

**1. Uitslag Dames 5000 meter**

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	58 Eline van Voorden	DA1	3	I	7:39.19	TRC	
2	23 Denise van der Hulst	DN2	4	O	7:51.15	PR	
3	6 Evelieke Kool	DA1	1	I	8:11.28	PR	
4	32 Ella van Vloten	DA2	4	I	8:11.32		
5	19 Amy van der Meer	DB2	3	O	8:16.48		
6	61 Madelief de Jong	DA2	1	O	8:23.19	PR	
7	9 Inger van Dok	DA1	2	I	8:46.14		
8	12 Sandra van Bijlert-Burgerhout	D40	2	O	8:48.45		

### 1. Rituitslag Dames 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	6 <b>Evelieke Kool</b>	DA1	8:19.29	<b>8:11.28</b>	PR
	rd	61 <b>Madelief de Jong</b>	DA2	8:39.36	<b>8:23.19</b>	PR
		<u>Evelieke Kool</u>				
		200m	22.30 (22.30)			
		600m	58.27 (35.97)			
		1000m	1:35.25 (36.98)			
		1400m	2:13.23 (37.98)			
		1800m	2:51.82 (38.59)			
		2200m	3:30.76 (38.94)			
		2600m	4:10.17 (39.41)			
		3000m	4:49.20 (39.03)			
		3400m	5:29.15 (39.95)			
		3800m	6:09.54 (40.39)			
		4200m	6:50.55 (41.01)			
		4600m	7:30.97 (40.42)			
		5000m	8:11.28 (40.31)			
		<u>Madelief de Jong</u>				
		200m	22.23 (22.23)			
		600m	58.51 (36.28)			
		1000m	1:36.65 (38.14)			
		1400m	2:15.67 (39.02)			
		1800m	2:55.36 (39.69)			
		2200m	3:36.26 (40.90)			
		2600m	4:17.52 (41.26)			
		3000m	4:58.61 (41.09)			
		3400m	5:40.31 (41.70)			
		3800m	6:22.60 (42.29)			
		4200m	7:03.51 (40.91)			
		4600m	7:43.22 (39.71)			
		5000m	8:23.19 (39.97)			

		Naam	Cat	PR	Tijd	Info
2	gl	9 <b>Inger van Dok</b>	DA1	8:30.40	<b>8:46.14</b>	
	bl	12 <b>Sandra van Bijlert-Burgerhout</b>	D40	8:25.95	<b>8:48.45</b>	
		<u>Inger van Dok</u>				
		200m	22.95 (22.95)			
		600m	1:01.76 (38.81)			
		1000m	1:41.79 (40.03)			
		1400m	2:22.03 (40.24)			
		1800m	3:03.15 (41.12)			
		2200m	3:44.77 (41.62)			
		2600m	4:27.22 (42.45)			
		3000m	5:10.51 (43.29)			
		3400m	5:53.98 (43.47)			
		3800m	6:37.76 (43.78)			
		4200m	7:21.60 (43.84)			
		4600m	8:05.10 (43.50)			
		5000m	8:46.14 (41.04)			
		<u>Sandra van Bijlert-Burgerhout</u>				
		200m	23.67 (23.67)			
		600m	1:02.83 (39.16)			
		1000m	1:43.10 (40.27)			
		1400m	2:24.06 (40.96)			
		1800m	3:05.92 (41.86)			
		2200m	3:47.75 (41.83)			
		2600m	4:30.16 (42.41)			
		3000m	5:12.55 (42.39)			
		3400m	5:55.97 (43.42)			
		3800m	6:38.82 (42.85)			
		4200m	7:21.92 (43.10)			
		4600m	8:04.83 (42.91)			
		5000m	8:48.45 (43.62)			

		Naam	Cat	PR	Tijd	Info	
3	wt	58 <b>Eline van Voorden</b>	DA1	7:35.56	<b>7:39.19</b>	TRC	
	rd	19 <b>Amy van der Meer</b>	DB2		<b>8:16.48</b>		
		<u>Eline van Voorden</u>			<u>Amy van der Meer</u>		
		200m	21.99 (21.99)	200m	22.76 (22.76)		
		600m	57.20 (35.21)	600m	59.72 (36.96)		
		1000m	1:33.09 (35.89)	1000m	1:36.84 (37.12)		
		1400m	2:09.48 (36.39)	1400m	2:14.59 (37.75)		
		1800m	2:45.65 (36.17)	1800m	2:53.04 (38.45)		
		2200m	3:21.82 (36.17)	2200m	3:31.70 (38.66)		
		2600m	3:57.79 (35.97)	2600m	4:10.91 (39.21)		
		3000m	4:34.25 (36.46)	3000m	4:50.88 (39.97)		
		3400m	5:10.76 (36.51)	3400m	5:31.17 (40.29)		
		3800m	5:47.58 (36.82)	3800m	6:12.26 (41.09)		
		4200m	6:24.53 (36.95)	4200m	6:53.83 (41.57)		
		4600m	7:01.96 (37.43)	4600m	7:34.85 (41.02)		
		5000m	7:39.19 (37.23)	5000m	8:16.48 (41.63)		

		Naam	Cat	PR	Tijd	Info	
4	gl	32 <b>Ella van Vloten</b>	DA2	8:08.71	<b>8:11.32</b>		
	bl	23 <b>Denise van der Hulst</b>	DN2	7:55.78	<b>7:51.15</b>	PR	
		<u>Ella van Vloten</u>			<u>Denise van der Hulst</u>		
		200m	22.93 (22.93)	200m	22.21 (22.21)		
		600m	59.30 (36.37)	600m	57.72 (35.51)		
		1000m	1:36.47 (37.17)	1000m	1:35.12 (37.40)		
		1400m	2:14.41 (37.94)	1400m	2:12.57 (37.45)		
		1800m	2:52.20 (37.79)	1800m	2:49.51 (36.94)		
		2200m	3:31.27 (39.07)	2200m	3:26.75 (37.24)		
		2600m	4:10.21 (38.94)	2600m	4:04.04 (37.29)		
		3000m	4:49.65 (39.44)	3000m	4:41.96 (37.92)		
		3400m	5:29.51 (39.86)	3400m	5:20.01 (38.05)		
		3800m	6:10.06 (40.55)	3800m	5:58.00 (37.99)		
		4200m	6:50.70 (40.64)	4200m	6:35.75 (37.75)		
		4600m	7:31.93 (41.23)	4600m	7:13.39 (37.64)		
		5000m	8:11.32 (39.39)	5000m	7:51.15 (37.76)		

## 2. Uitslag Heren 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	38 <b>Wouter Tel</b>	HSA	12	O	<b>14:34.75</b>	PR	
2	2 <b>Berend Bervoets</b>	HN1	13	I	<b>14:44.89</b>		
3	53 <b>Douwe Boonstra</b>	HN1	8	I	<b>14:53.41</b>	PR	
4	7 <b>Viktor Toonen</b>	HSA	10	I	<b>14:59.34</b>		
5	34 <b>Luc Heine</b>	HN2	11	O	<b>15:00.04</b>	PR	
6	64 <b>Kees Heemskerk</b>	HSA	14	I	<b>15:00.46</b>		
7	33 <b>Wesley Hollenberg</b>	HA2	12	I	<b>15:02.58</b>		
8	46 <b>Jesse Vollaard</b>	HB1	7	O	<b>15:14.06</b>		
9	39 <b>Jan-Willem Broos</b>	HSA	8	O	<b>15:18.39</b>		
10	43 <b>Ronald Ligtenberg</b>	HN4	10	O	<b>15:19.06</b>		
11	63 <b>Lennart Jasche</b>	HA1	11	I	<b>15:20.31</b>		
12	21 <b>Stan van der Hulst</b>	HA2	9	I	<b>15:20.78</b>	PR	
13	57 <b>Remco Langemaire</b>	HA1	5	I	<b>15:39.67</b>		
14	8 <b>Michiel Kok</b>	HA2	7	I	<b>15:41.79</b>	PR	
15	4 <b>Lasse Hiddink</b>	HA1	9	O	<b>15:49.40</b>		
16	15 <b>Pieter Tieme Weenink</b>	HA1	6	O	<b>15:50.70</b>	PR	
17	42 <b>Danny Verdel</b>	HB1	5	O	<b>15:51.99</b>		
18	35 <b>Tristan Hagen</b>	HA2	6	I	<b>15:59.15</b>	PR	
19	13 <b>Evert Jan van Dijk</b>	H40	13	O	<b>16:53.72</b>		
	22 <b>Mark van der Hulst</b>	HN4	14	O		DNF	

## 2. Rituitslag Heren 10000 meter

	Naam	Cat	PR	Tijd	Info
5	wt	57 <b>Remco Langemaire</b>	HA1	<b>15:39.67</b>	
	rd	42 <b>Danny Verdel</b>	HB1	<b>15:51.99</b>	
	<u>Remco Langemaire</u>		<u>Danny Verdel</u>		
	400m	37.93 (37.93)	400m	37.57 (37.57)	
	800m	1:12.62 (34.69)	800m	1:12.19 (34.62)	
	1200m	1:48.50 (35.88)	1200m	1:47.54 (35.35)	
	1600m	2:23.93 (35.43)	1600m	2:23.15 (35.61)	
	2000m	2:59.78 (35.85)	2000m	2:58.96 (35.81)	
	2400m	3:35.66 (35.88)	2400m	3:35.69 (36.73)	
	2800m	4:11.76 (36.10)	2800m	4:12.09 (36.40)	
	3200m	4:48.10 (36.34)	3200m	4:49.05 (36.96)	
	3600m	5:24.64 (36.54)	3600m	5:25.84 (36.79)	
	4000m	6:01.63 (36.99)	4000m	6:03.03 (37.19)	
	4400m	6:39.09 (37.46)	4400m	6:40.77 (37.74)	
	4800m	7:16.24 (37.15)	4800m	7:18.83 (38.06)	
	5200m	7:53.05 (36.81)	5200m	7:56.81 (37.98)	
	5600m	8:30.52 (37.47)	5600m	8:35.63 (38.82)	
	6000m	9:09.05 (38.53)	6000m	9:14.46 (38.83)	
	6400m	9:48.07 (39.02)	6400m	9:54.00 (39.54)	
	6800m	10:26.80 (38.73)	6800m	10:33.20 (39.20)	
	7200m	11:05.36 (38.56)	7200m	11:13.18 (39.98)	
	7600m	11:44.34 (38.98)	7600m	11:52.57 (39.39)	
	8000m	12:23.16 (38.82)	8000m	12:32.25 (39.68)	
	8400m	13:02.69 (39.53)	8400m	13:12.31 (40.06)	
	8800m	13:41.85 (39.16)	8800m	13:52.94 (40.63)	
	9200m	14:21.61 (39.76)	9200m	14:32.43 (39.49)	
	9600m	15:00.79 (39.18)	9600m	15:12.31 (39.88)	
	10000m	15:39.67 (38.88)	10000m	15:51.99 (39.68)	

		Naam	Cat	PR	Tijd	Info
6	gl	35 <b>Tristan Hagen</b>	HA2	16:16.24	<b>15:59.15</b>	PR
	bl	15 <b>Pieter Tieme Weenink</b>	HA1	16:49.40	<b>15:50.70</b>	PR

**Tristan Hagen**

400m	40.35	(40.35)
800m	1:15.93	(35.58)
1200m	1:53.17	(37.24)
1600m	2:29.98	(36.81)
2000m	3:07.60	(37.62)
2400m	3:44.84	(37.24)
2800m	4:22.98	(38.14)
3200m	4:59.46	(36.48)
3600m	5:37.35	(37.89)
4000m	6:15.94	(38.59)
4400m	6:54.71	(38.77)
4800m	7:32.79	(38.08)
5200m	8:11.92	(39.13)
5600m	8:50.84	(38.92)
6000m	9:29.85	(39.01)
6400m	10:08.23	(38.38)
6800m	10:46.76	(38.53)
7200m	11:25.42	(38.66)
7600m	12:04.46	(39.04)
8000m	12:43.69	(39.23)
8400m	13:23.33	(39.64)
8800m	14:02.47	(39.14)
9200m	14:41.43	(38.96)
9600m	15:20.47	(39.04)
10000m	15:59.15	(38.68)

**Pieter Tieme Weenink**

400m	40.17	(40.17)
800m	1:17.02	(36.85)
1200m	1:54.44	(37.42)
1600m	2:31.66	(37.22)
2000m	3:08.89	(37.23)
2400m	3:46.20	(37.31)
2800m	4:23.73	(37.53)
3200m	5:01.22	(37.49)
3600m	5:39.09	(37.87)
4000m	6:17.25	(38.16)
4400m	6:55.00	(37.75)
4800m	7:32.97	(37.97)
5200m	8:11.23	(38.26)
5600m	8:50.51	(39.28)
6000m	9:28.38	(37.87)
6400m	10:06.10	(37.72)
6800m	10:44.35	(38.25)
7200m	11:22.75	(38.40)
7600m	12:00.81	(38.06)
8000m	12:39.28	(38.47)
8400m	13:18.08	(38.80)
8800m	13:56.36	(38.28)
9200m	14:34.40	(38.04)
9600m	15:12.87	(38.47)
10000m	15:50.70	(37.83)

		Naam	Cat	PR	Tijd Info
7	wt	8 <b>Michiel Kok</b>	HA2	16:02.42	<b>15:41.79</b> PR
	rd	46 <b>Jesse Vollaard</b>	HB1		<b>15:14.06</b>

**Michiel Kok**

400m	41.55	(41.55)
800m	1:18.95	(37.40)
1200m	1:56.18	(37.23)
1600m	2:33.37	(37.19)
2000m	3:11.07	(37.70)
2400m	3:48.73	(37.66)
2800m	4:26.45	(37.72)
3200m	5:03.61	(37.16)
3600m	5:40.78	(37.17)
4000m	6:17.97	(37.19)
4400m	6:55.53	(37.56)
4800m	7:33.23	(37.70)
5200m	8:10.93	(37.70)
5600m	8:48.69	(37.76)
6000m	9:26.34	(37.65)
6400m	10:03.87	(37.53)
6800m	10:41.39	(37.52)
7200m	11:18.81	(37.42)
7600m	11:56.45	(37.64)
8000m	12:34.41	(37.96)
8400m	13:11.64	(37.23)
8800m	13:49.13	(37.49)
9200m	14:26.85	(37.72)
9600m	15:04.34	(37.49)
10000m	15:41.79	(37.45)

**Jesse Vollaard**

400m	39.21	(39.21)
800m	1:14.25	(35.04)
1200m	1:49.80	(35.55)
1600m	2:25.72	(35.92)
2000m	3:01.85	(36.13)
2400m	3:38.13	(36.28)
2800m	4:14.74	(36.61)
3200m	4:51.28	(36.54)
3600m	5:27.44	(36.16)
4000m	6:04.32	(36.88)
4400m	6:41.12	(36.80)
4800m	7:18.30	(37.18)
5200m	7:54.95	(36.65)
5600m	8:32.12	(37.17)
6000m	9:09.27	(37.15)
6400m	9:46.55	(37.28)
6800m	10:23.69	(37.14)
7200m	11:01.44	(37.75)
7600m	11:37.76	(36.32)
8000m	12:14.65	(36.89)
8400m	12:50.78	(36.13)
8800m	13:27.25	(36.47)
9200m	14:03.52	(36.27)
9600m	14:39.83	(36.31)
10000m	15:14.06	(34.23)

		Naam	Cat	PR	Tijd	Info
8	gl	53 <b>Douwe Boonstra</b>	HN1	15:28.78	<b>14:53.41</b>	PR
	bl	39 <b>Jan-Willem Broos</b>	HSA	14:57.70	<b>15:18.39</b>	

**Douwe Boonstra**

400m	38.18	(38.18)
800m	1:12.28	(34.10)
1200m	1:47.71	(35.43)
1600m	2:22.50	(34.79)
2000m	2:57.63	(35.13)
2400m	3:32.70	(35.07)
2800m	4:07.86	(35.16)
3200m	4:43.02	(35.16)
3600m	5:19.22	(36.20)
4000m	5:55.04	(35.82)
4400m	6:31.06	(36.02)
4800m	7:07.13	(36.07)
5200m	7:43.28	(36.15)
5600m	8:19.20	(35.92)
6000m	8:55.47	(36.27)
6400m	9:30.97	(35.50)
6800m	10:06.44	(35.47)
7200m	10:41.81	(35.37)
7600m	11:17.10	(35.29)
8000m	11:52.96	(35.86)
8400m	12:29.04	(36.08)
8800m	13:05.31	(36.27)
9200m	13:41.65	(36.34)
9600m	14:17.75	(36.10)
10000m	14:53.41	(35.66)

**Jan-Willem Broos**

400m	37.94	(37.94)
800m	1:13.15	(35.21)
1200m	1:48.78	(35.63)
1600m	2:24.50	(35.72)
2000m	3:00.26	(35.76)
2400m	3:36.36	(36.10)
2800m	4:12.36	(36.00)
3200m	4:49.11	(36.75)
3600m	5:25.68	(36.57)
4000m	6:02.07	(36.39)
4400m	6:38.76	(36.69)
4800m	7:15.21	(36.45)
5200m	7:51.15	(35.94)
5600m	8:27.38	(36.23)
6000m	9:03.81	(36.43)
6400m	9:39.74	(35.93)
6800m	10:16.17	(36.43)
7200m	10:53.18	(37.01)
7600m	11:30.18	(37.00)
8000m	12:07.44	(37.26)
8400m	12:45.33	(37.89)
8800m	13:23.83	(38.50)
9200m	14:02.01	(38.18)
9600m	14:40.25	(38.24)
10000m	15:18.39	(38.14)



		Naam	Cat	PR	Tijd	Info
9	wt	21 <b>Stan van der Hulst</b>	HA2	15:21.78	<b>15:20.78</b>	PR
	rd	4 <b>Lasse Hiddink</b>	HA1		<b>15:49.40</b>	

**Stan van der Hulst**

**Lasse Hiddink**

400m	39.02	(39.02)	400m	38.98	(38.98)
800m	1:13.93	(34.91)	800m	1:14.68	(35.70)
1200m	1:49.69	(35.76)	1200m	1:50.56	(35.88)
1600m	2:25.15	(35.46)	1600m	2:26.43	(35.87)
2000m	3:00.57	(35.42)	2000m	3:02.25	(35.82)
2400m	3:35.76	(35.19)	2400m	3:37.82	(35.57)
2800m	4:11.68	(35.92)	2800m	4:14.11	(36.29)
3200m	4:47.32	(35.64)	3200m	4:50.37	(36.26)
3600m	5:23.53	(36.21)	3600m	5:27.04	(36.67)
4000m	6:00.03	(36.50)	4000m	6:04.06	(37.02)
4400m	6:36.87	(36.84)	4400m	6:41.10	(37.04)
4800m	7:13.61	(36.74)	4800m	7:18.34	(37.24)
5200m	7:50.87	(37.26)	5200m	7:56.39	(38.05)
5600m	8:27.89	(37.02)	5600m	8:34.77	(38.38)
6000m	9:05.17	(37.28)	6000m	9:13.69	(38.92)
6400m	9:42.72	(37.55)	6400m	9:53.65	(39.96)
6800m	10:20.07	(37.35)	6800m	10:32.74	(39.09)
7200m	10:57.62	(37.55)	7200m	11:12.09	(39.35)
7600m	11:34.61	(36.99)	7600m	11:52.64	(40.55)
8000m	12:11.99	(37.38)	8000m	12:33.38	(40.74)
8400m	12:49.44	(37.45)	8400m	13:13.79	(40.41)
8800m	13:27.50	(38.06)	8800m	13:54.70	(40.91)
9200m	14:06.22	(38.72)	9200m	14:35.71	(41.01)
9600m	14:44.55	(38.33)	9600m	15:14.05	(38.34)
10000m	15:20.78	(36.23)	10000m	15:49.40	(35.35)

		Naam	Cat	PR	Tijd	Info
10	gl	7 <b>Viktor Toonen</b>	HSA		<b>14:59.34</b>	
	bl	43 <b>Ronald Ligtenberg</b>	HN4	14:23.03	<b>15:19.06</b>	

**Viktor Toonen**

**Ronald Ligtenberg**

400m	38.19	(38.19)	400m	38.73	(38.73)
800m	1:13.22	(35.03)	800m	1:14.11	(35.38)
1200m	1:48.67	(35.45)	1200m	1:49.83	(35.72)
1600m	2:24.14	(35.47)	1600m	2:25.65	(35.82)
2000m	2:59.32	(35.18)	2000m	3:01.70	(36.05)
2400m	3:34.92	(35.60)	2400m	3:37.80	(36.10)
2800m	4:10.46	(35.54)	2800m	4:14.06	(36.26)
3200m	4:46.32	(35.86)	3200m	4:50.36	(36.30)
3600m	5:21.98	(35.66)	3600m	5:26.83	(36.47)
4000m	5:57.59	(35.61)	4000m	6:03.42	(36.59)
4400m	6:33.52	(35.93)	4400m	6:40.30	(36.88)
4800m	7:09.11	(35.59)	4800m	7:16.92	(36.62)
5200m	7:44.94	(35.83)	5200m	7:53.65	(36.73)
5600m	8:20.74	(35.80)	5600m	8:30.42	(36.77)
6000m	8:56.69	(35.95)	6000m	9:07.42	(37.00)
6400m	9:33.07	(36.38)	6400m	9:44.27	(36.85)
6800m	10:09.17	(36.10)	6800m	10:21.38	(37.11)
7200m	10:45.31	(36.14)	7200m	10:58.56	(37.18)
7600m	11:21.55	(36.24)	7600m	11:36.15	(37.59)
8000m	11:57.89	(36.34)	8000m	12:13.31	(37.16)
8400m	12:34.45	(36.56)	8400m	12:50.68	(37.37)
8800m	13:11.15	(36.70)	8800m	13:28.15	(37.47)
9200m	13:47.89	(36.74)	9200m	14:05.68	(37.53)
9600m	14:23.60	(35.71)	9600m	14:42.79	(37.11)
10000m	14:59.34	(35.74)	10000m	15:19.06	(36.27)

		Naam	Cat	PR	Tijd	Info
11	wt	63 <b>Lennart Jasche</b>	HA1		<b>15:20.31</b>	
	rd	34 <b>Luc Heine</b>	HN2	15:35.75	<b>15:00.04</b>	PR

**Lennart Jasche**

**Luc Heine**

400m	37.54	(37.54)		400m	37.69	(37.69)
800m	1:12.78	(35.24)		800m	1:13.16	(35.47)
1200m	1:49.92	(37.14)		1200m	1:49.03	(35.87)
1600m	2:25.61	(35.69)		1600m	2:24.87	(35.84)
2000m	3:01.46	(35.85)		2000m	3:00.65	(35.78)
2400m	3:37.19	(35.73)		2400m	3:36.56	(35.91)
2800m	4:13.46	(36.27)		2800m	4:12.25	(35.69)
3200m	4:49.60	(36.14)		3200m	4:48.39	(36.14)
3600m	5:26.39	(36.79)		3600m	5:24.53	(36.14)
4000m	6:03.07	(36.68)		4000m	6:00.81	(36.28)
4400m	6:39.79	(36.72)		4400m	6:36.69	(35.88)
4800m	7:16.59	(36.80)		4800m	7:12.84	(36.15)
5200m	7:53.56	(36.97)		5200m	7:48.98	(36.14)
5600m	8:30.89	(37.33)		5600m	8:25.28	(36.30)
6000m	9:08.35	(37.46)		6000m	9:01.63	(36.35)
6400m	9:45.90	(37.55)		6400m	9:38.17	(36.54)
6800m	10:23.59	(37.69)		6800m	10:14.51	(36.34)
7200m	11:01.22	(37.63)		7200m	10:50.95	(36.44)
7600m	11:38.51	(37.29)		7600m	11:26.83	(35.88)
8000m	12:16.89	(38.38)		8000m	12:02.99	(36.16)
8400m	12:54.54	(37.65)		8400m	12:38.82	(35.83)
8800m	13:31.43	(36.89)		8800m	13:14.64	(35.82)
9200m	14:08.42	(36.99)		9200m	13:50.25	(35.61)
9600m	14:44.65	(36.23)		9600m	14:25.78	(35.53)
10000m	15:20.31	(35.66)		10000m	15:00.04	(34.26)

		Naam	Cat	PR	Tijd Info
12	gl	33 <b>Wesley Hollenberg</b>	HA2	14:31.81	<b>15:02.58</b>
	bl	38 <b>Wouter Tel</b>	HSA	14:38.79	<b>14:34.75</b> PR

**Wesley Hollenberg**

**Wouter Tel**

400m	37.40	(37.40)	400m	36.64	(36.64)
800m	1:11.70	(34.30)	800m	1:10.83	(34.19)
1200m	1:47.21	(35.51)	1200m	1:45.48	(34.65)
1600m	2:23.03	(35.82)	1600m	2:20.55	(35.07)
2000m	2:58.79	(35.76)	2000m	2:55.62	(35.07)
2400m	3:34.61	(35.82)	2400m	3:30.53	(34.91)
2800m	4:10.81	(36.20)	2800m	4:05.24	(34.71)
3200m	4:46.54	(35.73)	3200m	4:40.33	(35.09)
3600m	5:22.28	(35.74)	3600m	5:15.29	(34.96)
4000m	5:58.26	(35.98)	4000m	5:50.46	(35.17)
4400m	6:34.50	(36.24)	4400m	6:24.87	(34.41)
4800m	7:10.90	(36.40)	4800m	6:59.86	(34.99)
5200m	7:47.61	(36.71)	5200m	7:34.55	(34.69)
5600m	8:24.27	(36.66)	5600m	8:09.15	(34.60)
6000m	9:00.75	(36.48)	6000m	8:43.65	(34.50)
6400m	9:36.54	(35.79)	6400m	9:18.71	(35.06)
6800m	10:12.31	(35.77)	6800m	9:53.89	(35.18)
7200m	10:47.80	(35.49)	7200m	10:29.08	(35.19)
7600m	11:23.41	(35.61)	7600m	11:04.32	(35.24)
8000m	11:59.70	(36.29)	8000m	11:39.86	(35.54)
8400m	12:36.11	(36.41)	8400m	12:14.80	(34.94)
8800m	13:12.73	(36.62)	8800m	12:50.05	(35.25)
9200m	13:49.37	(36.64)	9200m	13:24.99	(34.94)
9600m	14:25.98	(36.61)	9600m	13:59.72	(34.73)
10000m	15:02.58	(36.60)	10000m	14:34.75	(35.03)

		Naam	Cat	PR	Tijd	Info
13	wt	2 <b>Berend Bervoets</b>	HN1	14:38.13	<b>14:44.89</b>	
	rd	13 <b>Evert Jan van Dijk</b>	H40	16:36.82	<b>16:53.72</b>	

#### Berend Bervoets

400m	40.22	(40.22)
800m	1:15.73	(35.51)
1200m	1:51.15	(35.42)
1600m	2:26.55	(35.40)
2000m	3:02.34	(35.79)
2400m	3:38.10	(35.76)
2800m	4:13.73	(35.63)
3200m	4:49.05	(35.32)
3600m	5:24.47	(35.42)
4000m	5:59.24	(34.77)
4400m	6:34.86	(35.62)
4800m	7:10.30	(35.44)
5200m	7:45.40	(35.10)
5600m	8:20.34	(34.94)
6000m	8:55.53	(35.19)
6400m	9:30.72	(35.19)
6800m	10:05.90	(35.18)
7200m	10:41.29	(35.39)
7600m	11:16.65	(35.36)
8000m	11:51.84	(35.19)
8400m	12:27.11	(35.27)
8800m	13:01.58	(34.47)
9200m	13:36.15	(34.57)
9600m	14:10.31	(34.16)
10000m	14:44.89	(34.58)

#### Evert Jan van Dijk

400m	42.75	(42.75)
800m	1:23.46	(40.71)
1200m	2:03.75	(40.29)
1600m	2:43.48	(39.73)
2000m	3:23.26	(39.78)
2400m	4:02.88	(39.62)
2800m	4:42.49	(39.61)
3200m	5:22.71	(40.22)
3600m	6:02.48	(39.77)
4000m	6:42.23	(39.75)
4400m	7:22.23	(40.00)
4800m	8:02.90	(40.67)
5200m	8:43.26	(40.36)
5600m	9:24.39	(41.13)
6000m	10:05.15	(40.76)
6400m	10:46.38	(41.23)
6800m	11:27.09	(40.71)
7200m	12:08.33	(41.24)
7600m	12:49.34	(41.01)
8000m	13:30.69	(41.35)
8400m	14:11.33	(40.64)
8800m	14:51.69	(40.36)
9200m	15:32.15	(40.46)
9600m	16:12.95	(40.80)
10000m	16:53.72	(40.77)

		Naam	Cat	PR	Tijd	Info
14	gl	64 <b>Kees Heemskerk</b>	HSA	14:44.57	<b>15:00.46</b>	
	bl	22 <b>Mark van der Hulst</b>	HN4	14:54.04	<b>DNF</b>	

**Kees Heemskerk**

400m	38.58	(38.58)
800m	1:12.87	(34.29)
1200m	1:48.26	(35.39)
1600m	2:22.83	(34.57)
2000m	2:57.75	(34.92)
2400m	3:32.66	(34.91)
2800m	4:07.83	(35.17)
3200m	4:42.55	(34.72)
3600m	5:17.77	(35.22)
4000m	5:53.00	(35.23)
4400m	6:28.44	(35.44)
4800m	7:03.76	(35.32)
5200m	7:39.66	(35.90)
5600m	8:15.45	(35.79)
6000m	8:51.89	(36.44)
6400m	9:28.30	(36.41)
6800m	10:04.92	(36.62)
7200m	10:41.82	(36.90)
7600m	11:18.72	(36.90)
8000m	11:55.30	(36.58)
8400m	12:31.97	(36.67)
8800m	13:08.66	(36.69)
9200m	13:46.01	(37.35)
9600m	14:23.21	(37.20)
10000m	15:00.46	(37.25)

**Mark van der Hulst**

400m	37.46	(37.46)
800m	1:11.73	(34.27)
1200m	1:46.70	(34.97)
1600m	2:22.45	(35.75)
2000m	2:57.63	(35.18)
2400m	3:32.79	(35.16)
2800m	4:07.60	(34.81)
3200m	4:42.61	(35.01)
3600m	5:17.46	(34.85)
4000m	5:52.97	(35.51)
4400m	6:28.70	(35.73)
4800m	7:04.91	(36.21)
5200m	7:42.09	(37.18)
5600m	8:20.39	(38.30)
6000m	8:59.15	(38.76)
6400m	9:40.21	(41.06)
6800m	10:22.46	(42.25)
7200m	11:05.87	(43.41)

### 3. Uitslag Heren Jun A/B Mass Start

Pos	Naam	Cat	Rondes	Tijd	Sprint	Sprint	Sprint	Finish	Totaal
1	102 Lasse Hiddink	HA1	10	5:41.26			30		<b>30</b>
2	101 Lennart Jasche	HA1	10	5:42.28		2	20		<b>22</b>
3	107 Jesse Vollaard	HB1	10	5:42.50		3	10		<b>13</b>
4	108 Pieter Tieme Weenink	HA1	10	5:48.84	2		4		<b>6</b>
5	105 Maas de Kruijk	HB2	10	5:49.04		1	2		<b>3</b>
6	104 Bart Lauwers	HA2	10	5:55.64	3				<b>3</b>
7	103 Danny Verdel	HB1	10	5:49.43			1		<b>1</b>
8	109 Abe Jan Weenink	HB1	10	6:24.28	1				<b>1</b>
9	110 Ivar Schrama	HB1	10	6:57.43					<b>0</b>
10	106 Mees Egberts	HB2	0	DNS					<b>0</b>