

Baanloop 09-09-2020	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	5000m	Prestatie
1km														
Rink Reeuwijk	0:34.9	1:13.6	1:18.7											03:07.2
Ronald Seijsener	0:36.1	1:21.5	1:19.7											03:17.5
Anna Goosens	0:39.4	1:23.3	1:23.5											03:26.3
Alysa van Neck	0:39.9	1:28.3	1:32.2											03:40.5
Mel Combee	0:39.4	1:28.5	1:31.8											03:39.8
Celine Struive	0:38.1	1:29.9	1:33.7											03:41.8
Elroy Onos	0:40.3	1:38.1	1:33.3											03:51.8
Jennecy Prokop	0:38.8	1:36.0	1:41.6											03:56.6
Brettley Onos	0:41.1	1:38.2	1:38.8											03:58.1
Linn Smithuis	0:45.6	1:53.9	1:55.5											04:35.1
Brenden Onos	0:47.4	1:56.1	1:56.4											04:40.0
Matthijs Speekenbrink	0:51.2	2:05.4	1:56.1											04:52.8
Roan Tromp	1:04.3	2:06.6	1:53.9											05:04.9
3km														
Bas Stigter	0:34.5	1:11.9	1:11.3	1:10.9	1:11.2	1:09.5	1:09.0	1:09.0						08:47.6
Mick van der Velden	0:38.5	1:20.4	1:21.1	1:20.9	1:20.6	1:22.9	1:24.2	1:22.2						10:11.2
John Vonk	0:37.9	1:21.2	1:21.7	1:24.1	1:22.9	1:24.8	1:26.8	1:24.5						10:24.1
Theo Woldberg	0:42.6	1:28.0	1:29.0	1:27.6	1:27.6	1:26.4	1:28.0	1:22.1						10:51.7
Aart Stigter	0:41.5	1:26.6	1:28.6	1:26.6	1:28.4	1:29.3	1:29.1	1:23.2						10:53.6
Jan Jansen	0:43.3	1:29.2	1:30.9	1:29.8	1:29.2	1:28.6	1:27.8	1:15.9						10:55.0
Julie Faiarra	0:47.4	1:37.7	1:35.5	1:39.0	1:40.5	1:36.8	1:35.1	1:29.8						12:02.2
Erik van Leeuwen	0:47.3	1:37.6	1:35.6	1:38.8	1:40.5	1:36.6	1:35.5	1:30.2						12:02.4
Raymond Visser	0:47.4	1:38.1	1:37.9	1:39.4	1:42.0	1:45.5	1:48.7	1:45.0						12:44.3
Johan Neve	0:39.8	1:27.0	1:26.7	1:28.6	1:28.4	1:26.7	1:24.7	1:18.8						10:41.1
Karel Kolb	0:42.9	1:27.4	1:29.9	1:31.0	1:31.9	1:30.6	1:32.4	1:24.5						11:10.8
John Bakker	0:44.2	1:36.8	1:40.7	1:40.9	1:38.8	1:40.4	1:41.4	1:34.4						12:17.9
Sven de Jong	0:56.9	1:59.1	2:00.7	1:58.1	1:52.3	1:48.5	1:48.3	1:44.9						14:09.3
Jacqueline Edixhoven	0:57.4	1:54.4	1:54.1	1:55.7	1:55.9	1:55.8	1:54.3	1:49.8						14:17.8
Quinten de Jong	0:56.7	1:58.3	1:56.3	1:55.7	1:57.6	1:56.5	1:58.1	1:44.8						14:24.3
Paola Edixhoven	0:52.6	1:55.4	1:58.6	1:57.7	1:59.4	2:02.9	2:02.1	1:55.9						14:45.0
Aiton	0:48.1	1:54.5	1:58.1	2:04.8	2:08.0	2:11.1	2:17.4	1:53.1						15:15.4
Bob Renkema	0:53.5	2:02.1	2:03.8	2:05.7	2:07.1	2:07.8	2:06.5	1:58.2						15:25.0
Ilse Coster	1:02.9	2:04.9	2:15.1	2:00.7	1:44.4	2:03.6	3:05.0	2:04.3						16:21.1
Anne Snel	1:02.9	2:05.0	2:15.9	2:14.8	2:11.6	2:13.3	2:12.8	2:05.2						16:22.0
Sharon Nieuwstadt	1:07.9	2:16.8	2:19.9	2:25.9	2:24.5	2:26.9	2:31.4	2:25.9						17:59.3

Erik Stelling	1:00.3	2:02.3	2:17.1	2:23.9	2:34.2	2:36.6	2:35.4	2:36.3						18:06.4
Annemieke Hollander	1:13.3	2:46.6	2:46.5	2:46.4	2:47.7	2:46.6	2:42.3	2:23.0						20:12.8
3km														
Stefan Wolkers	0:38.4	1:20.7	1:18.2	1:16.3	1:15.8	1:16.8	1:16.8	1:17.9	1:19.6	1:19.1	1:18.3	1:17.5	1:12.7	16:08.8
Rene Wiering	0:38.9	1:21.0	1:19.4	1:17.4	1:20.3	1:22.1	1:22.0	1:22.1	1:23.0	1:23.0	1:22.5	1:21.9	1:17.6	16:51.8
Anton Kusters	0:38.3	1:21.2	1:19.3	1:19.3	1:20.2	1:23.2	1:23.4	1:23.4	1:25.0	1:24.5	1:22.7	1:20.9	1:15.5	16:57.5
Florus van Meijl	0:38.6	1:21.0	1:19.1	1:19.1	1:20.1	1:23.2	1:23.6	1:23.4	1:25.0	1:24.5	1:23.3	1:25.3	1:17.9	17:04.7
Wouter van Rossum	0:37.7	1:22.0	1:21.4	1:23.8	1:22.6	1:22.4	1:22.3	1:22.9	1:24.3	1:25.3	1:24.8	1:23.5	1:21.1	17:14.7
Davy Heijsteeg	0:38.9	1:20.9	1:20.5	1:20.9	1:21.6	1:23.1	1:24.2	1:24.0	1:25.6	1:25.8	1:27.4	1:26.6	1:24.6	17:24.6
Michiel Otten	0:42.6	1:29.8	1:30.7	1:29.5	1:29.5	1:28.7	1:29.1	1:28.4	1:27.5	1:27.0	1:25.3	1:24.7	1:17.6	18:10.9
Jolijn Swager	0:42.8	1:29.6	1:31.0	1:29.4	1:29.6	1:28.6	1:29.0	1:28.5	1:27.6	1:26.7	1:25.6	1:25.1	1:17.6	18:11.3
Bastian Geneugelijk	0:42.1	1:28.1	1:29.3	1:26.5	1:28.2	1:28.8	1:31.4	1:30.4	1:33.3	1:30.5	1:32.2	1:29.8	1:27.3	18:38.4
Marcel Kraan	0:42.5	1:28.9	1:31.2	1:31.2	1:31.1	1:29.8	1:30.9	1:30.7	1:31.1	1:31.6	1:31.6	1:31.0	1:26.5	18:48.6
Oscar Dijst	0:39.7	1:26.5	1:31.4	1:33.4	1:32.0	1:31.3	1:34.4	1:35.5	1:34.7	1:36.2	1:35.4	1:34.5	1:30.7	19:16.2
Erica Belandi	0:47.7	1:35.7	1:34.4	1:34.4	1:34.5	1:34.4	1:34.2	1:34.5	1:34.8	1:34.6	1:33.5	1:34.1	1:31.3	19:38.6
Gerrie Vlak	0:47.8	1:31.6	1:33.4	1:35.3	1:36.1	1:35.1	1:34.0	1:33.3	1:36.9	1:34.5	1:37.2	1:35.7	1:29.8	19:41.2
Michel Mackaaij	0:46.8	1:38.2	1:35.0	1:36.6	1:36.9	1:36.0	1:36.9	1:37.6	1:37.4	1:37.7	1:37.3	1:36.4	1:26.4	19:59.7
Gerbrand Hendrikse	0:40.7	1:26.6	1:27.9	1:26.8	1:29.2	1:26.2	1:24.5	1:31.2	1:27.1	1:28.0	1:26.6	1:26.1	1:20.5	18:02.1
Charlotte Marijn	0:41.5	1:25.7	1:26.7	1:28.0	1:29.2	1:28.7	1:31.2	1:32.1	1:32.3	1:32.1	1:32.6	1:32.9	1:28.0	18:41.4
Randall de Boer	0:48.3	1:33.0	1:32.4	1:33.3	1:32.9	1:33.9	1:31.7	1:31.8	1:32.0	1:30.7	1:30.2	1:31.7	1:27.8	19:10.4
Joren Oldenhof	0:38.6	1:34.8	1:38.9	1:40.2	1:41.0	1:37.6	1:35.7	1:32.7	1:31.4	1:31.4	1:29.2	1:27.1	1:17.8	19:17.1
Simeon Calvert	0:40.5	1:30.4	1:34.0	1:32.7	1:34.5	1:35.0	1:34.7	1:35.2	1:36.7	1:36.5	1:36.6	1:32.3	1:21.2	19:21.0
Sander Speekenbrink	0:42.8	1:31.4	1:32.5	1:33.3	1:33.7	1:32.6	1:34.5	1:34.0	1:34.0	1:35.4	1:36.3	1:35.7	1:26.2	19:23.1
Jeroen Joesse	0:40.3	1:26.6	1:27.7	1:29.7	1:33.7	1:34.4	1:36.6	1:37.2	1:38.2	1:36.9	1:37.5	1:37.1	1:33.6	19:30.0
Bram Karst	0:43.7	1:27.6	1:31.9	1:32.2	1:35.8	1:35.6	1:35.9	1:37.6	1:38.4	1:36.8	1:37.1	1:32.1	1:26.6	19:31.8
Ata Torun	0:43.7	1:31.5	1:35.8	1:36.0	1:36.9	1:38.3	1:39.7	1:38.4	1:38.4	1:34.8	1:38.3	1:32.5	1:32.4	19:57.4
Marcel Bellis	0:45.1	1:35.3	1:38.0	1:40.8	1:39.5	1:39.8	1:38.0	1:36.8	1:36.7	1:35.1	1:37.4	1:34.1	1:30.3	20:07.5
Mitchel Offerman	0:44.4	1:35.3	1:40.2	1:40.8	1:39.9	1:40.3	1:41.8	1:38.5	1:37.9	1:40.2	1:38.1	1:34.6	1:25.4	20:18.0
Nico Schipper	0:49.5	1:39.9	1:38.8	1:38.8	1:39.3	1:40.0	1:39.5	1:39.4	1:39.8	1:39.2	1:38.6	1:38.1	1:35.9	20:37.5
Adam van Holten	0:45.9	1:37.3	1:39.9	1:39.9	1:39.2	1:40.2	1:41.7	1:42.7	1:40.7	1:41.5	1:44.5	1:43.5	1:34.0	20:51.7
Sven de Haas	0:40.9	1:35.2	1:37.2	1:38.9	1:43.2	1:40.9	1:42.5	1:41.0	1:42.6	1:42.6	1:42.5	1:45.4	1:41.1	20:54.4
Robin Schoorl	0:45.0	1:37.3	1:41.8	1:43.7	1:43.5	1:44.7	1:41.8	1:44.4	1:41.7	1:45.1	1:42.8	1:43.8	1:42.4	21:18.6
Martin Rietman	0:47.7	1:45.7	1:45.6	1:45.6	1:43.9	1:43.0	1:45.8	1:44.3	1:43.3	1:43.6	1:43.0	1:42.5	1:36.3	21:30.8
Richard Nauta	0:45.7	1:38.7	1:46.2	1:45.9	1:42.7	1:42.4	1:43.0	1:43.1	1:44.1	1:44.8	1:47.7	1:47.6	1:43.4	21:35.8
Winfried Falk	0:51.7	1:44.5	1:45.7	1:43.4	1:44.0	1:44.4	1:47.5	1:44.7	1:44.7	1:45.1	1:43.0	1:44.4	1:37.1	21:40.7
Kees Schouten	0:48.2	1:41.3	1:43.1	1:45.1	1:45.2	1:46.2	1:45.8	1:47.0	1:46.3	1:46.0	1:45.9	1:47.1	1:43.4	21:51.1
Wouter de Jong	0:49.4	1:42.0	1:44.1	1:45.9	1:45.8	1:45.6	1:49.1	1:50.1	1:47.3	1:48.1	1:45.0	1:47.2	1:33.5	21:53.6

Dick van Rijn	0:51.6	1:45.1	1:45.7	1:43.2	1:44.4	1:44.4	1:48.0	1:50.4	1:47.3	1:48.7	1:48.7	1:49.2	1:48.1	22:15.2
Rogier Bezuijen	0:47.2	1:43.7	1:44.8	1:46.5	1:45.5	1:47.6	1:51.0	1:51.3	1:52.8	1:53.1	1:52.1	1:49.2	1:44.0	22:29.3
Nils Smithuis	0:50.0	1:47.2	1:48.5	1:48.4	1:50.3	1:48.9	1:49.5	1:50.4	1:50.4	1:51.8	1:55.0	1:46.1	1:42.4	22:39.4
Arno Linnenbank	0:53.9	1:44.4	1:46.2	1:45.7	1:50.1	1:50.9	1:49.6	1:49.1	1:50.1	1:51.4	1:51.5	1:52.3	1:47.1	22:42.7
Koen van Iersel	0:53.3	1:44.5	1:48.1	1:48.0	1:49.4	1:49.3	1:50.0	1:50.3	1:50.1	1:52.0	1:55.3	1:56.4	1:49.9	22:57.0
Astrid de Jong	0:56.1	2:00.2	2:00.2	1:58.4	1:52.2	1:48.3	1:48.5	1:48.3	1:51.3	1:53.2	1:55.0	1:54.1	1:53.6	23:39.8
Trystian Offerman	0:52.0	1:49.8	1:53.7	1:55.6	1:56.1	1:59.0	1:59.8	2:00.3	1:59.7	1:55.0	1:56.0	1:52.0	1:41.1	23:50.5
Boris Karlof	0:56.5	1:54.8	1:54.3	1:56.0	1:55.8	1:55.6	1:53.9	1:54.9	1:55.7	1:55.4	1:57.4	1:56.5	1:46.4	23:53.6
Rene Spitteler	0:55.0	1:53.1	1:58.7	1:57.8	1:56.3	1:56.0	1:56.4	1:56.7	1:56.5	1:55.8	1:55.5	1:51.8	1:43.9	23:54.1
Coen smithuis	0:55.5	1:55.7	1:56.3	1:57.9	1:57.8	1:58.1	1:58.6	1:58.6	1:59.5	1:59.3	1:58.6	1:57.2	1:49.7	24:23.3
Graciela Jharap	1:03.7	2:05.7	2:03.5	1:57.5	1:59.2	1:57.4	1:56.4	1:55.5	1:56.2	1:57.1	1:55.4	1:54.5	1:50.6	24:33.1
Wendy Regeer	0:58.8	1:59.0	1:58.4	1:55.8	1:54.5	1:53.6	1:57.7	1:59.9	2:01.4	2:02.9	2:05.0	1:56.2	1:57.7	24:41.5
Jan Bruine de Bruin	0:57.7	1:55.8	1:56.9	1:58.6	1:59.4	2:00.5	2:02.4	2:01.3	2:00.8	1:59.5	2:02.3	2:02.5	1:57.1	24:55.3
Floortje Krijtenberg	0:46.7	1:47.3	1:54.8	1:59.9	2:02.2	2:00.4	2:01.3	1:58.7	2:03.8	2:09.7	2:15.3	2:08.7	1:53.7	25:02.9
Sonja van Zeelt	1:02.4	2:07.6	2:04.6	2:07.2	2:07.2	2:07.0	2:04.7	2:03.8	2:01.0	2:01.4	1:56.0	1:52.9	1:47.3	25:23.5
Marijke Stok	0:56.9	1:59.9	2:03.4	2:01.7	1:58.2	2:01.9	2:03.8	2:04.8	2:04.3	2:07.5	2:07.9	2:03.6	1:59.7	25:34.1
Ron Wijnands	0:56.5	2:00.6	2:03.7	2:05.1	2:03.6	2:05.7	2:05.2	2:05.8	2:07.5	2:07.9	2:07.3	2:07.7	2:00.3	25:57.3