

1. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Marco Bottelier	H50	87	O	4:33.37		
2	4 Dennis Schaap	HB1	88	I	4:53.10	PR	
3	1 Thijs van Tol	HA1	87	I	4:57.02		
4	7 Jan Zijp	H70	86	O	5:05.30		
5	3 Ad Groot	H60	86	I	5:06.02		
6	2 Iris Daman	DB2	88	O	5:36.82		

1. Rituitslag 3000 meter

	Naam	Cat	PR	Tijd	Info
85	wt				
	rd				
	m	m			

	Naam	Cat	PR	Tijd	Info
86	gl	3 Ad Groot	H60	4:47.79	5:06.02
	bl	7 Jan Zijp	H70	4:28.08	5:05.30
	Ad Groot		Jan Zijp		
	200m	23.96 (23.96)	200m	25.32 (25.32)	
	600m	1:02.36 (38.40)	600m	1:05.65 (40.33)	
	1000m	1:41.44 (39.08)	1000m	1:45.36 (39.71)	
	1400m	2:20.91 (39.47)	1400m	2:25.04 (39.68)	
	1800m	3:01.36 (40.45)	1800m	3:04.88 (39.84)	
	2200m	3:42.58 (41.22)	2200m	3:45.10 (40.22)	
	2600m	4:23.96 (41.38)	2600m	4:25.48 (40.38)	
	3000m	5:06.02 (42.06)	3000m	5:05.30 (39.82)	

	Naam	Cat	PR	Tijd	Info
87	wt	1 Thijs van Tol	HA1	4:51.28	4:57.02
	rd	8 Marco Bottelier	H50	4:21.99	4:33.37
	Thijs van Tol		Marco Bottelier		
	200m	22.59 (22.59)	200m	22.33 (22.33)	
	600m	58.57 (35.98)	600m	56.95 (34.62)	
	1000m	1:36.28 (37.71)	1000m	1:32.32 (35.37)	
	1400m	2:15.56 (39.28)	1400m	2:08.73 (36.41)	
	1800m	2:54.98 (39.42)	1800m	2:45.11 (36.38)	
	2200m	3:34.69 (39.71)	2200m	3:21.12 (36.01)	
	2600m	4:15.81 (41.12)	2600m	3:56.15 (35.03)	
	3000m	4:57.02 (41.21)	3000m	4:33.37 (37.22)	

		Naam			Cat	PR	Tijd	Info
88	gl	4	Dennis Schaap		HB1	5:22.57	4:53.10	PR
	bl	2	Iris Daman		DB2	4:58.30	5:36.82	
		Dennis Schaap			Iris Daman			
		200m	23.35	(23.35)	200m	26.25	(26.25)	
		600m	1:02.45	(39.10)	600m	1:07.28	(41.03)	
		1000m	1:41.21	(38.76)	1000m	1:50.25	(42.97)	
		1400m	2:19.50	(38.29)	1400m	2:34.41	(44.16)	
		1800m	2:57.51	(38.01)	1800m	3:36.70	(62.29)	
		2200m	3:35.51	(38.00)	2200m	4:03.62	(26.92)	
		2600m	4:12.71	(37.20)	2600m	4:49.82	(46.20)	
		3000m	4:53.10	(40.39)	3000m	5:36.82	(47.00)	