

500m eindtijd behaald	5000m eindtijd doel	200m tijd opening	ronde tijd ronde1	600m tijd tussen	ronde tijd ronde2	1000m tijd tussen	ronde tijd ronde3	1400m tijd tussen	ronde tijd ronde4	1800m tijd tussen	ronde tijd ronde5	2200m tijd tussen	ronde tijd ronde6	2600m tijd tussen	ronde tijd ronde7	3000m tijd tussen	ronde tijd ronde8	3400m tijd tussen	ronde tijd ronde9	3800m tijd tussen	ronde tijd ronde10	4200m tijd tussen	ronde tijd ronde11	4600m tijd tussen	ronde tijd ronde12	5000m eindtijd tussen	500m eindtijd behaald
37.0	06:47.0	00:19.0	00:31.5	00:50.5	00:32.0	01:22.5	00:32.0	01:54.5	00:32.0	02:26.5	00:32.5	02:59.0	00:32.5	03:31.5	00:32.5	04:04.0	00:32.5	04:36.5	00:32.5	05:09.0	00:32.5	05:41.5	00:32.5	06:14.0	00:33.0	06:47.0	37.0
38.0	06:53.0	00:19.0	00:32.0	00:51.0	00:32.5	01:23.5	00:32.5	01:56.0	00:32.5	02:28.5	00:33.0	03:01.5	00:33.0	03:34.5	00:33.0	04:07.5	00:33.0	04:40.5	00:33.0	05:13.5	00:33.0	05:46.5	00:33.0	06:19.5	00:33.5	06:53.0	37.5
38.0	06:58.0	00:19.5	00:32.5	00:52.0	00:32.5	01:24.5	00:33.0	01:57.5	00:33.0	02:30.5	00:33.0	03:03.5	00:33.0	03:36.5	00:33.5	04:10.0	00:33.5	04:43.5	00:33.5	05:17.0	00:33.5	05:50.5	00:33.5	06:24.0	00:34.0	06:58.0	38.0
38.5	07:04.0	00:19.5	00:32.5	00:52.0	00:33.0	01:25.0	00:33.0	01:58.0	00:33.5	02:31.5	00:34.0	03:05.5	00:34.0	03:39.5	00:34.0	04:13.5	00:34.0	04:47.5	00:34.0	05:21.5	00:34.0	05:55.5	00:34.0	06:29.5	00:34.5	07:04.0	38.5
39.0	07:09.0	00:19.5	00:33.0	00:52.5	00:33.5	01:26.0	00:33.5	01:59.5	00:34.0	02:33.5	00:34.0	03:07.5	00:34.0	03:41.5	00:34.5	04:16.0	00:34.5	04:50.5	00:34.5	05:25.0	00:34.5	05:59.5	00:34.5	06:34.0	00:35.0	07:09.0	39.0
39.5	07:15.0	00:20.0	00:33.5	00:53.5	00:34.0	01:27.5	00:34.0	02:01.5	00:34.5	02:36.0	00:34.5	03:10.5	00:34.5	03:45.0	00:34.5	04:19.5	00:35.0	04:54.5	00:35.0	05:29.5	00:35.0	06:04.5	00:35.0	06:39.5	00:35.5	07:15.0	39.5
40.0	07:20.0	00:20.0	00:34.0	00:54.0	00:34.5	01:28.5	00:34.5	02:03.0	00:34.5	02:37.5	00:35.0	03:12.5	00:35.0	03:47.5	00:35.0	04:22.5	00:35.5	04:58.0	00:35.5	05:33.5	00:35.5	06:09.0	00:35.5	06:44.5	00:35.5	07:20.0	40.0
40.5	07:26.0	00:20.0	00:34.5	00:54.5	00:35.0	01:29.5	00:35.0	02:04.5	00:35.0	02:39.5	00:35.5	03:15.0	00:35.5	03:50.5	00:35.5	04:26.0	00:36.0	05:02.0	00:36.0	05:38.0	00:36.0	06:14.0	00:36.0	06:50.0	00:36.0	07:26.0	40.5
41.0	07:32.0	00:20.5	00:35.0	00:55.5	00:35.5	01:31.0	00:35.5	02:06.5	00:35.5	02:42.0	00:36.0	03:18.0	00:36.0	03:54.0	00:36.0	04:30.0	00:36.0	05:06.0	00:36.5	05:42.5	00:36.5	06:19.0	00:36.5	06:55.5	00:36.5	07:32.0	41.0
41.5	07:37.0	00:20.5	00:35.5	00:56.0	00:36.0	01:32.0	00:36.0	02:08.0	00:36.0	02:44.0	00:36.5	03:20.5	00:36.5	03:57.0	00:36.5	04:33.5	00:36.5	05:10.0	00:36.5	05:46.5	00:36.5	06:23.0	00:37.0	07:00.0	00:37.0	07:37.0	41.5
42.0	07:43.0	00:20.5	00:36.0	00:56.5	00:36.5	01:33.0	00:36.5	02:09.5	00:36.5	02:46.0	00:37.0	03:23.0	00:37.0	04:00.0	00:37.0	04:37.0	00:37.0	05:14.0	00:37.0	05:51.0	00:37.0	06:28.0	00:37.5	07:05.5	00:37.5	07:43.0	42.0
42.5	07:48.0	00:21.0	00:36.5	00:57.5	00:36.5	01:34.0	00:37.0	02:11.0	00:37.0	02:47.9	00:37.5	03:25.4	00:37.5	04:02.8	00:37.5	04:40.3	00:37.5	05:17.7	00:37.5	05:55.2	00:37.5	06:32.6	00:37.5	07:10.1	00:38.0	07:48.0	42.5
43.0	07:54.0	00:21.0	00:37.0	00:58.0	00:37.0	01:35.0	00:37.5	02:12.5	00:37.5	02:50.0	00:37.5	03:27.5	00:38.0	04:05.5	00:38.0	04:43.5	00:38.0	05:21.5	00:38.0	05:59.5	00:38.0	06:37.5	00:38.0	07:15.5	00:38.5	07:54.0	43.0
43.5	07:59.0	00:21.5	00:37.5	00:59.0	00:37.5	01:36.5	00:37.5	02:14.0	00:38.0	02:52.0	00:38.0	03:30.0	00:38.0	04:08.0	00:38.0	04:46.0	00:38.5	05:24.5	00:38.5	06:03.0	00:38.5	06:41.5	00:38.5	07:20.0	00:39.0	07:59.0	43.5
44.0	08:05.0	00:21.5	00:37.5	00:59.0	00:38.0	01:37.0	00:38.0	02:15.0	00:38.5	02:53.5	00:38.5	03:32.0	00:38.5	04:10.5	00:39.0	04:49.5	00:39.0	05:28.5	00:39.0	06:07.5	00:39.0	06:46.5	00:39.0	07:25.5	00:39.5	08:05.0	44.0
44.5	08:11.0	00:22.0	00:38.0	01:00.0	00:38.5	01:38.5	00:38.5	02:17.0	00:38.5	02:55.5	00:39.0	03:34.5	00:39.0	04:13.5	00:39.5	04:53.0	00:39.5	05:32.5	00:39.5	06:12.0	00:39.5	06:51.5	00:39.5	07:31.0	00:40.0	08:11.0	44.5
45.0	08:16.0	00:22.0	00:38.5	01:00.5	00:39.0	01:39.5	00:39.0	02:18.5	00:39.0	02:57.5	00:39.5	03:37.0	00:39.5	04:16.5	00:39.5	04:56.0	00:39.5	05:35.5	00:40.0	06:15.5	00:40.0	06:55.5	00:40.0	07:35.5	00:40.5	08:16.0	45.0
45.5	08:22.0	00:22.5	00:39.0	01:01.5	00:39.5	01:41.0	00:39.5	02:20.5	00:39.5	03:00.0	00:40.0	03:40.0	00:40.0	04:20.0	00:40.0	05:00.0	00:40.0	05:40.0	00:40.5	06:20.5	00:40.5	07:01.0	00:40.5	07:41.5	00:40.5	08:22.0	45.5
46.0	08:27.0	00:22.5	00:39.5	01:02.0	00:39.5	01:41.5	00:40.0	02:21.5	00:40.0	03:01.5	00:40.5	03:42.0	00:40.5	04:22.5	00:40.5	05:03.0	00:40.5	05:43.5	00:40.5	06:24.0	00:41.0	07:05.0	00:41.0	07:46.0	00:41.0	08:27.0	46.0
46.5	08:33.0	00:22.5	00:40.0	01:02.5	00:40.5	01:43.0	00:40.5	02:23.5	00:40.5	03:04.0	00:41.0	03:45.0	00:41.0	04:26.0	00:41.0	05:07.0	00:41.0	05:48.0	00:41.0	06:29.0	00:41.0	07:10.0	00:41.5	07:51.5	00:41.5	08:33.0	46.5
47.0	08:39.0	00:22.5	00:40.5	01:03.0	00:41.0	01:44.0	00:41.0	02:25.0	00:41.0	03:06.0	00:41.5	03:47.5	00:41.5	04:29.0	00:41.5	05:10.5	00:41.5	05:52.0	00:41.5	06:33.5	00:41.5	07:15.0	00:42.0	07:57.0	00:42.0	08:39.0	47.0
47.5	08:44.0	00:22.5	00:41.0	01:03.5	00:41.5	01:45.0	00:41.5	02:26.5	00:41.5	03:07.9	00:42.0	03:49.9	00:42.0	04:31.8	00:42.0	05:13.8	00:42.0	05:55.7	00:42.0	06:37.7	00:42.0	07:19.6	00:42.0	08:01.6	00:42.5	08:44.0	47.5
48.0	08:50.0	00:23.0	00:41.5	01:04.5	00:41.5	01:46.0	00:42.0	02:28.0	00:42.0	03:10.0	00:42.0	03:52.0	00:42.5	04:34.5	00:42.5	05:17.0	00:42.5	05:59.5	00:42.5	06:42.0	00:42.5	07:24.5	00:42.5	08:07.0	00:43.0	08:50.0	48.0
48.5	08:55.0	00:23.0	00:42.0	01:05.0	00:42.0	01:47.0	00:42.0	02:29.0	00:42.5	03:11.5	00:42.5	03:54.0	00:42.5	04:36.5	00:43.0	05:19.5	00:43.0	06:02.5	00:43.0	06:45.5	00:43.0	07:28.5	00:43.0	08:11.5	00:43.5	08:55.0	48.5
49.0	09:01.0	00:23.0	00:42.5	01:05.5	00:42.5	01:48.0	00:42.5	02:30.5	00:43.0	03:13.5	00:43.0	03:56.5	00:43.0	04:39.5	00:43.5	05:23.0	00:43.5	06:06.5	00:43.5	06:50.0	00:43.5	07:33.5	00:43.5	08:17.0	00:44.0	09:01.0	49.0
49.5	09:06.0	00:23.0	00:43.0	01:06.0	00:43.0	01:49.0	00:43.0	02:32.0	00:43.0	03:15.0	00:43.5	03:58.5	00:43.5	04:42.0	00:43.5	05:25.5	00:44.0	06:09.5	00:44.0	06:53.5	00:44.0	07:37.5	00:44.0	08:21.5	00:44.5	09:06.0	49.5
50.0	09:12.0	00:23.5	00:43.5	01:07.0	00:43.5	01:50.5	00:43.5	02:34.0	00:43.5	03:17.5	00:44.0	04:01.5	00:44.0	04:45.5	00:44.0	05:29.5	00:44.0	06:13.5	00:44.5	06:58.0	00:44.5	07:42.5	00:44.5	08:27.0	00:45.0	09:12.0	50.0