

4 - Resultaat in paren - Heren Junioren A 3000 meter

Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
1	I	2	Jelmer Assink	AS	4:10.97	
	O	4	Hugo Boom	UT	4:06.08	PB
			Jelmer Assink	Hugo Boom		
1.		200m	19.44 (19.4)	1.	200m	19.30 (19.3)
2.		600m	50.79 (31.3)	2.	600m	50.63 (31.3)
3.		1000m	1:22.66 (31.8)	3.	1000m	1:22.74 (32.1)
4.		1400m	1:55.86 (33.2)	4.	1400m	1:55.05 (32.3)
5.		1800m	2:29.32 (33.4)	5.	1800m	2:27.57 (32.5)
6.		2200m	3:03.03 (33.7)	6.	2200m	3:00.50 (32.9)
7.		2600m	3:36.58 (33.5)	7.	2600m	3:33.38 (32.8)
8.		3000m	4:10.97 (34.3)	8.	3000m	4:06.08 (32.7)
2	I	12	Sebastiaan Oranje	DH	4:07.77	
	O	28	Gino v.d. Voort	HA	4:09.00	
			Sebastiaan Oranje	Gino v.d. Voort		
1.		200m	19.44 (19.4)	1.	200m	20.93 (20.9)
2.		600m	50.24 (30.8)	2.	600m	51.75 (30.8)
3.		1000m	1:22.11 (31.8)	3.	1000m	1:23.51 (31.7)
4.		1400m	1:54.35 (32.2)	4.	1400m	1:56.12 (32.6)
5.		1800m	2:26.77 (32.4)	5.	1800m	2:28.75 (32.6)
6.		2200m	2:59.54 (32.7)	6.	2200m	3:01.74 (32.9)
7.		2600m	3:33.53 (33.9)	7.	2600m	3:34.96 (33.2)
8.		3000m	4:07.77 (34.2)	8.	3000m	4:09.00 (34.0)
3	I	15	Jan Wiebe Riemersma	HV	4:17.70	
	O	14	Kevin Regelink	UT	4:08.25	
			Jan Wiebe Riemersma	Kevin Regelink		
1.		200m	19.80 (19.8)	1.	200m	19.51 (19.5)
2.		600m	51.93 (32.1)	2.	600m	50.40 (30.8)
3.		1000m	1:24.85 (32.9)	3.	1000m	1:21.92 (31.5)
4.		1400m	1:58.45 (33.6)	4.	1400m	1:54.06 (32.1)
5.		1800m	2:32.43 (33.9)	5.	1800m	2:26.89 (32.8)
6.		2200m	3:07.16 (34.7)	6.	2200m	3:00.07 (33.1)
7.		2600m	3:42.62 (35.4)	7.	2600m	3:34.00 (33.9)
8.		3000m	4:17.70 (35.0)	8.	3000m	4:08.25 (34.2)

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4	I	11	Dominique van Maas	HA	4:06.54	
	O	32	Dedjer Wymenga	HV	4:17.14	
			Dominique van Maas	Dedjer Wymenga		
1.		200m	19.63 (19.6)	1.	200m	20.53 (20.5)
2.		600m	50.60 (30.9)	2.	600m	54.34 (33.8)
3.		1000m	1:21.73 (31.1)	3.	1000m	1:27.12 (32.7)
4.		1400m	1:53.53 (31.8)	4.	1400m	1:59.77 (32.6)
5.		1800m	2:25.45 (31.9)	5.	1800m	2:32.98 (33.2)
6.		2200m	2:58.34 (32.8)	6.	2200m	3:07.58 (34.6)
7.		2600m	3:32.17 (33.8)	7.	2600m	3:42.59 (35.0)
8.		3000m	4:06.54 (34.3)	8.	3000m	4:17.14 (34.5)
5	I	6	Paul de Haan	GR	4:10.28	
	O	22	Kevin Spithorst	GR	4:08.88	
			Paul de Haan	Kevin Spithorst		
1.		200m	19.00 (19.0)	1.	200m	19.11 (19.1)
2.		600m	50.30 (31.3)	2.	600m	50.06 (30.9)
3.		1000m	1:21.64 (31.3)	3.	1000m	1:22.06 (32.0)
4.		1400m	1:53.40 (31.7)	4.	1400m	1:54.73 (32.6)
5.		1800m	2:26.04 (32.6)	5.	1800m	2:28.27 (33.5)
6.		2200m	2:59.77 (33.7)	6.	2200m	3:02.13 (33.8)
7.		2600m	3:34.78 (35.0)	7.	2600m	3:36.14 (34.0)
8.		3000m	4:10.28 (35.5)	8.	3000m	4:08.88 (32.7)
6	I	24	Viktor Toonen	UT	4:05.98	PB
	O	21	Axel Smit	DH	4:04.92	PB
			Viktor Toonen	Axel Smit		
1.		200m	19.14 (19.1)	1.	200m	19.17 (19.1)
2.		600m	50.94 (31.8)	2.	600m	50.21 (31.0)
3.		1000m	1:23.01 (32.0)	3.	1000m	1:22.30 (32.0)
4.		1400m	1:55.39 (32.3)	4.	1400m	1:54.91 (32.6)
5.		1800m	2:27.50 (32.1)	5.	1800m	2:27.38 (32.4)
6.		2200m	2:59.75 (32.2)	6.	2200m	2:59.75 (32.3)
7.		2600m	3:32.38 (32.6)	7.	2600m	3:32.26 (32.5)
8.		3000m	4:05.98 (33.6)	8.	3000m	4:04.92 (32.6)

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Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
7	I	5	Roel Dries	GR	4:14.20	
	O	31	Hardrik de Vries	GR	4:03.20	PB
			Roel Dries			Hardrik de Vries
1.		200m	18.89 (18.8)	1.	200m	18.84 (18.8)
2.		600m	49.19 (30.3)	2.	600m	48.02 (29.1)
3.		1000m	1:20.79 (31.6)	3.	1000m	1:19.00 (30.9)
4.		1400m	1:53.37 (32.5)	4.	1400m	1:51.19 (32.1)
5.		1800m	2:26.96 (33.5)	5.	1800m	2:23.86 (32.6)
6.		2200m	3:01.16 (34.2)	6.	2200m	2:56.98 (33.1)
7.		2600m	3:37.13 (35.9)	7.	2600m	3:30.31 (33.3)
8.		3000m	4:14.20 (37.0)	8.	3000m	4:03.20 (32.8)
8	I	18	Aron Romeijn	BR	4:06.02	PB
	O	19	Bart Schipper	HN	4:08.66	PB
			Aron Romeijn			Bart Schipper
1.		200m	18.68 (18.6)	1.	200m	18.99 (18.9)
2.		600m	49.35 (30.6)	2.	600m	48.65 (29.6)
3.		1000m	1:20.81 (31.4)	3.	1000m	1:19.81 (31.1)
4.		1400m	1:53.21 (32.4)	4.	1400m	1:52.24 (32.4)
5.		1800m	2:25.95 (32.7)	5.	1800m	2:25.45 (33.2)
6.		2200m	2:59.17 (33.2)	6.	2200m	2:58.92 (33.4)
7.		2600m	3:32.56 (33.3)	7.	2600m	3:33.03 (34.1)
8.		3000m	4:06.02 (33.4)	8.	3000m	4:08.66 (35.6)
9	I	25	Adriaan van Velde	GR	4:03.17	
	O	29	Jos de Vos	EV	3:57.89	PB
			Adriaan van Velde			Jos de Vos
1.		200m	18.91 (18.9)	1.	200m	18.92 (18.9)
2.		600m	49.45 (30.5)	2.	600m	49.07 (30.1)
3.		1000m	1:20.38 (30.9)	3.	1000m	1:19.42 (30.3)
4.		1400m	1:51.83 (31.4)	4.	1400m	1:49.97 (30.5)
5.		1800m	2:23.95 (32.1)	5.	1800m	2:21.07 (31.1)
6.		2200m	2:56.53 (32.5)	6.	2200m	2:52.73 (31.6)
7.		2600m	3:29.64 (33.1)	7.	2600m	3:25.08 (32.3)
8.		3000m	4:03.17 (33.5)	8.	3000m	3:57.89 (32.8)

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Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
10	I	27	Pepijn vdr Vinne	AS	4:01.62	
	O	7	Wietse van der Heide	EN	4:02.30	
			Pepijn vdr Vinne	Wietse van der Heide		
1.		200m	19.14 (19.1)	1.	200m	19.39 (19.3)
2.		600m	49.73 (30.5)	2.	600m	49.64 (30.2)
3.		1000m	1:20.39 (30.6)	3.	1000m	1:20.55 (30.9)
4.		1400m	1:51.62 (31.2)	4.	1400m	1:52.05 (31.5)
5.		1800m	2:23.33 (31.7)	5.	1800m	2:23.87 (31.8)
6.		2200m	2:55.50 (32.1)	6.	2200m	2:56.18 (32.3)
7.		2600m	3:28.00 (32.5)	7.	2600m	3:29.19 (33.0)
8.		3000m	4:01.62 (33.6)	8.	3000m	4:02.30 (33.1)
11	I	8	Frank Hermans	DH	3:54.15	PB
	O	10	Ruben Luijken	DH	4:02.64	
			Frank Hermans	Ruben Luijken		
1.		200m	19.08 (19.0)	1.	200m	19.65 (19.6)
2.		600m	48.46 (29.3)	2.	600m	50.14 (30.4)
3.		1000m	1:17.87 (29.4)	3.	1000m	1:21.41 (31.2)
4.		1400m	1:48.03 (30.1)	4.	1400m	1:53.17 (31.7)
5.		1800m	2:18.64 (30.6)	5.	1800m	2:25.33 (32.1)
6.		2200m	2:49.87 (31.2)	6.	2200m	2:57.74 (32.4)
7.		2600m	3:21.70 (31.8)	7.	2600m	3:30.40 (32.6)
8.		3000m	3:54.15 (32.4)	8.	3000m	4:02.64 (32.2)
12	I	9	Boy Kramer	HN	4:00.51	
	O	23	Arnoud Stoppels	GR	3:59.81	
			Boy Kramer	Arnoud Stoppels		
1.		200m	19.20 (19.2)	1.	200m	19.67 (19.6)
2.		600m	49.89 (30.6)	2.	600m	50.46 (30.7)
3.		1000m	1:20.95 (31.0)	3.	1000m	1:21.79 (31.3)
4.		1400m	1:52.61 (31.6)	4.	1400m	1:53.34 (31.5)
5.		1800m	2:24.28 (31.6)	5.	1800m	2:25.10 (31.7)
6.		2200m	2:56.29 (32.0)	6.	2200m	2:56.45 (31.3)
7.		2600m	3:27.74 (31.4)	7.	2600m	3:27.89 (31.4)
8.		3000m	4:00.51 (32.7)	8.	3000m	3:59.81 (31.9)

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Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
13	I	1	Lucas van Alphen	UT	3:56.42	
	O	20	Simon Schouten	HN	3:58.24	PB
			Lucas van Alphen	Simon Schouten		
1.		200m	18.89 (18.8)	1.	200m	19.27 (19.2)
2.		600m	47.97 (29.0)	2.	600m	49.41 (30.1)
3.		1000m	1:17.57 (29.6)	3.	1000m	1:19.67 (30.2)
4.		1400m	1:47.99 (30.4)	4.	1400m	1:50.67 (31.0)
5.		1800m	2:18.80 (30.8)	5.	1800m	2:22.06 (31.3)
6.		2200m	2:50.35 (31.5)	6.	2200m	2:53.90 (31.8)
7.		2600m	3:22.59 (32.2)	7.	2600m	3:26.21 (32.3)
8.		3000m	3:56.42 (33.8)	8.	3000m	3:58.24 (32.0)
14	I	13	Joep Pennartz	UT	3:57.40	
	O	16	Demian Roelofs	EN	4:05.85	
			Joep Pennartz	Demian Roelofs		
1.		200m	18.46 (18.4)	1.	200m	18.98 (18.9)
2.		600m	48.53 (30.0)	2.	600m	49.04 (30.0)
3.		1000m	1:18.67 (30.1)	3.	1000m	1:19.84 (30.8)
4.		1400m	1:49.37 (30.7)	4.	1400m	1:51.24 (31.4)
5.		1800m	2:20.66 (31.2)	5.	1800m	2:23.59 (32.3)
6.		2200m	2:52.34 (31.6)	6.	2200m	2:56.93 (33.3)
7.		2600m	3:24.54 (32.2)	7.	2600m	3:31.16 (34.2)
8.		3000m	3:57.40 (32.8)	8.	3000m	4:05.85 (34.6)
15	I	17	Ingo Roelofsen	HV	4:00.49	
	O	3	Thom van Beek	DH	3:57.78	
			Ingo Roelofsen	Thom van Beek		
1.		200m	19.04 (19.0)	1.	200m	19.46 (19.4)
2.		600m	49.98 (30.9)	2.	600m	49.95 (30.4)
3.		1000m	1:20.69 (30.7)	3.	1000m	1:20.82 (30.8)
4.		1400m	1:51.95 (31.2)	4.	1400m	1:51.73 (30.9)
5.		1800m	2:23.15 (31.2)	5.	1800m	2:22.77 (31.0)
6.		2200m	2:55.14 (31.9)	6.	2200m	2:53.71 (30.9)
7.		2600m	3:27.35 (32.2)	7.	2600m	3:25.28 (31.5)
8.		3000m	4:00.49 (33.1)	8.	3000m	3:57.78 (32.5)

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Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
16	I	30	Maurice Vriend	HN	3:58.35	
	O	26	Koen Verweij	AL	3:53.18	TRA
			Maurice Vriend			
1.		200m	19.57 (19.5)	1.	200m	19.37 (19.3)
2.		600m	49.82 (30.2)	2.	600m	49.39 (30.0)
3.		1000m	1:20.05 (30.2)	3.	1000m	1:19.52 (30.1)
4.		1400m	1:50.72 (30.6)	4.	1400m	1:49.67 (30.1)
5.		1800m	2:21.88 (31.1)	5.	1800m	2:20.09 (30.4)
6.		2200m	2:53.50 (31.6)	6.	2200m	2:50.75 (30.6)
7.		2600m	3:25.63 (32.1)	7.	2600m	3:21.63 (30.8)
8.		3000m	3:58.35 (32.7)	8.	3000m	3:53.18 (31.5)