

10. Rituitslag Heren Junioren B 3000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	21 Lasse Hiddink	HB1	4:16.37	4:15.51	PR
	rd	50 Daan Gelling	HB1	4:16.35	4:14.24	PR
		Lasse Hiddink				
		200m	20.26 (20.2)			
		600m	52.58 (32.3)			
		1000m	1:25.56 (33.0)			
		1400m	1:58.96 (33.4)			
		1800m	2:32.63 (33.7)			
		2200m	3:06.98 (34.3)			
		2600m	3:41.67 (34.7)			
		3000m	4:15.51 (33.9)			
		Daan Gelling				
		200m	19.89 (19.8)			
		600m	51.92 (32.1)			
		1000m	1:25.18 (33.2)			
		1400m	1:58.50 (33.4)			
		1800m	2:32.21 (33.7)			
		2200m	3:05.64 (33.4)			
		2600m	3:39.92 (34.3)			
		3000m	4:14.24 (34.3)			

		Naam	Cat	PR	Tijd	Info
2	gl	66 Pim Verhagen	HB2	4:12.97	4:16.68	
	bl	36 Jurgen van der Hoorn	HB1	4:15.11	4:13.40	PR
		Pim Verhagen				
		200m	19.78 (19.7)			
		600m	50.96 (31.2)			
		1000m	1:23.98 (33.0)			
		1400m	1:58.21 (34.3)			
		1800m	2:32.22 (34.0)			
		2200m	3:06.74 (34.5)			
		2600m	3:41.77 (35.0)			
		3000m	4:16.68 (34.9)			
		Jurgen van der Hoorn				
		200m	19.70 (19.7)			
		600m	52.05 (32.3)			
		1000m	1:25.07 (33.0)			
		1400m	1:58.23 (33.2)			
		1800m	2:31.84 (33.6)			
		2200m	3:05.46 (33.6)			
		2600m	3:39.32 (33.9)			
		3000m	4:13.40 (34.1)			

		Naam		Cat		PR	Tijd	Info
3	wt	51 Thom de Vries		HB1		4:12.82	4:17.08	
	rd	46 Stefan Ootes		HB2		4:07.85	4:14.66	
Thom de Vries			Stefan Ootes					
		200m	20.15	(20.1)		200m	19.79	(19.7)
		600m	52.25	(32.1)		600m	51.07	(31.3)
		1000m	1:24.64	(32.4)		1000m	1:24.18	(33.1)
		1400m	1:58.04	(33.4)		1400m	1:57.59	(33.4)
		1800m	2:31.96	(33.9)		1800m	2:31.61	(34.1)
		2200m	3:06.76	(34.8)		2200m	3:05.95	(34.3)
		2600m	3:41.72	(35.0)		2600m	3:40.72	(34.8)
		3000m	4:17.08	(35.3)		3000m	4:14.66	(33.9)

		Naam		Cat		PR	Tijd	Info
4	gl	76 Melvin van Beuzekom		HB2		4:09.57	4:12.89	
	bl	41 Ivar Immerzeel		HB1		4:10.77	4:12.81	
Melvin van Beuzekom			Ivar Immerzeel					
		200m	20.23	(20.2)		200m	20.40	(20.4)
		600m	51.92	(31.7)		600m	52.48	(32.0)
		1000m	1:23.84	(31.9)		1000m	1:25.21	(32.8)
		1400m	1:56.48	(32.6)		1400m	1:58.24	(33.0)
		1800m	2:30.08	(33.6)		1800m	2:31.95	(33.7)
		2200m	3:04.09	(34.0)		2200m	3:05.36	(33.4)
		2600m	3:38.46	(34.4)		2600m	3:39.00	(33.7)
		3000m	4:12.89	(34.4)		3000m	4:12.81	(33.8)

		Naam		Cat		PR	Tijd	Info
5	wt	77 Jur Veenje		HB1		4:08.64	4:14.11	
	rd	60 Mike Dogterom		HB2		4:08.11	4:09.51	
Jur Veenje			Mike Dogterom					
		200m	19.84	(19.8)		200m	19.93	(19.9)
		600m	52.61	(32.8)		600m	51.62	(31.7)
		1000m	1:24.78	(32.1)		1000m	1:23.85	(32.2)
		1400m	1:57.50	(32.8)		1400m	1:55.94	(32.1)
		1800m	2:30.69	(33.1)		1800m	2:28.53	(32.6)
		2200m	3:04.73	(34.1)		2200m	3:01.45	(32.9)
		2600m	3:39.36	(34.6)		2600m	3:35.20	(33.8)
		3000m	4:14.11	(34.8)		3000m	4:09.51	(34.3)

		Naam		Cat		PR	Tijd	Info
6	gl	22 Bas Andriessen		HB2		4:05.73	4:08.03	
	bl	9 Bram Cohen		HB2		4:08.55	4:08.58	
Bas Andriessen			Bram Cohen					
		200m	19.16	(19.1)		200m	19.21	(19.2)
		600m	49.79	(30.6)		600m	50.14	(30.9)
		1000m	1:21.15	(31.4)		1000m	1:22.14	(32.0)
		1400m	1:53.18	(32.0)		1400m	1:54.70	(32.6)
		1800m	2:25.70	(32.6)		1800m	2:27.63	(32.9)
		2200m	2:58.77	(33.0)		2200m	3:01.06	(33.4)
		2600m	3:32.92	(34.2)		2600m	3:34.97	(33.9)
		3000m	4:08.03	(35.1)		3000m	4:08.58	(33.6)

		Naam		Cat		PR	Tijd	Info
7	wt	57 Tom den Heijer		HB2		4:08.85	4:10.25	
	rd	15 Thomas van der Hoorn		HB2		4:06.09	4:07.46	
Tom den Heijer			Thomas van der Hoorn					
		200m	19.32	(19.3)		200m	18.91	(18.9)
		600m	50.13	(30.8)		600m	48.36	(29.4)
		1000m	1:22.50	(32.4)		1000m	1:19.40	(31.1)
		1400m	1:55.56	(33.0)		1400m	1:51.41	(32.0)
		1800m	2:28.77	(33.2)		1800m	2:24.22	(32.8)
		2200m	3:02.63	(33.9)		2200m	2:57.81	(33.6)
		2600m	3:36.20	(33.6)		2600m	3:32.16	(34.3)
		3000m	4:10.25	(34.0)		3000m	4:07.46	(35.3)

		Naam		Cat		PR	Tijd	Info
8	gl	31 Wesley Hollenberg		HB2		4:04.02	4:06.31	
	bl	34 Jordy van Workum		HB1		4:02.29	4:04.68	
Wesley Hollenberg			Jordy van Workum					
		200m	19.53	(19.5)		200m	19.96	(19.9)
		600m	50.40	(30.9)		600m	50.62	(30.7)
		1000m	1:21.83	(31.4)		1000m	1:21.78	(31.1)
		1400m	1:54.30	(32.5)		1400m	1:53.71	(32.0)
		1800m	2:26.93	(32.6)		1800m	2:26.32	(32.6)
		2200m	3:00.08	(33.1)		2200m	2:58.86	(32.5)
		2600m	3:33.10	(33.1)		2600m	3:31.82	(33.0)
		3000m	4:06.31	(33.2)		3000m	4:04.68	(32.8)

		Naam		Cat		PR	Tijd	Info
9	wt	65 Jesse Stam		HB2		4:00.48	4:08.83	
	rd	71 Yves Vergeer		HB1		4:04.54	4:02.25	PR

Jesse Stam

200m	20.02	(20.0)
600m	51.08	(31.0)
1000m	1:22.43	(31.4)
1400m	1:54.65	(32.2)
1800m	2:27.22	(32.6)
2200m	3:00.47	(33.2)
2600m	3:34.44	(34.0)
3000m	4:08.83	(34.4)

Yves Vergeer

200m	20.07	(20.0)
600m	51.06	(31.0)
1000m	1:22.45	(31.4)
1400m	1:53.87	(31.4)
1800m	2:25.53	(31.7)
2200m	2:57.35	(31.8)
2600m	3:29.64	(32.3)
3000m	4:02.25	(32.6)

		Naam		Cat		PR	Tijd	Info
10	gl	55 Wieger Gobel		HB1		4:13.25	4:18.35	
	bl	6 Max Visscher		HB2		4:03.98	4:05.65	

Wieger Gobel

200m	20.84	(20.8)
600m	52.99	(32.1)
1000m	1:26.24	(33.3)
1400m	2:00.06	(33.8)
1800m	2:34.17	(34.1)
2200m	3:08.71	(34.6)
2600m	3:43.52	(34.8)
3000m	4:18.35	(34.8)

Max Visscher

200m	19.91	(19.9)
600m	50.19	(30.2)
1000m	1:21.46	(31.3)
1400m	1:53.55	(32.1)
1800m	2:26.38	(32.8)
2200m	2:59.24	(32.9)
2600m	3:32.47	(33.2)
3000m	4:05.65	(33.2)