



Baanwedstrijd Utrecht dinsdag 01 maart 2016

De Vechtsebanen - Utrecht

1 maart 2016

1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Arno van der Veen	H40	3	I	15:22.54		
2	6 Joris de Jong	HSA	3	O	15:47.75		
3	4 Rick van Hemert	HSA	1	I	15:48.65		
4	8 Bart Valentijn	HB2	2	I	16:01.95		
5	2 Robert Wierds	H40	4	I	16:16.35		
6	1 Max Douma	HB1	2	O	16:47.14		
7	10 Kees Looijen	HSA	1	O	16:58.20		
8	3 Christiaan Smit	HN3	4	O	17:35.38		



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1. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 4 Rick van Hemert	HSA		15:48.65	
	rd 10 Kees Looijen	HSA	16:46.04	16:58.20	
	Rick van Hemert				
	400m	39.91 (39.9)			
	800m	1:17.39 (37.5)			
	1200m	1:55.88 (38.5)			
	1600m	2:33.89 (38.0)			
	2000m	3:12.10 (38.2)			
	2400m	3:50.34 (38.2)			
	2800m	4:28.55 (38.2)			
	3200m	5:06.99 (38.4)			
	3600m	5:44.82 (37.8)			
	4000m	6:22.72 (37.9)			
	4400m	7:00.89 (38.2)			
	4800m	7:38.39 (37.5)			
	5200m	8:16.32 (37.9)			
	5600m	8:53.99 (37.7)			
	6000m	9:31.95 (38.0)			
	6400m	10:10.23 (38.3)			
	6800m	10:48.12 (37.9)			
	7200m	11:26.08 (38.0)			
	7600m	12:03.75 (37.7)			
	8000m	12:41.36 (37.6)			
	8400m	13:18.95 (37.6)			
	8800m	13:56.27 (37.3)			
	9200m	14:33.73 (37.5)			
	9600m	15:11.37 (37.6)			
	10000m	15:48.65 (37.3)			
	Kees Looijen				
	400m	43.68 (43.7)			
	800m	1:25.25 (41.6)			
	1200m	2:06.75 (41.5)			
	1600m	2:46.90 (40.2)			
	2000m	3:27.53 (40.6)			
	2400m	4:08.79 (41.3)			
	2800m	4:49.84 (41.1)			
	3200m	5:31.04 (41.2)			
	3600m	6:11.97 (40.9)			
	4000m	6:53.52 (41.6)			
	4400m	7:34.17 (40.7)			
	4800m	8:15.29 (41.1)			
	5200m	8:55.64 (40.4)			
	5600m	9:36.12 (40.5)			
	6000m	10:16.82 (40.7)			
	6400m	10:56.83 (40.0)			
	6800m	11:37.15 (40.3)			
	7200m	12:17.52 (40.4)			
	7600m	12:57.85 (40.3)			
	8000m	13:37.27 (39.4)			
	8400m	14:17.43 (40.2)			
	8800m	14:57.99 (40.6)			
	9200m	15:38.58 (40.6)			
	9600m	16:18.31 (39.7)			
	10000m	16:58.20 (39.9)			



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		Naam		Cat		PR	Tijd	Info
2	wt	8	Bart Valentijn		HB2		16:01.95	
	rd	1	Max Douma		HB1		16:47.14	
		Bart Valentijn			Max Douma			
		400m	38.12	(38.1)	400m	38.16	(38.2)	
		800m	1:14.37	(36.3)	800m	1:15.98	(37.8)	
		1200m	1:52.15	(37.8)	1200m	1:53.69	(37.7)	
		1600m	2:29.78	(37.6)	1600m	2:31.93	(38.2)	
		2000m	3:07.49	(37.7)	2000m	3:10.74	(38.8)	
		2400m	3:45.85	(38.4)	2400m	3:50.13	(39.4)	
		2800m	4:24.33	(38.5)	2800m	4:30.48	(40.4)	
		3200m	5:02.73	(38.4)	3200m	5:10.69	(40.2)	
		3600m	5:41.34	(38.6)	3600m	5:51.48	(40.8)	
		4000m	6:19.23	(37.9)	4000m	6:32.34	(40.9)	
		4400m	6:57.41	(38.2)	4400m	7:13.69	(41.4)	
		4800m	7:35.79	(38.4)	4800m	7:54.73	(41.0)	
		5200m	8:14.66	(38.9)	5200m	8:36.51	(41.8)	
		5600m	8:53.27	(38.6)	5600m	9:18.27	(41.8)	
		6000m	9:32.15	(38.9)	6000m	9:59.98	(41.7)	
		6400m	10:10.42	(38.3)	6400m	10:41.57	(41.6)	
		6800m	10:48.79	(38.4)	6800m	11:22.77	(41.2)	
		7200m	11:27.33	(38.5)	7200m	12:03.51	(40.7)	
		7600m	12:06.13	(38.8)	7600m	12:44.23	(40.7)	
		8000m	12:44.54	(38.4)	8000m	13:24.17	(39.9)	
		8400m	13:23.90	(39.4)	8400m	14:06.63	(42.5)	
		8800m	14:03.61	(39.7)	8800m	14:47.39	(40.8)	
		9200m	14:42.39	(38.8)	9200m	15:27.99	(40.6)	
		9600m	15:21.66	(39.3)	9600m	16:08.78	(40.8)	
		10000m	16:01.95	(40.3)	10000m	16:47.14	(38.4)	



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		Naam		Cat		PR		Tijd	Info
3	wt	7	Arno van der Veen		H40		14:59.77	15:22.54	
	rd	6	Joris de Jong		HSA			15:47.75	
		Arno van der Veen			Joris de Jong				
		400m	40.55	(40.6)	400m	38.81	(38.8)		
		800m	1:16.46	(35.9)	800m	1:16.08	(37.3)		
		1200m	1:53.23	(36.8)	1200m	1:54.08	(38.0)		
		1600m	2:29.97	(36.7)	1600m	2:31.64	(37.6)		
		2000m	3:06.56	(36.6)	2000m	3:09.37	(37.7)		
		2400m	3:43.39	(36.8)	2400m	3:47.45	(38.1)		
		2800m	4:20.63	(37.2)	2800m	4:25.57	(38.1)		
		3200m	4:57.69	(37.1)	3200m	5:02.81	(37.2)		
		3600m	5:34.90	(37.2)	3600m	5:40.39	(37.6)		
		4000m	6:12.02	(37.1)	4000m	6:18.51	(38.1)		
		4400m	6:48.64	(36.6)	4400m	6:56.22	(37.7)		
		4800m	7:25.41	(36.8)	4800m	7:34.06	(37.8)		
		5200m	8:02.08	(36.7)	5200m	8:11.74	(37.7)		
		5600m	8:38.92	(36.8)	5600m	8:49.35	(37.6)		
		6000m	9:15.46	(36.5)	6000m	9:27.01	(37.7)		
		6400m	9:52.09	(36.6)	6400m	10:04.86	(37.8)		
		6800m	10:28.81	(36.7)	6800m	10:42.66	(37.8)		
		7200m	11:04.98	(36.2)	7200m	11:20.05	(37.4)		
		7600m	11:41.11	(36.1)	7600m	11:57.61	(37.6)		
		8000m	12:17.50	(36.4)	8000m	12:35.79	(38.2)		
		8400m	12:54.12	(36.6)	8400m	13:14.26	(38.5)		
		8800m	13:31.08	(37.0)	8800m	13:53.19	(38.9)		
		9200m	14:08.26	(37.2)	9200m	14:31.34	(38.2)		
		9600m	14:45.37	(37.1)	9600m	15:09.36	(38.0)		
		10000m	15:22.54	(37.2)	10000m	15:47.75	(38.4)		



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		Naam		Cat		PR		Tijd	Info
4	wt	2	Robert Wierds		H40		16:30.52	16:16.35	
	rd	3	Christiaan Smit		HN3			17:35.38	
		Robert Wierds			Christiaan Smit				
		400m	44.52	(44.5)	400m	45.01	(45.0)		
		800m	1:22.35	(37.8)	800m	1:26.16	(41.2)		
		1200m	2:00.93	(38.6)	1200m	2:09.41	(43.2)		
		1600m	2:39.86	(38.9)	1600m	2:52.26	(42.9)		
		2000m	3:19.15	(39.3)	2000m	3:35.18	(42.9)		
		2400m	3:58.97	(39.8)	2400m	4:17.64	(42.5)		
		2800m	4:37.89	(38.9)	2800m	4:59.64	(42.0)		
		3200m	5:16.63	(38.7)	3200m	5:42.71	(43.1)		
		3600m	5:55.32	(38.7)	3600m	6:25.35	(42.6)		
		4000m	6:34.05	(38.7)	4000m	7:07.85	(42.5)		
		4400m	7:12.50	(38.5)	4400m	7:50.13	(42.3)		
		4800m	7:50.75	(38.2)	4800m	8:29.88	(39.7)		
		5200m	8:29.62	(38.9)	5200m	9:13.82	(43.9)		
		5600m	9:09.08	(39.5)	5600m	9:56.23	(42.4)		
		6000m	9:48.70	(39.6)	6000m	10:39.00	(42.8)		
		6400m	10:28.19	(39.5)	6400m	11:21.87	(42.9)		
		6800m	11:07.32	(39.1)	6800m	12:04.27	(42.4)		
		7200m	11:46.37	(39.1)	7200m	12:46.92	(42.7)		
		7600m	12:25.35	(39.0)	7600m	13:28.48	(41.6)		
		8000m	13:04.21	(38.9)	8000m	14:09.18	(40.7)		
		8400m	13:42.38	(38.2)	8400m	14:50.16	(41.0)		
		8800m	14:21.24	(38.9)	8800m	15:31.88	(41.7)		
		9200m	14:59.85	(38.6)	9200m	16:12.77	(40.9)		
		9600m	15:38.33	(38.5)	9600m	16:54.73	(42.0)		
		10000m	16:16.35	(38.0)	10000m	17:35.38	(40.6)		