

## 3 - Resultaat in paren - Dames 3000 meter

Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
1	I	27	<b>Rosa Pater</b>	AL	<b>4:33.55</b>	PB
	O	11	<b>Brecht Kramer</b>	HV	<b>4:35.59</b>	
			<b>Rosa Pater</b>	<b>Brecht Kramer</b>		
1.		200m	21.10 (21.1)	1.	200m	21.34 (21.3)
2.		600m	55.62 (34.5)	2.	600m	56.32 (34.9)
3.		1000m	1:30.67 (35.0)	3.	1000m	1:32.09 (35.7)
4.		1400m	2:06.49 (35.8)	4.	1400m	2:08.71 (36.6)
5.		1800m	2:42.85 (36.3)	5.	1800m	2:45.83 (37.1)
6.		2200m	3:19.54 (36.6)	6.	2200m	3:22.84 (37.0)
7.		2600m	3:56.55 (37.0)	7.	2600m	3:59.62 (36.7)
8.		3000m	4:33.55 (37.0)	8.	3000m	4:35.59 (35.9)
2	I	28	<b>Maren van Spronsen</b>	DH	<b>4:29.44</b>	
	O	3	<b>Michelle Bodijn</b>	DH	<b>4:25.36</b>	PB
			<b>Maren van Spronsen</b>	<b>Michelle Bodijn</b>		
1.		200m	20.85 (20.8)	1.	200m	21.09 (21.0)
2.		600m	54.33 (33.4)	2.	600m	53.81 (32.7)
3.		1000m	1:28.49 (34.1)	3.	1000m	1:27.53 (33.7)
4.		1400m	2:02.97 (34.4)	4.	1400m	2:02.24 (34.7)
5.		1800m	2:38.16 (35.1)	5.	1800m	2:37.28 (35.0)
6.		2200m	3:14.29 (36.1)	6.	2200m	3:12.92 (35.6)
7.		2600m	3:51.23 (36.9)	7.	2600m	3:48.96 (36.0)
8.		3000m	4:29.44 (38.2)	8.	3000m	4:25.36 (36.4)
3	I	8	<b>Jorieke vd Geest</b>	DH	<b>4:22.02</b>	PB
	O	2	<b>Charlotte Bakker</b>	BR	<b>4:25.79</b>	PB
			<b>Jorieke vd Geest</b>	<b>Charlotte Bakker</b>		
1.		200m	20.71 (20.7)	1.	200m	21.07 (21.0)
2.		600m	54.06 (33.3)	2.	600m	54.55 (33.4)
3.		1000m	1:28.08 (34.0)	3.	1000m	1:28.21 (33.6)
4.		1400m	2:02.43 (34.3)	4.	1400m	2:01.98 (33.7)
5.		1800m	2:36.77 (34.3)	5.	1800m	2:36.46 (34.4)
6.		2200m	3:11.60 (34.8)	6.	2200m	3:11.57 (35.1)
7.		2600m	3:46.73 (35.1)	7.	2600m	3:47.94 (36.3)
8.		3000m	4:22.02 (35.2)	8.	3000m	4:25.79 (37.8)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
4	I	9	<b>Marije Joling</b>	AS	<b>4:17.71</b>	PB
	O	29	<b>Cindy Vergeer</b>	UT	<b>4:21.34</b>	PB
			<b>Marije Joling</b>	<b>Cindy Vergeer</b>		
1.		200m	20.17 (20.1)	1.	200m	21.01 (21.0)
2.		600m	53.04 (32.8)	2.	600m	54.52 (33.5)
3.		1000m	1:27.05 (34.0)	3.	1000m	1:28.53 (34.0)
4.		1400m	2:00.88 (33.8)	4.	1400m	2:02.90 (34.3)
5.		1800m	2:34.80 (33.9)	5.	1800m	2:37.27 (34.3)
6.		2200m	3:08.93 (34.1)	6.	2200m	3:11.57 (34.3)
7.		2600m	3:43.10 (34.1)	7.	2600m	3:46.08 (34.5)
8.		3000m	4:17.71 (34.6)	8.	3000m	4:21.34 (35.2)
5	I	26	<b>Manon Kamminga</b>	HV	<b>4:21.33</b>	PB
	O	12	<b>Ingeborg Kroon</b>	HV	<b>4:20.88</b>	
			<b>Manon Kamminga</b>	<b>Ingeborg Kroon</b>		
1.		200m	20.36 (20.3)	1.	200m	20.83 (20.8)
2.		600m	53.43 (33.0)	2.	600m	53.83 (33.0)
3.		1000m	1:26.73 (33.3)	3.	1000m	1:27.84 (34.0)
4.		1400m	2:00.96 (34.2)	4.	1400m	2:02.16 (34.3)
5.		1800m	2:35.88 (34.9)	5.	1800m	2:37.02 (34.8)
6.		2200m	3:10.43 (34.5)	6.	2200m	3:11.64 (34.6)
7.		2600m	3:45.42 (34.9)	7.	2600m	3:46.29 (34.6)
8.		3000m	4:21.33 (35.9)	8.	3000m	4:20.88 (34.5)
6	I	1	<b>Carlijn Achtereekte</b>	DV	<b>4:24.19</b>	
	O	19	<b>Lisanne Soemanta</b>	AL	<b>4:24.48</b>	
			<b>Carlijn Achtereekte</b>	<b>Lisanne Soemanta</b>		
1.		200m	20.86 (20.8)	1.	200m	21.17 (21.1)
2.		600m	53.50 (32.6)	2.	600m	54.46 (33.2)
3.		1000m	1:27.08 (33.5)	3.	1000m	1:28.13 (33.6)
4.		1400m	2:01.44 (34.3)	4.	1400m	2:02.54 (34.4)
5.		1800m	2:36.45 (35.0)	5.	1800m	2:37.36 (34.8)
6.		2200m	3:12.21 (35.7)	6.	2200m	3:12.87 (35.5)
7.		2600m	3:48.18 (35.9)	7.	2600m	3:48.83 (35.9)
8.		3000m	4:24.19 (36.0)	8.	3000m	4:24.48 (35.6)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
7	I	5	<b>Anice Das</b>	HV	<b>4:29.79</b>	
	O	14	<b>Rixt Meijer</b>	HV	<b>4:22.32</b>	
			<b>Anice Das</b>	<b>Rixt Meijer</b>		
1.		200m	20.18 (20.1)	1.	200m	20.57 (20.5)
2.		600m	53.73 (33.5)	2.	600m	53.26 (32.6)
3.		1000m	1:28.03 (34.3)	3.	1000m	1:26.78 (33.5)
4.		1400m	2:02.89 (34.8)	4.	1400m	2:00.87 (34.0)
5.		1800m	2:38.40 (35.5)	5.	1800m	2:35.53 (34.6)
6.		2200m	3:14.49 (36.0)	6.	2200m	3:10.60 (35.0)
7.		2600m	3:51.82 (37.3)	7.	2600m	3:46.12 (35.5)
8.		3000m	4:29.79 (37.9)	8.	3000m	4:22.32 (36.2)
8	I	10	<b>Moniek Kleinsman</b>	DH	<b>4:19.38</b>	
	O	22	<b>Elma de Vries</b>	AS	<b>4:15.34</b>	
			<b>Moniek Kleinsman</b>	<b>Elma de Vries</b>		
1.		200m	20.13 (20.1)	1.	200m	19.95 (19.9)
2.		600m	53.10 (32.9)	2.	600m	51.93 (31.9)
3.		1000m	1:26.70 (33.6)	3.	1000m	1:24.68 (32.7)
4.		1400m	2:01.29 (34.5)	4.	1400m	1:58.02 (33.3)
5.		1800m	2:35.82 (34.5)	5.	1800m	2:31.49 (33.4)
6.		2200m	3:10.27 (34.4)	6.	2200m	3:05.86 (34.3)
7.		2600m	3:45.04 (34.7)	7.	2600m	3:40.68 (34.8)
8.		3000m	4:19.38 (34.3)	8.	3000m	4:15.34 (34.6)
9	I	21	<b>Jorien Voorhuis</b>	EN	<b>4:12.69</b>	
	O	13	<b>Marrit Leenstra</b>	HV	<b>4:16.57</b>	
			<b>Jorien Voorhuis</b>	<b>Marrit Leenstra</b>		
1.		200m	20.25 (20.2)	1.	200m	20.23 (20.2)
2.		600m	52.93 (32.6)	2.	600m	53.16 (32.9)
3.		1000m	1:26.29 (33.3)	3.	1000m	1:26.23 (33.0)
4.		1400m	1:59.47 (33.1)	4.	1400m	1:59.19 (32.9)
5.		1800m	2:32.32 (32.8)	5.	1800m	2:32.67 (33.4)
6.		2200m	3:05.41 (33.0)	6.	2200m	3:06.37 (33.7)
7.		2600m	3:38.77 (33.3)	7.	2600m	3:41.17 (34.8)
8.		3000m	4:12.69 (33.9)	8.	3000m	4:16.57 (35.4)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
10	I	7	<b>Janneke Ensing</b>	AS	<b>4:15.39</b>	
	O	15	<b>Yvonne Nauta</b>	HV	<b>4:17.07</b>	
			<b>Janneke Ensing</b>	<b>Yvonne Nauta</b>		
1.		200m	20.51 (20.5)	1.	200m	20.01 (20.0)
2.		600m	52.93 (32.4)	2.	600m	51.94 (31.9)
3.		1000m	1:25.83 (32.9)	3.	1000m	1:25.27 (33.3)
4.		1400m	1:58.93 (33.1)	4.	1400m	1:58.79 (33.5)
5.		1800m	2:31.86 (32.9)	5.	1800m	2:32.61 (33.8)
6.		2200m	3:05.54 (33.6)	6.	2200m	3:06.51 (33.9)
7.		2600m	3:40.06 (34.5)	7.	2600m	3:40.97 (34.4)
8.		3000m	4:15.39 (35.3)	8.	3000m	4:17.07 (36.1)
11	I	4	<b>Linda Bouwens</b>	DH	<b>4:18.81</b>	
	O	23	<b>Linda de Vries</b>	HV	<b>4:19.89</b>	
			<b>Linda Bouwens</b>	<b>Linda de Vries</b>		
1.		200m	19.99 (19.9)	1.	200m	20.32 (20.3)
2.		600m	52.89 (32.9)	2.	600m	52.60 (32.2)
3.		1000m	1:25.94 (33.0)	3.	1000m	1:25.84 (33.2)
4.		1400m	1:59.55 (33.6)	4.	1400m	1:59.38 (33.5)
5.		1800m	2:33.31 (33.7)	5.	1800m	2:33.54 (34.1)
6.		2200m	3:07.80 (34.4)	6.	2200m	3:08.55 (35.0)
7.		2600m	3:42.77 (34.9)	7.	2600m	3:43.88 (35.3)
8.		3000m	4:18.81 (36.0)	8.	3000m	4:19.89 (36.0)