

Baanloop Maart 2022	200m	600m	1000m	1400m	1800m	2200m	2600m	3000m	3400m	3800m	4200m	4600m	4600m	Prestatie
1km														
Johan Smet	0:39.1	1:22.1	1:23.0											03:24.4
Eva van Ee	0:41.2	1:22.3	1:21.2											03:24.8
mel Combee	0:40.9	1:27.4	1:26.1											03:34.5
Kaitlyn Groot	0:42.8	1:26.3	1:26.4											03:35.7
Elfried Onos	0:42.7	1:30.5	1:36.9											03:50.1
Elroy Onos	0:46.5	1:42.1	1:30.0											03:58.7
Brettley Onos	0:43.1	1:40.4	1:39.2											04:02.7
Arjen Koopstra	0:50.5	1:45.6	1:44.6											04:20.8
Brenden Onos	0:47.3	1:51.1	1:51.6											04:30.2
Bob Renkema	1:03.4	2:11.8	2:08.9											05:24.3
Tineke Onos	1:17.2	2:36.3	2:33.1											06:26.8
Timothy Onos	1:17.4	2:36.3	2:33.2											06:26.9
3km														
Tetsuro Nishida	0:40.8	1:22.8	1:24.6	1:26.6	1:26.4	1:26.5	1:26.7	1:22.7						10:37.3
Johan Neve	0:40.3	1:27.0	1:29.3	1:28.1	1:28.2	1:27.8	1:26.8	1:21.3						10:49.1
Matthijs Speekenbrink	0:56.5	1:58.2	1:57.5	2:05.5	2:02.7	1:58.8	1:57.3	1:38.8						14:35.6
Liesbeth Witpeerd	1:00.9	2:03.3	2:01.2	2:01.6	2:06.9	2:05.2	2:05.7	2:01.1						15:26.3
Ronald Groot	1:08.4	2:19.0	2:15.0	2:12.7	2:12.6	2:11.7	2:10.4	2:09.7						16:39.6
Paola Edixhoven	1:14.2	2:26.9	2:35.3	2:30.7	2:34.4	2:35.4	2:37.3	2:26.6						19:01.2
Inge Edixhoven	1:14.9	2:26.5	2:35.7	2:30.3	2:34.4	2:35.6	2:37.4	2:26.6						19:01.6
5km														
Erwin Koopstra	0:42.1	1:26.9	1:27.2	1:26.0	1:25.1	1:26.2	1:25.6	1:26.4	1:27.2	1:27.4	1:27.8	1:27.6	1:21.1	17:57.1
Mathijs Vellenga	0:42.7	1:32.7	1:37.5	1:37.0	1:37.0	1:36.8	1:37.5	1:38.2	1:40.3	1:42.0	1:42.9	1:40.7	1:32.7	20:18.6
Sven de Haas	0:43.4	1:32.2	1:37.5	1:37.1	1:36.7	1:36.9	1:37.4	1:38.2	1:40.3	1:39.7	1:41.1	1:41.2	1:37.0	20:19.3
Theo Woldberg	0:45.9	1:34.7	1:35.5	1:36.0	1:35.6	1:37.0	1:37.3	1:37.6	1:35.7	1:35.7	1:36.2	1:34.4	1:30.5	19:52.5
Oscar Smit	0:43.8	1:37.4	1:38.0	1:43.0	1:43.0	1:44.2	1:43.5	1:43.8	1:42.7	1:43.8	1:42.6	1:41.1	1:37.9	21:05.2
Nico Schipper	0:50.7	1:44.8	1:42.5	1:42.4	1:43.5	1:44.3	1:44.4	1:43.8	1:43.7	1:43.5	1:42.0	1:42.3	1:41.3	21:29.8
Sander Speekenbrink	0:56.7	1:58.2	1:57.3	2:04.6	2:03.0	1:58.7	1:57.1	1:38.7	1:41.0	1:42.8	1:41.8	1:40.6	1:32.8	22:53.9
Michel van Leeuwen	1:02.1	1:58.9	1:57.0	1:57.8	1:56.4	1:56.7	1:58.3	1:56.9	1:58.3	1:58.2	1:57.6	1:56.0	1:40.2	24:14.9
Sven de Jong	1:02.7	2:03.1	1:59.2	1:57.9	1:59.9	1:58.5	1:58.9	1:59.2	1:59.6	2:00.4	1:58.0	1:47.6	1:29.8	24:15.4
Niels Voshart	1:01.7	2:04.9	1:58.8	1:57.6	2:00.3	1:58.4	1:59.0	1:58.8	1:59.6	2:00.5	1:58.0	1:47.2	1:30.5	24:15.9
Astrid de Jong	1:02.3	2:02.5	1:59.8	1:57.9	2:00.1	1:58.2	1:59.0	1:58.8	1:59.8	2:00.4	1:58.2	1:56.8	1:49.7	24:44.0
Tine Voshart	1:06.1	2:03.2	2:03.4	2:03.2	2:05.6	2:05.1	2:05.2	2:03.2	2:02.4	2:00.4	2:00.1	1:59.2	1:49.2	25:26.7
Rob Koopman	0:58.1	2:08.4	2:07.9	2:06.0	2:06.0	2:04.7	2:03.9	2:03.8	2:02.7	2:02.9	2:07.0	2:10.2	2:04.0	26:06.1
Sanne van Nierop	1:02.9	2:06.0	2:09.2	2:13.0	2:14.6	2:00.5	2:03.3	2:05.7	1:59.6	2:13.1	2:13.0	1:59.3	1:54.7	26:15.6
Roland Kas	1:01.7	2:06.5	2:09.1	2:13.0	2:14.8	2:13.4	2:17.4	2:16.2	2:19.1	2:16.6	2:17.6	2:17.8	2:07.1	27:50.7
H Cheung	1:01.3	2:02.1	2:07.7	2:10.2	2:16.0	2:18.7	2:22.8	2:25.0	2:27.7	2:31.8	2:31.7	2:28.1	2:20.0	29:03.7
Gerard v/d Helder	1:06.2	2:16.8	2:18.8	2:19.6	2:19.1	2:18.7	2:17.9	2:19.6	2:34.8	2:19.9	2:32.1	2:17.5	3:23.2	30:24.8
Henriette v/d Laan	1:08.9	2:24.9	2:29.6	2:32.9	2:34.8	2:35.8	2:37.5	2:38.0	2:37.7	2:39.2	2:38.8	2:39.0	2:33.8	32:11.5