

12. Rituitslag Heren Junioren A 3000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	29	Lasse Hannessen		HA2	4:11.87	4:10.51	PR
	rd	81	Fausto Hubner		HA2	4:11.77	4:08.27	PR
			Lasse Hannessen			Fausto Hubner		
		200m	19.04	(19.0)	200m	19.80	(19.8)	
		600m	50.94	(31.9)	600m	50.31	(30.5)	
		1000m	1:23.36	(32.4)	1000m	1:22.16	(31.8)	
		1400m	1:55.84	(32.5)	1400m	1:54.59	(32.4)	
		1800m	2:28.31	(32.5)	1800m	2:27.78	(33.2)	
		2200m	3:01.56	(33.2)	2200m	3:01.13	(33.4)	
		2600m	3:35.20	(33.7)	2600m	3:34.88	(33.7)	
		3000m	4:10.51	(35.3)	3000m	4:08.27	(33.4)	

		Naam		Cat		PR	Tijd	Info
2	gl	33	Berend Bervoets		HA1	4:04.09	4:03.49	PR
	bl	68	Roel Boek		HA2	4:08.59	4:09.13	
			Berend Bervoets			Roel Boek		
		200m	19.71	(19.7)	200m	19.82	(19.8)	
		600m	50.73	(31.0)	600m	50.87	(31.0)	
		1000m	1:21.91	(31.2)	1000m	1:22.73	(31.9)	
		1400m	1:53.52	(31.6)	1400m	1:55.48	(32.7)	
		1800m	2:25.38	(31.8)	1800m	2:28.40	(33.0)	
		2200m	2:57.61	(32.3)	2200m	3:01.67	(33.2)	
		2600m	3:30.22	(32.6)	2600m	3:35.31	(33.7)	
		3000m	4:03.49	(33.2)	3000m	4:09.13	(33.8)	

		Naam		Cat		PR	Tijd	Info
3	wt	72 Joeri van der Tuin		HA1		4:10.47	4:09.11	PR
	rd	62 Ruben Kieftenburg		HA2		4:02.75	3:59.85	PR

Joeri van der Tuin

200m	19.98	(19.9)
600m	50.97	(31.0)
1000m	1:22.53	(31.6)
1400m	1:54.73	(32.2)
1800m	2:27.33	(32.6)
2200m	3:00.62	(33.3)
2600m	3:34.63	(34.0)
3000m	4:09.11	(34.5)

Ruben Kieftenburg

200m	19.04	(19.0)
600m	49.79	(30.7)
1000m	1:21.17	(31.4)
1400m	1:52.28	(31.1)
1800m	2:23.63	(31.4)
2200m	2:55.30	(31.7)
2600m	3:27.59	(32.2)
3000m	3:59.85	(32.3)

		Naam		Cat		PR	Tijd	Info
4	gl	1 Jouke Wiebe Visser		HA1		4:09.69	4:12.96	
	bl	49 Martin van Schie		HA1		4:05.76	4:04.86	PR

Jouke Wiebe Visser

200m	19.16	(19.1)
600m	50.88	(31.7)
1000m	1:22.40	(31.6)
1400m	1:54.94	(32.5)
1800m	2:28.06	(33.1)
2200m	3:02.02	(34.0)
2600m	3:36.86	(34.8)
3000m	4:12.96	(36.1)

Martin van Schie

200m	19.72	(19.7)
600m	50.17	(30.4)
1000m	1:22.10	(32.0)
1400m	1:54.50	(32.4)
1800m	2:27.08	(32.5)
2200m	2:59.30	(32.3)
2600m	3:31.84	(32.5)
3000m	4:04.86	(33.0)

		Naam		Cat		PR	Tijd	Info
5	wt	54	Tiemen van der Kolk		HA2	3:59.78	4:00.53	
	rd	7	Jeroen Steenbergen		HA1	4:00.16	4:05.85	
			Tiemen van der Kolk				Jeroen Steenbergen	
		200m	18.41	(18.4)		200m	18.60	(18.6)
		600m	48.20	(29.8)		600m	46.93	(28.3)
		1000m	1:19.15	(30.9)		1000m	1:16.64	(29.7)
		1400m	1:50.69	(31.5)		1400m	1:48.42	(31.8)
		1800m	2:22.62	(32.0)		1800m	2:21.76	(33.3)
		2200m	2:54.62	(32.0)		2200m	2:55.63	(33.9)
		2600m	3:27.39	(32.7)		2600m	3:30.29	(34.6)
		3000m	4:00.53	(33.2)		3000m	4:05.85	(35.6)

		Naam		Cat		PR	Tijd	Info
6	gl	39	Nino van Dijk		HA2	4:00.97	4:04.15	
	bl	8	Chiel Smit		HA1	4:02.29	3:59.78	PR
			Nino van Dijk				Chiel Smit	
		200m	18.71	(18.7)		200m	19.05	(19.0)
		600m	48.60	(29.9)		600m	48.72	(29.7)
		1000m	1:19.08	(30.4)		1000m	1:19.22	(30.5)
		1400m	1:50.39	(31.3)		1400m	1:50.39	(31.1)
		1800m	2:22.20	(31.9)		1800m	2:22.14	(31.8)
		2200m	2:55.12	(32.9)		2200m	2:54.35	(32.2)
		2600m	3:29.12	(34.0)		2600m	3:26.96	(32.6)
		3000m	4:04.15	(35.0)		3000m	3:59.78	(32.8)

		Naam		Cat		PR	Tijd	Info
7	wt	32 Joes Klijnsoon		HA2		3:58.24	4:01.83	
	rd	40 Jorick Duijzer		HA2		4:02.23	4:08.98	
<u>Joes Klijnsoon</u>			<u>Jorick Duijzer</u>					
		200m	19.75	(19.7)		200m	19.46	(19.4)
		600m	49.88	(30.1)		600m	51.33	(31.9)
		1000m	1:20.36	(30.5)		1000m	1:23.73	(32.4)
		1400m	1:51.65	(31.3)		1400m	1:56.49	(32.7)
		1800m	2:23.25	(31.6)		1800m	2:29.62	(33.2)
		2200m	2:55.48	(32.2)		2200m	3:02.71	(33.1)
		2600m	3:28.28	(32.8)		2600m	3:36.02	(33.3)
		3000m	4:01.83	(33.6)		3000m	4:08.98	(32.9)

		Naam		Cat		PR	Tijd	Info
8	gl	18 Jeroen Janissen		HA2		3:56.07	3:57.36	
	bl	4 Chris Huizinga		HA2		3:51.78	3:52.41	
<u>Jeroen Janissen</u>			<u>Chris Huizinga</u>					
		200m	18.83	(18.8)		200m	18.62	(18.6)
		600m	48.50	(29.7)		600m	48.45	(29.8)
		1000m	1:18.47	(29.9)		1000m	1:18.42	(30.0)
		1400m	1:49.03	(30.6)		1400m	1:48.59	(30.1)
		1800m	2:19.90	(30.9)		1800m	2:19.02	(30.5)
		2200m	2:51.54	(31.6)		2200m	2:49.78	(30.7)
		2600m	3:23.97	(32.4)		2600m	3:20.93	(31.2)
		3000m	3:57.36	(33.4)		3000m	3:52.41	(31.5)

		Naam			Cat	PR	Tijd	Info
9	wt	78	Marwin Talsma		HA2	3:51.70	3:49.63	PR TR
	rd	11	Bart Hoolwerf		HA2	3:56.17	3:56.66	
		Marwin Talsma			Bart Hoolwerf			
		200m	19.71	(19.7)	200m	18.78	(18.7)	
		600m	49.39	(29.6)	600m	49.12	(30.4)	
		1000m	1:18.79	(29.4)	1000m	1:19.42	(30.3)	
		1400m	1:48.49	(29.7)	1400m	1:49.79	(30.3)	
		1800m	2:18.36	(29.9)	1800m	2:21.02	(31.3)	
		2200m	2:48.74	(30.4)	2200m	2:52.57	(31.5)	
		2600m	3:19.04	(30.3)	2600m	3:24.77	(32.2)	
		3000m	3:49.63	(30.6)	3000m	3:56.66	(31.9)	

		Naam			Cat	PR	Tijd	Info
10	gl	12	Luc Heine		HA2	3:58.54	4:07.29	
	bl	64	Jort Boomhouwer		HA1	3:59.25	4:04.30	
		Luc Heine			Jort Boomhouwer			
		200m	18.97	(18.9)	200m	19.12	(19.1)	
		600m	49.12	(30.2)	600m	48.45	(29.3)	
		1000m	1:20.04	(30.9)	1000m	1:18.52	(30.1)	
		1400m	1:51.49	(31.4)	1400m	1:49.20	(30.7)	
		1800m	2:23.44	(32.0)	1800m	2:21.60	(32.4)	
		2200m	2:56.40	(33.0)	2200m	2:55.05	(33.4)	
		2600m	3:30.65	(34.2)	2600m	3:29.47	(34.4)	
		3000m	4:07.29	(36.6)	3000m	4:04.30	(34.9)	