

## 5. Race Result Men Group A 3000 meter

		Name		Cat	Country	PB	Time	Info
1	wt	22 Jérôme Gass		M40	FRA		<b>6:12.06</b>	
	rd	7 Wim Bijkerk		M35	NED		<b>6:49.28</b>	
		<b>Jérôme Gass</b>			<b>Wim Bijkerk</b>			
		200m	31.41	(31.41)	200m	32.04	(32.04)	
		600m	1:20.08	(48.67)	600m	1:24.19	(52.15)	
		1000m	2:07.14	(47.06)	1000m	2:17.36	(53.17)	
		1400m	2:54.96	(47.82)	1400m	3:11.62	(54.26)	
		1800m	3:44.56	(49.60)	1800m	4:06.19	(54.57)	
		2200m	4:33.93	(49.37)	2200m	5:01.00	(54.81)	
		2600m	5:23.30	(49.37)	2600m	5:55.14	(54.14)	
		3000m	6:12.06	(48.76)	3000m	6:49.28	(54.14)	

		Name		Cat	Country	PB	Time	Info
2	yw	103 Ben Young		M35	CAN		<b>5:33.28</b>	MT
	bl	102 Andy Wong		M50	CAN	8:09.31		<b>DQ</b>
		<b>Ben Young</b>			<b>Andy Wong</b>			
		200m	25.99	(25.99)	200m	36.12	(36.12)	
		600m	1:06.91	(40.92)	600m	1:41.06	(64.94)	
		1000m	1:48.60	(41.69)	1000m	2:47.68	(66.62)	
		1400m	2:32.04	(43.44)	1400m	4:00.75	(73.07)	
		1800m	3:18.09	(46.05)				
		2200m	3:59.12	(41.03)				
		2600m	4:49.15	(50.03)				
		3000m	5:33.28	(44.13)				

		Name	Cat	Country	PB	Time Info
3	wt	85 <b>Kevin van Cleef</b>	M40	NED	5:09.09	<b>DNS</b>
	rd	83 <b>Yan Traversy</b>	M45	CAN	5:15.06	<b>5:39.69</b>
		<b>Kevin van Cleef</b>		<b>Yan Traversy</b>		
				200m	24.66	(24.66)
				600m	1:00.67	(36.01)
				1000m	1:47.40	(46.73)
				1400m	2:31.86	(44.46)
				1800m	3:16.75	(44.89)
				2200m	4:04.50	(47.75)
				2600m	4:52.66	(48.16)
				3000m	5:39.69	(47.03)

		Name	Cat	Country	PB	Time Info
4	yw	42 <b>Dennis Laubhan</b>	M45	GER	5:15.74	<b>5:18.94</b>
	bl	39 <b>Christian Kelm</b>	M40	GER	5:32.52	<b>DQ</b>
		<b>Dennis Laubhan</b>		<b>Christian Kelm</b>		
		200m	23.28	(23.28)		
		600m	1:02.80	(39.52)		
		1000m	1:43.26	(40.46)		
		1400m	2:25.09	(41.83)		
		1800m	3:07.18	(42.09)		
		2200m	3:52.04	(44.86)		
		2600m	4:35.68	(43.64)		
		3000m	5:18.94	(43.26)		

		Name	Cat	Country	PB	Time Info
5	wt	19 <b>Mike Egberts</b>	M40	NED	4:43.51	<b>5:10.33</b>
	rd	1 <b>Erol Aksoy</b>	M50	NED	4:40.23	<b>4:58.22</b> MT
<b>Mike Egberts</b>			<b>Erol Aksoy</b>			
		200m	23.77	(23.77)	200m	22.67 (22.67)
		600m	1:00.18	(36.41)	600m	57.07 (34.40)
		1000m	1:37.79	(37.61)	1000m	1:34.26 (37.19)
		1400m	2:17.70	(39.91)	1400m	2:13.98 (39.72)
		1800m	2:54.34	(36.64)	1800m	2:53.86 (39.88)
		2200m	3:42.39	(48.05)	2200m	3:35.05 (41.19)
		2600m	4:26.24	(43.85)	2600m	4:16.96 (41.91)
		3000m	5:10.33	(44.09)	3000m	4:58.22 (41.26)

		Name	Cat	Country	PB	Time Info
6	yw	59 <b>Takafumi Osame</b>	M50	JPN	4:47.29	<b>6:13.88</b>
	bl	104 <b>Marvin Zeisberg</b>	M30	GER	4:59.10	<b>5:08.57</b>
<b>Takafumi Osame</b>			<b>Marvin Zeisberg</b>			
		200m	24.43	(24.43)	200m	23.95 (23.95)
		600m	1:03.18	(38.75)	600m	1:01.21 (37.26)
		1000m	1:45.02	(41.84)	1000m	1:39.96 (38.75)
		1400m	2:31.24	(46.22)	1400m	2:20.90 (40.94)
		1800m	3:19.94	(48.70)	1800m	3:02.05 (41.15)
		2200m	4:12.85	(52.91)	2200m	3:44.22 (42.17)
		2600m	5:15.34	(62.49)	2600m	4:26.39 (42.17)
		3000m	6:13.88	(58.54)	3000m	5:08.57 (42.18)

		Name	Cat	Country	PB	Time	Info
7	wt	6 <b>Martin Beaudry</b>	M50	CAN	4:45.28	<b>4:49.06</b>	MT
	rd	37 <b>Azamat Ismailov</b>	M45	NED	4:42.81	<b>4:48.90</b>	
<b>Martin Beaudry</b>			<b>Azamat Ismailov</b>				
		200m	21.42	(21.42)	200m	21.60	(21.60)
		600m	55.68	(34.26)	600m	55.98	(34.38)
		1000m	1:31.30	(35.62)	1000m	1:31.36	(35.38)
		1400m	2:09.42	(38.12)	1400m	2:08.41	(37.05)
		1800m	2:49.18	(39.76)	1800m	2:47.32	(38.91)
		2200m	3:27.50	(38.32)	2200m	3:27.50	(40.18)
		2600m	4:10.35	(42.85)	2600m	4:08.94	(41.44)
		3000m	4:49.06	(38.71)	3000m	4:48.90	(39.96)

		Name	Cat	Country	PB	Time	Info
8	yw	18 <b>Ian Dwyer</b>	M45	CAN	4:46.39	<b>5:08.05</b>	
	bl	66 <b>Mark Reiling</b>	M40	NED	4:38.43	<b>4:46.31</b>	MT
<b>Ian Dwyer</b>			<b>Mark Reiling</b>				
		200m	21.60	(21.60)	200m	21.33	(21.33)
		600m	58.30	(36.70)	600m	56.30	(34.97)
		1000m	1:37.49	(39.19)	1000m	1:33.43	(37.13)
		1400m	2:17.68	(40.19)	1400m	2:11.04	(37.61)
		1800m	2:59.07	(41.39)	1800m	2:48.53	(37.49)
		2200m	3:41.43	(42.36)	2200m	3:27.31	(38.78)
		2600m	4:24.63	(43.20)	2600m	4:06.28	(38.97)
		3000m	5:08.05	(43.42)	3000m	4:46.31	(40.03)

		Name	Cat	Country	PB	Time Info
9	wt	90 <b>Roberto van Goor</b>	M50	NED	4:18.86	<b>4:40.88</b>
	rd	29 <b>Andreas Haugerud</b>	M35	NOR	4:21.55	<b>4:33.14</b>
<b>Roberto van Goor</b>			<b>Andreas Haugerud</b>			
		200m	21.98	(21.98)	200m	22.01 (22.01)
		600m	56.59	(34.61)	600m	57.22 (35.21)
		1000m	1:32.06	(35.47)	1000m	1:32.27 (35.05)
		1400m	2:08.16	(36.10)	1400m	2:07.61 (35.34)
		1800m	2:44.85	(36.69)	1800m	2:43.40 (35.79)
		2200m	3:22.49	(37.64)	2200m	3:19.57 (36.17)
		2600m	4:01.38	(38.89)	2600m	3:56.35 (36.78)
		3000m	4:40.88	(39.50)	3000m	4:33.14 (36.79)

		Name	Cat	Country	PB	Time Info
10	yw	43 <b>Willem Leeuwenburgh</b>	M30	NED	4:26.84	<b>4:48.04</b>
	bl	63 <b>Maarten Quist</b>	M45	NED	4:32.15	<b>4:46.30</b>
<b>Willem Leeuwenburgh</b>			<b>Maarten Quist</b>			
		200m	21.97	(21.97)	200m	21.63 (21.63)
		600m	57.51	(35.54)	600m	56.25 (34.62)
		1000m	1:34.24	(36.73)	1000m	1:34.15 (37.90)
		1400m	2:12.02	(37.78)	1400m	2:11.86 (37.71)
		1800m	2:50.37	(38.35)	1800m	2:50.11 (38.25)
		2200m	3:30.93	(40.56)	2200m	3:28.12 (38.01)
		2600m	4:08.49	(37.56)	2600m	4:06.42 (38.30)
		3000m	4:48.04	(39.55)	3000m	4:46.30 (39.88)

		Name	Cat	Country	PB	Time Info	
11	wt	44 <b>Niels Leliveld</b>	M30	NED	4:05.66	<b>4:30.58</b>	
	rd	56 <b>Marc Nieuwenhuijse</b>	M40	NED	4:30.63	<b>4:33.69</b>	
		<b>Niels Leliveld</b>			<b>Marc Nieuwenhuijse</b>		
		200m	21.19	(21.19)	200m	23.48 (23.48)	
		600m	55.77	(34.58)	600m	58.32 (34.84)	
		1000m	1:30.57	(34.80)	1000m	1:33.35 (35.03)	
		1400m	2:05.32	(34.75)	1400m	2:08.98 (35.63)	
		1800m	2:40.47	(35.15)	1800m	2:45.08 (36.10)	
		2200m	3:16.23	(35.76)	2200m	3:21.05 (35.97)	
		2600m	3:52.99	(36.76)	2600m	3:57.52 (36.47)	
		3000m	4:30.58	(37.59)	3000m	4:33.69 (36.17)	

		Name	Cat	Country	PB	Time Info	
12	yw	72 <b>Jeroen Schoppink</b>	M40	NED	4:06.11	<b>4:28.58</b>	
	bl	100 <b>Michiel Wienese</b>	M45	NED	4:04.06	<b>4:23.06</b>	
		<b>Jeroen Schoppink</b>			<b>Michiel Wienese</b>		
		200m	20.00	(20.00)	200m	20.72 (20.72)	
		600m	53.85	(33.85)	600m	52.68 (31.96)	
		1000m	1:28.96	(35.11)	1000m	1:26.27 (33.59)	
		1400m	2:04.41	(35.45)	1400m	2:00.41 (34.14)	
		1800m	2:39.71	(35.30)	1800m	2:34.52 (34.11)	
		2200m	3:15.31	(35.60)	2200m	3:09.50 (34.98)	
		2600m	3:51.36	(36.05)	2600m	3:45.58 (36.08)	
		3000m	4:28.58	(37.22)	3000m	4:23.06 (37.48)	

		Name	Cat	Country	PB	Time	Info
13	wt	30 <b>Martin Heerma</b>	M50	NED	4:09.22	<b>4:48.77</b>	
	rd	38 <b>Vishwaraj Jadeja</b>	M35	NED	4:19.39	<b>4:43.25</b>	
		<b>Martin Heerma</b>			<b>Vishwaraj Jadeja</b>		
		200m	22.06	(22.06)	200m	22.06	(22.06)
		600m	57.57	(35.51)	600m	56.69	(34.63)
		1000m	1:34.23	(36.66)	1000m	1:33.45	(36.76)
		1400m	2:12.11	(37.88)	1400m	2:11.05	(37.60)
		1800m	2:50.53	(38.42)	1800m	2:49.26	(38.21)
		2200m	3:28.96	(38.43)	2200m	3:27.05	(37.79)
		2600m	4:08.26	(39.30)	2600m	4:05.07	(38.02)
		3000m	4:48.77	(40.51)	3000m	4:43.25	(38.18)

		Name	Cat	Country	PB	Time	Info
14	yw	76 <b>Daan Spoelstra</b>	M45	NED	4:21.92	<b>4:28.60</b>	MT
	bl	65 <b>Yngve Raudberget</b>	M45	NOR	4:24.38	<b>5:26.81</b>	
		<b>Daan Spoelstra</b>			<b>Yngve Raudberget</b>		
		200m	21.42	(21.42)	200m	24.10	(24.10)
		600m	55.07	(33.65)	600m	1:07.04	(42.94)
		1000m	1:29.58	(34.51)	1000m	1:51.18	(44.14)
		1400m	2:05.35	(35.77)	1400m	2:35.32	(44.14)
		1800m	2:41.19	(35.84)	1800m	3:16.93	(41.61)
		2200m	3:16.78	(35.59)	2200m	4:01.10	(44.17)
		2600m	3:52.62	(35.84)	2600m	4:44.30	(43.20)
		3000m	4:28.60	(35.98)	3000m	5:26.81	(42.51)

		Name	Cat	Country	PB	Time Info
15	wt	20 <b>Arjan Elferink</b>	M45	NED	4:01.38	<b>4:14.47</b>
	rd	70 <b>Thomas Røste</b>	M45	NOR	4:10.93	<b>4:45.51</b>
		<b>Arjan Elferink</b>	<b>Thomas Røste</b>			
		200m 21.21 (21.21)	200m 23.20 (23.20)			
		600m 54.39 (33.18)	600m 57.37 (34.17)			
		1000m 1:26.98 (32.59)	1000m 1:31.69 (34.32)			
		1400m 1:59.84 (32.86)	1400m 2:07.93 (36.24)			
		1800m 2:32.71 (32.87)	1800m 2:45.06 (37.13)			
		2200m 3:06.07 (33.36)	2200m 3:23.62 (38.56)			
		2600m 3:40.06 (33.99)	2600m 4:03.81 (40.19)			
		3000m 4:14.47 (34.41)	3000m 4:45.51 (41.70)			

		Name	Cat	Country	PB	Time Info
16	yw	58 <b>Mark Ooijevaar</b>	M40	NED	3:46.94	<b>4:10.29</b>
	bl	55 <b>Andrew Nicholson</b>	M50	NZL	4:02.53	<b>4:47.12</b>
		<b>Mark Ooijevaar</b>	<b>Andrew Nicholson</b>			
		200m 21.09 (21.09)	200m 22.81 (22.81)			
		600m 53.20 (32.11)	600m 58.52 (35.71)			
		1000m 1:25.60 (32.40)	1000m 1:35.85 (37.33)			
		1400m 1:58.45 (32.85)	1400m 2:13.96 (38.11)			
		1800m 2:31.34 (32.89)	1800m 2:52.07 (38.11)			
		2200m 3:04.52 (33.18)	2200m 3:30.18 (38.11)			
		2600m 3:37.15 (32.63)	2600m 4:08.34 (38.16)			
		3000m 4:10.29 (33.14)	3000m 4:47.12 (38.78)			