

## 12 - Resultaat in paren - Heren 10000 meter

| Rit | I/O | Dln    | Deelnemer              | Baan                | Tijd            | Info            |
|-----|-----|--------|------------------------|---------------------|-----------------|-----------------|
| 1   | I   | 41     | <b>Tom Schuit</b>      | AL                  | <b>13:57.40</b> |                 |
|     | O   | 51     | <b>Bob de Vries</b>    | AS                  | <b>13:22.71</b> | PB              |
|     |     |        | <b>Tom Schuit</b>      | <b>Bob de Vries</b> |                 |                 |
| 1.  |     | 400m   | 35.92 (35.9)           | 1.                  | 400m            | 36.51 (36.5)    |
| 2.  |     | 800m   | 1:07.24 (31.3)         | 2.                  | 800m            | 1:08.18 (31.6)  |
| 3.  |     | 1200m  | 1:38.98 (31.7)         | 3.                  | 1200m           | 1:39.73 (31.5)  |
| 4.  |     | 1600m  | 2:10.52 (31.5)         | 4.                  | 1600m           | 2:11.36 (31.6)  |
| 5.  |     | 2000m  | 2:42.23 (31.7)         | 5.                  | 2000m           | 2:43.11 (31.7)  |
| 6.  |     | 2400m  | 3:14.04 (31.8)         | 6.                  | 2400m           | 3:15.01 (31.9)  |
| 7.  |     | 2800m  | 3:46.15 (32.1)         | 7.                  | 2800m           | 3:46.65 (31.6)  |
| 8.  |     | 3200m  | 4:18.26 (32.1)         | 8.                  | 3200m           | 4:18.72 (32.0)  |
| 9.  |     | 3600m  | 4:50.95 (32.6)         | 9.                  | 3600m           | 4:50.56 (31.8)  |
| 10. |     | 4000m  | 5:24.05 (33.1)         | 10.                 | 4000m           | 5:22.61 (32.0)  |
| 11. |     | 4400m  | 5:57.33 (33.2)         | 11.                 | 4400m           | 5:54.80 (32.1)  |
| 12. |     | 4800m  | 6:31.02 (33.6)         | 12.                 | 4800m           | 6:26.91 (32.1)  |
| 13. |     | 5200m  | 7:04.77 (33.7)         | 13.                 | 5200m           | 6:58.87 (31.9)  |
| 14. |     | 5600m  | 7:38.33 (33.5)         | 14.                 | 5600m           | 7:30.87 (32.0)  |
| 15. |     | 6000m  | 8:12.20 (33.8)         | 15.                 | 6000m           | 8:02.86 (31.9)  |
| 16. |     | 6400m  | 8:46.30 (34.1)         | 16.                 | 6400m           | 8:34.78 (31.9)  |
| 17. |     | 6800m  | 9:21.12 (34.8)         | 17.                 | 6800m           | 9:06.95 (32.1)  |
| 18. |     | 7200m  | 9:55.61 (34.4)         | 18.                 | 7200m           | 9:39.08 (32.1)  |
| 19. |     | 7600m  | 10:30.06 (34.4)        | 19.                 | 7600m           | 10:11.26 (32.1) |
| 20. |     | 8000m  | 11:04.22 (34.1)        | 20.                 | 8000m           | 10:43.32 (32.0) |
| 21. |     | 8400m  | 11:39.07 (34.8)        | 21.                 | 8400m           | 11:15.40 (32.0) |
| 22. |     | 8800m  | 12:14.09 (35.0)        | 22.                 | 8800m           | 11:47.37 (31.9) |
| 23. |     | 9200m  | 12:48.98 (34.8)        | 23.                 | 9200m           | 12:19.25 (31.8) |
| 24. |     | 9600m  | 13:23.44 (34.4)        | 24.                 | 9600m           | 12:51.31 (32.0) |
| 25. |     | 10000m | 13:57.40 (33.9)        | 25.                 | 10000m          | 13:22.71 (31.4) |
| 2   | I   | 3      | <b>Jan Blokhuijsen</b> | HN                  | <b>13:31.11</b> | PB              |
|     | O   | 16     | <b>Ben Jongejan</b>    | DH                  | <b>13:54.26</b> |                 |
|     |     |        | <b>Jan Blokhuijsen</b> | <b>Ben Jongejan</b> |                 |                 |
| 1.  |     | 400m   | 36.46 (36.4)           | 1.                  | 400m            | 35.96 (35.9)    |
| 2.  |     | 800m   | 1:09.29 (32.8)         | 2.                  | 800m            | 1:08.74 (32.7)  |
| 3.  |     | 1200m  | 1:42.38 (33.0)         | 3.                  | 1200m           | 1:41.70 (32.9)  |
| 4.  |     | 1600m  | 2:15.28 (32.9)         | 4.                  | 1600m           | 2:15.14 (33.4)  |
| 5.  |     | 2000m  | 2:48.44 (33.1)         | 5.                  | 2000m           | 2:47.64 (32.5)  |
| 6.  |     | 2400m  | 3:20.96 (32.5)         | 6.                  | 2400m           | 3:20.65 (33.0)  |
| 7.  |     | 2800m  | 3:53.61 (32.6)         | 7.                  | 2800m           | 3:52.98 (32.3)  |
| 8.  |     | 3200m  | 4:25.93 (32.3)         | 8.                  | 3200m           | 4:25.52 (32.5)  |
| 9.  |     | 3600m  | 4:58.53 (32.6)         | 9.                  | 3600m           | 4:58.08 (32.5)  |
| 10. |     | 4000m  | 5:30.85 (32.3)         | 10.                 | 4000m           | 5:30.90 (32.8)  |
| 11. |     | 4400m  | 6:03.22 (32.3)         | 11.                 | 4400m           | 6:03.00 (32.1)  |
| 12. |     | 4800m  | 6:35.55 (32.3)         | 12.                 | 4800m           | 6:35.76 (32.7)  |
| 13. |     | 5200m  | 7:07.73 (32.1)         | 13.                 | 5200m           | 7:08.11 (32.3)  |
| 14. |     | 5600m  | 7:39.73 (32.0)         | 14.                 | 5600m           | 7:40.70 (32.5)  |
| 15. |     | 6000m  | 8:12.18 (32.4)         | 15.                 | 6000m           | 8:13.51 (32.8)  |

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| Rit | I/O | DIn    | Deelnemer       | Baan | Tijd   | Info            |
|-----|-----|--------|-----------------|------|--------|-----------------|
| 16. |     | 6400m  | 8:44.44 (32.2)  | 16.  | 6400m  | 8:46.36 (32.8)  |
| 17. |     | 6800m  | 9:16.85 (32.4)  | 17.  | 6800m  | 9:19.51 (33.1)  |
| 18. |     | 7200m  | 9:48.73 (31.8)  | 18.  | 7200m  | 9:52.66 (33.1)  |
| 19. |     | 7600m  | 10:20.53 (31.8) | 19.  | 7600m  | 10:26.06 (33.4) |
| 20. |     | 8000m  | 10:52.33 (31.8) | 20.  | 8000m  | 10:59.43 (33.3) |
| 21. |     | 8400m  | 11:24.46 (32.1) | 21.  | 8400m  | 11:32.62 (33.1) |
| 22. |     | 8800m  | 11:56.47 (32.0) | 22.  | 8800m  | 12:06.36 (33.7) |
| 23. |     | 9200m  | 12:28.39 (31.9) | 23.  | 9200m  | 12:40.51 (34.1) |
| 24. |     | 9600m  | 12:59.94 (31.5) | 24.  | 9600m  | 13:16.21 (35.7) |
| 25. |     | 10000m | 13:31.11 (31.1) | 25.  | 10000m | 13:54.26 (38.0) |

|   |   |    |                       |    |                 |    |
|---|---|----|-----------------------|----|-----------------|----|
| 3 | I | 31 | <b>Mark Ooijevaar</b> | HN | <b>13:27.03</b> |    |
|   | O | 49 | <b>Koen Verweij</b>   | AL | <b>13:27.27</b> | PB |

| Mark Ooijevaar |        |                 | Koen Verweij |        |                 |
|----------------|--------|-----------------|--------------|--------|-----------------|
| 1.             | 400m   | 35.43 (35.4)    | 1.           | 400m   | 35.49 (35.4)    |
| 2.             | 800m   | 1:07.06 (31.6)  | 2.           | 800m   | 1:06.68 (31.1)  |
| 3.             | 1200m  | 1:38.82 (31.7)  | 3.           | 1200m  | 1:38.35 (31.6)  |
| 4.             | 1600m  | 2:10.49 (31.6)  | 4.           | 1600m  | 2:10.05 (31.7)  |
| 5.             | 2000m  | 2:42.32 (31.8)  | 5.           | 2000m  | 2:41.30 (31.2)  |
| 6.             | 2400m  | 3:14.25 (31.9)  | 6.           | 2400m  | 3:12.92 (31.6)  |
| 7.             | 2800m  | 3:46.16 (31.9)  | 7.           | 2800m  | 3:44.91 (31.9)  |
| 8.             | 3200m  | 4:17.99 (31.8)  | 8.           | 3200m  | 4:16.74 (31.8)  |
| 9.             | 3600m  | 4:49.90 (31.9)  | 9.           | 3600m  | 4:48.73 (31.9)  |
| 10.            | 4000m  | 5:21.86 (31.9)  | 10.          | 4000m  | 5:20.79 (32.0)  |
| 11.            | 4400m  | 5:54.03 (32.1)  | 11.          | 4400m  | 5:53.10 (32.3)  |
| 12.            | 4800m  | 6:26.61 (32.5)  | 12.          | 4800m  | 6:25.87 (32.7)  |
| 13.            | 5200m  | 6:58.89 (32.2)  | 13.          | 5200m  | 6:58.36 (32.4)  |
| 14.            | 5600m  | 7:31.23 (32.3)  | 14.          | 5600m  | 7:31.09 (32.7)  |
| 15.            | 6000m  | 8:03.67 (32.4)  | 15.          | 6000m  | 8:03.76 (32.6)  |
| 16.            | 6400m  | 8:36.09 (32.4)  | 16.          | 6400m  | 8:36.64 (32.8)  |
| 17.            | 6800m  | 9:08.89 (32.8)  | 17.          | 6800m  | 9:09.62 (32.9)  |
| 18.            | 7200m  | 9:41.38 (32.4)  | 18.          | 7200m  | 9:42.38 (32.7)  |
| 19.            | 7600m  | 10:14.22 (32.8) | 19.          | 7600m  | 10:14.99 (32.6) |
| 20.            | 8000m  | 10:47.34 (33.1) | 20.          | 8000m  | 10:47.98 (32.9) |
| 21.            | 8400m  | 11:20.25 (32.9) | 21.          | 8400m  | 11:19.76 (31.7) |
| 22.            | 8800m  | 11:53.15 (32.9) | 22.          | 8800m  | 11:51.66 (31.9) |
| 23.            | 9200m  | 12:25.52 (32.3) | 23.          | 9200m  | 12:23.69 (32.0) |
| 24.            | 9600m  | 12:57.14 (31.6) | 24.          | 9600m  | 12:55.68 (31.9) |
| 25.            | 10000m | 13:27.03 (29.8) | 25.          | 10000m | 13:27.27 (31.5) |

|   |   |    |                           |    |                 |    |
|---|---|----|---------------------------|----|-----------------|----|
| 4 | I | 30 | <b>Wouter Olde Heuvel</b> | EN | <b>13:20.61</b> |    |
|   | O | 18 | <b>Arjen vd Kieft</b>     | HA | <b>13:16.31</b> | PB |

| Wouter Olde Heuvel |       |                | Arjen vd Kieft |       |                |
|--------------------|-------|----------------|----------------|-------|----------------|
| 1.                 | 400m  | 34.87 (34.8)   | 1.             | 400m  | 35.96 (35.9)   |
| 2.                 | 800m  | 1:05.79 (30.9) | 2.             | 800m  | 1:07.18 (31.2) |
| 3.                 | 1200m | 1:37.05 (31.2) | 3.             | 1200m | 1:38.53 (31.3) |

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| Rit | I/O | DIn    | Deelnemer       | Baan | Tijd   | Info            |
|-----|-----|--------|-----------------|------|--------|-----------------|
| 4.  |     | 1600m  | 2:08.63 (31.5)  | 4.   | 1600m  | 2:10.14 (31.6)  |
| 5.  |     | 2000m  | 2:40.56 (31.9)  | 5.   | 2000m  | 2:41.56 (31.4)  |
| 6.  |     | 2400m  | 3:12.30 (31.7)  | 6.   | 2400m  | 3:13.42 (31.8)  |
| 7.  |     | 2800m  | 3:44.19 (31.8)  | 7.   | 2800m  | 3:44.80 (31.3)  |
| 8.  |     | 3200m  | 4:15.95 (31.7)  | 8.   | 3200m  | 4:16.27 (31.4)  |
| 9.  |     | 3600m  | 4:47.82 (31.8)  | 9.   | 3600m  | 4:47.67 (31.4)  |
| 10. |     | 4000m  | 5:19.26 (31.4)  | 10.  | 4000m  | 5:18.89 (31.2)  |
| 11. |     | 4400m  | 5:50.74 (31.4)  | 11.  | 4400m  | 5:49.86 (30.9)  |
| 12. |     | 4800m  | 6:22.44 (31.7)  | 12.  | 4800m  | 6:21.03 (31.1)  |
| 13. |     | 5200m  | 6:54.04 (31.6)  | 13.  | 5200m  | 6:51.92 (30.8)  |
| 14. |     | 5600m  | 7:25.91 (31.8)  | 14.  | 5600m  | 7:22.77 (30.8)  |
| 15. |     | 6000m  | 7:58.05 (32.1)  | 15.  | 6000m  | 7:53.76 (30.9)  |
| 16. |     | 6400m  | 8:29.97 (31.9)  | 16.  | 6400m  | 8:25.04 (31.2)  |
| 17. |     | 6800m  | 9:02.02 (32.0)  | 17.  | 6800m  | 8:56.55 (31.5)  |
| 18. |     | 7200m  | 9:33.78 (31.7)  | 18.  | 7200m  | 9:28.38 (31.8)  |
| 19. |     | 7600m  | 10:05.48 (31.7) | 19.  | 7600m  | 10:00.27 (31.8) |
| 20. |     | 8000m  | 10:37.38 (31.9) | 20.  | 8000m  | 10:32.49 (32.2) |
| 21. |     | 8400m  | 11:09.47 (32.0) | 21.  | 8400m  | 11:05.16 (32.6) |
| 22. |     | 8800m  | 11:42.22 (32.7) | 22.  | 8800m  | 11:38.29 (33.1) |
| 23. |     | 9200m  | 12:15.28 (33.0) | 23.  | 9200m  | 12:11.01 (32.7) |
| 24. |     | 9600m  | 12:48.04 (32.7) | 24.  | 9600m  | 12:43.83 (32.8) |
| 25. |     | 10000m | 13:20.61 (32.5) | 25.  | 10000m | 13:16.31 (32.4) |

|   |   |    |                        |    |                 |
|---|---|----|------------------------|----|-----------------|
| 5 | I | 2  | <b>Ted-Jan Bloemen</b> | UT | <b>13:35.80</b> |
|   | O | 15 | <b>Bob de Jong</b>     | HA | <b>13:06.60</b> |

| Ted-Jan Bloemen |       |                 | Bob de Jong |       |                 |
|-----------------|-------|-----------------|-------------|-------|-----------------|
| 1.              | 400m  | 36.14 (36.1)    | 1.          | 400m  | 34.10 (34.1)    |
| 2.              | 800m  | 1:08.16 (32.0)  | 2.          | 800m  | 1:05.44 (31.3)  |
| 3.              | 1200m | 1:40.52 (32.3)  | 3.          | 1200m | 1:37.37 (31.9)  |
| 4.              | 1600m | 2:12.70 (32.1)  | 4.          | 1600m | 2:09.26 (31.8)  |
| 5.              | 2000m | 2:44.90 (32.2)  | 5.          | 2000m | 2:41.05 (31.7)  |
| 6.              | 2400m | 3:17.05 (32.1)  | 6.          | 2400m | 3:12.99 (31.9)  |
| 7.              | 2800m | 3:49.33 (32.2)  | 7.          | 2800m | 3:44.77 (31.7)  |
| 8.              | 3200m | 4:21.43 (32.1)  | 8.          | 3200m | 4:16.53 (31.7)  |
| 9.              | 3600m | 4:53.56 (32.1)  | 9.          | 3600m | 4:48.16 (31.6)  |
| 10.             | 4000m | 5:25.78 (32.2)  | 10.         | 4000m | 5:19.80 (31.6)  |
| 11.             | 4400m | 5:57.96 (32.1)  | 11.         | 4400m | 5:51.42 (31.6)  |
| 12.             | 4800m | 6:30.08 (32.1)  | 12.         | 4800m | 6:23.02 (31.6)  |
| 13.             | 5200m | 7:02.32 (32.2)  | 13.         | 5200m | 6:54.44 (31.4)  |
| 14.             | 5600m | 7:34.61 (32.2)  | 14.         | 5600m | 7:25.94 (31.5)  |
| 15.             | 6000m | 8:06.79 (32.1)  | 15.         | 6000m | 7:57.47 (31.5)  |
| 16.             | 6400m | 8:39.32 (32.5)  | 16.         | 6400m | 8:28.96 (31.4)  |
| 17.             | 6800m | 9:12.11 (32.7)  | 17.         | 6800m | 9:00.31 (31.3)  |
| 18.             | 7200m | 9:44.25 (32.1)  | 18.         | 7200m | 9:31.54 (31.2)  |
| 19.             | 7600m | 10:16.78 (32.5) | 19.         | 7600m | 10:02.75 (31.2) |
| 20.             | 8000m | 10:49.80 (33.0) | 20.         | 8000m | 10:34.12 (31.3) |
| 21.             | 8400m | 11:23.76 (33.9) | 21.         | 8400m | 11:05.28 (31.1) |

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| Rit | I/O | DIn    | Deelnemer             | Baan | Tijd            | Info               |
|-----|-----|--------|-----------------------|------|-----------------|--------------------|
| 22. |     | 8800m  | 11:57.53 (33.7)       | 22.  | 8800m           | 11:36.49 (31.2)    |
| 23. |     | 9200m  | 12:30.84 (33.3)       | 23.  | 9200m           | 12:07.09 (30.6)    |
| 24. |     | 9600m  | 13:02.72 (31.8)       | 24.  | 9600m           | 12:37.35 (30.2)    |
| 25. |     | 10000m | 13:35.80 (33.0)       | 25.  | 10000m          | 13:06.60 (29.2)    |
| 6   | I   | 48     | <b>Carl Verheijen</b> | UT   | <b>13:11.81</b> |                    |
|     | O   | 21     | <b>Sven Kramer</b>    | HV   | <b>13:04.95</b> |                    |
|     |     |        | <b>Carl Verheijen</b> |      |                 | <b>Sven Kramer</b> |
| 1.  |     | 400m   | 35.31 (35.3)          | 1.   | 400m            | 35.08 (35.0)       |
| 2.  |     | 800m   | 1:06.49 (31.1)        | 2.   | 800m            | 1:06.87 (31.7)     |
| 3.  |     | 1200m  | 1:38.05 (31.5)        | 3.   | 1200m           | 1:37.89 (31.0)     |
| 4.  |     | 1600m  | 2:09.36 (31.3)        | 4.   | 1600m           | 2:09.34 (31.4)     |
| 5.  |     | 2000m  | 2:40.86 (31.5)        | 5.   | 2000m           | 2:40.24 (30.9)     |
| 6.  |     | 2400m  | 3:12.50 (31.6)        | 6.   | 2400m           | 3:11.45 (31.2)     |
| 7.  |     | 2800m  | 3:44.14 (31.6)        | 7.   | 2800m           | 3:42.67 (31.2)     |
| 8.  |     | 3200m  | 4:15.87 (31.7)        | 8.   | 3200m           | 4:14.08 (31.4)     |
| 9.  |     | 3600m  | 4:47.64 (31.7)        | 9.   | 3600m           | 4:45.72 (31.6)     |
| 10. |     | 4000m  | 5:19.34 (31.7)        | 10.  | 4000m           | 5:17.41 (31.6)     |
| 11. |     | 4400m  | 5:51.19 (31.8)        | 11.  | 4400m           | 5:48.91 (31.5)     |
| 12. |     | 4800m  | 6:23.07 (31.8)        | 12.  | 4800m           | 6:20.48 (31.5)     |
| 13. |     | 5200m  | 6:54.83 (31.7)        | 13.  | 5200m           | 6:51.83 (31.3)     |
| 14. |     | 5600m  | 7:26.40 (31.5)        | 14.  | 5600m           | 7:23.51 (31.6)     |
| 15. |     | 6000m  | 7:57.84 (31.4)        | 15.  | 6000m           | 7:54.81 (31.3)     |
| 16. |     | 6400m  | 8:29.25 (31.4)        | 16.  | 6400m           | 8:26.18 (31.3)     |
| 17. |     | 6800m  | 9:00.64 (31.3)        | 17.  | 6800m           | 8:57.42 (31.2)     |
| 18. |     | 7200m  | 9:32.14 (31.5)        | 18.  | 7200m           | 9:28.62 (31.2)     |
| 19. |     | 7600m  | 10:03.63 (31.4)       | 19.  | 7600m           | 9:59.72 (31.1)     |
| 20. |     | 8000m  | 10:35.10 (31.4)       | 20.  | 8000m           | 10:30.93 (31.2)    |
| 21. |     | 8400m  | 11:06.53 (31.4)       | 21.  | 8400m           | 11:02.00 (31.0)    |
| 22. |     | 8800m  | 11:37.96 (31.4)       | 22.  | 8800m           | 11:32.82 (30.8)    |
| 23. |     | 9200m  | 12:09.41 (31.4)       | 23.  | 9200m           | 12:03.78 (30.9)    |
| 24. |     | 9600m  | 12:40.79 (31.3)       | 24.  | 9600m           | 12:34.47 (30.6)    |
| 25. |     | 10000m | 13:11.81 (31.0)       | 25.  | 10000m          | 13:04.95 (30.4)    |