



# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(84) Jeffrey Herlings									
1	14:07:15.335	<b>4:23.245</b>	9.647	<b>33.350</b>	<b>51.069</b>	<b>59.096</b>	18.201	36.651	55.231
2	14:12:04.367	<b>4:49.032</b>	10.236	39.607	59.225	1:03.853	<b>18.184</b>	38.903	59.024
3	14:16:47.675	<b>4:43.308</b>	10.234	37.775	55.971	1:02.814	18.854	38.501	59.159
4	14:21:37.052	<b>4:49.377</b>	10.043	37.417	1:00.694	1:03.939	19.096	40.140	58.048
5	14:26:25.233	<b>4:48.181</b>	10.080	36.952	55.877	1:04.908	20.995	40.041	59.328
6	14:31:45.643	<b>5:20.410</b>	9.847	37.755	57.491	1:04.695	50.029	40.612	59.981
7	14:36:39.006	<b>4:53.363</b>	<b>9.569</b>	39.590	59.360	1:04.390	18.998	41.482	59.974
8	14:41:40.448	<b>5:01.442</b>	10.787	38.076	59.644	1:05.362	20.630	41.931	1:05.012
9	14:46:37.527	<b>4:57.079</b>	10.851	38.907	59.757	1:04.089	19.224	42.515	1:01.736
10	14:51:32.796	<b>4:55.269</b>	11.095	37.895	58.794	1:05.672	19.039	41.364	1:01.410
11	14:56:36.484	<b>5:03.688</b>	9.736	41.938	58.983	1:05.118	20.457	42.954	1:04.502
12	15:01:37.439	<b>5:00.955</b>	11.500	40.030	58.612	1:04.488	19.589	41.905	1:04.831
13	15:07:49.059	<b>6:11.620</b>	10.640	1:50.032	56.888	1:07.585	20.792	42.396	1:03.287
14	15:14:39.202	<b>6:50.143</b>	10.072	2:00.239	59.263	1:05.230	51.198	41.954	1:02.187
15	15:20:53.025	<b>6:13.823</b>	9.706	1:54.998			20.305	41.617	1:02.701
16	15:27:09.480	<b>6:16.455</b>	10.948	1:51.885			20.577	43.352	1:03.580
17	15:33:31.913	<b>6:22.433</b>	10.677	1:56.255			20.090	42.472	1:06.890
18	15:39:55.002	<b>6:23.089</b>	10.712	1:51.586			20.508	43.703	1:09.450
19	15:46:24.994	<b>6:29.992</b>	11.665	1:52.948			21.115	44.409	1:08.194
20	15:52:58.247	<b>6:33.253</b>	11.260	1:56.756			21.567	44.141	1:06.938

(91) Nathan Watson									
1	14:07:54.869	<b>4:48.085</b>	10.707	<b>37.123</b>	<b>57.944</b>	<b>1:01.362</b>	20.303	<b>39.511</b>	1:01.135
2	14:13:11.376	<b>5:16.507</b>	10.634	41.784	1:03.958	1:08.124	23.095	45.514	1:03.398
3	14:18:13.016	<b>5:01.640</b>	<b>9.665</b>	42.882	59.925	1:02.689	20.590	41.860	1:04.029
4	14:23:19.465	<b>5:06.449</b>	11.376	44.118	58.992	1:02.481	22.219	41.908	1:05.355
5	14:28:27.474	<b>5:08.009</b>	10.664	42.135	1:02.619	1:03.250	20.871	43.514	1:04.956
6	14:33:29.609	<b>5:02.135</b>	10.327	41.565	58.587	1:04.149	21.313	43.002	1:03.192
7	14:38:35.276	<b>5:05.667</b>	10.579	44.350	59.389	1:02.637	21.328	42.840	1:04.544
8	14:43:40.103	<b>5:04.827</b>	11.525	44.188	1:00.377	1:02.036	20.841	43.356	1:02.504
9	14:48:37.575	<b>4:57.472</b>	10.396	38.651	1:00.321	1:02.209	20.585	40.873	1:04.437
10	14:53:33.077	<b>4:55.502</b>	10.108	40.042	58.062	1:01.851	20.736	41.650	1:03.053
11	14:59:04.189	<b>5:31.112</b>	10.997	41.057	59.652	1:02.963	52.640	41.035	1:02.768
12	15:04:07.107	<b>5:02.918</b>	11.058	42.392	59.888	1:02.058	20.800	41.213	1:05.509
13	15:10:24.020	<b>6:16.913</b>	9.926	1:59.797	58.556	1:04.697	<b>19.402</b>	40.410	1:04.125
14	15:16:52.229	<b>6:28.209</b>	10.888	2:05.081	1:01.812	1:02.339	21.322	41.021	1:05.746
15	15:23:14.343	<b>6:22.114</b>	10.623	1:56.106			21.297	41.361	1:07.357
16	15:29:39.261	<b>6:24.918</b>	10.961	1:59.146			20.725	42.010	1:05.906
17	15:36:01.534	<b>6:22.273</b>	10.889	1:52.225			20.341		
18	15:42:33.409	<b>6:31.875</b>	10.568	1:52.698			21.990	44.807	1:10.651
19	15:49:00.201	<b>6:26.792</b>	11.550	1:49.481			21.578	43.233	1:10.235
20	15:55:28.136	<b>6:27.935</b>	11.272	1:49.940			21.807	45.731	1:09.597

(5) Glenn Coldenhoff									
1	14:07:34.688	<b>4:36.245</b>	10.278	<b>33.992</b>	<b>53.381</b>	<b>1:00.978</b>	<b>18.267</b>	39.497	59.852
2	14:12:35.155	<b>5:00.467</b>	10.245	40.361	1:01.306	1:04.897	19.878	40.725	1:03.055
3	14:17:24.732	<b>4:49.577</b>	10.389	39.826	57.217	1:03.293	18.997	40.392	59.463
4	14:22:17.792	<b>4:53.060</b>	10.091	39.177	59.494	1:01.420	19.853	40.585	1:02.440
5	14:27:14.935	<b>4:57.143</b>	<b>9.188</b>	41.198	58.994	1:05.587	19.149	41.143	1:01.884
6	14:32:15.613	<b>5:00.678</b>	9.980	40.463	59.300	1:05.021	20.094	42.410	1:03.410
7	14:37:12.631	<b>4:57.018</b>	10.253	38.971	59.211	1:04.310	19.937	41.706	1:02.630
8	14:43:06.800	<b>5:54.169</b>	10.677	40.701	1:01.455	1:04.716	1:07.619	43.502	1:05.499
9	14:48:14.408	<b>5:07.608</b>	10.509	41.607	1:01.808	1:05.315	20.818	42.513	1:05.038
10	14:53:29.946	<b>5:15.538</b>	11.382	41.537	1:01.345	1:07.580	21.692	43.986	1:08.016
11	14:58:42.123	<b>5:12.177</b>	11.042	43.491	59.377	1:06.678	20.352	44.713	1:06.524
12	15:03:51.849	<b>5:09.726</b>	10.319	42.354	1:00.652	1:07.271	20.413	43.132	1:05.585
13	15:10:26.030	<b>6:34.181</b>	11.616	2:07.387	1:00.430	1:06.218	21.102	42.425	1:05.003
14	15:16:53.044	<b>6:27.014</b>	10.387	2:03.614	1:00.807	1:05.860	20.560	42.172	1:03.614
15	15:24:00.307	<b>7:07.263</b>	10.038	1:55.580			1:00.154	44.134	1:05.264
16	15:30:32.768	<b>6:32.461</b>	10.572	1:56.961			21.509	43.534	1:07.771
17	15:37:01.521	<b>6:28.753</b>	11.442	1:51.666			20.909	45.796	1:07.472
18	15:43:55.740	<b>6:54.219</b>	11.417	2:00.983			21.465	46.800	1:12.431
19	15:50:49.316	<b>6:53.576</b>	11.501	2:05.614			21.139	45.327	1:09.839
20	15:57:26.219	<b>6:36.903</b>	11.455	1:50.987			20.955	46.030	1:09.913



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Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(6) Steve Ramon									
1	14:07:43.444	<b>4:42.939</b>	10.120	36.664	57.052	1:01.769	18.338	37.750	1:01.246
2	14:12:44.368	5:00.924	10.603	39.732	1:04.342	1:04.012	20.745	40.455	1:01.035
3	14:17:35.170	4:50.802	10.495	38.237	59.366	1:03.294	19.181	39.201	1:01.028
4	14:22:32.499	4:57.329	10.468	41.471	1:01.146	1:02.677	19.611	40.560	1:01.396
5	14:27:34.216	5:01.717	10.824	41.967	1:01.256	1:05.242	18.323	39.920	1:04.185
6	14:32:30.722	4:56.506	10.323	39.762	1:02.627	1:03.795	19.793	39.915	1:00.291
7	14:37:35.071	5:04.349	11.655	42.162	1:02.207	1:04.017	19.883	42.840	1:01.585
8	14:42:44.614	5:09.543	11.151	41.287	1:02.423	1:05.366	20.424	42.643	1:06.249
9	14:47:52.067	5:07.453	10.877	42.831	1:03.386	1:04.965	20.059	42.004	1:03.331
10	14:52:59.140	5:07.073	11.832	40.706	1:04.465	1:05.005	19.969	41.750	1:03.346
11	14:59:26.628	6:27.488	11.497	40.884	1:02.897	1:04.619	1:40.569	41.237	1:05.785
12	15:04:34.698	5:08.070	11.408	41.662	1:04.587	1:05.387	19.907	40.857	1:04.262
13	15:11:14.636	6:39.938	11.473	2:09.687	1:04.808	1:06.385	20.714	43.032	1:03.839
14	15:17:53.922	6:39.286	11.037	2:08.882			21.304	41.613	1:07.460
15	15:24:42.150	6:48.228	11.258	2:04.280			21.349	44.805	1:14.427
16	15:31:32.250	6:50.100	12.302	2:03.833			22.819	45.254	1:10.694
17	15:38:34.015	7:01.765	12.870	2:09.495			22.455	45.537	1:14.045
18	15:45:50.495	7:16.480	12.005	2:12.807			23.080	47.691	1:13.203
19	15:53:11.628	7:21.133	12.144	2:17.064			22.722	49.536	1:17.333

(1) Axel van de Sande									
1	14:07:38.151	<b>4:41.028</b>	10.142	35.655	55.472	1:01.244	18.997	39.418	1:00.100
2	14:12:47.832	5:09.681	10.718	40.781	1:06.165	1:05.057	20.522	41.772	1:04.666
3	14:17:44.961	4:57.129	11.709	40.274	57.848	1:02.534	19.012	42.330	1:03.422
4	14:22:46.611	5:01.650	10.946	40.383	58.250	1:03.913	20.019	42.488	1:05.651
5	14:27:50.148	5:03.537	11.330	42.647	59.266	1:04.237	21.338	41.706	1:03.013
6	14:32:56.748	5:06.600	11.119	41.410	1:00.048	1:06.017	19.934	42.288	1:05.784
7	14:38:05.471	5:08.723	10.863	40.758	59.975	1:06.432	20.987	45.043	1:04.665
8	14:43:16.038	5:10.567	10.983	41.365	1:00.738	1:06.256	20.107	44.148	1:06.970
9	14:48:37.197	5:21.159	12.070	41.616	1:04.014	1:05.324	20.925	43.396	1:13.814
10	14:55:09.148	6:31.951	11.724	40.774	59.923	1:04.511	1:43.901	45.046	1:06.072
11	15:00:22.114	5:12.966	11.557	41.743	59.749	1:05.420	21.727	44.470	1:08.300
12	15:05:35.959	5:13.845	11.238	41.977	1:01.680	1:05.612	22.020	45.638	1:05.680
13	15:12:28.156	6:52.197	10.910	2:19.194	1:00.695	1:09.195	21.204	44.201	1:06.798
14	15:19:55.798	7:27.642	12.239	2:53.245			21.716	44.271	1:06.668
15	15:26:37.344	6:41.546	11.287	2:00.780			22.377	45.365	1:09.195
16	15:33:28.603	6:51.259	10.888	2:11.144			23.033	45.539	1:09.620
17	15:40:23.731	6:55.128	11.089	2:01.460			23.777	46.530	1:16.772
18	15:47:26.418	7:02.687	11.375	2:11.824			21.621	45.603	1:18.256
19	15:54:18.664	6:52.246	12.117	2:01.177			22.476	46.879	1:14.063

(383) Maxime Renaux									
1	14:07:53.777	<b>4:46.764</b>	9.739	38.063	57.976	1:00.800	19.786	41.191	59.209
2	14:12:54.861	5:01.084	9.838	39.899	1:02.092	1:05.399	19.848	39.912	1:04.096
3	14:17:54.333	4:59.478	11.363	39.959	1:00.317	1:02.408	19.906	41.672	1:03.853
4	14:23:00.523	5:06.184	10.448	42.944	1:01.399	1:04.301	20.277	42.926	1:03.889
5	14:28:08.544	5:08.021	11.147	40.027	1:01.481	1:06.425	21.131	42.256	1:05.554
6	14:33:22.503	5:13.959	10.884	42.961	1:01.578	1:08.139	21.588	42.227	1:06.582
7	14:38:35.457	5:12.954	11.269	43.429	1:01.668	1:07.541	20.889	43.201	1:04.957
8	14:43:52.913	5:17.456	10.798	42.887	1:02.188	1:06.358	22.201	45.855	1:07.169
9	14:49:14.986	5:22.073	11.559	42.529	1:03.780	1:07.650	21.741	45.558	1:09.256
10	14:55:26.817	6:11.831	12.018	44.494	1:03.836	1:08.816	1:11.674	44.326	1:06.667
11	15:00:58.562	5:31.745	12.214	45.362	1:02.712	1:07.941	22.258	43.517	1:17.741
12	15:06:26.000	5:27.438	12.447	46.596	1:03.625	1:08.145	21.427	44.654	1:10.544
13	15:13:23.653	6:57.653	11.992	2:16.159	1:03.852	1:09.339	21.202	46.708	1:08.401
14	15:20:20.814	6:57.161	11.687	2:12.517			21.896	45.015	1:12.172
15	15:27:25.588	7:04.774	11.721	2:14.744			23.037	46.164	1:14.298
16	15:34:41.722	7:16.134	12.228	2:15.425			22.817	51.130	1:14.752
17	15:42:08.031	7:26.309	12.966	2:12.010			24.174	51.535	1:19.491
18	15:49:33.093	7:25.062	13.055	2:16.513			23.061	51.180	1:20.005
19	15:57:08.195	7:35.102	12.916	2:12.821			24.093	52.197	1:23.953

(3) Camille Chapelière									
1	14:07:52.509	<b>4:47.940</b>	10.787	38.081	57.892	1:00.658	20.305	39.652	1:00.565



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2	14:12:56.721	<b>5:04.212</b>	<b>10.481</b>	41.322	1:03.640	1:02.043	21.584	40.803	1:04.339
3	14:17:58.399	<b>5:01.678</b>	11.003	40.367	59.249	1:03.086	20.788	42.149	1:05.036
4	14:23:00.561	<b>5:02.162</b>	12.050	41.055	59.906	1:03.136	20.806	42.936	1:02.273
5	14:29:10.689	<b>6:10.128</b>	10.731	1:39.558	1:03.084	1:07.042	22.219	41.759	1:05.735
6	14:34:17.352	<b>5:06.663</b>	11.369	41.511	1:01.568	1:05.436	20.928	42.114	1:03.737
7	14:39:30.882	<b>5:13.530</b>	11.041	44.277	1:01.527	1:05.935	21.795	42.598	1:06.357
8	14:44:47.950	<b>5:17.068</b>	11.416	42.355	1:02.879	1:06.823	22.822	43.976	1:06.797
9	14:50:09.024	<b>5:21.074</b>	11.130	44.487	1:03.405	1:06.715	22.701	44.213	1:08.423
10	14:56:39.498	<b>6:30.474</b>	11.757	44.714	1:05.952	1:07.966	1:23.764	47.473	1:08.848
11	15:02:25.288	<b>5:45.790</b>	12.928	1:01.919	1:06.107	1:06.742	22.026	45.232	1:10.836
12	15:09:19.802	<b>6:54.514</b>	11.616	2:10.082	1:06.428	1:05.664	22.745	46.394	1:11.585
13	15:16:42.512	<b>7:22.710</b>	12.606	2:33.545	1:08.737	1:07.690	24.326	45.245	1:10.561
14	15:23:48.653	<b>7:06.141</b>	12.335	2:10.248			24.413	49.475	1:15.366
15	15:30:56.279	<b>7:07.626</b>	12.420	2:10.410			23.511	49.024	1:15.967
16	15:37:58.718	<b>7:02.439</b>	11.772	2:05.049			24.398	48.932	1:13.134
17	15:45:28.096	<b>7:29.378</b>	12.227	2:17.005			25.386	51.298	1:18.044
18	15:53:02.101	<b>7:34.005</b>	12.965	2:14.496			25.475	51.824	1:24.224

(382) Victor Brossier

1	14:09:18.311	<b>5:45.211</b>	11.075	43.009	<b>1:01.379</b>	1:02.127	57.045	43.452	1:07.124
2	14:14:31.726	<b>5:13.415</b>	11.392	<b>42.288</b>	1:01.635	1:03.868	22.081	44.355	1:07.796
3	14:19:45.904	<b>5:14.178</b>	12.441	45.059	1:04.211	<b>1:01.206</b>	21.621	43.911	<b>1:05.729</b>
4	14:25:02.159	<b>5:16.255</b>	<b>10.794</b>	43.709	1:02.870	1:02.356	<b>21.073</b>	45.281	1:10.172
5	14:30:24.747	<b>5:22.588</b>	11.028	45.877	1:05.563	1:03.958	22.640	43.946	1:09.576
6	14:35:42.843	<b>5:18.096</b>	11.614	42.844	1:01.872	1:04.127	22.207	45.776	1:09.656
7	14:41:03.457	<b>5:20.614</b>	11.111	43.662	1:03.381	1:03.768	23.338	44.987	1:10.367
8	14:46:25.865	<b>5:22.408</b>	11.614	45.291	1:04.926	1:03.505	21.921	44.663	1:10.488
9	14:51:53.142	<b>5:27.277</b>	11.359	45.611	1:05.122	1:03.956	22.656	45.323	1:13.250
10	14:57:26.584	<b>5:33.442</b>	11.865	47.097	1:05.675	1:05.045	21.920	48.857	1:12.983
11	15:03:51.080	<b>6:24.496</b>	12.219	47.225	1:08.221	1:04.261	1:11.492	46.350	1:14.728
12	15:11:02.842	<b>7:11.762</b>	12.063	2:26.167	1:05.365	1:04.549	22.015	46.775	1:14.828
13	15:18:18.898	<b>7:16.056</b>	11.954	2:30.239			21.913	46.597	1:12.908
14	15:25:29.024	<b>7:10.126</b>	11.348	2:13.022			23.437	47.057	1:18.345
15	15:32:40.564	<b>7:11.540</b>	12.001	2:08.722			23.151	47.946	1:19.216
16	15:39:55.544	<b>7:14.980</b>	12.157	2:11.482			22.622	49.756	1:18.891
17	15:47:08.879	<b>7:13.335</b>	12.857	2:05.266			23.039	49.505	1:19.037
18	15:54:40.264	<b>7:31.385</b>	11.588	2:21.336			24.189	52.769	1:18.660

(317) Daymond Martens

1	14:08:22.739	<b>5:05.014</b>	<b>10.163</b>	<b>41.821</b>	<b>1:01.965</b>	<b>1:03.785</b>	<b>21.417</b>	<b>42.349</b>	1:03.514
2	14:13:48.178	<b>5:25.439</b>	10.788	42.083	1:03.749	1:08.024	23.788	45.663	1:11.344
3	14:19:06.719	<b>5:18.541</b>	11.585	42.916	1:04.803	1:06.271	22.394	44.690	1:05.882
4	14:24:43.474	<b>5:36.755</b>	11.257	45.452	1:07.599	1:08.264	22.412	49.729	1:12.042
5	14:30:17.355	<b>5:33.881</b>	11.692	44.943	1:07.570	1:09.764	23.103	46.267	1:10.542
6	14:35:41.038	<b>5:23.683</b>	11.569	42.952	1:05.891	1:06.350	22.582	46.947	1:07.392
7	14:41:05.350	<b>5:24.312</b>	12.092	44.115	1:06.019	1:04.794	23.615	44.513	1:09.164
8	14:46:30.075	<b>5:24.725</b>	11.755	44.473	1:05.346	1:06.465	22.405	45.938	1:08.343
9	14:51:59.441	<b>5:29.366</b>	12.356	44.069	1:05.322	1:10.689	22.569	46.300	1:08.061
10	14:57:28.577	<b>5:29.136</b>	11.784	43.736	1:03.774	1:08.044	23.892	47.150	1:10.756
11	15:03:53.614	<b>6:25.037</b>	12.304	44.787	1:05.916	1:08.179	1:12.412	47.699	1:13.740
12	15:12:25.817	<b>8:32.203</b>	12.477	3:34.210	1:06.035	1:20.184	22.571	45.848	1:10.878
13	15:19:38.031	<b>7:12.214</b>	11.163	2:24.932			23.637	46.012	1:11.423
14	15:26:40.788	<b>7:02.757</b>	11.448	2:11.162			23.898	47.953	1:09.632
15	15:33:33.766	<b>6:52.978</b>	12.235	2:07.541			22.891	46.566	1:11.253
16	15:40:33.008	<b>6:59.242</b>	11.694	2:04.672			23.643	45.531	1:14.051
17	15:47:45.928	<b>7:12.920</b>	12.079	2:06.700			23.872	46.134	1:15.805
18	15:54:47.875	<b>7:01.947</b>	11.817	2:00.277			24.743	48.336	1:13.916

(95) Timothee Florin

1	14:08:20.123	<b>5:08.285</b>	<b>10.429</b>	41.806	<b>1:03.493</b>	<b>1:04.784</b>	20.999	42.801	<b>1:03.973</b>
2	14:13:39.034	<b>5:18.911</b>	11.804	<b>41.702</b>	1:03.770	1:08.254	21.957	43.575	1:07.849
3	14:18:58.839	<b>5:19.805</b>	10.970	44.562	1:04.739	1:07.852	<b>20.329</b>	44.347	1:07.006
4	14:24:22.426	<b>5:23.587</b>	11.669	42.770	1:03.590	1:10.801	21.967	44.429	1:08.361
5	14:29:53.202	<b>5:30.776</b>	11.673	44.497	1:07.235	1:11.634	21.189	45.160	1:09.388
6	14:35:19.750	<b>5:26.548</b>	12.278	43.112	1:04.457	1:09.994	22.174	45.605	1:08.928
7	14:40:50.473	<b>5:30.723</b>	11.941	44.225	1:05.995	1:11.275	22.702	46.430	1:08.155





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	14:46:28.321	<b>5:37.848</b>	12.725	47.275	1:07.167	1:11.738	21.869	46.299	1:10.775
9	14:51:58.191	<b>5:29.870</b>	11.643	44.673	1:05.577	1:08.531	22.128	46.705	1:10.613
10	14:57:32.802	<b>5:34.611</b>	12.066	45.067	1:08.383	1:09.010	21.811	46.332	1:11.942
11	15:03:59.731	<b>6:26.929</b>	11.838	45.436	1:03.762	1:07.217	1:21.548	46.701	1:10.427
12	15:11:02.005	<b>7:02.274</b>	12.344	2:11.610	1:09.293	1:09.601	22.443	45.813	1:11.170
13	15:18:19.370	<b>7:17.365</b>	12.342	2:27.123			22.301	47.780	1:12.357
14	15:25:58.033	<b>7:38.663</b>	11.595	2:42.164			22.954	47.927	1:12.964
15	15:33:18.546	<b>7:20.513</b>	11.673	2:17.835			23.814	48.143	1:15.287
16	15:40:42.524	<b>7:23.978</b>	11.984	2:13.423			23.869	48.131	1:17.599
17	15:48:17.902	<b>7:35.378</b>	12.757	2:20.553			23.634	50.776	1:19.519
18	15:55:31.617	<b>7:13.715</b>	12.349	2:09.514			24.122	47.115	1:12.400

(33) Bas Verhoeven

1	14:08:11.537	<b>4:57.458</b>	<b>10.547</b>	<b>38.591</b>	<b>1:00.173</b>	<b>1:04.679</b>	<b>19.328</b>	<b>40.531</b>	1:03.609
2	14:13:30.745	<b>5:19.208</b>	10.690	41.058	1:05.603	1:07.615	20.758	44.943	1:08.541
3	14:18:50.620	<b>5:19.875</b>	10.856	42.818	1:07.744	1:06.475	19.739	43.611	1:08.632
4	14:24:14.007	<b>5:23.387</b>	11.033	43.538	1:04.011	1:07.777	20.568	44.313	1:12.147
5	14:29:44.684	<b>5:30.677</b>	11.958	44.548	1:04.258	1:08.183	20.011	48.978	1:12.741
6	14:35:10.842	<b>5:26.158</b>	11.837	44.204	1:05.274	1:07.418	19.610	46.015	1:11.800
7	14:40:41.437	<b>5:30.595</b>	12.317	42.853	1:04.110	1:09.960	19.468	46.519	1:15.368
8	14:46:29.640	<b>5:48.203</b>	12.712	51.947	1:07.382	1:10.053	20.660	48.938	1:16.511
9	14:52:23.372	<b>5:53.732</b>	12.145	48.841	1:08.062	1:10.748	23.827	54.294	1:15.815
10	14:59:22.595	<b>6:59.223</b>	12.705	51.096	1:08.275	1:10.213	1:33.619	47.185	1:16.130
11	15:05:16.817	<b>5:54.222</b>	12.678	47.655	1:09.359	1:12.303	23.708	49.966	1:18.553
12	15:12:47.163	<b>7:30.346</b>	15.253	2:28.444	1:08.095	1:10.304	21.524	49.658	1:17.068
13	15:20:21.934	<b>7:34.771</b>	11.948	2:20.156			32.212	50.671	1:21.211
14	15:27:45.816	<b>7:23.882</b>	12.190	2:15.930			23.887	51.007	1:19.893
15	15:35:20.665	<b>7:34.849</b>	14.431	2:17.518			22.240	52.964	1:23.265
16	15:43:09.448	<b>7:48.783</b>	13.105	2:15.749			25.356	55.462	1:29.063
17	15:51:02.194	<b>7:52.746</b>	14.997	2:23.112			24.455	52.496	1:27.188
18	15:58:44.072	<b>7:41.878</b>	13.052	2:11.476			26.030	52.751	1:25.354

(41) Sven van der Mierden

1	14:08:34.272	<b>5:24.566</b>	29.871	42.221	<b>59.893</b>	<b>1:02.026</b>	21.456	42.501	1:06.598
2	14:13:54.999	<b>5:20.727</b>	<b>9.521</b>	42.307	1:07.605	1:05.903	22.706	44.200	1:08.485
3	14:19:24.691	<b>5:29.692</b>	11.020	<b>40.366</b>	1:23.285	1:04.108	21.295	43.684	1:05.934
4	14:24:54.249	<b>5:29.558</b>	10.875	41.333	1:08.253	1:04.890	22.182	45.336	1:16.689
5	14:30:37.380	<b>5:43.131</b>	12.411	44.457	1:23.014	1:06.501	22.550	46.848	1:07.350
6	14:36:13.531	<b>5:36.151</b>	11.197	45.851	1:08.408	1:08.798	22.542	47.218	1:12.137
7	14:41:49.726	<b>5:36.195</b>	11.590	45.274	1:08.460	1:07.932	23.264	48.355	1:11.320
8	14:47:32.712	<b>5:42.986</b>	12.648	48.161	1:08.445	1:09.845	24.075	47.180	1:12.632
9	14:54:24.860	<b>6:52.148</b>	11.807	44.983	1:09.735	1:07.909	1:33.043	49.199	1:15.472
10	15:00:34.659	<b>6:09.799</b>	12.634	46.726	1:14.926	1:10.377	23.577	1:07.579	1:13.980
11	15:06:22.562	<b>5:47.903</b>	13.094	45.134	1:10.541	1:08.723	22.915	51.001	1:16.495
12	15:13:42.757	<b>7:20.195</b>	11.921	2:14.313	1:11.876	1:12.054	23.217	50.041	1:16.773
13	15:21:16.907	<b>7:34.150</b>	12.404	2:18.796			24.680	52.877	1:17.945
14	15:29:09.099	<b>7:52.192</b>	12.070	2:28.645			26.311	52.997	1:22.561
15	15:37:06.442	<b>7:57.343</b>	13.895	2:23.948			29.787	55.852	1:20.610
16	15:45:36.596	<b>8:30.154</b>	13.144	2:25.468			57.947	55.056	1:21.223
17	15:53:34.886	<b>7:58.290</b>	14.251	2:16.106			23.984	56.830	1:23.735

(13) Sergei Potisek

1	14:08:39.002	<b>5:13.912</b>	11.789	<b>41.216</b>	1:04.722	1:06.226	21.214	<b>42.144</b>	<b>1:06.601</b>
2	14:14:18.903	<b>5:39.901</b>	10.927	42.333	1:06.907	1:10.023	24.112	49.220	1:16.379
3	14:19:46.981	<b>5:28.078</b>	11.430	44.457	1:04.210	1:09.076	22.268	46.153	1:10.484
4	14:25:10.884	<b>5:23.903</b>	<b>10.906</b>	44.765	<b>1:01.676</b>	<b>1:06.000</b>	<b>20.791</b>	46.394	1:13.371
5	14:30:44.025	<b>5:33.141</b>	13.085	45.979	1:06.723	1:07.978	23.140	44.070	1:12.166
6	14:36:17.626	<b>5:33.601</b>	12.251	44.438	1:08.134	1:08.639	23.290	46.965	1:09.884
7	14:41:44.583	<b>5:26.957</b>	11.680	45.388	1:05.381	1:09.230	22.384	46.102	1:06.792
8	14:47:15.882	<b>5:31.299</b>	11.808	44.699	1:05.339	1:08.140	22.627	45.531	1:13.155
9	14:53:00.746	<b>5:44.864</b>	13.477	45.045	1:07.041	1:08.810	23.815	49.500	1:17.176
10	15:00:11.937	<b>7:11.191</b>	12.574	44.878	1:04.706	1:08.435	1:55.949	49.646	1:15.003
11	15:05:57.558	<b>5:45.621</b>	13.202	47.284	1:06.544	1:09.562	23.218	50.373	1:15.438
12	15:13:56.177	<b>7:58.619</b>	12.036	2:55.761	1:09.627	1:10.691	23.991	50.361	1:16.152
13	15:21:49.765	<b>7:53.588</b>	14.346	2:39.295			22.545	55.043	1:21.872
14	15:29:32.497	<b>7:42.732</b>	12.861	2:25.605			25.871	52.427	1:20.017





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
15	15:37:16.568	<b>7:44.071</b>	13.001	2:22.108			25.505	57.336	1:22.070
16	15:45:27.606	<b>8:11.038</b>	14.241	2:30.060			27.044	56.563	1:27.512
17	15:53:49.565	<b>8:21.959</b>	13.056	2:50.426			26.869	57.554	1:23.610

(298) Ronnie van Rooij

1	14:08:37.251	<b>5:10.633</b>	11.714	41.839	<b>1:01.529</b>	<b>1:06.475</b>	<b>20.719</b>	<b>41.457</b>	1:06.900
2	14:14:09.656	<b>5:32.405</b>	<b>11.212</b>	42.545	1:06.271	1:13.018	23.504	45.873	1:09.982
3	14:19:37.952	<b>5:28.296</b>	11.957	45.557	1:05.053	1:09.705	22.621	43.497	1:09.906
4	14:25:08.781	<b>5:30.829</b>	11.649	43.908	1:06.096	1:10.963	21.805	45.774	1:10.634
5	14:30:53.826	<b>5:45.045</b>	11.946	44.767	1:06.427	1:14.727	24.267	46.103	1:16.808
6	14:38:06.196	<b>7:12.370</b>	12.705	45.633	1:07.831	1:14.702	1:55.576	45.460	1:10.463
7	14:43:40.005	<b>5:33.809</b>	11.573	<b>41.797</b>	1:05.291	1:11.542	21.752	47.894	1:13.960
8	14:49:18.459	<b>5:38.454</b>	11.954	46.887	1:06.500	1:12.974	20.957	48.107	1:11.075
9	14:55:09.144	<b>5:50.685</b>	12.967	47.941	1:09.668	1:15.327	22.023	47.299	1:15.460
10	15:01:03.660	<b>5:54.516</b>	12.826	46.715	1:10.396	1:15.369	22.662	48.083	1:18.465
11	15:06:54.373	<b>5:50.713</b>	14.101	47.381	1:08.122	1:14.801	22.736	48.769	1:14.803
12	15:15:45.760	<b>8:51.387</b>	14.163	2:23.738	1:07.599	1:14.930	1:44.548	49.346	1:17.063
13	15:23:21.507	<b>7:35.747</b>	11.709	2:27.463			22.244	50.196	1:17.576
14	15:30:47.440	<b>7:25.933</b>	11.712	2:15.853			22.461	48.336	1:19.267
15	15:38:14.248	<b>7:26.808</b>	12.617	2:11.901			23.858	51.164	1:19.975
16	15:46:09.226	<b>7:54.978</b>	13.108	2:19.531			24.311	53.049	1:24.355
17	15:54:21.850	<b>8:12.624</b>	26.794	2:21.223			23.663	55.516	1:20.536

(35) Jim Kanters

1	14:08:37.997	<b>4:59.612</b>	<b>9.231</b>	<b>38.240</b>	<b>1:01.313</b>	<b>1:05.779</b>	20.688	<b>41.880</b>	<b>1:02.481</b>
2	14:14:06.345	<b>5:28.348</b>	10.230	39.367	1:07.081	1:13.791	20.996	47.077	1:09.806
3	14:19:27.420	<b>5:21.075</b>	11.395	41.533	1:05.009	1:08.784	20.262	47.897	1:06.195
4	14:24:53.224	<b>5:25.804</b>	9.809	41.890	1:07.359	1:13.890	<b>20.237</b>	45.047	1:07.572
5	14:30:20.390	<b>5:27.166</b>	12.194	44.972	1:04.068	1:11.588	20.680	43.588	1:10.076
6	14:35:55.157	<b>5:34.767</b>	10.037	43.668	1:07.801	1:12.911	20.424	48.559	1:11.367
7	14:41:42.270	<b>5:47.113</b>	11.707	45.988	1:10.774	1:13.832	22.652	49.539	1:12.621
8	14:47:27.780	<b>5:45.510</b>	12.491	48.277	1:11.796	1:12.605	21.453	50.227	1:08.661
9	14:53:13.521	<b>5:45.741</b>	12.211	47.109	1:09.351	1:15.009	22.902	48.229	1:10.930
10	15:00:35.585	<b>7:22.064</b>	12.471	45.732	1:11.804	1:15.622	1:54.681	46.063	1:15.691
11	15:07:05.458	<b>6:29.873</b>	12.870	43.079	1:43.065	1:18.463	23.786	50.399	1:18.211
12	15:15:04.537	<b>7:59.079</b>	13.556	2:43.124	1:16.120	1:15.770	23.171	52.781	1:14.557
13	15:22:44.311	<b>7:39.774</b>	12.361	2:24.143			20.534	51.003	1:15.976
14	15:30:39.425	<b>7:55.114</b>	12.834	2:21.884			22.554	53.529	1:23.484
15	15:38:28.589	<b>7:49.164</b>	12.947	2:17.702			24.517	53.256	1:20.721
16	15:47:33.942	<b>9:05.353</b>	13.150	2:29.081			1:13.391	51.568	1:21.199
17	15:55:00.668	<b>7:26.726</b>	11.624	2:05.514			24.520	52.749	1:20.021

(36) Matthew Moffat

1	14:08:07.469	<b>4:54.510</b>	<b>10.682</b>	<b>38.647</b>	<b>56.607</b>	<b>1:04.256</b>	19.838	<b>38.570</b>	1:05.910
2	14:13:20.184	<b>5:12.715</b>	11.442	42.316	1:04.383	1:07.504	19.917	42.733	1:04.420
3	14:18:33.019	<b>5:12.835</b>	10.934	43.683	1:02.619	1:05.810	20.674	40.589	1:08.526
4	14:23:44.326	<b>5:11.307</b>	11.537	40.903	1:01.216	1:06.874	<b>19.609</b>	43.177	1:07.991
5	14:29:08.554	<b>5:24.228</b>	11.574	40.153	1:05.528	1:07.916	22.093	44.822	1:12.142
6	14:34:26.194	<b>5:17.640</b>	11.223	40.862	1:03.919	1:07.552	20.473	43.378	1:10.233
7	14:39:49.668	<b>5:23.474</b>	11.843	43.056	1:04.839	1:08.939	21.232	43.688	1:09.877
8	14:51:42.420	<b>11:52.752</b>	11.843	43.821	1:05.852			45.825	1:12.815
9	14:57:19.255	<b>5:36.835</b>	12.431	43.144	1:06.706	1:07.793	22.726	47.344	1:16.691
10	15:03:10.033	<b>5:50.778</b>	13.456	46.050	1:10.023	1:10.632	22.968	49.125	1:18.524
11	15:10:40.540	<b>7:30.507</b>	11.390	2:31.366	1:11.328	1:10.799	23.016	47.258	1:15.350
12	15:17:52.852	<b>7:12.312</b>	12.218	2:20.714			21.954	45.104	1:13.570
13	15:25:04.829	<b>7:11.977</b>	13.123	2:11.395			23.172	46.610	1:16.513
14	15:33:25.380	<b>8:20.551</b>	11.960	2:11.962			1:31.676	46.422	1:18.417
15	15:40:44.755	<b>7:19.375</b>	12.368	2:11.935			23.838	47.903	1:17.992
16	15:48:07.184	<b>7:22.429</b>	12.261	2:21.865			23.003	47.502	1:17.258
17	15:55:28.343	<b>7:21.159</b>	12.858	2:03.932			25.074	50.746	1:19.503

(379) Maxime Sot

1	14:08:53.267	<b>5:23.046</b>	12.564	43.631	1:07.489	<b>1:09.413</b>	<b>19.652</b>	<b>43.813</b>	<b>1:06.484</b>
2	14:14:39.203	<b>5:45.936</b>	<b>11.191</b>	<b>42.496</b>	1:14.397	1:11.471	22.601	47.512	1:16.268
3	14:20:23.034	<b>5:43.831</b>	11.827	48.019	1:10.510	1:12.965	22.841	46.571	1:11.098
4	14:26:16.162	<b>5:53.128</b>	12.453	46.513	<b>1:06.954</b>	1:14.800	21.680	48.680	1:22.048



# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:32:04.053	<b>5:47.891</b>	11.476	46.923	1:08.508	1:14.841	22.338	49.207	1:14.598
6	14:37:55.587	<b>5:51.534</b>	11.738	48.478	1:08.207	1:12.230	22.577	51.172	1:17.132
7	14:43:58.458	<b>6:02.871</b>	12.246	49.978	1:10.331	1:20.328	22.286	51.451	1:16.251
8	14:51:10.472	<b>7:12.014</b>	12.784	48.872	1:10.789	1:18.678	1:31.460	50.153	1:19.278
9	14:57:10.808	<b>6:00.336</b>	12.426	51.802	1:10.035	1:14.125	22.533	50.421	1:18.994
10	15:03:06.502	<b>5:55.694</b>	13.275	50.306	1:10.364	1:13.500	22.251	47.759	1:18.239
11	15:10:41.584	<b>7:35.082</b>	12.469	2:24.988	1:11.193	1:14.196	23.064	51.818	1:17.354
12	15:18:20.035	<b>7:38.451</b>	12.163	2:22.468			23.252	50.887	1:22.483
13	15:27:26.190	<b>9:06.155</b>	12.320	2:35.641			1:24.392	52.660	1:22.643
14	15:35:00.732	<b>7:34.542</b>	13.206	2:14.245			22.542	51.239	1:23.995
15	15:43:17.355	<b>8:16.623</b>	13.045	2:17.287			47.664	55.868	1:26.626
16	15:51:13.338	<b>7:55.983</b>	14.980	2:13.182			24.832	51.411	1:39.865
17	15:59:11.480	<b>7:58.142</b>	15.765	2:10.526			25.153	56.370	1:30.171

(557) Christian Dignum

1	14:09:05.153	<b>5:19.615</b>	11.845	<b>42.493</b>	<b>1:03.020</b>	<b>1:07.235</b>	<b>20.290</b>	<b>44.839</b>	1:09.893
2	14:14:41.751	<b>5:36.598</b>	<b>10.208</b>	44.252	1:06.392	1:12.486	23.110	48.553	1:11.597
3	14:20:24.563	<b>5:42.812</b>	11.398	46.300	1:09.059	1:11.722	22.474	47.477	1:14.382
4	14:26:14.712	<b>5:50.149</b>	11.554	46.534	1:09.147	1:13.470	21.675	50.143	1:17.626
5	14:32:10.618	<b>5:55.906</b>	11.908	48.168	1:11.264	1:14.188	23.458	50.919	1:16.001
6	14:37:57.412	<b>5:46.794</b>	11.769	48.870	1:07.998	1:14.034	21.659	48.749	1:13.715
7	14:43:52.876	<b>5:55.464</b>	11.587	49.494	1:09.619	1:14.921	21.552	51.431	1:16.860
8	14:49:56.039	<b>6:03.163</b>	12.343	48.952	1:15.870	1:17.098	22.715	50.489	1:15.696
9	14:57:39.130	<b>7:43.091</b>	12.684	50.267	1:11.145	1:17.002	1:58.983	53.787	1:19.223
10	15:04:06.882	<b>6:27.752</b>	12.515	52.311	1:16.682	1:21.284	25.137	56.855	1:22.968
11	15:11:55.042	<b>7:48.160</b>	13.845	2:24.274	1:15.626	1:17.050	22.883	52.052	1:22.430
12	15:20:13.261	<b>8:18.219</b>	12.605	2:49.694			23.730	52.723	1:23.025
13	15:28:16.852	<b>8:03.591</b>	12.552	2:22.786			24.461	55.936	1:25.477
14	15:36:32.567	<b>8:15.715</b>	13.108	2:35.157			25.358	54.251	1:23.614
15	15:44:34.694	<b>8:02.127</b>	13.775	2:11.660			24.836	55.954	1:28.197
16	15:52:39.503	<b>8:04.809</b>	14.815	2:17.166			24.691	58.308	1:25.500
17	16:00:40.656	<b>8:01.153</b>	13.835	2:12.060			27.248	53.748	1:26.781

(25) Amel Advokaat

1	14:08:42.796	<b>5:22.214</b>	<b>11.456</b>	<b>44.725</b>	<b>1:02.393</b>	<b>1:04.372</b>	<b>20.977</b>	47.054	1:11.237
2	14:14:28.175	<b>5:45.379</b>	11.908	47.183	1:07.160	1:12.140	22.945	48.743	1:15.300
3	14:20:12.112	<b>5:43.937</b>	12.458	50.193	1:08.523	1:11.580	22.300	44.984	1:13.899
4	14:26:06.743	<b>5:54.631</b>	12.043	49.598	1:11.167	1:13.216	21.966	48.622	1:18.019
5	14:32:12.605	<b>6:05.862</b>	14.100	50.628	1:13.117	1:13.911	24.043	50.579	1:19.484
6	14:38:26.467	<b>6:13.862</b>	13.578	52.628	1:14.613	1:18.882	22.100	52.294	1:19.767
7	14:44:40.947	<b>6:14.480</b>	12.651	52.307	1:13.934	1:17.922	22.999	52.927	1:21.740
8	14:51:04.359	<b>6:23.412</b>	14.565	55.136	1:15.845	1:19.304	24.024	53.967	1:20.571
9	14:57:21.494	<b>6:17.135</b>	13.726	53.935	1:11.586	1:19.476	22.961	51.917	1:23.534
10	15:03:43.851	<b>6:22.357</b>	14.303	54.125	1:14.613	1:18.111	24.133	52.784	1:24.288
11	15:12:51.512	<b>9:07.661</b>	15.682	2:31.041	1:15.321	1:17.686	1:35.110	50.689	1:22.132
12	15:20:46.688	<b>7:55.176</b>	14.273	2:31.625			22.605	52.564	1:22.036
13	15:28:53.623	<b>8:06.935</b>	14.664	2:25.444			25.630	53.890	1:25.560
14	15:36:44.759	<b>7:51.136</b>	14.124	2:13.071			23.077	54.388	1:25.310
15	15:45:01.074	<b>8:16.315</b>	13.602	2:13.630			26.012	58.768	1:32.015
16	15:53:24.384	<b>8:23.310</b>	15.830	2:26.554			23.973	56.368	1:28.083

(126) Maik Voorwinden

1	14:09:11.978	<b>5:31.388</b>	<b>11.324</b>	45.478	<b>1:07.343</b>	<b>1:08.984</b>	<b>21.948</b>	45.073	<b>1:11.238</b>
2	14:14:52.993	<b>5:41.015</b>	12.183	<b>43.125</b>	1:09.385	1:11.058	22.541	49.311	1:13.412
3	14:20:34.827	<b>5:41.834</b>	11.981	46.487	1:08.309	1:11.791	22.557	45.845	1:14.864
4	14:26:17.352	<b>5:42.525</b>	11.621	43.640	1:08.138	1:12.081	23.506	47.781	1:15.758
5	14:32:13.786	<b>5:56.434</b>	12.299	45.660	1:12.605	1:14.974	24.536	49.347	1:17.013
6	14:38:09.834	<b>5:56.048</b>	12.879	45.342	1:09.222	1:14.691	23.256	50.575	1:20.083
7	14:44:24.709	<b>6:14.875</b>	12.163	47.642	1:15.276	1:15.867	25.365	55.699	1:22.863
8	14:50:37.415	<b>6:12.706</b>	14.697	49.002	1:16.812	1:16.348	23.580	52.265	1:20.002
9	14:56:43.864	<b>6:06.449</b>	13.263	47.962	1:12.234	1:16.680	25.144	48.484	1:22.682
10	15:02:51.217	<b>6:07.353</b>	14.849	45.851	1:15.018	1:15.699	24.091	50.246	1:21.599
11	15:14:12.718	<b>11:21.501</b>	14.581	2:34.162	1:31.022	1:16.715	3:33.246	49.404	1:22.371
12	15:22:12.744	<b>8:00.026</b>	13.609	2:26.966			25.357	51.259	1:28.708
13	15:30:28.405	<b>8:15.661</b>	14.648	2:22.234			27.151	57.091	1:33.441
14	15:38:33.588	<b>8:05.183</b>	14.981	2:18.664			26.778	53.694	1:30.444





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
15	15:46:58.272	<b>8:24.684</b>	13.452	2:21.183			26.515	57.458	1:34.019
16	15:55:17.965	<b>8:19.693</b>	14.463	2:26.160			26.365	54.844	1:31.228

(31) John Cuppen

1	14:09:11.574	<b>5:47.780</b>	11.474	43.226	<b>1:02.360</b>	<b>1:06.606</b>	19.510	<b>43.157</b>	1:41.447
2	14:14:53.292	<b>5:41.718</b>	<b>11.240</b>	<b>42.103</b>	1:08.724	1:11.492	22.110	50.954	1:15.095
3	14:20:43.904	<b>5:50.612</b>	12.257	49.574	1:10.849	1:11.398	22.154	48.049	1:16.331
4	14:26:43.717	<b>5:59.813</b>	11.940	47.949	1:11.642	1:14.551	22.735	50.232	1:20.764
5	14:32:48.211	<b>6:04.494</b>	12.092	50.048	1:11.743	1:17.541	22.338	51.883	1:18.849
6	14:38:59.663	<b>6:11.452</b>	12.394	52.955	1:16.511	1:14.724	23.159	54.168	1:17.541
7	14:46:44.004	<b>7:44.341</b>	12.703	50.320	1:13.838	1:15.119	1:58.341	52.475	1:21.545
8	14:53:00.820	<b>6:16.816</b>	12.244	51.886	1:12.394	1:12.873	23.134	52.831	1:31.454
9	14:59:09.497	<b>6:08.677</b>	13.278	51.731	1:16.593	1:15.840	22.476	51.121	1:17.638
10	15:05:18.620	<b>6:09.123</b>	12.817	52.189	1:13.200	1:16.454	23.117	51.474	1:19.872
11	15:13:13.055	<b>7:54.435</b>	12.944	2:38.276	1:15.337	1:13.694	22.981	53.588	1:17.615
12	15:21:09.844	<b>7:56.789</b>	12.084	2:35.190			22.750	53.162	1:21.177
13	15:29:16.111	<b>8:06.267</b>	14.357	2:30.309			25.754	55.157	1:21.346
14	15:38:30.777	<b>9:14.666</b>	12.480	2:28.914			1:35.910	54.700	1:24.644
15	15:46:57.084	<b>8:26.307</b>	14.081	2:34.060			27.362	58.255	1:25.097
16	15:55:25.458	<b>8:28.374</b>	13.956	2:43.074			27.400	58.345	1:23.997

(77) Florent Becker

1	14:09:12.228	<b>5:33.577</b>	11.767	<b>43.871</b>	<b>1:04.719</b>	<b>1:11.229</b>	22.667	49.109	<b>1:10.215</b>
2	14:15:03.680	<b>5:51.452</b>	<b>11.676</b>	45.963	1:07.558	1:14.730	22.928	50.013	1:18.584
3	14:20:58.884	<b>5:55.204</b>	12.589	47.782	1:09.700	1:19.339	22.463	50.845	1:12.486
4	14:27:13.582	<b>6:14.698</b>	12.844	47.031	1:08.335	1:16.282	<b>22.039</b>	1:10.047	1:18.120
5	14:33:23.486	<b>6:09.904</b>	13.030	51.399	1:14.574	1:19.380	23.226	50.406	1:17.889
6	14:39:26.502	<b>6:03.016</b>	12.386	51.116	1:09.448	1:15.507	23.754	52.484	1:18.321
7	14:45:42.294	<b>6:15.792</b>	12.357	53.828	1:13.133	1:21.319	22.477	52.902	1:19.776
8	14:52:03.689	<b>6:21.395</b>	14.094	54.385	1:13.285	1:20.107	23.671	53.599	1:22.254
9	14:58:25.921	<b>6:22.232</b>	13.088	52.335	1:14.610	1:22.473	25.019	53.913	1:20.794
10	15:06:11.509	<b>7:45.588</b>	13.568	50.658	1:17.581	1:21.130	1:37.804	57.013	1:27.834
11	15:14:46.957	<b>8:35.448</b>	14.533	2:55.289	1:15.709	1:24.687	25.311	57.203	1:22.716
12	15:23:38.927	<b>8:51.970</b>	14.423	2:51.082			24.935	59.808	1:29.810
13	15:32:00.279	<b>8:21.352</b>	13.894	2:29.478			25.524	59.368	1:26.223
14	15:40:31.699	<b>8:31.420</b>	14.227	2:30.684			26.865	1:01.079	1:30.283
15	15:49:24.343	<b>8:52.644</b>	14.910	2:38.569			26.382	1:01.590	1:28.852
16	15:57:44.406	<b>8:20.063</b>	14.261	2:17.488			28.536	58.358	1:28.820

(310) RAF Belmans

1	14:09:13.018	<b>5:39.483</b>	12.141	<b>42.805</b>	<b>1:09.359</b>	<b>1:10.036</b>	23.581	48.144	1:13.417
2	14:15:15.492	<b>6:02.474</b>	<b>11.118</b>	46.475	1:15.147	1:14.107	23.846	53.443	1:18.338
3	14:21:10.717	<b>5:55.225</b>	12.126	46.772	1:13.925	1:11.951	22.822	50.432	1:17.197
4	14:27:15.407	<b>6:04.690</b>	14.061	49.749	1:12.569	1:14.987	23.367	50.658	1:19.299
5	14:33:31.388	<b>6:15.981</b>	13.243	52.321	1:15.077	1:17.396	24.115	50.794	1:23.035
6	14:39:48.130	<b>6:16.742</b>	12.481	53.954	1:13.245	1:13.597	26.823	52.786	1:23.856
7	14:46:14.392	<b>6:26.262</b>	13.143	53.207	1:16.177	1:18.850	25.357	55.125	1:24.403
8	14:53:52.144	<b>7:37.752</b>	14.231	52.500	1:15.981	1:14.122	1:41.777	55.604	1:23.537
9	15:00:27.234	<b>6:35.090</b>	14.823	52.430	1:20.713	1:20.811	24.056	56.096	1:26.161
10	15:07:10.064	<b>6:42.830</b>	15.199	55.195	1:20.073	1:20.941	24.322	57.231	1:29.869
11	15:15:41.119	<b>8:31.055</b>	13.263	2:50.985	1:16.315	1:22.185	24.060	57.102	1:27.145
12	15:24:05.015	<b>8:23.896</b>	13.390	2:39.398			24.928	56.966	1:29.599
13	15:32:24.323	<b>8:19.308</b>	12.888	2:30.969			25.069	56.927	1:31.231
14	15:40:49.517	<b>8:25.194</b>	14.391	2:29.582			27.723	57.742	1:32.793
15	15:49:38.331	<b>8:48.814</b>	13.729	2:33.763			26.589	57.813	1:49.095
16	15:57:50.834	<b>8:12.503</b>	13.284	2:20.274			25.763	59.425	1:27.606

(583) Ralph Slager

1	14:09:19.467	<b>5:31.570</b>	12.220	<b>44.265</b>	<b>1:04.566</b>	<b>1:10.684</b>	<b>20.411</b>	<b>46.691</b>	1:12.733
2	14:15:08.654	<b>5:49.187</b>	11.505	46.589	1:09.366	1:14.610	21.850	47.744	1:17.523
3	14:21:04.145	<b>5:55.491</b>	<b>11.447</b>	48.344	1:13.211	1:17.182	22.153	47.760	1:15.394
4	14:27:11.764	<b>6:07.619</b>	12.717	46.857	1:13.704	1:19.694	22.680	51.127	1:20.840
5	14:33:25.396	<b>6:13.632</b>	13.320	51.254	1:15.188	1:17.461	22.756	51.398	1:22.255
6	14:41:25.069	<b>7:59.673</b>	13.433	50.643	1:13.276	1:16.912	2:06.357	54.133	1:24.919
7	14:47:44.823	<b>6:19.754</b>	13.840	50.326	1:13.919	1:19.331	23.516	54.808	1:24.014
8	14:54:11.264	<b>6:26.441</b>	13.620	53.079	1:15.027	1:17.879	27.757	54.697	1:24.382





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
9	15:00:36.960	<b>6:25.696</b>	14.298	51.874	1:16.008	1:16.662	22.703	54.498	1:29.653
10	15:07:13.803	<b>6:36.843</b>	14.639	52.444	1:16.594	1:19.617	25.004	57.282	1:31.263
11	15:15:46.258	<b>8:32.455</b>	13.944	2:43.951	1:19.275	1:22.505	26.582	58.639	1:27.559
12	15:26:00.568	<b>10:14.310</b>	15.185	2:32.299			2:19.754	1:01.249	1:26.120
13	15:34:12.847	<b>8:12.279</b>	13.611	2:29.574			24.960	57.547	1:30.108
14	15:42:23.685	<b>8:10.838</b>	14.485	2:15.887			25.815	1:00.953	1:27.643
15	15:50:36.845	<b>8:13.160</b>	15.505	2:15.018			25.499	57.104	1:37.044
16	15:58:53.798	<b>8:16.953</b>	13.800	2:42.589			24.520	55.870	1:20.908

(40) Michel Hoenson

1	14:08:32.550	<b>5:16.042</b>	<b>11.144</b>	<b>42.669</b>	<b>1:02.539</b>	<b>1:05.049</b>	<b>21.547</b>	43.799	1:09.295
2	14:14:16.281	<b>5:43.731</b>	11.437	45.817	1:10.376	1:11.357	22.306	47.020	1:15.418
3	14:20:07.152	<b>5:50.871</b>	12.826	49.399	1:10.355	1:10.577	21.677	50.324	1:15.713
4	14:25:59.112	<b>5:51.960</b>	12.234	48.228	1:09.920	1:13.212	21.810	50.368	1:16.188
5	14:31:59.956	<b>6:00.844</b>	12.395	49.936	1:13.044	1:16.092	21.932	49.477	1:17.968
6	14:38:02.050	<b>6:02.094</b>	13.272	50.245	1:11.475	1:14.976	22.288	49.767	1:20.071
7	14:45:48.514	<b>7:46.464</b>	12.814	51.388	1:17.378	1:15.041	1:55.299	52.468	1:22.076
8	14:52:01.918	<b>6:13.404</b>	13.836	50.986	1:11.475	1:15.392	24.946	52.319	1:24.450
9	14:58:30.304	<b>6:28.386</b>	13.734	54.491	1:15.439	1:19.216	23.465	55.842	1:26.199
10	15:05:10.764	<b>6:40.460</b>	14.608	52.786	1:20.663	1:29.889	23.600	55.440	1:23.474
11	15:13:47.401	<b>8:36.637</b>	13.408	2:55.878	1:15.834	1:22.906	25.192	56.720	1:26.699
12	15:24:16.051	<b>10:28.650</b>	14.242	3:02.959			2:04.691	56.279	1:26.722
13	15:32:54.361	<b>8:38.310</b>	13.913	2:37.787			26.592	58.938	1:27.881
14	15:41:53.576	<b>8:59.215</b>	13.974	2:41.868			26.008	1:01.695	1:35.231
15	15:50:44.973	<b>8:51.397</b>	14.997	2:38.438			26.651	1:03.269	1:25.608
16	15:59:40.665	<b>8:55.692</b>	14.802	2:28.889			29.531	1:05.068	1:36.947

(722) Michel Schoenmakers

1	14:09:17.701	<b>5:36.450</b>	12.075	44.146	<b>1:07.553</b>	<b>1:11.888</b>	<b>21.264</b>	<b>48.548</b>	1:10.976
2	14:15:10.276	<b>5:52.575</b>	11.694	<b>44.033</b>	1:08.029	1:13.101	23.947	53.564	1:18.207
3	14:21:05.988	<b>5:55.712</b>	12.910	46.264	1:10.128	1:13.515	23.238	52.912	1:16.745
4	14:27:10.359	<b>6:04.371</b>	<b>11.644</b>	47.868	1:09.091	1:16.498	25.470	53.899	1:19.901
5	14:33:15.337	<b>6:04.978</b>	13.734	47.727	1:11.571	1:17.485	24.574	52.062	1:17.825
6	14:41:16.976	<b>8:01.639</b>	14.376	48.266	1:09.795	1:16.689	2:17.463	56.153	1:18.897
7	14:47:26.383	<b>6:09.407</b>	13.259	49.246	1:10.067	1:17.524	24.861	53.773	1:20.677
8	14:53:47.452	<b>6:21.069</b>	13.980	53.364	1:13.982	1:16.903	26.984	55.116	1:20.740
9	15:00:05.122	<b>6:17.670</b>	13.567	52.979	1:11.925	1:17.644	25.710	55.171	1:20.674
10	15:06:31.203	<b>6:26.081</b>	12.890	52.693	1:13.512	1:17.923	27.721	59.048	1:22.294
11	15:15:16.966	<b>8:45.763</b>	13.898	2:58.225	1:19.412	1:19.994	28.268	58.668	1:27.298
12	15:25:25.599	<b>10:08.633</b>	13.703	2:22.473			2:32.065	59.084	1:24.880
13	15:33:33.217	<b>8:07.618</b>	12.449	2:15.699			28.551	1:00.851	1:29.245
14	15:42:15.856	<b>8:42.639</b>	13.553	2:22.153			29.148	1:04.075	1:34.951
15	15:50:59.209	<b>8:43.353</b>	14.165	2:17.404			31.195	1:08.608	1:36.462
16	15:59:49.831	<b>8:50.622</b>	16.790	2:27.845			30.740	1:04.818	1:33.352

(630) Dylan Van Veghel

1	14:08:44.733	<b>5:16.753</b>	<b>11.056</b>	<b>42.496</b>	<b>1:03.017</b>	<b>1:07.358</b>	<b>21.070</b>	<b>44.998</b>	<b>1:06.758</b>
2	14:14:23.276	<b>5:38.543</b>	11.677	43.175	1:08.009	1:12.139	23.228	49.040	1:11.275
3	14:20:09.471	<b>5:46.195</b>	12.872	47.479	1:07.629	1:13.029	22.797	48.706	1:13.683
4	14:25:59.802	<b>5:50.331</b>	12.053	47.015	1:06.948	1:13.837	22.143	52.023	1:16.312
5	14:32:04.459	<b>6:04.657</b>	13.220	49.779	1:12.552	1:15.980	22.508	53.015	1:17.603
6	14:38:19.901	<b>6:15.442</b>	13.140	51.713	1:14.382	1:17.097	23.347	50.755	1:25.008
7	14:44:39.397	<b>6:19.496</b>	13.421	53.179	1:16.266	1:18.381	24.236	53.395	1:20.618
8	14:51:07.231	<b>6:27.834</b>	13.501	53.909	1:18.004	1:20.838	24.726	54.469	1:22.387
9	14:59:43.314	<b>8:36.083</b>	13.080	52.574	1:18.697	1:20.473	2:38.280	52.832	1:20.147
10	15:06:13.466	<b>6:30.152</b>	13.555	55.308	1:15.186	1:19.797	23.869	57.886	1:24.551
11	15:14:34.375	<b>8:20.909</b>	13.832	2:41.309	1:15.307	1:23.727	23.731	56.817	1:26.186
12	15:22:49.630	<b>8:15.255</b>	13.864	2:28.975			23.710	58.214	1:25.214
13	15:31:29.764	<b>8:40.134</b>	15.611	2:42.096			25.546	59.577	1:29.486
14	15:40:40.384	<b>9:10.620</b>	15.514	2:37.979			26.334	1:04.454	1:51.303
15	15:50:31.650	<b>9:51.266</b>	18.481	2:45.111			29.925	1:08.244	1:57.565
16	16:00:03.400	<b>9:31.750</b>	17.330	2:42.771			27.968	1:07.438	1:45.082

(884) Mick van Heugten

1	14:09:16.641	<b>5:39.495</b>	12.094	44.358	1:09.576	1:12.715	22.227	47.142	1:11.383
2	14:15:03.713	<b>5:47.072</b>	<b>11.800</b>	45.259	<b>1:09.291</b>	1:12.259	22.786	49.805	1:15.872











# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
<b>(344) Dave Kaers</b>									
1	14:09:55.336	<b>5:58.854</b>	12.740	<b>49.934</b>	<b>1:16.117</b>	<b>1:08.507</b>	24.847	<b>50.446</b>	<b>1:16.263</b>
2	14:16:34.671	<b>6:39.335</b>	<b>11.355</b>	49.990	1:45.994	1:08.642	26.373	56.610	1:20.371
3	14:22:52.543	<b>6:17.872</b>	12.528	55.644	1:16.782	1:10.968	<b>24.036</b>	53.307	1:24.607
4	14:30:13.115	<b>7:20.572</b>	12.167			1:12.272	24.502	57.846	1:22.408
5	14:36:46.670	<b>6:33.555</b>	13.077	52.792	1:19.246	1:13.014	24.082	54.389	1:36.955
6	14:43:18.978	<b>6:32.308</b>	12.564	57.484	1:17.588	1:14.176	26.461	56.969	1:27.066
7	14:50:19.161	<b>7:00.183</b>	13.850	1:16.855	1:19.527	1:18.599	25.271	1:01.092	1:24.989
8	14:57:07.347	<b>6:48.186</b>	12.825	56.369	1:22.265	1:18.971	27.429	1:02.053	1:28.274
9	15:03:50.248	<b>6:42.901</b>	13.661	57.836	1:19.268	1:17.603	26.228	1:01.067	1:27.238
10	15:12:55.979	<b>9:05.731</b>	14.354	2:58.073	1:24.114	1:23.689	30.816	57.703	1:36.982
11	15:27:33.381	<b>14:37.402</b>	14.821	4:12.508			4:26.270	1:04.194	1:44.982
12	15:36:24.342	<b>8:50.961</b>	15.477	2:45.573			29.431	58.937	1:31.621
13	15:45:09.970	<b>8:45.628</b>	15.340	2:32.596			30.559	1:04.425	1:33.022
14	15:54:01.498	<b>8:51.528</b>	16.106	2:40.627			28.012	1:02.883	1:35.533
<b>(773) Joshua van der Linden</b>									
1	14:10:26.666	<b>6:07.532</b>	<b>10.767</b>	<b>44.896</b>	1:18.838	<b>1:11.967</b>	<b>22.918</b>	<b>48.968</b>	1:29.178
2	14:16:56.364	<b>6:29.698</b>	12.817	54.436	1:15.268	1:21.356	24.039	52.067	1:29.715
3	14:23:11.177	<b>6:14.813</b>	11.680	49.030	1:15.204	1:20.206	25.811	54.551	1:18.331
4	14:29:19.144	<b>6:07.967</b>	11.970	51.660	<b>1:12.135</b>	1:16.264	30.532	53.066	<b>1:12.340</b>
5	14:35:32.536	<b>6:13.392</b>	11.740	52.541	1:15.466	1:12.720	26.749	55.191	1:18.985
6	14:42:03.045	<b>6:30.509</b>	11.815	54.261	1:16.672	1:21.654	27.615	58.730	1:19.762
7	14:50:29.574	<b>8:26.529</b>	14.761	54.760	1:17.730	1:21.817	2:20.565	58.586	1:18.310
8	14:57:06.204	<b>6:36.630</b>	13.823	55.570	1:22.112	1:18.092	28.217	57.100	1:21.716
9	15:03:55.978	<b>6:49.774</b>	12.830	58.451	1:20.623	1:26.004	27.799	1:00.888	1:23.179
10	15:15:14.491	<b>11:18.513</b>	13.431	4:14.547	1:25.737	1:36.868	1:19.426	58.921	1:29.583
11	15:24:40.818	<b>9:26.327</b>	14.721	2:43.095			40.503	1:04.974	1:39.235
12	15:35:45.874	<b>11:05.056</b>	12.519	2:30.292			2:22.737	1:29.072	1:36.875
13	15:44:49.326	<b>9:03.452</b>	16.245	2:27.316			28.927	1:10.052	1:36.573
14	15:54:16.065	<b>9:26.739</b>	15.850	2:40.834			30.878	1:10.879	1:38.498
<b>(222) Ben Bosgraaf</b>									
1	14:10:40.227	<b>6:16.973</b>	12.804	51.317	1:14.303	1:22.629	23.858	<b>52.130</b>	<b>1:19.932</b>
2	14:16:46.893	<b>6:06.666</b>	12.642	<b>49.310</b>	<b>1:13.351</b>	<b>1:13.287</b>	<b>23.219</b>	53.868	1:20.989
3	14:23:10.631	<b>6:23.738</b>	13.153	52.055	1:14.810	1:20.393	24.945	55.799	1:22.583
4	14:29:34.737	<b>6:24.106</b>	<b>12.547</b>	53.026	1:16.503	1:18.397	25.724	54.359	1:23.550
5	14:36:06.422	<b>6:31.685</b>	14.442	53.977	1:17.884	1:17.556	26.110	57.243	1:24.473
6	14:45:05.147	<b>8:58.725</b>	13.905	57.147	1:18.276	1:19.902	2:43.933	1:01.268	1:24.294
7	14:51:56.496	<b>6:51.349</b>	14.166	56.437	1:18.475	1:21.803	26.543	1:01.116	1:32.809
8	14:58:56.372	<b>6:59.876</b>	15.444	1:00.593	1:21.190	1:22.628	27.041	57.796	1:35.184
9	15:06:08.211	<b>7:11.839</b>	14.564	58.821	1:26.836	1:28.750	28.009	1:02.592	1:32.267
10	15:15:48.961	<b>9:40.750</b>	15.160	3:37.445	1:22.154	1:23.448	26.086	1:02.698	1:33.759
11	15:24:55.090	<b>9:06.129</b>	15.726	2:56.807			27.156	1:02.391	1:34.453
12	15:36:32.145	<b>11:37.055</b>	16.146	2:32.991			3:19.213	1:00.232	1:33.156
13	15:45:17.817	<b>8:45.672</b>	14.957	2:22.522			27.915	1:03.852	1:38.680
14	15:54:34.098	<b>9:16.281</b>	15.417	2:46.192			29.014	1:08.595	1:37.660
<b>(306) Glenn Baelemans</b>									
1	14:09:22.038	<b>5:44.703</b>	<b>11.460</b>	<b>44.310</b>	<b>1:07.502</b>	<b>1:12.375</b>	<b>21.609</b>	51.642	1:15.805
2	14:15:36.606	<b>6:14.568</b>	12.074	49.739	1:14.154	1:16.996	25.232	55.308	1:21.065
3	14:21:48.962	<b>6:12.356</b>	12.658	48.299	1:13.585	1:19.436	25.654	51.941	1:20.783
4	14:28:14.572	<b>6:25.610</b>	11.949	51.480	1:14.998	1:17.823	26.978	58.271	1:24.111
5	14:36:06.222	<b>7:51.650</b>	12.290	51.391	1:16.918	1:19.471	1:55.397	53.963	1:22.220
6	14:42:32.861	<b>6:26.639</b>	12.427	51.624	1:13.951	1:18.603	27.585	58.363	1:24.086
7	14:49:12.220	<b>6:39.359</b>	12.691	54.387	1:16.580	1:23.211	27.074	1:00.532	1:24.884
8	14:55:54.147	<b>6:41.927</b>	13.304	51.899	1:18.878	1:20.323	26.960	1:00.037	1:30.526
9	15:04:20.997	<b>8:26.850</b>	14.763	55.247	1:22.152	1:18.892	2:08.673	55.488	1:31.635
10	15:13:28.689	<b>9:07.692</b>	13.045	3:10.262	1:19.318	1:19.170	25.722	1:05.449	1:34.726
11	15:22:45.605	<b>9:16.916</b>	15.328	2:51.436			32.589	1:09.025	1:40.506
12	15:35:21.282	<b>12:35.677</b>	17.148	2:54.519			3:53.005	1:03.624	1:35.790
13	15:44:46.636	<b>9:25.354</b>	15.810	2:40.889			32.739	1:13.649	1:47.380
14	15:54:37.508	<b>9:50.872</b>	14.644	2:47.509			33.856	1:10.425	1:44.018
<b>(678) Bart Klijn</b>									

Timekeeping Meik Wagner:



Clerk of the course:

Jury President Olaf Noack















# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
11	15:28:57.419	<b>9:15.408</b>	15.697	2:50.664			30.366	1:06.429	1:40.569
12	15:38:22.294	<b>9:24.875</b>	16.329	2:42.615			29.447	1:06.457	1:51.169
13	15:53:01.404	<b>14:39.110</b>	15.976	2:46.475			39.237	1:13.409	6:16.685

(68) Robin Holtmeulen

1	14:10:15.781	<b>6:07.205</b>	<b>11.963</b>	<b>49.871</b>	<b>1:13.228</b>	1:16.207	<b>22.712</b>	<b>51.737</b>	<b>1:21.487</b>
2	14:17:18.222	<b>7:02.441</b>	12.528	52.657	1:18.442	<b>1:12.055</b>	26.469	1:32.144	1:28.146
3	14:24:00.657	<b>6:42.435</b>	13.186	54.511	1:19.147	1:16.650	28.916	59.420	1:30.605
4	14:30:58.095	<b>6:57.438</b>	14.289	1:05.085	1:21.906	1:18.978	27.790	58.673	1:30.717
5	14:37:47.795	<b>6:49.700</b>	14.015	58.251	1:24.767	1:14.744	27.443	59.307	1:31.173
6	14:48:30.610	<b>10:42.815</b>	15.198	1:00.511	1:26.686	1:19.126	4:06.407	1:00.344	1:34.543
7	14:55:30.898	<b>7:00.288</b>	15.709	58.842	1:23.747	1:20.900	26.033	1:03.453	1:31.604
8	15:02:40.265	<b>7:09.367</b>	16.218	1:00.248	1:25.021	1:20.884	28.819	1:03.752	1:34.425
9	15:11:19.063	<b>8:38.798</b>	14.387	2:32.225	1:25.132	1:19.731	26.089	1:01.425	1:39.809
10	15:24:22.794	<b>13:03.731</b>	15.590	2:57.706			3:57.721	1:07.678	1:48.953
11	15:33:31.848	<b>9:09.054</b>	16.409	2:36.831			28.085	1:04.638	1:42.948
12	15:43:14.666	<b>9:42.818</b>	16.809	2:46.883			31.298	1:08.852	1:47.143
13	15:53:13.762	<b>9:59.096</b>	17.370	2:54.919			33.607	1:11.608	1:47.623

(1048) Paul Woldendorp

1	14:11:05.833	<b>6:40.496</b>	<b>11.751</b>	54.033	<b>1:19.349</b>	1:24.826	25.934	57.512	<b>1:27.091</b>
2	14:17:48.840	<b>6:43.007</b>	13.911	56.960	1:20.039	<b>1:17.893</b>	<b>25.806</b>	57.708	1:30.690
3	14:24:32.401	<b>6:43.561</b>	13.953	<b>53.973</b>	1:21.018	1:19.125	27.609	57.301	1:30.582
4	14:31:23.391	<b>6:50.990</b>	13.840	54.254	1:21.420	1:20.571	28.121	1:00.412	1:32.372
5	14:38:21.929	<b>6:58.538</b>	14.050	57.496	1:26.358	1:20.680	26.615	59.873	1:33.466
6	14:45:30.041	<b>7:08.112</b>	14.713	59.820	1:25.840	1:24.855	25.906	1:01.040	1:35.938
7	14:52:50.569	<b>7:20.528</b>	15.035	1:02.380	1:29.800	1:26.987	28.922	1:00.505	1:36.899
8	15:02:17.411	<b>9:26.842</b>	16.613	1:02.464	1:28.530	1:26.293	2:31.327	1:02.116	1:39.499
9	15:12:02.100	<b>9:44.689</b>	16.745	3:06.873	1:33.697	1:30.037	27.555	1:07.906	1:41.876
10	15:22:22.036	<b>10:19.936</b>	16.519	3:14.751			31.121	1:11.279	2:00.881
11	15:33:30.963	<b>11:08.927</b>	17.363	3:43.423			1:08.358	1:04.161	1:44.244
12	15:43:17.266	<b>9:46.303</b>	16.554	2:38.205			31.672	1:08.209	1:54.962
13	15:53:30.793	<b>10:13.527</b>	17.435	2:53.394			32.815	1:15.919	1:54.712

(157) Randy van Wilgenburg

1	14:11:16.244	<b>6:40.310</b>	15.058	54.202	1:20.144	<b>1:26.663</b>	<b>24.695</b>	<b>56.214</b>	<b>1:23.334</b>
2	14:18:05.068	<b>6:48.824</b>	<b>13.580</b>	<b>54.136</b>	<b>1:19.449</b>	1:27.984	25.760	59.385	1:28.530
3	14:25:16.286	<b>7:11.218</b>	16.194	1:00.190	1:21.299	1:31.087	27.015	1:02.768	1:32.665
4	14:32:30.369	<b>7:14.083</b>	13.652	1:01.764	1:24.357	1:32.794	27.160	1:02.993	1:31.363
5	14:41:04.274	<b>8:33.905</b>	14.831	1:00.892	1:29.339	1:41.223	1:32.945	1:01.553	1:33.122
6	14:48:28.558	<b>7:24.284</b>	15.726	1:05.839	1:23.745	1:34.380	25.940	1:01.379	1:37.275
7	14:55:52.053	<b>7:23.495</b>	14.151	1:04.450	1:25.665	1:36.145	27.834	1:02.411	1:32.839
8	15:03:27.748	<b>7:35.695</b>	17.200	1:05.801	1:24.643	1:32.200	29.511	1:04.518	1:41.822
9	15:15:00.779	<b>11:33.031</b>	17.985	3:32.699	1:37.423	1:38.726	1:43.112	1:01.079	1:42.007
10	15:24:27.238	<b>9:26.459</b>	16.780	2:45.508			27.554	1:05.675	1:43.175
11	15:34:47.259	<b>10:20.021</b>	16.565	2:49.660			1:16.178	1:01.875	1:42.456
12	15:44:10.347	<b>9:23.088</b>	14.369	2:34.997			28.337	1:06.622	1:48.182
13	15:53:42.122	<b>9:31.775</b>	16.336	2:38.222			31.141	1:07.326	1:47.177

(930) Rick Verstraten

1	14:11:22.274	<b>6:39.074</b>	12.290	55.593	1:23.654	<b>1:21.190</b>	<b>25.728</b>	56.147	<b>1:24.472</b>
2	14:18:14.295	<b>6:52.021</b>	<b>12.168</b>	<b>55.501</b>	1:23.096	1:25.920	26.343	<b>56.100</b>	1:32.893
3	14:25:17.482	<b>7:03.187</b>	13.325	57.900	1:24.797	1:25.951	28.297	59.894	1:33.023
4	14:32:18.184	<b>7:00.702</b>	13.210	55.535	1:25.470	1:30.230	29.043	59.710	1:27.504
5	14:39:17.899	<b>6:59.715</b>	12.972	1:00.080	<b>1:22.723</b>	1:26.374	27.752	1:00.870	1:28.944
6	14:46:44.571	<b>7:26.672</b>	12.631	1:01.787	1:32.812	1:31.663	28.149	1:01.396	1:38.234
7	14:54:18.911	<b>7:34.340</b>	14.460	1:03.193	1:31.103	1:35.954	28.930	1:04.751	1:35.949
8	15:01:54.252	<b>7:35.341</b>	16.370	1:03.622	1:34.558	1:33.310	29.638	1:02.629	1:35.214
9	15:12:24.321	<b>10:30.069</b>	15.920	2:38.586	1:32.960	1:30.757	1:56.466	1:00.511	1:34.869
10	15:22:09.058	<b>9:44.737</b>	14.658	3:08.454			27.700	1:06.411	1:39.453
11	15:32:30.773	<b>10:21.715</b>	17.461	3:19.354			31.351	1:04.600	1:49.328
12	15:43:13.178	<b>10:42.405</b>	16.882	3:20.010			31.840	1:11.279	1:53.765
13	15:53:45.706	<b>10:32.528</b>	17.776	3:03.197			31.241	1:13.365	1:56.174

(145) Jan Spliethof

1	14:10:38.529	<b>6:27.688</b>	14.165	<b>51.456</b>	<b>1:16.088</b>	<b>1:22.339</b>	24.697	55.543	<b>1:23.400</b>
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# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	14:17:16.464	<b>6:37.935</b>	<b>11.654</b>	53.011	1:17.704	1:24.432	<b>24.143</b>	54.978	1:32.013
3	14:24:20.359	<b>7:03.895</b>	13.051	57.594	1:28.882	1:25.532	26.933	1:00.968	1:30.935
4	14:31:32.766	<b>7:12.407</b>	14.245	57.262	1:25.577	1:30.271	27.744	1:05.781	1:31.527
5	14:40:31.616	<b>8:58.850</b>	14.341	58.397	1:26.493	1:30.143	2:16.738	59.905	1:32.833
6	14:47:50.787	<b>7:19.171</b>	13.776	1:03.725	1:25.592	1:31.989	26.969	1:02.973	1:34.147
7	14:55:11.960	<b>7:21.173</b>	13.448	1:02.570	1:29.292	1:29.278	29.726	1:03.001	1:33.858
8	15:02:49.664	<b>7:37.704</b>	14.286	1:04.875	1:35.258	1:33.288	29.504	1:02.806	1:37.687
9	15:14:28.648	<b>11:38.984</b>	15.741	3:09.588	1:36.264	1:30.260	2:23.511	1:04.348	1:39.272
10	15:24:11.521	<b>9:42.873</b>	16.447	2:52.976			30.509	1:09.920	1:41.177
11	15:33:52.155	<b>9:40.634</b>	15.480	2:43.150			30.392	1:10.398	1:44.164
12	15:43:48.120	<b>9:55.965</b>	16.904	2:45.144			31.443	1:09.656	1:45.299
13	15:53:46.637	<b>9:58.517</b>	17.273	2:47.880			31.619	1:10.007	1:43.132

(107) Sjoerd Eskes

1	14:10:46.463	<b>6:36.422</b>	13.695	56.542	<b>1:16.728</b>	1:18.980	26.782	57.153	<b>1:26.542</b>
2	14:17:30.892	<b>6:44.429</b>	12.976	<b>55.145</b>	1:17.798	1:18.035	<b>24.480</b>	58.943	1:37.052
3	14:24:26.317	<b>6:55.425</b>	14.587	57.697	1:24.283	<b>1:17.921</b>	25.245	1:01.254	1:34.438
4	14:31:20.728	<b>6:54.411</b>	<b>12.213</b>	58.161	1:21.704	1:25.056	25.628	56.670	1:34.979
5	14:38:18.447	<b>6:57.719</b>	13.908	56.914	1:20.100	1:23.919	26.508	58.891	1:37.479
6	14:49:49.609	<b>11:31.162</b>	14.497	1:00.555	1:27.996	1:29.675	4:41.802	1:01.199	1:35.438
7	14:57:10.058	<b>7:20.449</b>	15.437	1:03.617	1:24.628	1:30.070	28.399	1:01.229	1:37.069
8	15:04:46.007	<b>7:35.949</b>	16.834	1:04.728	1:26.264	1:30.334	26.646	1:08.293	1:42.850
9	15:14:23.571	<b>9:37.564</b>	17.084	3:10.352	1:28.582	1:29.429	28.110	1:03.357	1:40.650
10	15:23:53.008	<b>9:29.437</b>	15.511	2:49.230			26.330	1:05.590	1:53.851
11	15:35:47.622	<b>11:54.614</b>	16.122	2:45.152			2:53.538	1:06.111	1:44.394
12	15:44:56.654	<b>9:09.032</b>	16.787	2:28.891			30.470	1:05.425	1:46.749
13	15:54:29.318	<b>9:32.664</b>	16.558	2:49.166			28.849	1:08.573	1:44.261

(371) Kim Serup Kristensen

1	14:10:37.679	<b>6:17.212</b>	13.786	<b>52.188</b>	<b>1:16.050</b>	<b>1:14.602</b>	<b>24.604</b>	<b>54.414</b>	<b>1:21.568</b>
2	14:17:13.990	<b>6:36.311</b>	<b>13.456</b>	53.258	1:18.829	1:21.438	25.357	56.908	1:27.065
3	14:24:23.804	<b>7:09.814</b>	13.914	59.305	1:26.226	1:26.050	26.621	1:04.485	1:33.213
4	14:31:50.605	<b>7:26.801</b>	14.831	1:17.324	1:24.627	1:27.422	26.415	1:02.317	1:33.865
5	14:39:11.283	<b>7:20.678</b>	17.256	1:06.083	1:27.438	1:24.496	26.248	1:05.795	1:33.362
6	14:49:53.295	<b>10:42.012</b>	15.713	1:00.811	1:25.218	1:21.594	4:00.609	1:02.352	1:35.715
7	14:57:09.402	<b>7:16.107</b>	17.193	1:06.257	1:25.107	1:21.378	27.632	1:04.128	1:34.412
8	15:04:34.577	<b>7:25.175</b>	17.141	1:02.337	1:23.068	1:25.041	26.381	1:08.915	1:42.292
9	15:14:07.535	<b>9:32.958</b>	18.292	3:07.523	1:23.816	1:25.505	26.468	1:08.070	1:43.284
10	15:23:24.894	<b>9:17.359</b>	17.622	2:52.479			25.775	1:10.044	1:44.287
11	15:36:33.170	<b>13:08.276</b>	17.380	3:01.066			4:10.345	1:03.659	1:46.848
12	15:45:45.823	<b>9:12.653</b>	16.399	2:31.513			27.403	1:11.840	1:47.382
13	15:55:12.220	<b>9:26.397</b>	16.315	2:46.777			29.375	1:11.916	1:47.825

(665) Corne Roffel

1	14:11:39.504	<b>6:41.778</b>	13.686	54.435	<b>1:19.333</b>	<b>1:22.704</b>	<b>24.996</b>	57.776	<b>1:28.848</b>
2	14:18:33.386	<b>6:53.882</b>	14.370	<b>51.665</b>	1:26.149	1:28.796	25.931	<b>56.479</b>	1:30.492
3	14:25:33.643	<b>7:00.257</b>	<b>13.115</b>	52.283	1:24.657	1:28.303	25.647	59.384	1:36.868
4	14:33:01.025	<b>7:27.382</b>	14.123	59.058	1:27.213	1:33.248	29.981	1:02.969	1:40.790
5	14:41:31.254	<b>8:30.229</b>	14.917	1:00.994	1:24.552	1:28.272	1:39.758	1:02.101	1:39.635
6	14:48:54.233	<b>7:22.979</b>	16.491	1:01.313	1:30.942	1:26.030	27.241	1:07.463	1:33.499
7	14:56:01.953	<b>7:07.720</b>	14.670	56.961	1:27.881	1:30.100	27.279	59.682	1:31.147
8	15:03:40.515	<b>7:38.562</b>	15.115	1:01.712	1:32.028	1:33.796	29.363	1:06.410	1:40.138
9	15:14:31.621	<b>10:51.106</b>	18.248	4:00.544	1:37.103	1:35.676	29.527	1:07.489	1:42.519
10	15:25:40.283	<b>11:08.662</b>	16.958	3:05.913			1:41.045	1:08.030	1:39.695
11	15:35:11.920	<b>9:31.637</b>	18.288	2:44.569			29.016	1:06.257	1:45.608
12	15:45:25.924	<b>10:14.004</b>	19.061	2:42.635			33.567	1:11.726	1:50.186
13	15:55:27.064	<b>10:01.140</b>	17.030	2:53.963			32.885	1:14.623	1:40.242

(995) Wessel Bosch

1	14:11:41.838	<b>6:46.180</b>	16.429	56.886	1:22.024	<b>1:19.682</b>	24.394	57.783	1:28.982
2	14:18:22.124	<b>6:40.286</b>	13.860	<b>54.240</b>	1:23.219	1:21.084	<b>24.346</b>	<b>56.703</b>	<b>1:26.834</b>
3	14:25:15.392	<b>6:53.268</b>	<b>13.512</b>	57.747	<b>1:20.269</b>	1:25.437	26.064	1:00.284	1:29.955
4	14:34:45.731	<b>9:30.339</b>	13.968	58.324	1:23.896	1:26.681	2:56.767	1:00.416	1:30.287
5	14:41:44.882	<b>6:59.151</b>	15.808	56.693	1:23.609	1:24.311	26.722	1:00.036	1:31.972
6	14:48:41.608	<b>6:56.726</b>	16.493	57.447	1:21.955	1:20.536	28.043	1:01.733	1:30.519
7	14:55:41.330	<b>6:59.722</b>	14.624	1:00.276	1:23.099	1:21.357	27.022	58.492	1:34.852





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	15:03:01.886	<b>7:20.556</b>	16.156	59.830	1:29.413	1:25.684	27.729	1:02.902	1:38.842
9	15:15:25.304	<b>12:23.418</b>	16.910	3:11.158	1:31.038	1:26.281	2:56.975	1:15.699	1:45.357
10	15:25:23.767	<b>9:58.463</b>	16.441	3:14.083			30.255	1:07.519	1:45.645
11	15:34:50.579	<b>9:26.812</b>	16.101	2:45.230			30.428	1:05.619	1:46.714
12	15:45:05.018	<b>10:14.439</b>	17.508	2:44.025			33.543	1:16.148	2:01.555
13	15:55:43.765	<b>10:38.747</b>	19.367	3:01.359			34.254	1:17.398	1:58.364

(477) Thorsten Lentink

1	14:11:08.571	<b>6:37.067</b>	12.902	<b>48.919</b>	1:21.854	1:27.362	26.386	<b>54.179</b>	<b>1:25.465</b>
2	14:17:57.055	<b>6:48.484</b>	13.688	51.523	<b>1:21.121</b>	<b>1:26.887</b>	<b>26.052</b>	1:00.877	1:28.336
3	14:25:07.388	<b>7:10.333</b>	13.665	56.041	1:25.657	1:31.068	28.613	1:03.095	1:32.194
4	14:32:23.834	<b>7:16.446</b>	14.697	55.127	1:29.400	1:32.497	30.102	1:04.993	1:29.630
5	14:42:25.661	<b>10:01.827</b>	13.979	59.184	1:26.095	1:33.130	3:24.422	57.490	1:27.527
6	14:49:32.642	<b>7:06.981</b>	<b>12.711</b>	58.645	1:26.419	1:31.920	27.471	59.749	1:30.066
7	14:56:55.716	<b>7:23.074</b>	14.162	1:07.348	1:25.176	1:32.031	27.188	1:00.952	1:36.217
8	15:04:16.689	<b>7:20.973</b>	15.750	58.017	1:24.261	1:35.040	28.447	1:04.165	1:35.293
9	15:14:08.315	<b>9:51.626</b>	14.699	3:17.704	1:39.242	1:34.510	28.985	1:03.200	1:33.286
10	15:26:42.271	<b>12:33.956</b>	15.351	3:22.834			3:29.641	1:01.895	1:32.842
11	15:36:09.727	<b>9:27.456</b>	13.996	3:01.264			31.023	1:04.797	1:36.653
12	15:46:17.081	<b>10:07.354</b>	14.783	3:11.185			32.223	1:07.833	1:53.981
13	15:56:08.566	<b>9:51.485</b>	16.785	3:04.258			33.196	1:09.387	1:39.825

(941) Dennis Krol

1	14:11:11.926	<b>6:45.012</b>	14.590	<b>56.214</b>	1:20.860	<b>1:20.125</b>	<b>24.676</b>	56.957	1:31.590
2	14:18:02.754	<b>6:50.828</b>	15.467	56.337	<b>1:19.623</b>	1:20.286	26.618	<b>56.736</b>	1:35.761
3	14:25:11.003	<b>7:08.249</b>	16.356	59.202	1:24.852	1:21.877	29.397	1:00.672	1:35.893
4	14:34:37.302	<b>9:26.299</b>	15.198	58.940	1:27.292	1:27.160	2:41.525	59.009	1:37.175
5	14:41:56.608	<b>7:19.306</b>	14.598	1:02.591	1:28.401	1:24.646	29.793	1:01.909	1:37.368
6	14:49:16.509	<b>7:19.901</b>	14.763	1:04.352	1:28.236	1:24.846	30.505	1:01.730	1:35.469
7	14:56:59.277	<b>7:42.768</b>	16.358	1:06.811	1:32.244	1:29.235	28.922	1:05.349	1:43.849
8	15:04:43.187	<b>7:43.910</b>	16.055	1:09.224	1:32.039	1:29.348	29.601	1:07.862	1:39.781
9	15:14:45.211	<b>10:02.024</b>	16.290	3:39.673	1:30.499	1:29.580	26.290	1:01.831	1:37.861
10	15:27:23.403	<b>12:38.192</b>	<b>14.277</b>	3:17.619			3:03.439	1:07.055	1:46.639
11	15:36:56.065	<b>9:32.662</b>	15.746	2:36.765			28.811	1:10.447	1:46.678
12	15:46:50.646	<b>9:54.581</b>	15.153	2:42.013			36.179	1:11.734	1:46.269
13	15:56:38.327	<b>9:47.681</b>	16.129	2:44.993			29.068	1:08.013	1:47.573

(569) Laurens van Gils

1	14:11:53.337	<b>6:48.852</b>	<b>13.227</b>	56.264	1:22.548	<b>1:23.642</b>	25.233	57.352	<b>1:30.586</b>
2	14:18:39.766	<b>6:46.429</b>	13.521	55.738	<b>1:19.424</b>	1:25.288	<b>24.652</b>	<b>55.628</b>	1:32.178
3	14:25:30.855	<b>6:51.089</b>	13.609	<b>55.285</b>	1:20.516	1:24.075	27.892	57.865	1:31.847
4	14:32:42.322	<b>7:11.467</b>	14.222	58.736	1:24.824	1:33.626	28.302	59.029	1:32.728
5	14:39:53.232	<b>7:10.910</b>	13.800	58.366	1:24.557	1:28.508	29.195	1:00.834	1:35.650
6	14:47:17.313	<b>7:24.081</b>	15.440	58.307	1:28.388	1:32.521	27.450	1:05.424	1:36.551
7	14:58:42.384	<b>11:25.071</b>	13.388	1:00.336	1:56.356	1:30.460	3:56.526	1:08.176	1:39.829
8	15:05:59.304	<b>7:16.920</b>	15.977	1:02.377	1:21.028	1:31.240	26.266	1:02.421	1:37.611
9	15:16:05.489	<b>10:06.185</b>	15.113	3:15.729	1:45.490	1:34.855	27.711	1:05.007	1:42.280
10	15:25:39.137	<b>9:33.648</b>	14.095	2:54.539			26.667	1:10.163	1:44.039
11	15:35:43.580	<b>10:04.443</b>	16.324	3:12.529			27.580	1:11.873	1:49.074
12	15:46:11.107	<b>10:27.527</b>	16.210	2:46.964			47.502	1:11.476	2:02.472
13	15:56:41.264	<b>10:30.157</b>	23.476	3:05.750			32.350	1:09.817	1:48.131

(829) Edwin Straver

1	14:12:08.886	<b>7:15.103</b>	15.638	1:01.904	1:26.598	1:21.204	29.234	1:04.966	1:35.559
2	14:19:08.896	<b>7:00.010</b>	15.863	59.774	1:25.990	1:20.874	27.100	1:01.554	<b>1:28.855</b>
3	14:26:03.635	<b>6:54.739</b>	<b>13.767</b>	58.080	1:23.543	<b>1:20.489</b>	<b>24.661</b>	<b>1:00.137</b>	1:34.062
4	14:33:04.053	<b>7:00.418</b>	14.718	<b>56.995</b>	<b>1:21.107</b>	1:23.776	28.053	1:02.081	1:33.688
5	14:40:22.811	<b>7:18.758</b>	14.986	1:00.513	1:23.879	1:23.035	29.247	1:06.940	1:40.158
6	14:49:41.290	<b>9:18.479</b>	15.238	1:02.390	1:24.937	1:26.169	2:24.545	1:07.307	1:37.893
7	14:57:10.437	<b>7:29.147</b>	16.470	1:02.729	1:28.087	1:24.140	28.997	1:08.253	1:40.471
8	15:04:51.001	<b>7:40.564</b>	17.397	1:03.882	1:26.943	1:26.361	30.910	1:09.566	1:45.505
9	15:14:53.615	<b>10:02.614</b>	18.289	3:11.332	1:31.082	1:30.656	32.288	1:09.227	1:49.740
10	15:24:49.967	<b>9:56.352</b>	17.742	2:53.786			34.050	1:15.189	1:50.234
11	15:37:39.073	<b>12:49.106</b>	17.700	2:55.271			3:15.328	1:16.020	1:53.577
12	15:47:59.231	<b>10:20.158</b>	16.931	3:03.284			32.756	1:17.787	1:53.836
13	15:58:14.225	<b>10:14.994</b>	17.655	2:55.116			34.304	1:19.375	1:50.681





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
<b>(245) Pascal Veenstra</b>									
1	14:11:26.439	<b>6:49.717</b>	15.007	57.590	1:20.013	1:18.031	26.252	1:00.473	1:32.351
2	14:18:08.702	<b>6:42.263</b>	<b>14.642</b>	<b>54.737</b>	<b>1:18.989</b>	<b>1:17.039</b>	<b>25.700</b>	<b>59.674</b>	<b>1:31.482</b>
3	14:25:08.818	<b>7:00.116</b>	14.787	1:00.008	1:21.930	1:18.260	28.859	1:00.609	1:35.663
4	14:32:13.364	<b>7:04.546</b>	15.033	58.171	1:24.070	1:22.745	26.974	1:04.772	1:32.781
5	14:42:06.964	<b>9:53.600</b>	14.891	58.398	1:24.658	1:18.758	3:10.767	1:07.423	1:38.705
6	14:49:35.071	<b>7:28.107</b>	15.496	1:01.007	1:24.885	1:20.068	27.647	1:21.936	1:37.068
7	14:57:16.701	<b>7:41.630</b>	15.425	1:02.577	1:45.551	1:22.527	29.144	1:06.935	1:39.471
8	15:04:45.260	<b>7:28.559</b>	15.590	1:01.521	1:23.828	1:24.265	30.637	1:08.401	1:44.317
9	15:15:25.501	<b>10:40.241</b>	17.815	3:29.485	1:34.590	1:28.915	35.505	1:28.401	1:45.530
10	15:25:08.815	<b>9:43.314</b>	17.364	2:50.780			29.692	1:28.724	1:44.951
11	15:37:14.875	<b>12:06.060</b>	17.101	3:16.914			2:11.505	1:29.356	1:53.945
12	15:47:53.100	<b>10:38.225</b>	17.743	3:05.032			31.547	1:15.026	2:18.482
13	15:58:17.572	<b>10:24.472</b>	31.965	2:53.298			32.141	1:16.844	1:57.154
<b>(1000) Bastiaan Klee</b>									
1	14:11:14.703	<b>6:27.266</b>	<b>12.471</b>	53.216	1:16.869	<b>1:23.831</b>	25.548	<b>54.451</b>	<b>1:20.880</b>
2	14:17:53.167	<b>6:38.464</b>	13.673	<b>52.796</b>	<b>1:15.336</b>	1:25.715	<b>25.334</b>	57.672	1:27.938
3	14:24:45.195	<b>6:52.028</b>	15.435	54.470	1:21.038	1:29.797	26.035	59.583	1:25.670
4	14:31:39.804	<b>6:54.609</b>	13.491	55.733	1:23.902	1:28.972	29.199	56.009	1:27.303
5	14:41:08.194	<b>9:28.390</b>	14.086	57.864	1:25.101	1:30.410	2:33.526	1:19.860	1:27.543
6	14:48:12.605	<b>7:04.411</b>	14.468	57.460	1:25.813	1:32.785	27.082	59.048	1:27.755
7	14:55:44.304	<b>7:31.699</b>	14.673	59.671	1:22.922	1:30.195	25.990	1:01.236	1:57.012
8	15:02:48.446	<b>7:04.142</b>	15.264	58.007	1:22.581	1:29.493	26.474	1:02.593	1:29.730
9	15:15:20.204	<b>12:31.758</b>	16.242	3:36.891	1:28.418	1:33.001	3:01.196	1:01.754	1:34.256
10	15:24:28.522	<b>9:08.318</b>	15.980	2:34.875			29.215	1:08.293	1:36.080
11	15:33:43.201	<b>9:14.679</b>	15.074	2:36.046			29.957	1:07.216	1:42.439
12	15:44:17.271	<b>10:34.070</b>	16.125	3:31.792			32.953	1:12.542	1:49.390
13	15:58:25.778	<b>14:08.507</b>	58.650	3:44.771			35.129	1:17.199	1:52.994
<b>(796) Mika Eikens</b>									
1	14:10:58.896	<b>6:35.213</b>	<b>13.268</b>	<b>53.444</b>	1:24.295	<b>1:17.296</b>	<b>24.265</b>	<b>56.329</b>	1:26.316
2	14:17:48.727	<b>6:49.831</b>	13.545	55.645	<b>1:21.998</b>	1:18.496	28.421	1:01.359	1:30.367
3	14:25:07.283	<b>7:18.556</b>	15.909	1:13.069	1:23.134	1:19.681	27.661	1:03.411	1:35.691
4	14:34:30.275	<b>9:22.992</b>	13.879	57.673	1:25.537	1:23.705	2:47.025	1:01.957	1:33.216
5	14:41:58.315	<b>7:28.040</b>	14.953	1:03.076	1:28.257	1:27.390	29.739	1:06.199	1:38.426
6	14:49:28.120	<b>7:29.805</b>	16.967	1:02.238	1:31.004	1:24.249	28.982	1:06.011	1:40.354
7	14:56:55.190	<b>7:27.070</b>	16.836	1:04.468	1:29.772	1:24.444	30.821	1:03.918	1:36.811
8	15:07:03.221	<b>10:08.031</b>	16.747	1:02.663	1:32.488	1:30.439	2:52.654	1:09.907	1:43.133
9	15:16:50.081	<b>9:46.860</b>	16.785	3:13.420	1:32.993	1:25.545	30.763	1:06.195	1:41.159
10	15:27:30.869	<b>10:40.788</b>	17.488	3:41.798			30.745	1:12.100	1:50.248
11	15:39:30.324	<b>11:59.455</b>	16.765	2:52.606			2:36.204	1:07.802	2:00.081
12	15:49:25.012	<b>9:54.688</b>	17.260	2:56.782			29.371	1:12.120	1:47.179
13	15:58:53.334	<b>9:28.322</b>	15.598	2:40.568			30.693	1:13.498	1:44.073
<b>(79) Bart Brouwer</b>									
1	14:10:24.380	<b>6:17.740</b>	13.078	<b>51.170</b>	<b>1:15.668</b>	<b>1:15.473</b>	<b>25.409</b>	54.056	1:22.886
2	14:18:49.329	<b>8:24.949</b>	<b>11.895</b>	54.462	1:25.002	1:18.741	2:17.541	<b>54.014</b>	1:23.294
3	14:25:20.829	<b>6:31.500</b>	13.259	53.182	1:17.891	1:16.490	25.491	56.644	1:28.543
4	14:32:18.224	<b>6:57.395</b>	14.020	1:00.192	1:22.117	1:21.916	28.978	58.080	1:32.092
5	14:39:22.007	<b>7:03.783</b>	14.676	56.934	1:24.929	1:23.393	27.609	1:01.991	1:34.251
6	14:46:45.210	<b>7:23.203</b>	14.195	1:00.370	1:29.794	1:30.878	30.264	1:03.178	1:34.524
7	14:54:27.948	<b>7:42.738</b>	16.680	1:04.515	1:28.684	1:29.963	30.383	1:06.267	1:46.246
8	15:02:06.795	<b>7:38.847</b>	17.329	1:01.902	1:32.115	1:31.910	30.932	1:02.647	1:42.012
9	15:16:39.528	<b>14:32.733</b>	16.170	2:49.312	3:24.362	2:07.831	3:03.611	1:04.288	1:47.159
10	15:27:35.656	<b>10:56.128</b>	16.885	3:34.429			34.303		
11	15:38:33.751	<b>10:58.095</b>	20.045	2:52.476			36.737	1:18.339	2:12.393
12	15:49:59.615	<b>11:25.864</b>	20.690	2:53.024			39.965	1:23.964	2:05.170
13	15:59:49.851	<b>9:50.236</b>	17.077	2:47.141			32.829	1:05.745	1:48.896
<b>(778) Nicky van Rheenen</b>									
1	14:11:29.570	<b>6:47.052</b>	<b>15.433</b>	<b>53.495</b>	<b>1:19.513</b>	<b>1:20.807</b>	<b>25.921</b>	<b>58.672</b>	1:33.211
2	14:18:24.183	<b>6:54.613</b>	15.518	54.619	1:20.861	1:23.433	28.059	1:00.079	<b>1:32.044</b>
3	14:28:33.804	<b>10:09.621</b>	15.613	1:01.555	1:31.016	1:28.265	3:07.503	1:07.894	1:37.775
4	14:36:02.027	<b>7:28.223</b>	16.975	1:05.371	1:28.478	1:28.270	29.132	1:02.688	1:37.309



# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:43:39.155	<b>7:37.128</b>	18.116	1:06.225	1:27.024	1:28.008	29.781	1:05.350	1:42.624
6	14:51:17.626	<b>7:38.471</b>	16.820	1:05.365	1:26.446	1:29.603	31.824	1:07.961	1:40.452
7	15:00:41.608	<b>9:23.982</b>	17.334	1:05.163	1:30.450	1:27.903	2:06.103	1:08.198	1:48.831
8	15:08:28.345	<b>7:46.737</b>	18.004	1:06.393	1:29.303	1:29.022	31.451	1:07.945	1:44.619
9	15:18:21.982	<b>9:53.637</b>	17.677	3:10.465	1:30.375	1:28.145	32.260	1:10.129	1:44.586
10	15:28:40.856	<b>10:18.874</b>	18.212	3:09.083			32.609	1:12.749	1:56.781
11	15:40:05.109	<b>11:24.253</b>	18.088	2:52.624			2:05.799	1:07.712	1:51.614
12	15:50:26.764	<b>10:21.655</b>	18.673	2:59.066			34.078	1:15.274	2:01.886
13	16:00:07.597	<b>9:40.833</b>	18.584	2:32.937			33.142	1:08.532	1:53.597

(163) Matthieu Verheijen

1	14:10:54.848	<b>6:43.109</b>	<b>12.999</b>	<b>54.150</b>	<b>1:14.988</b>	1:24.321	27.061	1:00.081	1:29.509
2	14:17:50.725	<b>6:55.877</b>	13.749	57.589	1:20.234	<b>1:20.860</b>	<b>26.774</b>	1:03.099	1:33.572
3	14:25:13.174	<b>7:22.449</b>	15.281	1:04.767	1:24.479	1:25.187	31.468	1:04.089	1:37.178
4	14:32:59.239	<b>7:46.065</b>	14.435	58.780	1:53.588	1:26.643	29.532	1:06.485	1:36.602
5	14:40:46.336	<b>7:47.097</b>	16.290	1:20.090	1:31.872	1:23.630	29.827	1:07.449	1:37.939
6	14:48:16.006	<b>7:29.670</b>	15.474	1:03.499	1:26.175	1:26.722	29.322	1:07.808	1:40.670
7	14:55:56.237	<b>7:40.231</b>	16.636	1:05.552	1:25.480	1:29.869	29.186	1:09.458	1:44.050
8	15:05:44.689	<b>9:48.452</b>	18.464	1:06.946	1:32.829	1:28.815	2:32.625	1:05.852	1:42.921
9	15:16:04.721	<b>10:20.032</b>	16.130	3:28.115	1:30.215	1:31.575	29.739	1:11.154	1:53.104
10	15:26:34.592	<b>10:29.871</b>	18.421	3:11.837			31.910	1:18.971	1:54.508
11	15:37:32.613	<b>10:58.021</b>	19.269	3:23.987			32.130	1:21.229	2:04.249
12	15:49:26.205	<b>11:53.592</b>	19.634	3:31.193			36.029	1:20.866	2:42.953
13	16:00:35.708	<b>11:09.503</b>	20.229	3:01.386			33.350	1:32.259	2:13.743

(978) Jan Kooistra

1	14:11:22.175	<b>6:46.178</b>	14.164	<b>57.114</b>	<b>1:21.163</b>	<b>1:18.447</b>	<b>25.658</b>	<b>1:00.362</b>	<b>1:29.270</b>
2	14:18:52.611	<b>7:30.436</b>	13.923	1:00.780	1:42.185	1:19.371	28.021	1:00.789	1:45.367
3	14:26:20.030	<b>7:27.419</b>	<b>13.437</b>	59.704	1:24.130	1:23.687	31.075	1:02.301	1:53.085
4	14:33:56.831	<b>7:36.801</b>	15.078	1:02.540	1:29.544	1:28.786	32.007	1:06.223	1:42.623
5	14:41:37.773	<b>7:40.942</b>	15.255	1:02.047	1:31.118	1:30.770	31.369	1:05.431	1:44.952
6	14:49:29.282	<b>7:51.509</b>	15.961	1:04.051	1:30.675	1:30.699	32.764	1:09.309	1:48.050
7	14:59:58.512	<b>10:29.230</b>	18.353	1:06.903	1:30.618	1:33.193	3:07.252	1:07.370	1:45.541
8	15:07:56.039	<b>7:57.527</b>	18.283	1:09.492	1:29.213	1:33.735	29.645	1:10.257	1:46.902
9	15:18:35.876	<b>10:39.837</b>	17.415	3:26.653	1:34.530	1:43.298	32.285	1:10.683	1:54.973
10	15:29:47.386	<b>11:11.510</b>	17.426	3:37.053			39.169	1:14.840	1:56.400
11	15:40:06.488	<b>10:19.102</b>	18.152	2:44.488			33.108	1:12.290	2:06.945
12	15:50:39.172	<b>10:32.684</b>	18.057	2:51.167			35.823	1:13.695	1:58.363
13	16:00:48.390	<b>10:09.218</b>	18.965	2:44.107			50.078	1:08.344	1:49.235

(254) Jan-hans Dolfing

1	14:11:31.714	<b>7:07.835</b>	<b>13.335</b>	58.861	<b>1:26.052</b>	<b>1:19.406</b>	28.090	1:05.112	1:36.979
2	14:18:53.466	<b>7:21.752</b>	15.795	59.701	1:29.384	1:25.070	27.862	1:04.033	1:39.907
3	14:26:23.854	<b>7:30.388</b>	16.060	1:04.613	1:28.684	1:26.408	29.357	1:03.615	1:41.651
4	14:36:19.301	<b>9:55.447</b>	16.958	1:01.813	1:29.888	1:26.284	2:55.486	1:06.201	1:38.817
5	14:43:45.391	<b>7:26.090</b>	16.447	59.280	1:29.671	1:24.370	<b>27.415</b>	1:04.502	1:44.405
6	14:51:01.620	<b>7:16.229</b>	16.293	<b>57.577</b>	1:27.913	1:21.285	29.799	<b>1:00.390</b>	1:42.972
7	14:58:54.703	<b>7:53.083</b>	16.825	1:12.102	1:30.065	1:27.077	32.312	1:09.689	1:45.013
8	15:10:00.830	<b>11:06.127</b>	19.226	1:08.347	1:36.544	1:29.700	3:27.109	1:10.752	1:54.449
9	15:20:38.674	<b>10:37.844</b>	18.823	3:32.876			31.337	1:09.858	1:55.259
10	15:30:45.112	<b>10:06.438</b>	19.955	2:53.687			31.322	1:12.963	1:58.807
11	15:40:50.662	<b>10:05.550</b>	20.004	2:55.646			32.234	1:15.482	1:54.429
12	15:51:54.665	<b>11:04.003</b>	20.006	2:53.495			1:23.111	1:18.960	1:49.579
13	16:01:09.672	<b>9:15.007</b>	16.327	2:30.138			28.731	1:08.728	1:47.295

(707) Johnny van den Elzen

1	14:11:05.317	<b>6:52.140</b>	<b>13.023</b>	<b>55.648</b>	<b>1:20.408</b>	<b>1:19.106</b>	<b>25.814</b>	1:03.035	1:35.106
2	14:18:06.783	<b>7:01.466</b>	13.206	57.423	1:26.922	1:21.421	26.937	1:01.744	1:33.813
3	14:25:16.616	<b>7:09.833</b>	13.434	1:01.980	1:22.934	1:22.739	30.580	1:02.340	1:35.826
4	14:34:42.197	<b>9:25.581</b>	16.076	1:01.181	1:29.263	1:27.781	2:31.850	1:05.397	1:34.033
5	14:42:19.931	<b>7:37.734</b>	14.825	1:02.266	1:28.287	1:28.788	29.814	1:11.069	1:42.685
6	14:50:08.020	<b>7:48.089</b>	15.900	1:04.896	1:33.582	1:31.963	28.308	1:10.486	1:42.954
7	14:58:28.264	<b>8:20.244</b>	15.706	1:09.801	1:36.283	1:32.411	30.036	1:08.475	2:07.532
8	15:06:28.971	<b>8:00.707</b>	16.907	1:10.744	1:33.027	1:32.759	28.733	1:14.973	1:43.564
9	15:19:54.138	<b>13:25.167</b>	17.459	3:56.568	1:35.596	1:31.860	3:03.325	1:11.656	1:48.703
10	15:30:45.165	<b>10:51.027</b>	17.030	3:46.972			31.250	1:12.974	1:46.628





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
6	14:56:49.699	13:02.005	13.306	55.761	1:30.568	1:22.266	6:36.145	51.852	1:32.107
7	15:03:33.044	6:43.345	14.924	54.927	1:17.168	1:21.071	26.447	55.101	1:33.707
8	15:12:07.553	8:34.509	13.610	2:39.845	1:23.255	1:20.079	26.085	56.342	1:35.293
9	15:25:33.154	13:25.601	14.952	2:48.127			4:49.699	1:01.967	1:45.580
10	15:34:11.426	8:38.272	16.833	2:18.525			28.345	58.290	1:46.464
11	15:42:49.889	8:38.463	15.017	2:19.709			26.876	59.756	1:40.372
12	15:53:06.242	10:16.353	14.414	2:20.924			31.751	1:01.221	3:09.493

(86) Nick Brouwer

1	14:12:23.993	7:32.563	16.284	1:00.280	1:29.123	1:33.532	28.206	1:04.608	1:40.530
2	14:19:46.051	7:22.058	14.017	1:00.300	1:27.099	1:31.109	28.389	1:05.269	1:35.875
3	14:27:19.339	7:33.288	14.112	56.671	1:29.286	1:33.037	29.334	1:06.499	1:44.349
4	14:37:14.882	9:55.543	15.859	1:01.354	1:34.765	1:38.754	2:40.352	1:05.519	1:38.940
5	14:45:01.271	7:46.389	15.806	1:02.842	1:32.562	1:35.029	30.803	1:02.566	1:46.781
6	14:52:57.788	7:56.517	15.585	1:04.864	1:35.282	1:37.953	29.799	1:08.988	1:44.046
7	15:00:58.549	8:00.761	16.892	1:06.520	1:33.100	1:38.044	29.952	1:10.582	1:45.671
8	15:10:45.618	9:47.069	17.488	1:07.981	1:35.848	1:39.693	2:09.577	1:09.581	1:46.901
9	15:20:37.410	9:51.792	19.023	2:51.930			31.076	1:06.652	1:49.533
10	15:30:31.797	9:54.387	17.652	2:48.218			31.590	1:11.096	1:50.153
11	15:40:36.070	10:04.273	17.646	2:45.890			33.098	1:11.158	1:51.302
12	15:53:10.540	12:34.470	19.919	2:56.701			32.081	1:13.569	4:04.932

(149) Roy Leenheer

1	14:12:53.476	7:47.641	17.974	1:02.539	1:34.833	1:32.828	28.422	1:07.236	1:43.809
2	14:20:35.113	7:41.637	17.609	1:03.534	1:32.162	1:34.000	27.987	1:04.966	1:41.379
3	14:28:32.065	7:56.952	18.788	1:05.365	1:34.148	1:36.539	30.247	1:09.612	1:42.253
4	14:36:29.094	7:57.029	15.595	1:05.560	1:35.295	1:36.528	31.761	1:05.588	1:46.702
5	14:44:34.218	8:05.124	14.776	1:08.863	1:37.892	1:38.193	31.175	1:07.668	1:46.557
6	14:52:33.330	7:59.112	17.949	1:04.286	1:36.006	1:36.162	29.718	1:06.484	1:48.507
7	15:00:43.505	8:10.175	17.781	1:08.707	1:34.561	1:36.762	29.762	1:11.458	1:51.144
8	15:10:40.555	9:57.050	18.560	1:08.995	1:37.716	1:34.824	2:21.639	1:09.168	1:46.148
9	15:21:42.518	11:01.963	17.006	3:50.971			31.734	1:09.710	1:53.042
10	15:32:03.848	10:21.330	18.807	2:55.409			31.378	1:13.385	1:56.744
11	15:42:31.176	10:27.328	17.672	2:58.066			30.652	1:14.823	2:00.754
12	15:53:23.953	10:52.777	18.267	3:01.122			32.374	1:19.844	1:59.997

(551) Jan van Deursen

1	14:10:53.684	6:25.362	13.609	52.740	1:17.753	1:12.963	24.326	57.089	1:26.882
2	14:17:26.839	6:33.155	12.552	54.317	1:19.999	1:15.695	25.043	55.660	1:29.889
3	14:24:49.856	7:23.017	15.822	58.170	1:52.476	1:12.073	26.921	1:03.054	1:34.501
4	14:31:40.200	6:50.344	15.085	56.828	1:23.598	1:18.261	25.653	58.532	1:32.387
5	14:38:22.652	6:42.452	13.866	57.766	1:20.469	1:15.546	26.458	56.882	1:31.465
6	14:45:07.899	6:45.247	13.249	55.993	1:24.590	1:17.789	26.155	59.653	1:27.818
7	14:55:51.586	10:43.687	14.171	55.390	1:37.328	1:19.126	4:01.609	1:01.723	1:34.340
8	15:03:03.922	7:12.336	16.114	1:13.137	1:20.265	1:17.349	25.545	1:03.819	1:36.107
9	15:13:58.821	10:54.899	15.216	4:37.685	1:25.643	1:22.174	27.817	1:06.762	1:39.602
10	15:27:19.321	13:20.500	16.039	3:46.871			3:20.172	1:08.247	1:44.404
11	15:37:19.463	10:00.142	16.097	3:22.519			28.385	1:08.028	1:50.111
12	15:53:33.530	16:14.067	17.647	4:23.391			2:35.525	1:22.115	2:03.620

(900) Jonathan Hopman

1	14:10:46.171	6:41.035	13.164	55.080	1:22.097	1:10.802	26.307	1:01.781	1:31.804
2	14:17:54.575	7:08.404	13.445	58.800	1:28.040	1:12.260	28.158	1:05.280	1:42.421
3	14:25:21.949	7:27.374	15.408	1:04.102	1:30.834	1:14.582	31.726	1:07.836	1:42.886
4	14:31:53.283	6:31.334	14.164	1:04.696			32.274	1:05.942	1:53.056
5	14:42:19.344	10:26.061	15.665	1:04.624	1:36.626	1:18.393	3:21.825	1:06.267	1:42.661
6	14:50:05.659	7:46.315	15.704	1:07.281	1:37.457	1:17.645	31.796	1:10.090	1:46.342
7	14:58:27.814	8:22.155	16.942	1:08.796	1:56.899	1:22.546	32.235	1:12.373	1:52.364
8	15:06:51.540	8:23.726	17.847	1:15.591	1:43.167	1:26.598	32.058	1:13.853	1:54.612
9	15:17:32.755	10:41.215	17.934	3:33.148	1:42.991	1:29.261	31.590	1:12.713	1:53.578
10	15:31:37.044	14:04.289	18.978	3:20.053			3:45.007	1:14.278	1:48.442
11	15:42:34.306	10:57.262	19.061	3:02.148			34.581	1:19.066	2:04.998
12	15:53:50.746	11:16.440	19.311	3:10.727			32.907	1:18.463	2:01.651

(307) Jan van Hoof

1	14:11:34.940	6:57.442	16.234	56.967	1:23.508	1:21.920	27.937	58.904	1:31.972
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# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	14:18:46.409	7:11.469	15.974	57.980	1:26.623	1:22.483	27.929	1:01.895	1:38.585
3	14:26:08.538	7:22.129	14.880	1:01.821	1:29.699	1:29.394	27.727	1:02.303	1:36.305
4	14:33:51.980	7:43.442	16.079	1:17.453	1:27.718	1:24.993	28.216	1:03.436	1:45.547
5	14:43:33.417	9:41.437	16.990	1:10.049	1:32.432	1:27.917	2:18.500	1:09.443	1:46.106
6	14:51:29.703	7:56.286	17.471	1:07.430	1:38.073	1:31.014	30.381	1:06.153	1:45.764
7	14:59:25.245	7:55.542	17.839	1:11.697	1:33.259	1:30.026	29.575	1:06.500	1:46.646
8	15:09:18.540	9:53.295	1:36.784	1:18.726	1:39.622	1:36.289	31.649	1:17.687	1:52.538
9	15:22:24.087	13:05.547	20.289	3:36.558			2:52.399	1:09.399	1:49.632
10	15:32:51.749	10:27.662	19.435	3:15.371			30.542	1:10.384	1:58.087
11	15:43:20.113	10:28.364	19.420	2:52.512			32.946	1:15.418	1:55.393
12	15:54:01.281	10:41.168	19.884	3:14.541			32.376	1:14.856	1:55.479

(715) Remon Janssen

1	14:12:11.035	7:17.848	16.880	59.629	1:24.553	1:31.243	27.864	57.507	1:40.172
2	14:19:22.580	7:11.545	14.853	57.581	1:22.906	1:32.094	27.336	59.909	1:36.866
3	14:26:50.162	7:27.582	15.465	55.869	1:26.895	1:31.234	27.704	1:04.055	1:46.360
4	14:37:53.619	11:03.457	17.028	1:04.346	1:33.152	1:36.063	3:48.209	1:08.079	1:36.580
5	14:45:33.375	7:39.756	15.072	1:06.051	1:29.664	1:34.329	27.808	1:05.422	1:41.410
6	14:53:17.629	7:44.254	14.928	1:06.167	1:30.411	1:38.500	27.877	1:03.428	1:42.943
7	15:01:16.069	7:58.440	17.836	1:05.241	1:30.087	1:38.195	29.013	1:08.432	1:49.636
8	15:11:57.134	10:41.065	16.931	1:08.803	1:29.351	1:36.793	3:27.076	1:03.874	1:38.237
9	15:22:22.061	10:24.927	14.389	3:26.952			32.794	1:08.922	1:53.399
10	15:32:45.097	10:23.036	20.164	3:05.727			31.684	1:13.078	1:54.499
11	15:44:22.278	11:37.181	18.244	3:06.777			1:51.408	1:13.071	1:49.042
12	15:54:47.002	10:24.724	17.759	3:12.322			32.770	1:10.961	1:48.958

(201) Mark Reijm

1	14:10:39.363	6:26.353	12.047	53.721	1:14.412	1:19.272	25.882	59.062	1:21.957
2	14:17:41.797	7:02.434	12.732	57.956	1:19.021	1:28.825	26.573	1:02.707	1:34.620
3	14:25:26.518	7:44.721	15.298	1:01.128	1:26.516	1:31.804	29.803	1:10.552	1:49.620
4	14:33:09.859	7:43.341	15.053	1:07.029	1:30.123	1:34.536	28.075	1:07.431	1:41.094
5	14:40:59.164	7:49.305	15.138	1:05.382	1:27.822	1:38.932	30.485	1:09.392	1:42.154
6	14:49:02.949	8:03.785	15.947	1:08.373	1:29.241	1:40.211	33.037	1:13.282	1:43.694
7	15:00:07.482	11:04.533	15.532	1:02.462	1:29.206	1:34.609	3:52.646	1:05.921	1:44.157
8	15:08:49.390	8:41.908	18.641	1:11.856	1:39.480	1:41.391	33.787	1:19.244	1:57.509
9	15:20:11.150	11:21.760	17.077	3:48.889			32.994	1:20.199	2:00.054
10	15:31:33.690	11:22.540	17.728	3:21.049			35.455	1:24.834	2:12.335
11	15:43:20.285	11:46.595	18.582	3:19.002			39.215	1:29.514	2:22.265
12	15:54:49.352	11:29.067	20.065	3:13.497			37.658	1:29.823	2:15.589

(303) Davy Gabriëls

1	14:13:11.289	7:45.891	16.824	1:03.010	1:33.687	1:32.542	27.355	1:07.667	1:44.806
2	14:21:19.151	8:07.862	18.612	1:07.833	1:36.491	1:40.423	29.060	1:10.198	1:45.245
3	14:29:29.757	8:10.606	17.447	1:08.306	1:45.573	1:37.760	29.450	1:08.939	1:43.131
4	14:37:21.924	7:52.167	17.275	1:04.601	1:36.674	1:36.514	28.427	1:06.865	1:41.811
5	14:45:13.779	7:51.855	15.849	1:09.349	1:31.956	1:37.138	28.485	1:07.559	1:41.519
6	14:53:18.534	8:02.755	17.465	1:07.647	1:35.640	1:36.537	29.878	1:10.068	1:45.520
7	15:01:27.107	8:10.573	17.726	1:12.260	1:38.761	1:38.096	30.161	1:09.329	1:44.240
8	15:14:21.885	12:54.778	17.050	3:12.139	1:35.611	1:36.012	3:15.035	1:10.290	1:48.641
9	15:24:26.899	10:05.014	16.437	3:12.459			29.036	1:09.420	1:44.472
10	15:34:21.898	9:54.999	15.985	2:55.583			30.523	1:10.784	1:49.333
11	15:44:36.501	10:14.603	16.902	2:53.461			31.158	1:15.174	1:53.495
12	15:54:57.480	10:20.979	17.426	3:03.009			31.568	1:14.087	1:50.234

(1028) Koen Hooijmakers

1	14:12:17.715	7:13.351	16.298	1:02.733	1:25.142	1:28.621	28.005	1:00.575	1:31.977
2	14:19:25.071	7:07.356	14.581	59.032	1:23.786	1:29.899	29.939	1:00.413	1:29.706
3	14:26:51.828	7:26.757	15.454	1:01.257	1:25.646	1:33.234	28.364	1:02.813	1:39.989
4	14:34:32.717	7:40.889	16.451	1:04.113	1:30.172	1:40.236	27.773	1:04.458	1:37.686
5	14:42:18.733	7:46.016	17.460	1:07.517	1:32.388	1:39.381	31.701	1:02.344	1:35.225
6	14:51:51.846	9:33.113	15.883	1:02.416	1:32.391	1:35.233	2:26.281	1:02.526	1:38.383
7	14:59:30.919	7:39.073	17.523	1:02.884	1:28.054	1:37.503	28.517	1:03.173	1:41.419
8	15:07:28.509	7:57.590	17.902	1:06.638	1:36.732	1:38.616	26.829	1:06.903	1:43.970
9	15:20:35.680	13:07.171	18.130	6:11.328			29.258	1:07.246	1:49.259
10	15:35:21.145	14:45.465	18.442	5:23.532			2:55.181	1:03.415	1:42.883
11	15:44:57.911	9:36.766	18.340	2:31.957			32.021	1:09.201	1:49.577

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# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
12	15:55:00.561	10:02.650	18.734	2:47.095			31.279	1:15.859	1:42.752
<b>(313) Ingmar Jeurissen</b>									
1	14:11:21.267	<b>6:40.767</b>	15.715	58.986	1:21.293	1:13.620	<b>22.987</b>	<b>52.624</b>	1:35.542
2	14:18:02.695	<b>6:41.428</b>	<b>13.521</b>	58.131	<b>1:17.690</b>	<b>1:10.009</b>	24.714	1:01.678	1:35.685
3	14:24:51.272	<b>6:48.577</b>	14.654	57.574	1:21.732	1:12.787	25.563	1:00.746	1:35.521
4	14:31:34.476	<b>6:43.204</b>	14.319	57.919	1:21.533	1:13.912	25.894	57.588	<b>1:32.039</b>
5	14:38:17.187	<b>6:42.711</b>	14.990	<b>57.274</b>	1:20.596	1:12.636	24.386	59.890	1:32.939
6	14:45:16.257	<b>6:59.070</b>	15.414	1:00.414	1:21.975	1:17.254	25.786	1:02.681	1:35.546
7	14:54:59.104	<b>9:42.847</b>	16.221	1:04.162	1:20.955	1:17.785	3:01.114	1:03.995	1:38.615
8	15:04:10.551	<b>9:11.447</b>	1:47.293	1:09.751	1:30.819	1:24.557	28.574	1:07.278	1:43.175
9	15:16:33.228	<b>12:22.677</b>	17.618	5:30.121	1:31.705	1:30.945	30.858	1:09.675	1:51.755
10	15:31:27.462	<b>14:54.234</b>	19.160	3:07.883			4:42.042	1:17.103	2:05.250
11	15:43:04.658	<b>11:37.196</b>	20.788	3:11.705			35.232	1:25.309	2:15.586
12	15:55:13.906	<b>12:09.248</b>	21.259	3:20.679			36.938	1:21.834	2:16.990
<b>(890) Jacob de Booij</b>									
1	14:12:23.405	<b>7:13.623</b>	15.540	1:03.037	<b>1:28.496</b>	1:26.021	<b>28.088</b>	<b>57.639</b>	1:34.802
2	14:19:33.444	<b>7:10.039</b>	<b>13.521</b>	<b>59.376</b>	1:31.683	<b>1:24.719</b>	28.339	57.702	<b>1:34.699</b>
3	14:27:09.048	<b>7:35.604</b>	14.988	1:01.487	1:32.515	1:30.909	29.271	1:05.088	1:41.346
4	14:35:17.179	<b>8:08.131</b>	14.979	1:05.030	1:35.516	1:33.297	50.043	1:07.000	1:42.266
5	14:44:32.943	<b>9:15.764</b>	14.116	1:02.424	1:32.265	1:32.054	2:00.224	1:11.603	1:43.078
6	14:52:26.835	<b>7:53.892</b>	14.880	1:04.462	1:33.077	1:34.407	30.161	1:09.916	1:46.989
7	15:01:16.104	<b>8:49.269</b>	15.081	1:20.326	1:37.938	1:30.862	31.601	1:07.736	2:25.725
8	15:09:57.317	<b>8:41.213</b>	23.576	1:17.097	1:42.699	1:35.605	31.273	1:13.934	1:57.029
9	15:22:30.422	<b>12:33.105</b>	18.355	3:19.411			2:15.744	1:15.958	2:02.458
10	15:33:52.802	<b>11:22.380</b>	19.340	3:37.794			41.644	1:16.523	2:03.341
11	15:44:36.892	<b>10:44.090</b>	19.301	3:02.000			40.078	1:19.546	1:59.498
12	15:55:34.634	<b>10:57.742</b>	18.998	3:00.864			35.867	1:17.137	2:04.848
<b>(398) Nick van Doppenen</b>									
1	14:12:02.853	<b>7:05.409</b>	13.191	1:00.085	1:25.067	1:28.577	25.981	<b>58.900</b>	<b>1:33.608</b>
2	14:19:12.412	<b>7:09.559</b>	14.895	<b>59.415</b>	<b>1:24.042</b>	<b>1:28.167</b>	25.998	1:02.578	1:34.464
3	14:26:29.519	<b>7:17.107</b>	<b>12.709</b>	1:01.926	1:26.453	1:31.526	<b>25.910</b>	1:03.179	1:35.404
4	14:36:53.488	<b>10:23.969</b>	29.260	1:03.755	1:28.542	1:32.071	3:00.666	1:07.096	1:42.579
5	14:44:28.897	<b>7:35.409</b>	14.817	1:02.501	1:30.133	1:31.230	27.239	1:08.217	1:41.272
6	14:51:59.173	<b>7:30.276</b>	14.261	1:04.970	1:29.646	1:29.825	26.137	1:06.606	1:38.831
7	14:59:43.714	<b>7:44.541</b>	14.426	1:06.460	1:30.933	1:33.174	29.363	1:06.276	1:43.909
8	15:10:42.790	<b>10:59.076</b>	15.842	1:08.150	1:32.109	1:32.052	3:31.551	1:10.589	1:48.783
9	15:20:55.483	<b>10:12.693</b>	16.096	3:14.625			29.839	1:09.831	1:53.660
10	15:33:50.279	<b>12:54.796</b>	18.751	3:12.845			3:01.478	1:12.821	1:53.567
11	15:44:13.853	<b>10:23.574</b>	17.317	2:45.270			33.599	1:13.983	2:00.278
12	15:55:42.047	<b>11:28.194</b>	18.853	3:03.202			1:05.831	1:21.554	2:00.467
<b>(654) Robby van Hoom</b>									
1	14:12:32.877	<b>7:09.798</b>	16.132	58.611	<b>1:21.746</b>	<b>1:25.181</b>	<b>24.839</b>	1:01.761	1:41.528
2	14:19:59.913	<b>7:27.036</b>	<b>12.894</b>	58.070	1:24.529	1:25.967	28.971	1:03.310	1:53.295
3	14:27:10.842	<b>7:10.929</b>	15.209	<b>56.553</b>	1:21.827	1:27.081	28.882	<b>1:01.629</b>	<b>1:39.748</b>
4	14:37:05.097	<b>9:54.255</b>	17.829	58.939	1:26.444	1:32.519	2:41.641	1:12.093	1:44.790
5	14:45:34.611	<b>8:29.514</b>	16.395	1:03.301	1:24.184	1:35.146	1:05.120	1:12.977	1:52.391
6	14:53:23.216	<b>7:48.605</b>	16.522	1:05.163	1:31.425	1:31.371	30.296	1:11.468	1:42.360
7	15:01:33.104	<b>8:09.888</b>	16.970	1:08.920	1:32.747	1:35.770	32.263	1:11.261	1:51.957
8	15:13:50.083	<b>12:16.979</b>	17.549	2:59.305	1:30.853	1:38.043	2:44.843	1:14.741	1:51.645
9	15:24:02.124	<b>10:12.041</b>	17.159	2:56.348			29.854	1:16.332	1:53.600
10	15:34:18.884	<b>10:16.760</b>	17.916	3:07.863			31.656		
11	15:45:37.976	<b>11:19.092</b>	18.560	2:42.302			1:44.052	1:12.551	1:54.273
12	15:56:01.790	<b>10:23.814</b>	19.295	3:05.070			31.451	1:12.395	1:59.319
<b>(540) Edwin Groen</b>									
1	14:12:31.493	<b>7:35.634</b>	17.221	1:01.662	1:31.028	<b>1:27.070</b>	30.626	1:06.475	1:41.552
2	14:20:11.600	<b>7:40.107</b>	15.931	<b>1:01.031</b>	<b>1:30.195</b>	1:28.887	<b>30.023</b>	1:15.985	<b>1:38.055</b>
3	14:27:52.475	<b>7:40.875</b>	<b>15.775</b>	1:05.094	1:30.411	1:29.901	30.524	<b>1:04.982</b>	1:44.188
4	14:35:47.476	<b>7:55.001</b>	16.586	1:08.158	1:31.083	1:37.046	31.881	1:08.772	1:41.475
5	14:44:08.499	<b>8:21.023</b>	16.631	1:09.844	1:39.694	1:36.136	33.512	1:13.731	1:51.475
6	14:52:20.656	<b>8:12.157</b>	18.442	1:05.855	1:37.389	1:34.755	32.571	1:12.862	1:50.283
7	15:00:46.149	<b>8:25.493</b>	18.189	1:10.507	1:39.887	1:37.959	32.660	1:15.121	1:51.170





# RBKO Den Haag

## Scheveningen 5,000 Km

### RBKO

### Heat 3 Final

### 19.11.2016 14:00

### Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	15:11:00.602	<b>10:14.453</b>	19.102	1:10.500	1:43.262	1:33.757	2:18.986	1:14.149	1:54.697
9	15:22:16.149	<b>11:15.547</b>	17.751	3:53.520			32.880	1:14.560	1:52.629
10	15:33:38.900	<b>11:22.751</b>	19.625	3:38.061			34.870	1:17.565	2:05.363
11	15:44:57.913	<b>11:19.013</b>	18.848	3:20.725			36.151	1:21.126	2:04.760
12	15:56:48.526	<b>11:50.613</b>	21.009	3:42.303			35.786	1:25.756	2:07.642
<b>(484) Henk Pater</b>									
1	14:11:09.850	<b>6:21.196</b>	12.961	<b>50.257</b>	<b>1:14.567</b>	<b>1:32.976</b>	<b>23.430</b>	<b>50.436</b>	<b>1:16.569</b>
2	14:17:50.218	<b>6:40.368</b>	<b>12.858</b>	53.357	1:16.444	1:36.085	24.220	56.663	1:20.741
3	14:24:40.242	<b>6:50.024</b>	13.390	53.552	1:20.667	1:38.094	25.810	55.371	1:23.140
4	14:31:34.422	<b>6:54.180</b>	15.012	53.460	1:22.216	1:42.264	25.533	54.330	1:21.365
5	14:47:21.939	<b>15:47.517</b>	14.983	52.035	1:25.317	1:42.261	8:44.255	1:07.547	1:41.119
6	14:55:14.293	<b>7:52.354</b>	17.325	1:06.181	1:32.545	1:51.542	28.936	1:01.354	1:34.471
7	15:03:12.392	<b>7:58.099</b>	17.573	1:04.470	1:33.291	1:46.241	28.258	1:04.043	1:44.223
8	15:13:00.601	<b>9:48.209</b>	18.288	2:45.334	1:35.580	1:54.595	28.777	1:07.151	1:38.484
9	15:27:52.864	<b>14:52.263</b>	17.960	2:37.417			4:12.807	1:07.610	1:49.579
10	15:37:43.493	<b>9:50.629</b>	18.506	2:39.348			29.053	1:10.066	1:46.029
11	15:47:32.467	<b>9:48.974</b>	16.560	2:33.675			31.106	1:07.713	1:48.996
12	15:57:03.472	<b>9:31.005</b>	18.013	2:32.158			30.282	1:07.126	1:38.158
<b>(613) Christian Broersma</b>									
1	14:12:40.345	<b>7:21.753</b>	14.877	1:02.781	<b>1:28.327</b>	1:24.654	<b>29.335</b>	1:02.707	<b>1:39.072</b>
2	14:20:04.775	<b>7:24.430</b>	14.945	<b>1:02.210</b>	1:31.647	<b>1:21.968</b>	29.587	<b>1:01.403</b>	1:42.670
3	14:27:36.838	<b>7:32.063</b>	<b>13.988</b>	1:02.403	1:35.755	1:24.964	29.956	1:02.641	1:42.356
4	14:37:31.746	<b>9:54.908</b>	14.211	1:03.594	1:34.326	1:27.344	2:50.407	1:05.037	1:39.989
5	14:45:17.884	<b>7:46.138</b>	14.598	1:04.228	1:34.732	1:29.268	32.974	1:07.782	1:42.556
6	14:53:17.740	<b>7:59.856</b>	15.132	1:09.603	1:34.927	1:32.628	33.330	1:07.626	1:46.610
7	15:01:21.377	<b>8:03.637</b>	14.925	1:13.322	1:35.519	1:34.910	32.620	1:05.514	1:46.827
8	15:09:28.521	<b>8:07.144</b>	16.783	1:09.211	1:34.827	1:37.523	32.691	1:07.964	1:48.145
9	15:23:45.418	<b>14:16.897</b>	16.197	4:08.794			3:26.604	1:10.910	1:50.910
10	15:34:03.647	<b>10:18.229</b>	16.018	2:56.837			33.868	1:12.169	1:51.782
11	15:45:02.056	<b>10:58.409</b>	18.052	3:18.803			34.305	1:14.905	1:55.001
12	15:57:05.547	<b>12:03.491</b>	17.670	3:22.286			1:32.502	1:14.435	1:57.217
<b>(594) Aad Kentrop</b>									
1	14:12:27.717	<b>7:19.106</b>	16.059	1:01.092	1:28.186	1:28.591	26.445	1:02.576	1:36.157
2	14:19:29.614	<b>7:01.897</b>	14.003	<b>57.793</b>	<b>1:23.866</b>	<b>1:26.172</b>	<b>26.038</b>	<b>1:01.058</b>	<b>1:32.967</b>
3	14:26:55.980	<b>7:26.366</b>	<b>12.964</b>	1:00.189	1:34.681	1:26.876	27.666	1:01.841	1:42.149
4	14:34:24.760	<b>7:28.780</b>	14.356	1:02.526	1:31.165	1:27.844	29.451	1:06.198	1:37.240
5	14:43:25.321	<b>9:00.561</b>	13.504	1:01.977	1:33.512	1:32.919	1:52.128	1:04.825	1:41.696
6	14:51:19.392	<b>7:54.071</b>	14.244	1:07.003	1:29.878	1:31.199	29.456	1:11.729	1:50.562
7	14:59:31.297	<b>8:11.905</b>	16.463	1:12.587	1:32.921	1:37.455	29.870	1:13.251	1:49.358
8	15:07:54.749	<b>8:23.452</b>	17.950	1:07.618	1:40.093	1:38.823	31.807	1:16.717	1:50.444
9	15:19:46.005	<b>11:51.256</b>	17.411	3:55.710	1:38.386	1:42.914	31.629	1:25.763	2:19.443
10	15:34:43.146	<b>14:57.141</b>	22.464	3:35.326			4:16.608	1:18.196	1:58.606
11	15:46:07.900	<b>11:24.754</b>	19.538	3:28.449			33.463	1:17.485	2:11.301
12	15:57:21.831	<b>11:13.931</b>	18.696	3:19.790			35.684	1:22.188	2:02.950
<b>(920) Robin Put</b>									
1	14:11:48.653	<b>6:54.777</b>	<b>12.820</b>	59.296	<b>1:24.798</b>	1:22.136	<b>25.573</b>	<b>56.830</b>	<b>1:33.324</b>
2	14:18:58.390	<b>7:09.737</b>	13.088	<b>58.830</b>	1:29.070	<b>1:21.300</b>	27.343	57.564	1:42.542
3	14:26:40.010	<b>7:41.620</b>	14.020	1:06.532	1:33.816	1:23.859	28.435	1:07.072	1:47.886
4	14:34:24.035	<b>7:44.025</b>	15.406	1:07.902	1:32.341	1:28.420	29.267	1:05.277	1:45.412
5	14:42:24.066	<b>8:00.031</b>	15.722	1:09.664	1:36.262	1:27.180	28.613	1:09.432	1:53.158
6	14:50:31.225	<b>8:07.159</b>	16.329	1:13.245	1:37.192	1:28.816	28.258	1:09.312	1:54.007
7	15:04:51.997	<b>14:20.772</b>	16.545	1:12.595	1:39.240	1:36.064	6:26.930	1:14.285	1:55.113
8	15:16:16.367	<b>11:24.370</b>	18.003	4:02.795	1:43.761	1:33.002	30.570	1:12.561	2:03.678
9	15:26:44.477	<b>10:28.110</b>	18.380	3:04.897			31.394	1:12.341	2:02.407
10	15:37:10.306	<b>10:25.829</b>	18.433	3:02.047			29.816	1:17.299	2:00.448
11	15:47:53.361	<b>10:43.055</b>	18.466	2:55.402			33.363	1:21.497	2:04.505
12	15:57:48.505	<b>9:55.144</b>	17.010	2:45.795			31.284	1:13.176	1:52.650
<b>(711) Ivar van den Broek</b>									
1	14:11:28.808	<b>6:34.226</b>	16.389	53.107	<b>1:18.149</b>	<b>1:17.627</b>	<b>26.316</b>	<b>56.209</b>	<b>1:26.429</b>
2	14:18:17.664	<b>6:48.856</b>	15.413	<b>52.440</b>	1:23.501	1:21.078	26.873	59.265	1:30.286
3	14:25:31.789	<b>7:14.125</b>	<b>15.270</b>	1:01.359	1:27.635	1:24.807	26.726	1:03.416	1:34.912





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	14:43:57.433	<b>18:25.644</b>	16.454	1:03.267	1:27.126	1:39.291	10:56.140	1:10.676	1:52.690
5	14:51:47.387	<b>7:49.954</b>	17.914	1:05.773	1:36.115	1:32.634	27.724	1:06.801	1:42.993
6	14:59:28.467	<b>7:41.080</b>	16.382	1:03.779	1:34.278	1:34.982	27.512	1:04.127	1:40.020
7	15:07:17.346	<b>7:48.879</b>	18.245	1:03.385	1:36.724	1:34.390	28.185	1:05.899	1:42.051
8	15:17:06.386	<b>9:49.040</b>	16.162	3:11.414	1:36.227	1:35.559	27.318	1:02.520	1:39.840
9	15:27:54.183	<b>10:47.797</b>	17.177	3:39.410			30.711	1:10.375	1:45.706
10	15:37:45.290	<b>9:51.107</b>	17.925	2:59.158			30.352	1:08.133	1:46.066
11	15:48:27.471	<b>10:42.181</b>	18.495	3:01.803			31.933	1:13.204	1:55.923
12	15:58:44.840	<b>10:17.369</b>	18.329	3:05.949			30.068	1:09.783	1:43.634

(321) Kris Diaz Rodriguez

1	14:11:18.446	<b>7:10.313</b>	<b>15.282</b>	<b>55.258</b>	1:21.123	1:24.510	27.319	1:08.727	1:38.094
2	14:18:35.897	<b>7:17.451</b>	16.666	59.608	<b>1:20.468</b>	<b>1:21.086</b>	28.857	1:07.952	1:42.814
3	14:26:32.175	<b>7:56.278</b>	15.736	1:02.683	1:25.226	1:31.265	31.183	1:12.595	1:57.590
4	14:34:40.658	<b>8:08.483</b>	16.556	1:07.241	1:33.162	1:32.410	33.787	1:12.077	1:53.250
5	14:42:49.076	<b>8:08.418</b>	17.944	1:09.888	1:30.440	1:32.389	33.252	1:10.990	1:53.515
6	14:50:43.558	<b>7:54.482</b>	16.782	1:08.856	1:29.687	1:28.559	27.033	1:09.439	1:54.126
7	15:01:54.490	<b>11:10.932</b>	18.969	1:07.422	1:34.914	1:40.724	3:21.436	1:15.702	1:51.765
8	15:13:23.466	<b>11:28.976</b>	18.928	4:23.575	1:30.518	1:26.665	31.568	1:16.832	2:00.890
9	15:24:19.322	<b>10:55.856</b>	16.374	3:31.445			31.012	1:19.986	2:07.539
10	15:35:25.905	<b>11:06.583</b>	19.798	3:21.570			36.457	1:22.578	2:05.967
11	15:47:29.898	<b>12:03.993</b>	16.745	3:57.383			37.981	1:24.032	2:12.858
12	15:58:56.207	<b>11:26.309</b>	19.364	3:12.396			39.317	1:23.086	2:13.334

(192) Rolf Coolen

1	14:11:07.140	<b>6:45.584</b>	<b>13.764</b>	<b>56.710</b>	<b>1:21.223</b>	<b>1:15.766</b>	<b>27.677</b>	1:00.220	<b>1:30.224</b>
2	14:18:08.947	<b>7:01.807</b>	14.134	1:00.203	1:23.233	1:16.867	28.353	1:03.646	1:35.371
3	14:25:15.228	<b>7:06.281</b>	13.953	1:00.953	1:24.099	1:18.429	28.308	1:04.191	1:36.348
4	14:32:43.463	<b>7:28.235</b>	16.744	58.668	1:29.273	1:32.593	31.372	1:00.808	1:38.777
5	14:43:22.328	<b>10:38.865</b>	16.442	1:05.041	1:29.828	1:33.011	3:18.295	1:15.920	1:40.328
6	14:51:11.978	<b>7:49.650</b>	17.417	1:07.117	1:30.180	1:31.907	29.929	1:07.150	1:45.950
7	15:01:48.417	<b>10:36.439</b>	17.763	1:06.751	1:43.288	1:41.798	2:56.252	1:04.397	1:46.190
8	15:12:50.425	<b>11:02.008</b>	18.618	2:54.758	1:34.223	1:35.017	1:48.049	1:06.527	1:44.816
9	15:24:00.087	<b>11:09.662</b>	15.419	3:22.844			1:30.386	1:07.385	1:43.745
10	15:35:39.257	<b>11:39.170</b>	19.388	3:35.026			1:33.291	1:09.008	1:46.076
11	15:48:26.369	<b>12:47.112</b>	17.349	2:42.647			1:51.358	2:35.802	1:57.429
12	15:59:08.647	<b>10:42.278</b>	18.304	2:39.062			49.060	1:17.204	2:01.114

(205) Dennis Venverloo

1	14:11:57.475	<b>6:58.202</b>	13.760	<b>54.805</b>	1:25.875	<b>1:25.712</b>	30.040	<b>1:02.509</b>	<b>1:25.501</b>
2	14:19:03.962	<b>7:06.487</b>	15.748	56.840	<b>1:24.416</b>	1:28.679	30.029	1:03.233	1:27.542
3	14:26:30.022	<b>7:26.060</b>	<b>12.654</b>	58.514	1:33.542	1:35.525	<b>27.699</b>	1:02.981	1:35.145
4	14:37:03.306	<b>10:33.284</b>	14.530	1:00.452	1:28.325	1:38.464	3:26.199	1:07.388	1:37.926
5	14:45:57.008	<b>8:53.702</b>	14.925	1:04.532	1:39.681	2:23.849	36.826	1:10.634	1:43.255
6	14:54:17.421	<b>8:20.413</b>	16.005	1:10.226	1:38.873	1:51.312	29.185	1:12.686	1:42.126
7	15:02:36.737	<b>8:19.316</b>	17.827	1:06.980	1:38.039	1:49.185	28.898	1:09.786	1:48.601
8	15:14:17.306	<b>11:40.569</b>	15.797	4:08.836	1:43.910	1:52.897	32.838	1:16.759	1:49.532
9	15:27:41.009	<b>13:23.703</b>	16.946	2:56.332			3:30.779	1:14.752	1:52.086
10	15:38:09.629	<b>10:28.620</b>	17.299	2:56.507			31.490	1:11.336	1:56.063
11	15:49:04.076	<b>10:54.447</b>	18.291	2:58.766			33.034	1:13.667	2:03.955
12	15:59:51.313	<b>10:47.237</b>	18.307	3:02.787			34.418	1:17.749	1:55.460

(953) Robin Krol

1	14:10:55.813	<b>6:23.781</b>	13.999	52.189	<b>1:14.482</b>	1:23.671	<b>23.762</b>	<b>52.985</b>	<b>1:22.693</b>
2	14:17:25.529	<b>6:29.716</b>	<b>12.539</b>	<b>52.177</b>	1:16.405	<b>1:17.688</b>	24.785	53.596	1:32.526
3	14:24:20.694	<b>6:55.165</b>	14.857	57.556	1:18.934	1:20.201	27.440	59.245	1:36.932
4	14:31:28.929	<b>7:08.235</b>	15.002	1:00.720	1:24.688	1:25.723	25.980	59.339	1:36.783
5	14:43:30.262	<b>12:01.333</b>	15.519	1:07.552	1:29.929	1:25.987	4:58.438	1:01.897	1:42.011
6	14:51:13.878	<b>7:43.616</b>	16.325	1:06.418	1:29.593	1:29.576	28.869	1:05.495	1:47.340
7	15:01:56.689	<b>10:42.811</b>	17.347	1:05.694	1:36.158	1:30.546	3:17.273	1:07.918	1:47.875
8	15:12:32.952	<b>10:36.263</b>	19.078	3:25.580	1:40.356	1:33.315	29.994	1:09.839	1:58.101
9	15:23:28.370	<b>10:55.418</b>	18.347	3:30.413			35.132	1:10.121	2:00.313
10	15:37:46.749	<b>14:18.379</b>	20.312	3:18.270			3:40.413	1:15.657	2:02.869
11	15:49:36.603	<b>11:49.854</b>	18.119	3:20.203			33.636	1:21.436	2:21.605
12	16:00:00.316	<b>10:23.713</b>	21.285	3:03.995			29.055	1:08.940	1:56.146





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
<b>(700) Ferry van Daalen</b>									
1	14:11:52.122	<b>6:58.668</b>	14.491	<b>57.409</b>	1:24.212	<b>1:23.803</b>	<b>26.461</b>	<b>58.274</b>	<b>1:34.018</b>
2	14:19:03.041	<b>7:10.919</b>	<b>14.400</b>	1:00.556	<b>1:23.235</b>	1:25.615	27.841	1:02.329	1:36.943
3	14:29:08.265	<b>10:05.224</b>	15.225	1:00.867	1:32.182	1:29.525	2:58.009	1:08.854	1:40.562
4	14:36:48.317	<b>7:40.052</b>	15.993	1:03.042	1:33.756	1:34.555	28.735	1:08.160	1:35.811
5	14:44:47.661	<b>7:59.344</b>	16.095	1:08.449	1:35.832	1:33.832	30.422	1:04.868	1:49.846
6	14:52:53.584	<b>8:05.923</b>	17.098	1:05.525	1:37.677	1:40.394	30.187	1:10.277	1:44.765
7	15:01:34.939	<b>8:41.355</b>	18.988	1:34.071	1:46.391	1:36.191	32.799	1:06.244	1:46.671
8	15:15:19.202	<b>13:44.263</b>	17.811	3:53.652	1:38.100	1:38.771	3:00.574	1:22.771	1:52.584
9	15:25:56.658	<b>10:37.456</b>	17.020	3:15.208			34.432	1:16.219	1:56.435
10	15:36:28.095	<b>10:31.437</b>	18.736	3:04.772			33.543	1:17.292	1:53.807
11	15:48:57.660	<b>12:29.565</b>	33.292	4:18.712			35.022	1:15.952	2:01.354
12	16:00:11.634	<b>11:13.974</b>	18.791	2:39.505			1:27.546	1:12.929	1:56.166

<b>(240) Ruud Pijpers</b>									
1	14:12:52.820	<b>8:05.444</b>	37.241	1:22.135	1:29.228	<b>1:32.937</b>	27.785	<b>1:01.664</b>	<b>1:34.454</b>
2	14:20:12.605	<b>7:19.785</b>	14.174	<b>1:01.053</b>	<b>1:23.894</b>	1:33.023	<b>26.602</b>	1:02.488	1:38.551
3	14:27:56.806	<b>7:44.201</b>	<b>14.010</b>	1:01.554	1:29.161	1:36.785	28.369	1:03.263	1:51.059
4	14:37:34.246	<b>9:37.440</b>	14.876	1:03.608	1:33.845	1:44.616	2:18.867	1:01.823	1:39.805
5	14:45:35.961	<b>8:01.715</b>	15.228	1:28.422	1:29.054	1:35.559	27.933	1:03.953	1:41.566
6	14:53:24.953	<b>7:48.992</b>	15.377	1:05.521	1:33.002	1:34.410	29.346	1:05.222	1:46.114
7	15:01:46.384	<b>8:21.431</b>	14.637	1:08.770	1:52.453	1:35.541	32.211	1:10.889	1:46.930
8	15:14:19.495	<b>12:33.111</b>	17.675	3:44.482	1:38.480	1:42.472	2:12.233	1:09.993	1:47.776
9	15:25:06.588	<b>10:47.093</b>	17.616	3:20.989			31.134	1:12.368	2:10.471
10	15:36:11.961	<b>11:05.373</b>	17.420	3:45.693			32.766	1:13.486	1:52.789
11	15:49:35.516	<b>13:23.555</b>	17.720	3:12.874			2:58.354	1:18.621	2:00.570
12	16:00:19.059	<b>10:43.543</b>	17.873	2:56.216			31.103	1:14.820	2:13.827

<b>(979) Frank ten Cate</b>									
1	14:13:42.574	<b>8:41.341</b>	17.382	<b>1:02.169</b>	1:37.245	1:33.415	1:25.098	<b>1:04.781</b>	<b>1:41.251</b>
2	14:22:48.333	<b>9:05.759</b>	<b>17.370</b>	1:07.940	1:37.667	1:29.404	1:30.942	1:10.286	1:52.150
3	14:30:48.568	<b>8:00.235</b>	18.487	1:07.106	<b>1:28.508</b>	1:22.491	<b>27.691</b>	1:09.061	2:06.891
4	14:39:01.117	<b>8:12.549</b>	17.781	1:06.283	1:31.240	<b>1:19.531</b>	32.821	1:14.952	2:09.941
5	14:47:19.381	<b>8:18.264</b>	18.833	1:18.131	1:41.860	1:25.369	31.500	1:12.985	1:49.586
6	14:55:32.680	<b>8:13.299</b>	18.438	1:11.454	1:35.885	1:27.039	31.836	1:07.985	2:00.662
7	15:03:39.619	<b>8:06.939</b>	18.924	1:12.116	1:37.344	1:27.718	31.151	1:10.467	1:49.219
8	15:14:42.615	<b>11:02.996</b>	20.274	3:54.460	1:38.619	1:25.827	31.209	1:17.206	1:55.401
9	15:26:42.748	<b>12:00.133</b>	20.889	3:24.003			1:57.333	1:10.204	1:56.693
10	15:37:43.679	<b>11:00.931</b>	18.588	3:32.222			33.463	1:23.303	2:04.496
11	15:49:39.988	<b>11:56.309</b>	21.325	3:28.572			35.939	1:25.771	2:29.828
12	16:00:45.481	<b>11:05.493</b>	23.974	3:15.467			35.799	1:21.895	2:05.714

<b>(227) Anco Koster</b>									
1	14:11:12.583	<b>6:34.653</b>	14.344	52.412	1:19.276	<b>1:19.763</b>	<b>24.862</b>	<b>55.866</b>	<b>1:28.130</b>
2	14:18:54.092	<b>7:41.509</b>	57.707	<b>51.475</b>	<b>1:16.196</b>	1:23.074	26.258	58.895	1:47.904
3	14:25:55.445	<b>7:01.353</b>	<b>13.901</b>	56.011	1:23.478	1:23.499	29.125	1:02.646	1:32.693
4	14:35:27.708	<b>9:32.263</b>	15.630	55.595	1:23.712	1:28.838	2:48.032	1:03.669	1:36.787
5	14:42:54.438	<b>7:26.730</b>	14.648	57.891	1:25.395	1:30.300	30.545	1:05.768	1:42.183
6	14:50:29.735	<b>7:35.297</b>	16.055	1:02.599	1:28.329	1:31.558	29.040	1:05.391	1:42.325
7	14:58:18.245	<b>7:48.510</b>	16.118	1:02.376	1:28.945	1:32.013	29.139	1:11.756	1:48.163
8	15:09:51.872	<b>11:33.627</b>	16.568	1:08.214	1:32.585	1:35.016	3:58.449	1:13.234	1:49.561
9	15:22:22.251	<b>12:30.379</b>	19.113	5:10.206			33.180	1:17.134	1:47.192
10	15:33:36.045	<b>11:13.794</b>	17.887	2:50.686			32.525	1:18.125	1:56.581
11	15:51:12.270	<b>17:36.225</b>	19.538	2:39.359			7:45.257	1:19.019	1:53.230
12	16:01:35.780	<b>10:23.510</b>	17.014	2:24.224			33.746	1:10.479	2:35.188

<b>(874) Lars Snip</b>									
1	14:11:59.318	<b>7:09.120</b>	<b>14.409</b>	<b>56.013</b>	<b>1:27.896</b>	<b>1:30.809</b>	<b>25.437</b>	<b>1:00.347</b>	<b>1:34.209</b>
2	14:19:46.571	<b>7:47.253</b>	14.580	1:10.472	1:36.961	1:32.503	27.327	1:04.347	1:41.063
3	14:33:05.756	<b>13:19.185</b>	16.248	1:00.728	1:31.276	3:51.279	3:42.608	1:10.695	1:46.351
4	14:41:18.863	<b>8:13.107</b>	15.160	1:08.379	1:41.377	1:35.552	30.028	1:12.381	1:50.230
5	14:49:18.186	<b>7:59.323</b>	15.534	1:06.090	1:33.818	1:36.863	28.965	1:12.390	1:45.663
6	14:57:20.857	<b>8:02.671</b>	16.894	1:03.796	1:33.534	1:37.882	29.678	1:10.520	1:50.367
7	15:05:29.822	<b>8:08.965</b>	16.292	1:06.128	1:37.269	1:38.030	30.827	1:07.079	1:53.340
8	15:18:01.680	<b>12:31.858</b>	17.631	3:49.436	1:39.664	1:40.249	1:54.114	1:14.625	1:56.139
9	15:29:16.700	<b>11:15.020</b>	17.862	3:35.398			30.164	1:15.206	2:14.944











# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
9	15:31:04.675	<b>11:23.289</b>	17.172	3:34.610			34.616	1:20.483	2:02.028
10	15:41:53.764	<b>10:49.089</b>	17.515	3:00.571			36.322	1:20.134	2:01.812
11	15:54:58.024	<b>13:04.260</b>	19.994	4:04.468			49.721	1:51.092	2:10.720
<b>(327) Francis De Fauw</b>									
1	14:12:35.417	<b>7:32.029</b>	<b>15.345</b>	<b>1:03.168</b>	1:33.810	<b>1:19.682</b>	<b>25.394</b>	<b>1:03.213</b>	1:51.417
2	14:20:11.022	<b>7:35.605</b>	17.344	1:07.407	<b>1:33.003</b>	1:19.848	25.566	1:07.944	<b>1:44.493</b>
3	14:27:57.599	<b>7:46.577</b>	17.138	1:06.316	1:33.512	1:24.636	28.267	1:08.926	1:47.782
4	14:35:39.229	<b>7:41.630</b>	16.598	1:06.073	1:34.013	1:21.371	26.556	1:07.129	1:49.890
5	14:43:43.685	<b>8:04.456</b>	17.145	1:08.110	1:40.095	1:26.417	29.847	1:11.372	1:51.470
6	14:52:20.677	<b>8:36.992</b>	17.724	1:29.605	1:45.066	1:34.725	29.472	1:11.577	1:48.823
7	15:01:18.704	<b>8:58.027</b>	45.849	1:16.973	1:43.328	1:33.369	30.086	1:09.680	1:58.742
8	15:13:14.118	<b>11:55.414</b>	18.204	1:10.791	1:48.896	1:36.909	3:52.752	1:12.596	1:55.266
9	15:26:25.718	<b>13:11.600</b>	19.528	5:37.906			31.277	1:17.799	1:57.062
10	15:42:13.248	<b>15:47.530</b>	19.951	6:13.768			32.524	1:52.428	3:12.733
11	15:55:08.793	<b>12:55.545</b>	23.410	4:38.864			33.304	1:22.007	2:06.995
<b>(109) John Cuijpers</b>									
1	14:12:50.877	<b>7:54.490</b>	16.788	1:07.513	<b>1:33.523</b>	1:37.099	30.731	<b>1:04.532</b>	1:44.304
2	14:20:52.455	<b>8:01.578</b>	18.642	1:10.743	1:38.708	<b>1:35.952</b>	31.375	1:06.163	<b>1:39.995</b>
3	14:29:09.998	<b>8:17.543</b>	<b>16.679</b>	1:08.387	1:40.912	1:39.686	33.675	1:08.764	1:49.440
4	14:37:22.072	<b>8:12.074</b>	18.340	<b>1:06.739</b>	1:42.002	1:41.720	<b>30.471</b>	1:08.071	1:44.731
5	14:45:36.375	<b>8:14.303</b>	18.059	1:07.256	1:41.842	1:40.372	31.586	1:10.468	1:44.720
6	14:56:42.221	<b>11:05.846</b>	19.828	1:08.599	1:42.302	1:40.480	3:20.983	1:13.397	1:40.257
7	15:04:59.017	<b>8:16.796</b>	18.330	1:13.139	1:37.086	1:39.098	30.952	1:10.952	1:47.239
8	15:16:31.980	<b>11:32.963</b>	20.040	3:57.119	1:42.791	1:46.218	34.539	1:16.529	1:55.727
9	15:30:50.838	<b>14:18.858</b>	22.308	6:05.793			32.488	1:22.702	2:00.274
10	15:43:17.529	<b>12:26.691</b>	22.394	4:04.955			32.373	1:22.647	2:14.316
11	15:55:16.928	<b>11:59.399</b>	24.756	3:40.524			34.523	1:21.512	2:05.151
<b>(409) Ronnie van der Burgt</b>									
1	14:28:03.874	<b>23:53.334</b>	<b>13.449</b>	<b>51.323</b>	<b>1:14.864</b>	<b>1:21.457</b>	24.829	<b>53.100</b>	18:54.312
2	14:40:38.937	<b>12:35.063</b>	15.731	1:23.672	1:51.968	2:42.778	3:57.467	56.344	1:27.103
3	14:47:27.587	<b>6:48.650</b>	14.115	56.163	1:20.988	1:23.057	25.120	59.655	1:29.552
4	14:54:06.106	<b>6:38.519</b>	14.295	55.280	1:16.711	1:21.746	24.659	57.595	1:28.233
5	15:00:53.225	<b>6:47.119</b>	13.581	59.352	1:18.770	1:23.319	28.117	55.923	1:28.057
6	15:07:46.781	<b>6:53.556</b>	14.583	59.532	1:16.504	1:28.812	33.304	55.300	1:25.521
7	15:18:53.597	<b>11:06.816</b>	13.780	2:52.226	1:21.683	1:25.078	2:49.011	58.781	1:26.257
8	15:27:43.140	<b>8:49.543</b>	14.521	2:51.873			27.174	58.815	1:30.794
9	15:37:02.078	<b>9:18.938</b>	14.642	2:44.080			<b>24.527</b>	59.234	2:06.878
10	15:46:01.446	<b>8:59.368</b>	15.478	2:37.593			26.402	1:05.792	1:37.575
11	15:55:18.568	<b>9:17.122</b>	15.952	2:44.557			27.648	1:04.426	1:45.624
<b>(472) Leroy Gaasbeek</b>									
1	14:12:42.861	<b>7:50.933</b>	<b>13.199</b>	1:19.499	<b>1:30.099</b>	<b>1:24.475</b>	<b>28.055</b>	1:06.255	1:49.351
2	14:20:12.605	<b>7:29.744</b>	14.702	1:01.137	1:32.730	1:27.258	28.664	<b>1:01.623</b>	1:43.630
3	14:28:28.012	<b>8:15.407</b>	14.736	<b>1:01.069</b>	1:32.636	1:35.491	31.647	1:06.697	2:13.131
4	14:39:46.541	<b>11:18.529</b>	18.057	1:07.432	1:37.438	1:34.743	3:23.941	1:32.421	1:44.497
5	14:47:48.646	<b>8:02.105</b>	15.423	1:07.544	1:34.838	1:31.312	30.202	1:10.505	1:52.281
6	14:56:29.675	<b>8:41.029</b>	17.345	1:08.116	1:41.388	1:43.434	33.441	1:14.302	2:03.003
7	15:05:27.025	<b>8:57.350</b>	14.396	1:04.545	1:40.401	1:46.371	35.687	1:15.271	2:20.679
8	15:20:55.115	<b>15:28.090</b>	17.299	4:14.591	1:43.566	1:37.492	4:18.716	1:17.698	1:58.728
9	15:32:27.426	<b>11:32.311</b>	18.460	3:45.253			32.173	1:22.008	2:06.346
10	15:43:58.467	<b>11:31.041</b>	17.830	3:24.657			37.409	1:21.861	2:05.012
11	15:55:25.310	<b>11:26.843</b>	17.368	3:35.918			36.523	1:16.607	2:01.741
<b>(725) Sjors van Heertum</b>									
1	14:15:05.185	<b>9:02.655</b>	<b>17.398</b>	1:18.645	1:48.381	1:37.385	37.412	<b>1:16.620</b>	2:06.814
2	14:24:11.885	<b>9:06.700</b>	18.557	1:11.444	1:45.819	1:38.773	36.090	1:33.038	2:02.979
3	14:33:22.398	<b>9:10.513</b>	19.103	<b>1:11.395</b>	1:52.684	<b>1:30.151</b>	36.235	1:18.604	2:22.341
4	14:42:11.943	<b>8:49.545</b>	19.779	1:15.119	1:48.985	1:35.294	<b>34.821</b>	1:20.393	<b>1:55.154</b>
5	14:51:03.000	<b>8:51.057</b>	18.659	1:13.182	<b>1:45.080</b>	1:40.599	35.661	1:17.735	2:00.141
6	15:00:27.619	<b>9:24.619</b>	19.755	1:21.203	2:02.794	1:40.706	39.355	1:21.033	1:59.773
7	15:09:38.780	<b>9:11.161</b>	19.117	1:18.260	1:50.835	1:40.349	38.164	1:22.185	2:02.251
8	15:21:09.016	<b>11:30.236</b>	19.444	3:33.686			40.263	1:23.491	2:01.222
9	15:32:32.222	<b>11:23.206</b>	21.081	3:19.580			41.422	1:23.611	2:04.190







# RBKO Den Haag

## Scheveningen 5,000 Km

RBKO

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	15:44:12.115	<b>11:39.893</b>	20.761	3:13.700			40.684	1:26.079	2:06.816
11	15:55:38.812	<b>11:26.697</b>	21.391	3:15.777			40.729	1:25.024	2:02.471

(956) Simon Schimmel

1	14:14:15.685	<b>8:32.845</b>	16.252	<b>1:05.916</b>	1:45.986	1:35.375	31.498	1:19.088	1:58.730
2	14:23:13.610	<b>8:57.925</b>	18.579	1:20.106	1:47.944	1:44.742	32.376	1:11.236	2:02.942
3	14:32:41.652	<b>9:28.042</b>	20.990	1:19.689	1:50.327	1:52.370	30.231	1:20.969	2:13.466
4	14:42:36.719	<b>9:55.067</b>	20.969	1:26.829	2:06.955	1:54.911	32.035	1:21.349	2:12.019
5	14:52:53.266	<b>10:16.547</b>	21.024	1:23.016	2:11.638	2:00.587	36.296	1:24.666	2:19.320
6	15:09:07.012	<b>16:13.746</b>	23.691	1:38.373	3:23.486	2:00.430	6:04.960	1:07.478	1:35.328
7	15:18:34.303	<b>9:27.291</b>	<b>15.052</b>	3:08.803	<b>1:27.474</b>	<b>1:27.921</b>	29.152	1:02.985	1:35.904
8	15:27:45.433	<b>9:11.130</b>	15.607	2:44.643			<b>28.186</b>	<b>1:02.451</b>	1:37.503
9	15:36:44.170	<b>8:58.737</b>	15.405	2:36.980			28.717	1:03.208	<b>1:35.322</b>
10	15:45:52.898	<b>9:08.728</b>	15.420	2:24.891			29.694	1:17.879	1:39.803
11	15:55:46.683	<b>9:53.785</b>	15.954	2:30.825			31.509	1:04.756	2:18.777

(591) Luuk Muileboom

1	14:12:45.970	<b>7:31.418</b>	<b>14.187</b>	<b>59.906</b>	1:32.190	<b>1:34.940</b>	<b>29.762</b>	1:05.423	<b>1:35.010</b>
2	14:20:22.063	<b>7:36.093</b>	14.313	59.907	<b>1:31.197</b>	1:36.346	31.992	<b>1:03.360</b>	1:38.978
3	14:28:40.080	<b>8:18.017</b>	15.482	1:03.616	2:05.961	1:36.595	29.998	1:05.611	1:40.754
4	14:36:33.714	<b>7:53.634</b>	15.303	1:05.769	1:33.560	1:38.406	32.548	1:08.108	1:39.940
5	14:50:44.943	<b>14:11.229</b>	14.847	1:02.546	1:33.389	1:41.177	6:45.126	1:10.207	1:43.937
6	14:58:58.962	<b>8:14.019</b>	15.758	1:07.014	1:39.324	1:40.828	29.944	1:12.976	1:48.175
7	15:07:15.361	<b>8:16.399</b>	18.055	1:08.134	1:34.353	1:42.544	30.988	1:10.912	1:51.413
8	15:19:15.518	<b>12:00.157</b>	17.454	4:16.549	2:03.503	1:46.485	32.161	1:12.326	1:51.679
9	15:35:04.612	<b>15:49.094</b>	18.273	3:55.450			4:58.872	1:12.831	1:51.233
10	15:45:19.789	<b>10:15.177</b>	18.202	2:51.302			33.602	1:14.399	1:51.932
11	15:55:55.260	<b>10:35.471</b>	15.964	3:11.772			33.882	1:16.638	1:46.806

(1040) Theo Ploeg

1	14:13:13.418	<b>7:49.529</b>	<b>14.748</b>	1:08.223	1:35.485	1:43.188	29.914	<b>1:00.422</b>	1:37.549
2	14:23:27.775	<b>10:14.357</b>	16.289	1:01.985	1:28.596	1:43.329	2:53.965	1:09.572	1:40.621
3	14:31:05.380	<b>7:37.605</b>	15.417	1:04.431	1:26.998	1:41.273	30.146	1:03.879	<b>1:35.461</b>
4	14:38:43.038	<b>7:37.658</b>	14.771	<b>58.718</b>	1:26.158	1:40.858	<b>29.346</b>	1:01.823	1:45.984
5	14:49:45.864	<b>11:02.826</b>	15.999	1:01.856	1:31.873	<b>1:38.192</b>	3:50.143	1:06.787	1:37.976
6	14:57:44.369	<b>7:58.505</b>	16.870	1:06.537	1:29.701	1:40.360	33.325	1:04.616	1:47.096
7	15:06:17.112	<b>8:32.743</b>	16.834	1:10.817	1:40.689	2:00.584	32.146	1:08.273	1:43.400
8	15:20:13.725	<b>13:56.613</b>	20.452	3:57.241	1:33.452	1:57.139	3:05.915	1:14.915	1:47.499
9	15:30:59.694	<b>10:45.969</b>	29.504	2:57.872			34.192	1:10.234	1:52.123
10	15:44:35.950	<b>13:36.256</b>	20.836	3:10.761			2:23.561	1:17.194	1:57.118
11	15:55:59.859	<b>11:23.909</b>	20.438	2:57.405			35.734	1:17.603	2:01.115

(761) Vincent Rikhof

1	14:11:27.741	<b>6:47.331</b>	14.928	56.273	1:23.414	<b>1:18.298</b>	26.828	<b>55.021</b>	1:32.569
2	14:18:20.517	<b>6:52.776</b>	15.540	54.725	1:22.142	1:22.489	25.199	1:03.923	<b>1:28.758</b>
3	14:25:19.687	<b>6:59.170</b>	<b>13.798</b>	58.290	<b>1:20.187</b>	1:27.131	<b>24.073</b>	1:04.034	1:31.657
4	14:40:21.025	<b>15:01.338</b>	14.741	<b>53.870</b>	1:21.494	1:27.516	8:27.590	1:02.507	1:33.620
5	14:48:47.942	<b>8:26.917</b>	14.907	2:07.187	1:27.891	1:32.954	26.608	1:03.187	1:34.183
6	14:56:19.161	<b>7:31.219</b>	14.581	1:01.309	1:28.144	1:33.295	25.532	1:06.718	1:41.640
7	15:03:58.823	<b>7:39.662</b>	16.164	59.224	1:28.599	1:34.193	26.899	1:07.856	1:46.727
8	15:25:09.502	<b>21:10.679</b>	17.515	3:05.464	1:39.077	1:41.123	11:38.057	1:07.734	1:41.709
9	15:35:26.728	<b>10:17.226</b>	17.316	3:00.542			28.112	1:24.636	1:57.602
10	15:45:22.000	<b>9:55.272</b>	18.213	2:42.147			29.113	1:13.883	1:51.059
11	15:56:04.644	<b>10:42.644</b>	17.644	2:48.447			1:13.557		

(140) Giel Buijs

1	14:13:27.089	<b>8:17.650</b>	18.103	<b>1:06.144</b>	1:47.104	1:29.956	<b>30.067</b>	1:14.083	1:52.193
2	14:21:43.366	<b>8:16.277</b>	<b>17.640</b>	1:12.325	<b>1:36.962</b>	1:30.209	32.745	1:13.767	1:52.629
3	14:31:39.543	<b>9:56.177</b>	18.101	1:13.261	1:46.409	1:30.742	1:49.245	1:15.455	2:02.964
4	14:40:23.133	<b>8:43.590</b>	19.179	1:24.165	1:44.679	<b>1:29.782</b>	31.839	1:15.594	1:58.352
5	14:49:02.658	<b>8:39.525</b>	18.873	1:16.819	1:46.813	1:34.435	34.344	<b>1:12.992</b>	1:55.249
6	14:59:03.742	<b>10:01.084</b>	20.078	1:14.476	1:42.954	1:31.049	1:51.893	1:13.126	2:07.508
7	15:08:22.728	<b>9:18.986</b>	19.983	1:25.402	1:50.300	1:39.571	34.592	1:23.195	2:05.943
8	15:20:24.198	<b>12:01.470</b>	21.236	3:48.491			37.399	1:23.735	2:05.494
9	15:32:53.452	<b>12:29.254</b>	19.218	3:11.891			1:44.719	1:24.120	2:16.196
10	15:44:54.845	<b>12:01.393</b>	20.365	3:15.302			38.460	1:24.839	2:13.338

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Table with 10 columns: Lap, Time of Day, Lap Tm, S1 Tm, S2 Tm, S3 Tm, S4 Tm, S5 Tm, S6 Tm, S7 Tm. It shows race data for 10 laps with various time markers.

(622) Ronnie Somsen

Table with 10 columns showing race data for Ronnie Somsen, including lap times and split times.

(840) Hub Eickmans

Table with 10 columns showing race data for Hub Eickmans, including lap times and split times.

(1002) Mike van den Akker

Table with 10 columns showing race data for Mike van den Akker, including lap times and split times.

(939) Onno Ellens

Table with 10 columns showing race data for Onno Ellens, including lap times and split times.

(51) Chris Otte

Table with 10 columns showing race data for Chris Otte, including lap times and split times.







# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	15:53:48.518	13:01.147	21.991	3:38.730			35.985	1:54.517	2:20.086

(928) Gerard Gootjes									
1	14:12:20.927	7:27.366	14.094	1:02.443	1:28.810	1:23.758	29.984	1:04.839	1:43.438
2	14:19:51.818	7:30.891	13.247	1:00.891	1:28.084	1:21.489	29.144	1:20.724	1:37.312
3	14:27:21.798	7:29.980	14.665	1:01.398	1:28.750	1:27.373	29.643	1:04.283	1:43.868
4	14:37:18.637	9:56.839	14.988	1:00.955	1:28.603	1:22.137	3:03.101	1:02.008	1:45.047
5	14:45:46.340	8:27.703	14.986	1:06.532	1:29.144	1:25.287	48.282	1:30.181	1:53.291
6	14:53:36.035	7:49.695	16.505	1:05.229	1:26.854	1:20.736	35.445	1:08.905	1:56.021
7	15:01:32.177	7:56.142	16.657	1:10.291	1:33.810	1:22.336	32.245	1:11.364	1:49.439
8	15:16:24.078	14:51.901	17.577	3:52.663	1:34.417	1:25.600	4:35.134	1:12.967	1:53.543
9	15:27:39.072	11:14.994	16.195	3:26.538			36.660	1:17.023	2:33.897
10	15:54:12.947	26:33.875	17.962	3:39.453			5:29.652	1:16.816	12:32.015

(802) Jan Verstraten									
1	14:14:16.901	8:29.637	17.825	1:12.943	1:40.182	1:37.458	36.320	1:17.961	1:46.948
2	14:22:51.039	8:34.138	15.965	1:20.289	1:38.183	1:40.385	32.208	1:14.384	1:52.724
3	14:31:31.688	8:40.649	16.614	1:16.355	1:47.159	1:39.247	30.975	1:14.740	1:55.559
4	14:40:38.469	9:06.781	19.101	1:30.600	1:44.442	1:42.145	38.313	1:15.652	1:56.528
5	14:53:11.182	12:32.713	18.442	1:17.340	1:42.883	1:47.058	3:01.218	1:52.757	2:33.015
6	15:02:50.903	9:39.721	16.928	1:16.813	1:50.498	1:47.012	34.711	1:40.234	2:13.525
7	15:15:48.217	12:57.314	22.504	4:37.872	1:57.969	1:57.004	34.908	1:23.099	2:03.958
8	15:28:29.023	12:40.806	19.772	4:00.705			58.391	1:24.488	2:08.424
9	15:42:17.255	13:48.232	19.359	3:42.785			2:22.221	1:21.825	2:09.376
10	15:54:14.394	11:57.139	18.804	3:52.234			39.024	1:19.394	1:55.451

(1033) Pieter Verstoep									
1	14:14:50.053	8:48.981	1:01.580	1:01.946	1:37.938	1:27.437	31.223	1:22.895	1:45.962
2	14:23:08.717	8:18.664	17.199	1:06.810	1:39.110	1:32.907	31.573	1:15.948	1:55.117
3	14:34:36.708	11:27.991	18.759	1:04.935	1:35.840	1:33.710	3:47.196	1:14.924	1:52.627
4	14:42:47.572	8:10.864	17.852	1:08.374	1:38.872	1:26.992	34.488	1:17.722	1:46.564
5	14:51:05.040	8:17.468	16.436	1:06.110	1:42.314	1:27.094	34.481	1:21.390	1:49.643
6	14:59:26.721	8:21.681	18.069	1:11.550	1:41.062	1:26.263	33.458	1:15.416	1:55.863
7	15:16:30.278	17:03.557	19.675	1:21.606	1:59.888	2:06.902	7:27.589	1:47.424	2:00.473
8	15:28:17.433	11:47.155	16.748	3:37.270			37.159	1:22.634	2:03.653
9	15:43:02.327	14:44.894	22.664	3:35.994			3:43.151	1:18.898	2:07.693
10	15:54:28.224	11:25.897	18.218	3:09.196			36.767	1:21.905	2:08.522

(713) Frank de Bruijn									
1	14:12:16.733	7:00.594	15.309	56.232	1:21.492	1:25.045	27.282	1:04.026	1:31.208
2	14:21:09.000	8:52.267	13.691	57.090	1:21.355	1:26.327	2:23.130	1:02.737	1:27.937
3	14:28:12.669	7:03.669	12.810	57.513	1:22.028	1:27.171	28.253	1:04.180	1:31.714
4	14:35:31.716	7:19.047	14.709	59.365	1:23.668	1:30.639	30.286	1:04.757	1:35.623
5	14:43:12.047	7:40.331	15.671	1:01.445	1:30.830	1:33.281	31.261	1:07.880	1:39.963
6	14:56:38.143	13:26.096	14.646	1:09.389	1:29.938	1:34.335	6:08.954	1:04.524	1:44.310
7	15:04:29.672	7:51.529	15.928	1:03.842	1:29.934	1:37.887	30.808	1:08.217	1:44.913
8	15:16:02.643	11:32.971	15.897	4:24.383	1:37.022	1:37.870	32.606	1:09.859	1:55.334
9	15:35:42.524	19:39.881	16.893	8:51.669			3:57.102	1:12.810	1:55.326
10	15:54:32.564	18:50.040	19.227	4:56.209			6:19.703	1:21.913	2:05.622

(204) Martijn Jacobs									
1	14:11:46.659	7:08.518	16.790	58.578	1:27.359	1:22.778	27.544	1:00.789	1:34.680
2	14:18:58.620	7:11.961	15.641	58.674	1:25.956	1:23.020	27.826	1:03.828	1:37.016
3	14:26:32.058	7:33.438	17.071	1:04.085	1:28.373	1:30.074	27.977	1:07.558	1:38.300
4	14:34:07.624	7:35.566	17.079	1:05.345	1:29.017	1:32.150	27.508	1:04.531	1:39.936
5	14:46:02.073	11:54.449	16.050	1:04.524	1:24.976	1:28.802	4:53.243	1:07.393	1:39.461
6	14:54:08.056	8:05.983	17.233	1:06.079	1:35.320	1:37.714	32.148	1:13.115	1:44.374
7	15:06:55.622	12:47.566	17.788	1:06.831	1:36.074	1:33.582	5:16.962	1:10.953	1:45.376
8	15:19:33.224	12:37.602	16.815	3:10.635	1:30.930	1:36.473	3:08.677	1:08.879	1:45.193
9	15:32:03.989	12:30.765	17.553	2:51.357			3:12.333	1:10.863	1:51.137
10	15:54:37.995	22:34.006	20.702	2:50.174			12:54.059	1:15.767	1:54.651

(972) Bram Verhaeren									
1	14:14:31.012	8:27.034	17.630	1:08.372	1:53.584	1:34.779	35.497	1:09.853	1:47.319
2	14:22:53.086	8:22.074	18.598	1:04.379	1:31.949	1:51.741	35.795	1:10.238	1:49.374
3	14:33:28.956	10:35.870	18.786	1:08.171	1:41.327	1:37.605	2:54.396	1:05.913	1:49.672



# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(422) Robbie Runhaar									
4	14:41:58.200	<b>8:29.244</b>	<b>17.198</b>	1:11.337	1:39.560	1:38.247	35.847	1:12.198	1:54.857
5	14:50:55.232	<b>8:57.032</b>	19.399	1:12.613	1:47.135	1:45.383	37.106	1:15.525	1:59.871
6	14:59:59.376	<b>9:04.144</b>	18.663	1:13.988	1:53.059	1:49.813	<b>34.977</b>	1:17.689	1:55.955
7	15:15:32.190	<b>15:32.814</b>	20.420	1:17.848	1:59.972	1:47.499	6:45.313	1:17.028	2:04.734
8	15:27:51.213	<b>12:19.023</b>	21.684	3:57.293			39.854	1:21.636	2:11.935
9	15:42:52.141	<b>15:00.928</b>	23.277	3:24.030			3:42.133	1:24.929	2:10.264
10	15:55:33.094	<b>12:40.953</b>	22.116	3:32.452			35.868	1:25.811	2:10.828
(769) Ard Poland									
1	14:14:38.692	<b>8:28.862</b>	19.806	1:09.427	1:34.908	<b>1:45.593</b>	32.749	<b>1:11.239</b>	<b>1:55.140</b>
2	14:23:10.449	<b>8:31.757</b>	<b>17.462</b>	<b>1:08.088</b>	<b>1:32.111</b>	1:50.069	<b>32.671</b>	1:15.217	1:56.139
3	14:35:04.340	<b>11:53.891</b>	20.667	1:08.359	1:36.640	1:54.188	3:33.149	1:20.624	2:00.264
4	14:44:12.636	<b>9:08.296</b>	19.420	1:12.353	1:46.282	1:52.589	35.003	1:23.765	1:58.884
5	14:53:08.053	<b>8:55.417</b>	20.430	1:09.682	1:38.497	1:56.599	36.411	1:16.249	1:57.549
6	15:06:07.561	<b>12:59.508</b>	21.595	1:16.256	1:48.784	2:01.227	3:56.687	1:32.971	2:01.988
7	15:19:00.728	<b>12:53.167</b>	21.289	4:37.809	1:47.494	2:04.210	35.271	1:20.669	2:06.425
8	15:31:10.808	<b>12:10.080</b>	21.717	3:29.678			38.632	1:26.421	2:12.960
9	15:43:13.609	<b>12:02.801</b>	20.963	2:57.360			38.734	1:33.319	2:20.923
10	15:55:55.713	<b>12:42.104</b>	23.003	3:28.887			41.134	1:40.990	2:01.325
(1012) Sylvester Vliek									
1	14:15:23.451	<b>9:19.677</b>	16.663	1:16.410	1:48.027	<b>1:36.350</b>	<b>33.899</b>	1:57.069	<b>1:51.259</b>
2	14:24:01.442	<b>8:37.991</b>	<b>16.511</b>	1:11.914	1:47.903	1:39.740	33.983	<b>1:13.489</b>	1:54.451
3	14:33:11.715	<b>9:10.273</b>	16.979	1:14.173	1:47.271	2:06.073	34.549	1:19.893	1:51.335
4	14:44:54.037	<b>11:42.322</b>	17.086	1:15.333	<b>1:43.614</b>	1:41.758	3:32.835	1:18.514	1:53.182
5	14:54:16.410	<b>9:22.373</b>	17.396	<b>1:11.617</b>	1:47.867	1:44.913	36.865	1:41.037	2:02.678
6	15:03:47.034	<b>9:30.624</b>	19.269	1:19.043	1:50.051	1:50.273	36.073	1:24.919	2:10.996
7	15:16:31.665	<b>12:44.631</b>	19.749	4:41.116	1:49.086	1:45.816	39.136	1:23.366	2:06.362
8	15:31:40.043	<b>15:08.378</b>	20.509	3:39.779			3:43.503	1:24.993	2:01.245
9	15:43:44.315	<b>12:04.272</b>	20.251	3:25.827			39.623	1:29.210	2:18.174
10	15:55:59.433	<b>12:15.118</b>	22.715	3:20.018			42.786	1:32.766	2:08.259
(839) Stef de Jong									
1	14:13:47.468	<b>8:18.862</b>	17.928	<b>1:10.625</b>	<b>1:36.171</b>	<b>1:32.796</b>	32.144	<b>1:14.879</b>	<b>1:54.319</b>
2	14:27:11.614	<b>13:24.146</b>	<b>17.740</b>			1:40.017	34.562	1:23.133	2:09.421
3	14:36:03.681	<b>8:52.067</b>	20.964	1:15.980	1:42.973	1:41.750	33.263	1:18.912	1:58.225
4	14:46:54.484	<b>10:50.803</b>	18.644	1:23.220	1:54.020	1:40.716	2:10.558	1:18.359	2:05.286
5	14:56:07.521	<b>9:13.037</b>	20.384	1:20.218	1:47.829	1:41.168	37.579	1:21.439	2:04.420
6	15:05:23.134	<b>9:15.613</b>	21.272	1:19.716	1:53.119	1:41.804	<b>31.164</b>	1:23.038	2:05.500
7	15:17:36.739	<b>12:13.605</b>	19.237	4:07.206	1:53.845	1:45.729	33.440	1:24.273	2:09.875
8	15:29:54.646	<b>12:17.907</b>	22.093	3:35.994			39.280	1:30.921	2:16.597
9	15:43:20.510	<b>13:25.864</b>	21.532	3:29.591			1:53.774	1:26.203	2:20.725
10	15:56:01.091	<b>12:40.581</b>	21.837	3:44.072			39.425	1:31.399	2:21.187
(244) Matthijs Tiebosch									
1	14:14:18.249	<b>8:40.129</b>	<b>14.153</b>	<b>1:11.593</b>	<b>1:36.342</b>	1:51.441	32.057	1:14.623	1:59.920
2	14:26:27.686	<b>12:09.437</b>	17.380	1:11.832	2:05.099	1:54.199	3:23.665	1:17.502	1:59.760
3	14:35:19.791	<b>8:52.105</b>	17.043	1:16.725	1:48.532	1:55.112	<b>31.040</b>	1:11.475	1:52.178
4	14:44:34.938	<b>9:15.147</b>	15.044	1:18.252	1:50.664	1:52.722	33.564	1:19.363	2:05.538
5	14:54:27.184	<b>9:52.246</b>	16.634	1:18.141	2:34.517	1:52.550	33.583	1:13.720	2:03.101
6	15:06:29.159	<b>12:01.975</b>	18.269	1:13.846	1:53.150	<b>1:51.070</b>	3:21.779	1:18.359	2:05.502
7	15:18:47.406	<b>12:18.247</b>	18.132	4:07.974	1:56.691	1:55.116	34.625	1:16.767	2:08.942
8	15:32:34.920	<b>13:47.514</b>	19.410	3:28.773			2:46.070	1:19.417	2:01.512
9	15:44:34.622	<b>11:59.702</b>	19.579	3:24.514			37.747	1:21.642	2:16.332



# RBKO Den Haag

RBKO

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19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	15:56:27.758	11:53.136	21.635	3:37.807			59.733	1:09.169	1:51.313

(50) Wessel Peters

1	14:14:24.258	<b>8:44.382</b>	18.491	1:11.593	1:45.470	1:41.727	35.165	1:16.740	1:55.196
2	14:23:15.079	<b>8:50.821</b>	19.019	1:17.157	1:54.257	1:36.575	33.287	1:12.892	1:57.634
3	14:32:22.682	<b>9:07.603</b>	17.588	1:14.357	1:49.931	1:49.633	37.201	1:20.419	1:58.474
4	14:41:40.778	<b>9:18.096</b>	17.847	1:14.396	1:51.456	1:50.564	35.696	1:22.096	2:06.041
5	14:54:09.936	<b>12:29.158</b>	18.768	1:19.507	1:55.886	1:53.038	3:40.617	1:19.849	2:01.493
6	15:03:54.671	<b>9:44.735</b>	20.528	1:17.271	1:51.203	1:55.825	35.843	1:30.133	2:13.932
7	15:16:11.342	<b>12:16.671</b>	20.282	3:58.550	1:50.956	1:57.104	33.607	1:25.726	2:10.446
8	15:29:00.152	<b>12:48.810</b>	19.827	3:57.390			37.817	1:26.731	2:25.005
9	15:43:45.054	<b>14:44.902</b>	20.981	3:41.873			3:01.734	1:29.751	2:04.279
10	15:56:35.928	<b>12:50.874</b>	22.310	3:51.703			37.614	1:28.667	2:18.144

(805) Jules Welters

1	14:14:07.758	<b>8:20.049</b>	16.584	1:09.191	1:37.934	1:44.741	31.279	1:13.145	1:47.175
2	14:22:25.164	<b>8:17.406</b>	18.222	1:09.385	1:38.000	1:41.561	32.874	1:08.996	1:48.368
3	14:30:44.712	<b>8:19.548</b>	16.793	1:09.177	1:39.585	1:42.171	31.906	1:09.486	1:50.430
4	14:45:34.860	<b>14:50.148</b>	15.282	1:09.320	1:42.373	1:44.029	6:49.168	1:12.845	1:57.131
5	14:54:45.830	<b>9:10.970</b>	19.435	1:16.964	1:54.648	1:52.362	34.692	1:16.432	1:56.437
6	15:04:17.410	<b>9:31.580</b>	19.652	1:16.713	1:44.739	1:52.706	37.244	1:18.418	2:22.108
7	15:21:01.812	<b>16:44.402</b>	20.177	3:19.623	1:43.492	1:51.036	6:15.599	1:15.395	1:59.080
8	15:32:13.675	<b>11:11.863</b>	20.274	3:21.797			31.405	1:20.562	2:03.381
9	15:45:51.507	<b>13:37.832</b>	18.308	3:00.904			3:17.605	1:16.558	2:05.131
10	15:57:02.395	<b>11:10.888</b>	19.255	3:09.439			32.791	1:20.070	2:06.033

(487) Axel Makkink

1	14:14:09.941	<b>8:17.354</b>	20.832	1:15.818	1:41.983	1:21.778	31.050	1:11.080	1:54.813
2	14:22:18.795	<b>8:08.854</b>	17.898	1:11.609	1:35.472	1:27.757	30.573	1:12.405	1:53.140
3	14:36:14.317	<b>13:55.522</b>	20.610	1:13.065	1:43.937	1:31.461	6:04.497	1:11.215	1:50.737
4	14:44:56.832	<b>8:42.515</b>	18.937	1:13.062	1:38.562	1:38.335	35.185	1:18.252	2:00.182
5	14:54:30.904	<b>9:34.072</b>	20.669	1:30.940	1:51.890	1:39.036	48.271	1:23.019	2:00.247
6	15:03:24.498	<b>8:53.594</b>	18.473	1:16.395	1:45.271	1:36.250	33.532	1:21.197	2:02.476
7	15:20:04.573	<b>16:40.075</b>	20.116	5:34.877	1:45.536	1:33.520	4:08.859	1:19.987	1:57.180
8	15:31:54.604	<b>11:50.031</b>	19.789	3:23.625			1:03.271	1:22.423	1:59.484
9	15:44:33.835	<b>12:39.231</b>	18.382	3:22.119			40.872	1:26.341	2:32.683
10	15:57:05.824	<b>12:31.989</b>	22.662	3:41.614			41.366	1:25.279	2:07.275

(817) Maurits Enting

1	14:14:21.403	<b>8:38.429</b>	19.082	1:13.540	1:42.171	1:36.349	36.432	1:14.346	1:56.509
2	14:23:17.764	<b>8:56.361</b>	19.259	1:15.582	1:46.621	1:34.608	33.718	1:17.526	2:09.047
3	14:33:05.358	<b>9:47.594</b>	19.515	1:17.716	1:53.404	2:06.129	40.201	1:20.443	2:10.186
4	14:42:35.416	<b>9:30.058</b>	20.102	1:21.578	1:52.503	1:44.453	40.244	1:23.044	2:08.134
5	14:54:38.505	<b>12:03.089</b>	18.845	1:18.234	2:03.056	1:46.128	2:49.887	1:24.963	2:21.976
6	15:04:56.541	<b>10:18.036</b>	21.105	1:25.869	1:51.962	1:48.060	38.788	1:25.634	2:14.831
7	15:16:50.834	<b>11:54.293</b>	19.284	3:39.517	1:51.054	1:53.243	37.715	1:24.923	2:08.557
8	15:32:20.283	<b>15:29.449</b>	19.935	4:23.621			3:19.633	1:27.729	2:11.158
9	15:44:32.454	<b>12:12.171</b>	19.875	3:20.925			41.673	1:27.789	2:16.003
10	15:57:36.010	<b>13:03.556</b>	21.063	4:09.424			42.864	1:27.422	2:12.584

(644) Edwin Cornelisse

1	14:17:18.192	<b>10:41.608</b>	22.985	1:31.493	1:59.895	1:46.940	1:43.817	1:14.520	2:01.958
2	14:25:53.765	<b>8:35.573</b>	18.308	1:13.512	1:45.275	1:33.322	31.965	1:17.908	1:55.283
3	14:34:59.233	<b>9:05.468</b>	19.691	1:11.736	1:46.547	1:41.741	30.422	1:19.129	2:16.202
4	14:44:15.120	<b>9:15.887</b>	19.471	1:17.162	1:57.823	1:41.601	31.638	1:25.181	2:03.011
5	14:56:56.560	<b>12:41.440</b>	19.409	1:18.226	1:51.079	1:43.698	4:01.239	1:22.620	2:05.169
6	15:07:01.994	<b>10:05.434</b>	23.897	1:19.982	2:12.527	1:53.730	31.839	1:34.131	2:09.328
7	15:19:14.751	<b>12:12.757</b>	26.274	3:56.415	1:53.276	1:54.259	34.185	1:19.823	2:08.525
8	15:31:53.269	<b>12:38.518</b>	20.176	3:45.174			40.386	1:29.849	2:18.723
9	15:45:24.984	<b>13:31.715</b>	23.681	3:45.904			1:01.418	1:33.079	2:36.349
10	15:59:18.601	<b>13:53.617</b>	23.226	4:32.921			43.412	1:26.682	2:27.474

(411) Michel Olthaar

1	14:15:18.936	<b>9:36.859</b>	18.915	1:26.445	2:02.070	1:38.178	38.004	1:26.751	2:06.496
2	14:24:47.355	<b>9:28.419</b>	20.720	1:24.417	1:52.113	1:37.795	36.429	1:23.442	2:13.503
3	14:34:26.865	<b>9:39.510</b>	20.923	1:31.087	1:54.830	1:43.960	38.397	1:26.200	2:04.113



# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	14:44:15.098	<b>9:48.233</b>	20.095	1:22.829	2:03.455	1:44.505	36.305	1:25.848	2:15.196
5	14:53:43.053	<b>9:27.955</b>	21.066	<b>1:21.418</b>	1:54.698	1:42.162	39.209	1:23.379	2:06.023
6	15:06:00.230	<b>12:17.177</b>	21.846	1:24.714	1:55.562	1:54.003	2:56.591	1:30.487	2:13.974
7	15:18:52.415	<b>12:52.185</b>	33.814	4:00.530	1:57.345	1:55.906	39.102	1:27.930	2:17.558
8	15:33:03.104	<b>14:10.689</b>	22.739	5:20.333			39.737	1:32.421	2:11.948
9	15:46:19.712	<b>13:16.608</b>	22.403	3:32.755			39.503	1:33.687	2:27.925
10	15:59:30.540	<b>13:10.828</b>	22.222	3:51.126			43.379	1:38.443	2:17.344

(187) Bert Hardenberg

1	14:12:32.814	<b>7:46.706</b>	<b>14.804</b>	<b>1:04.160</b>	<b>1:32.926</b>	<b>1:20.032</b>	30.926	1:12.629	1:51.229
2	14:20:49.397	<b>8:16.583</b>	17.055	1:12.483	1:41.517	1:26.668	33.166	1:14.281	1:51.413
3	14:33:56.155	<b>13:06.758</b>	15.468	1:10.244	1:48.494	1:27.601	5:07.487	1:13.243	2:04.221
4	14:42:51.642	<b>8:55.487</b>	17.614	1:16.209	1:48.784	1:33.500	35.487	1:20.108	2:03.785
5	14:54:36.550	<b>11:44.908</b>	17.174	1:15.667	1:48.793	1:34.669	3:37.480	1:11.769	1:59.356
6	15:03:43.168	<b>9:06.618</b>	17.626	1:16.946	1:50.601	1:32.031	36.044	1:24.838	2:08.532
7	15:17:51.356	<b>14:08.188</b>	18.921	3:43.577	1:52.256	1:32.246	3:23.324	1:17.702	2:00.162
8	15:30:35.847	<b>12:44.491</b>	18.648	3:35.139			1:04.290	1:27.418	2:14.063
9	15:45:27.276	<b>14:51.429</b>	42.784	3:20.956			3:28.328	1:18.748	2:09.245
10	15:59:33.938	<b>14:06.662</b>	22.146	3:55.190			2:11.228	1:23.845	2:32.749

(883) Marco van Wezel

1	14:16:08.560	<b>9:42.398</b>	19.968	1:27.388	1:57.283	1:35.218	39.921	1:29.271	2:13.349
2	14:25:09.491	<b>9:00.931</b>	<b>18.172</b>	1:13.927	<b>1:46.824</b>	1:39.721	35.969	1:18.575	2:07.743
3	14:34:04.630	<b>8:55.139</b>	20.304	1:18.342	1:51.259	<b>1:32.811</b>	<b>34.118</b>	<b>1:17.064</b>	<b>2:01.241</b>
4	14:43:01.522	<b>8:56.892</b>	18.387	<b>1:13.294</b>	1:51.170	1:39.515	35.153	1:17.387	2:01.986
5	14:52:16.995	<b>9:15.473</b>	21.694	1:21.922	1:48.042	1:42.856	35.484	1:21.224	2:04.251
6	15:04:13.906	<b>11:56.911</b>	18.587	1:25.968	1:53.801	1:39.843	3:04.474	1:27.315	2:06.923
7	15:16:40.661	<b>12:26.755</b>	24.535	4:20.367	1:56.940	1:39.372	38.403	1:19.388	2:07.750
8	15:31:08.693	<b>14:28.032</b>	20.986	4:21.167			40.811	1:31.402	2:43.309
9	15:46:36.130	<b>15:27.437</b>	23.722	5:05.603			1:17.939	1:27.531	2:39.289
10	15:59:59.447	<b>13:23.317</b>	23.269	4:07.867			43.368	1:35.046	2:34.050

(493) Twan Cuijpers

1	14:16:35.359	<b>11:37.626</b>	16.572	<b>1:08.489</b>	2:05.966	1:33.882	3:35.536	<b>1:10.841</b>	1:46.340
2	14:25:31.266	<b>8:55.907</b>	17.921	1:08.983	2:12.223	<b>1:33.797</b>	33.083	1:21.343	1:48.557
3	14:34:05.431	<b>8:34.165</b>	17.987	1:09.172	1:40.662	1:35.985	30.112	1:11.426	2:08.821
4	14:42:26.605	<b>8:21.174</b>	16.649	1:09.244	<b>1:39.094</b>	1:39.581	31.952	1:15.490	1:49.164
5	14:56:47.123	<b>14:20.518</b>	<b>15.563</b>	1:10.815	1:46.345	1:38.715	6:22.410	1:16.120	1:50.550
6	15:05:31.410	<b>8:44.287</b>	16.254	1:10.067	1:42.546	1:41.110	33.069	1:15.774	2:05.467
7	15:20:40.437	<b>15:09.027</b>	17.506	4:30.146	1:42.328	1:49.755	3:44.446	1:12.965	1:51.881
8	15:32:01.917	<b>11:21.480</b>	18.509	3:24.260			35.358	1:24.437	1:58.972
9	15:48:25.225	<b>16:23.308</b>	18.701	3:35.084			5:04.071	1:19.110	2:15.136
10	16:00:02.104	<b>11:36.879</b>	17.804	3:37.335			33.816	1:20.048	2:14.338

(605) Mitchell Lutter

1	14:16:13.266	<b>9:26.009</b>	19.080	1:16.269	1:55.880	1:58.260	36.163	1:23.123	<b>1:57.234</b>
2	14:25:29.239	<b>9:15.973</b>	<b>16.772</b>	1:19.610	1:46.885	<b>1:52.617</b>	35.196	<b>1:21.887</b>	2:03.006
3	14:34:47.941	<b>9:18.702</b>	18.028	1:17.382	1:50.721	1:53.371	35.379	1:24.744	1:59.077
4	14:43:53.697	<b>9:05.756</b>	17.733	1:14.260	<b>1:42.379</b>	1:54.361	<b>35.066</b>	1:24.257	1:57.700
5	14:53:30.171	<b>9:36.474</b>	17.443	<b>1:14.012</b>	1:49.068	2:02.355	36.002	1:30.525	2:07.069
6	15:06:58.889	<b>13:28.718</b>	20.790	1:20.927	1:56.301	2:03.323	4:13.627	1:25.168	2:08.582
7	15:20:26.900	<b>13:28.011</b>	20.106	4:37.481	1:55.042	2:07.424	36.899	1:32.662	2:18.397
8	15:33:32.889	<b>13:05.989</b>	22.244	3:41.272			44.899	1:30.971	2:18.674
9	15:46:39.648	<b>13:06.759</b>	22.069	3:16.138			44.284	1:39.585	2:44.773
10	16:00:17.247	<b>13:37.599</b>	21.888	3:52.228			41.628	1:36.539	2:39.542

(74) Paul Wijtman

1	14:15:52.308	<b>9:34.159</b>	20.575	<b>1:14.431</b>	2:03.499	1:56.414	38.725	<b>1:18.120</b>	2:02.395
2	14:25:35.394	<b>9:43.086</b>	21.761	1:21.967	1:59.173	1:59.732	37.414	1:19.243	2:03.796
3	14:34:53.627	<b>9:18.233</b>	<b>19.948</b>	1:14.633	1:52.697	<b>1:53.407</b>	38.668	1:18.509	<b>2:00.371</b>
4	14:44:20.857	<b>9:27.230</b>	20.183	1:17.831	<b>1:48.550</b>	1:53.754	37.229	1:21.703	2:07.980
5	14:57:35.433	<b>13:14.576</b>	20.418	1:19.261	1:57.336	1:57.316	4:06.277	1:23.367	2:10.601
6	15:07:28.004	<b>9:52.571</b>	21.057	1:22.001	1:55.021	1:55.476	<b>36.859</b>	1:24.750	2:17.407
7	15:21:33.182	<b>14:05.178</b>	20.621	5:39.942			38.450	1:28.030	2:04.230
8	15:34:31.310	<b>12:58.128</b>	20.179	3:46.632			46.391	1:39.612	2:14.921
9	15:48:21.526	<b>13:50.216</b>	20.683	3:34.899			1:02.054	1:30.874	2:36.701

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# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	16:00:54.993	12:33.467	20.728	3:43.722			40.297	1:29.859	2:13.472
<b>(203) Gert-Jan van Beek</b>									
1	14:15:48.624	9:47.033	21.858	1:19.103	2:04.813	2:15.455	32.435	1:17.497	1:55.872
2	14:24:37.846	8:49.222	16.038	1:11.750	1:46.637	1:48.193	33.428	1:15.026	1:58.150
3	14:33:42.077	9:04.231	18.047	1:13.947	1:49.056	1:56.134	32.842	1:18.730	1:55.475
4	14:42:47.191	9:05.114	17.838	1:14.290	1:45.556	1:55.976	33.260	1:20.459	1:57.735
5	14:52:17.737	9:30.546	17.498	1:15.186	1:48.815	1:49.141	34.523	1:18.090	2:27.293
6	15:07:31.541	15:13.804	20.588	1:15.045	1:55.053	2:00.731	6:14.731	1:23.615	2:04.041
7	15:20:27.016	12:55.475	19.246	4:42.045			35.190	1:21.229	2:10.153
8	15:36:31.710	16:04.694	20.286	4:04.872			3:49.317	1:23.807	2:11.579
9	15:49:07.365	12:35.655	18.632	3:55.604			35.024	1:25.964	2:14.747
10	16:01:58.915	12:51.550	21.422	3:41.116			37.784	1:32.222	2:18.729
<b>(861) Ben Mouws</b>									
1	14:16:28.193	9:54.518	18.149	1:23.955	2:01.476	1:48.863	38.247	1:30.188	2:13.640
2	14:26:05.614	9:37.421	17.905	1:26.333	1:49.331	1:53.068	35.510	1:25.754	2:09.520
3	14:37:45.376	11:39.762	17.525	1:20.945	1:52.017	1:55.324	2:34.656	1:39.035	2:00.260
4	14:47:17.765	9:32.389	17.570	1:17.501	1:46.884	1:57.952	35.192	1:23.137	2:14.153
5	14:57:08.261	9:50.496	19.354	1:26.047	1:50.131	2:01.092	35.399	1:30.787	2:07.686
6	15:07:41.921	10:33.660	18.281	1:22.575	1:54.599	2:06.009	54.904	1:33.393	2:23.899
7	15:23:39.318	15:57.397	19.781	5:16.036			2:31.218	1:32.065	2:13.965
8	15:36:39.152	12:59.834	21.261	3:43.579			39.465	1:44.292	2:23.221
9	15:49:47.278	13:08.126	21.536	3:45.710			41.604	1:40.415	2:32.964
10	16:03:01.523	13:14.245	23.190	3:33.920			48.399	1:41.608	2:38.586
<b>(232) Roelof Tippe</b>									
1	14:15:00.961	9:18.580	16.585	1:34.684	1:47.999	1:26.972	36.026	1:18.986	2:17.328
2	14:24:06.301	9:05.340	16.043	1:28.094	1:52.647	1:31.419	35.384	1:23.148	1:58.605
3	14:33:21.051	9:14.750	16.093	1:16.885	1:46.247	1:29.817	37.549	1:40.265	2:07.894
4	14:42:55.468	9:34.417	19.477	1:13.549	1:42.974	1:42.590	35.128	1:59.673	2:01.026
5	14:51:47.432	8:51.964	17.725	1:13.783	1:45.319	1:40.987	35.921	1:19.558	1:58.671
6	15:00:36.331	8:48.899	17.015	1:14.718	1:42.489	1:35.968	34.877	1:20.213	2:03.619
7	15:17:25.879	16:49.548	17.609	1:16.102	1:44.396	1:37.699	8:27.265	1:22.091	2:04.386
8	15:30:25.032	12:59.153	18.570	4:39.163			36.878	1:22.757	2:16.332
9	15:44:18.400	13:53.368	18.868	3:51.237			38.108	1:39.400	3:32.105
10	16:03:33.294	19:14.894	20.593	4:16.424			1:38.369	1:47.669	3:17.300
<b>(236) Daniel Kemper</b>									
1	14:16:30.666	9:38.028	21.447	1:23.480	1:59.591	1:43.584	38.286	1:22.346	2:09.294
2	14:26:00.606	9:29.940	20.683	1:24.010	1:55.521	1:45.123	35.902	1:25.268	2:03.433
3	14:35:28.832	9:28.226	19.734	1:18.654	1:54.748	1:45.996	38.757	1:24.455	2:05.882
4	14:44:48.529	9:19.697	18.820	1:18.360	1:45.848	1:44.821	38.434	1:25.712	2:07.702
5	14:57:19.125	12:30.596	19.660	1:20.276	1:54.156	1:44.450	3:33.624	1:25.503	2:12.927
6	15:07:15.877	9:56.752	21.604	1:35.522	1:52.732	1:47.827	38.024	1:27.925	2:13.118
7	15:21:02.352	13:46.475	21.594	4:36.537			41.169	1:45.754	2:28.704
8	15:36:09.653	15:07.301	25.175	5:19.379			45.874	1:40.483	2:44.300
9	15:51:46.051	15:36.398	21.913	4:23.509			55.712	1:35.986	4:16.311
10	16:03:44.722	11:58.671	20.760	3:38.261			39.010	1:27.189	2:08.751
<b>(175) Bas Olyslager</b>									
1	14:14:21.227	8:37.250	17.227	1:14.071	1:41.151	1:40.286	33.580	1:13.269	1:57.666
2	14:22:47.287	8:26.060	16.546	1:14.842	1:38.230	1:32.976	35.484	1:14.442	1:53.540
3	14:31:04.357	8:17.070	16.020	1:10.334	1:41.281	1:28.178	35.015	1:12.695	1:53.547
4	14:45:33.692	14:29.335	18.533	1:10.163	1:39.927	1:27.321	6:32.412	1:19.811	2:01.168
5	14:54:32.381	8:58.689	18.523	1:29.309	1:46.144	1:31.880	34.886	1:17.279	2:00.668
6	15:03:04.775	8:32.394	18.509	1:14.240	1:46.941	1:30.500	33.198	1:15.463	1:53.543
7	15:22:28.679	19:23.904	19.235	4:10.340	1:46.513	1:32.528	8:07.422	1:20.390	2:07.476
8	15:34:15.577	11:46.898	19.284	3:17.702			34.076	1:19.203	2:07.637
9	15:52:59.830	18:44.253	18.459	3:21.354			4:35.855	1:30.198	5:32.691
<b>(161) Jaap Klein Gunnewiek</b>									
1	14:14:30.246	8:59.752	17.827	1:14.871	1:48.656	1:44.987	31.789	1:19.865	2:01.757
2	14:23:41.542	9:11.296	19.315	1:19.088	1:53.352	1:40.058	33.378	1:19.051	2:07.054
3	14:35:57.351	12:15.809	19.110	1:19.110	1:53.309	1:40.490	2:53.349	1:19.763	2:50.678
4	14:45:33.098	9:35.747	17.712	1:19.070	1:58.336	1:46.991	38.763	1:28.240	2:06.635





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:55:42.415	<b>10:09.317</b>	23.589	1:26.990	1:58.613	1:44.733	1:11.853	<b>1:17.444</b>	2:06.095
6	15:14:50.316	<b>19:07.901</b>	19.593	1:28.483	3:51.829	1:49.395	8:00.088	1:27.767	2:10.746
7	15:26:49.224	<b>11:58.908</b>	21.965	3:32.993			38.805	1:26.338	2:15.462
8	15:38:36.231	<b>11:47.007</b>	20.914	3:27.166			36.771	1:25.461	2:09.123
9	15:53:04.244	<b>14:28.013</b>	19.800	3:28.577			2:27.637	1:27.251	2:12.137
<b>(589) Johannes Harsevoort</b>									
1	14:12:37.774	<b>7:35.610</b>	<b>15.864</b>	<b>58.109</b>	<b>1:27.393</b>	<b>1:32.397</b>	<b>30.427</b>	1:06.832	1:44.588
2	14:21:37.533	<b>8:59.759</b>	16.210	1:08.458	1:33.834	1:38.322	1:11.387	1:23.669	1:47.879
3	14:34:06.646	<b>12:29.113</b>	16.265	1:08.823	1:37.320	1:37.752	4:48.067	1:10.108	1:50.778
4	14:44:39.839	<b>10:33.193</b>	17.266	1:10.528	1:48.634	1:44.806	35.612	1:14.091	3:42.256
5	14:59:42.757	<b>15:02.918</b>	18.349	1:19.352	1:55.501	1:48.787	6:03.828	1:18.160	2:18.941
6	15:09:00.099	<b>9:17.342</b>	21.061	1:12.000	1:58.128	1:43.799	35.495	1:24.839	2:02.020
7	15:27:43.573	<b>18:43.474</b>	19.790	4:49.180			6:15.128	1:18.202	2:10.964
8	15:39:48.045	<b>12:04.472</b>	19.617	3:22.025			36.796	1:24.166	2:17.613
9	15:53:04.982	<b>13:16.937</b>	20.020	4:02.982			35.488	1:20.416	2:16.880
<b>(657) Bas van Hunnik</b>									
1	14:10:38.709	<b>6:41.742</b>	<b>13.084</b>	<b>52.581</b>	<b>1:18.193</b>	<b>1:17.903</b>	24.848	56.849	1:38.284
2	14:21:15.233	<b>10:36.524</b>	14.144	1:00.136	1:35.227	1:46.126	3:21.154	1:01.651	1:38.086
3	14:29:01.718	<b>7:46.485</b>	14.935	1:00.034	1:28.768	1:43.124	29.104	1:03.310	1:47.210
4	14:38:25.136	<b>9:23.418</b>	17.178	1:02.788	1:27.869	1:51.549	2:03.210	1:00.909	1:39.915
5	14:46:06.232	<b>7:41.096</b>	16.384	1:08.001	1:26.635	1:32.166	26.703	1:10.995	1:40.212
6	14:56:08.133	<b>10:01.901</b>	16.325	1:05.347	1:32.782	1:28.266	2:46.919	1:06.719	1:45.543
7	15:04:06.507	<b>7:58.374</b>	17.658	1:04.745	1:33.213	1:34.578	29.722	1:11.196	1:47.262
8	15:26:02.927	<b>21:56.420</b>	18.957	2:53.233	1:35.783	2:50.128	5:22.345	1:33.721	7:22.253
9	15:53:12.377	<b>27:09.450</b>	20.149	2:56.710			30.787	1:11.768	18:31.387
<b>(429) Bob Keurentjes</b>									
1	14:15:51.153	<b>9:23.526</b>	17.562	<b>1:14.734</b>	1:57.204	<b>1:49.074</b>	36.073	1:25.006	<b>2:03.873</b>
2	14:25:17.294	<b>9:26.141</b>	16.763	1:16.873	<b>1:48.766</b>	1:49.635	37.023	1:29.108	2:07.973
3	14:34:58.191	<b>9:40.897</b>	<b>16.272</b>	1:19.584	2:00.349	1:53.840	<b>34.490</b>	1:25.141	2:11.221
4	14:45:41.475	<b>10:43.284</b>	16.431	1:33.459	1:49.457	1:54.150	38.408	2:08.376	2:23.003
5	14:59:52.499	<b>14:11.024</b>	19.047	1:26.751	1:59.274	1:55.357	4:56.570	<b>1:24.025</b>	2:10.000
6	15:10:18.996	<b>10:26.497</b>	18.228	1:36.006	1:54.774	1:50.754	36.912	1:35.980	2:33.843
7	15:24:41.551	<b>14:22.555</b>	21.094	4:55.169			42.460	1:43.409	2:40.320
8	15:38:32.748	<b>13:51.197</b>	22.222	4:22.757			41.937	1:40.436	2:36.328
9	15:53:16.614	<b>14:43.866</b>	21.914	4:01.067			43.669	1:43.752	3:34.598
<b>(195) Niek Oude Weernink</b>									
1	14:13:46.834	<b>8:19.007</b>	17.572	<b>1:07.526</b>	<b>1:35.719</b>	1:45.895	34.924	<b>1:09.256</b>	<b>1:48.115</b>
2	14:22:15.829	<b>8:28.995</b>	<b>15.326</b>	1:09.000	1:36.240	1:45.147	44.273	1:09.844	1:49.165
3	14:38:20.523	<b>16:04.694</b>	17.991	1:31.366	1:44.198	<b>1:44.127</b>	7:38.857	1:12.384	1:55.771
4	14:47:15.146	<b>8:54.623</b>	18.179	1:11.267	1:43.610	1:50.812	37.375	1:16.913	1:56.467
5	14:56:03.029	<b>8:47.883</b>	19.568	1:09.294	1:43.958	1:51.226	<b>33.837</b>	1:13.942	1:56.058
6	15:12:44.795	<b>16:41.766</b>	17.653	1:14.521	1:43.538	1:56.392	8:14.909	1:14.923	1:59.830
7	15:24:58.594	<b>12:13.799</b>	16.520	4:15.483			36.073	1:16.829	2:02.676
8	15:39:02.783	<b>14:04.189</b>	18.218	3:01.666			3:31.626	1:16.171	2:16.581
9	15:53:18.361	<b>14:15.578</b>	19.401	3:17.659			34.095	1:18.744	5:03.175
<b>(166) Thierry Vermeer</b>									
1	14:14:04.223	<b>8:35.935</b>	<b>16.071</b>	1:13.959	1:40.664	<b>1:32.080</b>	<b>34.180</b>	1:19.784	1:59.197
2	14:22:52.310	<b>8:48.087</b>	17.454	1:14.913	1:46.097	1:36.011	37.782	1:17.045	1:58.785
3	14:31:22.790	<b>8:30.480</b>	17.366	<b>1:09.868</b>	<b>1:39.206</b>	1:32.553	37.082	1:16.169	1:58.236
4	14:40:05.544	<b>8:42.754</b>	16.933	1:13.233	1:47.503	1:32.166	36.953	1:16.925	1:59.041
5	14:52:01.981	<b>11:56.437</b>	19.092	1:24.348	1:48.167	1:37.899	3:22.489	1:20.710	2:03.732
6	15:01:13.290	<b>9:11.309</b>	17.406	1:18.916	1:41.821	1:40.740	38.505	1:25.667	2:08.254
7	15:20:38.166	<b>19:24.876</b>	17.694	6:19.352			39.727	1:24.885	2:14.882
8	15:34:00.166	<b>13:22.000</b>	19.565	3:33.881			2:25.354	1:19.884	2:05.276
9	15:53:20.164	<b>19:19.998</b>	18.697	3:17.883			48.880	1:35.124	8:33.676
<b>(462) Ronald Nicola</b>									
1	14:13:25.949	<b>8:12.299</b>	17.295	<b>1:02.727</b>	1:45.241	1:34.720	33.651	1:11.691	1:46.974
2	14:24:51.983	<b>11:26.034</b>	<b>15.043</b>	1:05.859	<b>1:44.509</b>	1:34.381	3:32.940	1:19.643	1:53.659
3	14:33:16.339	<b>8:24.356</b>	16.749	1:14.959	1:50.027	<b>1:31.039</b>	<b>30.494</b>	<b>1:10.351</b>	1:50.737
4	14:41:52.835	<b>8:36.496</b>	16.492	1:08.877	1:49.644	1:38.978	31.399	1:16.018	1:55.088



# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:50:47.925	<b>8:55.090</b>	22.770	1:14.321	1:48.162	1:35.716	33.429	1:17.201	2:03.491
6	15:01:45.089	<b>10:57.164</b>	20.013	1:14.307	1:56.078	1:43.905	2:14.282	1:19.455	2:09.124
7	15:13:04.487	<b>11:19.398</b>	19.371	3:06.535	2:00.417	1:44.030	33.296	1:23.945	2:11.804
8	15:28:29.708	<b>15:25.221</b>	21.479	3:30.174			4:08.706	1:27.225	2:11.035
9	15:53:21.924	<b>24:52.216</b>	24.704	5:15.781			6:27.685	2:08.225	6:32.165
<b>(672) Luuk Gielen</b>									
1	14:13:44.188	<b>8:05.639</b>	<b>16.501</b>	1:09.854	<b>1:37.629</b>	1:29.723	<b>30.893</b>	<b>1:08.488</b>	1:52.551
2	14:22:07.756	<b>8:23.568</b>	18.082	<b>1:08.669</b>	1:44.832	<b>1:29.371</b>	33.876	1:13.547	1:55.191
3	14:30:44.203	<b>8:36.447</b>	17.269	1:10.434	1:48.180	1:37.741	33.550	1:17.312	<b>1:51.961</b>
4	14:43:29.411	<b>12:45.208</b>	18.377	1:09.402	1:49.482	1:36.755	4:31.576	1:18.811	2:00.805
5	14:52:24.424	<b>8:55.013</b>	17.583	1:09.375	1:47.274	1:46.764	31.979	1:24.972	1:57.066
6	15:03:09.862	<b>10:45.438</b>	18.740	1:11.070	1:46.014	1:44.789	34.470	2:18.926	2:51.429
7	15:25:35.098	<b>22:25.236</b>	22.075	8:44.353			5:38.726	1:23.929	2:13.134
8	15:39:10.112	<b>13:35.014</b>	20.877	5:08.760			34.790	1:27.652	2:12.397
9	15:53:23.313	<b>14:13.201</b>	20.813	4:06.362			36.996	1:29.402	2:15.829
<b>(304) Artur Orchowski</b>									
1	14:13:24.895	<b>8:05.586</b>	16.911	1:20.839	<b>1:28.129</b>	<b>1:37.725</b>	30.950	<b>1:06.523</b>	1:44.509
2	14:21:29.849	<b>8:04.954</b>	16.876	<b>1:03.826</b>	1:32.282	1:42.628	31.724	1:13.205	<b>1:44.413</b>
3	14:36:58.563	<b>15:28.714</b>	<b>14.020</b>	2:36.196	2:04.936	2:07.592	5:23.111	1:09.443	1:53.416
4	14:45:10.164	<b>8:11.601</b>	17.576	1:06.335	1:37.296	1:47.064	<b>30.292</b>	1:07.879	1:45.159
5	14:54:15.243	<b>9:05.079</b>	17.849	1:08.404	1:53.465	1:53.205	31.764	1:21.008	1:59.384
6	15:03:05.266	<b>8:50.023</b>	16.165	1:12.607	1:41.158	1:55.305	32.010	1:15.752	1:57.026
7	15:24:41.700	<b>21:36.434</b>	18.537	6:19.435	1:50.248	2:00.235	6:08.224	1:21.849	2:00.764
8	15:39:48.989	<b>15:07.289</b>	17.613	4:44.453			37.554	1:20.143	2:03.125
9	15:53:31.610	<b>13:42.621</b>	20.565	4:36.968			42.998	1:26.763	2:05.498
<b>(437) Sven Verduijn</b>									
1	14:14:01.994	<b>8:21.594</b>	22.830	1:14.905	<b>1:38.584</b>	<b>1:34.915</b>	<b>31.260</b>	1:11.911	<b>1:47.189</b>
2	14:22:16.586	<b>8:14.592</b>	<b>16.897</b>	1:10.842	1:39.374	1:37.509	31.841	1:10.280	1:47.849
3	14:30:50.441	<b>8:33.855</b>	17.433	1:11.400	1:40.625	1:43.870	36.684	<b>1:09.458</b>	1:54.385
4	14:40:32.224	<b>9:41.783</b>	18.418	2:02.371	1:47.869	1:42.118	35.453	1:24.532	1:51.022
5	14:51:52.547	<b>11:20.323</b>	17.808	<b>1:10.452</b>	1:40.989	1:44.352	3:13.242	1:14.031	1:59.449
6	15:01:18.832	<b>9:26.285</b>	20.196	1:21.132	2:11.226	1:46.990	34.596	1:14.538	1:57.607
7	15:11:04.207	<b>9:45.375</b>	20.164	1:16.520	1:52.384	1:48.588	32.902	1:15.890	2:28.711
8	15:29:02.915	<b>17:58.708</b>	19.882	9:05.422			37.568	1:23.235	2:36.963
9	15:53:43.642	<b>24:40.727</b>	21.662	6:50.878			4:55.157	1:28.941	5:43.235
<b>(757) Sven Post</b>									
1	14:14:11.729	<b>8:14.658</b>	19.986	1:08.739	1:40.660	<b>1:42.245</b>	<b>29.834</b>	<b>1:06.352</b>	1:46.842
2	14:22:38.924	<b>8:27.195</b>	16.866	1:06.753	1:45.798	1:48.562	32.548	1:12.729	<b>1:43.939</b>
3	14:31:02.710	<b>8:23.786</b>	16.543	<b>1:06.461</b>	1:35.550	1:52.944	32.737	1:10.783	1:48.768
4	14:39:33.431	<b>8:30.721</b>	18.465	1:08.715	1:39.871	1:47.293	32.762	1:12.927	1:50.688
5	14:49:33.582	<b>10:00.151</b>	19.760	1:09.868	1:39.247	1:56.094	1:53.171	1:10.410	1:51.601
6	14:58:18.832	<b>8:45.250</b>	18.378	1:13.488	1:43.419	2:02.114	30.216	1:08.946	1:48.689
7	15:06:50.327	<b>8:31.495</b>	<b>16.452</b>	1:08.684	1:42.887	1:49.764	31.828	1:13.051	1:48.829
8	15:21:50.313	<b>14:59.986</b>	18.272	7:18.610			33.395	1:16.435	1:49.295
9	15:53:52.118	<b>32:01.805</b>	19.038	14:11.921			2:45.999	1:26.548	9:20.770
<b>(825) Derk Jan Kram</b>									
1	14:12:56.712	<b>7:36.544</b>	<b>14.569</b>	<b>1:09.130</b>	<b>1:32.623</b>	<b>1:16.374</b>	<b>28.261</b>	<b>1:07.929</b>	1:47.658
2	14:20:57.344	<b>8:00.632</b>	17.864	1:14.054	1:35.675	1:24.319	31.269	1:12.235	1:45.216
3	14:29:00.396	<b>8:03.052</b>	16.674	1:09.769	1:35.859	1:25.217	31.657	1:14.924	1:48.952
4	14:38:15.715	<b>9:15.319</b>	17.606	1:14.859	1:42.980	1:32.243	30.401	1:17.879	2:39.351
5	14:50:03.265	<b>11:47.550</b>	19.304	1:10.834	1:38.997	1:42.059	3:51.391	1:14.827	1:50.138
6	14:58:56.150	<b>8:52.885</b>	16.966	1:09.371	1:37.413	1:26.917	29.885	1:17.540	2:34.793
7	15:11:00.316	<b>12:04.166</b>	19.308	1:11.385	3:58.444	1:32.066	33.477	1:19.323	3:10.163
8	15:31:44.581	<b>20:44.265</b>	20.295	7:26.688			5:57.319	1:23.488	2:06.014
9	15:53:55.004	<b>22:10.423</b>	21.818	5:20.653			35.831	1:19.083	10:31.993
<b>(750) Kevin Heemskerck</b>									
1	14:14:23.354	<b>8:24.833</b>	15.833	1:10.068	2:00.155	<b>1:27.920</b>	29.630	<b>1:09.460</b>	1:51.767
2	14:25:54.405	<b>11:31.051</b>	24.072	1:14.171	4:13.975	2:05.414	30.918	1:12.947	<b>1:49.554</b>
3	14:34:20.055	<b>8:25.650</b>	15.475	<b>1:07.692</b>	1:40.610	1:41.310	29.843	1:19.405	1:51.315
4	14:42:35.107	<b>8:15.052</b>	<b>15.473</b>	1:07.951	1:41.112	1:37.938	<b>29.391</b>	1:12.640	1:50.547





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:53:52.119	<b>11:17.012</b>	16.346	1:10.750	1:43.144	1:36.632	3:23.706	1:14.355	1:52.079
6	15:02:20.287	<b>8:28.168</b>	16.955	1:16.280	<b>1:38.707</b>	1:33.095	30.132	1:15.235	1:57.764
7	15:13:30.550	<b>11:10.263</b>	16.631	3:37.441	1:45.334	1:45.141	32.715	1:17.417	1:55.584
8	15:28:03.614	<b>14:33.064</b>	18.886	5:55.033			31.139	1:17.250	3:03.944
9	15:54:04.428	<b>26:00.814</b>	20.421	3:59.720			4:57.804	1:40.498	7:00.307
<b>(608) Rick Harsevoort</b>									
1	14:17:55.986	<b>10:51.053</b>	18.955	1:17.977	2:07.224	2:04.543	35.229	1:32.317	2:54.808
2	14:27:15.440	<b>9:19.454</b>	18.149	<b>1:14.714</b>	<b>1:46.627</b>	<b>1:51.976</b>	35.055	1:27.804	2:05.129
3	14:40:14.839	<b>12:59.399</b>	17.577	1:22.814	1:54.575	1:58.704	3:48.981	1:27.042	2:09.706
4	14:49:27.584	<b>9:12.745</b>	20.352	1:16.829	1:53.307	1:52.931	33.320	<b>1:16.724</b>	<b>1:59.282</b>
5	14:58:56.623	<b>9:29.039</b>	17.812	1:17.880	1:47.422	2:06.170	<b>33.199</b>	1:21.815	2:04.741
6	15:09:34.804	<b>10:38.181</b>	<b>17.465</b>	2:10.646	1:53.719	2:01.273	36.123	1:28.087	2:10.868
7	15:27:53.651	<b>18:18.847</b>	19.215	6:13.827			3:37.563	1:32.346	2:24.429
8	15:41:39.005	<b>13:45.354</b>	21.764	4:47.513			33.416	1:21.602	2:34.074
9	15:54:06.053	<b>12:27.048</b>	22.047	3:44.292			38.654	1:31.244	2:14.505
<b>(340) Miguel Furtado</b>									
1	14:15:46.631	<b>9:48.345</b>	16.522	1:51.826	2:00.200	1:41.121	33.710	1:44.326	<b>1:40.640</b>
2	14:24:42.532	<b>8:55.901</b>	<b>14.973</b>	1:03.942	1:34.745	1:38.875	<b>30.102</b>	1:10.141	2:43.123
3	14:32:30.129	<b>7:47.597</b>	15.257	<b>1:01.760</b>	<b>1:32.399</b>	<b>1:34.172</b>	30.876	1:10.725	1:42.408
4	14:43:58.164	<b>11:28.035</b>	15.646	1:06.724	1:32.820	1:36.505	4:07.621	<b>1:06.941</b>	1:41.778
5	14:54:41.395	<b>10:43.231</b>	2:30.008	1:01.796	1:39.801	1:34.961	32.906	1:10.203	2:13.556
6	15:15:17.417	<b>20:36.022</b>	18.168	1:08.451	1:57.282	1:43.546	12:21.918	1:11.845	1:54.812
7	15:26:32.484	<b>11:15.067</b>	16.646	4:03.085			35.581	1:15.974	1:49.740
8	15:41:24.398	<b>14:51.914</b>	17.210	6:07.911			39.591	1:50.912	2:34.065
9	15:54:29.728	<b>13:05.330</b>	19.750	4:55.374			35.031	1:46.535	2:01.094
<b>(629) Berry van Kampen</b>									
1	14:14:52.021	<b>9:04.452</b>	16.710	<b>1:03.288</b>	2:29.749	1:47.577	<b>31.704</b>	<b>1:10.568</b>	<b>1:44.856</b>
2	14:23:22.843	<b>8:30.822</b>	<b>16.693</b>	1:05.231	1:43.040	1:53.409	34.498	1:12.065	1:45.886
3	14:31:56.136	<b>8:33.293</b>	20.142	1:08.004	1:36.975	<b>1:38.486</b>	33.393	1:13.064	2:03.229
4	14:40:43.275	<b>8:47.139</b>	17.533	1:12.073	<b>1:36.855</b>	1:45.230	35.041	1:16.009	2:04.398
5	15:04:27.648	<b>23:44.373</b>	21.162	1:08.243	1:39.102	1:42.765	14:55.467	1:26.504	2:31.130
6	15:19:53.993	<b>15:26.345</b>	21.009	5:27.422	3:44.530	1:52.696	34.802	1:16.090	2:09.796
7	15:31:30.312	<b>11:36.319</b>	20.026	3:28.475			35.928	1:25.800	1:57.055
8	15:42:48.247	<b>11:17.935</b>	19.883	3:02.696			36.861	1:20.040	2:03.858
9	15:54:59.956	<b>12:11.709</b>	19.305	3:29.300			53.119	1:34.649	2:03.303
<b>(655) Dennis Laing</b>									
1	14:13:28.510	<b>7:52.855</b>	16.583	<b>1:04.962</b>	<b>1:33.802</b>	<b>1:34.229</b>	<b>31.461</b>	<b>1:07.322</b>	<b>1:44.496</b>
2	14:22:18.125	<b>8:49.615</b>	<b>15.772</b>	1:39.760	1:38.573	1:36.022	34.673	1:16.778	1:48.037
3	14:30:51.853	<b>8:33.728</b>	17.778	1:09.571	1:44.116	1:42.592	36.915	1:14.390	1:48.366
4	14:39:28.464	<b>8:36.611</b>	18.633	1:15.489	1:39.821	1:41.262	35.896	1:15.727	1:49.783
5	14:51:15.654	<b>11:47.190</b>	17.086	1:13.528	1:40.877	1:43.864	3:22.546	1:21.337	2:07.952
6	15:00:48.446	<b>9:32.792</b>	20.079	1:25.770	1:53.384	1:50.116	36.225	1:23.049	2:04.169
7	15:10:47.796	<b>9:59.350</b>	31.293	1:30.227	1:58.915	1:52.213	37.125	1:23.820	2:05.757
8	15:29:49.335	<b>19:01.539</b>	19.570	4:48.245			6:18.828	1:29.288	2:15.099
9	15:55:09.744	<b>25:20.409</b>	20.823	3:24.001			13:58.108	1:33.725	2:11.031
<b>(174) Thijs Wennink</b>									
1	14:15:19.449	<b>10:03.116</b>	16.970	2:45.561	1:52.587	1:31.085	32.921	<b>1:11.426</b>	1:52.566
2	14:23:55.004	<b>8:35.555</b>	<b>16.149</b>	<b>1:11.038</b>	2:09.193	<b>1:21.560</b>	<b>32.327</b>	1:13.522	1:51.766
3	14:33:43.557	<b>9:48.553</b>	17.335	2:12.649	2:07.802	1:27.460	32.638	1:17.068	1:53.601
4	14:46:13.920	<b>12:30.363</b>	17.581	2:02.776	2:11.016	1:27.744	3:15.772	1:19.168	1:56.306
5	14:56:05.213	<b>9:51.293</b>	19.416	1:15.135	2:32.896	1:27.037	35.588	1:17.693	2:23.528
6	15:06:56.487	<b>10:51.274</b>	19.556	1:19.004	<b>1:44.992</b>	1:31.887	38.009	1:43.906	3:33.920
7	15:20:37.471	<b>13:40.984</b>	22.505	5:45.984			37.655	1:21.135	2:07.468
8	15:36:00.099	<b>15:22.628</b>	20.565	3:25.437			2:56.909	1:58.497	2:09.802
9	15:55:21.342	<b>19:21.243</b>	20.985	9:49.874			38.369	1:23.380	3:18.254
<b>(766) Thijs Rensen</b>									
1	14:14:58.742	<b>9:04.618</b>	22.200	<b>1:14.338</b>	1:51.174	<b>1:42.236</b>	38.775	1:16.745	1:59.150
2	14:24:30.426	<b>9:31.684</b>	21.158	1:14.632	2:10.492	1:48.705	<b>37.159</b>	1:17.586	2:01.952
3	14:33:50.221	<b>9:19.795</b>	21.207	1:18.051	<b>1:48.682</b>	1:45.033	38.596	1:22.063	2:06.163
4	14:47:46.533	<b>13:56.312</b>	<b>19.314</b>	1:18.924	1:59.340	1:52.933	4:40.477	1:28.554	2:16.770





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:58:29.557	<b>10:43.024</b>	22.458	1:25.303	2:20.793	2:04.258	42.180	1:29.625	2:18.407
6	15:09:05.016	<b>10:35.459</b>	22.757	1:29.892	2:00.116	2:09.498	40.447		
7	15:28:13.504	<b>19:08.488</b>	26.596	5:04.295			4:54.490	1:39.011	2:45.602
8	15:42:01.318	<b>13:47.814</b>	22.971	4:10.823			40.089		
9	15:55:26.413	<b>13:25.095</b>	22.495	4:14.807			39.970	1:28.617	2:24.322
<b>(695) Adriaan Veerman</b>									
1	14:16:04.783	<b>9:50.808</b>	<b>17.248</b>	1:11.805	2:20.336	1:44.469	34.811	1:38.636	2:03.503
2	14:25:14.670	<b>9:09.887</b>	18.815	1:14.842	1:45.888	1:51.620	38.497	1:21.486	1:58.739
3	14:34:13.382	<b>8:58.712</b>	20.526	1:16.177	1:53.411	1:48.386	34.134	1:16.665	<b>1:49.413</b>
4	14:48:24.772	<b>14:11.390</b>	17.495	1:28.927	1:40.899	1:48.515	5:47.802	<b>1:15.956</b>	1:51.796
5	14:58:49.940	<b>10:25.168</b>	18.147	<b>1:09.645</b>	<b>1:37.210</b>	<b>1:41.940</b>	<b>29.353</b>	1:26.689	3:42.184
6	15:09:43.659	<b>10:53.719</b>	18.006	1:13.536	1:50.973	1:50.000	32.551	2:45.757	2:22.896
7	15:26:30.830	<b>16:47.171</b>	22.314	7:09.117			42.458	1:45.113	2:34.566
8	15:42:25.632	<b>15:54.802</b>	28.479	6:33.960			39.002	1:25.006	2:48.026
9	15:55:32.226	<b>13:06.594</b>	22.102	4:00.512			39.950	1:30.347	2:31.808
<b>(806) Sander Bikker</b>									
1	14:15:46.278	<b>9:00.365</b>	19.458	<b>1:09.446</b>	1:44.874	1:59.252	<b>34.203</b>	<b>1:18.682</b>	<b>1:54.450</b>
2	14:26:35.578	<b>10:49.300</b>	<b>17.055</b>	1:13.128	1:49.492	1:47.452	2:18.832	1:24.881	1:58.460
3	14:35:41.449	<b>9:05.871</b>	18.170	1:14.640	1:44.975	1:43.610	34.496	1:20.798	2:09.182
4	14:45:02.811	<b>9:21.362</b>	21.464	1:22.791	<b>1:43.741</b>	<b>1:43.282</b>	37.808	1:23.629	2:08.647
5	14:58:19.446	<b>13:16.635</b>	19.172	1:14.108	1:54.798	2:00.551	4:10.735	1:26.316	2:10.955
6	15:09:05.898	<b>10:46.452</b>	19.643	1:16.503	1:53.007	1:56.686	39.423	1:22.331	3:18.859
7	15:27:30.881	<b>18:24.983</b>	21.879	4:34.451			5:33.563	1:28.707	2:24.855
8	15:40:43.216	<b>13:12.335</b>	22.472	3:37.864			45.139	1:30.077	2:30.303
9	15:56:20.811	<b>15:37.595</b>	23.945	4:13.444			2:38.830	1:32.184	2:34.621
<b>(846) One Rijkema</b>									
1	14:15:27.831	<b>9:05.118</b>	19.069	1:24.673	1:50.270	<b>1:38.701</b>	<b>33.029</b>	1:20.917	1:58.459
2	14:29:06.309	<b>13:38.478</b>	<b>16.230</b>	<b>1:12.882</b>	<b>1:44.352</b>	1:38.905	5:39.883	<b>1:09.274</b>	<b>1:56.952</b>
3	14:39:59.857	<b>10:53.548</b>	18.068	1:34.055	1:48.212	1:39.971	2:00.035	1:16.773	2:16.434
4	14:53:16.542	<b>13:16.685</b>	19.853	1:18.016	1:59.055	2:11.124	3:49.615	1:34.635	2:04.387
5	15:03:28.474	<b>10:11.932</b>	17.950	1:25.009	1:47.428	1:42.634	1:22.153	1:19.686	2:17.072
6	15:16:13.122	<b>12:44.648</b>	22.507	1:25.121	1:58.094	2:14.914	2:59.950	1:33.476	2:10.586
7	15:29:58.482	<b>13:45.360</b>	19.689	3:35.053			2:35.230	1:19.826	2:14.221
8	15:44:18.505	<b>14:20.023</b>	23.938	3:52.588			1:57.341	1:24.360	2:19.708
9	15:56:36.153	<b>12:17.648</b>	22.761	3:39.978			40.322	1:28.032	2:14.237
<b>(251) Tsjebbe Hoekstra</b>									
1	14:15:38.894	<b>9:21.324</b>	18.318	1:21.850	1:55.507	<b>1:42.482</b>	35.110	<b>1:22.039</b>	2:06.018
2	14:25:14.953	<b>9:36.059</b>	19.516	1:21.045	1:58.313	1:51.044	38.564	1:23.587	<b>2:03.990</b>
3	14:34:36.321	<b>9:21.368</b>	19.385	<b>1:15.098</b>	1:51.345	1:49.445	36.277	1:22.365	2:07.453
4	14:44:05.068	<b>9:28.747</b>	<b>18.002</b>	1:21.104	<b>1:47.955</b>	1:49.389	<b>32.788</b>	1:29.708	2:09.801
5	14:56:46.585	<b>12:41.517</b>	18.366	1:21.965	1:49.923	1:45.794	3:22.787	1:32.873	2:19.809
6	15:06:46.093	<b>9:59.508</b>	21.045	1:23.857	1:48.850	1:49.236	35.476	1:34.423	2:26.621
7	15:25:43.022	<b>18:56.929</b>	20.719	9:43.111			41.949	1:32.575	2:25.237
8	15:46:06.587	<b>20:23.565</b>	23.085	4:12.221			7:59.484	1:34.355	2:22.536
9	15:56:59.607	<b>10:53.020</b>	22.989	3:21.950			41.661	1:30.918	2:22.423
<b>(552) Guido de Bruijn</b>									
1	14:14:52.579	<b>8:48.407</b>	16.921	1:13.768	2:03.629	<b>1:37.541</b>	<b>32.321</b>	<b>1:13.633</b>	<b>1:50.594</b>
2	14:23:23.600	<b>8:31.021</b>	15.147	<b>1:10.605</b>	<b>1:36.399</b>	1:44.698	34.067	1:17.656	1:52.449
3	14:32:06.357	<b>8:42.757</b>	16.013	1:15.200	1:39.848	1:47.450	35.427	1:17.334	1:51.485
4	14:41:21.768	<b>9:15.411</b>	<b>15.071</b>	1:13.188	1:55.667	1:50.535	36.819	1:22.658	2:01.473
5	14:54:05.480	<b>12:43.712</b>	16.551	1:17.912	1:49.706	1:49.110	4:10.347	1:15.590	2:04.496
6	15:04:05.518	<b>10:00.038</b>	16.903	1:14.627	2:18.386	1:42.594	35.338	1:16.815	2:35.375
7	15:20:43.912	<b>16:38.394</b>	17.116	8:30.367			37.575	1:26.621	2:10.865
8	15:44:15.219	<b>23:31.307</b>	19.099	10:18.360			3:35.264	2:05.322	2:23.368
9	15:57:02.019	<b>12:46.800</b>	20.852	3:25.288			43.408	1:56.541	2:17.070
<b>(535) Sander Leenheer</b>									
1	14:15:49.219	<b>9:41.704</b>	21.041	1:23.456	2:00.596	1:43.595	37.757	1:22.230	2:13.029
2	14:25:29.118	<b>9:39.899</b>	20.086	1:26.241	1:56.675	1:48.143	35.089	1:17.500	2:16.165
3	14:35:12.484	<b>9:43.366</b>	20.768	1:25.644	1:59.757	1:46.305	51.935	<b>1:13.220</b>	2:05.737
4	14:44:36.836	<b>9:24.352</b>	19.530	1:16.927	1:58.236	1:44.743	34.106	1:30.991	<b>1:59.819</b>





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:58:46.104	<b>14:09.268</b>	<b>16.979</b>	<b>1:14.752</b>	<b>1:50.237</b>	<b>1:40.899</b>	5:28.147	1:35.933	2:02.321
6	15:09:20.565	<b>10:34.461</b>	21.859	1:25.547	3:04.631	1:42.025	33.757	1:20.864	2:05.778
7	15:27:28.537	<b>18:07.972</b>	20.621	6:44.387			45.756	1:27.956	2:23.000
8	15:43:32.113	<b>16:03.576</b>	21.346	5:19.709			<b>31.194</b>	1:28.689	2:44.968
9	15:58:05.922	<b>14:33.809</b>	20.323	5:14.847			39.009	1:38.027	2:29.367
<b>(474) Dries van de Bunte</b>									
1	14:16:23.424	<b>9:37.248</b>	21.056	1:19.494	2:02.575	1:50.706	37.819	1:21.487	<b>2:04.111</b>
2	14:27:41.364	<b>11:17.940</b>	19.966	1:22.730	2:00.921	2:02.748	39.512	2:36.359	2:15.704
3	14:37:06.456	<b>9:25.092</b>	<b>18.686</b>	<b>1:18.759</b>	1:56.174	1:52.808	<b>35.521</b>	<b>1:16.509</b>	2:06.635
4	14:46:52.334	<b>9:45.878</b>	19.278	1:29.491	1:56.369	1:51.687	36.929	1:19.774	2:12.350
5	14:56:38.549	<b>9:46.215</b>	21.917	1:26.205	1:56.936	<b>1:48.948</b>	36.847	1:19.212	2:16.150
6	15:10:20.187	<b>13:41.638</b>	22.312	1:26.584	<b>1:55.849</b>	1:51.775	4:14.968	1:31.581	2:18.569
7	15:27:49.652	<b>17:29.465</b>	21.098	8:16.094			40.291	1:34.250	2:36.869
8	15:42:24.467	<b>14:34.815</b>	22.214	5:18.248			41.070	1:29.774	2:41.777
9	15:58:45.604	<b>16:21.137</b>	20.556	7:45.031			37.507		
<b>(610) Arnold de Lange</b>									
1	14:17:40.139	<b>10:45.722</b>	25.012	2:21.072	<b>1:55.661</b>	1:42.580	<b>38.315</b>	1:27.156	2:15.926
2	14:27:47.238	<b>10:07.099</b>	22.551	1:31.535	2:10.252	1:38.510	40.634	<b>1:25.393</b>	2:18.224
3	14:38:06.158	<b>10:18.920</b>	<b>19.541</b>	<b>1:22.571</b>	2:35.991	<b>1:37.623</b>	42.551	1:28.065	<b>2:12.578</b>
4	14:48:17.565	<b>10:11.407</b>	21.100	1:27.198	1:56.194	1:43.461	41.772	1:41.266	2:20.416
5	14:58:30.019	<b>10:12.454</b>	22.613	1:25.864	2:04.121	1:45.736	42.213	1:31.115	2:20.792
6	15:16:30.400	<b>18:00.381</b>	23.878	1:56.008	2:14.976	1:45.023	7:43.948	1:33.183	2:23.365
7	15:30:21.658	<b>13:51.258</b>	21.935	4:29.203			44.864	1:46.028	2:31.177
8	15:44:26.141	<b>14:04.483</b>	23.118	4:08.029			44.466	1:49.564	2:52.315
9	15:59:19.550	<b>14:53.409</b>	25.119	4:37.647			46.093	1:47.045	3:06.314
<b>(815) Stef van der Wiel</b>									
1	14:15:14.858	<b>8:59.910</b>	18.892	1:18.414	1:49.165	1:36.546	34.892	1:20.970	<b>2:01.031</b>
2	14:25:00.519	<b>9:45.661</b>	<b>18.133</b>	1:15.124	1:54.002	1:39.005	36.734	1:54.259	2:08.404
3	14:35:53.919	<b>10:53.400</b>	19.589	1:14.873	3:19.706	1:59.561	38.104	1:19.316	2:02.251
4	14:44:47.117	<b>8:53.198</b>	24.524	<b>1:11.182</b>	<b>1:40.756</b>	1:52.547	<b>31.075</b>	<b>1:10.857</b>	2:02.257
5	15:00:30.613	<b>15:43.496</b>	19.974	1:25.074	2:00.781	<b>1:36.204</b>	6:58.702	1:16.326	2:06.435
6	15:11:02.948	<b>10:32.335</b>	31.779	1:12.495	2:35.457	2:11.574	39.079	1:19.808	2:02.143
7	15:24:15.181	<b>13:12.233</b>	22.185	4:19.707			35.797	1:15.578	2:31.101
8	15:44:48.250	<b>20:33.069</b>	22.771	7:16.689			33.794	2:39.975	5:54.852
9	15:59:22.279	<b>14:34.029</b>	20.429	4:05.964			45.793	1:20.494	3:50.944
<b>(859) Robbin van Dijk</b>									
1	14:14:08.833	<b>8:02.570</b>	17.624	1:06.413	<b>1:37.823</b>	<b>1:38.057</b>	<b>27.444</b>	<b>1:10.251</b>	<b>1:44.958</b>
2	14:22:26.823	<b>8:17.990</b>	<b>16.131</b>	<b>1:05.679</b>	1:41.326	1:49.186	27.731	1:11.135	1:46.802
3	14:33:49.334	<b>11:22.511</b>	17.490	1:11.470	2:09.119	1:50.397	2:44.975	1:13.158	1:55.902
4	14:43:07.306	<b>9:17.972</b>	19.171	1:18.479	1:50.614	1:56.921	32.454	1:17.911	2:02.422
5	14:52:30.609	<b>9:23.303</b>	19.791	1:20.309	1:46.927	2:00.986	34.571	1:17.269	2:03.450
6	15:07:11.511	<b>14:40.902</b>	20.469	1:20.241	1:53.070	2:03.740	5:21.211	1:25.830	2:16.341
7	15:23:02.999	<b>15:51.488</b>	25.545	6:53.725			39.671	1:25.735	2:17.740
8	15:46:19.750	<b>23:16.751</b>	21.541	3:45.597			10:20.107	1:37.190	2:17.711
9	15:59:58.170	<b>13:38.420</b>	24.086	3:41.480			49.936	1:33.497	2:18.979
<b>(703) Henk Kok</b>									
1	14:15:29.367	<b>9:08.559</b>	21.927	<b>1:12.519</b>	<b>1:46.940</b>	<b>1:37.236</b>	<b>35.024</b>	1:33.931	<b>2:00.982</b>
2	14:25:33.385	<b>10:04.018</b>	41.323	1:43.067	1:48.922	1:44.718	36.424	1:19.650	2:09.914
3	14:34:50.308	<b>9:16.923</b>	20.434	1:21.924	1:49.270	1:47.996	35.754	<b>1:17.533</b>	2:04.012
4	14:47:49.518	<b>12:59.210</b>	<b>18.618</b>	1:21.210	2:26.906	1:45.769	3:34.929	1:24.367	2:07.411
5	14:58:13.711	<b>10:24.193</b>	22.588	1:31.294	2:03.345	2:02.586	37.000	1:27.834	2:19.546
6	15:11:29.450	<b>13:15.739</b>	23.083	1:30.192	2:22.929	1:52.207	36.484	1:26.038	5:04.806
7	15:34:40.742	<b>23:11.292</b>	19.767	4:34.884			10:30.838	1:30.202	2:23.206
8	15:47:19.286	<b>12:38.544</b>	22.118	3:31.461			39.487	1:32.241	2:26.442
9	16:00:03.271	<b>12:43.985</b>	23.087	3:29.679			42.255	1:28.293	2:31.536
<b>(647) Bart Franssen</b>									
1	14:16:20.384	<b>9:56.968</b>	<b>17.852</b>	1:21.962	2:21.526	1:45.544	37.003	1:24.028	2:09.053
2	14:25:52.639	<b>9:32.255</b>	18.823	1:25.908	1:54.379	1:49.820	36.644	1:24.686	<b>2:01.995</b>
3	14:38:29.799	<b>12:37.160</b>	21.883	<b>1:20.562</b>	1:58.759	1:52.350	3:16.445	1:28.236	2:18.925
4	14:48:03.496	<b>9:33.697</b>	20.451	1:22.073	1:56.389	<b>1:43.397</b>	<b>35.711</b>	1:26.678	2:08.998





# RBKO Den Haag

## RBKO

## Scheveningen 5,000 Km

### Heat 3 Final

### 19.11.2016 14:00

#### Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:57:55.140	<b>9:51.644</b>	19.879	1:25.272	<b>1:54.241</b>	1:51.070	40.336	1:30.053	2:10.793
6	15:11:19.327	<b>13:24.187</b>	23.715	1:25.613	2:01.702	1:52.460	3:53.838	1:28.260	2:18.599
7	15:28:19.673	<b>17:00.346</b>	21.777	8:02.100			36.652	1:34.013	2:24.264
8	15:45:32.737	<b>17:13.064</b>	23.073	5:00.498			3:20.963	1:38.738	2:39.129
9	16:00:14.715	<b>14:41.978</b>	21.359	5:11.855			53.731	1:37.280	2:30.669
<b>(481) Mike Vervoort</b>									
1	14:17:05.747	<b>10:12.434</b>	17.894	1:17.717	2:51.126	<b>1:37.123</b>	<b>31.175</b>	1:12.807	2:24.592
2	14:27:03.678	<b>9:57.931</b>	<b>17.743</b>	1:20.883	2:23.599	1:44.211	36.154	1:18.536	2:16.805
3	14:36:29.538	<b>9:25.860</b>	21.635	<b>1:14.353</b>	2:04.116	1:43.810	35.373	1:19.000	<b>2:07.573</b>
4	14:51:40.223	<b>15:10.685</b>	55.843	1:31.165	1:56.614	1:39.654	5:26.615	1:29.218	2:11.576
5	15:00:53.884	<b>9:13.661</b>	19.078	1:22.332	<b>1:51.307</b>	1:44.545	35.219	<b>1:12.639</b>	2:08.541
6	15:13:20.680	<b>12:26.796</b>	28.220	1:39.272	1:52.272	1:56.807	1:40.037	1:31.427	3:18.761
7	15:26:36.033	<b>13:15.353</b>	22.991	4:21.895			42.786	1:27.258	2:24.228
8	15:46:09.854	<b>19:33.821</b>	24.525	3:55.878			5:48.580	2:39.731	2:47.712
9	16:00:19.746	<b>14:09.892</b>	29.782	4:19.746			40.459	1:39.930	2:12.850
<b>(837) Starsky vd Burgt</b>									
1	14:15:07.657	<b>8:52.123</b>	<b>16.732</b>	1:11.953	1:49.855	1:48.403	36.967	<b>1:14.802</b>	<b>1:53.411</b>
2	14:23:59.556	<b>8:51.899</b>	18.785	1:12.732	<b>1:44.364</b>	<b>1:47.200</b>	<b>35.903</b>	1:18.494	1:54.421
3	14:33:30.333	<b>9:30.783</b>	16.930	<b>1:11.477</b>	1:56.467	1:51.593	41.936	1:20.577	2:11.803
4	14:43:28.833	<b>9:58.494</b>	21.758	1:16.055	1:50.566	2:04.822	41.368	1:33.984	2:09.941
5	14:57:23.365	<b>13:54.532</b>	20.457	1:21.415	2:22.890	2:19.344	3:23.372	1:46.451	2:20.603
6	15:08:17.141	<b>10:53.776</b>	21.922	1:31.973	2:07.081	2:13.716	44.331	1:34.887	2:19.866
7	15:24:40.423	<b>16:23.282</b>	22.406	6:29.707			49.434	1:36.214	2:28.657
8	15:43:09.439	<b>18:29.016</b>	22.076	4:45.483			2:52.590	1:35.679	4:00.445
9	16:00:21.169	<b>17:11.730</b>	25.634	6:21.436			48.164	1:58.484	2:57.718
<b>(680) Werner Blankestijn</b>									
1	14:15:30.735	<b>8:40.922</b>	19.265	<b>1:10.393</b>	1:47.279	1:40.147	<b>33.389</b>	<b>1:10.854</b>	1:59.595
2	14:26:09.030	<b>10:38.295</b>	20.073	1:14.326	<b>1:44.756</b>	1:40.007	2:25.556	1:15.545	1:58.032
3	14:35:34.548	<b>9:25.518</b>	<b>17.228</b>	1:53.212	1:48.547	<b>1:38.498</b>	36.660	1:13.729	1:57.644
4	14:46:38.259	<b>11:03.711</b>	18.536	1:15.745	1:45.597	1:44.331	2:47.705	1:16.148	<b>1:55.649</b>
5	14:56:00.745	<b>9:22.486</b>	20.893	1:13.949	1:57.797	1:44.722	38.449	1:21.435	2:05.241
6	15:05:44.484	<b>9:43.739</b>	21.844	1:14.529	1:59.073	1:39.524	40.108	1:21.251	2:27.410
7	15:31:21.511	<b>25:37.027</b>	18.782	5:20.529	2:36.258	1:59.795	11:35.189	1:26.324	2:20.150
8	15:46:05.639	<b>14:44.128</b>	23.999	3:47.157			52.156	1:56.175	3:18.300
9	16:00:28.756	<b>14:23.117</b>	22.797	4:27.660			42.526	1:34.343	2:33.452
<b>(424) Berry Dillema</b>									
1	14:15:00.281	<b>9:08.933</b>	<b>16.695</b>	<b>1:24.890</b>	<b>1:45.773</b>	<b>1:42.686</b>	34.059	1:22.033	2:02.797
2	14:25:07.977	<b>10:07.696</b>	18.088	1:27.628	2:04.221	1:57.928	40.498	1:24.383	2:14.950
3	14:36:45.323	<b>11:37.346</b>	17.343	1:34.105	2:03.876	1:56.680	1:55.275	1:26.494	2:23.573
4	14:51:32.703	<b>14:47.380</b>	22.989	1:28.536	2:02.532	1:58.185	38.125	1:27.390	2:13.294
5	15:01:37.029	<b>10:04.326</b>	18.818	1:28.818	1:58.527	2:01.319	35.245	1:21.821	2:19.778
6	15:28:38.733	<b>27:01.704</b>	21.968	13:43.071			5:36.940	1:16.536	1:59.209
7	15:39:34.959	<b>10:56.226</b>	18.808	3:31.128			<b>31.051</b>	<b>1:12.314</b>	<b>1:56.334</b>
8	15:50:12.057	<b>10:37.098</b>	17.919	2:59.064			31.090	1:17.795	1:59.799
9	16:00:56.353	<b>10:44.296</b>	19.122	2:56.110			39.368	1:15.121	1:59.481
<b>(459) Thijs van Heertum</b>									
1	14:16:33.839	<b>9:32.568</b>	<b>18.467</b>	1:20.811	2:02.887	2:06.916	37.123	<b>1:13.081</b>	<b>1:53.283</b>
2	14:26:05.452	<b>9:31.613</b>	19.734	1:15.877	1:54.366	2:04.592	38.396	1:23.416	1:55.232
3	14:41:44.632	<b>15:39.180</b>	20.503	<b>1:13.062</b>	1:58.538	<b>1:58.262</b>	6:01.451	1:18.112	2:49.252
4	14:51:26.359	<b>9:41.727</b>	19.615	1:20.293	1:55.712	2:06.690	<b>36.455</b>	1:22.769	2:00.193
5	15:00:57.390	<b>9:31.031</b>	19.543	1:19.610	<b>1:52.667</b>	2:02.660	40.288	1:19.548	1:56.715
6	15:22:19.988	<b>21:22.598</b>	20.070	1:38.937	2:03.632	2:11.709	10:40.050	2:18.709	2:09.491
7	15:35:58.618	<b>13:38.630</b>	1:01.994	3:34.586			39.071	1:29.086	2:15.907
8	15:49:08.555	<b>13:09.937</b>	22.254	3:42.966			40.786	1:29.858	2:30.717
9	16:01:11.058	<b>12:02.503</b>	22.119	3:08.001			40.113	1:25.150	2:22.408
<b>(624) Jurriën van Drunen</b>									
1	14:17:00.107	<b>9:26.695</b>	22.113	1:23.048	<b>1:54.601</b>	<b>1:50.427</b>	<b>37.886</b>	<b>1:19.641</b>	<b>1:58.979</b>
2	14:27:15.702	<b>10:15.595</b>	21.353	<b>1:21.821</b>	2:00.951	1:59.160	39.373	1:29.846	2:23.091
3	14:37:26.213	<b>10:10.511</b>	21.043	1:23.905	2:02.013	2:08.742	40.250	1:30.469	2:04.089
4	14:48:15.231	<b>10:49.018</b>	<b>20.223</b>	1:40.141	2:06.361	2:11.070	39.860	1:36.046	2:15.317



## RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:58:49.251	<b>10:34.020</b>	22.132	1:32.422	2:01.915	2:11.641	42.900	1:28.772	2:14.238
6	15:14:10.919	<b>15:21.668</b>	22.230	1:33.282	2:10.514	2:22.407	2:50.171	1:41.350	4:21.714
7	15:31:18.676	<b>17:07.757</b>	25.700	6:21.570			48.327	1:41.398	2:41.555
8	15:53:02.141	<b>21:43.465</b>	25.228	4:37.523			52.506	1:56.338	7:55.331

(869) Dani Gomes

1	14:15:44.675	<b>9:22.100</b>	<b>19.479</b>	<b>1:12.828</b>	<b>1:52.526</b>	1:58.836	38.606	<b>1:18.153</b>	<b>2:01.672</b>
2	14:25:26.083	<b>9:41.408</b>	23.371	1:14.248	1:53.957	1:59.420	37.404	1:24.606	2:08.402
3	14:37:30.042	<b>12:03.959</b>	21.761	1:18.639	1:55.085	1:59.701	2:34.976	1:50.864	2:02.933
4	14:47:18.681	<b>9:48.639</b>	21.793	1:19.097	1:58.730	1:59.645	37.457	1:23.803	2:08.114
5	14:57:13.085	<b>9:54.404</b>	21.066	1:41.794	1:54.044	<b>1:55.204</b>	<b>36.393</b>	1:21.503	2:04.400
6	15:09:14.300	<b>12:01.215</b>	21.603	1:21.226	2:00.853	2:06.011	2:35.068	1:24.888	2:11.566
7	15:32:05.824	<b>22:51.524</b>	20.484	13:51.061			37.800	1:26.090	2:21.860
8	15:53:10.061	<b>21:04.237</b>	22.419	3:28.358			1:43.157	1:26.990	9:37.007

(636) Dennis Hagedoom

1	14:14:42.728	<b>8:47.358</b>	17.978	1:14.721	1:47.915	1:35.927	34.332	1:20.842	<b>1:55.643</b>
2	14:24:26.056	<b>9:43.328</b>	<b>14.520</b>	1:11.072	1:48.808	1:40.845	32.849	1:48.659	2:26.575
3	14:38:56.639	<b>14:30.583</b>	16.618	1:10.356	<b>1:45.121</b>	<b>1:32.103</b>	6:28.184	<b>1:19.735</b>	1:58.466
4	14:47:53.361	<b>8:56.722</b>	16.827	<b>1:09.712</b>	1:47.901	1:35.727	39.094	1:27.147	2:00.314
5	14:56:48.625	<b>8:55.264</b>	16.896	1:13.543	1:47.026	1:41.430	<b>32.028</b>	1:24.120	2:00.221
6	15:13:00.600	<b>16:11.975</b>	19.634	1:15.384	1:52.114	1:36.161	7:35.626	1:30.312	2:02.744
7	15:24:47.776	<b>11:47.176</b>	18.637	3:41.698			34.360	1:26.075	2:11.370
8	15:53:12.958	<b>28:25.182</b>	25.551	3:44.882			35.838	1:30.236	15:02.141

(425) Martijn Waayer

1	14:13:57.889	<b>8:06.824</b>	18.694	1:08.205	1:40.105	<b>1:30.779</b>	33.072	1:12.613	1:43.356
2	14:22:23.243	<b>8:25.354</b>	16.232	1:28.723	1:36.533	1:34.323	<b>30.389</b>	1:09.102	1:50.052
3	14:35:43.335	<b>13:20.092</b>	17.507	2:00.415	1:41.220	1:39.130	4:50.048	1:11.013	<b>1:40.759</b>
4	14:43:53.130	<b>8:09.795</b>	<b>15.621</b>	1:20.723	<b>1:31.890</b>	1:35.848	32.239	<b>1:08.708</b>	1:44.766
5	14:52:15.362	<b>8:22.232</b>	16.372	<b>1:06.043</b>	1:34.306	1:43.615	32.618	1:16.755	1:52.523
6	15:07:35.657	<b>15:20.295</b>	18.856	1:07.734	2:08.946	1:57.238	6:35.396	1:10.284	2:01.841
7	15:41:41.120	<b>34:05.463</b>	17.979	8:33.717			11:44.774	1:24.079	2:08.817
8	15:54:22.438	<b>12:41.318</b>	20.597	4:12.943			38.344	1:23.979	2:05.242

(833) Rick Vriends

1	14:16:48.154	<b>9:50.068</b>	22.085	1:25.376	<b>1:55.470</b>	<b>1:49.190</b>	37.091	1:27.404	<b>2:13.452</b>
2	14:26:58.720	<b>10:10.566</b>	<b>21.150</b>	<b>1:24.342</b>	2:00.461	1:52.081	<b>34.303</b>	<b>1:26.306</b>	2:31.923
3	14:38:26.867	<b>11:28.147</b>	23.909	1:34.805	2:25.205	2:01.339	39.633	1:39.558	2:43.698
4	14:54:41.143	<b>16:14.276</b>	26.609	1:37.436	2:09.679	2:03.391	5:46.638	1:34.340	2:36.183
5	15:05:50.923	<b>11:09.780</b>	25.273	1:35.729	2:10.640	1:55.558	40.311	1:33.593	2:48.676
6	15:20:24.257	<b>14:33.334</b>	26.601	5:07.236	2:00.100	2:01.542	38.866	1:42.775	2:36.214
7	15:39:03.378	<b>18:39.121</b>	25.834	5:06.502			3:47.717	1:47.833	2:58.651
8	15:54:44.921	<b>15:41.543</b>	32.209	4:52.124			39.494	2:07.183	2:46.155

(889) Anne van Ramshorst

1	14:16:31.550	<b>9:29.333</b>	22.362	<b>1:20.703</b>	2:01.074	<b>1:42.553</b>	40.794	<b>1:20.347</b>	<b>2:01.500</b>
2	14:26:16.435	<b>9:44.885</b>	19.480	1:25.608	<b>1:57.155</b>	1:45.588	<b>40.105</b>	1:29.614	2:07.335
3	14:43:45.545	<b>17:29.110</b>	<b>18.551</b>	1:22.093	2:42.786	2:58.147	6:34.084	1:26.211	2:07.238
4	14:53:26.401	<b>9:40.856</b>	20.517	1:21.029	1:59.196	1:49.323	41.225	1:25.472	2:04.094
5	15:03:22.943	<b>9:56.542</b>	21.396	1:24.341	2:00.270	1:51.292	42.090	1:28.421	2:08.732
6	15:20:36.467	<b>17:13.524</b>	22.137	4:27.360	2:03.815	1:54.565	4:34.379	1:31.662	2:19.606
7	15:37:13.633	<b>16:37.166</b>	22.248	3:46.801			41.895	1:32.420	5:48.612
8	15:54:54.241	<b>17:40.608</b>	26.406	6:26.053			45.477	1:48.759	2:40.760


(575) Remon Klok

1	14:13:19.407	<b>8:03.351</b>	17.735	<b>1:06.964</b>	1:31.618	1:38.118	32.635	1:06.731	1:49.550
2	14:23:39.443	<b>10:20.036</b>	18.547	1:10.305	<b>1:30.511</b>	<b>1:36.146</b>	2:44.873	1:07.001	1:52.653
3	14:32:12.725	<b>8:33.282</b>	17.800	1:14.804	1:43.653	1:50.784	34.411	1:05.853	1:45.977
4	14:41:00.104	<b>8:47.379</b>	18.877	1:13.647	1:39.176	1:47.745	34.157	1:13.620	2:00.157
5	14:59:08.391	<b>18:08.287</b>	21.179	1:19.706	1:50.086	1:52.559	9:25.185	1:16.877	2:02.695
6	15:07:51.147	<b>8:42.756</b>	20.969	1:22.302	1:52.186	1:40.284	<b>32.133</b>	<b>1:04.291</b>	1:50.591
7	15:40:56.085	<b>33:04.938</b>	<b>16.663</b>	17:47.834			8:00.901	1:18.616	2:00.513
8	15:56:19.301	<b>15:23.216</b>	19.905	6:59.260			41.404	1:24.439	1:58.514

(597) Michel Kapers

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# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
7	15:45:36.137	<b>22:17.721</b>	18.849	5:45.055			9:12.714	1:19.985	2:08.825
8	15:59:07.519	<b>13:31.382</b>	20.072	4:17.052			1:35.100	<b>1:16.168</b>	2:15.208

(271) Tim Kolk

1	14:15:25.642	<b>8:55.218</b>	19.987	1:12.246	1:46.625	1:39.402	<b>30.285</b>	<b>1:06.452</b>	2:20.221
2	14:24:42.110	<b>9:16.468</b>	<b>17.620</b>	1:12.081	2:23.601	1:38.456	31.916	1:16.419	1:56.375
3	14:34:14.642	<b>9:32.532</b>	1:13.125	<b>1:09.283</b>	1:47.236	1:40.097	32.826	1:15.381	<b>1:54.584</b>
4	14:55:30.931	<b>21:16.289</b>	42.563	1:20.394	<b>1:42.546</b>	<b>1:36.119</b>	11:01.150	1:14.439	3:39.078
5	15:04:33.060	<b>9:02.129</b>	18.948	1:11.320	1:49.907	1:44.959	33.497	1:18.895	2:04.603
6	15:31:02.689	<b>26:29.629</b>	22.228	8:41.809			9:02.618	2:14.317	2:19.774
7	15:43:26.113	<b>12:23.424</b>	19.739	3:44.565			35.722	1:22.329	2:28.934
8	15:59:09.446	<b>15:43.333</b>	21.339	6:04.151			35.003	2:08.509	2:13.657

(168) Jeroen van Teijlingen

1	14:16:35.046	<b>10:15.794</b>	<b>19.500</b>	1:27.850	2:04.477	1:50.972	40.516	1:36.172	2:16.307
2	14:26:29.227	<b>9:54.181</b>	20.366	1:28.853	<b>1:56.295</b>	<b>1:41.701</b>	42.875	1:32.486	<b>2:11.605</b>
3	14:39:27.937	<b>12:58.710</b>	23.590	<b>1:25.182</b>	1:56.932	1:49.048	3:11.009	1:34.834	2:38.115
4	14:49:44.985	<b>10:17.048</b>	20.889	1:26.805	2:01.593	1:49.816	41.846	1:34.100	2:21.999
5	15:04:41.864	<b>14:56.879</b>	21.048	1:57.389	2:07.048	2:04.562	3:37.806	2:23.371	2:25.655
6	15:22:55.576	<b>18:13.712</b>	22.402	8:43.368			<b>40.404</b>	1:42.147	2:45.969
7	15:44:04.057	<b>21:08.481</b>	26.148	8:27.644			3:29.616	1:33.865	2:53.357
8	16:00:59.997	<b>16:55.940</b>	22.467	7:22.302			41.287	1:44.236	2:31.024

(476) Cor Klok

1	14:14:20.220	<b>8:25.747</b>	<b>17.012</b>	<b>1:05.303</b>	<b>1:32.511</b>	<b>1:46.797</b>	<b>31.481</b>	1:16.707	1:55.936
2	14:28:15.235	<b>13:55.015</b>	18.168	1:06.349	1:37.716	1:51.179	5:54.603	<b>1:16.320</b>	1:50.680
3	14:38:12.622	<b>9:57.387</b>	54.891	1:08.469	1:57.523	2:02.658	35.637	1:18.214	1:59.995
4	14:47:42.188	<b>9:29.566</b>	17.400	1:12.243	1:46.012	2:03.378	37.740	1:28.889	2:03.904
5	14:57:32.654	<b>9:50.466</b>	20.479	1:12.738	1:48.548	2:19.327	36.298	1:24.447	2:08.629
6	15:18:17.733	<b>20:45.079</b>	19.771	5:12.665	1:52.492	2:17.484	7:26.263	1:28.183	2:08.221
7	15:53:09.965	<b>34:52.232</b>	21.592	5:27.897			1:09.102	1:36.989	22:11.803

(880) Everhard van Haren

1	14:15:58.589	<b>9:19.536</b>	21.046	1:20.842	1:56.984	<b>1:33.253</b>	<b>34.939</b>	1:30.906	<b>2:01.566</b>
2	14:25:04.543	<b>9:05.954</b>	<b>18.177</b>	<b>1:12.661</b>	<b>1:51.239</b>	1:36.313	36.946	<b>1:23.276</b>	2:07.342
3	14:34:43.041	<b>9:38.498</b>	21.363	1:21.256	1:57.938	1:42.795	36.001	1:24.463	2:14.682
4	14:44:55.389	<b>10:12.348</b>	20.346	1:13.172	1:56.354	1:39.398	38.941	1:52.849	2:31.288
5	15:06:40.824	<b>21:45.435</b>	21.385	1:18.277	2:10.035	1:43.819	12:14.511	1:34.933	2:22.475
6	15:30:44.766	<b>24:03.942</b>	23.232	4:58.935	2:03.984	1:57.129	10:15.692	1:45.429	2:39.541
7	15:53:12.038	<b>22:27.272</b>	22.829	4:31.725			39.929	1:44.560	10:25.379

(868) Rico Carbaat

1	14:16:21.651	<b>9:13.901</b>	<b>17.158</b>	1:19.997	1:54.085	1:42.650	38.746	1:16.513	2:04.752
2	14:48:29.940	<b>32:08.289</b>	18.224	5:01.809	7:03.057	<b>1:39.371</b>	14:56.723	<b>1:14.337</b>	<b>1:54.768</b>
3	14:57:33.983	<b>9:04.043</b>	19.734	1:22.020	<b>1:46.054</b>	1:41.868	37.264	1:16.820	2:00.283
4	15:11:15.373	<b>13:41.390</b>	33.457	<b>1:10.521</b>	5:48.057	1:47.133	43.755	1:21.577	2:16.890
5	15:25:30.086	<b>14:14.713</b>	18.725	5:14.103			<b>36.866</b>	1:23.353	3:11.506
6	15:38:56.319	<b>13:26.233</b>	21.060	3:29.196			3:00.668	1:16.804	2:01.520
7	15:53:12.628	<b>14:16.309</b>	58.401	3:51.296			37.677	2:11.197	3:05.432

(272) Danial Sarief

1	14:16:12.466	<b>9:41.103</b>	19.722	1:20.675	1:54.057	1:58.336	43.293	1:19.605	2:05.415
2	14:25:23.681	<b>9:11.215</b>	20.207	1:17.002	<b>1:48.744</b>	<b>1:52.207</b>	<b>34.671</b>	<b>1:18.988</b>	1:59.396
3	14:45:29.949	<b>20:06.268</b>	<b>17.710</b>	<b>1:13.659</b>	2:22.505	2:03.025	10:47.798	1:23.605	<b>1:57.966</b>
4	14:55:28.870	<b>9:58.921</b>	23.718	1:21.131	2:01.157	2:12.202	38.224	1:22.410	2:00.079
5	15:06:01.029	<b>10:32.159</b>	20.919	1:18.726	2:30.261	2:09.934	40.056	1:24.067	2:08.196
6	15:34:14.764	<b>28:13.735</b>	21.731	4:06.701			12:11.481	1:31.165	2:10.299
7	15:53:25.447	<b>19:10.683</b>	22.591	6:44.842			47.077	1:35.670	4:35.473

(1008) Toine van Herwijnen

1	14:16:29.110	<b>9:34.803</b>	<b>20.488</b>	1:20.820	<b>1:57.334</b>	<b>1:44.721</b>	<b>38.721</b>	<b>1:24.369</b>	<b>2:08.350</b>
2	14:26:17.508	<b>9:48.398</b>	21.188	<b>1:20.136</b>	1:59.491	1:47.245	39.652	1:30.522	2:10.164
3	14:43:00.513	<b>16:43.005</b>	21.255	1:26.899	2:36.690	1:56.909	6:23.268	1:35.139	2:22.845
4	14:54:14.808	<b>11:14.295</b>	23.957	1:30.789	2:44.339	1:58.297	43.363	1:34.503	2:19.047
5	15:04:48.229	<b>10:33.421</b>	22.396	1:25.732	2:07.811	1:57.400	44.037	1:33.519	2:22.526
6	15:37:03.709	<b>32:15.480</b>	21.418	14:22.551			9:01.287	1:35.172	2:27.013





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
7	15:53:33.956	<b>16:30.247</b>	24.084	4:27.378			49.018	1:55.475	3:53.254
<b>(466) Miranda van Maurik</b>									
1	14:15:44.943	<b>9:04.223</b>	20.358	<b>1:16.763</b>	<b>1:45.829</b>	<b>1:49.713</b>	35.931	1:16.913	<b>1:58.716</b>
2	14:26:20.323	<b>10:35.380</b>	<b>18.059</b>	1:17.596	2:21.324	1:59.413	<b>35.721</b>	<b>1:15.799</b>	2:47.468
3	14:43:47.034	<b>17:26.711</b>	18.284	1:25.393	1:50.006	1:59.188	8:25.267	1:19.830	2:08.743
4	14:54:49.355	<b>11:02.321</b>	19.127	1:21.554	3:19.596	1:57.983	35.803	1:20.560	2:07.698
5	15:05:11.767	<b>10:22.412</b>	20.418	1:19.750	1:54.596	2:04.890	40.511	1:51.697	2:10.550
6	15:31:24.927	<b>26:13.160</b>	20.720	7:38.767			10:06.999	1:27.178	2:39.317
7	15:53:39.766	<b>22:14.839</b>	22.659	3:32.401			42.667	1:31.454	8:35.162
<b>(1007) Jarno Scheper</b>									
1	14:16:25.732	<b>9:46.079</b>	<b>17.859</b>	1:16.119	2:39.424	1:38.189	<b>33.878</b>	1:14.703	<b>2:05.907</b>
2	14:33:16.431	<b>16:50.699</b>	21.618	<b>1:14.525</b>	<b>1:47.105</b>	<b>1:35.914</b>	8:03.914	1:16.439	2:31.184
3	14:43:30.815	<b>10:14.384</b>	20.329	1:16.376	1:58.904	1:39.626	37.297	1:21.966	2:59.886
4	14:53:04.185	<b>9:33.370</b>	23.569	1:20.954	1:50.067	1:45.641	35.581	1:21.929	2:15.629
5	15:12:27.486	<b>19:23.301</b>	20.497	1:16.303	2:01.153	1:51.595	9:45.622	1:25.688	2:42.443
6	15:25:43.344	<b>13:15.858</b>	20.589	4:20.415			36.489	1:35.645	2:33.686
7	15:53:40.820	<b>27:57.476</b>	22.767	5:59.026			44.268	1:55.692	14:22.159
<b>(843) Dennes Feijen</b>									
1	14:17:42.887	<b>10:25.270</b>	<b>18.826</b>	1:21.911	2:39.307	<b>1:50.181</b>	<b>39.129</b>	1:22.080	2:13.836
2	14:30:54.973	<b>13:12.086</b>	19.670	1:20.798	<b>1:58.430</b>	2:03.941	4:00.930	<b>1:21.974</b>	<b>2:06.343</b>
3	14:41:08.666	<b>10:13.693</b>	27.265	<b>1:14.462</b>	2:04.493	2:07.443	45.729	1:23.691	2:10.610
4	14:56:29.993	<b>15:21.327</b>	19.946	1:19.458	2:11.979	2:15.182	5:09.599	1:48.575	2:16.588
5	15:07:45.438	<b>11:15.445</b>	21.011	1:22.439	2:15.120	2:17.445	39.798	1:34.017	2:45.615
6	15:30:32.348	<b>22:46.910</b>	19.786	9:56.871			3:12.975	1:43.742	2:28.213
7	15:54:00.075	<b>23:27.727</b>	24.456	6:32.564			56.488	1:29.392	8:50.107
<b>(598) Rick Kuipers</b>									
1	14:15:27.803	<b>9:22.279</b>	17.372	<b>1:18.202</b>	<b>1:51.394</b>	<b>1:54.805</b>	<b>35.026</b>	<b>1:16.987</b>	2:08.493
2	14:27:45.443	<b>12:17.640</b>	<b>16.724</b>	1:23.579	2:03.374	1:58.745	3:04.008	1:20.651	2:10.559
3	14:40:21.650	<b>12:36.207</b>	17.131	1:22.501	3:44.860	2:00.180	40.224	1:26.196	3:05.115
4	14:58:50.757	<b>18:29.107</b>	24.589	1:26.296	2:12.998	2:27.053	7:46.638	1:57.147	2:14.386
5	15:09:50.865	<b>11:00.108</b>	21.913	1:27.316	2:09.814	2:15.669	40.365	1:31.648	2:33.383
6	15:39:37.182	<b>29:46.317</b>	25.153	13:53.392			7:28.469	1:25.402	2:18.968
7	15:54:03.748	<b>14:26.566</b>	21.268	4:22.452			43.152	1:36.840	2:28.971
<b>(241) Alex Mulder</b>									
1	14:13:05.118	<b>7:43.593</b>	<b>13.471</b>	<b>59.529</b>	<b>1:31.601</b>	<b>1:35.032</b>	<b>29.692</b>	<b>1:09.470</b>	1:44.798
2	14:44:09.786	<b>31:04.668</b>	16.668	1:02.994	1:44.091	1:38.531	23:00.419	1:21.298	2:00.667
3	14:53:33.509	<b>9:23.723</b>	19.430	1:16.429	2:14.613	1:47.472	35.208	1:15.329	1:55.242
4	15:05:13.871	<b>11:40.362</b>	18.219	1:11.689	2:16.817	2:09.574	2:26.468	1:17.531	2:00.064
5	15:17:53.297	<b>12:39.426</b>	20.237	3:57.215	2:01.356	2:28.350	35.349	1:19.709	1:57.210
6	15:29:44.701	<b>11:51.404</b>	19.741	3:27.893			34.115	1:17.985	2:03.743
7	15:56:40.187	<b>26:55.486</b>	20.300	2:53.154			15:58.519	1:24.513	2:01.096
<b>(714) Remon de Vries</b>									
1	14:20:35.066	<b>13:54.691</b>	19.170	1:29.888	2:04.561	1:55.474	4:32.023	1:29.224	<b>2:04.351</b>
2	14:30:23.001	<b>9:47.935</b>	21.468	1:24.286	<b>1:55.128</b>	1:49.360	<b>36.796</b>	1:25.749	2:15.148
3	14:40:20.548	<b>9:57.547</b>	<b>18.396</b>	<b>1:21.908</b>	1:56.603	<b>1:48.895</b>	37.253	<b>1:21.963</b>	2:32.529
4	14:51:14.770	<b>10:54.222</b>	21.948	1:23.561	2:05.312	2:09.476	37.684	1:30.417	2:45.824
5	15:08:56.761	<b>17:41.991</b>	26.612	1:30.791	2:07.454	2:06.281	6:54.044	2:00.979	2:35.830
6	15:41:03.749	<b>32:06.988</b>	22.108	9:18.129			12:48.150	1:53.351	2:51.362
7	15:56:57.479	<b>15:53.730</b>	26.098	4:57.168			42.073	1:52.704	3:03.873
<b>(1030) Gerrit Schukken</b>									
1	14:18:03.830	<b>10:47.010</b>	25.601	<b>1:19.009</b>	<b>2:01.895</b>	<b>1:40.890</b>	<b>38.925</b>	<b>1:30.117</b>	3:10.573
2	14:29:07.015	<b>11:03.185</b>	24.998	1:30.416	2:08.872	2:25.835	40.936	1:32.444	<b>2:19.684</b>
3	14:51:10.600	<b>22:03.585</b>	23.354	1:29.929	2:05.263	1:41.219	12:26.268	1:30.348	2:27.204
4	15:02:54.930	<b>11:44.330</b>	<b>22.531</b>	1:25.138	2:05.264	1:47.817	40.380	1:30.914	3:52.286
5	15:26:29.379	<b>23:34.449</b>	23.429	11:02.035			46.842	1:43.830	3:29.756
6	15:44:24.738	<b>17:55.359</b>	29.175	5:28.557			45.429	2:03.912	3:31.592
7	16:00:29.911	<b>16:05.173</b>	25.403	4:47.522			43.809	1:49.094	3:10.395
<b>(112) Albert Holstege</b>									





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	14:13:42.737	8:29.995	28.305	1:08.443	1:39.168	1:23.367	29.385	1:27.038	1:54.289
2	14:22:02.694	8:19.957	18.267	1:15.706	1:38.997	1:26.143	31.772	1:14.839	1:54.233
3	14:41:38.484	19:35.790	21.060	1:14.877	1:54.918	1:39.690	10:22.423	1:27.624	2:35.198
4	14:53:54.507	12:16.023	18.638	1:24.305	2:17.657	1:51.627	38.174	2:10.618	3:35.004
5	15:27:58.993	34:04.486	24.389	1:28.003	2:15.906	1:42.210	24:00.357	1:31.779	2:41.842
6	15:52:59.541	25:00.548	25.405	6:02.012			40.719	1:32.275	12:06.511

(162) Ruben Verdonk

1	14:16:52.780	9:41.675	17.226	1:24.124	2:01.068	1:40.018	42.179	1:23.192	2:13.868
2	14:30:48.454	13:55.674	16.813	1:26.984	1:59.681	1:39.230	4:57.928	1:26.011	2:09.027
3	14:40:36.259	9:47.805	18.511	1:23.988	1:53.375	1:42.986	39.729	1:27.511	2:21.705
4	15:04:59.659	24:23.400	19.950	1:44.147	2:14.037	1:55.433	13:56.406	1:46.144	2:27.283
5	15:30:35.382	25:35.723	22.806	4:29.780	2:01.327	1:45.508	12:42.921	1:47.115	2:26.266
6	15:53:02.917	22:27.535	22.822	3:49.309			5:55.995	1:43.461	6:36.038

(406) Gerwin Duerink

1	14:12:08.891	7:22.228	15.392	59.644	1:24.109	1:24.393	28.776	1:05.650	1:44.264
2	14:20:19.933	8:11.042	16.140	1:09.297	1:30.172	1:26.930	30.754	1:30.162	1:47.587
3	14:28:16.590	7:56.657	14.475	1:10.208	1:32.450	1:27.496	34.176	1:10.438	1:47.414
4	14:54:01.182	25:44.592	16.050	1:11.418	1:39.602	1:33.090	17:46.570	1:19.890	1:57.972
5	15:02:41.908	8:40.726	16.735	1:11.364	1:46.299	1:38.632	35.600	1:18.505	1:53.591
6	15:53:09.742	50:27.834	18.231	4:05.660	1:38.906	1:36.366	33:38.765	1:38.415	7:31.491

(1041) Lars van Sleuwen

1	14:16:53.100	10:02.355	19.746	1:25.287	1:57.631	1:54.890	35.253	1:21.849	2:27.699
2	14:27:25.022	10:31.922	21.614	1:26.634	1:57.848	1:57.393	34.884	1:34.582	2:38.967
3	14:43:26.898	16:01.876	24.873	1:31.450	1:59.893	1:56.488	5:24.307	2:04.535	2:40.330
4	14:54:46.914	11:20.016	24.558	1:33.744	1:57.257	2:04.891	46.231	1:58.622	2:34.713
5	15:23:38.538	28:51.624	23.694	1:32.131	2:01.711	2:06.208	9:13.679	1:47.928	11:46.273
6	15:53:14.849	29:36.311	26.377	4:30.578			12:57.817	1:48.022	5:25.179

(164) Harold vd Neut

1	14:21:40.511	15:20.427	23.098	1:18.859	1:52.076	1:44.462	6:33.261	1:18.555	2:10.116
2	14:31:57.966	10:17.455	21.371	1:22.551	2:25.745	1:44.816	38.660	1:20.710	2:23.602
3	14:53:18.481	21:20.515	20.886	1:32.256	1:56.503	1:48.606	12:15.063	1:23.948	2:03.253
4	15:04:08.232	10:49.751	21.119	1:21.681	1:49.283	1:46.788	53.537	2:21.154	2:16.189
5	15:30:54.005	26:45.773	1:00.625	8:50.723			8:10.161	1:29.077	2:21.167
6	15:53:17.070	22:23.065	22.269	4:08.799			5:10.936	1:31.024	6:57.562

(1045) Simon Vermeltfoort

1	14:17:31.344	10:36.978	22.021	1:22.429	2:12.265	2:20.090	41.009	1:27.467	2:11.697
2	14:27:54.724	10:23.380	20.766	1:21.920	2:04.023	2:21.352	41.862	1:24.840	2:08.617
3	14:48:20.708	20:25.984	39.777	1:19.914	2:07.095	2:27.472	9:58.819	1:35.081	2:17.826
4	14:59:33.118	11:12.410	23.898	1:25.000	2:11.929	2:30.302	42.762	1:31.897	2:26.622
5	15:12:45.377	13:12.259	23.613	1:29.485	2:19.021	2:37.320	42.421	1:31.718	4:08.681
6	15:53:20.116	40:34.739	23.049	6:03.714			21:53.677	1:39.267	5:34.156

(609) Arend ter Heide

1	14:16:37.571	9:38.578	18.015	1:25.931	1:54.009	1:36.973	38.314	1:29.734	2:15.602
2	14:29:36.812	12:59.241	18.321	1:25.737	2:34.718	1:41.870	3:14.665	1:33.380	2:10.550
3	14:39:43.728	10:06.916	18.313	1:21.073	2:05.506	1:45.739	40.203	1:33.472	2:22.610
4	14:50:14.729	10:31.001	20.130	1:28.172	2:23.316	1:52.687	37.843	1:35.370	2:13.483
5	15:07:38.629	17:23.900	20.775	3:02.973	2:12.962	1:51.152	6:02.204	1:35.922	2:17.912
6	15:53:22.170	45:43.541	18.628	7:35.132			14:45.654	1:46.967	17:23.434

(819) Reinier Hakvoort

1	14:17:50.091	10:34.330	21.395	1:36.638	2:00.055	1:58.305	40.105	1:36.358	2:21.474
2	14:28:47.203	10:57.112	23.637	1:43.515	2:06.906	2:06.756	39.527	1:31.144	2:25.627
3	14:41:45.569	12:58.366	23.139	1:29.560	1:59.428	1:56.363	3:02.848	1:37.751	2:29.277
4	14:52:42.582	10:57.013	24.791	1:36.523	2:06.684	2:00.772	37.686	1:39.168	2:31.389
5	15:08:59.507	16:16.925	27.234	1:55.699	2:12.565	2:05.929	5:30.398	1:34.739	2:30.361
6	15:53:32.336	44:32.829	23.737	5:39.826			29:24.443	1:45.021	2:52.200

(447) Harry Wieldraaijer

1	14:17:55.242	10:37.905	20.976	1:31.347	2:05.817	1:56.480	39.101	1:23.941	2:40.243
2	14:36:29.756	18:34.514	22.887	1:42.406	2:20.471	2:04.366	7:40.403	1:41.886	2:42.095







# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	14:48:58.061	<b>12:28.305</b>	28.599	1:47.369	2:27.810	2:09.608	46.624	1:54.485	2:53.810
4	15:25:27.323	<b>36:29.262</b>	28.364	3:00.494	2:29.666	2:09.619	23:37.758	1:38.945	3:04.416
5	15:53:11.733	<b>27:44.410</b>	27.869	4:51.268			49.491	1:44.082	14:34.325
<b>(940) Willem van Schoonhorst</b>									
1	14:15:41.153	<b>8:58.412</b>	<b>17.376</b>	1:16.614	1:49.509	<b>1:40.917</b>	35.325	1:18.925	1:59.746
2	14:24:21.959	<b>8:40.806</b>	19.213	<b>1:14.480</b>	1:43.917	1:43.607	<b>34.413</b>	<b>1:12.608</b>	<b>1:52.568</b>
3	14:56:53.972	<b>32:32.013</b>	18.554	1:14.604	<b>1:42.505</b>	1:42.951	24:09.069	1:21.144	2:03.186
4	15:07:50.145	<b>10:56.173</b>	19.606	1:22.631	2:08.243	1:45.341	1:53.241	1:22.075	2:05.036
5	15:53:41.606	<b>45:51.461</b>	18.751	5:10.065			24:06.208	1:21.513	10:16.145
<b>(931) Martijn van der Laan</b>									
1	14:25:52.718	<b>18:25.754</b>	25.333	1:39.620	2:15.709	<b>1:39.218</b>	8:13.238	1:44.591	2:28.045
2	14:36:57.713	<b>11:04.995</b>	27.070	<b>1:32.636</b>	2:26.683	1:58.731	<b>42.476</b>	<b>1:34.657</b>	<b>2:22.742</b>
3	14:58:22.042	<b>21:24.329</b>	<b>21.790</b>	1:51.354	<b>2:07.016</b>	1:47.822	10:51.990	1:50.231	2:34.126
4	15:09:38.790	<b>11:16.748</b>	28.178	1:35.550	2:17.360	1:59.728	44.458	1:40.695	2:30.779
5	15:54:00.696	<b>44:21.906</b>	23.746	5:42.939			17:07.952	1:50.447	15:07.260
<b>(602) Joel Aantjes</b>									
1	14:12:09.344	<b>7:08.813</b>	14.508	<b>55.872</b>	<b>1:24.945</b>	<b>1:33.675</b>	<b>25.542</b>	59.077	1:35.194
2	14:22:44.908	<b>10:35.564</b>	15.960	1:02.167	1:31.800	1:38.440	3:41.454	58.715	<b>1:27.028</b>
3	15:47:04.545	<b>:24:19.637</b>	<b>13.641</b>	1:05.266	1:37.304	1:48.373	1:15:47.009	1:54.625	1:53.419
4	15:57:27.465	<b>10:22.920</b>	17.250	3:08.263			30.073	1:10.843	1:52.812
<b>(231) Richard van Baaren</b>									
1	14:15:01.561	<b>6:59.363</b>	<b>14.961</b>	59.212	<b>1:23.524</b>	<b>1:16.611</b>	<b>27.269</b>	1:01.881	1:35.905
2	15:42:31.895	<b>:27:30.334</b>	15.981	<b>58.717</b>			1:31.970	1:11.662	1:48.006
3	15:52:38.196	<b>10:06.301</b>	17.928	2:50.027			33.783	1:11.262	1:47.403
4	16:02:48.873	<b>10:10.677</b>	17.701	2:34.090			33.012	1:16.315	1:54.287
<b>(751) Jan Blom</b>									
1	14:18:08.136	<b>10:55.368</b>	<b>20.491</b>	<b>1:24.627</b>	2:20.095	<b>2:01.010</b>	<b>41.463</b>	<b>1:34.396</b>	2:33.286
2	15:36:57.747	<b>:18:49.611</b>	22.871	1:36.452	<b>2:15.663</b>	2:04.483	1:07:36.724	1:47.465	3:05.953
3	15:53:50.210	<b>16:52.463</b>	27.258	4:31.368			53.240	1:53.803	4:03.446
<b>(867) Marco van Gestel</b>									
1	14:50:29.062	<b>43:24.394</b>	<b>22.826</b>	2:09.698	<b>2:07.950</b>	<b>1:51.995</b>	33:01.538	<b>1:26.188</b>	2:24.199
2	15:32:16.883	<b>41:47.821</b>	23.210	<b>1:33.375</b>	2:12.663	1:58.549	31:26.125	1:42.042	2:31.857
3	15:53:52.084	<b>21:35.201</b>	23.138	4:11.833			<b>45.250</b>	2:52.788	8:26.779
<b>(820) Bert-Jan Gottemaker</b>									
1	14:18:15.317	<b>10:53.271</b>	24.866	<b>1:31.550</b>	<b>2:11.548</b>	<b>1:59.516</b>	<b>43.275</b>	<b>1:36.710</b>	<b>2:25.806</b>
2	15:53:48.495	<b>:35:33.178</b>	<b>20.711</b>	1:53.370	2:47.831	2:21.541	1:08:47.088	1:46.756	17:35.881
<b>(133) Patrick Lenters</b>									
1	14:16:44.836	<b>9:49.805</b>	25.806	1:37.755	<b>1:53.872</b>	1:35.410	<b>38.064</b>	<b>1:25.500</b>	<b>2:13.398</b>
2	15:54:59.948	<b>:38:15.112</b>	<b>21.886</b>	<b>1:24.566</b>	2:06.916	<b>1:35.036</b>	1:27:41.865	2:02.624	3:02.219
<b>(726) Roy van Heugten</b>									
1	14:08:16.881	<b>5:02.680</b>	11.010	<b>39.108</b>	<b>1:02.946</b>	<b>1:04.291</b>	<b>20.625</b>	41.568	1:03.132
2	14:13:41.523	<b>5:24.642</b>	<b>10.836</b>	42.057	1:04.738	1:10.699	22.876	45.468	1:07.968
3	14:19:05.124	<b>5:23.601</b>	10.990	43.526	1:03.702	1:11.057	21.931	44.722	1:07.673
4	14:24:42.419	<b>5:37.295</b>	12.125	44.760	1:05.971	1:13.847	22.220	46.972	1:11.400
5	14:30:23.482	<b>5:41.063</b>	11.795	44.740	1:10.228	1:14.669	21.883	46.702	1:11.046
6	14:36:01.054	<b>5:37.572</b>	12.250	44.550	1:08.308	1:12.322	22.842	45.602	1:11.698
7	14:41:54.771	<b>5:53.717</b>	12.196	46.916	1:08.827	1:17.729	22.312	50.971	1:14.766
8	14:47:40.559	<b>5:45.788</b>	12.271	44.622	1:08.484	1:14.240	23.362	47.120	1:15.689
9	14:55:30.109	<b>7:49.550</b>	12.816	47.486	1:11.912	1:17.571	2:16.839	48.610	1:14.316
10	15:01:24.533	<b>5:54.424</b>	12.269	48.884	1:09.237	1:18.109	23.177	47.382	1:15.366
11	15:07:27.810	<b>6:03.277</b>	12.875	49.060	1:10.537	1:20.378	23.151	49.817	1:17.459
12	15:15:25.493	<b>7:57.683</b>	11.923	2:40.502	1:09.741	1:21.977	23.974	50.057	1:19.509
13	15:23:18.779	<b>7:53.286</b>	12.389	2:27.842			23.367	52.122	1:23.548
14	15:31:06.071	<b>7:47.292</b>	12.489	2:19.773			25.240	52.509	1:20.467
15	15:39:11.364	<b>8:05.293</b>	13.056	2:27.555			25.325	54.583	1:26.342
<b>(38) Ramon van Hamond</b>									

























# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
6	14:44:18.480	<b>6:39.907</b>	13.242	55.679	1:15.179	1:20.770	23.433	56.855	1:34.749
7	14:52:31.294	<b>8:12.814</b>	13.719	1:53.872	1:24.349	1:29.114	31.600	1:02.678	1:37.482
<b>(519) Ruben Kroon</b>									
1	14:10:48.407	<b>6:25.941</b>	12.832	<b>52.296</b>	<b>1:18.167</b>	1:21.114	23.454	54.111	<b>1:23.967</b>
2	14:17:17.338	<b>6:28.931</b>	<b>11.867</b>	54.041	1:20.119	<b>1:20.367</b>	<b>22.110</b>	<b>54.081</b>	1:26.346
3	14:24:01.916	<b>6:44.578</b>	13.356	54.384	1:21.055	1:23.993	24.682	57.615	1:29.493
4	14:33:56.458	<b>9:54.542</b>	28.905	53.376	1:25.406	1:38.255	2:58.638	57.832	1:32.130
5	14:40:53.370	<b>6:56.912</b>	13.938	54.876	1:22.775	1:27.744	23.594	1:00.490	1:33.495
6	14:48:00.788	<b>7:07.418</b>	14.735	58.702	1:27.665	1:30.227	25.322	1:00.892	1:29.875
7	14:55:15.347	<b>7:14.559</b>	14.275	59.008	1:26.130	1:27.623	25.614	1:03.664	1:38.245
<b>(155) Don van de Valk</b>									
1	14:11:11.357	<b>6:54.593</b>	14.838	<b>59.467</b>	<b>1:23.438</b>	<b>1:15.231</b>	<b>25.287</b>	1:03.715	1:32.617
2	14:18:42.960	<b>7:31.603</b>	15.436	1:11.477	1:28.238	1:24.369	28.655	1:06.415	1:37.013
3	14:26:19.427	<b>7:36.467</b>	<b>14.413</b>	1:04.332	1:32.683	1:31.143	29.543	1:06.637	1:37.716
4	14:34:07.803	<b>7:48.376</b>	16.283	1:05.728	1:29.925	1:35.852	27.849	1:03.409	1:49.330
5	14:41:47.275	<b>7:39.472</b>	15.336	1:01.355	1:31.047	1:29.797	27.381	1:17.108	1:37.448
6	14:52:22.700	<b>10:35.425</b>	14.499	1:17.712	1:35.319	1:33.231	2:49.958	1:09.034	1:55.672
7	15:00:24.692	<b>8:01.992</b>	16.096	1:08.443	1:37.820	1:35.364	30.315	1:07.484	1:46.470
<b>(738) Bennie Vaarkamp</b>									
1	14:12:24.628	<b>7:03.699</b>	15.357	1:00.837	<b>1:24.755</b>	<b>1:22.068</b>	<b>25.836</b>	1:01.191	1:33.655
2	14:19:22.310	<b>6:57.682</b>	<b>14.348</b>	<b>55.511</b>	1:29.625	1:22.785	25.893	<b>59.221</b>	<b>1:30.299</b>
3	14:26:58.876	<b>7:36.566</b>	15.138	1:20.042	1:27.778	1:24.362	27.463	1:00.478	1:41.305
4	14:34:27.498	<b>7:28.622</b>	15.475	1:07.033	1:32.344	1:26.287	27.521	1:01.828	1:38.134
5	14:42:02.181	<b>7:34.683</b>	14.561	1:05.036	1:35.448	1:25.319	29.373	1:08.127	1:36.819
6	14:49:38.396	<b>7:36.215</b>	15.900	1:06.932	1:33.022	1:25.194	28.282	1:04.064	1:42.821
7	15:00:36.224	<b>10:57.828</b>	16.298	1:07.293	1:32.480	1:32.550	3:38.772	1:09.356	1:41.079
<b>(673) Mark de Wit</b>									
1	14:12:27.932	<b>7:20.646</b>	15.690	<b>59.398</b>	1:33.058	<b>1:13.515</b>	27.372	1:10.992	<b>1:40.621</b>
2	14:20:10.112	<b>7:42.180</b>	<b>14.207</b>	1:12.782	<b>1:31.919</b>	1:20.565	<b>27.165</b>	1:11.984	1:43.558
3	14:27:46.642	<b>7:36.530</b>	14.909	1:01.398	1:32.870	1:24.018	28.856	<b>1:08.332</b>	1:46.147
4	14:35:24.333	<b>7:37.691</b>	16.870	1:04.790	1:32.115	1:16.955	28.310	1:08.782	1:49.869
5	14:44:04.509	<b>8:40.176</b>	14.340	1:08.025	1:36.928	1:21.415	29.024	1:10.760	2:39.684
6	14:52:32.269	<b>8:27.760</b>	18.857	1:07.465	1:37.807	1:24.089	33.966	1:14.349	2:11.227
7	15:03:08.595	<b>10:36.326</b>	16.842	1:30.079	1:36.739	1:30.042	2:37.424	1:14.153	1:51.047
<b>(586) Wesley de Bruin</b>									
1	14:12:15.269	<b>7:12.202</b>	16.864	<b>58.785</b>	<b>1:21.040</b>	<b>1:24.019</b>	<b>27.148</b>	<b>1:02.091</b>	1:42.255
2	14:19:40.002	<b>7:24.733</b>	<b>13.552</b>	1:00.203	1:32.667	1:28.540	28.121	1:03.022	<b>1:38.628</b>
3	14:27:16.123	<b>7:36.121</b>	14.848	1:04.863	1:29.648	1:27.424	28.806	1:07.141	1:43.391
4	14:35:04.904	<b>7:48.781</b>	15.759	1:04.664	1:35.711	1:27.851	31.197	1:09.387	1:44.212
5	14:49:34.423	<b>14:29.519</b>	16.057	1:09.175	1:34.712	1:27.616	6:53.903	1:15.614	1:52.442
6	14:57:53.116	<b>8:18.693</b>	16.504	1:12.355	1:33.352	1:38.269	31.292	1:17.271	1:49.650
7	15:06:11.290	<b>8:18.174</b>	16.635	1:10.743	1:33.623	1:37.899	30.845	1:12.872	1:55.557
<b>(527) Remco Verkaik</b>									
1	14:15:11.616	<b>9:17.428</b>	16.787	1:18.403	2:23.062	1:45.215	35.566	<b>1:09.117</b>	1:49.278
2	14:23:39.503	<b>8:27.887</b>	<b>14.958</b>	1:07.500	<b>1:32.998</b>	1:41.235	35.004	1:23.920	1:52.272
3	14:31:59.394	<b>8:19.891</b>	15.928	1:09.515	1:37.120	1:44.186	36.184	1:10.032	<b>1:46.926</b>
4	14:40:23.449	<b>8:24.055</b>	17.071	<b>1:06.532</b>	1:34.606	1:46.970	<b>33.344</b>	1:14.977	1:50.555
5	14:50:49.106	<b>10:25.657</b>	17.688	1:08.932	1:45.291	<b>1:39.104</b>	2:28.161	1:13.568	1:52.913
6	14:59:28.960	<b>8:39.854</b>	17.746	1:10.211	1:39.779	1:51.647	36.105	1:11.194	1:53.172
7	15:08:57.523	<b>9:28.563</b>	19.417	1:23.142	1:58.210	1:48.119	38.410	1:19.214	2:02.051
<b>(427) Dave de Rooij</b>									
1	14:13:55.471	<b>8:20.960</b>	<b>14.714</b>	1:13.786	<b>1:41.278</b>	<b>1:33.742</b>	<b>33.529</b>	1:14.777	<b>1:49.134</b>
2	14:24:17.688	<b>10:22.217</b>	18.419	1:11.448	1:42.882	1:39.845	2:23.850	1:15.209	1:50.564
3	14:33:00.373	<b>8:42.685</b>	19.395	<b>1:10.551</b>	1:49.567	1:40.268	35.678	<b>1:12.710</b>	1:54.516
4	14:42:10.771	<b>9:10.398</b>	19.820	1:13.575	1:44.988	1:43.334	37.350	1:15.081	2:16.250
5	14:51:34.848	<b>9:24.077</b>	20.241	1:20.472	1:51.984	1:49.571	39.700	1:20.763	2:01.346
6	15:01:00.864	<b>9:26.016</b>	20.958	1:19.966	1:50.101	1:49.738	40.497	1:22.346	2:02.410
7	15:10:43.028	<b>9:42.164</b>	22.292	1:21.825	1:52.547	1:54.189	40.543	1:26.504	2:04.264







# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
<b>(441) Henk Donders</b>									
1	14:12:26.646	<b>7:35.523</b>	16.089	1:03.282	1:29.658	1:27.516	<b>29.275</b>	1:10.299	<b>1:39.404</b>
2	14:19:57.252	<b>7:30.606</b>	14.934	<b>1:01.538</b>	1:28.600	<b>1:26.959</b>	30.046	<b>1:08.125</b>	1:40.404
3	14:27:42.636	<b>7:45.384</b>	<b>14.459</b>	1:03.858	1:29.313	1:33.242	30.041	1:10.330	1:44.141
4	14:36:52.381	<b>9:09.745</b>	15.467	1:05.172	1:30.552	1:34.271	1:54.799	1:08.766	1:40.718
5	14:44:42.092	<b>7:49.711</b>	15.092	1:06.444	<b>1:27.891</b>	1:32.044	31.477	1:11.435	1:45.328
6	14:52:49.448	<b>8:07.356</b>	15.873	1:09.399	1:31.276	1:34.368	32.363	1:15.059	1:49.018
<b>(520) Wesley Korver</b>									
1	14:11:45.450	<b>7:06.974</b>	14.871	<b>54.998</b>	<b>1:25.389</b>	1:26.227	29.636	1:02.150	<b>1:33.703</b>
2	14:18:57.989	<b>7:12.539</b>	<b>13.040</b>	59.413	1:25.755	<b>1:25.214</b>	<b>28.644</b>	1:03.568	1:36.905
3	14:26:25.765	<b>7:27.776</b>	13.566	58.814	1:30.956	1:28.661	29.889	1:07.907	1:37.983
4	14:36:20.648	<b>9:54.883</b>	14.519	1:00.471	1:29.686	1:33.588	2:48.720	1:09.884	1:38.015
5	14:44:20.157	<b>7:59.509</b>	13.931	1:02.974	1:37.053	1:31.109	35.385	1:11.439	1:47.618
6	14:53:49.187	<b>9:29.030</b>	18.036	1:05.836	1:39.713	1:49.261	37.078	1:17.112	2:41.994
<b>(92) Mikey Adams</b>									
1	14:11:32.118	<b>6:55.488</b>	15.887	57.236	1:22.979	<b>1:24.134</b>	<b>26.880</b>	1:01.228	<b>1:27.144</b>
2	14:18:27.056	<b>6:54.938</b>	<b>13.533</b>	<b>55.692</b>	1:24.261	1:25.935	27.113	1:00.309	1:28.095
3	14:33:12.675	<b>14:45.619</b>	14.185	56.100	<b>1:22.533</b>	1:27.827	8:04.262	1:03.323	1:37.389
4	14:40:15.140	<b>7:02.465</b>	15.957	1:00.369	1:26.642	1:24.926	27.336	<b>56.670</b>	1:30.565
5	14:47:19.373	<b>7:04.233</b>	13.862	58.656	1:26.137	1:25.327	27.931	1:00.029	1:32.291
6	14:54:35.643	<b>7:16.270</b>	15.192	58.765	1:25.592	1:26.732	30.482	1:05.918	1:33.589
<b>(237) John Louwers</b>									
1	14:12:45.989	<b>7:26.066</b>	17.803	1:02.751	1:25.466	1:30.192	27.078	<b>1:01.693</b>	1:41.083
2	14:20:15.695	<b>7:29.706</b>	17.156	<b>58.194</b>	1:25.385	1:28.630	28.055	1:08.547	1:43.739
3	14:31:17.404	<b>11:01.709</b>	<b>14.115</b>	1:02.297	1:27.968	1:34.402	3:56.660	1:07.255	<b>1:39.012</b>
4	14:39:00.096	<b>7:42.692</b>	15.808	1:04.622	1:31.916	<b>1:28.182</b>	26.928	1:09.233	1:46.003
5	14:46:27.992	<b>7:27.896</b>	15.498	59.410	<b>1:21.615</b>	1:29.489	<b>26.657</b>	1:07.915	1:47.312
6	14:54:39.678	<b>8:11.686</b>	15.034	1:06.432	1:51.168	1:34.245	29.798	1:10.709	1:44.300
<b>(217) Geert Koerts</b>									
1	14:13:13.615	<b>7:37.017</b>	16.960	1:06.994	<b>1:30.998</b>	<b>1:23.974</b>	<b>29.923</b>	1:05.831	1:42.337
2	14:21:02.985	<b>7:49.370</b>	16.473	1:05.879	1:34.191	1:30.339	31.402	<b>1:05.079</b>	1:46.007
3	14:28:53.684	<b>7:50.699</b>	17.712	1:06.489	1:34.927	1:31.356	31.848	1:07.622	<b>1:40.745</b>
4	14:36:53.694	<b>8:00.010</b>	<b>15.837</b>	<b>1:05.565</b>	1:36.447	1:28.593	32.587	1:09.415	1:51.566
5	14:47:00.345	<b>10:06.651</b>	17.545	1:08.417	1:36.400	1:32.206	2:35.413	1:09.630	1:47.040
6	14:55:32.559	<b>8:32.214</b>	16.017	1:07.675	1:37.902	1:29.802	32.190	1:09.416	2:19.212
<b>(788) Michel Suijker</b>									
1	14:12:31.570	<b>7:09.568</b>	15.092	59.896	1:25.960	<b>1:24.828</b>	<b>27.711</b>	<b>1:03.365</b>	<b>1:32.716</b>
2	14:19:46.164	<b>7:14.594</b>	<b>14.104</b>	<b>59.163</b>	1:27.400	1:26.971	29.683	1:03.896	1:33.377
3	14:27:05.791	<b>7:19.627</b>	15.982	59.618	<b>1:25.458</b>	1:28.965	28.198	1:05.037	1:36.369
4	14:34:56.656	<b>7:50.865</b>	17.169	1:01.626	1:36.841	1:32.219	31.059	1:08.375	1:43.576
5	14:47:57.128	<b>13:00.472</b>	18.830	1:07.135	1:38.736	1:41.039	5:15.482	1:14.788	1:44.462
6	14:56:23.732	<b>8:26.604</b>	18.080	1:31.142	1:37.081	1:33.242	31.641	1:09.849	1:45.569
<b>(763) Casper Wesselingh</b>									
1	14:15:08.062	<b>8:56.245</b>	17.289	1:10.665	2:04.400	1:36.634	30.310	1:15.268	2:01.679
2	14:23:03.233	<b>7:55.171</b>	18.745	<b>1:01.321</b>	<b>1:40.181</b>	<b>1:34.216</b>	<b>27.771</b>	1:12.470	<b>1:40.467</b>
3	14:33:05.747	<b>10:02.514</b>	<b>16.460</b>	1:04.298	3:21.161	1:37.744	31.649	1:14.519	1:56.683
4	14:41:42.875	<b>8:37.128</b>	17.408	1:12.971	1:41.092	1:38.634	30.100	<b>1:10.629</b>	2:06.294
5	14:53:34.936	<b>11:52.061</b>	18.863	1:24.647	1:55.190	1:35.698	32.924	1:14.993	4:49.746
6	15:02:07.661	<b>8:32.725</b>	19.637	1:09.370	1:41.608	1:40.790	32.889	1:12.059	1:56.372
<b>(674) Mitch karssing</b>									
1	14:14:45.400	<b>8:08.837</b>	19.475	<b>1:04.686</b>	<b>1:40.479</b>	<b>1:38.113</b>	<b>33.301</b>	1:07.963	<b>1:44.820</b>
2	14:24:04.741	<b>9:19.341</b>	<b>18.026</b>	1:08.838	2:37.479	1:49.375	33.457	1:06.916	1:45.250
3	14:32:23.392	<b>8:18.651</b>	18.233	1:07.446	1:40.568	1:45.979	33.900	<b>1:06.610</b>	1:45.915
4	14:41:06.304	<b>8:42.912</b>	18.701	1:10.447	1:40.807	1:53.125	34.095	1:12.345	1:53.392
5	14:53:43.090	<b>12:36.786</b>	20.090	1:12.284	1:45.270	1:53.510	4:18.638	1:13.073	1:53.921
6	15:02:57.497	<b>9:14.407</b>	19.460	1:12.496	1:45.964	2:01.015	35.206	1:14.119	2:06.147
<b>(122) Mark Ellens</b>									





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	14:16:27.760	9:49.979	16.596	1:05.096	1:55.742	1:28.752	29.485	1:10.129	3:24.179
2	14:25:13.490	8:45.730	17.926	1:30.146	1:46.828	1:31.058	33.397	1:15.510	1:50.865
3	14:36:52.125	11:38.635	18.786	1:11.726	1:42.889	1:35.139	3:39.881	1:15.659	1:54.555
4	14:45:36.572	8:44.447	19.418	1:14.034	1:46.909	1:35.922	36.140	1:16.834	1:55.190
5	14:54:33.008	8:56.436	19.179	1:16.364	1:44.181	1:42.933	34.225	1:15.947	2:03.607
6	15:04:23.961	9:50.953	19.784	1:11.377	1:49.990	1:41.400	33.316	1:15.476	2:59.610
<b>(289) Thomas Minkhorst</b>									
1	14:15:26.546	9:22.014	18.634	1:16.736	2:01.327	1:49.377	34.333	1:16.841	2:04.766
2	14:24:31.237	9:04.691	19.546	1:19.638	1:51.478	1:45.678	33.787	1:14.465	2:00.099
3	14:37:31.606	13:00.369	19.826	1:09.512	1:49.139	1:46.583	4:37.894	1:14.781	2:02.634
4	14:46:30.572	8:58.966	19.069	1:11.766	1:51.735	1:39.782	32.242	1:20.319	2:04.053
5	14:56:01.795	9:31.223	19.696	1:17.983	2:00.670	1:45.823	34.794	1:27.928	2:04.329
6	15:05:49.675	9:47.880	21.419	1:17.678	2:05.810	1:49.039	41.720	1:24.239	2:07.975
<b>(974) Eric Paddenburg</b>									
1	14:15:21.106	8:59.482	16.398	1:17.572	1:49.035	1:43.821	37.834	1:12.618	2:02.204
2	14:24:41.854	9:20.748	17.037	1:09.788	1:58.173	2:02.086	36.844	1:15.414	2:01.406
3	14:36:53.033	12:11.179	20.395	1:15.149	1:49.823	1:51.939	3:18.833	1:21.099	2:13.941
4	14:46:58.809	10:05.776	20.421	1:19.440	1:49.992	1:51.824	38.253	1:22.487	2:43.359
5	14:57:03.022	10:04.213	21.860	1:27.926	2:01.399	2:07.902	38.325	1:23.542	2:03.259
6	15:06:48.172	9:45.150	19.505	1:23.620	1:55.414	2:00.059	34.891	1:24.738	2:06.923
<b>(966) Jari Goris</b>									
1	14:14:14.673	8:08.152	14.951	1:10.490	1:38.696	1:47.142	30.629	1:05.469	1:40.775
2	14:22:24.509	8:09.836	16.197	1:08.236	1:33.867	1:50.722	30.330	1:09.050	1:41.434
3	14:35:37.513	13:13.004	14.473	1:07.716	1:49.728	1:53.459	4:50.269	1:19.151	1:58.208
4	14:44:21.928	8:44.415	17.335	1:11.563	1:43.909	1:55.991	33.801	1:14.510	1:47.306
5	14:53:11.843	8:49.915	16.877	1:12.290	1:50.936	1:53.801	33.291	1:12.847	1:49.873
6	15:08:07.950	14:56.107	18.715	1:12.825	1:46.159	1:52.651	6:28.888	1:20.769	1:56.100
<b>(434) Tom Smit</b>									
1	14:16:14.739	9:52.589	17.332	1:16.231	2:17.574	1:44.317	36.137	1:22.970	2:18.028
2	14:27:10.273	10:55.534	1:14.949	1:20.411	2:36.318	1:42.877	34.937	1:19.271	2:06.771
3	14:36:44.733	9:34.460	21.669	1:20.268	1:52.569	1:56.428	38.074	1:21.490	2:03.962
4	14:46:44.484	9:59.751	20.120	1:22.970	1:49.800	1:53.653	40.818	1:41.934	2:10.456
5	14:56:24.253	9:39.769	21.876	1:19.912	1:51.216	1:52.730	37.902	1:26.400	2:09.733
6	15:10:10.336	13:46.083	23.356	1:24.839	1:50.029	1:54.099	4:28.915	1:31.843	2:13.002
<b>(384) Franz Josef Wellekotter</b>									
1	14:15:11.384	9:10.390	18.888	1:13.707	1:49.449	1:46.066	40.031	1:20.030	2:02.219
2	14:24:28.016	9:16.632	18.177	1:15.891	1:53.411	1:53.415	35.972	1:19.812	1:59.954
3	14:37:37.065	13:09.049	19.233	1:17.570	1:51.929	1:58.323	4:17.614	1:22.792	2:01.588
4	14:47:27.256	9:50.191	18.187	1:17.115	2:00.451	1:57.403	40.546	1:25.008	2:11.481
5	14:57:18.139	9:50.883	19.606	1:16.052	2:04.634	2:04.267	37.972	1:24.439	2:03.913
6	15:10:22.161	13:04.022	21.726	1:17.337	1:56.913	2:01.042	4:07.774	1:19.597	1:59.633
<b>(1009) Rene Kleibeuker</b>									
1	14:15:23.839	9:26.433	17.291	1:15.357	1:42.572	1:50.311	35.945	1:18.988	2:25.969
2	14:24:47.145	9:23.306	19.089	1:16.600	1:49.463	1:57.125	36.383	1:22.343	2:02.303
3	14:34:23.439	9:36.294	17.454	1:14.913	1:52.299	2:03.217	36.294	1:21.684	2:10.433
4	14:49:07.170	14:43.731	19.753	1:14.634	1:51.199	1:59.776	4:12.059	2:11.360	2:54.950
5	14:59:38.926	10:31.756	21.567	1:23.236	2:02.217	2:17.861	39.002	1:25.123	2:22.750
6	15:13:28.553	13:49.627	21.165	1:53.530	4:38.023	2:29.764	38.508	1:29.190	2:19.447
<b>(955) Eef Gebbink</b>									
1	14:15:06.422	8:56.165	18.099	1:14.857	1:51.392	1:43.864	31.929	1:18.566	1:57.458
2	14:23:37.506	8:31.084	19.595	1:13.850	1:47.052	1:40.531	30.936	1:10.742	1:48.378
3	14:35:06.669	11:29.163	15.940	1:12.065	1:45.454	1:46.150	3:12.837	1:23.175	1:53.542
4	14:44:44.794	9:38.125	16.337	1:12.411	1:10.497	1:45.281	34.581	1:18.988	2:20.030
5	14:54:50.788	10:05.994	18.641	1:21.890	1:51.078	1:49.598	34.382	2:10.666	1:59.739
6	15:15:46.393	20:55.605	1:17.904	1:31.653	2:14.313	1:56.080	10:25.656	1:25.191	2:04.808
<b>(453) Jeroen Bakker</b>									
1	14:16:16.554	9:41.251	20.080	1:26.027	2:02.368	1:43.225	34.810	1:19.496	2:15.245
2	14:26:13.208	9:56.654	19.718	1:19.013	1:48.866	1:39.183	38.168	1:50.375	2:21.331





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	14:42:15.730	<b>16:02.522</b>	20.784	1:36.692	2:24.211	1:40.389	6:24.364	1:27.369	2:08.713
4	14:53:01.868	<b>10:46.138</b>	21.749	1:18.804	3:19.077	1:46.710	<b>34.603</b>	1:19.517	<b>2:05.678</b>
5	15:03:23.076	<b>10:21.208</b>	28.978	<b>1:18.565</b>	2:13.082	1:45.656	34.771	1:27.134	2:33.022
6	15:37:48.410	<b>34:25.334</b>	22.696	4:20.409	1:55.090	1:50.034	21:50.297	1:33.326	2:33.482
<b>(841) Kevin van der Gugten</b>									
1	14:16:18.863	<b>9:35.577</b>	19.439	1:14.200	<b>2:00.766</b>	<b>1:59.854</b>	<b>35.899</b>	1:24.324	<b>2:01.095</b>
2	14:36:39.413	<b>20:20.550</b>	19.940	<b>1:13.351</b>	2:09.003	2:05.684	10:57.063	1:28.567	2:06.942
3	14:46:56.524	<b>10:17.111</b>	19.561	1:23.542	2:09.532	2:10.591	38.605	<b>1:20.643</b>	2:14.637
4	14:57:21.818	<b>10:25.294</b>	<b>19.234</b>	1:21.074	2:33.190	2:08.381	36.836	1:20.680	2:05.899
5	15:32:33.586	<b>35:11.768</b>	21.358	1:17.206	2:18.548	2:12.975	25:23.078	1:26.998	2:11.605
6	15:46:09.542	<b>13:35.956</b>	20.590	4:28.231			39.403	1:21.286	2:26.940
<b>(59) Lars Griekspoor</b>									
1	14:08:56.793	<b>5:22.992</b>	<b>11.031</b>	<b>39.790</b>	<b>1:05.310</b>	<b>1:13.221</b>	21.631	44.933	<b>1:07.076</b>
2	14:14:44.530	<b>5:47.737</b>	11.677	41.786	1:10.670	1:16.971	22.596	48.649	1:15.388
3	14:20:33.175	<b>5:48.645</b>	12.464	46.293	1:10.485	1:16.350	<b>21.417</b>	49.219	1:12.417
4	14:26:31.310	<b>5:58.135</b>	12.020	42.884	1:13.671	1:21.329	22.663	50.060	1:15.508
5	14:32:44.796	<b>6:13.486</b>	12.723	45.490	1:16.680	1:24.936	22.704	52.089	1:18.864
<b>(78) Jarno Derks</b>									
1	14:09:22.933	<b>5:51.551</b>	11.352	<b>43.149</b>	<b>1:06.208</b>	<b>1:06.055</b>	22.491	1:10.224	<b>1:12.072</b>
2	14:15:04.809	<b>5:41.876</b>	<b>10.648</b>	45.556	1:08.933	1:07.762	<b>22.154</b>	50.081	1:16.742
3	14:21:04.003	<b>5:59.194</b>	11.598	47.228	1:15.708	1:14.228	23.052	49.311	1:18.069
4	14:27:04.698	<b>6:00.695</b>	11.344	49.293	1:11.067	1:13.506	23.784	52.899	1:18.802
5	14:33:07.742	<b>6:03.044</b>	12.896	49.454	1:10.894	1:16.492	23.554	51.546	1:18.208
<b>(57) Robin Nijkamp</b>									
1	14:09:19.796	<b>5:51.046</b>	25.324	<b>44.940</b>	<b>1:05.324</b>	<b>1:10.490</b>	22.264	49.451	1:13.253
2	14:15:08.733	<b>5:48.937</b>	<b>12.343</b>	46.076	1:07.082	1:12.450	23.341	52.164	1:15.481
3	14:21:03.243	<b>5:54.510</b>	12.662	50.091	1:11.020	1:13.444	22.573	49.812	1:14.908
4	14:27:02.240	<b>5:58.997</b>	12.573	48.737	1:09.887	1:17.443	23.379	51.602	1:15.376
5	14:33:18.195	<b>6:15.955</b>	13.245	51.307	1:10.398	1:28.561	23.015	51.234	1:18.195
<b>(935) Kenny van Rooij</b>									
1	14:09:47.051	<b>5:37.837</b>	12.711	45.257	<b>1:07.677</b>	<b>1:09.540</b>	<b>21.461</b>	<b>47.925</b>	<b>1:13.266</b>
2	14:15:35.764	<b>5:48.713</b>	12.466	<b>44.065</b>	1:08.394	1:12.003	22.473	51.966	1:17.346
3	14:21:26.930	<b>5:51.166</b>	12.919	47.556	1:08.952	1:11.752	23.042	50.585	1:16.360
4	14:27:22.565	<b>5:55.635</b>	<b>12.079</b>	48.033	1:08.258	1:14.480	23.861	50.749	1:18.175
5	14:33:26.759	<b>6:04.194</b>	14.799	46.415	1:12.004	1:15.432	22.835	50.406	1:22.303
<b>(1004) Mike van Hoeijen</b>									
1	14:10:14.008	<b>6:14.798</b>	13.297	<b>47.677</b>	<b>1:16.156</b>	<b>1:17.950</b>	<b>25.115</b>	<b>53.553</b>	1:21.050
2	14:16:45.534	<b>6:31.526</b>	13.054	48.614	1:19.148	1:21.411	25.896	58.496	1:24.907
3	14:23:44.718	<b>6:59.184</b>	<b>12.849</b>	56.268	1:33.721	1:24.458	27.969	57.895	1:26.024
4	14:30:29.399	<b>6:44.681</b>	14.509	53.685	1:20.476	1:25.682	27.321	57.101	1:25.907
5	14:37:12.912	<b>6:43.513</b>	13.808	52.794	1:21.891	1:22.833	25.924	58.460	1:27.803
<b>(169) Alwin Takman</b>									
1	14:10:57.426	<b>6:20.408</b>	<b>12.501</b>	53.009	<b>1:17.134</b>	<b>1:13.158</b>	<b>25.063</b>	<b>56.201</b>	<b>1:23.342</b>
2	14:17:28.999	<b>6:31.573</b>	12.625	<b>52.351</b>	1:19.183	1:18.042	25.955	57.749	1:25.668
3	14:24:15.513	<b>6:46.514</b>	12.752	57.021	1:21.649	1:17.109	26.469	1:00.466	1:31.048
4	14:31:05.728	<b>6:50.215</b>	13.109	58.471	1:19.862	1:25.155	28.330	58.167	1:27.121
5	14:38:03.103	<b>6:57.375</b>	13.539	55.890	1:20.557	1:22.104	27.214	1:01.095	1:36.976
<b>(634) Randy van Mierlo</b>									
1	14:10:25.905	<b>6:20.490</b>	<b>11.921</b>	<b>52.473</b>	1:18.586	<b>1:11.145</b>	<b>25.197</b>	<b>55.222</b>	1:25.946
2	14:16:51.813	<b>6:25.908</b>	12.062	53.245	<b>1:14.426</b>	1:13.983	27.125	57.935	1:27.132
3	14:23:40.843	<b>6:49.030</b>	13.428	59.318	1:18.699	1:19.374	27.313	56.973	1:33.925
4	14:31:38.679	<b>7:57.836</b>	14.068	1:12.701	2:01.881	1:22.046	31.022	1:02.191	1:33.927
5	14:39:49.389	<b>8:10.710</b>	14.357	1:02.787	1:25.992	1:21.212	1:30.450	59.714	1:36.198
<b>(191) Justin Lok</b>									
1	14:11:11.207	<b>6:57.648</b>	13.452	<b>52.617</b>	1:18.903	<b>1:20.141</b>	<b>24.899</b>	1:19.574	1:28.062
2	14:17:45.359	<b>6:34.152</b>	<b>12.914</b>	53.300	<b>1:17.560</b>	1:22.933	25.894	56.694	1:24.857
3	14:24:41.994	<b>6:56.635</b>	13.755	57.362	1:25.101	1:22.484	27.548	1:00.754	1:29.631





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	14:31:47.969	<b>7:05.975</b>	14.698	54.838	1:27.576	1:24.854	29.304	1:02.609	1:32.096
5	14:40:14.219	<b>8:26.250</b>	15.420	59.518	1:23.078	1:26.098	1:47.227	1:02.814	1:32.095
<b>(343) Joris Van Mechgelen</b>									
1	14:11:37.220	<b>7:06.571</b>	15.917	1:02.533	1:24.272	<b>1:17.810</b>	28.683	1:01.957	1:35.399
2	14:18:39.777	<b>7:02.557</b>	15.062	59.532	1:24.119	1:20.135	27.164	1:02.603	<b>1:33.942</b>
3	14:25:46.724	<b>7:06.947</b>	15.774	59.434	<b>1:23.491</b>	1:22.375	<b>24.251</b>	1:03.183	1:38.439
4	14:33:10.743	<b>7:24.019</b>	<b>14.467</b>	1:02.138	1:30.092	1:26.176	26.922	1:03.254	1:40.970
5	14:40:39.882	<b>7:29.139</b>	15.012	1:01.516	1:34.992	1:26.832	29.011	<b>1:00.012</b>	1:41.764
<b>(323) Jef Janssens</b>									
1	14:12:14.853	<b>7:54.615</b>	<b>12.675</b>	56.307	1:21.578	<b>1:16.612</b>	25.785	56.406	2:45.252
2	14:18:52.211	<b>6:37.358</b>	14.097	<b>53.648</b>	1:22.426	1:17.987	<b>23.774</b>	<b>55.944</b>	1:29.482
3	14:25:40.391	<b>6:48.180</b>	14.756	58.447	<b>1:20.393</b>	1:21.634	25.109	58.253	1:29.588
4	14:35:31.560	<b>9:51.169</b>	15.019	1:00.981	1:26.286	1:29.008	3:12.484	59.557	<b>1:27.834</b>
5	14:43:16.488	<b>7:44.928</b>	14.690	56.070	1:26.271	1:30.873	25.858	1:18.315	1:52.851
<b>(697) Koen Lansink</b>									
1	14:10:57.085	<b>6:39.751</b>	<b>11.730</b>	<b>55.807</b>	<b>1:18.590</b>	<b>1:16.767</b>	25.553	59.649	1:31.655
2	14:17:41.181	<b>6:44.096</b>	13.158	56.898	1:19.893	1:18.702	25.120	58.166	1:32.159
3	14:24:30.131	<b>6:48.950</b>	13.579	57.935	1:21.199	1:17.795	<b>24.084</b>	1:03.321	1:31.037
4	14:31:27.861	<b>6:57.730</b>	13.591	59.077	1:21.620	1:22.644	27.844	58.408	1:34.546
5	14:43:19.311	<b>11:51.450</b>	13.764	1:20.457	1:26.928	1:20.252	3:52.427	1:07.592	2:30.030
<b>(449) Bryan Mink</b>									
1	14:12:33.459	<b>7:31.805</b>	18.085	<b>1:07.189</b>	1:29.134	<b>1:23.118</b>	<b>27.844</b>	<b>1:02.520</b>	1:43.915
2	14:20:05.668	<b>7:32.209</b>	<b>16.275</b>	1:10.383	<b>1:27.897</b>	1:26.672	28.071	1:04.602	<b>1:38.309</b>
3	14:27:56.671	<b>7:51.003</b>	17.874	1:07.891	1:32.430	1:27.899	29.917	1:08.381	1:46.611
4	14:35:57.343	<b>8:00.672</b>	18.340	1:10.479	1:36.667	1:27.851	32.205	1:06.232	1:48.898
5	14:44:05.495	<b>8:08.152</b>	18.512	1:07.716	1:38.895	1:26.874	32.230	1:16.099	1:47.826
<b>(147) Rudi Takman</b>									
1	14:11:55.308	<b>7:27.931</b>	<b>16.204</b>	<b>1:04.785</b>	<b>1:25.339</b>	<b>1:16.471</b>	29.479	1:07.100	1:48.553
2	14:19:54.312	<b>7:59.004</b>	19.006	1:09.154	1:32.670	1:20.332	33.134	1:09.994	1:54.714
3	14:28:28.330	<b>8:34.018</b>	19.728	1:15.547	1:41.783	1:28.571	35.389	1:12.418	2:00.582
4	14:37:27.980	<b>8:59.650</b>	18.322	1:21.353	1:47.033	1:26.628	37.982	1:14.943	2:13.389
5	14:47:03.985	<b>9:36.005</b>	22.497	1:21.980	1:49.590	1:35.512	36.794	1:31.664	2:17.968
<b>(828) Sipke Booi</b>									
1	14:13:29.579	<b>8:05.504</b>	<b>15.428</b>	1:08.767	1:37.865	<b>1:31.716</b>	31.729	1:12.496	1:47.503
2	14:21:37.775	<b>8:08.196</b>	16.000	<b>1:06.882</b>	<b>1:37.548</b>	1:32.739	<b>31.214</b>	<b>1:11.303</b>	1:52.510
3	14:30:06.935	<b>8:29.160</b>	16.995	1:11.161	1:39.172	1:36.941	33.667	1:18.099	1:53.125
4	14:38:40.472	<b>8:33.537</b>	16.706	1:13.867	1:40.441	1:33.201	33.323	1:14.607	2:01.392
5	14:47:14.753	<b>8:34.281</b>	16.576	1:12.113	1:40.342	1:32.422	34.711	1:12.027	2:06.090
<b>(153) Koen Pijpers</b>									
1	14:12:46.233	<b>7:46.528</b>	17.105	<b>1:03.305</b>	<b>1:32.016</b>	<b>1:32.224</b>	<b>32.436</b>	1:08.921	<b>1:40.521</b>
2	14:20:58.335	<b>8:12.102</b>	<b>15.871</b>	1:05.386	1:35.424	1:34.467	34.821	<b>1:08.702</b>	1:57.431
3	14:31:51.879	<b>10:53.544</b>	18.641	1:07.334	1:39.550	1:43.425	2:53.252	1:10.878	2:00.464
4	14:40:27.884	<b>8:36.005</b>	17.292	1:05.141	1:44.192	1:44.804	35.698	1:14.642	1:54.236
5	14:49:25.411	<b>8:57.527</b>	18.368	1:12.723	1:44.607	1:52.685	34.311	1:15.261	1:59.572
<b>(125) Marnix Merk</b>									
1	14:11:02.394	<b>7:07.489</b>	<b>14.005</b>	1:12.656	<b>1:23.072</b>	<b>1:09.894</b>	24.733	1:01.625	1:41.504
2	14:18:06.803	<b>7:04.409</b>	14.157	<b>58.185</b>	1:25.435	1:13.440	26.971	1:05.411	1:40.810
3	14:27:22.202	<b>9:15.399</b>	16.405	1:05.668	1:26.232	1:15.642	27.518	1:24.183	3:19.751
4	14:35:59.197	<b>8:36.995</b>	25.640	1:06.025	1:32.439	1:18.647	32.546	1:11.079	2:30.619
5	14:51:07.792	<b>15:08.595</b>	19.971	1:09.756	1:32.277	1:16.889	7:34.349	1:15.426	1:59.927
<b>(794) Erik Kruidbos</b>									
1	14:11:51.407	<b>6:51.767</b>	14.176	56.395	1:16.751	1:19.236	<b>25.141</b>	<b>55.628</b>	1:44.440
2	14:32:11.580	<b>20:20.173</b>	14.032	<b>52.685</b>	1:17.430	<b>1:16.944</b>	14:02.171	1:03.765	<b>1:33.146</b>
3	14:39:01.611	<b>6:50.031</b>	<b>13.085</b>	56.661	1:18.154	1:18.751	27.424	1:01.093	1:34.863
4	14:46:15.429	<b>7:13.818</b>	13.299	55.379	1:18.146	1:22.702	44.949	1:00.781	1:38.562
5	14:53:35.182	<b>7:19.753</b>	16.307	56.635	1:26.404	1:28.462	30.662	1:04.849	1:36.434

Timekeeping Meik Wagner:



Clerk of the course:

Jury President Olaf Noack

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# RBKO Den Haag

Scheveningen 5,000 Km

RBKO

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(256) Jan Simon ter Heide									
1	14:15:05.988	<b>9:04.739</b>	17.441	1:17.543	1:54.556	1:36.947	38.401	1:19.625	2:00.226
2	14:23:53.622	<b>8:47.634</b>	16.784	1:17.701	1:52.326	<b>1:34.034</b>	33.909	1:17.041	<b>1:55.839</b>
3	14:32:47.368	<b>8:53.746</b>	17.218	1:17.981	<b>1:49.965</b>	1:39.230	34.925	<b>1:14.785</b>	1:59.642
4	14:41:57.862	<b>9:10.494</b>	17.785	1:18.211	1:53.498	1:39.158	<b>33.907</b>	1:18.357	2:09.578
5	14:54:37.292	<b>12:39.430</b>	<b>16.565</b>	1:18.136	2:18.101	1:38.577	3:00.257	1:15.783	2:52.011

(20) Jeffrey Hoogland									
1	14:11:38.319	<b>7:14.829</b>	<b>14.181</b>	<b>54.856</b>	1:48.336	<b>1:18.035</b>	<b>27.333</b>	<b>58.309</b>	1:33.779
2	14:23:31.709	<b>11:53.390</b>	15.859	55.477	<b>1:22.963</b>	1:18.207	5:29.092	59.902	1:31.890
3	14:31:28.283	<b>7:56.574</b>	14.722	59.130	1:29.039	1:19.163	29.556	1:05.769	2:19.195
4	14:48:42.226	<b>17:13.943</b>	15.249	56.322	1:50.642	1:42.070	9:49.017	1:03.894	1:36.749
5	14:56:06.267	<b>7:24.041</b>	14.778	1:01.151	1:31.725	1:26.352	30.022	1:06.232	1:33.781

(1046) Henk de Jong									
1	14:13:14.809	<b>7:47.316</b>	<b>16.401</b>	<b>1:03.901</b>	<b>1:34.323</b>	<b>1:25.441</b>	<b>30.132</b>	<b>1:06.249</b>	1:50.869
2	14:21:30.241	<b>8:15.432</b>	18.643	1:11.306	1:38.508	1:32.871	31.684	1:10.263	1:52.157
3	14:29:48.428	<b>8:18.187</b>	18.276	1:04.802	1:35.839	1:33.821	34.300	1:16.104	1:55.045
4	14:48:58.872	<b>19:10.444</b>	18.980	1:08.687	1:46.702	1:35.817	10:58.787	1:19.087	2:02.384
5	14:57:54.307	<b>8:55.435</b>	19.119	1:15.133	1:45.216	1:41.607	35.029	1:15.862	2:03.469

(261) Quins Peizel									
1	14:18:03.639	<b>7:42.611</b>	<b>15.373</b>	<b>59.997</b>	<b>1:32.044</b>	<b>1:33.712</b>	<b>28.501</b>	1:09.854	1:43.130
2	14:27:13.336	<b>9:09.697</b>	16.216	1:05.119	2:36.663	1:36.812	30.137	1:09.632	1:55.118
3	14:40:13.023	<b>12:59.687</b>	16.297	4:55.053	1:41.864	1:45.246	32.591	1:15.423	2:33.213
4	14:52:18.681	<b>12:05.658</b>	18.191	1:12.872	1:49.108	1:44.277	3:50.297	1:17.842	1:53.071
5	15:00:55.779	<b>8:37.098</b>	17.706	1:09.494	1:44.964	1:49.403	28.862	1:15.167	1:51.502

(653) Gertjan de Ruiter									
1	14:16:29.794	<b>10:09.663</b>	<b>16.745</b>	1:16.852	1:55.091	1:58.326	35.340	2:01.785	2:05.524
2	14:26:00.375	<b>9:30.581</b>	17.672	<b>1:13.514</b>	<b>1:53.082</b>	<b>1:54.845</b>	<b>31.791</b>	1:43.604	1:56.073
3	14:40:53.020	<b>14:52.645</b>	18.016	3:31.988			5:01.704	1:31.586	2:05.975
4	14:50:43.031	<b>9:50.011</b>	18.123	1:27.552	1:55.638	1:55.903	35.853	<b>1:25.847</b>	2:11.095
5	15:01:13.721	<b>10:30.690</b>	18.028	1:24.164	1:57.320	2:17.096	36.186	1:38.030	2:19.866

(904) Andre Bergwerf									
1	14:16:32.866	<b>9:48.955</b>	20.472	<b>1:26.567</b>	1:59.495	1:41.957	41.248	1:22.312	2:16.904
2	14:26:22.213	<b>9:49.347</b>	23.256	1:27.945	<b>1:58.661</b>	1:40.756	40.772	<b>1:21.417</b>	2:16.540
3	14:36:30.277	<b>10:08.064</b>	<b>20.452</b>	1:26.890	2:24.072	<b>1:37.134</b>	<b>36.512</b>	1:26.652	2:16.352
4	14:50:59.110	<b>14:28.833</b>	40.334	1:26.887	2:00.270	1:41.161	4:48.365	1:26.433	2:25.383
5	15:02:02.145	<b>11:03.035</b>	20.672	1:27.513	2:01.525	1:50.522	40.568	1:32.116	3:10.119

(685) Ron Beek									
1	14:15:45.502	<b>9:10.640</b>	<b>16.736</b>	1:18.416	<b>1:48.905</b>	<b>1:42.034</b>	<b>33.988</b>	1:24.381	<b>2:06.180</b>
2	14:25:23.125	<b>9:37.623</b>	17.529	<b>1:14.570</b>	1:49.289	1:48.638	35.814	1:25.357	2:26.426
3	14:41:35.866	<b>16:12.741</b>	17.808	1:21.847	2:32.122	1:43.325	6:40.333	<b>1:23.999</b>	2:13.307
4	14:51:51.970	<b>10:16.104</b>	22.153	1:42.719	1:59.645	1:42.254	38.370	1:29.668	2:21.295
5	15:02:12.735	<b>10:20.765</b>	20.194	1:28.759	2:05.954	1:48.362	38.880	1:32.557	2:26.059

(206) Richard van Ballegooijen									
1	14:15:38.371	<b>9:02.341</b>	18.671	<b>1:11.679</b>	<b>1:49.629</b>	<b>1:35.170</b>	38.123	1:21.981	2:07.088
2	14:24:48.647	<b>9:10.276</b>	<b>18.225</b>	1:25.398	1:58.761	1:36.238	37.622	1:19.614	<b>1:54.418</b>
3	14:36:58.670	<b>12:10.023</b>	1:36.232	1:19.096	2:00.703	1:35.878	<b>33.974</b>	<b>1:17.478</b>	1:58.920
4	14:53:37.152	<b>16:38.482</b>	21.639	1:23.351	1:52.008	1:35.916	7:52.408	1:26.410	2:06.750
5	15:03:25.190	<b>9:48.038</b>	20.930	1:22.463	2:01.235	1:45.653	40.609	1:28.065	2:09.083

(666) Rens vd Steen									
1	14:16:22.772	<b>10:01.698</b>	21.540	1:29.226	<b>2:01.918</b>	<b>1:39.991</b>	39.298	1:32.554	<b>2:17.171</b>
2	14:27:30.133	<b>11:07.361</b>	21.364	<b>1:23.015</b>	2:35.414	1:42.016	<b>35.406</b>	<b>1:28.207</b>	3:01.939
3	14:38:43.081	<b>11:12.948</b>	22.093	1:52.330	2:32.413	1:46.599	40.614	1:31.339	2:27.560
4	14:49:15.456	<b>10:32.375</b>	<b>21.142</b>	1:29.131	2:04.443	1:47.486	41.368	1:39.233	2:29.572
5	15:06:46.111	<b>17:30.655</b>	24.192	2:25.992	2:08.031	1:45.944	6:06.276	1:44.455	2:55.765

(30) Lars van Berkel									
1	14:07:48.840	<b>4:46.679</b>	<b>10.030</b>	<b>36.035</b>	<b>56.601</b>	<b>1:03.638</b>	19.725	<b>39.087</b>	1:01.563
2	14:13:01.444	<b>5:12.604</b>	10.169	41.911	1:05.661	1:08.108	20.151	42.622	1:03.982



# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	14:18:05.701	<b>5:04.257</b>	11.213	40.153	58.784	1:06.981	19.750	42.414	1:04.962
4	14:23:18.574	<b>5:12.873</b>	10.520	41.146	1:02.706	1:09.056	20.718	43.268	1:05.459
<b>(380) Richard Fura</b>									
1	14:08:08.746	<b>4:57.440</b>	10.932	<b>38.590</b>	<b>59.479</b>	<b>1:05.315</b>	20.145	<b>40.695</b>	1:02.284
2	14:13:36.341	<b>5:27.595</b>	<b>10.817</b>	42.894	1:07.426	1:09.076	21.871	45.733	1:09.778
3	14:18:56.183	<b>5:19.842</b>	11.139	43.734	1:05.783	1:07.272	21.105	43.358	1:07.451
4	14:24:21.463	<b>5:25.280</b>	11.490	43.763	1:04.695	1:09.005	<b>19.612</b>	47.488	1:09.227
<b>(556) Kevin Schepers</b>									
1	14:10:06.488	<b>5:48.714</b>	12.722	49.906	1:12.828	<b>1:08.808</b>	<b>23.949</b>	<b>48.097</b>	<b>1:12.404</b>
2	14:15:56.698	<b>5:50.210</b>	11.659	<b>41.852</b>	<b>1:06.449</b>	1:09.863	25.511	52.232	1:22.644
3	14:22:03.661	<b>6:06.963</b>	<b>11.362</b>	48.113	1:13.898	1:13.145	24.197	57.470	1:18.778
4	14:28:54.837	<b>6:51.176</b>	12.058	49.583	1:16.035	1:20.307	26.595	57.291	1:49.307
<b>(185) Kevin Dijk</b>									
1	14:10:05.182	<b>6:02.148</b>	<b>12.427</b>	47.466	<b>1:14.609</b>	<b>1:14.031</b>	<b>24.224</b>	52.321	1:17.070
2	14:16:13.216	<b>6:08.034</b>	12.907	<b>46.776</b>	1:16.210	1:15.964	24.823	52.524	1:18.830
3	14:22:36.086	<b>6:22.870</b>	13.614	52.878	1:20.890	1:16.263	24.507	53.922	1:20.796
4	14:29:01.140	<b>6:25.054</b>	13.305	52.769	1:17.183	1:20.252	24.404	<b>52.077</b>	1:25.064
<b>(775) Nicky van Wordragen</b>									
1	14:10:16.243	<b>6:13.213</b>	<b>12.019</b>	<b>49.167</b>	1:16.559	<b>1:19.907</b>	<b>24.495</b>	51.608	<b>1:19.458</b>
2	14:16:27.577	<b>6:11.334</b>	12.328	50.020	<b>1:12.537</b>	1:20.359	25.210	<b>50.442</b>	1:20.438
3	14:22:59.022	<b>6:31.445</b>	13.308	53.842	1:21.314	1:20.141	25.263	53.116	1:24.461
4	14:29:38.062	<b>6:39.040</b>	13.320	57.174	1:17.946	1:24.168	26.751	54.050	1:25.631
<b>(229) Ruurd van Roozendaal</b>									
1	14:11:31.491	<b>6:47.315</b>	14.952	56.346	<b>1:19.614</b>	1:13.170	<b>25.925</b>	1:03.806	<b>1:33.502</b>
2	14:18:19.224	<b>6:47.733</b>	15.184	<b>56.042</b>	1:20.272	<b>1:12.952</b>	26.942	<b>57.867</b>	1:38.474
3	14:27:41.760	<b>9:22.536</b>	<b>14.106</b>	1:11.706	1:27.044	1:16.540	2:29.725	1:07.807	1:35.608
4	14:35:23.410	<b>7:41.650</b>	15.217	1:04.101	1:31.013	1:24.606	28.649	1:08.535	1:49.529
<b>(288) Jari Dusseldorp</b>									
1	14:11:36.094	<b>6:53.102</b>	17.998	<b>56.104</b>	<b>1:20.341</b>	1:17.964	<b>26.999</b>	<b>59.250</b>	<b>1:34.446</b>
2	14:18:37.312	<b>7:01.218</b>	<b>13.719</b>	56.853	1:24.265	<b>1:17.822</b>	27.990	1:04.050	1:36.519
3	14:29:28.056	<b>10:50.744</b>	15.299	57.509	1:25.210	1:25.210	3:28.976	1:06.458	1:41.658
4	14:36:54.037	<b>7:25.981</b>	15.125	1:03.391	1:24.703	1:25.172	28.693	1:05.795	1:43.102
<b>(555) Roy Vrugt</b>									
1	14:13:19.210	<b>7:53.763</b>	17.894	1:06.069	1:37.821	1:36.718	<b>27.819</b>	1:07.047	1:40.395
2	14:21:00.925	<b>7:41.715</b>	<b>14.702</b>	1:03.643	<b>1:33.713</b>	<b>1:33.630</b>	29.660	1:07.016	<b>1:39.351</b>
3	14:29:14.953	<b>8:14.028</b>	16.439	1:06.129	1:37.984	1:36.180	30.045	1:07.130	2:00.121
4	14:39:13.455	<b>9:58.502</b>	17.390	<b>1:03.556</b>	1:37.173	1:37.724	2:36.683	<b>1:05.174</b>	1:40.802
<b>(702) Geert-Jan Ruiter</b>									
1	14:14:20.947	<b>8:14.970</b>	18.218	1:11.798	<b>1:37.640</b>	<b>1:36.611</b>	32.150	<b>1:10.549</b>	<b>1:48.004</b>
2	14:22:47.110	<b>8:26.163</b>	18.367	<b>1:10.030</b>	1:40.795	1:39.330	<b>31.402</b>	1:14.646	1:51.593
3	14:31:21.799	<b>8:34.689</b>	<b>17.409</b>	1:11.754	1:40.958	1:47.283	31.465	1:14.573	1:51.247
4	14:40:09.265	<b>8:47.466</b>	19.042	1:14.358	1:43.116	1:45.288	34.360	1:11.360	1:59.942
<b>(643) Rindert Taconis</b>									
1	14:15:18.558	<b>8:41.564</b>	20.729	1:12.443	1:45.138	1:45.863	32.410	1:13.061	1:51.920
2	14:23:27.971	<b>8:09.413</b>	<b>16.361</b>	<b>1:03.954</b>	1:36.499	<b>1:39.570</b>	<b>31.605</b>	<b>1:09.706</b>	1:51.718
3	14:31:49.030	<b>8:21.059</b>	16.870	1:10.172	<b>1:33.574</b>	1:46.664	32.795	1:09.877	<b>1:51.107</b>
4	14:40:20.286	<b>8:31.256</b>	16.860	1:10.381	1:40.323	1:45.429	34.106	1:10.983	1:53.174
<b>(822) Marinus Braber</b>									
1	14:14:20.971	<b>8:28.255</b>	17.850	1:11.321	1:59.913	1:32.699	32.653	1:09.080	<b>1:44.739</b>
2	14:22:44.924	<b>8:23.953</b>	17.294	1:24.327	1:36.401	<b>1:30.808</b>	30.312	1:10.974	1:53.837
3	14:33:24.974	<b>10:40.050</b>	16.707	<b>1:05.490</b>	<b>1:31.370</b>	1:32.764	3:00.690	<b>1:08.105</b>	2:04.924
4	14:41:34.009	<b>8:09.035</b>	<b>15.738</b>	1:12.237	1:35.972	1:33.466	32.511	1:11.232	1:47.879
<b>(182) Rens Barendregt</b>									
1	14:13:15.740	<b>7:51.915</b>	18.161	1:09.591	1:35.543	<b>1:26.137</b>	30.064	<b>1:07.437</b>	1:44.982
2	14:21:05.833	<b>7:50.093</b>	16.508	<b>1:05.516</b>	<b>1:29.998</b>	1:28.924	<b>29.619</b>	1:15.605	<b>1:43.923</b>





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	14:33:27.434	<b>12:21.601</b>	<b>15.949</b>	1:06.836	1:33.638	1:31.550	4:31.825	1:10.269	2:11.534
4	14:41:52.999	<b>8:25.565</b>	18.345	1:08.877	1:56.487	1:30.605	31.754	1:09.076	1:50.421
<b>(800) Bjorn Zweers</b>									
1	14:14:04.376	<b>8:23.557</b>	<b>16.180</b>	1:05.559	2:02.347	1:35.719	30.008	1:08.565	<b>1:45.179</b>
2	14:22:05.259	<b>8:00.883</b>	16.374	1:04.758	1:41.637	<b>1:34.405</b>	<b>28.284</b>	<b>1:07.524</b>	1:47.901
3	14:34:14.616	<b>12:09.357</b>	16.715	<b>1:04.140</b>	<b>1:39.443</b>	1:35.722	4:34.914	1:08.259	1:50.164
4	14:42:38.565	<b>8:23.949</b>	16.364	1:04.601	1:40.466	1:40.256	32.622	1:13.425	1:56.215
<b>(197) Dillon Welgraaf</b>									
1	14:13:07.171	<b>7:32.787</b>	<b>16.320</b>	<b>1:00.588</b>	<b>1:28.260</b>	<b>1:29.066</b>	<b>28.517</b>	<b>1:03.976</b>	1:46.060
2	14:26:28.021	<b>13:20.850</b>	21.043	2:59.042	1:44.955	2:07.795	3:02.665	1:15.198	1:50.152
3	14:35:42.189	<b>9:14.168</b>	22.881	1:17.417	1:41.965	1:41.968	34.116	1:13.268	2:22.553
4	14:44:23.999	<b>8:41.810</b>	18.077	1:12.778	1:48.647	1:38.351	33.975	1:14.108	1:55.874
<b>(895) Bertho Hop</b>									
1	14:15:27.472	<b>8:48.648</b>	16.479	1:11.514	1:43.450	1:44.542	<b>32.826</b>	1:28.957	<b>1:50.880</b>
2	14:25:25.834	<b>9:58.362</b>	<b>15.315</b>	1:13.379	1:41.156	<b>1:40.744</b>	2:02.599	1:13.583	1:51.586
3	14:34:06.743	<b>8:40.909</b>	16.776	<b>1:09.250</b>	<b>1:38.675</b>	1:48.798	33.267	1:21.265	1:52.878
4	14:45:42.449	<b>11:35.706</b>	17.243	1:09.424	1:41.160	1:45.034	2:22.649	<b>1:10.596</b>	3:09.600
<b>(990) Dennis Andy Vrolijk</b>									
1	14:16:16.318	<b>9:29.434</b>	20.496	1:18.143	1:56.724	<b>1:50.627</b>	38.521	<b>1:20.455</b>	<b>2:04.468</b>
2	14:25:58.215	<b>9:41.897</b>	<b>16.666</b>	1:18.355	<b>1:56.158</b>	1:52.355	<b>38.274</b>	1:24.565	2:15.524
3	14:36:31.104	<b>10:32.889</b>	19.418	<b>1:14.600</b>	2:07.750	2:33.185	38.305	1:27.272	2:12.359
4	14:48:08.630	<b>11:37.526</b>	18.349	1:19.146	2:04.392	3:29.987	40.816	1:27.048	2:17.788
<b>(238) Marco de Jong</b>									
1	14:18:37.929	<b>11:12.256</b>	22.210	1:39.877	2:36.229	<b>1:46.490</b>	<b>41.080</b>	1:35.215	2:31.155
2	14:29:23.504	<b>10:45.575</b>	22.288	1:38.529	<b>2:04.591</b>	1:55.802	46.336	<b>1:30.836</b>	<b>2:27.193</b>
3	14:43:59.669	<b>14:36.165</b>	21.665	<b>1:29.991</b>	2:05.322	1:52.040	4:24.233	1:41.784	2:41.130
4	15:03:26.803	<b>19:27.134</b>	<b>20.565</b>	1:43.241	2:15.214	2:05.609	45.808	1:40.571	10:36.126
<b>(830) Jan Syds Jensma</b>									
1	14:15:52.864	<b>9:04.495</b>	21.532	<b>1:12.530</b>	<b>1:51.830</b>	<b>1:36.230</b>	34.636	1:27.027	2:00.710
2	14:25:02.932	<b>9:10.068</b>	<b>17.209</b>	1:15.075	2:03.745	1:38.529	<b>32.390</b>	<b>1:22.793</b>	<b>2:00.327</b>
3	14:40:37.694	<b>15:34.762</b>	19.961	1:17.277	2:26.423	1:45.269	3:16.884	1:34.263	4:54.685
4	15:16:52.849	<b>36:15.155</b>		2:06.505	1:43.625	1:43.625	11:10.239	9:13.369	2:15.753
<b>(75) Roan van de Moosdijk</b>									
1	14:09:01.499	<b>5:23.472</b>	11.327	44.002	<b>1:02.199</b>	<b>1:13.320</b>	<b>20.442</b>	<b>42.707</b>	1:09.475
2	14:14:39.735	<b>5:38.236</b>	<b>10.695</b>	<b>41.442</b>	1:06.285	1:17.226	21.668	48.355	1:12.565
3	14:20:29.057	<b>5:49.322</b>	12.107	48.315	1:11.120	1:17.590	21.769	46.021	1:12.400
<b>(573) Jesse van Leeuwen</b>									
1	14:10:24.291	<b>5:54.472</b>	<b>12.302</b>	49.035	<b>1:12.609</b>	<b>1:09.018</b>	<b>22.662</b>	<b>52.188</b>	<b>1:16.658</b>
2	14:16:27.766	<b>6:03.475</b>	13.258	<b>48.533</b>	1:13.204	1:11.067	24.167	53.636	1:19.610
3	14:22:39.300	<b>6:11.534</b>	14.181	50.658	1:14.088	1:12.396	23.727	54.984	1:21.500
<b>(779) Marco de Blaey</b>									
1	14:10:43.830	<b>6:27.116</b>	13.087	<b>53.411</b>	<b>1:11.409</b>	<b>1:12.928</b>	<b>23.149</b>	53.644	1:39.488
2	14:16:58.871	<b>6:15.041</b>	<b>12.270</b>	54.456	1:12.910	1:14.211	23.367	53.844	1:23.983
3	14:23:38.078	<b>6:39.207</b>	13.183	53.623	1:21.246	1:22.310	27.013	57.426	1:24.406
<b>(4) Adrian Raduta</b>									
1	14:10:16.667	<b>6:13.830</b>	<b>13.034</b>	<b>50.708</b>	<b>1:12.780</b>	<b>1:19.000</b>	<b>24.406</b>	54.318	<b>1:19.584</b>
2	14:17:42.849	<b>7:26.182</b>	13.837	51.511	1:15.556	1:22.606	1:24.816	54.147	1:23.709
3	14:24:16.017	<b>6:33.168</b>	13.951	53.789	1:19.122	1:23.181	25.148	55.188	1:22.789
<b>(28) Sebastian Wolter</b>									
1	14:10:37.189	<b>6:20.489</b>	12.440	<b>53.059</b>	<b>1:13.906</b>	<b>1:20.395</b>	<b>24.184</b>	<b>54.791</b>	<b>1:21.714</b>
2	14:17:19.906	<b>6:42.717</b>	<b>12.155</b>	53.804	1:20.004	1:24.309	24.812	58.362	1:29.271
3	14:24:19.457	<b>6:59.551</b>	12.780	54.857	1:28.581	1:27.095	26.149	1:00.711	1:29.378
<b>(158) Nico Garrits</b>									
1	14:10:34.096	<b>6:24.035</b>	<b>13.447</b>	53.097	<b>1:14.987</b>	<b>1:11.679</b>	<b>23.288</b>	<b>56.067</b>	1:31.470





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	14:17:21.810	<b>6:47.714</b>	13.605	<b>52.732</b>	1:24.978	1:15.863	26.220	58.850	1:35.466
3	14:24:35.106	<b>7:13.296</b>	15.519	56.737	1:29.365	1:16.704	27.732	1:05.244	1:41.995
<b>(669) Chris Louwers</b>									
1	14:11:36.314	<b>6:41.855</b>	13.741	1:09.159	<b>1:16.784</b>	<b>1:19.621</b>	<b>23.850</b>	<b>54.362</b>	<b>1:24.338</b>
2	14:18:40.050	<b>7:03.736</b>	14.462	<b>53.073</b>	1:37.108	1:23.633	26.772	57.536	1:31.152
3	14:25:42.166	<b>7:02.116</b>	13.794	56.780	1:20.433	1:29.100	27.465	1:01.364	1:33.180
<b>(1001) Jan Schepers</b>									
1	14:10:57.303	<b>6:43.318</b>	<b>13.646</b>	<b>57.135</b>	<b>1:20.824</b>	<b>1:16.160</b>	25.754	<b>58.427</b>	1:31.372
2	14:17:55.331	<b>6:58.028</b>	13.758	59.144	1:21.287	1:18.359	<b>25.740</b>	1:00.823	1:38.917
3	14:27:25.178	<b>9:29.847</b>	15.722	1:03.117	1:27.330	1:52.164	2:07.954	1:02.841	1:40.719
<b>(865) Johnny van der Zeijden</b>									
1	14:12:57.496	<b>7:26.854</b>	15.328	1:00.685	1:26.444	<b>1:26.644</b>	<b>27.480</b>	1:04.195	1:46.078
2	14:22:28.841	<b>9:31.345</b>	14.147	1:01.021	1:59.235	1:30.961	2:20.097	<b>59.558</b>	<b>1:26.326</b>
3	14:29:30.160	<b>7:01.319</b>	<b>13.444</b>	55.382	<b>1:19.740</b>	1:33.082	29.204	1:00.040	1:30.427
<b>(992) Floris van Laar</b>									
1	14:12:58.510	<b>7:35.443</b>	15.661	1:02.832	<b>1:29.184</b>	<b>1:37.386</b>	<b>27.022</b>	1:05.833	<b>1:37.525</b>
2	14:20:35.987	<b>7:37.477</b>	14.605	1:03.158	1:30.042	1:38.040	28.084	1:05.101	1:38.447
3	14:29:40.348	<b>9:04.361</b>	<b>14.427</b>	<b>1:02.797</b>	1:52.880	1:44.939	28.889	<b>1:04.535</b>	2:35.894
<b>(927) Jarno Duineveld</b>									
1	14:13:10.933	<b>7:44.243</b>	14.167	<b>1:03.175</b>	<b>1:33.597</b>	<b>1:22.952</b>	<b>32.495</b>	<b>1:09.594</b>	1:48.263
2	14:21:08.164	<b>7:57.231</b>	<b>13.912</b>	1:05.421	1:38.967	1:24.236	33.395	1:10.350	1:50.950
3	14:29:42.920	<b>8:34.756</b>	15.825	1:09.319	1:42.581	1:36.781	35.918	1:15.299	1:59.033
<b>(885) Rick Timmers</b>									
1	14:12:25.712	<b>7:15.529</b>	16.987	1:02.720	1:29.991	1:20.396	<b>28.300</b>	<b>1:03.908</b>	<b>1:33.227</b>
2	14:19:55.674	<b>7:29.962</b>	17.668	1:05.708	1:31.363	<b>1:17.408</b>	29.646	1:06.920	1:41.249
3	14:30:00.315	<b>10:04.641</b>	<b>14.182</b>	<b>1:01.613</b>	<b>1:29.728</b>	1:21.454	2:55.686	1:11.173	1:50.805
<b>(996) Jan Verboort</b>									
1	14:12:54.989	<b>8:02.329</b>	35.948	1:06.034	1:46.572	<b>1:22.194</b>	30.343	1:04.080	<b>1:37.158</b>
2	14:20:51.787	<b>7:56.798</b>	<b>14.958</b>	<b>1:04.054</b>	<b>1:28.292</b>	1:24.202	<b>28.590</b>	<b>1:03.791</b>	2:12.911
3	14:31:16.363	<b>10:24.576</b>	15.333	1:08.241	1:32.165	1:28.611	2:35.134	1:12.811	2:12.281
<b>(793) Jan van den Boogaard</b>									
1	14:13:23.839	<b>7:30.578</b>	16.196	<b>58.978</b>	1:29.372	1:26.643	27.157	<b>1:05.799</b>	<b>1:46.433</b>
2	14:21:12.989	<b>7:49.150</b>	14.686	58.990	1:28.122	<b>1:20.052</b>	<b>25.148</b>	1:10.784	2:11.368
3	14:31:34.214	<b>10:21.225</b>	<b>14.016</b>	1:01.732	<b>1:27.711</b>	1:32.841	3:03.082	1:11.182	1:50.661
<b>(223) Arthur Breukelaar</b>									
1	14:14:02.780	<b>8:43.379</b>	18.174	<b>1:10.060</b>	2:16.790	<b>1:22.579</b>	32.056	<b>1:14.121</b>	<b>1:49.599</b>
2	14:22:56.592	<b>8:53.812</b>	<b>17.027</b>	1:12.577	<b>1:40.984</b>	1:23.344	33.131	1:46.492	2:00.257
3	14:32:34.282	<b>9:37.690</b>	18.781	1:21.265	1:52.873	1:30.324	33.904	1:18.031	2:42.512
<b>(80) Bart Reijnders</b>									
1	14:12:51.967	<b>7:40.818</b>	16.969	1:01.804	1:33.280	<b>1:37.453</b>	<b>27.830</b>	<b>1:03.490</b>	1:39.992
2	14:20:38.069	<b>7:46.102</b>	<b>13.617</b>	<b>1:01.128</b>	<b>1:32.572</b>	1:47.131	29.261	1:04.107	<b>1:38.286</b>
3	14:33:03.488	<b>12:25.419</b>	14.901	1:03.111	1:34.689	1:52.985	4:27.675	1:27.157	1:44.901
<b>(211) Maikel Relouw</b>									
1	14:14:28.558	<b>7:58.445</b>	18.163	1:08.441	<b>1:33.563</b>	<b>1:32.957</b>	<b>33.320</b>	<b>1:05.084</b>	<b>1:46.917</b>
2	14:25:15.909	<b>10:47.351</b>	<b>16.503</b>	<b>1:07.817</b>	1:35.108	1:36.667	3:04.929	1:15.442	1:50.885
3	14:34:05.937	<b>8:50.028</b>	20.149	1:09.582	1:49.007	1:38.020	34.359	1:17.229	2:01.682
<b>(412) Mayckel Bos</b>									
1	14:15:33.934	<b>9:27.585</b>	20.981	1:17.222	1:55.749	<b>2:00.693</b>	36.693	1:19.417	1:56.830
2	14:24:50.542	<b>9:16.608</b>	18.481	<b>1:14.496</b>	<b>1:54.710</b>	2:03.063	<b>33.538</b>	1:17.557	<b>1:54.763</b>
3	14:34:30.749	<b>9:40.207</b>	<b>17.351</b>	1:22.224	1:59.626	2:10.647	37.371	<b>1:15.050</b>	1:57.938
<b>(735) Jan Sondervan</b>									
1	14:15:51.666	<b>9:16.295</b>	20.061	1:23.664	1:52.990	<b>1:36.819</b>	34.454	1:22.603	2:05.704
2	14:25:02.465	<b>9:10.799</b>	<b>17.493</b>	<b>1:17.112</b>	<b>1:46.831</b>	1:42.091	36.069	1:27.850	<b>2:03.353</b>





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	14:35:29.328	<b>10:26.863</b>	20.529	1:20.296	1:52.624	1:41.722	<b>33.351</b>	<b>1:22.329</b>	3:16.012
<b>(705) Simme Bakker</b>									
1	14:16:22.473	<b>9:32.146</b>	19.896	1:17.900	1:54.237	<b>2:01.931</b>	<b>35.570</b>	1:21.804	2:00.808
2	14:28:22.045	<b>11:59.572</b>	18.785	<b>1:14.587</b>	1:56.055	2:04.384	3:18.518	<b>1:17.593</b>	<b>1:49.650</b>
3	14:38:36.309	<b>10:14.264</b>	<b>18.481</b>	1:18.533	2:20.361	2:04.500	36.502	1:24.784	2:11.103
<b>(260) Tom Janssen</b>									
1	14:15:40.041	<b>9:08.704</b>	<b>16.660</b>	1:16.832	<b>1:48.661</b>	<b>1:50.887</b>	<b>33.403</b>	<b>1:18.200</b>	2:04.061
2	14:25:06.406	<b>9:26.365</b>	17.903	<b>1:13.751</b>	1:52.702	1:56.521	36.072	1:24.488	2:04.928
3	14:39:25.089	<b>14:18.683</b>	17.910	1:18.401	1:58.182	1:55.656	4:29.362	2:01.812	2:17.360
<b>(562) Jesse van der Zee</b>									
1	14:14:26.768	<b>8:39.903</b>	17.851	1:11.590	1:45.048	1:38.699	<b>34.358</b>	<b>1:17.386</b>	<b>1:54.971</b>
2	14:30:06.575	<b>15:39.807</b>	15.872	2:01.767	<b>1:44.009</b>	1:44.145	5:41.715	1:19.107	2:53.192
3	14:41:24.718	<b>11:18.143</b>	18.048	1:09.694	4:20.748	<b>1:38.681</b>	36.608	1:18.555	1:55.809
<b>(124) Dirk-Jan Middeldveldq</b>									
1	14:15:11.166	<b>8:46.243</b>	20.007	1:13.183	1:50.227	1:25.500	34.123	1:18.118	2:05.085
2	14:23:34.191	<b>8:23.025</b>	19.327	<b>1:10.869</b>	<b>1:40.410</b>	<b>1:24.878</b>	<b>33.816</b>	<b>1:14.729</b>	<b>1:58.996</b>
3	14:41:30.724	<b>17:56.533</b>	<b>19.168</b>	1:14.204	2:42.395	1:43.596	8:24.049	1:22.574	2:10.547
<b>(402) Johan Glorie</b>									
1	14:15:16.311	<b>8:47.055</b>	16.984	1:15.667	1:48.409	1:36.007	34.990	<b>1:15.034</b>	<b>1:59.964</b>
2	14:24:27.353	<b>9:11.042</b>	<b>16.597</b>	<b>1:14.696</b>	<b>1:41.824</b>	<b>1:33.801</b>	<b>31.279</b>	1:17.351	2:35.494
3	14:42:42.544	<b>18:15.191</b>	18.070	1:17.603	1:42.322	1:40.423	9:53.820	1:22.938	2:00.015
<b>(633) Martijn van Gerven</b>									
1	14:15:58.583	<b>10:13.833</b>	20.421	1:18.888	<b>1:52.331</b>	<b>1:29.495</b>	1:20.818	1:22.166	2:29.714
2	14:26:37.113	<b>10:38.530</b>	<b>16.571</b>	<b>1:14.440</b>	1:54.826	2:46.452	40.250	1:32.017	2:13.974
3	14:43:09.093	<b>16:31.980</b>	21.453	1:24.995	2:42.221	2:09.142	5:40.485	1:38.653	2:35.031
<b>(500) Arjan Bos</b>									
1	14:14:06.887	<b>8:45.513</b>	20.316	<b>1:18.308</b>	<b>1:47.614</b>	1:27.215	<b>29.975</b>	<b>1:19.697</b>	2:02.388
2	14:24:38.664	<b>10:31.777</b>	<b>18.281</b>	1:23.836	2:08.791	1:46.844	37.974	1:27.813	2:48.238
3	14:45:35.900	<b>20:57.236</b>	19.772	1:21.197	2:06.043	1:38.379	12:06.169	1:24.286	<b>2:01.390</b>
<b>(225) Luc Bonnet</b>									
1	14:16:26.150	<b>10:18.367</b>	23.600	1:19.647	2:02.692	<b>1:36.657</b>	39.158	2:05.937	2:10.676
2	14:37:11.365	<b>20:45.215</b>	22.903	3:06.420	2:00.941	1:48.711	10:13.328	<b>1:16.971</b>	<b>1:55.941</b>
3	14:46:31.788	<b>9:20.423</b>	<b>18.331</b>	<b>1:17.060</b>	<b>1:52.852</b>	1:43.193	37.231	1:22.843	2:08.913
<b>(626) John de Boer</b>									
1	14:18:28.612	<b>10:57.086</b>	<b>21.780</b>	<b>1:27.838</b>	<b>2:05.199</b>	<b>1:50.627</b>	<b>42.499</b>	<b>1:37.914</b>	2:51.229
2	14:37:30.427	<b>19:01.815</b>	24.760	1:44.357	2:27.902	2:04.962	7:11.060	1:56.744	3:12.030
3	14:50:10.116	<b>12:39.689</b>	23.240	1:57.973	2:19.478	2:15.450	48.071	1:51.087	3:04.390
<b>(902) Sander van Hateren</b>									
1	14:26:58.528	<b>19:00.943</b>	26.371	<b>1:51.622</b>	3:11.458	2:23.472	5:22.258	2:33.998	3:11.764
2	14:52:25.978	<b>25:27.450</b>	1:09.958	4:05.464	<b>2:20.792</b>	<b>2:22.154</b>	10:39.720	1:58.391	2:50.971
3	15:10:58.062	<b>18:32.084</b>	31.823	1:52.131	2:39.035	2:27.914	6:01.508	1:56.815	3:02.858
<b>(2) Heikki van den Berg</b>									
1	14:08:42.368	<b>5:25.659</b>	11.391	<b>44.204</b>	<b>1:03.664</b>	<b>1:05.054</b>	<b>22.065</b>	45.176	1:14.105
2	14:14:50.088	<b>6:07.720</b>	<b>11.353</b>	46.922	1:11.737	1:16.036	23.522	53.607	1:24.543
<b>(923) Hans van Eyken</b>									
1	14:09:34.539	<b>5:43.562</b>	<b>11.589</b>	46.020	<b>1:08.438</b>	<b>1:09.670</b>	<b>22.126</b>	<b>47.554</b>	1:18.165
2	14:15:31.008	<b>5:56.469</b>	12.275	<b>45.237</b>	1:09.860	1:12.036	22.495	50.163	1:24.403
<b>(55) Jimmy Kaal</b>									
1	14:10:22.360	<b>5:56.318</b>	<b>12.388</b>	<b>48.510</b>	1:13.772	1:12.434	<b>22.392</b>	51.970	<b>1:14.852</b>
2	14:16:23.854	<b>6:01.494</b>	12.657	50.569	<b>1:10.467</b>	<b>1:11.951</b>	24.478	<b>50.329</b>	1:21.043
<b>(891) Axl van den Elzen</b>									
1	14:11:50.172	<b>6:33.906</b>	14.998	58.169	<b>1:21.326</b>	<b>1:11.360</b>	<b>25.660</b>	59.159	<b>1:23.234</b>





# RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	14:18:25.434	6:35.262	12.873	54.281	1:23.086	1:12.766	26.698	58.719	1:26.839
<b>(148) Stephan van Meeteren</b>									
1	14:11:34.400	6:59.852	15.033	1:01.461	1:26.378	1:15.732	27.752	57.345	1:36.151
2	14:18:36.433	7:02.033	14.973	57.361	1:25.513	1:14.291	26.073	1:00.857	1:42.965
<b>(749) Kevin Buijthuis</b>									
1	14:11:56.781	6:39.056	13.561	53.351	1:17.529	1:34.506	24.033	54.525	1:21.551
2	14:18:39.959	6:43.178	12.527	52.088	1:17.916	1:26.968	25.086	57.470	1:31.123
<b>(801) Thijs Bulten</b>									
1	14:12:15.965	7:10.310	16.211	58.825	1:25.162	1:23.263	28.045	1:03.721	1:35.083
2	14:19:54.397	7:38.432	14.290	1:01.333	1:30.909	1:25.218	28.690	1:11.524	1:46.468
<b>(413) Patrick Mulder</b>									
1	14:12:07.491	7:09.193	16.967	59.446	1:27.878	1:14.339	26.655	1:02.533	1:41.375
2	14:20:25.806	8:18.315	16.455	1:03.282	1:31.443	1:26.947	32.703	1:12.332	2:15.153
<b>(528) Gerwin Cuijpers</b>									
1	14:11:02.799	6:50.638	14.171	54.736	1:19.211	1:13.691	26.267	54.851	1:47.711
2	14:21:20.606	10:17.807	14.012	55.999	1:28.216	1:17.911	3:48.670	1:00.570	1:32.429
<b>(670) Maikel Geurts</b>									
1	14:13:52.816	8:04.738	18.766	1:10.498	1:40.216	1:30.101	30.548	1:10.540	1:44.069
2	14:21:53.385	8:00.569	17.005	1:11.494	1:35.973	1:28.274	30.465	1:07.757	1:49.601
<b>(898) Rob Kraaijeveld</b>									
1	14:14:23.795	8:25.183	16.192	1:09.436	1:46.107	1:44.222	31.341	1:13.900	1:43.985
2	14:22:55.520	8:31.725	15.900	1:09.240	1:44.222	1:40.592	32.210	1:18.356	1:51.205
<b>(305) Jordi Smit</b>									
1	14:13:51.091	8:18.551	17.418	1:10.028	1:36.107	1:33.910	30.815	1:16.341	1:53.932
2	14:23:05.212	9:14.121	17.585	1:12.285	1:47.427	1:48.891	32.656	1:21.845	2:13.432
<b>(824) Nick Wensink</b>									
1	14:14:51.530	8:32.892	18.619	1:12.401	1:39.321	1:41.110	33.652	1:09.308	1:58.481
2	14:23:15.544	8:24.014	16.943	1:10.228	1:37.925	1:43.290	33.527	1:05.533	1:56.568
<b>(988) Fons Nijhof</b>									
1	14:18:52.394	11:37.741	19.566	1:20.845			40.290	1:50.279	3:29.367
2	14:24:19.183	5:26.789	34.955						
<b>(549) Peter van Schie</b>									
1	14:14:43.957	8:16.259	15.593	1:09.791	1:38.027	1:23.360	29.853	1:33.866	1:45.769
2	14:24:42.972	9:59.015	16.109	1:10.490	1:35.463	1:21.233	2:12.817	1:23.859	1:59.044
<b>(625) René Hultink</b>									
1	14:16:18.730	9:49.735	20.281	1:21.404	1:56.057	1:49.919	39.037	1:34.775	2:08.262
2	14:26:16.372	9:57.642	19.732	1:21.280	1:56.675	1:55.788	34.092	1:26.619	2:23.456
<b>(821) Luck Kötter</b>									
1	14:16:01.148	9:23.711	21.666	1:18.955	1:59.529	1:46.015	35.447	1:19.662	2:02.437
2	14:26:18.913	10:17.765	16.003	1:14.862	2:43.719	1:49.276	36.786	1:21.584	2:15.535
<b>(599) Niels van den Bos</b>									
1	14:16:57.747	9:56.250	22.022	1:26.641	1:56.849	1:51.003	35.793	1:31.932	2:12.010
2	14:26:51.723	9:53.976	20.976	1:27.696	1:53.549	1:52.960	35.239	1:20.036	2:23.520
<b>(521) Tim Rinsma</b>									
1	14:14:57.487	8:57.816	19.697	1:24.580	1:44.182	1:30.479	31.511	1:16.179	2:11.188
2	14:27:18.300	12:20.813	19.565	1:12.079	2:40.337	1:30.942	2:55.345	1:30.289	2:12.256
<b>(689) Maarten Platvoet</b>									
1	14:16:10.360	9:27.013	17.999	1:19.379	1:58.563	1:44.830	33.515	1:24.676	2:08.051
2	14:27:59.722	11:49.362	17.767	1:45.709	2:19.319	3:00.353	40.349	1:29.927	2:15.938





# RBKO Den Haag

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Scheveningen 5,000 Km

Heat 3 Final

19.11.2016 14:00

Race (1:45:00 and 1 Laps) started at 13:59:59

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
<b>(743) Jilles Bakker</b>									
1	14:16:00.454	<b>9:15.011</b>	18.925	1:20.642	1:53.309	1:51.777	<b>37.385</b>	<b>1:16.142</b>	<b>1:56.831</b>
2	14:30:37.914	<b>14:37.460</b>	17.782	1:15.151	<b>1:46.207</b>	<b>1:46.916</b>	4:03.521	1:43.712	3:44.171
<b>(423) Wesley van Pinxteren</b>									
1	14:17:30.000	<b>10:26.239</b>	<b>18.847</b>	1:33.434	<b>1:58.310</b>	<b>1:51.601</b>	<b>38.421</b>	<b>1:23.006</b>	2:42.620
2	14:30:43.460	<b>13:13.460</b>	1:02.284	<b>1:26.019</b>	1:59.703	1:51.720	2:41.237	1:42.321	2:30.176
<b>(912) Bouke Leenstra</b>									
1	14:24:59.659	<b>17:33.286</b>	<b>21.854</b>	<b>1:33.286</b>	<b>2:15.526</b>	<b>2:14.302</b>	7:01.766	1:40.375	<b>2:26.177</b>
2	14:36:46.516	<b>11:46.857</b>	25.714	1:38.977	2:21.751	2:18.337	48.666	1:47.035	2:26.377
<b>(1022) Dennis Antens</b>									
1	14:33:39.606	<b>20:56.583</b>	20.279	<b>1:25.410</b>	3:48.297	<b>1:54.693</b>	9:38.342	<b>1:30.367</b>	2:19.195
2	14:45:15.234	<b>11:35.628</b>	<b>18.934</b>	1:27.661	<b>2:31.139</b>	2:48.791	<b>42.840</b>	1:34.277	<b>2:11.986</b>
<b>(386) Oliver Fischer</b>									
1	14:21:39.293	<b>15:10.094</b>	22.902	<b>1:27.842</b>	4:16.615	<b>1:52.088</b>	<b>40.398</b>	1:49.427	4:40.822
2	14:46:25.837	<b>24:46.544</b>	37.069	2:22.776	6:46.888	2:41.698	7:28.554	1:47.944	3:01.615
<b>(503) Karim Boezeroy</b>									
1	14:40:03.602	<b>32:45.436</b>	23.975	1:26.334	1:52.432	1:29.970	23:33.960	1:37.113	2:21.652
2	14:49:06.482	<b>9:02.880</b>	<b>18.963</b>	1:25.923	<b>1:42.236</b>	1:26.872	<b>37.056</b>	<b>1:20.975</b>	<b>2:10.855</b>
<b>(639) Marcel Tabak</b>									
1	14:18:41.253	<b>11:12.822</b>	<b>21.236</b>	<b>1:35.816</b>	<b>2:35.489</b>	<b>1:51.203</b>	<b>42.093</b>	<b>1:37.237</b>	<b>2:29.748</b>
2	14:49:08.843	<b>30:27.590</b>	22.075	3:31.908	4:52.575	2:10.062	10:26.207	6:33.947	2:30.816
<b>(432) Frank Peizel</b>									
1	14:17:15.050	<b>9:53.454</b>	<b>19.506</b>	1:32.717	2:01.991	<b>1:42.982</b>	<b>35.429</b>	<b>1:26.967</b>	<b>2:13.862</b>
2	14:49:32.014	<b>32:16.964</b>	22.580	<b>1:25.844</b>	<b>1:54.330</b>	1:44.332	21:25.298	1:41.637	3:42.943
<b>(450) Menno vd Zee</b>									
1	14:08:53.258	<b>5:24.920</b>	<b>11.667</b>	44.897	<b>1:04.386</b>	<b>1:05.933</b>	<b>20.930</b>	46.064	<b>1:11.043</b>
<b>(58) Danny Gerards</b>									
1	14:09:07.869	<b>5:24.051</b>	12.163	<b>40.615</b>	1:05.299	<b>1:12.073</b>	<b>20.985</b>	<b>45.245</b>	<b>1:07.671</b>
<b>(831) Maurice Klijn</b>									
1	14:10:51.843	<b>6:20.524</b>	<b>12.569</b>	<b>48.171</b>	<b>1:13.363</b>	<b>1:19.161</b>	<b>24.014</b>	<b>53.440</b>	1:29.806
<b>(676) Wiebren Kraak</b>									
1	14:11:10.194	<b>6:37.147</b>	<b>14.535</b>	<b>55.905</b>	<b>1:18.251</b>	<b>1:12.596</b>	<b>25.329</b>	<b>57.383</b>	1:33.148
<b>(523) Feiko Prosje</b>									
1	14:11:49.277	<b>7:16.949</b>	<b>12.977</b>	<b>58.835</b>	<b>1:27.412</b>	<b>1:29.340</b>	<b>27.037</b>	1:05.799	1:35.549
<b>(547) Lara de Kruif</b>									
1	14:13:08.677	<b>7:42.367</b>	<b>16.624</b>	1:04.875	<b>1:31.344</b>	1:27.655	<b>29.130</b>	<b>1:08.885</b>	<b>1:43.854</b>
<b>(934) Hedser van der Veen</b>									
1	14:13:25.120	<b>7:52.416</b>	16.968	<b>1:05.628</b>	<b>1:30.405</b>	<b>1:35.135</b>	<b>28.647</b>	<b>1:09.413</b>	<b>1:46.220</b>
<b>(341) Friso Bruurs</b>									
1	14:14:03.033	<b>8:09.202</b>	17.570	<b>1:08.829</b>	<b>1:40.323</b>	<b>1:34.179</b>	<b>30.369</b>	<b>1:15.075</b>	<b>1:42.857</b>
<b>(853) Jan Hingstman</b>									
1	14:14:03.579	<b>8:11.684</b>	<b>15.480</b>	1:09.042	<b>1:44.758</b>	1:28.574	30.433	<b>1:08.720</b>	1:54.677
<b>(909) Bart Kuzee</b>									
1	14:14:10.087	<b>7:53.363</b>	16.718	<b>1:03.957</b>	<b>1:41.594</b>	<b>1:17.707</b>	<b>34.868</b>	<b>1:14.987</b>	<b>1:43.532</b>
<b>(496) Andre Wien</b>									
1	14:14:13.558	<b>8:29.300</b>	19.238	<b>1:11.465</b>	<b>1:36.064</b>	<b>1:38.560</b>	<b>34.397</b>	<b>1:13.627</b>	1:55.949
<b>(1034) Raoul Kanters</b>									





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1	14:14:28.601	<b>8:34.697</b>	15.964	1:09.461	1:43.556	1:46.358	29.660	1:16.333	1:53.365
(756) Antwan Veld									
1	14:14:41.284	<b>8:45.370</b>	40.010	1:11.470	1:40.737	1:41.789	31.685	1:08.595	1:51.084
(469) Martijn Verwiel									
1	14:15:13.747	<b>9:26.526</b>	16.997	1:20.394	1:52.635	1:35.744	40.033	1:33.752	2:06.971
(663) Hendrik Pleyter									
1	14:15:17.576	<b>9:10.792</b>	16.296	1:12.552	1:39.221	1:52.120	36.117	1:14.151	2:20.335
(708) Jeffrey Zweers									
1	14:15:25.135	<b>9:06.927</b>	16.080	1:12.605	1:52.402	1:41.776	36.676	1:14.663	2:12.725
(188) Wesley Harmelink									
1	14:15:31.608	<b>9:15.184</b>	22.556	1:18.482	1:47.570	1:40.369	33.829	1:16.034	2:16.344
(418) Marten Veenstra									
1	14:15:43.896	<b>9:24.595</b>	17.716	1:11.930	1:55.275	1:41.670	37.597	1:21.953	2:18.454
(171) Danny Meijnen									
1	14:15:55.142	<b>9:37.279</b>	18.247	1:23.891	1:58.243	1:54.894	35.452	1:24.847	2:01.705
(886) Bas Odink									
1	14:16:07.221	<b>9:51.320</b>	18.809	1:12.795	1:54.129	1:45.207	38.542	1:45.079	2:16.759
(921) Kevin van Praet									
1	14:16:09.803	<b>9:46.441</b>	20.387	1:20.290	1:54.895	1:44.151	44.994	1:30.599	2:11.125
(781) Ruud Boomkamp									
1	14:16:10.146	<b>9:44.902</b>	15.939	1:19.319	1:45.315	1:37.847	33.861	1:19.686	2:52.935
(704) Jos van Dam									
1	14:16:18.662	<b>9:38.940</b>	21.790	1:25.028	1:58.449	1:44.352	35.152	1:23.665	2:10.504
(719) Max van Hoorne									
1	14:16:27.153	<b>10:30.329</b>	18.091	1:07.684	1:40.211	1:45.929	32.747	1:09.077	3:56.590
(253) Remco van Andel									
1	14:16:34.049	<b>9:48.097</b>	19.433	1:21.108	1:55.032	1:49.330	37.902	1:37.269	2:08.023
(618) Hans Beek									
1	14:17:18.123	<b>10:10.174</b>	22.117	1:29.281	2:01.007	1:53.552	38.908	1:21.589	2:23.720
(759) Johannes Vis									
1	14:17:23.531	<b>10:20.386</b>	18.673	1:18.001	2:38.510	2:01.508	35.314	1:23.602	2:04.778
(977) Niels Visser									
1	14:17:36.978	<b>10:54.523</b>	21.757	1:20.361	1:55.826	1:38.818	1:54.149	1:29.464	2:14.148
(600) Bram van Saane									
1	14:17:37.607	<b>11:25.311</b>	19.581	1:09.703	4:46.318	1:29.571	35.020	1:08.888	1:56.230
(905) Ramon Barten									
1	14:17:46.541	<b>9:50.469</b>	16.236	1:16.664	1:52.478	2:04.989	37.670	1:24.931	2:17.501
(813) Michel Broekhuis									
1	14:17:51.406	<b>10:58.333</b>	20.197	1:23.373	1:54.955	1:54.231	2:09.341	1:15.824	2:00.412
(844) Frank Lankveld									
1	14:18:26.835	<b>11:11.959</b>	27.939	1:46.983	2:09.338	1:52.552	48.541	1:37.838	2:28.768
(444) Koen Donkelaar									
1	14:19:47.420	<b>13:13.137</b>	19.146	1:23.001	2:01.952	2:01.318	3:50.655	1:25.102	2:11.963
(1005) Frank Huijink									







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1	14:23:41.313	<b>16:03.329</b>	21.315	1:45.440	<b>2:30.283</b>	<b>2:41.769</b>	44.215	<b>1:26.246</b>	6:34.061
<b>(451) Jurre Epema</b>									
1	14:25:32.132	<b>18:35.505</b>	20.672	<b>1:22.698</b>	2:10.572	1:47.890	<b>8:49.076</b>	<b>1:39.113</b>	2:25.484
<b>(454) Michael de Ruyter</b>									
1	14:26:08.486	<b>18:49.331</b>	<b>25.666</b>	<b>1:30.600</b>	2:16.034	<b>2:08.732</b>	41.613	9:12.403	2:34.283
<b>(942) Jan Gerritsen</b>									
1	14:39:45.969	<b>7:48.166</b>	<b>16.913</b>	<b>1:04.123</b>	<b>1:32.442</b>	<b>1:37.102</b>	<b>30.951</b>	1:07.124	<b>1:39.511</b>
<b>(727) Wim Gouweleeuw</b>									
1	15:00:25.108	<b>54:34.926</b>	3:37.149	11:17.533			21:57.925	2:08.245	2:19.772
<b>(907) Gertjan van der Zeijden</b>									
1	14:16:18.474	<b>9:51.860</b>	16.074	1:16.311	1:50.661	1:49.016	1:40.412	<b>1:09.662</b>	1:49.724
2	14:24:34.994	<b>8:16.520</b>	<b>14.295</b>	<b>1:09.640</b>	1:35.464	1:40.146	34.285	1:13.796	<b>1:48.894</b>
3	14:33:05.037	<b>8:30.043</b>	15.838	1:13.517	<b>1:34.702</b>	1:43.136	<b>32.205</b>	1:12.090	1:58.555
4	14:41:49.783	<b>8:44.746</b>	30.954	1:19.551	1:38.354	1:41.296	32.959	1:11.151	1:50.481
5	14:50:23.322	<b>8:33.539</b>	16.090	1:11.155	1:36.395	<b>1:37.589</b>	33.831	1:11.475	2:07.004
6	15:07:14.699	<b>16:51.377</b>	16.171	1:11.694	1:41.367	1:41.757	8:25.260	1:23.375	2:11.753
7	15:19:12.440	<b>11:57.741</b>	17.091	4:11.147	1:45.541	1:43.726	36.493	1:21.712	2:02.031
8	15:30:19.501	<b>11:07.061</b>	18.648	3:11.405			37.194	1:23.615	2:07.375
9	15:41:58.905	<b>11:39.404</b>	17.988	3:21.581			39.092	1:25.321	2:10.846
10	15:56:11.872	<b>14:12.967</b>	34.015	3:28.346			2:21.376	1:28.845	2:15.790