

IJF'ers Utrecht wedstrijd Thialf

Thialf - Heerenveen

4 oktober 2024

5. Rituitslag 3000 meter

		Naam	Cat	Vereniging	PR	Tijd	Info
74	wt	61 Diede Brandts	DB2	SVU	4:43.41	4:51.66	
	rd	51 Valerie Vinken	DA2	SVU	4:38.32	4:52.12	
		Diede Brandts		Valerie Vinken			
		200m 22.68 (22.68)		200m 24.17 (24.17)			
		600m 59.49 (36.81)		600m 1:01.82 (37.65)			
		1000m 1:37.56 (38.07)		1000m 1:40.52 (38.70)			
		1400m 2:15.99 (38.43)		1400m 2:19.10 (38.58)			
		1800m 2:54.86 (38.87)		1800m 2:57.81 (38.71)			
		2200m 3:34.11 (39.25)		2200m 3:36.29 (38.48)			
		2600m 4:12.99 (38.88)		2600m 4:14.45 (38.16)			
		3000m 4:51.66 (38.67)		3000m 4:52.12 (37.67)			

		Naam	Cat	Vereniging	PR	Tijd	Info
75	gl	29 Bente Moller	DN1	SVU	4:46.16	4:52.32	
	bl	59 Tjibbe Moller	HA1	SVU	4:38.55	4:31.56	PR
		Bente Moller		Tjibbe Moller			
		200m 22.86 (22.86)		200m 21.29 (21.29)			
		600m 59.71 (36.85)		600m 56.18 (34.89)			
		1000m 1:37.50 (37.79)		1000m 1:31.19 (35.01)			
		1400m 2:15.97 (38.47)		1400m 2:05.79 (34.60)			
		1800m 2:48.14 (32.17)		1800m 2:40.32 (34.53)			
		2200m 3:34.01 (45.87)		2200m 3:15.64 (35.32)			
		2600m 4:13.46 (39.45)		2600m 3:52.65 (37.01)			
		3000m 4:52.32 (38.86)		3000m 4:31.56 (38.91)			

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		Naam		Cat	Vereniging	PR	Tijd	Info
76	wt	54	Milan Stam	HB1	STG NINO	4:36.82	4:36.16	PR
	rd	63	Wessel Lamme	HB2	YC LOOSDRECHT	4:28.00	4:27.96	PR
		Milan Stam			Wessel Lamme			
		200m	21.10	(21.10)	200m	19.99	(19.99)	
		600m	53.11	(32.01)	600m	43.95	(23.96)	
		1000m	1:29.25	(36.14)	1000m	1:25.39	(41.44)	
		1400m	2:00.03	(30.78)	1400m	1:49.70	(24.31)	
		1800m	2:44.63	(44.60)	1800m	2:35.76	(46.06)	
		2200m	3:32.49	(47.86)	2200m	2:57.33	(21.57)	
		2600m	3:57.68	(25.19)	2600m	3:50.26	(52.93)	
		3000m	4:36.16	(38.48)	3000m	4:27.96	(37.70)	

		Naam		Cat	Vereniging	PR	Tijd	Info
77	gl	45	Loic Crielaers	HB2	SIVZEIST	4:22.81	4:25.27	
	bl	22	Mark Withagen	HN1	YC LOOSDRECHT	4:25.57	4:20.56	PR
		Loic Crielaers			Mark Withagen			
		200m	20.72	(20.72)	200m	20.67	(20.67)	
		600m	53.18	(32.46)	600m	52.53	(31.86)	
		1000m	1:26.25	(33.07)	1000m	1:25.45	(32.92)	
		1400m	2:00.15	(33.90)	1400m	1:59.05	(33.60)	
		1800m	2:34.97	(34.82)	1800m	2:33.48	(34.43)	
		2200m	2:59.44	(24.47)	2200m	3:08.57	(35.09)	
		2600m	3:39.05	(39.61)	2600m	3:44.12	(35.55)	
		3000m	4:25.27	(46.22)	3000m	4:20.56	(36.44)	

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		Naam	Cat	Vereniging	PR	Tijd	Info
78	wt	13 Daan de Graaf	HA1	SIVZEIST	4:18.20		DNF
	rd	52 Lars van Ipenburg	HB2	SVU	4:11.09		4:17.52
		Daan de Graaf			Lars van Ipenburg		
		200m	19.97	(19.97)	200m	19.69	(19.69)
		600m	52.27	(32.30)	600m	51.27	(31.58)
		1000m	1:26.12	(33.85)	1000m	1:24.08	(32.81)
		1400m	2:00.31	(34.19)	1400m	1:57.97	(33.89)
					1800m	2:32.19	(34.22)
					2200m	3:06.58	(34.39)
					2600m	3:41.70	(35.12)
					3000m	4:17.52	(35.82)

		Naam	Cat	Vereniging	PR	Tijd	Info
79	gl	58 Lars Groenheiden	HB2	SVU	4:16.73		4:21.82
	bl	53 Tijn van Harten	HB1	TER AARSE YC	4:14.56		4:19.57
		Lars Groenheiden			Tijn van Harten		
		200m	20.58	(20.58)	200m	20.58	(20.58)
		600m	53.26	(32.68)	600m	52.68	(32.10)
		1000m	1:27.22	(33.96)	1000m	1:26.74	(34.06)
		1400m	2:02.09	(34.87)	1400m	2:01.17	(34.43)
		1800m	2:36.69	(34.60)	1800m	2:35.62	(34.45)
		2200m	3:11.57	(34.88)	2200m	3:09.76	(34.14)
		2600m	3:46.53	(34.96)	2600m	3:44.48	(34.72)
		3000m	4:21.82	(35.29)	3000m	4:19.57	(35.09)

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		Naam	Cat	Vereniging	PR	Tijd	Info
80	wt	30 Jesse van Buren	HA1	SVU		4:06.72	4:15.09
	rd	55 Onne van Miltenburg	HB2	SVO		4:13.76	4:13.51 PR
		Jesse van Buren			Onne van Miltenburg		
		200m	20.32	(20.32)	200m	20.40	(20.40)
		600m	51.77	(31.45)	600m	52.70	(32.30)
		1000m	1:24.49	(32.72)	1000m	1:25.89	(33.19)
		1400m	1:57.88	(33.39)	1400m	1:59.04	(33.15)
		1800m	2:32.00	(34.12)	1800m	2:33.04	(34.00)
		2200m	3:06.15	(34.15)	2200m	3:06.61	(33.57)
		2600m	3:39.96	(33.81)	2600m	3:39.99	(33.38)
		3000m	4:15.09	(35.13)	3000m	4:13.51	(33.52)

		Naam	Cat	Vereniging	PR	Tijd	Info
81	gl	60 Friso van Vliet	HB2	ASV		4:00.84	4:12.34
	bl	50 Niels van Reeuwijk	HN1	SIVZEIST		3:56.30	WDR
		Friso van Vliet			Niels van Reeuwijk		
		200m	19.80	(19.80)			
		600m	50.51	(30.71)			
		1000m	1:22.59	(32.08)			
		1400m	1:55.42	(32.83)			
		1800m	2:28.76	(33.34)			
		2200m	3:02.87	(34.11)			
		2600m	3:37.40	(34.53)			
		3000m	4:12.34	(34.94)			