

<b>Baanloop 12-12-2018</b>	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m	Prestatie
<b>1km</b>														
Matthijs Speekenbrink	0:58.7	2:08.0	2:03.1											05:10.00
<b>3km</b>														
Sander Speekenbrink	0:45.3	1:35.0	1:34.8	1:32.1	1:33.6	1:33.4	1:32.6	1:25.8						11:33.06
Ray Duijn	0:43.5	1:33.1	1:34.5	1:38.2	1:42.9	1:43.9	1:46.6	1:36.5						12:19.47
Julia Hoekstra	0:47.4	1:45.5	1:49.1	1:52.0	1:54.4	1:53.8	1:52.7	1:44.6						13:39.91
Jacqueline Edixhoven	0:59.8	1:59.1	1:54.6	1:57.2	1:55.2	1:55.5	1:53.6	1:43.4						14:18.73
Paola Edixhoven	0:59.2	2:00.7	1:59.0	2:00.7	2:01.1	2:01.4	1:58.6	1:49.8						14:50.86
Astrid Melching	1:07.9	2:17.3	2:17.6	2:18.6	2:18.0	2:16.6	2:16.5	2:03.9						16:56.82
Marijke Piets	1:08.3	2:17.4	2:18.0	2:18.5	2:18.0	2:16.3	2:16.6	2:07.8						17:01.27
Peter Velthuis	0:59.9	2:07.6	2:06.0	2:11.6	2:16.7	2:13.9	2:14.5							
<b>5km</b>														
Tijmen van t Land	0:37.6	1:21.7	1:25.6	1:22.2	1:21.1	1:22.5	1:22.4	1:22.8	1:23.3	1:23.0	1:22.3	1:19.5	1:10.3	16:54.92
Brent Pieterse	0:38.5	1:21.1	1:23.3	1:22.8	1:23.2	1:21.9	1:22.7	1:21.8	1:21.6	1:21.2	1:21.0	1:21.2	1:18.9	16:59.75
Tetsuro Nishida	0:38.4	1:29.4	1:33.0	1:30.6	1:28.7	1:31.2	1:29.7	1:29.8	1:29.2	1:30.1	1:30.3	1:31.4	1:31.7	18:44.27
René De Jong	0:42.9	1:33.5	1:34.2	1:33.8	1:32.3	1:32.9	1:33.2	1:32.1	1:31.2	1:31.6	1:32.3	1:31.6	1:23.6	19:05.98
Oskar Wahlen	0:45.3	1:32.0	1:34.2	1:33.2	1:32.4	1:32.7	1:33.3	1:32.3	1:30.8	1:31.9	1:32.3	1:31.8	1:23.4	19:06.29
Theo Woldberg	0:46.1	1:34.7	1:35.0	1:33.0	1:32.4	1:34.2	1:32.5	1:34.1	1:35.7	1:34.4	1:35.9	1:34.6	1:31.7	19:34.81
Marcel Kraan	0:46.6	1:35.0	1:34.9	1:37.0	1:36.0	1:37.1	1:36.4	1:36.8	1:36.9	1:37.3	1:37.3	1:37.2	1:32.0	20:01.16
Nico Schipper	0:48.0	1:39.4	1:39.7	1:39.1	1:39.6	1:39.0	1:39.3	1:39.7	1:40.2	1:41.0	1:41.9	1:40.3	1:38.4	20:46.16
Michel Vollebrect	0:43.4	1:34.6	1:37.7	1:38.7	2:09.2	1:37.1	1:40.8	1:41.5	1:40.2	1:41.5	1:40.4	1:38.9	1:35.2	20:59.64
Martijn Moen	0:50.1	1:42.7	1:42.3	1:39.3	1:41.0	1:44.5	1:44.8	1:43.4	1:43.9	1:45.8	1:43.8	1:40.0	1:38.5	21:20.73
Kees Schouten	0:49.6	1:47.1	1:50.5	1:51.0	1:51.0	1:49.7	1:48.9	1:49.0	1:46.7	1:46.2	1:47.5	1:47.7	1:44.8	22:30.27
Sonja Van Zeelt	0:59.8	1:58.7	2:01.3	2:02.6	2:01.9	2:02.2	2:01.2	2:01.4	2:01.4	2:01.9	2:01.3	2:01.1	1:55.1	25:10.38
Mirjam Colijn	0:57.7	2:01.4	2:03.2	2:01.7	2:02.9	2:00.2	2:01.5	2:03.2	2:05.3	2:08.0	2:06.0	2:05.8	1:52.7	25:30.21
René Spitteler	0:59.4	2:03.8	2:04.4	2:05.2	2:03.9	2:05.0	2:04.3	2:05.0	2:05.2	2:02.8	2:02.1	2:00.0	1:51.6	25:33.35
Peter van Wouwe	1:00.4	2:05.2	2:05.2	2:05.9	2:07.4	2:06.8	2:09.1	2:10.1	2:06.6	2:09.5	2:09.4	2:08.8	2:05.2	26:30.03
Sam Stobbe	0:46.4	1:54.4	1:58.9	2:01.1	2:20.5	2:12.1	2:11.5	2:14.3	2:16.6	2:08.1	2:12.6	2:10.5	2:03.0	26:30.65
Jos Cornelissen	0:59.9	2:05.1	2:05.2	2:06.1	2:07.2	2:07.1	2:09.0	2:10.1	2:06.3	2:09.7	2:09.9	2:11.9	2:10.3	26:38.19
Martin Wierink	0:58.9	2:08.2	2:07.6	2:09.9	2:11.3	2:12.8	2:15.6	2:14.8	2:17.4	2:18.5	2:18.8	2:18.4	2:18.9	27:51.56