

IJF'ers Utrecht wedstrijd Thialf

Thialf - Heerenveen

4 oktober 2024

2. Rituitslag 5000 meter

		Naam	Cat	Vereniging	PR	Tijd	Info
41	wt	28 Nino van Dijk	HSA	SVW	6:42.12	6:48.85	
	rd	83 Timon Veerman	HSA	SHV WOERDEN	7:41.45	7:19.31	PR

Nino van Dijk

200m	19.86	(19.86)
600m	52.25	(32.39)
1000m	1:24.58	(32.33)
1400m	1:56.80	(32.22)
1800m	2:28.99	(32.19)
2200m	3:00.98	(31.99)
2600m	3:32.96	(31.98)
3000m	4:05.01	(32.05)
3400m	4:37.10	(32.09)
3800m	5:09.62	(32.52)
4200m	5:42.46	(32.84)
4600m	6:15.53	(33.07)
5000m	6:48.85	(33.32)

Timon Veerman

200m	21.14	(21.14)
600m	55.04	(33.90)
1000m	1:29.23	(34.19)
1400m	2:03.52	(34.29)
1800m	2:37.77	(34.25)
2200m	3:12.56	(34.79)
2600m	3:47.62	(35.06)
3000m	4:22.70	(35.08)
3400m	4:57.51	(34.81)
3800m	5:32.93	(35.42)
4200m	6:08.31	(35.38)
4600m	6:43.76	(35.45)
5000m	7:19.31	(35.55)