



5 x 1000m testloop  
donderdag 27 september 2016  
Locatie: Zwedenlaan/Messchenveld

		1 <sup>e</sup>	2 <sup>e</sup>	3 <sup>e</sup>	4 <sup>e</sup>	5 <sup>e</sup>	gem	*km/u
Annette	Smeenge	5:21	5:19	5:20	5:21	5:20	5:20.2	11,2
Con	Diender	4:55	4:47	4:44	4:43	4:44	4:46.6	12,7
Els	Kloet	4:39	4:36	4:32	4:35	4:32	4:34.8	13,2
Esther	Wietze	4:32	4:25	4:24	4:26	4:23	4:26.0	13,6
Evert	Maarhuis	5:31	5:22	5:12	4:58	5:41	5:20.8	12,0
Geertrui	Seaux	5:16	5:13	5:08	5:10	5:03	5:10.0	11,8
Harry	Bloemberg	5:01	4:57	5:01	5:10	4:47	4:59.2	12,5
Jos	Hassing	4:47	4:40	4:35	4:43	4:37	4:40.4	13,0
Manon	v.d. Gouw	5:01	4:52	4:46	5:04	4:31	4:50.8	13,2
Mark	Veenstra	4:07	4:00	3:59	3:57	3:51	3:58.8	15,5
Michaela	Zwaan	5:00	4:52	4:46	5:10	4:47	4:55.0	12,5
Miranda	van Hal	5:32	5:27	5:36	5:36	5:41	5:34.4	11,0
Rafaël	Loby	4:08	4:00	3:59	3:57	3:51	3:59.0	15,5
Richard	v.d. Weide	4:39	4:36	4:32	4:35	4:32	4:34.8	13,2
Riny	v,d, Zanden	4:48	4:43	4:42	4:43	4:51	4:45.4	12,7
Rogier	Stout	4:07	4:00	3:59	3:57	3:51	3:58.8	15,5
Sjak	Meeuwissen	5:05	5:00	5:04	5:09	5:01	5:03.8	12,0
Wim	Folkerts	4:07	4:00	3:59	3:57	3:51	3:58.8	15,5

\*km/u is berekend van de snelste 1000m



4 x 1000m testloop  
donderdag 22 september 2016  
Locatie: Zwedenlaan/Messchenveld

		1 <sup>e</sup>	2 <sup>e</sup>	3 <sup>e</sup>	4 <sup>e</sup>	gem.	*km/u
Anke	Lauwerse	5:48	5:36	5:36	5:35	5:38.7	10.7
Annette	Smeenge	5:27	5:20	5:24	5:25	5:24.0	11.2
Claudia	Herwig	5:48	5:36	5:36	5:36	5:39.0	10.7

Cor	Hiemstra	5:25	5:19	5:18	5:23	5:21.2	11.3
Dorien	Pays	4:58	4:45	4:51	4:45	4:49.7	12.6
Esther	Wietze	4:48	4:38	4:40	4:36	4:40.5	13.0
Evert	Maarhuis	5:20	5:15	5:18	4:41	5:08.0	12.8
Geertrui	Seaux	5:21	5:08	5:03	4:55	5:06.7	12.2
Jan	Moedt	5:35	5:35	5:34	5:34	5:34.5	10.7
Jan H.	Darwinkel	5:00	4:48	4:48	4:52	4:52.0	12.5
Jos	Hassing	4:48	4:41	4:47	4:47	4:45.7	12.8
Manon	v.d. Gouw	5:19	5:09	5:07	4:52	5:07.7	12.3
Marjolein	de Jonge	5:16	5:07	5:00	4:55	5:04.5	12.2
Michaela	Zwaan	5:05	4:53	4:53	4:52	4:55.7	12.3
Miranda	van Hal	5:35	5:35	5:36	5:35	5:35.2	10.7
Peter	Remmers	5:07	4:56	4:55	4:49	4:56.7	12.4
Rafaël	Loby	4:25	4:03	3:59	4:03	4:07.5	15.0
Richard	v.d. Weide	4:48	4:41	4:47	4:47	4:45.7	12.8
Rogier	Stout	3:42	3:39	3:44	3:50	3:43.7	16.4
Sip	Gelling	4:48	4:41	4:47	4:47	4:45.7	12.8
Sjak	Meeuwissen	5:18	5:08	5:06	4:54	5:06.5	12.2
Teo	Hutten	5:09	5:03	5:04	4:59	5:03.7	12.0
Wim	Krol	4:48	4:30	4:33	4:26	4:34.2	13.5

\*km/u is berekend van de snelste 1000m