

Uitslag 5 km hardlopen op de baan 22 januari 2025 Heerhugowaard baan Hera

#	Rank	Naam	Club	200m	600m	1000m	1400m	1800m	2200m	26000m	3000m	3400m	3800m	4200m	4600m	5000m	Eindtijd	Punten CK Zwefilo	
	1	1e Man	Josh Garrone	DTC	00:00:37	00:01:21		00:02:44		00:02:44	00:01:22	00:01:21	00:01:21	00:01:21	00:01:21	00:01:19	00:16:47		
	2	2e Man	Jochem Zutt	DTC		00:02:09	00:01:32	00:01:33	00:01:32	00:01:34		00:03:05	00:01:33	00:01:33	00:01:32	00:01:30	00:01:27	00:18:56	
	3	3e Man	Mike Timmerman	DTC	00:00:41	00:01:30	00:01:31	00:01:33	00:01:33	00:01:33		00:03:07		00:03:12	00:01:35	00:01:34	00:01:34	00:19:07	
	4	4e Man	René de Groot	Zwefilo	00:00:45	00:01:30	00:01:30	00:01:33			00:04:40	00:01:34	00:01:34	00:01:34	00:01:34	00:01:34	00:01:27	00:19:10	45
	5	5e Man	Casey Kruijer	Zwefilo	00:00:41	00:01:32	00:01:33	00:01:35	00:01:33	00:01:34	00:01:35	00:01:33	00:01:34	00:01:34	00:01:35	00:01:34	00:01:25	00:19:11	40
	6	6e Man	Mathijs Ippel	DTC	00:00:44	00:01:28	00:01:32	00:01:32	00:01:32	00:01:33	00:01:35	00:01:35	00:01:36	00:01:34	00:01:34	00:01:34	00:01:30	00:19:13	
	7	7e Man	Michael Krijnen	DTC	00:00:44	00:01:35	00:01:35	00:01:34			00:04:45	00:01:37		00:03:09	00:01:34	00:01:32	00:01:30	00:19:30	
	8	8e Man	Erik Visser	DTC	00:00:42		00:03:06	00:01:34	00:01:37	00:01:37	00:01:37	00:01:37	00:01:35	00:01:37	00:01:36	00:01:35		00:19:37	
	9	9e Man	Bart Kuilboer	Zwefilo	00:00:44	00:01:33	00:01:36	00:01:34	00:01:34		00:03:11	00:01:37	00:01:35	00:01:36	00:01:38	00:01:38	00:01:35	00:19:44	37
	10	1e Vrouw	Anita Verkerk	Zwefilo	00:00:40	00:01:26	00:01:34	00:01:36	00:01:33	00:01:36	00:01:39	00:01:39	00:01:38	00:01:38	00:01:36	00:01:36	00:01:42	00:19:46	45
	11	10e Man	Frank Potter	Zwefilo	00:00:46	00:01:32	00:01:36	00:01:34	00:01:36	00:01:37	00:01:39	00:01:38	00:01:37	00:01:38	00:01:37	00:01:36	00:01:34	00:19:53	35
	12	11e Man	Frank Brink	DTC		00:02:19	00:01:37	00:01:36	00:01:36	00:01:36	00:01:37	00:01:37	00:01:37	00:01:39	00:01:37		00:03:10	00:19:55	
	13	12e Man	Ties Daneberg	Zwefilo	00:00:41	00:01:29	00:01:33	00:01:34	00:01:36	00:01:37	00:01:39	00:01:40	00:01:39	00:01:42	00:01:42	00:01:41	00:01:36	00:20:05	34
	14	13e Man	Coen Bakker	DTC	00:00:46	00:01:35	00:01:37	00:01:37	00:01:36	00:01:37	00:01:37	00:01:40	00:01:41	00:01:40	00:01:42			00:20:16	
	15	14e Man	Mark van der Horst	DTC	00:00:45	00:01:35	00:01:36	00:01:36	00:01:36	00:01:38	00:01:39	00:01:39	00:01:42	00:01:42	00:01:41	00:01:38	00:01:36	00:20:18	
	16	15e Man	Alex Bruynzeel	DTC	00:00:39	00:01:30	00:01:34	00:01:38	00:01:39	00:01:39	00:01:40		00:03:21	00:01:44	00:01:43	00:01:43	00:01:38	00:20:24	
	17	16e Man	Folkert Brolsma	DTC	00:00:47	00:01:38		00:03:19	00:01:42	00:01:42	00:01:41	00:01:43	00:01:41	00:01:42	00:01:43	00:01:42	00:01:39	00:20:50	
	18	17e Man	Sander van Staveren	Zwefilo	00:00:40	00:01:30	00:01:34	00:01:35		00:03:21	00:01:46		00:03:38	00:01:52	00:01:51			00:21:14	33
	19	18e Man	Bart Winter	Zwefilo	00:00:46	00:01:37	00:01:42	00:01:44	00:01:46	00:01:44	00:01:46	00:01:46	00:01:46	00:01:44	00:01:46	00:01:45	00:01:40	00:21:28	32
	20	2e Vrouw	Bibi Boon	DTC	00:00:46	00:01:36	00:01:44	00:01:46	00:01:49	00:01:46	00:01:46	00:01:46	00:01:50	00:01:49	00:01:49	00:01:48	00:01:47	00:21:57	
	21	19e Man	Sander Bergers	DTC	00:00:51	00:01:47			00:05:33		00:03:39	00:01:49	00:01:48	00:01:49	00:01:49	00:01:47	00:01:46	00:22:33	
	22	20e Man	Jeroen Kager	DTC	00:00:52	00:01:46		00:03:42		00:03:41	00:01:50	00:01:50	00:01:48	00:01:49	00:01:49	00:01:47	00:01:46	00:22:34	
	23	21e Man	Bryan Curry	DTC	00:00:47	00:01:39	00:01:45	00:01:48	00:01:50	00:01:53	00:01:52	00:01:53	00:01:56		00:03:48	00:01:52	00:01:47	00:22:40	
	24	22e Man	Erik Venema	Zwefilo	00:00:53	00:01:47			00:05:32	00:01:50	00:01:49		00:03:37	00:01:49		00:03:51	00:01:50	00:22:55	31
	25	3e Vrouw	Denny Hes	DTC	00:00:52	00:01:50	00:01:51	00:01:53	00:01:53	00:01:54	00:01:54	00:01:54	00:01:53	00:01:49	00:01:49	00:01:48	00:01:40	00:22:55	
	26	1e Junior	Sanna-Linnéa Vriesman	DTC	00:00:48	00:01:45	00:01:48	00:01:53	00:01:51	00:01:52	00:01:52	00:01:54	00:01:54	00:01:57	00:01:56	00:01:53	00:01:45	00:23:01	
	27	23e Man	Marcel Clement	DTC	00:00:55	00:01:51		00:03:41	00:01:55	00:01:57	00:01:52	00:01:51	00:01:53	00:01:50	00:01:51	00:01:50	00:01:43	00:23:01	
	28	24e Man	Roland Remmen	DTC	00:00:48	00:01:50	00:01:56	00:01:54	00:01:54	00:01:57	00:01:52	00:01:51	00:01:53	00:01:50		00:03:40	00:01:43	00:23:02	
	29	25e Man	Rijtze Bok	DTC	00:00:52	00:01:50	00:01:52	00:01:52	00:01:53	00:01:54	00:01:54	00:01:55	00:01:54	00:01:55	00:01:55	00:01:54	00:01:48	00:23:23	
	30	26e Man	Wessel Kabel	DTC	00:00:54	00:01:50	00:01:54	00:01:58	00:01:56	00:01:55	00:01:56	00:01:56	00:01:58	00:01:55	00:01:54	00:01:51	00:01:37	00:23:28	
	31	27e Man	Robert van der Hulst	Zwefilo	00:00:49	00:01:43	00:01:49	00:01:52	00:01:52	00:01:55	00:01:54	00:01:55	00:01:55	00:02:00	00:01:58	00:01:59	00:01:55	00:23:32	30
	32	4e Vrouw	Saar Weijers	DTC	00:00:49	00:01:50	00:01:55	00:01:53	00:01:55	00:01:57	00:01:55	00:01:57	00:01:58	00:01:58	00:01:56	00:01:56	00:01:45	00:23:38	
	33	5e Vrouw	Mirjam Overgaag	DTC	00:00:54	00:01:52	00:01:58	00:01:59	00:01:58	00:01:58	00:02:02	00:02:04	00:02:01	00:02:00	00:02:04	00:02:02	00:02:00	00:24:46	
	34	6e Vrouw	Sandrine Vriesman	DTC		00:02:45	00:01:58	00:01:59	00:01:57	00:01:58	00:02:02	00:02:03	00:02:03	00:02:03	00:02:04	00:02:03	00:02:02	00:24:47	
	35	28e Man	Gerjo Boos	Zwefilo	00:01:04	00:02:06	00:02:02	00:02:00	00:02:01	00:01:59	00:01:59	00:01:58	00:02:00	00:01:59	00:01:59	00:01:59	00:01:56	00:24:55	29
	36	7e Vrouw	Sylvia de Reus	DTC/Zwefilo	00:00:56	00:01:58	00:02:05	00:02:05	00:02:03	00:02:03	00:02:01	00:02:01	00:02:03	00:02:02	00:02:01	00:02:03	00:01:53	00:25:10	40
	37	8e Vrouw	Martine de Groot	Zwefilo	00:01:05	00:02:05	00:02:03		00:04:01	00:02:02		00:04:02		00:04:02	00:02:01	00:02:01	00:01:57	00:25:13	37
	38	9e Vrouw	Carla Aalders	DTC	00:01:02	00:02:08	00:02:03		00:04:01	00:02:02	00:02:01	00:02:00	00:02:02	00:02:01	00:02:01	00:02:01	00:01:58	00:25:13	
	39	29e Man	Chris Bierman	Zwefilo	00:00:53	00:01:50	00:01:53	00:01:54	00:01:59	00:02:01	00:02:04	00:02:04	00:02:07	00:02:07	00:02:08	00:02:09	00:02:07	00:25:18	28
	40	30e Man	Richard Boos	Zwefilo	00:01:03	00:02:06	00:02:02	00:02:01	00:02:01	00:02:03	00:02:03	00:02:01	00:02:04	00:02:02	00:02:03	00:02:03	00:02:00	00:25:27	27
	41	31e Man	Thomas van der Vaart	DTC	00:00:55	00:01:49	00:01:52	00:01:55	00:02:09	00:02:09	00:02:14	00:02:13	00:02:18	00:02:14	00:02:11	00:02:18	00:02:11	00:26:21	
	42	32e Man	Henk van de Grootevheen	Zwefilo	00:01:02	00:02:15	00:02:16	00:02:19	00:02:22	00:02:25	00:02:27	00:02:26	00:02:26	00:02:25		00:04:43	00:02:16	00:29:16	26
	43	10e Vrouw	Lonneke Schipper	DTC	00:01:04	00:02:21	00:02:20	00:02:22	00:02:26	00:02:27	00:02:28	00:02:31	00:02:32	00:02:31	00:02:28	00:02:29	00:02:14	00:30:08	
	44	11e Vrouw	Ronja Winter	Zwefilo	00:01:04	00:02:11	00:02:14	00:02:20	00:02:28	00:02:45	00:03:17	00:02:37	00:02:44	00:03:03	00:02:47	00:02:46	00:02:46	00:32:56	35