

# Holland Cup 3 Am / Eindhoven Trofee

IJssportcentrum Eindhoven - Eindhoven

14 en 15 december 2024

## 4. Rituitslag 3000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd	67 Ole ten Hove	HSA	4:06.15	<b>4:21.02</b>

### Ole ten Hove

200m	19.96	(19.96)	m
600m	52.19	(32.23)	
1000m	1:24.97	(32.78)	
1400m	1:59.02	(34.05)	
1800m	2:33.81	(34.79)	
2200m	3:09.25	(35.44)	
2600m	3:45.10	(35.85)	
3000m	4:21.02	(35.92)	

	Naam	Cat	PR	Tijd	Info
2	gl bl				

m

m

	Naam	Cat	PR	Tijd	Info
3	wt rd	70 Tom Nijdam	HN2	4:01.74	<b>4:22.92</b>
		66 Finn ten Hove	HSA	4:00.30	<b>4:15.68</b>

### Tom Nijdam

200m	19.63	(19.63)
600m	51.78	(32.15)
1000m	1:25.11	(33.33)
1400m	1:58.78	(33.67)
1800m	2:33.44	(34.66)
2200m	3:09.19	(35.75)
2600m	3:46.05	(36.86)
3000m	4:22.92	(36.87)

### Finn ten Hove

200m	20.40	(20.40)
600m	52.57	(32.17)
1000m	1:25.30	(32.73)
1400m	1:58.26	(32.96)
1800m	2:32.08	(33.82)
2200m	3:06.13	(34.05)
2600m	3:40.61	(34.48)
3000m	4:15.68	(35.07)

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		Naam		Cat		PR		Tijd	Info
4	gl	69	<b>Niels Meijer</b>		HN3			4:02.79	<b>4:14.08</b>
	bl	33	<b>Jasper van der Marel</b>		HN1			3:56.65	<b>4:10.43</b>
		<b>Niels Meijer</b>				<b>Jasper van der Marel</b>			
		200m	19.78	(19.78)		200m	19.66	(19.66)	
		600m	52.01	(32.23)		600m	51.78	(32.12)	
		1000m	1:25.12	(33.11)		1000m	1:24.59	(32.81)	
		1400m	1:58.60	(33.48)		1400m	1:57.26	(32.67)	
		1800m	2:32.39	(33.79)		1800m	2:29.92	(32.66)	
		2200m	3:06.39	(34.00)		2200m	3:03.38	(33.46)	
		2600m	3:40.25	(33.86)		2600m	3:36.82	(33.44)	
		3000m	4:14.08	(33.83)		3000m	4:10.43	(33.61)	

		Naam		Cat		PR		Tijd	Info
5	wt	68	<b>Wester Landman</b>		HN3			4:13.19	<b>4:15.76</b>
	rd	64	<b>Rinse Franken</b>		HA2			4:00.24	<b>4:17.06</b>
		<b>Wester Landman</b>				<b>Rinse Franken</b>			
		200m	19.92	(19.92)		200m	20.01	(20.01)	
		600m	52.39	(32.47)		600m	52.46	(32.45)	
		1000m	1:24.46	(32.07)		1000m	1:25.73	(33.27)	
		1400m	1:57.05	(32.59)		1400m	1:59.05	(33.32)	
		1800m	2:30.64	(33.59)		1800m	2:32.76	(33.71)	
		2200m	3:05.02	(34.38)		2200m	3:07.07	(34.31)	
		2600m	3:40.13	(35.11)		2600m	3:41.94	(34.87)	
		3000m	4:15.76	(35.63)		3000m	4:17.06	(35.12)	

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		Naam		Cat		PR		Tijd	Info
6	gl	17	<b>Bram van Essen</b>		HN4			4:00.02	<b>4:19.60</b>
	bl	42	<b>Sipke Sijtsema</b>		HN3			4:00.50	<b>4:08.62</b>
		<b>Bram van Essen</b>				<b>Sipke Sijtsema</b>			
		200m	19.08	(19.08)		200m	19.41	(19.41)	
		600m	50.70	(31.62)		600m	50.81	(31.40)	
		1000m	1:23.97	(33.27)		1000m	1:23.56	(32.75)	
		1400m	1:57.78	(33.81)		1400m	1:56.01	(32.45)	
		1800m	2:32.59	(34.81)		1800m	2:28.63	(32.62)	
		2200m	3:08.49	(35.90)		2200m	3:01.74	(33.11)	
		2600m	3:44.56	(36.07)		2600m	3:34.99	(33.25)	
		3000m	4:19.60	(35.04)		3000m	4:08.62	(33.63)	

		Naam		Cat		PR		Tijd	Info
7	wt	39	<b>Colin Schrijver</b>		HSA			4:08.58	<b>4:12.50</b>
	rd	9	<b>Colin Breed</b>		HA1			3:56.41	<b>4:17.77</b>
		<b>Colin Schrijver</b>				<b>Colin Breed</b>			
		200m	19.45	(19.45)		200m	19.78	(19.78)	
		600m	51.57	(32.12)		600m	51.80	(32.02)	
		1000m	1:24.40	(32.83)		1000m	1:24.58	(32.78)	
		1400m	1:57.41	(33.01)		1400m	1:58.32	(33.74)	
		1800m	2:30.82	(33.41)		1800m	2:32.74	(34.42)	
		2200m	3:04.08	(33.26)		2200m	3:07.39	(34.65)	
		2600m	3:37.75	(33.67)		2600m	3:42.50	(35.11)	
		3000m	4:12.50	(34.75)		3000m	4:17.77	(35.27)	

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		Naam		Cat		PR		Tijd	Info
8	gl	13	<b>Jornt Dijk</b>		HSA		4:04.13	<b>4:20.65</b>	
	bl	49	<b>Jasper Tinga</b>		HN2		3:54.72	<b>4:10.81</b>	
		<b>Jornt Dijk</b>			<b>Jasper Tinga</b>				
		200m	19.49	(19.49)	200m	19.37	(19.37)		
		600m	50.65	(31.16)	600m	50.48	(31.11)		
		1000m	1:23.28	(32.63)	1000m	1:22.78	(32.30)		
		1400m	1:56.54	(33.26)	1400m	1:55.47	(32.69)		
		1800m	2:31.41	(34.87)	1800m	2:28.26	(32.79)		
		2200m	3:07.40	(35.99)	2200m	3:01.99	(33.73)		
		2600m	3:43.98	(36.58)	2600m	3:36.03	(34.04)		
		3000m	4:20.65	(36.67)	3000m	4:10.81	(34.78)		

		Naam		Cat		PR		Tijd	Info
9	wt	60	<b>Mathijs van Zwieten</b>		HN4		3:55.67	<b>4:03.32</b>	
	rd	37	<b>Niels van Reeuwijk</b>		HN1		3:56.30	<b>4:11.86</b>	
		<b>Mathijs van Zwieten</b>			<b>Niels van Reeuwijk</b>				
		200m	18.90	(18.90)	200m	19.71	(19.71)		
		600m	49.04	(30.14)	600m	50.71	(31.00)		
		1000m	1:19.90	(30.86)	1000m	1:22.42	(31.71)		
		1400m	1:51.30	(31.40)	1400m	1:54.96	(32.54)		
		1800m	2:23.59	(32.29)	1800m	2:28.42	(33.46)		
		2200m	2:56.63	(33.04)	2200m	3:02.54	(34.12)		
		2600m	3:30.06	(33.43)	2600m	3:36.98	(34.44)		
		3000m	4:03.32	(33.26)	3000m	4:11.86	(34.88)		

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		Naam		Cat		PR		Tijd	Info
10	gl	24	<b>Sille Hut</b>		HN1			3:58.96	<b>4:14.14</b>
	bl	54	<b>Sietse de Vries</b>		HA2			3:55.36	<b>4:17.30</b>
		<b>Sille Hut</b>			<b>Sietse de Vries</b>				
		200m	19.91	(19.91)	200m	20.46	(20.46)		
		600m	53.18	(33.27)	600m	52.82	(32.36)		
		1000m	1:25.75	(32.57)	1000m	1:25.61	(32.79)		
		1400m	1:58.61	(32.86)	1400m	1:58.63	(33.02)		
		1800m	2:31.48	(32.87)	1800m	2:31.87	(33.24)		
		2200m	3:04.56	(33.08)	2200m	3:05.64	(33.77)		
		2600m	3:38.41	(33.85)	2600m	3:41.32	(35.68)		
		3000m	4:14.14	(35.73)	3000m	4:17.30	(35.98)		

		Naam		Cat		PR		Tijd	Info
11	wt	55	<b>Olaf Vunderink</b>		HA2			3:56.48	<b>4:05.59</b>
	rd	10	<b>Chris Brommersma</b>		HN1			3:50.62	<b>4:00.86</b>
		<b>Olaf Vunderink</b>			<b>Chris Brommersma</b>				
		200m	19.72	(19.72)	200m	19.96	(19.96)		
		600m	51.18	(31.46)	600m	51.12	(31.16)		
		1000m	1:22.59	(31.41)	1000m	1:22.19	(31.07)		
		1400m	1:54.16	(31.57)	1400m	1:53.76	(31.57)		
		1800m	2:26.00	(31.84)	1800m	2:25.39	(31.63)		
		2200m	2:59.18	(33.18)	2200m	2:57.06	(31.67)		
		2600m	3:32.25	(33.07)	2600m	3:28.85	(31.79)		
		3000m	4:05.59	(33.34)	3000m	4:00.86	(32.01)		

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		Naam		Cat		PR		Tijd	Info
12	gl	40	<b>Ties van Seumeren</b>		HN1			3:56.85	<b>4:13.18</b>
	bl	56	<b>Hidde Westra</b>		HN2			3:52.43	<b>4:11.84</b>
		<b>Ties van Seumeren</b>			<b>Hidde Westra</b>				
		200m	20.06	(20.06)	200m	20.57	(20.57)		
		600m	52.76	(32.70)	600m	53.10	(32.53)		
		1000m	1:25.87	(33.11)	1000m	1:25.47	(32.37)		
		1400m	1:59.08	(33.21)	1400m	1:58.30	(32.83)		
		1800m	2:32.62	(33.54)	1800m	2:31.49	(33.19)		
		2200m	3:06.05	(33.43)	2200m	3:04.86	(33.37)		
		2600m	3:39.73	(33.68)	2600m	3:38.23	(33.37)		
		3000m	4:13.18	(33.45)	3000m	4:11.84	(33.61)		

		Naam		Cat		PR		Tijd	Info
13	wt	51	<b>Jur Veenje</b>		HSA			3:53.35	<b>4:02.47</b>
	rd	27	<b>Jelle Koeleman</b>		HN2			3:52.60	<b>4:03.88</b>
		<b>Jur Veenje</b>			<b>Jelle Koeleman</b>				
		200m	19.37	(19.37)	200m	19.43	(19.43)		
		600m	50.54	(31.17)	600m	50.95	(31.52)		
		1000m	1:21.96	(31.42)	1000m	1:22.37	(31.42)		
		1400m	1:54.11	(32.15)	1400m	1:54.55	(32.18)		
		1800m	2:26.14	(32.03)	1800m	2:26.51	(31.96)		
		2200m	2:57.97	(31.83)	2200m	2:58.17	(31.66)		
		2600m	3:29.70	(31.73)	2600m	3:30.41	(32.24)		
		3000m	4:02.47	(32.77)	3000m	4:03.88	(33.47)		

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		Naam		Cat		PR		Tijd	Info
14	gl	3	Tjerk de Boer		HSA		3:43.60	<b>3:52.46</b>	
	bl	52	Yves Vergeer		HSA		3:44.38	<b>3:59.31</b>	
		<u>Tjerk de Boer</u>				<u>Yves Vergeer</u>			
		200m	18.84	(18.84)		200m	19.12	(19.12)	
		600m	48.98	(30.14)		600m	49.54	(30.42)	
		1000m	1:19.39	(30.41)		1000m	1:20.50	(30.96)	
		1400m	1:50.05	(30.66)		1400m	1:51.83	(31.33)	
		1800m	2:20.73	(30.68)		1800m	2:23.34	(31.51)	
		2200m	2:51.18	(30.45)		2200m	2:55.09	(31.75)	
		2600m	3:21.88	(30.70)		2600m	3:26.81	(31.72)	
		3000m	3:52.46	(30.58)		3000m	3:59.31	(32.50)	