

Baanloop Augustus 2021	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	4600m	Prestatie
1km	*Heat 1 heeft ivm technische problemen geen rondetijden													
Johan Smet*														03:21
Emile Struijvé*														03:39
Brendan Langelaan*														04:06
Elison Schipper	0:55.6	1:56.6	1:43.5											04:35.8
Roan Tromp	1:03.9	2:04.0	1:58.6											05:06.7
Georgina Cojoearu	1:23.6	2:56.5	3:00.4											07:20.5
Daniela Mustereanu	1:01.2	3:16.4	3:24.8											07:42.4
Selia Máturaru	1:24.0	3:33.6	3:27.4											08:25.0
3km	*Heat 1 heeft ivm technische problemen voor de eerste 2-3 rondes geen rondetijden													
Bas Stigter*				4:12.8	1:12.9	1:14.1	1:11.3	1:05.7						08:58
Stefan Wolkers*				4:12.6	1:13.5	1:13.4	1:12.6	1:07.1						09:00
Wessel Heil*				4:13.6	1:13.3	1:17.8	1:19.6	1:17.7						09:23
René van Ravenzwaaij*			3:33.7	1:26.5	1:26.3	1:28.0	1:28.5	1:25.0						10:49
Theo Woldberg*			3:38.7	1:27.8	1:29.0	1:29.3	1:30.4	1:26.0						11:02
Noach de Fretes*			3:31.6	1:29.1	1:30.1	1:34.1	1:36.1	1:20.1						11:02
Jan Jansen*			3:44.4	1:30.8	1:29.6	1:30.5	1:29.2	1:17.8						11:03
Celine Struijvé*			3:35.4	1:33.0	1:35.1	1:37.7	1:39.7	1:35.3						11:37
Michel Vollebregt*			3:46.9	1:35.6	1:36.6	1:37.1	1:36.6	1:30.4						11:44
Julie Faiazza*			3:51.7	1:32.2	1:34.7	1:36.4	1:37.1	1:32.5						11:45
Linda van Wely*			3:53.4	1:35.5	1:36.5	1:37.7	1:38.3	1:31.1						11:53
Mike Dröge*			3:48.9	1:35.4	1:36.3	1:39.5	1:41.3	1:34.2						11:56
Nathalie Bartels*			3:55.7	1:45.3	1:48.6	1:55.9	1:55.5	1:47.7						13:10
André Verweij	0:46.4	1:38.7	1:41.2	1:44.2	1:45.5	1:46.6	1:46.1	1:37.5						12:46.5
Elroy Onos	0:56.6	1:45.5	1:46.7	1:47.4	1:47.2	1:47.2	1:42.9	1:30.7						13:04.4
Brettley Onos	0:55.9	1:45.5	1:46.7	1:47.7	1:47.2	1:47.3	1:42.2	1:31.8						13:04.6
Sven de Jong	0:57.5	1:50.3	1:49.5	1:49.2	1:46.0	1:46.9	1:47.0	1:23.5						13:10.3
Elfried Onos	0:56.1	1:45.5	1:46.5	1:47.5	1:47.6	1:46.8	1:43.3	1:38.4						13:12.0
Niels de Jong	0:57.8	1:50.3	1:49.6	1:48.4	1:45.9	1:46.9	1:47.1	1:28.2						13:14.6
Rob van Heerdel	0:46.9	1:43.1	1:46.3	1:45.6	1:47.9	1:49.8	1:50.6	1:44.3						13:14.8
Menno de Jong	0:57.2	1:50.2	1:49.5	1:48.9	1:45.8	1:47.3	1:47.1	1:31.2						13:17.4
A. Kuijper	0:57.8	1:55.2	1:47.8	1:46.4	1:48.5	1:50.3	1:50.0	1:43.3						13:39.8
Rui Tromp	1:03.3	1:54.3	1:56.9	1:50.5	1:53.9	1:55.6	1:53.4	1:35.8						14:04.3
Lars Arends	0:58.6	1:51.2	1:44.4	1:48.1	1:52.5	2:01.7	2:05.8	1:52.0						14:14.6
Brenden Onos	0:56.2	1:48.3	1:51.9	1:53.0	2:02.5	2:02.4	2:04.8	1:57.6						14:37.1
Bob Renkema	0:55.1	2:02.3	2:04.9	2:06.4	2:05.1	2:05.1	2:03.3	1:57.3						15:19.8

Jacqueline Hekman	0:59.8	1:55.4	1:58.8	2:04.3	2:09.0	2:09.6	2:07.7	2:01.9						15:26.8
5km	*Heat 1 heeft ivm technische problemen voor de eerste 2-3 rondes geen rondetijden													
Brent Pieterse*			3:23.0	1:20.8	1:20.0	1:20.2	1:20.2	1:19.7	1:20.4	1:20.0	1:19.2	1:20.4	1:17.6	16:43
Timo Maarleveld*			3:26.0	1:20.8	1:21.6	1:21.6	1:22.5	1:21.6	1:21.0	1:24.2	1:25.4	1:21.5	1:12.0	16:59
Michiel Otten*			3:23.3	1:22.8	1:21.8	1:22.0	1:23.0	1:21.8	1:21.0	1:23.8	1:25.6	1:21.3	1:13.1	17:01
Koen Schalkwijk*			3:32.8	1:24.1	1:25.2	1:24.9	1:25.3	1:24.8	1:26.0	1:26.9	1:26.6	1:28.3	1:22.9	17:49
Jolijn Swager*			3:33.7	1:26.1	1:25.2	1:24.6	1:24.6	1:24.5	1:25.5	1:25.3	1:28.4	1:30.6	1:24.9	17:55
Robbin Pieterman*			3:33.4	1:26.2	1:25.2	1:24.7	1:24.5	1:24.5	1:25.4	1:25.3	1:28.2	1:30.3	1:26.1	17:55
Randall de Boer*			3:44.7	1:28.9	1:28.7	1:28.6	1:29.2	1:28.7	1:27.5	1:26.8	1:25.6	1:27.3	1:21.8	18:19
Randolph*			3:35.8	1:29.8	1:29.4	1:29.6	1:30.0	1:29.8	1:30.3	1:28.9	1:27.9	1:28.2	1:24.3	18:25
Oscar Dijkstra*			3:39.1	1:28.8	1:28.1	1:29.5	1:30.4	1:29.7	1:29.7	1:29.2	1:28.1	1:30.3	1:26.3	18:30
Oscar Smit	0:43.0	1:37.2	1:41.5	1:40.7	1:42.5	1:44.4	1:43.2	1:44.7	1:43.3	1:43.3	1:42.7	1:42.2	1:37.9	21:07.3
Dic van Hummel	0:52.6	1:46.8	1:45.6	1:44.0	1:43.0	1:42.8	1:41.6	1:42.4	1:44.6	1:43.5	1:43.6	1:42.8	1:38.8	21:32.8
Nico Schipper	0:55.6	1:50.5	1:41.3	1:41.8	1:43.3	1:42.8	1:41.9	1:42.4	1:44.3	1:43.2	1:44.0	1:42.4	1:39.7	21:33.7
Samuel Hoogerwerf	0:53.2	1:44.9	1:41.6	1:46.5	1:42.3	1:48.7	1:45.6	1:48.3	1:41.6	1:48.0	1:47.2	1:44.5	1:25.5	21:38.4
Adam van Holten	0:52.9	1:44.5	1:42.7	1:45.9	1:41.6	1:49.0	1:45.9	1:48.2	1:41.4	1:48.1	1:47.0	1:45.5	1:30.3	21:43.6
Michel Hoekstra	0:54.0	1:45.9	1:46.6	1:47.5	1:47.3	1:46.7	1:45.8	1:47.5	1:48.3	1:49.1	1:50.8	1:48.7	1:43.4	22:22.3
Marco van Eijk	0:55.3	1:46.8	1:46.8	1:47.3	1:47.2	1:47.0	1:46.1	1:47.2	1:50.0	1:50.5	1:50.8	1:48.8	1:41.3	22:25.5
Arnout Hendriks	0:55.0	1:45.6	1:46.5	1:47.6	1:47.6	1:46.6	1:45.7	1:47.6	1:48.7	1:52.0	1:52.6	1:54.5	1:48.7	22:39.1
Astrid de Jong	0:58.3	1:50.5	1:49.4	1:49.9	1:49.5	1:52.8	1:54.2	1:54.8	1:56.4	1:56.5	1:57.7	1:55.9	1:52.4	23:39.0
Jos Cornelissen	0:57.9	1:55.3	1:54.8	1:55.3	1:55.2	1:54.7	1:54.2	1:52.9	1:55.2	1:57.5	1:56.5	1:55.3	1:51.5	23:56.8
Nick Kalse	1:00.1	1:54.0	1:55.0	1:55.1	1:52.6	1:54.6	1:55.2	1:55.6	1:55.2	1:56.7	1:57.2	1:55.2	1:51.4	23:58.4
Michel Haspels	0:56.6	1:50.8	1:52.3	1:52.4	1:57.0	1:57.7	1:58.5	1:57.7	1:58.1	2:00.8	2:01.3	1:59.1	1:50.7	24:13.6
Huub vd Mortel	0:59.3	1:56.2	1:56.8	1:57.4	1:58.4	1:59.8	2:00.9	2:01.8	2:01.3	2:04.7	2:03.0	2:01.6	1:51.9	24:53.7
Frank Cornelissen	1:02.3	2:03.1	1:56.8	1:54.6	1:57.8	1:59.0	2:02.1	2:01.2	2:01.1	1:59.7	2:00.9	2:04.6	1:54.6	24:58.2
Graciela Jharap	0:59.7	1:56.4	2:00.0	2:01.7	2:02.7	2:05.2	2:07.5	2:07.9	2:08.2	2:06.1	2:05.1	2:00.0	1:52.2	25:33.3
Robin Tromp	1:04.3	2:04.4	2:04.5	2:04.2	2:03.4	2:04.1	2:05.2	2:04.7	2:03.5	2:02.2	2:03.4	1:59.5	1:56.2	25:40.2
Marcel Laarhoven	1:04.6	2:14.2	2:16.7	2:15.6	2:16.5	2:16.9	2:17.6	2:17.0	2:17.8	2:18.9	2:21.0	2:23.5	2:17.5	28:38.4
Tess vd Marel- van der Pol	1:02.7	2:11.3	2:18.6	2:21.1	2:18.8	2:23.9	2:26.0	2:28.0	2:29.2	2:33.3	2:32.3	2:26.1	2:02.8	29:34.7
Hans Bakker	1:12.2	2:30.2	2:31.8	2:33.0	2:32.1	2:36.3	2:39.6	2:42.4	2:42.3	2:42.0	2:44.5	2:48.1	2:38.9	32:54.0