

## Klassement 1. Dames Neo-senioren

	Naam	Cat	500	1500	1000	3000	Punten
1	11 <b>Linda Pulles</b>	DN2	45.61 (1)	2:21.23 (1)	1:31.58 (1)	4:57.48 (1)	188.056
2	32 <b>Sanne Thiessen</b>	DN1	47.44 (3)	2:27.70 (2)	1:34.87 (2)	5:21.04 (2)	197.614
	28 <b>Sylvie Lloyd</b>	DN3	46.05 (2)	2:38.19 (3)			98.780

## Klassement 2. Dames Senioren

	Naam	Cat	500	1500	1000	3000	Punten
1	9 <b>Anke Weerts</b>	DSA	49.49 (1)	2:38.19 (1)	1:41.54 (1)	5:20.57 (1)	206.418
2	3 <b>Jip Spel</b>	DSA	54.92 (2)	2:52.60 (2)	1:50.61 (2)	5:53.37 (2)	226.653

## Klassement 3. Dames Masters

	Naam	Cat	500	1500	1000	3000	Punten
1	20 <b>Maura Swinkels</b>	D55	48.73 (1)	2:31.77 (1)	1:39.04 (1)	5:19.46 (2)	202.083
2	24 <b>Noor van der Ster</b>	D60	49.97 (2)	2:35.44 (2)	1:39.95 (2)	5:20.72 (3)	205.211
3	5 <b>Tialda Gerritsma</b>	D50	53.00 (3)	2:35.82 (3)	1:43.85 (3)	5:21.81 (4)	210.500
4	27 <b>Petra Andriessen-Hoekema</b>	D50	53.14 (4)	2:38.09 (4)	1:44.71 (4)	5:17.72 (1)	211.144

## Klassement 4. Heren Neo-senioren

	Naam	Cat	500	3000	Punten
	41 <b>Thom Keijzer</b>	HN3	41.41 (1)	4:30.70 (1)	86.526
	38 <b>Roel Hamers</b>	HN2	42.76 (2)	4:33.95 (2)	88.418

**Klassement 5. Heren Senioren**

	Naam	Cat	500	3000	1500	5000	Punten
1	39 Casper Martens	HSA	38.07 (1)	4:09.88 (1)	1:58.97 (1)	7:24.16 (1)	163.788
2	23 Pieter de Munck	HSA	41.25 (2)	4:18.69 (2)	2:05.38 (2)	7:33.71 (2)	171.529
3	17 Joost Hermans	HSA	42.53 (4)	4:28.26 (3)	2:08.80 (3)	7:47.92 (3)	176.965
4	12 Rutger Snoek	HSA	42.47 (3)	4:42.16 (4)	2:10.46 (4)	8:11.49 (5)	182.131
5	22 Erik Jansen	HSA	43.49 (5)	4:51.39 (7)	2:12.01 (5)	8:00.31 (4)	184.089
6	33 Geert Antonis	HSB	44.43 (6)	4:46.38 (5)	2:12.13 (6)	8:16.23 (7)	185.826
7	7 Krijn van Nuland	HSA	44.75 (7)	4:47.94 (6)	2:16.78 (7)	8:12.84 (6)	187.617
8	42 Mannes Dreef	HSA	47.83 (8)	5:33.75 (9)	2:27.19 (8)	9:18.83 (8)	208.401
9	26 Kevin Martins	HSB	48.59 (9)	5:28.02 (8)	2:32.05 (9)		153.943

**Klassement 6. Heren Masters**

	Naam	Cat	500	3000	1500	5000	Punten
1	10 Michel du Crocq	H45	47.41 (6)	4:36.41 (1)	2:12.60 (1)	8:03.51 (1)	186.029
2	8 Martijn Willemsen	H45	45.01 (2)	4:41.89 (2)	2:18.25 (2)	8:07.62 (2)	186.836
3	37 Aart van Beuzekom	H50	43.38 (1)	4:52.23 (5)	2:18.64 (3)	8:41.69 (7)	190.467
4	4 Pieter Pennings	H50	46.50 (3)	4:51.21 (3)	2:18.93 (4)	8:26.16 (5)	191.961
5	21 Jan van Reede	H50	48.15 (10)	4:51.88 (4)	2:21.64 (6)	8:24.98 (3)	194.507
6	1 Adriaan Provoost	H55	48.03 (8)	4:53.49 (6)	2:23.40 (7)	8:25.54 (4)	195.299
7	2 Bart Kooyman	H50	47.12 (5)	5:04.55 (8)	2:25.12 (9)	8:41.06 (6)	198.357
	14 Sander Jansen	H50	47.00 (4)	4:56.89 (7)	2:20.97 (5)	DNF	143.471
8	13 Harm Sinnige	H55	48.11 (9)	5:06.03 (9)	2:24.99 (8)		147.445
9	15 André van Staalduinen	H50	47.54 (7)	5:15.43 (10)	2:25.19 (10)		148.507
10	18 Pieter den Dunnen	H70	48.20 (11)	5:19.33 (12)	2:26.17 (11)		150.144
11	16 Martijn Proost	H50	48.77 (12)	5:18.29 (11)	2:31.88 (12)		152.444
12	25 Ad Swinkels	H65	55.44 (13)	5:45.65 (13)	2:46.35 (13)		168.498

## Klassement GAK 3000m dames

	Naam	Cat	3000 m
1	11 Linda Pulles	DN2	4:57.48
2	34 Femke Thiessen	DA1	5:01.46
3	35 Claire Garretsen	DB2	5:05.39
4	27 Petra Andriessen-Hoekema	D50	5:17.72
5	20 Maura Swinkels	D55	5:19.46
6	9 Anke Weerts	DSA	5:20.57
7	24 Noor van der Ster	D60	5:20.72
8	32 Sanne Thiessen	DN1	5:21.04
9	5 Tialda Gerritsma	D50	5:21.81
10	3 Jip Spel	DSA	5:53.37

## Klassement GAK 5000m heren

	Naam	Cat	5000
1	39 Casper Martens	HSA	7:24.16
2	23 Pieter de Munck	HSA	7:33.71
3	36 Bart Streefkerk	HSA	7:44.64
4	17 Joost Hermans	HSA	7:47.92
5	22 Erik Jansen	HSA	8:00.31
6	10 Michel du Crocq	H45	8:03.51
7	8 Martijn Willemsen	H45	8:07.62
8	12 Rutger Snoek	HSA	8:11.49
6	7 Krijn van Nuland	HSA	8:12.84
10	33 Geert Antonis	HSB	8:16.23
11	21 Jan van Reede	H50	8:24.98
12	1 Adriaan Provoost	H55	8:25.54
13	4 Pieter Pennings	H50	8:26.16
14	2 Bart Kooyman	H50	8:41.06
15	37 Aart van Beuzekom	H50	8:41.69
16	13 Harm Sinnige	H55	8:45.63
17	16 Martijn Proost	H50	9:08.17
18	42 Mannes Dreef	HSA	9:18.83
19	26 Kevin Martins	HSB	9:34.12
20	15 André van Staalduinen	H50	9:40.41
	14 Sander Jansen	H50	DNF

## 13. Rituitslag DNS + DS 1000 meter

		Naam	Cat	PR	Tijd Info
41	wt	32 <b>Sanne Thiessen</b>	DN1	1:32.16	<b>1:34.87</b>
	rd	11 <b>Linda Pulles</b>	DN2	1:27.07	<b>1:31.58</b>
		<b>Sanne Thiessen</b>		<b>Linda Pulles</b>	
		200m 22.00 (22.00)		200m 21.14 (21.14)	
		600m 57.42 (35.42)		600m 55.31 (34.17)	
		1000m 1:34.87 (37.45)		1000m 1:31.58 (36.27)	
		Naam	Cat	PR	Tijd Info
42	gl	3 <b>Jip Spel</b>	DSA	1:49.05	<b>1:50.61</b>
	bl	9 <b>Anke Weerts</b>	DSA	1:35.21	<b>1:41.54</b>
		<b>Jip Spel</b>		<b>Anke Weerts</b>	
		200m 25.58 (25.58)		200m 22.80 (22.80)	
		600m 1:07.15 (41.57)		600m 1:00.54 (37.74)	
		1000m 1:50.61 (43.46)		1000m 1:41.54 (41.00)	

## 15. Rituitslag DM 1000 meter

		Naam	Cat	PR	Tijd Info
44	wt	27 <b>Petra Andriessen-Hoekema</b>	D50	1:41.75	<b>1:44.71</b>
	rd	5 <b>Tialda Gerritsma</b>	D50	1:37.04	<b>1:43.85</b>
		<b>Petra Andriessen-Hoekema</b>		<b>Tialda Gerritsma</b>	
		200m 24.94 (24.94)		200m 25.38 (25.38)	
		600m 1:04.53 (39.59)		600m 1:04.00 (38.62)	
		1000m 1:44.71 (40.18)		1000m 1:43.85 (39.85)	
		Naam	Cat	PR	Tijd Info
45	gl	24 <b>Noor van der Ster</b>	D60	1:28.19	<b>1:39.95</b>
	bl	20 <b>Maura Swinkels</b>	D55	1:33.80	<b>1:39.04</b>
		<b>Noor van der Ster</b>		<b>Maura Swinkels</b>	
		200m 23.37 (23.37)		200m 23.32 (23.32)	
		600m 1:00.74 (37.37)		600m 59.80 (36.48)	
		1000m 1:39.95 (39.21)		1000m 1:39.04 (39.24)	

## 17. Rituitslag HS 1500 meter

		Naam	Cat		PR	Tijd Info
47	wt	42 <b>Mannes Dreef</b>	HSA		2:27.22	<b>2:27.19</b> PR
	rd					
<b>Mannes Dreef</b>						
		300m	30.64	(30.64)	m	
		700m	1:07.18	(36.54)		
		1100m	1:45.92	(38.74)		
		1500m	2:27.19	(41.27)		
		Naam	Cat		PR	Tijd Info
48	gl					
	bl					
		m		m		
		Naam	Cat		PR	Tijd Info
49	wt	26 <b>Kevin Martins</b>	HSB		2:28.94	<b>2:32.05</b>
	rd	7 <b>Krijn van Nuland</b>	HSA		2:19.71	<b>2:16.78</b> PR
		<b>Kevin Martins</b>			<b>Krijn van Nuland</b>	
		300m	31.96	(31.96)	300m	29.82 (29.82)
		700m	1:10.58	(38.62)	700m	1:03.55 (33.73)
		1100m	1:51.11	(40.53)	1100m	1:39.25 (35.70)
		1500m	2:32.05	(40.94)	1500m	2:16.78 (37.53)
		Naam	Cat		PR	Tijd Info
50	gl	33 <b>Geert Antonis</b>	HSB		2:09.75	<b>2:12.13</b>
	bl	22 <b>Erik Jansen</b>	HSA		2:11.81	<b>2:12.01</b>
		<b>Geert Antonis</b>			<b>Erik Jansen</b>	
		300m	28.91	(28.91)	300m	28.51 (28.51)
		700m	1:01.79	(32.88)	700m	1:01.37 (32.86)
		1100m	1:36.15	(34.36)	1100m	1:36.25 (34.88)
		1500m	2:12.13	(35.98)	1500m	2:12.01 (35.76)

		Naam	Cat	PR	Tijd Info
51	wt	12 <b>Rutger Snoek</b>	HSA	2:07.67	<b>2:10.46</b>
	rd	17 <b>Joost Hermans</b>	HSA	2:01.34	<b>2:08.80</b>

**Rutger Snoek**

300m	27.48	(27.48)
700m	59.11	(31.63)
1100m	1:33.37	(34.26)
1500m	2:10.46	(37.09)

**Joost Hermans**

300m	28.40	(28.40)
700m	1:00.34	(31.94)
1100m	1:33.97	(33.63)
1500m	2:08.80	(34.83)

		Naam	Cat	PR	Tijd Info
52	gl	23 <b>Pieter de Munck</b>	HSA	1:54.42	<b>2:05.38</b>
	bl	39 <b>Casper Martens</b>	HSA	1:54.63	<b>1:58.97</b>

**Pieter de Munck**

300m	27.36	(27.36)
700m	58.17	(30.81)
1100m	1:30.99	(32.82)
1500m	2:05.38	(34.39)

**Casper Martens**

300m	26.05	(26.05)
700m	56.00	(29.95)
1100m	1:26.97	(30.97)
1500m	1:58.97	(32.00)

## 18. Rituitslag HM 1500 meter

		Naam	Cat	PR	Tijd Info
53	wt rd	25 <b>Ad Swinkels</b>	H65	2:16.54	<b>2:46.35</b>

### Ad Swinkels

300m	36.04	(36.04)
700m	1:17.62	(41.58)
1100m	2:01.35	(43.73)
1500m	2:46.35	(45.00)

m

		Naam	Cat	PR	Tijd Info
54	gl bl				

m

m

		Naam	Cat	PR	Tijd Info
55	wt	16 <b>Martijn Proost</b>	H50	2:21.38	<b>2:31.88</b>
	rd	18 <b>Pieter den Dunnen</b>	H70	2:08.54	<b>2:26.17</b>

### Martijn Proost

300m	32.23	(32.23)
700m	1:10.74	(38.51)
1100m	1:51.24	(40.50)
1500m	2:31.88	(40.64)

### Pieter den Dunnen

300m	31.74	(31.74)
700m	1:07.03	(35.29)
1100m	1:45.04	(38.01)
1500m	2:26.17	(41.13)

		Naam	Cat	PR	Tijd Info
56	gl	15 <b>André van Staalduinen</b>	H50	2:15.67	<b>2:25.19</b>
	bl	13 <b>Harm Sinnige</b>	H55	2:19.91	<b>2:24.99</b>

### André van Staalduinen

300m	31.19	(31.19)
700m	1:07.25	(36.06)
1100m	1:45.29	(38.04)
1500m	2:25.19	(39.90)

### Harm Sinnige

300m	31.85	(31.85)
700m	1:08.04	(36.19)
1100m	1:46.09	(38.05)
1500m	2:24.99	(38.90)

		Naam	Cat	PR	Tijd Info
57	wt	2 <b>Bart Kooyman</b>	H50	2:23.52	<b>2:25.12</b>
	rd	1 <b>Adriaan Provoost</b>	H55	2:05.91	<b>2:23.40</b>

**Bart Kooyman**

300m	31.13	(31.13)
700m	1:07.52	(36.39)
1100m	1:45.27	(37.75)
1500m	2:25.12	(39.85)

**Adriaan Provoost**

300m	31.75	(31.75)
700m	1:07.35	(35.60)
1100m	1:44.89	(37.54)
1500m	2:23.40	(38.51)

		Naam	Cat	PR	Tijd Info
58	gl	21 <b>Jan van Reede</b>	H50	2:13.27	<b>2:21.64</b>
	bl	14 <b>Sander Jansen</b>	H50	2:12.19	<b>2:20.97</b>

**Jan van Reede**

300m	30.86	(30.86)
700m	1:06.28	(35.42)
1100m	1:43.58	(37.30)
1500m	2:21.64	(38.06)

**Sander Jansen**

300m	29.75	(29.75)
700m	1:04.72	(34.97)
1100m	1:41.79	(37.07)
1500m	2:20.97	(39.18)

		Naam	Cat	PR	Tijd Info
59	wt	4 <b>Pieter Pennings</b>	H50	2:12.18	<b>2:18.93</b>
	rd	10 <b>Michel du Crocq</b>	H45	2:08.75	<b>2:12.60</b>

**Pieter Pennings**

300m	30.12	(30.12)
700m	1:04.85	(34.73)
1100m	1:41.27	(36.42)
1500m	2:18.93	(37.66)

**Michel du Crocq**

300m	30.02	(30.02)
700m	1:02.47	(32.45)
1100m	1:36.72	(34.25)
1500m	2:12.60	(35.88)

		Naam	Cat	PR	Tijd Info
60	gl	37 <b>Aart van Beuzekom</b>	H50	2:10.97	<b>2:18.64</b>
	bl	8 <b>Martijn Willemsen</b>	H45	2:10.21	<b>2:18.25</b>

**Aart van Beuzekom**

300m	28.32	(28.32)
700m	1:01.57	(33.25)
1100m	1:38.37	(36.80)
1500m	2:18.64	(40.27)

**Martijn Willemsen**

300m	29.49	(29.49)
700m	1:03.68	(34.19)
1100m	1:40.18	(36.50)
1500m	2:18.25	(38.07)



## 19. Rituitslag DNS + DS 3000 meter

		Naam	Cat	PR	Tijd Info
61	wt	11 <b>Linda Pulles</b>	DN2	4:52.27	<b>4:57.48</b>
	rd	32 <b>Sanne Thiessen</b>	DN1	5:10.05	<b>5:21.04</b>

### Linda Pulles

200m	22.15	(22.15)
600m	58.77	(36.62)
1000m	1:37.13	(38.36)
1400m	2:15.85	(38.72)
1800m	2:55.04	(39.19)
2200m	3:35.22	(40.18)
2600m	4:16.29	(41.07)
3000m	4:57.48	(41.19)

### Sanne Thiessen

200m	24.11	(24.11)
600m	1:04.24	(40.13)
1000m	1:44.83	(40.59)
1400m	2:26.28	(41.45)
1800m	3:08.68	(42.40)
2200m	3:51.64	(42.96)
2600m	4:36.06	(44.42)
3000m	5:21.04	(44.98)

		Naam	Cat	PR	Tijd Info
62	gl	9 <b>Anke Weerts</b>	DSA	5:06.96	<b>5:20.57</b>
	bl	3 <b>Jip Spel</b>	DSA	5:47.24	<b>5:53.37</b>

### Anke Weerts

200m	23.69	(23.69)
600m	1:03.53	(39.84)
1000m	1:45.65	(42.12)
1400m	2:28.14	(42.49)
1800m	3:10.82	(42.68)
2200m	3:53.98	(43.16)
2600m	4:37.48	(43.50)
3000m	5:20.57	(43.09)

### Jip Spel

200m	26.98	(26.98)
600m	1:10.98	(44.00)
1000m	1:56.46	(45.48)
1400m	2:42.54	(46.08)
1800m	3:29.71	(47.17)
2200m	4:17.72	(48.01)
2600m	5:05.76	(48.04)
3000m	5:53.37	(47.61)

## 21. Rituitslag DM 3000 meter

		Naam	Cat	PR	Tijd Info
63	wt	5 <b>Tialda Gerritsma</b>	D50	5:01.39	<b>5:21.81</b>
	rd	27 <b>Petra Andriessen-Hoekema</b>	D50	5:10.85	<b>5:17.72</b>

### Tialda Gerritsma

200m	26.13	(26.13)
600m	1:06.51	(40.38)
1000m	1:47.76	(41.25)
1400m	2:30.20	(42.44)
1800m	3:13.17	(42.97)
2200m	3:56.33	(43.16)
2600m	4:39.28	(42.95)
3000m	5:21.81	(42.53)

### Petra Andriessen-Hoekema

200m	26.02	(26.02)
600m	1:06.47	(40.45)
1000m	1:47.47	(41.00)
1400m	2:29.32	(41.85)
1800m	3:11.48	(42.16)
2200m	3:53.64	(42.16)
2600m	4:35.97	(42.33)
3000m	5:17.72	(41.75)

		Naam	Cat	PR	Tijd Info
64	gl	20 <b>Maura Swinkels</b>	D55	5:03.88	<b>5:19.46</b>
	bl	24 <b>Noor van der Ster</b>	D60	4:46.97	<b>5:20.72</b>

### Maura Swinkels

200m	23.98	(23.98)
600m	1:03.16	(39.18)
1000m	1:44.70	(41.54)
1400m	2:27.78	(43.08)
1800m	3:09.65	(41.87)
2200m	3:53.09	(43.44)
2600m	4:36.23	(43.14)
3000m	5:19.46	(43.23)

### Noor van der Ster

200m	24.25	(24.25)
600m	1:03.81	(39.56)
1000m	1:45.51	(41.70)
1400m	2:27.81	(42.30)
1800m	3:10.50	(42.69)
2200m	3:53.74	(43.24)
2600m	4:37.52	(43.78)
3000m	5:20.72	(43.20)

## 22. Rituitslag Dames 3000 meter

		Naam	Cat	PR	Tijd Info
65	wt	34 <b>Femke Thiessen</b>	DA1	4:52.51	<b>5:01.46</b>
	rd	35 <b>Claire Garretsen</b>	DB2	5:02.61	<b>5:05.39</b>
		<b>Femke Thiessen</b>		<b>Claire Garretsen</b>	
		200m 23.37 (23.37)		200m 23.10 (23.10)	
		600m 1:02.20 (38.83)		600m 1:00.09 (36.99)	
		1000m 1:41.48 (39.28)		1000m 1:39.50 (39.41)	
		1400m 2:21.55 (40.07)		1400m 2:20.09 (40.59)	
		1800m 3:00.78 (39.23)		1800m 3:00.81 (40.72)	
		2200m 3:40.76 (39.98)		2200m 3:41.64 (40.83)	
		2600m 4:21.35 (40.59)		2600m 4:23.03 (41.39)	
		3000m 5:01.46 (40.11)		3000m 5:05.39 (42.36)	

		Naam	Cat	PR	Tijd Info
66	gl	44 <b>Meinte Mellema</b>	HC2	4:33.23	<b>4:29.62</b> OC
	bl				
		<b>Meinte Mellema</b>			
		200m 4:29.62 (269.62)		m	

## 24. Rituitslag HS 5000 meter

		Naam	Cat	PR	Tijd Info
68	wt	7 <b>Krijn van Nuland</b>	HSA	8:30.30	<b>8:12.84</b> PR
	rd	42 <b>Mannes Dreef</b>	HSA	9:04.30	<b>9:18.83</b>
		<b>Krijn van Nuland</b>			
		200m	22.74 (22.74)	200m	23.94 (23.94)
		600m	59.70 (36.96)	600m	1:04.93 (40.99)
		1000m	1:37.54 (37.84)	1000m	1:47.30 (42.37)
		1400m	2:15.37 (37.83)	1400m	2:31.11 (43.81)
		1800m	2:53.39 (38.02)	1800m	3:15.99 (44.88)
		2200m	3:31.87 (38.48)	2200m	4:00.07 (44.08)
		2600m	4:10.99 (39.12)	2600m	4:44.76 (44.69)
		3000m	4:50.65 (39.66)	3000m	5:29.67 (44.91)
		3400m	5:30.66 (40.01)	3400m	6:14.57 (44.90)
		3800m	6:10.73 (40.07)	3800m	7:00.37 (45.80)
		4200m	6:51.04 (40.31)	4200m	7:46.80 (46.43)
		4600m	7:31.75 (40.71)	4600m	8:33.23 (46.43)
		5000m	8:12.84 (41.09)	5000m	9:18.83 (45.60)

		Naam	Cat	PR	Tijd Info
69	gl	22 <b>Erik Jansen</b>	HSA	7:58.73	<b>8:00.31</b>
	bl	33 <b>Geert Antonis</b>	HSB	8:16.02	<b>8:16.23</b>
		<b>Erik Jansen</b>			
		200m	22.18 (22.18)	200m	22.84 (22.84)
		600m	58.09 (35.91)	600m	1:00.87 (38.03)
		1000m	1:35.62 (37.53)	1000m	1:39.22 (38.35)
		1400m	2:13.50 (37.88)	1400m	2:18.18 (38.96)
		1800m	2:51.57 (38.07)	1800m	2:56.58 (38.40)
		2200m	3:30.03 (38.46)	2200m	3:35.68 (39.10)
		2600m	4:08.55 (38.52)	2600m	4:15.11 (39.43)
		3000m	4:47.35 (38.80)	3000m	4:54.86 (39.75)
		3400m	5:26.42 (39.07)	3400m	5:34.85 (39.99)
		3800m	6:05.30 (38.88)	3800m	6:14.71 (39.86)
		4200m	6:44.28 (38.98)	4200m	6:54.83 (40.12)
		4600m	7:22.56 (38.28)	4600m	7:35.43 (40.60)
		5000m	8:00.31 (37.75)	5000m	8:16.23 (40.80)

		Naam	Cat	PR	Tijd Info
70	wt	17 <b>Joost Hermans</b>	HSA	7:28.87	<b>7:47.92</b>
	rd	12 <b>Rutger Snoek</b>	HSA	8:10.16	<b>8:11.49</b>

**Joost Hermans**

**Rutger Snoek**

200m	21.86	(21.86)	200m	21.69	(21.69)
600m	59.23	(37.37)	600m	58.92	(37.23)
1000m	1:37.17	(37.94)	1000m	1:38.15	(39.23)
1400m	2:15.09	(37.92)	1400m	2:16.19	(38.04)
1800m	2:52.58	(37.49)	1800m	2:54.75	(38.56)
2200m	3:30.01	(37.43)	2200m	3:33.77	(39.02)
2600m	4:07.63	(37.62)	2600m	4:12.66	(38.89)
3000m	4:44.45	(36.82)	3000m	4:52.31	(39.65)
3400m	5:21.34	(36.89)	3400m	5:31.99	(39.68)
3800m	5:57.86	(36.52)	3800m	6:11.36	(39.37)
4200m	6:34.52	(36.66)	4200m	6:50.92	(39.56)
4600m	7:11.42	(36.90)	4600m	7:31.25	(40.33)
5000m	7:47.92	(36.50)	5000m	8:11.49	(40.24)

		Naam	Cat	PR	Tijd Info
71	gl	39 <b>Casper Martens</b>	HSA	7:04.90	<b>7:24.16</b>
	bl	23 <b>Pieter de Munck</b>	HSA	7:04.72	<b>7:33.71</b>

**Casper Martens**

**Pieter de Munck**

200m	19.17	(19.17)	200m	20.92	(20.92)
600m	51.49	(32.32)	600m	55.84	(34.92)
1000m	1:25.60	(34.11)	1000m	1:31.74	(35.90)
1400m	2:00.05	(34.45)	1400m	2:07.78	(36.04)
1800m	2:34.49	(34.44)	1800m	2:43.82	(36.04)
2200m	3:09.27	(34.78)	2200m	3:19.87	(36.05)
2600m	3:44.78	(35.51)	2600m	3:55.66	(35.79)
3000m	4:20.84	(36.06)	3000m	4:31.42	(35.76)
3400m	4:57.05	(36.21)	3400m	5:07.50	(36.08)
3800m	5:33.83	(36.78)	3800m	5:43.34	(35.84)
4200m	6:10.87	(37.04)	4200m	6:19.53	(36.19)
4600m	6:47.69	(36.82)	4600m	6:56.23	(36.70)
5000m	7:24.16	(36.47)	5000m	7:33.71	(37.48)

## 25. Rituitslag HM 5000 meter

		Naam	Cat	PR	Tijd Info
69	wt	1 <b>Adriaan Provoost</b>	H55	7:24.48	<b>8:25.54</b>
	rd	2 <b>Bart Kooyman</b>	H50	8:54.87	<b>8:41.06 PR</b>
		<b>Adriaan Provoost</b>		<b>Bart Kooyman</b>	
		200m 23.81 (23.81)		200m 24.05 (24.05)	
		600m 1:02.30 (38.49)		600m 1:03.51 (39.46)	
		1000m 1:41.76 (39.46)		1000m 1:43.18 (39.67)	
		1400m 2:21.87 (40.11)		1400m 2:23.58 (40.40)	
		1800m 3:01.74 (39.87)		1800m 3:04.30 (40.72)	
		2200m 3:41.74 (40.00)		2200m 3:44.98 (40.68)	
		2600m 4:21.89 (40.15)		2600m 4:26.30 (41.32)	
		3000m 5:02.22 (40.33)		3000m 5:07.87 (41.57)	
		3400m 5:42.97 (40.75)		3400m 5:49.81 (41.94)	
		3800m 6:23.70 (40.73)		3800m 6:32.15 (42.34)	
		4200m 7:04.54 (40.84)		4200m 7:15.12 (42.97)	
		4600m 7:45.09 (40.55)		4600m 7:58.12 (43.00)	
		5000m 8:25.54 (40.45)		5000m 8:41.06 (42.94)	

		Naam	Cat	PR	Tijd Info
70	gl	14 <b>Sander Jansen</b>	H50	8:00.21	<b>DNF</b>
	bl	21 <b>Jan van Reede</b>	H50	7:49.10	<b>8:24.98</b>
		<b>Sander Jansen</b>		<b>Jan van Reede</b>	
		200m 23.89 (23.89)		200m 24.56 (24.56)	
		600m 1:03.90 (40.01)		600m 1:03.86 (39.30)	
		1000m 1:43.82 (39.92)		1000m 1:44.14 (40.28)	
		1400m 2:24.19 (40.37)		1400m 2:23.88 (39.74)	
		1800m 3:03.98 (39.79)		1800m 3:04.21 (40.33)	
		2200m 3:44.03 (40.05)		2200m 3:43.69 (39.48)	
		2600m 4:24.68 (40.65)		2600m 4:23.44 (39.75)	
				3000m 5:03.35 (39.91)	
				3400m 5:43.56 (40.21)	
				3800m 6:23.97 (40.41)	
				4200m 7:04.38 (40.41)	
				4600m 7:44.89 (40.51)	
				5000m 8:24.98 (40.09)	

		Naam	Cat	PR	Tijd Info
71	wt	37 <b>Aart van Beuzekom</b>	H50	8:33.36	<b>8:41.69</b>
	rd	4 <b>Pieter Pennings</b>	H50	7:57.82	<b>8:26.16</b>
		<b>Aart van Beuzekom</b>		<b>Pieter Pennings</b>	
		200m	24.44 (24.44)	200m	23.82 (23.82)
		600m	1:03.67 (39.23)	600m	1:02.49 (38.67)
		1000m	1:43.00 (39.33)	1000m	1:41.93 (39.44)
		1400m	2:23.59 (40.59)	1400m	2:21.61 (39.68)
		1800m	3:04.95 (41.36)	1800m	3:01.68 (40.07)
		2200m	3:46.63 (41.68)	2200m	3:42.09 (40.41)
		2600m	4:28.77 (42.14)	2600m	4:22.80 (40.71)
		3000m	5:10.63 (41.86)	3000m	5:04.18 (41.38)
		3400m	5:52.71 (42.08)	3400m	5:45.22 (41.04)
		3800m	6:35.34 (42.63)	3800m	6:26.15 (40.93)
		4200m	7:18.09 (42.75)	4200m	7:06.78 (40.63)
		4600m	8:00.35 (42.26)	4600m	7:46.81 (40.03)
		5000m	8:41.69 (41.34)	5000m	8:26.16 (39.35)

		Naam	Cat	PR	Tijd Info
72	gl	10 <b>Michel du Crocq</b>	H45	8:01.81	<b>8:03.51</b>
	bl	8 <b>Martijn Willemsen</b>	H45	7:57.79	<b>8:07.62</b>
		<b>Michel du Crocq</b>		<b>Martijn Willemsen</b>	
		200m	23.74 (23.74)	200m	22.66 (22.66)
		600m	59.55 (35.81)	600m	59.41 (36.75)
		1000m	1:35.43 (35.88)	1000m	1:36.60 (37.19)
		1400m	2:13.38 (37.95)	1400m	2:15.08 (38.48)
		1800m	2:50.83 (37.45)	1800m	2:53.76 (38.68)
		2200m	3:28.91 (38.08)	2200m	3:32.53 (38.77)
		2600m	4:06.88 (37.97)	2600m	4:11.62 (39.09)
		3000m	4:46.05 (39.17)	3000m	4:51.29 (39.67)
		3400m	5:25.22 (39.17)	3400m	5:30.89 (39.60)
		3800m	6:04.76 (39.54)	3800m	6:09.83 (38.94)
		4200m	6:44.35 (39.59)	4200m	6:49.03 (39.20)
		4600m	7:24.06 (39.71)	4600m	7:28.04 (39.01)
		5000m	8:03.51 (39.45)	5000m	8:07.62 (39.58)

## 26. Rituitslag Heren 5000 meter

	Naam	Cat	PR	Tijd Info
70 wt rd	26 <b>Kevin Martins</b>	HSB	9:20.76	<b>9:34.12</b>
	<b>Kevin Martins</b>			
	200m	25.78 (25.78)		m
	600m	1:10.03 (44.25)		
	1000m	1:54.42 (44.39)		
	1400m	2:38.25 (43.83)		
	1800m	3:22.88 (44.63)		
	2200m	4:08.64 (45.76)		
	2600m	4:54.65 (46.01)		
	3000m	5:40.88 (46.23)		
	3400m	6:28.02 (47.14)		
	3800m	7:14.77 (46.75)		
	4200m	8:02.09 (47.32)		
	4600m	8:47.97 (45.88)		
	5000m	9:34.12 (46.15)		

	Naam	Cat	PR	Tijd Info
71 gl bl				
				m
				m



		Naam	Cat	PR	Tijd Info
72	wt	15 <b>André van Staalduinen</b>	H50	9:03.95	<b>9:40.41</b>
	rd	16 <b>Martijn Proost</b>	H50	8:35.72	<b>9:08.17</b>

**André van Staalduinen**

**Martijn Proost**

200m	25.64	(25.64)	200m	25.11	(25.11)
600m	1:08.10	(42.46)	600m	1:06.82	(41.71)
1000m	1:51.07	(42.97)	1000m	1:50.16	(43.34)
1400m	2:34.25	(43.18)	1400m	2:33.46	(43.30)
1800m	3:17.11	(42.86)	1800m	3:17.29	(43.83)
2200m	4:00.94	(43.83)	2200m	4:00.62	(43.33)
2600m	4:45.65	(44.71)	2600m	4:45.22	(44.60)
3000m	5:31.69	(46.04)	3000m	5:29.39	(44.17)
3400m	6:19.24	(47.55)	3400m	6:14.20	(44.81)
3800m	7:07.30	(48.06)	3800m	6:58.23	(44.03)
4200m	7:56.74	(49.44)	4200m	7:42.57	(44.34)
4600m	8:46.84	(50.10)	4600m	8:26.15	(43.58)
5000m	9:40.41	(53.57)	5000m	9:08.17	(42.02)

		Naam	Cat	PR	Tijd Info
73	gl	36 <b>Bart Streefkerk</b>	HSA	7:07.88	<b>7:44.64</b>
	bl	13 <b>Harm Sinnige</b>	H55	8:51.62	<b>8:45.63 PR</b>

**Bart Streefkerk**

**Harm Sinnige**

200m	20.97	(20.97)	200m	24.50	(24.50)
600m	56.19	(35.22)	600m	1:04.26	(39.76)
1000m	1:31.93	(35.74)	1000m	1:44.66	(40.40)
1400m	2:08.13	(36.20)	1400m	2:26.10	(41.44)
1800m	2:44.38	(36.25)	1800m	3:07.93	(41.83)
2200m	3:20.93	(36.55)	2200m	3:49.95	(42.02)
2600m	3:57.79	(36.86)	2600m	4:32.20	(42.25)
3000m	4:34.92	(37.13)	3000m	5:14.55	(42.35)
3400m	5:12.11	(37.19)	3400m	5:56.43	(41.88)
3800m	5:50.02	(37.91)	3800m	6:38.63	(42.20)
4200m	6:27.94	(37.92)	4200m	7:21.03	(42.40)
4600m	7:06.21	(38.27)	4600m	8:03.02	(41.99)
5000m	7:44.64	(38.43)	5000m	8:45.63	(42.61)