

# KLM RRI baanloop 10 km - 08-07-2023 De stand na: 64:16:26

| Positie | Pos/Cat | StartNr | Naam          | Woonplaats | Land | Onderdeel | Categorie | Rondes | Meters | Tijd  | Gemiddelde | Tempo |
|---------|---------|---------|---------------|------------|------|-----------|-----------|--------|--------|-------|------------|-------|
| 1       | 1       | 34      | Nico Schipper |            | NLD  | 10 km     | MSE       | 25     | 10000  | 47:10 | 12.72      | 4:43  |

  

| Ronde | Afstand | Tijd    | Gemiddelde | R. Tijd | Relatieve Ronde Tijd | R. Gem. | R. Tempo |
|-------|---------|---------|------------|---------|----------------------|---------|----------|
| 1     | 400     | 1:48.8  | 13.235     | 1:48.8  | 0.99                 | 13.235  | 4:32.0   |
| 2     | 800     | 3:36.2  | 13.322     | 1:47.4  | 0.98                 | 13.411  | 4:28.3   |
| 3     | 1200    | 5:28.6  | 13.145     | 1:52.5  | 1.03                 | 12.805  | 4:41.1   |
| 4     | 1600    | 7:14.1  | 13.268     | 1:45.5  | 0.96                 | 13.651  | 4:23.6   |
| 5     | 2000    | 9:01.0  | 13.310     | 1:46.8  | 0.97                 | 13.479  | 4:27.1   |
| 6     | 2400    | 10:54.9 | 13.193     | 1:53.9  | 1.04                 | 12.639  | 4:44.8   |
| 7     | 2800    | 12:41.0 | 13.245     | 1:46.1  | 0.97                 | 13.568  | 4:25.3   |
| 8     | 3200    | 14:29.1 | 13.254     | 1:48.1  | 0.99                 | 13.319  | 4:30.3   |
| 9     | 3600    | 16:16.1 | 13.277     | 1:47.0  | 0.98                 | 13.460  | 4:27.5   |
| 10    | 4000    | 18:04.0 | 13.284     | 1:47.9  | 0.98                 | 13.351  | 4:29.6   |
| 11    | 4400    | 20:01.6 | 13.183     | 1:57.6  | 1.07                 | 12.246  | 4:54.0   |
| 12    | 4800    | 21:50.2 | 13.189     | 1:48.7  | 0.99                 | 13.253  | 4:31.6   |
| 13    | 5200    | 23:39.2 | 13.191     | 1:48.9  | 0.99                 | 13.219  | 4:32.3   |
| 14    | 5600    | 25:41.1 | 13.082     | 2:01.9  | 1.11                 | 11.812  | 5:04.8   |
| 15    | 6000    | 27:30.6 | 13.086     | 1:49.5  | 1.00                 | 13.147  | 4:33.8   |
| 16    | 6400    | 29:36.6 | 12.968     | 2:06.0  | 1.15                 | 11.426  | 5:15.1   |
| 17    | 6800    | 31:26.2 | 12.978     | 1:49.6  | 1.00                 | 13.137  | 4:34.0   |
| 18    | 7200    | 33:16.6 | 12.982     | 1:50.4  | 1.01                 | 13.044  | 4:36.0   |
| 19    | 7600    | 35:28.9 | 12.852     | 2:12.2  | 1.21                 | 10.889  | 5:30.6   |
| 20    | 8000    | 37:20.0 | 12.857     | 1:51.1  | 1.01                 | 12.957  | 4:37.8   |
| 21    | 8400    | 39:27.8 | 12.771     | 2:07.8  | 1.17                 | 11.267  | 5:19.5   |
| 22    | 8800    | 41:19.7 | 12.776     | 1:51.9  | 1.02                 | 12.873  | 4:39.6   |
| 23    | 9200    | 43:10.7 | 12.784     | 1:51.0  | 1.01                 | 12.968  | 4:37.6   |
| 24    | 9600    | 45:23.5 | 12.690     | 2:12.8  | 1.21                 | 10.846  | 5:31.8   |
| 25    | 10000   | 47:09.9 | 12.721     | 1:46.4  | 0.97                 | 13.536  | 4:26.0   |

# KLM RRI baanloop 10 km - 08-07-2023 De stand na: 64:16:26

| Positie | Pos/Cat | StartNr | Naam                | Woonplaats | Land | Onderdeel | Categorie | Rondes | Meters | Tijd  | Gemiddelde | Tempo |
|---------|---------|---------|---------------------|------------|------|-----------|-----------|--------|--------|-------|------------|-------|
| 2       | 2       | 42      | Marcel van den Berg |            | NLD  | 10 km     | MSE       | 20     | 8000   | 36:27 | 13.17      | 4:33  |

| Ronde | Afstand | Tijd    | Gemiddelde | R. Tijd | Relatieve Ronde Tijd | R. Gem. | R. Tempo |
|-------|---------|---------|------------|---------|----------------------|---------|----------|
| 1     | 400     | 1:50.5  | 13.034     | 1:50.5  | 1.01                 | 13.034  | 4:36.1   |
| 2     | 800     | 3:36.6  | 13.299     | 1:46.1  | 0.97                 | 13.575  | 4:25.1   |
| 3     | 1200    | 5:23.0  | 13.375     | 1:46.4  | 0.97                 | 13.531  | 4:26.0   |
| 4     | 1600    | 7:13.5  | 13.287     | 1:50.5  | 1.01                 | 13.030  | 4:36.3   |
| 5     | 2000    | 9:01.2  | 13.303     | 1:47.8  | 0.98                 | 13.364  | 4:29.3   |
| 6     | 2400    | 10:48.7 | 13.319     | 1:47.4  | 0.98                 | 13.402  | 4:28.6   |
| 7     | 2800    | 12:40.6 | 13.252     | 1:52.0  | 1.02                 | 12.862  | 4:39.8   |
| 8     | 3200    | 14:29.5 | 13.249     | 1:48.9  | 0.99                 | 13.225  | 4:32.1   |
| 9     | 3600    | 16:16.4 | 13.273     | 1:46.9  | 0.97                 | 13.474  | 4:27.1   |
| 10    | 4000    | 18:06.3 | 13.256     | 1:49.9  | 1.00                 | 13.100  | 4:34.8   |
| 11    | 4400    | 19:56.2 | 13.241     | 1:49.9  | 1.00                 | 13.100  | 4:34.8   |
| 12    | 4800    | 21:46.6 | 13.225     | 1:50.3  | 1.01                 | 13.051  | 4:35.8   |
| 13    | 5200    | 23:36.2 | 13.218     | 1:49.6  | 1.00                 | 13.135  | 4:34.1   |
| 14    | 5600    | 25:25.8 | 13.213     | 1:49.5  | 1.00                 | 13.145  | 4:33.8   |
| 15    | 6000    | 27:15.1 | 13.211     | 1:49.3  | 1.00                 | 13.175  | 4:33.1   |
| 16    | 6400    | 29:03.4 | 13.215     | 1:48.4  | 0.99                 | 13.285  | 4:31.0   |
| 17    | 6800    | 30:55.1 | 13.196     | 1:51.6  | 1.02                 | 12.898  | 4:39.1   |
| 18    | 7200    | 32:46.9 | 13.178     | 1:51.8  | 1.02                 | 12.884  | 4:39.3   |
| 19    | 7600    | 34:37.1 | 13.172     | 1:50.3  | 1.00                 | 13.060  | 4:35.6   |
| 20    | 8000    | 36:27.4 | 13.166     | 1:50.3  | 1.00                 | 13.060  | 4:35.6   |

# KLM RRI baanloop 10 km - 08-07-2023 De stand na: 64:16:26

| Positie | Pos/Cat | StartNr | Naam         | Woonplaats | Land | Onderdeel | Categorie | Rondes | Meters | Tijd  | Gemiddelde | Tempo |
|---------|---------|---------|--------------|------------|------|-----------|-----------|--------|--------|-------|------------|-------|
| 3       | 3       | 36      | René Verhage |            | NLD  | 10 km     | MSE       | 20     | 8000   | 38:41 | 12.41      | 4:50  |

| Ronde | Afstand | Tijd    | Gemiddelde | R. Tijd | Relatieve Ronde Tijd | R. Gem. | R. Tempo |
|-------|---------|---------|------------|---------|----------------------|---------|----------|
| 1     | 400     | 2:01.2  | 11.878     | 2:01.2  | 1.04                 | 11.878  | 5:03.1   |
| 2     | 800     | 3:57.0  | 12.149     | 1:55.8  | 0.99                 | 12.433  | 4:49.5   |
| 3     | 1200    | 5:53.1  | 12.236     | 1:56.0  | 1.00                 | 12.414  | 4:50.0   |
| 4     | 1600    | 7:49.3  | 12.273     | 1:56.3  | 1.00                 | 12.384  | 4:50.6   |
| 5     | 2000    | 9:46.0  | 12.288     | 1:56.6  | 1.00                 | 12.347  | 4:51.6   |
| 6     | 2400    | 11:43.5 | 12.282     | 1:57.5  | 1.01                 | 12.256  | 4:53.6   |
| 7     | 2800    | 13:40.0 | 12.293     | 1:56.6  | 1.00                 | 12.355  | 4:51.3   |
| 8     | 3200    | 15:37.0 | 12.295     | 1:57.0  | 1.00                 | 12.310  | 4:52.3   |
| 9     | 3600    | 17:33.3 | 12.304     | 1:56.3  | 1.00                 | 12.380  | 4:50.8   |
| 10    | 4000    | 19:31.7 | 12.290     | 1:58.4  | 1.02                 | 12.160  | 4:56.0   |
| 11    | 4400    | 21:29.0 | 12.288     | 1:57.3  | 1.01                 | 12.274  | 4:53.3   |
| 12    | 4800    | 23:25.7 | 12.293     | 1:56.6  | 1.00                 | 12.347  | 4:51.6   |
| 13    | 5200    | 25:21.8 | 12.301     | 1:56.1  | 1.00                 | 12.399  | 4:50.3   |
| 14    | 5600    | 27:20.2 | 12.291     | 1:58.4  | 1.02                 | 12.163  | 4:56.0   |
| 15    | 6000    | 29:17.0 | 12.294     | 1:56.8  | 1.00                 | 12.326  | 4:52.1   |
| 16    | 6400    | 31:11.9 | 12.309     | 1:54.8  | 0.99                 | 12.540  | 4:47.1   |
| 17    | 6800    | 33:07.0 | 12.320     | 1:55.1  | 0.99                 | 12.508  | 4:47.8   |
| 18    | 7200    | 35:00.7 | 12.339     | 1:53.7  | 0.98                 | 12.664  | 4:44.3   |
| 19    | 7600    | 36:51.9 | 12.370     | 1:51.2  | 0.95                 | 12.954  | 4:37.8   |
| 20    | 8000    | 38:41.1 | 12.408     | 1:49.3  | 0.94                 | 13.179  | 4:33.1   |

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| Positie | Pos/Cat | StartNr | Naam       | Woonplaats | Land | Onderdeel | Categorie | Rondes | Meters | Tijd  | Gemiddelde | Tempo |
|---------|---------|---------|------------|------------|------|-----------|-----------|--------|--------|-------|------------|-------|
| 4       | 4       | 38      | Hans Prins |            | NLD  | 10 km     | MSE       | 20     | 8000   | 44:07 | 10.88      | 5:31  |

| Ronde | Afstand | Tijd    | Gemiddelde | R. Tijd | Relatieve Ronde Tijd | R. Gem. | R. Tempo |
|-------|---------|---------|------------|---------|----------------------|---------|----------|
| 1     | 400     | 2:08.2  | 11.228     | 2:08.2  | 0.98                 | 11.228  | 5:20.6   |
| 2     | 800     | 4:14.1  | 11.335     | 2:05.8  | 0.96                 | 11.443  | 5:14.6   |
| 3     | 1200    | 6:19.0  | 11.398     | 2:04.9  | 0.95                 | 11.526  | 5:12.3   |
| 4     | 1600    | 8:23.0  | 11.452     | 2:03.9  | 0.95                 | 11.618  | 5:09.8   |
| 5     | 2000    | 10:26.3 | 11.496     | 2:03.4  | 0.94                 | 11.673  | 5:08.3   |
| 6     | 2400    | 12:29.5 | 11.527     | 2:03.2  | 0.94                 | 11.686  | 5:08.1   |
| 7     | 2800    | 14:32.1 | 11.559     | 2:02.5  | 0.94                 | 11.752  | 5:06.3   |
| 8     | 3200    | 16:33.4 | 11.596     | 2:01.4  | 0.93                 | 11.866  | 5:03.3   |
| 9     | 3600    | 18:36.1 | 11.612     | 2:02.6  | 0.94                 | 11.743  | 5:06.6   |
| 10    | 4000    | 20:43.3 | 11.582     | 2:07.2  | 0.97                 | 11.320  | 5:18.0   |
| 11    | 4400    | 22:56.9 | 11.504     | 2:13.7  | 1.02                 | 10.774  | 5:34.1   |
| 12    | 4800    | 25:12.9 | 11.422     | 2:16.0  | 1.04                 | 10.592  | 5:39.8   |
| 13    | 5200    | 27:29.0 | 11.352     | 2:16.1  | 1.04                 | 10.577  | 5:40.3   |
| 14    | 5600    | 29:48.1 | 11.274     | 2:19.1  | 1.06                 | 10.352  | 5:47.6   |
| 15    | 6000    | 32:09.3 | 11.196     | 2:21.2  | 1.08                 | 10.200  | 5:53.0   |
| 16    | 6400    | 34:32.5 | 11.117     | 2:23.2  | 1.09                 | 10.056  | 5:58.0   |
| 17    | 6800    | 36:55.3 | 11.050     | 2:22.8  | 1.09                 | 10.082  | 5:57.1   |
| 18    | 7200    | 39:20.2 | 10.982     | 2:24.9  | 1.11                 | 9.939   | 6:02.1   |
| 19    | 7600    | 41:45.1 | 10.922     | 2:24.9  | 1.11                 | 9.940   | 6:02.1   |
| 20    | 8000    | 44:06.9 | 10.881     | 2:21.8  | 1.08                 | 10.154  | 5:54.6   |

# KLM RRI baanloop 10 km - 08-07-2023 De stand na: 64:16:26

| Positie | Pos/Cat | StartNr | Naam          | Woonplaats | Land | Onderdeel | Categorie | Rondes | Meters | Tijd  | Gemiddelde | Tempo |
|---------|---------|---------|---------------|------------|------|-----------|-----------|--------|--------|-------|------------|-------|
| 5       | 5       | 35      | Arjan Willems |            | NLD  | 10 km     | MSE       | 20     | 8000   | 45:30 | 10.55      | 5:41  |

| Ronde | Afstand | Tijd    | Gemiddelde | R. Tijd | Relatieve Ronde Tijd | R. Gem. | R. Tempo |
|-------|---------|---------|------------|---------|----------------------|---------|----------|
| 1     | 400     | 2:06.9  | 11.345     | 2:06.9  | 0.97                 | 11.345  | 5:17.3   |
| 2     | 800     | 4:13.5  | 11.363     | 2:06.5  | 0.97                 | 11.380  | 5:16.3   |
| 3     | 1200    | 6:17.4  | 11.446     | 2:03.9  | 0.95                 | 11.618  | 5:09.8   |
| 4     | 1600    | 8:19.8  | 11.524     | 2:02.4  | 0.94                 | 11.765  | 5:06.0   |
| 5     | 2000    | 10:24.9 | 11.521     | 2:05.1  | 0.96                 | 11.510  | 5:12.8   |
| 6     | 2400    | 12:29.3 | 11.530     | 2:04.4  | 0.95                 | 11.574  | 5:11.0   |
| 7     | 2800    | 14:36.1 | 11.506     | 2:06.7  | 0.97                 | 11.362  | 5:16.8   |
| 8     | 3200    | 16:40.8 | 11.510     | 2:04.7  | 0.95                 | 11.543  | 5:11.8   |
| 9     | 3600    | 18:49.4 | 11.476     | 2:08.5  | 0.98                 | 11.204  | 5:21.3   |
| 10    | 4000    | 20:58.3 | 11.444     | 2:08.9  | 0.99                 | 11.169  | 5:22.3   |
| 11    | 4400    | 23:10.9 | 11.388     | 2:12.6  | 1.01                 | 10.858  | 5:31.5   |
| 12    | 4800    | 26:01.9 | 11.064     | 2:51.0  | 1.31                 | 8.421   | 7:07.5   |
| 13    | 5200    | 28:16.2 | 11.036     | 2:14.3  | 1.03                 | 10.722  | 5:35.8   |
| 14    | 5600    | 30:59.3 | 10.843     | 2:43.1  | 1.25                 | 8.831   | 6:47.6   |
| 15    | 6000    | 33:13.4 | 10.836     | 2:14.2  | 1.03                 | 10.732  | 5:35.5   |
| 16    | 6400    | 35:53.9 | 10.697     | 2:40.5  | 1.23                 | 8.972   | 6:41.3   |
| 17    | 6800    | 38:12.0 | 10.680     | 2:18.1  | 1.06                 | 10.428  | 5:45.1   |
| 18    | 7200    | 40:58.7 | 10.542     | 2:46.6  | 1.27                 | 8.642   | 6:56.6   |
| 19    | 7600    | 43:13.0 | 10.551     | 2:14.3  | 1.03                 | 10.720  | 5:35.8   |
| 20    | 8000    | 45:30.0 | 10.550     | 2:17.0  | 1.05                 | 10.514  | 5:42.3   |

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| Positie | Pos/Cat | StartNr | Naam        | Woonplaats | Land | Onderdeel | Categorie | Rondes | Meters | Tijd  | Gemiddelde | Tempo |
|---------|---------|---------|-------------|------------|------|-----------|-----------|--------|--------|-------|------------|-------|
| 6       | 6       | 45      | Wim Verhage |            | NLD  | 10 km     | MSE       | 20     | 8000   | 50:41 | 9.47       | 6:20  |

| Ronde | Afstand | Tijd    | Gemiddelde | R. Tijd | Relatieve Ronde Tijd | R. Gem. | R. Tempo |
|-------|---------|---------|------------|---------|----------------------|---------|----------|
| 1     | 400     | 2:28.3  | 9.708      | 2:28.3  | 0.99                 | 9.708   | 6:10.8   |
| 2     | 800     | 4:56.1  | 9.725      | 2:27.8  | 0.98                 | 9.742   | 6:09.5   |
| 3     | 1200    | 7:22.7  | 9.758      | 2:26.6  | 0.97                 | 9.826   | 6:06.3   |
| 4     | 1600    | 9:50.7  | 9.751      | 2:28.0  | 0.98                 | 9.729   | 6:10.0   |
| 5     | 2000    | 12:20.1 | 9.728      | 2:29.4  | 0.99                 | 9.638   | 6:13.5   |
| 6     | 2400    | 14:50.8 | 9.699      | 2:30.7  | 1.00                 | 9.557   | 6:16.6   |
| 7     | 2800    | 17:24.3 | 9.652      | 2:33.5  | 1.02                 | 9.379   | 6:23.8   |
| 8     | 3200    | 19:59.9 | 9.601      | 2:35.5  | 1.03                 | 9.258   | 6:28.8   |
| 9     | 3600    | 22:35.9 | 9.559      | 2:36.0  | 1.04                 | 9.232   | 6:29.8   |
| 10    | 4000    | 25:13.2 | 9.516      | 2:37.3  | 1.05                 | 9.153   | 6:33.3   |
| 11    | 4400    | 27:48.4 | 9.494      | 2:35.2  | 1.03                 | 9.278   | 6:28.0   |
| 12    | 4800    | 30:32.3 | 9.431      | 2:43.9  | 1.09                 | 8.788   | 6:49.6   |
| 13    | 5200    | 33:08.0 | 9.417      | 2:35.7  | 1.04                 | 9.248   | 6:29.3   |
| 14    | 5600    | 35:41.8 | 9.413      | 2:33.8  | 1.02                 | 9.360   | 6:24.6   |
| 15    | 6000    | 38:15.1 | 9.411      | 2:33.3  | 1.02                 | 9.394   | 6:23.1   |
| 16    | 6400    | 40:44.5 | 9.425      | 2:29.4  | 0.99                 | 9.636   | 6:13.6   |
| 17    | 6800    | 43:14.7 | 9.435      | 2:30.2  | 1.00                 | 9.589   | 6:15.3   |
| 18    | 7200    | 45:43.9 | 9.446      | 2:29.2  | 0.99                 | 9.649   | 6:13.1   |
| 19    | 7600    | 48:13.9 | 9.454      | 2:30.0  | 1.00                 | 9.600   | 6:15.0   |
| 20    | 8000    | 50:41.3 | 9.470      | 2:27.4  | 0.98                 | 9.772   | 6:08.3   |

# KLM RRI baanloop 10 km - 08-07-2023 De stand na: 64:16:26

| Positie | Pos/Cat | StartNr | Naam     | Woonplaats | Land | Onderdeel | Categorie | Rondes | Meters | Tijd  | Gemiddelde | Tempo |
|---------|---------|---------|----------|------------|------|-----------|-----------|--------|--------|-------|------------|-------|
| 7       | 7       | 40      | Ino Sohl |            | NLD  | 10 km     | MSE       | 19     | 7600   | 39:22 | 11.58      | 5:11  |

| Ronde | Afstand | Tijd    | Gemiddelde | R. Tijd | Relatieve Ronde Tijd | R. Gem. | R. Tempo |
|-------|---------|---------|------------|---------|----------------------|---------|----------|
| 1     | 400     | 2:08.0  | 11.248     | 2:08.0  | 1.03                 | 11.248  | 5:20.1   |
| 2     | 800     | 4:14.1  | 11.334     | 2:06.1  | 1.01                 | 11.421  | 5:15.1   |
| 3     | 1200    | 6:18.6  | 11.410     | 2:04.5  | 1.00                 | 11.564  | 5:11.3   |
| 4     | 1600    | 8:22.3  | 11.467     | 2:03.7  | 0.99                 | 11.642  | 5:09.1   |
| 5     | 2000    | 10:25.7 | 11.507     | 2:03.4  | 0.99                 | 11.673  | 5:08.3   |
| 6     | 2400    | 12:29.0 | 11.535     | 2:03.3  | 0.99                 | 11.676  | 5:08.3   |
| 7     | 2800    | 14:31.4 | 11.567     | 2:02.4  | 0.98                 | 11.763  | 5:06.0   |
| 8     | 3200    | 16:32.9 | 11.602     | 2:01.5  | 0.98                 | 11.850  | 5:03.8   |
| 9     | 3600    | 18:35.2 | 11.621     | 2:02.3  | 0.98                 | 11.777  | 5:05.6   |
| 10    | 4000    | 20:40.1 | 11.612     | 2:04.9  | 1.00                 | 11.531  | 5:12.1   |
| 11    | 4400    | 22:45.2 | 11.603     | 2:05.1  | 1.00                 | 11.513  | 5:12.6   |
| 12    | 4800    | 24:50.0 | 11.598     | 2:04.8  | 1.00                 | 11.541  | 5:11.8   |
| 13    | 5200    | 26:55.2 | 11.590     | 2:05.2  | 1.01                 | 11.498  | 5:13.1   |
| 14    | 5600    | 29:00.2 | 11.585     | 2:05.0  | 1.00                 | 11.521  | 5:12.5   |
| 15    | 6000    | 31:03.9 | 11.588     | 2:03.8  | 0.99                 | 11.636  | 5:09.3   |
| 16    | 6400    | 33:09.8 | 11.579     | 2:05.8  | 1.01                 | 11.443  | 5:14.6   |
| 17    | 6800    | 35:15.1 | 11.574     | 2:05.3  | 1.01                 | 11.495  | 5:13.1   |
| 18    | 7200    | 37:18.6 | 11.579     | 2:03.5  | 0.99                 | 11.656  | 5:08.8   |
| 19    | 7600    | 39:22.1 | 11.583     | 2:03.5  | 0.99                 | 11.657  | 5:08.8   |

# KLM RRI baanloop 10 km - 08-07-2023 De stand na: 64:16:26

| Positie | Pos/Cat | StartNr | Naam             | Woonplaats | Land | Onderdeel | Categorie | Rondes | Meters | Tijd  | Gemiddelde | Tempo |
|---------|---------|---------|------------------|------------|------|-----------|-----------|--------|--------|-------|------------|-------|
| 8       | 8       | 47      | Rieno van Vulpen |            | NLD  | 10 km     | MSE       | 10     | 4000   | 24:58 | 9.61       | 6:15  |

| Ronde | Afstand | Tijd    | Gemiddelde | R. Tijd | Relatieve Ronde Tijd | R. Gem. | R. Tempo |
|-------|---------|---------|------------|---------|----------------------|---------|----------|
| 1     | 400     | 2:27.0  | 9.796      | 2:27.0  | 1.00                 | 9.796   | 6:07.5   |
| 2     | 800     | 4:53.5  | 9.811      | 2:26.5  | 0.99                 | 9.827   | 6:06.3   |
| 3     | 1200    | 7:20.2  | 9.813      | 2:26.7  | 0.99                 | 9.818   | 6:06.6   |
| 4     | 1600    | 9:47.0  | 9.812      | 2:26.8  | 0.99                 | 9.807   | 6:07.1   |
| 5     | 2000    | 12:13.9 | 9.810      | 2:26.9  | 0.99                 | 9.804   | 6:07.1   |
| 6     | 2400    | 14:42.4 | 9.792      | 2:28.5  | 1.00                 | 9.700   | 6:11.1   |
| 7     | 2800    | 17:15.2 | 9.737      | 2:32.8  | 1.03                 | 9.421   | 6:22.1   |
| 8     | 3200    | 19:48.7 | 9.691      | 2:33.5  | 1.04                 | 9.384   | 6:23.6   |
| 9     | 3600    | 22:25.0 | 9.636      | 2:36.3  | 1.06                 | 9.210   | 6:30.8   |
| 10    | 4000    | 24:58.1 | 9.612      | 2:33.1  | 1.04                 | 9.404   | 6:22.8   |



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| Positie | Pos/Cat | StartNr | Naam               | Woonplaats | Land | Onderdeel | Categorie | Rondes | Meters | Tijd  | Gemiddelde | Tempo |
|---------|---------|---------|--------------------|------------|------|-----------|-----------|--------|--------|-------|------------|-------|
| 9       | 9       | 31      | Andre van der Neut |            | NLD  | 10 km     | MSE       | 8      | 3200   | 15:52 | 12.10      | 4:58  |

| Ronde | Afstand | Tijd    | Gemiddelde | R. Tijd | Relatieve Ronde Tijd | R. Gem. | R. Tempo |
|-------|---------|---------|------------|---------|----------------------|---------|----------|
| 1     | 400     | 2:02.9  | 11.718     | 2:02.9  | 1.04                 | 11.718  | 5:07.1   |
| 2     | 800     | 4:01.8  | 11.912     | 1:58.9  | 1.00                 | 12.114  | 4:57.1   |
| 3     | 1200    | 5:59.7  | 12.010     | 1:57.9  | 0.99                 | 12.211  | 4:54.8   |
| 4     | 1600    | 7:57.0  | 12.075     | 1:57.3  | 0.99                 | 12.274  | 4:53.3   |
| 5     | 2000    | 9:54.3  | 12.114     | 1:57.3  | 0.99                 | 12.273  | 4:53.3   |
| 6     | 2400    | 11:52.9 | 12.120     | 1:58.5  | 1.00                 | 12.150  | 4:56.3   |
| 7     | 2800    | 13:52.4 | 12.109     | 1:59.6  | 1.01                 | 12.042  | 4:59.0   |
| 8     | 3200    | 15:52.1 | 12.100     | 1:59.7  | 1.01                 | 12.035  | 4:59.1   |