

Kraantje Lek/HC 1 allround

Kunstijsbaan Kennemerland - Haarlem

28 en 29 november 2015

4. Rituitslag Dames 3000 meter

		Naam	Cat	PR	Tijd	Info
13	wt rd	44 Lisette de Jong	DSA	4:28.36	4:48.12	

Lisette de Jong

200m	23.51	(23.5)	m
600m	58.95	(35.4)	
1000m	1:35.32	(36.4)	
1400m	2:12.82	(37.5)	
1800m	2:51.47	(38.7)	
2200m	3:30.73	(39.3)	
2600m	4:09.03	(38.3)	
3000m	4:48.12	(39.1)	

		Naam	Cat	PR	Tijd	Info
14	gl bl					

		Naam	Cat	PR	Tijd	Info
15	wt rd	46 Danielle Ootes	DA2	4:30.97	4:53.60	
		27 Maaïke Koomen	DN2	4:27.74	4:52.59	
		Danielle Ootes				
		200m	23.52	(23.5)		
		600m	1:01.18	(37.7)		
		1000m	1:39.48	(38.3)		
		1400m	2:18.21	(38.7)		
		1800m	2:56.32	(38.1)		
		2200m	3:35.69	(39.4)		
		2600m	4:14.50	(38.8)		
		3000m	4:53.60	(39.1)		
		Maaïke Koomen				
		200m	23.40	(23.4)		
		600m	58.48	(35.1)		
		1000m	1:36.30	(37.8)		
		1400m	2:15.12	(38.8)		
		1800m	2:53.91	(38.8)		
		2200m	3:33.96	(40.1)		
		2600m	4:13.62	(39.7)		
		3000m	4:52.59	(39.0)		

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		Naam		Cat		PR		Tijd	Info
16	gl	26	Linda Koomen		DN2			4:27.23	4:51.10
	bl	15	Simone Warmerdam		DA1			4:28.75	4:42.14
			Linda Koomen				Simone Warmerdam		
			200m	22.45	(22.5)	200m			23.18 (23.2)
			600m	58.69	(36.2)	600m			58.14 (35.0)
			1000m	1:36.23	(37.5)	1000m			1:34.47 (36.3)
			1400m	2:14.92	(38.7)	1400m			2:10.99 (36.5)
			1800m	2:53.44	(38.5)	1800m			2:47.73 (36.7)
			2200m	3:32.28	(38.8)	2200m			3:25.83 (38.1)
			2600m	4:11.97	(39.7)	2600m			4:04.43 (38.6)
			3000m	4:51.10	(39.1)	3000m			4:42.14 (37.7)

		Naam		Cat		PR		Tijd	Info
17	wt	10	Inge Mostert		DN1			4:28.45	4:42.57
	rd	36	Monica Tuijp		DA2			4:31.55	4:49.44
			Inge Mostert				Monica Tuijp		
			200m	21.52	(21.5)	200m			22.74 (22.7)
			600m	56.10	(34.6)	600m			59.26 (36.5)
			1000m	1:32.69	(36.6)	1000m			1:37.77 (38.5)
			1400m	2:09.77	(37.1)	1400m			2:15.29 (37.5)
			1800m	2:46.07	(36.3)	1800m			2:53.38 (38.1)
			2200m	3:25.02	(39.0)	2200m			3:31.47 (38.1)
			2600m	4:03.98	(39.0)	2600m			4:10.21 (38.7)
			3000m	4:42.57	(38.6)	3000m			4:49.44 (39.2)

		Naam		Cat		PR		Tijd	Info
18	gl	2	Ineke Dedden		DN3			4:15.82	4:36.37
	bl	25	Willemijn Cnossen		DN1			4:23.34	4:43.82
			Ineke Dedden				Willemijn Cnossen		
			200m	22.06	(22.1)	200m			23.13 (23.1)
			600m	56.46	(34.4)	600m			58.08 (35.0)
			1000m	1:31.57	(35.1)	1000m			1:34.38 (36.3)
			1400m	2:07.44	(35.9)	1400m			2:10.19 (35.8)
			1800m	2:44.83	(37.4)	1800m			2:48.53 (38.3)
			2200m	3:22.13	(37.3)	2200m			3:26.78 (38.3)
			2600m	3:59.49	(37.4)	2600m			4:04.99 (38.2)
			3000m	4:36.37	(36.9)	3000m			4:43.82 (38.8)

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		Naam			Cat			PR	Tijd	Info
19	wt	37	Annemarie Boer		DN3			4:23.62	4:46.47	
	rd	12	Natasja Roest		DN3			4:25.53	4:53.84	
		Annemarie Boer			Natasja Roest					
		200m	22.68	(22.7)	200m	22.91	(22.9)			
		600m	58.81	(36.1)	600m	58.86	(36.0)			
		1000m	1:34.99	(36.2)	1000m	1:36.55	(37.7)			
		1400m	2:12.67	(37.7)	1400m	2:14.43	(37.9)			
		1800m	2:50.15	(37.5)	1800m	2:53.23	(38.8)			
		2200m	3:28.35	(38.2)	2200m	3:32.46	(39.2)			
		2600m	4:07.26	(38.9)	2600m	4:13.31	(40.9)			
		3000m	4:46.47	(39.2)	3000m	4:53.84	(40.5)			

		Naam			Cat			PR	Tijd	Info
20	gl	22	Kelly Eijsink		DN2			4:32.94	4:50.21	
	bl	43	Steffi Wubben		DN2			4:33.55	4:59.61	
		Kelly Eijsink			Steffi Wubben					
		200m	23.02	(23.0)	200m	22.59	(22.6)			
		600m	59.92	(36.9)	600m	1:00.43	(37.8)			
		1000m	1:37.22	(37.3)	1000m	1:39.43	(39.0)			
		1400m	2:14.31	(37.1)	1400m	2:18.20	(38.8)			
		1800m	2:52.53	(38.2)	1800m	2:58.93	(40.7)			
		2200m	3:31.10	(38.6)	2200m	3:39.46	(40.5)			
		2600m	4:09.96	(38.9)	2600m	4:19.96	(40.5)			
		3000m	4:50.21	(40.3)	3000m	4:59.61	(39.7)			

		Naam			Cat			PR	Tijd	Info
21	wt	16	Miranda Dekker		DSA			4:14.91	4:41.15	
	rd	8	Femke Markus		DA2			4:24.59	4:41.27	
		Miranda Dekker			Femke Markus					
		200m	22.36	(22.4)	200m	22.40	(22.4)			
		600m	57.17	(34.8)	600m	57.23	(34.8)			
		1000m	1:33.33	(36.2)	1000m	1:34.77	(37.5)			
		1400m	2:10.88	(37.6)	1400m	2:12.14	(37.4)			
		1800m	2:48.44	(37.6)	1800m	2:49.72	(37.6)			
		2200m	3:26.41	(38.0)	2200m	3:27.37	(37.7)			
		2600m	4:04.00	(37.6)	2600m	4:05.08	(37.7)			
		3000m	4:41.15	(37.2)	3000m	4:41.27	(36.2)			

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		Naam		Cat		PR		Tijd	Info
22	gl	11	Julia Berentschot		DN3			4:20.29	DNF
	bl	18	Sanne van der Schaar		DN4			4:18.12	4:37.02
		<u>Julia Berentschot</u>			<u>Sanne van der Schaar</u>				
		200m	21.71	(21.7)	200m	21.76	(21.8)		
		600m	55.25	(33.5)	600m	54.92	(33.2)		
		1000m	1:29.75	(34.5)	1000m	1:30.39	(35.5)		
		1400m	2:06.59	(36.8)	1400m	2:06.55	(36.2)		
					1800m	2:43.53	(37.0)		
					2200m	3:21.14	(37.6)		
					2600m	3:59.52	(38.4)		
					3000m	4:37.02	(37.5)		

		Naam		Cat		PR		Tijd	Info
23	wt	42	Manouk van Tol		DSA			4:20.78	4:48.71
	rd	30	Melissa Wijffe		DN1			4:07.71	4:29.04
		<u>Manouk van Tol</u>			<u>Melissa Wijffe</u>				
		200m	20.89	(20.9)	200m	21.79	(21.8)		
		600m	54.72	(33.8)	600m	54.98	(33.2)		
		1000m	1:30.84	(36.1)	1000m	1:29.67	(34.7)		
		1400m	2:07.64	(36.8)	1400m	2:04.43	(34.8)		
		1800m	2:45.52	(37.9)	1800m	2:40.36	(35.9)		
		2200m	3:24.87	(39.4)	2200m	3:16.01	(35.7)		
		2600m	4:06.28	(41.4)	2600m	3:52.77	(36.8)		
		3000m	4:48.71	(42.4)	3000m	4:29.04	(36.3)		

		Naam		Cat		PR		Tijd	Info
24	gl	45	Jorien Voorhuis		DSB			3:59.51	4:25.81
	bl	20	Reina Anema		DN3			4:11.83	4:27.85
		<u>Jorien Voorhuis</u>			<u>Reina Anema</u>				
		200m	21.45	(21.5)	200m	21.88	(21.9)		
		600m	54.90	(33.5)	600m	54.94	(33.1)		
		1000m	1:28.10	(33.2)	1000m	1:29.10	(34.2)		
		1400m	2:02.59	(34.5)	1400m	2:04.66	(35.6)		
		1800m	2:37.04	(34.5)	1800m	2:40.06	(35.4)		
		2200m	3:13.53	(36.5)	2200m	3:16.25	(36.2)		
		2600m	3:49.15	(35.6)	2600m	3:52.38	(36.1)		
		3000m	4:25.81	(36.7)	3000m	4:27.85	(35.5)		