

HA074 Baanwedstrijd: Lange afstand spektakel

Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

1. Uitslag 10000 meter Heren

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	38 Mats Stoltenborg	HN4	4	O	13:47.59	TR	
2	49 Bob de Jong	HSB	4	I	14:43.06		
3	51 Martin Hänggi	H45	3	O	14:46.60	TR	
4	7 Mark Ooijevaar	HSB	3	I	14:46.74		
5	50 Marcel van Ham	HSA	1	O	14:56.12		
6	48 Jeroen Janissen	HA1	2	I	15:12.41		
7	6 Mark van der Hulst	HN1	2	O	15:30.76	PR	
8	11 Joes Klijnsoon	HA1	1	I	15:37.65		

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Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

1. Rituitslag 10000 meter Heren

	Naam	Cat	PR	Tijd	Info
1	wt 11 Joes Klijnsoen	HA1	14:50.98	15:37.65	
	rd 50 Marcel van Ham	HSA		14:56.12	

Joes Klijnsoen

400m	40.30	(40.3)
800m	1:15.10	(34.8)
1200m	1:51.53	(36.4)
1600m	2:27.85	(36.3)
2000m	3:03.24	(35.4)
2400m	3:39.77	(36.5)
2800m	4:16.92	(37.1)
3200m	4:54.16	(37.2)
3600m	5:32.47	(38.3)
4000m	6:10.82	(38.4)
4400m	6:48.59	(37.8)
4800m	7:26.78	(38.2)
5200m	8:04.80	(38.0)
5600m	8:43.11	(38.3)
6000m	9:22.34	(39.2)
6400m	10:00.76	(38.4)
6800m	10:39.66	(38.9)
7200m	11:16.14	(36.5)
7600m	11:53.65	(37.5)
8000m	12:31.01	(37.4)
8400m	13:07.34	(36.3)
8800m	13:44.29	(37.0)
9200m	14:22.25	(38.0)
9600m	14:59.86	(37.6)
10000m	15:37.65	(37.8)

Marcel van Ham

400m	38.34	(38.3)
800m	1:12.27	(33.9)
1200m	1:47.16	(34.9)
1600m	2:22.53	(35.4)
2000m	2:56.14	(33.6)
2400m	3:30.64	(34.5)
2800m	4:05.56	(34.9)
3200m	4:40.51	(34.9)
3600m	5:16.57	(36.1)
4000m	5:53.28	(36.7)
4400m	6:29.09	(35.8)
4800m	7:04.90	(35.8)
5200m	7:40.26	(35.4)
5600m	8:16.24	(36.0)
6000m	8:58.94	(42.7)
6400m	9:28.05	(29.1)
6800m	10:03.75	(35.7)
7200m	10:40.00	(36.2)
7600m	11:15.96	(36.0)
8000m	11:52.62	(36.7)
8400m	12:29.45	(36.8)
8800m	13:05.93	(36.5)
9200m	13:42.37	(36.4)
9600m	14:19.30	(36.9)
10000m	14:56.12	(36.8)

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		Naam		Cat		PR		Tijd	Info
2	gl	48	Jeroen Janissen		HA1			15:12.41	
	bl	6	Mark van der Hulst		HN1	15:48.73		15:30.76	PR
		Jeroen Janissen			Mark van der Hulst				
		400m	37.54	(37.5)	400m	37.25	(37.3)		
		800m	1:12.72	(35.2)	800m	1:12.34	(35.1)		
		1200m	1:48.74	(36.0)	1200m	1:48.25	(35.9)		
		1600m	2:24.09	(35.3)	1600m	2:24.72	(36.5)		
		2000m	2:59.77	(35.7)	2000m	3:00.16	(35.4)		
		2400m	3:35.41	(35.6)	2400m	3:35.96	(35.8)		
		2800m	4:12.05	(36.6)	2800m	4:11.89	(35.9)		
		3200m	4:48.45	(36.4)	3200m	4:48.58	(36.7)		
		3600m	5:25.59	(37.1)	3600m	5:25.52	(36.9)		
		4000m	6:02.57	(37.0)	4000m	6:03.07	(37.5)		
		4400m	6:39.47	(36.9)	4400m	6:39.99	(36.9)		
		4800m	7:15.99	(36.5)	4800m	7:16.59	(36.6)		
		5200m	7:53.20	(37.2)	5200m	7:54.14	(37.6)		
		5600m	8:30.06	(36.9)	5600m	8:31.68	(37.5)		
		6000m	9:06.20	(36.1)	6000m	9:10.11	(38.4)		
		6400m	9:43.80	(37.6)	6400m	9:48.57	(38.5)		
		6800m	10:20.50	(36.7)	6800m	10:26.27	(37.7)		
		7200m	10:57.47	(37.0)	7200m	11:03.99	(37.7)		
		7600m	11:34.24	(36.8)	7600m	11:41.82	(37.8)		
		8000m	12:10.78	(36.5)	8000m	12:20.07	(38.2)		
		8400m	12:45.92	(35.1)	8400m	12:57.15	(37.1)		
		8800m	13:22.17	(36.2)	8800m	13:35.92	(38.8)		
		9200m	13:59.06	(36.9)	9200m	14:14.86	(38.9)		
		9600m	14:35.92	(36.9)	9600m	14:53.30	(38.4)		
		10000m	15:12.41	(36.5)	10000m	15:30.76	(37.5)		

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Kunstijsbaan Kennemerland - Haarlem

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		Naam			Cat	PR	Tijd	Info
3	wt	7	Mark Ooijevaar		HSB	13:12.60	14:46.74	
	rd	51	Martin Hänggi		H45		14:46.60 TR	
		Mark Ooijevaar			Martin Hänggi			
		400m	37.52	(37.5)	400m	37.63	(37.6)	
		800m	1:10.92	(33.4)	800m	1:13.24	(35.6)	
		1200m	1:45.36	(34.4)	1200m	1:49.27	(36.0)	
		1600m	2:19.11	(33.8)	1600m	2:23.78	(34.5)	
		2000m	2:53.33	(34.2)	2000m	2:59.00	(35.2)	
		2400m	3:28.03	(34.7)	2400m	3:34.78	(35.8)	
		2800m	4:03.48	(35.5)	2800m	4:10.53	(35.7)	
		3200m	4:39.16	(35.7)	3200m	4:45.93	(35.4)	
		3600m	5:14.17	(35.0)	3600m	5:19.97	(34.0)	
		4000m	5:49.37	(35.2)	4000m	5:54.00	(34.0)	
		4400m	6:24.56	(35.2)	4400m	6:28.57	(34.6)	
		4800m	6:59.94	(35.4)	4800m	7:03.17	(34.6)	
		5200m	7:36.13	(36.2)	5200m	7:38.89	(35.7)	
		5600m	8:12.20	(36.1)	5600m	8:14.07	(35.2)	
		6000m	9:02.42	(50.2)	6000m	8:38.81	(24.7)	
		6400m	9:23.03	(20.6)	6400m	9:56.95	(78.1)	
		6800m	9:57.13	(34.1)	6800m	10:10.99	(14.0)	
		7200m	10:23.17	(26.0)	7200m	11:15.12	(64.1)	
		7600m	11:27.00	(63.8)	7600m	11:49.72	(34.6)	
		8000m	11:52.03	(25.0)	8000m	12:25.21	(35.5)	
		8400m	12:28.04	(36.0)	8400m	13:00.48	(35.3)	
		8800m	13:03.71	(35.7)	8800m	13:36.43	(35.9)	
		9200m	13:38.11	(34.4)	9200m	14:12.27	(35.8)	
		9600m	14:12.58	(34.5)	9600m	14:46.60	(34.3)	
		10000m	14:46.74	(34.2)	10000m	14:46.60	(.0)	

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		Naam	Cat	PR	Tijd	Info
4	gl	49 Bob de Jong	HSB	12:48.20	14:43.06	
	bl	38 Mats Stoltenborg	HN4	13:20.22	13:47.59	TR

Bob de Jong

400m	36.86	(36.9)
800m	1:09.90	(33.0)
1200m	1:43.47	(33.6)
1600m	2:16.48	(33.0)
2000m	2:49.30	(32.8)
2400m	3:23.32	(34.0)
2800m	3:57.55	(34.2)
3200m	4:32.33	(34.8)
3600m	5:06.96	(34.6)
4000m	5:41.51	(34.5)
4400m	6:15.74	(34.2)
4800m	6:50.48	(34.7)
5200m	7:26.55	(36.1)
5600m	7:49.56	(23.0)
6000m	8:47.18	(57.6)
6400m	9:05.27	(18.1)
6800m	9:33.94	(28.7)
7200m	9:59.99	(26.0)
7600m	11:00.53	(60.5)
8000m	11:40.24	(39.7)
8400m	12:17.04	(36.8)
8800m	12:55.19	(38.2)
9200m	13:31.68	(36.5)
9600m	14:07.91	(36.2)
10000m	14:43.06	(35.1)

Mats Stoltenborg

400m	36.25	(36.3)
800m	1:07.99	(31.7)
1200m	1:39.95	(32.0)
1600m	2:11.96	(32.0)
2000m	2:43.94	(32.0)
2400m	3:17.02	(33.1)
2800m	3:50.32	(33.3)
3200m	4:23.41	(33.1)
3600m	4:55.84	(32.4)
4000m	5:28.55	(32.7)
4400m	6:01.21	(32.7)
4800m	6:34.25	(33.0)
5200m	7:07.59	(33.3)
5600m	7:40.90	(33.3)
6000m	8:03.14	(22.2)
6400m	9:02.58	(59.4)
6800m	9:18.48	(15.9)
7200m	9:52.14	(33.7)
7600m	10:15.37	(23.2)
8000m	11:34.17	(78.8)
8400m	12:07.39	(33.2)
8800m	12:40.17	(32.8)
9200m	13:13.83	(33.7)
9600m	13:47.59	(33.8)
10000m	13:47.59	(.0)

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Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

2. Uitslag 5000 meter Dames

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	56 Esmee Visser	DN1	6	O	7:35.10	TR	
2	60 Robin van Leeuwen	DA2	6	I	8:11.03		
3	62 Yumiko van Diest	DA2	7	O	8:21.63		
4	59 Tamara Groot	DSA	5	I	8:22.52		
5	54 Denise van der Hulst	DA1	8	O	8:31.67	PR	
6	53 Suzanne Klous	DB2	5	O	8:36.96		
7	61 Kim Zuiver	DB1	7	I	9:01.89		
8	58 Ria Bosman	D55	8	I	10:04.91		

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Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

2. Rituitslag 5000 meter Dames

		Naam		Cat		PR		Tijd	Info
5	wt	59	Tamara Groot		DSA		7:58.70	8:22.52	
	rd	53	Suzanne Klous		DB2		8:33.15	8:36.96	
		Tamara Groot			Suzanne Klous				
		200m	22.71	(22.7)	200m	24.09	(24.1)		
		600m	1:01.63	(38.9)	600m	1:01.96	(37.9)		
		1000m	1:40.23	(38.6)	1000m	1:41.54	(39.6)		
		1400m	2:18.53	(38.3)	1400m	2:20.64	(39.1)		
		1800m	2:58.01	(39.5)	1800m	3:00.96	(40.3)		
		2200m	3:37.70	(39.7)	2200m	3:41.41	(40.5)		
		2600m	4:17.22	(39.5)	2600m	4:21.76	(40.3)		
		3000m	4:57.20	(40.0)	3000m	5:03.01	(41.3)		
		3400m	5:38.23	(41.0)	3400m	5:46.06	(43.1)		
		3800m	6:19.51	(41.3)	3800m	6:29.05	(43.0)		
		4200m	6:59.97	(40.5)	4200m	7:11.60	(42.5)		
		4600m	7:41.38	(41.4)	4600m	7:53.22	(41.6)		
		5000m	8:22.52	(41.1)	5000m	8:36.96	(43.7)		

		Naam		Cat		PR		Tijd	Info
6	gl	60	Robin van Leeuwen		DA2		7:40.24	8:11.03	
	bl	56	Esmee Visser		DN1		7:18.72	7:35.10	TR
		Robin van Leeuwen			Esmee Visser				
		200m	23.22	(23.2)	200m	22.75	(22.8)		
		600m	1:00.54	(37.3)	600m	58.74	(36.0)		
		1000m	1:37.56	(37.0)	1000m	1:34.74	(36.0)		
		1400m	2:15.48	(37.9)	1400m	2:10.37	(35.6)		
		1800m	2:53.86	(38.4)	1800m	2:46.07	(35.7)		
		2200m	3:31.68	(37.8)	2200m	3:21.67	(35.6)		
		2600m	4:09.49	(37.8)	2600m	3:57.14	(35.5)		
		3000m	4:48.71	(39.2)	3000m	4:33.10	(36.0)		
		3400m	5:29.23	(40.5)	3400m	5:10.80	(37.7)		
		3800m	6:08.82	(39.6)	3800m	5:47.88	(37.1)		
		4200m	6:48.85	(40.0)	4200m	6:24.01	(36.1)		
		4600m	7:29.29	(40.4)	4600m	7:00.09	(36.1)		
		5000m	8:11.03	(41.7)	5000m	7:35.10	(35.0)		

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		Naam			Cat	PR	Tijd	Info
7	wt	61	Kim Zuiver		DB1		9:01.89	
	rd	62	Yumiko van Diest		DA2		8:21.63	
		Kim Zuiver			Yumiko van Diest			
		200m	25.35	(25.4)	200m	24.48	(24.5)	
		600m	1:05.35	(40.0)	600m	1:02.16	(37.7)	
		1000m	1:45.10	(39.7)	1000m	1:40.50	(38.3)	
		1400m	2:26.34	(41.2)	1400m	2:19.11	(38.6)	
		1800m	3:07.88	(41.5)	1800m	2:58.20	(39.1)	
		2200m	3:51.10	(43.2)	2200m	3:38.49	(40.3)	
		2600m	4:34.32	(43.2)	2600m	4:18.31	(39.8)	
		3000m	5:18.79	(44.5)	3000m	4:57.96	(39.7)	
		3400m	6:03.72	(44.9)	3400m	5:38.09	(40.1)	
		3800m	6:48.47	(44.8)	3800m	6:18.28	(40.2)	
		4200m	7:34.13	(45.7)	4200m	6:58.96	(40.7)	
		4600m	8:18.02	(43.9)	4600m	7:40.17	(41.2)	
		5000m	9:01.89	(43.9)	5000m	8:21.63	(41.5)	

		Naam			Cat	PR	Tijd	Info
8	gl	58	Ria Bosman		D55	9:40.22	10:04.91	
	bl	54	Denise van der Hulst		DA1	8:34.76	8:31.67	PR
		Ria Bosman			Denise van der Hulst			
		200m	30.12	(30.1)	200m	24.25	(24.3)	
		600m	1:15.24	(45.1)	600m	1:03.21	(39.0)	
		1000m	2:02.38	(47.1)	1000m	1:44.75	(41.5)	
		1400m	2:49.51	(47.1)	1400m	2:25.30	(40.6)	
		1800m	3:38.39	(48.9)	1800m	3:06.18	(40.9)	
		2200m	4:28.00	(49.6)	2200m	3:47.18	(41.0)	
		2600m	5:14.52	(46.5)	2600m	4:28.65	(41.5)	
		3000m	6:02.24	(47.7)	3000m	5:09.24	(40.6)	
		3400m	6:50.33	(48.1)	3400m	5:50.27	(41.0)	
		3800m	7:39.25	(48.9)	3800m	6:31.75	(41.5)	
		4200m	8:26.85	(47.6)	4200m	7:13.15	(41.4)	
		4600m	9:15.08	(48.2)	4600m	7:52.87	(39.7)	
		5000m	10:04.91	(49.8)	5000m	8:31.67	(38.8)	

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3. Uitslag 10000 meter Heren

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	17 Wesley Hollenberg	HB1	9	I	15:23.13	PR TR	
2	21 Ronald Ligtenberg	HN1	12	O	15:31.97		
3	18 Joeri Groot	HN3	10	I	15:41.87		
4	19 Berend Bervoets	HB2	10	O	15:45.01		
5	24 Marco Slinger	HN2	11	O	16:03.85		
6	30 Jochem van Lith	HB2	12	I	16:33.17		
7	8 Jacob Krol	HB1	9	O	16:51.55		
8	22 Marco Meeuwisse	H55	11	I	18:38.53		

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3. Rituitslag 10000 meter Heren

	Naam	Cat	PR	Tijd	Info
9	wt 17 Wesley Hollenberg	HB1	15:32.93	15:23.13	PR TR
	rd 8 Jacob Krol	HB1	15:51.58	16:51.55	

Wesley Hollenberg

400m	37.53	(37.5)
800m	1:11.91	(34.4)
1200m	1:47.95	(36.0)
1600m	2:24.09	(36.1)
2000m	3:00.11	(36.0)
2400m	3:36.92	(36.8)
2800m	4:13.81	(36.9)
3200m	4:49.56	(35.8)
3600m	5:26.11	(36.5)
4000m	6:02.82	(36.7)
4400m	6:39.68	(36.9)
4800m	7:16.60	(36.9)
5200m	7:54.56	(38.0)
5600m	8:31.82	(37.3)
6000m	9:09.10	(37.3)
6400m	9:46.23	(37.1)
6800m	10:22.47	(36.2)
7200m	10:59.35	(36.9)
7600m	11:37.19	(37.8)
8000m	12:15.74	(38.6)
8400m	12:53.87	(38.1)
8800m	13:30.84	(37.0)
9200m	14:07.96	(37.1)
9600m	14:45.43	(37.5)
10000m	15:23.13	(37.7)

Jacob Krol

400m	39.77	(39.8)
800m	1:17.43	(37.7)
1200m	1:56.40	(39.0)
1600m	2:35.26	(38.9)
2000m	3:14.80	(39.5)
2400m	3:54.57	(39.8)
2800m	4:34.50	(39.9)
3200m	5:15.79	(41.3)
3600m	5:57.09	(41.3)
4000m	6:39.29	(42.2)
4400m	7:19.29	(40.0)
4800m	8:00.44	(41.2)
5200m	8:41.73	(41.3)
5600m	9:23.25	(41.5)
6000m	10:03.71	(40.5)
6400m	10:44.17	(40.5)
6800m	11:25.28	(41.1)
7200m	12:05.61	(40.3)
7600m	12:46.85	(41.2)
8000m	13:27.81	(41.0)
8400m	14:08.06	(40.2)
8800m	14:48.24	(40.2)
9200m	15:29.50	(41.3)
9600m	16:10.84	(41.3)
10000m	16:51.55	(40.7)

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		Naam		Cat		PR		Tijd	Info
10	gl	18	Joeri Groot		HN3		14:57.46	15:41.87	
	bl	19	Berend Bervoets		HB2		15:35.59	15:45.01	
		Joeri Groot				Berend Bervoets			
		400m	40.32	(40.3)		400m	39.95	(40.0)	
		800m	1:15.49	(35.2)		800m	1:15.16	(35.2)	
		1200m	1:51.52	(36.0)		1200m	1:50.24	(35.1)	
		1600m	2:27.94	(36.4)		1600m	2:26.15	(35.9)	
		2000m	3:04.01	(36.1)		2000m	3:02.08	(35.9)	
		2400m	3:40.88	(36.9)		2400m	3:38.44	(36.4)	
		2800m	4:17.41	(36.5)		2800m	4:13.57	(35.1)	
		3200m	4:54.02	(36.6)		3200m	4:49.79	(36.2)	
		3600m	5:31.63	(37.6)		3600m	5:26.88	(37.1)	
		4000m	6:10.07	(38.4)		4000m	6:04.95	(38.1)	
		4400m	6:47.71	(37.6)		4400m	6:42.74	(37.8)	
		4800m	7:25.70	(38.0)		4800m	7:20.80	(38.1)	
		5200m	8:03.79	(38.1)		5200m	7:59.43	(38.6)	
		5600m	8:42.23	(38.4)		5600m	8:38.43	(39.0)	
		6000m	9:21.21	(39.0)		6000m	9:18.06	(39.6)	
		6400m	9:59.47	(38.3)		6400m	9:57.41	(39.4)	
		6800m	10:38.56	(39.1)		6800m	10:37.49	(40.1)	
		7200m	11:17.18	(38.6)		7200m	11:17.79	(40.3)	
		7600m	11:56.32	(39.1)		7600m	11:57.94	(40.2)	
		8000m	12:35.15	(38.8)		8000m	12:37.78	(39.8)	
		8400m	13:12.80	(37.6)		8400m	13:15.25	(37.5)	
		8800m	13:50.39	(37.6)		8800m	13:52.65	(37.4)	
		9200m	14:28.36	(38.0)		9200m	14:30.46	(37.8)	
		9600m	15:05.76	(37.4)		9600m	15:07.95	(37.5)	
		10000m	15:41.87	(36.1)		10000m	15:45.01	(37.1)	

HA074 Baanwedstrijd: Lange afstand spektakel

Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

		Naam		Cat		PR		Tijd	Info
11	wt	22	Marco Meeuwisse		H55			18:38.53	
	rd	24	Marco Slinger		HN2	15:07.07		16:03.85	
		Marco Meeuwisse			Marco Slinger				
		400m	43.24	(43.2)	400m	39.64	(39.6)		
		800m	1:22.67	(39.4)	800m	1:15.16	(35.5)		
		1200m	2:04.25	(41.6)	1200m	1:52.20	(37.0)		
		1600m	2:46.89	(42.6)	1600m	2:29.62	(37.4)		
		2000m	3:29.52	(42.6)	2000m	3:06.44	(36.8)		
		2400m	4:12.61	(43.1)	2400m	3:43.54	(37.1)		
		2800m	4:57.81	(45.2)	2800m	4:20.94	(37.4)		
		3200m	5:42.38	(44.6)	3200m	4:58.52	(37.6)		
		3600m	6:27.34	(45.0)	3600m	5:35.90	(37.4)		
		4000m	7:11.08	(43.7)	4000m	6:14.04	(38.1)		
		4400m	7:54.71	(43.6)	4400m	6:52.47	(38.4)		
		4800m	8:40.15	(45.4)	4800m	7:30.53	(38.1)		
		5200m	9:25.15	(45.0)	5200m	8:09.29	(38.8)		
		5600m	10:13.35	(48.2)	5600m	8:48.02	(38.7)		
		6000m	10:58.02	(44.7)	6000m	9:26.25	(38.2)		
		6400m	11:43.26	(45.2)	6400m	10:05.88	(39.6)		
		6800m	12:29.76	(46.5)	6800m	10:45.14	(39.3)		
		7200m	13:16.98	(47.2)	7200m	11:25.47	(40.3)		
		7600m	14:02.44	(45.5)	7600m	12:06.36	(40.9)		
		8000m	14:48.51	(46.1)	8000m	12:44.49	(38.1)		
		8400m	15:34.68	(46.2)	8400m	13:24.05	(39.6)		
		8800m	16:22.42	(47.7)	8800m	14:02.87	(38.8)		
		9200m	17:08.48	(46.1)	9200m	14:43.21	(40.3)		
		9600m	17:53.23	(44.8)	9600m	15:23.59	(40.4)		
		10000m	18:38.53	(45.3)	10000m	16:03.85	(40.3)		

HA074 Baanwedstrijd: Lange afstand spektakel

Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

		Naam		Cat		PR		Tijd	Info
12	gl	30	Jochem van Lith		HB2			16:33.17	
	bl	21	Ronald Ligtenberg		HN1			15:31.97	
		Jochem van Lith				Ronald Ligtenberg			
		400m	40.17	(40.2)		400m	39.10	(39.1)	
		800m	1:18.03	(37.9)		800m	1:14.80	(35.7)	
		1200m	1:57.22	(39.2)		1200m	1:51.63	(36.8)	
		1600m	2:35.91	(38.7)		1600m	2:28.32	(36.7)	
		2000m	3:14.16	(38.2)		2000m	3:04.37	(36.0)	
		2400m	3:53.66	(39.5)		2400m	3:41.38	(37.0)	
		2800m	4:33.95	(40.3)		2800m	4:18.64	(37.3)	
		3200m	5:13.68	(39.7)		3200m	4:56.18	(37.5)	
		3600m	5:53.39	(39.7)		3600m	5:33.84	(37.7)	
		4000m	6:33.42	(40.0)		4000m	6:11.51	(37.7)	
		4400m	7:13.16	(39.7)		4400m	6:47.93	(36.4)	
		4800m	7:53.46	(40.3)		4800m	7:24.23	(36.3)	
		5200m	8:33.39	(39.9)		5200m	8:01.68	(37.4)	
		5600m	9:12.80	(39.4)		5600m	8:38.67	(37.0)	
		6000m	9:53.01	(40.2)		6000m	9:16.19	(37.5)	
		6400m	10:32.60	(39.6)		6400m	9:52.71	(36.5)	
		6800m	11:11.82	(39.2)		6800m	10:29.16	(36.5)	
		7200m	11:52.49	(40.7)		7200m	11:05.57	(36.4)	
		7600m	12:31.90	(39.4)		7600m	11:43.24	(37.7)	
		8000m	13:12.75	(40.8)		8000m	12:20.71	(37.5)	
		8400m	13:53.19	(40.4)		8400m	12:59.02	(38.3)	
		8800m	14:34.69	(41.5)		8800m	13:36.57	(37.5)	
		9200m	15:14.25	(39.6)		9200m	14:15.34	(38.8)	
		9600m	15:54.35	(40.1)		9600m	14:53.60	(38.3)	
		10000m	16:33.17	(38.8)		10000m	15:31.97	(38.4)	

HA074 Baanwedstrijd: Lange afstand spektakel

Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

4. Uitslag 10000 meter Heren

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	44 Eric Zwart	H40	16	I	16:26.49		
2	36 Jack van Honschoten	H45	14	I	16:51.91	PR	
3	37 Max van Honschoten	HB1	14	O	16:58.59	FL	
4	32 Evert Jan van Dijk	HSB	16	O	17:26.03		
5	40 Jan Willem Dijkstra	H45	13	I	18:01.48		
6	14 Erwin Henskes	H55	13	O	18:03.45	PR	
7	47 David Peyrot	HSB	15	I	18:15.77		
8	31 Henk v.d. Zwaan	H55	15	O	18:18.01		

HA074 Baanwedstrijd: Lange afstand spektakel

Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

4. Rituitslag 10000 meter Heren

	Naam	Cat	PR	Tijd	Info
13	wt 40 Jan Willem Dijkstra	H45	17:35.40	18:01.48	
	rd 14 Erwin Henskes	H55	18:19.85	18:03.45	PR

Jan Willem Dijkstra

400m	44.94	(44.9)
800m	1:24.93	(40.0)
1200m	2:07.99	(43.1)
1600m	2:51.14	(43.2)
2000m	3:35.96	(44.8)
2400m	4:19.76	(43.8)
2800m	5:04.79	(45.0)
3200m	5:48.51	(43.7)
3600m	6:31.65	(43.1)
4000m	7:13.78	(42.1)
4400m	7:56.35	(42.6)
4800m	8:40.70	(44.4)
5200m	9:26.06	(45.4)
5600m	10:09.84	(43.8)
6000m	10:53.66	(43.8)
6400m	11:36.71	(43.1)
6800m	12:21.12	(44.4)
7200m	13:03.54	(42.4)
7600m	13:47.52	(44.0)
8000m	14:29.48	(42.0)
8400m	15:13.41	(43.9)
8800m	15:58.53	(45.1)
9200m	16:40.89	(42.4)
9600m	17:22.06	(41.2)
10000m	18:01.48	(39.4)

Erwin Henskes

400m	45.84	(45.8)
800m	1:25.30	(39.5)
1200m	2:08.18	(42.9)
1600m	2:52.26	(44.1)
2000m	3:36.95	(44.7)
2400m	4:21.24	(44.3)
2800m	5:05.62	(44.4)
3200m	5:49.31	(43.7)
3600m	6:32.71	(43.4)
4000m	7:15.95	(43.2)
4400m	7:57.91	(42.0)
4800m	8:42.35	(44.4)
5200m	9:27.50	(45.1)
5600m	10:11.61	(44.1)
6000m	10:55.08	(43.5)
6400m	11:37.87	(42.8)
6800m	12:21.97	(44.1)
7200m	13:04.89	(42.9)
7600m	13:48.37	(43.5)
8000m	14:31.21	(42.8)
8400m	15:14.53	(43.3)
8800m	15:59.23	(44.7)
9200m	16:41.21	(42.0)
9600m	17:23.63	(42.4)
10000m	18:03.45	(39.8)

HA074 Baanwedstrijd: Lange afstand spektakel

Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

		Naam	Cat	PR	Tijd	Info
14	gl	36 Jack van Honschoten	H45	17:02.17	16:51.91	PR
	bl	37 Max van Honschoten	HB1		16:58.59	FL

Jack van Honschoten

400m	45.11	(45.1)
800m	1:24.43	(39.3)
1200m	2:04.39	(40.0)
1600m	2:44.94	(40.6)
2000m	3:25.00	(40.1)
2400m	4:03.62	(38.6)
2800m	4:42.64	(39.0)
3200m	5:22.49	(39.9)
3600m	6:03.08	(40.6)
4000m	6:42.74	(39.7)
4400m	7:21.99	(39.3)
4800m	8:03.05	(41.1)
5200m	8:43.59	(40.5)
5600m	9:24.00	(40.4)
6000m	10:05.35	(41.4)
6400m	10:46.90	(41.5)
6800m	11:27.83	(40.9)
7200m	12:08.97	(41.1)
7600m	12:48.83	(39.9)
8000m	13:29.01	(40.2)
8400m	14:09.00	(40.0)
8800m	14:50.22	(41.2)
9200m	15:32.31	(42.1)
9600m	16:12.11	(39.8)
10000m	16:51.91	(39.8)

Max van Honschoten

400m	42.75	(42.8)
800m	1:21.35	(38.6)
1200m	2:00.85	(39.5)
1600m	2:41.82	(41.0)
2000m	3:21.55	(39.7)
2400m	4:01.14	(39.6)
2800m	4:41.21	(40.1)
3200m	5:22.03	(40.8)
3600m	6:01.28	(39.3)
4000m	6:40.54	(39.3)
4400m	7:19.11	(38.6)
4800m	8:13.07	(54.0)
5200m	8:53.85	(40.8)
5600m	9:33.08	(39.2)
6000m	10:13.63	(40.6)
6400m	10:54.54	(40.9)
6800m	11:34.78	(40.2)
7200m	12:15.70	(40.9)
7600m	12:56.06	(40.4)
8000m	13:36.71	(40.7)
8400m	14:16.61	(39.9)
8800m	14:58.36	(41.7)
9200m	15:40.79	(42.4)
9600m	16:19.79	(39.0)
10000m	16:58.59	(38.8)

HA074 Baanwedstrijd: Lange afstand spektakel

Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

		Naam		Cat		PR		Tijd	Info
15	wt	47	David Peyrot		HSB			18:15.77	
	rd	31	Henk v.d. Zwaan		H55			18:18.01	
		David Peyrot			Henk v.d. Zwaan				
		400m	46.02	(46.0)	400m	46.86	(46.9)		
		800m	1:29.25	(43.2)	800m	1:30.56	(43.7)		
		1200m	2:14.37	(45.1)	1200m	2:15.29	(44.7)		
		1600m	2:56.16	(41.8)	1600m	2:59.87	(44.6)		
		2000m	3:39.52	(43.4)	2000m	3:44.22	(44.4)		
		2400m	4:21.17	(41.7)	2400m	4:26.73	(42.5)		
		2800m	5:04.06	(42.9)	2800m	5:08.52	(41.8)		
		3200m	5:47.49	(43.4)	3200m	5:50.56	(42.0)		
		3600m	6:29.73	(42.2)	3600m	6:31.23	(40.7)		
		4000m	7:12.26	(42.5)	4000m	7:12.99	(41.8)		
		4400m	7:56.27	(44.0)	4400m	7:55.80	(42.8)		
		4800m	8:39.39	(43.1)	4800m	8:39.17	(43.4)		
		5200m	9:23.55	(44.2)	5200m	9:23.10	(43.9)		
		5600m	10:07.37	(43.8)	5600m	10:07.84	(44.7)		
		6000m	10:50.98	(43.6)	6000m	10:51.98	(44.1)		
		6400m	11:35.34	(44.4)	6400m	11:35.72	(43.7)		
		6800m	12:19.78	(44.4)	6800m	12:19.94	(44.2)		
		7200m	13:04.93	(45.2)	7200m	13:05.38	(45.4)		
		7600m	13:49.11	(44.2)	7600m	13:50.29	(44.9)		
		8000m	14:33.16	(44.1)	8000m	14:34.40	(44.1)		
		8400m	15:18.49	(45.3)	8400m	15:19.40	(45.0)		
		8800m	16:02.86	(44.4)	8800m	16:03.17	(43.8)		
		9200m	16:47.56	(44.7)	9200m	16:48.77	(45.6)		
		9600m	17:32.50	(44.9)	9600m	17:33.74	(45.0)		
		10000m	18:15.77	(43.3)	10000m	18:18.01	(44.3)		

HA074 Baanwedstrijd: Lange afstand spektakel

Kunstijsbaan Kennemerland - Haarlem

21 februari 2016

		Naam		Cat		PR		Tijd	Info
16	gl	44	Eric Zwart		H40		15:19.44	16:26.49	
	bl	32	Evert Jan van Dijk		HSB		17:09.64	17:26.03	
		Eric Zwart			Evert Jan van Dijk				
		400m	42.59	(42.6)	400m	42.63	(42.6)		
		800m	1:22.09	(39.5)	800m	1:23.44	(40.8)		
		1200m	2:01.52	(39.4)	1200m	2:03.36	(39.9)		
		1600m	2:41.12	(39.6)	1600m	2:43.98	(40.6)		
		2000m	3:20.17	(39.1)	2000m	3:24.22	(40.2)		
		2400m	3:58.97	(38.8)	2400m	4:05.51	(41.3)		
		2800m	4:37.75	(38.8)	2800m	4:46.57	(41.1)		
		3200m	5:17.31	(39.6)	3200m	5:28.82	(42.2)		
		3600m	5:56.62	(39.3)	3600m	6:09.29	(40.5)		
		4000m	6:35.60	(39.0)	4000m	6:50.99	(41.7)		
		4400m	7:14.88	(39.3)	4400m	7:32.70	(41.7)		
		4800m	7:54.93	(40.0)	4800m	8:14.90	(42.2)		
		5200m	8:34.23	(39.3)	5200m	8:57.26	(42.4)		
		5600m	9:14.13	(39.9)	5600m	9:40.51	(43.3)		
		6000m	9:54.24	(40.1)	6000m	10:22.79	(42.3)		
		6400m	10:34.29	(40.0)	6400m	11:03.96	(41.2)		
		6800m	11:13.70	(39.4)	6800m	11:45.54	(41.6)		
		7200m	11:53.10	(39.4)	7200m	12:29.06	(43.5)		
		7600m	12:32.79	(39.7)	7600m	13:12.75	(43.7)		
		8000m	13:13.01	(40.2)	8000m	13:54.61	(41.9)		
		8400m	13:52.02	(39.0)	8400m	14:37.36	(42.7)		
		8800m	14:31.10	(39.1)	8800m	15:20.67	(43.3)		
		9200m	15:09.54	(38.4)	9200m	16:03.31	(42.6)		
		9600m	15:47.91	(38.4)	9600m	16:44.43	(41.1)		
		10000m	16:26.49	(38.6)	10000m	17:26.03	(41.6)		