

500m tijd behaald	3000m tijd doel	200m tijd opening	ronde tijd 1	600m 1800m tussen	ronde tijd 2 en 5	1000m 2200m tussen	ronde tijd 3 en 6	1400m 2600m tussen	ronde tijd 4 en 7	3000m eindtijd eindtijd
37,0	04:04,0	00:19,0	00:31,5	00:50,5 02:26,5	00:32,0 00:32,5	01:22,5 02:59,0	00:32,0 00:32,5	01:54,5 03:31,5	00:32,0 00:32,5	04:04,0
38,0	04:11,0	00:20,0	00:32,0	00:52,0 02:30,0	00:32,5 00:33,5	01:24,5 03:03,5	00:32,5 00:33,5	01:57,0 03:37,0	00:33,0 00:34,0	04:11,0
39,0	04:17,0	00:20,5	00:33,0	00:53,5 02:34,0	00:33,0 00:34,0	01:26,5 03:08,0	00:33,5 00:34,5	02:00,0 03:42,5	00:34,0 00:34,5	04:17,0
40,0	04:24,0	00:20,5	00:34,0	00:54,5 02:38,0	00:34,0 00:35,0	01:28,5 03:13,0	00:34,5 00:35,5	02:03,0 03:48,5	00:35,0 00:35,5	04:24,0
41,0	04:31,0	00:21,0	00:35,0	00:56,0 02:42,1	00:35,0 00:36,0	01:31,1 03:18,0	00:35,5 00:36,5	02:06,5 03:54,5	00:35,5 00:36,5	04:31,0
42,0	04:37,0	00:21,5	00:35,5	00:57,0 02:45,5	00:36,0 00:37,0	01:33,0 03:22,5	00:36,0 00:37,0	02:09,0 03:59,5	00:36,5 00:37,5	04:37,0
43,0	04:44,0	00:21,5	00:36,5	00:58,0 02:49,5	00:37,0 00:38,0	01:35,0 03:27,5	00:37,0 00:38,0	02:12,0 04:05,5	00:37,5 00:38,5	04:44,0
44,0	04:50,0	00:22,0	00:37,5	00:59,5 02:53,5	00:37,5 00:38,5	01:37,0 03:32,0	00:38,0 00:39,0	02:15,0 04:11,0	00:38,5 00:39,0	04:50,0
45,0	04:57,0	00:22,5	00:38,0	01:00,5 02:57,5	00:38,5 00:39,5	01:39,0 03:37,0	00:39,0 00:40,0	02:18,0 04:17,0	00:39,5 00:40,0	04:57,0
46,0	05:04,0	00:23,0	00:39,0	01:02,0 03:01,5	00:39,5 00:40,5	01:41,5 03:42,0	00:40,0 00:41,0	02:21,5 04:23,0	00:40,0 00:41,0	05:04,0
47,0	05:10,0	00:23,0	00:40,0	01:03,0 03:05,5	00:40,5 00:41,0	01:43,5 03:46,5	00:41,0 00:41,5	02:24,5 04:28,0	00:41,0 00:42,0	05:10,0
48,0	05:17,0	00:23,5	00:41,0	01:04,5 03:09,5	00:41,5 00:42,0	01:46,0 03:51,5	00:41,5 00:42,5	02:27,5 04:34,0	00:42,0 00:43,0	05:17,0
49,0	05:23,0	00:24,0	00:42,0	01:06,0 03:14,0	00:42,5 00:43,0	01:48,5 03:57,0	00:42,5 00:43,5	02:31,0 04:40,5	00:43,0 00:43,5	05:24,0
50,0	05:30,0	00:24,0	00:43,0	01:07,0 03:17,0	00:43,0 00:44,0	01:50,0 04:01,0	00:43,5 00:44,5	02:33,5 04:45,5	00:43,5 00:44,5	05:30,0
51,0	05:37,0	00:24,5	00:43,5	01:08,0 03:21,0	00:44,0 00:45,0	01:52,0 04:06,0	00:44,5 00:45,5	02:36,5 04:51,5	00:44,5 00:45,5	05:37,0
52,0	05:43,0	00:25,0	00:44,5	01:09,5 03:25,0	00:45,0 00:45,5	01:54,5 04:10,5	00:45,0 00:46,0	02:39,5 04:56,5	00:45,5 00:46,5	05:43,0
53,0	05:50,0	00:25,0	00:45,5	01:10,5 03:29,0	00:46,0 00:46,5	01:56,5 04:15,5	00:46,0 00:47,0	02:42,5 05:02,5	00:46,5 00:47,5	05:50,0
54,0	05:56,0	00:25,5	00:46,5	01:12,0 03:33,0	00:46,5 00:47,5	01:58,5 04:20,5	00:47,0 00:47,5	02:45,5 05:08,0	00:47,5 00:48,0	05:56,0
55,0	06:03,0	00:26,0	00:47,0	01:13,0 03:37,0	00:47,5 00:48,5	02:00,5 04:25,5	00:48,0 00:48,5	02:48,5 05:14,0	00:48,5 00:49,0	06:03,0
56,0	06:10,0	00:26,5	00:48,0	01:14,5 03:41,0	00:48,5 00:49,5	02:03,0 04:30,5	00:49,0 00:49,5	02:52,0 05:20,0	00:49,0 00:50,0	06:10,0
57,0	06:16,0	00:26,5	00:49,0	01:15,5 03:44,5	00:49,5 00:50,0	02:05,0 04:34,5	00:49,5 00:50,5	02:54,5 05:25,0	00:50,0 00:51,0	06:16,0
58,0	06:23,0	00:27,0	00:50,0	01:17,0 03:48,5	00:50,0 00:51,0	02:07,0 04:39,5	00:50,5 00:51,5	02:57,5 05:31,0	00:51,0 00:52,0	06:23,0
59,0	06:29,0	00:27,5	00:50,5	01:18,0 03:52,0	00:51,0 00:52,0	02:09,0 04:44,0	00:51,5 00:52,5	03:00,5 05:36,5	00:51,5 00:52,5	06:29,0
60,0	06:36,0	00:27,5	00:51,5	01:19,0 03:56,0	00:52,0 00:53,0	02:11,0 04:49,0	00:52,5 00:53,5	03:03,5 05:42,5	00:52,5 00:53,5	06:36,0