

GAK 5000m Dames en 10.000m Heren

Kunstijsbaan Breda - Breda

2 maart 2019

1. Uitslag Dames 5000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	24 Claire Garretsen	DB2	YCE	1	I	8:35.51		
2	10 Petra Andriessen-Hoekema	D50	YCE	4	I	8:47.50	PR	
3	21 Ilse Vanlaerhoven	DSB	BALLANGRUD	2	I	9:13.58		
4	7 Ilse van Ipenburg	DSA	SV STRIENE	3	I	9:23.46	PR	
5	14 Patty van Hoorn	D45	BALLANGRUD	3	O	9:29.50		
6	18 Gerita Smallegoor	D45	BALLANGRUD	2	O	9:41.50		
7	4 Jip Spel	DSA	SV LIMSV	4	O	9:48.90	PR	
8	16 Daniëlle Frijters	DSA	BALLANGRUD	1	O	10:11.14		

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1. Rituitslag Dames 5000 meter

		Naam	Cat	Vereniging	PR	Tijd	Info
1	wt	24 Claire Garretsen	DB2	YCE		8:35.51	
	rd	16 Daniëlle Frijters	DSA	BALLANGRUD		10:11.14	
		Claire Garretsen		Daniëlle Frijters			
		200m 23.84 (23.84)		200m 27.68 (27.68)			
		600m 1:02.86 (39.02)		600m 1:12.67 (44.99)			
		1000m 1:43.10 (40.24)		1000m 2:00.95 (48.28)			
		1400m 2:23.04 (39.94)		1400m 2:49.74 (48.79)			
		1800m 3:03.13 (40.09)		1800m 3:38.49 (48.75)			
		2200m 3:43.33 (40.20)		2200m 4:27.50 (49.01)			
		2600m 4:24.38 (41.05)		2600m 5:16.76 (49.26)			
		3000m 5:05.86 (41.48)		3000m 6:06.15 (49.39)			
		3400m 5:47.52 (41.66)		3400m 6:54.78 (48.63)			
		3800m 6:29.07 (41.55)		3800m 7:44.39 (49.61)			
		4200m 7:11.04 (41.97)		4200m 8:33.32 (48.93)			
		4600m 7:53.58 (42.54)		4600m 9:22.77 (49.45)			
		5000m 8:35.51 (41.93)		5000m 10:11.14 (48.37)			

		Naam	Cat	Vereniging	PR	Tijd	Info
2	gl	21 Ilse Vanlaerhoven	DSB	BALLANGRUD		9:13.58	
	bl	18 Gerita Smallegoor	D45	BALLANGRUD		9:41.50	
		Ilse Vanlaerhoven		Gerita Smallegoor			
		200m 24.68 (24.68)		200m 25.50 (25.50)			
		600m 1:05.05 (40.37)		600m 1:06.45 (40.95)			
		1000m 1:47.38 (42.33)		1000m 1:51.01 (44.56)			
		1400m 2:31.21 (43.83)		1400m 2:37.41 (46.40)			
		1800m 3:15.49 (44.28)		1800m 3:22.98 (45.57)			
		2200m 4:00.37 (44.88)		2200m 4:10.84 (47.86)			
		2600m 4:45.34 (44.97)		2600m 4:58.24 (47.40)			
		3000m 5:30.55 (45.21)		3000m 5:45.29 (47.05)			
		3400m 6:15.34 (44.79)		3400m 6:32.37 (47.08)			
		3800m 7:00.01 (44.67)		3800m 7:19.87 (47.50)			
		4200m 7:44.74 (44.73)		4200m 8:07.68 (47.81)			
		4600m 8:29.74 (45.00)		4600m 8:55.47 (47.79)			
		5000m 9:13.58 (43.84)		5000m 9:41.50 (46.03)			

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		Naam	Cat	Vereniging	PR	Tijd	Info
3	wt	7 Ilse van Ipenburg	DSA	SV STRIENE	10:02.02	9:23.46	PR
	rd	14 Patty van Hoorn	D45	BALLANGRUD		9:29.50	
		Ilse van Ipenburg		Patty van Hoorn			
		200m	26.29	(26.29)	200m	26.69	(26.69)
		600m	1:07.22	(40.93)	600m	1:07.86	(41.17)
		1000m	1:50.52	(43.30)	1000m	1:51.23	(43.37)
		1400m	2:36.02	(45.50)	1400m	2:36.16	(44.93)
		1800m	3:21.12	(45.10)	1800m	3:22.08	(45.92)
		2200m	4:07.10	(45.98)	2200m	4:07.33	(45.25)
		2600m	4:53.38	(46.28)	2600m	4:53.73	(46.40)
		3000m	5:39.41	(46.03)	3000m	5:39.88	(46.15)
		3400m	6:25.84	(46.43)	3400m	6:25.88	(46.00)
		3800m	7:12.34	(46.50)	3800m	7:11.64	(45.76)
		4200m	7:58.17	(45.83)	4200m	7:58.31	(46.67)
		4600m	8:42.06	(43.89)	4600m	8:44.00	(45.69)
		5000m	9:23.46	(41.40)	5000m	9:29.50	(45.50)

		Naam	Cat	Vereniging	PR	Tijd	Info
4	gl	10 Petra Andriessen-Hoekema	D50	YCE	9:03.18	8:47.50	PR
	bl	4 Jip Spel	DSA	SV LIMSV	9:54.23	9:48.90	PR
		Petra Andriessen-Hoekema		Jip Spel			
		200m	26.10	(26.10)	200m	27.09	(27.09)
		600m	1:06.99	(40.89)	600m	1:11.71	(44.62)
		1000m	1:48.48	(41.49)	1000m	1:57.71	(46.00)
		1400m	2:30.11	(41.63)	1400m	2:44.20	(46.49)
		1800m	3:11.70	(41.59)	1800m	3:30.80	(46.60)
		2200m	3:52.93	(41.23)	2200m	4:18.42	(47.62)
		2600m	4:33.96	(41.03)	2600m	5:06.12	(47.70)
		3000m	5:15.57	(41.61)	3000m	5:53.89	(47.77)
		3400m	5:57.91	(42.34)	3400m	6:41.45	(47.56)
		3800m	6:39.96	(42.05)	3800m	7:28.26	(46.81)
		4200m	7:22.67	(42.71)	4200m	8:15.42	(47.16)
		4600m	8:05.32	(42.65)	4600m	9:02.32	(46.90)
		5000m	8:47.50	(42.18)	5000m	9:48.90	(46.58)

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2. Uitslag Heren 10000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	13 Sybe van Hijum	HSA	SV LIMSV	9	I	15:56.76		
2	3 Erik Jansen	HSA	EVN PIN	8	I	15:57.75	PR	
3	5 Pieter de Munck	HSA	YA	9	O	16:28.98	FL	
4	15 Roel Hamers	HN2	BALLANGRUD	10	I	17:00.39	FL	
5	11 Adriaan Provoost	H55	SSC DE POEL	10	O	17:07.46		
6	2 Pieter Pennings	H50	BALLANGRUD	8	O	17:11.13		
7	8 Jan de Koning	H55	SV LIMSV	6	O	17:17.98		
8	20 Krijn van Nuland	HSA	ISIS	5	I	17:39.71	PR	
9	19 Johan van Buuren	H55	YA	7	I	18:01.98		
10	12 Hans de Vos	H60	VYC	6	I	18:59.83		
	23 Martijn Proost	H50	BALLANGRUD	7	O	18:17.32	OC	

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Kunstijsbaan Breda - Breda

2 maart 2019

2. Rituitslag Heren 10000 meter

	Naam	Cat	Vereniging	PR	Tijd	Info	
5	wt rd	20	Krijn van Nuland	HSA	ISIS	18:49.62	17:39.71 PR

Krijn van Nuland

400m	43.66	(43.66)	m
800m	1:23.22	(39.56)	
1200m	2:02.74	(39.52)	
1600m	2:43.09	(40.35)	
2000m	3:23.71	(40.62)	
2400m	4:04.63	(40.92)	
2800m	4:45.57	(40.94)	
3200m	5:27.04	(41.47)	
3600m	6:08.74	(41.70)	
4000m	6:51.06	(42.32)	
4400m	7:33.08	(42.02)	
4800m	8:15.32	(42.24)	
5200m	8:57.93	(42.61)	
5600m	9:51.27	(53.34)	
6000m	10:34.91	(43.64)	
6400m	11:16.53	(41.62)	
6800m	11:58.74	(42.21)	
7200m	12:41.35	(42.61)	
7600m	13:23.37	(42.02)	
8000m	14:06.05	(42.68)	
8400m	14:48.82	(42.77)	
8800m	15:31.71	(42.89)	
9200m	16:14.68	(42.97)	
9600m	16:57.44	(42.76)	
10000m	17:39.71	(42.27)	

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		Naam	Cat	Vereniging	PR	Tijd	Info
6	gl	12 Hans de Vos	H60	VYC	17:49.16	18:59.83	
	bl	8 Jan de Koning	H55	SV LIMSV	16:44.19	17:17.98	

Hans de Vos

400m	49.92	(49.92)
800m	1:34.77	(44.85)
1200m	2:20.28	(45.51)
1600m	3:05.59	(45.31)
2000m	3:51.27	(45.68)
2400m	4:36.66	(45.39)
2800m	5:21.74	(45.08)
3200m	6:06.93	(45.19)
3600m	6:52.29	(45.36)
4000m	7:37.71	(45.42)
4400m	8:22.89	(45.18)
4800m	9:07.75	(44.86)
5200m	9:52.66	(44.91)
5600m	10:37.60	(44.94)
6000m	11:22.59	(44.99)
6400m	12:07.89	(45.30)
6800m	12:53.50	(45.61)
7200m	13:39.21	(45.71)
7600m	14:24.88	(45.67)
8000m	15:11.25	(46.37)
8400m	15:56.91	(45.66)
8800m	16:42.67	(45.76)
9200m	17:29.02	(46.35)
9600m	18:15.11	(46.09)
10000m	18:59.83	(44.72)

Jan de Koning

400m	47.34	(47.34)
800m	1:29.23	(41.89)
1200m	2:11.53	(42.30)
1600m	2:52.74	(41.21)
2000m	3:33.74	(41.00)
2400m	4:15.01	(41.27)
2800m	4:56.50	(41.49)
3200m	5:37.46	(40.96)
3600m	6:18.73	(41.27)
4000m	6:59.55	(40.82)
4400m	7:40.85	(41.30)
4800m	8:21.56	(40.71)
5200m	9:02.84	(41.28)
5600m	9:44.22	(41.38)
6000m	10:25.58	(41.36)
6400m	11:07.14	(41.56)
6800m	11:48.60	(41.46)
7200m	12:29.73	(41.13)
7600m	13:10.67	(40.94)
8000m	13:51.99	(41.32)
8400m	14:33.20	(41.21)
8800m	15:14.62	(41.42)
9200m	15:55.94	(41.32)
9600m	16:37.37	(41.43)
10000m	17:17.98	(40.61)

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		Naam	Cat	Vereniging	PR	Tijd	Info
7	wt	19 Johan van Buuren	H55	YA	17:35.76	18:01.98	
	rd	23 Martijn Proost	H50	BALLANGRUD	17:41.28	18:17.32	OC
		Johan van Buuren			Martijn Proost		
		400m	44.17	(44.17)	400m	44.57	(44.57)
		800m	1:24.49	(40.32)	800m	1:26.31	(41.74)
		1200m	2:06.93	(42.44)	1200m	2:09.12	(42.81)
		1600m	2:49.54	(42.61)	1600m	2:51.27	(42.15)
		2000m	3:32.62	(43.08)	2000m	3:34.86	(43.59)
		2400m	4:15.18	(42.56)	2400m	4:18.17	(43.31)
		2800m	4:57.88	(42.70)	2800m	5:02.37	(44.20)
		3200m	5:41.29	(43.41)	3200m	5:45.43	(43.06)
		3600m	6:24.67	(43.38)	3600m	6:28.92	(43.49)
		4000m	7:07.84	(43.17)	4000m	7:12.31	(43.39)
		4400m	7:50.60	(42.76)	4400m	7:56.87	(44.56)
		4800m	8:34.11	(43.51)	4800m	8:41.13	(44.26)
		5200m	9:17.55	(43.44)	5200m	9:25.21	(44.08)
		5600m	10:01.41	(43.86)	5600m	10:09.65	(44.44)
		6000m	10:45.32	(43.91)	6000m	10:54.96	(45.31)
		6400m	11:28.68	(43.36)	6400m	11:40.17	(45.21)
		6800m	12:12.76	(44.08)	6800m	12:25.39	(45.22)
		7200m	12:56.70	(43.94)	7200m	13:10.05	(44.66)
		7600m	13:40.66	(43.96)	7600m	13:54.99	(44.94)
		8000m	14:24.98	(44.32)	8000m	14:39.30	(44.31)
		8400m	15:08.95	(43.97)	8400m	15:24.14	(44.84)
		8800m	15:52.81	(43.86)	8800m	16:07.70	(43.56)
		9200m	16:36.42	(43.61)	9200m	16:51.42	(43.72)
		9600m	17:19.64	(43.22)	9600m	17:35.14	(43.72)
		10000m	18:01.98	(42.34)	10000m	18:17.32	(42.18)

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		Naam	Cat	Vereniging	PR	Tijd	Info
8	gl	3 Erik Jansen	HSA	EVN PIN	16:26.94	15:57.75	PR
	bl	2 Pieter Pennings	H50	BALLANGRUD	16:12.04	17:11.13	
		<u>Erik Jansen</u>			<u>Pieter Pennings</u>		
		400m	41.04	(41.04)	400m	42.13	(42.13)
		800m	1:17.61	(36.57)	800m	1:19.78	(37.65)
		1200m	1:54.98	(37.37)	1200m	1:59.55	(39.77)
		1600m	2:33.33	(38.35)	1600m	2:40.00	(40.45)
		2000m	3:11.57	(38.24)	2000m	3:20.94	(40.94)
		2400m	3:49.78	(38.21)	2400m	4:01.64	(40.70)
		2800m	4:27.35	(37.57)	2800m	4:42.32	(40.68)
		3200m	5:05.21	(37.86)	3200m	5:22.64	(40.32)
		3600m	5:43.15	(37.94)	3600m	6:04.05	(41.41)
		4000m	6:21.56	(38.41)	4000m	6:45.68	(41.63)
		4400m	7:00.23	(38.67)	4400m	7:27.09	(41.41)
		4800m	7:39.12	(38.89)	4800m	8:08.53	(41.44)
		5200m	8:17.99	(38.87)	5200m	8:50.37	(41.84)
		5600m	8:56.55	(38.56)	5600m	9:32.58	(42.21)
		6000m	9:34.84	(38.29)	6000m	10:14.27	(41.69)
		6400m	10:12.81	(37.97)	6400m	10:55.02	(40.75)
		6800m	10:51.14	(38.33)	6800m	11:36.70	(41.68)
		7200m	11:29.77	(38.63)	7200m	12:18.84	(42.14)
		7600m	12:08.44	(38.67)	7600m	13:00.94	(42.10)
		8000m	12:47.34	(38.90)	8000m	13:42.71	(41.77)
		8400m	13:25.76	(38.42)	8400m	14:24.87	(42.16)
		8800m	14:03.83	(38.07)	8800m	15:07.21	(42.34)
		9200m	14:42.31	(38.48)	9200m	15:49.26	(42.05)
		9600m	15:20.25	(37.94)	9600m	16:30.79	(41.53)
		10000m	15:57.75	(37.50)	10000m	17:11.13	(40.34)

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		Naam	Cat	Vereniging	PR	Tijd	Info
9	wt	13 Sybe van Hijum	HSA	SV LIMSV	15:48.84	15:56.76	
	rd	5 Pieter de Munck	HSA	YA	15:50.16	16:28.98	FL
		Sybe van Hijum		Pieter de Munck			
		400m 41.76 (41.76)		400m 41.02 (41.02)			
		800m 1:20.46 (38.70)		800m 1:20.65 (39.63)			
		1200m 1:59.15 (38.69)		1200m 1:59.37 (38.72)			
		1600m 2:37.19 (38.04)		1600m 2:37.82 (38.45)			
		2000m 3:15.20 (38.01)		2000m 3:15.51 (37.69)			
		2400m 3:52.96 (37.76)		2400m 3:53.48 (37.97)			
		2800m 4:30.91 (37.95)		2800m 4:31.11 (37.63)			
		3200m 5:08.56 (37.65)		3200m 5:08.78 (37.67)			
		3600m 5:46.02 (37.46)		3600m 5:46.41 (37.63)			
		4000m 6:23.46 (37.44)		4000m 6:23.91 (37.50)			
		4400m 7:01.40 (37.94)		4400m 7:01.26 (37.35)			
		4800m 7:39.03 (37.63)		4800m 7:38.94 (37.68)			
		5200m 8:17.00 (37.97)		5200m 8:16.94 (38.00)			
		5600m 8:54.93 (37.93)		5600m 8:55.45 (38.51)			
		6000m 9:33.40 (38.47)		6000m 9:49.98 (54.53)			
		6400m 10:11.72 (38.32)		6400m 10:30.56 (40.58)			
		6800m 10:50.16 (38.44)		6800m 11:09.96 (39.40)			
		7200m 11:28.63 (38.47)		7200m 11:49.52 (39.56)			
		7600m 12:07.35 (38.72)		7600m 12:29.15 (39.63)			
		8000m 12:46.36 (39.01)		8000m 13:08.81 (39.66)			
		8400m 13:24.91 (38.55)		8400m 13:48.82 (40.01)			
		8800m 14:03.49 (38.58)		8800m 14:29.15 (40.33)			
		9200m 14:41.61 (38.12)		9200m 15:09.34 (40.19)			
		9600m 15:19.44 (37.83)		9600m 15:49.06 (39.72)			
		10000m 15:56.76 (37.32)		10000m 16:28.98 (39.92)			

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		Naam	Cat	Vereniging	PR	Tijd	Info
10	gl	15 Roel Hamers	HN2	BALLANGRUD	15:45.02	17:00.39	FL
	bl	11 Adriaan Provoost	H55	SSC DE POEL	15:19.66	17:07.46	
		Roel Hamers		Adriaan Provoost			
		400m 40.42 (40.42)		400m 43.80 (43.80)			
		800m 1:16.59 (36.17)		800m 1:22.99 (39.19)			
		1200m 1:52.89 (36.30)		1200m 2:02.73 (39.74)			
		1600m 2:29.30 (36.41)		1600m 2:42.97 (40.24)			
		2000m 3:06.25 (36.95)		2000m 3:23.57 (40.60)			
		2400m 3:43.85 (37.60)		2400m 4:04.04 (40.47)			
		2800m 4:21.54 (37.69)		2800m 4:44.15 (40.11)			
		3200m 4:59.59 (38.05)		3200m 5:24.53 (40.38)			
		3600m 5:37.76 (38.17)		3600m 6:04.93 (40.40)			
		4000m 6:16.36 (38.60)		4000m 6:44.82 (39.89)			
		4400m 6:55.14 (38.78)		4400m 7:24.90 (40.08)			
		4800m 7:34.42 (39.28)		4800m 8:05.50 (40.60)			
		5200m 8:14.76 (40.34)		5200m 8:46.38 (40.88)			
		5600m 8:55.69 (40.93)		5600m 9:28.18 (41.80)			
		6000m 9:36.98 (41.29)		6000m 10:09.33 (41.15)			
		6400m 10:19.23 (42.25)		6400m 10:50.58 (41.25)			
		6800m 11:11.10 (51.87)		6800m 11:31.85 (41.27)			
		7200m 12:04.05 (52.95)		7200m 12:13.29 (41.44)			
		7600m 12:47.64 (43.59)		7600m 12:55.01 (41.72)			
		8000m 13:29.97 (42.33)		8000m 13:36.87 (41.86)			
		8400m 14:11.82 (41.85)		8400m 14:18.72 (41.85)			
		8800m 14:53.46 (41.64)		8800m 15:00.69 (41.97)			
		9200m 15:35.59 (42.13)		9200m 15:42.63 (41.94)			
		9600m 16:18.27 (42.68)		9600m 16:25.11 (42.48)			
		10000m 17:00.39 (42.12)		10000m 17:07.46 (42.35)			