	(31.11)
1100m	1:32.09	(34.21)
1500m	2:10.17	(38.08)

		Naam	Cat	PR	Tijd	Info
43	gl	23 Hans de Vos	H65	2:29.58	2:47.86	
	bl	45 Frank van Heelsum	H55	2:29.39	2:48.70	

Hans de Vos

300m	36.29	(36.29)
700m	1:18.59	(42.30)
1100m	2:02.91	(44.32)
1500m	2:47.86	(44.95)

Frank van Heelsum

300m	36.74	(36.74)
700m	1:19.01	(42.27)
1100m	2:03.67	(44.66)
1500m	2:48.70	(45.03)

		Naam	Cat	PR	Tijd	Info
44	wt	21 Petra Andriessen-Hoekema	D55	2:32.37	2:38.30	
	rd	1 Tialda Gerritsma	D55	2:25.51	2:40.27	

Petra Andriessen-Hoekema

300m	35.41	(35.41)
700m	1:16.06	(40.65)
1100m	1:56.84	(40.78)
1500m	2:38.30	(41.46)

Tialda Gerritsma

300m	36.22	(36.22)
700m	1:16.32	(40.10)
1100m	1:58.21	(41.89)
1500m	2:40.27	(42.06)

		Naam	Cat	PR	Tijd	Info
45	gl	32 Fop Fonteijne	H65	2:15.92	2:29.01	
	bl	42 Niek Bravenboer	H60		2:31.57	

Fop Fonteijne

300m	34.61	(34.61)
700m	1:12.22	(37.61)
1100m	1:50.64	(38.42)
1500m	2:29.01	(38.37)

Niek Bravenboer

300m	34.36	(34.36)
700m	1:13.21	(38.85)
1100m	1:52.31	(39.10)
1500m	2:31.57	(39.26)

		Naam	Cat		PR	Tijd	Info
46	wt	20 Freek Smits	H45		2:13.39	2:22.26	
	rd	30 Johan van Buuren	H60		2:18.72	2:24.02	
		Freek Smits			Johan van Buuren		
		300m	30.23	(30.23)	300m	32.27	(32.27)
		700m	1:05.94	(35.71)	700m	1:08.93	(36.66)
		1100m	1:43.96	(38.02)	1100m	1:45.95	(37.02)
		1500m	2:22.26	(38.30)	1500m	2:24.02	(38.07)
		Naam	Cat		PR	Tijd	Info
47	gl	51 Cornelis van Breugel	H45			2:18.77	
	bl	3 Pieter Pennings	H50		2:12.18	2:20.64	
		Cornelis van Breugel			Pieter Pennings		
		300m	30.63	(30.63)	300m	31.21	(31.21)
		700m	1:04.82	(34.19)	700m	1:05.97	(34.76)
		1100m	1:41.37	(36.55)	1100m	1:42.65	(36.68)
		1500m	2:18.77	(37.40)	1500m	2:20.64	(37.99)
		Naam	Cat		PR	Tijd	Info
48	wt	34 Marc Nieuwenhuijse	HSB		2:14.51	2:14.21	PR
	rd	40 Quinty van Klink	DN2		2:12.25	2:15.93	
		Marc Nieuwenhuijse			Quinty van Klink		
		300m	30.91	(30.91)	300m	29.96	(29.96)
		700m	1:04.09	(33.18)	700m	1:03.56	(33.60)
		1100m	1:38.56	(34.47)	1100m	1:39.05	(35.49)
		1500m	2:14.21	(35.65)	1500m	2:15.93	(36.88)
		Naam	Cat		PR	Tijd	Info
49	gl	49 Joran Heikoop	HA2		2:11.05	2:10.92	PR
	bl	12 Sybe van Hijum	HSA		2:06.35	2:09.85	
		Joran Heikoop			Sybe van Hijum		
		300m	28.12	(28.12)	300m	28.99	(28.99)
		700m	1:00.98	(32.86)	700m	1:01.25	(32.26)
		1100m	1:35.39	(34.41)	1100m	1:35.05	(33.80)
		1500m	2:10.92	(35.53)	1500m	2:09.85	(34.80)

		Naam			Cat	PR	Tijd	Info
50	wt	41	Vishwaraj Jadeja		HSB	1:57.90	2:05.74	
	rd	44	Bart Streefkerk		HSB	1:56.34	2:06.98	
		Vishwaraj Jadeja			Bart Streefkerk			
		300m	26.93	(26.93)	300m	27.14	(27.14)	
		700m	58.48	(31.55)	700m	58.91	(31.77)	
		1100m	1:31.48	(33.00)	1100m	1:32.27	(33.36)	
		1500m	2:05.74	(34.26)	1500m	2:06.98	(34.71)	
		Naam			Cat	PR	Tijd	Info
51	gl	39	Bart Valentijn		HN4	1:50.66	1:55.15	
	bl	17	Niels Loos		HN2	1:51.81	1:57.93	
		Bart Valentijn			Niels Loos			
		300m	25.22	(25.22)	300m	25.50	(25.50)	
		700m	53.90	(28.68)	700m	53.87	(28.37)	
		1100m	1:23.71	(29.81)	1100m	1:24.43	(30.56)	
		1500m	1:55.15	(31.44)	1500m	1:57.93	(33.50)	

7. Uitslag KV 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Bennie Kriekaard	H45	59	O	4:56.79		
2	11 Wim Verbraeken	H40	59	I	5:12.09	FL	
3	5 Laura den Otter	D40	54	O	5:21.35		
4	21 Petra Andriessen-Hoekema	D55	58	I	5:25.33		
5	47 Ben Jongerius	H65	57	O	5:46.46		
6	2 Daniëlle Frijters	DSB	56	O	5:50.00	PR	
7	6 Anna Crielaers-van der Stok	D45	54	I	5:50.06		
8	43 Marcel Tange	HSB	57	I	5:51.53	PR	
9	27 Stefan Rüdiger	H50	56	I	7:06.50		

7. Rituitslag KV 3000 meter

		Naam	Cat	PR	Tijd	Info
54	wt	6 Anna Crielaers-van der Stok	D45		5:50.06	
	rd	5 Laura den Otter	D40		5:21.35	
		Anna Crielaers-van der Stok			Laura den Otter	
		200m	25.61 (25.61)	200m	25.43 (25.43)	
		600m	1:09.01 (43.40)	600m	1:05.75 (40.32)	
		1000m	1:54.48 (45.47)	1000m	1:47.50 (41.75)	
		1400m	2:40.80 (46.32)	1400m	2:29.63 (42.13)	
		1800m	3:27.47 (46.67)	1800m	3:12.28 (42.65)	
		2200m	4:14.47 (47.00)	2200m	3:55.72 (43.44)	
		2600m	5:02.69 (48.22)	2600m	4:39.41 (43.69)	
		3000m	5:50.06 (47.37)	3000m	5:21.35 (41.94)	

		Naam	Cat	PR	Tijd	Info
55	gl					
	bl					
		m			m	

		Naam	Cat	PR	Tijd	Info
56	wt	27 Stefan Rüdiger	H50		7:06.50	
	rd	2 Daniëlle Frijters	DSB	5:51.56	5:50.00	PR
		Stefan Rüdiger			Daniëlle Frijters	
		200m	30.97 (30.97)	200m	26.26 (26.26)	
		600m	1:25.36 (54.39)	600m	1:09.78 (43.52)	
		1000m	2:21.08 (55.72)	1000m	1:56.62 (46.84)	
		1400m	3:08.64 (47.56)	1400m	2:44.02 (47.40)	
		1800m	4:17.42 (68.78)	1800m	3:30.75 (46.73)	
		2200m	5:16.60 (59.18)	2600m	5:04.35 (93.60)	
		2600m	6:14.39 (57.79)	3000m	5:50.00 (45.65)	
		3000m	7:06.50 (52.11)			

		Naam	Cat	PR	Tijd	Info
57	gl	43 Marcel Tange	HSB	6:13.48	5:51.53	PR
	bl	47 Ben Jongerius	H65	5:17.04	5:46.46	

Marcel Tange

200m	26.26	(26.26)
600m	1:10.28	(44.02)
1000m	1:54.87	(44.59)
1400m	2:40.71	(45.84)
1800m	3:27.15	(46.44)
2200m	4:14.67	(47.52)
2600m	5:02.69	(48.02)
3000m	5:51.53	(48.84)

Ben Jongerius

200m	25.74	(25.74)
600m	1:07.39	(41.65)
1000m	1:53.67	(46.28)
1400m	2:40.18	(46.51)
1800m	3:27.14	(46.96)
2200m	4:13.38	(46.24)
2600m	4:59.63	(46.25)
3000m	5:46.46	(46.83)

		Naam	Cat	PR	Tijd	Info
58	wt	21 Petra Andriessen-Hoekema	D55	5:10.85	5:25.33	
	rd					

Petra Andriessen-Hoekema

200m	27.19	(27.19)
600m	1:10.45	(43.26)
1000m	1:53.62	(43.17)
1400m	2:36.36	(42.74)
1800m	3:18.93	(42.57)
2200m	4:01.58	(42.65)
2600m	4:43.65	(42.07)
3000m	5:25.33	(41.68)

m

		Naam	Cat	PR	Tijd	Info
59	gl	11 Wim Verbraeken	H40	4:45.20	5:12.09	FL
	bl	24 Bennie Kriekaard	H45	4:43.05	4:56.79	

Wim Verbraeken

200m	22.31	(22.31)
600m	59.34	(37.03)
1000m	1:37.36	(38.02)
1400m	2:16.14	(38.78)
1800m	3:06.69	(50.55)
2200m	3:47.16	(40.47)
2600m	4:28.83	(41.67)
3000m	5:12.09	(43.26)

Bennie Kriekaard

200m	22.85	(22.85)
600m	59.76	(36.91)
1000m	1:37.60	(37.84)
1400m	2:15.88	(38.28)
1800m	2:55.55	(39.67)
2200m	3:36.39	(40.84)
2600m	4:16.74	(40.35)
3000m	4:56.79	(40.05)

8. Uitslag GV 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	39 Bart Valentijn	HN4	69	I	14:52.39		
2	34 Marc Nieuwenhuijse	HSB	67	I	15:38.39	PR	
3	46 Joost de Jong	HN1	68	O	15:48.92		
4	44 Bart Streefkerk	HSB	68	I	15:55.80		
5	12 Sybe van Hijum	HSA	66	I	16:00.73		
6	17 Niels Loos	HN2	69	O	16:28.80	PR	
7	41 Vishwaraj Jadeja	HSB	67	O	16:41.18		
8	51 Cornelis van Breugel	H45	65	I	16:58.30		
9	32 Fop Fonteijs	H65	64	O	17:14.00		
10	3 Pieter Pennings	H50	64	I	17:21.70		
11	42 Niek Bravenboer	H60	63	O	17:38.48		
12	40 Quinty van Klink	DN2	65	O	17:39.67		
13	30 Johan van Buuren	H60	63	I	17:47.88		
14	49 Joran Heikoop	HA2	66	O	18:00.97		
15	20 Freek Smits	H45	62	I	18:05.06		
16	19 Sven Rill	HN2	60	I	19:09.32		
17	1 Tialda Gerritsma	D55	62	O	19:33.34		
18	23 Hans de Vos	H65	61	I	19:42.62		
19	45 Frank van Heelsum	H55	61	O	21:39.15		

8. Rituitslag GV 10000 meter

	Naam	Cat	PR	Tijd	Info
60	wt rd	19 Sven Rill	HN2	18:30.76	19:09.32
	Sven Rill				
	400m	45.70 (45.70)			m
	800m	1:28.33 (42.63)			
	1200m	2:11.37 (43.04)			
	1600m	2:54.10 (42.73)			
	2000m	3:37.27 (43.17)			
	2400m	4:21.52 (44.25)			
	2800m	5:05.95 (44.43)			
	3200m	5:50.04 (44.09)			
	3600m	6:34.82 (44.78)			
	4000m	7:20.77 (45.95)			
	4400m	8:14.20 (53.43)			
	4800m	9:03.59 (49.39)			
	5200m	9:50.65 (47.06)			
	5600m	10:38.06 (47.41)			
	6000m	11:25.06 (47.00)			
	6400m	12:12.57 (47.51)			
	6800m	12:58.65 (46.08)			
	7200m	13:44.48 (45.83)			
	7600m	14:29.46 (44.98)			
	8000m	15:14.41 (44.95)			
	8400m	15:58.62 (44.21)			
	8800m	16:48.47 (49.85)			
	9200m	17:35.07 (46.60)			
	9600m	18:23.38 (48.31)			
	10000m	19:09.32 (45.94)			

		Naam	Cat	PR	Tijd	Info
61	gl	23 Hans de Vos	H65	17:49.16	19:42.62	
	bl	45 Frank van Heelsum	H55		21:39.15	

Hans de Vos

400m	52.55	(52.55)
800m	1:40.14	(47.59)
1200m	2:28.41	(48.27)
1600m	3:16.22	(47.81)
2000m	4:04.36	(48.14)
2400m	4:52.17	(47.81)
2800m	5:39.70	(47.53)
3200m	6:27.03	(47.33)
3600m	7:14.35	(47.32)
4000m	8:01.82	(47.47)
4400m	8:49.13	(47.31)
4800m	9:36.19	(47.06)
5200m	10:23.09	(46.90)
5600m	11:10.28	(47.19)
6000m	11:57.39	(47.11)
6400m	12:44.45	(47.06)
6800m	13:31.35	(46.90)
7200m	14:17.84	(46.49)
7600m	15:04.20	(46.36)
8000m	15:51.50	(47.30)
8400m	16:38.42	(46.92)
8800m	17:25.45	(47.03)
9200m	18:12.11	(46.66)
9600m	18:58.14	(46.03)
10000m	19:42.62	(44.48)

Frank van Heelsum

400m	57.17	(57.17)
800m	1:48.63	(51.46)
1200m	2:40.13	(51.50)
1600m	3:31.96	(51.83)
2000m	4:24.08	(52.12)
2400m	5:15.66	(51.58)
2800m	6:08.03	(52.37)
3200m	6:59.55	(51.52)
3600m	7:51.94	(52.39)
4000m	8:43.74	(51.80)
4400m	9:36.05	(52.31)
4800m	10:27.23	(51.18)
5200m	11:19.41	(52.18)
5600m	12:12.10	(52.69)
6000m	13:04.59	(52.49)
6400m	13:56.80	(52.21)
6800m	14:49.31	(52.51)
7200m	15:41.93	(52.62)
7600m	16:34.73	(52.80)
8000m	17:26.32	(51.59)
8400m	18:18.84	(52.52)
8800m	19:10.70	(51.86)
9200m	20:01.71	(51.01)
9600m	20:51.79	(50.08)
10000m	21:39.15	(47.36)

		Naam			Cat			PR	Tijd	Info
62	wt	20	Freek Smits		H45				18:05.06	
	rd	1	Tialda Gerritsma		D55			17:29.34	19:33.34	
		Freek Smits				Tialda Gerritsma				
		400m	45.19	(45.19)	400m	50.77	(50.77)			
		800m	1:30.07	(44.88)	800m	1:36.32	(45.55)			
		1200m	2:14.65	(44.58)	1200m	2:23.08	(46.76)			
		1600m	2:57.89	(43.24)	1600m	3:10.06	(46.98)			
		2000m	3:41.05	(43.16)	2000m	3:55.80	(45.74)			
		2400m	4:24.64	(43.59)	2400m	4:39.91	(44.11)			
		2800m	5:08.33	(43.69)	2800m	5:24.98	(45.07)			
		3200m	5:52.74	(44.41)	3200m	6:11.48	(46.50)			
		3600m	6:36.33	(43.59)	3600m	6:58.67	(47.19)			
		4000m	7:19.83	(43.50)	4000m	7:45.89	(47.22)			
		4400m	8:03.20	(43.37)	4400m	8:33.85	(47.96)			
		4800m	8:47.10	(43.90)	4800m	9:21.77	(47.92)			
		5200m	9:30.54	(43.44)	5200m	10:09.61	(47.84)			
		5600m	10:13.81	(43.27)	5600m	10:57.45	(47.84)			
		6000m	10:57.31	(43.50)	6000m	11:45.81	(48.36)			
		6400m	11:41.25	(43.94)	6400m	12:31.87	(46.06)			
		6800m	12:24.59	(43.34)	6800m	13:19.14	(47.27)			
		7200m	13:07.39	(42.80)	7200m	14:06.68	(47.54)			
		7600m	13:50.72	(43.33)	7600m	14:54.34	(47.66)			
		8000m	14:33.78	(43.06)	8000m	15:42.15	(47.81)			
		8400m	15:17.69	(43.91)	8400m	16:29.98	(47.83)			
		8800m	16:00.90	(43.21)	8800m	17:16.65	(46.67)			
		9200m	16:41.84	(40.94)	9200m	18:02.06	(45.41)			
		9600m	17:23.87	(42.03)	9600m	18:47.94	(45.88)			
		10000m	18:05.06	(41.19)	10000m	19:33.34	(45.40)			

		Naam	Cat	PR	Tijd	Info
63	gl	30 Johan van Buuren	H60	17:35.76	17:47.88	
	bl	42 Niek Bravenboer	H60		17:38.48	

Johan van Buuren

400m	45.41	(45.41)
800m	1:27.17	(41.76)
1200m	2:10.60	(43.43)
1600m	2:54.13	(43.53)
2000m	3:36.90	(42.77)
2400m	4:18.81	(41.91)
2800m	5:02.21	(43.40)
3200m	5:45.05	(42.84)
3600m	6:27.95	(42.90)
4000m	7:10.87	(42.92)
4400m	7:53.20	(42.33)
4800m	8:35.67	(42.47)
5200m	9:18.51	(42.84)
5600m	10:01.16	(42.65)
6000m	10:42.94	(41.78)
6400m	11:24.92	(41.98)
6800m	12:06.24	(41.32)
7200m	12:48.51	(42.27)
7600m	13:31.59	(43.08)
8000m	14:14.47	(42.88)
8400m	14:58.11	(43.64)
8800m	15:42.55	(44.44)
9200m	16:25.13	(42.58)
9600m	17:07.32	(42.19)
10000m	17:47.88	(40.56)

Niek Bravenboer

400m	47.50	(47.50)
800m	1:29.90	(42.40)
1200m	2:12.23	(42.33)
1600m	2:54.62	(42.39)
2000m	3:36.69	(42.07)
2400m	4:19.12	(42.43)
2800m	5:00.99	(41.87)
3200m	5:44.16	(43.17)
3600m	6:26.70	(42.54)
4000m	7:10.15	(43.45)
4400m	7:52.33	(42.18)
4800m	8:34.78	(42.45)
5200m	9:16.84	(42.06)
5600m	9:59.26	(42.42)
6000m	10:41.44	(42.18)
6400m	11:23.64	(42.20)
6800m	12:05.24	(41.60)
7200m	12:47.26	(42.02)
7600m	13:29.47	(42.21)
8000m	14:11.66	(42.19)
8400m	14:53.54	(41.88)
8800m	15:35.21	(41.67)
9200m	16:16.52	(41.31)
9600m	16:57.29	(40.77)
10000m	17:38.48	(41.19)

		Naam	Cat	PR	Tijd	Info
64	wt	3 Pieter Pennings	H50	16:12.04	17:21.70	
	rd	32 Fop Fonteijne	H65	16:21.66	17:14.00	
		Pieter Pennings				Fop Fonteijne
		400m	43.59 (43.59)		47.50 (47.50)	
		800m	1:23.47 (39.88)		1:28.05 (40.55)	
		1200m	2:04.71 (41.24)		2:08.55 (40.50)	
		1600m	2:46.37 (41.66)		2:49.52 (40.97)	
		2000m	3:27.63 (41.26)		3:29.94 (40.42)	
		2400m	4:08.73 (41.10)		4:10.29 (40.35)	
		2800m	4:50.18 (41.45)		4:50.45 (40.16)	
		3200m	5:32.03 (41.85)		5:30.72 (40.27)	
		3600m	6:14.11 (42.08)		6:11.14 (40.42)	
		4000m	6:56.27 (42.16)		6:52.03 (40.89)	
		4400m	7:38.32 (42.05)		7:33.31 (41.28)	
		4800m	8:20.66 (42.34)		8:14.48 (41.17)	
		5200m	9:02.63 (41.97)		8:55.62 (41.14)	
		5600m	9:44.70 (42.07)		9:36.81 (41.19)	
		6000m	10:26.99 (42.29)		10:18.25 (41.44)	
		6400m	11:09.51 (42.52)		10:59.65 (41.40)	
		6800m	11:51.60 (42.09)		11:40.76 (41.11)	
		7200m	12:33.75 (42.15)		12:22.15 (41.39)	
		7600m	13:15.60 (41.85)		13:04.21 (42.06)	
		8000m	13:57.24 (41.64)		13:46.01 (41.80)	
		8400m	14:38.18 (40.94)		14:27.78 (41.77)	
		8800m	15:19.51 (41.33)		15:09.08 (41.30)	
		9200m	16:00.50 (40.99)		15:50.22 (41.14)	
		9600m	16:41.40 (40.90)		16:32.08 (41.86)	
		10000m	17:21.70 (40.30)		17:14.00 (41.92)	

		Naam	Cat	PR	Tijd	Info
65	gl	51 Cornelis van Breugel	H45		16:58.30	
	bl	40 Quinty van Klink	DN2	16:51.89	17:39.67	

Cornelis van Breugel

400m	44.86	(44.86)
800m	1:24.97	(40.11)
1200m	2:05.18	(40.21)
1600m	2:45.17	(39.99)
2000m	3:26.15	(40.98)
2400m	4:06.88	(40.73)
2800m	4:47.66	(40.78)
3200m	5:28.65	(40.99)
3600m	6:09.85	(41.20)
4000m	6:50.90	(41.05)
4400m	7:31.98	(41.08)
4800m	8:13.04	(41.06)
5200m	8:53.80	(40.76)
5600m	9:34.66	(40.86)
6000m	10:15.48	(40.82)
6400m	10:55.94	(40.46)
6800m	11:36.59	(40.65)
7200m	12:17.31	(40.72)
7600m	12:57.32	(40.01)
8000m	13:37.11	(39.79)
8400m	14:17.34	(40.23)
8800m	14:57.93	(40.59)
9200m	15:38.26	(40.33)
9600m	16:18.80	(40.54)
10000m	16:58.30	(39.50)

Quinty van Klink

400m	44.79	(44.79)
800m	1:24.97	(40.18)
1200m	2:05.18	(40.21)
1600m	2:45.75	(40.57)
2000m	3:26.58	(40.83)
2400m	4:07.51	(40.93)
2800m	4:48.58	(41.07)
3200m	5:30.13	(41.55)
3600m	6:12.06	(41.93)
4000m	6:54.12	(42.06)
4400m	7:36.33	(42.21)
4800m	8:18.71	(42.38)
5200m	9:01.42	(42.71)
5600m	9:43.97	(42.55)
6000m	10:26.73	(42.76)
6400m	11:09.55	(42.82)
6800m	11:52.81	(43.26)
7200m	12:36.27	(43.46)
7600m	13:19.71	(43.44)
8000m	14:03.15	(43.44)
8400m	14:46.71	(43.56)
8800m	15:30.08	(43.37)
9200m	16:13.45	(43.37)
9600m	16:56.60	(43.15)
10000m	17:39.67	(43.07)

		Naam			Cat	PR	Tijd	Info
66	wt	12	Sybe van Hijum		HSA	15:32.97	16:00.73	
	rd	49	Joran Heikoop		HA2		18:00.97	
		Sybe van Hijum			Joran Heikoop			
		400m	43.21	(43.21)	400m	43.80	(43.80)	
		800m	1:22.79	(39.58)	800m	1:25.89	(42.09)	
		1200m	2:01.97	(39.18)	1200m	2:09.79	(43.90)	
		1600m	2:40.78	(38.81)	1600m	2:53.70	(43.91)	
		2000m	3:19.51	(38.73)	2000m	3:37.26	(43.56)	
		2400m	3:58.36	(38.85)	2400m	4:20.53	(43.27)	
		2800m	4:37.23	(38.87)	2800m	5:04.43	(43.90)	
		3200m	5:15.76	(38.53)	3200m	5:48.12	(43.69)	
		3600m	5:54.10	(38.34)	3600m	6:31.73	(43.61)	
		4000m	6:32.31	(38.21)	4000m	7:15.04	(43.31)	
		4400m	7:10.49	(38.18)	4400m	7:57.80	(42.76)	
		4800m	7:49.26	(38.77)	4800m	8:41.14	(43.34)	
		5200m	8:27.93	(38.67)	5200m	9:24.56	(43.42)	
		5600m	9:06.60	(38.67)	5600m	10:08.14	(43.58)	
		6000m	9:45.23	(38.63)	6000m	10:51.88	(43.74)	
		6400m	10:23.45	(38.22)	6400m	11:35.38	(43.50)	
		6800m	11:01.59	(38.14)	6800m	12:18.71	(43.33)	
		7200m	11:39.64	(38.05)	7200m	13:01.66	(42.95)	
		7600m	12:17.53	(37.89)	7600m	13:44.73	(43.07)	
		8000m	12:54.59	(37.06)	8000m	14:28.01	(43.28)	
		8400m	13:30.76	(36.17)	8400m	15:11.36	(43.35)	
		8800m	14:07.75	(36.99)	8800m	15:54.49	(43.13)	
		9200m	14:45.09	(37.34)	9200m	16:37.73	(43.24)	
		9600m	15:22.78	(37.69)	9600m	17:20.17	(42.44)	
		10000m	16:00.73	(37.95)	10000m	18:00.97	(40.80)	

		Naam	Cat	PR	Tijd	Info
67	gl	34 Marc Nieuwenhuijse	HSB	15:43.66	15:38.39	PR
	bl	41 Vishwaraj Jadeja	HSB	15:13.14	16:41.18	

Marc Nieuwenhuijse

400m	43.48	(43.48)
800m	1:20.29	(36.81)
1200m	1:57.49	(37.20)
1600m	2:34.73	(37.24)
2000m	3:12.25	(37.52)
2400m	3:49.44	(37.19)
2800m	4:26.61	(37.17)
3200m	5:03.73	(37.12)
3600m	5:41.03	(37.30)
4000m	6:18.35	(37.32)
4400m	6:55.40	(37.05)
4800m	7:32.97	(37.57)
5200m	8:10.17	(37.20)
5600m	8:47.21	(37.04)
6000m	9:24.82	(37.61)
6400m	10:02.39	(37.57)
6800m	10:39.89	(37.50)
7200m	11:17.73	(37.84)
7600m	11:55.84	(38.11)
8000m	12:33.76	(37.92)
8400m	13:10.98	(37.22)
8800m	13:47.97	(36.99)
9200m	14:25.32	(37.35)
9600m	15:02.20	(36.88)
10000m	15:38.39	(36.19)

Vishwaraj Jadeja

400m	41.66	(41.66)
800m	1:19.10	(37.44)
1200m	1:56.59	(37.49)
1600m	2:34.21	(37.62)
2000m	3:11.49	(37.28)
2400m	3:48.97	(37.48)
2800m	4:26.53	(37.56)
3200m	5:04.57	(38.04)
3600m	5:42.53	(37.96)
4000m	6:20.89	(38.36)
4400m	6:59.13	(38.24)
4800m	7:38.08	(38.95)
5200m	8:16.83	(38.75)
5600m	8:56.27	(39.44)
6000m	9:37.12	(40.85)
6400m	10:17.20	(40.08)
6800m	10:58.47	(41.27)
7200m	11:41.10	(42.63)
7600m	12:22.94	(41.84)
8000m	13:05.71	(42.77)
8400m	13:48.66	(42.95)
8800m	14:31.81	(43.15)
9200m	15:14.99	(43.18)
9600m	15:58.35	(43.36)
10000m	16:41.18	(42.83)

		Naam			Cat	PR	Tijd	Info
68	wt	44	Bart Streefkerk		HSB	15:13.02	15:55.80	
	rd	46	Joost de Jong		HN1		15:48.92	
		Bart Streefkerk			Joost de Jong			
		400m	40.92	(40.92)	400m	38.97	(38.97)	
		800m	1:19.47	(38.55)	800m	1:16.83	(37.86)	
		1200m	1:58.75	(39.28)	1200m	1:55.21	(38.38)	
		1600m	2:37.63	(38.88)	1600m	2:33.35	(38.14)	
		2000m	3:15.16	(37.53)	2000m	3:11.52	(38.17)	
		2400m	3:52.95	(37.79)	2400m	3:49.46	(37.94)	
		2800m	4:30.82	(37.87)	2800m	4:26.95	(37.49)	
		3200m	5:08.74	(37.92)	3200m	5:04.41	(37.46)	
		3600m	5:46.71	(37.97)	3600m	5:42.01	(37.60)	
		4000m	6:24.85	(38.14)	4000m	6:19.59	(37.58)	
		4400m	7:02.89	(38.04)	4400m	6:57.15	(37.56)	
		4800m	7:41.18	(38.29)	4800m	7:35.01	(37.86)	
		5200m	8:19.27	(38.09)	5200m	8:13.35	(38.34)	
		5600m	8:57.13	(37.86)	5600m	8:51.19	(37.84)	
		6000m	9:34.81	(37.68)	6000m	9:29.37	(38.18)	
		6400m	10:12.74	(37.93)	6400m	10:07.52	(38.15)	
		6800m	10:50.68	(37.94)	6800m	10:46.06	(38.54)	
		7200m	11:28.43	(37.75)	7200m	11:23.90	(37.84)	
		7600m	12:06.41	(37.98)	7600m	12:02.17	(38.27)	
		8000m	12:44.70	(38.29)	8000m	12:40.43	(38.26)	
		8400m	13:23.23	(38.53)	8400m	13:18.85	(38.42)	
		8800m	14:01.50	(38.27)	8800m	13:57.05	(38.20)	
		9200m	14:39.90	(38.40)	9200m	14:35.13	(38.08)	
		9600m	15:18.00	(38.10)	9600m	15:11.99	(36.86)	
		10000m	15:55.80	(37.80)	10000m	15:48.92	(36.93)	

		Naam	Cat	PR	Tijd	Info
69	gl	39 Bart Valentijn	HN4	14:45.34	14:52.39	
	bl	17 Niels Loos	HN2	17:34.36	16:28.80	PR

Bart Valentijn

400m	37.62	(37.62)
800m	1:11.53	(33.91)
1200m	1:45.21	(33.68)
1600m	2:19.13	(33.92)
2000m	2:52.81	(33.68)
2400m	3:27.29	(34.48)
2800m	4:01.59	(34.30)
3200m	4:36.32	(34.73)
3600m	5:11.09	(34.77)
4000m	5:46.60	(35.51)
4400m	6:22.32	(35.72)
4800m	6:58.29	(35.97)
5200m	7:34.18	(35.89)
5600m	8:10.20	(36.02)
6000m	8:46.25	(36.05)
6400m	9:22.38	(36.13)
6800m	9:58.73	(36.35)
7200m	10:35.38	(36.65)
7600m	11:12.08	(36.70)
8000m	11:49.11	(37.03)
8400m	12:25.88	(36.77)
8800m	13:02.41	(36.53)
9200m	13:38.89	(36.48)
9600m	14:15.19	(36.30)
10000m	14:52.39	(37.20)

Niels Loos

400m	38.70	(38.70)
800m	1:15.93	(37.23)
1200m	1:55.05	(39.12)
1600m	2:34.13	(39.08)
2000m	3:13.43	(39.30)
2400m	3:52.51	(39.08)
2800m	4:32.01	(39.50)
3200m	5:11.38	(39.37)
3600m	5:49.55	(38.17)
4000m	6:28.75	(39.20)
4400m	7:08.35	(39.60)
4800m	7:48.43	(40.08)
5200m	8:28.35	(39.92)
5600m	9:08.24	(39.89)
6000m	9:48.53	(40.29)
6400m	10:29.96	(41.43)
6800m	11:10.22	(40.26)
7200m	11:50.13	(39.91)
7600m	12:29.93	(39.80)
8000m	13:09.46	(39.53)
8400m	13:49.34	(39.88)
8800m	14:29.68	(40.34)
9200m	15:09.34	(39.66)
9600m	15:49.11	(39.77)
10000m	16:28.80	(39.69)