

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

1. Rituitslag Dames 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	28 Milou van Leeuwen	DB2	9:38.18	9:16.91	PR
	rd	38 Eline Stubert	DSA	8:31.10	8:28.98	PR

Milou van Leeuwen

200m	24.05	(24.05)
600m	1:04.61	(40.56)
1000m	1:47.44	(42.83)
1400m	2:31.31	(43.87)
1800m	3:15.68	(44.37)
2200m	4:00.22	(44.54)
2600m	4:45.36	(45.14)
3000m	5:30.42	(45.06)
3400m	6:16.11	(45.69)
3800m	7:01.81	(45.70)
4200m	7:47.15	(45.34)
4600m	8:33.09	(45.94)
5000m	9:16.91	(43.82)

Eline Stubert

200m	23.45	(23.45)
600m	1:00.51	(37.06)
1000m	1:38.45	(37.94)
1400m	2:17.27	(38.82)
1800m	2:56.60	(39.33)
2200m	3:36.94	(40.34)
2600m	4:17.75	(40.81)
3000m	4:59.37	(41.62)
3400m	5:41.37	(42.00)
3800m	6:23.43	(42.06)
4200m	7:05.55	(42.12)
4600m	7:47.13	(41.58)
5000m	8:28.98	(41.85)

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					
					m	
					m	

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		Naam		Cat		PR		Tijd	Info
3	wt	43	Eline van Voorden		DA2		7:31.99	7:52.88	
	rd	25	Evelieke Kool		DA2		8:11.28	8:08.62	PR
		Eline van Voorden			Evelieke Kool				
		200m	21.50	(21.50)		200m	21.67	(21.67)	
		600m	56.39	(34.89)		600m	57.98	(36.31)	
		1000m	1:32.31	(35.92)		1000m	1:35.02	(37.04)	
		1400m	2:08.64	(36.33)		1400m	2:13.00	(37.98)	
		1800m	2:45.27	(36.63)		1800m	2:51.47	(38.47)	
		2200m	3:22.50	(37.23)		2200m	3:30.57	(39.10)	
		2600m	4:00.01	(37.51)		2600m	4:09.53	(38.96)	
		3000m	4:37.33	(37.32)		3000m	4:48.86	(39.33)	
		3400m	5:15.31	(37.98)		3400m	5:28.09	(39.23)	
		3800m	5:54.24	(38.93)		3800m	6:08.02	(39.93)	
		4200m	6:34.03	(39.79)		4200m	6:48.20	(40.18)	
		4600m	7:13.58	(39.55)		4600m	7:28.36	(40.16)	
		5000m	7:52.88	(39.30)		5000m	8:08.62	(40.26)	

		Naam		Cat		PR		Tijd	Info
4	gl	18	Denise van der Hulst		DN3		7:51.15	7:47.24	PR
	bl	6	Rienke Boonstra		DN4			8:22.78	
		Denise van der Hulst			Rienke Boonstra				
		200m	21.84	(21.84)		200m	23.68	(23.68)	
		600m	56.87	(35.03)		600m	1:01.86	(38.18)	
		1000m	1:33.68	(36.81)		1000m	1:41.51	(39.65)	
		1400m	2:10.82	(37.14)		1400m	2:21.49	(39.98)	
		1800m	2:47.65	(36.83)		1800m	3:01.78	(40.29)	
		2200m	3:24.51	(36.86)		2200m	3:42.24	(40.46)	
		2600m	4:01.48	(36.97)		2600m	4:21.47	(39.23)	
		3000m	4:38.38	(36.90)		3000m	5:01.19	(39.72)	
		3400m	5:15.57	(37.19)		3400m	5:41.40	(40.21)	
		3800m	5:53.08	(37.51)		3800m	6:22.47	(41.07)	
		4200m	6:31.48	(38.40)		4200m	7:03.00	(40.53)	
		4600m	7:09.49	(38.01)		4600m	7:43.26	(40.26)	
		5000m	7:47.24	(37.75)		5000m	8:22.78	(39.52)	