

# GK Allround +GAK 3k/5k

IJssportcentrum Eindhoven - Eindhoven

27 en 28 januari 2024

## 11. Uitslag DNS, DS, DM 1000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	3 <b>Angela van Bergeijk</b>	DSB	YC IJSVRIENDEN	38	O	<b>1:34.28</b>		
2	7 <b>Rian Buitendijk</b>	D55	BALLANGRUD	40	I	<b>1:43.04</b>		
3	4 <b>Ilse Mahieu</b>	DN3	ISIS	38	I	<b>1:43.10</b>		
4	13 <b>Patty van Hoorn</b>	D50	BALLANGRUD	39	I	<b>1:45.01</b>		
5	28 <b>Michelle van Sonsbeeck</b>	D55	YCE	40	O	<b>1:47.48</b>		
6	23 <b>Gerita Smallegoor</b>	D50	BALLANGRUD	39	O	<b>1:50.37</b>		
7	22 <b>Noor van der Ster</b>	D65	BALLANGRUD	37	I	<b>1:52.28</b>		

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		Naam	Cat	Vereniging	PR	Tijd Info	
37	wt rd	22	Noor van der Ster	D65	BALLANGRUD	1:28.19	<b>1:52.28</b>
		Noor van der Ster					
		200m	26.30	(26.30)	m		
		600m	1:08.78	(42.48)			
		1000m	1:52.28	(43.50)			
<hr/>							
		Naam	Cat	Vereniging	PR	Tijd Info	
38	gl bl	4	Ilse Mahieu	DN3	ISIS	1:41.81	<b>1:43.10</b>
		3	Angela van Bergeijk	DSB	YC IJSVRIENDEN	1:28.37	<b>1:34.28</b>
		Ilse Mahieu			Angela van Bergeijk		
		200m	23.85	(23.85)	200m	22.08	(22.08)
		600m	1:02.93	(39.08)	600m	57.00	(34.92)
		1000m	1:43.10	(40.17)	1000m	1:34.28	(37.28)
<hr/>							
		Naam	Cat	Vereniging	PR	Tijd Info	
39	wt rd	13	Patty van Hoorn	D50	BALLANGRUD	1:43.10	<b>1:45.01</b>
		23	Gerita Smallegoor	D50	BALLANGRUD	1:43.04	<b>1:50.37</b>
		Patty van Hoorn			Gerita Smallegoor		
		200m	25.44	(25.44)	200m	25.17	(25.17)
		600m	1:04.40	(38.96)	600m	1:06.25	(41.08)
		1000m	1:45.01	(40.61)	1000m	1:50.37	(44.12)
<hr/>							
		Naam	Cat	Vereniging	PR	Tijd Info	
40	gl bl	7	Rian Buitendijk	D55	BALLANGRUD	1:34.88	<b>1:43.04</b>
		28	Michelle van Sonsbeeck	D55	YCE	1:43.09	<b>1:47.48</b>
		Rian Buitendijk			Michelle van Sonsbeeck		
		200m	24.90	(24.90)	200m	25.53	(25.53)
		600m	1:03.28	(38.38)	600m	1:05.89	(40.36)
		1000m	1:43.04	(39.76)	1000m	1:47.48	(41.59)

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## 12. Uitslag HNS, HS, HM 1500 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	16 <b>Gijsbert Nieuwkoop</b>	H40	YC IJSVRIENDEN	48	I	<b>2:02.68</b>		
2	20 <b>Paul Hermans</b>	HSA	BALLANGRUD	44	I	<b>2:06.76</b>		
3	9 <b>Joost Hermans</b>	HSA	YCT	44	O	<b>2:07.53</b>		
4	19 <b>Marc Nieuwenhuijse</b>	H40	SV STRIENE	48	O	<b>2:09.60</b>		
5	5 <b>Arthur Zijlstra</b>	HN2	ISIS	41	I	<b>2:11.12</b>		
6	8 <b>Frank van den Eshof</b>	HSA	ISIS	43	I	<b>2:12.84</b>		
7	17 <b>Tade Salverda</b>	HSA	ISIS	43	O	<b>2:15.37</b>		
8	37 <b>Marc de Vrieze</b>	H45	SSC DE POEL	47	I	<b>2:15.60</b>		
9	15 <b>Pieter Pennings</b>	H55	BALLANGRUD	47	O	<b>2:22.55</b>		
10	24 <b>Hugo Hulleman</b>	HSA	ISIS	45	O	<b>2:25.40</b>		
11	11 <b>Peter van Horen</b>	H40	BALLANGRUD	46	O	<b>2:25.61</b>		
12	14 <b>Bart Kooyman</b>	H55	SV LIMSV	46	I	<b>2:25.86</b>		
13	12 <b>Johan Luttik</b>	H60	BALLANGRUD	45	I	<b>2:31.09</b>		

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## 12. Rituitslag HNS, HS, HM 1500 meter

		Naam	Cat	Vereniging	PR	Tijd Info
41	wt rd	5 <b>Arthur Zijlstra</b>	HN2	ISIS	2:04.92	<b>2:11.12</b>
		<b>Arthur Zijlstra</b>				
		300m	27.51	(27.51)	m	
		700m	59.49	(31.98)		
		1100m	1:34.17	(34.68)		
		1500m	2:11.12	(36.95)		
		Naam	Cat	Vereniging	PR	Tijd Info
42	gl bl					
		m		m		
		Naam	Cat	Vereniging	PR	Tijd Info
43	wt rd	8 <b>Frank van den Eshof</b>	HSA	ISIS	2:06.43	<b>2:12.84</b>
		17 <b>Tade Salverda</b>	HSA	ISIS	2:05.83	<b>2:15.37</b>
		<b>Frank van den Eshof</b>		<b>Tade Salverda</b>		
		300m	27.42	(27.42)	300m	29.02 (29.02)
		700m	59.47	(32.05)	700m	1:02.64 (33.62)
		1100m	1:34.52	(35.05)	1100m	1:38.13 (35.49)
		1500m	2:12.84	(38.32)	1500m	2:15.37 (37.24)
		Naam	Cat	Vereniging	PR	Tijd Info
44	gl bl	20 <b>Paul Hermans</b>	HSA	BALLANGRUD	2:04.44	<b>2:06.76</b>
		9 <b>Joost Hermans</b>	HSA	YCT	2:01.17	<b>2:07.53</b>
		<b>Paul Hermans</b>		<b>Joost Hermans</b>		
		300m	26.63	(26.63)	300m	28.21 (28.21)
		700m	57.28	(30.65)	700m	59.89 (31.68)
		1100m	1:30.61	(33.33)	1100m	1:33.00 (33.11)
		1500m	2:06.76	(36.15)	1500m	2:07.53 (34.53)

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		Naam	Cat	Vereniging	PR	Tijd Info
45	wt	12 <b>Johan Luttik</b>	H60	BALLANGRUD	2:22.40	<b>2:31.09</b>
	rd	24 <b>Hugo Hulleman</b>	HSA	ISIS	2:19.23	<b>2:25.40</b>
		<b>Johan Luttik</b>		<b>Hugo Hulleman</b>		
		300m 32.26 (32.26)		300m 30.97 (30.97)		
		700m 1:09.58 (37.32)		700m 1:07.15 (36.18)		
		1100m 1:49.36 (39.78)		1100m 1:45.69 (38.54)		
		1500m 2:31.09 (41.73)		1500m 2:25.40 (39.71)		

		Naam	Cat	Vereniging	PR	Tijd Info
46	gl	14 <b>Bart Kooyman</b>	H55	SV LIMSV	2:22.82	<b>2:25.86</b>
	bl	11 <b>Peter van Horen</b>	H40	BALLANGRUD	2:23.36	<b>2:25.61</b>
		<b>Bart Kooyman</b>		<b>Peter van Horen</b>		
		300m 31.11 (31.11)		300m 31.61 (31.61)		
		700m 1:08.51 (37.40)		700m 1:08.09 (36.48)		
		1100m 1:46.61 (38.10)		1100m 1:46.39 (38.30)		
		1500m 2:25.86 (39.25)		1500m 2:25.61 (39.22)		

		Naam	Cat	Vereniging	PR	Tijd Info
47	wt	37 <b>Marc de Vrieze</b>	H45	SSC DE POEL	2:03.83	<b>2:15.60</b>
	rd	15 <b>Pieter Pennings</b>	H55	BALLANGRUD	2:12.18	<b>2:22.55</b>
		<b>Marc de Vrieze</b>		<b>Pieter Pennings</b>		
		300m 30.35 (30.35)		300m 31.47 (31.47)		
		700m 1:04.11 (33.76)		700m 1:07.16 (35.69)		
		1100m 1:38.82 (34.71)		1100m 1:44.19 (37.03)		
		1500m 2:15.60 (36.78)		1500m 2:22.55 (38.36)		

		Naam	Cat	Vereniging	PR	Tijd Info
48	gl	16 <b>Gijsbert Nieuwkoop</b>	H40	YC IJSVRIENDEN	1:56.95	<b>2:02.68</b>
	bl	19 <b>Marc Nieuwenhuijse</b>	H40	SV STRIENE	2:08.42	<b>2:09.60</b>
		<b>Gijsbert Nieuwkoop</b>		<b>Marc Nieuwenhuijse</b>		
		300m 27.33 (27.33)		300m 29.21 (29.21)		
		700m 57.99 (30.66)		700m 1:01.54 (32.33)		
		1100m 1:29.83 (31.84)		1100m 1:35.15 (33.61)		
		1500m 2:02.68 (32.85)		1500m 2:09.60 (34.45)		

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## 13. Uitslag GAK 3k 3000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	41 Elise Kortleve	DB2	YA	49	O	5:37.01		
2	39 Dominique van Duuren	DB1	YCE	49	I	5:51.74		

## 13. Rituitslag GAK 3k 3000 meter

	Naam	Cat	Vereniging	PR	Tijd	Info
49	wt 39 Dominique van Duuren	DB1	YCE		5:51.74	
	rd 41 Elise Kortleve	DB2	YA	5:34.27	5:37.01	

### Dominique van Duuren

200m	25.24	(25.24)
600m	1:09.97	(44.73)
1000m	1:56.45	(46.48)
1400m	2:43.63	(47.18)
1800m	3:30.92	(47.29)
2200m	4:18.98	(48.06)
2600m	5:06.55	(47.57)
3000m	5:51.74	(45.19)

### Elise Kortleve

200m	23.77	(23.77)
600m	1:04.21	(40.44)
1000m	1:47.42	(43.21)
1400m	2:32.41	(44.99)
1800m	3:17.56	(45.15)
2200m	4:03.48	(45.92)
2600m	4:51.47	(47.99)
3000m	5:37.01	(45.54)

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## 14. Uitslag DB, DA 3000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	38 Karlijn Schellekens	DA1	SV VENNEN	50	I	4:52.56		
2	32 Roos de Vrieze	DB1	SSC DE POEL	51	O	5:17.88		
3	25 Lonneke Merkx	DB1	STC WVD BERK	51	I	5:18.28		

## 14. Rituitslag DB, DA 3000 meter

	Naam	Cat	Vereniging	PR	Tijd	Info
50	wt rd	38 Karlijn Schellekens	DA1	SV VENNEN	4:39.70	4:52.56

### Karlijn Schellekens

200m	21.32	(21.32)	m
600m	57.92	(36.60)	
1000m	1:35.43	(37.51)	
1400m	2:13.91	(38.48)	
1800m	2:52.80	(38.89)	
2200m	3:32.78	(39.98)	
2600m	4:13.13	(40.35)	
3000m	4:52.56	(39.43)	

	Naam	Cat	Vereniging	PR	Tijd	Info
51	gl bl	25 Lonneke Merkx	DB1	STC WVD BERK	5:09.47	5:18.28
		32 Roos de Vrieze	DB1	SSC DE POEL	5:13.52	5:17.88

### Lonneke Merkx

200m	23.30	(23.30)
600m	1:01.79	(38.49)
1000m	1:41.84	(40.05)
1400m	2:24.17	(42.33)
1800m	3:06.35	(42.18)
2200m	3:49.81	(43.46)
2600m	4:33.63	(43.82)
3000m	5:18.28	(44.65)

### Roos de Vrieze

200m	23.51	(23.51)
600m	1:01.94	(38.43)
1000m	1:42.89	(40.95)
1400m	2:24.79	(41.90)
1800m	3:07.18	(42.39)
2200m	3:50.47	(43.29)
2600m	4:35.53	(45.06)
3000m	5:17.88	(42.35)

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## 15. Uitslag DNS, DS, DM 3000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	3 <b>Angela van Bergeijk</b>	DSB	YC IJSVRIENDEN	53	O	<b>5:08.49</b>		
2	7 <b>Rian Buitendijk</b>	D55	BALLANGRUD	55	I	<b>5:32.75</b>		
3	13 <b>Patty van Hoorn</b>	D50	BALLANGRUD	54	I	<b>5:39.34</b>		
4	4 <b>Ilse Mahieu</b>	DN3	ISIS	53	I	<b>5:42.41</b>	PR	
5	28 <b>Michelle van Sonsbeeck</b>	D55	YCE	55	O	<b>5:43.31</b>		
6	22 <b>Noor van der Ster</b>	D65	BALLANGRUD	52	I	<b>5:50.34</b>		
7	23 <b>Gerita Smallegoor</b>	D50	BALLANGRUD	54	O	<b>6:01.63</b>		



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## 15. Rituitslag DNS, DS, DM 3000 meter

		Naam	Cat	Vereniging	PR	Tijd Info
52	wt rd	22 <b>Noor van der Ster</b>	D65	BALLANGRUD	4:46.97	<b>5:50.34</b>

### Noor van der Ster

200m	28.33	(28.33)	m
600m	1:14.33	(46.00)	
1000m	2:00.49	(46.16)	
1400m	2:46.20	(45.71)	
1800m	3:32.29	(46.09)	
2200m	4:18.15	(45.86)	
2600m	5:04.41	(46.26)	
3000m	5:50.34	(45.93)	

		Naam	Cat	Vereniging	PR	Tijd Info
53	gl	4 <b>Ilse Mahieu</b>	DN3	ISIS	5:51.82	<b>5:42.41</b> PR
	bl	3 <b>Angela van Bergeijk</b>	DSB	YC IJSVRIENDEN	4:45.18	<b>5:08.49</b>

### Ilse Mahieu

200m	25.38	(25.38)
600m	1:06.85	(41.47)
1000m	1:51.22	(44.37)
1400m	2:36.65	(45.43)
1800m	3:22.93	(46.28)
2200m	4:09.67	(46.74)
2600m	4:56.56	(46.89)
3000m	5:42.41	(45.85)

### Angela van Bergeijk

200m	23.32	(23.32)
600m	1:01.66	(38.34)
1000m	1:42.90	(41.24)
1400m	2:24.06	(41.16)
1800m	3:05.19	(41.13)
2200m	3:46.46	(41.27)
2600m	4:27.79	(41.33)
3000m	5:08.49	(40.70)

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		Naam		Cat	Vereniging	PR	Tijd Info
54	wt	13	<b>Patty van Hoorn</b>	D50	BALLANGRUD	5:30.27	<b>5:39.34</b>
	rd	23	<b>Gerita Smallegoor</b>	D50	BALLANGRUD	5:38.04	<b>6:01.63</b>
		<b>Patty van Hoorn</b>			<b>Gerita Smallegoor</b>		
		200m	26.75 (26.75)	200m	26.42 (26.42)		
		600m	1:09.19 (42.44)	600m	1:09.42 (43.00)		
		1000m	1:52.92 (43.73)	1000m	1:55.79 (46.37)		
		1400m	2:37.58 (44.66)	1400m	2:43.72 (47.93)		
		1800m	3:22.44 (44.86)	1800m	3:33.18 (49.46)		
		2200m	4:07.81 (45.37)	2200m	4:22.97 (49.79)		
		2600m	4:53.73 (45.92)	2600m	5:12.49 (49.52)		
		3000m	5:39.34 (45.61)	3000m	6:01.63 (49.14)		

		Naam		Cat	Vereniging	PR	Tijd Info
55	gl	7	<b>Rian Buitendijk</b>	D55	BALLANGRUD	4:58.77	<b>5:32.75</b>
	bl	28	<b>Michelle van Sonsbeeck</b>	D55	YCE	5:23.16	<b>5:43.31</b>
		<b>Rian Buitendijk</b>			<b>Michelle van Sonsbeeck</b>		
		200m	25.89 (25.89)	200m	26.10 (26.10)		
		600m	1:07.35 (41.46)	600m	1:08.28 (42.18)		
		1000m	1:49.87 (42.52)	1000m	1:53.00 (44.72)		
		1400m	2:34.19 (44.32)	1400m	2:38.33 (45.33)		
		1800m	3:18.85 (44.66)	1800m	3:24.34 (46.01)		
		2200m	4:03.66 (44.81)	2200m	4:10.97 (46.63)		
		2600m	4:48.52 (44.86)	2600m	4:57.78 (46.81)		
		3000m	5:32.75 (44.23)	3000m	5:43.31 (45.53)		

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## 16. Uitslag HB 3000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	27 Daan Segers	HB1	YCT	53	I	4:42.48		
2	26 Pim Boere	HB1	YCT	52	I	4:50.82		
3	35 Lars van de Griend	HB1	STC WVDBERK	53	O	4:51.19		
4	42 Marick Morsheim	HB1	VYC	52	O	5:12.80	PR	

## 16. Rituitslag HB 3000 meter

	Naam	Cat	Vereniging	PR	Tijd	Info
52	wt 26 Pim Boere	HB1	YCT	4:47.90	4:50.82	
	rd 42 Marick Morsheim	HB1	VYC	5:16.00	5:12.80	PR
	<b>Pim Boere</b>					
	200m	22.06	(22.06)	200m	22.78	(22.78)
	600m	58.93	(36.87)	600m	59.82	(37.04)
	1000m	1:37.84	(38.91)	1000m	1:39.32	(39.50)
	1400m	2:16.85	(39.01)	1400m	2:20.65	(41.33)
	1800m	2:55.18	(38.33)	1800m	3:03.08	(42.43)
	2200m	3:34.10	(38.92)	2200m	3:46.13	(43.05)
	2600m	4:13.18	(39.08)	2600m	4:30.00	(43.87)
	3000m	4:50.82	(37.64)	3000m	5:12.80	(42.80)

	Naam	Cat	Vereniging	PR	Tijd	Info
53	gl 27 Daan Segers	HB1	YCT	4:22.56	4:42.48	
	bl 35 Lars van de Griend	HB1	STC WVDBERK	4:46.49	4:51.19	
	<b>Daan Segers</b>					
	200m	20.75	(20.75)	200m	22.35	(22.35)
	600m	55.08	(34.33)	600m	58.00	(35.65)
	1000m	1:31.31	(36.23)	1000m	1:35.41	(37.41)
	1400m	2:08.00	(36.69)	1400m	2:14.10	(38.69)
	1800m	2:45.91	(37.91)	1800m	2:53.02	(38.92)
	2200m	3:24.49	(38.58)	2200m	3:32.31	(39.29)
	2600m	4:03.25	(38.76)	2600m	4:11.68	(39.37)
	3000m	4:42.48	(39.23)	3000m	4:51.19	(39.51)

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## 17. Uitslag HA 5000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	33 Teun van der Linden	HA2	SV VENNEN	55	I	7:36.13		
2	21 Boaz Buter	HA1	YA	55	O	7:57.57		
3	18 Max Eppinga	HA1	YA	54	I	7:58.55	PR	
4	29 Tom van Dijck	HA1	SV VENNEN	54	O	8:41.05	FL	

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## 17. Rituitslag HA 5000 meter

		Naam	Cat	Vereniging	PR	Tijd Info
54	wt	18 <b>Max Eppinga</b>	HA1	YA	8:18.05	<b>7:58.55 PR</b>
	rd	29 <b>Tom van Dijck</b>	HA1	SV VENNEN		<b>8:41.05 FL</b>
		<b>Max Eppinga</b>				<b>Tom van Dijck</b>
		200m	21.81 (21.81)	200m	22.64 (22.64)	
		600m	59.83 (38.02)	600m	1:00.92 (38.28)	
		1000m	1:38.68 (38.85)	1000m	1:47.16 (46.24)	
		1400m	2:17.07 (38.39)	1400m	2:29.21 (42.05)	
		1800m	2:54.75 (37.68)	1800m	3:09.53 (40.32)	
		2200m	3:33.59 (38.84)	2200m	3:50.43 (40.90)	
		2600m	4:12.67 (39.08)	2600m	4:31.01 (40.58)	
		3000m	4:50.75 (38.08)	3000m	5:12.30 (41.29)	
		3400m	5:29.34 (38.59)	3400m	5:53.77 (41.47)	
		3800m	6:07.18 (37.84)	3800m	6:36.08 (42.31)	
		4200m	6:44.94 (37.76)	4200m	7:18.19 (42.11)	
		4600m	7:22.75 (37.81)	4600m	8:00.65 (42.46)	
		5000m	7:58.55 (35.80)	5000m	8:41.05 (40.40)	

		Naam	Cat	Vereniging	PR	Tijd Info
55	gl	33 <b>Teun van der Linden</b>	HA2	SV VENNEN	7:14.16	<b>7:36.13</b>
	bl	21 <b>Boaz Buter</b>	HA1	YA		<b>7:57.57</b>
		<b>Teun van der Linden</b>				<b>Boaz Buter</b>
		200m	21.65 (21.65)	200m	21.72 (21.72)	
		600m	58.08 (36.43)	600m	57.80 (36.08)	
		1000m	1:34.87 (36.79)	1000m	1:35.53 (37.73)	
		1400m	2:12.66 (37.79)	1400m	2:13.02 (37.49)	
		1800m	2:49.57 (36.91)	1800m	2:50.50 (37.48)	
		2200m	3:26.55 (36.98)	2200m	3:28.20 (37.70)	
		2600m	4:03.89 (37.34)	2600m	4:06.45 (38.25)	
		3000m	4:40.45 (36.56)	3000m	4:44.94 (38.49)	
		3400m	5:16.81 (36.36)	3400m	5:23.82 (38.88)	
		3800m	5:52.43 (35.62)	3800m	6:02.72 (38.90)	
		4200m	6:27.39 (34.96)	4200m	6:41.42 (38.70)	
		4600m	7:02.66 (35.27)	4600m	7:19.77 (38.35)	
		5000m	7:36.13 (33.47)	5000m	7:57.57 (37.80)	

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## 18. Uitslag HNS, HS, HM 5000 meter

Pos	Naam	Cat	Vereniging	Paar	Baan	Tijd	Info	Punten
1	16 Gijsbert Nieuwkoop	H40	YC IJSVRIENDEN	65	I	7:28.41		
2	19 Marc Nieuwenhuijse	H40	SV STRIENE	65	O	7:39.68		
3	9 Joost Hermans	HSA	YCT	61	O	7:56.62		
4	34 Nomdo de Heer	HN3	YA	56	O	7:57.99		
5	40 Erik Agterdenbos	HSB	YCT	57	O	8:05.39		
6	17 Tade Salverda	HSA	ISIS	60	O	8:08.16		
7	20 Paul Hermans	HSA	BALLANGRUD	61	I	8:11.85	PR	
8	8 Frank van den Eshof	HSA	ISIS	60	I	8:21.27		
9	37 Marc de Vrieze	H45	SSC DE POEL	64	I	8:22.88		
10	5 Arthur Zijlstra	HN2	ISIS	58	I	8:24.81		
11	14 Bart Kooyman	H55	SV LIMSV	63	I	8:43.02		
12	15 Pieter Pennings	H55	BALLANGRUD	64	O	8:44.96		
13	24 Hugo Hulleman	HSA	ISIS	62	I	8:47.35		
14	36 johan sweep	H60	BALLANGRUD	56	I	8:50.41		
15	11 Peter van Horen	H40	BALLANGRUD	63	O	8:50.84	PR	
16	12 Johan Luttk	H60	BALLANGRUD	62	O	9:17.94		
17	30 Bram Luttk	HSA	ISIS	57	I	9:58.31		

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## 18. Rituitslag HNS, HS, HM 5000 meter

		Naam	Cat	Vereniging	PR	Tijd Info
56	wt	36 <b>johan sweep</b>	H60	BALLANGRUD	8:22.86	<b>8:50.41</b>
	rd	34 <b>Nomdo de Heer</b>	HN3	YA	8:11.55	<b>7:57.99</b>
		<b>johan sweep</b>		<b>Nomdo de Heer</b>		
		200m	24.17	(24.17)	200m	20.97 (20.97)
		600m	1:03.32	(39.15)	600m	57.38 (36.41)
		1000m	1:43.91	(40.59)	1000m	1:34.76 (37.38)
		1400m	2:25.71	(41.80)	1400m	2:12.03 (37.27)
		1800m	3:07.14	(41.43)	1800m	2:48.74 (36.71)
		2200m	3:49.09	(41.95)	2200m	3:25.64 (36.90)
		2600m	4:31.36	(42.27)	2600m	4:02.86 (37.22)
		3000m	5:14.34	(42.98)	3000m	4:40.37 (37.51)
		3400m	5:57.74	(43.40)	3400m	5:18.47 (38.10)
		3800m	6:40.01	(42.27)	3800m	5:57.74 (39.27)
		4200m	7:23.42	(43.41)	4200m	6:37.91 (40.17)
		4600m	8:07.29	(43.87)	4600m	7:18.60 (40.69)
		5000m	8:50.41	(43.12)	5000m	7:57.99 (39.39)

		Naam	Cat	Vereniging	PR	Tijd Info
57	gl	30 <b>Bram Luttik</b>	HSA	ISIS		<b>9:58.31</b>
	bl	40 <b>Erik Agterdenbos</b>	HSB	YCT	7:37.96	<b>8:05.39</b>
		<b>Bram Luttik</b>		<b>Erik Agterdenbos</b>		
		200m	24.63	(24.63)	200m	22.30 (22.30)
		600m	1:05.45	(40.82)	600m	1:00.97 (38.67)
		1000m	1:48.03	(42.58)	1000m	1:39.48 (38.51)
		1400m	2:32.38	(44.35)	1400m	2:18.07 (38.59)
		1800m	3:17.20	(44.82)	1800m	2:56.83 (38.76)
		2200m	4:03.70	(46.50)	2200m	3:36.27 (39.44)
		2600m	4:51.53	(47.83)	2600m	4:14.46 (38.19)
		3000m	5:41.22	(49.69)	3000m	4:52.76 (38.30)
		3400m	6:31.96	(50.74)	3400m	5:31.47 (38.71)
		3800m	7:22.12	(50.16)	3800m	6:10.89 (39.42)
		4200m	8:14.12	(52.00)	4200m	6:49.71 (38.82)
		4600m	9:06.20	(52.08)	4600m	7:27.69 (37.98)
		5000m	9:58.31	(52.11)	5000m	8:05.39 (37.70)





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		Naam	Cat	Vereniging	PR	Tijd Info
60	wt	8 <b>Frank van den Eshof</b>	HSA	ISIS	8:09.80	<b>8:21.27</b>
	rd	17 <b>Tade Salverda</b>	HSA	ISIS	7:54.20	<b>8:08.16</b>
		<b>Frank van den Eshof</b>	<b>Tade Salverda</b>			
		200m 21.57 (21.57)	200m 22.23 (22.23)			
		600m 58.92 (37.35)	600m 59.10 (36.87)			
		1000m 1:36.35 (37.43)	1000m 1:36.66 (37.56)			
		1400m 2:15.32 (38.97)	1400m 2:14.72 (38.06)			
		1800m 2:54.48 (39.16)	1800m 2:53.58 (38.86)			
		2200m 3:34.16 (39.68)	2200m 3:32.79 (39.21)			
		2600m 4:14.61 (40.45)	2600m 4:11.85 (39.06)			
		3000m 4:54.92 (40.31)	3000m 4:51.51 (39.66)			
		3400m 5:35.48 (40.56)	3400m 5:30.60 (39.09)			
		3800m 6:16.70 (41.22)	3800m 6:10.07 (39.47)			
		4200m 6:58.22 (41.52)	4200m 6:49.44 (39.37)			
		4600m 7:40.20 (41.98)	4600m 7:28.67 (39.23)			
		5000m 8:21.27 (41.07)	5000m 8:08.16 (39.49)			

		Naam	Cat	Vereniging	PR	Tijd Info
61	gl	20 <b>Paul Hermans</b>	HSA	BALLANGRUD	8:18.40	<b>8:11.85 PR</b>
	bl	9 <b>Joost Hermans</b>	HSA	YCT	7:25.36	<b>7:56.62</b>
		<b>Paul Hermans</b>	<b>Joost Hermans</b>			
		200m 23.02 (23.02)	200m 22.88 (22.88)			
		600m 1:01.30 (38.28)	600m 1:01.30 (38.42)			
		1000m 1:39.81 (38.51)	1000m 1:39.79 (38.49)			
		1400m 2:18.98 (39.17)	1400m 2:17.20 (37.41)			
		1800m 2:57.04 (38.06)	1800m 2:54.98 (37.78)			
		2200m 3:35.22 (38.18)	2200m 3:32.73 (37.75)			
		2600m 4:14.25 (39.03)	2600m 4:10.69 (37.96)			
		3000m 4:53.48 (39.23)	3000m 4:48.60 (37.91)			
		3400m 5:32.92 (39.44)	3400m 5:26.57 (37.97)			
		3800m 6:12.91 (39.99)	3800m 6:04.30 (37.73)			
		4200m 6:52.89 (39.98)	4200m 6:41.90 (37.60)			
		4600m 7:32.71 (39.82)	4600m 7:19.02 (37.12)			
		5000m 8:11.85 (39.14)	5000m 7:56.62 (37.60)			

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		Naam	Cat	Vereniging	PR	Tijd Info
62	wt	24 <b>Hugo Hulleman</b>	HSA	ISIS	8:39.48	<b>8:47.35</b>
	rd	12 <b>Johan Luttik</b>	H60	BALLANGRUD		<b>9:17.94</b>
		<b>Hugo Hulleman</b>		<b>Johan Luttik</b>		
		200m	23.92 (23.92)	200m	27.10 (27.10)	
		600m	1:02.59 (38.67)	600m	1:08.77 (41.67)	
		1000m	1:42.73 (40.14)	1000m	1:51.83 (43.06)	
		1400m	2:23.88 (41.15)	1400m	2:35.98 (44.15)	
		1800m	3:04.99 (41.11)	1800m	3:19.73 (43.75)	
		2200m	3:46.66 (41.67)	2200m	4:03.99 (44.26)	
		2600m	4:29.29 (42.63)	2600m	4:48.70 (44.71)	
		3000m	5:12.21 (42.92)	3000m	5:33.79 (45.09)	
		3400m	5:55.07 (42.86)	3400m	6:18.51 (44.72)	
		3800m	6:38.06 (42.99)	3800m	7:03.32 (44.81)	
		4200m	7:21.20 (43.14)	4200m	7:49.03 (45.71)	
		4600m	8:04.64 (43.44)	4600m	8:33.11 (44.08)	
		5000m	8:47.35 (42.71)	5000m	9:17.94 (44.83)	

		Naam	Cat	Vereniging	PR	Tijd Info
63	gl	14 <b>Bart Kooyman</b>	H55	SV LIMSV	8:41.06	<b>8:43.02</b>
	bl	11 <b>Peter van Horen</b>	H40	BALLANGRUD	8:53.70	<b>8:50.84 PR</b>
		<b>Bart Kooyman</b>		<b>Peter van Horen</b>		
		200m	25.03 (25.03)	200m	25.62 (25.62)	
		600m	1:06.03 (41.00)	600m	1:05.25 (39.63)	
		1000m	1:46.08 (40.05)	1000m	1:46.10 (40.85)	
		1400m	2:27.08 (41.00)	1400m	2:26.78 (40.68)	
		1800m	3:07.60 (40.52)	1800m	3:08.20 (41.42)	
		2200m	3:49.05 (41.45)	2200m	3:50.04 (41.84)	
		2600m	4:30.39 (41.34)	2600m	4:32.40 (42.36)	
		3000m	5:12.25 (41.86)	3000m	5:15.85 (43.45)	
		3400m	5:54.33 (42.08)	3400m	5:59.45 (43.60)	
		3800m	6:36.48 (42.15)	3800m	6:43.24 (43.79)	
		4200m	7:18.47 (41.99)	4200m	7:26.63 (43.39)	
		4600m	8:01.20 (42.73)	4600m	8:09.12 (42.49)	
		5000m	8:43.02 (41.82)	5000m	8:50.84 (41.72)	

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		Naam	Cat	Vereniging	PR	Tijd Info
64	wt	37 <b>Marc de Vrieze</b>	H45	SSC DE POEL	7:40.38	<b>8:22.88</b>
	rd	15 <b>Pieter Pennings</b>	H55	BALLANGRUD	7:56.21	<b>8:44.96</b>
		<b>Marc de Vrieze</b>		<b>Pieter Pennings</b>		
		200m 24.97 (24.97)		200m 24.73 (24.73)		
		600m 1:03.56 (38.59)		600m 1:04.58 (39.85)		
		1000m 1:43.36 (39.80)		1000m 1:45.98 (41.40)		
		1400m 2:23.73 (40.37)		1400m 2:27.87 (41.89)		
		1800m 3:03.45 (39.72)		1800m 3:09.94 (42.07)		
		2200m 3:42.60 (39.15)		2200m 3:51.95 (42.01)		
		2600m 4:21.78 (39.18)		2600m 4:34.26 (42.31)		
		3000m 5:01.53 (39.75)		3000m 5:16.78 (42.52)		
		3400m 5:40.82 (39.29)		3400m 5:59.13 (42.35)		
		3800m 6:20.87 (40.05)		3800m 6:41.41 (42.28)		
		4200m 7:01.32 (40.45)		4200m 7:23.03 (41.62)		
		4600m 7:41.70 (40.38)		4600m 8:04.28 (41.25)		
		5000m 8:22.88 (41.18)		5000m 8:44.96 (40.68)		

		Naam	Cat	Vereniging	PR	Tijd Info
65	gl	16 <b>Gijsbert Nieuwkoop</b>	H40	YC IJSVRIENDEN	6:56.11	<b>7:28.41</b>
	bl	19 <b>Marc Nieuwenhuijse</b>	H40	SV STRIENE	7:27.19	<b>7:39.68</b>
		<b>Gijsbert Nieuwkoop</b>		<b>Marc Nieuwenhuijse</b>		
		200m 21.30 (21.30)		200m 23.33 (23.33)		
		600m 55.85 (34.55)		600m 58.83 (35.50)		
		1000m 1:31.20 (35.35)		1000m 1:34.67 (35.84)		
		1400m 2:07.12 (35.92)		1400m 2:10.53 (35.86)		
		1800m 2:42.84 (35.72)		1800m 2:46.55 (36.02)		
		2200m 3:18.53 (35.69)		2200m 3:23.05 (36.50)		
		2600m 3:54.48 (35.95)		2600m 3:59.77 (36.72)		
		3000m 4:30.61 (36.13)		3000m 4:36.19 (36.42)		
		3400m 5:06.53 (35.92)		3400m 5:12.72 (36.53)		
		3800m 5:42.19 (35.66)		3800m 5:49.27 (36.55)		
		4200m 6:17.76 (35.57)		4200m 6:25.99 (36.72)		
		4600m 6:52.97 (35.21)		4600m 7:02.76 (36.77)		
		5000m 7:28.41 (35.44)		5000m 7:39.68 (36.92)		