

jun.C t/m master 3 of 5 km

Sport- en Recreatiecentrum de Scheg - Deventer

8 March 2020

1. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	16 Hermen Velthuis	HN2	3	O	7:42.73	PB	
2	17 Sybren Kemper	HA2	4	O	7:50.87	PB	
3	8 Tijmen Kruiper	HN4	4	I	8:21.22		
4	2 Jasmijn Egers	DN1	1	I	9:06.55		
5	19 Hans Meijer	H55	1	O	9:20.20		
	10 Jan-Willem van Velsen	H45	3	I	DNS		

Referee:

Assistant:

Starter:

From 3/8/2020 6:30:00 PM to 3/8/2020 7:02:42 PM

Print: 3/8/2020 6:20:05 PM

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1. Race Result 5000 meter

	Name	Cat	PB	Time	Info
1	wt 2 Jasmijn Egers	DN1	8:49.42	9:06.55	
	rd 19 Hans Meijer	H55		9:20.20	
	Jasmijn Egers		Hans Meijer		
	200m	24.71 (24.71)	200m	25.39 (25.39)	
	600m	1:06.08 (41.37)	600m	1:06.48 (41.09)	
	1000m	1:47.66 (41.58)	1000m	1:49.28 (42.80)	
	1400m	2:30.26 (42.60)	1400m	2:33.04 (43.76)	
	1800m	3:13.43 (43.17)	1800m	3:17.55 (44.51)	
	2200m	3:56.95 (43.52)	2200m	4:02.34 (44.79)	
	2600m	4:40.71 (43.76)	2600m	4:47.64 (45.30)	
	3000m	5:24.92 (44.21)	3000m	5:33.40 (45.76)	
	3400m	6:09.60 (44.68)	3400m	6:19.41 (46.01)	
	3800m	6:54.00 (44.40)	3800m	7:05.46 (46.05)	
	4200m	7:38.21 (44.21)	4200m	7:51.61 (46.15)	
	4600m	8:22.83 (44.62)	4600m	8:36.74 (45.13)	
	5000m	9:06.55 (43.72)	5000m	9:20.20 (43.46)	

	Name	Cat	PB	Time	Info
2	yw				
	bl				
	m		m		

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		Name	Cat	PB	Time Info
3	wt	10 Jan-Willem van Velsen	H45	8:42.98	DNS
	rd	16 Hermen Velthuis	HN2	7:54.76	7:42.73 PB
		<u>Jan-Willem van Velsen</u>		<u>Hermen Velthuis</u>	
			200m	23.21	(23.21)
			600m	1:00.10	(36.89)
			1000m	1:36.23	(36.13)
			1400m	2:12.13	(35.90)
			1800m	2:48.10	(35.97)
			2200m	3:24.90	(36.80)
			2600m	4:01.91	(37.01)
			3000m	4:38.51	(36.60)
			3400m	5:14.99	(36.48)
			3800m	5:51.74	(36.75)
			4200m	6:28.21	(36.47)
			4600m	7:05.33	(37.12)
			5000m	7:42.73	(37.40)

		Name	Cat	PB	Time Info
4	yw	8 Tijmen Kruiper	HN4	8:11.74	8:21.22
	bl	17 Sybren Kemper	HA2	8:04.23	7:50.87 PB
		<u>Tijmen Kruiper</u>		<u>Sybren Kemper</u>	
		200m	22.59	(22.59)	200m 23.16 (23.16)
		600m	59.69	(37.10)	600m 59.40 (36.24)
		1000m	1:37.24	(37.55)	1000m 1:35.80 (36.40)
		1400m	2:15.98	(38.74)	1400m 2:12.48 (36.68)
		1800m	2:55.15	(39.17)	1800m 2:49.40 (36.92)
		2200m	3:34.42	(39.27)	2200m 3:26.45 (37.05)
		2600m	4:14.12	(39.70)	2600m 4:04.08 (37.63)
		3000m	4:54.34	(40.22)	3000m 4:41.62 (37.54)
		3400m	5:34.65	(40.31)	3400m 5:19.42 (37.80)
		3800m	6:15.64	(40.99)	3800m 5:57.57 (38.15)
		4200m	6:56.98	(41.34)	4200m 6:35.18 (37.61)
		4600m	7:40.19	(43.21)	4600m 7:13.17 (37.99)
		5000m	8:21.22	(41.03)	5000m 7:50.87 (37.70)

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2. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	20 Jetze Roorda	HSA	8	O	4:44.49	
2	9 Henk Liefink	H45	5	I	4:55.71	
3	3 Alex van Gelderen	H45	8	I	5:12.47	
4	4 Lex de Boom	HSB	7	I	5:17.73	
5	11 Rianne Gemmink	DSB	6	I	5:26.35	
6	14 Sanne Loozeman	DB2	7	O	5:46.99	
7	7 Lenneke Groot Koerkamp	DC1	6	O	5:55.65	
	18 Fleur Krimp	DB1			WDR	

Referee:

Assistant:

Starter:

From 3/8/2020 6:30:00 PM to 3/8/2020 7:17:04 PM

Print: 3/8/2020 6:20:05 PM

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8 March 2020

2. Race Result 3000 meter

	Name	Cat	PB	Time Info
5	wt 9 Henk Liefink	H45		4:55.71
	rd 18 Fleur Krimp	DB1		WDR

Henk Liefink

200m	24.32	(24.32)
600m	1:01.42	(37.10)
1000m	1:39.70	(38.28)
1400m	2:20.06	(40.36)
1800m	2:57.83	(37.77)
2200m	3:37.24	(39.41)
2600m	4:16.52	(39.28)
3000m	4:55.71	(39.19)

Fleur Krimp

	Name	Cat	PB	Time Info
6	yw 11 Rianne Gemmink	DSB	5:12.36	5:26.35
	bl 7 Lenneke Groot Koerkamp	DC1		5:55.65

Rianne Gemmink

200m	24.25	(24.25)
600m	1:05.05	(40.80)
1000m	1:47.23	(42.18)
1400m	2:29.42	(42.19)
1800m	3:12.21	(42.79)
2200m	3:56.24	(44.03)
2600m	4:40.91	(44.67)
3000m	5:26.35	(45.44)

Lenneke Groot Koerkamp

200m	26.39	(26.39)
600m	1:13.30	(46.91)
1000m	1:59.31	(46.01)
1400m	2:47.52	(48.21)
1800m	3:35.64	(48.12)
2200m	4:23.85	(48.21)
2600m	5:10.36	(46.51)
3000m	5:55.65	(45.29)

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		Name		Cat		PB		Time	Info
7	wt	4	Lex de Boom		HSB		5:05.26	5:17.73	
	rd	14	Sanne Loozeman		DB2		5:10.45	5:46.99	
		Lex de Boom				Sanne Loozeman			
		200m	24.22	(24.22)		200m	25.32	(25.32)	
		600m	1:04.58	(40.36)		600m	1:08.12	(42.80)	
		1000m	1:45.53	(40.95)		1000m	1:53.05	(44.93)	
		1400m	2:27.37	(41.84)		1400m	2:39.21	(46.16)	
		1800m	3:09.34	(41.97)		1800m	3:24.70	(45.49)	
		2200m	3:51.46	(42.12)		2200m	4:11.11	(46.41)	
		2600m	4:34.26	(42.80)		2600m	4:58.89	(47.78)	
		3000m	5:17.73	(43.47)		3000m	5:46.99	(48.10)	

		Name		Cat		PB		Time	Info
8	yw	3	Alex van Gelderen		H45		5:08.25	5:12.47	
	bl	20	Jetze Roorda		HSA		4:25.74	4:44.49	
		Alex van Gelderen				Jetze Roorda			
		200m	23.60	(23.60)		200m	21.87	(21.87)	
		600m	1:01.24	(37.64)		600m	57.11	(35.24)	
		1000m	1:41.66	(40.42)		1000m	1:35.03	(37.92)	
		1400m	2:23.09	(41.43)		1400m	2:11.84	(36.81)	
		1800m	3:05.02	(41.93)		1800m	2:49.88	(38.04)	
		2200m	3:47.35	(42.33)		2200m	3:27.70	(37.82)	
		2600m	4:30.08	(42.73)		2600m	4:05.75	(38.05)	
		3000m	5:12.47	(42.39)		3000m	4:44.49	(38.74)	