

# GAK 5k/10k

IJssportcentrum Eindhoven - Eindhoven

29 February 2020

## 1. GAK 5000m dames

	Name	Cat	5000	Points
1	14 <b>Karen Teuling</b>	D45	8:47.48 (1)	52.748
2	7 <b>Petra Andriessen-Hoekema</b>	D55	8:53.16 (2)	53.316
3	8 <b>Noor van der Ster</b>	D60	8:57.20 (3)	53.720
4	2 <b>Jip Spel</b>	DSA	9:45.77 (4)	58.577

## 2. GAK 10000m heren

	Name	Cat	10000	Points
1	11 <b>Bavo Coremans</b>	HN4	15:40.22 (1)	47.011
2	10 <b>Diederik Beuzekom</b>	HSA	15:41.74 (2)	47.087
3	5 <b>Arno van der Veen</b>	H45	15:43.78 (3)	47.189
4	3 <b>Sybe van Hijum</b>	HSA	15:44.94 (4)	47.247
5	12 <b>Joost Hermans</b>	HSA	16:04.87 (5)	48.243
6	1 <b>Pieter Pennings</b>	H50	16:54.25 (6)	50.712
7	13 <b>Jan de Koning</b>	H60	17:21.61 (7)	52.080
8	9 <b>Hans de Vos</b>	H60	18:45.11 (8)	56.255

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## 1. Race Result 5000 meter

	Name	Cat	PB	Time Info
1	wt 2 <b>Jip Spel</b>	DSA	9:43.46	<b>9:45.77</b>
	rd 7 <b>Petra Andriessen-Hoekema</b>	D55	8:47.50	<b>8:53.16</b>
	<b>Jip Spel</b>		<b>Petra Andriessen-Hoekema</b>	
	200m 26.74 (26.74)		200m 25.40 (25.40)	
	600m 1:10.66 (43.92)		600m 1:06.56 (41.16)	
	1000m 1:56.66 (46.00)		1000m 1:48.18 (41.62)	
	1400m 2:42.73 (46.07)		1400m 2:30.55 (42.37)	
	1800m 3:28.58 (45.85)		1800m 3:12.69 (42.14)	
	2200m 4:14.65 (46.07)		2200m 3:54.56 (41.87)	
	2600m 5:01.54 (46.89)		2600m 4:36.39 (41.83)	
	3000m 5:47.95 (46.41)		3000m 5:18.19 (41.80)	
	3400m 6:35.29 (47.34)		3400m 6:00.47 (42.28)	
	3800m 7:23.05 (47.76)		3800m 6:43.09 (42.62)	
	4200m 8:11.22 (48.17)		4200m 7:26.50 (43.41)	
	4600m 8:58.83 (47.61)		4600m 8:10.18 (43.68)	
	5000m 9:45.77 (46.94)		5000m 8:53.16 (42.98)	

	Name	Cat	PB	Time Info
2	yw 14 <b>Karen Teuling</b>	D45	8:16.61	<b>8:47.48</b>
	bl 8 <b>Noor van der Ster</b>	D60	8:42.22	<b>8:57.20</b>
	<b>Karen Teuling</b>		<b>Noor van der Ster</b>	
	200m 25.03 (25.03)		200m 24.87 (24.87)	
	600m 1:05.13 (40.10)		600m 1:05.20 (40.33)	
	1000m 1:46.97 (41.84)		1000m 1:47.92 (42.72)	
	1400m 2:29.20 (42.23)		1400m 2:30.82 (42.90)	
	1800m 3:11.45 (42.25)		1800m 3:13.51 (42.69)	
	2200m 3:52.76 (41.31)		2200m 3:55.95 (42.44)	
	2600m 4:34.60 (41.84)		2600m 4:38.26 (42.31)	
	3000m 5:15.78 (41.18)		3000m 5:20.80 (42.54)	
	3400m 5:57.67 (41.89)		3400m 6:03.98 (43.18)	
	3800m 6:40.30 (42.63)		3800m 6:47.20 (43.22)	
	4200m 7:22.94 (42.64)		4200m 7:30.47 (43.27)	
	4600m 8:05.12 (42.18)		4600m 8:13.77 (43.30)	
	5000m 8:47.48 (42.36)		5000m 8:57.20 (43.43)	

Referee:

Assistant:

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## 2. Race Result 10000 meter

	Name	Cat	PB	Time Info
3	wt 9 <b>Hans de Vos</b>	H60	17:49.16	<b>18:45.11</b>
	rd 13 <b>Jan de Koning</b>	H60	16:44.19	<b>17:21.61</b>

### Hans de Vos

### Jan de Koning

400m	48.92	(48.92)	400m	47.49	(47.49)
800m	1:33.97	(45.05)	800m	1:29.30	(41.81)
1200m	2:19.56	(45.59)	1200m	2:11.40	(42.10)
1600m	3:04.43	(44.87)	1600m	2:52.66	(41.26)
2000m	3:48.88	(44.45)	2000m	3:33.78	(41.12)
2400m	4:33.70	(44.82)	2400m	4:15.17	(41.39)
2800m	5:19.19	(45.49)	2800m	4:56.62	(41.45)
3200m	6:04.39	(45.20)	3200m	5:38.14	(41.52)
3600m	6:49.44	(45.05)	3600m	6:19.98	(41.84)
4000m	7:34.83	(45.39)	4000m	7:01.95	(41.97)
4400m	8:20.20	(45.37)	4400m	7:43.30	(41.35)
4800m	9:05.03	(44.83)	4800m	8:24.61	(41.31)
5200m	9:49.09	(44.06)	5200m	9:05.34	(40.73)
5600m	10:32.97	(43.88)	5600m	9:45.99	(40.65)
6000m	11:17.26	(44.29)	6000m	10:27.69	(41.70)
6400m	12:01.98	(44.72)	6400m	11:09.72	(42.03)
6800m	12:46.43	(44.45)	6800m	11:50.79	(41.07)
7200m	13:31.44	(45.01)	7200m	12:31.82	(41.03)
7600m	14:16.54	(45.10)	7600m	13:13.52	(41.70)
8000m	15:02.19	(45.65)	8000m	13:54.46	(40.94)
8400m	15:47.55	(45.36)	8400m	14:35.80	(41.34)
8800m	16:31.95	(44.40)	8800m	15:16.97	(41.17)
9200m	17:16.52	(44.57)	9200m	15:59.05	(42.08)
9600m	18:01.61	(45.09)	9600m	16:40.94	(41.89)
10000m	18:45.11	(43.50)	10000m	17:21.61	(40.67)

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29 February 2020

		Name	Cat	PB	Time Info
4	yw	11 <b>Bavo Coremans</b>	HN4	15:58.58	<b>15:40.22</b> PB
	bl	1 <b>Pieter Pennings</b>	H50	16:12.04	<b>16:54.25</b>

## Bavo Coremans

400m	40.50	(40.50)
800m	1:16.98	(36.48)
1200m	1:53.00	(36.02)
1600m	2:29.47	(36.47)
2000m	3:05.92	(36.45)
2400m	3:42.63	(36.71)
2800m	4:19.14	(36.51)
3200m	4:55.99	(36.85)
3600m	5:33.19	(37.20)
4000m	6:10.38	(37.19)
4400m	6:47.45	(37.07)
4800m	7:24.65	(37.20)
5200m	8:01.86	(37.21)
5600m	8:38.75	(36.89)
6000m	9:15.94	(37.19)
6400m	9:53.81	(37.87)
6800m	10:31.86	(38.05)
7200m	11:10.41	(38.55)
7600m	11:49.05	(38.64)
8000m	12:27.89	(38.84)
8400m	13:06.89	(39.00)
8800m	13:46.31	(39.42)
9200m	14:25.17	(38.86)
9600m	15:03.49	(38.32)
10000m	15:40.22	(36.73)

## Pieter Pennings

400m	43.11	(43.11)
800m	1:21.68	(38.57)
1200m	2:01.90	(40.22)
1600m	2:42.68	(40.78)
2000m	3:23.39	(40.71)
2400m	4:04.01	(40.62)
2800m	4:45.21	(41.20)
3200m	5:25.80	(40.59)
3600m	6:06.83	(41.03)
4000m	6:47.92	(41.09)
4400m	7:27.91	(39.99)
4800m	8:08.49	(40.58)
5200m	8:49.10	(40.61)
5600m	9:29.50	(40.40)
6000m	10:09.94	(40.44)
6400m	10:50.27	(40.33)
6800m	11:30.78	(40.51)
7200m	12:11.00	(40.22)
7600m	12:51.35	(40.35)
8000m	13:31.23	(39.88)
8400m	14:10.93	(39.70)
8800m	14:50.72	(39.79)
9200m	15:31.81	(41.09)
9600m	16:13.34	(41.53)
10000m	16:54.25	(40.91)

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		Name		Cat		PB		Time Info
5	wt	12	<b>Joost Hermans</b>		HSA	15:35.04		<b>16:04.87</b>
	rd	3	<b>Sybe van Hijum</b>		HSA	15:32.97		<b>15:44.94</b>
		<b>Joost Hermans</b>			<b>Sybe van Hijum</b>			
		400m	42.60	(42.60)	400m	41.11	(41.11)	
		800m	1:21.81	(39.21)	800m	1:19.42	(38.31)	
		1200m	2:00.21	(38.40)	1200m	1:57.82	(38.40)	
		1600m	2:38.84	(38.63)	1600m	2:36.22	(38.40)	
		2000m	3:17.63	(38.79)	2000m	3:14.56	(38.34)	
		2400m	3:56.19	(38.56)	2400m	3:53.16	(38.60)	
		2800m	4:34.74	(38.55)	2800m	4:31.37	(38.21)	
		3200m	5:13.35	(38.61)	3200m	5:09.29	(37.92)	
		3600m	5:52.31	(38.96)	3600m	5:47.15	(37.86)	
		4000m	6:31.23	(38.92)	4000m	6:24.85	(37.70)	
		4400m	7:10.33	(39.10)	4400m	7:02.67	(37.82)	
		4800m	7:49.43	(39.10)	4800m	7:40.54	(37.87)	
		5200m	8:28.84	(39.41)	5200m	8:18.22	(37.68)	
		5600m	9:08.15	(39.31)	5600m	8:56.04	(37.82)	
		6000m	9:47.33	(39.18)	6000m	9:33.46	(37.42)	
		6400m	10:25.53	(38.20)	6400m	10:10.93	(37.47)	
		6800m	11:03.86	(38.33)	6800m	10:48.33	(37.40)	
		7200m	11:41.88	(38.02)	7200m	11:25.45	(37.12)	
		7600m	12:19.90	(38.02)	7600m	12:02.66	(37.21)	
		8000m	12:58.02	(38.12)	8000m	12:39.94	(37.28)	
		8400m	13:36.02	(38.00)	8400m	13:17.06	(37.12)	
		8800m	14:14.03	(38.01)	8800m	13:54.20	(37.14)	
		9200m	14:51.84	(37.81)	9200m	14:31.10	(36.90)	
		9600m	15:28.26	(36.42)	9600m	15:08.13	(37.03)	
		10000m	16:04.87	(36.61)	10000m	15:44.94	(36.81)	

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	Name	Cat	PB	Time Info
6	yw 5 <b>Arno van der Veen</b>	H45	14:45.30	<b>15:43.78</b>
	bl 10 <b>Diederik Beuzekom</b>	HSA	15:14.85	<b>15:41.74</b>

## Arno van der Veen

400m	41.79	(41.79)
800m	1:18.81	(37.02)
1200m	1:55.67	(36.86)
1600m	2:33.12	(37.45)
2000m	3:10.41	(37.29)
2400m	3:47.78	(37.37)
2800m	4:24.88	(37.10)
3200m	5:02.03	(37.15)
3600m	5:39.18	(37.15)
4000m	6:16.14	(36.96)
4400m	6:53.26	(37.12)
4800m	7:30.62	(37.36)
5200m	8:08.33	(37.71)
5600m	8:45.88	(37.55)
6000m	9:23.39	(37.51)
6400m	10:01.30	(37.91)
6800m	10:39.27	(37.97)
7200m	11:17.36	(38.09)
7600m	11:55.80	(38.44)
8000m	12:34.15	(38.35)
8400m	13:12.72	(38.57)
8800m	13:50.82	(38.10)
9200m	14:29.37	(38.55)
9600m	15:06.91	(37.54)
10000m	15:43.78	(36.87)

## Diederik Beuzekom

400m	41.21	(41.21)
800m	1:17.45	(36.24)
1200m	1:53.68	(36.23)
1600m	2:31.53	(37.85)
2000m	3:09.05	(37.52)
2400m	3:46.82	(37.77)
2800m	4:24.56	(37.74)
3200m	5:02.22	(37.66)
3600m	5:39.26	(37.04)
4000m	6:16.96	(37.70)
4400m	6:54.96	(38.00)
4800m	7:33.22	(38.26)
5200m	8:11.25	(38.03)
5600m	8:49.66	(38.41)
6000m	9:27.84	(38.18)
6400m	10:06.32	(38.48)
6800m	10:44.41	(38.09)
7200m	11:22.54	(38.13)
7600m	11:59.89	(37.35)
8000m	12:37.70	(37.81)
8400m	13:14.67	(36.97)
8800m	13:51.41	(36.74)
9200m	14:28.15	(36.74)
9600m	15:05.41	(37.26)
10000m	15:41.74	(36.33)

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