



13th Masters Intn Long Distance Races

Thialf - Heerenveen

20 maart 2017



1. Uitslag M - 500m voor 500/10000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	27 Bart Brinksma	H55	10	O	43.01		
2	11 Azamat Ismailov	H40	10	I	43.89		
3	17 John van der Vlugt	H55	8	I	44.39		
4	19 Harm Smit	H55	9	I	44.52		
5	26 Hans van Peperstraten	H60	7	I	44.94		
6	25 Jos Drabbels	H50	8	O	45.20		
7	24 Ton van Klooster	H55	7	O	45.61		
8	18 Kees Langeveld	H55	6	I	45.89		
9	20 Jann van Benthem	H60	5	O	46.18		
10	22 Sietse van der Werff	H60	6	O	46.25		
11	23 Kees Verdouw	H70	4	I	46.39		
12	21 Bauke Meijer	H65	4	O	46.43		
13	16 Frank Steenkamp	H60	5	I	46.81		
14	5 Jon Gauslaa	H55	2	I	49.17		
15	12 Anja Neumann	D40	1	I	58.80		
	55 Marco Roos	H50	2	O	DNS		
	28 Jeroen Ras	H40	9	O	DNS		
	4 Octavian Moga	H50	3	I	DQ		
	1 Stephan Haeisen	H45	3	O	DQ		

1. Rituitslag M - 500m voor 500/10000m rijders

		Naam		Cat		PR		Tijd	Info
1	wt	12	Anja Neumann		D40			58.80	
	rd								
		Anja Neumann							
			100m	14.96	(14.9)		m		
			500m	58.80	(43.9)				

		Naam		Cat		PR		Tijd	Info
2	gl	5	Jon Gauslaa		H55			49.17	
	bl	55	Marco Roos		H50	43.41		DNS	
		Jon Gauslaa							
			100m	13.92	(13.9)				
			500m	49.17	(35.2)				
		Marco Roos							

		Naam		Cat		PR		Tijd	Info
3	wt	4	Octavian Moga		H50			DQ	
	rd	1	Stephan Haueisen		H45			DQ	
		Octavian Moga							
		Stephan Haueisen							

		Naam		Cat		PR		Tijd	Info
4	gl	23	Kees Verdouw		H70	43.08		46.39	
	bl	21	Bauke Meijer		H65	45.35		46.43	
		Kees Verdouw							
			100m	12.93	(12.9)		100m	12.58	(12.5)
			500m	46.39	(33.4)		500m	46.43	(33.9)
		Bauke Meijer							

		Naam		Cat		PR		Tijd	Info
5	wt	16	Frank Steenkamp		H60	44.97		46.81	
	rd	20	Jann van Benthem		H60	43.87		46.18	
		Frank Steenkamp							
			100m	13.15	(13.1)		100m	12.74	(12.7)
			500m	46.81	(33.7)		500m	46.18	(33.4)
		Jann van Benthem							

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		Naam	Cat	PR	Tijd	Info
6	gl	18 Kees Langeveld	H55	45.16	45.89	
	bl	22 Sietse van der Werff	H60	43.79	46.25	
		Kees Langeveld		Sietse van der Werff		
		100m	12.76 (12.7)	100m	12.86 (12.8)	
		500m	45.89 (33.1)	500m	46.25 (33.4)	
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		Naam	Cat	PR	Tijd	Info
7	wt	26 Hans van Peperstraten	H60	43.50	44.94	
	rd	24 Ton van Klooster	H55	44.20	45.61	
		Hans van Peperstraten		Ton van Klooster		
		100m	12.60 (12.6)	100m	12.71 (12.7)	
		500m	44.94 (32.3)	500m	45.61 (32.9)	
<hr/>						
		Naam	Cat	PR	Tijd	Info
8	gl	17 John van der Vlugt	H55	42.37	44.39	
	bl	25 Jos Drabbels	H50	43.47	45.20	
		John van der Vlugt		Jos Drabbels		
		100m	12.44 (12.4)	100m	12.79 (12.7)	
		500m	44.39 (31.9)	500m	45.20 (32.5)	
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		Naam	Cat	PR	Tijd	Info
9	wt	19 Harm Smit	H55	43.02	44.52	
	rd	28 Jeroen Ras	H40	43.14	DNS	
		Harm Smit		Jeroen Ras		
		100m	12.35 (12.3)			
		500m	44.52 (32.2)			
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		Naam	Cat	PR	Tijd	Info
10	gl	11 Azamat Ismailov	H40	42.29	43.89	
	bl	27 Bart Brinksma	H55	42.72	43.01	
		Azamat Ismailov		Bart Brinksma		
		100m	11.84 (11.8)	100m	11.80 (11.8)	
		500m	43.89 (32.0)	500m	43.01 (31.2)	



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2. Uitslag O - 500m voor 500/10000m rijders L

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
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2. Rituitslag O - 500m voor 500/10000m rijders L



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3. Uitslag M - 500m voor 500/5000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	56 Walter Staal	H55	4	I	45.12		
2	2 Seppe Lybaert	HSB	4	O	45.83		
3	3 Christine Seemann	D45	1	O	46.93		
4	35 Marlies de Jong	D50	1	I	47.98		
5	32 Erik Nijland	H60	3	O	54.13		

3. Rituitslag M - 500m voor 500/5000m rijders

		Naam		Cat		PR	Tijd	Info
1	wt	35	Marlies de Jong		D50	46.84	47.98	
	rd	3	Christine Seemann		D45		46.93	
		Marlies de Jong			Christine Seemann			
		100m	13.34	(13.3)	100m	12.89	(12.8)	
		500m	47.98	(34.6)	500m	46.93	(34.1)	

		Naam		Cat		PR	Tijd	Info
2	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
3	wt							
	rd	32	Erik Nijland		H60	49.27	54.13	
					Erik Nijland			
			m		100m	15.02	(15.0)	
					500m	54.13	(39.1)	

		Naam		Cat		PR	Tijd	Info
4	gl	56	Walter Staal		H55	43.77	45.12	
	bl	2	Seppe Lybaert		HSB	45.84	45.83	
		Walter Staal			Seppe Lybaert			
		100m	12.18	(12.1)	100m	12.34	(12.3)	
		500m	45.12	(33.0)	500m	45.83	(33.5)	



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4. Uitslag O - 500m voor 500/5000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	29 Pim Bleser	HA2	1	I	40.87		
2	33 Ivar Immerzeel	HB1	2	O	41.12		
3	30 Joost Hermans	HN4	2	I	41.13		

4. Rituitslag O - 500m voor 500/5000m rijders

		Naam		Cat		PR		Tijd	Info
1	wt	29	Pim Bleser		HA2			40.31	40.87
	rd								
			Pim Bleser						
			100m	11.58	(11.5)		m		
			500m	40.87	(29.3)				
2	gl	30	Joost Hermans		HN4			40.74	41.13
	bl	33	Ivar Immerzeel		HB1			40.54	41.12
			Joost Hermans						
			100m	11.58	(11.5)		100m	11.38	(11.3)
			500m	41.13	(29.6)		500m	41.12	(29.8)
			Ivar Immerzeel						



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5. Uitslag M - 10000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	17 John van der Vlugt	H55	10	O	15:27.99		
2	25 Jos Drabbels	H50	6	O	15:35.83	PR	
3	19 Harm Smit	H55	10	I	15:42.29		
4	1 Stephan Haueisen	H45	6	I	15:54.90		
5	20 Jann van Benthem	H60	7	I	16:15.84	PR	
6	24 Ton van Klooster	H55	9	O	16:18.46		
7	5 Jon Gauslaa	H55	5	O	16:26.51		
8	22 Sietse van der Werff	H60	8	O	16:35.82		
9	27 Bart Brinksma	H55	5	I	16:36.02		
10	16 Frank Steenkamp	H60	4	O	16:39.62	HT	
11	23 Kees Verdouw	H70	3	O	16:55.17	HT	
12	4 Octavian Moga	H50	4	I	17:12.91	HT	
13	11 Azamat Ismailov	H40	3	I	18:04.48	HT	
14	12 Anja Neumann	D40	1	I	19:37.72	HT	
15	21 Bauke Meijer	H65	2	I	20:16.07	HT	
	55 Marco Roos	H50	2	O	DNS		
	28 Jeroen Ras	H40	8	I	DNS		
	26 Hans van Peperstraten	H60	7	O	DNF		
	18 Kees Langeveld	H55	9	I	DNF		



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5. Rituitslag M - 10000m

	Naam	Cat	PR	Tijd Info
1	wt rd	12 Anja Neumann	D40	19:37.72 HT
	Anja Neumann			
	400m	55.22 (55.2)		m
	800m	1:44.69 (49.4)		
	1200m	2:13.85 (29.2)		
	1600m	3:19.12 (65.3)		
	2000m	4:05.86 (46.7)		
	2400m	4:53.07 (47.2)		
	2800m	5:39.54 (46.5)		
	3200m	6:25.52 (46.0)		
	3600m	7:11.76 (46.2)		
	4000m	7:57.74 (46.0)		
	4400m	8:43.67 (45.9)		
	4800m	9:29.30 (45.7)		
	5200m	10:14.90 (45.6)		
	5600m	11:00.48 (45.5)		
	6000m	11:47.05 (46.6)		
	6400m	12:34.66 (47.6)		
	6800m	13:21.95 (47.3)		
	7200m	14:09.98 (48.0)		
	7600m	14:56.43 (46.5)		
	8000m	15:44.01 (47.6)		
	8400m	16:30.79 (46.7)		
	8800m	17:18.02 (47.3)		
	9200m	18:04.41 (46.4)		
	9600m	18:51.60 (47.2)		
	10000m	19:37.72 (46.1)		



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		Naam	Cat	PR	Tijd	Info
2	gl	21 Bauke Meijer	H65		20:16.07	HT
	bl	55 Marco Roos	H50	16:56.18	DNS	

Bauke Meijer

400m	54.07	(54.0)
800m	1:40.08	(46.0)
1200m	2:27.21	(47.2)
1600m	3:14.66	(47.4)
2000m	4:01.70	(47.1)
2400m	4:48.98	(47.2)
2800m	5:35.06	(46.1)
3200m	6:22.12	(47.1)
3600m	7:10.25	(48.1)
4000m	7:58.24	(48.0)
4400m	8:45.94	(47.7)
4800m	9:33.81	(47.9)
5200m	10:25.29	(51.4)
5600m	11:14.62	(49.4)
6000m	12:03.13	(48.5)
6400m	12:51.38	(48.2)
6800m	13:41.95	(50.6)
7200m	14:31.68	(49.7)
7600m	15:22.88	(51.2)
8000m	16:15.03	(52.2)
8400m	17:01.50	(46.5)
8800m	17:52.03	(50.5)
9200m	18:41.37	(49.3)
9600m	19:31.56	(50.2)
10000m	20:16.07	(44.5)

Marco Roos



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		Naam	Cat	PR	Tijd	Info
3	wt	11 Azamat Ismailov	H40		18:04.48	HT
	rd	23 Kees Verdouw	H70	15:34.99	16:55.17	HT

Azamat Ismailov

400m	43.97	(43.9)
800m	1:22.36	(38.4)
1200m	2:03.33	(41.0)
1600m	2:44.26	(40.9)
2000m	3:25.34	(41.1)
2400m	4:07.01	(41.7)
2800m	5:32.77	(85.7)
3200m	5:34.80	(2.1)
3600m	6:16.45	(41.6)
4000m	7:00.12	(43.7)
4400m	7:43.96	(43.8)
4800m	8:27.89	(43.9)
5200m	9:12.40	(44.6)
5600m	9:56.40	(44.0)
6000m	10:40.67	(44.2)
6400m	11:24.70	(44.1)
6800m	12:08.60	(43.9)
7200m	12:53.01	(44.4)
7600m	13:37.34	(44.3)
8000m	14:21.38	(44.0)
8400m	15:05.88	(44.5)
8800m	15:50.06	(44.2)
9200m	16:35.49	(45.4)
9600m	17:21.91	(46.5)
10000m	18:04.48	(42.5)

Kees Verdouw

400m	43.53	(43.5)
800m	1:23.22	(39.7)
1200m	2:03.22	(40.0)
1600m	2:43.76	(40.5)
2000m	3:23.86	(40.1)
2400m	4:04.15	(40.3)
2800m	4:44.48	(40.3)
3200m	5:25.05	(40.6)
3600m	6:05.50	(40.5)
4000m	6:45.68	(40.1)
4400m	7:22.78	(37.1)
4800m	8:06.10	(43.4)
5200m	8:46.70	(40.6)
5600m	9:26.95	(40.2)
6000m	10:07.51	(40.6)
6400m	10:48.38	(40.8)
6800m	11:29.10	(40.8)
7200m	12:09.76	(40.6)
7600m	12:50.84	(41.1)
8000m	13:31.64	(40.8)
8400m	14:12.23	(40.6)
8800m	14:52.30	(40.1)
9200m	15:32.62	(40.3)
9600m	16:13.66	(41.0)
10000m	16:55.17	(41.5)



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		Naam	Cat	PR	Tijd	Info
4	gl	4 Octavian Moga	H50		17:12.91	HT
	bl	16 Frank Steenkamp	H60	16:37.03	16:39.62	HT

Octavian Moga

400m	44.77	(44.7)
800m	1:25.58	(40.8)
1200m	2:06.07	(40.5)
1600m	2:46.42	(40.4)
2000m	3:27.44	(41.0)
2400m	4:08.50	(41.1)
2800m	4:49.59	(41.0)
3200m	5:31.18	(41.6)
3600m	6:12.66	(41.5)
4000m	6:54.34	(41.7)
4400m	7:35.50	(41.2)
4800m	8:16.78	(41.2)
5200m	8:57.97	(41.2)
5600m	9:38.84	(40.9)
6000m	10:19.67	(40.8)
6400m	11:00.31	(40.7)
6800m	11:41.50	(41.2)
7200m	12:22.98	(41.4)
7600m	13:04.52	(41.6)
8000m	13:46.29	(41.7)
8400m	14:27.95	(41.7)
8800m	15:09.66	(41.7)
9200m	15:50.33	(40.7)
9600m	16:31.47	(41.1)
10000m	17:12.91	(41.5)

Frank Steenkamp

400m	43.45	(43.4)
800m	1:23.20	(39.8)
1200m	2:03.88	(40.6)
1600m	2:44.13	(40.3)
2000m	3:23.38	(39.2)
2400m	4:03.08	(39.7)
2800m	4:43.08	(40.0)
3200m	5:22.86	(39.8)
3600m	6:02.79	(39.9)
4000m	6:42.58	(39.8)
4400m	7:22.28	(39.7)
4800m	8:02.15	(39.9)
5200m	8:42.11	(40.0)
5600m	9:21.41	(39.3)
6000m	10:01.62	(40.2)
6400m	10:40.38	(38.7)
6800m	11:19.76	(39.4)
7200m	11:59.86	(40.1)
7600m	12:39.55	(39.7)
8000m	13:19.11	(39.6)
8400m	13:58.80	(39.7)
8800m	14:39.40	(40.6)
9200m	15:19.52	(40.1)
9600m	15:59.76	(40.2)
10000m	16:39.62	(39.9)



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		Naam	Cat		PR	Tijd	Info
5	wt	27 Bart Brinksma	H55			16:36.02	
	rd	5 Jon Gauslaa	H55			16:26.51	
		Bart Brinksma	Jon Gauslaa				
		400m	43.54	(43.5)	400m	44.03	(44.0)
		800m	1:21.94	(38.4)	800m	1:22.59	(38.5)
		1200m	2:01.64	(39.7)	1200m	2:01.65	(39.1)
		1600m	2:40.70	(39.1)	1600m	2:41.08	(39.4)
		2000m	3:20.47	(39.7)	2000m	3:20.41	(39.4)
		2400m	3:59.75	(39.3)	2400m	3:59.81	(39.4)
		2800m	4:39.62	(39.9)	2800m	4:38.90	(39.1)
		3200m	5:19.27	(39.6)	3200m	5:18.16	(39.2)
		3600m	5:59.39	(40.1)	3600m	5:57.63	(39.5)
		4000m	6:40.07	(40.7)	4000m	6:36.87	(39.2)
		4400m	7:21.06	(41.0)	4400m	7:15.45	(38.6)
		4800m	8:01.61	(40.6)	4800m	7:53.76	(38.3)
		5200m	8:41.39	(39.7)	5200m	8:32.30	(38.6)
		5600m	9:21.71	(40.4)	5600m	9:11.45	(39.1)
		6000m	10:01.88	(40.1)	6000m	9:50.79	(39.3)
		6400m	10:42.23	(40.4)	6400m	10:30.17	(39.4)
		6800m	11:21.76	(39.5)	6800m	11:09.52	(39.4)
		7200m	12:01.23	(39.5)	7200m	11:48.87	(39.3)
		7600m	12:40.55	(39.3)	7600m	12:28.14	(39.3)
		8000m	13:19.35	(38.8)	8000m	13:07.90	(39.8)
		8400m	13:58.32	(39.0)	8400m	13:47.55	(39.6)
		8800m	14:38.18	(39.8)	8800m	14:27.10	(39.6)
		9200m	15:17.58	(39.4)	9200m	15:06.84	(39.7)
		9600m	15:57.36	(39.8)	9600m	15:46.81	(40.0)
		10000m	16:36.02	(38.7)	10000m	16:26.51	(39.7)



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		Naam	Cat	PR	Tijd	Info
6	gl	1 Stephan Haueisen	H45		15:54.90	
	bl	25 Jos Drabbels	H50	16:41.83	15:35.83	PR

Stephan Haueisen

400m	41.82	(41.8)
800m	1:17.56	(35.7)
1200m	1:54.31	(36.8)
1600m	2:31.78	(37.4)
2000m	3:09.37	(37.6)
2400m	3:47.76	(38.4)
2800m	4:25.72	(38.0)
3200m	5:03.60	(37.9)
3600m	5:41.31	(37.7)
4000m	6:18.90	(37.6)
4400m	6:56.11	(37.2)
4800m	7:34.03	(37.9)
5200m	8:11.91	(37.9)
5600m	8:50.46	(38.5)
6000m	9:28.51	(38.1)
6400m	10:06.72	(38.2)
6800m	10:44.96	(38.2)
7200m	11:23.59	(38.6)
7600m	12:02.16	(38.6)
8000m	12:40.53	(38.4)
8400m	13:19.10	(38.6)
8800m	13:57.92	(38.8)
9200m	14:36.92	(39.0)
9600m	15:16.24	(39.3)
10000m	15:54.90	(38.7)

Jos Drabbels

400m	41.28	(41.2)
800m	1:17.39	(36.1)
1200m	1:53.70	(36.4)
1600m	2:30.50	(36.8)
2000m	3:07.45	(36.9)
2400m	3:44.71	(37.3)
2800m	4:21.70	(37.0)
3200m	4:58.99	(37.2)
3600m	5:36.11	(37.2)
4000m	6:13.51	(37.4)
4400m	6:51.07	(37.5)
4800m	7:28.64	(37.6)
5200m	8:06.00	(37.4)
5600m	8:43.47	(37.4)
6000m	9:20.96	(37.5)
6400m	9:58.50	(37.6)
6800m	10:36.08	(37.5)
7200m	11:13.83	(37.8)
7600m	11:51.38	(37.5)
8000m	12:28.87	(37.5)
8400m	13:06.20	(37.4)
8800m	13:43.83	(37.6)
9200m	14:21.66	(37.8)
9600m	14:58.94	(37.3)
10000m	15:35.83	(36.9)



13th Masters Intn Long Distance Races

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		Naam	Cat	PR	Tijd	Info
7	wt	20 Jann van Benthem	H60	16:38.45	16:15.84	PR
	rd	26 Hans van Peperstraten	H60	16:11.72	DNF	

Jann van Benthem

400m	42.85	(42.8)
800m	1:20.98	(38.1)
1200m	2:00.14	(39.2)
1600m	2:38.37	(38.2)
2000m	3:16.15	(37.8)
2400m	3:54.31	(38.2)
2800m	4:32.57	(38.2)
3200m	5:10.79	(38.2)
3600m	5:49.02	(38.3)
4000m	6:27.53	(38.5)
4400m	7:05.81	(38.3)
4800m	7:44.59	(38.7)
5200m	8:23.31	(38.8)
5600m	9:02.07	(38.7)
6000m	9:40.65	(38.6)
6400m	10:19.39	(38.7)
6800m	10:58.48	(39.1)
7200m	11:38.23	(39.8)
7600m	12:18.08	(39.8)
8000m	12:58.22	(40.2)
8400m	13:38.11	(39.9)
8800m	14:17.59	(39.4)
9200m	14:57.20	(39.7)
9600m	15:36.97	(39.7)
10000m	16:15.84	(38.9)

Hans van Peperstraten

5200m	42.90	(42.9)
5600m	1:22.08	(39.1)
6000m	2:00.90	(38.9)
6400m	2:39.77	(38.8)
6800m	3:18.61	(38.9)
7200m	3:57.52	(38.9)
7600m	4:36.66	(39.1)
8000m	5:15.95	(39.3)
8400m	5:55.60	(39.7)
8800m	6:35.45	(39.8)
9200m	7:15.69	(40.2)
9600m	7:55.88	(40.2)
10000m	8:36.30	(40.5)



13th Masters Intn Long Distance Races

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		Naam	Cat	PR	Tijd Info
8	gl	28 Jeroen Ras	H40	16:17.80	DNS
	bl	22 Sietse van der Werff	H60	16:03.61	16:35.82

Jeroen Ras

Sietse van der Werff

400m	43.68	(43.6)
800m	1:22.16	(38.5)
1200m	2:01.55	(39.4)
1600m	2:41.18	(39.6)
2000m	3:20.71	(39.6)
2400m	3:59.96	(39.2)
2800m	4:39.65	(39.7)
3200m	5:18.98	(39.3)
3600m	5:58.12	(39.2)
4000m	6:37.17	(39.0)
4400m	7:16.35	(39.2)
4800m	7:55.55	(39.2)
5200m	8:34.32	(38.8)
5600m	9:13.45	(39.1)
6000m	9:53.06	(39.6)
6400m	10:32.60	(39.6)
6800m	11:12.89	(40.2)
7200m	11:52.83	(40.0)
7600m	12:32.89	(40.0)
8000m	13:13.12	(40.3)
8400m	13:53.50	(40.4)
8800m	14:34.08	(40.5)
9200m	15:14.76	(40.7)
9600m	15:55.41	(40.7)
10000m	16:35.82	(40.4)



13th Masters Intn Long Distance Races

Thialf - Heerenveen

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		Naam	Cat	PR	Tijd Info
9	wt	18 Kees Langeveld	H55	16:04.82	DNF
	rd	24 Ton van Klooster	H55	15:35.79	16:18.46

Kees Langeveld

4800m	43.06	(43.0)
5200m	1:21.39	(38.3)
5600m	2:00.27	(38.9)
6000m	2:39.78	(39.5)
6400m	3:19.44	(39.7)
6800m	3:59.83	(40.4)
7200m	4:40.22	(40.4)
7600m	5:19.68	(39.4)
8000m	6:00.28	(40.6)
8400m	6:41.34	(41.1)
8800m	7:22.88	(41.5)
9200m	8:04.67	(41.8)
9600m	8:46.76	(42.1)
10000m	9:29.09	(42.3)

Ton van Klooster

400m	44.31	(44.3)
800m	1:23.00	(38.7)
1200m	2:01.34	(38.3)
1600m	2:39.50	(38.2)
2000m	3:17.52	(38.0)
2400m	3:55.81	(38.3)
2800m	4:34.73	(38.9)
3200m	5:13.34	(38.6)
3600m	5:52.45	(39.1)
4000m	6:31.40	(39.0)
4400m	7:09.95	(38.5)
4800m	7:49.02	(39.1)
5200m	8:28.10	(39.1)
5600m	9:06.79	(38.6)
6000m	9:45.48	(38.7)
6400m	10:24.52	(39.1)
6800m	11:04.12	(39.6)
7200m	11:43.03	(38.9)
7600m	12:22.22	(39.2)
8000m	13:01.48	(39.2)
8400m	13:40.83	(39.4)
8800m	14:20.25	(39.4)
9200m	14:59.69	(39.4)
9600m	15:39.44	(39.8)
10000m	16:18.46	(39.0)



13th Masters Intn Long Distance Races

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20 maart 2017



		Naam	Cat	PR	Tijd	Info
10	gl	19 Harm Smit	H55	15:15.13	15:42.29	
	bl	17 John van der Vlugt	H55	14:57.56	15:27.99	

Harm Smit

400m	41.35	(41.3)
800m	1:17.44	(36.1)
1200m	1:54.75	(37.3)
1600m	2:30.84	(36.1)
2000m	3:07.47	(36.6)
2400m	3:43.43	(36.0)
2800m	4:19.49	(36.0)
3200m	4:55.58	(36.1)
3600m	5:32.17	(36.6)
4000m	6:08.62	(36.5)
4400m	6:46.36	(37.7)
4800m	7:23.69	(37.3)
5200m	8:01.96	(38.3)
5600m	8:40.04	(38.1)
6000m	9:17.43	(37.4)
6400m	9:55.99	(38.5)
6800m	10:34.67	(38.7)
7200m	11:13.43	(38.8)
7600m	11:52.47	(39.0)
8000m	12:30.81	(38.4)
8400m	13:08.88	(38.0)
8800m	13:47.07	(38.2)
9200m	14:25.69	(38.6)
9600m	15:04.24	(38.6)
10000m	15:42.29	(38.0)

John van der Vlugt

400m	41.50	(41.5)
800m	1:17.91	(36.4)
1200m	1:54.49	(36.5)
1600m	2:30.95	(36.5)
2000m	3:07.25	(36.3)
2400m	3:43.69	(36.4)
2800m	4:19.95	(36.3)
3200m	4:56.14	(36.2)
3600m	5:32.70	(36.6)
4000m	6:09.15	(36.4)
4400m	6:46.39	(37.2)
4800m	7:23.67	(37.3)
5200m	8:01.26	(37.6)
5600m	8:38.65	(37.4)
6000m	9:15.87	(37.2)
6400m	9:53.31	(37.5)
6800m	10:30.66	(37.3)
7200m	11:07.93	(37.3)
7600m	11:45.25	(37.3)
8000m	12:22.69	(37.4)
8400m	13:00.27	(37.6)
8800m	13:37.88	(37.6)
9200m	14:15.38	(37.5)
9600m	14:51.97	(36.6)
10000m	15:27.99	(36.0)



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6. Uitslag O - 10000m L

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
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6. Rituitslag O - 10000m L



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7. Uitslag M - 5000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	56 Walter Staal	H55	4	O	8:16.92	PR	
2	3 Christine Seemann	D45	1	O	8:28.94		
3	2 Seppe Lybaert	HSB	4	I	8:39.26	PR	
4	32 Erik Nijland	H60	3	O	9:50.38		
	35 Marlies de Jong	D50	1	I		DQ	



13th Masters Intn Long Distance Races

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7. Rituitslag M - 5000m

		Naam	Cat	PR	Tijd Info
1	wt	35 Marlies de Jong	D50		DQ
	rd	3 Christine Seemann	D45		8:28.94

Marlies de Jong

Christine Seemann

200m	23.30	(23.3)
600m	1:00.24	(36.9)
1000m	1:39.30	(39.1)
1400m	2:19.00	(39.7)
1800m	2:58.60	(39.6)
2200m	3:38.43	(39.8)
2600m	4:19.35	(40.9)
3000m	5:00.52	(41.2)
3400m	5:41.92	(41.4)
3800m	6:24.03	(42.1)
4200m	7:06.08	(42.0)
4600m	7:48.42	(42.4)
5000m	8:28.94	(40.5)

		Naam	Cat	PR	Tijd Info
2	gl				
	bl				
		m	m		



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	Naam	Cat	PR	Tijd	Info
3	wt rd	32 Erik Nijland	H60	8:32.85	9:50.38
		Erik Nijland			
	m	200m	28.64 (28.6)		
		600m	1:12.67 (44.0)		
		1000m	1:57.09 (44.4)		
		1400m	2:42.18 (45.1)		
		1800m	3:28.02 (45.9)		
		2200m	4:14.49 (46.4)		
		2600m	5:01.83 (47.4)		
		3000m	5:48.81 (47.0)		
		3400m	6:37.35 (48.5)		
		3800m	7:25.95 (48.6)		
		4200m	8:14.21 (48.3)		
		4600m	9:02.71 (48.5)		
		5000m	9:50.38 (47.6)		

	Naam	Cat	PR	Tijd	Info
4	gl bl	2 Seppe Lybaert	HSB	8:55.87	8:39.26 PR
		56 Walter Staal	H55	8:37.86	8:16.92 PR
		Seppe Lybaert			
		200m	24.40 (24.4)		
		600m	1:03.29 (38.8)		
		1000m	1:44.39 (41.1)		
		1400m	2:26.49 (42.1)		
		1800m	3:08.54 (42.1)		
		2200m	3:49.78 (41.2)		
		2600m	4:31.66 (41.9)		
		3000m	5:13.50 (41.9)		
		3400m	5:55.13 (41.6)		
		3800m	6:36.79 (41.6)		
		4200m	7:18.17 (41.4)		
		4600m	7:59.09 (40.9)		
		5000m	8:39.26 (40.2)		
		Walter Staal			
		200m	23.94 (23.9)		
		600m	1:01.62 (37.7)		
		1000m	1:41.15 (39.5)		
		1400m	2:21.34 (40.2)		
		1800m	3:01.01 (39.7)		
		2200m	3:40.17 (39.1)		
		2600m	4:19.80 (39.7)		
		3000m	4:59.76 (39.9)		
		3400m	5:39.31 (39.6)		
		3800m	6:18.93 (39.6)		
		4200m	6:58.45 (39.5)		
		4600m	7:37.87 (39.4)		
		5000m	8:16.92 (39.1)		



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8. Uitslag O - 5000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	33 Ivar Immerzeel	HB1	1	I	7:09.98		
2	30 Joost Hermans	HN4	2	O	7:32.76		
3	29 Pim Bleser	HA2	2	I	7:36.98	PR	

8. Rituitslag O - 5000m

		Naam	Cat	PR	Tijd	Info
1	wt rd	33 Ivar Immerzeel	HB1		7:09.98	
		Ivar Immerzeel				
		200m	20.71 (20.7)			m
		600m	54.57 (33.8)			
		1000m	1:28.58 (34.0)			
		1400m	2:02.27 (33.7)			
		1800m	2:35.90 (33.7)			
		2200m	3:09.90 (34.0)			
		2600m	3:43.75 (33.8)			
		3000m	4:18.17 (34.4)			
		3400m	4:52.71 (34.6)			
		3800m	5:27.42 (34.7)			
		4200m	6:02.01 (34.6)			
		4600m	6:35.77 (33.7)			
		5000m	7:09.98 (34.2)			

		Naam	Cat	PR	Tijd	Info
2	gl	29 Pim Bleser	HA2	7:51.08	7:36.98	PR
	bl	30 Joost Hermans	HN4	7:28.87	7:32.76	
		Pim Bleser		Joost Hermans		
		200m	22.23 (22.2)	200m	21.89 (21.8)	
		600m	58.62 (36.4)	600m	57.36 (35.5)	
		1000m	1:35.49 (36.8)	1000m	1:32.84 (35.5)	
		1400m	2:10.87 (35.4)	1400m	2:07.98 (35.1)	
		1800m	2:45.94 (35.1)	1800m	2:43.15 (35.2)	
		2200m	3:20.75 (34.8)	2200m	3:18.51 (35.4)	
		2600m	3:56.05 (35.3)	2600m	3:54.26 (35.7)	
		3000m	4:31.73 (35.7)	3000m	4:30.49 (36.2)	
		3400m	5:07.69 (35.9)	3400m	5:07.10 (36.7)	
		3800m	5:43.98 (36.3)	3800m	5:42.58 (35.4)	
		4200m	6:21.05 (37.1)	4200m	6:19.41 (36.9)	
		4600m	6:58.51 (37.5)	4600m	6:55.68 (36.2)	
		5000m	7:36.98 (38.4)	5000m	7:32.76 (37.1)	



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9. Uitslag M - 500m voor 500/3000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	45 Robert da Costa	H50	6	I	45.12		
2	46 Wim Ros	H45	6	O	45.75		
3	50 Shirley Jaarsma	DSB	4	I	46.31	HT	
4	53 Jolanda Voskamp-Vollebregt	D50	4	O	47.55		
5	10 Johan Jonker	H60	5	O	51.65		
6	47 Frank van der Zwet	H60	5	I	52.36		
7	39 Ingrid Ruijgrok	D50	3	O	52.81		
8	13 Luvsanlkhagva Altantsetseg	D60	1	O	1:01.34		
9	14 Nyambuu Erdenetuya	D55	3	I	1:07.69		
10	15 Mongolbuu Munkhtsetseg	D45	1	I	1:10.53		

9. Rituitslag M - 500m voor 500/3000m rijders

		Naam		Cat		PR		Tijd	Info
1	wt	15	Mongolbuu Munkhtsetseg		D45			1:10.53	
	rd	13	Luvsanlkhagva Altantsetseg		D60			1:01.34	
		Mongolbuu Munkhtsetseg			Luvsanlkhagva Altantsetseg				
		100m	17.63	(17.6)	100m	17.03	(17.0)		
		500m	1:10.53	(52.9)	500m	1:01.34	(44.3)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
			m				m		

		Naam		Cat		PR		Tijd	Info
3	wt	14	Nyambuu Erdenetuya		D55			1:07.69	
	rd	39	Ingrid Ruijgrok		D50	52.56		52.81	
		Nyambuu Erdenetuya			Ingrid Ruijgrok				
		100m	15.91	(15.9)	100m	14.66	(14.6)		
		500m	1:07.69	(51.7)	500m	52.81	(38.2)		

		Naam		Cat		PR		Tijd	Info
4	gl	50	Shirley Jaarsma		DSB	45.78		46.31	HT
	bl	53	Jolanda Voskamp-Vollebregt		D50	44.25		47.55	
		Shirley Jaarsma			Jolanda Voskamp-Vollebregt				
		100m	12.76	(12.7)	100m	12.91	(12.9)		
		500m	46.31	(33.6)	500m	47.55	(34.6)		

		Naam		Cat		PR		Tijd	Info
5	wt	47	Frank van der Zwet		H60	46.57		52.36	
	rd	10	Johan Jonker		H60	46.36		51.65	
		Frank van der Zwet			Johan Jonker				
		100m	13.82	(13.8)	100m	13.85	(13.8)		
		500m	52.36	(38.5)	500m	51.65	(37.8)		



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		Naam		Cat		PR		Tijd	Info
6	gl	45	Robert da Costa		H50		44.72	45.12	
	bl	46	Wim Ros		H45		44.84	45.75	
		Robert da Costa				Wim Ros			
		100m	12.64	(12.6)		100m	12.53	(12.5)	
		500m	45.12	(32.5)		500m	45.75	(33.2)	



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10. Uitslag O - 500m voor 500/3000m rijders

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	48 Ted de Kruijk	HA1	8	I	39.68		
2	44 Steef van Gelderen	HB2	7	O	40.43		
3	9 Bart Lauwers	HB2	5	O	40.98	PR	
4	51 Matthis Polman	HB1	6	I	41.39		
5	57 Mick van Banning	HA1	8	O	41.48	PR	
6	52 Danny Verdel	HC1	6	O	41.62		
7	54 Stan van Vliet	HC1	4	I	41.73	PR	
8	8 Tom Zegers	HA1	7	I	42.10		
9	49 Maas de Kruijk	HC2	5	I	42.15		
10	37 Paddy Smit	HC1	4	O	42.20	PR	
11	42 Igor Baars	HC2	3	O	42.63		
12	38 Sylke Hateboer	DB1	3	I	43.29		
13	43 Floor Dijkstra	DC2	1	I	45.65		
14	7 Madelon Reijne	DN1	1	O	50.42		

10. Rituitslag O - 500m voor 500/3000m rijders

		Naam		Cat		PR		Tijd	Info
1	wt	43	Floor Dijkstra		DC2	45.03		45.65	
	rd	7	Madelon Reijne		DN1	49.12		50.42	
		Floor Dijkstra			Madelon Reijne				
		100m	12.53	(12.5)	100m	13.14	(13.1)		
		500m	45.65	(33.1)	500m	50.42	(37.3)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
			m				m		

		Naam		Cat		PR		Tijd	Info
3	wt	38	Sylke Hateboer		DB1	43.16		43.29	
	rd	42	Igor Baars		HC2	42.59		42.63	
		Sylke Hateboer			Igor Baars				
		100m	11.82	(11.8)	100m	11.77	(11.7)		
		500m	43.29	(31.4)	500m	42.63	(30.9)		

		Naam		Cat		PR		Tijd	Info
4	gl	54	Stan van Vliet		HC1	42.38		41.73	PR
	bl	37	Paddy Smit		HC1	42.28		42.20	PR
		Stan van Vliet			Paddy Smit				
		100m	11.45	(11.4)	100m	11.54	(11.5)		
		500m	41.73	(30.3)	500m	42.20	(30.7)		

		Naam		Cat		PR		Tijd	Info
5	wt	49	Maas de Kruijk		HC2	41.30		42.15	
	rd	9	Bart Lauwers		HB2	41.50		40.98	PR
		Maas de Kruijk			Bart Lauwers				
		100m	11.59	(11.5)	100m	11.33	(11.3)		
		500m	42.15	(30.6)	500m	40.98	(29.6)		



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		Naam		Cat		PR		Tijd	Info
6	gl	51	Matthis Polman		HB1		41.09	41.39	
	bl	52	Danny Verdel		HC1		40.62	41.62	
		Matthis Polman				Danny Verdel			
		100m	11.67	(11.6)		100m	11.45	(11.4)	
		500m	41.39	(29.7)		500m	41.62	(30.2)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
7	wt	8	Tom Zegers		HA1		39.95	42.10	
	rd	44	Steef van Gelderen		HB2		40.35	40.43	
		Tom Zegers				Steef van Gelderen			
		100m	11.57	(11.5)		100m	11.51	(11.5)	
		500m	42.10	(30.6)		500m	40.43	(28.9)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
8	gl	48	Ted de Kruijk		HA1		39.17	39.68	
	bl	57	Mick van Banning		HA1		41.50	41.48	PR
		Ted de Kruijk				Mick van Banning			
		100m	10.99	(10.9)		100m	11.37	(11.3)	
		500m	39.68	(28.7)		500m	41.48	(30.1)	



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11. Uitslag M - 3000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	45 Robert da Costa	H50	6	O	4:38.73	PR	
2	53 Jolanda Voskamp-Vollebregt	D50	4	I	4:59.57		
3	50 Shirley Jaarsma	DSB	4	O	5:00.27		
4	10 Johan Jonker	H60	6	I	5:08.14		
5	46 Wim Ros	H45	5	O	5:13.34	PR	
6	47 Frank van der Zwet	H60	5	I	5:25.05		
7	39 Ingrid Ruijgrok	D50	3	I	5:32.13	PR	
8	13 Luvsanlkhagva Altantsetseg	D60	1	I	7:14.71		
9	14 Nyambuu Erdenetuya	D55	3	O	7:58.88		
10	15 Mongolbuu Munkhtsetseg	D45	1	O	7:59.04		

11. Rituitslag M - 3000m

		Naam	Cat	PR	Tijd	Info
1	wt	13 Luvsanikhagva Altantsetseg	D60		7:14.71	
	rd	15 Mongolbuu Munkhtsetseg	D45		7:59.04	
Luvsanikhagva Altantsetseg			Mongolbuu Munkhtsetseg			
		200m	35.61 (35.6)	200m	34.34 (34.3)	
		600m	1:32.85 (57.2)	600m	1:32.43 (58.1)	
		1000m	2:28.78 (55.9)	1000m	2:34.14 (61.7)	
		1400m	3:25.18 (56.4)	1400m	3:38.36 (64.2)	
		1800m	4:22.03 (56.9)	1800m	4:41.49 (63.1)	
		2200m	5:19.95 (57.9)	2200m	5:45.78 (64.3)	
		2600m	6:18.87 (58.9)	2600m	6:53.12 (67.4)	
		3000m	7:14.71 (55.9)	3000m	7:59.04 (65.9)	

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					
		m				
		m				

		Naam	Cat	PR	Tijd	Info
3	wt	39 Ingrid Ruijgrok	D50	5:32.82	5:32.13	PR
	rd	14 Nyambuu Erdenetuya	D55		7:58.88	
Ingrid Ruijgrok			Nyambuu Erdenetuya			
		200m	27.58 (27.5)	200m	32.69 (32.6)	
		600m	1:09.43 (41.9)	600m	1:29.13 (56.5)	
		1000m	1:52.40 (43.0)	1000m	2:30.06 (60.9)	
		1400m	2:35.86 (43.4)	1400m	3:33.03 (63.0)	
		1800m	3:19.90 (44.1)	1800m	4:37.78 (64.7)	
		2200m	4:03.96 (44.0)	2200m	5:43.75 (66.0)	
		2600m	4:48.37 (44.4)	2600m	6:48.42 (64.7)	
		3000m	5:32.13 (43.8)	3000m	7:58.88 (70.4)	



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		Naam	Cat	PR	Tijd	Info
4	gl	53 Jolanda Voskamp-Vollebregt	D50	4:30.14	4:59.57	
	bl	50 Shirley Jaarsma	DSB	5:00.04	5:00.27	

Jolanda Voskamp-Vollebregt

200m	22.92	(22.9)
600m	59.42	(36.5)
1000m	1:37.72	(38.3)
1400m	2:17.30	(39.6)
1800m	2:57.81	(40.5)
2200m	3:38.45	(40.6)
2600m	4:18.64	(40.2)
3000m	4:59.57	(40.9)

Shirley Jaarsma

200m	22.78	(22.7)
600m	59.13	(36.4)
1000m	1:37.76	(38.6)
1400m	2:17.49	(39.7)
1800m	2:57.92	(40.5)
2200m	3:38.48	(40.5)
2600m	4:19.45	(41.0)
3000m	5:00.27	(40.8)

		Naam	Cat	PR	Tijd	Info
5	wt	47 Frank van der Zwet	H60	4:53.90	5:25.05	
	rd	46 Wim Ros	H45	5:16.03	5:13.34	PR

Frank van der Zwet

200m	26.19	(26.1)
600m	1:08.86	(42.7)
1000m	1:51.74	(42.9)
1400m	2:34.29	(42.5)
1800m	3:17.16	(42.9)
2200m	3:59.57	(42.4)
2600m	4:42.63	(43.1)
3000m	5:25.05	(42.4)

Wim Ros

200m	23.17	(23.1)
600m	1:01.29	(38.1)
1000m	1:40.97	(39.7)
1400m	2:21.36	(40.4)
1800m	3:02.31	(41.0)
2200m	3:44.79	(42.4)
2600m	4:28.06	(43.3)
3000m	5:13.34	(45.3)



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		Naam		Cat		PR		Tijd	Info
6	gl	10	Johan Jonker		H60		4:45.16	5:08.14	
	bl	45	Robert da Costa		H50		4:43.97	4:38.73	PR
		Johan Jonker			Robert da Costa				
		200m	26.67	(26.6)		200m	24.19	(24.1)	
		600m	1:07.17	(40.5)		600m	59.79	(35.6)	
		1000m	1:47.18	(40.0)		1000m	1:35.11	(35.4)	
		1400m	2:26.67	(39.5)		1400m	2:11.37	(36.2)	
		1800m	3:06.70	(40.1)		1800m	2:47.99	(36.6)	
		2200m	3:46.67	(39.9)		2200m	3:24.60	(36.7)	
		2600m	4:27.59	(40.9)		2600m	4:01.73	(37.1)	
		3000m	5:08.14	(40.6)		3000m	4:38.73	(37.0)	



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12. Uitslag O - 3000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	41 Kai in 't Veld	HC2	8	O	4:02.92	PR	
2	8 Tom Zegers	HA1	8	I	4:18.94		
3	44 Steef van Gelderen	HB2	7	I	4:22.08	PR	
4	57 Mick van Banning	HA1	2	I	4:24.40	PR	
5	49 Maas de Kruijk	HC2	7	O	4:25.03	PR	
6	52 Danny Verdel	HC1	1	I	4:25.10		
7	54 Stan van Vliet	HC1	1	O	4:30.35		
8	38 Sylke Hateboer	DB1	4	I	4:49.91	PR	
9	43 Floor Dijkstra	DC2	3	I	5:01.69		
10	7 Madelon Reijne	DN1	3	O	5:31.66		
	48 Ted de Kruijk	HA1	4	O	DNF		
	37 Paddy Smit	HC1	5	I	DQ		
	51 Matthis Polman	HB1	5	O	DQ		
	9 Bart Lauwers	HB2	6	I	DQ		
	42 Igor Baars	HC2	6	O	DQ		



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12. Rituitslag O - 3000m

		Naam		Cat		PR		Tijd	Info
1	wt	52	Danny Verdel		HC1			4:25.10	
	rd	54	Stan van Vliet		HC1			4:30.35	
		Danny Verdel			Stan van Vliet				
		200m	19.96	(19.9)	200m	21.66	(21.6)		
		600m	52.96	(33.0)	600m	55.79	(34.1)		
		1000m	1:27.39	(34.4)	1000m	1:31.60	(35.9)		
		1400m	2:02.18	(34.8)	1400m	2:06.94	(35.3)		
		1800m	2:37.49	(35.3)	1800m	2:43.23	(36.3)		
		2200m	3:13.27	(35.8)	2200m	3:19.37	(36.1)		
		2600m	3:49.25	(36.0)	2600m	3:54.83	(35.5)		
		3000m	4:25.10	(35.9)	3000m	4:30.35	(35.5)		

		Naam		Cat		PR		Tijd	Info
2	gl	57	Mick van Banning		HA1	4:25.54		4:24.40	PR
	bl								
		Mick van Banning							
		200m	20.95	(20.9)	m				
		600m	53.48	(32.5)					
		1000m	1:26.67	(33.2)					
		1400m	2:00.78	(34.1)					
		1800m	2:35.47	(34.7)					
		2200m	3:11.00	(35.6)					
		2600m	3:47.47	(36.4)					
		3000m	4:24.40	(37.0)					



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		Naam		Cat		PR		Tijd	Info
3	wt	43	Floor Dijkstra		DC2			5:01.52	5:01.69
	rd	7	Madelon Reijne		DN1			5:31.10	5:31.66
		Floor Dijkstra				Madelon Reijne			
		200m	21.92	(21.9)		200m	24.09	(24.0)	
		600m	57.58	(35.6)		600m	1:03.33	(39.3)	
		1000m	1:35.73	(38.2)		1000m	1:45.34	(42.0)	
		1400m	2:15.35	(39.6)		1400m	2:28.96	(43.6)	
		1800m	2:55.81	(40.5)		1800m	3:13.51	(44.6)	
		2200m	3:37.58	(41.7)		2200m	3:59.62	(46.1)	
		2600m	4:20.04	(42.5)		2600m	4:46.28	(46.6)	
		3000m	5:01.69	(41.6)		3000m	5:31.66	(45.4)	

		Naam		Cat		PR		Tijd	Info
4	gl	38	Sylke Hateboer		DB1			4:58.53	4:49.91 PR
	bl	48	Ted de Kruijk		HA1			4:40.92	DNF
		Sylke Hateboer				Ted de Kruijk			
		200m	21.82	(21.8)		1000m	19.83	(19.8)	
		600m	56.07	(34.2)		1400m	52.02	(32.2)	
		1000m	1:32.13	(36.1)		1800m	1:26.63	(34.6)	
		1400m	2:09.55	(37.4)		2200m	2:02.67	(36.0)	
		1800m	2:48.40	(38.9)		2600m	2:39.73	(37.1)	
		2200m	3:28.89	(40.4)		3000m	3:17.46	(37.7)	
		2600m	4:09.43	(40.6)					
		3000m	4:49.91	(40.5)					

		Naam		Cat		PR		Tijd	Info
5	wt	37	Paddy Smit		HC1			4:40.63	DQ
	rd	51	Matthis Polman		HB1			4:36.09	DQ
		Paddy Smit				Matthis Polman			



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		Naam	Cat	PR	Tijd	Info
6	gl	9 Bart Lauwers	HB2	4:33.75		DQ
	bl	42 Igor Baars	HC2	4:35.64		DQ

Bart Lauwers

Igor Baars

200m	35.06	(35.0)
600m	1:09.40	(34.4)
1000m	1:43.79	(34.3)
1400m	2:18.73	(35.0)
1800m	2:54.14	(35.4)
2200m	3:12.00	(17.9)
2600m	3:29.85	(17.8)
3000m	4:05.13	(35.3)

		Naam	Cat	PR	Tijd	Info
7	wt	44 Steef van Gelderen	HB2	4:25.11		4:22.08 PR
	rd	49 Maas de Kruijk	HC2	4:32.85		4:25.03 PR

Steef van Gelderen

Maas de Kruijk

200m	20.61	(20.6)	200m	21.15	(21.1)
600m	53.81	(33.2)	600m	53.89	(32.7)
1000m	1:27.28	(33.4)	1000m	1:27.42	(33.6)
1400m	2:01.27	(34.0)	1400m	2:02.21	(34.8)
1800m	2:35.43	(34.2)	1800m	2:37.67	(35.4)
2200m	3:10.16	(34.7)	2200m	3:13.46	(35.8)
2600m	3:45.83	(35.7)	2600m	3:50.03	(36.6)
3000m	4:22.08	(36.2)	3000m	4:25.03	(35.0)



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		Naam	Cat	PR	Tijd Info
8	gl	8 Tom Zegers	HA1	4:16.29	4:18.94
	bl	41 Kai in 't Veld	HC2	4:04.14	4:02.92 PR

Tom Zegers

200m	20.60	(20.6)
600m	53.11	(32.5)
1000m	1:25.46	(32.3)
1400m	1:58.28	(32.8)
1800m	2:31.69	(33.4)
2200m	3:06.04	(34.4)
2600m	3:42.37	(36.3)
3000m	4:18.94	(36.6)

Kai in 't Veld

200m	20.72	(20.7)
600m	51.87	(31.1)
1000m	1:22.44	(30.6)
1400m	1:53.14	(30.7)
1800m	2:24.34	(31.2)
2200m	2:56.40	(32.1)
2600m	3:29.07	(32.6)
3000m	4:02.92	(33.9)