



15th Masters Int Long Distance Races

Thialf - Heerenveen

2 maart 2019



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

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	26 Rik Koppelaar	HSB	6	O	40.65		
2	70 Martin Heerma	H45	4	O	41.54		
3	52 Kees Hooft	H45	6	I	42.01		
4	15 Roberto van Goor	H45	5	I	42.47		
5	5 Azamat Ismailov	H40	5	O	42.60		
6	41 Arno van der Veen	H45	4	I	44.65		
7	1 Ton van Klooster	H60	3	I	46.44		
8	61 Stephan Haueisen	H50	3	O	46.56		
9	55 Tialda Gerritsma	D50	1	I	52.78		
10	65 Michael King	H70	2	O	1:13.45		
	63 Johannes Oehm	HSB	2	I	DQ		

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

		Naam		Cat		PR		Tijd	Info																														
1	wt	55	Tialda Gerritsma		D50			49.94	52.78																														
	rd																																						
<table border="0" style="width:100%"> <tr> <td colspan="5"><u>Tialda Gerritsma</u></td> <td colspan="5"></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>14.48</td> <td>(14.48)</td> <td></td> <td></td> <td>m</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>52.78</td> <td>(38.30)</td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>										<u>Tialda Gerritsma</u>												100m	14.48	(14.48)			m					500m	52.78	(38.30)					
<u>Tialda Gerritsma</u>																																							
		100m	14.48	(14.48)			m																																
		500m	52.78	(38.30)																																			

		Naam		Cat		PR		Tijd	Info																														
2	gl	63	Johannes Oehm		HSB			51.67	DQ																														
	bl	65	Michael King		H70			1:06.88	1:13.45																														
<table border="0" style="width:100%"> <tr> <td colspan="5"><u>Johannes Oehm</u></td> <td colspan="5"><u>Michael King</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>6.97</td> <td>(6.97)</td> <td></td> <td></td> <td>100m</td> <td>18.73</td> <td>(18.73)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>13.95</td> <td>(6.98)</td> <td></td> <td></td> <td>500m</td> <td>1:13.45</td> <td>(54.72)</td> </tr> </table>										<u>Johannes Oehm</u>					<u>Michael King</u>							100m	6.97	(6.97)			100m	18.73	(18.73)			500m	13.95	(6.98)			500m	1:13.45	(54.72)
<u>Johannes Oehm</u>					<u>Michael King</u>																																		
		100m	6.97	(6.97)			100m	18.73	(18.73)																														
		500m	13.95	(6.98)			500m	1:13.45	(54.72)																														

		Naam		Cat		PR		Tijd	Info																														
3	wt	1	Ton van Klooster		H60			44.20	46.44																														
	rd	61	Stephan Haeisen		H50			43.46	46.56																														
<table border="0" style="width:100%"> <tr> <td colspan="5"><u>Ton van Klooster</u></td> <td colspan="5"><u>Stephan Haeisen</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>13.04</td> <td>(13.04)</td> <td></td> <td></td> <td>100m</td> <td>13.06</td> <td>(13.06)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>46.44</td> <td>(33.40)</td> <td></td> <td></td> <td>500m</td> <td>46.56</td> <td>(33.50)</td> </tr> </table>										<u>Ton van Klooster</u>					<u>Stephan Haeisen</u>							100m	13.04	(13.04)			100m	13.06	(13.06)			500m	46.44	(33.40)			500m	46.56	(33.50)
<u>Ton van Klooster</u>					<u>Stephan Haeisen</u>																																		
		100m	13.04	(13.04)			100m	13.06	(13.06)																														
		500m	46.44	(33.40)			500m	46.56	(33.50)																														

		Naam		Cat		PR		Tijd	Info																														
4	gl	41	Arno van der Veen		H45			43.94	44.65																														
	bl	70	Martin Heerma		H45			39.87	41.54																														
<table border="0" style="width:100%"> <tr> <td colspan="5"><u>Arno van der Veen</u></td> <td colspan="5"><u>Martin Heerma</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>12.40</td> <td>(12.40)</td> <td></td> <td></td> <td>100m</td> <td>11.64</td> <td>(11.64)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>44.65</td> <td>(32.25)</td> <td></td> <td></td> <td>500m</td> <td>41.54</td> <td>(29.90)</td> </tr> </table>										<u>Arno van der Veen</u>					<u>Martin Heerma</u>							100m	12.40	(12.40)			100m	11.64	(11.64)			500m	44.65	(32.25)			500m	41.54	(29.90)
<u>Arno van der Veen</u>					<u>Martin Heerma</u>																																		
		100m	12.40	(12.40)			100m	11.64	(11.64)																														
		500m	44.65	(32.25)			500m	41.54	(29.90)																														

		Naam		Cat		PR		Tijd	Info																														
5	wt	15	Roberto van Goor		H45			42.27	42.47																														
	rd	5	Azamat Ismailov		H40			41.90	42.60																														
<table border="0" style="width:100%"> <tr> <td colspan="5"><u>Roberto van Goor</u></td> <td colspan="5"><u>Azamat Ismailov</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>11.84</td> <td>(11.84)</td> <td></td> <td></td> <td>100m</td> <td>11.55</td> <td>(11.55)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>42.47</td> <td>(30.63)</td> <td></td> <td></td> <td>500m</td> <td>42.60</td> <td>(31.05)</td> </tr> </table>										<u>Roberto van Goor</u>					<u>Azamat Ismailov</u>							100m	11.84	(11.84)			100m	11.55	(11.55)			500m	42.47	(30.63)			500m	42.60	(31.05)
<u>Roberto van Goor</u>					<u>Azamat Ismailov</u>																																		
		100m	11.84	(11.84)			100m	11.55	(11.55)																														
		500m	42.47	(30.63)			500m	42.60	(31.05)																														



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		Naam		Cat		PR		Tijd	Info
6	gl	52	Kees Hooft		H45		40.52	42.01	
	bl	26	Rik Koppelaar		HSB		40.15	40.65	
		Kees Hooft			Rik Koppelaar				
		100m	11.79	(11.79)	100m	11.49	(11.49)		
		500m	42.01	(30.22)	500m	40.65	(29.16)		



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

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	57 Robert Mitchell	H45	13	O	41.87		
2	67 Arjan Bakker	H55	14	I	41.98		
3	7 Robert Wierds	H45	14	O	42.35		
4	53 Bart Brinksma	H55	12	O	42.60		
5	21 Geert Fekken	H40	12	I	42.66	PR	
6	64 Per Bengtsson	H50	10	I	43.01	PR	
7	25 Jan Mein	H60	11	I	43.70	PR	
8	2 Stijn Verhagen	H40	10	O	45.39		
9	54 Ciska Stark	D55	8	I	46.22	PR	
10	43 Martijn Kos	H45	11	O	46.37		
11	9 Sandra van Bijlert-Burgerhout	D40	8	O	46.63		
12	17 Marlies de Jong	D50	7	I	48.16		
13	62 Günter Traub	H80	9	I	53.70		
14	66 Dirk Nauta	H75	9	O	57.33		
	20 Hans Spil	H50	13	I	DNF		

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

		Naam		Cat		PR	Tijd	Info
7	wt	17	Marlies de Jong		D50	46.84	48.16	
	rd							
		Marlies de Jong						
		100m	13.31	(13.31)	m			
		500m	48.16	(34.85)				

		Naam		Cat		PR	Tijd	Info
8	gl	54	Ciska Stark		D55	46.57	46.22	PR
	bl	9	Sandra van Bijlert-Burgerhout		D40	45.85	46.63	
		Ciska Stark						
		100m	12.95	(12.95)	100m	12.69	(12.69)	
		500m	46.22	(33.27)	500m	46.63	(33.94)	
		Sandra van Bijlert-Burgerhout						
		100m	12.69	(12.69)	500m	46.63	(33.94)	

		Naam		Cat		PR	Tijd	Info
9	wt	62	Günter Traub		H80	44.50	53.70	
	rd	66	Dirk Nauta		H75	46.97	57.33	
		Günter Traub						
		100m	14.56	(14.56)	100m	15.22	(15.22)	
		500m	53.70	(39.14)	500m	57.33	(42.11)	
		Dirk Nauta						
		100m	15.22	(15.22)	500m	57.33	(42.11)	

		Naam		Cat		PR	Tijd	Info
10	gl	64	Per Bengtsson		H50	43.35	43.01	PR
	bl	2	Stijn Verhagen		H40	45.19	45.39	
		Per Bengtsson						
		100m	12.25	(12.25)	100m	12.32	(12.32)	
		500m	43.01	(30.76)	500m	45.39	(33.07)	
		Stijn Verhagen						
		100m	12.32	(12.32)	500m	45.39	(33.07)	

		Naam		Cat		PR	Tijd	Info
11	wt	25	Jan Mein		H60	43.98	43.70	PR
	rd	43	Martijn Kos		H45	42.76	46.37	
		Jan Mein						
		100m	12.01	(12.01)	100m	12.44	(12.44)	
		500m	43.70	(31.69)	500m	46.37	(33.93)	
		Martijn Kos						
		100m	12.44	(12.44)	500m	46.37	(33.93)	

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		Naam	Cat	PR	Tijd	Info
12	gl	21 Geert Fekken	H40	42.70	42.66	PR
	bl	53 Bart Brinksma	H55	42.30	42.60	
		Geert Fekken			Bart Brinksma	
		100m 11.72 (11.72)		100m 11.86 (11.86)		
		500m 42.66 (30.94)		500m 42.60 (30.74)		
		Naam	Cat	PR	Tijd	Info
13	wt	20 Hans Spil	H50	41.27	DNF	
	rd	57 Robert Mitchell	H45	41.70	41.87	
		Hans Spil			Robert Mitchell	
		100m 13.15 (13.15)		100m 11.79 (11.79)		
				500m 41.87 (30.08)		
		Naam	Cat	PR	Tijd	Info
14	gl	67 Arjan Bakker	H55	41.23	41.98	
	bl	7 Robert Wierts	H45	42.18	42.35	
		Arjan Bakker			Robert Wierts	
		100m 11.79 (11.79)		100m 11.92 (11.92)		
		500m 41.98 (30.19)		500m 42.35 (30.43)		



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

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	48 Quinten Heerma	HB2	16	I	40.34		
2	28 Menno Schaap	HN2	16	O	40.54		
3	30 Pieter Tieme Weenink	HA1	15	O	42.42		
4	27 Thijs van Tol	HB2	15	I	44.90		



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

		Naam		Cat		PR		Tijd	Info
15	wt	27	Thijs van Tol		HB2		44.66	44.90	
	rd	30	Pieter Tieme Weenink		HA1		42.12	42.42	
		Thijs van Tol			Pieter Tieme Weenink				
		100m	12.34	(12.34)	100m	11.61	(11.61)		
		500m	44.90	(32.56)	500m	42.42	(30.81)		

		Naam		Cat		PR		Tijd	Info
16	gl	48	Quinten Heerma		HB2		39.06	40.34	
	bl	28	Menno Schaap		HN2		40.16	40.54	
		Quinten Heerma			Menno Schaap				
		100m	11.17	(11.17)	100m	11.06	(11.06)		
		500m	40.34	(29.17)	500m	40.54	(29.48)		



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

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	46 Bart Seffinga	HSB	24	I	38.11		
2	10 Sandro Cara	H45	24	O	40.61	PR	
3	11 Aart van Beuzekom	H50	23	I	42.69		
4	3 Klaas van den Berg	H55	23	O	43.03		
5	14 Erol Aksoy	H45	22	I	43.68	PR	
6	22 Evelien van der Kist	DSB	18	O	44.53		
7	23 Johan Weenink	H45	21	I	44.94		
8	18 Lucas Melchior	H60	22	O	45.39		
9	39 Thomas Voswinkel	HSB	21	O	46.59		
10	16 Kees Bollaart	H55	20	O	46.82		
11	8 Paco Palman	H55	20	I	47.59		
12	68 Sandra van Wijngaarden	D45	17	I	47.84		
13	49 Thomas Hoekstra	H65	19	O	49.50		
14	13 Johan Jonker	H65	19	I	52.68		
15	24 Evelyn Mein-Klok	D45	17	O	54.00	PR	

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

		Naam		Cat		PR	Tijd	Info
17	wt	68	Sandra van Wijngaarden		D45	47.60	47.84	
	rd	24	Evelyn Mein-Klok		D45	54.64	54.00	PR
			<u>Sandra van Wijngaarden</u>		<u>Evelyn Mein-Klok</u>			
		100m	13.06	(13.06)	100m	14.81	(14.81)	
		500m	47.84	(34.78)	500m	54.00	(39.19)	

		Naam		Cat		PR	Tijd	Info
18	gl							
	bl	22	Evelien van der Kist		DSB	43.71	44.53	
			<u>Evelien van der Kist</u>					
		m			100m	12.33	(12.33)	
					500m	44.53	(32.20)	

		Naam		Cat		PR	Tijd	Info
19	wt	13	Johan Jonker		H65	46.35	52.68	
	rd	49	Thomas Hoekstra		H65	45.94	49.50	
			<u>Johan Jonker</u>		<u>Thomas Hoekstra</u>			
		100m	14.10	(14.10)	100m	13.26	(13.26)	
		500m	52.68	(38.58)	500m	49.50	(36.24)	

		Naam		Cat		PR	Tijd	Info
20	gl	8	Paco Palman		H55	45.55	47.59	
	bl	16	Kees Bollaart		H55	43.55	46.82	
			<u>Paco Palman</u>		<u>Kees Bollaart</u>			
		100m	12.92	(12.92)	100m	12.83	(12.83)	
		500m	47.59	(34.67)	500m	46.82	(33.99)	

		Naam		Cat		PR	Tijd	Info
21	wt	23	Johan Weenink		H45	42.71	44.94	
	rd	39	Thomas Voswinkel		HSB	45.13	46.59	
			<u>Johan Weenink</u>		<u>Thomas Voswinkel</u>			
		100m	12.11	(12.11)	100m	12.88	(12.88)	
		500m	44.94	(32.83)	500m	46.59	(33.71)	

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		Naam	Cat	PR	Tijd	Info
22	gl	14 Erol Aksoy	H45	43.74	43.68	PR
	bl	18 Lucas Melchior	H60	43.72	45.39	
		Erol Aksoy		Lucas Melchior		
		100m 11.95 (11.95)		100m 12.46 (12.46)		
		500m 43.68 (31.73)		500m 45.39 (32.93)		
		Naam	Cat	PR	Tijd	Info
23	wt	11 Aart van Beuzekom	H50	42.11	42.69	
	rd	3 Klaas van den Berg	H55	40.98	43.03	
		Aart van Beuzekom		Klaas van den Berg		
		100m 11.64 (11.64)		100m 11.80 (11.80)		
		500m 42.69 (31.05)		500m 43.03 (31.23)		
		Naam	Cat	PR	Tijd	Info
24	gl	46 Bart Seffinga	HSB	37.10	38.11	
	bl	10 Sandro Cara	H45	40.69	40.61	PR
		Bart Seffinga		Sandro Cara		
		100m 10.84 (10.84)		100m 11.25 (11.25)		
		500m 38.11 (27.27)		500m 40.61 (29.36)		



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

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	69 Jan Kleppe	HN3	29	I	39.71	PR	
2	32 Max Bergsma	HC2	30	O	40.03		
3	40 Melvin van Beuzekom	HA2	30	I	40.28		
4	35 Nomdo de Heer	HB2	29	O	40.59		
5	29 Abe Jan Weenink	HB1	28	I	41.70	PR	
6	42 Mats ten Cate	HC2	28	O	41.84		
7	56 Madelief de Jong	DA2	27	I	42.79		
8	34 Rianne Stroombergen	DC2	27	O	46.04		
9	31 Masja Keesman	DC1	26	O	46.22		
10	45 Zus de Kruijk	DC2	26	I	47.36	PR	
11	33 Eeke Emilie Weenink	DC1	25	I	51.29	PR	

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

		Naam		Cat		PR	Tijd	Info
25	wt rd	33 Eeke Emilie Weenink		DC1		51.81	51.29	PR
		Eeke Emilie Weenink						
		100m	13.23	(13.23)	m			
		500m	51.29	(38.06)				

		Naam		Cat		PR	Tijd	Info
26	gl bl	45 Zus de Kruijk		DC2		47.75	47.36	PR
		31 Masja Keesman		DC1		46.15	46.22	
		Zus de Kruijk		Masja Keesman				
		100m	13.05	(13.05)	100m	12.58	(12.58)	
		500m	47.36	(34.31)	500m	46.22	(33.64)	

		Naam		Cat		PR	Tijd	Info
27	wt rd	56 Madelief de Jong		DA2		41.93	42.79	
		34 Rianne Stroombergen		DC2		45.58	46.04	
		Madelief de Jong		Rianne Stroombergen				
		100m	11.83	(11.83)	100m	12.67	(12.67)	
		500m	42.79	(30.96)	500m	46.04	(33.37)	

		Naam		Cat		PR	Tijd	Info
28	gl bl	29 Abe Jan Weenink		HB1		41.92	41.70	PR
		42 Mats ten Cate		HC2		41.23	41.84	
		Abe Jan Weenink		Mats ten Cate				
		100m	11.36	(11.36)	100m	11.57	(11.57)	
		500m	41.70	(30.34)	500m	41.84	(30.27)	

		Naam		Cat		PR	Tijd	Info
29	wt rd	69 Jan Kleppe		HN3		39.95	39.71	PR
		35 Nomdo de Heer		HB2		40.28	40.59	
		Jan Kleppe		Nomdo de Heer				
		100m	10.97	(10.97)	100m	11.23	(11.23)	
		500m	39.71	(28.74)	500m	40.59	(29.36)	



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		Naam		Cat		PR		Tijd	Info
30	gl	40	Melvin van Beuzekom		HA2		39.52	40.28	
	bl	32	Max Bergsma		HC2		39.96	40.03	
		Melvin van Beuzekom				Max Bergsma			
		100m	11.12	(11.12)		100m	11.12	(11.12)	
		500m	40.28	(29.16)		500m	40.03	(28.91)	



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6. Uitslag M - 10000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52 Kees Hooft	H45	36	O	14:47.76		
2	26 Rik Koppelaar	HSB	35	O	15:18.02	PR	
3	41 Arno van der Veen	H45	36	I	15:22.45		
4	15 Roberto van Goor	H45	32	O	15:41.72		
5	1 Ton van Klooster	H60	35	I	15:49.63		
6	4 Edzard Boland	H45	34	O	16:11.56	PR	
7	61 Stephan Haeisen	H50	34	I	16:59.64		
8	5 Azamat Ismailov	H40	33	I	17:24.78	PR	
9	63 Johannes Oehm	HSB	33	O	17:26.92	PR	
10	55 Tialda Gerritsma	D50	31	I	18:07.96		
11	65 Michael King	H70	32	I	27:58.14		



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6. Rituitslag M - 10000m

	Naam	Cat	PR	Tijd	Info
31	wt rd	55 Tialda Gerritsma	D50	17:29.34	18:07.96

Tialda Gerritsma

400m	48.63	(48.63)	m
800m	1:30.43	(41.80)	
1200m	2:13.49	(43.06)	
1600m	2:56.74	(43.25)	
2000m	3:40.46	(43.72)	
2400m	4:24.06	(43.60)	
2800m	5:07.66	(43.60)	
3200m	5:51.25	(43.59)	
3600m	6:34.58	(43.33)	
4000m	7:17.85	(43.27)	
4400m	8:01.35	(43.50)	
4800m	8:45.06	(43.71)	
5200m	9:28.75	(43.69)	
5600m	10:12.33	(43.58)	
6000m	10:56.01	(43.68)	
6400m	11:40.14	(44.13)	
6800m	12:24.17	(44.03)	
7200m	13:08.34	(44.17)	
7600m	13:52.09	(43.75)	
8000m	14:36.64	(44.55)	
8400m	15:20.30	(43.66)	
8800m	16:02.86	(42.56)	
9200m	16:45.06	(42.20)	
9600m	17:27.10	(42.04)	
10000m	18:07.96	(40.86)	



15th Masters Int Long Distance Races

Thialf - Heerenveen

2 maart 2019



		Naam	Cat	PR	Tijd	Info
32	gl	65 Michael King	H70	24:15.39	27:58.14	
	bl	15 Roberto van Goor	H45		15:41.72	

Michael King

400m	1:03.61	(63.61)
800m	2:00.55	(56.94)
1200m	2:59.42	(58.87)
1600m	3:59.68	(60.26)
2000m	4:59.73	(60.05)
2400m	6:01.90	(62.17)
2800m	7:03.84	(61.94)
3200m	8:07.47	(63.63)
3600m	9:11.15	(63.68)
4000m	10:15.47	(64.32)
4400m	11:21.16	(65.69)
4800m	12:25.94	(64.78)
5200m	13:31.71	(65.77)
5600m	14:36.41	(64.70)
6000m	15:39.92	(63.51)
6400m	16:46.71	(66.79)
6800m	17:54.38	(67.67)
7200m	19:02.76	(68.38)
7600m	20:16.49	(73.73)
8000m	21:28.71	(72.22)
8400m	22:43.52	(74.81)
8800m	23:59.50	(75.98)
9200m	25:17.08	(77.58)
9600m	26:37.81	(80.73)
10000m	27:58.14	(80.33)

Roberto van Goor

400m	42.30	(42.30)
800m	1:19.94	(37.64)
1200m	1:56.39	(36.45)
1600m	2:32.73	(36.34)
2000m	3:09.24	(36.51)
2400m	3:45.60	(36.36)
2800m	4:22.07	(36.47)
3200m	4:58.58	(36.51)
3600m	5:34.86	(36.28)
4000m	6:11.33	(36.47)
4400m	6:48.09	(36.76)
4800m	7:25.04	(36.95)
5200m	8:02.39	(37.35)
5600m	8:39.70	(37.31)
6000m	9:17.42	(37.72)
6400m	9:55.50	(38.08)
6800m	10:34.10	(38.60)
7200m	11:12.17	(38.07)
7600m	11:50.15	(37.98)
8000m	12:27.68	(37.53)
8400m	13:06.41	(38.73)
8800m	13:44.71	(38.30)
9200m	14:23.91	(39.20)
9600m	15:03.07	(39.16)
10000m	15:41.72	(38.65)



15th Masters Int Long Distance Races

Thialf - Heerenveen

2 maart 2019



		Naam	Cat	PR	Tijd	Info
33	wt	5 Azamat Ismailov	H40	18:04.48	17:24.78	PR
	rd	63 Johannes Oehm	HSB	17:31.76	17:26.92	PR

Azamat Ismailov

400m	45.41	(45.41)
800m	1:24.86	(39.45)
1200m	2:05.24	(40.38)
1600m	2:46.21	(40.97)
2000m	3:27.29	(41.08)
2400m	4:08.40	(41.11)
2800m	4:49.28	(40.88)
3200m	5:30.60	(41.32)
3600m	6:11.98	(41.38)
4000m	6:54.05	(42.07)
4400m	7:36.59	(42.54)
4800m	8:18.40	(41.81)
5200m	9:00.03	(41.63)
5600m	9:41.44	(41.41)
6000m	10:23.56	(42.12)
6400m	11:05.56	(42.00)
6800m	11:47.08	(41.52)
7200m	12:29.11	(42.03)
7600m	13:11.23	(42.12)
8000m	13:53.47	(42.24)
8400m	14:35.64	(42.17)
8800m	15:17.79	(42.15)
9200m	16:00.51	(42.72)
9600m	16:43.46	(42.95)
10000m	17:24.78	(41.32)

Johannes Oehm

400m	44.74	(44.74)
800m	1:24.00	(39.26)
1200m	2:03.48	(39.48)
1600m	2:43.91	(40.43)
2000m	3:25.18	(41.27)
2400m	4:06.62	(41.44)
2800m	4:48.26	(41.64)
3200m	5:30.28	(42.02)
3600m	6:12.62	(42.34)
4000m	6:55.24	(42.62)
4400m	7:37.62	(42.38)
4800m	8:19.10	(41.48)
5200m	9:00.91	(41.81)
5600m	9:43.24	(42.33)
6000m	10:26.04	(42.80)
6400m	11:08.51	(42.47)
6800m	11:51.20	(42.69)
7200m	12:33.49	(42.29)
7600m	13:15.66	(42.17)
8000m	13:58.32	(42.66)
8400m	14:41.01	(42.69)
8800m	15:23.45	(42.44)
9200m	16:05.17	(41.72)
9600m	16:46.75	(41.58)
10000m	17:26.92	(40.17)



15th Masters Int Long Distance Races

Thialf - Heerenveen

2 maart 2019



		Naam			Cat			PR	Tijd	Info
34	gl	61	Stephan Haueisen		H50			15:32.92	16:59.64	
	bl	4	Edzard Boland		H45			16:21.55	16:11.56	PR
		Stephan Haueisen				Edzard Boland				
		400m	43.09	(43.09)	400m	42.68	(42.68)			
		800m	1:20.07	(36.98)	800m	1:21.69	(39.01)			
		1200m	2:00.12	(40.05)	1200m	2:01.19	(39.50)			
		1600m	2:40.23	(40.11)	1600m	2:40.70	(39.51)			
		2000m	3:19.87	(39.64)	2000m	3:20.06	(39.36)			
		2400m	3:58.05	(38.18)	2400m	3:59.41	(39.35)			
		2800m	4:38.00	(39.95)	2800m	4:38.76	(39.35)			
		3200m	5:17.57	(39.57)	3200m	5:18.93	(40.17)			
		3600m	5:57.26	(39.69)	3600m	5:58.19	(39.26)			
		4000m	6:37.10	(39.84)	4000m	6:37.59	(39.40)			
		4400m	7:15.96	(38.86)	4400m	7:16.00	(38.41)			
		4800m	7:55.09	(39.13)	4800m	7:55.30	(39.30)			
		5200m	8:35.65	(40.56)	5200m	8:34.50	(39.20)			
		5600m	9:16.50	(40.85)	5600m	9:13.39	(38.89)			
		6000m	9:57.33	(40.83)	6000m	9:52.05	(38.66)			
		6400m	10:39.55	(42.22)	6400m	10:30.33	(38.28)			
		6800m	11:22.84	(43.29)	6800m	11:08.37	(38.04)			
		7200m	12:04.84	(42.00)	7200m	11:46.30	(37.93)			
		7600m	12:47.20	(42.36)	7600m	12:24.28	(37.98)			
		8000m	13:29.32	(42.12)	8000m	13:02.38	(38.10)			
		8400m	14:12.41	(43.09)	8400m	13:40.45	(38.07)			
		8800m	14:54.48	(42.07)	8800m	14:18.27	(37.82)			
		9200m	15:36.29	(41.81)	9200m	14:56.17	(37.90)			
		9600m	16:18.33	(42.04)	9600m	15:33.69	(37.52)			
		10000m	16:59.64	(41.31)	10000m	16:11.56	(37.87)			

15th Masters Int Long Distance Races

Thialf - Heerenveen

2 maart 2019

		Naam	Cat	PR	Tijd	Info
35	wt	1 Ton van Klooster	H60	15:35.79	15:49.63	
	rd	26 Rik Koppelaar	HSB	15:28.62	15:18.02	PR
		Ton van Klooster				
		400m	44.81 (44.81)			
		800m	1:22.91 (38.10)			
		1200m	2:00.28 (37.37)			
		1600m	2:37.96 (37.68)			
		2000m	3:15.40 (37.44)			
		2400m	3:52.84 (37.44)			
		2800m	4:30.04 (37.20)			
		3200m	5:06.81 (36.77)			
		3600m	5:43.78 (36.97)			
		4000m	6:20.88 (37.10)			
		4400m	6:57.80 (36.92)			
		4800m	7:34.77 (36.97)			
		5200m	8:12.12 (37.35)			
		5600m	8:49.44 (37.32)			
		6000m	9:26.32 (36.88)			
		6400m	10:03.66 (37.34)			
		6800m	10:41.36 (37.70)			
		7200m	11:18.83 (37.47)			
		7600m	11:56.93 (38.10)			
		8000m	12:35.50 (38.57)			
		8400m	13:14.68 (39.18)			
		8800m	13:53.06 (38.38)			
		9200m	14:31.86 (38.80)			
		9600m	15:10.87 (39.01)			
		10000m	15:49.63 (38.76)			
		Rik Koppelaar				
		400m	39.06 (39.06)			
		800m	1:16.02 (36.96)			
		1200m	1:52.95 (36.93)			
		1600m	2:29.99 (37.04)			
		2000m	3:06.82 (36.83)			
		2400m	3:43.38 (36.56)			
		2800m	4:20.26 (36.88)			
		3200m	4:57.05 (36.79)			
		3600m	5:33.69 (36.64)			
		4000m	6:10.34 (36.65)			
		4400m	6:47.06 (36.72)			
		4800m	7:23.35 (36.29)			
		5200m	7:59.41 (36.06)			
		5600m	8:35.80 (36.39)			
		6000m	9:12.59 (36.79)			
		6400m	9:49.28 (36.69)			
		6800m	10:25.89 (36.61)			
		7200m	11:02.37 (36.48)			
		7600m	11:39.31 (36.94)			
		8000m	12:15.90 (36.59)			
		8400m	12:52.78 (36.88)			
		8800m	13:29.34 (36.56)			
		9200m	14:06.04 (36.70)			
		9600m	14:42.21 (36.17)			
		10000m	15:18.02 (35.81)			



15th Masters Int Long Distance Races

Thialf - Heerenveen

2 maart 2019



		Naam		Cat		PR	Tijd	Info
36	gl	41	Arno van der Veen		H45	14:45.30	15:22.45	
	bl	52	Kees Hoof		H45	14:30.70	14:47.76	
		Arno van der Veen			Kees Hoof			
		400m	39.96 (39.96)		400m	39.38 (39.38)		
		800m	1:15.16 (35.20)		800m	1:14.58 (35.20)		
		1200m	1:50.71 (35.55)		1200m	1:49.71 (35.13)		
		1600m	2:25.69 (34.98)		1600m	2:23.73 (34.02)		
		2000m	3:00.41 (34.72)		2000m	2:57.82 (34.09)		
		2400m	3:35.16 (34.75)		2400m	3:32.41 (34.59)		
		2800m	4:10.38 (35.22)		2800m	4:07.69 (35.28)		
		3200m	4:45.98 (35.60)		3200m	4:43.01 (35.32)		
		3600m	5:21.80 (35.82)		3600m	5:18.00 (34.99)		
		4000m	5:57.60 (35.80)		4000m	5:52.95 (34.95)		
		4400m	6:33.51 (35.91)		4400m	6:28.06 (35.11)		
		4800m	7:09.64 (36.13)		4800m	7:02.97 (34.91)		
		5200m	7:46.14 (36.50)		5200m	7:38.00 (35.03)		
		5600m	8:22.97 (36.83)		5600m	8:13.31 (35.31)		
		6000m	9:00.26 (37.29)		6000m	8:48.57 (35.26)		
		6400m	9:38.11 (37.85)		6400m	9:23.99 (35.42)		
		6800m	10:15.99 (37.88)		6800m	9:59.69 (35.70)		
		7200m	10:53.87 (37.88)		7200m	10:35.52 (35.83)		
		7600m	11:31.82 (37.95)		7600m	11:11.51 (35.99)		
		8000m	12:09.85 (38.03)		8000m	11:47.37 (35.86)		
		8400m	12:48.19 (38.34)		8400m	12:23.44 (36.07)		
		8800m	13:26.48 (38.29)		8800m	12:59.44 (36.00)		
		9200m	14:04.74 (38.26)		9200m	13:35.57 (36.13)		
		9600m	14:43.26 (38.52)		9600m	14:11.67 (36.10)		
		10000m	15:22.45 (39.19)		10000m	14:47.76 (36.09)		



15th Masters Int Long Distance Races

Thialf - Heerenveen

2 maart 2019



7. Uitslag M - 5000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	67 Arjan Bakker	H55	44	I	7:07.54		
2	7 Robert Wierts	H45	44	O	7:16.17	PR	
3	64 Per Bengtsson	H50	43	I	7:25.50	PR	
4	53 Bart Brinksma	H55	43	O	7:35.91	PR	
5	57 Robert Mitchell	H45	42	O	7:41.67	PR	
6	25 Jan Mein	H60	42	I	7:43.65	PR	
7	21 Geert Fekken	H40	41	O	8:12.74		
8	2 Stijn Verhagen	H40	39	O	8:21.47		
9	54 Ciska Stark	D55	37	I	8:46.99		
10	9 Sandra van Bijlert-Burgerhout	D40	38	O	8:47.10		
11	43 Martijn Kos	H45	39	I	8:47.82		
12	17 Marlies de Jong	D50	38	I	9:00.89		
	62 Günter Traub	H80	40	I	DQ		
	66 Dirk Nauta	H75	40	O	DQ		
	20 Hans Spil	H50	41	I	DNS		

7. Rituitslag M - 5000m

		Naam		Cat		PR	Tijd	Info
37	wt rd	54	Ciska Stark		D55		8:46.99	
		Ciska Stark						
		200m	23.98	(23.98)			m	
		600m	1:02.02	(38.04)				
		1000m	1:42.45	(40.43)				
		1400m	2:24.42	(41.97)				
		1800m	3:06.72	(42.30)				
		2200m	3:49.26	(42.54)				
		2600m	4:32.22	(42.96)				
		3000m	5:15.13	(42.91)				
		3400m	5:58.16	(43.03)				
		3800m	6:40.77	(42.61)				
		4200m	7:23.42	(42.65)				
		4600m	8:05.77	(42.35)				
		5000m	8:46.99	(41.22)				

		Naam		Cat		PR	Tijd	Info	
38	gl	17	Marlies de Jong		D50		9:00.89		
	bl	9	Sandra van Bijlert-Burgerhout		D40	8:25.95	8:47.10		
		Marlies de Jong				Sandra van Bijlert-Burgerhout			
		200m	24.60	(24.60)	200m	24.22	(24.22)		
		600m	1:03.95	(39.35)	600m	1:03.35	(39.13)		
		1000m	1:45.52	(41.57)	1000m	1:43.51	(40.16)		
		1400m	2:27.58	(42.06)	1400m	2:24.06	(40.55)		
		1800m	3:10.48	(42.90)	1800m	3:05.21	(41.15)		
		2200m	3:54.15	(43.67)	2200m	3:46.79	(41.58)		
		2600m	4:38.10	(43.95)	2600m	4:28.57	(41.78)		
		3000m	5:21.78	(43.68)	3000m	5:10.84	(42.27)		
		3400m	6:05.92	(44.14)	3400m	5:53.32	(42.48)		
		3800m	6:49.65	(43.73)	3800m	6:35.70	(42.38)		
		4200m	7:33.77	(44.12)	4200m	7:19.22	(43.52)		
		4600m	8:17.71	(43.94)	4600m	8:03.00	(43.78)		
		5000m	9:00.89	(43.18)	5000m	8:47.10	(44.10)		

15th Masters Int Long Distance Races

Thialf - Heerenveen

2 maart 2019

		Naam	Cat	PR	Tijd	Info
39	wt	43 Martijn Kos	H45	8:43.77	8:47.82	
	rd	2 Stijn Verhagen	H40		8:21.47	
		Martijn Kos				Stijn Verhagen
		200m 23.81 (23.81)		200m 24.38 (24.38)		
		600m 1:04.27 (40.46)		600m 1:03.00 (38.62)		
		1000m 1:45.89 (41.62)		1000m 1:43.22 (40.22)		
		1400m 2:27.87 (41.98)		1400m 2:22.86 (39.64)		
		1800m 3:10.10 (42.23)		1800m 3:02.26 (39.40)		
		2200m 3:51.97 (41.87)		2200m 3:41.45 (39.19)		
		2600m 4:34.01 (42.04)		2600m 4:21.00 (39.55)		
		3000m 5:16.25 (42.24)		3000m 5:00.74 (39.74)		
		3400m 5:58.80 (42.55)		3400m 5:40.30 (39.56)		
		3800m 6:41.02 (42.22)		3800m 6:20.10 (39.80)		
		4200m 7:23.63 (42.61)		4200m 7:00.17 (40.07)		
		4600m 8:05.74 (42.11)		4600m 7:40.56 (40.39)		
		5000m 8:47.82 (42.08)		5000m 8:21.47 (40.91)		

		Naam	Cat	PR	Tijd	Info
40	gl	62 Günter Traub	H80	7:52.92	DQ	
	bl	66 Dirk Nauta	H75	8:25.60	DQ	
		Günter Traub				Dirk Nauta



15th Masters Int Long Distance Races

Thialf - Heerenveen

2 maart 2019



		Naam	Cat	PR	Tijd	Info
41	wt	20 Hans Spil	H50	7:59.53		DNS
	rd	21 Geert Fekken	H40	7:53.10		8:12.74
		Hans Spil				
			Geert Fekken			
		200m		22.29	(22.29)	
		600m		59.42	(37.13)	
		1000m		1:37.69	(38.27)	
		1400m		2:15.79	(38.10)	
		1800m		2:53.65	(37.86)	
		2200m		3:31.64	(37.99)	
		2600m		4:09.60	(37.96)	
		3000m		4:47.89	(38.29)	
		3400m		5:27.31	(39.42)	
		3800m		6:07.98	(40.67)	
		4200m		6:49.08	(41.10)	
		4600m		7:30.63	(41.55)	
		5000m		8:12.74	(42.11)	

		Naam	Cat	PR	Tijd	Info
42	gl	25 Jan Mein	H60	7:48.39		7:43.65 PR
	bl	57 Robert Mitchell	H45	7:58.32		7:41.67 PR
		Jan Mein				
		200m		22.31	(22.31)	
		600m		57.96	(35.65)	
		1000m		1:34.82	(36.86)	
		1400m		2:11.81	(36.99)	
		1800m		2:48.29	(36.48)	
		2200m		3:24.45	(36.16)	
		2600m		4:01.22	(36.77)	
		3000m		4:37.94	(36.72)	
		3400m		5:14.86	(36.92)	
		3800m		5:51.90	(37.04)	
		4200m		6:29.29	(37.39)	
		4600m		7:06.67	(37.38)	
		5000m		7:43.65	(36.98)	
			Robert Mitchell			
		200m		21.28	(21.28)	
		600m		55.93	(34.65)	
		1000m		1:32.20	(36.27)	
		1400m		2:08.73	(36.53)	
		1800m		2:45.12	(36.39)	
		2200m		3:21.50	(36.38)	
		2600m		3:58.00	(36.50)	
		3000m		4:34.58	(36.58)	
		3400m		5:11.44	(36.86)	
		3800m		5:48.41	(36.97)	
		4200m		6:26.11	(37.70)	
		4600m		7:03.91	(37.80)	
		5000m		7:41.67	(37.76)	

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		Naam	Cat		PR	Tijd	Info
43	wt	64 Per Bengtsson	H50		7:29.02	7:25.50	PR
	rd	53 Bart Brinksma	H55		7:43.42	7:35.91	PR
		Per Bengtsson			Bart Brinksma		
		200m	21.46	(21.46)	200m	22.18	(22.18)
		600m	56.62	(35.16)	600m	56.33	(34.15)
		1000m	1:31.74	(35.12)	1000m	1:32.02	(35.69)
		1400m	2:06.78	(35.04)	1400m	2:07.22	(35.20)
		1800m	2:41.51	(34.73)	1800m	2:43.09	(35.87)
		2200m	3:16.41	(34.90)	2200m	3:19.02	(35.93)
		2600m	3:51.22	(34.81)	2600m	3:55.44	(36.42)
		3000m	4:26.35	(35.13)	3000m	4:32.11	(36.67)
		3400m	5:01.79	(35.44)	3400m	5:08.72	(36.61)
		3800m	5:37.44	(35.65)	3800m	5:46.14	(37.42)
		4200m	6:13.32	(35.88)	4200m	6:22.48	(36.34)
		4600m	6:49.34	(36.02)	4600m	6:59.25	(36.77)
		5000m	7:25.50	(36.16)	5000m	7:35.91	(36.66)

		Naam	Cat		PR	Tijd	Info
44	gl	67 Arjan Bakker	H55		7:02.49	7:07.54	
	bl	7 Robert Wierds	H45		7:19.55	7:16.17	PR
		Arjan Bakker			Robert Wierds		
		200m	21.12	(21.12)	200m	21.77	(21.77)
		600m	53.57	(32.45)	600m	53.49	(31.72)
		1000m	1:25.76	(32.19)	1000m	1:25.73	(32.24)
		1400m	1:58.70	(32.94)	1400m	1:58.53	(32.80)
		1800m	2:31.95	(33.25)	1800m	2:32.38	(33.85)
		2200m	3:05.67	(33.72)	2200m	3:06.08	(33.70)
		2600m	3:39.23	(33.56)	2600m	3:40.35	(34.27)
		3000m	4:13.14	(33.91)	3000m	4:14.71	(34.36)
		3400m	4:47.42	(34.28)	3400m	4:49.70	(34.99)
		3800m	5:21.65	(34.23)	3800m	5:26.38	(36.68)
		4200m	5:56.46	(34.81)	4200m	6:02.70	(36.32)
		4600m	6:31.52	(35.06)	4600m	6:39.49	(36.79)
		5000m	7:07.54	(36.02)	5000m	7:16.17	(36.68)



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8. Uitslag O - 5000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	48 Quinten Heerma	HB2	45	I	7:26.21		
2	30 Pieter Tieme Weenink	HA1	46	I	7:28.88	PR	
3	28 Menno Schaap	HN2	46	O	7:54.37	PR	
4	27 Thijs van Tol	HB2	45	O	8:31.67	PR	

8. Rituitslag O - 5000m

		Naam	Cat	PR	Tijd	Info
45	wt	48 Quinten Heerma	HB2		7:26.21	
	rd	27 Thijs van Tol	HB2	8:39.88	8:31.67	PR
		Quinten Heerma				Thijs van Tol
		200m	21.83 (21.83)		200m	22.84 (22.84)
		600m	56.63 (34.80)		600m	58.94 (36.10)
		1000m	1:31.37 (34.74)		1000m	1:36.75 (37.81)
		1400m	2:06.15 (34.78)		1400m	2:15.83 (39.08)
		1800m	2:41.61 (35.46)		1800m	2:55.82 (39.99)
		2200m	3:16.68 (35.07)		2200m	3:36.64 (40.82)
		2600m	3:52.04 (35.36)		2600m	4:17.88 (41.24)
		3000m	4:27.13 (35.09)		3000m	4:59.85 (41.97)
		3400m	5:02.51 (35.38)		3400m	5:42.09 (42.24)
		3800m	5:37.60 (35.09)		3800m	6:23.94 (41.85)
		4200m	6:14.05 (36.45)		4200m	7:06.22 (42.28)
		4600m	6:50.28 (36.23)		4600m	7:49.21 (42.99)
		5000m	7:26.21 (35.93)		5000m	8:31.67 (42.46)

		Naam	Cat	PR	Tijd	Info
46	gl	30 Pieter Tieme Weenink	HA1	7:45.57	7:28.88	PR
	bl	28 Menno Schaap	HN2	8:12.17	7:54.37	PR
		Pieter Tieme Weenink				Menno Schaap
		200m	21.56 (21.56)		200m	21.35 (21.35)
		600m	55.74 (34.18)		600m	56.75 (35.40)
		1000m	1:30.49 (34.75)		1000m	1:34.15 (37.40)
		1400m	2:05.51 (35.02)		1400m	2:11.66 (37.51)
		1800m	2:40.32 (34.81)		1800m	2:48.82 (37.16)
		2200m	3:15.75 (35.43)		2200m	3:26.58 (37.76)
		2600m	3:50.99 (35.24)		2600m	4:04.46 (37.88)
		3000m	4:26.75 (35.76)		3000m	4:42.49 (38.03)
		3400m	5:03.05 (36.30)		3400m	5:20.37 (37.88)
		3800m	5:39.83 (36.78)		3800m	5:58.83 (38.46)
		4200m	6:16.07 (36.24)		4200m	6:37.10 (38.27)
		4600m	6:52.78 (36.71)		4600m	7:15.55 (38.45)
		5000m	7:28.88 (36.10)		5000m	7:54.37 (38.82)



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9. Uitslag M - 3000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	10 Sandro Cara	H45	54	O	4:07.84	PR	
2	3 Klaas van den Berg	H55	54	I	4:35.57		
3	11 Aart van Beuzekom	H50	53	I	4:47.04		
4	14 Erol Aksoy	H45	52	I	4:47.05	PR	
5	18 Lucas Melchior	H60	52	O	4:51.36		
6	22 Evelien van der Kist	DSB	48	O	5:02.78	PR	
7	8 Paco Palman	H55	51	O	5:06.24		
8	23 Johan Weenink	H45	53	O	5:07.74		
9	39 Thomas Voswinkel	HSB	50	I	5:11.37		
10	13 Johan Jonker	H65	49	I	5:14.85		
11	16 Kees Bollaart	H55	51	I	5:16.08		
12	49 Thomas Hoekstra	H65	50	O	5:21.76		
13	68 Sandra van Wijngaarden	D45	47	O	5:29.70	PR	
14	24 Evelyn Mein-Klok	D45	47	I	5:49.86		

9. Rituitslag M - 3000m

		Naam	Cat	PR	Tijd	Info
47	wt	24 Evelyn Mein-Klok	D45	5:41.62	5:49.86	
	rd	68 Sandra van Wijngaarden	D45	5:34.90	5:29.70	PR

Evelyn Mein-Klok

200m	27.46	(27.46)
600m	1:11.06	(43.60)
1000m	1:56.07	(45.01)
1400m	2:41.85	(45.78)
1800m	3:28.17	(46.32)
2200m	4:14.94	(46.77)
2600m	5:02.17	(47.23)
3000m	5:49.86	(47.69)

Sandra van Wijngaarden

200m	25.35	(25.35)
600m	1:07.76	(42.41)
1000m	1:51.70	(43.94)
1400m	2:35.30	(43.60)
1800m	3:18.71	(43.41)
2200m	4:02.39	(43.68)
2600m	4:45.80	(43.41)
3000m	5:29.70	(43.90)

		Naam	Cat	PR	Tijd	Info
48	gl					
	bl	22 Evelien van der Kist	DSB	5:11.30	5:02.78	PR

Evelien van der Kist

m	200m	23.14	(23.14)
	600m	1:00.96	(37.82)
	1000m	1:40.13	(39.17)
	1400m	2:19.89	(39.76)
	1800m	2:59.41	(39.52)
	2200m	3:40.44	(41.03)
	2600m	4:21.53	(41.09)
	3000m	5:02.78	(41.25)



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		Naam		Cat		PR		Tijd	Info
49	wt rd	13	Johan Jonker		H65		4:45.16	5:14.85	
		Johan Jonker							
		200m	26.92	(26.92)		m			
		600m	1:07.46	(40.54)					
		1000m	1:47.85	(40.39)					
		1400m	2:28.43	(40.58)					
		1800m	3:09.44	(41.01)					
		2200m	3:50.48	(41.04)					
		2600m	4:32.21	(41.73)					
		3000m	5:14.85	(42.64)					
<hr/>									
		Naam		Cat		PR		Tijd	Info
50	gl	39	Thomas Voswinkel		HSB		5:06.91	5:11.37	
	bl	49	Thomas Hoekstra		H65		4:42.79	5:21.76	
		Thomas Voswinkel				Thomas Hoekstra			
		200m	24.08	(24.08)		200m	25.14	(25.14)	
		600m	1:02.67	(38.59)		600m	1:04.60	(39.46)	
		1000m	1:42.72	(40.05)		1000m	1:46.36	(41.76)	
		1400m	2:22.62	(39.90)		1400m	2:29.06	(42.70)	
		1800m	3:03.37	(40.75)		1800m	3:11.77	(42.71)	
		2200m	3:44.70	(41.33)		2200m	3:54.84	(43.07)	
		2600m	4:27.10	(42.40)		2600m	4:38.10	(43.26)	
		3000m	5:11.37	(44.27)		3000m	5:21.76	(43.66)	



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		Naam	Cat	PR	Tijd	Info
51	wt	16 Kees Bollaart	H55	4:46.28	5:16.08	
	rd	8 Paco Palman	H55	4:55.78	5:06.24	
		Kees Bollaart		Paco Palman		
		200m 23.90 (23.90)		200m 24.28 (24.28)		
		600m 1:02.73 (38.83)		600m 1:02.37 (38.09)		
		1000m 1:44.05 (41.32)		1000m 1:41.95 (39.58)		
		1400m 2:27.10 (43.05)		1400m 2:21.73 (39.78)		
		1800m 3:10.69 (43.59)		1800m 3:02.01 (40.28)		
		2200m 3:53.47 (42.78)		2200m 3:42.95 (40.94)		
		2600m 4:35.03 (41.56)		2600m 4:23.99 (41.04)		
		3000m 5:16.08 (41.05)		3000m 5:06.24 (42.25)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
52	gl	14 Erol Aksoy	H45	4:52.91	4:47.05	PR
	bl	18 Lucas Melchior	H60	4:49.30	4:51.36	
		Erol Aksoy		Lucas Melchior		
		200m 22.45 (22.45)		200m 23.05 (23.05)		
		600m 56.85 (34.40)		600m 59.29 (36.24)		
		1000m 1:33.13 (36.28)		1000m 1:37.16 (37.87)		
		1400m 2:10.53 (37.40)		1400m 2:15.31 (38.15)		
		1800m 2:48.82 (38.29)		1800m 2:53.78 (38.47)		
		2200m 3:28.02 (39.20)		2200m 3:33.26 (39.48)		
		2600m 4:07.78 (39.76)		2600m 4:12.36 (39.10)		
		3000m 4:47.05 (39.27)		3000m 4:51.36 (39.00)		



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		Naam	Cat	PR	Tijd	Info
53	wt	11 Aart van Beuzekom	H50	4:40.97	4:47.04	
	rd	23 Johan Weenink	H45	4:36.75	5:07.74	
		Aart van Beuzekom		Johan Weenink		
		200m 22.18 (22.18)		200m 23.38 (23.38)		
		600m 58.36 (36.18)		600m 1:00.39 (37.01)		
		1000m 1:35.50 (37.14)		1000m 1:37.71 (37.32)		
		1400m 2:12.68 (37.18)		1400m 2:16.23 (38.52)		
		1800m 2:50.51 (37.83)		1800m 2:56.42 (40.19)		
		2200m 3:29.01 (38.50)		2200m 3:38.93 (42.51)		
		2600m 4:08.16 (39.15)		2600m 4:23.35 (44.42)		
		3000m 4:47.04 (38.88)		3000m 5:07.74 (44.39)		

		Naam	Cat	PR	Tijd	Info
54	gl	3 Klaas van den Berg	H55	4:22.90	4:35.57	
	bl	10 Sandro Cara	H45	4:08.67	4:07.84	PR
		Klaas van den Berg		Sandro Cara		
		200m 21.31 (21.31)		200m 20.31 (20.31)		
		600m 54.81 (33.50)		600m 52.12 (31.81)		
		1000m 1:30.54 (35.73)		1000m 1:24.24 (32.12)		
		1400m 2:07.03 (36.49)		1400m 1:56.28 (32.04)		
		1800m 2:44.17 (37.14)		1800m 2:28.37 (32.09)		
		2200m 3:21.33 (37.16)		2200m 3:01.12 (32.75)		
		2600m 3:58.56 (37.23)		2600m 3:34.38 (33.26)		
		3000m 4:35.57 (37.01)		3000m 4:07.84 (33.46)		



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10. Uitslag O - 3000m

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	69 Jan Kleppe	HN3	60	O	4:11.65	PR	
2	40 Melvin van Beuzekom	HA2	60	I	4:12.83		
3	32 Max Bergsma	HC2	59	O	4:15.99	PR	
4	56 Madelief de Jong	DA2	59	I	4:36.65		
5	35 Nomdo de Heer	HB2	58	I	4:38.04	PR	
6	29 Abe Jan Weenink	HB1	58	O	4:38.12	PR	
7	45 Zus de Kruijk	DC2	55	I	5:03.36		
8	31 Masja Keesman	DC1	57	O	5:09.57		
9	34 Rianne Stroombergen	DC2	56	O	5:10.20	PR	
10	33 Eeke Emilie Weenink	DC1	56	I	5:57.93		
	42 Mats ten Cate	HC2	57	I		DQ	

10. Rituitslag O - 3000m

		Naam		Cat		PR	Tijd	Info
55	wt rd	45 Zus de Kruijk		DC2			5:03.36	
Zus de Kruijk								
		200m	24.01	(24.01)			m	
		600m	1:02.72	(38.71)				
		1000m	1:41.97	(39.25)				
		1400m	2:22.02	(40.05)				
		1800m	3:02.75	(40.73)				
		2200m	3:43.34	(40.59)				
		2600m	4:23.97	(40.63)				
		3000m	5:03.36	(39.39)				

		Naam		Cat		PR	Tijd	Info
56	gl	33 Eeke Emilie Weenink		DC1			5:57.93	
	bl	34 Rianne Stroombergen		DC2		5:11.67	5:10.20	PR
Eeke Emilie Weenink								
		200m	25.88	(25.88)				
		600m	1:09.15	(43.27)				
		1000m	1:54.43	(45.28)				
		1400m	2:41.16	(46.73)				
		1800m	3:29.47	(48.31)				
		2200m	4:18.48	(49.01)				
		2600m	5:08.76	(50.28)				
		3000m	5:57.93	(49.17)				
Rianne Stroombergen								
		200m	24.13	(24.13)				
		600m	1:04.12	(39.99)				
		1000m	1:46.02	(41.90)				
		1400m	2:27.33	(41.31)				
		1800m	3:07.74	(40.41)				
		2200m	3:49.42	(41.68)				
		2600m	4:30.32	(40.90)				
		3000m	5:10.20	(39.88)				

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		Naam	Cat	PR	Tijd	Info
57	wt	42 Mats ten Cate	HC2	4:28.66		DQ
	rd	31 Masja Keesman	DC1	5:06.97		5:09.57

Mats ten Cate

Masja Keesman

200m	22.81	(22.81)
600m	1:00.69	(37.88)
1000m	1:41.11	(40.42)
1400m	2:21.99	(40.88)
1800m	3:03.43	(41.44)
2200m	3:45.73	(42.30)
2600m	4:27.87	(42.14)
3000m	5:09.57	(41.70)

		Naam	Cat	PR	Tijd	Info
58	gl	35 Nomdo de Heer	HB2	4:42.00		4:38.04 PR
	bl	29 Abe Jan Weenink	HB1	4:43.53		4:38.12 PR

Nomdo de Heer

Abe Jan Weenink

200m	21.22	(21.22)	200m	22.53	(22.53)
600m	56.93	(35.71)	600m	57.47	(34.94)
1000m	1:32.81	(35.88)	1000m	1:32.98	(35.51)
1400m	2:09.14	(36.33)	1400m	2:09.31	(36.33)
1800m	2:45.55	(36.41)	1800m	2:46.32	(37.01)
2200m	3:22.19	(36.64)	2200m	3:23.84	(37.52)
2600m	4:00.24	(38.05)	2600m	4:01.22	(37.38)
3000m	4:38.04	(37.80)	3000m	4:38.12	(36.90)



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		Naam	Cat	PR	Tijd	Info
59	wt	56 Madelief de Jong	DA2	4:35.12	4:36.65	
	rd	32 Max Bergsma	HC2	4:23.68	4:15.99	PR

Madelief de Jong

200m	20.93	(20.93)
600m	55.57	(34.64)
1000m	1:31.89	(36.32)
1400m	2:09.07	(37.18)
1800m	2:45.97	(36.90)
2200m	3:23.11	(37.14)
2600m	4:00.44	(37.33)
3000m	4:36.65	(36.21)

Max Bergsma

200m	20.73	(20.73)
600m	53.55	(32.82)
1000m	1:27.39	(33.84)
1400m	2:01.44	(34.05)
1800m	2:35.28	(33.84)
2200m	3:09.24	(33.96)
2600m	3:43.06	(33.82)
3000m	4:15.99	(32.93)

		Naam	Cat	PR	Tijd	Info
60	gl	40 Melvin van Beuzekom	HA2	4:09.57	4:12.83	
	bl	69 Jan Kleppe	HN3	4:16.06	4:11.65	PR

Melvin van Beuzekom

200m	20.49	(20.49)
600m	52.99	(32.50)
1000m	1:25.30	(32.31)
1400m	1:57.79	(32.49)
1800m	2:30.58	(32.79)
2200m	3:03.88	(33.30)
2600m	3:38.01	(34.13)
3000m	4:12.83	(34.82)

Jan Kleppe

200m	20.49	(20.49)
600m	52.87	(32.38)
1000m	1:25.33	(32.46)
1400m	1:57.91	(32.58)
1800m	2:30.72	(32.81)
2200m	3:03.89	(33.17)
2600m	3:37.75	(33.86)
3000m	4:11.65	(33.90)