

Baanwedstrijd 5 km op 22 en 23-2-202				
Afstand 5000m				
Plaats	Datum	Last	Tijd	One-Year Age Grade
1	22-2-2023	Deborah Wissink	00:18:20	77,38%
2	22-2-2023	Wim Oosthoek	00:16:33	76,27%
3	22-2-2023	Rick Lammertink	00:16:46	75,28%
4	22-2-2023	Richard Langenhof	00:17:05	73,89%
5	22-2-2023	Jesse Muller	00:17:09	73,60%
6	22-2-2023	Bieuwe Roelofs	00:18:02	73,57%
7	22-2-2023	Manouck Sanderman	00:19:23	73,19%
8	22-2-2023	Ger Siemerink	00:20:11	72,86%
9	22-2-2023	Ellis Bebseler	00:19:29	72,81%
10	22-2-2023	Benno Braamhaar	00:24:04	72,75%
11	22-2-2023	Hans Jansen	00:20:05	72,55%
12	22-2-2023	Jurgen Siemerink	00:17:31	72,06%
13	23-2-2023	Jacob Wietsma	00:21:53	71,16%
14	23-2-2023	Elly Graven-Fikkers	00:28:07	70,80%
15	22-2-2023	André Aanstoot	00:19:29	70,36%
16	22-2-2023	Jelle Hoekman	00:18:12	70,12%
17	22-2-2023	Mark Muller	00:18:04	69,87%
18	22-2-2023	Gerben Kreijkes	00:19:14	68,43%
19	22-2-2023	Jan Tjhuis	00:24:00	68,29%
20	22-2-2023	Martin Roosink	00:20:54	66,71%
21	22-2-2023	Ronald Zandvoort	00:19:29	66,00%
22	23-2-2023	Wim Middelensch	00:21:59	65,69%
23	23-2-2023	Wim Beltman	00:21:40	65,47%
24	22-2-2023	Robert Tjhuis	00:19:23	65,12%
25	22-2-2023	Lianne Nijkamp	00:21:52	64,87%
26	22-2-2023	Erik Jansen-Eupe	00:20:54	64,51%
27	22-2-2023	Wouter Nijzink	00:20:25	64,47%
28	23-2-2023	Annette Bouwhuis	00:24:05	62,98%
29	23-2-2023	Corrie Hiltjesdam	00:27:26	62,88%
30	22-2-2023	Mathijs Nijkamp	00:20:25	61,82%
31	23-2-2023	Bert Nijland	00:24:02	61,18%
32	22-2-2023	Mathijs Nijkamp	00:20:25	61,13%
33	22-2-2023	Barrie van Heek	00:21:46	60,95%
34	22-2-2023	Jos Brunnenkreef	00:21:29	60,32%
35	22-2-2023	Ronald Zandvoort	00:21:52	58,81%
36	22-2-2023	Matthijs Altena	00:22:08	58,10%
37	23-2-2023	Janine Tjhuis	00:28:32	49,72%
38	23-2-2023	Mark Meulman	00:26:43	48,88%
39	23-2-2023	Eline Harbers	00:29:40	47,82%
40	23-2-2023	Chris Derksen	00:28:53	46,68%