

HA19 Kraantje Lek - Rabo Holland Cup

Kunstijsbaan Kennemerland - Haarlem

24 en 25 november 2018

4. Rituitslag Dames 3000 meter

		Naam	Cat	PR	Tijd	Info
13	wt	33 Anouk van Westerhoven	DN4	4:40.37	4:45.87	
	rd	23 Amber Siegers	DA2	4:31.47	4:40.24	
		Anouk van Westerhoven				
		200m	22.13 (22.1)			
		600m	57.54 (35.4)			
		1000m	1:33.96 (36.4)			
		1400m	2:11.84 (37.9)			
		1800m	2:49.76 (37.9)			
		2200m	3:28.24 (38.5)			
		2600m	4:07.00 (38.8)			
		3000m	4:45.87 (38.8)			
		Amber Siegers				
		200m	22.70 (22.7)			
		600m	57.97 (35.2)			
		1000m	1:34.44 (36.5)			
		1400m	2:11.15 (36.7)			
		1800m	2:48.06 (36.9)			
		2200m	3:24.83 (36.8)			
		2600m	4:02.17 (37.3)			
		3000m	4:40.24 (38.1)			

		Naam	Cat	PR	Tijd	Info
14	gl					
	bl					
		m				
		m				

		Naam	Cat	PR	Tijd	Info
15	wt	21 Eva Olde Hampsink	DA2	4:44.47	4:50.35	
	rd	22 Brit Qualm	DA1	4:33.02	4:37.41	
		Eva Olde Hampsink				
		200m	22.31 (22.3)			
		600m	57.61 (35.3)			
		1000m	1:34.49 (36.8)			
		1400m	2:12.41 (38.0)			
		1800m	2:51.07 (38.6)			
		2200m	3:30.74 (39.7)			
		2600m	4:10.42 (39.7)			
		3000m	4:50.35 (39.9)			
		Brit Qualm				
		200m	21.92 (21.9)			
		600m	56.23 (34.3)			
		1000m	1:32.14 (35.9)			
		1400m	2:08.66 (36.5)			
		1800m	2:45.86 (37.2)			
		2200m	3:23.10 (37.3)			
		2600m	4:00.58 (37.4)			
		3000m	4:37.41 (36.9)			

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		Naam			Cat	PR	Tijd	Info
16	gl	17	Robin van Leeuwen		DN3	4:25.85	4:41.60	
	bl	42	Renata Velthuisen		DSA	4:42.87	4:57.33	
		Robin van Leeuwen			Renata Velthuisen			
		200m	22.70	(22.7)	200m	22.60	(22.6)	
		600m	58.46	(35.7)	600m	58.46	(35.8)	
		1000m	1:34.70	(36.3)	1000m	1:36.41	(38.0)	
		1400m	2:11.23	(36.5)	1400m	2:14.78	(38.3)	
		1800m	2:47.80	(36.6)	1800m	2:53.98	(39.2)	
		2200m	3:25.05	(37.2)	2200m	3:34.31	(40.4)	
		2600m	4:02.81	(37.8)	2600m	4:15.69	(41.3)	
		3000m	4:41.60	(38.8)	3000m	4:57.33	(41.7)	

		Naam			Cat	PR	Tijd	Info
17	wt	41	Romy de Jong		DA1	4:45.82	4:55.40	
	rd	1	Ruth Balvert		DA1	4:36.28	4:58.01	
		Romy de Jong			Ruth Balvert			
		200m	22.32	(22.3)	200m	22.19	(22.1)	
		600m	58.37	(36.0)	600m	58.01	(35.9)	
		1000m	1:35.11	(36.8)	1000m	1:35.83	(37.8)	
		1400m	2:13.83	(38.7)	1400m	2:14.65	(38.8)	
		1800m	2:52.76	(38.9)	1800m	2:54.53	(39.9)	
		2200m	3:32.74	(40.0)	2200m	3:35.17	(40.6)	
		2600m	4:13.51	(40.8)	2600m	4:16.40	(41.3)	
		3000m	4:55.40	(41.9)	3000m	4:58.01	(41.6)	

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		Naam			Cat			PR	Tijd	Info
18	gl	8	Jitte Gjaltema		DN2			4:47.24	4:49.52	
	bl	32	Naomi van der Werf		DN1			4:31.08	4:43.79	
		<u>Jitte Gjaltema</u>			<u>Naomi van der Werf</u>					
		200m	21.57	(21.5)	200m	21.61	(21.6)			
		600m	58.04	(36.5)	600m	56.33	(34.7)			
		1000m	1:35.22	(37.2)	1000m	1:32.24	(35.9)			
		1400m	2:13.02	(37.8)	1400m	2:09.52	(37.3)			
		1800m	2:51.13	(38.1)	1800m	2:47.46	(37.9)			
		2200m	3:30.10	(39.0)	2200m	3:25.91	(38.5)			
		2600m	4:09.52	(39.4)	2600m	4:05.08	(39.1)			
		3000m	4:49.52	(40.0)	3000m	4:43.79	(38.7)			

		Naam			Cat			PR	Tijd	Info
19	wt	27	Eva van Til		DA2			4:24.89	4:38.37	
	rd	6	Sandra Dekker		DN1			4:22.52	4:35.25	
		<u>Eva van Til</u>			<u>Sandra Dekker</u>					
		200m	21.82	(21.8)	200m	21.83	(21.8)			
		600m	56.06	(34.2)	600m	56.09	(34.2)			
		1000m	1:30.74	(34.7)	1000m	1:30.63	(34.6)			
		1400m	2:06.77	(36.0)	1400m	2:05.53	(34.9)			
		1800m	2:43.81	(37.1)	1800m	2:41.70	(36.2)			
		2200m	3:21.67	(37.8)	2200m	3:18.47	(36.7)			
		2600m	3:59.88	(38.2)	2600m	3:56.43	(38.0)			
		3000m	4:38.37	(38.5)	3000m	4:35.25	(38.8)			

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		Naam		Cat		PR		Tijd	Info
20	gl	18	Femke Markus		DN3			4:11.60	4:25.87
	bl	30	Eline van Voorden		DA1			4:24.45	4:32.99
		Femke Markus			Eline van Voorden				
		200m	21.16	(21.1)			200m	21.15	(21.1)
		600m	54.89	(33.7)			600m	54.73	(33.6)
		1000m	1:29.37	(34.5)			1000m	1:29.93	(35.2)
		1400m	2:03.37	(34.0)			1400m	2:05.54	(35.6)
		1800m	2:37.78	(34.4)			1800m	2:41.86	(36.3)
		2200m	3:13.34	(35.6)			2200m	3:18.59	(36.7)
		2600m	3:49.75	(36.4)			2600m	3:55.73	(37.2)
		3000m	4:25.87	(36.1)			3000m	4:32.99	(37.2)

		Naam		Cat		PR		Tijd	Info
21	wt	24	Marit Steunenberg		DN2			4:25.47	4:41.61
	rd	20	Muriël Meijer		DN1			4:23.43	4:36.00
		Marit Steunenberg			Muriël Meijer				
		200m	21.59	(21.5)			200m	21.50	(21.5)
		600m	55.58	(34.0)			600m	55.30	(33.8)
		1000m	1:30.34	(34.8)			1000m	1:30.04	(34.7)
		1400m	2:06.61	(36.3)			1400m	2:05.40	(35.4)
		1800m	2:43.55	(36.9)			1800m	2:41.91	(36.5)
		2200m	3:21.66	(38.1)			2200m	3:19.22	(37.3)
		2600m	4:01.24	(39.6)			2600m	3:57.74	(38.5)
		3000m	4:41.61	(40.4)			3000m	4:36.00	(38.3)

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		Naam		Cat		PR		Tijd	Info
22	gl	16	Esther Kiel		DN3		4:12.07	4:20.70	
	bl	13	Sanne in 't Hof		DN2		4:13.07	4:19.82	
		Esther Kiel				Sanne in 't Hof			
		200m	20.55	(20.5)		200m	20.90	(20.9)	
		600m	53.86	(33.3)		600m	53.15	(32.2)	
		1000m	1:27.33	(33.5)		1000m	1:26.70	(33.6)	
		1400m	2:01.58	(34.2)		1400m	2:00.68	(33.9)	
		1800m	2:35.57	(34.0)		1800m	2:35.15	(34.5)	
		2200m	3:10.20	(34.7)		2200m	3:09.56	(34.4)	
		2600m	3:45.39	(35.1)		2600m	3:44.58	(35.0)	
		3000m	4:20.70	(35.4)		3000m	4:19.82	(35.3)	

		Naam		Cat		PR		Tijd	Info
23	wt	2	Roza Blokker		DSA		4:09.60	4:19.08	
	rd	12	Aveline Hijlkema		DN4		4:14.94	4:24.83	
		Roza Blokker				Aveline Hijlkema			
		200m	21.40	(21.4)		200m	21.20	(21.2)	
		600m	55.00	(33.6)		600m	55.15	(33.9)	
		1000m	1:28.84	(33.8)		1000m	1:29.12	(34.0)	
		1400m	2:02.62	(33.8)		1400m	2:03.09	(33.9)	
		1800m	2:36.23	(33.6)		1800m	2:37.51	(34.5)	
		2200m	3:10.23	(34.0)		2200m	3:12.60	(35.1)	
		2600m	3:44.47	(34.2)		2600m	3:48.48	(35.8)	
		3000m	4:19.08	(34.6)		3000m	4:24.83	(36.4)	

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		Naam		Cat		PR		Tijd	Info
24	gl	10	Roxanne van Hemert		DSA			4:12.35	4:26.06
	bl	39	Carlijn Achtereekte		DSA			3:58.63	4:15.70
		Roxanne van Hemert				Carlijn Achtereekte			
		200m	20.34	(20.3)		200m	21.05	(21.0)	
		600m	53.35	(33.0)		600m	53.50	(32.5)	
		1000m	1:27.04	(33.7)		1000m	1:26.61	(33.1)	
		1400m	2:01.55	(34.5)		1400m	1:59.77	(33.1)	
		1800m	2:36.58	(35.0)		1800m	2:33.34	(33.6)	
		2200m	3:12.44	(35.9)		2200m	3:07.09	(33.7)	
		2600m	3:48.88	(36.4)		2600m	3:41.59	(34.5)	
		3000m	4:26.06	(37.2)		3000m	4:15.70	(34.2)	