

## 25. Rituitslag Dames Junioren A 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	25 <b>Lynn Dekker</b>	DA1		<b>7:52.00</b>	
	rd	7 <b>Marit Steunenberg</b>	DA2		<b>DNS</b>	
<b>Lynn Dekker</b>			<b>Marit Steunenberg</b>			
		200m	23.31	(23.3)		
		600m	1:00.57	(37.2)		
		1000m	1:37.81	(37.3)		
		1400m	2:15.27	(37.4)		
		1800m	2:53.00	(37.8)		
		2200m	3:30.19	(37.1)		
		2600m	4:08.24	(38.1)		
		3000m	4:46.18	(37.9)		
		3400m	5:24.35	(38.2)		
		3800m	6:01.91	(37.6)		
		4200m	6:38.78	(36.8)		
		4600m	7:15.59	(36.8)		
		5000m	7:52.00	(36.5)		

		Naam	Cat	PR	Tijd	Info
2	gl	62 <b>Sanne in 't Hof</b>	DA2	7:53.33	<b>7:30.07</b>	PR
	bl	40 <b>Joy Beune</b>	DA1		<b>7:39.00</b>	
<b>Sanne in 't Hof</b>			<b>Joy Beune</b>			
		200m	20.81	(20.8)	200m	21.91 (21.9)
		600m	54.59	(33.7)	600m	56.28 (34.3)
		1000m	1:29.84	(35.3)	1000m	1:31.31 (35.1)
		1400m	2:05.46	(35.6)	1400m	2:06.49 (35.1)
		1800m	2:41.03	(35.6)	1800m	2:42.39 (35.9)
		2200m	3:16.44	(35.4)	2200m	3:18.12 (35.8)
		2600m	3:51.83	(35.4)	2600m	3:54.40 (36.3)
		3000m	4:27.55	(35.7)	3000m	4:30.84 (36.4)
		3400m	5:03.39	(35.8)	3400m	5:07.94 (37.1)
		3800m	5:39.28	(35.9)	3800m	5:45.49 (37.5)
		4200m	6:15.75	(36.5)	4200m	6:23.61 (38.2)
		4600m	6:52.85	(37.1)	4600m	7:01.27 (37.6)
		5000m	7:30.07	(37.2)	5000m	7:39.00 (37.8)

		Naam		Cat		PR	Tijd	Info
3	wt	3	<b>Annet Noppert</b>		DA1	7:54.97	<b>7:59.95</b>	
	rd	34	<b>Dieuwertje van Kalken</b>		DA1	7:58.60	<b>7:47.05</b>	PR
			<b>Annet Noppert</b>				<b>Dieuwertje van Kalken</b>	
		200m	22.14	(22.1)		200m	22.63	(22.6)
		600m	57.13	(35.0)		600m	58.00	(35.4)
		1000m	1:33.36	(36.2)		1000m	1:34.26	(36.2)
		1400m	2:10.70	(37.4)		1400m	2:10.29	(36.0)
		1800m	2:47.99	(37.2)		1800m	2:46.67	(36.4)
		2200m	3:26.04	(38.1)		2200m	3:23.22	(36.6)
		2600m	4:04.75	(38.7)		2600m	3:59.63	(36.4)
		3000m	4:43.77	(39.0)		3000m	4:36.45	(36.8)
		3400m	5:23.69	(39.9)		3400m	5:13.38	(36.9)
		3800m	6:02.69	(39.0)		3800m	5:50.67	(37.3)
		4200m	6:41.92	(39.3)		4200m	6:29.07	(38.4)
		4600m	7:21.52	(39.6)		4600m	7:08.18	(39.1)
		5000m	7:59.95	(38.4)		5000m	7:47.05	(38.9)

		Naam		Cat		PR	Tijd	Info
4	gl	74	<b>Tjilde Bennis</b>		DA2	7:54.52	<b>7:48.91</b>	PR
	bl	16	<b>Lilian Temmink</b>		DA2	7:41.22	<b>7:32.07</b>	PR
			<b>Tjilde Bennis</b>				<b>Lilian Temmink</b>	
		200m	22.47	(22.4)		200m	22.04	(22.0)
		600m	57.96	(35.5)		600m	56.81	(34.8)
		1000m	1:34.39	(36.4)		1000m	1:32.12	(35.3)
		1400m	2:10.92	(36.6)		1400m	2:07.41	(35.3)
		1800m	2:47.73	(36.8)		1800m	2:42.74	(35.3)
		2200m	3:24.79	(37.0)		2200m	3:18.34	(35.6)
		2600m	4:02.41	(37.7)		2600m	3:54.02	(35.7)
		3000m	4:40.11	(37.7)		3000m	4:29.85	(35.8)
		3400m	5:18.31	(38.2)		3400m	5:05.93	(36.1)
		3800m	5:56.07	(37.7)		3800m	5:42.17	(36.2)
		4200m	6:33.96	(37.9)		4200m	6:18.71	(36.6)
		4600m	7:11.53	(37.6)		4600m	6:55.35	(36.6)
		5000m	7:48.91	(37.4)		5000m	7:32.07	(36.7)

		Naam		Cat		PR	Tijd	Info
5	wt	22 <b>Sterre Jonkers</b>		DA1		7:51.34	<b>7:30.78</b>	PR
	rd	18 <b>Simone Warmerdam</b>		DA2		7:49.41	<b>7:32.30</b>	PR
<b>Sterre Jonkers</b>			<b>Simone Warmerdam</b>					
		200m	21.37	(21.3)		200m	21.86	(21.8)
		600m	54.75	(33.4)		600m	56.09	(34.2)
		1000m	1:28.87	(34.1)		1000m	1:31.14	(35.1)
		1400m	2:03.78	(34.9)		1400m	2:06.17	(35.0)
		1800m	2:38.96	(35.2)		1800m	2:41.29	(35.1)
		2200m	3:14.45	(35.5)		2200m	3:16.76	(35.5)
		2600m	3:50.49	(36.0)		2600m	3:52.86	(36.1)
		3000m	4:26.71	(36.3)		3000m	4:29.18	(36.3)
		3400m	5:03.40	(36.7)		3400m	5:05.97	(36.8)
		3800m	5:40.31	(36.9)		3800m	5:42.58	(36.6)
		4200m	6:17.17	(36.8)		4200m	6:19.40	(36.9)
		4600m	6:54.32	(37.2)		4600m	6:56.18	(36.7)
		5000m	7:30.78	(36.4)		5000m	7:32.30	(36.2)

		Naam		Cat		PR	Tijd	Info
6	gl	53 <b>Anne Ruysenaars</b>		DA2		7:34.42	<b>7:52.05</b>	
	bl	67 <b>Arianna Pruisscher</b>		DA1		7:50.24	<b>7:58.81</b>	
<b>Anne Ruysenaars</b>			<b>Arianna Pruisscher</b>					
		200m	21.07	(21.0)		200m	21.05	(21.0)
		600m	54.89	(33.8)		600m	53.83	(32.8)
		1000m	1:29.89	(35.0)		1000m	1:28.70	(34.9)
		1400m	2:05.51	(35.7)		1400m	2:04.49	(35.7)
		1800m	2:41.13	(35.6)		1800m	2:40.75	(36.3)
		2200m	3:17.21	(36.1)		2200m	3:17.45	(36.7)
		2600m	3:54.07	(36.8)		2600m	3:55.62	(38.2)
		3000m	4:31.86	(37.8)		3000m	4:35.35	(39.7)
		3400m	5:10.55	(38.7)		3400m	5:16.26	(40.9)
		3800m	5:50.16	(39.6)		3800m	5:57.36	(41.1)
		4200m	6:30.43	(40.3)		4200m	6:38.61	(41.3)
		4600m	7:11.34	(40.9)		4600m	7:18.74	(40.1)
		5000m	7:52.05	(40.7)		5000m	7:58.81	(40.1)