

Baanloop 11-12-2019	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m	Prestatie
1km														
Mascha Kunst	0:50.6	1:43.2	1:38.6											04:12.5
matthijs Speekenbrink	0:56.1	2:08.6	1:53.1											04:58.0
Fiona Hoekstra	1:10.2	2:24.8	2:31.3											06:06.3
3km														
Tetsuro Nishida	0:37.3	1:22.9	1:27.0	1:26.6	1:27.5	1:27.7	1:27.4	1:24.6						10:41.4
Remco Metselaar	0:42.5	1:28.2	1:29.9	1:30.7	1:30.8	1:32.5	1:33.4	1:30.1						11:18.4
Robert Schrauwen	0:43.8	1:34.4	1:39.5	1:37.4	1:39.2	1:42.8	1:46.3	1:46.9						12:30.6
Alberto Araujo	0:43.9	1:34.3	1:39.6	1:37.6	1:39.5	1:42.5	1:46.3	1:54.0						12:38.0
Jacqueline Edixhoven	0:50.9	1:47.3	1:53.3	1:55.5	1:55.8	1:55.2	1:53.1	1:45.0						13:56.5
Arjen Koopstra	0:50.3	1:50.6	1:56.7	1:57.4	1:58.1	1:57.4	1:57.7	1:45.7						14:14.3
Paola Edixhoven	0:51.3	1:58.9	1:59.7	2:02.4	2:02.1	2:01.8	2:00.0	1:53.9						14:50.4
Mirjam Colijn	1:07.6	2:08.1	2:03.3	2:07.4	2:03.5	2:06.5	2:02.9	1:52.1						15:31.7
Anne Snel	1:08.9	2:12.4	2:09.1	2:16.7	2:12.8	2:11.6	2:07.2	1:51.2						16:10.2
Alco Zijlstra	1:04.6	2:16.0	2:19.2	2:22.2	2:25.6	2:26.2	2:25.9	2:24.0						17:44.0
Wim Roozendaal	1:19.3	2:44.0	2:44.7	2:48.4	2:50.1	2:52.4	3:00.0	3:04.0						21:23.2
5km														
Marcel Kraan	0:41.8	1:28.7	1:29.8	1:29.7	1:30.5	1:31.4	1:31.5	1:32.3	1:32.1	1:33.3	1:32.9	1:33.6	1:27.9	18:56.0
Sander Speekenbrink	0:46.6	1:35.9	1:39.0	1:38.0	1:38.1	1:36.5	1:38.2	1:37.0	1:37.9	1:36.6	1:36.3	1:37.9	1:31.3	20:09.9
Matthijs Vellenga	0:42.2	1:34.1	1:38.4	1:39.4	1:38.7	1:39.1	1:36.7	1:38.3	1:39.2	1:38.4	1:41.3	1:41.4	1:31.6	20:19.5
Nico Schipper	0:49.2	1:37.7	1:39.2	1:38.7	1:39.3	1:37.8	1:38.6	1:39.1	1:38.0	1:37.1	1:37.1	1:37.1	1:31.7	20:21.2
Arjan Kappert	0:49.7	1:38.4	1:39.1	1:39.2	1:39.3	1:38.8	1:40.1	1:43.2	1:44.5	1:42.4	1:42.3	1:43.2	1:35.0	20:55.8
Rick van der Kroon	0:42.9	1:28.2	1:35.1	1:40.3	1:40.7	1:42.2	1:40.0	1:41.1	1:45.2	1:46.1	1:49.4	1:47.9	1:38.6	20:58.1
Jan van den Bergen	0:50.6	1:40.1	1:43.5	1:44.0	1:45.3	1:45.5	1:44.8	1:46.5	1:45.8	1:48.1	1:50.3	1:47.9	1:41.1	21:54.0
Dic van Hummel	0:52.4	1:49.2	1:48.9	1:48.5	1:46.6	1:46.7	1:47.3	1:46.3	1:47.3	1:47.9	1:47.1	1:47.7	1:43.1	22:19.6
Ron Kleef	0:48.7	1:42.8	1:46.5	1:50.3	1:50.7	1:51.5	1:54.1	1:52.5	1:53.5	1:54.1	1:50.3	1:50.9	1:39.4	22:45.9
Alysha	0:51.6	1:49.9	1:51.5	1:56.1	1:56.9	1:59.0	2:00.2	1:58.8	1:56.4	1:56.8	1:53.9	1:48.6	1:42.7	23:42.9
Peter van Wouwe	0:56.6	1:56.7	1:53.9	1:52.7	1:53.4	1:56.7	1:55.1	1:58.6	1:55.5	1:57.6	1:53.8	1:48.7	1:46.3	23:46.1
Julia Hoekstra	0:51.8	1:49.5	1:50.8	1:51.7	1:54.4	1:54.6	1:55.4	1:57.5	2:01.2	1:59.0	2:00.4	1:55.8	1:46.9	23:49.5
Ron Wijnands	0:56.8	1:59.6	1:59.8	1:57.1	1:55.0	1:59.6	1:59.1	1:58.3	1:57.0	1:59.3	1:56.8	1:51.6	1:41.2	24:11.6
René Spitteler	0:56.5	1:59.2	2:00.0	2:00.5	2:00.7	2:00.0	1:59.8	1:57.9	1:58.1	1:59.7	1:59.1	1:57.7	1:52.4	24:42.2
Martin Rodenburg	1:01.8	2:09.9	2:03.8	2:03.1	2:03.8	2:01.8	2:02.5	2:02.1	2:01.6	2:01.0	2:00.3	2:01.4	1:46.5	25:19.9
Sonja van Zeelt	1:04.4	2:06.6	2:03.9	2:03.4	2:03.2	2:02.9	2:01.7	2:01.9	2:01.9	2:00.6	1:59.0	1:57.8	1:53.9	25:21.7
Martin Wierink	0:59.6	2:11.1	2:11.6	2:14.4	2:15.1	2:17.1	2:17.9	2:19.2	2:20.3	2:19.6	2:20.2	2:18.9	2:15.6	28:21.1