

Baanloop Juli 2021	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	4600m	Prestatie
1km														
Angelo Visser	0:28.6	1:02.8	1:05.4											02:36.8
Tetsuro Nishida	0:35.9	1:18.3	1:20.9											03:15.2
Emile Struijvé	0:39.2	1:28.2	1:32.4											03:39.9
Maaïke de Wildt	0:43.1	1:30.8	1:32.4											03:46.4
Thimon de Wildt	0:54.3	1:53.2	1:40.2											04:27.8
Arjen Koopstra	0:54.3	1:54.3	1:40.6											04:29.4
Elisa Schipper	0:55.2	1:55.3	1:55.3											04:46.0
Mathies de Wildt	1:05.3	2:25.1	2:04.7											05:35.2
Geert Pacslides	1:12.8	2:23.1	2:25.8											06:01.8
3km														
René van Ravenzwaag	0:41.1	1:27.4	1:28.1	1:28.8	1:28.6	1:29.7	1:28.8	1:26.1						10:59.1
Matthijs	0:42.2	1:29.9	1:29.3	1:28.7	1:29.2	1:29.6	1:29.9	1:22.6						11:01.7
René de Jong	0:41.1	1:26.4	1:26.4	1:29.2	1:31.0	1:29.9	1:29.9	1:28.8						11:03.1
Marcel Kraan	0:45.7	1:28.7	1:29.1	1:29.2	1:30.1	1:30.0	1:29.2	1:24.9						11:07.2
Celine Struijvé	0:39.2	1:28.2	1:28.6	1:33.5	1:35.8	1:37.2	1:37.7	1:33.5						11:34.0
Linda v Wely	0:46.4	1:37.4	1:36.6	1:37.1	1:38.7	1:41.3	1:41.6	1:34.5						12:14.0
Johan Smet	0:45.8	1:37.7	1:35.8	1:37.3	1:38.8	1:41.3	1:41.7	1:35.5						12:14.2
Michel Vollebregt	0:42.0	1:29.5	1:35.1	1:37.5	1:36.5	1:38.4	1:37.2							
Nathalie Bartels	0:43.5	1:43.4	1:47.9	1:48.1	1:47.4	1:47.2	1:42.8	1:27.3						12:47.8
Everdien Harlings	0:53.9	1:52.5	1:51.8	1:53.8	1:56.5	2:00.2	2:00.1	1:47.7						14:16.8
Jan Bruïne de Bruin	0:56.2	1:54.1	1:55.5	1:57.1	1:59.7	2:01.7	2:01.2	1:55.0						14:41.0
Bob Renkema	1:02.9	2:11.8	2:11.6	2:11.2	2:09.6	2:09.4	2:09.0	1:59.6						16:05.4
Annemiek Hollander	1:15.3	2:50.7	2:49.1	2:53.8	2:59.4	2:59.5	2:58.4	2:40.7						21:27.3
5km														
Brent Pieterse	0:37.5	1:19.3	1:18.5	1:19.3	1:20.3	1:20.7	1:21.2	1:20.5	1:22.1	1:21.2	1:22.1	1:21.1	1:17.8	16:42.1
Paul Korver	0:37.5	1:22.6	1:23.7	1:23.4	1:25.0	1:25.4	1:25.1	1:25.4	1:24.6	1:25.1	1:26.5	1:24.6	1:21.1	17:30.6
Joren Oldenhof	0:39.5	1:27.4	1:26.6	1:25.7	1:25.7	1:24.5	1:24.8	1:24.7	1:24.6	1:24.8	1:24.4	1:25.4	1:16.7	17:35.3
Jelle Keus	0:41.6	1:25.0	1:26.5	1:25.9	1:25.2	1:24.9	1:24.8	1:24.5	1:24.8	1:24.7	1:24.4	1:25.5	1:19.1	17:37.4
Oscar Dijst	0:37.7	1:23.8	1:26.8	1:29.0	1:28.7	1:30.1	1:31.4	1:30.2	1:31.1	1:30.7	1:31.8	1:30.2	1:26.3	18:28.4
Randall de Boer	0:44.0	1:27.8	1:28.5	1:27.9	1:28.1	1:28.6	1:29.5	1:28.8	1:29.7	1:32.8	1:30.0	1:29.5	1:27.1	18:32.9
Samuel Hoogerwerf	0:41.4	1:27.4	1:28.6	1:31.1	1:37.0	1:48.9	1:46.9	1:53.6	1:54.9	1:56.0	1:51.7	1:48.9	1:34.0	21:20.9
Erwin Metselaer	0:40.4	1:27.4	1:26.6	1:25.3	1:25.4	1:24.7	1:24.8							
Eric Verhoef	6:35.3	2:59.6												
Sven de Haas	0:42.6	1:34.6	1:38.5	1:38.6	1:40.3	1:40.5	1:40.1	1:41.9	1:41.9	1:43.7	1:42.1	1:41.7	1:30.6	20:37.7
Okke de Haas	0:42.2	1:34.8	1:38.1	1:38.6	1:40.5	1:40.5	1:40.1	1:41.9	1:41.7	1:43.9	1:42.1	1:41.5	1:34.5	20:40.9

Oscar Smit	0:43.4	1:38.2	1:41.2	1:40.7	1:42.1	1:42.2	1:42.3	1:43.7	1:42.0	1:43.2	1:43.8	1:41.9	1:36.0	21:01.3
Nico Schipper	0:54.9	1:53.6	1:41.2	1:41.7	1:43.3	1:44.8	1:44.5	1:45.4	1:46.0	1:45.4	1:47.0	1:45.5	1:43.2	21:57.0
Jan v/d Bergen	0:51.8	1:45.4	1:45.9	1:43.9	1:46.4	1:45.4	1:45.0	1:44.9	1:46.4	1:45.5	1:48.5	1:52.1	1:55.1	22:16.8
Dirk Visser	0:48.6	1:44.3	1:48.1	1:48.2	1:48.7	1:48.7	1:49.2	1:48.9	1:49.9	1:49.0	1:49.2	1:48.7	1:45.8	22:28.0
Rob van Heerden	0:45.2	1:43.8	1:43.8	1:49.1	1:47.5	1:49.9	1:51.2	1:51.6	1:51.0	1:54.3	1:53.3	1:49.6	1:41.7	22:32.7
Dic van Hummel	0:54.6	1:49.3	1:48.3	1:46.9	1:48.3	1:47.7	1:49.3	1:48.4	1:49.5	1:50.0	1:50.0	1:49.7	1:45.2	22:37.6
Serana vd Zwaan	0:56.6	1:51.5	1:50.5	1:53.8	1:54.5	1:53.1	1:53.7	1:58.2	1:55.4	1:55.6	1:54.8	1:55.0	1:37.9	23:30.9
Trystian Offerman	0:55.9	1:44.1	1:53.4	1:52.0	1:54.2	1:54.3	1:54.1	1:55.5	1:58.9	1:59.9	1:57.4	1:56.1	1:36.3	23:32.7
Ron Wijnands	0:55.3	1:56.1	1:56.5	1:53.7	1:57.2	1:55.2	1:53.9	1:53.2	1:53.7	1:54.0	1:52.5	1:50.7	1:41.8	23:34.3
Marco van Eijk	0:57.0	1:55.0	1:56.2	1:54.8	1:55.7	1:55.8	1:54.0	1:52.2	1:53.8	1:54.4	1:52.3	1:51.2	1:44.7	23:37.8
Thanuja Rajasooriya	0:57.1	1:59.8	1:58.5	1:58.2	1:59.7	1:59.6	1:59.5	1:58.1	1:55.9	1:58.7	1:58.2	1:54.5	1:42.7	24:21.1
Jos Cornelissen	0:57.4	1:57.6	1:57.9	1:58.1	1:58.6	1:59.6	2:00.0	2:00.2	2:01.2	2:00.5	2:01.4	2:01.6	1:59.9	24:54.7
Frank Connelissen	1:02.3	2:01.5	2:02.7	1:58.4	1:59.4	2:00.3	2:05.4	2:06.5	2:03.9	2:03.5	2:05.0	2:04.8	1:59.6	25:33.7
Fred den Hartog	1:01.1	2:11.9	2:10.8	2:10.7	2:08.9	2:08.9	2:10.9	2:09.8	2:13.8	2:12.5	2:10.5	2:11.4	2:05.0	27:06.7
Claire Heijmans	1:06.7	2:15.9	2:16.1	2:15.8	2:16.0	2:16.5	2:18.4	2:20.3	2:09.2	2:09.0	2:12.7	2:11.0	1:58.7	27:47.0
Marcel Laarhoven	1:01.8	2:09.8	2:10.8	2:11.0	2:11.4	2:15.2	2:15.1	2:17.8	2:19.5	2:19.4	2:24.2	2:27.9	2:17.6	28:22.2
Mandy Akerboom	1:05.8	2:15.2	2:16.5	2:15.3	2:16.4	2:16.3	2:18.5	2:20.3	2:21.1	2:22.3	2:22.5	2:22.6	2:20.6	28:54.0
Jimmy Buma	1:06.4	2:15.9	2:21.9	2:23.3	2:27.7	2:30.3	2:38.0	2:35.7	2:33.1	2:34.5	2:35.5	2:34.2	2:29.0	31:05.8
Hans Bakker	1:14.2	2:40.0	2:38.9	2:41.4	2:41.2	2:40.8	2:44.9	2:46.8	2:45.4	2:45.4	2:43.5	2:42.9	2:28.7	33:34.5
Dick van Rijn	0:47.3	1:41.3	1:41.9	1:42.5	1:42.3	1:41.4	1:40.7	1:40.0						