

GAK 3000m dames en 5000m heren

Kunstijsbaan Breda - Breda

20 februari 2022

1. Uitslag GAK dames 3000m

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	1 Bo Mengerink	DB2	BALLANGRUD	4	I	5:13.64		
2	21 Florine Hehewerth	DN1	SV STRIENE	3	I	5:15.61		
3	4 Ilse van Ipenburg	DSA	SV STRIENE	2	O	5:22.84	PR	
4	13 Bryndis van Schijndel	DB2	BALLANGRUD	4	O	5:29.86		
5	17 Petra Andriessen-Hoekema	D55	YCE	3	O	5:34.31		
6	28 Patty van Hoorn	D50	BALLANGRUD	1	I	5:41.23	PR	
7	22 Michelle van Sonsbeeck	D50	YCE	1	O	5:42.41		
	16 Noor van der Ster	D65	BALLANGRUD	2	I	DNS		

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		Naam	Cat	Vereniging	PR	Tijd	Info
1	wt	28 Patty van Hoorn	D50	BALLANGRUD	5:45.24	5:41.23	PR
	rd	22 Michelle van Sonsbeeck	D50	YCE	5:23.16	5:42.41	
		Patty van Hoorn		Michelle van Sonsbeeck			
		200m 25.97 (25.97)		200m 26.61 (26.61)			
		600m 1:07.54 (41.57)		600m 1:08.65 (42.04)			
		1000m 1:50.98 (43.44)		1000m 1:53.75 (45.10)			
		1400m 2:36.72 (45.74)		1400m 2:39.55 (45.80)			
		1800m 3:23.23 (46.51)		1800m 3:25.46 (45.91)			
		2200m 4:10.41 (47.18)		2200m 4:11.21 (45.75)			
		2600m 4:56.01 (45.60)		2600m 4:57.72 (46.51)			
		3000m 5:41.23 (45.22)		3000m 5:42.41 (44.69)			

		Naam	Cat	Vereniging	PR	Tijd	Info
2	gl	16 Noor van der Ster	D65	BALLANGRUD	4:46.97	DNS	
	bl	4 Ilse van Ipenburg	DSA	SV STRIENE	5:29.70	5:22.84	PR
		Noor van der Ster		Ilse van Ipenburg			
				200m 26.81 (26.81)			
				600m 1:07.22 (40.41)			
				1000m 1:48.82 (41.60)			
				1400m 2:31.30 (42.48)			
				1800m 3:14.87 (43.57)			
				2200m 3:57.55 (42.68)			
				2600m 4:40.11 (42.56)			
				3000m 5:22.84 (42.73)			

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		Naam	Cat	Vereniging	PR	Tijd	Info
3	wt	21 Florine Hehewerth	DN1	SV STRIENE	5:13.44	5:15.61	
	rd	17 Petra Andriessen-Hoekema	D55	YCE	5:10.85	5:34.31	
		Florine Hehewerth			Petra Andriessen-Hoekema		
		200m	22.72	(22.72)	200m	28.14	(28.14)
		600m	1:02.36	(39.64)	600m	1:11.94	(43.80)
		1000m	1:43.88	(41.52)	1000m	1:56.26	(44.32)
		1400m	2:25.64	(41.76)	1400m	2:40.67	(44.41)
		1800m	3:07.56	(41.92)	1800m	3:25.02	(44.35)
		2200m	3:49.71	(42.15)	2200m	4:08.86	(43.84)
		2600m	4:32.35	(42.64)	2600m	4:51.77	(42.91)
		3000m	5:15.61	(43.26)	3000m	5:34.31	(42.54)

		Naam	Cat	Vereniging	PR	Tijd	Info
4	gl	1 Bo Mengerink	DB2	BALLANGRUD	4:45.18	5:13.64	
	bl	13 Bryndis van Schijndel	DB2	BALLANGRUD	5:11.30	5:29.86	
		Bo Mengerink			Bryndis van Schijndel		
		200m	22.84	(22.84)	200m	23.86	(23.86)
		600m	1:01.50	(38.66)	600m	1:03.71	(39.85)
		1000m	1:42.20	(40.70)	1000m	1:46.05	(42.34)
		1400m	2:23.68	(41.48)	1400m	2:29.32	(43.27)
		1800m	3:05.74	(42.06)	1800m	3:12.97	(43.65)
		2200m	3:48.62	(42.88)	2200m	3:57.85	(44.88)
		2600m	4:31.17	(42.55)	2600m	4:43.94	(46.09)
		3000m	5:13.64	(42.47)	3000m	5:29.86	(45.92)

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2. Uitslag GAK heren 5000m

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	27 Danny Stam	HSA	YC IJSVRIENDEN	13	I	7:08.91		
2	29 Bart van der Heijden	HSA	YCE	13	O	7:45.07		
3	2 Marc Nieuwenhuijse	HSB	SV STRIENE	11	I	7:49.17	PR	
4	23 Bart Streefkerk	HSB	YA	11	O	7:50.41		
5	31 Bavo Coremans	HSA	ISIS	14	I	7:51.68		
6	8 Jens Klootwijk	HA1	YCE	10	O	8:01.95	PR	
7	12 Joost Hermans	HSA	YCT	12	O	8:03.05		
8	5 Willem Leeuwenburgh	HSA	SSVB	10	I	8:08.66		
9	11 Lars Mengerink	HN2	BALLANGRUD	14	O	8:17.87		
10	14 Paul Hermans	HSA	BALLANGRUD	8	I	8:25.63		
11	24 Martijn Willemsen	H45	YCE	12	I	8:30.78		
12	7 Adriaan Provoost	H60	SSC DE POEL	9	I	8:30.98		
13	25 Fop Fonteijne	H65	SSC DE POEL	5	I	8:47.74	PR	
14	30 Mark Mulders	HA1	YA	7	I	8:53.68		
15	26 Thomas Ros	HN1	BALLANGRUD	9	O	9:00.88		
16	32 Jurrian Verspui	HB1	YA	8	O	9:13.84		
17	18 Thierry Huberland	H60	Other Nat. fed.	5	O	10:00.62		
	33 Joran Heikoop	HA2	YA	7	O	DQ		

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2. Rituitslag GAK heren 5000m

		Naam	Cat	Vereniging	PR	Tijd	Info
5	wt	25 Fop Fontejjne	H65	SSC DE POEL	9:11.97	8:47.74	PR
	rd	18 Thierry Huberland	H60	Other Nat. fed.	9:41.42	10:00.62	
		Fop Fontejjne		Thierry Huberland			
		200m 27.13 (27.13)		200m 31.69 (31.69)			
		600m 1:08.44 (41.31)		600m 1:19.03 (47.34)			
		1000m 1:49.85 (41.41)		1000m 2:05.54 (46.51)			
		1400m 2:31.60 (41.75)		1400m 2:52.36 (46.82)			
		1800m 3:13.22 (41.62)		1800m 3:39.46 (47.10)			
		2200m 3:54.61 (41.39)		2200m 4:26.88 (47.42)			
		2600m 4:35.76 (41.15)		2600m 5:15.71 (48.83)			
		3000m 5:17.11 (41.35)		3000m 6:02.83 (47.12)			
		3400m 5:58.67 (41.56)		3400m 6:50.57 (47.74)			
		3800m 6:40.34 (41.67)		3800m 7:37.49 (46.92)			
		4200m 7:22.31 (41.97)		4200m 8:25.33 (47.84)			
		4600m 8:05.03 (42.72)		4600m 9:13.49 (48.16)			
		5000m 8:47.74 (42.71)		5000m 10:00.62 (47.13)			

		Naam	Cat	Vereniging	PR	Tijd	Info
6	gl						
	bl						
		m		m			

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		Naam	Cat	Vereniging	PR	Tijd	Info
7	wt	30 Mark Mulders	HA1	YA		8:53.68	
	rd	33 Joran Heikoop	HA2	YA		DQ	
		Mark Mulders		Joran Heikoop			
		200m 22.58 (22.58)		200m 21.90 (21.90)			
		600m 1:01.15 (38.57)		600m 59.79 (37.89)			
		1000m 1:42.63 (41.48)		1000m 1:41.53 (41.74)			
		1400m 2:24.73 (42.10)		1400m 2:23.02 (41.49)			
		1800m 3:06.80 (42.07)		1800m 3:04.48 (41.46)			
		2200m 3:49.38 (42.58)		2200m 3:46.21 (41.73)			
		2600m 4:32.10 (42.72)		2600m 4:27.86 (41.65)			
		3000m 5:16.13 (44.03)		3000m 5:09.17 (41.31)			
		3400m 5:59.68 (43.55)		3400m 5:50.84 (41.67)			
		3800m 6:43.07 (43.39)		3800m 6:32.44 (41.60)			
		4200m 7:25.25 (42.18)		4200m 7:13.24 (40.80)			
		4600m 8:01.68 (36.43)		4600m 8:37.21 (83.97)			
		5000m 8:53.68 (52.00)		5000m 9:34.38 (57.17)			

		Naam	Cat	Vereniging	PR	Tijd	Info
8	gl	14 Paul Hermans	HSA	BALLANGRUD	8:47.19	8:25.63	
	bl	32 Jurrian Verspui	HB1	YA		9:13.84	
		Paul Hermans		Jurrian Verspui			
		200m 22.67 (22.67)		200m 24.17 (24.17)			
		600m 1:02.12 (39.45)		600m 1:03.20 (39.03)			
		1000m 1:41.14 (39.02)		1000m 1:43.94 (40.74)			
		1400m 2:21.87 (40.73)		1400m 2:26.22 (42.28)			
		1800m 3:01.96 (40.09)		1800m 3:09.37 (43.15)			
		2200m 3:41.79 (39.83)		2200m 3:53.36 (43.99)			
		2600m 4:22.04 (40.25)		2600m 4:37.74 (44.38)			
		3000m 5:03.08 (41.04)		3000m 5:22.43 (44.69)			
		3400m 5:43.94 (40.86)		3400m 6:08.50 (46.07)			
		3800m 6:24.55 (40.61)		3800m 6:54.41 (45.91)			
		4200m 7:05.23 (40.68)		4200m 7:41.14 (46.73)			
		4600m 7:45.73 (40.50)		4600m 8:27.97 (46.83)			
		5000m 8:25.63 (39.90)		5000m 9:13.84 (45.87)			

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		Naam	Cat	Vereniging	PR	Tijd	Info
9	wt	7 Adriaan Provoost	H60	SSC DE POEL	7:24.48	8:30.98	
	rd	26 Thomas Ros	HN1	BALLANGRUD	8:16.06	9:00.88	
		Adriaan Provoost	Thomas Ros				
		200m	23.93	(23.93)	200m	23.24	(23.24)
		600m	1:02.50	(38.57)	600m	1:00.78	(37.54)
		1000m	1:42.75	(40.25)	1000m	1:40.67	(39.89)
		1400m	2:24.11	(41.36)	1400m	2:20.96	(40.29)
		1800m	3:04.88	(40.77)	1800m	3:02.87	(41.91)
		2200m	3:45.89	(41.01)	2200m	3:45.89	(43.02)
		2600m	4:26.69	(40.80)	2600m	4:30.87	(44.98)
		3000m	5:07.78	(41.09)	3000m	5:15.36	(44.49)
		3400m	5:48.62	(40.84)	3400m	6:00.78	(45.42)
		3800m	6:28.69	(40.07)	3800m	6:46.42	(45.64)
		4200m	7:08.89	(40.20)	4200m	7:31.34	(44.92)
		4600m	7:49.59	(40.70)	4600m	8:15.94	(44.60)
		5000m	8:30.98	(41.39)	5000m	9:00.88	(44.94)

		Naam	Cat	Vereniging	PR	Tijd	Info
10	gl	5 Willem Leeuwenburgh	HSA	SSVB	7:53.90	8:08.66	
	bl	8 Jens Klootwijk	HA1	YCE	8:08.82	8:01.95	PR
		Willem Leeuwenburgh	Jens Klootwijk				
		200m	22.22	(22.22)	200m	21.18	(21.18)
		600m	58.45	(36.23)	600m	57.82	(36.64)
		1000m	1:36.11	(37.66)	1000m	1:36.39	(38.57)
		1400m	2:13.99	(37.88)	1400m	2:14.29	(37.90)
		1800m	2:51.53	(37.54)	1800m	2:52.48	(38.19)
		2200m	3:29.28	(37.75)	2200m	3:30.57	(38.09)
		2600m	4:07.55	(38.27)	2600m	4:08.43	(37.86)
		3000m	4:45.97	(38.42)	3000m	4:46.51	(38.08)
		3400m	5:25.68	(39.71)	3400m	5:25.57	(39.06)
		3800m	6:05.23	(39.55)	3800m	6:04.62	(39.05)
		4200m	6:45.39	(40.16)	4200m	6:44.00	(39.38)
		4600m	7:26.65	(41.26)	4600m	7:22.95	(38.95)
		5000m	8:08.66	(42.01)	5000m	8:01.95	(39.00)

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		Naam	Cat	Vereniging	PR	Tijd	Info
11	wt	2 Marc Nieuwenhuijse	HSB	SV STRIENE	7:49.95	7:49.17	PR
	rd	23 Bart Streefkerk	HSB	YA	7:07.88	7:50.41	
		Marc Nieuwenhuijse			Bart Streefkerk		
		200m	23.96	(23.96)	200m	21.34	(21.34)
		600m	1:00.16	(36.20)	600m	57.09	(35.75)
		1000m	1:36.34	(36.18)	1000m	1:33.29	(36.20)
		1400m	2:12.67	(36.33)	1400m	2:09.14	(35.85)
		1800m	2:49.14	(36.47)	1800m	2:45.12	(35.98)
		2200m	3:25.94	(36.80)	2200m	3:21.53	(36.41)
		2600m	4:02.67	(36.73)	2600m	3:58.34	(36.81)
		3000m	4:39.83	(37.16)	3000m	4:35.70	(37.36)
		3400m	5:17.19	(37.36)	3400m	5:13.97	(38.27)
		3800m	5:55.03	(37.84)	3800m	5:52.80	(38.83)
		4200m	6:33.16	(38.13)	4200m	6:32.26	(39.46)
		4600m	7:11.76	(38.60)	4600m	7:11.46	(39.20)
		5000m	7:49.17	(37.41)	5000m	7:50.41	(38.95)

		Naam	Cat	Vereniging	PR	Tijd	Info
12	gl	24 Martijn Willemsen	H45	YCE	7:57.79	8:30.78	
	bl	12 Joost Hermans	HSA	YCT	7:25.36	8:03.05	
		Martijn Willemsen			Joost Hermans		
		200m	23.10	(23.10)	200m	22.98	(22.98)
		600m	1:00.32	(37.22)	600m	1:00.03	(37.05)
		1000m	1:39.31	(38.99)	1000m	1:38.19	(38.16)
		1400m	2:18.66	(39.35)	1400m	2:16.18	(37.99)
		1800m	2:58.52	(39.86)	1800m	2:54.66	(38.48)
		2200m	3:38.44	(39.92)	2200m	3:33.29	(38.63)
		2600m	4:19.16	(40.72)	2600m	4:11.86	(38.57)
		3000m	4:59.82	(40.66)	3000m	4:50.21	(38.35)
		3400m	5:40.65	(40.83)	3400m	5:28.65	(38.44)
		3800m	6:22.94	(42.29)	3800m	6:07.08	(38.43)
		4200m	7:05.57	(42.63)	4200m	6:46.07	(38.99)
		4600m	7:47.90	(42.33)	4600m	7:24.51	(38.44)
		5000m	8:30.78	(42.88)	5000m	8:03.05	(38.54)

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		Naam	Cat	Vereniging	PR	Tijd	Info
13	wt	27 Danny Stam	HSA	YC IJSVRIENDEN	6:35.53	7:08.91	
	rd	29 Bart van der Heijden	HSA	YCE	6:57.80	7:45.07	
		Danny Stam			Bart van der Heijden		
		200m	21.84	(21.84)	200m	22.05	(22.05)
		600m	54.20	(32.36)	600m	56.65	(34.60)
		1000m	1:26.28	(32.08)	1000m	1:32.49	(35.84)
		1400m	1:58.52	(32.24)	1400m	2:08.26	(35.77)
		1800m	2:31.28	(32.76)	1800m	2:44.84	(36.58)
		2200m	3:03.79	(32.51)	2200m	3:21.28	(36.44)
		2600m	3:36.94	(33.15)	2600m	3:58.03	(36.75)
		3000m	4:11.17	(34.23)	3000m	4:35.02	(36.99)
		3400m	4:46.06	(34.89)	3400m	5:12.53	(37.51)
		3800m	5:21.62	(35.56)	3800m	5:50.40	(37.87)
		4200m	5:56.90	(35.28)	4200m	6:28.79	(38.39)
		4600m	6:32.41	(35.51)	4600m	7:06.53	(37.74)
		5000m	7:08.91	(36.50)	5000m	7:45.07	(38.54)

		Naam	Cat	Vereniging	PR	Tijd	Info
14	gl	31 Bavo Coremans	HSA	ISIS	7:27.35	7:51.68	
	bl	11 Lars Mengerink	HN2	BALLANGRUD	7:20.62	8:17.87	
		Bavo Coremans			Lars Mengerink		
		200m	21.19	(21.19)	200m	21.70	(21.70)
		600m	56.96	(35.77)	600m	57.01	(35.31)
		1000m	1:33.56	(36.60)	1000m	1:33.49	(36.48)
		1400m	2:11.22	(37.66)	1400m	2:10.47	(36.98)
		1800m	2:48.86	(37.64)	1800m	2:47.67	(37.20)
		2200m	3:26.18	(37.32)	2200m	3:25.44	(37.77)
		2600m	4:04.39	(38.21)	2600m	4:04.47	(39.03)
		3000m	4:42.86	(38.47)	3000m	4:47.02	(42.55)
		3400m	5:21.59	(38.73)	3400m	5:29.21	(42.19)
		3800m	5:59.67	(38.08)	3800m	6:11.08	(41.87)
		4200m	6:37.37	(37.70)	4200m	6:53.82	(42.74)
		4600m	7:14.82	(37.45)	4600m	7:36.43	(42.61)
		5000m	7:51.68	(36.86)	5000m	8:17.87	(41.44)

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3. Uitslag Extra 5000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	33 Joran Heikoop	HA2	YA	15	O	8:40.79		

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3. Rituitslag Extra 5000 meter

	Naam	Cat	Vereniging	PR	Tijd	Info
15	wt rd	33	Joran Heikoop	HA2	YA	8:40.79
			Joran Heikoop			
		m	200m	22.23	(22.23)	
			600m	1:00.22	(37.99)	
			1000m	1:41.44	(41.22)	
			1400m	2:23.27	(41.83)	
			1800m	3:04.99	(41.72)	
			2200m	3:46.78	(41.79)	
			2600m	4:29.15	(42.37)	
			3000m	5:10.88	(41.73)	
			3400m	5:53.12	(42.24)	
			3800m	6:35.37	(42.25)	
			4200m	7:17.55	(42.18)	
			4600m	7:59.64	(42.09)	
			5000m	8:40.79	(41.15)	