

GAK 3000m dames en 5000m heren

IJssportcentrum Eindhoven - Eindhoven

25 februari 2023

1. Rituitslag Dames DB t/m DM 3000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 15	Michelle van Sonsbeeck	D50	5:23.16	5:45.55
	rd 7	Daniëlle Frijters	DSB	5:43.37	5:50.59
	Michelle van Sonsbeeck		Daniëlle Frijters		
	200m	26.24 (26.24)	200m	27.38 (27.38)	
	600m	1:08.42 (42.18)	600m	1:10.31 (42.93)	
	1000m	1:53.50 (45.08)	1000m	1:55.62 (45.31)	
	1400m	2:39.38 (45.88)	1400m	2:42.28 (46.66)	
	1800m	3:25.85 (46.47)	1800m	3:29.52 (47.24)	
	2200m	4:12.44 (46.59)	2200m	4:17.03 (47.51)	
	2600m	4:59.20 (46.76)	2600m	5:03.26 (46.23)	
	3000m	5:45.55 (46.35)	3000m	5:50.59 (47.33)	

2. Rituitslag Heren HB t/m HM 5000 meter

	Naam	Cat	PR	Tijd	Info
2	wt 14	Stan Krewinkel	HN3		9:55.81
	rd				
	Stan Krewinkel				
	200m	26.25 (26.25)	m		
	600m	1:08.14 (41.89)			
	1000m	1:53.33 (45.19)			
	1400m	2:39.69 (46.36)			
	1800m	3:26.29 (46.60)			
	2200m	4:13.83 (47.54)			
	2600m	5:00.93 (47.10)			
	3000m	5:48.05 (47.12)			
	3400m	6:35.93 (47.88)			
	3800m	7:25.75 (49.82)			
	4200m	8:15.70 (49.95)			
	4600m	9:05.75 (50.05)			
	5000m	9:55.81 (50.06)			



	Naam	Cat	PR	Tijd	Info
3	gl				
	bl				

	Naam	Cat	PR	Tijd	Info
4	wt 1	Jan de Koning	H60	8:19.14	9:09.09
	rd 3	Paul Hermans	HSA	8:20.22	8:18.40 PR
	Jan de Koning		Paul Hermans		
	200m	28.93 (28.93)	200m	23.72 (23.72)	
	600m	1:13.08 (44.15)	600m	1:02.70 (38.98)	
	1000m	1:57.05 (43.97)	1000m	1:41.45 (38.75)	

1400m	2:40.64	(43.59)	1400m	2:20.04	(38.59)
1800m	3:24.46	(43.82)	1800m	2:58.95	(38.91)
2200m	4:06.99	(42.53)	2200m	3:38.02	(39.07)
2600m	4:50.27	(43.28)	2600m	4:17.05	(39.03)
3000m	5:33.62	(43.35)	3000m	4:57.06	(40.01)
3400m	6:17.65	(44.03)	3400m	5:37.68	(40.62)
3800m	7:01.24	(43.59)	3800m	6:18.43	(40.75)
4200m	7:43.95	(42.71)	4200m	6:58.12	(39.69)
4600m	8:26.44	(42.49)	4600m	7:38.00	(39.88)
5000m	9:09.09	(42.65)	5000m	8:18.40	(40.40)

		Naam	Cat	PR	Tijd Info
5	gl	12 Martijn Willemsen	H50	7:57.79	8:24.97
	bl	5 Willem Leeuwenburgh	HSA	7:53.90	8:14.71

Martijn Willemsen

200m	23.31	(23.31)
600m	1:00.92	(37.61)
1000m	1:40.08	(39.16)
1400m	2:19.56	(39.48)
1800m	2:59.61	(40.05)
2200m	3:39.64	(40.03)
2600m	4:20.50	(40.86)
3000m	5:01.03	(40.53)
3400m	5:41.56	(40.53)
3800m	6:21.69	(40.13)
4200m	7:02.10	(40.41)
4600m	7:42.96	(40.86)
5000m	8:24.97	(42.01)

Willem Leeuwenburgh

200m	23.30	(23.30)
600m	59.87	(36.57)
1000m	1:37.11	(37.24)
1400m	2:15.45	(38.34)
1800m	2:54.17	(38.72)
2200m	3:32.65	(38.48)
2600m	4:11.58	(38.93)
3000m	4:51.39	(39.81)
3400m	5:31.47	(40.08)
3800m	6:11.93	(40.46)
4200m	6:52.45	(40.52)
4600m	7:33.33	(40.88)
5000m	8:14.71	(41.38)

		Naam	Cat	PR	Tijd Info
6	wt	11 Lars Vernet	HN2	8:04.77	8:01.71 PR
	rd	10 Tade Salverda	HN4	8:09.64	7:54.20 PR

Lars Vernet

200m	21.73	(21.73)
600m	56.46	(34.73)
1000m	1:31.61	(35.15)
1400m	2:09.39	(37.78)
1800m	2:47.59	(38.20)
2200m	3:25.99	(38.40)
2600m	4:04.70	(38.71)
3000m	4:43.60	(38.90)
3400m	5:22.67	(39.07)
3800m	6:01.85	(39.18)
4200m	6:42.16	(40.31)
4600m	7:21.97	(39.81)
5000m	8:01.71	(39.74)

Tade Salverda

200m	21.85	(21.85)
600m	56.24	(34.39)
1000m	1:31.96	(35.72)
1400m	2:08.64	(36.68)
1800m	2:45.82	(37.18)
2200m	3:23.45	(37.63)
2600m	4:01.26	(37.81)
3000m	4:39.35	(38.09)
3400m	5:17.85	(38.50)
3800m	5:56.44	(38.59)
4200m	6:35.50	(39.06)
4600m	7:15.03	(39.53)
5000m	7:54.20	(39.17)

		Naam	Cat	PR	Tijd Info
7	gl	2 Joost Hermans	HSA	7:25.36	7:58.47
	bl	17 Jens Klootwijk	HA2	7:46.96	7:54.18

Joost Hermans

200m	22.45	(22.45)
600m	1:00.82	(38.37)
1000m	1:38.76	(37.94)

Jens Klootwijk

200m	22.15	(22.15)
600m	59.25	(37.10)
1000m	1:36.35	(37.10)

1400m	2:15.82	(37.06)	1400m	2:13.33	(36.98)
1800m	2:53.01	(37.19)	1800m	2:50.33	(37.00)
2200m	3:30.14	(37.13)	2200m	3:28.02	(37.69)
2600m	4:07.76	(37.62)	2600m	4:05.97	(37.95)
3000m	4:45.37	(37.61)	3000m	4:44.40	(38.43)
3400m	5:23.02	(37.65)	3400m	5:22.89	(38.49)
3800m	6:01.47	(38.45)	3800m	6:00.77	(37.88)
4200m	6:40.18	(38.71)	4200m	6:38.41	(37.64)
4600m	7:18.98	(38.80)	4600m	7:16.14	(37.73)
5000m	7:58.47	(39.49)	5000m	7:54.18	(38.04)

		Naam	Cat	PR	Tijd Info
8	wt	13 Menno Mudde	HSA	7:16.32	7:27.58
	rd	9 Bavo Coremans	HSA	7:24.66	7:37.58

Menno Mudde			Bavo Coremans		
200m	21.55	(21.55)	200m	21.73	(21.73)
600m	56.65	(35.10)	600m	56.15	(34.42)
1000m	1:30.99	(34.34)	1000m	1:31.12	(34.97)
1400m	2:06.23	(35.24)	1400m	2:06.05	(34.93)
1800m	2:41.34	(35.11)	1800m	2:41.56	(35.51)
2200m	3:16.79	(35.45)	2200m	3:17.17	(35.61)
2600m	3:52.36	(35.57)	2600m	3:53.17	(36.00)
3000m	4:28.33	(35.97)	3000m	4:29.72	(36.55)
3400m	5:03.90	(35.57)	3400m	5:07.07	(37.35)
3800m	5:39.86	(35.96)	3800m	5:44.80	(37.73)
4200m	6:15.10	(35.24)	4200m	6:23.04	(38.24)
4600m	6:50.79	(35.69)	4600m	6:58.78	(35.74)
5000m	7:27.58	(36.79)	5000m	7:37.58	(38.80)

		Naam	Cat	PR	Tijd Info
9	gl	16 Thijs van de Burgt	HA1	7:46.26	7:56.38
	bl	4 Marc Nieuwenhuijse	H40	7:37.88	7:49.63

Thijs van de Burgt			Marc Nieuwenhuijse		
200m	21.10	(21.10)	200m	24.64	(24.64)
600m	56.38	(35.28)	600m	1:00.12	(35.48)
1000m	1:33.28	(36.90)	1000m	1:35.66	(35.54)
1400m	2:10.12	(36.84)	1400m	2:11.76	(36.10)
1800m	2:47.49	(37.37)	1800m	2:48.47	(36.71)
2200m	3:24.60	(37.11)	2200m	3:25.40	(36.93)
2600m	4:01.87	(37.27)	2600m	4:02.32	(36.92)
3000m	4:39.93	(38.06)	3000m	4:39.07	(36.75)
3400m	5:19.01	(39.08)	3400m	5:15.99	(36.92)
3800m	5:58.50	(39.49)	3800m	5:53.21	(37.22)
4200m	6:39.39	(40.89)	4200m	6:30.23	(37.02)
4600m	7:19.07	(39.68)	4600m	7:11.67	(41.44)
5000m	7:56.38	(37.31)	5000m	7:49.63	(37.96)