

Rabo Holland Cup 2 / Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

23 en 24 november 2019

4. Rituitslag Dames 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	16	Madelief de Jong		DN1		4:35.12	4:47.34	
	rd	53	Evelieke Kool		DA2		4:40.50	4:52.95	

Madelief de Jong

200m	21.54	(21.54)
600m	57.65	(36.11)
1000m	1:35.50	(37.85)
1400m	2:13.65	(38.15)
1800m	2:52.39	(38.74)
2200m	3:31.31	(38.92)
2600m	4:09.58	(38.27)
3000m	4:47.34	(37.76)

Evelieke Kool

200m	21.99	(21.99)
600m	57.76	(35.77)
1000m	1:35.53	(37.77)
1400m	2:13.75	(38.22)
1800m	2:52.85	(39.10)
2200m	3:32.12	(39.27)
2600m	4:12.20	(40.08)
3000m	4:52.95	(40.75)

		Naam		Cat		PR		Tijd	Info
2	gl	3	Ruth Balvert		DA2		4:36.28	5:00.73	
	bl	24	Kayleigh ter Laak		DA1		4:34.80	4:44.90	

Ruth Balvert

200m	22.14	(22.14)
600m	58.70	(36.56)
1000m	1:36.50	(37.80)
1400m	2:15.38	(38.88)
1800m	2:55.37	(39.99)
2200m	3:36.14	(40.77)
2600m	4:17.98	(41.84)
3000m	5:00.73	(42.75)

Kayleigh ter Laak

200m	22.27	(22.27)
600m	58.29	(36.02)
1000m	1:35.58	(37.29)
1400m	2:13.48	(37.90)
1800m	2:51.05	(37.57)
2200m	3:29.13	(38.08)
2600m	4:07.21	(38.08)
3000m	4:44.90	(37.69)

Rabo Holland Cup 2 / Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

23 en 24 november 2019

		Naam			Cat			PR	Tijd	Info
3	wt	11	Jitte Gjaltema		DN3			4:47.24	4:53.14	
	rd	41	Eva van Til		DN1			4:24.89	4:38.55	
		Jitte Gjaltema				Eva van Til				
		200m	22.11	(22.11)	200m	21.75	(21.75)			
		600m	58.35	(36.24)	600m	56.29	(34.54)			
		1000m	1:35.96	(37.61)	1000m	1:32.30	(36.01)			
		1400m	2:14.50	(38.54)	1400m	2:08.86	(36.56)			
		1800m	2:53.47	(38.97)	1800m	2:45.58	(36.72)			
		2200m	3:32.81	(39.34)	2200m	3:22.69	(37.11)			
		2600m	4:12.43	(39.62)	2600m	4:00.23	(37.54)			
		3000m	4:53.14	(40.71)	3000m	4:38.55	(38.32)			

		Naam			Cat			PR	Tijd	Info
4	gl	37	Marjolein van der Steen		DSA			4:38.70	5:04.38	
	bl	15	Eline Jansen		DA1			4:18.86	4:33.11	
		Marjolein van der Steen				Eline Jansen				
		200m	22.11	(22.11)	200m	21.88	(21.88)			
		600m	58.15	(36.04)	600m	55.78	(33.90)			
		1000m	1:36.43	(38.28)	1000m	1:30.41	(34.63)			
		1400m	2:16.25	(39.82)	1400m	2:05.92	(35.51)			
		1800m	2:57.35	(41.10)	1800m	2:42.15	(36.23)			
		2200m	3:39.59	(42.24)	2200m	3:18.62	(36.47)			
		2600m	4:21.94	(42.35)	2600m	3:55.62	(37.00)			
		3000m	5:04.38	(42.44)	3000m	4:33.11	(37.49)			

Rabo Holland Cup 2 / Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

23 en 24 november 2019

		Naam			Cat			PR	Tijd	Info
5	wt	18	Sterre Jonkers		DN2			4:07.69	4:31.43	
	rd	52	Nikki van der Zee		DN2			4:34.97	4:43.87	
		Sterre Jonkers				Nikki van der Zee				
		200m	22.11	(22.11)	200m	22.64	(22.64)			
		600m	56.98	(34.87)	600m	59.72	(37.08)			
		1000m	1:32.02	(35.04)	1000m	1:36.99	(37.27)			
		1400m	2:07.25	(35.23)	1400m	2:14.31	(37.32)			
		1800m	2:42.76	(35.51)	1800m	2:51.89	(37.58)			
		2200m	3:18.66	(35.90)	2200m	3:29.18	(37.29)			
		2600m	3:54.90	(36.24)	2600m	4:06.74	(37.56)			
		3000m	4:31.43	(36.53)	3000m	4:43.87	(37.13)			

		Naam			Cat			PR	Tijd	Info
6	gl	6	Britt de Boer		DN2			4:36.33	4:40.58	
	bl	30	Famke Minnee		DA1			4:31.76	4:36.64	
		Britt de Boer				Famke Minnee				
		200m	21.43	(21.43)	200m	21.69	(21.69)			
		600m	55.54	(34.11)	600m	55.64	(33.95)			
		1000m	1:30.74	(35.20)	1000m	1:31.32	(35.68)			
		1400m	2:07.55	(36.81)	1400m	2:07.85	(36.53)			
		1800m	2:44.97	(37.42)	1800m	2:44.68	(36.83)			
		2200m	3:23.15	(38.18)	2200m	3:22.53	(37.85)			
		2600m	4:01.67	(38.52)	2600m	4:00.01	(37.48)			
		3000m	4:40.58	(38.91)	3000m	4:36.64	(36.63)			

Rabo Holland Cup 2 / Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

23 en 24 november 2019

		Naam		Cat		PR		Tijd	Info
7	wt	50	Naomi van der Werf		DN2			4:20.69	4:30.21
	rd	46	Eline van Voorden		DA2			4:20.75	4:31.40
		Naomi van der Werf			Eline van Voorden				
		200m	21.45	(21.45)	200m	21.69	(21.69)		
		600m	55.10	(33.65)	600m	55.76	(34.07)		
		1000m	1:28.91	(33.81)	1000m	1:30.53	(34.77)		
		1400m	2:03.76	(34.85)	1400m	2:06.13	(35.60)		
		1800m	2:39.51	(35.75)	1800m	2:41.91	(35.78)		
		2200m	3:15.89	(36.38)	2200m	3:18.00	(36.09)		
		2600m	3:52.75	(36.86)	2600m	3:54.53	(36.53)		
		3000m	4:30.21	(37.46)	3000m	4:31.40	(36.87)		

		Naam		Cat		PR		Tijd	Info
8	gl	29	Muriël Meijer		DN2			4:21.78	4:32.70
	bl	40	Kim Talsma		DA2			4:16.02	4:31.86
		Muriël Meijer			Kim Talsma				
		200m	21.63	(21.63)	200m	22.29	(22.29)		
		600m	56.26	(34.63)	600m	57.48	(35.19)		
		1000m	1:31.72	(35.46)	1000m	1:33.47	(35.99)		
		1400m	2:07.59	(35.87)	1400m	2:09.29	(35.82)		
		1800m	2:43.45	(35.86)	1800m	2:45.06	(35.77)		
		2200m	3:19.89	(36.44)	2200m	3:20.63	(35.57)		
		2600m	3:56.30	(36.41)	2600m	3:56.55	(35.92)		
		3000m	4:32.70	(36.40)	3000m	4:31.86	(35.31)		

Rabo Holland Cup 2 / Kraantje Lek

Kunstijsbaan Kennemerland - Haarlem

23 en 24 november 2019

		Naam			Cat			PR	Tijd	Info
9	wt	43	Paulien Verhaar		DN1			4:16.84	4:23.29	
	rd	13	Aveline Hijlkema		DSA			4:08.57	4:25.11	
		Paulien Verhaar			Aveline Hijlkema					
		200m	20.98	(20.98)	200m	21.30	(21.30)			
		600m	55.66	(34.68)	600m	55.17	(33.87)			
		1000m	1:29.89	(34.23)	1000m	1:29.55	(34.38)			
		1400m	2:04.36	(34.47)	1400m	2:04.12	(34.57)			
		1800m	2:38.66	(34.30)	1800m	2:38.52	(34.40)			
		2200m	3:12.89	(34.23)	2200m	3:13.29	(34.77)			
		2600m	3:47.67	(34.78)	2600m	3:48.62	(35.33)			
		3000m	4:23.29	(35.62)	3000m	4:25.11	(36.49)			

		Naam			Cat			PR	Tijd	Info
10	gl	21	Esther Kiel		DN4			4:07.88	4:21.35	
	bl	5	Roza Blokker		DSA			4:06.21	4:19.42	
		Esther Kiel			Roza Blokker					
		200m	20.81	(20.81)	200m	21.42	(21.42)			
		600m	53.97	(33.16)	600m	54.82	(33.40)			
		1000m	1:27.75	(33.78)	1000m	1:28.95	(34.13)			
		1400m	2:01.98	(34.23)	1400m	2:02.65	(33.70)			
		1800m	2:36.52	(34.54)	1800m	2:36.38	(33.73)			
		2200m	3:11.20	(34.68)	2200m	3:10.25	(33.87)			
		2600m	3:46.38	(35.18)	2600m	3:44.62	(34.37)			
		3000m	4:21.35	(34.97)	3000m	4:19.42	(34.80)			