

Baanloop 10-06-2020	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m	Prestatie
1km														
Finn Rademaker	0:34.9	1:15.9	1:08.0											02:59.0
Colin Alewijnse	0:35.4	1:14.7	1:12.2											03:02.4
Gwenn Alewijnse	0:35.8	1:15.4	1:15.2											03:06.5
Rink Reeuwijk	0:35.9	1:15.7	1:21.1											03:12.9
Justin Alewijnse	0:36.3	1:20.4	1:22.6											03:19.3
3km														
Joren Oldenhof	0:46.8	1:42.9	1:43.0	1:39.9	1:39.9	1:33.0	1:28.0	1:19.7						11:53.5
Kyan Elbaz	0:47.9	1:33.6	1:37.4	1:39.4	1:40.0	1:35.9	1:38.8	1:27.6						12:01.0
Niels Lekkerkerk	0:45.0	1:34.3	1:35.4	1:38.7	1:39.7	1:40.8	1:42.5	1:36.3						12:12.9
Job vd Luit	0:44.3	1:33.8	1:34.1	1:39.9	1:42.6	1:48.7	1:55.2	1:57.1						12:56.0
Daniël Spooen	0:48.8	1:41.2	1:43.2	1:47.4	1:54.4	2:00.7	2:02.4	1:57.1						13:55.5
Mirjam vd Luit	0:52.8	1:51.4	1:56.2	1:51.3	1:53.5	1:57.7	1:58.2	1:53.0						14:14.4
Claire Corveleijn	0:49.9	1:54.0	1:56.5	1:52.9	1:56.1	1:59.6	1:57.5	1:55.3						14:22.1
Danique Pannekoek	0:49.6	1:54.4	1:55.9	1:55.0	1:59.9	2:00.7	2:00.6	1:48.5						14:24.8
Thara Kleyberg	0:49.9	1:53.7	1:56.6	1:55.3	1:59.9	2:01.0	2:00.6	1:49.3						14:26.7
Tilou Kleyberg	1:00.3	2:04.5	2:02.8	2:06.4	2:06.2	2:00.0	2:03.4	1:38.3						15:02.2
Aiton Veldt	1:01.0	2:04.1	2:01.3	2:07.4	2:06.1	2:00.0	2:03.7	1:39.1						15:02.9
Mats Elders	1:01.7	2:23.0	2:37.6	2:20.5	2:32.1	2:19.4	2:03.5	1:41.3						16:59.5
Viggo Jongkind	1:01.5	2:22.8	2:37.7	2:20.7	2:32.0	2:19.5	2:03.3	1:57.6						17:15.4
Danny Jongkind	0:59.6	2:12.7	2:27.5	2:23.8	2:30.7	2:30.6	2:14.0	2:01.1						17:20.3
Kevin Nederveld	0:59.6	2:12.7	2:27.4	2:23.9	2:31.1	2:30.0	2:15.3	2:00.1						17:20.4
Benjamin Spooen	1:04.8	2:36.8	2:33.1	2:36.5	2:42.6	2:50.6	2:42.5	2:20.8						19:28.0
Wessel Heil	0:37.3	1:15.3	1:15.1	1:14.8	1:16.1	1:16.9	1:17.2	1:17.4						09:30.5
Jesper van Dam	0:38.3	1:21.6	1:28.3	1:27.8	1:28.4	1:29.6	1:30.9	1:25.5						10:50.7
Arjan Koopstra	0:54.3	1:55.7	1:51.5	1:50.1	1:51.3	1:54.5	1:55.0	1:43.6						13:56.4
5km														
Cornee Timmer	0:37.1	1:15.0	1:15.2	1:14.9	1:16.2	1:16.9	1:17.3	1:17.3	1:16.9	1:17.7	1:18.2	1:17.2	1:14.2	15:54.6
Tetsuro Nishida	0:38.6	1:24.1	1:27.5	1:27.2	1:27.3	1:27.6	1:28.0	1:27.2	1:28.0	1:27.3	1:26.5	1:26.9	1:21.6	17:58.4
Nienke van Dok	0:39.0	1:26.4	1:30.8	1:32.0	1:34.6	1:34.5	1:37.1	1:36.3	1:37.1	1:39.9	1:41.0	1:37.4	1:34.2	19:40.9
Gerrie Vlak	0:42.4	1:37.1	1:33.0	1:38.4	1:34.8	1:38.1	1:37.9	1:35.1	1:38.1	1:39.1	1:39.7	1:36.8	1:27.4	19:58.5
Niël Smithuis	0:52.1	1:54.7	1:55.2	1:50.4	1:51.1	1:48.8	1:54.2	1:52.6	1:57.5	1:57.4	1:54.6	1:54.5	1:44.3	23:27.9
Coen Smithuis	0:53.9	1:53.9	1:56.0	1:55.3	1:56.6	2:00.2	2:02.0	2:01.9	2:04.7	2:04.1	2:03.5	2:05.7	1:56.6	24:54.8
Jan Bruine de Bruin	0:56.6	2:01.0	2:00.5	2:01.1	2:02.4	2:03.9	2:02.1	2:02.3	2:05.1	2:05.2	2:07.3	2:02.0	1:55.3	25:25.4
Cor Hermans	1:02.1	2:08.9	2:12.0	2:09.0	2:13.1	2:15.0	2:14.6	2:14.3	2:17.4	2:17.6	2:16.1	2:16.8	2:06.3	27:43.8
Tess van der Pol	1:04.5	2:24.3	2:33.6	2:34.3	2:41.3	2:42.5	2:48.9	2:46.2	2:46.6	2:54.6	2:43.2	2:48.2	2:17.8	33:06.4