

Baanloop 12-08-2020	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m	Prestatie
1km														
Corné Timmer	0:29.7	1:03.0	1:03.3											02:36.0
Michiel Schinkel	0:32.1	1:05.6	1:05.1											02:42.9
Johan Smet	0:36.5	1:18.9	1:18.2											03:13.7
Brettley Onos	0:44.7	1:45.9	1:39.5											04:10.3
Elroy Onos	0:47.2	1:51.8	1:36.7											04:15.8
Brenden Onos	0:48.1	1:54.0	2:04.2											04:46.4
Mr. X	1:07.4	2:27.7	2:48.8											06:24.0
Roan Tromp	1:14.2	2:50.4	2:35.5											06:40.2
3km														
René van Ravenzwaaij	0:40.4	1:26.9	1:28.2	1:29.1	1:26.8	1:27.9	1:27.9	1:27.2						10:54.7
Michiel Otten	0:40.5	1:26.5	1:27.9	1:29.5	1:27.7	1:27.6	1:28.1	1:30.9						10:59.2
Jolijn Swager	0:40.8	1:26.5	1:27.7	1:29.5	1:27.9	1:27.6	1:28.5	1:31.9						11:00.6
Ronald Seijsener	0:41.2	1:25.9	1:28.0	1:29.9	1:29.4	1:31.7	1:32.7	1:30.2						11:09.2
Theo Woldberg	0:41.2	1:26.8	1:27.7	1:29.3	1:30.0	1:32.5	1:35.4	1:34.2						11:17.6
Arjan Kappert	0:42.6	1:29.9	1:33.0	1:36.0	1:39.9	1:41.5	1:42.0	1:35.0						12:00.2
Toon Lichtenberg	0:51.3	1:44.1	1:44.7	1:48.9	1:51.1	1:53.3	1:55.2	1:51.3						13:40.2
J. Schouten	0:53.1	1:53.6	1:57.1	1:59.0	2:00.9	2:04.7	2:00.7	1:59.2						14:48.5
Bob Renkema	0:54.4	2:01.4	2:06.5	2:06.3	2:04.6	2:04.8	2:05.5	1:59.6						15:23.4
Jan Bruine de Bruin	0:56.3	2:02.2	2:07.2	2:05.9	2:05.0	2:05.9	2:05.8	1:56.4						15:25.0
Annemieke Hollander	1:11.8	2:44.3	2:42.8	2:44.4	2:46.5	2:49.7	2:50.1	2:33.3						20:23.3
5km														
Bas Stigter	0:35.8	1:13.7	1:12.3	1:12.7	1:12.7	1:13.2	1:13.2	1:13.2	1:14.4	1:13.8	1:14.7	1:14.9	1:12.0	15:16.4
Maikel Stolwijk	0:37.8	1:18.5	1:20.9	1:19.7	1:22.4	1:21.4	1:22.3	1:22.7	1:24.4	1:22.6	1:23.6	1:22.3	1:17.5	16:56.6
Bart Mangnus	0:38.4	1:22.4	1:23.6	1:23.8	1:23.6	1:23.8	1:24.7	1:24.2	1:22.7	1:21.0	1:20.5	1:18.9	1:09.3	16:57.4
Martijn de Groot	0:37.4	1:18.4	1:18.4	1:20.5	1:21.8	1:22.7	1:22.9	1:22.6	1:22.6	1:24.1	1:28.0	1:27.0	1:24.9	17:11.8
Florus van Meijl	0:37.1	1:19.1	1:21.9	1:23.1	1:24.7	1:26.3	1:26.5	1:25.6	1:26.5	1:27.8	1:27.5	1:27.1	1:18.4	17:32.2
Nino den Dekker	0:36.0	1:19.0	1:20.9	1:21.1	1:22.8	1:25.4	1:28.4	1:28.7	1:30.7	1:31.1	1:32.5	1:32.0	1:26.5	17:55.5
Tesuro Nishida	0:38.6	1:23.7	1:25.2	1:26.2	1:26.5	1:27.0	1:27.4	1:26.8	1:27.6	1:29.2	1:28.2	1:28.1	1:25.8	18:00.9
Randall de Boer	0:42.1	1:27.9	1:31.5	1:32.8	1:33.4	1:34.8	1:53.1	2:17.5	1:40.6	1:40.6	1:39.3	1:34.9	1:29.1	20:38.4
Nico Schipper	0:52.4	1:43.3	1:43.3	1:42.3	1:41.1	1:40.6	1:40.5	1:42.5	1:42.6	1:44.0	1:43.3	1:41.1	1:38.7	21:16.1
Henny Buijing	0:49.5	1:41.5	1:42.9	1:43.2	1:42.4	1:42.0	1:41.4	1:41.8	1:43.3	1:44.1	1:44.9	2:08.5	1:43.6	21:49.5
Dic van Hummel	0:53.1	1:46.3	1:43.4	1:42.8	1:44.3	1:45.4	1:44.8	1:46.1	1:46.6	1:46.6	1:47.2	1:46.8	1:40.4	21:54.2
Emile Struijvé	0:44.4	1:42.1	1:45.4	1:56.8	1:56.3	2:01.3	1:57.9	1:59.2	2:04.1	2:06.1	2:03.8	2:08.6	2:04.1	24:30.7
Jos Cornelissen	0:55.1	1:56.4	1:55.7	1:57.2	1:55.0	1:57.3	1:58.7	2:00.3	1:59.0	2:00.2	2:01.8	2:02.2	2:00.3	24:39.7
Graciela Jharap	1:01.3	2:00.2	2:03.4	2:03.2	2:04.8	2:01.8	2:02.9	2:07.2	2:06.2	2:05.1	2:04.5	2:00.7	1:54.4	25:36.3

Sonja van Zeelt	1:05.4	2:08.7	2:07.9	2:07.5	2:07.3	2:06.9	2:06.0	2:05.2	2:06.3	2:06.5	2:03.7	2:02.8	1:58.7	26:13.6
Maarten Bakker	0:57.9	2:01.2	2:07.3	2:05.8	2:05.5	2:06.8	2:06.9	2:08.4	2:14.0	2:10.1	2:09.5	2:12.8	2:09.8	26:35.4
Robin Tromp	1:14.3	2:50.1	2:36.6	2:00.9	2:05.4	2:05.5	2:05.0	2:06.7	2:05.8	2:05.4	2:05.2	2:04.2	2:03.2	27:28.7
Rui Tromp	1:10.5	2:11.3	2:23.7	2:25.0	2:30.4	2:28.1	2:30.3	2:31.2	2:27.2	2:28.2	2:32.9	2:23.4	2:06.8	30:09.5