

GAK 3km dames en 5km heren

Kunstijsbaan Breda - Breda

22 januari 2017

20. Uitslag Dames 3000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	2 Nikki van der Zee	DA1	SV STRIENE	6	I	4:58.29		
2	19 Femke Thiessen	DB1	VYC	5	I	5:05.35		
3	18 Sanne Thiessen	DA1	VYC	5	O	5:14.39	PR	
4	4 Charlotte de Wit	DA2	YCT	4	I	5:37.19		
5	22 Ilse Vanlaerhoven	DSA	BALLANGRUD	3	O	5:44.94		
6	17 Lonneke Hulsen	DB2	YCT	4	O	5:56.65		
7	20 Suzan Timmermans	D55	SSV BREDA	3	I	5:57.46		
	3 Esther Stierman	DA2	YA	6	O	DNS		

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20. Rituitslag Dames 3000 meter

		Naam	Cat	Vereniging	PR	Tijd	Info
3	wt	20 Suzan Timmermans	D55	SSV BREDA	5:49.87	5:57.46	
	rd	22 Ilse Vanlaerhoven	DSA	BALLANGRUD		5:44.94	
		Suzan Timmermans		Ilse Vanlaerhoven			
		200m	27.35	(27.3)	200m	26.07	(26.0)
		600m	1:11.85	(44.5)	600m	1:07.49	(41.4)
		1000m	1:57.63	(45.8)	1000m	1:50.65	(43.2)
		1400m	2:44.37	(46.7)	1400m	2:35.76	(45.1)
		1800m	3:32.09	(47.7)	1800m	3:21.87	(46.1)
		2200m	4:20.51	(48.5)	2200m	4:08.77	(46.9)
		2600m	5:09.76	(49.2)	2600m	4:56.26	(47.5)
		3000m	5:57.46	(47.7)	3000m	5:44.94	(48.7)

		Naam	Cat	Vereniging	PR	Tijd	Info
4	gl	4 Charlotte de Wit	DA2	YCT	5:35.55	5:37.19	
	bl	17 Lonneke Hulsen	DB2	YCT	5:41.39	5:56.65	
		Charlotte de Wit		Lonneke Hulsen			
		200m	25.02	(25.0)	200m	25.72	(25.7)
		600m	1:07.99	(42.9)	600m	1:08.90	(43.2)
		1000m	1:52.51	(44.6)	1000m	1:55.22	(46.3)
		1400m	2:37.45	(44.9)	1400m	2:43.21	(48.0)
		1800m	3:23.54	(46.1)	1800m	3:32.26	(49.0)
		2200m	4:08.68	(45.1)	2200m	4:20.85	(48.6)
		2600m	4:53.39	(44.7)	2600m	5:09.44	(48.6)
		3000m	5:37.19	(43.8)	3000m	5:56.65	(47.2)

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		Naam	Cat	Vereniging	PR	Tijd	Info
5	wt	19 Femke Thiessen	DB1	VYC	5:03.29	5:05.35	
	rd	18 Sanne Thiessen	DA1	VYC	5:19.02	5:14.39	PR
		Femke Thiessen		Sanne Thiessen			
		200m 23.04 (23.0)		200m 22.86 (22.8)			
		600m 1:00.35 (37.3)		600m 1:00.26 (37.4)			
		1000m 1:39.28 (38.9)		1000m 1:40.03 (39.8)			
		1400m 2:19.52 (40.3)		1400m 2:19.99 (39.9)			
		1800m 2:59.94 (40.4)		1800m 3:01.42 (41.5)			
		2200m 3:40.79 (40.8)		2200m 3:44.15 (42.7)			
		2600m 4:22.65 (41.9)		2600m 4:28.64 (44.5)			
		3000m 5:05.35 (42.7)		3000m 5:14.39 (45.7)			

		Naam	Cat	Vereniging	PR	Tijd	Info
6	gl	2 Nikki van der Zee	DA1	SV STRIENE	4:43.31	4:58.29	
	bl	3 Esther Stierman	DA2	YA	4:57.66	DNS	
		Nikki van der Zee		Esther Stierman			
		200m 22.89 (22.8)					
		600m 1:00.38 (37.5)					
		1000m 1:39.29 (38.9)					
		1400m 2:18.55 (39.3)					
		1800m 2:58.25 (39.7)					
		2200m 3:38.41 (40.2)					
		2600m 4:18.23 (39.8)					
		3000m 4:58.29 (40.0)					

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21. Uitslag Heren 5000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	14 Roel Hamers	HA2	STC WVDBERK	20	I	7:44.45		
2	24 Jorian Dame	HB2	YA	20	O	7:52.05		
3	5 Wim de Wit	H55	YA	21	O	8:02.76		
4	10 Colin Schrijver	HB1	YA	19	O	8:04.03		
5	15 Hugo van Oosterhout	HB2	YCE	19	I	8:16.45		
6	16 Pieter Elzinga	H60	BALLANGRUD	21	I	8:45.21		
7	13 Johan Sweep	H55	BALLANGRUD	18	I	9:16.16		

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21. Rituitslag Heren 5000 meter

		Naam	Cat	Vereniging	PR	Tijd	Info
18	wt rd	13 Johan Sweep	H55	BALLANGRUD	8:22.86	9:16.16	
		Johan Sweep					
		200m	24.08	(24.0)		m	
		600m	1:04.88	(40.8)			
		1000m	1:47.06	(42.2)			
		1400m	2:30.35	(43.3)			
		1800m	3:13.54	(43.2)			
		2200m	3:57.84	(44.3)			
		2600m	4:41.37	(43.5)			
		3000m	5:26.84	(45.5)			
		3400m	6:12.05	(45.2)			
		3800m	6:58.79	(46.7)			
		4200m	7:44.70	(46.0)			
		4600m	8:30.91	(46.2)			
		5000m	9:16.16	(45.2)			

		Naam	Cat	Vereniging	PR	Tijd	Info
19	gl bl	15 Hugo van Oosterhout	HB2	YCE		8:16.45	
		10 Colin Schrijver	HB1	YA		8:04.03	
		Hugo van Oosterhout			Colin Schrijver		
		200m	22.50	(22.5)	200m	21.75	(21.7)
		600m	1:00.53	(38.0)	600m	59.01	(37.3)
		1000m	1:39.77	(39.2)	1000m	1:38.07	(39.0)
		1400m	2:18.81	(39.1)	1400m	2:17.28	(39.2)
		1800m	2:57.58	(38.7)	1800m	2:56.63	(39.4)
		2200m	3:36.57	(39.0)	2200m	3:35.11	(38.5)
		2600m	4:16.39	(39.8)	2600m	4:14.14	(39.0)
		3000m	4:55.79	(39.4)	3000m	4:53.03	(38.9)
		3400m	5:35.78	(40.0)	3400m	5:32.10	(39.1)
		3800m	6:16.16	(40.4)	3800m	6:10.54	(38.4)
		4200m	6:56.41	(40.3)	4200m	6:48.83	(38.3)
		4600m	7:36.24	(39.8)	4600m	7:26.48	(37.6)
		5000m	8:16.45	(40.2)	5000m	8:04.03	(37.6)

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		Naam	Cat	Vereniging	PR	Tijd	Info
20	wt	14 Roel Hamers	HA2	STC WVDBERK	7:39.36	7:44.45	
	rd	24 Jorian Dame	HB2	YA	7:48.12	7:52.05	
		Roel Hamers	Jorian Dame				
		200m	20.80	(20.8)	200m	20.34	(20.3)
		600m	54.05	(33.2)	600m	53.86	(33.5)
		1000m	1:28.80	(34.8)	1000m	1:30.13	(36.3)
		1400m	2:05.08	(36.2)	1400m	2:07.33	(37.2)
		1800m	2:41.86	(36.8)	1800m	2:44.45	(37.1)
		2200m	3:18.98	(37.1)	2200m	3:22.30	(37.9)
		2600m	3:56.16	(37.2)	2600m	4:00.43	(38.1)
		3000m	4:33.74	(37.6)	3000m	4:38.31	(37.9)
		3400m	5:11.62	(37.9)	3400m	5:16.77	(38.4)
		3800m	5:49.87	(38.2)	3800m	5:56.12	(39.4)
		4200m	6:27.87	(38.0)	4200m	6:35.64	(39.5)
		4600m	7:06.31	(38.5)	4600m	7:14.22	(38.6)
		5000m	7:44.45	(38.1)	5000m	7:52.05	(37.8)

		Naam	Cat	Vereniging	PR	Tijd	Info
21	gl	16 Pieter Elzinga	H60	BALLANGRUD	8:06.16	8:45.21	
	bl	5 Wim de Wit	H55	YA	7:16.95	8:02.76	
		Pieter Elzinga	Wim de Wit				
		200m	25.43	(25.4)	200m	23.38	(23.3)
		600m	1:06.76	(41.3)	600m	1:00.73	(37.4)
		1000m	1:48.83	(42.1)	1000m	1:39.32	(38.6)
		1400m	2:30.67	(41.8)	1400m	2:18.13	(38.8)
		1800m	3:12.38	(41.7)	1800m	2:56.67	(38.5)
		2200m	3:53.81	(41.5)	2200m	3:35.10	(38.5)
		2600m	4:35.06	(41.2)	2600m	4:13.36	(38.2)
		3000m	5:16.54	(41.5)	3000m	4:51.32	(38.0)
		3400m	5:58.49	(41.9)	3400m	5:29.37	(38.0)
		3800m	6:40.60	(42.2)	3800m	6:07.71	(38.4)
		4200m	7:22.61	(42.0)	4200m	6:46.38	(38.6)
		4600m	8:04.13	(41.5)	4600m	7:25.02	(38.7)
		5000m	8:45.21	(41.1)	5000m	8:02.76	(37.7)