

21. Race Result Men 10000 meter

	Name	Cat	Country	PB	Time	Info
1	wt 62 Cristian Picco	M40	ITA		24:22.36	
	rd 63 Maarten Quist	M45	NED		17:25.41	
	Cristian Picco					
	400m	1:00.01	(60.01)			
	800m	1:58.43	(58.42)			
	1200m	2:57.44	(59.01)			
	1600m	3:52.79	(55.35)			
	2000m	4:50.85	(58.06)			
	2400m	5:48.17	(57.32)			
	2800m	6:46.46	(58.29)			
	3200m	7:45.78	(59.32)			
	3600m	8:44.24	(58.46)			
	4000m	9:43.73	(59.49)			
	4400m	10:38.62	(54.89)			
	4800m	11:32.69	(54.07)			
	5200m	12:28.97	(56.28)			
	5600m	13:27.09	(58.12)			
	6000m	14:28.14	(61.05)			
	6400m	15:25.87	(57.73)			
	6800m	16:25.67	(59.80)			
	7200m	17:30.18	(64.51)			
	7600m	18:33.99	(63.81)			
	8000m	19:31.14	(57.15)			
	8400m	20:29.57	(58.43)			
	8800m	21:26.24	(56.67)			
	9200m	22:27.79	(61.55)			
	9600m	23:24.63	(56.84)			
	10000m	24:22.36	(57.73)			
	Maarten Quist					
	400m	42.81	(42.81)			
	800m	1:23.07	(40.26)			
	1200m	2:03.65	(40.58)			
	1600m	2:44.71	(41.06)			
	2000m	3:25.62	(40.91)			
	2400m	4:06.39	(40.77)			
	2800m	4:47.54	(41.15)			
	3200m	5:29.51	(41.97)			
	3600m	6:10.38	(40.87)			
	4000m	6:51.50	(41.12)			
	4400m	7:32.94	(41.44)			
	4800m	8:15.14	(42.20)			
	5200m	8:55.92	(40.78)			
	5600m	9:37.03	(41.11)			
	6000m	10:18.65	(41.62)			
	6400m	11:02.25	(43.60)			
	6800m	11:44.04	(41.79)			
	7200m	12:26.06	(42.02)			
	7600m	13:09.05	(42.99)			
	8000m	13:53.65	(44.60)			
	8400m	14:36.96	(43.31)			
	8800m	15:19.18	(42.22)			
	9200m	16:00.90	(41.72)			
	9600m	16:44.39	(43.49)			
	10000m	17:25.41	(41.02)			

Winter World Masters Games 2024

Ice Rink Piné - Baselga di Piné

16 to 19 January 2024

	Name	Cat	Country	PB	Time	Info
2	yw 77 Harold Spragg	M65	AUS	19:15.94	20:49.91	
	bl 93 Erik van Hooft	M45	NED		19:40.59	
Harold Spragg			Erik van Hooft			
	400m	54.91	(54.91)	400m	44.48	(44.48)
	800m	1:42.89	(47.98)	800m	1:26.07	(41.59)
	1200m	2:32.98	(50.09)	1200m	2:08.77	(42.70)
	1600m	3:19.92	(46.94)	1600m	2:53.19	(44.42)
	2000m	4:09.22	(49.30)	2000m	3:38.94	(45.75)
	2400m	4:58.20	(48.98)	2400m	4:24.54	(45.60)
	2800m	5:47.10	(48.90)	2800m	5:11.16	(46.62)
	3200m	6:35.74	(48.64)	3200m	5:58.24	(47.08)
	3600m	7:24.38	(48.64)	3600m	6:45.58	(47.34)
	4000m	8:12.30	(47.92)	4000m	7:30.39	(44.81)
	4400m	9:04.41	(52.11)	4400m	8:15.22	(44.83)
	4800m	9:53.72	(49.31)	4800m	9:02.66	(47.44)
	5200m	10:46.09	(52.37)	5200m	9:50.11	(47.45)
	5600m	11:36.26	(50.17)	5600m	10:41.28	(51.17)
	6000m	12:27.63	(51.37)	6000m	11:33.83	(52.55)
	6400m	13:17.35	(49.72)	6400m	12:27.33	(53.50)
	6800m	14:07.82	(50.47)	6800m	13:15.00	(47.67)
	7200m	14:57.38	(49.56)	7200m	14:02.78	(47.78)
	7600m	15:48.10	(50.72)	7600m	14:49.78	(47.00)
	8000m	16:40.67	(52.57)	8000m	15:40.00	(50.22)
	8400m	17:31.80	(51.13)	8400m	16:28.50	(48.50)
	8800m	18:20.75	(48.95)	8800m	17:18.58	(50.08)
	9200m	19:12.80	(52.05)	9200m	18:10.90	(52.32)
	9600m	20:01.75	(48.95)	9600m	18:58.36	(47.46)
	10000m	20:49.91	(48.16)	10000m	19:40.59	(42.23)

		Name	Cat	Country	PB	Time Info
3	wt	8 Robert Black	M60	AUS	18:36.26	19:57.21
	rd	49 Reinhold Marsollek	M70	GER	18:39.79	21:12.76
Robert Black			Reinhold Marsollek			
	400m	52.30 (52.30)		400m	56.14 (56.14)	
	800m	1:37.93 (45.63)		800m	1:47.26 (51.12)	
	1200m	2:24.00 (46.07)		1200m	2:38.15 (50.89)	
	1600m	3:10.34 (46.34)		1600m	3:27.78 (49.63)	
	2000m	3:56.90 (46.56)		2000m	4:18.67 (50.89)	
	2400m	4:42.60 (45.70)		2400m	5:08.88 (50.21)	
	2800m	5:30.68 (48.08)		2800m	6:00.07 (51.19)	
	3200m	6:17.84 (47.16)		3200m	6:49.50 (49.43)	
	3600m	7:06.08 (48.24)		3600m	7:37.98 (48.48)	
	4000m	7:52.94 (46.86)		4000m	8:29.97 (51.99)	
	4400m	8:41.08 (48.14)		4400m	9:22.46 (52.49)	
	4800m	9:29.01 (47.93)		4800m	10:11.89 (49.43)	
	5200m	10:15.71 (46.70)		5200m	11:02.89 (51.00)	
	5600m	11:04.00 (48.29)		5600m	11:55.91 (53.02)	
	6000m	11:53.11 (49.11)		6000m	12:49.66 (53.75)	
	6400m	12:41.79 (48.68)		6400m	13:41.49 (51.83)	
	6800m	13:27.84 (46.05)		6800m	14:33.99 (52.50)	
	7200m	14:14.65 (46.81)		7200m	15:24.25 (50.26)	
	7600m	15:01.85 (47.20)		7600m	16:15.87 (51.62)	
	8000m	15:50.45 (48.60)		8000m	17:08.41 (52.54)	
	8400m	16:39.91 (49.46)		8400m	18:00.31 (51.90)	
	8800m	17:26.19 (46.28)		8800m	18:51.84 (51.53)	
	9200m	18:16.57 (50.38)		9200m	19:39.16 (47.32)	
	9600m	19:08.52 (51.95)		9600m	20:27.61 (48.45)	
	10000m	19:57.21 (48.69)		10000m	21:12.76 (45.15)	

	Name	Cat	Country	PB	Time	Info
4	yw 78 Frank Steenkamp	M65	NED	16:37.03	18:40.05	
	bl 71 Thomas Rumpf	M60	GER	17:26.29	19:25.31	
Frank Steenkamp			Thomas Rumpf			
	400m	48.07	(48.07)	400m	47.18	(47.18)
	800m	1:27.59	(39.52)	800m	1:28.62	(41.44)
	1200m	2:09.73	(42.14)	1200m	2:13.50	(44.88)
	1600m	2:52.24	(42.51)	1600m	2:57.82	(44.32)
	2000m	3:34.71	(42.47)	2000m	3:42.82	(45.00)
	2400m	4:16.37	(41.66)	2400m	4:26.35	(43.53)
	2800m	4:59.82	(43.45)	2800m	5:12.50	(46.15)
	3200m	5:42.80	(42.98)	3200m	5:57.39	(44.89)
	3600m	6:25.71	(42.91)	3600m	6:44.57	(47.18)
	4000m	7:08.65	(42.94)	4000m	7:30.84	(46.27)
	4400m	7:53.43	(44.78)	4400m	8:19.02	(48.18)
	4800m	8:39.13	(45.70)	4800m	9:06.18	(47.16)
	5200m	9:22.92	(43.79)	5200m	9:53.14	(46.96)
	5600m	10:07.65	(44.73)	5600m	10:41.63	(48.49)
	6000m	10:53.78	(46.13)	6000m	11:32.82	(51.19)
	6400m	11:43.51	(49.73)	6400m	12:20.40	(47.58)
	6800m	12:31.48	(47.97)	6800m	13:05.77	(45.37)
	7200m	13:17.48	(46.00)	7200m	13:53.35	(47.58)
	7600m	14:04.72	(47.24)	7600m	14:38.02	(44.67)
	8000m	14:49.35	(44.63)	8000m	15:27.41	(49.39)
	8400m	15:35.31	(45.96)	8400m	16:17.28	(49.87)
	8800m	16:22.02	(46.71)	8800m	17:02.92	(45.64)
	9200m	17:07.29	(45.27)	9200m	17:52.42	(49.50)
	9600m	17:54.42	(47.13)	9600m	18:41.84	(49.42)
	10000m	18:40.05	(45.63)	10000m	19:25.31	(43.47)

		Name	Cat	Country	PB	Time Info
5	wt	3 Scott Anderson	M55	CAN	16:15.65	18:08.10
	rd	79 Arne Stenhaus	M65	NOR	16:16.06	20:21.85
Scott Anderson			Arne Stenhaus			
	400m	51.29 (51.29)		400m	53.13 (53.13)	
	800m	1:37.27 (45.98)		800m	1:42.50 (49.37)	
	1200m	2:20.90 (43.63)		1200m	2:31.53 (49.03)	
	1600m	3:03.83 (42.93)		1600m	3:21.93 (50.40)	
	2000m	3:46.51 (42.68)		2000m	4:14.05 (52.12)	
	2400m	4:29.99 (43.48)		2400m	5:03.05 (49.00)	
	2800m	5:14.61 (44.62)		2800m	5:53.40 (50.35)	
	3200m	5:56.78 (42.17)		3200m	6:45.72 (52.32)	
	3600m	6:41.98 (45.20)		3600m	7:35.35 (49.63)	
	4000m	7:26.70 (44.72)		4000m	8:26.23 (50.88)	
	4400m	8:12.87 (46.17)		4400m	9:16.69 (50.46)	
	4800m	8:57.45 (44.58)		4800m	10:04.79 (48.10)	
	5200m	9:39.05 (41.60)		5200m	10:52.03 (47.24)	
	5600m	10:21.35 (42.30)		5600m	11:38.84 (46.81)	
	6000m	11:03.56 (42.21)		6000m	12:25.20 (46.36)	
	6400m	11:45.11 (41.55)		6400m	13:10.74 (45.54)	
	6800m	12:26.86 (41.75)		6800m	13:57.08 (46.34)	
	7200m	13:09.04 (42.18)		7200m	14:44.31 (47.23)	
	7600m	13:51.78 (42.74)		7600m	15:31.11 (46.80)	
	8000m	14:36.35 (44.57)		8000m	16:18.50 (47.39)	
	8400m	15:19.89 (43.54)		8400m	17:07.43 (48.93)	
	8800m	16:02.04 (42.15)		8800m	17:54.88 (47.45)	
	9200m	16:44.86 (42.82)		9200m	18:45.45 (50.57)	
	9600m	17:26.75 (41.89)		9600m	19:34.75 (49.30)	
	10000m	18:08.10 (41.35)		10000m	20:21.85 (47.10)	

Winter World Masters Games 2024

Ice Rink Piné - Baselga di Piné

16 to 19 January 2024

	Name	Cat	Country	PB	Time	Info
6	yw 55 Andrew Nicholson	M50	NZL	14:28.25	17:29.36	
	bl 44 Niels Leliveld	M30	NED	15:18.84	17:07.19	
Andrew Nicholson			Niels Leliveld			
	400m	44.22	(44.22)	400m	41.49	(41.49)
	800m	1:24.13	(39.91)	800m	1:20.38	(38.89)
	1200m	2:04.54	(40.41)	1200m	1:59.06	(38.68)
	1600m	2:45.02	(40.48)	1600m	2:36.94	(37.88)
	2000m	3:26.18	(41.16)	2000m	3:15.38	(38.44)
	2400m	4:06.75	(40.57)	2400m	3:54.22	(38.84)
	2800m	4:47.13	(40.38)	2800m	4:33.30	(39.08)
	3200m	5:28.20	(41.07)	3200m	5:14.92	(41.62)
	3600m	6:13.00	(44.80)	3600m	5:57.35	(42.43)
	4000m	6:57.21	(44.21)	4000m	6:38.03	(40.68)
	4400m	7:44.00	(46.79)	4400m	7:19.79	(41.76)
	4800m	8:28.66	(44.66)	4800m	8:02.26	(42.47)
	5200m	9:11.28	(42.62)	5200m	8:46.91	(44.65)
	5600m	9:54.20	(42.92)	5600m	9:27.77	(40.86)
	6000m	10:36.29	(42.09)	6000m	10:07.81	(40.04)
	6400m	11:17.09	(40.80)	6400m	10:48.61	(40.80)
	6800m	11:57.60	(40.51)	6800m	11:29.38	(40.77)
	7200m	12:38.23	(40.63)	7200m	12:09.83	(40.45)
	7600m	13:19.67	(41.44)	7600m	12:53.00	(43.17)
	8000m	14:02.10	(42.43)	8000m	13:37.71	(44.71)
	8400m	14:44.28	(42.18)	8400m	14:22.22	(44.51)
	8800m	15:26.42	(42.14)	8800m	15:04.59	(42.37)
	9200m	16:08.74	(42.32)	9200m	15:45.50	(40.91)
	9600m	16:49.22	(40.48)	9600m	16:26.23	(40.73)
	10000m	17:29.36	(40.14)	10000m	17:07.19	(40.96)

Winter World Masters Games 2024

Ice Rink Piné - Baselga di Piné
16 to 19 January 2024

		Name	Cat	Country	PB	Time Info
7	wt	69 Rolf Espen Riktor	M60	NOR	18:12.34	20:04.27
	rd	99 Johan Vikhals	M55	NOR	17:09.30	18:17.52
Rolf Espen Riktor			Johan Vikhals			
	400m	52.31 (52.31)		400m	47.99 (47.99)	
	800m	1:37.16 (44.85)		800m	1:30.93 (42.94)	
	1200m	2:24.49 (47.33)		1200m	2:14.13 (43.20)	
	1600m	3:12.07 (47.58)		1600m	2:57.89 (43.76)	
	2000m	3:58.36 (46.29)		2000m	3:40.78 (42.89)	
	2400m	4:45.72 (47.36)		2400m	4:24.55 (43.77)	
	2800m	5:35.33 (49.61)		2800m	5:08.08 (43.53)	
	3200m	6:22.93 (47.60)		3200m	5:51.60 (43.52)	
	3600m	7:11.20 (48.27)		3600m	6:35.61 (44.01)	
	4000m	8:01.63 (50.43)		4000m	7:19.94 (44.33)	
	4400m	8:53.26 (51.63)		4400m	8:05.52 (45.58)	
	4800m	9:41.99 (48.73)		4800m	8:52.60 (47.08)	
	5200m	10:29.04 (47.05)		5200m	9:38.19 (45.59)	
	5600m	11:16.55 (47.51)		5600m	10:22.91 (44.72)	
	6000m	12:05.40 (48.85)		6000m	11:07.15 (44.24)	
	6400m	12:52.34 (46.94)		6400m	11:51.61 (44.46)	
	6800m	13:41.20 (48.86)		6800m	12:35.52 (43.91)	
	7200m	14:28.83 (47.63)		7200m	13:19.99 (44.47)	
	7600m	15:16.47 (47.64)		7600m	14:03.30 (43.31)	
	8000m	16:03.50 (47.03)		8000m	14:45.78 (42.48)	
	8400m	16:51.52 (48.02)		8400m	15:29.26 (43.48)	
	8800m	17:37.79 (46.27)		8800m	16:11.05 (41.79)	
	9200m	18:25.65 (47.86)		9200m	16:53.09 (42.04)	
	9600m	19:16.45 (50.80)		9600m	17:35.67 (42.58)	
	10000m	20:04.27 (47.82)		10000m	18:17.52 (41.85)	

Winter World Masters Games 2024

Ice Rink Piné - Baselga di Piné

16 to 19 January 2024

		Name	Cat	Country	PB	Time Info
8	yw	34 Erwin Henskes	M65	NED	18:03.45	19:55.08
	bl	27 Alf Harbitz	M70	NOR	17:15.75	19:41.87
Erwin Henskes			Alf Harbitz			
	400m	53.84 (53.84)		400m	49.80 (49.80)	
	800m	1:39.28 (45.44)		800m	1:35.59 (45.79)	
	1200m	2:26.37 (47.09)		1200m	2:22.44 (46.85)	
	1600m	3:12.28 (45.91)		1600m	3:08.62 (46.18)	
	2000m	3:59.25 (46.97)		2000m	3:54.83 (46.21)	
	2400m	4:46.18 (46.93)		2400m	4:41.84 (47.01)	
	2800m	5:32.52 (46.34)		2800m	5:27.68 (45.84)	
	3200m	6:18.30 (45.78)		3200m	6:13.76 (46.08)	
	3600m	7:05.96 (47.66)		3600m	6:59.02 (45.26)	
	4000m	7:53.26 (47.30)		4000m	7:44.99 (45.97)	
	4400m	8:42.21 (48.95)		4400m	8:32.82 (47.83)	
	4800m	9:32.40 (50.19)		4800m	9:21.25 (48.43)	
	5200m	10:21.54 (49.14)		5200m	10:08.15 (46.90)	
	5600m	11:08.39 (46.85)		5600m	10:54.60 (46.45)	
	6000m	11:56.96 (48.57)		6000m	11:41.61 (47.01)	
	6400m	12:45.06 (48.10)		6400m	12:27.01 (45.40)	
	6800m	13:32.28 (47.22)		6800m	13:15.35 (48.34)	
	7200m	14:19.13 (46.85)		7200m	14:02.73 (47.38)	
	7600m	15:07.22 (48.09)		7600m	14:49.54 (46.81)	
	8000m	15:53.78 (46.56)		8000m	15:37.46 (47.92)	
	8400m	16:42.43 (48.65)		8400m	16:25.60 (48.14)	
	8800m	17:30.94 (48.51)		8800m	17:13.18 (47.58)	
	9200m	18:19.33 (48.39)		9200m	18:02.85 (49.67)	
	9600m	19:09.46 (50.13)		9600m	18:52.64 (49.79)	
	10000m	19:55.08 (45.62)		10000m	19:41.87 (49.23)	

	Name	Cat	Country	PB	Time Info
9	wt 105 Wim Zwanenburg	M65	NED	17:31.16	20:32.76
	rd 104 Marvin Zeisberg	M30	GER	18:42.83	18:58.67

Wim Zwanenburg

400m	49.95	(49.95)
800m	1:32.76	(42.81)
1200m	2:19.20	(46.44)
1600m	3:08.13	(48.93)
2000m	3:55.50	(47.37)
2400m	4:44.33	(48.83)
2800m	5:33.98	(49.65)
3200m	6:24.60	(50.62)
3600m	7:13.71	(49.11)
4000m	8:00.62	(46.91)
4400m	8:52.85	(52.23)
4800m	9:44.15	(51.30)
5200m	10:33.29	(49.14)
5600m	11:23.22	(49.93)
6000m	12:15.16	(51.94)
6400m	13:05.39	(50.23)
6800m	13:55.92	(50.53)
7200m	14:48.36	(52.44)
7600m	15:39.13	(50.77)
8000m	16:28.38	(49.25)
8400m	17:17.53	(49.15)
8800m	18:07.17	(49.64)
9200m	18:57.91	(50.74)
9600m	19:46.33	(48.42)
10000m	20:32.76	(46.43)

Marvin Zeisberg

400m	47.19	(47.19)
800m	1:28.42	(41.23)
1200m	2:12.79	(44.37)
1600m	2:57.83	(45.04)
2000m	3:43.59	(45.76)
2400m	4:28.45	(44.86)
2800m	5:13.72	(45.27)
3200m	5:59.04	(45.32)
3600m	6:45.73	(46.69)
4000m	7:32.75	(47.02)
4400m	8:18.46	(45.71)
4800m	9:04.81	(46.35)
5200m	9:51.33	(46.52)
5600m	10:36.76	(45.43)
6000m	11:22.86	(46.10)
6400m	12:09.66	(46.80)
6800m	12:55.20	(45.54)
7200m	13:41.23	(46.03)
7600m	14:28.33	(47.10)
8000m	15:13.47	(45.14)
8400m	15:59.40	(45.93)
8800m	16:45.52	(46.12)
9200m	17:31.26	(45.74)
9600m	18:16.60	(45.34)
10000m	18:58.67	(42.07)

Winter World Masters Games 2024

Ice Rink Piné - Baselga di Piné

16 to 19 January 2024

		Name	Cat	Country	PB	Time Info
10	yw	53 Ragnvald Næss	M65	NOR	14:55.21	18:03.79
	bl	40 Olav Langeland	M65	NOR	16:17.94	18:48.12
Ragnvald Næss			Olav Langeland			
		400m	49.95	(49.95)	400m	49.83 (49.83)
		800m	1:31.99	(42.04)	800m	1:32.32 (42.49)
		1200m	2:16.52	(44.53)	1200m	2:16.29 (43.97)
		1600m	3:01.55	(45.03)	1600m	3:02.45 (46.16)
		2000m	3:43.97	(42.42)	2000m	3:46.16 (43.71)
		2400m	4:26.92	(42.95)	2400m	4:30.20 (44.04)
		2800m	5:10.01	(43.09)	2800m	5:13.97 (43.77)
		3200m	5:54.16	(44.15)	3200m	5:57.95 (43.98)
		3600m	6:36.42	(42.26)	3600m	6:42.27 (44.32)
		4000m	7:19.18	(42.76)	4000m	7:27.02 (44.75)
		4400m	8:03.17	(43.99)	4400m	8:12.38 (45.36)
		4800m	8:47.40	(44.23)	4800m	8:58.12 (45.74)
		5200m	9:30.91	(43.51)	5200m	9:42.80 (44.68)
		5600m	10:13.10	(42.19)	5600m	10:26.83 (44.03)
		6000m	10:57.64	(44.54)	6000m	11:13.14 (46.31)
		6400m	11:41.43	(43.79)	6400m	11:59.20 (46.06)
		6800m	12:23.67	(42.24)	6800m	12:43.96 (44.76)
		7200m	13:07.15	(43.48)	7200m	13:30.08 (46.12)
		7600m	13:50.89	(43.74)	7600m	14:17.26 (47.18)
		8000m	14:32.87	(41.98)	8000m	15:03.46 (46.20)
		8400m	15:15.56	(42.69)	8400m	15:49.18 (45.72)
		8800m	15:58.19	(42.63)	8800m	16:34.51 (45.33)
		9200m	16:40.40	(42.21)	9200m	17:19.28 (44.77)
		9600m	17:22.55	(42.15)	9600m	18:03.90 (44.62)
		10000m	18:03.79	(41.24)	10000m	18:48.12 (44.22)

		Name	Cat	Country	PB	Time Info
11	wt	41 Kees Langeveld	M65	NED	16:04.82	18:10.56
	rd	26 Hans-Gerd Heyne	M60	GER	17:07.79	18:50.82
		Kees Langeveld			Hans-Gerd Heyne	
		400m	49.16	(49.16)	400m	54.86 (54.86)
		800m	1:31.29	(42.13)	800m	1:41.88 (47.02)
		1200m	2:14.03	(42.74)	1200m	2:26.06 (44.18)
		1600m	2:56.10	(42.07)	1600m	3:09.60 (43.54)
		2000m	3:37.18	(41.08)	2000m	3:53.25 (43.65)
		2400m	4:20.02	(42.84)	2400m	4:37.37 (44.12)
		2800m	5:03.28	(43.26)	2800m	5:22.13 (44.76)
		3200m	5:46.24	(42.96)	3200m	6:07.14 (45.01)
		3600m	6:30.41	(44.17)	3600m	6:52.51 (45.37)
		4000m	7:12.26	(41.85)	4000m	7:37.15 (44.64)
		4400m	7:53.12	(40.86)	4400m	8:23.45 (46.30)
		4800m	8:34.56	(41.44)	4800m	9:08.83 (45.38)
		5200m	9:18.88	(44.32)	5200m	9:53.38 (44.55)
		5600m	10:01.87	(42.99)	5600m	10:38.37 (44.99)
		6000m	10:45.03	(43.16)	6000m	11:24.11 (45.74)
		6400m	11:29.34	(44.31)	6400m	12:10.23 (46.12)
		6800m	12:12.65	(43.31)	6800m	12:56.22 (45.99)
		7200m	12:56.66	(44.01)	7200m	13:42.30 (46.08)
		7600m	13:40.91	(44.25)	7600m	14:27.39 (45.09)
		8000m	14:26.19	(45.28)	8000m	15:10.39 (43.00)
		8400m	15:09.58	(43.39)	8400m	15:53.28 (42.89)
		8800m	15:52.98	(43.40)	8800m	16:38.19 (44.91)
		9200m	16:37.40	(44.42)	9200m	17:22.63 (44.44)
		9600m	17:22.90	(45.50)	9600m	18:06.68 (44.05)
		10000m	18:10.56	(47.66)	10000m	18:50.82 (44.14)

		Name	Cat	Country	PB	Time Info
12	yw	51 Frode Midjo	M50	NOR	15:33.59	17:08.17
	bl	46 André Los	M30	NED	13:57.77	15:44.77
Frode Midjo			André Los			
		400m	42.97	(42.97)	400m	40.30 (40.30)
		800m	1:21.67	(38.70)	800m	1:16.04 (35.74)
		1200m	2:02.21	(40.54)	1200m	1:52.18 (36.14)
		1600m	2:41.56	(39.35)	1600m	2:28.11 (35.93)
		2000m	3:21.62	(40.06)	2000m	3:04.34 (36.23)
		2400m	4:01.70	(40.08)	2400m	3:41.91 (37.57)
		2800m	4:42.02	(40.32)	2800m	4:18.00 (36.09)
		3200m	5:22.18	(40.16)	3200m	4:55.30 (37.30)
		3600m	6:04.71	(42.53)	3600m	5:33.75 (38.45)
		4000m	6:44.82	(40.11)	4000m	6:12.57 (38.82)
		4400m	7:23.65	(38.83)	4400m	6:50.80 (38.23)
		4800m	8:03.68	(40.03)	4800m	7:28.24 (37.44)
		5200m	8:45.29	(41.61)	5200m	8:06.17 (37.93)
		5600m	9:25.83	(40.54)	5600m	8:45.44 (39.27)
		6000m	10:07.50	(41.67)	6000m	9:23.30 (37.86)
		6400m	10:49.70	(42.20)	6400m	10:02.03 (38.73)
		6800m	11:32.48	(42.78)	6800m	10:40.62 (38.59)
		7200m	12:15.89	(43.41)	7200m	11:20.32 (39.70)
		7600m	12:58.77	(42.88)	7600m	11:59.45 (39.13)
		8000m	13:41.71	(42.94)	8000m	12:38.40 (38.95)
		8400m	14:22.87	(41.16)	8400m	13:17.42 (39.02)
		8800m	15:03.39	(40.52)	8800m	13:56.38 (38.96)
		9200m	15:45.08	(41.69)	9200m	14:33.63 (37.25)
		9600m	16:28.19	(43.11)	9600m	15:09.74 (36.11)
		10000m	17:08.17	(39.98)	10000m	15:44.77 (35.03)

		Name	Cat	Country	PB	Time Info
13	wt	56 Marc Nieuwenhuijse	M40	NED	15:25.99	16:15.04
	rd	38 Vishwaraj Jadeja	M35	IND	15:13.14	18:27.26
		Marc Nieuwenhuijse			Vishwaraj Jadeja	
		400m	44.12	(44.12)	400m	45.08 (45.08)
		800m	1:21.98	(37.86)	800m	1:26.17 (41.09)
		1200m	1:59.56	(37.58)	1200m	2:06.25 (40.08)
		1600m	2:38.94	(39.38)	1600m	2:48.49 (42.24)
		2000m	3:17.38	(38.44)	2000m	3:31.27 (42.78)
		2400m	3:54.80	(37.42)	2400m	4:11.93 (40.66)
		2800m	4:32.87	(38.07)	2800m	4:52.78 (40.85)
		3200m	5:12.17	(39.30)	3200m	5:35.16 (42.38)
		3600m	5:50.45	(38.28)	3600m	6:16.33 (41.17)
		4000m	6:29.19	(38.74)	4000m	6:58.11 (41.78)
		4400m	7:07.77	(38.58)	4400m	7:41.80 (43.69)
		4800m	7:46.46	(38.69)	4800m	8:27.50 (45.70)
		5200m	8:26.52	(40.06)	5200m	9:13.53 (46.03)
		5600m	9:05.93	(39.41)	5600m	9:59.29 (45.76)
		6000m	9:45.21	(39.28)	6000m	10:45.07 (45.78)
		6400m	10:24.37	(39.16)	6400m	11:32.27 (47.20)
		6800m	11:03.82	(39.45)	6800m	12:20.56 (48.29)
		7200m	11:42.11	(38.29)	7200m	13:09.04 (48.48)
		7600m	12:21.70	(39.59)	7600m	13:55.29 (46.25)
		8000m	13:01.86	(40.16)	8000m	14:39.53 (44.24)
		8400m	13:40.95	(39.09)	8400m	15:24.53 (45.00)
		8800m	14:20.17	(39.22)	8800m	16:11.13 (46.60)
		9200m	14:59.03	(38.86)	9200m	16:57.43 (46.30)
		9600m	15:36.56	(37.53)	9600m	17:43.42 (45.99)
		10000m	16:15.04	(38.48)	10000m	18:27.26 (43.84)

		Name	Cat	Country	PB	Time Info
14	yw	58 Mark Ooijevaar	M40	NED	13:12.60	15:05.53
	bl	92 Sybe van Hijum	M30	NED	15:25.20	15:55.34
Mark Ooijevaar			Sybe van Hijum			
		400m	39.74	(39.74)	400m	40.98 (40.98)
		800m	1:13.94	(34.20)	800m	1:16.31 (35.33)
		1200m	1:48.56	(34.62)	1200m	1:51.71 (35.40)
		1600m	2:23.94	(35.38)	1600m	2:28.88 (37.17)
		2000m	2:59.91	(35.97)	2000m	3:06.27 (37.39)
		2400m	3:34.96	(35.05)	2400m	3:42.90 (36.63)
		2800m	4:10.35	(35.39)	2800m	4:19.79 (36.89)
		3200m	4:46.56	(36.21)	3200m	4:57.86 (38.07)
		3600m	5:22.24	(35.68)	3600m	5:35.53 (37.67)
		4000m	5:58.62	(36.38)	4000m	6:13.78 (38.25)
		4400m	6:34.76	(36.14)	4400m	6:51.84 (38.06)
		4800m	7:11.12	(36.36)	4800m	7:29.39 (37.55)
		5200m	7:48.39	(37.27)	5200m	8:07.36 (37.97)
		5600m	8:24.50	(36.11)	5600m	8:46.50 (39.14)
		6000m	9:01.67	(37.17)	6000m	9:25.12 (38.62)
		6400m	9:38.23	(36.56)	6400m	10:04.44 (39.32)
		6800m	10:14.44	(36.21)	6800m	10:43.64 (39.20)
		7200m	10:51.54	(37.10)	7200m	11:22.96 (39.32)
		7600m	11:28.61	(37.07)	7600m	12:02.81 (39.85)
		8000m	12:05.41	(36.80)	8000m	12:42.59 (39.78)
		8400m	12:41.68	(36.27)	8400m	13:20.36 (37.77)
		8800m	13:17.29	(35.61)	8800m	13:59.31 (38.95)
		9200m	13:54.36	(37.07)	9200m	14:38.10 (38.79)
		9600m	14:30.68	(36.32)	9600m	15:16.23 (38.13)
		10000m	15:05.53	(34.85)	10000m	15:55.34 (39.11)