

OWZ Merwedekanaal 2019
Vianen, 13-7-2019

Programmanr. 11
13-7-2019 - 12:45

3000m vrije slag

11 jaar en ouder
Resultaten

Rang	startnr	Vereniging	CAP	Tijd
Senioren Open, Dames				
1. Roos Burmanje	198700698	NTB	1:00:02.60	45:08.43
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	45:08.43
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
2. Marloes Nieberg		NTB	1:00:02.74	45:27.12
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	45:27.12
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
3. Janneke van Schijndel	199204872	NTB	1:00:02.54	51:01.78
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	51:01.78
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
4. Eline Overduin	199208026	NTB	1:00:02.70	57:00.15
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	57:00.15
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
Senioren Open, Heren				
1. Ronald van Maurik	196600509	Nat Utrecht	1:00:02.59	43:52.18
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	43:52.18
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
2. Albert Stienezen	196501607	NDD/He-Key (SG)	1:00:02.62	43:59.81
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	43:59.81
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		

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Programmanr. 11, Heren, 3000m vrije slag, Senioren Open

Rang	startnr	Vereniging	CAP	Tijd
3. Demmie Odemaere		unattached	1:00:02.66	44:53.92
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	44:53.92
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
4. Coen Smiers	198906105	NTB	1:00:02.53	45:10.04
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	45:10.04
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
5. P.R.Commandeur		unattached	1:00:02.51	48:01.93
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	48:01.93
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
6. Charl van Dam	196101141	NTB	1:00:02.52	48:28.66
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	48:28.66
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
7. Arjan Neef		unattached	1:00:02.68	49:54.52
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	49:54.52
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
8. Niels Meijer	199207399	NTB	1:00:02.56	51:21.68
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	51:21.68
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
9. Pieter Wolbers	198202715	NTB	1:00:02.69	51:30.11
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	51:30.11
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		

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Rang	startnr	Vereniging	CAP	Tijd
10. Tom Greuter		unattached	1:00:02.65	53:52.27
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	53:52.27
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
11. Rene Miltenburg	198102581	NTB	1:00:02.57	57:02.02
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	57:02.02
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
12. Chris Zorgdrager		unattached	1:00:02.67	59:34.45
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	59:34.45
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
13. Wouter van Roosmalen	198806289	NTB	1:00:02.61	1:01:27.61
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	1:01:27.61
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		
14. Fons Sluis		unattached	1:00:02.71	1:01:53.79
100m:	900m:	1700m:	2500m:	
200m:	1000m:	1800m:	2600m:	
300m:	1100m:	1900m:	2700m:	
400m:	1200m:	2000m:	2800m:	
500m:	1300m:	2100m:	2900m:	
600m:	1400m:	2200m:	3000m:	1:01:53.79
700m:	1500m:	2300m:		
800m:	1600m:	2400m:		