

Klassement 1

	Naam	Cat	500	5000	1500	Punten
1	9 Thomas Geerdinck	HN4	37.42 (2)	6:43.96 (3)		77.816
2	35 Jos de Vos	HSA	38.02 (6)	6:42.21 (1)	+1.27	78.241
3	36 Lex Dijkstra	HN4	38.82 (15)	6:42.57 (2)	+3.78	79.077
4	28 Tijmen Snel	HN2	36.95 (1)	7:01.84 (6)	+3.95	79.134
5	7 Gerwin Colje	HSA	38.01 (5)	6:53.13 (4)	+4.52	79.323
6	12 Jan Hamers	HN3	37.74 (3)	6:59.00 (5)	+5.47	79.640
7	4 Jort Boomhouwer	HN1	37.89 (4)	7:05.79 (11)	+7.95	80.469
8	8 Jorick Duijzer	HN2	38.11 (7)	7:03.91 (10)	+8.05	80.501
9	11 Homme Jan de Groot	HN1	39.06 (16)	7:03.77 (9)	+10.86	81.437
10	30 Wiebe Stassen	HN3	38.74 (13)	7:06.98 (13)	+10.86	81.438
11	39 Casper Martens	HSA	38.17 (8)	7:14.36 (18)	+11.37	81.606
12	20 Sjoerd Kleinhuis	HSA	38.26 (9)	7:13.63 (16)	+11.42	81.623
13	13 Luc Heine	HN2	38.74 (13)	7:09.49 (15)	+11.61	81.689
14	23 André Los	HSA	39.52 (22)	7:03.41 (7)	+12.13	81.861
15	22 Adriaan de Kluiver	HN1	39.78 (24)	7:07.93 (14)	+14.27	82.573
16	14 Lasse Hiddink	HA1	39.27 (18)	7:13.80 (17)	+14.50	82.650
17	37 Nino van Dijk	HN2	39.50 (21)	7:14.47 (19)	+15.39	82.947
18	29 Beau Snellink	HA1	40.37 (25)	7:05.90 (12)	+15.43	82.960
19	25 Vincent Oudshoorn	HN4	38.50 (11)	7:24.74 (23)	+15.47	82.974
20	1 Berend Bervoets	HN1	39.41 (19)	7:16.05 (20)	+15.59	83.015
21	21 Joes Klijnsoon	HN2	39.24 (17)	7:17.99 (21)	+15.66	83.039
22	5 Joris Brink	HN1	39.64 (23)	7:20.43 (22)	+17.60	83.683
23	33 Watse Vermaning	HA2	38.73 (12)	7:29.64 (24)	+17.63	83.694
24	24 Mark Ooijevaar	HSB	42.00 (26)	7:03.64 (8)	+19.64	84.364
25	38 Jeffrey Kors	HN4	39.43 (20)	7:33.44 (25)	+20.87	84.774
26	32 Jan Hein Verhoeff	HN1	38.27 (10)	7:47.73 (26)	+21.68	85.043
27	15 Sybe van Hijum	HSA	46.07 (27)	7:53.58 (27)	+46.83	93.428

1. Rituitslag 500 meter

		Naam	Cat		PR	Tijd Info
1	wt	15 Sybe van Hijum	HSA		44.24	46.07
	rd					
		Sybe van Hijum				
		100m	12.32	(12.3)	m	
		500m	46.07	(33.7)		
		Naam	Cat		PR	Tijd Info
2	wt	36 Lex Dijkstra	HN4		37.37	38.82
	rd	35 Jos de Vos	HSA		37.24	38.02
		Lex Dijkstra		Jos de Vos		
		100m	10.88	(10.8)	100m	10.77 (10.7)
		500m	38.82	(28.0)	500m	38.02 (27.3)
		Naam	Cat		PR	Tijd Info
3	wt	24 Mark Ooijevaar	HSB		39.43	42.00
	rd	14 Lasse Hiddink	HA1		38.39	39.27
		Mark Ooijevaar		Lasse Hiddink		
		100m	11.78	(11.7)	100m	10.81 (10.8)
		500m	42.00	(30.3)	500m	39.27 (28.4)
		Naam	Cat		PR	Tijd Info
4	wt	22 Adriaan de Kluiver	HN1		38.79	39.78
	rd	29 Beau Snellink	HA1		39.27	40.37
		Adriaan de Kluiver		Beau Snellink		
		100m	11.08	(11.0)	100m	11.25 (11.2)
		500m	39.78	(28.7)	500m	40.37 (29.1)
		Naam	Cat		PR	Tijd Info
5	wt	21 Joes Klijnsoo	HN2		37.89	39.24
	rd	23 André Los	HSA		38.48	39.52
		Joes Klijnsoo		André Los		
		100m	10.94	(10.9)	100m	11.15 (11.1)
		500m	39.24	(28.3)	500m	39.52 (28.4)

		Naam	Cat	PR	Tijd Info
6	wt	1 Berend Bervoets	HN1	38.50	39.41
	rd	30 Wiebe Stassen	HN3	38.46	38.74
		<u>Berend Bervoets</u>		<u>Wiebe Stassen</u>	
		100m 10.97 (10.9)		100m 10.69 (10.6)	
		500m 39.41 (28.5)		500m 38.74 (28.1)	

		Naam	Cat	PR	Tijd Info
7	wt	37 Nino van Dijk	HN2	38.43	39.50
	rd	38 Jeffrey Kors	HN4	38.09	39.43
		<u>Nino van Dijk</u>		<u>Jeffrey Kors</u>	
		100m 10.94 (10.9)		100m 11.04 (11.0)	
		500m 39.50 (28.6)		500m 39.43 (28.4)	

		Naam	Cat	PR	Tijd Info
8	wt	5 Joris Brink	HN1	38.52	39.64
	rd	11 Homme Jan de Groot	HN1	38.51	39.06
		<u>Joris Brink</u>		<u>Homme Jan de Groot</u>	
		100m 10.90 (10.9)		100m 11.01 (11.0)	
		500m 39.64 (28.7)		500m 39.06 (28.0)	

		Naam	Cat	PR	Tijd Info
9	wt	13 Luc Heine	HN2	38.23	38.74
	rd	25 Vincent Oudshoorn	HN4	37.90	38.50
		<u>Luc Heine</u>		<u>Vincent Oudshoorn</u>	
		100m 10.63 (10.6)		100m 10.59 (10.5)	
		500m 38.74 (28.1)		500m 38.50 (28.0)	

		Naam	Cat	PR	Tijd Info
10	wt	39 Casper Martens	HSA	37.69	38.17
	rd	33 Witse Vermaning	HA2	37.98	38.73
		<u>Casper Martens</u>		<u>Witse Vermaning</u>	
		100m 10.44 (10.4)		100m 10.73 (10.7)	
		500m 38.17 (27.7)		500m 38.73 (28.0)	

		Naam			Cat			PR	Tijd Info
11	wt	8 Jorick Duijzer			HN2			37.74	38.11
	rd	20 Sjoerd Kleinhuis			HSA			37.73	38.26
		<u>Jorick Duijzer</u>			<u>Sjoerd Kleinhuis</u>				
		100m	10.56	(10.5)	100m	10.73	(10.7)		
		500m	38.11	(27.6)	500m	38.26	(27.5)		

		Naam			Cat			PR	Tijd Info
12	wt	4 Jort Boomhouwer			HN1			37.09	37.89
	rd	32 Jan Hein Verhoeff			HN1			37.62	38.27
		<u>Jort Boomhouwer</u>			<u>Jan Hein Verhoeff</u>				
		100m	10.58	(10.5)	100m	10.55	(10.5)		
		500m	37.89	(27.3)	500m	38.27	(27.7)		

		Naam			Cat			PR	Tijd Info
13	wt	7 Gerwin Colje			HSA			37.02	38.01
	rd	28 Tijmen Snel			HN2			35.80	36.95
		<u>Gerwin Colje</u>			<u>Tijmen Snel</u>				
		100m	10.75	(10.7)	100m	10.15	(10.1)		
		500m	38.01	(27.3)	500m	36.95	(26.8)		

		Naam			Cat			PR	Tijd Info
14	wt	12 Jan Hamers			HN3			37.52	37.74
	rd	9 Thomas Geerdinck			HN4			36.13	37.42
		<u>Jan Hamers</u>			<u>Thomas Geerdinck</u>				
		100m	10.63	(10.6)	100m	10.37	(10.3)		
		500m	37.74	(27.1)	500m	37.42	(27.1)		

2. Rituitslag 5000 meter

		Naam	Cat	PR	Tijd Info
1	wt rd	32 Jan Hein Verhoeff	HN1	7:34.13	7:47.73

Jan Hein Verhoeff

Distance	Time	PR	Info
200m	20.13	(20.1)	m
600m	54.32	(34.2)	
1000m	1:29.23	(34.9)	
1400m	2:04.60	(35.4)	
1800m	2:40.50	(35.9)	
2200m	3:16.86	(36.3)	
2600m	3:53.67	(36.8)	
3000m	4:30.61	(37.0)	
3400m	5:07.73	(37.1)	
3800m	5:45.80	(38.1)	
4200m	6:25.25	(39.4)	
4600m	7:06.01	(40.8)	
5000m	7:47.73	(41.7)	

		Naam	Cat	PR	Tijd Info
2	gl	28 Tijmen Snel	HN2	6:44.76	7:01.84
	bl	15 Sybe van Hijum	HSA	7:39.31	7:53.58

Tijmen Snel

Distance	Time	PR
200m	19.22	(19.2)
600m	50.93	(31.7)
1000m	1:23.33	(32.4)
1400m	1:56.19	(32.8)
1800m	2:29.05	(32.9)
2200m	3:02.31	(33.3)
2600m	3:36.00	(33.7)
3000m	4:09.37	(33.3)
3400m	4:43.43	(34.1)
3800m	5:17.44	(34.0)
4200m	5:51.69	(34.2)
4600m	6:26.26	(34.6)
5000m	7:01.84	(35.6)

Sybe van Hijum

Distance	Time	PR
200m	22.99	(22.9)
600m	59.40	(36.5)
1000m	1:37.48	(38.0)
1400m	2:15.32	(37.9)
1800m	2:53.02	(37.7)
2200m	3:30.84	(37.8)
2600m	4:08.59	(37.7)
3000m	4:45.55	(37.0)
3400m	5:22.58	(37.0)
3800m	6:00.01	(37.5)
4200m	6:37.96	(37.9)
4600m	7:15.95	(38.0)
5000m	7:53.58	(37.6)

		Naam			Cat	PR	Tijd Info
3	wt	38 Jeffrey Kors			HN4	6:47.53	7:33.44
	rd	25 Vincent Oudshoorn			HN4	7:07.50	7:24.74
		<u>Jeffrey Kors</u>			<u>Vincent Oudshoorn</u>		
		200m	19.99	(19.9)	200m	20.39	(20.3)
		600m	54.11	(34.2)	600m	54.22	(33.9)
		1000m	1:29.04	(34.9)	1000m	1:28.97	(34.7)
		1400m	2:04.63	(35.6)	1400m	2:03.70	(34.8)
		1800m	2:40.14	(35.5)	1800m	2:39.35	(35.6)
		2200m	3:15.97	(35.8)	2200m	3:15.19	(35.8)
		2600m	3:52.08	(36.1)	2600m	3:51.12	(36.0)
		3000m	4:28.91	(36.9)	3000m	4:27.42	(36.3)
		3400m	5:05.34	(36.4)	3400m	5:03.61	(36.2)
		3800m	5:42.29	(36.9)	3800m	5:39.37	(35.7)
		4200m	6:19.37	(37.1)	4200m	6:14.22	(34.9)
		4600m	6:56.53	(37.2)	4600m	6:49.60	(35.4)
		5000m	7:33.44	(36.9)	5000m	7:24.74	(35.1)

		Naam			Cat	PR	Tijd Info
4	gl	39 Casper Martens			HSA	7:04.90	7:14.36
	bl	11 Homme Jan de Groot			HN1	6:57.55	7:03.77
		<u>Casper Martens</u>			<u>Homme Jan de Groot</u>		
		200m	19.29	(19.2)	200m	20.13	(20.1)
		600m	50.77	(31.5)	600m	52.00	(31.9)
		1000m	1:23.64	(32.9)	1000m	1:24.61	(32.6)
		1400m	1:57.39	(33.7)	1400m	1:57.42	(32.8)
		1800m	2:31.01	(33.7)	1800m	2:30.19	(32.7)
		2200m	3:05.45	(34.4)	2200m	3:03.23	(33.1)
		2600m	3:40.07	(34.6)	2600m	3:36.85	(33.6)
		3000m	4:15.49	(35.4)	3000m	4:10.75	(33.9)
		3400m	4:50.98	(35.5)	3400m	4:45.12	(34.4)
		3800m	5:26.65	(35.7)	3800m	5:19.62	(34.5)
		4200m	6:03.17	(36.5)	4200m	5:54.28	(34.6)
		4600m	6:39.41	(36.3)	4600m	6:28.96	(34.7)
		5000m	7:14.36	(34.9)	5000m	7:03.77	(34.8)

		Naam	Cat	PR	Tijd Info
5	wt	14 Lasse Hiddink	HA1	7:00.66	7:13.80
	rd	33 Watse Vermaning	HA2	7:16.99	7:29.64

Lasse Hiddink

200m	20.56	(20.5)
600m	53.62	(33.1)
1000m	1:26.78	(33.1)
1400m	2:00.18	(33.4)
1800m	2:33.73	(33.6)
2200m	3:07.09	(33.3)
2600m	3:40.92	(33.9)
3000m	4:15.44	(34.5)
3400m	4:50.50	(35.1)
3800m	5:25.53	(35.0)
4200m	6:01.25	(35.7)
4600m	6:37.44	(36.2)
5000m	7:13.80	(36.4)

Watse Vermaning

200m	20.10	(20.1)
600m	52.01	(31.9)
1000m	1:25.36	(33.3)
1400m	1:59.17	(33.8)
1800m	2:32.52	(33.4)
2200m	3:06.50	(34.0)
2600m	3:41.01	(34.5)
3000m	4:16.39	(35.3)
3400m	4:52.72	(36.4)
3800m	5:29.99	(37.2)
4200m	6:08.51	(38.6)
4600m	6:48.60	(40.1)
5000m	7:29.64	(41.0)

		Naam	Cat	PR	Tijd Info
6	gl	30 Wiebe Stassen	HN3	6:56.42	7:06.98
	bl	37 Nino van Dijk	HN2	6:49.40	7:14.47

Wiebe Stassen

200m	20.09	(20.0)
600m	52.31	(32.3)
1000m	1:25.36	(33.0)
1400m	1:59.05	(33.7)
1800m	2:32.29	(33.2)
2200m	3:06.00	(33.8)
2600m	3:39.93	(33.9)
3000m	4:14.14	(34.2)
3400m	4:48.31	(34.2)
3800m	5:22.87	(34.5)
4200m	5:57.50	(34.7)
4600m	6:32.09	(34.5)
5000m	7:06.98	(34.9)

Nino van Dijk

200m	20.09	(20.0)
600m	52.27	(32.2)
1000m	1:25.55	(33.3)
1400m	1:59.22	(33.7)
1800m	2:33.11	(33.9)
2200m	3:07.56	(34.4)
2600m	3:42.24	(34.7)
3000m	4:17.15	(34.9)
3400m	4:52.28	(35.1)
3800m	5:27.51	(35.3)
4200m	6:02.93	(35.4)
4600m	6:38.54	(35.6)
5000m	7:14.47	(35.9)

		Naam	Cat	PR	Tijd Info
7	wt	5 Joris Brink	HN1	6:55.61	7:20.43
	rd	21 Joes Klijnssoon	HN2	6:46.45	7:17.99

Joris Brink

200m	20.60	(20.6)
600m	54.69	(34.0)
1000m	1:28.63	(34.0)
1400m	2:02.57	(33.9)
1800m	2:36.93	(34.4)
2200m	3:11.43	(34.5)
2600m	3:45.90	(34.5)
3000m	4:21.18	(35.2)
3400m	4:56.85	(35.7)
3800m	5:32.97	(36.1)
4200m	6:09.11	(36.2)
4600m	6:45.28	(36.1)
5000m	7:20.43	(35.2)

Joes Klijnssoon

200m	20.98	(20.9)
600m	54.64	(33.7)
1000m	1:28.69	(34.0)
1400m	2:02.82	(34.2)
1800m	2:37.15	(34.3)
2200m	3:11.39	(34.2)
2600m	3:46.49	(35.1)
3000m	4:21.79	(35.3)
3400m	4:57.61	(35.9)
3800m	5:33.66	(36.0)
4200m	6:08.17	(34.5)
4600m	6:42.69	(34.5)
5000m	7:17.99	(35.3)

		Naam	Cat	PR	Tijd Info
8	gl	4 Jort Boomhouwer	HN1	6:59.18	7:05.79
	bl	12 Jan Hamers	HN3	6:50.75	6:59.00

Jort Boomhouwer

200m	20.16	(20.1)
600m	53.33	(33.2)
1000m	1:26.51	(33.2)
1400m	1:59.95	(33.4)
1800m	2:32.95	(33.0)
2200m	3:06.26	(33.3)
2600m	3:39.46	(33.2)
3000m	4:13.21	(33.8)
3400m	4:47.45	(34.2)
3800m	5:21.97	(34.5)
4200m	5:56.47	(34.5)
4600m	6:31.14	(34.7)
5000m	7:05.79	(34.6)

Jan Hamers

200m	20.27	(20.2)
600m	53.25	(33.0)
1000m	1:26.51	(33.3)
1400m	1:59.35	(32.8)
1800m	2:32.28	(32.9)
2200m	3:05.03	(32.8)
2600m	3:37.86	(32.8)
3000m	4:10.77	(32.9)
3400m	4:43.88	(33.1)
3800m	5:17.37	(33.5)
4200m	5:51.22	(33.9)
4600m	6:24.96	(33.7)
5000m	6:59.00	(34.1)

		Naam		Cat		PR	Tijd Info
9	wt	8 Jorick Duijzer		HN2		6:46.43	7:03.91
	rd	22 Adriaan de Kluiver		HN1		6:55.80	7:07.93

Jorick Duijzer

200m	19.55	(19.5)
600m	52.15	(32.6)
1000m	1:25.57	(33.4)
1400m	1:58.93	(33.4)
1800m	2:32.11	(33.2)
2200m	3:05.55	(33.4)
2600m	3:39.22	(33.7)
3000m	4:13.18	(33.9)
3400m	4:47.12	(34.0)
3800m	5:21.38	(34.2)
4200m	5:55.52	(34.2)
4600m	6:29.79	(34.2)
5000m	7:03.91	(34.2)

Adriaan de Kluiver

200m	20.88	(20.8)
600m	53.17	(32.3)
1000m	1:26.28	(33.1)
1400m	1:59.49	(33.2)
1800m	2:33.00	(33.6)
2200m	3:06.77	(33.7)
2600m	3:40.30	(33.6)
3000m	4:14.39	(34.0)
3400m	4:49.08	(34.7)
3800m	5:23.86	(34.8)
4200m	5:58.48	(34.6)
4600m	6:33.13	(34.7)
5000m	7:07.93	(34.8)

		Naam		Cat		PR	Tijd Info
10	gl	29 Beau Snellink		HA1		6:50.48	7:05.90
	bl	13 Luc Heine		HN2		6:54.75	7:09.49

Beau Snellink

200m	20.52	(20.5)
600m	53.80	(33.3)
1000m	1:27.00	(33.2)
1400m	2:00.39	(33.3)
1800m	2:33.96	(33.6)
2200m	3:07.65	(33.7)
2600m	3:41.40	(33.8)
3000m	4:15.18	(33.7)
3400m	4:49.16	(34.0)
3800m	5:23.37	(34.2)
4200m	5:57.60	(34.3)
4600m	6:31.93	(34.3)
5000m	7:05.90	(34.0)

Luc Heine

200m	20.40	(20.4)
600m	54.06	(33.6)
1000m	1:28.37	(34.3)
1400m	2:02.52	(34.2)
1800m	2:36.49	(33.9)
2200m	3:10.19	(33.7)
2600m	3:43.93	(33.8)
3000m	4:17.56	(33.6)
3400m	4:51.40	(33.9)
3800m	5:25.17	(33.7)
4200m	5:59.65	(34.5)
4600m	6:34.40	(34.8)
5000m	7:09.49	(35.0)

		Naam			Cat	PR	Tijd Info
11	wt	1 Berend Bervoets			HN1	6:50.83	7:16.05
	rd	20 Sjoerd Kleinhuis			HSA	6:55.49	7:13.63
		Berend Bervoets			Sjoerd Kleinhuis		
		200m	19.94	(19.9)	200m	19.67	(19.6)
		600m	53.46	(33.5)	600m	52.76	(33.1)
		1000m	1:27.93	(34.5)	1000m	1:25.75	(33.0)
		1400m	2:01.97	(34.0)	1400m	1:58.39	(32.6)
		1800m	2:35.98	(34.0)	1800m	2:31.32	(33.0)
		2200m	3:10.44	(34.5)	2200m	3:04.48	(33.1)
		2600m	3:44.76	(34.3)	2600m	3:38.13	(33.7)
		3000m	4:19.72	(35.0)	3000m	4:12.51	(34.4)
		3400m	4:54.56	(34.8)	3400m	4:46.97	(34.4)
		3800m	5:29.50	(35.0)	3800m	5:21.84	(34.9)
		4200m	6:04.98	(35.4)	4200m	5:57.50	(35.7)
		4600m	6:40.72	(35.8)	4600m	6:34.20	(36.7)
		5000m	7:16.05	(35.3)	5000m	7:13.63	(39.4)

		Naam			Cat	PR	Tijd Info
12	gl	36 Lex Dijkstra			HN4	6:25.90	6:42.57
	bl	23 André Los			HSA	6:44.75	7:03.41
		Lex Dijkstra			André Los		
		200m	19.26	(19.2)	200m	20.27	(20.2)
		600m	50.71	(31.5)	600m	52.40	(32.2)
		1000m	1:22.31	(31.6)	1000m	1:25.86	(33.4)
		1400m	1:53.91	(31.6)	1400m	1:59.05	(33.2)
		1800m	2:25.39	(31.4)	1800m	2:32.07	(33.0)
		2200m	2:57.13	(31.8)	2200m	3:05.56	(33.5)
		2600m	3:28.69	(31.5)	2600m	3:39.06	(33.5)
		3000m	4:00.36	(31.7)	3000m	4:12.75	(33.7)
		3400m	4:32.24	(31.9)	3400m	4:46.84	(34.1)
		3800m	5:04.46	(32.2)	3800m	5:20.70	(33.9)
		4200m	5:36.95	(32.5)	4200m	5:55.20	(34.5)
		4600m	6:09.75	(32.8)	4600m	6:29.41	(34.2)
		5000m	6:42.57	(32.8)	5000m	7:03.41	(34.0)

		Naam			Cat	PR	Tijd Info
13	wt	9 Thomas Geerdinck			HN4	6:27.46	6:43.96
	rd	24 Mark Ooijevaar			HSB	6:24.56	7:03.64
		Thomas Geerdinck			Mark Ooijevaar		
		200m	20.20	(20.2)	200m	20.94	(20.9)
		600m	51.47	(31.2)	600m	53.60	(32.7)
		1000m	1:22.91	(31.5)	1000m	1:26.76	(33.1)
		1400m	1:54.82	(31.9)	1400m	2:00.00	(33.3)
		1800m	2:26.58	(31.7)	1800m	2:33.44	(33.4)
		2200m	2:58.50	(32.0)	2200m	3:06.78	(33.3)
		2600m	3:30.43	(31.9)	2600m	3:40.53	(33.8)
		3000m	4:02.43	(32.0)	3000m	4:14.37	(33.8)
		3400m	4:34.39	(31.9)	3400m	4:48.04	(33.7)
		3800m	5:06.58	(32.2)	3800m	5:21.84	(33.8)
		4200m	5:39.20	(32.7)	4200m	5:55.84	(34.0)
		4600m	6:11.50	(32.3)	4600m	6:29.60	(33.8)
		5000m	6:43.96	(32.4)	5000m	7:03.64	(34.0)

		Naam			Cat	PR	Tijd Info
14	gl	35 Jos de Vos			HSA	6:21.10	6:42.21
	bl	7 Gerwin Colje			HSA	6:43.23	6:53.13
		Jos de Vos			Gerwin Colje		
		200m	19.64	(19.6)	200m	20.00	(20.0)
		600m	50.87	(31.2)	600m	51.23	(31.2)
		1000m	1:22.41	(31.6)	1000m	1:22.90	(31.7)
		1400m	1:54.11	(31.7)	1400m	1:54.96	(32.0)
		1800m	2:25.89	(31.7)	1800m	2:27.41	(32.5)
		2200m	2:57.75	(31.9)	2200m	2:59.78	(32.3)
		2600m	3:29.47	(31.7)	2600m	3:32.09	(32.3)
		3000m	4:01.42	(32.0)	3000m	4:04.78	(32.7)
		3400m	4:33.23	(31.8)	3400m	4:37.72	(33.0)
		3800m	5:05.18	(31.9)	3800m	5:11.09	(33.3)
		4200m	5:37.48	(32.3)	4200m	5:44.82	(33.8)
		4600m	6:09.88	(32.4)	4600m	6:18.87	(34.0)
		5000m	6:42.21	(32.4)	5000m	6:53.13	(34.3)