

4 - Resultaat in paren - Heren 5000 meter

Rit	I/O	DIn	Deelnemer	Baan	Tijd	Info
1	I	32	Bernd Zweden	UT	7:03.56	
	O	19	Joep Pennartz	UT	6:58.90	
			Bernd Zweden	Joep Pennartz		
1.		200m	18.91 (18.9)	1.	200m	18.74 (18.7)
2.		600m	49.61 (30.7)	2.	600m	49.57 (30.8)
3.		1000m	1:21.28 (31.6)	3.	1000m	1:20.65 (31.0)
4.		1400m	1:53.41 (32.1)	4.	1400m	1:52.08 (31.4)
5.		1800m	2:25.89 (32.4)	5.	1800m	2:23.65 (31.5)
6.		2200m	2:58.85 (32.9)	6.	2200m	2:55.45 (31.8)
7.		2600m	3:32.26 (33.4)	7.	2600m	3:27.57 (32.1)
8.		3000m	4:06.46 (34.2)	8.	3000m	3:59.93 (32.3)
9.		3400m	4:41.05 (34.5)	9.	3400m	4:32.80 (32.8)
10.		3800m	5:16.47 (35.4)	10.	3800m	5:06.30 (33.5)
11.		4200m	5:52.45 (35.9)	11.	4200m	5:41.70 (35.4)
12.		4600m	6:28.17 (35.7)	12.	4600m	6:20.02 (38.3)
13.		5000m	7:03.56 (35.3)	13.	5000m	6:58.90 (38.8)
2	I	29	Adriaan van Velde	GR	6:51.52	PB
	O	6	Michael Heemskerk	HA	6:49.14	PB
			Adriaan van Velde	Michael Heemskerk		
1.		200m	19.17 (19.1)	1.	200m	19.09 (19.0)
2.		600m	49.76 (30.5)	2.	600m	49.88 (30.7)
3.		1000m	1:21.40 (31.6)	3.	1000m	1:21.61 (31.7)
4.		1400m	1:53.56 (32.1)	4.	1400m	1:53.61 (32.0)
5.		1800m	2:25.66 (32.1)	5.	1800m	2:25.69 (32.0)
6.		2200m	2:57.74 (32.0)	6.	2200m	2:57.82 (32.1)
7.		2600m	3:30.08 (32.3)	7.	2600m	3:30.21 (32.3)
8.		3000m	4:02.84 (32.7)	8.	3000m	4:02.78 (32.5)
9.		3400m	4:35.94 (33.1)	9.	3400m	4:35.57 (32.7)
10.		3800m	5:09.27 (33.3)	10.	3800m	5:08.53 (32.9)
11.		4200m	5:42.93 (33.6)	11.	4200m	5:41.75 (33.2)
12.		4600m	6:17.03 (34.1)	12.	4600m	6:15.03 (33.2)
13.		5000m	6:51.52 (34.4)	13.	5000m	6:49.14 (34.1)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
3	I	30	Bart van Wanrooy	BR	6:58.56	
	O	25	Bram Smallenbroek	HV	6:52.36	
Bart van Wanrooy				Bram Smallenbroek		
1.		200m	19.41 (19.4)	1.	200m	19.25 (19.2)
2.		600m	51.11 (31.7)	2.	600m	49.77 (30.5)
3.		1000m	1:23.02 (31.9)	3.	1000m	1:20.72 (30.9)
4.		1400m	1:55.03 (32.0)	4.	1400m	1:52.02 (31.3)
5.		1800m	2:27.55 (32.5)	5.	1800m	2:23.59 (31.5)
6.		2200m	3:00.39 (32.8)	6.	2200m	2:55.32 (31.7)
7.		2600m	3:33.36 (32.9)	7.	2600m	3:27.24 (31.9)
8.		3000m	4:06.77 (33.4)	8.	3000m	3:59.52 (32.2)
9.		3400m	4:40.77 (34.0)	9.	3400m	4:32.31 (32.7)
10.		3800m	5:14.87 (34.1)	10.	3800m	5:06.58 (34.2)
11.		4200m	5:49.33 (34.4)	11.	4200m	5:41.42 (34.8)
12.		4600m	6:23.88 (34.5)	12.	4600m	6:16.46 (35.0)
13.		5000m	6:58.56 (34.6)	13.	5000m	6:52.36 (35.9)
4	I	15	Rienk Nauta	HV	6:55.44	
	O	16	Remco Olde Heuvel	EN	6:53.44	
Rienk Nauta				Remco Olde Heuvel		
1.		200m	19.12 (19.1)	1.	200m	18.66 (18.6)
2.		600m	50.54 (31.4)	2.	600m	49.27 (30.6)
3.		1000m	1:23.24 (32.7)	3.	1000m	1:21.48 (32.2)
4.		1400m	1:55.80 (32.5)	4.	1400m	1:54.07 (32.5)
5.		1800m	2:28.34 (32.5)	5.	1800m	2:27.09 (33.0)
6.		2200m	3:00.94 (32.6)	6.	2200m	3:00.24 (33.1)
7.		2600m	3:33.59 (32.6)	7.	2600m	3:33.68 (33.4)
8.		3000m	4:06.41 (32.8)	8.	3000m	4:06.87 (33.1)
9.		3400m	4:39.29 (32.8)	9.	3400m	4:40.55 (33.6)
10.		3800m	5:12.54 (33.2)	10.	3800m	5:14.31 (33.7)
11.		4200m	5:46.57 (34.0)	11.	4200m	5:47.78 (33.4)
12.		4600m	6:21.09 (34.5)	12.	4600m	6:20.54 (32.7)
13.		5000m	6:55.44 (34.3)	13.	5000m	6:53.44 (32.9)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
5	I	3	Bart vd Berg	DH	6:41.05	
	O	31	Marco Bos	DH	6:48.83	
			Bart vd Berg			Marco Bos
1.		200m	19.06 (19.0)	1.	200m	20.10 (20.1)
2.		600m	50.28 (31.2)	2.	600m	52.06 (31.9)
3.		1000m	1:21.78 (31.5)	3.	1000m	1:24.19 (32.1)
4.		1400m	1:53.28 (31.5)	4.	1400m	1:56.28 (32.0)
5.		1800m	2:24.98 (31.7)	5.	1800m	2:28.32 (32.0)
6.		2200m	2:56.95 (31.9)	6.	2200m	3:00.53 (32.2)
7.		2600m	3:28.90 (31.9)	7.	2600m	3:32.91 (32.3)
8.		3000m	4:00.82 (31.9)	8.	3000m	4:05.52 (32.6)
9.		3400m	4:32.65 (31.8)	9.	3400m	4:38.28 (32.7)
10.		3800m	5:04.65 (32.0)	10.	3800m	5:10.96 (32.6)
11.		4200m	5:36.71 (32.0)	11.	4200m	5:43.89 (32.9)
12.		4600m	6:09.02 (32.3)	12.	4600m	6:16.63 (32.7)
13.		5000m	6:41.05 (32.0)	13.	5000m	6:48.83 (32.2)
6	I	14	Boris Kusmirak	AM	6:37.43	
	O	20	Robbert de Rijk	UT	6:39.41	
			Boris Kusmirak			Robbert de Rijk
1.		200m	19.16 (19.1)	1.	200m	19.24 (19.2)
2.		600m	49.08 (29.9)	2.	600m	49.22 (29.9)
3.		1000m	1:19.56 (30.4)	3.	1000m	1:19.88 (30.6)
4.		1400m	1:50.60 (31.0)	4.	1400m	1:50.57 (30.6)
5.		1800m	2:21.60 (31.0)	5.	1800m	2:21.59 (31.0)
6.		2200m	2:53.12 (31.5)	6.	2200m	2:52.71 (31.1)
7.		2600m	3:24.99 (31.8)	7.	2600m	3:24.30 (31.5)
8.		3000m	3:56.92 (31.9)	8.	3000m	3:56.10 (31.8)
9.		3400m	4:28.70 (31.7)	9.	3400m	4:28.11 (32.0)
10.		3800m	5:00.46 (31.7)	10.	3800m	5:00.29 (32.1)
11.		4200m	5:32.49 (32.0)	11.	4200m	5:32.94 (32.6)
12.		4600m	6:04.83 (32.3)	12.	4600m	6:06.00 (33.0)
13.		5000m	6:37.43 (32.6)	13.	5000m	6:39.41 (33.4)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
7	I	28	Ralph de Haan	HA	6:38.67	
	O	12	Rigard van Klooster	UT	6:47.47	PB
			Ralph de Haan	Rigard van Klooster		
1.		200m	19.45 (19.4)	1.	200m	19.34 (19.3)
2.		600m	50.53 (31.0)	2.	600m	50.19 (30.8)
3.		1000m	1:21.94 (31.4)	3.	1000m	1:21.78 (31.5)
4.		1400m	1:53.58 (31.6)	4.	1400m	1:53.48 (31.7)
5.		1800m	2:25.08 (31.5)	5.	1800m	2:24.85 (31.3)
6.		2200m	2:56.71 (31.6)	6.	2200m	2:56.46 (31.6)
7.		2600m	3:28.40 (31.6)	7.	2600m	3:28.50 (32.0)
8.		3000m	4:00.08 (31.6)	8.	3000m	4:00.50 (32.0)
9.		3400m	4:31.55 (31.4)	9.	3400m	4:33.19 (32.6)
10.		3800m	5:03.11 (31.5)	10.	3800m	5:06.14 (32.9)
11.		4200m	5:34.77 (31.6)	11.	4200m	5:39.80 (33.6)
12.		4600m	6:06.65 (31.8)	12.	4600m	6:13.77 (33.9)
13.		5000m	6:38.67 (32.0)	13.	5000m	6:47.47 (33.7)
8	I	24	Tom Schuit	AL	6:45.81	
	O	18	Mark Ooijevaar	HN	6:35.18	
			Tom Schuit	Mark Ooijevaar		
1.		200m	20.10 (20.1)	1.	200m	20.26 (20.2)
2.		600m	51.30 (31.2)	2.	600m	50.95 (30.6)
3.		1000m	1:22.79 (31.4)	3.	1000m	1:22.16 (31.2)
4.		1400m	1:54.24 (31.4)	4.	1400m	1:53.15 (30.9)
5.		1800m	2:25.67 (31.4)	5.	1800m	2:24.16 (31.0)
6.		2200m	2:57.29 (31.6)	6.	2200m	2:55.10 (30.9)
7.		2600m	3:29.24 (31.9)	7.	2600m	3:26.12 (31.0)
8.		3000m	4:01.59 (32.3)	8.	3000m	3:57.18 (31.0)
9.		3400m	4:33.89 (32.3)	9.	3400m	4:28.14 (30.9)
10.		3800m	5:06.58 (32.6)	10.	3800m	4:59.23 (31.0)
11.		4200m	5:39.68 (33.1)	11.	4200m	5:30.65 (31.4)
12.		4600m	6:12.89 (33.2)	12.	4600m	6:02.58 (31.9)
13.		5000m	6:45.81 (32.9)	13.	5000m	6:35.18 (32.6)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
9	I	27	Koen Verweij	AL	6:30.37	
	O	9	Ben Jongejan	DH	6:33.11	
			Koen Verweij			Ben Jongejan
1.		200m	18.75 (18.7)	1.	200m	19.21 (19.2)
2.		600m	48.73 (29.9)	2.	600m	49.68 (30.4)
3.		1000m	1:19.56 (30.8)	3.	1000m	1:20.36 (30.6)
4.		1400m	1:50.19 (30.6)	4.	1400m	1:51.18 (30.8)
5.		1800m	2:20.77 (30.5)	5.	1800m	2:21.85 (30.6)
6.		2200m	2:51.70 (30.9)	6.	2200m	2:52.81 (30.9)
7.		2600m	3:22.39 (30.6)	7.	2600m	3:23.74 (30.9)
8.		3000m	3:52.96 (30.5)	8.	3000m	3:54.85 (31.1)
9.		3400m	4:23.61 (30.6)	9.	3400m	4:25.96 (31.1)
10.		3800m	4:54.78 (31.1)	10.	3800m	4:57.21 (31.2)
11.		4200m	5:26.17 (31.3)	11.	4200m	5:28.60 (31.3)
12.		4600m	5:57.94 (31.7)	12.	4600m	6:00.35 (31.7)
13.		5000m	6:30.37 (32.4)	13.	5000m	6:33.11 (32.7)
10	I	4	Ted-Jan Bloemen	UT	6:25.23	
	O	11	Arjen vd Kieft	HA	6:26.27	
			Ted-Jan Bloemen			Arjen vd Kieft
1.		200m	18.67 (18.6)	1.	200m	19.81 (19.8)
2.		600m	48.39 (29.7)	2.	600m	49.92 (30.1)
3.		1000m	1:18.06 (29.6)	3.	1000m	1:19.93 (30.0)
4.		1400m	1:48.24 (30.1)	4.	1400m	1:50.24 (30.3)
5.		1800m	2:18.57 (30.3)	5.	1800m	2:20.78 (30.5)
6.		2200m	2:48.76 (30.1)	6.	2200m	2:51.02 (30.2)
7.		2600m	3:19.39 (30.6)	7.	2600m	3:21.21 (30.1)
8.		3000m	3:50.22 (30.8)	8.	3000m	3:51.58 (30.3)
9.		3400m	4:21.50 (31.2)	9.	3400m	4:22.15 (30.5)
10.		3800m	4:52.78 (31.2)	10.	3800m	4:52.70 (30.5)
11.		4200m	5:23.65 (30.8)	11.	4200m	5:23.49 (30.7)
12.		4600m	5:54.37 (30.7)	12.	4600m	5:54.59 (31.1)
13.		5000m	6:25.23 (30.8)	13.	5000m	6:26.27 (31.6)

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Rit	I/O	Dln	Deelnemer	Baan	Tijd	Info
11	I	23	Renz Rotteveel	DH	6:39.31	
	O	22	Tim Roelofsen	HV	6:28.81	
			Renz Rotteveel	Tim Roelofsen		
1.		200m	18.83 (18.8)	1.	200m	18.71 (18.7)
2.		600m	48.44 (29.6)	2.	600m	47.97 (29.2)
3.		1000m	1:18.57 (30.1)	3.	1000m	1:18.23 (30.2)
4.		1400m	1:49.07 (30.5)	4.	1400m	1:48.84 (30.6)
5.		1800m	2:19.76 (30.6)	5.	1800m	2:19.44 (30.6)
6.		2200m	2:50.89 (31.1)	6.	2200m	2:50.03 (30.5)
7.		2600m	3:22.26 (31.3)	7.	2600m	3:20.93 (30.9)
8.		3000m	3:54.25 (31.9)	8.	3000m	3:51.82 (30.8)
9.		3400m	4:26.44 (32.1)	9.	3400m	4:22.84 (31.0)
10.		3800m	4:59.19 (32.7)	10.	3800m	4:53.93 (31.0)
11.		4200m	5:32.72 (33.5)	11.	4200m	5:25.30 (31.3)
12.		4600m	6:06.23 (33.5)	12.	4600m	5:56.79 (31.4)
13.		5000m	6:39.31 (33.0)	13.	5000m	6:28.81 (32.0)
12	I	17	Wouter Olde Heuvel	EN	6:27.08	
	O	8	Bob de Jong	HA	6:29.92	
			Wouter Olde Heuvel	Bob de Jong		
1.		200m	18.72 (18.7)	1.	200m	18.92 (18.9)
2.		600m	48.25 (29.5)	2.	600m	48.26 (29.3)
3.		1000m	1:17.87 (29.6)	3.	1000m	1:18.49 (30.2)
4.		1400m	1:48.14 (30.2)	4.	1400m	1:48.97 (30.4)
5.		1800m	2:18.86 (30.7)	5.	1800m	2:19.81 (30.8)
6.		2200m	2:49.60 (30.7)	6.	2200m	2:50.43 (30.6)
7.		2600m	3:20.60 (31.0)	7.	2600m	3:21.03 (30.6)
8.		3000m	3:51.79 (31.1)	8.	3000m	3:51.59 (30.5)
9.		3400m	4:22.66 (30.8)	9.	3400m	4:22.36 (30.7)
10.		3800m	4:53.64 (30.9)	10.	3800m	4:53.41 (31.0)
11.		4200m	5:24.68 (31.0)	11.	4200m	5:25.74 (32.3)
12.		4600m	5:55.69 (31.0)	12.	4600m	5:57.98 (32.2)
13.		5000m	6:27.08 (31.3)	13.	5000m	6:29.92 (31.9)