

Holland Cup 3 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

14 en 15 december 2024

2. Rituitslag 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	32	Mervin Maatman		HN4		7:17.18	7:33.37	
	rd	70	Tom Nijdam		HN2		7:17.73	7:35.78	
		Mervin Maatman			Tom Nijdam				
		200m	20.18	(20.18)	200m	20.39	(20.39)		
		600m	53.73	(33.55)	600m	53.77	(33.38)		
		1000m	1:28.29	(34.56)	1000m	1:28.56	(34.79)		
		1400m	2:03.40	(35.11)	1400m	2:03.31	(34.75)		
		1800m	2:38.40	(35.00)	1800m	2:38.55	(35.24)		
		2200m	3:14.21	(35.81)	2200m	3:14.14	(35.59)		
		2600m	3:49.96	(35.75)	2600m	3:50.02	(35.88)		
		3000m	4:26.49	(36.53)	3000m	4:26.81	(36.79)		
		3400m	5:03.06	(36.57)	3400m	5:04.18	(37.37)		
		3800m	5:39.89	(36.83)	3800m	5:41.76	(37.58)		
		4200m	6:17.48	(37.59)	4200m	6:19.41	(37.65)		
		4600m	6:55.42	(37.94)	4600m	6:57.77	(38.36)		
		5000m	7:33.37	(37.95)	5000m	7:35.78	(38.01)		

		Naam		Cat		PR		Tijd	Info
2	gl	67	Ole ten Hove		HSA		7:00.55	7:21.97	
	bl	69	Niels Meijer		HN3		7:02.01	7:16.62	
		Ole ten Hove			Niels Meijer				
		200m	19.87	(19.87)	200m	20.57	(20.57)		
		600m	52.09	(32.22)	600m	54.00	(33.43)		
		1000m	1:25.25	(33.16)	1000m	1:28.33	(34.33)		
		1400m	1:59.23	(33.98)	1400m	2:02.64	(34.31)		
		1800m	2:34.03	(34.80)	1800m	2:37.08	(34.44)		
		2200m	3:09.50	(35.47)	2200m	3:11.80	(34.72)		
		2600m	3:45.31	(35.81)	2600m	3:46.52	(34.72)		
		3000m	4:20.94	(35.63)	3000m	4:21.67	(35.15)		
		3400m	4:56.67	(35.73)	3400m	4:56.54	(34.87)		
		3800m	5:32.73	(36.06)	3800m	5:31.52	(34.98)		
		4200m	6:08.95	(36.22)	4200m	6:06.60	(35.08)		
		4600m	6:45.48	(36.53)	4600m	6:41.46	(34.86)		
		5000m	7:21.97	(36.49)	5000m	7:16.62	(35.16)		

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		Naam		Cat		PR	Tijd	Info
3	wt	64	Rinse Franken		HA2	7:08.58	7:25.14	
	rd	17	Bram van Essen		HN4	6:57.83	7:20.47	
		Rinse Franken			Bram van Essen			
		200m	20.57	(20.57)	200m	19.98	(19.98)	
		600m	54.36	(33.79)	600m	52.92	(32.94)	
		1000m	1:29.11	(34.75)	1000m	1:26.89	(33.97)	
		1400m	2:03.93	(34.82)	1400m	2:01.21	(34.32)	
		1800m	2:38.88	(34.95)	1800m	2:35.45	(34.24)	
		2200m	3:13.75	(34.87)	2200m	3:10.14	(34.69)	
		2600m	3:48.79	(35.04)	2600m	3:45.00	(34.86)	
		3000m	4:23.92	(35.13)	3000m	4:20.22	(35.22)	
		3400m	4:59.18	(35.26)	3400m	4:55.37	(35.15)	
		3800m	5:34.66	(35.48)	3800m	5:31.11	(35.74)	
		4200m	6:10.47	(35.81)	4200m	6:06.85	(35.74)	
		4600m	6:47.40	(36.93)	4600m	6:43.62	(36.77)	
		5000m	7:25.14	(37.74)	5000m	7:20.47	(36.85)	

		Naam		Cat		PR	Tijd	Info
4	gl	39	Colin Schrijver		HSA	7:06.01	7:11.72	
	bl	68	Wester Landman		HN3	7:06.10	7:19.21	
		Colin Schrijver			Wester Landman			
		200m	19.74	(19.74)	200m	20.52	(20.52)	
		600m	52.81	(33.07)	600m	53.46	(32.94)	
		1000m	1:26.39	(33.58)	1000m	1:26.94	(33.48)	
		1400m	2:00.98	(34.59)	1400m	2:00.42	(33.48)	
		1800m	2:35.50	(34.52)	1800m	2:34.27	(33.85)	
		2200m	3:09.47	(33.97)	2200m	3:08.52	(34.25)	
		2600m	3:43.81	(34.34)	2600m	3:42.94	(34.42)	
		3000m	4:18.24	(34.43)	3000m	4:17.59	(34.65)	
		3400m	4:52.18	(33.94)	3400m	4:52.57	(34.98)	
		3800m	5:26.14	(33.96)	3800m	5:27.70	(35.13)	
		4200m	6:00.92	(34.78)	4200m	6:03.78	(36.08)	
		4600m	6:36.05	(35.13)	4600m	6:40.98	(37.20)	
		5000m	7:11.72	(35.67)	5000m	7:19.21	(38.23)	

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		Naam		Cat		PR	Tijd	Info
5	wt	33	Jasper van der Marel		HN1	6:51.71	7:24.53	
	rd	48	Dyon Talsma		HN4	6:53.51	7:34.36	
		Jasper van der Marel			Dyon Talsma			
		200m	19.87	(19.87)	200m	20.41	(20.41)	
		600m	1:09.23	(49.36)	600m	54.58	(34.17)	
		1000m	1:41.39	(32.16)	1000m	1:30.24	(35.66)	
		1400m	2:14.10	(32.71)	1400m	2:05.93	(35.69)	
		1800m	2:47.90	(33.80)	1800m	2:41.80	(35.87)	
		2200m	3:21.76	(33.86)	2200m	3:17.76	(35.96)	
		2600m	3:56.03	(34.27)	2600m	3:53.39	(35.63)	
		3000m	4:30.59	(34.56)	3000m	4:28.91	(35.52)	
		3400m	5:04.92	(34.33)	3400m	5:04.05	(35.14)	
		3800m	5:39.48	(34.56)	3800m	5:40.21	(36.16)	
		4200m	6:14.11	(34.63)	4600m	6:56.96	(76.75)	
		4600m	6:48.96	(34.85)	5000m	7:34.36	(37.40)	
		5000m	7:24.53	(35.57)				

		Naam		Cat		PR	Tijd	Info
6	gl	24	Sille Hut		HN1	6:58.66	7:14.77	
	bl	42	Sipke Sijtsema		HN3	6:52.12	7:06.14	
		Sille Hut			Sipke Sijtsema			
		200m	20.04	(20.04)	200m	20.03	(20.03)	
		600m	53.89	(33.85)	600m	53.88	(33.85)	
		1000m	1:27.59	(33.70)	1000m	1:28.32	(34.44)	
		1400m	2:01.21	(33.62)	1400m	2:01.22	(32.90)	
		1800m	2:34.64	(33.43)	1800m	2:34.64	(33.42)	
		2200m	3:08.21	(33.57)	2200m	3:08.02	(33.38)	
		2600m	3:41.95	(33.74)	2600m	3:41.84	(33.82)	
		3000m	4:16.02	(34.07)	3000m	4:15.45	(33.61)	
		3400m	4:50.43	(34.41)	3400m	4:49.65	(34.20)	
		3800m	5:25.47	(35.04)	3800m	5:24.47	(34.82)	
		4200m	6:00.98	(35.51)	4200m	5:58.29	(33.82)	
		4600m	6:37.60	(36.62)	4600m	6:32.10	(33.81)	
		5000m	7:14.77	(37.17)	5000m	7:06.14	(34.04)	

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		Naam			Cat			PR	Tijd	Info	
7	wt	66	Finn ten Hove		HSA			6:51.09	7:15.56		
	rd	13	Jornt Dijk		HSA			6:57.69	7:12.40		
		Finn ten Hove				Jornt Dijk					
		200m	20.72	(20.72)	200m	20.67	(20.67)				
		600m	53.81	(33.09)	600m	53.50	(32.83)				
		1000m	1:27.27	(33.46)	1000m	1:27.47	(33.97)				
		1400m	2:01.24	(33.97)	1400m	2:01.10	(33.63)				
		1800m	2:35.23	(33.99)	1800m	2:35.22	(34.12)				
		2200m	3:09.66	(34.43)	2200m	3:09.35	(34.13)				
		2600m	3:44.14	(34.48)	2600m	3:43.79	(34.44)				
		3000m	4:18.82	(34.68)	3000m	4:18.02	(34.23)				
		3400m	4:53.53	(34.71)	3400m	4:52.47	(34.45)				
		3800m	5:28.56	(35.03)	3800m	5:27.05	(34.58)				
		4200m	6:03.71	(35.15)	4200m	6:02.36	(35.31)				
		4600m	6:39.19	(35.48)	4600m	6:37.01	(34.65)				
		5000m	7:15.56	(36.37)	5000m	7:12.40	(35.39)				

		Naam			Cat			PR	Tijd	Info	
8	gl	40	Ties van Seumeren		HN1			6:49.91	7:06.56		
	bl	37	Niels van Reeuwijk		HN1			6:49.93	7:06.61		
		Ties van Seumeren				Niels van Reeuwijk					
		200m	20.08	(20.08)	200m	20.17	(20.17)				
		600m	53.24	(33.16)	600m	52.71	(32.54)				
		1000m	1:27.17	(33.93)	1000m	1:26.36	(33.65)				
		1400m	2:00.88	(33.71)	1400m	1:59.83	(33.47)				
		1800m	2:34.47	(33.59)	1800m	2:33.46	(33.63)				
		2200m	3:08.01	(33.54)	2200m	3:07.06	(33.60)				
		2600m	3:41.35	(33.34)	2600m	3:40.70	(33.64)				
		3000m	4:14.64	(33.29)	3000m	4:14.56	(33.86)				
		3400m	4:48.50	(33.86)	3400m	4:48.87	(34.31)				
		3800m	5:22.74	(34.24)	3800m	5:22.95	(34.08)				
		4200m	5:57.08	(34.34)	4200m	5:57.37	(34.42)				
		4600m	6:31.96	(34.88)	4600m	6:32.13	(34.76)				
		5000m	7:06.56	(34.60)	5000m	7:06.61	(34.48)				

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		Naam		Cat		PR	Tijd	Info
9	wt	10	Chris Brommersma		HN1	6:49.78	6:50.91	
	rd	56	Hidde Westra		HN2	6:45.13	7:00.48	
		Chris Brommersma			Hidde Westra			
		200m	20.32	(20.32)	200m	20.14	(20.14)	
		600m	52.37	(32.05)	600m	52.66	(32.52)	
		1000m	1:25.41	(33.04)	1000m	1:25.75	(33.09)	
		1400m	1:58.84	(33.43)	1400m	1:59.10	(33.35)	
		1800m	2:31.66	(32.82)	1800m	2:32.44	(33.34)	
		2200m	3:04.71	(33.05)	2200m	3:05.79	(33.35)	
		2600m	3:38.05	(33.34)	2600m	3:39.30	(33.51)	
		3000m	4:11.17	(33.12)	3000m	4:13.03	(33.73)	
		3400m	4:43.75	(32.58)	3400m	4:46.49	(33.46)	
		3800m	5:15.58	(31.83)	3800m	5:19.60	(33.11)	
		4200m	5:47.26	(31.68)	4200m	5:53.37	(33.77)	
		4600m	6:18.96	(31.70)	4600m	6:27.03	(33.66)	
		5000m	6:50.91	(31.95)	5000m	7:00.48	(33.45)	

		Naam		Cat		PR	Tijd	Info
10	gl	53	Loek van Vilsteren		HN2	6:50.03	7:11.31	
	bl	55	Olaf Vunderink		HA2	6:50.67	7:00.87	
		Loek van Vilsteren			Olaf Vunderink			
		200m	19.22	(19.22)	200m	20.34	(20.34)	
		600m	51.33	(32.11)	600m	52.64	(32.30)	
		1000m	1:24.40	(33.07)	1000m	1:25.09	(32.45)	
		1400m	1:57.76	(33.36)	1400m	1:58.09	(33.00)	
		1800m	2:31.17	(33.41)	1800m	2:31.20	(33.11)	
		2200m	3:05.00	(33.83)	2200m	3:04.39	(33.19)	
		2600m	3:39.17	(34.17)	2600m	3:37.80	(33.41)	
		3000m	4:13.47	(34.30)	3000m	4:11.26	(33.46)	
		3400m	4:48.06	(34.59)	3400m	4:44.58	(33.32)	
		3800m	5:23.44	(35.38)	3800m	5:18.11	(33.53)	
		4200m	5:58.78	(35.34)	4200m	5:52.02	(33.91)	
		4600m	6:34.99	(36.21)	4600m	6:26.27	(34.25)	
		5000m	7:11.31	(36.32)	5000m	7:00.87	(34.60)	

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		Naam		Cat		PR	Tijd	Info
11	wt	49	Jasper Tinga		HN2		6:41.29	6:57.89
	rd	9	Colin Breed		HA1		6:41.48	7:06.68
		Jasper Tinga			Colin Breed			
		200m	19.71	(19.71)	200m	19.99	(19.99)	
		600m	52.25	(32.54)	600m	52.30	(32.31)	
		1000m	1:25.52	(33.27)	1000m	1:25.21	(32.91)	
		1400m	1:58.75	(33.23)	1400m	1:58.43	(33.22)	
		1800m	2:32.01	(33.26)	1800m	2:31.64	(33.21)	
		2200m	3:04.85	(32.84)	2200m	3:04.93	(33.29)	
		2600m	3:37.84	(32.99)	2600m	3:38.22	(33.29)	
		3000m	4:11.02	(33.18)	3000m	4:11.79	(33.57)	
		3400m	4:44.25	(33.23)	3400m	4:45.88	(34.09)	
		3800m	5:17.70	(33.45)	3800m	5:20.38	(34.50)	
		4200m	5:51.22	(33.52)	4200m	5:55.51	(35.13)	
		4600m	6:24.69	(33.47)	4600m	6:31.05	(35.54)	
		5000m	6:57.89	(33.20)	5000m	7:06.68	(35.63)	

		Naam		Cat		PR	Tijd	Info
12	gl	51	Jur Veenje		HSA		6:44.72	6:57.29
	bl	60	Mathijs van Zwieten		HN4		6:34.64	6:56.10
		Jur Veenje			Mathijs van Zwieten			
		200m	20.08	(20.08)	200m	20.10	(20.10)	
		600m	51.98	(31.90)	600m	51.87	(31.77)	
		1000m	1:24.71	(32.73)	1000m	1:25.10	(33.23)	
		1400m	1:57.92	(33.21)	1400m	1:57.88	(32.78)	
		1800m	2:30.81	(32.89)	1800m	2:30.80	(32.92)	
		2200m	3:04.03	(33.22)	2200m	3:03.72	(32.92)	
		2600m	3:37.10	(33.07)	2600m	3:36.52	(32.80)	
		3000m	4:10.22	(33.12)	3000m	4:09.40	(32.88)	
		3400m	4:43.51	(33.29)	3400m	4:42.24	(32.84)	
		3800m	5:17.23	(33.72)	3800m	5:15.39	(33.15)	
		4200m	5:50.73	(33.50)	4200m	5:49.14	(33.75)	
		4600m	6:24.16	(33.43)	4600m	6:22.56	(33.42)	
		5000m	6:57.29	(33.13)	5000m	6:56.10	(33.54)	

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		Naam			Cat			PR	Tijd	Info
13	wt	54	Sietse de Vries		HA2			6:43.69	6:54.99	
	rd	27	Jelle Koeleman		HN2			6:38.01	6:52.16	
		Sietse de Vries			Jelle Koeleman					
		200m	19.98	(19.98)	200m	19.55	(19.55)			
		600m	52.48	(32.50)	600m	51.81	(32.26)			
		1000m	1:25.29	(32.81)	1000m	1:23.83	(32.02)			
		1400m	1:58.38	(33.09)	1400m	1:55.84	(32.01)			
		1800m	2:31.51	(33.13)	1800m	2:27.72	(31.88)			
		2200m	3:04.52	(33.01)	2200m	2:59.83	(32.11)			
		2600m	3:37.43	(32.91)	2600m	3:31.92	(32.09)			
		3000m	4:10.35	(32.92)	3000m	4:04.26	(32.34)			
		3400m	4:43.31	(32.96)	3400m	4:36.90	(32.64)			
		3800m	5:16.23	(32.92)	3800m	5:10.10	(33.20)			
		4200m	5:49.01	(32.78)	4200m	5:43.64	(33.54)			
		4600m	6:22.14	(33.13)	4600m	6:17.70	(34.06)			
		5000m	6:54.99	(32.85)	5000m	6:52.16	(34.46)			

		Naam			Cat			PR	Tijd	Info
14	gl	3	Tjerk de Boer		HSA			6:18.58	6:33.20	
	bl	30	Jasper Krommenhoek		HN2			6:22.23	6:36.57	
		Tjerk de Boer			Jasper Krommenhoek					
		200m	19.92	(19.92)	200m	19.84	(19.84)			
		600m	51.07	(31.15)	600m	51.60	(31.76)			
		1000m	1:22.59	(31.52)	1000m	1:23.55	(31.95)			
		1400m	1:54.18	(31.59)	1400m	1:55.38	(31.83)			
		1800m	2:25.91	(31.73)	1800m	2:27.13	(31.75)			
		2200m	2:57.50	(31.59)	2200m	2:58.76	(31.63)			
		2600m	3:29.02	(31.52)	2600m	3:30.29	(31.53)			
		3000m	4:00.34	(31.32)	3000m	4:01.32	(31.03)			
		3400m	4:31.19	(30.85)	3400m	4:32.56	(31.24)			
		3800m	5:01.70	(30.51)	3800m	5:03.39	(30.83)			
		4200m	5:32.12	(30.42)	4200m	5:34.14	(30.75)			
		5000m	6:33.20	(61.08)	4600m	6:05.14	(31.00)			
					5000m	6:36.57	(31.43)			

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		Naam			Cat			PR	Tijd	Info
15	wt	52	Yves Vergeer		HSA			6:27.25	6:52.46	
	rd	15	Colin James Duivenvoorden		HN3			6:26.10	6:57.24	
		Yves Vergeer			Colin James Duivenvoorden					
		200m	19.45	(19.45)	200m	19.76	(19.76)			
		600m	51.85	(32.40)	600m	51.67	(31.91)			
		1000m	1:24.96	(33.11)	1000m	1:24.77	(33.10)			
		1400m	1:57.92	(32.96)	1400m	1:57.35	(32.58)			
		1800m	2:30.97	(33.05)	1800m	2:30.77	(33.42)			
		2200m	3:03.85	(32.88)	2200m	3:03.61	(32.84)			
		2600m	3:36.52	(32.67)	2600m	3:36.82	(33.21)			
		3000m	4:09.32	(32.80)	3000m	4:09.85	(33.03)			
		3400m	4:42.20	(32.88)	3400m	4:43.24	(33.39)			
		3800m	5:15.10	(32.90)	3800m	5:16.66	(33.42)			
		4200m	5:47.28	(32.18)	4200m	5:49.95	(33.29)			
		4600m	6:19.61	(32.33)	4600m	6:23.56	(33.61)			
		5000m	6:52.46	(32.85)	5000m	6:57.24	(33.68)			

		Naam			Cat			PR	Tijd	Info
16	gl	6	Marcel Bosker		HSA			6:08.90	6:28.92	
	bl	11	Stijn van de Bunt		HN2			6:18.66	6:32.69	
		Marcel Bosker			Stijn van de Bunt					
		200m	19.56	(19.56)	200m	19.87	(19.87)			
		600m	50.42	(30.86)	600m	50.44	(30.57)			
		1000m	1:21.21	(30.79)	1000m	1:21.63	(31.19)			
		1400m	1:52.35	(31.14)	1400m	1:52.77	(31.14)			
		1800m	2:23.35	(31.00)	1800m	2:23.92	(31.15)			
		2200m	2:54.20	(30.85)	2200m	2:54.95	(31.03)			
		2600m	3:25.19	(30.99)	2600m	3:25.72	(30.77)			
		3000m	3:56.14	(30.95)	3000m	3:56.48	(30.76)			
		3400m	4:26.47	(30.33)	3400m	4:26.96	(30.48)			
		3800m	4:56.88	(30.41)	3800m	4:57.56	(30.60)			
		4200m	5:27.72	(30.84)	4200m	5:28.56	(31.00)			
		4600m	5:58.24	(30.52)	4600m	6:00.48	(31.92)			
		5000m	6:28.92	(30.68)	5000m	6:32.69	(32.21)			