

# Holland Cup 2d / Kraantje Lek

IJsbaan Haarlem - Haarlem

12 en 13 november 2022

## 4. Rituitslag Dames 3000 meter

	Naam	Cat	PR	Tijd Info	
1	wt rd	16 <b>Eline Jansen</b>	DN2	4:15.81	<b>4:27.36</b>

### Eline Jansen

200m	21.40	(21.40)	m
600m	55.36	(33.96)	
1000m	1:30.74	(35.38)	
1400m	2:05.89	(35.15)	
1800m	2:40.97	(35.08)	
2200m	3:16.19	(35.22)	
2600m	3:51.64	(35.45)	
3000m	4:27.36	(35.72)	

	Naam	Cat	PR	Tijd Info	
2	gl bl	54 <b>Quinty van Klink</b>	DN3	4:35.51	<b>4:45.94</b>

### Quinty van Klink

200m	21.99	(21.99)	m
600m	56.83	(34.84)	
1000m	1:33.47	(36.64)	
1400m	2:10.93	(37.46)	
1800m	2:48.92	(37.99)	
2200m	3:27.48	(38.56)	
2600m	4:06.44	(38.96)	
3000m	4:45.94	(39.50)	

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		Naam		Cat		PR		Tijd	Info
3	wt	55	<b>Mayke Koster</b>		DN2		4:32.40	<b>4:51.24</b>	
	rd	2	<b>Fenna de Boer</b>		DN1		4:35.90	<b>4:55.89</b>	HT
		<b>Mayke Koster</b>				<b>Fenna de Boer</b>			
		200m	23.01	(23.01)		200m	23.40	(23.40)	
		600m	1:00.45	(37.44)		600m	1:02.24	(38.84)	
		1000m	1:38.17	(37.72)		1000m	1:41.54	(39.30)	
		1400m	2:16.10	(37.93)		1400m	2:20.05	(38.51)	
		1800m	2:54.46	(38.36)		1800m	2:58.67	(38.62)	
		2200m	3:33.15	(38.69)		2200m	3:37.76	(39.09)	
		2600m	4:11.63	(38.48)		2600m	4:17.10	(39.34)	
		3000m	4:51.24	(39.61)		3000m	4:55.89	(38.79)	

		Naam		Cat		PR		Tijd	Info
4	gl	56	<b>Tosca Mulder</b>		DA2		4:37.20	<b>4:51.68</b>	
	bl	49	<b>Nyncke Dijkstra</b>		DN1		4:28.59	<b>4:37.28</b>	
		<b>Tosca Mulder</b>				<b>Nyncke Dijkstra</b>			
		200m	21.76	(21.76)		200m	22.21	(22.21)	
		600m	57.39	(35.63)		600m	57.46	(35.25)	
		1000m	1:34.35	(36.96)		1000m	1:33.67	(36.21)	
		1400m	2:11.92	(37.57)		1400m	2:10.03	(36.36)	
		1800m	2:50.89	(38.97)		1800m	2:46.48	(36.45)	
		2200m	3:30.84	(39.95)		2200m	3:23.00	(36.52)	
		2600m	4:11.10	(40.26)		2600m	4:00.02	(37.02)	
		3000m	4:51.68	(40.58)		3000m	4:37.28	(37.26)	



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		Naam		Cat		PR	Tijd	Info
5	wt	17	<b>Sterre Jonkers</b>		DSA		4:07.69	<b>4:33.97</b>
	rd	33	<b>Liotte Smits</b>		DN3		4:27.32	<b>4:38.83</b>
		<b>Sterre Jonkers</b>			<b>Liotte Smits</b>			
		200m	21.99	(21.99)	200m	22.06	(22.06)	
		600m	55.92	(33.93)	600m	56.98	(34.92)	
		1000m	1:30.84	(34.92)	1000m	1:32.67	(35.69)	
		1400m	2:06.40	(35.56)	1400m	2:09.03	(36.36)	
		1800m	2:42.23	(35.83)	1800m	2:45.68	(36.65)	
		2200m	3:18.66	(36.43)	2200m	3:22.84	(37.16)	
		2600m	3:55.94	(37.28)	2600m	4:00.48	(37.64)	
		3000m	4:33.97	(38.03)	3000m	4:38.83	(38.35)	

		Naam		Cat		PR	Tijd	Info
6	gl	52	<b>Silke Hijma</b>		DA2		4:38.26	<b>4:45.73</b>
	bl	36	<b>Lidia Tempert</b>		DN3		4:23.86	<b>4:33.91</b>
		<b>Silke Hijma</b>			<b>Lidia Tempert</b>			
		200m	21.48	(21.48)	200m	21.51	(21.51)	
		600m	56.44	(34.96)	600m	56.33	(34.82)	
		1000m	1:32.11	(35.67)	1000m	1:32.11	(35.78)	
		1400m	2:08.72	(36.61)	1400m	2:07.94	(35.83)	
		1800m	2:45.79	(37.07)	1800m	2:44.03	(36.09)	
		2200m	3:24.25	(38.46)	2200m	3:20.30	(36.27)	
		2600m	4:04.15	(39.90)	2600m	3:56.84	(36.54)	
		3000m	4:45.73	(41.58)	3000m	4:33.91	(37.07)	

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		Naam			Cat			PR	Tijd	Info
7	wt	40	<b>Evelien Vijn</b>		DN1			4:03.76	<b>4:26.67</b>	
	rd	25	<b>Lisan van der Linde</b>		DN1			4:33.69	<b>4:39.93</b>	
		<b>Evelien Vijn</b>						<b>Lisan van der Linde</b>		
		200m	21.22	(21.22)	200m	21.84	(21.84)			
		600m	54.82	(33.60)	600m	55.17	(33.33)			
		1000m	1:29.04	(34.22)	1000m	1:30.10	(34.93)			
		1400m	2:04.13	(35.09)	1400m	2:06.00	(35.90)			
		1800m	2:39.41	(35.28)	1800m	2:43.19	(37.19)			
		2200m	3:14.83	(35.42)	2200m	3:21.54	(38.35)			
		2600m	3:50.69	(35.86)	2600m	4:00.62	(39.08)			
		3000m	4:26.67	(35.98)	3000m	4:39.93	(39.31)			

		Naam			Cat			PR	Tijd	Info
8	gl	44	<b>Sanne Westra</b>		DN1			4:27.29	<b>4:44.90</b>	
	bl	21	<b>Patricia Koot</b>		DA1			4:23.37	<b>4:33.83</b>	
		<b>Sanne Westra</b>						<b>Patricia Koot</b>		
		200m	21.42	(21.42)	200m	21.02	(21.02)			
		600m	54.96	(33.54)	600m	54.71	(33.69)			
		1000m	1:30.24	(35.28)	1000m	1:30.33	(35.62)			
		1400m	2:07.51	(37.27)	1400m	2:06.27	(35.94)			
		1800m	2:46.60	(39.09)	1800m	2:42.77	(36.50)			
		2200m	3:25.94	(39.34)	2200m	3:19.64	(36.87)			
		2600m	4:05.41	(39.47)	2600m	3:56.75	(37.11)			
		3000m	4:44.90	(39.49)	3000m	4:33.83	(37.08)			

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		Naam		Cat		PR		Tijd	Info
9	wt	27	<b>Amy van der Meer</b>		DN2			4:31.77	<b>4:41.86</b>
	rd	43	<b>Naomi van der Werf</b>		DSA			4:16.33	<b>4:28.57</b>
			<b>Amy van der Meer</b>				<b>Naomi van der Werf</b>		
			200m	21.13	(21.13)	200m			21.23 (21.23)
			600m	57.18	(36.05)	600m			55.99 (34.76)
			1000m	1:33.56	(36.38)	1000m			1:30.77 (34.78)
			1400m	2:10.27	(36.71)	1400m			2:05.60 (34.83)
			1800m	2:47.39	(37.12)	1800m			2:40.83 (35.23)
			2200m	3:25.23	(37.84)	2200m			3:16.61 (35.78)
			2600m	4:03.43	(38.20)	2600m			3:52.61 (36.00)
			3000m	4:41.86	(38.43)	3000m			4:28.57 (35.96)

		Naam		Cat		PR		Tijd	Info
10	gl	35	<b>Kim Talsma</b>		DN3			4:13.49	<b>4:31.26</b>
	bl	6	<b>Roméé Ebbinge</b>		DSA			4:28.50	<b>4:39.37</b>
			<b>Kim Talsma</b>				<b>Roméé Ebbinge</b>		
			200m	21.36	(21.36)	200m			22.21 (22.21)
			600m	56.22	(34.86)	600m			57.87 (35.66)
			1000m	1:32.04	(35.82)	1000m			1:34.86 (36.99)
			1400m	2:07.89	(35.85)	1400m			2:11.61 (36.75)
			1800m	2:43.82	(35.93)	1800m			2:48.13 (36.52)
			2200m	3:19.17	(35.35)	2200m			3:24.61 (36.48)
			2600m	3:55.03	(35.86)	2600m			4:01.69 (37.08)
			3000m	4:31.26	(36.23)	3000m			4:39.37 (37.68)

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		Naam			Cat			PR	Tijd	Info
11	wt	38	Paulien Verhaar		DN4			4:12.07	<b>4:28.42</b>	
	rd	41	Ju-Lin de Visser		DN3			4:45.73	<b>4:39.28</b>	PR
		Paulien Verhaar			Ju-Lin de Visser					
		200m	20.78	(20.78)	200m	21.13	(21.13)			
		600m	54.33	(33.55)	600m	53.76	(32.63)			
		1000m	1:28.69	(34.36)	1000m	1:29.98	(36.22)			
		1400m	2:03.95	(35.26)	1400m	2:07.57	(37.59)			
		1800m	2:39.35	(35.40)	1800m	2:45.65	(38.08)			
		2200m	3:15.47	(36.12)	2200m	3:23.88	(38.23)			
		2600m	3:51.90	(36.43)	2600m	4:01.71	(37.83)			
		3000m	4:28.42	(36.52)	3000m	4:39.28	(37.57)			

		Naam			Cat			PR	Tijd	Info
12	gl	19	Esther Kiel		DSA			4:07.88	<b>4:14.88</b>	
	bl	12	Aveline Hijlkema		DSA			4:06.70	<b>4:21.92</b>	HT
		Esther Kiel			Aveline Hijlkema					
		200m	20.52	(20.52)	200m	20.93	(20.93)			
		600m	52.87	(32.35)	600m	54.30	(33.37)			
		1000m	1:25.80	(32.93)	1000m	1:28.04	(33.74)			
		1400m	1:59.15	(33.35)	1400m	2:01.54	(33.50)			
		1800m	2:32.52	(33.37)	1800m	2:35.59	(34.05)			
		2200m	3:06.31	(33.79)	2200m	3:10.42	(34.83)			
		2600m	3:40.41	(34.10)	2600m	3:45.69	(35.27)			
		3000m	4:14.88	(34.47)	3000m	4:21.92	(36.23)			

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		Naam			Cat			PR	Tijd	Info
13	wt	45	<b>Melissa Wijffe</b>		DSA			4:01.07	<b>4:17.00</b>	
	rd	10	<b>Robin Groot</b>		DN3			4:05.93	<b>4:20.57</b>	
		<b>Melissa Wijffe</b>			<b>Robin Groot</b>					
		200m	20.72	(20.72)	200m	21.11	(21.11)			
		600m	53.67	(32.95)	600m	54.90	(33.79)			
		1000m	1:26.91	(33.24)	1000m	1:29.07	(34.17)			
		1400m	2:00.23	(33.32)	1400m	2:02.77	(33.70)			
		1800m	2:33.74	(33.51)	1800m	2:36.76	(33.99)			
		2200m	3:07.20	(33.46)	2200m	3:10.93	(34.17)			
		2600m	3:41.23	(34.03)	2600m	3:45.56	(34.63)			
		3000m	4:17.00	(35.77)	3000m	4:20.57	(35.01)			

		Naam			Cat			PR	Tijd	Info
14	gl	5	<b>Elisa Dul</b>		DSA			4:08.24	<b>4:15.22</b>	
	bl	3	<b>Myrthe de Boer</b>		DN2			4:14.78	<b>4:23.33</b>	
		<b>Elisa Dul</b>			<b>Myrthe de Boer</b>					
		200m	20.24	(20.24)	200m	20.59	(20.59)			
		600m	53.07	(32.83)	600m	53.90	(33.31)			
		1000m	1:26.54	(33.47)	1000m	1:27.70	(33.80)			
		1400m	2:00.17	(33.63)	1400m	2:02.12	(34.42)			
		1800m	2:33.65	(33.48)	1800m	2:36.83	(34.71)			
		2200m	3:07.28	(33.63)	2200m	3:11.63	(34.80)			
		2600m	3:41.15	(33.87)	2600m	3:47.01	(35.38)			
		3000m	4:15.22	(34.07)	3000m	4:23.33	(36.32)			