

GAK 5k dames, GAK 10k heren

IJssportcentrum Eindhoven - Eindhoven

6 maart 2022

1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	14 Linda Pulles	DSA	2	O	8:38.33	PR	
2	17 Karen Teuling	D45	2	I	8:49.67		
3	7 Petra Andriessen-Hoekema	D55	1	I	9:09.39		

1. Rituitslag 5000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd	7 Petra Andriessen-Hoekema	D55	8:47.50	9:09.39
Petra Andriessen-Hoekema					
	200m	27.17 (27.17)		m	
	600m	1:10.93 (43.76)			
	1000m	1:53.97 (43.04)			
	1400m	2:37.03 (43.06)			
	1800m	3:20.34 (43.31)			
	2200m	4:03.26 (42.92)			
	2600m	4:46.36 (43.10)			
	3000m	5:29.79 (43.43)			
	3400m	6:13.27 (43.48)			
	3800m	6:57.28 (44.01)			
	4200m	7:41.55 (44.27)			
	4600m	8:25.54 (43.99)			
	5000m	9:09.39 (43.85)			

	Naam	Cat	PR	Tijd	Info
2	gl	17 Karen Teuling	D45	8:16.61	8:49.67
	bl	14 Linda Pulles	DSA	8:39.94	8:38.33 PR
Karen Teuling					
	200m	25.60 (25.60)		200m	23.01 (23.01)
	600m	1:05.68 (40.08)		600m	1:00.79 (37.78)
	1000m	1:47.41 (41.73)		1000m	1:39.80 (39.01)
	1400m	2:28.82 (41.41)		1400m	2:19.14 (39.34)
	1800m	3:10.95 (42.13)		1800m	2:58.71 (39.57)
	2200m	3:52.50 (41.55)		2200m	3:38.35 (39.64)
	2600m	4:34.30 (41.80)		2600m	4:18.08 (39.73)
	3000m	5:16.00 (41.70)		3000m	4:58.84 (40.76)
	3400m	5:58.24 (42.24)		3400m	5:40.20 (41.36)
	3800m	6:40.58 (42.34)		3800m	6:22.25 (42.05)
	4200m	7:23.65 (43.07)		4200m	7:05.48 (43.23)

Scheidsrechter:

Assistent:

Starter:

Van 6-3-2022 18:15:00 tot 6-3-2022 20:49:34

Print: 6-3-2022 20:52:16

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4600m	8:06.44	(42.79)	4600m	7:50.33	(44.85)
5000m	8:49.67	(43.23)	5000m	8:38.33	(48.00)

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2. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	3 Marc Nieuwenhuijse	HSB	4	I	15:43.66		
2	11 Rik Houwers	HSB	7	O	15:44.91	PR	
3	12 Colin Schrijver	HN2	5	I	15:49.62		
4	16 Niek Berden	HA1	3	I	15:55.72		
5	5 Bavo Coremans	HSA	8	I	15:57.38		
6	8 Menno Mudde	HN4	5	O	16:16.92		
7	18 Jens Klootwijk	HA1	3	O	16:33.30		
8	4 Joost Hermans	HSA	8	O	16:38.71		
9	6 Willem Leeuwenburgh	HSA	6	O	16:47.36		
10	10 Paul Hermans	HSA	4	O	17:09.97		
11	1 Pieter Pennings	H50	7	I	17:25.15		
12	9 Krijn van Nuland	HSB	6	I	18:06.17		

2. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
3	wt 16 Niek Berden	HA1		15:55.72	
	rd 18 Jens Klootwijk	HA1		16:33.30	

Niek Berden

400m	42.00	(42.00)
800m	1:22.64	(40.64)
1200m	2:02.69	(40.05)
1600m	2:42.69	(40.00)
2000m	3:22.25	(39.56)
2400m	4:02.22	(39.97)
2800m	4:41.75	(39.53)
3200m	5:21.58	(39.83)
3600m	6:00.95	(39.37)
4000m	6:40.11	(39.16)
4400m	7:18.87	(38.76)
4800m	7:57.91	(39.04)
5200m	8:37.02	(39.11)
5600m	9:15.91	(38.89)
6000m	9:54.33	(38.42)
6400m	10:32.41	(38.08)
6800m	11:10.33	(37.92)
7200m	11:48.19	(37.86)
7600m	12:25.36	(37.17)

Jens Klootwijk

400m	41.50	(41.50)
800m	1:22.61	(41.11)
1200m	2:01.87	(39.26)
1600m	2:41.44	(39.57)
2000m	3:21.51	(40.07)
2400m	4:01.84	(40.33)
2800m	4:41.47	(39.63)
3200m	5:21.26	(39.79)
3600m	6:01.40	(40.14)
4000m	6:40.86	(39.46)
4400m	7:20.28	(39.42)
4800m	8:00.57	(40.29)
5200m	8:41.08	(40.51)
5600m	9:21.71	(40.63)
6000m	10:01.93	(40.22)
6400m	10:42.48	(40.55)
6800m	11:22.46	(39.98)
7200m	12:02.53	(40.07)
7600m	12:42.17	(39.64)

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8000m	13:02.19	(36.83)	8000m	13:21.50	(39.33)
8400m	13:38.07	(35.88)	8400m	14:00.63	(39.13)
8800m	14:12.46	(34.39)	8800m	14:39.54	(38.91)
9200m	14:47.35	(34.89)	9200m	15:18.35	(38.81)
9600m	15:21.98	(34.63)	9600m	15:56.23	(37.88)
10000m	15:55.72	(33.74)	10000m	16:33.30	(37.07)

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		Naam	Cat		PR	Tijd Info
4	gl	3 Marc Nieuwenhuijse	HSB			15:43.66
	bl	10 Paul Hermans	HSA			17:09.97
		Marc Nieuwenhuijse		Paul Hermans		
		400m	43.51	(43.51)	400m	44.18 (44.18)
		800m	1:21.81	(38.30)	800m	1:25.97 (41.79)
		1200m	1:59.94	(38.13)	1200m	2:07.72 (41.75)
		1600m	2:38.14	(38.20)	1600m	2:49.37 (41.65)
		2000m	3:16.54	(38.40)	2000m	3:31.61 (42.24)
		2400m	3:54.58	(38.04)	2400m	4:13.06 (41.45)
		2800m	4:32.08	(37.50)	2800m	4:54.25 (41.19)
		3200m	5:09.71	(37.63)	3200m	5:35.91 (41.66)
		3600m	5:47.03	(37.32)	3600m	6:17.54 (41.63)
		4000m	6:24.51	(37.48)	4000m	6:58.75 (41.21)
		4400m	7:02.30	(37.79)	4400m	7:39.72 (40.97)
		4800m	7:39.72	(37.42)	4800m	8:20.47 (40.75)
		5200m	8:17.64	(37.92)	5200m	9:01.29 (40.82)
		5600m	8:55.70	(38.06)	5600m	9:42.66 (41.37)
		6000m	9:33.40	(37.70)	6000m	10:23.76 (41.10)
		6400m	10:10.87	(37.47)	6400m	11:04.74 (40.98)
		6800m	10:48.58	(37.71)	6800m	11:45.64 (40.90)
		7200m	11:26.46	(37.88)	7200m	12:26.32 (40.68)
		7600m	12:04.29	(37.83)	7600m	13:06.87 (40.55)
		8000m	12:41.60	(37.31)	8000m	13:47.49 (40.62)
		8400m	13:18.54	(36.94)	8400m	14:28.51 (41.02)
		8800m	13:54.83	(36.29)	8800m	15:10.02 (41.51)
		9200m	14:31.05	(36.22)	9200m	15:50.46 (40.44)
		9600m	15:07.24	(36.19)	9600m	16:30.29 (39.83)
		10000m	15:43.66	(36.42)	10000m	17:09.97 (39.68)

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		Naam	Cat	PR	Tijd Info
5	wt	12 Colin Schrijver	HN2		15:49.62
	rd	8 Menno Mudde	HN4		16:16.92
		Colin Schrijver		Menno Mudde	
		400m	39.32 (39.32)	400m	40.11 (40.11)
		800m	1:16.08 (36.76)	800m	1:18.41 (38.30)
		1200m	1:53.83 (37.75)	1200m	1:56.63 (38.22)
		1600m	2:31.36 (37.53)	1600m	2:36.15 (39.52)
		2000m	3:09.14 (37.78)	2000m	3:15.24 (39.09)
		2400m	3:46.97 (37.83)	2400m	3:53.87 (38.63)
		2800m	4:24.34 (37.37)	2800m	4:32.73 (38.86)
		3200m	5:01.82 (37.48)	3200m	5:12.31 (39.58)
		3600m	5:39.20 (37.38)	3600m	5:51.76 (39.45)
		4000m	6:16.69 (37.49)	4000m	6:31.08 (39.32)
		4400m	6:53.99 (37.30)	4400m	7:10.65 (39.57)
		4800m	7:31.37 (37.38)	4800m	7:50.56 (39.91)
		5200m	8:08.53 (37.16)	5200m	8:30.28 (39.72)
		5600m	8:46.12 (37.59)	5600m	9:09.99 (39.71)
		6000m	9:23.65 (37.53)	6000m	9:49.64 (39.65)
		6400m	10:01.36 (37.71)	6400m	10:29.13 (39.49)
		6800m	10:39.34 (37.98)	6800m	11:08.19 (39.06)
		7200m	11:17.46 (38.12)	7200m	11:47.45 (39.26)
		7600m	11:56.07 (38.61)	7600m	12:26.77 (39.32)
		8000m	12:35.32 (39.25)	8000m	13:05.88 (39.11)
		8400m	13:15.27 (39.95)	8400m	13:44.84 (38.96)
		8800m	13:54.48 (39.21)	8800m	14:23.42 (38.58)
		9200m	14:33.49 (39.01)	9200m	15:01.66 (38.24)
		9600m	15:11.76 (38.27)	9600m	15:39.37 (37.71)
		10000m	15:49.62 (37.86)	10000m	16:16.92 (37.55)

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		Naam	Cat		PR		Tijd Info
6	gl	9 Krijn van Nuland	HSB		17:39.71		18:06.17
	bl	6 Willem Leeuwenburgh	HSA		16:32.19		16:47.36
		Krijn van Nuland			Willem Leeuwenburgh		
		400m	45.19	(45.19)	400m	43.55	(43.55)
		800m	1:26.32	(41.13)	800m	1:22.46	(38.91)
		1200m	2:07.51	(41.19)	1200m	2:01.27	(38.81)
		1600m	2:48.91	(41.40)	1600m	2:39.80	(38.53)
		2000m	3:30.22	(41.31)	2000m	3:18.27	(38.47)
		2400m	4:11.65	(41.43)	2400m	3:56.70	(38.43)
		2800m	4:53.18	(41.53)	2800m	4:35.29	(38.59)
		3200m	5:35.58	(42.40)	3200m	5:14.10	(38.81)
		3600m	6:17.89	(42.31)	3600m	5:53.37	(39.27)
		4000m	7:00.21	(42.32)	4000m	6:32.48	(39.11)
		4400m	7:44.92	(44.71)	4400m	7:11.48	(39.00)
		4800m	8:31.94	(47.02)	4800m	7:50.59	(39.11)
		5200m	9:19.20	(47.26)	5200m	8:30.59	(40.00)
		5600m	10:03.29	(44.09)	5600m	9:10.68	(40.09)
		6000m	10:45.90	(42.61)	6000m	9:51.14	(40.46)
		6400m	11:29.87	(43.97)	6400m	10:31.85	(40.71)
		6800m	12:17.02	(47.15)	6800m	11:12.69	(40.84)
		7200m	13:00.99	(43.97)	7200m	11:53.78	(41.09)
		7600m	13:46.02	(45.03)	7600m	12:35.57	(41.79)
		8000m	14:29.55	(43.53)	8000m	13:17.33	(41.76)
		8400m	15:13.12	(43.57)	8400m	13:59.23	(41.90)
		8800m	15:58.49	(45.37)	8800m	14:40.84	(41.61)
		9200m	16:41.28	(42.79)	9200m	15:22.73	(41.89)
		9600m	17:23.76	(42.48)	9600m	16:05.05	(42.32)
		10000m	18:06.17	(42.41)	10000m	16:47.36	(42.31)

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IJssportcentrum Eindhoven - Eindhoven

6 maart 2022

		Naam	Cat		PR	Tijd Info
7	wt	1 Pieter Pennings	H50		16:12.04	17:25.15
	rd	11 Rik Houwers	HSB		15:49.06	15:44.91 PR
		Pieter Pennings		Rik Houwers		
		400m	43.27	(43.27)	400m	41.82 (41.82)
		800m	1:23.34	(40.07)	800m	1:20.46 (38.64)
		1200m	2:03.84	(40.50)	1200m	1:59.33 (38.87)
		1600m	2:44.62	(40.78)	1600m	2:37.81 (38.48)
		2000m	3:25.63	(41.01)	2000m	3:15.49 (37.68)
		2400m	4:06.76	(41.13)	2400m	3:52.73 (37.24)
		2800m	4:47.37	(40.61)	2800m	4:29.82 (37.09)
		3200m	5:28.95	(41.58)	3200m	5:07.49 (37.67)
		3600m	6:11.18	(42.23)	3600m	5:45.31 (37.82)
		4000m	6:53.66	(42.48)	4000m	6:23.00 (37.69)
		4400m	7:35.74	(42.08)	4400m	7:00.85 (37.85)
		4800m	8:18.05	(42.31)	4800m	7:38.38 (37.53)
		5200m	8:59.68	(41.63)	5200m	8:15.57 (37.19)
		5600m	9:41.48	(41.80)	5600m	8:53.40 (37.83)
		6000m	10:23.68	(42.20)	6000m	9:31.65 (38.25)
		6400m	11:05.93	(42.25)	6400m	10:09.72 (38.07)
		6800m	11:48.31	(42.38)	6800m	10:47.33 (37.61)
		7200m	12:30.70	(42.39)	7200m	11:24.82 (37.49)
		7600m	13:12.55	(41.85)	7600m	12:02.17 (37.35)
		8000m	13:54.74	(42.19)	8000m	12:39.50 (37.33)
		8400m	14:36.84	(42.10)	8400m	13:16.72 (37.22)
		8800m	15:19.30	(42.46)	8800m	13:54.03 (37.31)
		9200m	16:01.61	(42.31)	9200m	14:31.21 (37.18)
		9600m	16:43.76	(42.15)	9600m	15:08.06 (36.85)
		10000m	17:25.15	(41.39)	10000m	15:44.91 (36.85)

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		Naam	Cat		PR	Tijd Info
8	gl	5 Bavo Coremans	HSA		15:40.22	15:57.38
	bl	4 Joost Hermans	HSA		15:35.04	16:38.71
		Bavo Coremans		Joost Hermans		
		400m	39.95	(39.95)	400m	43.11 (43.11)
		800m	1:17.07	(37.12)	800m	1:22.51 (39.40)
		1200m	1:54.22	(37.15)	1200m	2:01.44 (38.93)
		1600m	2:31.49	(37.27)	1600m	2:40.81 (39.37)
		2000m	3:08.80	(37.31)	2000m	3:20.03 (39.22)
		2400m	3:46.32	(37.52)	2400m	3:59.23 (39.20)
		2800m	4:23.90	(37.58)	2800m	4:38.31 (39.08)
		3200m	5:01.95	(38.05)	3200m	5:17.51 (39.20)
		3600m	5:39.88	(37.93)	3600m	5:56.90 (39.39)
		4000m	6:18.67	(38.79)	4000m	6:36.57 (39.67)
		4400m	6:57.42	(38.75)	4400m	7:16.25 (39.68)
		4800m	7:35.67	(38.25)	4800m	7:56.45 (40.20)
		5200m	8:14.10	(38.43)	5200m	8:36.56 (40.11)
		5600m	8:52.68	(38.58)	5600m	9:17.24 (40.68)
		6000m	9:31.33	(38.65)	6000m	9:57.46 (40.22)
		6400m	10:09.79	(38.46)	6400m	10:37.78 (40.32)
		6800m	10:48.19	(38.40)	6800m	11:18.23 (40.45)
		7200m	11:26.90	(38.71)	7200m	11:58.85 (40.62)
		7600m	12:05.23	(38.33)	7600m	12:39.60 (40.75)
		8000m	12:43.93	(38.70)	8000m	13:20.08 (40.48)
		8400m	13:22.16	(38.23)	8400m	14:00.69 (40.61)
		8800m	14:01.00	(38.84)	8800m	14:41.10 (40.41)
		9200m	14:40.08	(39.08)	9200m	15:21.01 (39.91)
		9600m	15:18.46	(38.38)	9600m	16:00.23 (39.22)
		10000m	15:57.38	(38.92)	10000m	16:38.71 (38.48)