

8 - Resultaat in paren - Heren 10000 meter

Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
1	I	11	Arjen vd Kieft	HA	13:45.85	
	O	8	Bob de Jong	HA	13:32.15	
			Arjen vd Kieft			Bob de Jong
1.		400m	36.09 (36.0)	1.	400m	35.15 (35.1)
2.		800m	1:08.08 (31.9)	2.	800m	1:07.32 (32.1)
3.		1200m	1:40.52 (32.4)	3.	1200m	1:39.66 (32.3)
4.		1600m	2:13.11 (32.5)	4.	1600m	2:12.28 (32.6)
5.		2000m	2:46.11 (33.0)	5.	2000m	2:45.08 (32.8)
6.		2400m	3:18.40 (32.2)	6.	2400m	3:18.07 (32.9)
7.		2800m	3:50.57 (32.1)	7.	2800m	3:50.45 (32.3)
8.		3200m	4:22.75 (32.1)	8.	3200m	4:23.08 (32.6)
9.		3600m	4:55.35 (32.6)	9.	3600m	4:55.58 (32.5)
10.		4000m	5:28.17 (32.8)	10.	4000m	5:28.44 (32.8)
11.		4400m	6:00.97 (32.8)	11.	4400m	6:01.06 (32.6)
12.		4800m	6:34.01 (33.0)	12.	4800m	6:33.85 (32.7)
13.		5200m	7:07.06 (33.0)	13.	5200m	7:06.47 (32.6)
14.		5600m	7:40.36 (33.3)	14.	5600m	7:39.14 (32.6)
15.		6000m	8:13.91 (33.5)	15.	6000m	8:11.72 (32.5)
16.		6400m	8:47.67 (33.7)	16.	6400m	8:44.37 (32.6)
17.		6800m	9:21.83 (34.1)	17.	6800m	9:16.91 (32.5)
18.		7200m	9:55.68 (33.8)	18.	7200m	9:49.69 (32.7)
19.		7600m	10:29.57 (33.8)	19.	7600m	10:22.14 (32.4)
20.		8000m	11:02.70 (33.1)	20.	8000m	10:54.21 (32.0)
21.		8400m	11:35.41 (32.7)	21.	8400m	11:26.18 (31.9)
22.		8800m	12:07.81 (32.4)	22.	8800m	11:58.41 (32.2)
23.		9200m	12:40.18 (32.3)	23.	9200m	12:30.18 (31.7)
24.		9600m	13:12.88 (32.7)	24.	9600m	13:01.54 (31.3)
25.		10000m	13:45.85 (32.9)	25.	10000m	13:32.15 (30.6)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
2	I	18	Mark Ooijevaar	HN	13:37.73	
	O	28	Ralph de Haan	HA	14:05.06	
			Mark Ooijevaar			Ralph de Haan
1.		400m	35.98 (35.9)	1.	400m	36.79 (36.7)
2.		800m	1:07.76 (31.7)	2.	800m	1:09.95 (33.1)
3.		1200m	1:40.42 (32.6)	3.	1200m	1:43.78 (33.8)
4.		1600m	2:12.83 (32.4)	4.	1600m	2:17.39 (33.6)
5.		2000m	2:45.51 (32.6)	5.	2000m	2:51.11 (33.7)
6.		2400m	3:18.26 (32.7)	6.	2400m	3:25.02 (33.9)
7.		2800m	3:51.26 (33.0)	7.	2800m	3:58.67 (33.6)
8.		3200m	4:23.96 (32.7)	8.	3200m	4:32.28 (33.6)
9.		3600m	4:56.83 (32.8)	9.	3600m	5:06.19 (33.9)
10.		4000m	5:30.07 (33.2)	10.	4000m	5:40.06 (33.8)
11.		4400m	6:03.22 (33.1)	11.	4400m	6:13.80 (33.7)
12.		4800m	6:36.19 (32.9)	12.	4800m	6:47.90 (34.1)
13.		5200m	7:09.28 (33.0)	13.	5200m	7:22.07 (34.1)
14.		5600m	7:42.33 (33.0)	14.	5600m	7:55.88 (33.8)
15.		6000m	8:15.39 (33.0)	15.	6000m	8:29.82 (33.9)
16.		6400m	8:48.11 (32.7)	16.	6400m	9:03.86 (34.0)
17.		6800m	9:20.96 (32.8)	17.	6800m	9:37.54 (33.6)
18.		7200m	9:53.60 (32.6)	18.	7200m	10:11.32 (33.7)
19.		7600m	10:26.10 (32.5)	19.	7600m	10:45.10 (33.7)
20.		8000m	10:58.65 (32.5)	20.	8000m	11:18.85 (33.7)
21.		8400m	11:30.76 (32.1)	21.	8400m	11:52.76 (33.9)
22.		8800m	12:02.47 (31.7)	22.	8800m	12:26.22 (33.4)
23.		9200m	12:33.94 (31.4)	23.	9200m	12:59.60 (33.3)
24.		9600m	13:05.42 (31.4)	24.	9600m	13:32.58 (32.9)
25.		10000m	13:37.73 (32.3)	25.	10000m	14:05.06 (32.4)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
3	I	23	Renz Rotteveel	DH	13:52.34	
	O	3	Bart vd Berg	DH	14:06.38	PB
			Renz Rotteveel			
1.		400m	34.58 (34.5)	1.	400m	35.82 (35.8)
2.		800m	1:06.56 (31.9)	2.	800m	1:08.22 (32.4)
3.		1200m	1:39.21 (32.6)	3.	1200m	1:41.38 (33.1)
4.		1600m	2:11.74 (32.5)	4.	1600m	2:14.67 (33.2)
5.		2000m	2:44.41 (32.6)	5.	2000m	2:47.90 (33.2)
6.		2400m	3:17.26 (32.8)	6.	2400m	3:21.63 (33.7)
7.		2800m	3:50.33 (33.0)	7.	2800m	3:55.28 (33.6)
8.		3200m	4:23.24 (32.9)	8.	3200m	4:28.96 (33.6)
9.		3600m	4:56.24 (33.0)	9.	3600m	5:02.75 (33.7)
10.		4000m	5:29.33 (33.0)	10.	4000m	5:36.64 (33.8)
11.		4400m	6:02.76 (33.4)	11.	4400m	6:10.67 (34.0)
12.		4800m	6:36.23 (33.4)	12.	4800m	6:44.91 (34.2)
13.		5200m	7:09.50 (33.2)	13.	5200m	7:19.39 (34.4)
14.		5600m	7:43.04 (33.5)	14.	5600m	7:53.96 (34.5)
15.		6000m	8:16.64 (33.6)	15.	6000m	8:28.35 (34.3)
16.		6400m	8:49.98 (33.3)	16.	6400m	9:03.24 (34.8)
17.		6800m	9:23.31 (33.3)	17.	6800m	9:37.61 (34.3)
18.		7200m	9:56.98 (33.6)	18.	7200m	10:12.11 (34.5)
19.		7600m	10:30.74 (33.7)	19.	7600m	10:46.19 (34.0)
20.		8000m	11:04.57 (33.8)	20.	8000m	11:20.28 (34.0)
21.		8400m	11:38.29 (33.7)	21.	8400m	11:54.26 (33.9)
22.		8800m	12:11.97 (33.6)	22.	8800m	12:28.12 (33.8)
23.		9200m	12:45.65 (33.6)	23.	9200m	13:01.68 (33.5)
24.		9600m	13:19.14 (33.4)	24.	9600m	13:34.57 (32.8)
25.		10000m	13:52.34 (33.2)	25.	10000m	14:06.38 (31.8)

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Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
4	I	9	Ben Jongejan	DH	13:50.39	
	O	20	Robbert de Rijk	UT	14:00.49	PB
			Ben Jongejan			
1.		400m	36.39 (36.3)	1.	400m	36.51 (36.5)
2.		800m	1:08.70 (32.3)	2.	800m	1:09.72 (33.2)
3.		1200m	1:41.56 (32.8)	3.	1200m	1:43.10 (33.3)
4.		1600m	2:14.49 (32.9)	4.	1600m	2:16.49 (33.3)
5.		2000m	2:47.35 (32.8)	5.	2000m	2:49.87 (33.3)
6.		2400m	3:20.28 (32.9)	6.	2400m	3:23.39 (33.5)
7.		2800m	3:53.25 (32.9)	7.	2800m	3:56.68 (33.2)
8.		3200m	4:26.37 (33.1)	8.	3200m	4:30.06 (33.3)
9.		3600m	4:59.48 (33.1)	9.	3600m	5:03.19 (33.1)
10.		4000m	5:32.12 (32.6)	10.	4000m	5:36.60 (33.4)
11.		4400m	6:04.93 (32.8)	11.	4400m	6:10.12 (33.5)
12.		4800m	6:37.98 (33.0)	12.	4800m	6:43.57 (33.4)
13.		5200m	7:11.17 (33.1)	13.	5200m	7:16.95 (33.3)
14.		5600m	7:44.16 (32.9)	14.	5600m	7:50.19 (33.2)
15.		6000m	8:17.19 (33.0)	15.	6000m	8:23.46 (33.2)
16.		6400m	8:50.23 (33.0)	16.	6400m	8:56.84 (33.3)
17.		6800m	9:23.25 (33.0)	17.	6800m	9:30.35 (33.5)
18.		7200m	9:56.12 (32.8)	18.	7200m	10:04.11 (33.7)
19.		7600m	10:29.38 (33.2)	19.	7600m	10:37.78 (33.6)
20.		8000m	11:02.68 (33.3)	20.	8000m	11:11.74 (33.9)
21.		8400m	11:35.98 (33.3)	21.	8400m	11:45.59 (33.8)
22.		8800m	12:09.44 (33.4)	22.	8800m	12:19.45 (33.8)
23.		9200m	12:43.18 (33.7)	23.	9200m	12:53.40 (33.9)
24.		9600m	13:16.70 (33.5)	24.	9600m	13:27.13 (33.7)
25.		10000m	13:50.39 (33.6)	25.	10000m	14:00.49 (33.3)
			Robbert de Rijk			

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
5	I	22	Tim Roelofsen	HV	13:41.03	PB
	O	27	Koen Verweij	AL	13:40.37	
			Tim Roelofsen			Koen Verweij
1.		400m	36.56 (36.5)	1.	400m	37.36 (37.3)
2.		800m	1:10.36 (33.8)	2.	800m	1:11.30 (33.9)
3.		1200m	1:44.01 (33.6)	3.	1200m	1:45.22 (33.9)
4.		1600m	2:17.23 (33.2)	4.	1600m	2:18.78 (33.5)
5.		2000m	2:50.09 (32.8)	5.	2000m	2:51.69 (32.9)
6.		2400m	3:22.69 (32.6)	6.	2400m	3:24.30 (32.6)
7.		2800m	3:55.67 (32.9)	7.	2800m	3:57.26 (32.9)
8.		3200m	4:28.45 (32.7)	8.	3200m	4:30.27 (33.0)
9.		3600m	5:01.31 (32.8)	9.	3600m	5:03.01 (32.7)
10.		4000m	5:34.13 (32.8)	10.	4000m	5:35.94 (32.9)
11.		4400m	6:07.11 (32.9)	11.	4400m	6:08.68 (32.7)
12.		4800m	6:39.89 (32.7)	12.	4800m	6:41.52 (32.8)
13.		5200m	7:13.29 (33.4)	13.	5200m	7:14.25 (32.7)
14.		5600m	7:46.49 (33.2)	14.	5600m	7:47.61 (33.3)
15.		6000m	8:19.18 (32.6)	15.	6000m	8:20.71 (33.1)
16.		6400m	8:51.90 (32.7)	16.	6400m	8:53.78 (33.0)
17.		6800m	9:24.74 (32.8)	17.	6800m	9:26.57 (32.7)
18.		7200m	9:57.24 (32.5)	18.	7200m	9:59.35 (32.7)
19.		7600m	10:29.59 (32.3)	19.	7600m	10:31.63 (32.2)
20.		8000m	11:01.91 (32.3)	20.	8000m	11:03.16 (31.5)
21.		8400m	11:34.19 (32.2)	21.	8400m	11:34.52 (31.3)
22.		8800m	12:05.53 (31.3)	22.	8800m	12:06.00 (31.4)
23.		9200m	12:37.13 (31.6)	23.	9200m	12:37.48 (31.4)
24.		9600m	13:08.70 (31.5)	24.	9600m	13:08.88 (31.4)
25.		10000m	13:41.03 (32.3)	25.	10000m	13:40.37 (31.4)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
6	I	4	Ted-Jan Bloemen	UT	13:21.18	
	O	17	Wouter Olde Heuvel	EN	13:24.21	
			Ted-Jan Bloemen			Wouter Olde Heuvel
1.		400m	34.13 (34.1)	1.	400m	34.91 (34.9)
2.		800m	1:05.38 (31.2)	2.	800m	1:06.23 (31.3)
3.		1200m	1:37.69 (32.3)	3.	1200m	1:37.79 (31.5)
4.		1600m	2:09.97 (32.2)	4.	1600m	2:09.85 (32.0)
5.		2000m	2:42.50 (32.5)	5.	2000m	2:41.93 (32.0)
6.		2400m	3:15.00 (32.5)	6.	2400m	3:14.25 (32.3)
7.		2800m	3:47.56 (32.5)	7.	2800m	3:46.82 (32.5)
8.		3200m	4:20.14 (32.5)	8.	3200m	4:19.78 (32.9)
9.		3600m	4:52.84 (32.7)	9.	3600m	4:52.64 (32.8)
10.		4000m	5:25.19 (32.3)	10.	4000m	5:25.62 (32.9)
11.		4400m	5:57.90 (32.7)	11.	4400m	5:58.16 (32.5)
12.		4800m	6:30.38 (32.4)	12.	4800m	6:30.85 (32.6)
13.		5200m	7:03.07 (32.6)	13.	5200m	7:03.32 (32.4)
14.		5600m	7:35.83 (32.7)	14.	5600m	7:35.93 (32.6)
15.		6000m	8:08.45 (32.6)	15.	6000m	8:08.32 (32.3)
16.		6400m	8:39.86 (31.4)	16.	6400m	8:40.58 (32.2)
17.		6800m	9:10.88 (31.0)	17.	6800m	9:12.41 (31.8)
18.		7200m	9:41.90 (31.0)	18.	7200m	9:44.28 (31.8)
19.		7600m	10:13.36 (31.4)	19.	7600m	10:15.97 (31.6)
20.		8000m	10:44.97 (31.6)	20.	8000m	10:47.82 (31.8)
21.		8400m	11:16.50 (31.5)	21.	8400m	11:19.49 (31.6)
22.		8800m	11:47.79 (31.2)	22.	8800m	11:51.14 (31.6)
23.		9200m	12:19.35 (31.5)	23.	9200m	12:22.41 (31.2)
24.		9600m	12:50.42 (31.0)	24.	9600m	12:53.43 (31.0)
25.		10000m	13:21.18 (30.7)	25.	10000m	13:24.21 (30.7)