

## 26. Rituitslag Heren Junioren A 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt rd	8 <b>Chiel Smit</b>	HA1		<b>6:53.14</b>	
		<b>Chiel Smit</b>				
		200m	19.67 (19.6)			m
		600m	52.39 (32.7)			
		1000m	1:24.97 (32.6)			
		1400m	1:56.79 (31.8)			
		1800m	2:28.98 (32.2)			
		2200m	3:01.59 (32.6)			
		2600m	3:34.40 (32.9)			
		3000m	4:07.38 (32.9)			
		3400m	4:40.39 (33.0)			
		3800m	5:13.52 (33.2)			
		4200m	5:46.88 (33.3)			
		4600m	6:20.06 (33.2)			
		5000m	6:53.14 (33.1)			

		Naam	Cat	PR	Tijd	Info
2	gl	33 <b>Berend Bervoets</b>	HA1	6:58.49	<b>7:05.39</b>	
	bl	7 <b>Jeroen Steenbergen</b>	HA1	7:03.42	<b>7:11.82</b>	
		<b>Berend Bervoets</b>			<b>Jeroen Steenbergen</b>	
		200m	20.39 (20.3)		200m	20.22 (20.2)
		600m	53.14 (32.8)		600m	52.36 (32.1)
		1000m	1:26.17 (33.0)		1000m	1:25.72 (33.4)
		1400m	1:59.91 (33.8)		1400m	1:59.27 (33.5)
		1800m	2:33.33 (33.4)		1800m	2:33.03 (33.8)
		2200m	3:07.12 (33.8)		2200m	3:06.61 (33.6)
		2600m	3:40.84 (33.7)		2600m	3:40.75 (34.1)
		3000m	4:14.64 (33.8)		3000m	4:14.96 (34.2)
		3400m	4:48.66 (34.0)		3400m	4:49.53 (34.6)
		3800m	5:22.55 (33.9)		3800m	5:24.64 (35.1)
		4200m	5:56.75 (34.2)		4200m	6:00.73 (36.1)
		4600m	6:31.31 (34.6)		4600m	6:36.07 (35.3)
		5000m	7:05.39 (34.0)		5000m	7:11.82 (35.8)

		Naam		Cat		PR	Tijd	Info
3	wt	62 <b>Ruben Kieftenburg</b>		HA2		7:01.67	<b>6:59.02</b>	PR
	rd	54 <b>Tiemen van der Kolk</b>		HA2		6:57.08	<b>7:04.05</b>	
<b>Ruben Kieftenburg</b>			<b>Tiemen van der Kolk</b>					
		200m	19.17	(19.1)		200m	19.78	(19.7)
		600m	51.40	(32.3)		600m	52.30	(32.6)
		1000m	1:24.03	(32.6)		1000m	1:25.28	(32.9)
		1400m	1:56.79	(32.7)		1400m	1:57.55	(32.3)
		1800m	2:29.32	(32.6)		1800m	2:30.18	(32.6)
		2200m	3:02.57	(33.2)		2200m	3:03.44	(33.3)
		2600m	3:35.80	(33.3)		2600m	3:36.88	(33.4)
		3000m	4:09.32	(33.5)		3000m	4:10.36	(33.5)
		3400m	4:43.23	(33.9)		3400m	4:44.62	(34.3)
		3800m	5:16.99	(33.7)		3800m	5:18.28	(33.6)
		4200m	5:51.21	(34.3)		4200m	5:52.85	(34.6)
		4600m	6:25.22	(34.0)		4600m	6:28.07	(35.2)
		5000m	6:59.02	(33.8)		5000m	7:04.05	(36.0)

		Naam		Cat		PR	Tijd	Info
4	gl	32 <b>Joes Klijnsoen</b>		HA2		6:47.53	<b>6:53.00</b>	
	bl	39 <b>Nino van Dijk</b>		HA2		6:49.40	<b>6:57.61</b>	
<b>Joes Klijnsoen</b>			<b>Nino van Dijk</b>					
		200m	20.16	(20.1)		200m	19.77	(19.7)
		600m	51.50	(31.4)		600m	51.67	(31.9)
		1000m	1:23.45	(31.9)		1000m	1:23.85	(32.2)
		1400m	1:55.40	(32.0)		1400m	1:56.01	(32.2)
		1800m	2:27.25	(31.8)		1800m	2:28.43	(32.4)
		2200m	2:59.35	(32.1)		2200m	3:00.81	(32.4)
		2600m	3:31.91	(32.6)		2600m	3:33.52	(32.7)
		3000m	4:04.70	(32.8)		3000m	4:06.79	(33.2)
		3400m	4:37.73	(33.0)		3400m	4:40.52	(33.8)
		3800m	5:11.01	(33.3)		3800m	5:14.43	(33.9)
		4200m	5:44.89	(33.8)		4200m	5:48.92	(34.5)
		4600m	6:19.21	(34.4)		4600m	6:23.32	(34.4)
		5000m	6:53.00	(33.8)		5000m	6:57.61	(34.3)

		Naam		Cat		PR	Tijd	Info
5	wt	78 <b>Marwin Talsma</b>		HA2		6:28.83	<b>6:27.20</b>	PR TR
	rd	18 <b>Jeroen Janissen</b>		HA2		6:40.22	<b>6:51.41</b>	
<b>Marwin Talsma</b>			<b>Jeroen Janissen</b>					
		200m	19.88	(19.8)		200m	19.79	(19.7)
		600m	50.38	(30.5)		600m	51.34	(31.6)
		1000m	1:20.27	(29.9)		1000m	1:23.28	(31.9)
		1400m	1:50.55	(30.3)		1400m	1:55.49	(32.2)
		1800m	2:21.02	(30.5)		1800m	2:27.62	(32.2)
		2200m	2:51.65	(30.6)		2200m	2:59.94	(32.3)
		2600m	3:22.22	(30.6)		2600m	3:32.15	(32.2)
		3000m	3:52.81	(30.6)		3000m	4:04.54	(32.4)
		3400m	4:23.18	(30.3)		3400m	4:37.07	(32.5)
		3800m	4:53.69	(30.5)		3800m	5:09.90	(32.9)
		4200m	5:24.71	(31.1)		4200m	5:43.35	(33.4)
		4600m	5:56.07	(31.3)		4600m	6:17.04	(33.7)
		5000m	6:27.20	(31.2)		5000m	6:51.41	(34.4)

		Naam		Cat		PR	Tijd	Info
6	gl	4 <b>Chris Huizinga</b>		HA2		6:36.00	<b>6:46.35</b>	
	bl	11 <b>Bart Hoolwerf</b>		HA2		6:43.98	<b>6:42.54</b>	PR
<b>Chris Huizinga</b>			<b>Bart Hoolwerf</b>					
		200m	19.26	(19.2)		200m	19.31	(19.3)
		600m	51.14	(31.9)		600m	50.83	(31.5)
		1000m	1:22.44	(31.3)		1000m	1:22.59	(31.7)
		1400m	1:54.17	(31.7)		1400m	1:54.10	(31.6)
		1800m	2:25.47	(31.3)		1800m	2:26.05	(31.9)
		2200m	2:57.34	(31.9)		2200m	2:58.04	(32.0)
		2600m	3:29.09	(31.7)		2600m	3:30.15	(32.1)
		3000m	4:00.82	(31.8)		3000m	4:02.55	(32.4)
		3400m	4:32.99	(32.1)		3400m	4:34.79	(32.2)
		3800m	5:05.91	(33.0)		3800m	5:07.76	(33.0)
		4200m	5:39.00	(33.1)		4200m	5:39.41	(31.7)
		4600m	6:11.97	(32.9)		4600m	6:11.09	(31.6)
		5000m	6:46.35	(34.4)		5000m	6:42.54	(31.5)