

Bloksma Bokaal

IJsbaan Haarlem - Haarlem

7 maart 2020

3. Rituitslag Heren 10000 meter

| | Naam | Cat | PR | Tijd | Info |
|---|---------------------------------|------------------|----------|-----------------|------|
| 7 | wt 14 Daniël Eikelenboom | HSA | 17:43.88 | 18:35.95 | |
| | rd 4 Remco Boere | HN4 | | 16:49.41 | |
| | Daniël Eikelenboom | | | | |
| | 400m | 42.68 (42.68) | | | |
| | 800m | 1:24.62 (41.94) | | | |
| | 1200m | 2:06.08 (41.46) | | | |
| | 1600m | 2:47.96 (41.88) | | | |
| | 2000m | 3:30.43 (42.47) | | | |
| | 2400m | 4:12.27 (41.84) | | | |
| | 2800m | 4:54.70 (42.43) | | | |
| | 3200m | 5:36.68 (41.98) | | | |
| | 3600m | 6:18.74 (42.06) | | | |
| | 4000m | 7:01.23 (42.49) | | | |
| | 4400m | 7:44.49 (43.26) | | | |
| | 4800m | 8:29.04 (44.55) | | | |
| | 5200m | 9:12.86 (43.82) | | | |
| | 5600m | 9:57.11 (44.25) | | | |
| | 6000m | 10:39.98 (42.87) | | | |
| | 6400m | 11:25.42 (45.44) | | | |
| | 6800m | 12:08.90 (43.48) | | | |
| | 7200m | 12:56.00 (47.10) | | | |
| | 7600m | 13:43.56 (47.56) | | | |
| | 8000m | 14:33.42 (49.86) | | | |
| | 8400m | 15:22.70 (49.28) | | | |
| | 8800m | 16:11.59 (48.89) | | | |
| | 9200m | 17:02.08 (50.49) | | | |
| | 9600m | 17:50.06 (47.98) | | | |
| | 10000m | 18:35.95 (45.89) | | | |
| | | | | | |
| | Remco Boere | | | | |
| | 400m | 40.27 (40.27) | | | |
| | 800m | 1:18.82 (38.55) | | | |
| | 1200m | 1:58.88 (40.06) | | | |
| | 1600m | 2:39.00 (40.12) | | | |
| | 2000m | 3:19.55 (40.55) | | | |
| | 2400m | 3:59.81 (40.26) | | | |
| | 2800m | 4:40.49 (40.68) | | | |
| | 3200m | 5:20.81 (40.32) | | | |
| | 3600m | 6:01.57 (40.76) | | | |
| | 4000m | 6:42.00 (40.43) | | | |
| | 4400m | 7:22.51 (40.51) | | | |
| | 4800m | 8:02.93 (40.42) | | | |
| | 5200m | 8:43.60 (40.67) | | | |
| | 5600m | 9:24.20 (40.60) | | | |
| | 6000m | 10:04.56 (40.36) | | | |
| | 6400m | 10:44.90 (40.34) | | | |
| | 6800m | 11:25.77 (40.87) | | | |
| | 7200m | 12:05.93 (40.16) | | | |
| | 7600m | 12:46.74 (40.81) | | | |
| | 8000m | 13:27.51 (40.77) | | | |
| | 8400m | 14:08.67 (41.16) | | | |
| | 8800m | 14:49.13 (40.46) | | | |
| | 9200m | 15:29.82 (40.69) | | | |
| | 9600m | 16:09.70 (39.88) | | | |
| | 10000m | 16:49.41 (39.71) | | | |

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|------------------------|----------|----------|-----------------|------|
| 8 | gl | 26 | Jelmer Kraaijeveld | | HSA | | 18:16.15 | 16:55.16 | PR |
| | bl | 13 | Koen van Egmond | | HSB | | | 18:34.61 | |
| | | Jelmer Kraaijeveld | | | Koen van Egmond | | | | |
| | | 400m | 39.47 | (39.47) | 400m | 49.35 | (49.35) | | |
| | | 800m | 1:15.94 | (36.47) | 800m | 1:34.97 | (45.62) | | |
| | | 1200m | 1:54.31 | (38.37) | 1200m | 2:20.14 | (45.17) | | |
| | | 1600m | 2:34.06 | (39.75) | 1600m | 3:04.85 | (44.71) | | |
| | | 2000m | 3:13.45 | (39.39) | 2000m | 3:48.94 | (44.09) | | |
| | | 2400m | 3:53.64 | (40.19) | 2400m | 4:33.28 | (44.34) | | |
| | | 2800m | 4:33.62 | (39.98) | 2800m | 5:16.83 | (43.55) | | |
| | | 3200m | 5:13.64 | (40.02) | 3200m | 5:59.96 | (43.13) | | |
| | | 3600m | 5:53.23 | (39.59) | 3600m | 6:42.80 | (42.84) | | |
| | | 4000m | 6:33.73 | (40.50) | 4000m | 7:25.91 | (43.11) | | |
| | | 4400m | 7:13.82 | (40.09) | 4400m | 8:09.28 | (43.37) | | |
| | | 4800m | 7:55.17 | (41.35) | 4800m | 8:52.55 | (43.27) | | |
| | | 5200m | 8:36.37 | (41.20) | 5200m | 9:36.05 | (43.50) | | |
| | | 5600m | 9:18.34 | (41.97) | 5600m | 10:19.60 | (43.55) | | |
| | | 6000m | 9:59.87 | (41.53) | 6000m | 11:03.81 | (44.21) | | |
| | | 6400m | 10:42.73 | (42.86) | 6400m | 11:48.43 | (44.62) | | |
| | | 6800m | 11:24.61 | (41.88) | 6800m | 12:33.24 | (44.81) | | |
| | | 7200m | 12:06.74 | (42.13) | 7200m | 13:17.49 | (44.25) | | |
| | | 7600m | 12:48.32 | (41.58) | 7600m | 14:01.86 | (44.37) | | |
| | | 8000m | 13:30.07 | (41.75) | 8000m | 14:46.22 | (44.36) | | |
| | | 8400m | 14:13.40 | (43.33) | 8400m | 15:30.60 | (44.38) | | |
| | | 8800m | 14:56.81 | (43.41) | 8800m | 16:15.83 | (45.23) | | |
| | | 9200m | 15:36.62 | (39.81) | 9200m | 17:03.14 | (47.31) | | |
| | | 9600m | 16:16.57 | (39.95) | 9600m | 17:49.54 | (46.40) | | |
| | | 10000m | 16:55.16 | (38.59) | 10000m | 18:34.61 | (45.07) | | |

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------------|-----|----------|-----------------|-----------|
| 9 | wt | 23 Joost van het Kaar | H40 | 17:12.95 | | DQ |
| | rd | 10 Alexander Doornekamp | HA2 | | 17:06.39 | |

Joost van het Kaar

| | | |
|--------|----------|---------|
| 400m | 41.37 | (41.37) |
| 800m | 1:19.36 | (37.99) |
| 1200m | 1:57.90 | (38.54) |
| 1600m | 2:36.80 | (38.90) |
| 2000m | 3:16.35 | (39.55) |
| 2400m | 3:56.10 | (39.75) |
| 2800m | 4:35.70 | (39.60) |
| 3200m | 5:15.97 | (40.27) |
| 3600m | 5:56.71 | (40.74) |
| 4000m | 6:38.96 | (42.25) |
| 4400m | 7:21.20 | (42.24) |
| 4800m | 8:03.89 | (42.69) |
| 5200m | 8:46.22 | (42.33) |
| 5600m | 9:28.54 | (42.32) |
| 6000m | 10:11.16 | (42.62) |
| 6400m | 10:53.69 | (42.53) |
| 6800m | 11:35.53 | (41.84) |
| 7200m | 12:18.44 | (42.91) |
| 7600m | 13:00.16 | (41.72) |
| 8000m | 13:42.00 | (41.84) |
| 8400m | 14:23.84 | (41.84) |
| 8800m | 15:05.83 | (41.99) |
| 9200m | 15:47.52 | (41.69) |
| 9600m | 16:29.62 | (42.10) |
| 10000m | 17:10.16 | (40.54) |

Alexander Doornekamp

| | | |
|--------|----------|---------|
| 400m | 43.35 | (43.35) |
| 800m | 1:23.81 | (40.46) |
| 1200m | 2:04.99 | (41.18) |
| 1600m | 2:45.28 | (40.29) |
| 2000m | 3:25.95 | (40.67) |
| 2400m | 4:06.64 | (40.69) |
| 2800m | 4:47.14 | (40.50) |
| 3200m | 5:27.47 | (40.33) |
| 3600m | 6:08.73 | (41.26) |
| 4000m | 6:50.79 | (42.06) |
| 4400m | 7:31.71 | (40.92) |
| 4800m | 8:12.40 | (40.69) |
| 5200m | 8:53.91 | (41.51) |
| 5600m | 9:35.26 | (41.35) |
| 6000m | 10:17.10 | (41.84) |
| 6400m | 10:58.48 | (41.38) |
| 6800m | 11:39.45 | (40.97) |
| 7200m | 12:21.24 | (41.79) |
| 7600m | 13:01.93 | (40.69) |
| 8000m | 13:41.91 | (39.98) |
| 8400m | 14:22.81 | (40.90) |
| 8800m | 15:03.97 | (41.16) |
| 9200m | 15:45.54 | (41.57) |
| 9600m | 16:26.97 | (41.43) |
| 10000m | 17:06.39 | (39.42) |

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|---------------------|---------|---------------------|----------|----------|--------------------|
| 10 | gl | 34 | Ruben Schel | | HN3 | | 17:03.43 | 16:33.85 PR |
| | bl | 11 | Mees Egberts | | HA1 | | 17:15.01 | 18:07.99 |
| | | Ruben Schel | | | Mees Egberts | | | |
| | | 400m | 42.53 | (42.53) | 400m | 42.21 | (42.21) | |
| | | 800m | 1:23.92 | (41.39) | 800m | 1:21.89 | (39.68) | |
| | | 1200m | 2:03.79 | (39.87) | 1200m | 2:01.16 | (39.27) | |
| | | 1600m | 2:44.08 | (40.29) | 1600m | 2:40.38 | (39.22) | |
| | | 2000m | 3:23.68 | (39.60) | 2000m | 3:19.70 | (39.32) | |
| | | 2400m | 4:03.06 | (39.38) | 2400m | 3:58.87 | (39.17) | |
| | | 2800m | 4:42.48 | (39.42) | 2800m | 4:38.41 | (39.54) | |
| | | 3200m | 5:21.87 | (39.39) | 3200m | 5:18.00 | (39.59) | |
| | | 3600m | 6:02.00 | (40.13) | 3600m | 5:59.38 | (41.38) | |
| | | 4000m | 6:42.24 | (40.24) | 4000m | 6:42.48 | (43.10) | |
| | | 4400m | 7:21.33 | (39.09) | 4400m | 7:26.99 | (44.51) | |
| | | 4800m | 8:01.49 | (40.16) | 4800m | 8:12.49 | (45.50) | |
| | | 5200m | 8:41.77 | (40.28) | 5200m | 8:58.28 | (45.79) | |
| | | 5600m | 9:22.43 | (40.66) | 5600m | 9:44.59 | (46.31) | |
| | | 6000m | 10:02.54 | (40.11) | 6000m | 10:30.36 | (45.77) | |
| | | 6400m | 10:42.51 | (39.97) | 6400m | 11:16.24 | (45.88) | |
| | | 6800m | 11:21.57 | (39.06) | 6800m | 12:02.23 | (45.99) | |
| | | 7200m | 12:00.46 | (38.89) | 7200m | 12:47.59 | (45.36) | |
| | | 7600m | 12:39.81 | (39.35) | 7600m | 13:33.82 | (46.23) | |
| | | 8000m | 13:19.16 | (39.35) | 8000m | 14:19.48 | (45.66) | |
| | | 8400m | 13:58.59 | (39.43) | 8400m | 15:05.08 | (45.60) | |
| | | 8800m | 14:38.39 | (39.80) | 8800m | 15:51.48 | (46.40) | |
| | | 9200m | 15:17.74 | (39.35) | 9200m | 16:36.97 | (45.49) | |
| | | 9600m | 15:56.40 | (38.66) | 9600m | 17:22.91 | (45.94) | |
| | | 10000m | 16:33.85 | (37.45) | 10000m | 18:07.99 | (45.08) | |

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|------------------|-----------------------|------------------|------|
| 11 | wt | 19 Stan van der Hulst | HN1 | 15:20.78 | 14:54.90 | PR |
| | rd | 27 Maas de Kruijk | HA1 | 16:19.93 | 16:29.10 | |
| | | Stan van der Hulst | | Maas de Kruijk | | |
| | | 400m | 39.01 (39.01) | 400m | 41.29 (41.29) | |
| | | 800m | 1:13.45 (34.44) | 800m | 1:19.90 (38.61) | |
| | | 1200m | 1:48.45 (35.00) | 1200m | 1:58.94 (39.04) | |
| | | 1600m | 2:23.55 (35.10) | 1600m | 2:37.12 (38.18) | |
| | | 2000m | 2:58.86 (35.31) | 2000m | 3:15.47 (38.35) | |
| | | 2400m | 3:33.95 (35.09) | 2400m | 3:54.12 (38.65) | |
| | | 2800m | 4:08.76 (34.81) | 2800m | 4:32.43 (38.31) | |
| | | 3200m | 4:43.71 (34.95) | 3200m | 5:10.91 (38.48) | |
| | | 3600m | 5:18.73 (35.02) | 3600m | 5:50.02 (39.11) | |
| | | 4000m | 5:54.10 (35.37) | 4000m | 6:29.30 (39.28) | |
| | | 4400m | 6:29.72 (35.62) | 4400m | 7:08.24 (38.94) | |
| | | 4800m | 7:04.85 (35.13) | 4800m | 7:47.15 (38.91) | |
| | | 5200m | 7:39.90 (35.05) | 5200m | 8:26.40 (39.25) | |
| | | 5600m | 8:14.55 (34.65) | 5600m | 9:05.51 (39.11) | |
| | | 6000m | 8:50.48 (35.93) | 6000m | 9:45.08 (39.57) | |
| | | 6400m | 9:26.88 (36.40) | 6400m | 10:24.75 (39.67) | |
| | | 6800m | 10:03.02 (36.14) | 6800m | 11:04.41 (39.66) | |
| | | 7200m | 10:39.40 (36.38) | 7200m | 11:43.92 (39.51) | |
| | | 7600m | 11:15.46 (36.06) | 7600m | 12:24.01 (40.09) | |
| | | 8000m | 11:52.03 (36.57) | 8000m | 13:04.57 (40.56) | |
| | | 8400m | 12:28.70 (36.67) | 8400m | 13:45.75 (41.18) | |
| | | 8800m | 13:05.71 (37.01) | 8800m | 14:26.38 (40.63) | |
| | | 9200m | 13:41.98 (36.27) | 9200m | 15:07.59 (41.21) | |
| | | 9600m | 14:18.91 (36.93) | 9600m | 15:48.25 (40.66) | |
| | | 10000m | 14:54.90 (35.99) | 10000m | 16:29.10 (40.85) | |

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|------------------|----------|-------------------------|------|
| 12 | gl | 8 Evert Jan van Dijk | H40 | 16:21.96 | 16:09.86 | PR |
| | bl | 44 Bart Vreugdenhil | HSA | 14:28.63 | 15:10.74 | |
| | | <u>Evert Jan van Dijk</u> | | | <u>Bart Vreugdenhil</u> | |
| | | 400m | 40.59 (40.59) | 400m | 39.39 (39.39) | |
| | | 800m | 1:18.94 (38.35) | 800m | 1:16.05 (36.66) | |
| | | 1200m | 1:58.07 (39.13) | 1200m | 1:53.45 (37.40) | |
| | | 1600m | 2:36.82 (38.75) | 1600m | 2:29.98 (36.53) | |
| | | 2000m | 3:15.67 (38.85) | 2000m | 3:06.86 (36.88) | |
| | | 2400m | 3:54.72 (39.05) | 2400m | 3:43.59 (36.73) | |
| | | 2800m | 4:33.21 (38.49) | 2800m | 4:20.44 (36.85) | |
| | | 3200m | 5:11.85 (38.64) | 3200m | 4:57.19 (36.75) | |
| | | 3600m | 5:50.07 (38.22) | 3600m | 5:33.81 (36.62) | |
| | | 4000m | 6:28.72 (38.65) | 4000m | 6:10.54 (36.73) | |
| | | 4400m | 7:07.40 (38.68) | 4400m | 6:47.18 (36.64) | |
| | | 4800m | 7:46.58 (39.18) | 4800m | 7:23.49 (36.31) | |
| | | 5200m | 8:25.38 (38.80) | 5200m | 7:59.80 (36.31) | |
| | | 5600m | 9:04.27 (38.89) | 5600m | 8:35.70 (35.90) | |
| | | 6000m | 9:43.13 (38.86) | 6000m | 9:11.70 (36.00) | |
| | | 6400m | 10:22.28 (39.15) | 6400m | 9:48.25 (36.55) | |
| | | 6800m | 11:00.83 (38.55) | 6800m | 10:25.18 (36.93) | |
| | | 7200m | 11:38.84 (38.01) | 7200m | 11:01.34 (36.16) | |
| | | 7600m | 12:16.38 (37.54) | 7600m | 11:37.61 (36.27) | |
| | | 8000m | 12:54.32 (37.94) | 8000m | 12:14.08 (36.47) | |
| | | 8400m | 13:32.20 (37.88) | 8400m | 12:50.86 (36.78) | |
| | | 8800m | 14:10.73 (38.53) | 8800m | 13:27.39 (36.53) | |
| | | 9200m | 14:50.03 (39.30) | 9200m | 14:04.27 (36.88) | |
| | | 9600m | 15:29.77 (39.74) | 9600m | 14:38.63 (34.36) | |
| | | 10000m | 16:09.86 (40.09) | 10000m | 15:10.74 (32.11) | |

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|------------------|------------------|---------|-------------|----------|---------|----------|-----------------|------|
| 13 | wt | 7 | Jan-Willem Broos | | HSA | | | 14:57.70 | 14:57.68 | PR |
| | rd | 48 | Bob de Jong | | H40 | | | 12:48.20 | 15:50.01 | |
| | | Jan-Willem Broos | | | Bob de Jong | | | | | |
| | | 400m | 38.05 | (38.05) | 400m | 37.92 | (37.92) | | | |
| | | 800m | 1:12.47 | (34.42) | 800m | 1:13.10 | (35.18) | | | |
| | | 1200m | 1:47.95 | (35.48) | 1200m | 1:49.09 | (35.99) | | | |
| | | 1600m | 2:23.11 | (35.16) | 1600m | 2:25.02 | (35.93) | | | |
| | | 2000m | 2:58.38 | (35.27) | 2000m | 3:01.28 | (36.26) | | | |
| | | 2400m | 3:34.14 | (35.76) | 2400m | 3:37.84 | (36.56) | | | |
| | | 2800m | 4:09.56 | (35.42) | 2800m | 4:14.59 | (36.75) | | | |
| | | 3200m | 4:45.25 | (35.69) | 3200m | 4:51.60 | (37.01) | | | |
| | | 3600m | 5:21.05 | (35.80) | 3600m | 5:28.83 | (37.23) | | | |
| | | 4000m | 5:56.49 | (35.44) | 4000m | 6:07.57 | (38.74) | | | |
| | | 4400m | 6:31.91 | (35.42) | 4400m | 6:46.76 | (39.19) | | | |
| | | 4800m | 7:07.47 | (35.56) | 4800m | 7:27.61 | (40.85) | | | |
| | | 5200m | 7:43.04 | (35.57) | 5200m | 8:06.42 | (38.81) | | | |
| | | 5600m | 8:18.72 | (35.68) | 5600m | 8:45.53 | (39.11) | | | |
| | | 6000m | 8:54.40 | (35.68) | 6000m | 9:25.15 | (39.62) | | | |
| | | 6400m | 9:30.26 | (35.86) | 6400m | 10:03.44 | (38.29) | | | |
| | | 6800m | 10:06.07 | (35.81) | 6800m | 10:42.84 | (39.40) | | | |
| | | 7200m | 10:41.48 | (35.41) | 7200m | 11:20.60 | (37.76) | | | |
| | | 7600m | 11:17.48 | (36.00) | 7600m | 11:57.83 | (37.23) | | | |
| | | 8000m | 11:54.06 | (36.58) | 8000m | 12:38.98 | (41.15) | | | |
| | | 8400m | 12:30.57 | (36.51) | 8400m | 13:16.87 | (37.89) | | | |
| | | 8800m | 13:07.27 | (36.70) | 8800m | 13:55.50 | (38.63) | | | |
| | | 9200m | 13:44.38 | (37.11) | 9200m | 14:35.36 | (39.86) | | | |
| | | 9600m | 14:21.37 | (36.99) | 9600m | 15:13.18 | (37.82) | | | |
| | | 10000m | 14:57.68 | (36.31) | 10000m | 15:50.01 | (36.83) | | | |

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|-----------------------|---------|-----------------------|----------|-----------------|------|
| 14 | gl | 33 | Zeno de Ponti | | HA1 | 16:36.15 | 15:06.09 | PR |
| | bl | 5 | Douwe Boonstra | | HN2 | 14:53.41 | 14:36.97 | PR |
| | | Zeno de Ponti | | | Douwe Boonstra | | | |
| | | 400m | 39.57 | (39.57) | 400m | 39.44 | (39.44) | |
| | | 800m | 1:14.81 | (35.24) | 800m | 1:14.67 | (35.23) | |
| | | 1200m | 1:50.53 | (35.72) | 1200m | 1:49.48 | (34.81) | |
| | | 1600m | 2:26.63 | (36.10) | 1600m | 2:24.59 | (35.11) | |
| | | 2000m | 3:02.00 | (35.37) | 2000m | 2:59.01 | (34.42) | |
| | | 2400m | 3:38.08 | (36.08) | 2400m | 3:33.52 | (34.51) | |
| | | 2800m | 4:14.09 | (36.01) | 2800m | 4:08.26 | (34.74) | |
| | | 3200m | 4:50.81 | (36.72) | 3200m | 4:42.70 | (34.44) | |
| | | 3600m | 5:27.27 | (36.46) | 3600m | 5:17.93 | (35.23) | |
| | | 4000m | 6:03.72 | (36.45) | 4000m | 5:52.56 | (34.63) | |
| | | 4400m | 6:40.15 | (36.43) | 4400m | 6:27.37 | (34.81) | |
| | | 4800m | 7:16.33 | (36.18) | 4800m | 7:01.95 | (34.58) | |
| | | 5200m | 7:52.38 | (36.05) | 5200m | 7:36.67 | (34.72) | |
| | | 5600m | 8:28.77 | (36.39) | 5600m | 8:10.95 | (34.28) | |
| | | 6000m | 9:05.23 | (36.46) | 6000m | 8:45.65 | (34.70) | |
| | | 6400m | 9:41.85 | (36.62) | 6400m | 9:19.99 | (34.34) | |
| | | 6800m | 10:18.04 | (36.19) | 6800m | 9:54.48 | (34.49) | |
| | | 7200m | 10:54.55 | (36.51) | 7200m | 10:29.20 | (34.72) | |
| | | 7600m | 11:31.03 | (36.48) | 7600m | 11:04.10 | (34.90) | |
| | | 8000m | 12:07.76 | (36.73) | 8000m | 11:39.45 | (35.35) | |
| | | 8400m | 12:44.24 | (36.48) | 8400m | 12:15.24 | (35.79) | |
| | | 8800m | 13:20.85 | (36.61) | 8800m | 12:51.07 | (35.83) | |
| | | 9200m | 13:57.31 | (36.46) | 9200m | 13:26.72 | (35.65) | |
| | | 9600m | 14:32.45 | (35.14) | 9600m | 14:02.03 | (35.31) | |
| | | 10000m | 15:06.09 | (33.64) | 10000m | 14:36.97 | (34.94) | |

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|-------------------------|---------|-------------------------|----------|----------|-----------------|------|
| 15 | wt | 39 | Wouter Tel | | HSA | | 14:12.96 | 14:51.71 | |
| | rd | 37 | Mats Stoltenborg | | HSA | | 13:06.38 | 13:42.30 | TR |
| | | Wouter Tel | | | Mats Stoltenborg | | | | |
| | | 400m | 38.41 | (38.41) | 400m | 37.30 | (37.30) | | |
| | | 800m | 1:13.07 | (34.66) | 800m | 1:09.65 | (32.35) | | |
| | | 1200m | 1:47.84 | (34.77) | 1200m | 1:42.50 | (32.85) | | |
| | | 1600m | 2:22.83 | (34.99) | 1600m | 2:15.53 | (33.03) | | |
| | | 2000m | 2:57.89 | (35.06) | 2000m | 2:48.46 | (32.93) | | |
| | | 2400m | 3:32.98 | (35.09) | 2400m | 3:21.27 | (32.81) | | |
| | | 2800m | 4:07.74 | (34.76) | 2800m | 3:54.11 | (32.84) | | |
| | | 3200m | 4:43.15 | (35.41) | 3200m | 4:26.98 | (32.87) | | |
| | | 3600m | 5:18.54 | (35.39) | 3600m | 4:59.82 | (32.84) | | |
| | | 4000m | 5:54.09 | (35.55) | 4000m | 5:32.09 | (32.27) | | |
| | | 4400m | 6:29.63 | (35.54) | 4400m | 6:04.93 | (32.84) | | |
| | | 4800m | 7:05.12 | (35.49) | 4800m | 6:37.56 | (32.63) | | |
| | | 5200m | 7:40.86 | (35.74) | 5200m | 7:10.34 | (32.78) | | |
| | | 5600m | 8:16.71 | (35.85) | 5600m | 7:42.66 | (32.32) | | |
| | | 6000m | 8:51.76 | (35.05) | 6000m | 8:14.88 | (32.22) | | |
| | | 6400m | 9:27.46 | (35.70) | 6400m | 8:47.25 | (32.37) | | |
| | | 6800m | 10:03.51 | (36.05) | 6800m | 9:19.99 | (32.74) | | |
| | | 7200m | 10:40.12 | (36.61) | 7200m | 9:52.61 | (32.62) | | |
| | | 7600m | 11:16.22 | (36.10) | 7600m | 10:25.31 | (32.70) | | |
| | | 8000m | 11:52.23 | (36.01) | 8000m | 10:57.89 | (32.58) | | |
| | | 8400m | 12:28.36 | (36.13) | 8400m | 11:30.67 | (32.78) | | |
| | | 8800m | 13:04.25 | (35.89) | 8800m | 12:03.57 | (32.90) | | |
| | | 9200m | 13:40.10 | (35.85) | 9200m | 12:36.35 | (32.78) | | |
| | | 9600m | 14:16.28 | (36.18) | 9600m | 13:09.09 | (32.74) | | |
| | | 10000m | 14:51.71 | (35.43) | 10000m | 13:42.30 | (33.21) | | |

Bloksma Bokaal

IJsbahn Haarlem - Haarlem

7 maart 2020

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|----------|-----------------|------|
| 16 | gl | 32 Mark Ooijevaar | HSB | 13:12.60 | 14:48.11 | |
| | bl | 21 Jeroen Janissen | HN3 | 14:35.11 | 14:06.91 | PR |

Mark Ooijevaar

| | | |
|--------|----------|---------|
| 400m | 36.74 | (36.74) |
| 800m | 1:10.39 | (33.65) |
| 1200m | 1:45.42 | (35.03) |
| 1600m | 2:20.23 | (34.81) |
| 2000m | 2:55.60 | (35.37) |
| 2400m | 3:31.03 | (35.43) |
| 2800m | 4:06.79 | (35.76) |
| 3200m | 4:42.73 | (35.94) |
| 3600m | 5:18.23 | (35.50) |
| 4000m | 5:54.03 | (35.80) |
| 4400m | 6:29.47 | (35.44) |
| 4800m | 7:05.54 | (36.07) |
| 5200m | 7:41.50 | (35.96) |
| 5600m | 8:17.55 | (36.05) |
| 6000m | 8:53.46 | (35.91) |
| 6400m | 9:29.41 | (35.95) |
| 6800m | 10:05.17 | (35.76) |
| 7200m | 10:41.24 | (36.07) |
| 7600m | 11:16.91 | (35.67) |
| 8000m | 11:52.05 | (35.14) |
| 8400m | 12:27.51 | (35.46) |
| 8800m | 13:03.28 | (35.77) |
| 9200m | 13:38.66 | (35.38) |
| 9600m | 14:13.43 | (34.77) |
| 10000m | 14:48.11 | (34.68) |

Jeroen Janissen

| | | |
|--------|----------|---------|
| 400m | 36.11 | (36.11) |
| 800m | 1:08.67 | (32.56) |
| 1200m | 1:42.22 | (33.55) |
| 1600m | 2:15.26 | (33.04) |
| 2000m | 2:48.73 | (33.47) |
| 2400m | 3:22.10 | (33.37) |
| 2800m | 3:55.78 | (33.68) |
| 3200m | 4:29.81 | (34.03) |
| 3600m | 5:03.60 | (33.79) |
| 4000m | 5:37.43 | (33.83) |
| 4400m | 6:11.43 | (34.00) |
| 4800m | 6:45.02 | (33.59) |
| 5200m | 7:18.89 | (33.87) |
| 5600m | 7:52.69 | (33.80) |
| 6000m | 8:26.41 | (33.72) |
| 6400m | 9:00.21 | (33.80) |
| 6800m | 9:34.19 | (33.98) |
| 7200m | 10:07.94 | (33.75) |
| 7600m | 10:41.88 | (33.94) |
| 8000m | 11:15.77 | (33.89) |
| 8400m | 11:49.81 | (34.04) |
| 8800m | 12:23.77 | (33.96) |
| 9200m | 12:58.02 | (34.25) |
| 9600m | 13:32.30 | (34.28) |
| 10000m | 14:06.91 | (34.61) |