

## 9. Rituitslag Dames Junioren B 3000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	47 <b>Margriet Bottema</b>		DB1		4:45.85	<b>4:57.07</b>	
	rd	44 <b>Merle Meije</b>		DB1		4:47.65	<b>4:46.32</b>	PR
		<b>Margriet Bottema</b>			<b>Merle Meije</b>			
		200m	58.57	(58.5)	200m	21.90	(21.9)	
		600m	1:23.64	(25.1)	600m	58.25	(36.3)	
		1000m	1:48.70	(25.1)	1000m	1:34.60	(36.4)	
		1400m	2:13.77	(25.0)	1400m	2:12.24	(37.6)	
		1800m	2:52.87	(39.1)	1800m	2:50.33	(38.1)	
		2200m	3:33.42	(40.6)	2200m	3:28.70	(38.4)	
		2600m	4:14.70	(41.3)	2600m	4:07.42	(38.7)	
		3000m	4:57.07	(42.3)	3000m	4:46.32	(38.9)	

		Naam		Cat		PR	Tijd	Info
2	gl	71 <b>Isa Merkuur</b>		DB2		4:44.00	<b>4:49.00</b>	
	bl	28 <b>Brit Qualm</b>		DB1		4:42.26	<b>4:43.69</b>	
		<b>Isa Merkuur</b>			<b>Brit Qualm</b>			
		200m	28.26	(28.2)	200m	21.87	(21.8)	
		600m	56.53	(28.3)	600m	57.31	(35.5)	
		1000m	1:32.98	(36.4)	1000m	1:32.75	(35.4)	
		1400m	2:11.20	(38.3)	1400m	2:10.13	(37.4)	
		1800m	2:50.48	(39.2)	1800m	2:48.61	(38.5)	
		2200m	3:29.74	(39.3)	2200m	3:27.17	(38.5)	
		2600m	4:09.54	(39.8)	2600m	4:05.86	(38.7)	
		3000m	4:49.00	(39.5)	3000m	4:43.69	(37.8)	

		Naam		Cat		PR	Tijd	Info
3	wt	32 Tessa Snoek		DB2		4:42.55	<b>4:47.31</b>	
	rd	51 Ella van Vloten		DB2		4:37.20	<b>4:35.33</b>	PR

Tessa Snoek

200m	20.93	(20.9)
600m	55.35	(34.4)
1000m	1:32.03	(36.7)
1400m	2:10.26	(38.2)
1800m	2:48.77	(38.5)
2200m	3:28.27	(39.5)
2600m	4:07.78	(39.5)
3000m	4:47.31	(39.6)

Ella van Vloten

200m	21.31	(21.3)
600m	56.45	(35.1)
1000m	1:33.93	(37.5)
1400m	2:09.64	(35.7)
1800m	2:45.98	(36.3)
2200m	3:22.33	(36.4)
2600m	3:59.22	(36.9)
3000m	4:35.33	(36.1)

		Naam		Cat		PR	Tijd	Info
4	gl	14 Ju-Lin de Visser		DB1		4:45.73	<b>4:49.28</b>	
	bl	6 Amber Siegers		DB2		4:38.01	<b>4:44.55</b>	

Ju-Lin de Visser

200m	22.30	(22.3)
600m	58.48	(36.1)
1000m	1:36.07	(37.6)
1400m	2:15.00	(39.0)
1800m	2:54.08	(39.0)
2200m	3:33.36	(39.3)
2600m	4:12.25	(38.9)
3000m	4:49.28	(37.0)

Amber Siegers

200m	22.91	(22.9)
600m	58.28	(35.3)
1000m	1:35.39	(37.1)
1400m	2:13.08	(37.7)
1800m	2:50.85	(37.8)
2200m	3:28.81	(38.0)
2600m	4:06.57	(37.7)
3000m	4:44.55	(38.0)

		Naam		Cat		PR	Tijd	Info
5	wt	5 <b>Lonneke Uneken</b>		DB2		4:35.75	<b>4:43.95</b>	
	rd	41 <b>Maaïke Verweij</b>		DB1		4:39.79	<b>4:37.16</b>	PR
<b>Lonneke Uneken</b>			<b>Maaïke Verweij</b>					
		200m	21.86	(21.8)		200m	22.28	(22.2)
		600m	56.58	(34.7)		600m	56.77	(34.5)
		1000m	1:31.62	(35.1)		1000m	1:32.38	(35.6)
		1400m	2:08.23	(36.6)		1400m	2:08.17	(35.8)
		1800m	2:45.57	(37.3)		1800m	2:44.94	(36.8)
		2200m	3:24.24	(38.7)		2200m	3:22.17	(37.2)
		2600m	4:03.87	(39.6)		2600m	3:59.62	(37.5)
		3000m	4:43.95	(40.1)		3000m	4:37.16	(37.5)

		Naam		Cat		PR	Tijd	Info
6	gl	52 <b>Eva van Til</b>		DB2		4:34.93	<b>4:36.42</b>	
	bl	49 <b>Femke Booms</b>		DB1		4:38.14	<b>4:37.20</b>	PR
<b>Eva van Til</b>			<b>Femke Booms</b>					
		200m	20.79	(20.7)		200m	21.72	(21.7)
		600m	54.29	(33.5)		600m	55.60	(33.9)
		1000m	1:29.49	(35.2)		1000m	1:30.94	(35.3)
		1400m	2:05.77	(36.3)		1400m	2:07.66	(36.7)
		1800m	2:42.86	(37.1)		1800m	2:45.07	(37.4)
		2200m	3:20.38	(37.5)		2200m	3:22.25	(37.2)
		2600m	3:58.31	(38.0)		2600m	4:00.04	(37.8)
		3000m	4:36.42	(38.1)		3000m	4:37.20	(37.2)

		Naam	Cat	PR	Tijd	Info
7	wt	33 <b>Marieke Driesprong</b>	DB2	4:32.63	<b>4:30.48</b>	PR
	rd	54 <b>Roos Markus</b>	DB1	4:37.00	<b>4:38.64</b>	

**Marieke Driesprong**

200m	21.22	(21.2)
600m	54.48	(33.2)
1000m	1:29.00	(34.6)
1400m	2:04.71	(35.7)
1800m	2:40.93	(36.2)
2200m	3:17.24	(36.3)
2600m	3:53.69	(36.4)
3000m	4:30.48	(36.8)

**Roos Markus**

200m	21.58	(21.5)
600m	54.49	(32.9)
1000m	1:29.21	(34.8)
1400m	2:04.93	(35.7)
1800m	2:42.50	(37.6)
2200m	3:20.21	(37.7)
2600m	3:59.35	(39.1)
3000m	4:38.64	(39.3)

		Naam	Cat	PR	Tijd	Info
8	gl	19 <b>Anna van den Bos</b>	DB1	4:28.27	<b>4:22.65</b>	PR TR
	bl	76 <b>Eline van Voorden</b>	DB1	4:31.39	<b>4:32.98</b>	

**Anna van den Bos**

200m	20.11	(20.1)
600m	51.88	(31.7)
1000m	1:25.24	(33.4)
1400m	1:59.84	(34.6)
1800m	2:34.55	(34.7)
2200m	3:09.69	(35.1)
2600m	3:45.39	(35.7)
3000m	4:22.65	(37.3)

**Eline van Voorden**

200m	20.67	(20.6)
600m	53.24	(32.6)
1000m	1:27.92	(34.7)
1400m	2:04.00	(36.1)
1800m	2:40.83	(36.8)
2200m	3:18.07	(37.2)
2600m	3:55.49	(37.4)
3000m	4:32.98	(37.5)

		Naam			Cat	PR	Tijd	Info
9	wt	38	<b>Luna Jonkers</b>		DB2	4:28.39	<b>4:27.84</b>	PR
	rd	35	<b>Emma Kant</b>		DB1	4:32.29	<b>4:36.19</b>	
		<b>Luna Jonkers</b>			<b>Emma Kant</b>			
		200m	21.45	(21.4)	200m	21.18	(21.1)	
		600m	54.45	(33.0)	600m	53.93	(32.8)	
		1000m	1:28.27	(33.8)	1000m	1:27.96	(34.0)	
		1400m	2:03.28	(35.0)	1400m	2:03.16	(35.2)	
		1800m	2:38.73	(35.5)	1800m	2:39.80	(36.7)	
		2200m	3:14.89	(36.1)	2200m	3:17.25	(37.4)	
		2600m	3:51.32	(36.5)	2600m	3:56.04	(38.8)	
		3000m	4:27.84	(36.5)	3000m	4:36.19	(40.1)	

		Naam			Cat	PR	Tijd	Info
10	gl	10	<b>Janet Beers</b>		DB2	4:28.03	<b>4:33.24</b>	
	bl	68	<b>Kim Talsma</b>		DB1	4:30.48	<b>4:35.30</b>	
		<b>Janet Beers</b>			<b>Kim Talsma</b>			
		200m	21.49	(21.4)	200m	22.21	(22.2)	
		600m	56.33	(34.9)	600m	57.42	(35.2)	
		1000m	1:31.38	(35.0)	1000m	1:33.28	(35.8)	
		1400m	2:06.70	(35.4)	1400m	2:09.62	(36.4)	
		1800m	2:42.22	(35.5)	1800m	2:46.36	(36.7)	
		2200m	3:18.51	(36.3)	2200m	3:23.48	(37.1)	
		2600m	3:55.48	(36.9)	2600m	3:59.45	(36.0)	
		3000m	4:33.24	(37.8)	3000m	4:35.30	(35.9)	