



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(91) Nathan Watson									
1	13:36:32.154	3:48.996	16.102	32.253	24.267	1:02.480	30.838	29.301	33.755
2	13:40:50.088	4:17.934	20.701	36.632	26.987	1:07.099	38.583	32.925	35.007
3	13:44:56.331	4:06.243	20.317	34.257	26.120	1:03.935	34.078	31.476	36.060
4	13:49:11.354	4:15.023	19.722	37.141	26.642	1:06.038	37.171	32.384	35.925
5	13:53:20.118	4:08.764	20.614	34.014	26.697	1:05.360	33.950	32.103	36.026
6	13:57:33.903	4:13.785	20.732	34.903	27.848	1:06.133	34.200	33.681	36.288
7	14:01:48.720	4:14.817	19.500	35.673	28.079	1:06.591	34.909	32.967	37.098
8	14:06:20.506	4:31.786	21.698	33.476	26.249	1:29.005	33.998	31.782	35.578
9	14:10:58.830	4:38.324	20.173	35.207	26.498	1:27.641	37.601	34.210	36.994
10	14:15:32.987	4:34.157	22.699	33.408	27.190	1:27.775	34.959	33.423	34.703
11	14:20:07.988	4:35.001	21.454	32.876	27.578	1:28.147	35.492	33.422	36.032
12	14:24:31.017	4:23.029	21.514	33.777	26.903	1:11.006	37.690	34.353	37.786
13	14:30:07.396	5:36.379	21.866	34.975	28.454	2:19.923			39.295
14	14:35:58.880	5:51.484	1:57.644	34.674	25.894	1:10.722	33.739	32.721	36.090
15	14:41:41.630	5:42.750	1:43.908	36.906	26.307	1:10.779	34.636	32.512	37.702
16	14:47:03.925	5:22.295	1:29.308	31.451	25.622	1:10.019	35.205	32.541	38.149
17	14:52:27.906	5:23.981	1:29.176	33.721	26.098	1:09.877	33.726	33.482	37.901
18	14:57:57.963	5:30.057	1:28.559	35.466	26.589	1:12.819	35.195	33.064	38.365
19	15:03:25.362	5:27.399	1:25.300	34.655	26.019	1:11.726	36.159	34.582	38.958
20	15:09:00.326	5:34.964	1:27.517	33.987	27.557	1:17.649	35.273	33.792	39.189
21	15:14:37.450	5:37.124	1:22.961	34.115	27.165	1:21.273	36.123	33.888	41.599
22	15:20:21.669	5:44.219	1:28.829	35.983	28.305	1:20.516	36.069	33.963	40.554
23	15:26:08.666	5:46.997	1:30.349	34.210	27.111	1:22.300	36.957	35.443	40.627
24	15:31:55.799	5:47.133	1:26.775	35.962	27.982	1:25.908	35.345	34.623	40.538

(259) Glenn Coldenhoff									
1	13:36:20.730	3:42.055	16.025	28.297	23.643	1:00.855	30.998	28.020	34.217
2	13:40:22.680	4:01.950	21.389	34.107	27.279	1:04.437	34.556	26.406	33.776
3	13:44:20.221	3:57.541	18.620	34.464	25.136	1:03.880	32.908	28.227	34.306
4	13:48:21.187	4:00.966	19.980	32.605	25.606	1:03.211	34.351	30.151	35.062
5	13:52:27.503	4:06.316	20.540	32.803	27.001	1:04.454	34.004	32.306	35.208
6	13:56:37.741	4:10.238	19.634	34.042	26.383	1:04.048	34.639	31.892	39.600
7	14:00:45.111	4:07.370	21.295	32.834	26.480	1:06.150	33.015	31.359	36.237
8	14:05:08.821	4:23.710	20.697	31.308	26.004	1:25.089	32.911	31.104	36.597
9	14:09:17.403	4:08.582	20.845	34.694	26.996	1:06.586	33.074	30.614	35.773
10	14:13:33.640	4:16.237	20.711	35.886	27.024	1:08.586	36.591	31.045	36.394
11	14:17:50.364	4:16.724	21.907	35.094	26.773	1:08.244	34.787	33.449	36.470
12	14:22:11.105	4:20.741	22.095	35.438	26.361	1:11.004	35.762	31.982	38.099
13	14:26:40.278	4:29.173	28.783	34.584	28.032	1:11.790	35.420	32.256	38.308
14	14:33:44.162	7:03.884	1:47.929	33.530	25.998	2:27.806	37.074	33.720	37.827
15	14:41:00.097	7:15.935	2:57.033	37.792	25.991	1:29.808	34.298	32.821	38.192
16	14:47:14.742	6:14.645	1:57.067	34.027	27.295	1:27.358	34.785	33.813	40.300
17	14:52:46.456	5:31.714	1:35.128	33.442	26.292	1:13.434	32.689	31.672	39.057
18	14:58:35.856	5:49.400	1:30.536	36.138	25.907	1:13.313	35.165	33.913	54.428
19	15:04:06.266	5:30.410	1:30.149	32.495	25.963	1:12.778	34.757	32.825	41.443
20	15:09:43.772	5:37.506	1:29.202	36.017	30.069	1:13.066	35.392	33.387	40.373
21	15:15:42.400	5:58.628	1:28.236	33.771	43.788	1:22.246	36.326	32.626	41.635
22	15:21:28.627	5:46.227	1:29.360	35.809	28.050	1:18.711	36.615	35.834	41.848
23	15:27:20.476	5:51.849	1:30.247	37.242	28.171	1:20.424			42.845
24	15:33:26.015	6:05.539	1:31.341	36.211	30.899	1:30.032	37.978	34.551	44.527

(63) Yentel Martens									
1	13:36:35.859	3:46.393	16.408	28.421	24.056	1:04.243	30.687	28.844	33.734
2	13:40:47.033	4:11.174	20.080	35.636	27.095	1:06.440	34.189	31.706	36.028
3	13:44:54.784	4:07.751	19.931	33.898	26.616	1:05.797	32.489	31.668	37.352
4	13:49:08.987	4:14.203	21.951	34.840	26.709	1:05.549	36.489	31.951	36.714
5	13:53:14.753	4:05.766	20.821	32.620	26.603	1:05.536	33.884	31.108	35.194
6	13:57:30.028	4:15.275	21.015	37.307	27.087	1:07.040	35.024	32.827	34.975
7	14:01:45.708	4:15.680	20.365	37.046	28.412	1:06.852	34.050	32.863	36.092
8	14:05:58.618	4:12.910	22.222	31.675	26.983	1:07.744	33.505	33.110	37.671
9	14:10:33.120	4:34.502	20.681	33.584	26.577	1:27.077	34.970	33.566	38.047
10	14:14:55.018	4:21.898	23.058	35.746	28.873	1:08.945			35.896
11	14:19:36.959	4:41.941	22.595	36.498	27.055	1:27.155	34.797	34.503	39.338
12	14:23:59.559	4:22.600	22.089	34.874	26.733	1:10.805	34.822	33.525	39.752

Timekeeping Meik Wagner:

Clerk of the course:

Jury President Olaf Noack

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Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
13	14:29:35.162	5:35.603	23.674	36.282	27.861	2:17.357	34.479	35.005	40.945
14	14:36:22.312	6:47.150	2:24.038	37.646	28.318	1:30.156	34.662	33.819	38.511
15	14:42:47.875	6:25.563	2:16.126	34.526	31.679	1:11.404	37.133	35.180	39.515
16	14:48:29.070	5:41.195	1:31.953	34.904	28.720	1:13.053	36.051	36.614	39.900
17	14:54:50.032	6:20.962	2:16.265	36.205	29.246	1:11.967	35.503	33.900	37.876
18	15:00:34.732	5:44.700	1:33.466	36.142	28.555	1:12.816	36.880	36.081	40.760
19	15:06:29.698	5:54.966	1:35.060	35.843	27.325	1:16.470	39.049	37.404	43.815
20	15:12:33.773	6:04.075	1:36.129	37.285	29.203	1:23.007	38.018	35.838	44.595
21	15:19:03.736	6:29.963	1:45.358	38.322	29.889	1:34.410	39.084	39.530	43.370
22	15:25:13.484	6:09.748	1:37.143	37.291	29.262	1:24.974	40.360	37.103	43.615
23	15:31:31.861	6:18.377	1:38.472	37.909	28.843	1:29.472	39.535	37.497	46.649
24	15:37:47.269	6:15.408	1:34.386	37.336	29.503	1:32.404	40.000	38.556	43.223

(2) Camile Chapeliere

1	13:36:46.960	3:57.140	17.911	33.820	25.473	1:03.063	31.789	30.869	34.215
2	13:41:26.954	4:39.994	19.979	38.041	29.636	1:26.219	34.728	34.326	37.065
3	13:46:00.420	4:33.466	20.263	36.147	27.308	1:23.853	36.875	32.613	36.407
4	13:50:36.220	4:35.800	20.316	35.435	26.750	1:27.306	35.502	32.596	37.895
5	13:55:16.644	4:40.424	22.548	35.307	28.531	1:28.518	35.004	33.550	36.966
6	13:59:34.335	4:17.691	20.400	36.142	29.908	1:05.962	35.791	33.387	36.101
7	14:03:53.323	4:18.988	19.640	33.806	29.588	1:08.141	37.092	32.500	38.221
8	14:08:11.252	4:17.929	20.179	35.436	27.297	1:08.803	34.465	33.584	38.165
9	14:12:32.504	4:21.252	23.309	33.685	28.197	1:08.405	35.404	34.330	37.922
10	14:16:58.000	4:25.496	21.140	35.848	28.586	1:09.795	36.208	34.227	39.692
11	14:21:19.541	4:21.541	23.321	34.549	27.212	1:07.859	34.306	34.557	39.737
12	14:25:48.066	4:28.525	23.260	35.465	27.263	1:10.078	37.686	35.539	39.234
13	14:31:31.036	5:42.970	25.006	37.716	31.156	2:17.341	36.546	34.493	40.712
14	14:38:26.767	6:55.731	2:49.942	35.921	28.362	1:13.565	34.910	33.273	39.758
15	14:45:28.490	7:01.723	2:49.233	37.561	29.193	1:12.533	37.930	34.868	40.405
16	14:51:46.751	6:18.261	2:07.730	36.243	28.943	1:12.177	36.605	34.214	42.349
17	14:57:38.974	5:52.223	1:40.555	36.743	30.164	1:12.845	36.752	34.444	40.720
18	15:03:32.868	5:53.894	1:35.113	36.650	29.856	1:15.653	37.127	35.728	43.767
19	15:09:25.000	5:52.132	1:35.751	36.740	28.244	1:15.403	37.531	35.545	42.918
20	15:15:21.757	5:56.757	1:30.673	36.676	29.604	1:23.838	38.303	34.432	43.231
21	15:21:36.986	6:15.229	1:47.641	36.671	31.314	1:21.739	38.422	36.284	43.158
22	15:27:44.593	6:07.607	1:34.992	39.759	30.678	1:25.703	38.144	34.833	43.498
23	15:34:00.410	6:15.817	1:36.157	36.693	30.112	1:28.743	40.406	37.114	46.592

(9) Todd Kellet

1	13:37:11.518	4:07.525	20.182	32.394	26.045	1:07.473	35.239	30.489	35.703
2	13:41:37.600	4:26.082	20.121	34.358	29.281	1:09.975	40.352	34.003	37.992
3	13:45:59.427	4:21.827	21.641	34.530	29.095	1:09.346	37.382	32.981	36.852
4	13:50:45.075	4:45.648	20.921	35.051	26.969	1:32.585	37.287	33.977	38.858
5	13:55:12.083	4:27.008	22.499	35.638	27.907	1:09.296	38.125	34.699	38.844
6	14:00:07.025	4:54.942	22.408	36.800	28.682	1:33.502	37.101	36.500	39.949
7	14:04:37.271	4:30.246	22.202	35.972	29.990	1:11.075	36.971	34.302	39.734
8	14:09:34.975	4:57.704	22.837	35.345	30.626	1:32.739	37.265	35.935	42.957
9	14:14:07.236	4:32.261	22.615	36.385	27.788	1:11.623	37.215	36.200	40.494
10	14:18:40.104	4:32.868	22.958	35.303	28.440	1:11.909	37.215	36.200	40.843
11	14:23:39.228	4:59.124	25.386	36.459	28.155	1:33.914	38.349	36.275	40.586
12	14:29:14.889	5:35.661	24.854	35.438	29.244	2:08.992	39.653	35.364	42.116
13	14:35:55.585	6:40.696	2:30.020	35.941	28.953	1:13.454	37.915	34.212	39.929
14	14:41:54.684	5:59.099	1:43.059	38.696	29.977	1:14.954	37.915	34.212	40.286
15	14:48:07.640	6:12.956	1:57.904	38.109	28.751	1:14.469	37.463	33.808	40.864
16	14:53:46.061	5:38.421	1:34.733	32.484	28.144	1:12.662	37.463	33.808	39.127
17	14:59:27.378	5:41.317	1:29.388	34.928	28.320	1:14.367	38.148	34.912	41.254
18	15:05:12.258	5:44.880	1:32.167	36.220	27.974	1:13.542	38.349	35.407	41.221
19	15:11:09.410	5:57.152	1:29.340	37.420	28.827	1:20.644	40.674	36.506	43.741
20	15:17:12.297	6:02.887	1:29.533	36.985	28.907	1:24.720	42.207	39.181	45.206
21	15:23:25.401	6:13.104	1:33.202	36.941	29.783	1:28.317	42.207	39.181	43.473
22	15:29:47.415	6:22.014	1:33.266	37.494	32.059	1:30.306	42.260	35.760	46.669
23	15:36:03.540	6:16.125	1:34.684	36.753	29.532	1:30.987	42.260	35.760	46.149

(28) Jamie McCanney

1	13:37:01.735	4:06.497	17.521	34.696	25.665	1:07.361	34.026	30.626	36.602
2	13:41:23.035	4:21.300	20.005	35.589	30.122	1:07.572	35.282	35.967	36.763



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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	13:45:45.903	4:22.868	22.856	35.891	28.284	1:07.989	37.595	33.610	36.643
4	13:50:15.303	4:29.400	20.757	37.179	27.516	1:10.229	36.318	39.553	37.848
5	13:55:04.244	4:48.941	25.595	36.834	28.073	1:31.632	35.656	33.022	38.129
6	13:59:52.187	4:47.943	20.944	36.067	28.507	1:32.070	36.442	35.732	38.181
7	14:04:44.379	4:52.192	22.487	37.131	28.931	1:30.540	39.161	34.303	39.639
8	14:09:43.017	4:58.638	25.090	39.340	29.513	1:30.724	37.739	36.160	40.072
9	14:14:15.635	4:32.618	23.291	35.872	28.412	1:12.375	37.016	36.909	38.743
10	14:18:49.022	4:33.387	22.485	36.810	28.503	1:11.222	37.701	36.754	39.912
11	14:23:29.007	4:39.985	22.691	38.884	28.906	1:15.548	38.556	36.085	39.315
12	14:29:01.685	5:32.678	22.111	38.636	29.359	2:08.861	37.796	34.886	41.029
13	14:35:15.276	6:13.591	2:01.375	38.300	28.173	1:16.449	34.558	37.005	37.731
14	14:41:51.008	6:35.732	2:07.545	39.722	29.349	1:17.220	38.251	43.271	40.374
15	14:47:43.061	5:52.053	1:34.789	38.413	29.694	1:16.874	37.094	36.105	39.084
16	14:53:30.774	5:47.713	1:33.885	34.644	27.603	1:15.909	36.040	37.825	41.807
17	14:59:32.803	6:02.029	1:37.864	35.372	29.839	1:18.303			43.397
18	15:05:29.380	5:56.577	1:34.771	36.458	29.400	1:17.871	38.697	37.940	41.440
19	15:11:36.745	6:07.365	1:34.024	37.053	31.569	1:27.271	40.043	37.509	39.896
20	15:17:41.033	6:04.288	1:36.903	36.564	28.849	1:25.894	38.970	36.636	40.472
21	15:23:52.651	6:11.618	1:32.648	37.030	29.614	1:28.386			44.625
22	15:30:11.486	6:18.835	1:35.967	38.632	28.966	1:31.645	40.825	36.655	46.145
23	15:36:14.415	6:02.929	1:29.833	37.544	30.191	1:28.836	37.282	37.617	41.626

(59) Lars van Berkel

1	13:36:50.040	3:50.576	16.500	26.867	25.642	1:05.121	31.095	30.427	34.924
2	13:41:24.210	4:34.170	18.949	37.136	28.092	1:25.217			36.528
3	13:45:41.566	4:17.356	20.853	36.300	27.836	1:08.275	36.289	31.894	35.909
4	13:50:46.203	5:04.637	20.565	36.196	28.531	1:28.830	56.235	34.621	39.659
5	13:55:36.536	4:50.333	22.855	35.822	28.614	1:30.772			39.828
6	14:00:20.528	4:43.992	20.845	37.134	27.750	1:30.283	36.404	34.535	37.041
7	14:04:45.344	4:24.816	21.486	36.831	29.694	1:10.313	35.992	32.776	37.724
8	14:09:11.956	4:26.612	21.220	35.695	28.659	1:11.402	36.312	35.004	38.320
9	14:13:37.254	4:25.298	21.547	34.636	27.656	1:12.138	36.700	34.433	38.188
10	14:18:05.734	4:28.480	22.639	35.809	28.943	1:12.406	36.741	34.058	37.884
11	14:22:32.351	4:26.617	23.308	36.136	27.529	1:12.234	35.713	31.842	39.855
12	14:27:06.597	4:34.246	23.676	37.685	26.333	1:13.555	37.817	35.125	40.055
13	14:33:27.999	6:21.402	2:12.020	35.050	26.665	1:16.625	36.289	34.456	40.297
14	14:42:05.271	8:37.272	2:56.998	37.749	26.409	2:44.046	38.395	34.733	38.942
15	14:48:06.069	6:00.798	1:50.206	36.461	28.724	1:16.021	37.013	33.920	38.453
16	14:53:46.055	5:39.986	1:35.019	32.515	27.265	1:14.921	35.645	35.764	38.857
17	14:59:25.397	5:39.342	1:27.937	35.417	28.368	1:15.004	37.625	35.312	39.679
18	15:05:14.164	5:48.767	1:34.325	38.240	28.083	1:14.501	38.938	33.610	41.070
19	15:11:41.006	6:26.842	1:35.539	49.843	30.091	1:29.733	39.687	37.998	43.951
20	15:18:10.790	6:29.784	1:44.175	39.866	32.252	1:31.654	40.207	37.368	44.262
21	15:24:27.479	6:16.689	1:38.765	37.154	29.789	1:28.412	41.556	36.863	44.150
22	15:30:53.276	6:25.797	1:39.959	39.746	30.768	1:30.092	39.605	37.746	47.881
23	15:37:09.567	6:16.291	1:31.127	37.365	32.873	1:35.450			45.818

(41) Axel van de Sande

1	13:36:56.784	4:05.721	17.841	40.276	24.748	1:06.363	32.323	30.182	33.988
2	13:41:14.052	4:17.268	18.785	37.054	27.691	1:09.614	35.147	32.869	36.108
3	13:45:30.669	4:16.617	19.161	34.458	30.742	1:09.003	35.523	31.063	36.667
4	13:49:52.150	4:21.481	20.176	36.008	28.841	1:09.719	37.117	32.060	37.560
5	13:54:11.824	4:19.674	20.584	35.252	29.624	1:10.926	36.372	30.810	36.106
6	13:59:00.272	4:48.448	42.818	38.803	27.418	1:10.863	37.946	34.029	36.571
7	14:03:21.448	4:21.176	20.948	36.113	28.780	1:12.971	34.696	30.456	37.212
8	14:07:35.716	4:14.268	19.880	34.914	27.634	1:08.419	33.472	34.324	35.625
9	14:12:01.488	4:25.772	21.826	36.892	28.431	1:12.565	35.524	33.379	37.155
10	14:16:18.464	4:16.976	22.278	35.760	26.917	1:07.756	35.629	32.000	36.636
11	14:20:43.934	4:25.470	22.846	33.605	25.857	1:12.648	36.572	36.354	37.588
12	14:26:34.232	5:50.298	22.420	37.605	27.968	2:32.097	36.316	34.828	39.064
13	14:33:12.683	6:38.451	2:14.712	34.833	27.229	1:30.100	36.120	34.785	40.672
14	14:40:45.857	7:33.174	3:13.362	37.094	27.164	1:29.773	36.653	31.755	37.373
15	14:47:46.665	7:00.808	2:33.987	37.252	27.115	1:33.682	35.612	34.182	38.978
16	14:54:35.735	6:49.070	2:18.074	38.415	28.542	1:30.420	38.333	34.547	40.739
17	15:00:25.934	5:50.199	1:36.940	36.939	28.729	1:15.524	38.314	32.872	40.881
18	15:06:17.013	5:51.079	1:44.252	35.234	28.032	1:16.134	35.651	32.384	39.392



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
19	15:12:29.689	6:12.676	1:37.765	37.196	29.370	1:21.445			45.225
20	15:18:39.057	6:09.368	1:37.013	35.600	33.112	1:27.239	40.724	34.949	40.731
21	15:24:58.162	6:19.105	1:39.344	38.481	31.716	1:26.500	44.063	36.803	42.198
22	15:31:12.905	6:14.743	1:38.546	37.992	29.650	1:28.020	39.370	37.112	44.053
23	15:37:31.286	6:18.381	1:34.862	37.401	31.298	1:33.105	40.651	38.075	42.989

(181) Jeffrey DeWulf

1	13:37:11.770	4:08.509	18.894	35.141	26.718	1:06.833	35.503	30.405	35.015
2	13:41:31.550	4:19.780	19.587	35.832	29.893	1:08.455	35.101	35.029	35.883
3	13:45:50.885	4:19.335	21.553	36.711	27.933	1:08.509	34.594	33.280	36.755
4	13:50:09.344	4:18.459	21.205	36.308	25.547	1:07.666	37.626	33.310	36.797
5	13:54:53.296	4:43.952	21.865	35.164	27.770	1:31.338	34.085	35.725	38.005
6	13:59:36.198	4:42.902	19.482	37.964	27.558	1:30.361	35.954	35.277	36.306
7	14:04:19.961	4:43.763	20.299	35.862	28.321	1:29.399	37.345	34.530	38.007
8	14:09:06.887	4:46.926	22.449	34.723	28.131	1:30.910	36.215	36.909	37.589
9	14:13:35.522	4:28.635	22.838	37.332	28.578	1:09.040	36.859	35.443	38.545
10	14:18:01.289	4:25.767	21.198	34.759	29.061	1:10.720	36.645	35.644	37.740
11	14:22:42.079	4:40.790	22.739	39.932	28.574	1:13.200	39.015	37.654	39.676
12	14:27:27.611	4:45.532	25.512	37.397	30.765	1:15.135	38.509	36.718	41.496
13	14:35:00.230	7:32.619	2:15.460	34.907	27.244	2:25.793	34.036	35.389	39.790
14	14:42:40.086	7:39.856	3:21.154	37.860	32.048	1:15.355	36.938	35.787	40.714
15	14:48:30.465	5:50.379	1:38.544	38.098	27.386	1:13.692	36.256	35.904	40.499
16	14:54:51.365	6:20.900	2:04.881	36.827	29.342	1:14.722	35.861	37.180	42.087
17	15:00:49.578	5:58.213	1:34.578	37.489	29.304	1:16.022	38.039	38.455	44.326
18	15:06:52.754	6:03.176	1:38.854	39.405	29.267	1:17.554	38.269	36.947	42.880
19	15:12:55.345	6:02.591	1:33.322	35.702	29.791	1:22.705			43.075
20	15:19:13.948	6:18.603	1:36.627	37.216	29.949	1:29.203	39.520	40.687	45.401
21	15:25:26.833	6:12.885	1:36.014	36.728	29.389	1:31.258	39.593	36.356	43.547
22	15:31:43.014	6:16.181	1:35.305	37.828	32.645	1:29.213	37.143	37.919	46.128
23	15:38:09.192	6:26.178	1:34.523	37.361	31.312	1:43.148	42.027	35.612	42.195

(314) Sven van der Mierden

1	13:37:00.492	4:04.383	17.773	34.790	26.419	1:06.027	34.148	30.133	35.093
2	13:41:27.699	4:27.207	20.602	38.210	31.035	1:08.633	35.074	34.159	39.494
3	13:46:06.440	4:38.741	21.052	37.243	27.782	1:26.861	36.256	32.684	36.863
4	13:50:48.014	4:41.574	19.498	37.335	29.827	1:29.402	33.673	33.594	38.245
5	13:55:37.305	4:49.291	22.436	36.121	29.293	1:32.529	37.096	33.956	37.860
6	14:00:23.858	4:46.553	22.662	35.756	28.675	1:32.763	35.331	34.609	36.757
7	14:04:49.937	4:26.079	21.272	37.111	28.719	1:10.151	35.736	34.504	38.586
8	14:09:20.853	4:30.916	22.063	38.312	28.823	1:14.329	36.186	34.625	36.578
9	14:15:16.597	5:55.744	22.650	37.389	28.792	2:35.230	37.240	35.714	38.729
10	14:19:51.305	4:34.708	22.003	37.833	29.823	1:13.860	38.336	33.573	39.280
11	14:24:32.239	4:40.934	24.242	37.426	30.164	1:14.686	38.816	34.806	40.794
12	14:29:17.518	4:45.279	24.510	37.024	28.650	1:17.355	38.618	36.794	42.328
13	14:36:45.794	7:28.276	3:12.047	37.101	29.906	1:16.786	36.885	35.824	39.727
14	14:43:40.104	6:54.310	2:27.276	36.737	31.996	1:19.225	38.159	38.630	42.287
15	14:49:36.719	5:56.615	1:34.731	35.902	28.745	1:19.886			43.228
16	14:56:58.642	7:21.923	1:40.676	37.333	30.448	2:39.084	36.524	36.638	41.220
17	15:03:05.763	6:07.121	1:34.556	38.300	29.450	1:22.632			43.148
18	15:09:15.308	6:09.545	1:37.789	37.150	28.825	1:25.128	39.640	37.189	43.824
19	15:15:32.110	6:16.802	1:39.893	36.861	28.431	1:29.118	39.594	36.597	46.308
20	15:21:57.727	6:25.617	1:38.929	38.077	30.487	1:30.837	42.612	38.537	46.138
21	15:28:27.706	6:29.979	1:38.816	38.868	31.785	1:34.194	42.490	37.896	45.930
22	15:34:46.575	6:18.869	1:36.502	40.377	31.592	1:30.711			44.680

(27) Marshall Meplon

1	13:37:18.883	4:16.604	20.494	35.429	27.060	1:08.690	35.579	32.076	37.276
2	13:41:50.606	4:31.723	20.989	36.011	29.440	1:08.764	40.411	34.806	41.302
3	13:46:16.307	4:25.701	22.832	38.074	28.343	1:08.823	34.526	34.485	38.618
4	13:51:09.103	4:52.796	21.753	38.617	31.531	1:30.797	37.374	33.166	39.558
5	13:55:39.293	4:30.190	22.669	37.217	28.881	1:09.747	38.880	34.138	38.658
6	14:00:09.342	4:30.049	22.810	38.011	27.931	1:09.386	36.041	35.072	40.798
7	14:05:22.095	5:12.753	24.020	38.222	27.879	1:31.863	38.273	51.067	41.429
8	14:10:22.315	5:00.220	24.628	36.739	29.653	1:34.750	36.077	35.957	42.416
9	14:15:20.902	4:58.587	23.971	36.931	29.958	1:33.618	38.104	35.080	40.925
10	14:20:01.309	4:40.407	24.292	35.829	28.864	1:16.527	38.876	35.643	40.376



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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
11	14:25:12.742	5:11.433	24.684	38.394	30.671	1:35.123	39.544	36.428	46.589
12	14:30:08.072	4:55.330	29.603	38.634	29.983	1:17.440	40.505	36.382	42.783
13	14:40:40.618	10:32.546	4:24.886	55.984	33.695	2:36.274	39.494	37.476	44.737
14	14:48:13.011	7:32.393	2:56.681	41.971	30.095	1:22.731	39.881	36.584	44.450
15	14:54:35.346	6:22.335	1:43.008	38.189	30.483	1:24.935	41.750	38.026	45.944
16	15:00:46.222	6:10.876	1:41.931	37.322	27.881	1:20.008	41.574	36.719	45.441
17	15:07:05.883	6:19.661	1:41.050	37.220	31.596	1:21.570	42.635	37.908	47.682
18	15:13:52.897	6:47.014	1:49.690	40.352	30.545	1:38.390	42.192	38.417	47.428
19	15:20:41.616	6:48.719	1:48.750	38.864	32.591	1:34.642	45.644	38.874	49.354
20	15:27:38.038	6:56.422	1:43.941	39.990	34.088	1:38.953	45.456	41.706	52.288
21	15:34:35.908	6:57.870	1:42.596	40.416	31.153	1:52.087			50.493

(57) William Bolt

1	13:37:28.434	4:24.489	19.281	33.602	26.239	1:08.346	46.888	32.993	37.140
2	13:41:55.917	4:27.483	18.889	36.149	29.173	1:09.750	39.188	33.608	40.726
3	13:46:25.260	4:29.343	21.785	38.669	30.620	1:07.383	37.291	35.344	38.251
4	13:51:00.175	4:34.915	20.078	37.556	32.700	1:10.951	37.721	35.308	40.601
5	13:55:37.610	4:37.435	23.174	39.671	28.617	1:09.610	39.176	35.929	41.258
6	14:00:41.545	5:03.935	22.121	37.975	28.433	1:35.459	41.679	36.796	41.472
7	14:05:39.121	4:57.576	23.225	37.840	27.867	1:33.422	38.003	37.642	39.577
8	14:10:22.691	4:43.570	23.209	38.736	28.470	1:13.890	38.169	38.263	42.833
9	14:15:14.792	4:52.101	28.898	39.596	30.744	1:11.989	41.729	39.032	40.113
10	14:21:23.559	6:08.767	25.325	35.305	31.655	2:40.421	38.367	37.682	40.012
11	14:26:20.046	4:56.487	24.138	35.837	33.205	1:15.685	48.232	37.677	41.713
12	14:33:23.346	7:03.300	2:01.367	38.024	29.219	1:35.531			45.875
13	14:40:21.769	6:58.423	2:22.374	40.952	29.589	1:20.493			46.225
14	14:46:41.886	6:20.117	1:48.952	39.200	29.257	1:17.125	40.689	37.736	47.158
15	14:54:49.109	8:07.223	2:02.172	45.011	30.592	2:44.382	41.529	39.858	43.679
16	15:01:03.100	6:13.991	1:36.288	37.931	30.063	1:20.881	43.319	37.851	47.658
17	15:07:42.900	6:39.800	1:51.222	39.627	31.974	1:28.673	39.110	40.910	48.284
18	15:14:22.226	6:39.326	1:40.906	44.337	32.750	1:34.237			46.233
19	15:21:14.505	6:52.279	1:53.064	42.224	31.658	1:35.903			46.168
20	15:27:56.017	6:41.512	1:42.670	44.981	33.410	1:32.299			49.159
21	15:34:48.206	6:52.189	1:59.720	40.199	31.462	1:32.748			46.433

(50) Greg Smets

1	13:36:50.715	3:57.886	17.621	33.927	26.104	1:03.737	32.208	29.039	35.250
2	13:41:42.999	4:52.284	21.171	38.323	31.610	1:28.723	36.708	34.555	41.194
3	13:46:22.307	4:39.308	22.798	37.210	27.922	1:26.996	32.855	33.755	37.772
4	13:51:03.564	4:41.257	21.171	36.229	30.672	1:25.112	36.134	33.187	38.752
5	13:55:46.944	4:43.380	21.783	37.928	27.186	1:26.019	37.252	35.645	37.567
6	14:00:14.090	4:27.146	22.504	36.652	28.483	1:08.051	35.947	35.598	39.911
7	14:04:49.393	4:35.303	24.164	39.701	30.038	1:07.608	38.022	35.405	40.365
8	14:09:29.156	4:39.763	23.429	40.216	29.409	1:10.473	37.903	35.906	42.427
9	14:14:06.733	4:37.577	25.349	38.315	28.045	1:08.982	38.314	38.609	39.963
10	14:18:45.702	4:38.969	24.176	39.782	28.953	1:09.645	38.429	36.770	41.214
11	14:23:32.434	4:46.732	24.854	40.143	31.497	1:10.926	39.132	37.142	43.038
12	14:30:47.294	7:14.860	27.594	37.767	31.517	3:37.372			41.890
13	14:39:19.081	8:31.787	4:07.399	39.982	31.370	1:13.954	38.732	37.479	42.871
14	14:45:42.477	6:23.396	1:42.175	43.102	31.988	1:18.219			44.822
15	14:52:57.344	7:14.867	2:41.667	43.579	31.002	1:14.124	38.219	42.351	43.925
16	14:59:53.739	6:56.395	2:13.444	46.816	32.966	1:16.692			44.300
17	15:07:00.290	7:06.551	2:24.932	40.502	30.578	1:18.480	43.657	42.090	46.312
18	15:14:09.894	7:09.604	2:05.776	42.028	31.692	1:30.226	46.874	43.184	49.824
19	15:21:33.540	7:23.646	2:18.427	43.530	32.996	1:32.712			49.172
20	15:28:25.525	6:51.985	1:44.233	42.633	35.586	1:32.804	42.675	44.834	49.220
21	15:35:39.789	7:14.264	1:39.889	53.807	33.098	1:31.927			1:06.269

(30) Romain Dumontier

1	13:37:19.618	4:12.367	19.467	34.363	26.126	1:08.102	35.646	31.961	36.702
2	13:42:13.583	4:53.965	21.357	36.610	29.328	1:31.499	36.624	37.542	41.005
3	13:47:09.793	4:56.210	22.686	35.877	31.515	1:31.454	39.166	35.850	39.662
4	13:52:11.721	5:01.928	22.340	36.291	29.549	1:33.839			41.735
5	13:57:10.783	4:59.062	23.519	37.574	28.382	1:32.280	37.782	37.721	41.804
6	14:01:52.590	4:41.807	22.611	36.803	30.693	1:11.190	40.937	36.255	43.318
7	14:06:37.610	4:45.020	25.661	37.172	29.764	1:12.097	39.507	38.186	42.633



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8	14:11:29.843	4:52.233	24.784	37.426	32.195	1:15.847	38.259	37.711	46.011
9	14:18:08.486	6:38.643	26.529	36.667	32.318	2:58.296	43.174	37.225	44.434
10	14:23:05.292	4:56.806	25.914	37.617	33.862	1:15.610			43.804
11	14:28:07.276	5:01.984	24.261	38.178	31.463	1:19.540	42.002	38.228	48.312
12	14:34:58.109	6:50.833	2:16.410	38.159	30.886	1:20.051	39.746	40.735	44.846
13	14:41:41.852	6:43.743	2:04.880	39.558	32.678	1:21.728			46.084
14	14:48:05.063	6:23.211	1:42.067	39.612	31.731	1:26.542	39.161	36.785	47.313
15	14:54:32.110	6:27.047	1:46.333	39.418	31.367	1:22.964	41.021	38.843	47.101
16	15:02:24.887	7:52.777	1:43.594	39.863	32.691	2:48.582	42.233	38.556	47.258
17	15:08:58.685	6:33.798	1:48.261	39.710	33.084	1:25.864	41.505	37.119	48.255
18	15:15:38.170	6:39.485	1:47.086	39.480	30.153	1:33.223	44.123	36.831	48.589
19	15:22:20.630	6:42.460	1:42.081	39.192	34.322	1:35.574			48.062
20	15:29:06.802	6:46.172	1:39.736	40.638	31.310	1:40.921	45.573	37.478	50.516
21	15:35:48.935	6:42.133	1:38.558	40.138	34.272	1:36.971	45.366	37.378	49.450

(304) Manual Lettenbichler

1	13:37:40.540	4:24.744	20.077	34.877	28.205	1:08.216	38.193	36.979	38.197
2	13:42:23.273	4:42.733	20.130	37.061	30.915	1:14.826	39.698	38.641	41.462
3	13:47:05.016	4:41.743	23.699	42.617	31.813	1:08.629	38.299	37.206	39.480
4	13:52:12.963	5:07.947	21.914	38.824	30.455	1:32.417	41.451	39.607	43.279
5	13:56:59.758	4:46.795	24.366	40.325	29.788	1:12.227	39.222	39.665	41.202
6	14:02:09.916	5:10.158	23.597	39.600	29.063	1:37.503			42.410
7	14:07:17.536	5:07.620	24.065	39.458	29.294	1:36.382			41.132
8	14:12:32.128	5:14.592	24.758	40.193	29.363	1:37.226			43.048
9	14:17:29.432	4:57.304	24.672	40.293	31.441	1:17.003	41.296	40.149	42.450
10	14:22:37.939	5:08.507	26.353	39.497	31.545	1:21.680	42.132	39.547	47.753
11	14:27:57.096	5:19.157	26.478	44.270	34.828	1:25.245	41.771	42.083	44.482
12	14:35:33.043	7:35.947	2:04.372	38.931	30.452	2:13.870	40.656	40.905	46.761
13	14:42:48.840	7:15.797	2:20.661	42.639	33.121	1:25.959	42.684	43.068	47.665
14	14:49:43.584	6:54.744	1:39.532	40.207	32.093	1:53.001			47.351
15	14:56:34.954	6:51.370	1:57.580	38.694	32.917	1:29.655			46.739
16	15:03:14.674	6:39.720	1:36.803	38.058	31.534	1:42.820			46.332
17	15:09:49.153	6:34.479	1:39.797	40.306	32.309	1:29.995	45.452	39.649	46.971
18	15:16:22.231	6:33.078	1:36.971	38.648	30.992	1:34.273	42.989	41.523	47.682
19	15:23:01.436	6:39.205	1:45.655	39.052	31.852	1:30.614	44.391	40.293	47.348
20	15:29:44.285	6:42.849	1:40.589	40.282	33.469	1:36.028	44.470	39.462	48.549
21	15:36:11.618	6:27.333	1:38.905	38.330	31.538	1:27.465	42.879	39.055	49.161

(26) Josep Garcia Montana

1	13:37:23.586	4:20.369	20.576	36.177	28.866	1:08.535	35.805	33.249	37.161
2	13:42:07.658	4:44.072	20.933	37.186	30.718	1:08.695	41.853	36.973	47.714
3	13:47:17.367	5:09.709	25.654	38.153	32.972	1:33.668	41.516	36.329	41.417
4	13:52:25.486	5:08.119	22.695	40.692	29.956	1:30.628	43.792	36.987	43.369
5	13:57:35.694	5:10.208	24.697	37.793	33.023	1:32.994	41.951	38.062	41.688
6	14:02:42.034	5:06.340	22.380	39.374	30.688	1:33.898	40.323	36.860	42.817
7	14:07:33.356	4:51.322	25.746	38.120	30.019	1:15.207	40.304	40.410	41.516
8	14:12:24.583	4:51.227	24.256	38.065	30.584	1:13.419	41.074	40.399	43.430
9	14:17:20.245	4:55.662	24.732	39.830	31.060	1:16.248	41.485	39.346	42.961
10	14:22:22.327	5:02.082	25.793	41.584	32.318	1:17.293	41.438	40.054	43.602
11	14:27:34.859	5:12.532	25.356	40.030	30.632	1:18.490	45.022	39.414	53.588
12	14:35:27.169	7:52.310	2:00.490	41.795	29.897	2:22.499	42.211	49.972	45.446
13	14:42:20.055	6:52.886	2:04.074	41.175	33.627	1:25.727	42.841	38.902	46.540
14	14:48:51.222	6:31.167	1:41.523	41.421	32.250	1:25.434	44.158	39.862	46.519
15	14:55:39.921	6:48.699	1:51.914	41.737	34.051	1:27.837	44.341	40.159	48.660
16	15:02:30.107	6:50.186	1:46.921	41.105	33.686	1:30.993			48.653
17	15:09:20.346	6:50.239	1:44.958	40.475	34.745	1:31.922	47.248	40.315	50.576
18	15:16:20.065	6:59.719	1:42.538	42.108	34.952	1:40.768	46.550	42.056	50.747
19	15:23:21.824	7:01.759	1:46.275	46.117	34.714	1:34.416	46.088	41.602	52.547
20	15:30:46.918	7:25.094	1:46.199	43.128	35.530	1:49.420	51.954	45.411	53.452
21	15:38:21.567	7:34.649	1:47.861	44.415	41.477	1:47.555	51.836	47.703	53.802

(47) Ronnie van Rooij

1	13:37:30.625	4:18.189	20.820	34.853	27.697	1:07.952	36.920	32.147	37.800
2	13:42:03.934	4:33.309	20.993	34.272	30.408	1:08.875	41.593	36.847	40.321
3	13:46:42.986	4:39.052	23.792	37.765	30.423	1:10.910	40.005	35.378	40.779
4	13:51:21.120	4:38.134	23.681	38.234	28.310	1:12.707	40.266	35.549	39.387





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	13:56:02.902	4:41.782	25.271	37.755	29.490	1:12.897	38.570	36.549	41.250
6	14:00:43.861	4:40.959	23.466	39.035	29.266	1:13.723	39.117	35.689	40.663
7	14:05:26.435	4:42.574	25.568	37.512	31.703	1:12.438	38.447	35.763	41.143
8	14:10:21.065	4:54.630	26.198	38.876	30.533	1:18.892	39.838	37.575	42.718
9	14:15:27.947	5:06.882	29.416	42.557	30.724	1:19.128	43.405	36.686	44.966
10	14:20:25.016	4:57.069	25.788	38.985	32.441	1:20.076	39.646	37.615	42.518
11	14:25:23.653	4:58.637	27.341	41.775	30.204	1:18.099	40.077	38.436	42.705
12	14:30:44.019	5:20.366	26.705	46.468	31.228	1:26.204	42.505	39.755	47.501
13	14:42:36.518	11:52.499	3:55.590	45.577	53.157	4:11.126	41.551	39.662	45.836
14	14:49:13.877	6:37.359	1:43.733	38.568	31.420	1:39.966	43.497	37.292	42.883
15	14:56:11.964	6:58.087	1:58.858	41.367	32.458	1:40.011	41.008	38.858	45.527
16	15:03:06.897	6:54.933	1:44.343	43.728	31.496	1:44.519	44.417	39.196	47.234
17	15:09:54.697	6:47.800	1:44.386	42.649	33.013	1:27.986	48.754	42.444	48.568
18	15:17:04.306	7:09.609	1:47.992	40.301	35.862	1:43.369	48.722	44.058	49.305
19	15:24:08.165	7:03.859	1:47.738	44.069	33.894	1:40.298	44.538	42.004	51.318
20	15:31:25.269	7:17.104	1:51.277	44.529	34.507	1:40.700			55.825
21	15:38:29.804	7:04.535	1:46.299	42.853	37.038	1:41.511	44.409	41.963	50.462

(13) Paul Bolton

1	13:37:47.344	4:31.993	21.427	36.590	30.509	1:13.139	36.982	34.510	38.836
2	13:42:31.413	4:44.069	21.843	38.504	29.898	1:14.593	39.447	37.153	42.631
3	13:47:44.099	5:12.686	23.291	41.044	31.912	1:36.681	41.164	36.737	41.857
4	13:52:56.182	5:12.083	21.679	39.574	29.718	1:38.619	42.668	37.163	42.662
5	13:58:07.287	5:11.105	24.209	40.072	31.273	1:36.108	38.917	37.005	43.521
6	14:03:29.051	5:21.764	24.856	38.649	31.014	1:40.934	42.497	39.334	44.480
7	14:08:27.620	4:58.569	27.918	38.737	32.632	1:18.287	38.929	38.143	43.923
8	14:13:20.562	4:52.942	25.602	38.623	31.690	1:17.194			43.170
9	14:19:17.043	5:56.481	25.355	39.651	30.577	2:19.022	40.424	39.103	42.349
10	14:24:18.880	5:01.837	25.966	38.991	32.541	1:16.282	41.824	38.393	47.840
11	14:29:41.346	5:22.466	26.615	46.160	34.092	1:25.179			48.388
12	14:37:02.252	7:20.906	2:37.846	39.523	31.880	1:25.656			44.306
13	14:44:05.184	7:02.932	2:09.223	42.336	35.865	1:24.579			50.213
14	14:51:31.740	7:26.556	1:42.679	41.203	31.820	2:25.165	41.733	38.027	45.929
15	14:58:08.547	6:36.807	1:44.216	41.648	33.337	1:23.815			50.650
16	15:04:39.622	6:31.075	1:39.201	41.638	32.156	1:24.749	40.984	42.344	50.003
17	15:11:35.588	6:55.966	1:43.425	41.776	32.597	1:41.308	45.617	40.193	51.050
18	15:18:33.692	6:58.104	1:44.050	44.639	34.682	1:37.398	44.867	42.308	50.160
19	15:25:31.766	6:58.074	1:43.182	42.375	35.115	1:36.527			56.498
20	15:32:42.672	7:10.906	1:48.113	44.155	32.104	1:50.964	44.872	41.268	49.430

(34) Bradley Cox

1	13:37:35.010	4:20.274	19.964	36.402	27.512	1:08.704	35.661	34.034	37.997
2	13:42:08.152	4:33.142	19.501	36.060	30.110	1:10.253			40.633
3	13:46:51.134	4:42.982	23.654	38.469	33.139	1:12.147			41.639
4	13:52:07.538	5:16.404	21.208	37.688	44.829	1:33.374	38.791	39.615	40.899
5	13:57:12.878	5:05.340	21.885	37.917	32.012	1:36.316			41.554
6	14:02:21.014	5:08.136	23.683	37.201	32.297	1:33.678	41.232	39.567	40.478
7	14:07:28.393	5:07.379	23.599	39.353	29.609	1:33.775	41.349	39.446	40.248
8	14:12:20.455	4:52.062	24.246	40.081	32.108	1:17.213	39.427	39.898	39.089
9	14:18:37.309	6:16.854	24.370	41.354	31.621	2:33.613	40.279	41.379	44.238
10	14:23:35.639	4:58.330	24.002	39.200	31.870	1:17.111			43.322
11	14:28:29.988	4:54.349	23.659	39.122	32.182	1:16.262			43.301
12	14:37:17.766	8:47.778	2:21.178	39.295	32.196	3:03.859			44.058
13	14:44:16.747	6:58.981	2:13.331	42.566	32.536	1:20.726	42.821	41.369	45.632
14	14:50:54.092	6:37.345	1:47.831	43.146	32.202	1:21.944	42.804	42.466	46.952
15	14:57:28.390	6:34.298	1:41.731	43.295	32.109	1:22.628	45.641	42.141	46.753
16	15:04:12.453	6:44.063	1:43.786	40.481	33.228	1:22.384	45.977	44.458	53.749
17	15:12:05.037	7:52.584	1:41.833	43.586	32.312	2:37.737	46.424	43.638	47.054
18	15:19:07.652	7:02.615	1:48.722	43.349	32.979	1:36.701	45.080	45.786	49.998
19	15:26:04.184	6:56.532	1:42.644	42.123	33.407	1:38.020			48.475
20	15:33:03.666	6:59.482	1:41.106	43.357	33.005	1:41.796	45.237	43.509	51.472

(793) Rico Lommers

1	13:37:44.386	4:27.871	21.305	36.578	28.228	1:13.253	35.342	35.601	37.564
2	13:42:21.941	4:37.555	20.809	39.370	29.774	1:13.583	37.694	37.670	38.655
3	13:46:59.788	4:37.847	22.486	37.218	31.039	1:14.850	37.606	36.925	37.723





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Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	13:51:40.726	4:40.938	22.165	37.461	30.136	1:13.833	39.230	37.271	40.842
5	13:56:28.727	4:48.001	25.505	38.435	30.015	1:15.304	37.484	39.469	41.789
6	14:03:27.072	6:58.345	24.408	37.430	28.936	3:28.053	39.194	39.242	41.082
7	14:08:32.029	5:04.957	24.047	39.580	29.862	1:36.589	38.105	37.265	39.509
8	14:13:45.161	5:13.132	23.870	40.607	31.818	1:38.994	38.271	37.688	41.884
9	14:18:52.432	5:07.271	23.662	39.924	29.223	1:37.498	37.884	37.467	41.613
10	14:24:14.874	5:22.442	24.846	38.904	30.240	1:43.957	41.434	40.128	42.933
11	14:29:21.758	5:06.884	27.182	42.054	32.009	1:20.172	38.829	38.558	48.080
12	14:37:23.566	8:01.808	3:25.244	42.168	31.105	1:23.573	39.066	37.053	43.599
13	14:43:59.689	6:36.123	1:47.036	43.621	33.819	1:26.390	39.974	39.357	45.926
14	14:52:30.549	8:30.860	1:44.535	40.922	30.248	3:27.657	42.317	39.337	45.844
15	14:59:07.197	6:36.648	1:43.298	40.293	32.341	1:29.569	43.219	40.314	47.614
16	15:05:46.897	6:39.700	1:42.045	41.993	32.469	1:31.064	42.993	41.225	47.911
17	15:12:34.083	6:47.186	1:45.487	40.576	34.787	1:33.896			47.882
18	15:19:21.544	6:47.461	1:41.805	40.734	32.210	1:39.702	42.427	39.913	50.670
19	15:26:18.859	6:57.315	1:43.411	41.314	33.418	1:42.145	43.987	39.557	53.483
20	15:33:14.791	6:55.932	1:43.395	41.032	32.399	1:43.168	44.740	39.254	51.944

(49) Christian Dignum

1	13:37:47.753	4:38.462	20.168	34.317	28.403	1:27.303	36.095	33.803	38.373
2	13:42:42.439	4:54.686	19.389	36.503	30.540	1:31.758	37.588	37.910	40.998
3	13:47:47.704	5:05.265	22.233	40.181	32.982	1:32.833	38.403	37.377	41.256
4	13:52:52.993	5:05.289	21.173	38.444	30.481	1:32.832			42.400
5	13:57:43.303	4:50.310	23.491	40.123	29.519	1:13.704			41.720
6	14:02:33.806	4:50.503	24.036	39.617	32.145	1:14.689	37.079	40.523	42.414
7	14:07:23.467	4:49.661	22.082	41.238	32.656	1:14.489	39.176	40.228	39.792
8	14:14:38.959	7:15.492	22.314	38.513	1:15.260	2:55.442	38.594	40.896	44.473
9	14:19:34.326	4:55.367	24.816	39.397	33.101	1:13.158	41.605	39.320	43.970
10	14:24:35.921	5:01.595	25.171	38.923	30.991	1:18.014	40.301	41.973	46.222
11	14:29:47.347	5:11.426	25.167	40.753	32.424	1:20.660	43.815	43.895	44.712
12	14:37:36.171	7:48.824	3:09.149	41.469	31.700	1:20.314	40.560	39.878	45.754
13	14:44:10.508	6:34.337	1:51.382	39.869	33.336	1:19.734	41.884	42.042	46.090
14	14:50:46.638	6:36.130	1:45.158	39.655	32.354	1:24.578	43.925	41.895	48.565
15	14:58:59.866	8:13.228	1:47.256	40.513	31.717	2:57.641	43.363	42.222	50.516
16	15:05:52.630	6:52.764	1:59.458	41.692	33.970	1:22.831			46.907
17	15:12:44.824	6:52.194	1:44.925	46.508	34.892	1:30.387	43.374	41.743	50.365
18	15:19:39.242	6:54.418	1:48.604	39.990	35.014	1:33.019			49.627
19	15:26:35.223	6:55.981	1:48.577	39.037	32.818	1:31.100	47.122	48.092	49.235
20	15:33:31.974	6:56.751	1:49.279	41.025	33.950	1:34.443			51.062

(213) Jacob de Booij

1	13:37:25.229	4:19.243	20.113	34.316	28.057	1:09.041	38.519	32.369	36.828
2	13:42:05.887	4:40.658	20.472	33.865	33.521	1:11.428	42.570	37.449	41.353
3	13:46:46.205	4:40.318	23.059	39.633	31.796	1:09.838	40.977	35.500	39.515
4	13:51:26.779	4:40.574	22.982	39.588	28.349	1:10.668	41.189	36.817	40.981
5	13:56:08.097	4:41.318	22.705	39.115	30.251	1:10.769	41.272	36.911	40.295
6	14:00:53.586	4:45.489	27.403	38.901	29.745	1:09.761	40.365	35.393	43.921
7	14:05:42.698	4:49.112	24.891	38.642	30.185	1:13.032	43.904	36.569	41.889
8	14:10:55.709	5:13.011	25.910	39.056	30.063	1:35.503	42.637	37.033	42.809
9	14:17:39.994	6:44.285	24.982	38.196	32.321	3:04.663	43.127	37.361	43.635
10	14:22:38.685	4:58.691	24.683	39.362	31.887	1:16.145	44.969	35.817	45.828
11	14:28:04.386	5:25.701	25.471	41.936	31.521	1:38.802	42.722	39.298	45.951
12	14:35:40.663	7:36.277	2:35.384	41.305	31.410	1:38.411	44.987	37.601	47.179
13	14:42:36.977	6:56.314	2:04.691	40.893	31.996	1:25.827	45.807	38.044	49.056
14	14:49:41.384	7:04.407	1:44.418	38.734	30.796	1:44.833	47.098	39.595	58.933
15	14:58:37.975	8:56.591	1:55.539	42.248	32.682	3:32.351	45.729	39.962	48.080
16	15:05:16.032	6:38.057	1:42.642	39.592	31.739	1:28.087			49.180
17	15:12:29.695	7:13.663	1:48.612	42.707	32.123	1:48.354			50.533
18	15:19:40.030	7:10.335	1:48.444	44.489	33.675	1:37.426			54.406
19	15:26:59.126	7:19.096	1:46.841	42.938	34.655	1:43.746	49.248	43.631	58.037
20	15:34:24.577	7:25.451	1:47.082	42.420	36.395	1:48.270	48.845	44.506	57.933

(84) Rinus van de Ven

1	13:37:28.447	4:16.560	18.697	35.154	28.615	1:08.583	36.058	32.647	36.806
2	13:42:24.969	4:56.522	19.632	36.421	30.938	1:34.975	38.901	36.827	38.828
3	13:47:20.802	4:55.833	23.784	37.722	29.976	1:30.825	37.235	36.647	39.644





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	13:52:13.699	4:52.897	21.843	37.071	29.863	1:28.836	38.765	35.037	41.482
5	13:57:14.863	5:01.164	23.157	39.909	31.033	1:33.972	37.433	35.024	40.636
6	14:02:00.309	4:45.446	22.455	38.419	30.273	1:15.465	39.324	36.545	42.965
7	14:06:44.422	4:44.113	23.673	38.161	29.509	1:16.589	37.514	36.791	41.876
8	14:13:28.256	6:43.834	23.359	41.727	30.675	3:05.699	40.956	37.989	43.429
9	14:18:33.119	5:04.863	26.327	49.461	30.576	1:17.241	41.611	37.239	42.408
10	14:23:22.835	4:49.716	25.175	38.613	30.785	1:16.051	40.430	37.535	41.127
11	14:28:41.014	5:18.179	23.654	38.297	51.366	1:18.763	41.846	38.992	45.261
12	14:37:51.609	9:10.595	4:29.020	44.560	30.944	1:22.844	41.872	36.484	44.871
13	14:44:19.206	6:27.597	1:50.508	41.250	31.707	1:20.408	41.674	38.062	43.988
14	14:53:04.657	8:45.451	1:40.884	39.634	33.077	3:45.273			43.610
15	14:59:40.403	6:35.746	1:40.228	40.691	31.626	1:25.002	46.660	45.150	46.389
16	15:06:15.289	6:34.886	1:42.578	39.886	31.672	1:28.777	45.768	40.323	45.882
17	15:13:44.449	7:29.160	1:46.400	40.266	32.092	1:30.042	51.246	1:11.240	57.874
18	15:20:42.142	6:57.693	1:59.907	40.462	31.145	1:34.946	44.854	39.766	46.613
19	15:27:47.707	7:05.565	1:45.618	43.567	33.818	1:36.678	47.705	43.055	55.124
20	15:35:03.642	7:15.935	1:48.424	43.173	35.607	1:41.973	49.557	44.071	53.130

(545) Tom Meijer

1	13:37:38.592	4:21.997	20.754	36.329	28.200	1:11.053			37.120
2	13:42:07.744	4:29.152	19.310	34.621	29.028	1:12.006	39.122	35.769	39.296
3	13:46:41.183	4:33.439	23.601	37.285	29.245	1:12.038	35.486	36.244	39.540
4	13:51:14.543	4:33.360	21.087	37.144	28.855	1:12.836	37.052	35.841	40.545
5	13:56:16.285	5:01.742	22.925	38.446	29.716	1:34.932	39.196	36.414	40.113
6	14:00:49.778	4:33.493	21.476	35.955	28.728	1:13.121			41.174
7	14:05:52.910	5:03.132	24.178	37.315	30.947	1:35.062	37.498	38.257	39.875
8	14:12:50.663	6:57.753	22.406	38.409	28.832	3:29.485	39.417	38.088	41.116
9	14:17:59.568	5:08.905	23.884	37.824	30.598	1:37.884	39.290	37.598	41.827
10	14:22:53.923	4:54.355	23.832	42.143	30.027	1:16.546			43.582
11	14:28:11.852	5:17.929	25.171	39.558	33.202	1:39.003	38.771	38.097	44.127
12	14:37:40.411	9:28.559	4:34.081	42.572	31.848	1:24.696	50.687	40.147	44.528
13	14:44:29.995	6:49.584	2:05.347	43.846	32.268	1:23.000	39.297	40.566	45.260
14	14:54:24.992	9:54.997	2:40.642	42.451	30.457	3:52.336	41.163	41.017	46.931
15	15:00:48.487	6:23.495	1:42.649	40.436	31.910	1:20.371			46.558
16	15:07:16.584	6:28.097	1:44.786	39.667	30.905	1:24.806			45.200
17	15:14:02.161	6:45.577	1:44.955	40.359	33.075	1:35.767	41.598	42.305	47.518
18	15:20:50.815	6:48.654	1:48.403	41.707	31.838	1:35.572	42.301	42.222	46.611
19	15:28:06.027	7:15.212	2:07.206	43.285	33.163	1:37.330			47.671
20	15:35:09.192	7:03.165	1:45.602	42.814	31.782	1:36.078			49.646

(58) Hans Vogels

1	13:37:49.739	4:31.646	21.116	36.560	28.708	1:14.370	37.047	35.950	37.895
2	13:42:56.286	5:06.547	20.918	38.214	30.253	1:35.678	39.171	38.400	43.913
3	13:48:29.902	5:33.616	21.992	39.673	32.824	1:40.599	39.620	54.464	44.444
4	13:54:00.215	5:30.313	25.511	41.718	31.776	1:44.090	41.431	40.088	45.699
5	13:59:25.317	5:25.102	23.849	41.663	32.232	1:43.285	40.913	40.535	42.625
6	14:04:30.928	5:05.611	25.251	42.374	32.019	1:20.427			44.831
7	14:09:39.667	5:08.739	23.956	40.974	33.945	1:20.219	42.022	42.885	44.738
8	14:14:46.708	5:07.041	25.171	42.141	30.510	1:21.520	42.878	41.536	43.285
9	14:19:58.804	5:12.096	25.697	43.717	31.983	1:21.656	43.072	40.961	45.010
10	14:25:23.935	5:25.131	26.834	44.734	34.237	1:25.567	45.132	42.635	45.992
11	14:30:53.038	5:29.103	28.215	45.181	32.862	1:29.738			47.352
12	14:40:44.281	9:51.243	2:57.874	43.231	34.093	3:26.728	40.850	40.913	47.554
13	14:47:54.282	7:10.001	2:15.726	44.875	32.758	1:26.093	43.680	40.424	46.445
14	14:54:56.933	7:02.651	1:49.510	44.588	33.852	1:32.730	46.226	44.901	50.844
15	15:01:54.119	6:57.186	1:48.549	45.014	34.403	1:31.290	45.661	42.283	49.986
16	15:09:04.031	7:09.912	1:48.424	47.091	33.451	1:36.902	44.111	45.367	54.566
17	15:16:20.036	7:16.005	1:45.837	45.657	34.429	1:52.603	45.750	43.009	48.720
18	15:23:22.294	7:02.258	1:47.359	44.540	35.474	1:37.354	45.668	41.404	50.459
19	15:30:54.385	7:32.091	1:42.715	44.217	34.639	1:50.034	47.109	50.830	1:02.547
20	15:38:33.637	7:39.252	1:49.125	46.645	37.874	1:51.621	50.790	45.178	58.019

(32) Jarno Derks

1	13:37:15.134	4:13.458	19.615	35.009	26.459	1:07.927	34.411	33.097	36.940
2	13:41:49.374	4:34.240	20.023	37.214	29.952	1:09.359	40.018	36.799	40.875
3	13:46:56.242	5:06.868	23.533	38.788	34.133	1:33.324	38.413	39.233	39.444





RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	13:51:59.483	5:03.241	23.025	37.999	31.355	1:32.946	39.498	36.670	41.748
5	13:57:02.876	5:03.393	21.985	39.124	30.397	1:33.504	38.577	37.067	42.739
6	14:02:00.458	4:57.582	22.205	38.808	28.525	1:33.728	37.116	36.797	40.403
7	14:06:39.907	4:39.449	24.587	38.466	28.606	1:11.529	37.272	37.614	41.375
8	14:11:24.974	4:45.067	23.967	39.130	29.333	1:13.586	40.455	36.801	41.795
9	14:18:14.779	6:49.805	24.884	38.269	31.199	3:14.090	39.277	39.626	42.460
10	14:26:37.136	8:22.357	24.913	39.455	34.164	4:25.324	41.162	39.103	58.236
11	14:33:04.338	6:27.202	1:59.050	39.112	28.865	1:17.259	39.950	39.369	43.597
12	14:41:17.182	8:12.844	3:36.976	41.057	32.027	1:22.281	37.655	38.583	44.265
13	14:47:49.081	6:31.899	1:55.950	40.089	31.850	1:20.962	39.876	38.362	44.810
14	14:57:01.300	9:12.219	1:51.895	40.459	29.972	4:01.720	41.788	39.060	47.325
15	15:03:30.759	6:29.459	1:40.489	43.456	31.681	1:26.185			44.903
16	15:10:35.820	7:05.061	2:03.636	42.415	34.357	1:28.782	44.594	42.644	48.633
17	15:17:28.663	6:52.843	1:42.573	41.300	32.540	1:37.826	46.670	42.214	49.720
18	15:24:18.225	6:49.562	1:47.979	39.962	32.373	1:34.891	43.907	40.358	50.092
19	15:32:12.034	7:53.809	1:43.650	41.071	33.738	1:36.898			1:37.929

(355) John Cuppen

1	13:38:14.091	4:48.825	21.803	36.341	29.263	1:34.175	36.791	31.567	38.885
2	13:43:01.081	4:46.990	21.303	37.930	31.265	1:16.842	41.451	36.889	41.310
3	13:47:56.936	4:55.855	23.763	41.957	31.593	1:16.978	39.705	38.668	43.191
4	13:53:19.368	5:22.432	23.881	40.226	32.613	1:45.996	40.259	37.893	41.564
5	13:58:23.238	5:03.870	24.721	40.658	34.747	1:20.219	41.838	38.042	43.645
6	14:03:53.567	5:30.329	23.719	41.548	34.847	1:42.384	42.162	42.704	42.965
7	14:08:57.309	5:03.742	25.248	43.196	34.065	1:19.537	44.383	36.410	40.903
8	14:14:06.726	5:09.417	25.508	42.198	33.504	1:19.148	46.428	38.919	43.712
9	14:19:48.497	5:41.771	27.100	44.485	31.354	1:50.414	42.724	39.223	46.471
10	14:25:05.838	5:17.341	25.664	41.258	34.811	1:22.897	44.273	39.498	48.940
11	14:30:28.769	5:22.931	30.646	41.916	32.888	1:24.538	44.563	40.090	48.290
12	14:42:26.293	11:57.524	4:34.411	45.430	35.093	3:51.853	41.680	40.901	48.156
13	14:49:06.878	6:40.585	1:48.764	42.012	34.599	1:23.221			48.857
14	14:55:52.438	6:45.560	1:55.447	39.813	33.348	1:23.503	43.105	39.921	50.423
15	15:02:46.905	6:54.467	1:52.492	44.164	33.860	1:27.165	47.131	42.100	47.555
16	15:09:53.378	7:06.473	1:54.644	44.646	33.832	1:33.090	47.814	43.707	48.740
17	15:17:13.371	7:19.993	1:52.515	42.667	34.807	1:44.484			54.089
18	15:24:34.237	7:20.866	1:55.722	44.328	34.833	1:39.763	48.607	42.352	55.261
19	15:32:13.595	7:39.358	1:57.449	47.651	37.056	1:46.324	47.849	44.077	58.952

(89) Alfredo Gomez

1	13:38:06.718	4:38.485	22.468	36.680	30.355	1:13.322	41.609	33.914	40.137
2	13:43:21.214	5:14.496	21.798	37.980	30.251	1:36.200	44.511	40.884	42.872
3	13:48:44.243	5:23.029	25.099	39.064	32.317	1:38.372	43.723	39.678	44.776
4	13:54:06.914	5:22.671	25.537	41.254	31.922	1:38.290	43.457	37.880	44.331
5	13:59:32.564	5:25.650	26.967	40.746	30.978	1:39.026	42.161	41.109	44.663
6	14:05:06.445	5:33.881	25.314	42.464	31.319	1:41.884	45.328	40.717	46.855
7	14:10:13.009	5:06.564	26.192	41.282	33.298	1:18.393	45.125	40.108	42.166
8	14:15:20.892	5:07.883	25.098	40.691	30.102	1:17.496	45.194	40.269	49.033
9	14:20:55.171	5:34.279	27.503	42.747	36.189	1:28.158	46.888	43.819	48.975
10	14:26:28.722	5:33.551	28.098	43.930	33.818	1:26.608			50.517
11	14:34:41.238	8:12.516	2:06.827	38.310	30.025	2:50.857	43.549	39.758	43.190
12	14:42:19.687	7:38.449	2:45.732	43.602	32.758	1:24.355	43.593	40.229	48.180
13	14:49:05.040	6:45.353	1:43.656	40.926	31.864	1:32.604	44.054	42.594	49.655
14	14:56:27.820	7:22.780	2:08.029	45.875	34.701	1:35.238			48.260
15	15:03:23.214	6:55.394	1:42.007	41.561	34.022	1:33.721	48.031	43.382	52.670
16	15:10:30.066	7:06.852	1:48.989	45.076	34.335	1:35.759	47.815	42.878	52.000
17	15:17:53.300	7:23.234	1:48.070	44.744	33.962	1:47.846	50.159	44.511	53.942
18	15:25:11.875	7:18.575	1:52.786	39.735	34.063	1:45.508	49.463	43.492	53.528
19	15:32:51.284	7:39.409	1:52.970	43.930	36.444	1:53.138	50.610	45.153	57.164

(570) Ralph Slager

1	13:37:49.201	4:26.772	20.015	35.603	27.732	1:14.111	35.197	35.788	38.326
2	13:42:55.386	5:06.185	20.322	36.873	29.601	1:36.420	43.789	38.156	41.024
3	13:48:05.479	5:10.093	22.400	38.500	32.398	1:38.757	38.221	37.818	41.999
4	13:53:21.233	5:15.754	22.884	39.458	31.826	1:41.469	38.702	39.940	41.475
5	14:00:48.364	7:27.131	23.501	41.647	31.978	3:48.041	40.219	39.064	42.681
6	14:05:41.896	4:53.532	25.236	39.354	32.691	1:17.360	38.418	38.642	41.831





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
7	14:10:34.396	4:52.500	23.152	38.325	31.618	1:19.567	41.060	38.429	40.349
8	14:15:27.567	4:53.171	25.443	37.774	31.178	1:19.011			42.088
9	14:20:30.301	5:02.734	24.335	42.392	31.870	1:21.358	41.046	39.530	42.203
10	14:27:44.108	7:13.807	23.922	41.107	32.223	3:29.309	40.698	40.709	45.839
11	14:35:53.249	8:09.141	3:29.124	41.859	32.457	1:22.671	40.781	38.915	43.334
12	14:42:59.851	7:06.602	2:09.727	44.223	34.673	1:27.840	43.547	43.076	43.516
13	14:49:24.955	6:25.104	1:40.602	41.548	32.260	1:24.894	42.462	38.197	45.141
14	14:58:02.595	8:37.640	1:42.014	39.948	33.000	3:29.914	44.808	41.640	46.316
15	15:04:35.336	6:32.741	1:38.479	42.409	33.282	1:24.186			49.609
16	15:11:20.803	6:45.467	1:41.257	43.274	33.608	1:30.717	46.464	42.805	47.342
17	15:18:18.121	6:57.318	1:47.864	42.389	32.729	1:38.488	43.858	41.842	50.148
18	15:26:14.573	7:56.452	1:43.571	42.109	31.350	2:41.108	44.255	41.669	52.390
19	15:32:53.062	6:38.489	1:39.497	37.745	31.889	1:41.361	44.651	38.986	44.360

(36) Stuwey Reijnders

1	13:37:37.178	4:18.143	19.490	37.019	29.339	1:09.528	34.899	31.836	36.032
2	13:42:28.010	4:50.832	19.082	37.354	29.741	1:33.792	36.508	35.322	39.033
3	13:47:00.429	4:32.419	22.910	37.958	29.952	1:09.728	37.536	36.769	37.566
4	13:52:10.742	5:10.313	20.696	36.381	30.105	1:48.534	38.078	35.937	40.582
5	13:56:48.275	4:37.533	23.718	40.892	28.585	1:10.526	38.360	36.834	38.618
6	14:01:52.219	5:03.944	22.628	37.278	30.221	1:37.047	38.992	37.160	40.618
7	14:09:04.367	7:12.148	23.729	39.176	30.087	3:37.972	41.317	39.274	40.593
8	14:13:54.343	4:49.976	23.781	39.487	32.010	1:12.958			40.543
9	14:19:11.048	5:16.705	23.316	39.123	31.767	1:41.533			40.742
10	14:24:09.875	4:58.827	24.929	38.504	31.227	1:18.759	40.808	40.774	43.826
11	14:29:25.881	5:16.006	27.321	40.314	33.813	1:22.540	44.737	40.085	47.196
12	14:41:31.448	12:05.567	7:07.060	44.328	33.352	1:28.516	45.144	41.420	45.747
13	14:50:17.101	8:45.653	1:51.803	42.199	34.924	3:26.049	43.944	40.372	46.362
14	14:57:04.842	6:47.741	1:48.781	40.583	34.133	1:24.525	45.675	40.354	53.690
15	15:04:08.677	7:03.835	1:47.152	43.519	34.313	1:31.023			53.636
16	15:11:34.863	7:26.186	1:54.630	41.797	36.357	1:49.995			48.937
17	15:18:58.216	7:23.353	1:54.216	44.040	37.727	1:47.930	48.732	42.774	47.934
18	15:26:12.660	7:14.444	1:47.867	41.231	34.470	1:46.164	47.099	41.929	55.684
19	15:33:38.868	7:26.208	1:48.520	43.660	35.165	1:50.365			53.902

(45) Amel Advokaat

1	13:37:41.316	4:30.271	20.590	39.189	27.640	1:09.064	38.436	36.518	38.834
2	13:42:57.613	5:16.297	21.347	39.659	30.792	1:41.615	41.414	40.213	41.257
3	13:48:19.415	5:21.802	22.511	44.592	32.762	1:39.542	41.055	40.552	40.788
4	13:53:37.877	5:18.462	24.641	40.130	32.077	1:38.505	41.939	40.008	41.162
5	13:58:58.472	5:20.595	22.147	41.632	30.243	1:41.565	41.389	41.763	41.856
6	14:03:59.547	5:01.075	23.397	43.804	33.121	1:15.144	42.290	41.838	41.481
7	14:09:03.898	5:04.351	23.596	43.476	31.321	1:16.856	43.024	42.092	43.986
8	14:14:20.330	5:16.432	25.392	44.293	30.936	1:18.320	44.710	45.183	47.598
9	14:19:33.461	5:13.131	25.137	41.791	30.288	1:23.249	45.219	43.258	44.189
10	14:25:12.121	5:38.660	25.656	44.363	34.125	1:22.149	45.296	43.931	1:03.140
11	14:33:52.348	8:40.227	33.348	46.360	33.142	4:12.291	45.579	45.294	1:04.213
12	14:42:36.032	8:43.684	3:18.179	48.316	37.512	1:33.563	47.601	47.347	51.166
13	14:49:42.900	7:06.868	1:51.260	47.184	35.014	1:34.035	46.415	43.380	49.580
14	14:56:57.421	7:14.521	1:55.222	43.794	35.172	1:35.837	48.834	45.177	50.485
15	15:04:10.058	7:12.637	1:49.135	45.053	35.014	1:33.571	48.274	47.846	53.744
16	15:11:44.694	7:34.636	1:52.534	46.378	37.067	1:41.241	50.067	49.065	58.284
17	15:19:25.501	7:40.807	1:56.314	45.318	37.629	1:46.505	51.112	49.972	53.957
18	15:27:00.463	7:34.962	1:54.420	44.155	35.056	1:43.429	51.140	51.546	55.216
19	15:34:30.691	7:30.228	1:52.774	44.531	36.567	1:46.633	49.999	46.014	53.710

(328) Joël van Mechelen

1	13:37:41.397	4:23.552	20.162	35.330	27.635	1:10.526	36.386	34.185	39.328
2	13:42:18.834	4:37.437	21.272	37.565	29.749	1:14.305	38.026	35.479	41.041
3	13:47:03.867	4:45.033	22.642	41.022	30.774	1:14.683	38.142	37.878	39.892
4	13:51:50.175	4:46.308	22.173	40.721	30.260	1:15.701	40.890	37.493	39.070
5	13:56:53.983	5:03.808	23.036	1:02.170	30.330	1:13.632	38.735	37.029	38.876
6	14:01:44.583	4:50.600	24.120	42.840	30.246	1:14.722	38.112	39.725	40.835
7	14:07:04.885	5:20.302	24.741	40.254	30.154	1:15.094	40.432	38.963	1:10.664
8	14:12:01.086	4:56.201	24.354	40.313	31.341	1:16.590	41.072	39.860	42.671
9	14:17:04.761	5:03.675	26.408	43.498	31.965	1:16.678			44.682





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	14:22:11.246	5:06.485	26.052	43.481	32.155	1:18.596	40.487	42.899	42.815
11	14:27:29.366	5:18.120	26.085	45.191	32.299	1:22.701	44.125	42.062	45.657
12	14:39:30.901	12:01.535	3:27.774	47.647	33.903	5:05.479	41.301	41.770	43.661
13	14:48:24.450	8:53.549	3:32.704	47.561	32.699	1:44.807	43.735	45.080	46.963
14	14:56:30.701	8:06.251	2:30.651	48.891	37.036	1:46.191	47.265	46.120	50.097
15	15:03:50.239	7:19.538	1:46.728	43.902	37.045	1:47.917	45.778	46.386	51.782
16	15:11:34.209	7:43.970	1:55.980	49.115	37.767	1:52.562	48.422	46.397	53.727
17	15:19:19.799	7:45.590	1:59.524	50.567	40.525	1:40.845	50.418	49.110	54.601
18	15:26:59.643	7:39.844	1:57.708	49.746	36.065	1:38.929	50.679	49.010	57.707
19	15:34:41.283	7:41.640	1:57.874	47.814	36.676	1:41.941	51.626	49.715	55.994

(608) Raf Belmans

1	13:37:58.120	4:29.891	20.206	37.568	29.169	1:12.452	36.871	35.809	37.816
2	13:42:48.412	4:50.292	20.680	42.393	29.843	1:13.818	41.940	40.553	41.065
3	13:47:46.935	4:58.523	23.919	40.844	32.959	1:15.247	41.496	42.308	41.750
4	13:53:15.713	5:28.778	23.455	43.732	32.079	1:41.632	41.123	41.942	44.815
5	13:58:54.455	5:38.742	24.647	44.979	33.396	1:43.833	40.035	48.722	43.130
6	14:04:03.199	5:08.744	24.949	43.643	32.650	1:20.005	41.235	42.956	43.306
7	14:09:14.536	5:11.337	26.135	44.197	33.734	1:19.079	39.771	44.050	44.371
8	14:14:28.220	5:13.684	26.861	41.161	32.155	1:19.135	44.818	43.676	45.878
9	14:20:21.404	5:53.184	26.365	45.791	35.099	1:20.506	1:17.199	43.128	45.096
10	14:25:37.904	5:16.500	25.747	43.105	34.600	1:21.690	42.510	42.372	46.476
11	14:31:10.585	5:32.681	25.695	44.285	37.750	1:26.925	42.405	44.634	50.987
12	14:43:44.809	12:34.224	5:00.882	43.110	34.798	3:57.298	44.310	43.179	50.647
13	14:51:07.455	7:22.646	1:55.916	43.033	33.218	1:45.602			52.868
14	14:58:17.434	7:09.979	2:03.725	44.968	36.681	1:24.640	45.619	43.800	50.546
15	15:05:45.413	7:27.979	1:56.501	44.335	31.820	1:46.618	50.322	47.942	50.441
16	15:13:31.317	7:45.904	2:13.361	47.919	35.412	1:43.260	46.174	47.590	52.188
17	15:21:13.967	7:42.650	2:09.696	47.322	36.202	1:38.912	48.859	48.045	53.614
18	15:28:50.543	7:36.576	1:55.041	45.737	35.094	1:37.833	1:04.736	47.609	50.526
19	15:36:00.124	7:09.581	1:53.939	41.737	35.350	1:36.412			51.408

(313) Jaap Corneth

1	13:37:31.758	4:22.865	20.391	35.518	28.870	1:06.465	39.329	34.812	37.480
2	13:42:14.701	4:42.943	20.894	38.014	31.728	1:10.121	41.771	38.287	42.128
3	13:47:02.512	4:47.811	22.237	39.988	33.482	1:09.899	42.941	37.527	41.737
4	13:52:11.458	5:08.946	22.989	39.047	31.336	1:34.321	40.810	38.793	41.650
5	14:00:23.089	8:11.631	21.346	39.054	30.671	4:38.038	43.003	38.112	41.407
6	14:05:29.457	5:06.368	22.021	40.900	30.975	1:33.297	38.793	39.215	41.167
7	14:10:41.144	5:11.687	23.767	38.554	32.975	1:34.204	40.998	38.140	43.049
8	14:15:36.338	4:55.194	25.436	38.999	32.494	1:13.944	39.851	40.914	43.556
9	14:20:39.846	5:03.508	24.010	44.811	31.964	1:16.071	41.117	39.442	46.093
10	14:25:40.088	5:00.242	25.023	41.113	31.073	1:14.271	42.570	40.944	45.248
11	14:33:38.255	7:58.167	26.853	43.358	32.829	4:07.274	41.086	43.407	43.360
12	14:41:18.785	7:40.530	2:55.758	40.151	31.844	1:17.235	44.727	42.370	48.445
13	14:48:02.512	6:43.727	1:57.843	42.662	30.799	1:18.823			45.372
14	14:54:51.873	6:49.361	1:55.637	40.130	33.442	1:23.334	47.525	43.545	45.748
15	15:07:13.624	12:21.751	1:49.960	43.013	32.939	6:45.468	48.868	43.204	58.299
16	15:14:15.325	7:01.701	1:44.813	43.869	33.200	1:29.735	49.074	46.571	54.439
17	15:21:51.512	7:36.187	1:58.855	43.069	36.655	1:43.882	54.418	45.215	54.093
18	15:29:31.774	7:40.262	1:52.159	43.399	35.873	1:44.470	56.665	49.543	58.153
19	15:37:46.466	8:14.692	2:03.625	49.373	39.337	1:56.978	53.309	49.890	1:02.180

(15) Rannar Uusna

1	13:37:50.392	4:34.769	21.445	38.085	31.330	1:08.507	38.294	36.347	40.761
2	13:42:46.100	4:55.708	21.508	41.810	30.480	1:14.475	43.487	40.164	43.784
3	13:47:49.522	5:03.422	24.437	43.914	33.279	1:17.438	40.104	39.355	44.895
4	13:53:24.202	5:34.680	24.912	43.170	33.238	1:46.494	42.506	40.957	43.403
5	13:59:03.535	5:39.333	25.794	43.573	33.466	1:44.022	42.601	45.014	44.863
6	14:04:21.667	5:18.132	26.280	44.584	33.059	1:20.350	43.626	42.483	47.750
7	14:09:48.579	5:26.912	28.790	42.998	34.212	1:24.074	44.181	43.692	48.965
8	14:16:45.888	6:57.309	25.914	43.179	32.641	3:01.060	46.198	41.656	46.661
9	14:22:26.582	5:40.694	26.529	42.501	31.878	1:47.865	44.175	41.991	45.755
10	14:28:21.785	5:55.203	26.703	46.070	33.856	1:50.502	42.786	44.882	50.404
11	14:36:00.300	7:38.515	2:34.945	42.021	33.501	1:29.988	43.660	46.873	47.527
12	14:43:23.411	7:23.111	2:05.158	45.832	38.998	1:30.533	46.018	45.581	50.991





RBKO Den Haag

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Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
13	14:50:37.247	7:13.836	1:50.017	43.417	33.213	1:36.957	47.697	46.157	56.378
14	14:57:53.517	7:16.270	1:53.246	44.096	35.318	1:32.496	50.190	48.154	52.770
15	15:05:13.901	7:20.384	1:48.926	44.385	37.544	1:38.585			53.302
16	15:12:44.176	7:30.275	1:57.395	45.052	36.380	1:42.840	48.744	46.273	53.591
17	15:21:40.380	8:56.204	1:56.605	47.680	37.492	3:00.521	50.991	44.568	58.347
18	15:29:40.109	7:59.729	1:57.874	47.450	41.647	1:57.195	52.354	49.035	54.174
19	15:38:00.266	8:20.157	1:57.151	49.960	41.014	2:08.346	53.224	48.429	1:02.033

(429) Richard Nugteren

1	13:37:47.475	4:34.753	21.222	37.677	29.802	1:10.888	39.742	35.897	39.525
2	13:42:40.892	4:53.417	23.644	37.986	30.702	1:12.723	45.250	39.679	43.433
3	13:47:51.043	5:10.151	23.850	42.672	34.593	1:14.704	45.709	42.353	46.270
4	13:53:11.725	5:20.682	24.094	41.201	51.719	1:16.101	43.110	40.998	43.459
5	13:58:08.386	4:56.661	24.227	40.328	30.187	1:13.119	43.905	39.849	45.046
6	14:03:24.379	5:15.993	25.331	44.072	34.358	1:20.481			46.255
7	14:08:39.559	5:15.180	25.823	42.827	33.884	1:19.197	42.317	44.249	46.883
8	14:14:17.760	5:38.201	25.702	43.661	37.467	1:24.620	45.429	50.352	50.970
9	14:19:38.940	5:21.180	28.835	42.402	31.359	1:24.379	45.620	42.213	46.372
10	14:25:29.698	5:50.758	28.259	46.416	35.052	1:32.614	50.377	45.241	52.799
11	14:34:26.746	8:57.048	31.768	46.181	36.758	4:42.007			49.773
12	14:42:01.862	7:35.116	2:28.713	45.295	30.816	1:31.697	43.502	44.441	50.652
13	14:49:48.528	7:46.666	1:58.072	46.574	33.900	1:56.137			53.216
14	14:58:04.627	8:16.099	2:08.058	51.349	36.614	2:06.216			52.893
15	15:05:51.039	7:46.412	1:57.665	45.708	37.198	1:58.260			52.885
16	15:14:07.017	8:15.978	1:57.278	46.553	39.429	2:08.767	51.333	53.127	59.491
17	15:22:21.125	8:14.108	2:11.557	48.304	40.701	1:52.889	56.840	46.997	56.820
18	15:30:56.333	8:35.208	2:13.640	51.192	42.021	2:02.065	56.465	49.143	1:00.682
19	15:39:27.188	8:30.855	2:22.997	51.448	43.002	1:59.699	55.239	44.914	53.556

(444) Menno Aussems

1	13:37:29.383	4:21.411	20.774	35.928	28.787	1:08.485			36.440
2	13:42:29.330	4:59.947	21.644	36.923	30.397	1:35.553	39.206	36.446	39.778
3	13:47:29.770	5:00.440	24.129	38.933	29.497	1:30.895	39.950	37.595	39.441
4	13:52:30.113	5:00.343	22.678	39.336	29.205	1:30.643	42.696	36.094	39.691
5	13:57:50.843	5:20.730	25.767	39.006	30.999	1:31.194	53.245	39.117	41.402
6	14:04:53.763	7:02.920	22.524	41.864	28.959	3:26.928	41.115	40.565	40.965
7	14:09:43.682	4:49.919	25.108	40.232	30.024	1:13.724	41.030	40.429	39.372
8	14:14:39.386	4:55.704	24.167	40.516	30.128	1:15.386			46.895
9	14:19:39.192	4:59.806	25.483	40.569	30.595	1:15.888	42.558	40.891	43.822
10	14:24:40.292	5:01.100	26.728	43.600	31.418	1:18.279	40.460	39.396	41.219
11	14:30:02.057	5:21.765	28.867	39.578	31.777	1:34.783	42.199	39.240	45.321
12	14:42:32.039	12:29.982	2:44.173	41.462	33.368	6:20.007	43.353	41.144	46.475
13	14:49:05.755	6:33.716	1:46.568	41.282	31.495	1:23.531			46.987
14	14:59:14.986	10:09.231	2:32.944	43.103	34.975	4:01.132			49.293
15	15:05:53.765	6:38.779	1:45.675	41.920	31.025	1:26.687			47.119
16	15:15:44.966	9:51.201	1:48.678	42.671	33.551	4:21.193	45.687	43.839	55.582
17	15:22:50.053	7:05.087	1:48.665	42.231	33.671	1:46.263	45.190	42.095	46.972
18	15:31:46.532	8:56.479	1:53.243	44.835	34.687	2:06.608			2:00.796
19	15:39:30.825	7:44.293	1:52.912	45.026	37.534	1:59.009			56.204

(884) Damian Wedage

1	13:38:06.418	4:35.196	20.993	37.757	28.917	1:16.907	37.043	34.694	38.885
2	13:43:00.633	4:54.215	20.387	37.840	30.579	1:18.314	47.236	38.065	41.794
3	13:47:53.021	4:52.388	22.109	41.215	31.982	1:17.278	40.439	38.125	41.240
4	13:52:47.442	4:54.421	22.976	41.565	31.007	1:19.002	38.774	39.206	41.891
5	13:57:37.688	4:50.246	23.732	38.878	32.386	1:18.991	39.825	36.238	40.196
6	14:03:00.432	5:22.744	22.832	39.867	31.731	1:46.055	40.272	39.177	42.810
7	14:11:28.050	8:27.618	23.364	40.276	32.995	4:40.652	43.901	40.696	45.734
8	14:17:01.043	5:32.993	29.129	39.480	31.934	1:47.338	40.468	40.355	44.289
9	14:22:23.775	5:22.732	27.140	42.907	34.285	1:23.994	44.384	43.769	46.253
10	14:28:04.842	5:41.067	25.552	43.756	31.216	1:48.852	43.546	41.570	46.575
11	14:36:28.453	8:23.611	2:50.989	44.772	35.444	1:56.667	44.376	43.004	48.359
12	14:43:49.548	7:21.095	1:55.481	45.936	34.049	1:31.207	43.612	43.974	1:06.836
13	14:55:02.023	11:12.475	1:52.930	43.234	33.123	5:37.082			51.710
14	15:02:03.200	7:01.177	1:50.591	44.564	33.263	1:27.240	46.801	45.717	53.001
15	15:09:06.128	7:02.928	1:50.498	42.567	34.815	1:30.546			53.500





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
16	15:16:31.644	7:25.516	1:48.699	43.471	34.105	1:48.006	49.014	45.971	56.250
17	15:24:03.215	7:31.571	1:52.616	46.358	36.102	1:44.794			54.390
18	15:31:47.865	7:44.650	1:55.289	46.265	35.760	1:50.241	49.671	47.553	59.871
19	15:39:59.908	8:12.043			39.844	1:55.558	53.559	49.042	1:02.955

(55) Jim Kanters

1	13:37:38.722	4:24.191	20.163	37.364	27.791	1:09.206	37.074	34.920	37.673
2	13:42:39.271	5:00.549	19.613	38.284	27.871	1:34.387	40.828	37.062	42.504
3	13:47:20.827	4:41.556	22.457	40.075	32.746	1:11.210	37.369	36.529	41.170
4	13:52:01.135	4:40.308	20.466	37.137	29.450	1:11.266	41.226	39.768	40.995
5	13:57:16.387	5:15.252	22.607	41.228	30.400	1:40.699	39.050	38.217	43.051
6	14:02:01.323	4:44.936	23.308	40.977	30.475	1:12.075	38.399	37.991	41.711
7	14:06:46.525	4:45.202	23.457	41.277	30.107	1:12.613	37.890	39.688	40.170
8	14:12:03.393	5:16.868	24.235	38.587	33.125	1:38.012	40.580	39.633	42.696
9	14:19:43.403	7:40.010	25.805	39.967	30.587	3:55.516	39.904	40.576	47.655
10	14:24:48.288	5:04.885	26.191	40.944	31.338	1:20.212	41.752	39.644	44.804
11	14:30:42.347	5:54.059	24.514	41.502	50.717	1:46.330			47.929
12	14:39:51.954	9:09.607	4:19.876	46.517	31.521	1:21.920	39.798	42.828	47.147
13	14:48:40.866	8:48.912	3:35.709	43.717	36.069	1:25.814	46.950	45.926	54.727
14	14:58:45.363	10:04.497	2:26.689	45.747	35.963	3:52.003	44.701	46.382	53.012
15	15:06:33.407	7:48.044	1:53.073	46.657	37.173	1:58.146	49.970	44.400	58.625
16	15:15:32.207	8:58.800	2:15.459	46.897	37.436	2:51.217	44.271	47.373	56.147
17	15:23:37.847	8:05.640	1:53.180	46.551	37.610	2:05.784	52.931	49.943	59.641
18	15:31:53.004	8:15.157	2:02.554	46.553	36.756	1:59.833	54.053	52.102	1:03.306
19	15:40:21.093	8:28.089					52.687	47.657	1:04.130

(315) Dylan van Veghel

1	13:37:57.454	4:24.998	21.031	35.130	29.154	1:10.788	37.199	33.080	38.616
2	13:42:32.921	4:35.467	20.188	35.525	29.048	1:13.727	39.103	37.065	40.811
3	13:47:40.836	5:07.915	24.588	39.991	33.637	1:30.820	42.727	37.244	38.908
4	13:52:45.430	5:04.594	22.675	39.072	30.542	1:33.447	40.887	36.162	41.809
5	13:57:54.992	5:09.562	22.786	38.707	32.381	1:33.620	39.856	39.900	42.312
6	14:03:21.509	5:26.517	23.638	41.473	34.384	1:41.125	41.669	41.698	42.530
7	14:08:29.075	5:07.566	23.395	41.138	33.034	1:24.479	41.700	41.385	42.435
8	14:13:46.224	5:17.149	25.804	41.801	33.195	1:18.811	44.126	44.751	48.661
9	14:21:21.371	7:35.147	26.915	45.270	33.418	3:35.130	45.113	41.314	47.987
10	14:26:41.648	5:20.277	26.150	43.167	32.885	1:24.069			46.076
11	14:33:57.627	7:15.979	2:17.968	40.459	34.028	1:25.558	46.413	41.923	49.630
12	14:41:40.086	7:42.459	2:31.623	41.780	35.368	1:34.858	46.357	44.218	48.255
13	14:49:09.743	7:29.657	2:05.506	44.271	36.625	1:37.583	47.974	48.732	48.966
14	14:56:56.876	7:47.133	2:02.656	46.565	37.879	1:42.840	50.437	49.931	56.825
15	15:07:50.811	10:53.935	1:57.554	49.769	39.065	4:48.267	53.599	49.432	56.249
16	15:15:52.688	8:01.877	2:07.223	48.153	38.223	1:49.679	54.500	47.643	56.456
17	15:24:09.917	8:17.229	2:13.033	48.481	40.969	1:54.343	55.451	48.501	56.451
18	15:32:19.688	8:09.771	2:00.187	48.005	40.040	1:55.442	53.284	51.506	1:01.307

(453) Loeka Thonies

1	13:37:38.737	4:26.294	19.545	38.009	27.429	1:10.464			39.523
2	13:42:21.073	4:42.336	21.148	38.528	29.148	1:14.992	40.377	37.838	40.305
3	13:47:07.033	4:45.960	22.249	39.639	30.856	1:15.614	39.187	39.076	39.339
4	13:51:57.045	4:50.012	22.405	39.553	30.709	1:16.378	40.099	38.971	41.897
5	13:56:57.459	5:00.414	23.507	40.795	34.978	1:16.721	41.206	41.195	42.012
6	14:02:02.279	5:04.820	24.592	42.253	30.199	1:18.164	43.653	41.720	44.239
7	14:09:00.097	6:57.818	24.245	42.955	30.630	3:16.394			41.613
8	14:14:05.735	5:05.638	24.450	38.351	30.407	1:20.896	43.761	42.665	45.108
9	14:19:19.417	5:13.682	27.277	43.733	30.860	1:19.341	43.514	42.657	46.300
10	14:27:11.488	7:52.071	27.376	46.167	34.596	3:49.286	45.958	43.083	45.605
11	14:36:37.315	9:25.827	4:22.533	44.749	32.734	1:24.514	44.939	45.861	50.497
12	14:46:10.070	9:32.755	3:31.142	47.429	36.262	1:54.005	1:04.580	47.839	51.498
13	14:53:41.319	7:31.249	2:09.239	43.256	32.269	1:46.954	46.849	43.111	49.571
14	15:01:24.520	7:43.201	1:58.596	43.346	36.023	1:55.731	50.385	44.169	54.951
15	15:09:14.343	7:49.823	2:05.635	43.365	36.884	1:58.788	47.846	45.865	51.440
16	15:18:15.092	9:00.749	2:00.428	43.527	35.767	3:26.668			50.116
17	15:25:03.591	6:48.499	1:45.392	39.172	31.491	1:30.876			53.283
18	15:32:44.619	7:41.028	1:50.900	44.578	34.324	1:51.178			58.387





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10/11/2018 13:30

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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(135) John Robson									
1	13:37:29.972	4:25.055	19.837	36.739	28.714	1:09.342			38.896
2	13:42:36.332	5:06.360	20.686	38.877	29.793	1:36.098	40.051	36.371	44.484
3	13:47:47.204	5:10.872	23.873	39.981	33.608	1:33.417	39.300	37.062	43.631
4	13:53:44.702	5:57.498	23.895	41.408	1:13.590	1:36.972			41.967
5	13:58:54.685	5:09.983	22.767	38.839	31.322	1:36.289	38.717	38.923	43.126
6	14:04:24.778	5:30.093	25.109	46.429	31.504	1:39.880	39.545	42.773	44.853
7	14:09:52.461	5:27.683	25.926	44.642	35.334	1:26.769	42.793	45.986	46.233
8	14:16:48.179	6:55.718	25.251	43.929	34.137	2:50.090	43.681	48.250	50.380
9	14:22:50.086	6:01.907	31.676	45.631	32.209	1:16.039			47.838
10	14:28:58.939	6:08.853	31.083	48.722	34.274	1:44.047			55.373
11	14:38:42.733	9:43.794	4:18.943	44.494	35.069	1:51.476	43.154	43.784	46.874
12	14:46:27.514	7:44.781	2:46.123	47.253	33.180	1:24.890			46.592
13	14:55:22.690	8:55.176	1:59.791	46.327	32.531	3:14.660			52.865
14	15:02:30.467	7:07.777	1:52.170	47.352	33.826	1:28.857			54.868
15	15:09:59.787	7:29.320	1:56.934	45.605	39.796	1:40.946	48.959	44.996	52.084
16	15:17:38.983	7:39.196	1:55.829	43.637	33.983	1:59.774			50.089
17	15:25:33.055	7:54.072	2:07.452	43.252	35.599	1:51.293	48.601	48.401	59.474
18	15:33:22.361	7:49.306	2:03.594	46.444	36.134	1:52.094			50.957

(157) Robin Holtmeulen									
1	13:38:39.515	4:59.470	23.385	42.795	31.119	1:17.859	44.119	38.065	42.128
2	13:44:08.263	5:28.748	23.330	42.578	31.760	1:38.785	44.658	42.432	45.205
3	13:49:50.357	5:42.094	25.452	44.669	33.943	1:42.737	46.674	42.759	45.860
4	13:55:43.848	5:53.491	24.943	45.441	35.279	1:49.832	45.808	43.318	48.870
5	14:01:38.467	5:54.619	26.220	47.883	32.887	1:47.493	48.232	44.028	47.876
6	14:07:04.871	5:26.404	26.560	47.302	33.586	1:24.385	46.173	42.639	45.759
7	14:12:38.613	5:33.742	28.432	46.518	35.102	1:26.114	44.511	43.681	49.384
8	14:18:13.837	5:35.224	26.379	48.139	35.138	1:25.172	45.575	45.058	49.763
9	14:23:57.252	5:43.415	29.011	48.160	34.660	1:28.259	47.145	45.584	50.596
10	14:31:57.100	7:59.848	31.134	54.111	39.302	3:28.349	46.495	46.934	53.523
11	14:41:09.636	9:12.536	3:53.166	50.121	35.261	1:27.938	47.222	46.296	52.532
12	14:48:43.637	7:34.001	2:12.285	49.765	34.950	1:32.135	49.775	44.233	50.858
13	14:56:03.235	7:19.598	1:58.409	47.168	36.049	1:33.922	46.585	47.150	50.315
14	15:03:22.603	7:19.368	1:53.580	47.657	34.655	1:33.124	47.816	47.593	54.943
15	15:10:38.252	7:15.649	1:52.150	50.148	36.395	1:30.810	46.899	45.862	53.385
16	15:18:12.531	7:34.279	1:52.516	46.889	33.489	1:43.513	49.766	48.187	59.919
17	15:25:55.692	7:43.161	1:55.750	51.462	37.356	1:41.745	51.623	47.810	57.415
18	15:33:47.187	7:51.495	1:51.353	47.922	38.206	1:49.969	53.128	50.026	1:00.891

(302) Jordy Kouvelt									
1	13:38:38.964	5:12.957	21.018	38.845	29.396	1:34.973	50.231	38.548	39.946
2	13:43:45.558	5:06.594	21.553	36.498	29.117	1:36.906	39.980	41.957	40.583
3	13:49:07.423	5:21.865	23.282	41.536	32.708	1:36.598			43.105
4	13:54:28.229	5:20.806	23.714	42.459	32.842	1:37.696	41.830	39.152	43.113
5	13:59:35.778	5:07.549	24.502	43.846	35.002	1:14.984	44.005	39.768	45.442
6	14:04:43.498	5:07.720	25.075	42.267	33.033	1:18.881	43.202	40.600	44.662
7	14:10:12.650	5:29.152	27.536	43.945	37.969	1:19.345	49.825	42.576	47.956
8	14:15:48.672	5:36.022	26.800	45.073	35.121	1:17.081	45.184	56.606	50.157
9	14:21:17.709	5:29.037	26.348	43.451	32.731	1:24.381	50.745	41.173	50.208
10	14:26:39.850	5:22.141	28.065	41.440	33.479	1:21.088	42.987	46.346	48.736
11	14:40:13.639	13:33.789	3:36.777	49.146	52.419	5:48.992	47.646	47.668	51.141
12	14:48:27.623	8:13.984	3:02.585	45.172	35.116	1:23.070	50.655	45.636	51.750
13	14:56:46.985	8:19.362	2:09.334	43.773	35.486	2:24.447	49.438	43.863	53.021
14	15:03:47.342	7:00.357	1:48.091	42.916	34.958	1:27.666	46.340	45.135	55.251
15	15:11:23.713	7:36.371	1:54.741	47.257	40.448	1:34.196	51.008	52.012	56.709
16	15:18:57.035	7:33.322	1:55.161	46.949	37.765	1:41.557	48.783	46.114	56.993
17	15:26:36.941	7:39.906	1:57.949	40.941	39.478	1:36.259	56.119	50.605	58.555
18	15:34:15.909	7:38.968	1:51.574	46.331	42.793	1:44.546	50.800	45.191	57.733

(130) Guido Boone									
1	13:38:07.582	4:42.541	21.201	38.881	28.228	1:16.053			41.462
2	13:43:29.947	5:22.365	21.941	41.825	30.393	1:40.632	42.292	42.278	43.004
3	13:49:08.873	5:38.926	25.145	43.488	34.602	1:43.696	44.457	44.062	43.476
4	13:54:42.774	5:33.901	24.950	46.558	32.355	1:43.423	42.626	41.453	42.536
5	14:00:26.818	5:44.044	25.703	46.217	34.820	1:46.004	43.356	42.898	45.046



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6	14:05:45.890	5:19.072	25.816	45.946	31.766	1:24.227	42.494	42.467	46.356
7	14:12:57.869	7:11.979	26.697	46.837	32.137	3:12.004	42.066	44.037	48.201
8	14:18:31.246	5:33.377	24.664	47.281	36.281	1:27.921	43.197	44.541	49.492
9	14:24:06.213	5:34.967	27.562	47.052	32.095	1:30.141	43.589	45.010	49.518
10	14:29:44.962	5:38.749	29.963	47.664	32.389	1:29.573	42.697	45.057	51.406
11	14:39:25.208	9:40.246	4:23.964	49.516	34.848	1:33.763	44.291	45.196	48.668
12	14:47:03.751	7:38.543	2:25.782	46.632	34.286	1:32.239	45.121	43.790	50.693
13	14:55:09.932	8:06.181	2:38.907	48.403	36.453	1:37.576	45.863	47.061	51.918
14	15:04:18.943	9:09.011	1:57.650	45.599	34.506	3:21.092	49.430	45.705	55.029
15	15:11:41.915	7:22.972	1:53.237	46.136	33.976	1:42.671	47.322	46.043	53.587
16	15:19:20.542	7:38.627	1:57.297	48.255	35.617	1:45.923	44.934	49.576	57.025
17	15:27:24.652	8:04.110	1:54.607	47.410	34.749	1:42.229	49.495	49.123	1:26.497
18	15:34:49.619	7:24.967	1:57.546	45.532	37.025	1:40.552	46.771	46.071	51.470

(255) Marcel Conijn

1	13:38:33.908	4:42.008	23.413	38.150	30.208	1:17.963			39.081
2	13:43:23.991	4:50.083	21.809	38.574	30.952	1:18.615	38.330	39.661	42.142
3	13:48:13.593	4:49.602	23.034	39.450	32.000	1:17.312	37.113	39.385	41.308
4	13:53:30.141	5:16.548	23.026	40.455	31.362	1:42.244	37.860	39.736	41.865
5	13:58:45.653	5:15.512	22.738	37.490	31.704	1:44.030	37.465	40.835	41.250
6	14:03:44.477	4:58.824	24.087	41.100	31.313	1:21.873	38.513	39.569	42.369
7	14:09:12.235	5:27.758	25.905	40.526	31.555	1:44.629	40.243	41.137	43.763
8	14:14:52.309	5:40.074	24.127	39.649	32.408	1:54.732	41.063	44.238	43.857
9	14:20:07.155	5:14.846	26.146	41.568	31.937	1:25.521	40.168	44.918	44.588
10	14:25:36.688	5:29.533	26.326	44.104	33.268	1:30.982	41.624	43.958	49.271
11	14:32:50.178	7:13.490	27.558	45.075	34.588	3:08.177	43.762	45.351	48.979
12	14:45:45.757	12:55.579	7:19.051	43.389	36.198	1:52.737	46.156	46.784	51.264
13	14:55:07.607	9:21.850	3:52.335	46.585	38.280	1:31.794	49.066	48.956	54.834
14	15:02:39.280	7:31.673	2:06.026	46.604	36.706	1:36.564	48.504	44.129	53.140
15	15:10:41.931	8:02.651	2:08.819	48.039	39.139	1:46.009	53.256	50.168	57.221
16	15:18:32.075	7:50.144	2:02.214	44.631	38.097	1:47.146	51.899	48.903	57.254
17	15:27:00.664	8:28.589	2:14.360	1:10.082	35.659	1:46.789	53.265	48.887	59.547
18	15:35:40.879	8:40.215	2:04.336	46.569	39.436	2:11.520	1:09.608	50.108	58.638

(470) Dani Hoitink

1	13:38:15.833	4:45.303	22.534	38.958	30.238	1:16.612			41.963
2	13:43:25.505	5:09.672	21.728	38.802	30.786	1:40.106	40.010	38.087	40.153
3	13:48:28.129	5:02.624	23.585	40.460	34.741	1:18.105	43.570	40.219	41.944
4	13:53:50.875	5:22.746	24.486	42.758	28.847	1:18.050	40.610	1:06.422	41.573
5	13:58:48.351	4:57.476	25.498	40.482	30.807	1:16.337	39.256	39.162	45.934
6	14:07:50.712	9:02.361	26.343	42.240	33.265	5:10.940	43.768	40.708	45.097
7	14:13:22.314	5:31.602	25.038	40.562	32.586	1:41.133	41.158	44.139	46.986
8	14:18:33.699	5:11.385	26.653	40.766	32.824	1:21.660	41.958	41.778	45.746
9	14:24:12.754	5:39.055	28.116	42.795	32.022	1:45.991	44.856	38.865	46.410
10	14:29:32.037	5:19.283	29.220	41.949	33.065	1:22.656	42.567	43.032	46.794
11	14:43:56.874	14:24.837	4:51.187	40.299	34.495	5:59.438	48.543	42.872	48.003
12	14:50:38.218	6:41.344	1:45.260	43.324	33.561	1:23.841	46.235	41.430	47.693
13	14:57:41.111	7:02.893	1:54.879	44.468	36.032	1:28.113	48.817	41.699	48.885
14	15:04:22.961	6:41.850	1:44.363	41.862	33.190	1:26.900	42.933	41.512	51.090
15	15:14:04.715	9:41.754	1:42.802	43.592	34.401	4:19.853			51.417
16	15:21:05.697	7:00.982	1:47.253	42.328	35.133	1:38.487			50.441
17	15:28:26.278	7:20.581	1:49.655	45.293	36.325	1:41.485			53.799
18	15:35:42.584	7:16.306	1:46.432	43.914	37.512	1:41.100	46.319	45.918	55.111

(629) Edward Briscoe

1	13:38:29.386	4:41.698	21.051	38.064	28.860	1:18.642	38.819	36.670	39.592
2	13:43:21.647	4:52.261	21.289	37.595	29.635	1:19.781	39.693	41.250	43.018
3	13:48:41.336	5:19.689	23.864	38.543	32.820	1:40.397	40.233	38.345	45.487
4	13:53:52.860	5:11.524	23.966	42.365	29.309	1:39.136	39.726	36.669	40.353
5	13:59:10.236	5:17.376	24.775	39.280	31.395	1:42.240	40.625	38.310	40.751
6	14:04:31.125	5:20.889	24.972	38.578	29.761	1:45.641	39.905	39.278	42.754
7	14:11:47.221	7:16.096	23.651	39.203	32.633	3:30.605	45.397	41.536	43.071
8	14:17:05.744	5:18.523	28.123	40.954	32.818	1:24.395	41.136	43.749	47.348
9	14:22:23.584	5:17.840	26.604	42.686	32.210	1:26.276	43.025	42.118	44.921
10	14:27:46.033	5:22.449	28.534	42.400	31.575	1:26.757	43.406	41.664	48.113
11	14:35:47.153	8:01.120	3:04.114	41.821	34.358	1:31.459	39.460	43.890	46.018





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Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
12	14:47:32.510	11:45.357	4:04.760	45.536	33.759	4:04.315	43.399	45.986	47.602
13	14:54:46.537	7:14.027	2:07.741	43.188	35.719	1:30.549	43.818	45.658	47.354
14	15:01:51.105	7:04.568	1:56.749	43.610	33.265	1:31.667	44.439	46.736	48.102
15	15:09:41.905	7:50.800	1:58.959	44.335	34.077	1:37.425			56.914
16	15:20:19.463	10:37.558	2:05.280	47.045	36.037	4:34.676	52.742	46.406	55.372
17	15:28:12.476	7:53.013	2:06.610	48.287	36.097	1:47.775	48.018	50.659	55.567
18	15:36:18.157	8:05.681	2:01.909	48.504	37.035	1:59.967	51.700	47.896	58.670

(842) Brad Thornhill

1	13:38:37.888	5:03.490	21.684	39.352	30.081	1:35.140	40.169	36.551	40.513
2	13:43:49.157	5:11.269	22.034	39.116	29.881	1:36.159	39.164	41.741	43.174
3	13:49:11.754	5:22.597	23.582	40.835	32.902	1:38.734	41.343	41.861	43.340
4	13:54:37.716	5:25.962	24.928	42.158	32.714	1:41.015	42.683	40.899	41.565
5	13:59:47.145	5:09.429	24.042	41.019	32.652	1:20.427			45.695
6	14:05:04.211	5:17.066	26.480	42.283	33.111	1:21.204	43.277	45.741	44.970
7	14:10:19.290	5:15.079	25.648	42.193	33.549	1:22.477			46.081
8	14:15:33.434	5:14.144	27.017	42.798	33.703	1:19.201	43.470	43.245	44.710
9	14:23:29.006	7:55.572	27.471	40.981	33.279	3:52.964			48.210
10	14:29:17.414	5:48.408	26.780	44.158	45.810	1:24.690			54.029
11	14:39:28.260	10:10.846	4:29.757	45.205	36.865	1:29.467	1:15.515	44.798	49.239
12	14:50:27.106	10:58.846	4:12.975	46.001	36.337	2:20.787	45.878	45.800	52.003
13	15:00:37.198	10:10.092	2:16.157	45.835	34.913	4:03.350			52.093
14	15:07:41.010	7:03.812	1:50.540	42.738	36.166	1:28.047	48.505	44.165	53.651
15	15:15:14.535	7:33.525	1:57.169	43.517	36.394	1:44.252	47.884	47.347	56.962
16	15:22:41.978	7:27.443	1:58.744	42.641	36.394	1:39.833	50.824	45.467	53.540
17	15:30:07.375	7:25.397	1:49.627	43.838	34.813	1:46.507			56.880
18	15:37:37.604	7:30.229	1:47.193	42.090	38.321	1:53.521	48.191	44.922	51.103

(397) Brian List

1	13:38:14.032	4:44.639	21.005	37.582	30.754	1:15.618	39.209	39.115	41.356
2	13:43:04.645	4:50.613	20.668	39.548	28.838	1:16.778	41.865	41.461	41.455
3	13:48:00.371	4:55.726	23.196	39.951	32.766	1:18.023	39.640	41.010	41.140
4	13:53:09.592	5:09.221	22.223	39.611	34.757	1:21.577	41.871	44.203	44.979
5	13:58:19.117	5:09.525	23.780	41.471	35.109	1:20.191	41.561	44.260	43.153
6	14:03:31.399	5:12.282	25.121	41.316	34.995	1:19.238	40.963	44.144	46.505
7	14:11:55.921	8:24.522	26.388	41.087	31.778	4:33.084	43.597	44.914	43.674
8	14:17:44.325	5:48.404	28.498	41.726	36.536	1:48.467	45.251	43.614	44.312
9	14:23:46.865	6:02.540	27.821	47.239	33.753	1:50.193	49.287	46.882	47.365
10	14:29:57.701	6:10.836	31.820	45.632	35.443	1:51.717	48.571	45.625	52.028
11	14:41:49.521	11:51.820	6:09.286	45.636	36.183	1:54.047			49.730
12	14:49:30.584	7:41.063	2:08.147	42.364	33.853	1:50.267	52.348	43.635	50.449
13	15:00:38.787	11:08.203	2:09.133	44.966	36.815	5:07.355	46.905	51.069	51.960
14	15:08:06.019	7:27.232	1:54.186	43.639	35.531	1:38.098	50.685	51.043	54.050
15	15:15:44.176	7:38.157	1:55.044	42.957	36.568	1:44.938	51.475	50.101	57.074
16	15:23:21.060	7:36.884	1:58.518	44.526	34.891	1:43.287			54.225
17	15:31:04.188	7:43.128	1:55.787	43.979	35.252	1:48.749	50.310	46.381	1:02.670
18	15:38:26.423	7:22.235	1:54.684	43.736	38.191	1:41.154	49.578	45.675	49.217

(224) Mitchel van den Essenburg

1	13:37:42.926	4:25.436	19.313	36.124	27.668	1:15.129	35.154	32.570	39.478
2	13:42:24.157	4:41.231	19.754	38.156	30.194	1:16.362	39.224	36.275	41.266
3	13:49:46.477	7:22.320	23.319	40.973	43.332	3:37.414			40.622
4	13:54:41.880	4:55.403	21.616	38.591	31.638	1:19.928	45.003	37.189	41.438
5	14:00:01.653	5:19.773	22.599	42.776	29.528	1:42.150	39.231	40.902	42.587
6	14:05:31.503	5:29.850	25.251	42.722	31.103	1:45.335			44.888
7	14:14:10.222	8:38.719	24.202	39.055	34.233	4:56.516	40.828	40.375	43.510
8	14:19:13.150	5:02.928	24.550	41.448	30.133	1:21.681	40.510	41.490	43.116
9	14:24:48.639	5:35.489	27.146	40.378	35.956	1:45.663	39.481	41.608	45.257
10	14:33:08.609	8:19.970	26.181	42.263	32.476	4:20.741	42.353	45.016	50.940
11	14:41:46.710	8:38.101	3:40.912	44.044	31.437	1:25.074	41.681	42.194	52.759
12	14:49:26.965	7:40.255	2:58.046	42.244	31.114	1:25.129	39.667	39.636	44.419
13	15:00:08.186	10:41.221	2:32.625	44.352	33.329	4:38.903	41.517	43.450	47.045
14	15:06:59.013	6:50.827	1:49.516	43.678	31.968	1:27.567	43.302	43.527	51.269
15	15:14:10.486	7:11.473	1:54.435	44.028	33.718	1:36.101	47.505	43.867	51.819
16	15:23:43.800	9:33.314	1:59.370	44.036	34.338	3:49.253	46.643	45.342	54.332
17	15:31:24.588	7:40.788	1:59.126	44.440	33.129	1:44.685	45.932	47.269	1:06.207



RBKO Den Haag

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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
18	15:39:00.765	7:36.177	1:54.757	46.824	38.193	1:46.581	48.788	47.173	53.861
(354) Jelle van Stippen									
1	13:38:47.296	4:48.685	25.461	42.413	29.905	1:11.014	42.408	36.668	40.816
2	13:43:39.940	4:52.644	22.777	41.441	29.607	1:12.954	40.736	42.953	42.176
3	13:48:37.450	4:57.510	25.069	42.709	32.485	1:10.993	41.566	42.301	42.387
4	13:54:04.333	5:26.883	25.026	43.704	29.736	1:41.687	42.970	39.891	43.869
5	13:59:31.367	5:27.034	24.306	43.099	30.216	1:41.532			44.440
6	14:05:10.124	5:38.757	25.208	44.505	32.858	1:44.360	43.895	43.076	44.855
7	14:10:47.711	5:37.587	26.091	43.330	32.683	1:45.746	44.202	41.221	44.314
8	14:15:54.301	5:06.590	26.514	42.411	31.698	1:19.011	42.208	41.160	43.588
9	14:21:07.451	5:13.150	25.420	42.933	32.129	1:17.504	43.848	43.912	47.404
10	14:26:39.723	5:32.272	28.941	46.080	32.650	1:20.817	46.649	45.250	51.885
11	14:39:03.917	12:24.194	4:07.563	46.926	47.414	4:25.414	45.928	44.772	46.177
12	14:49:55.252	10:51.335	5:33.777	48.147	33.160	1:30.204	47.473	45.567	53.007
13	14:57:32.799	7:37.547	2:05.306	47.845	36.838	1:32.770	51.694	49.661	53.433
14	15:05:04.841	7:32.042	1:57.838	46.573	36.766	1:36.764			55.293
15	15:13:09.473	8:04.632	2:01.241	51.010	37.830	1:50.881	51.904	49.110	1:02.656
16	15:21:35.321	8:25.848	2:05.133	49.761	35.937	2:01.417	59.356	51.912	1:02.332
17	15:31:58.920	10:23.599	2:02.399	50.856	38.606	2:12.260	1:02.563	51.417	2:45.498
(476) Bart Brouwer									
1	13:38:33.895	4:57.291	22.838	41.896	31.908	1:18.481	40.088	39.156	42.924
2	13:43:53.192	5:19.297	21.931	38.710	31.312	1:42.145	41.532	39.010	44.657
3	13:49:30.936	5:37.744	23.996	39.173	33.056	1:46.673	48.833	40.908	45.105
4	13:55:06.006	5:35.070	24.811	43.201	32.267	1:42.056	44.846	39.636	48.253
5	14:00:38.913	5:32.907	25.327	41.453	31.079	1:45.736	43.145	40.554	45.613
6	14:05:54.283	5:15.370	25.503	41.550	31.688	1:24.631	44.432	41.534	46.032
7	14:15:17.019	9:22.736	28.572	42.603	34.334	5:22.802	46.253	39.955	48.217
8	14:20:45.666	5:28.647	30.296	41.989	33.079	1:27.581	45.270	41.674	48.758
9	14:26:09.347	5:23.681	26.369	41.295	33.809	1:28.095	45.381	42.491	46.241
10	14:31:46.520	5:37.173	27.839	41.431	33.279	1:25.819			51.515
11	14:40:35.964	8:49.444	3:35.237	43.123	36.207	1:34.111	47.010	43.319	50.437
12	14:48:34.512	7:58.548	2:32.787	46.368	36.320	1:36.901	47.195	46.069	52.908
13	14:59:58.280	11:23.768	2:26.841	47.184	36.873	5:03.395	48.870	47.640	52.965
14	15:08:07.613	8:09.333	2:34.074	47.551	35.070	1:41.210			52.257
15	15:16:24.666	8:17.053	2:29.300	45.729	36.842	1:47.368	51.783	49.845	56.186
16	15:24:17.278	7:52.612	2:04.572	45.026	36.848	1:49.406	53.523	49.121	54.116
17	15:32:15.592	7:58.314	2:07.804	46.201	37.930	1:51.982	50.287	47.663	56.447
(509) Mike Bouwmeester									
1	13:38:40.535	5:06.521	21.108	39.882	30.903	1:37.406	40.124	36.641	40.457
2	13:44:00.093	5:19.558	22.392	39.434	32.178	1:41.678	40.226	39.905	43.745
3	13:49:34.677	5:34.584	23.841	41.505	32.385	1:42.792	42.217	47.609	44.235
4	13:55:04.455	5:29.778	24.327	43.951	32.032	1:44.065	39.566	41.257	44.580
5	14:00:11.680	5:07.225	26.191	43.171	33.002	1:19.677	41.271	40.265	43.648
6	14:05:21.688	5:10.008	23.331	43.606	34.587	1:19.174	42.610	41.101	45.599
7	14:10:37.063	5:15.375	25.000	44.356	36.262	1:19.165	41.359	44.785	44.448
8	14:18:02.865	7:25.802	28.332	44.488	35.441	3:23.352	44.812	41.376	48.001
9	14:23:23.945	5:21.080	25.030	46.664	35.343	1:22.163	41.436	44.463	45.981
10	14:28:52.593	5:28.648	26.875	46.571	36.531	1:24.751	42.831	44.869	46.220
11	14:37:59.417	9:06.824	4:04.449	45.742	34.736	1:25.790	43.957	43.449	48.701
12	14:46:23.481	8:24.064	3:07.967	47.928	35.009	1:28.018	47.840	46.185	51.117
13	14:57:38.440	11:14.959	4:01.743	49.925	38.845	3:18.269	47.851	46.442	51.884
14	15:06:13.859	8:35.419	3:04.315	49.988	38.621	1:31.466	49.957	49.633	51.439
15	15:14:59.067	8:45.208	2:51.499	50.881	39.742	1:43.591	51.939	50.491	57.065
16	15:23:53.947	8:54.880	2:56.068	51.557	40.648	1:42.406	53.774	50.119	1:00.308
17	15:32:56.387	9:02.440	2:44.325	55.769	39.967	1:53.459	53.268	52.768	1:02.884
(465) Karl Timmerman									
1	13:38:18.625	4:47.167	22.080	39.243	31.798	1:16.730	40.109	36.534	40.673
2	13:43:35.639	5:17.014	20.318	39.118	30.990	1:39.478	44.044	40.436	42.630
3	13:49:49.302	6:13.663	24.046	41.091	32.887	1:43.125	1:23.246	46.168	43.100
4	13:55:30.364	5:41.062	23.710	45.268	34.526	1:42.506	42.122	41.583	51.347
5	14:03:09.438	7:39.074	26.950	43.709	32.070	3:46.277	44.999	41.926	43.143
6	14:08:25.432	5:15.994	24.316	44.570	35.581	1:21.180	44.678	41.709	43.960





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
7	14:13:42.937	5:17.505	25.523	43.145	33.111	1:23.037	46.095	41.664	44.930
8	14:19:25.713	5:42.776	26.406	43.547	32.871	1:47.575	45.050	43.711	43.616
9	14:24:52.082	5:26.369	26.691	43.989	33.340	1:26.111	47.922	42.753	45.563
10	14:30:28.820	5:36.738	26.439	48.097	33.931	1:26.863	48.693	44.717	47.998
11	14:44:45.612	14:16.792	5:45.862	50.009	35.907	4:42.290	46.657	46.351	49.716
12	14:53:23.985	8:38.373	3:32.390	45.269	34.601	1:28.667	45.047	44.688	47.711
13	15:01:05.708	7:41.723	1:53.543	45.605	36.818	1:30.665	1:14.772	49.039	51.281
14	15:08:17.721	7:12.013	2:01.415	43.899	36.263	1:26.409	45.966	47.561	50.500
15	15:18:20.244	10:02.523	1:55.979	45.689	35.832	4:18.334	46.885	49.061	50.743
16	15:26:00.727	7:40.483	1:53.090	44.499	34.416	1:53.370	50.173	48.773	56.162
17	15:33:39.537	7:38.810	1:52.412	46.373	35.840	1:45.903	50.612	50.715	56.955

(683) Niels de Klein

1	13:38:07.837	4:32.091	21.174	38.152	28.551	1:08.725	38.126	37.186	40.177
2	13:43:24.938	5:17.101	21.624	38.651	31.573	1:40.182	41.678	40.655	42.738
3	13:48:57.388	5:32.450	23.084	40.960	42.207	1:40.387	41.677	40.990	43.145
4	13:54:41.894	5:44.506	25.667	44.125	34.364	1:40.693	42.044	53.465	44.148
5	13:59:48.462	5:06.568	25.762	42.231	33.031	1:15.344	42.401	40.321	47.478
6	14:05:32.770	5:44.308	26.252	40.592	34.279	1:49.037	42.574	45.120	46.454
7	14:15:31.785	9:59.015	27.076	42.534	33.574	5:53.997	50.016	42.075	49.743
8	14:20:49.620	5:17.835	27.853	42.387	34.843	1:15.994	48.592	41.223	46.943
9	14:26:19.303	5:29.683	29.105	46.224	33.346	1:21.764	49.603	42.710	46.931
10	14:33:52.329	7:33.026	2:32.536	42.307	34.442	1:24.162	45.875	43.859	49.845
11	14:48:37.779	14:45.450	5:10.652	44.960	47.798	5:38.968	48.885	42.993	51.194
12	14:56:07.265	7:29.486	2:06.861	46.374	35.916	1:31.844	48.388	48.340	51.763
13	15:03:21.220	7:13.955	1:56.402	42.892	35.364	1:27.817	51.600	45.855	54.025
14	15:11:00.527	7:39.307	1:55.760	47.098	36.738	1:29.796	1:09.687	46.296	53.932
15	15:19:17.144	8:16.617	1:56.695	44.603	1:14.409	1:46.085	51.126	47.067	56.632
16	15:27:04.997	7:47.853	1:59.470	45.947	40.493	1:44.029	52.812	48.145	56.957
17	15:34:56.406	7:51.409	1:59.416	46.104	40.192	1:52.178	51.166	47.422	54.931

(533) Mika Ritsema

1	13:38:19.618	4:41.002	22.153	39.205	30.094	1:12.855	39.178	37.641	39.876
2	13:43:30.031	5:10.413	21.821	39.488	29.620	1:35.010	41.052	41.724	41.698
3	13:48:29.160	4:59.129	23.557	43.745	31.633	1:15.024	40.246	42.121	42.803
4	13:53:58.987	5:29.827	25.885	44.335	30.642	1:36.762	42.700	43.235	46.268
5	13:59:07.249	5:08.262	26.092	42.720	32.355	1:17.810	42.047	43.129	44.109
6	14:04:52.892	5:45.643	27.371	46.601	33.463	1:44.414	42.927	45.557	45.310
7	14:15:30.832	10:37.940	30.679	48.091	1:10.447	5:58.339	42.825	41.860	45.699
8	14:21:15.858	5:45.026	25.130	45.118	35.102	1:39.948	47.848	44.368	47.512
9	14:26:44.157	5:28.299	27.825	45.603	33.964	1:22.916	44.629	43.920	49.442
10	14:37:29.148	10:44.991	5:48.609	46.246	34.073	1:22.982	45.335	43.584	44.162
11	14:44:54.581	7:25.433	2:14.091	45.866	36.426	1:27.313	47.079	44.468	50.190
12	14:52:03.816	7:09.235	2:01.141	45.337	32.844	1:28.631	44.264	45.609	51.409
13	14:59:34.562	7:30.746	2:11.926	48.717	39.561	1:27.397	49.148	45.660	48.337
14	15:06:40.462	7:05.900	1:53.645	43.201	34.195	1:28.406	47.640	46.243	52.570
15	15:18:04.085	11:23.623	1:51.856	47.610	34.590	5:23.852	1:04.204	47.396	54.115
16	15:26:50.098	8:46.013	3:03.216	45.678	36.393	1:47.416	51.106	46.811	55.393
17	15:34:58.680	8:08.582	1:53.108	47.811	36.510	1:49.275	1:13.067	50.515	58.296

(212) Nick van Doppenen

1	13:38:52.690	5:03.061	23.058	39.412	28.879	1:37.040	37.458	36.917	40.297
2	13:44:06.955	5:14.265	21.812	42.272	29.642	1:40.477	37.068	40.817	42.177
3	13:49:09.646	5:02.691	23.832	41.230	31.025	1:24.368	37.532	41.627	43.077
4	13:54:42.738	5:33.092	23.759	42.902	33.150	1:52.649	40.241	39.826	40.565
5	14:03:43.524	9:00.786	23.684	41.404	33.028	5:18.811	38.571	41.861	43.427
6	14:08:54.250	5:10.726	25.214	42.735	32.970	1:25.194	41.569	40.497	42.547
7	14:14:16.428	5:22.178	25.269	45.462	36.197	1:24.914	42.166	43.760	44.410
8	14:19:36.050	5:19.622	26.689	46.773	32.490	1:24.554			45.390
9	14:25:11.898	5:35.848	28.841	47.295	36.073	1:26.747	44.758	43.331	48.803
10	14:35:07.043	9:55.145	31.554	46.416	31.496	5:44.680	44.703	45.717	50.579
11	14:44:32.921	9:25.878	4:16.532	46.887	36.934	1:25.845	43.878	44.785	51.017
12	14:51:34.992	7:02.071	1:57.885	45.039	34.769	1:25.571	44.659	44.151	49.997
13	15:02:51.669	11:16.677	2:08.030	46.537	35.960	5:22.788	46.029	45.343	51.990
14	15:10:15.345	7:23.676	1:53.788	46.945	34.564	1:46.969	44.694	46.448	50.268
15	15:20:00.218	9:44.873	1:53.751	44.520	36.660	4:03.873	46.333	46.076	53.660





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
16	15:27:26.525	7:26.307	1:55.782	45.120	36.864	1:40.305			56.761
17	15:35:17.828	7:51.303	1:51.058	49.133	42.211	1:41.023	51.344	47.683	1:04.902
(887) Thijs Bulten									
1	13:38:51.371	4:52.870	22.506	43.777	32.889	1:13.350	39.391	40.603	40.354
2	13:44:00.238	5:08.867	21.688	54.017	30.274	1:13.744	41.552	44.898	42.694
3	13:49:32.406	5:32.168	26.230	43.029	35.821	1:38.052	41.779	42.569	44.688
4	13:55:09.926	5:37.520	24.345	43.882	34.620	1:43.735	42.679	43.054	45.205
5	14:00:45.520	5:35.594	24.550	46.401	34.047	1:38.980	43.736	43.984	43.896
6	14:05:56.957	5:11.437	27.129	43.390	33.063	1:18.387	42.638	43.201	43.629
7	14:11:34.325	5:37.368	26.238	42.521	34.459	1:39.383	43.592	44.201	46.974
8	14:20:15.091	8:40.766	1:02.040	45.055	35.222	4:02.138	47.178	44.861	44.272
9	14:26:10.911	5:55.820	27.543	1:03.893	45.353	1:19.443	46.834	44.728	48.026
10	14:32:02.355	5:51.444	29.283	48.260	34.631	1:40.014	44.053	46.438	48.765
11	14:42:45.190	10:42.835	5:12.196	51.907	35.430	1:27.788	49.054	51.578	54.882
12	14:50:36.478	7:51.288	2:01.983	50.328	37.136	1:24.928			1:22.821
13	15:01:47.490	11:11.012	2:16.443	53.703	36.710	4:40.099	53.659	53.069	57.329
14	15:09:25.020	7:37.530	2:04.305	51.368	35.294	1:30.444			54.231
15	15:17:57.013	8:31.993	2:16.445	51.580	38.836	1:43.965	58.923	57.863	1:04.381
16	15:26:43.612	8:46.599	2:14.777	55.295	43.195	1:44.422	59.241	1:01.269	1:08.400
17	15:35:32.264	8:48.652	2:04.263	57.990	42.095	1:55.367	59.632	1:06.424	1:02.881
(218) Tim van Houten									
1	13:38:32.094	5:02.294	20.939	38.809	30.050	1:35.369			39.905
2	13:43:13.330	4:41.236	20.510	40.297	28.470	1:14.141	37.404	39.233	41.181
3	13:48:03.986	4:50.656	22.998	42.536	30.288	1:13.139	39.265	40.395	42.035
4	13:52:56.853	4:52.867	21.603	44.806	31.703	1:15.977	39.892	37.717	41.169
5	13:59:03.733	6:06.880	23.418	44.329	1:06.385	1:47.210			42.614
6	14:04:51.490	5:47.757	23.463	44.184	31.583	1:58.669			45.264
7	14:12:51.992	8:00.502	28.728	49.854	32.757	3:58.692	40.349	44.941	45.181
8	14:18:14.019	5:22.027	25.108	47.026	36.647	1:21.715	44.711	42.087	44.733
9	14:24:42.205	6:28.186	28.037	51.337	1:23.740	1:25.903	45.133	45.043	48.993
10	14:30:33.842	5:51.637	34.539	49.135	34.998	1:28.109			51.824
11	14:43:27.253	12:53.411	7:15.684	54.057	35.548	1:35.065	50.970	48.939	53.148
12	14:50:54.982	7:27.729	2:01.097	49.184	34.972	1:37.822	45.705	46.131	52.818
13	15:01:56.713	11:01.731	2:03.176	50.835	39.186	4:54.848	51.357	47.907	54.422
14	15:09:46.475	7:49.762	1:59.445	53.242	39.134	1:41.809			59.217
15	15:18:11.568	8:25.093	2:02.716	54.924	38.476	2:01.804			1:06.112
16	15:27:09.545	8:57.977	2:30.486	54.449	39.750	2:01.990	55.027	51.259	1:05.016
17	15:35:40.454	8:30.909	2:10.738	56.390	44.507	1:53.381	53.042	51.439	1:01.412
(205) Jim Janssen									
1	13:39:33.389	5:48.897	23.378	41.577	33.879	1:58.888	45.164	41.593	44.418
2	13:45:03.750	5:30.361	23.821	40.629	35.371	1:40.996	42.681	42.024	44.839
3	13:50:39.563	5:35.813	25.294	43.860	34.594	1:42.301			44.125
4	13:56:17.269	5:37.706	27.248	41.579	33.300	1:43.172	45.482	42.726	44.199
5	14:04:13.707	7:56.438	27.013	51.111	34.873	3:52.554	45.564	40.830	44.493
6	14:09:43.435	5:29.728	24.261	42.625	35.114	1:29.232	47.104	42.425	48.967
7	14:15:25.618	5:42.183	26.537	45.120	32.872	1:43.657	44.550	43.081	46.366
8	14:21:05.300	5:39.682	26.532	41.557	34.266	1:27.488	49.627	47.701	52.511
9	14:26:46.549	5:41.249	28.251	45.884	34.051	1:28.225			51.078
10	14:35:18.543	8:31.994	3:11.215	46.068	37.955	1:27.828	49.452	48.205	51.271
11	14:47:13.504	11:54.961	3:35.912	49.917	39.350	4:07.686	52.195	52.002	57.899
12	14:55:48.279	8:34.775	2:49.361	48.134	41.622	1:35.806	54.850	49.369	55.633
13	15:03:31.748	7:43.469	2:02.828	48.063	37.238	1:35.033	52.022	50.424	57.861
14	15:11:11.454	7:39.706	2:07.150	45.019	36.031	1:33.817	51.842	48.771	57.076
15	15:20:31.269	9:19.815	2:04.645	46.178	38.532	3:16.685	50.779	48.366	54.630
16	15:28:41.196	8:09.927	1:58.667	46.231	50.066	1:47.675	57.259	50.904	59.125
17	15:36:26.739	7:45.543	1:59.214	43.991	38.074	1:47.506	51.548	47.361	57.849
(306) Kjeld Stuurman									
1	13:38:36.325	4:51.259	20.861	37.231	29.823	1:25.144	38.024	38.179	41.997
2	13:43:37.083	5:00.758	21.158	39.910	30.350	1:27.566	40.726	38.024	43.024
3	13:48:50.263	5:13.180	23.338	42.873	33.225	1:28.675			42.833
4	13:54:06.701	5:16.438	25.855	42.682	33.345	1:28.719	41.797	41.524	42.516
5	13:59:41.814	5:35.113	26.372	42.057	31.509	1:42.578	42.972	42.764	46.861





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
6	14:05:14.189	5:32.375	25.257	44.070	33.452	1:31.843	45.423	44.739	47.591
7	14:10:51.440	5:37.251	26.704	45.035	33.843	1:33.727	45.807	43.947	48.188
8	14:16:43.093	5:51.653	28.273	46.798	34.973	1:38.503	47.037	46.202	49.867
9	14:22:43.998	6:00.905	32.203	46.922	34.592	1:40.363	48.504	47.605	50.716
10	14:29:17.039	6:33.041	31.964	48.009	35.177	2:05.770	49.061	48.077	54.983
11	14:44:37.077	15:20.038	6:59.168	48.626	39.010	4:19.136	50.442	49.280	54.376
12	14:53:04.773	8:27.696	2:27.844	46.708	34.708	2:09.810	46.964	47.897	53.765
13	15:02:14.280	9:09.507	3:12.332	48.388	36.691	2:02.813	46.716	49.511	53.056
14	15:11:51.965	9:37.685	3:49.619	48.781	35.264	1:48.957	51.870	47.625	55.569
15	15:20:10.610	8:18.645	1:52.707	50.195	53.325	2:00.918	53.220	49.528	58.752
16	15:28:30.134	8:19.524	2:02.155	48.241	36.628	1:59.093	55.832	51.363	1:06.212
17	15:37:13.154	8:43.020	2:09.210	50.410	40.042	2:10.541	54.364	52.655	1:05.798

(82) Lars Looman

1	13:41:59.168	8:26.934	21.984	39.127	31.355	4:44.748	48.232	36.637	44.851
2	13:47:26.531	5:27.363	24.663	40.634	32.520	1:39.897	44.944	37.206	47.499
3	13:53:03.676	5:37.145	25.960	42.696	32.112	1:43.119	44.915	42.140	46.203
4	13:58:44.319	5:40.643	25.788	42.501	32.709	1:41.738	45.854	43.299	48.754
5	14:06:43.596	7:59.277	26.506	39.299	32.068	4:07.873	45.727	41.842	45.962
6	14:12:07.418	5:23.822	26.559	41.333	35.138	1:25.525			49.751
7	14:17:24.033	5:16.615	27.140	41.367	34.501	1:23.132	42.807	42.068	45.600
8	14:22:42.354	5:18.321	25.690	40.117	33.564	1:23.589	44.382	43.948	47.031
9	14:28:12.576	5:30.222	27.176	39.700	35.425	1:27.476	45.897	44.123	50.425
10	14:43:10.181	14:57.605	6:17.075	44.835	36.408	4:56.585	46.946	45.466	50.290
11	14:50:09.987	6:59.806	1:51.528	41.420	34.576	1:32.296	46.390	44.575	49.021
12	14:57:09.163	6:59.176	1:52.139	40.230	34.777	1:30.265	45.786	42.208	53.771
13	15:04:10.773	7:01.610	1:46.525	43.226	33.604	1:28.155	48.852	47.153	54.095
14	15:11:20.691	7:09.918	1:47.982	44.102	36.266	1:33.881	47.355	45.323	55.009
15	15:21:58.033	10:37.342	1:52.671	1:26.226	36.733	3:59.442	54.521	47.176	1:00.573
16	15:30:09.903	8:11.870	1:57.251	44.940	36.084	1:51.846	1:13.178	46.707	1:01.864
17	15:38:44.209	8:34.306	1:52.487	44.769	40.266	2:32.277			55.661

(915) Kim Baelemans

1	13:38:33.206	4:54.717	22.744	41.392	32.028	1:16.072	41.435	38.317	42.729
2	13:43:40.966	5:07.760	23.848	43.001	32.905	1:16.433	44.323	44.217	43.033
3	13:49:20.817	5:39.851	24.653	44.637	34.468	1:41.595	43.815	46.449	44.234
4	13:55:02.446	5:41.629	27.311	44.510	49.820	1:25.102	44.528	44.519	45.839
5	14:01:02.868	6:00.422	28.603	47.619	34.355	1:46.226	45.597	47.810	50.212
6	14:06:56.262	5:53.394	26.266	47.644	33.017	1:46.083	45.265	44.962	50.157
7	14:12:56.520	6:00.258	28.229	47.823	33.952	1:49.515	43.793	48.379	48.567
8	14:18:43.362	5:46.842	28.494	49.189	34.686	1:24.082	50.833	46.902	52.656
9	14:24:37.054	5:53.692	31.284	45.627	37.631	1:28.439	47.737	48.163	54.811
10	14:36:27.720	11:50.666	32.226	47.538	36.943	7:23.652	45.678	47.986	56.643
11	14:47:13.980	10:46.260	3:48.992	49.328	36.224	1:33.726	1:10.179	1:50.470	57.341
12	14:55:38.248	8:24.268	2:36.389	46.200	38.744	1:38.118	52.606	56.470	55.741
13	15:03:22.292	7:44.044	2:00.470	47.646	36.919	1:34.862	53.055	52.425	58.667
14	15:11:19.071	7:56.779	2:02.602	49.614	40.894	1:38.317	54.053	50.838	1:00.461
15	15:21:57.460	10:38.389	2:13.961	49.036	44.888	3:48.510	1:01.530	55.017	1:05.447
16	15:30:22.292	8:24.832	2:08.131	46.249	39.805	1:50.537	58.493	55.315	1:06.302
17	15:39:14.572	8:52.280	2:12.226	49.204	45.644	1:59.500	59.515	54.738	1:11.453

(663) Troy van der Vinne

1	13:39:21.201	5:17.290	25.808	42.450	30.842	1:26.758	47.577	39.983	43.872
2	13:44:46.709	5:25.508	25.115	43.178	33.614	1:28.604	47.265	41.783	45.949
3	13:50:13.381	5:26.672	26.162	45.103	33.435	1:26.175	46.912	42.264	46.621
4	13:56:12.498	5:59.117	27.641	45.474	31.872	1:57.965	45.793	43.330	47.042
5	14:03:50.081	7:37.583	25.884	45.378	32.929	3:34.657	48.396	42.478	47.861
6	14:09:34.224	5:44.143	28.574	48.073	32.135	1:30.017	49.848	42.922	52.574
7	14:15:28.898	5:54.674	29.220	46.159	35.367	1:34.616	51.368	47.123	50.821
8	14:21:53.665	6:24.767	30.769	48.167	34.291	2:03.452	49.023	44.019	55.046
9	14:27:54.856	6:01.191	30.823	47.788	35.112	1:37.466	50.251	45.316	54.435
10	14:40:31.496	12:36.640	4:23.924	50.583	38.881	3:41.823	52.218	47.600	1:21.611
11	14:49:52.534	9:21.038	3:08.532	50.456	37.921	2:04.835	52.970	47.618	58.706
12	14:57:44.429	7:51.895	1:56.146	51.472	38.180	1:44.378	54.714	49.144	57.861
13	15:05:37.561	7:53.132	1:55.452	50.684	39.298	1:47.110	50.889	50.615	59.084
14	15:15:45.961	10:08.400	2:03.091	50.619	46.158	3:39.044	55.981	48.853	1:04.654





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15	15:24:19.099	8:33.138	2:01.693	50.364	37.974	2:14.548	55.474	50.249	1:02.836
16	15:32:49.573	8:30.474	2:00.355	49.877	39.065	2:13.006	53.170	53.665	1:01.336

(467) Dylan Schra

1	13:39:25.169	5:34.366	22.825	39.943	34.333	1:44.860	46.021	42.036	44.348
2	13:44:53.122	5:27.953	22.240	42.161	33.791	1:41.396	44.854	39.446	44.065
3	13:50:18.515	5:25.393	26.194	45.802	35.398	1:21.158	46.453	43.371	47.017
4	13:55:59.757	5:41.242	25.438	45.402	34.809	1:21.970	46.694	59.235	47.694
5	14:01:25.004	5:25.247	25.281	45.887	34.068	1:20.315	44.464	47.562	47.670
6	14:09:02.640	7:37.636	26.286	43.725	35.311	3:31.118	47.878	43.857	49.461
7	14:15:09.601	6:06.961	28.320	44.408	38.383	1:48.886	46.958	49.484	50.522
8	14:21:41.374	6:31.773	29.544	47.594	36.322	1:50.865			52.077
9	14:27:34.929	5:53.555	30.979	47.087	37.009	1:27.338	48.548	49.355	53.239
10	14:37:12.545	9:37.616	4:18.747	45.822	34.460	1:29.656	48.990	48.065	51.876
11	14:52:04.564	14:52.019	5:52.803	46.271	36.494	5:06.822	47.605	47.781	54.243
12	14:59:40.077	7:35.513	2:05.863	45.454	37.346	1:32.145	52.866	48.493	53.346
13	15:07:14.510	7:34.433	2:01.968	47.277	36.857	1:33.797	51.972	48.323	54.239
14	15:15:06.446	7:51.936	1:58.418	46.011	37.961	1:51.726	52.328	49.006	56.486
15	15:25:00.413	9:53.967	1:58.623	46.078	37.354	3:50.101	53.632	51.353	56.826
16	15:33:00.578	8:00.165	1:59.083	46.757	37.452	1:52.697	56.237	46.895	1:01.044

(375) Roy Leenheer

1	13:40:01.893	5:54.569	28.675	44.729	35.696	1:45.999	45.165	45.525	48.780
2	13:45:56.901	5:55.008	25.893	43.147	35.888	1:48.332	45.812	47.540	48.396
3	13:52:00.539	6:03.638	27.578	44.727	40.282	1:48.579	46.232	46.563	49.677
4	13:58:11.862	6:11.323	27.262	50.546	42.845	1:50.357	45.434	46.389	48.490
5	14:03:56.080	5:44.218	29.605	45.840	37.134	1:32.609	44.688	47.925	46.417
6	14:09:36.280	5:40.200	28.464	45.014	36.381	1:29.690	43.289	48.860	48.502
7	14:17:04.955	7:28.675	28.360	46.320	36.914	3:08.022	49.293	49.111	50.655
8	14:23:06.657	6:01.702	31.436	47.823	39.027	1:33.674	47.620	46.976	55.146
9	14:29:22.897	6:16.240	33.192	50.843	39.189	1:35.642	52.644	50.135	54.595
10	14:41:22.970	12:00.073	6:12.776	52.607	39.065	1:37.341	51.742	52.153	54.389
11	14:49:11.166	7:48.196	2:08.264	46.864	38.897	1:34.010	50.679	51.880	57.602
12	14:59:23.761	10:12.595	2:03.128	48.736	40.686	3:47.338	54.088	56.676	1:01.943
13	15:07:28.826	8:05.065	2:03.589	51.777	40.060	1:38.386	53.862	55.858	1:01.533
14	15:15:45.304	8:16.478	2:01.604	47.179	39.828	1:54.535	54.850	54.486	1:03.996
15	15:24:16.424	8:31.120	2:01.561	51.532	42.452	1:52.557	58.720	53.633	1:10.665
16	15:33:05.064	8:48.640	2:13.314	55.824	43.384	1:54.815	59.692	54.628	1:06.983

(131) Alwin Takman

1	13:40:30.019	6:02.033	30.287	46.875	35.322	1:54.008	44.097	45.310	46.134
2	13:46:23.476	5:53.457	25.418	44.573	33.155	1:51.723			47.943
3	13:52:24.982	6:01.506	26.365	44.201	35.320	1:54.519	44.500	47.494	49.107
4	13:58:35.068	6:10.086	27.390	45.233	34.691	1:59.053	45.539	49.046	49.134
5	14:04:18.765	5:43.697	29.431	44.941	35.973	1:25.896	48.016	50.077	49.363
6	14:10:10.945	5:52.180	27.832	46.213	36.510	1:31.611	50.333	48.989	50.692
7	14:18:25.839	8:14.894	28.988	48.246	36.323	3:34.905	50.159	49.791	1:06.482
8	14:24:25.812	5:59.973	30.011	45.635	38.730	1:32.982	48.893	50.729	52.993
9	14:30:32.023	6:06.211	31.599	46.611	37.007	1:36.989	49.449	50.539	54.017
10	14:42:10.866	11:38.843	5:57.864	50.719	37.070	1:40.804	50.874	48.579	52.933
11	14:49:59.680	7:48.814	2:06.650	50.213	36.552	1:43.396	49.199	49.638	53.166
12	14:57:58.101	7:58.421	2:09.231	50.055	37.646	1:40.629	52.578	51.747	56.535
13	15:06:16.789	8:18.688	2:30.786	50.390	38.670	1:38.325	51.744	51.187	57.586
14	15:15:53.998	9:37.209	2:02.543	49.929	39.576	3:07.121	1:04.446	54.375	59.219
15	15:24:25.170	8:31.172	2:10.539	53.364	40.917	1:56.216	54.569	53.040	1:02.527
16	15:33:07.930	8:42.760	2:11.295	52.802	40.196	2:03.717			1:05.033

(798) Jirry van Veen

1	13:38:47.330	5:04.512	22.307	42.207	32.280	1:18.352	42.262	42.629	44.475
2	13:44:26.150	5:38.820	23.729	45.024	34.102	1:42.482	43.221	44.149	46.113
3	13:50:30.083	6:03.933	26.236	45.167	35.975	1:46.895	46.039	57.272	46.349
4	13:56:35.367	6:05.284	30.194	47.075	34.074	1:51.009	48.336	46.470	48.126
5	14:05:07.155	8:31.788	28.323	48.304	35.121	4:15.909	47.590	47.069	49.472
6	14:10:58.096	5:50.941	30.111	48.607	38.135	1:27.961	46.715	48.965	50.447
7	14:16:57.297	5:59.201	32.191	51.086	36.579	1:29.469	49.362	50.868	49.646
8	14:23:08.507	6:11.210	32.717	51.356	40.100	1:28.923	49.493	52.544	56.077





RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
9	14:29:28.824	6:20.317	33.092	51.184	41.449	1:33.527			57.270
10	14:41:54.837	12:26.013	4:27.405	53.598	36.803	3:48.486	48.883	51.031	59.807
11	14:49:50.322	7:55.485	2:12.270	50.840	39.517	1:29.023	51.530	54.777	57.528
12	14:58:05.771	8:15.449	2:22.735	50.876	38.411	1:33.639			1:02.574
13	15:06:14.398	8:08.627	2:09.122	52.134	39.429	1:40.110	58.049	50.609	59.174
14	15:14:43.715	8:29.317	2:14.244	51.091	40.154	1:48.539	56.714	55.432	1:03.143
15	15:24:33.538	9:49.823	2:11.570	50.374	43.302	3:10.752			1:04.150
16	15:33:09.292	8:35.754	2:12.406	51.227	39.678	1:57.045			1:03.909

(441) Stef Vervoort

1	13:41:02.293	6:07.729	32.151	47.124	35.729	1:50.934			48.314
2	13:46:56.476	5:54.183	28.387	45.432	34.481	1:48.976	42.960	45.265	48.682
3	13:52:59.976	6:03.500	28.149	43.460	37.334	1:52.032	49.216	43.351	49.958
4	13:58:58.602	5:58.626	29.425	48.023	37.675	1:35.777	48.453	48.840	50.433
5	14:06:59.353	8:00.751	30.945	45.074	36.883	3:36.873	51.989	48.705	50.282
6	14:12:59.249	5:59.896	29.894	44.676	36.443	1:38.448	47.043	49.913	53.479
7	14:19:05.961	6:06.712	30.570	48.520	36.381	1:37.330	48.817	50.456	54.638
8	14:25:27.039	6:21.078	31.688	46.690	39.017	1:43.043	51.412	50.489	58.739
9	14:31:41.405	6:14.366	34.071	45.734	38.027	1:38.078			56.102
10	14:44:09.859	12:28.454	4:34.201	47.047	37.955	3:49.964	51.125	51.141	57.021
11	14:51:58.028	7:48.169	1:59.102	1:03.027	36.347	1:36.357			54.587
12	15:00:01.016	8:02.988	2:12.856	47.859	38.610	1:43.752	50.906	49.575	59.430
13	15:09:29.836	9:28.820	1:50.930	44.825	34.285	3:36.465	50.884	52.257	59.174
14	15:17:22.893	7:53.057	1:55.476	46.836	36.919	1:52.569	51.182	49.328	1:00.747
15	15:25:30.393	8:07.500	2:00.106	48.105	36.167	1:48.335	56.129	56.602	1:02.056
16	15:33:24.966	7:54.573	1:54.281	50.878	37.876	1:51.480	51.332	51.146	57.580

(281) Robin van Oldeniel

1	13:39:52.940	5:32.689	26.318	42.468	34.682	1:42.375			43.023
2	13:45:15.711	5:22.771	22.789	41.661	34.776	1:39.147	40.475	41.680	42.243
3	13:50:43.844	5:28.133	24.358	40.916	33.054	1:40.980	40.748	45.292	42.785
4	13:56:24.728	5:40.884	26.269	43.652	32.238	1:47.141	44.230	42.034	45.320
5	14:01:49.253	5:24.525	26.632	43.065	33.044	1:23.058	47.449	45.106	46.171
6	14:11:12.458	9:23.205	28.298	48.041	33.385	5:16.666	46.211	44.606	45.998
7	14:16:47.031	5:34.573	28.191	46.322	37.742	1:25.378	45.222	46.820	44.898
8	14:22:20.182	5:33.151	27.972	45.615	33.630	1:23.222	46.829	46.865	49.018
9	14:28:12.156	5:51.974	31.087	44.257	33.975	1:31.096	48.777	49.290	53.492
10	14:45:54.713	17:42.557	12:00.282	58.682	38.965	1:32.672	48.609	50.340	53.007
11	14:53:26.993	7:32.280	2:23.995	45.307	33.848	1:28.147	46.246	45.328	49.409
12	15:02:48.552	9:21.559	1:53.089	41.576	34.362	3:42.941			52.232
13	15:10:11.175	7:22.623	1:56.649	44.590	37.505	1:30.628	50.143	48.504	54.604
14	15:18:03.039	7:51.864	1:58.077	49.135	37.908	1:45.829	52.035	50.939	57.941
15	15:25:58.687	7:55.648	2:03.690	48.529	37.376	1:44.600	52.141	49.252	1:00.060
16	15:34:00.412	8:01.725	2:00.715	50.665	40.007	1:48.883	54.255	50.951	56.249

(361) Haukur Thorsteinsson

1	13:38:44.012	5:00.867	24.866	40.470	33.611	1:14.442	43.944	39.707	43.827
2	13:43:55.121	5:11.109	25.293	40.197	33.827	1:16.715	47.426	42.884	44.767
3	13:49:19.054	5:23.933	25.259	43.861	34.692	1:19.193	49.427	43.154	48.347
4	13:54:51.563	5:32.509	28.568	47.185	37.012	1:18.222	47.224	45.106	49.192
5	14:01:10.090	6:18.527	28.969	47.492	37.551	1:54.783	52.736	45.793	51.203
6	14:09:16.647	8:06.557	31.065	47.907	36.432	3:44.530	50.657	44.579	51.387
7	14:15:46.473	6:29.826	29.861	48.431	37.030	1:57.862	54.795	47.897	53.950
8	14:22:27.968	6:41.495	32.512	49.580	39.988	1:59.699	52.134	49.663	57.919
9	14:29:21.115	6:53.147	34.920	51.771	42.360	2:00.099	53.159	52.360	58.478
10	14:39:22.194	10:01.079	4:03.096	53.798	41.837	1:41.483	54.144	49.114	57.607
11	14:48:14.220	8:52.026	2:44.462	51.185	44.737	1:44.875	55.068	50.547	1:01.152
12	14:58:58.382	10:44.162	2:42.096	52.157	43.300	3:37.914	51.821	50.552	1:06.322
13	15:08:01.952	9:03.570	2:50.715	51.873	43.644	1:43.991	59.657	50.326	1:03.364
14	15:16:34.927	8:32.975	2:04.104	51.964	42.996	1:54.932	1:00.275	54.753	1:03.951
15	15:25:07.228	8:32.301	2:06.988	53.480	43.757	1:49.043	59.755	51.582	1:07.696
16	15:34:01.285	8:54.057	2:05.008	53.464	46.095	1:55.899	1:06.134	55.684	1:11.773

(943) Tim Mulder

1	13:38:45.310	4:54.261	23.201	37.011	31.289	1:16.871	42.226	40.235	43.428
2	13:43:46.450	5:01.140	22.731	38.448	33.049	1:18.742	44.012	40.984	43.174





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Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	13:48:56.443	5:09.993	24.332	41.924	35.930	1:19.602	41.735	41.996	44.474
4	13:54:19.080	5:22.637	28.447	42.475	33.143	1:32.913	42.491	40.777	42.391
5	14:02:01.113	7:42.033	26.484	46.038	33.583	3:45.939	45.099	39.631	45.259
6	14:07:50.727	5:49.614	27.388	41.724	34.205	1:45.685			49.766
7	14:13:05.644	5:14.917	24.751	41.490	31.923	1:21.470	43.872	43.657	47.754
8	14:19:05.900	6:00.256	27.710	44.916	34.615	1:50.911	47.775	46.472	47.857
9	14:25:08.861	6:02.961	27.026	45.948	35.650	1:49.007	44.589	47.191	53.550
10	14:31:24.747	6:15.886	32.744	44.934	41.079	1:53.119	46.655	49.130	48.225
11	14:47:28.185	16:03.438	4:34.049	45.679	36.838	7:37.357	49.176	46.750	53.589
12	14:55:14.156	7:45.971	2:18.091	48.546	35.221	1:28.242	51.962	48.866	55.043
13	15:07:25.988	12:11.832	2:07.842	47.573	38.204	5:57.043	52.875	52.959	55.336
14	15:15:20.673	7:54.685	2:03.719	49.368	37.485	1:46.709	52.773	48.090	56.541
15	15:27:29.505	12:08.832	2:10.189	49.219	39.843	5:51.812	55.435	46.630	55.704
16	15:35:20.907	7:51.402	2:01.631	47.555	39.106	1:40.474	53.991	50.287	58.358

(840) Nick Daling

1	13:39:51.743	5:41.822	24.306	44.750	34.317	1:21.681	1:05.630	43.404	47.734
2	13:45:40.607	5:48.864	27.354	45.193	35.922	1:45.051	42.781	45.951	46.612
3	13:52:09.445	6:28.838	28.760	1:02.798	38.945	1:50.295	48.697	48.313	51.030
4	13:58:13.731	6:04.286	27.311	45.936	36.731	1:52.277	45.855	47.808	48.368
5	14:07:36.597	9:22.866	27.983	47.210	38.780	5:03.360	49.574	45.863	50.096
6	14:13:33.187	5:56.590	28.955	49.065	38.106	1:27.728	47.629	52.865	52.242
7	14:19:35.082	6:01.895	29.365	49.838	37.993	1:30.370			50.955
8	14:25:44.225	6:09.143	30.594	50.871	42.829	1:33.110			51.473
9	14:31:52.168	6:07.943	31.953	50.765	38.878	1:30.115	50.708	52.872	52.652
10	14:42:39.020	10:46.852	5:00.853	52.227	50.666	1:29.392	50.300	48.195	55.219
11	14:50:17.462	7:38.442	2:05.081	49.947	36.909	1:31.250	50.602	49.528	55.125
12	15:02:11.597	11:54.135	2:36.752	50.091	39.130	4:50.315	50.817	1:09.900	57.130
13	15:10:00.845	7:49.248	2:05.224	49.038	38.951	1:34.907	51.546	49.905	59.677
14	15:18:02.532	8:01.687	2:00.095	48.720	39.495	1:45.225	54.188	50.568	1:03.396
15	15:26:53.536	8:51.004	2:10.953	51.205	42.495	2:04.770	58.713	53.688	1:09.180
16	15:35:28.765	8:35.229	2:18.490	50.814	41.948	1:54.216	55.262	53.931	1:00.568

(24) Edwin Straver

1	13:39:31.747	5:51.700	25.662	46.237	35.258	1:42.323	45.730	47.224	49.266
2	13:45:27.975	5:56.228	26.890	46.358	36.600	1:44.638	47.372	46.027	48.343
3	13:51:34.277	6:06.302	26.758	49.304	35.969	1:44.559	50.037	48.185	51.490
4	13:58:01.639	6:27.362	30.288	49.522	38.965	1:56.899	50.465	47.858	53.365
5	14:03:58.205	5:56.566	29.225	50.407	42.276	1:22.499	50.173	48.744	53.242
6	14:10:30.690	6:32.485	30.492	51.333	39.905	1:48.254	54.470	50.554	57.477
7	14:16:23.858	5:53.168	32.570	50.247	36.930	1:20.480	50.253	48.400	54.288
8	14:22:18.474	5:54.616	30.839	50.233	38.760	1:22.655	51.040	48.251	52.838
9	14:28:25.826	6:07.352	32.259	50.646	40.769	1:27.359	51.340	47.908	57.071
10	14:40:57.727	12:31.901	6:54.633	50.893	38.958	1:29.645	50.203	48.092	59.477
11	14:50:02.112	9:04.385	2:55.554	55.183	40.382	1:39.491	54.603	56.380	1:02.792
12	14:58:34.764	8:32.652	2:22.825	54.213	43.033	1:38.575	55.507	53.691	1:04.808
13	15:07:11.404	8:36.640	2:23.291	51.673	41.576	1:42.318	56.796	53.951	1:07.035
14	15:17:58.743	10:47.339	2:34.803	51.643	44.232	3:16.896	1:20.322	51.941	1:07.502
15	15:26:41.615	8:42.872	2:15.199	55.175	44.815	1:49.436	58.960	51.875	1:07.412
16	15:35:31.340	8:49.725	2:15.982	54.290	45.728	1:53.196	1:00.933	53.560	1:06.036

(505) Klaas Spijkerman

1	13:39:49.274	5:51.385	26.571	46.474	35.289	1:41.819	48.135	46.453	46.644
2	13:45:47.461	5:58.187	27.684	49.491	35.432	1:42.904	47.274	44.939	50.463
3	13:51:36.842	5:49.381	28.727	52.547	39.881	1:19.327			51.498
4	13:57:53.352	6:16.510	28.333	48.038	37.012	1:51.380	48.176	49.461	54.110
5	14:04:20.249	6:26.897	31.076	50.821	37.713	1:55.060	48.712	49.943	53.572
6	14:13:19.460	8:59.211	32.001	49.117	36.582	4:23.715	51.516	50.560	55.720
7	14:19:15.128	5:55.668	30.787	49.504	39.130	1:20.935	50.495	50.683	54.134
8	14:25:10.749	5:55.621	31.823	48.075	36.245	1:22.209	50.917	51.958	54.394
9	14:31:26.078	6:15.329	31.870	53.183	36.696	1:30.667	53.087	51.543	58.283
10	14:45:25.603	13:59.525	5:01.585	52.385	42.075	4:30.972	57.114	54.842	1:00.552
11	14:53:40.677	8:15.074	2:13.310	49.907	38.595	1:41.454	56.763	54.118	1:00.927
12	15:01:47.781	8:07.104	2:08.555	52.497	37.386	1:36.119	58.131	53.451	1:00.965
13	15:09:55.044	8:07.263	2:07.440	50.811	38.750	1:36.712			1:04.690
14	15:18:29.589	8:34.545	2:12.785	56.378	41.772	1:47.533	59.039	54.057	1:02.981





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
15	15:27:20.836	8:51.247	2:20.371	57.021	42.608	1:46.852	1:01.706	55.117	1:07.572
16	15:35:53.239	8:32.403	2:09.293	56.781	47.951	1:48.961	57.054	49.952	1:02.411

(323) Jos Setz

1	13:38:50.003	4:59.780	23.961	42.435	31.402	1:18.469	41.123	38.525	43.865
2	13:44:05.676	5:15.673	23.439	42.957	32.473	1:21.040	46.523	41.364	47.877
3	13:49:28.386	5:22.710	27.024	46.390	32.374	1:22.068	45.159	44.588	45.107
4	13:54:55.201	5:26.815	27.361	47.688	32.934	1:21.054	48.550	43.980	45.248
5	14:00:34.225	5:39.024	25.851	53.217	35.703	1:22.798	45.254	48.756	47.445
6	14:09:01.368	8:27.143	27.101	46.020	36.531	4:10.306	49.413	46.821	50.951
7	14:14:33.676	5:32.308	28.330	47.186	34.141	1:21.896	43.954	47.769	49.032
8	14:20:19.756	5:46.080	29.576	47.722	34.489	1:27.654	46.895	47.396	52.348
9	14:26:09.263	5:49.507	29.937	48.093	35.913	1:31.391	47.618	46.138	50.417
10	14:32:32.971	6:23.708	30.325	47.968	33.253	2:00.281	46.897	51.291	53.693
11	14:50:56.263	18:23.292	4:31.165	51.047	36.081	9:49.913	52.824	48.920	53.342
12	14:59:01.676	8:05.413	2:06.519	48.880	37.124	1:58.095	49.182	49.365	56.248
13	15:07:13.174	8:11.498	2:05.326	48.190	35.779	2:02.241	49.121	51.414	59.427
14	15:18:51.869	11:38.695	2:11.595	50.291	40.181	5:14.214	53.781	51.098	57.535
15	15:27:32.018	8:40.149	2:12.067	52.115	37.274	2:08.409	53.098	51.718	1:05.468
16	15:35:55.093	8:23.075	2:02.802	49.718	38.560	1:58.384	59.119	52.183	1:02.309

(207) Sebastiaan Nijmeijer

1	13:39:58.266	5:39.305	26.259	44.772	34.872	1:44.908	40.976	42.615	44.903
2	13:45:46.721	5:48.455	23.231	45.193	34.814	1:48.443	45.701	44.525	46.548
3	13:52:09.282	6:22.561	29.041	1:02.225	35.387	1:54.690	46.176	47.203	47.839
4	14:00:35.931	8:26.649	28.596	47.311	37.441	4:03.609	52.192	47.996	49.504
5	14:06:18.844	5:42.913	28.119	44.856	36.914	1:26.429	48.729	47.488	50.378
6	14:12:45.197	6:26.353	30.473	49.961	38.212	1:31.076	1:16.054	49.860	50.717
7	14:18:51.832	6:06.635	29.809	48.330	37.537	1:31.414	54.192	52.404	52.949
8	14:25:23.467	6:31.635	34.802	48.814	56.624	1:36.037	52.783	48.615	53.960
9	14:31:55.880	6:32.413	35.039	52.229	41.317	1:36.172	56.796	50.726	1:00.134
10	14:43:30.925	11:35.045	3:50.898	50.629	36.730	3:33.579	54.812	48.917	59.480
11	14:51:59.928	8:29.003	2:10.679	50.264	42.166	1:41.108	56.382	50.107	1:18.297
12	15:00:48.139	8:48.211	2:07.452	50.978	51.609	1:45.822	1:18.344	51.716	1:02.290
13	15:11:01.451	10:13.312	2:10.625	49.143	39.194	3:37.081	58.223	51.248	1:07.798
14	15:19:31.142	8:29.691	2:09.466	51.202	40.230	1:53.179	59.102	52.338	1:04.174
15	15:27:58.793	8:27.651	2:03.479	49.812	40.377	1:54.461	59.387	53.359	1:06.776
16	15:36:12.478	8:13.685	2:01.266	49.126	38.763	1:53.103	58.244	50.754	1:02.429

(733) Edwin van Geest

1	13:39:46.830	5:20.036	27.993	45.846	35.810	1:21.037	46.394	40.010	42.946
2	13:45:22.621	5:35.791	25.036	42.717	35.593	1:20.528			1:05.543
3	13:50:51.323	5:28.702	24.910	46.823	35.313	1:22.108	46.724	42.362	50.462
4	13:59:01.224	8:09.901	27.085	46.002	37.461	4:03.889	45.064	44.714	45.686
5	14:04:41.483	5:40.259	30.476	47.412	34.206	1:23.534	46.493	48.166	49.972
6	14:10:16.049	5:34.566	28.712	42.588	36.005	1:22.675	47.147	46.660	50.779
7	14:16:06.186	5:50.137	29.818	47.538	35.173	1:25.576	52.750	47.900	51.382
8	14:21:59.327	5:53.141	29.975	48.327	36.360	1:26.992	51.707	46.313	53.467
9	14:31:15.888	9:16.561	32.607	49.904	36.959	4:45.179	51.368	48.200	52.344
10	14:43:33.061	12:17.173	6:34.145	52.928	37.471	1:32.976	52.723	50.307	56.623
11	14:51:12.788	7:39.727	2:01.996	49.582	38.810	1:31.249	52.184	50.345	55.561
12	14:59:28.290	8:15.502	2:06.076	47.271	41.236	1:57.636	53.337	52.849	57.097
13	15:10:43.139	11:14.849	2:38.618	49.222	41.090	4:22.272	51.828	51.104	1:00.715
14	15:19:02.628	8:19.489	2:02.688	45.291	40.868	2:04.409	57.379	52.278	56.576
15	15:27:39.829	8:37.201	2:08.469	1:08.359	38.628	1:47.599	58.976	53.125	1:02.045
16	15:36:16.992	8:37.163	2:07.643	51.007	39.882	2:03.658			1:02.038

(140) Mark Hachmang

1	13:39:23.069	5:46.522	23.191	1:04.790	44.651	1:22.235	46.876	40.357	44.422
2	13:44:56.909	5:33.840	22.273	42.732	32.849	1:42.204	44.973	42.959	45.850
3	13:50:34.330	5:37.421	25.925	43.560	34.156	1:41.440			45.097
4	13:56:14.097	5:39.767	27.389	43.707	34.460	1:41.308	42.823	46.126	43.954
5	14:01:57.121	5:43.024	27.324	43.681	34.779	1:43.621	43.702	45.354	44.563
6	14:12:34.528	10:37.407	24.570	43.408	34.193	6:39.538	43.876	43.677	48.145
7	14:18:11.467	5:36.939	25.683	42.971	33.593	1:21.969	45.534	1:01.725	45.464
8	14:24:02.940	5:51.473	27.309	44.840	37.185	1:26.756			49.297





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
9	14:34:57.725	10:54.785	29.058	59.430	35.169	6:31.722			47.395
10	14:43:26.333	8:28.608	2:17.852	50.931	1:26.563	1:24.887	49.865	45.474	53.036
11	14:50:50.259	7:23.926	1:45.937	53.539	35.308	1:30.776			53.996
12	14:58:52.610	8:02.351	1:55.973	46.056	36.747	1:27.838	46.846	1:35.478	53.413
13	15:11:33.843	12:41.233	2:49.950	44.956	37.465	5:55.980	49.425	49.700	53.757
14	15:20:17.832	8:43.989	1:55.326	59.049	38.125	2:18.690			1:02.047
15	15:28:31.789	8:13.957	2:09.337	49.813	36.176	1:52.333			1:02.001
16	15:36:20.907	7:49.118	1:59.845	48.076	39.198	1:48.466			56.403

(556) Kris ter Steege

1	13:38:41.913	5:06.709	23.014	40.065	30.411	1:13.854	44.195	49.102	46.068
2	13:44:24.954	5:43.041	23.892	42.838	32.927	1:40.622	47.958	46.071	48.733
3	13:50:13.129	5:48.175	28.090	42.807	35.311	1:42.408	46.350	46.076	47.133
4	13:56:14.264	6:01.135	28.062	44.736	36.803	1:42.579	49.100	48.169	51.686
5	14:02:14.421	6:00.157	28.814	43.116	37.172	1:41.778	47.612	48.809	52.856
6	14:07:46.903	5:32.482	29.727	44.385	33.813	1:16.513	48.496	47.160	52.388
7	14:13:41.930	5:55.027	29.649	45.362	38.544	1:17.227	47.640	1:03.539	53.066
8	14:19:31.664	5:49.734	31.959	47.249	36.743	1:19.859	52.992	48.680	52.252
9	14:30:13.549	10:41.885	30.646	47.740	37.921	5:58.843	53.860	54.550	58.325
10	14:43:46.311	13:32.762	7:02.130	51.565	1:00.320	1:42.678	57.582	54.377	1:04.110
11	14:52:03.204	8:16.893	2:10.748	49.606	44.539	1:42.546			1:00.430
12	15:00:10.804	8:07.600	2:13.475	50.065	41.169	1:32.560	54.761	52.565	1:03.005
13	15:10:37.123	10:26.319	2:14.741	49.504	40.912	3:54.926	52.029	51.017	1:03.190
14	15:19:02.929	8:25.806	1:58.626	47.022	56.928	1:44.321	56.918	53.133	1:08.858
15	15:28:02.243	8:59.314	2:23.012	55.298	46.715	1:50.029	57.857	55.989	1:10.414
16	15:36:32.209	8:29.966	2:09.839	48.783	45.234	1:49.156	1:00.058	53.843	1:03.053

(229) Ruben Ellens

1	13:39:28.993	5:20.573	29.233	46.419	32.526	1:19.132	44.216	44.581	44.466
2	13:45:00.059	5:31.066	26.588	45.196	34.918	1:22.583	48.722	45.026	48.033
3	13:50:39.788	5:39.729	28.996	48.093	38.681	1:19.761	46.946	48.496	48.756
4	13:56:29.342	5:49.554	29.385	49.898	35.025	1:20.079			54.422
5	14:02:18.773	5:49.431	29.973	48.538	40.677	1:22.736	48.623	48.365	50.519
6	14:08:11.390	5:52.617	29.885	47.689	41.628	1:25.587	48.232	48.681	50.915
7	14:14:06.899	5:55.509	32.770	51.027	38.679	1:23.340	48.088	49.726	51.879
8	14:24:58.790	10:51.891	30.623	51.288	37.628	6:14.865	52.400	50.989	54.098
9	14:32:17.533	7:18.743	45.171	1:21.813	38.846	1:55.779	51.373	50.003	55.758
10	14:42:38.263	10:20.730	4:05.915	54.694	38.681	1:57.135	50.424	53.152	1:00.729
11	14:50:56.428	8:18.165	2:09.548	51.829	38.593	1:58.514	51.062	51.740	56.879
12	14:59:26.693	8:30.265	2:07.899	51.012	42.354	2:01.187	52.023	1:00.034	55.756
13	15:10:44.558	11:17.865	2:23.628	49.242	39.822	4:40.722	53.461	53.608	57.382
14	15:19:13.345	8:28.787	2:22.610	50.696	39.720	1:48.297	50.871	53.430	1:03.163
15	15:28:22.862	9:09.517	2:53.327	57.140	41.261	1:44.991	52.025	52.948	1:07.825
16	15:36:48.340	8:25.478	2:06.405	52.869	45.168	1:44.810	55.830	56.633	1:03.763

(101) Ivar van den Broek

1	13:39:14.722	5:16.620	27.094	43.811	35.827	1:20.670			43.526
2	13:44:23.424	5:08.702	22.920	42.735	34.439	1:19.740	40.596	44.104	44.168
3	13:49:52.373	5:28.949	25.309	45.381	35.430	1:24.519	46.053	46.527	45.730
4	13:55:49.765	5:57.392	26.442	46.947	34.963	1:50.431	43.964	47.308	47.337
5	14:01:50.567	6:00.802	29.136	44.838	34.116	1:52.261	43.432	47.762	49.257
6	14:08:01.783	6:11.216	29.573	48.648	36.099	1:54.829	43.518	47.398	51.151
7	14:16:51.821	8:50.038	32.441	45.031	35.715	4:22.552	50.379	50.205	53.715
8	14:22:54.516	6:02.695	30.508	47.050	37.216	1:33.354			56.542
9	14:29:03.620	6:09.104	30.474	48.941	36.894	1:38.161	50.037	51.377	53.220
10	14:40:49.662	11:46.042	5:55.983	48.196	38.638	1:42.110			59.842
11	14:49:02.228	8:12.566	2:29.016	48.839	38.196	1:41.824	48.127	51.006	55.558
12	15:00:47.724	11:45.496	2:26.673	50.586	39.978	4:55.096	57.124	56.233	59.806
13	15:09:13.336	8:25.612	2:10.459	51.959	42.454	1:47.666	57.530	53.886	1:01.658
14	15:19:09.301	9:55.965	2:11.374	50.197	40.114	3:27.682	52.935	52.032	1:01.631
15	15:27:55.992	8:46.691	2:04.958	51.588	41.718	2:05.907	1:00.172	54.383	1:07.965
16	15:36:52.331	8:56.339	2:07.619	54.507	46.116	2:08.435	1:00.578	53.906	1:05.178

(515) William Thijssen

1	13:40:03.151	6:03.269	49.307	41.904	35.005	1:42.819			46.195
2	13:46:01.295	5:58.144	25.601	43.918	47.687	1:48.946			45.637





RBKO Den Haag

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Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	13:51:54.314	5:53.019	24.543	44.071	38.339	1:47.010			46.737
4	13:57:49.227	5:54.913	25.717	44.069	34.218	1:52.990	45.664	45.413	46.842
5	14:06:09.053	8:19.826	26.779	44.447	35.453	4:11.398	48.090	47.262	46.397
6	14:11:43.868	5:34.815	29.007	45.025	36.328	1:26.502			47.145
7	14:17:29.231	5:45.363	30.326	46.441	37.540	1:29.026			49.272
8	14:23:14.445	5:45.214	30.395	45.637	35.514	1:30.036	47.570	45.176	50.886
9	14:29:11.109	5:56.664	29.539	46.830	36.440	1:36.497			53.199
10	14:45:03.075	15:51.966	6:08.115	49.330	38.237	5:13.316			1:21.762
11	14:54:46.993	9:43.918	4:09.626	46.930	37.807	1:37.108	49.647	47.475	55.325
12	15:02:20.278	7:33.285	1:53.548	45.160	37.381	1:41.323	50.738	48.513	56.622
13	15:10:05.085	7:44.807	1:59.501	46.493	38.607	1:43.560	51.180	48.853	56.613
14	15:20:50.835	10:45.750	1:54.752	49.052	38.244	4:39.922	54.775	48.838	1:00.167
15	15:29:04.410	8:13.575	2:03.720	49.677	40.577	1:56.898			1:00.516
16	15:37:11.200	8:06.790	1:58.894	48.072	38.712	1:56.986	54.157	49.697	1:00.272

(516) Rolf Coolen

1	13:39:09.012	5:12.223	26.391	43.436	34.100	1:15.394	44.014	41.730	47.158
2	13:44:37.006	5:27.994	26.309	43.403	33.582	1:22.319	47.010	46.066	49.305
3	13:50:21.792	5:44.786	26.624	46.206	36.249	1:27.628	53.700	45.670	48.709
4	13:56:03.924	5:42.132	28.545	46.256	36.507	1:23.970	47.897	48.895	50.062
5	14:01:48.951	5:45.027	28.929	47.237	36.130	1:24.506	48.534	47.028	52.663
6	14:08:33.645	6:44.694	28.375	47.093	39.444	1:31.560	47.122	1:36.467	54.633
7	14:18:40.684	10:07.039	29.432	48.306	37.090	5:30.219	54.415	50.315	57.262
8	14:24:57.801	6:17.117	32.265	49.738	38.795	1:35.549	52.755	50.008	58.007
9	14:32:01.180	7:03.379	34.441	53.686	38.863	2:08.968	54.200	50.794	1:02.427
10	14:42:38.300	10:37.120	4:12.872	47.855	42.063	2:09.313	54.902	51.049	59.066
11	14:51:09.375	8:31.075	2:03.950	53.122	40.053	2:03.949	57.468	53.010	59.523
12	14:59:55.035	8:45.660	2:11.370	51.689	43.858	2:09.096	57.612	53.153	58.882
13	15:08:34.079	8:39.044	2:17.103	53.331	42.226	1:49.057	55.802	57.438	1:04.087
14	15:20:29.708	11:55.629	2:32.603	51.855	41.471	4:26.317	58.076	1:22.638	1:02.669
15	15:28:57.856	8:28.148	2:15.272	49.215	42.530	1:55.576	57.164	50.140	58.251
16	15:37:28.867	8:31.011	2:11.698	51.571	40.781	1:55.964	55.854	50.787	1:04.356

(280) Donny Vos

1	13:40:11.806	5:35.460	31.318	43.273	35.032	1:31.685	42.060	43.584	48.508
2	13:45:45.261	5:33.455	24.385	41.908	36.798	1:31.163	44.241	45.963	48.997
3	13:51:42.154	5:56.893	27.315	43.893	36.446	1:52.960	44.799	44.138	47.342
4	13:57:48.586	6:06.432	28.059	45.555	38.539	1:54.589	45.480	46.108	48.102
5	14:03:40.682	5:52.096	29.639	45.305	37.985	1:36.371			49.143
6	14:10:07.478	6:26.796	31.813	46.133	36.823	2:00.353	48.356	49.886	53.432
7	14:15:54.027	5:46.549	28.120	42.407	36.881	1:36.418			51.569
8	14:21:44.910	5:50.883	27.746	42.938	37.924	1:36.488	49.756	46.236	49.795
9	14:37:22.719	15:37.809	31.883	45.813	42.185	11:02.557	49.121	49.665	56.585
10	14:45:39.365	8:16.646	2:21.539	48.400	41.006	1:44.845			58.056
11	14:54:06.555	8:27.190	2:13.753	46.414	40.164	2:04.582	51.236	51.363	59.678
12	15:02:16.888	8:10.333	2:14.047	44.004	42.340	1:44.205	52.020	52.335	1:01.382
13	15:10:46.346	8:29.458	2:21.748	46.539	42.899	1:48.295	52.984	51.295	1:05.698
14	15:19:32.914	8:46.568	2:08.545	50.175	43.856	2:05.486	56.088	56.088	1:06.330
15	15:28:40.146	9:07.232	2:35.174	51.266	40.914	2:01.512			1:05.968
16	15:37:39.271	8:59.125	2:09.552	51.476	45.188	2:02.533			1:09.656

(931) Erik Middelveld

1	13:39:18.375	5:26.286	23.585	41.178	32.986	1:40.238			43.485
2	13:44:52.676	5:34.301	24.770	42.931	32.324	1:42.053	43.711	43.425	45.087
3	13:50:33.722	5:41.046	26.093	42.567	33.522	1:44.677	44.573	44.538	45.076
4	13:56:27.935	5:54.213	27.085	41.752	34.797	1:51.346	47.544	43.080	48.609
5	14:05:39.898	9:11.963	27.633	44.800	37.189	4:51.515	49.860	47.528	53.438
6	14:11:28.504	5:48.606	29.128	48.131	39.234	1:23.648			51.478
7	14:17:07.829	5:39.325	30.295	45.600	36.356	1:21.798	48.008	46.127	51.141
8	14:22:50.500	5:42.671	30.073	45.594	37.786	1:20.216	51.726	45.797	51.479
9	14:28:40.272	5:49.772	30.432	44.561	35.513	1:28.815	49.348	47.443	53.660
10	14:46:17.915	17:37.643	7:48.384	48.827	40.960	5:30.073			1:03.043
11	14:54:21.550	8:03.635	2:21.841	46.905	38.069	1:34.976			58.556
12	15:02:06.839	7:45.289	2:02.994	46.910	35.511	1:36.110			59.844
13	15:10:20.879	8:14.040	2:07.774	50.012	37.861	1:42.380	58.863	53.552	1:03.598
14	15:19:52.390	9:31.511	2:51.874	51.758	58.876	1:53.866	56.906	51.886	1:06.345



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
15	15:28:57.404	9:05.014	2:24.000	52.503	40.069	2:05.241			1:11.379
16	15:37:45.953	8:48.549	2:14.517	51.728	43.802	2:04.906	56.718	49.717	1:07.161

(412) Gijs ten Elshof

1	13:40:11.771	5:45.449	26.440	42.312	32.838	1:50.053	45.595	42.669	45.542
2	13:46:06.383	5:54.612	24.382	42.783	35.207	1:52.124	48.939	44.408	46.769
3	13:52:04.354	5:57.971	25.578	45.686	38.461	1:51.453			48.450
4	13:58:04.393	6:00.039	24.687	43.882	33.802	1:54.091			48.615
5	14:08:00.557	9:56.164	27.663	46.735	34.164	5:45.938	44.865	45.190	51.609
6	14:13:43.931	5:43.374	29.690	42.636	34.388	1:33.395			48.197
7	14:19:24.732	5:40.801	27.992	44.901	34.148	1:37.682	43.852	43.186	49.040
8	14:25:06.804	5:42.072	26.812	44.101	32.459	1:33.962	44.856	44.467	55.415
9	14:30:58.534	5:51.730	28.004	44.210	36.268	1:39.019			53.402
10	14:47:35.688	16:37.154	6:04.259	46.388	37.235	6:37.437			57.564
11	14:56:41.964	9:06.276	3:41.728	43.698	38.066	1:39.376	46.549	43.894	52.965
12	15:04:32.039	7:50.075	2:03.733	54.257	37.451	1:47.312			55.386
13	15:12:35.207	8:03.168	2:12.705	42.591	35.745	1:55.373	51.110	47.750	57.894
14	15:21:27.054	8:51.847	2:30.302	46.445	37.844	2:05.960	53.950	55.913	1:01.433
15	15:29:30.026	8:02.972	1:59.308	45.658	39.184	1:58.997			59.719
16	15:38:36.766	9:06.740	2:13.403	50.487	45.123	1:57.934			1:17.590

(251) Dennis Krol

1	13:39:18.590	5:19.329	26.100	42.327	35.294	1:25.516	42.384	43.459	44.249
2	13:44:47.635	5:29.045	25.619	46.437	34.170	1:25.232	45.655	43.855	48.077
3	13:50:28.238	5:40.603	28.104	49.180	35.092	1:26.848	44.062	50.341	46.976
4	13:56:42.305	6:14.067	34.390	46.424	35.111	1:56.012	45.388	47.840	48.902
5	14:02:53.474	6:11.169	28.752	49.673	34.769	1:55.213	46.695	47.323	48.744
6	14:11:24.125	8:30.651	31.560	49.371	38.073	3:53.950	53.284	53.354	51.059
7	14:17:56.575	6:32.450	31.973	51.201	38.071	1:58.123	50.286	50.782	52.014
8	14:24:09.944	6:13.369	32.356	49.553	37.550	1:38.721	50.518	51.898	52.773
9	14:30:30.328	6:20.384	34.582	50.869	38.898	1:35.295	51.465	53.316	55.959
10	14:43:07.354	12:37.026	6:32.231	55.800	41.251	1:43.422	53.306	51.590	59.426
11	14:55:27.987	12:20.633	2:10.233	51.634	38.202	5:55.423	54.208	52.673	58.260
12	15:03:37.133	8:09.146	2:02.099	52.348	40.107	1:45.789	56.433	52.227	1:00.143
13	15:12:09.425	8:32.292	2:05.275	54.078	40.057	1:50.228	57.354	57.405	1:07.895
14	15:20:52.410	8:42.985	2:07.708	52.830	43.024	2:01.602	59.786	57.615	1:00.420
15	15:29:36.230	8:43.820	2:03.176	58.048	40.863	1:59.613	58.224	58.024	1:05.872
16	15:39:26.188	9:49.958	1:55.209	50.693	42.136	2:53.097	1:25.079	54.950	1:08.794

(335) Joey van Klinken

1	13:39:09.610	5:08.636	24.939	43.175	31.900	1:17.589	43.592	41.883	45.558
2	13:44:43.105	5:33.495	21.983	41.679	34.986	1:40.581	45.253	44.445	44.568
3	13:50:24.638	5:41.533	24.728	45.098	35.097	1:42.944	44.280	43.977	45.409
4	13:56:08.397	5:43.759	24.083	43.151	35.426	1:44.078	47.245	41.929	47.847
5	14:02:13.431	6:05.034	26.992	45.117	35.871	1:46.950	48.152	48.135	53.817
6	14:07:52.851	5:39.420	29.493	45.160	34.504	1:24.821	47.434	47.620	50.388
7	14:16:43.085	8:50.234	49.228	46.780	36.787	4:11.913	47.953	46.673	50.900
8	14:22:37.669	5:54.584	31.810	48.744	36.596	1:24.533	50.974	48.139	53.788
9	14:28:49.837	6:12.168	32.713	49.956	38.476	1:33.372	50.710	53.782	53.159
10	14:46:38.789	17:48.952	7:36.040	1:57.866	40.854	4:53.988	55.053	48.973	56.178
11	14:55:35.726	8:56.937	2:27.311	1:29.850	41.525	1:31.434	55.675	52.541	58.601
12	15:04:06.532	8:30.806	2:11.152	52.875	53.411	1:38.204	1:00.443	58.310	56.411
13	15:13:10.992	9:04.460	2:27.969	52.560	40.846	2:02.918			1:03.890
14	15:22:05.631	8:54.639	2:30.142	52.043	39.974	2:02.042	1:00.036	53.666	56.736
15	15:31:15.829	9:10.198	2:45.730	52.534	38.328	1:53.485	57.385	56.485	1:06.251
16	15:39:44.787	8:28.958	2:09.335	52.180	43.152	1:57.438	56.279	51.108	59.466

(374) Ferdinand Hakvoort

1	13:39:43.757	5:22.736	26.151	45.866	36.085	1:23.307	44.881	42.524	43.922
2	13:44:48.949	5:05.192	24.373	38.145	33.396	1:16.707	44.513	43.069	44.989
3	13:50:05.801	5:16.852	23.734	42.324	35.127	1:20.651	43.999	46.169	44.848
4	13:57:11.723	7:05.922	25.540	42.046	35.423	3:09.280	43.123	46.426	44.084
5	14:02:33.358	5:21.635	27.785	43.608	32.194	1:22.730	46.792	43.847	44.679
6	14:08:00.715	5:27.357	26.693	44.340	36.473	1:21.587	43.662	46.629	47.973
7	14:13:55.529	5:54.814	28.661	45.728	37.052	1:28.219	46.692	46.749	1:01.713
8	14:19:55.770	6:00.241	30.265	47.291	36.688	1:31.715	48.492	51.695	54.095





RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
9	14:28:52.288	8:56.518	31.796	49.214	39.480	4:26.214	49.018	50.456	50.340
10	14:43:49.769	14:57.481	8:45.232	51.955	35.948	2:04.299	53.128	52.664	54.255
11	14:51:50.818	8:01.049	2:00.932	47.672	38.311	2:03.361	50.829	49.113	50.831
12	15:02:57.527	11:06.709	2:00.865	49.309	40.803	5:00.601	47.420	50.266	57.445
13	15:11:35.977	8:38.450	1:54.828	49.492	54.258	2:14.497	52.863	53.796	58.716
14	15:20:08.047	8:32.070	2:07.101	50.861	39.721	2:04.592	54.908	51.954	1:02.933
15	15:31:26.446	11:18.399	2:44.693	54.815	41.430	4:08.185	54.625	52.039	1:02.612
16	15:39:47.071	8:20.625	1:57.772	49.704	43.357	2:00.481	53.357	53.251	1:02.703

(62) Adrian Valentin Raduta

1	13:38:47.824	5:10.585	22.809	38.229	32.292	1:39.586			41.506
2	13:44:14.795	5:26.971	22.448	49.345	31.181	1:35.709	42.142	40.685	45.461
3	13:49:49.130	5:34.335	23.397	44.972	32.427	1:39.999	43.489	44.098	45.953
4	13:55:28.977	5:39.847	25.423	46.312	34.341	1:41.980	41.908	44.014	45.869
5	14:01:17.993	5:49.016	25.495	43.815	34.348	1:45.658	44.924	46.112	48.664
6	14:06:42.865	5:24.872	24.430	47.092	32.301	1:21.753	42.815	45.681	50.800
7	14:12:36.011	5:53.146	27.427	50.731	39.150	1:23.739			56.512
8	14:21:57.597	9:21.586	28.689	49.170	38.380	4:56.769			52.373
9	14:27:53.428	5:55.831	32.005	49.529	36.972	1:30.227	47.574	46.873	52.651
10	14:38:43.427	10:49.999	4:01.905	49.527	42.651	2:24.335	50.044	52.359	1:09.178
11	14:48:09.401	9:25.974	3:32.261	54.412	37.967	1:44.465	48.217	52.106	56.546
12	15:03:25.473	15:16.072	3:21.260	50.751	55.681	7:24.616	52.705	51.488	59.571
13	15:13:21.937	9:56.464	3:32.432	52.284	38.475	1:44.300	1:14.389	48.763	1:05.821
14	15:22:21.410	8:59.473	2:31.537	52.077	44.282	1:58.507	55.177	54.405	1:03.488
15	15:31:24.070	9:02.660	2:16.763	52.797	40.866	2:00.138	58.352	56.780	1:16.964
16	15:40:16.004	8:51.934	2:05.725	53.913	44.407	2:00.698			1:00.882

(463) Bram van Drunen

1	13:39:34.706	5:13.023	25.589	40.324	33.946	1:26.213	42.575	39.707	44.669
2	13:44:45.741	5:11.035	24.045	40.758	32.724	1:24.297	42.449	41.063	45.699
3	13:50:15.029	5:29.288	24.608	41.911	33.336	1:27.828	42.961	52.926	45.718
4	13:55:45.621	5:30.592	27.171	42.024	34.465	1:33.626	44.831	42.090	46.385
5	14:03:24.803	7:39.182	27.429	40.594	33.366	3:41.793	45.281	42.693	48.026
6	14:09:50.205	6:25.402	1:00.068	43.303	59.982	1:28.522	43.263	45.317	44.947
7	14:15:18.754	5:28.549	26.743	44.087	33.300	1:29.277	43.214	42.690	49.238
8	14:21:51.729	6:32.975	28.410	43.631	56.186	1:33.330	45.986	1:15.151	50.281
9	14:28:19.817	6:28.088	29.175	46.904	1:05.197	1:38.911	50.469	46.235	51.197
10	14:40:05.630	11:45.813	5:34.589	49.967	37.594	2:06.234	48.924	50.114	58.391
11	14:53:37.086	13:31.456	4:54.508	45.963	37.701	4:39.056	52.132	48.507	53.589
12	15:01:58.376	8:21.290	2:05.120	47.433	36.426	2:10.392	52.224	51.364	58.331
13	15:11:45.430	9:47.054	2:30.182	1:32.031	39.849	2:17.097	54.249	51.173	1:02.473
14	15:22:25.399	10:39.969	2:12.867	53.885	41.689	4:05.539			59.327
15	15:31:23.375	8:57.976	2:11.801	52.491	40.558	2:16.621	55.433	53.248	1:07.824
16	15:40:18.621	8:55.246	2:10.554	51.600	44.766	2:11.285	58.839	55.231	1:02.971

(757) Feiko Prosjje

1	13:40:11.145	5:55.180	24.191	44.105	34.724	1:21.183			48.594
2	13:45:44.310	5:33.165	25.852	44.562	36.830	1:24.527	43.308	47.370	50.716
3	13:51:32.087	5:47.777	29.760	46.646	37.858	1:26.495	45.981	49.846	51.191
4	13:58:03.775	6:31.688	27.815	1:16.283	43.507	1:33.846	47.572	50.962	51.703
5	14:04:07.709	6:03.934	29.543	45.862	43.358	1:33.490			51.497
6	14:10:15.064	6:07.355	29.515	46.503	38.734	1:34.418	50.416	51.599	56.170
7	14:16:20.604	6:05.540	30.787	48.428	37.711	1:32.862	48.083	53.450	54.219
8	14:23:06.426	6:45.822	32.651	50.112	39.139	2:03.194	53.162	51.677	55.887
9	14:30:36.609	7:30.183	48.742	1:16.178	40.295	2:08.381	51.234	48.934	56.419
10	14:47:18.302	16:41.693	4:51.153	52.060	39.605	7:33.007	56.901	48.419	1:00.548
11	14:56:27.078	9:08.776	2:50.392	50.003	39.318	2:06.089	50.279	52.706	59.989
12	15:04:28.833	8:01.755	2:02.044	50.817	37.334	1:44.923	53.455	53.073	1:00.109
13	15:14:00.053	9:31.220	2:58.304	52.588	40.082	2:08.868	56.549	53.793	1:01.036
14	15:22:31.561	8:31.508	2:13.159	50.097	41.825	1:52.428	55.852	54.633	1:03.514
15	15:31:31.230	8:59.669	2:07.751	50.660	41.144	2:00.812	59.838	51.904	1:27.560
16	15:40:21.858	8:50.628			46.019	1:56.652	56.045	53.724	1:08.364

(371) Kevin Dijk

1	13:38:44.788	4:51.765	23.460	38.434	29.999	1:19.623	40.462	36.835	42.952
2	13:43:51.029	5:06.241	22.903	39.178	33.011	1:20.531	43.248	41.412	45.958



RBKO Den Haag

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10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	13:49:05.156	5:14.127	25.273	43.615	33.867	1:21.686	40.467	41.948	47.271
4	13:54:27.878	5:22.722	26.517	42.749	35.758	1:24.201	43.645	42.179	47.673
5	14:00:06.020	5:38.142	29.935	42.421	36.086	1:29.397	45.703	44.530	50.070
6	14:07:51.926	7:45.906	29.713	45.736	38.452	3:30.926	45.171	44.913	50.995
7	14:13:57.201	6:05.275	30.354	42.177	34.801	1:56.908	47.082	44.315	49.638
8	14:19:40.539	5:43.338	31.210	45.557	35.600	1:30.537	44.866	43.622	51.946
9	14:25:59.196	6:18.657	28.832	44.739	37.474	2:00.971	48.208	44.963	53.470
10	14:31:58.968	5:59.772	30.157	47.122	35.369	1:37.113	48.011	46.733	55.267
11	14:48:04.741	16:05.773	5:14.266	52.905	1:20.736	6:02.923	50.512	47.994	56.437
12	14:57:13.242	9:08.501	2:46.129	48.969	39.330	2:09.166	54.825	49.355	1:00.727
13	15:13:28.595	16:15.353	2:02.884	46.559	36.284	10:07.789	53.141	49.760	58.936
14	15:21:49.498	8:20.903	2:08.236	47.939	38.054	1:53.652	56.723	51.967	1:04.332
15	15:30:27.710	8:38.212	2:03.921	50.105	37.211	2:13.778	55.271	52.055	1:05.871
16	15:40:21.969	9:54.259	2:33.613	50.452	38.756	2:49.691	57.244	58.447	1:06.056

(440) Luke van Drunen

1	13:39:45.920	5:42.349	26.428	44.706	37.322	1:32.011	48.660	43.934	49.288
2	13:45:22.675	5:36.755	27.522	46.117	35.151	1:29.830	46.317	44.275	47.543
3	13:51:10.209	5:47.534	27.326	47.749	35.663	1:34.905	46.349	45.707	49.835
4	13:57:05.657	5:55.448	28.606	47.194	44.153	1:33.378	47.393	45.569	49.155
5	14:03:09.656	6:03.999	29.284	48.792	39.009	1:37.704	49.272	48.198	51.740
6	14:09:34.512	6:24.856	30.435	50.866	43.837	1:40.065			56.046
7	14:15:54.264	6:19.752	32.855	53.269	40.499	1:37.796	53.461	47.840	54.032
8	14:22:20.778	6:26.514	33.410	51.134	38.914	1:44.703	51.304	50.940	56.109
9	14:29:11.475	6:50.697	34.013	52.671	43.908	1:50.889	54.535	54.382	1:00.299
10	14:43:36.683	14:25.208	5:19.177	55.108	39.990	4:44.930	53.856	50.598	1:01.549
11	14:52:20.153	8:43.470	2:07.159	53.212	40.576	2:13.000	53.135	53.020	1:03.368
12	15:01:29.313	9:09.160	2:13.272	53.297	43.458	2:20.769	1:00.492	53.551	1:04.321
13	15:10:48.260	9:18.947	2:21.463	56.905	41.995	2:21.800	57.115	53.450	1:06.219
14	15:20:22.720	9:34.460	2:26.337	55.558	53.963	2:12.819	58.952	54.735	1:12.096
15	15:32:00.771	11:38.051	2:28.010	58.964	45.857	2:16.956	1:02.675	58.185	3:07.404

(286) Bjorn De Cort

1	13:39:42.529	5:40.936	27.668	41.827	36.358	1:32.755	47.677	44.122	50.529
2	13:45:19.911	5:37.382	28.818	42.429	36.378	1:23.790	46.923	47.005	52.039
3	13:51:09.514	5:49.603	27.870	45.236	38.119	1:28.678			50.599
4	13:57:44.804	6:35.290	30.601	46.942	41.620	2:06.538	46.890	51.684	51.015
5	14:04:25.521	6:40.717	32.663	46.741	41.989	2:04.825			52.301
6	14:11:08.234	6:42.713	35.862	48.771	43.792	2:01.725	49.009	50.748	52.806
7	14:17:57.484	6:49.250	31.795	48.041	41.866	2:04.152			55.817
8	14:24:33.280	6:35.796	32.758	50.011	41.683	1:37.089	56.902	57.488	59.865
9	14:31:45.969	7:12.689	36.053	47.727	43.185	2:11.935	54.346	56.121	1:03.322
10	14:44:14.082	12:28.113	5:50.302	52.747	45.006	1:52.112	1:00.298	1:03.412	1:04.236
11	14:55:28.421	11:14.339	2:19.793	49.492	42.104	4:14.877	56.799	57.803	1:13.471
12	15:04:22.386	8:53.965	2:13.991	52.557	44.329	1:54.188	1:01.131	1:00.056	1:07.713
13	15:13:22.111	8:59.725	2:14.461	49.682	44.562	1:57.389	1:04.337	59.455	1:09.839
14	15:22:55.952	9:33.841	2:24.040	54.425	42.474	2:18.853	1:03.026	59.612	1:11.411
15	15:32:17.806	9:21.854	2:09.930	46.142	43.354	2:12.575	1:06.231	1:04.880	1:18.742

(558) Rick Meijer

1	13:39:47.154	5:34.020	25.925	43.352	36.691	1:25.587	48.945	44.542	48.978
2	13:45:44.715	5:57.561	27.646	42.968	36.787	1:51.594	43.952	46.711	47.903
3	13:51:52.166	6:07.451	28.363	46.868	40.400	1:51.938			47.769
4	13:58:10.114	6:17.948	28.421	44.775	38.649	1:55.831	46.770	50.681	52.821
5	14:04:31.909	6:21.795	28.811	46.452	39.173	1:55.467	47.603	50.073	54.216
6	14:12:48.364	8:16.455	31.353	46.072	39.697	3:42.860	52.056	49.614	54.803
7	14:18:52.045	6:03.681	31.064	48.265	36.666	1:33.196	47.861	50.701	55.928
8	14:24:54.081	6:02.036	32.219	46.526	37.723	1:36.513	48.789	47.236	53.030
9	14:31:18.355	6:24.274	32.674	49.654	41.194	1:36.539	51.097	52.541	1:00.575
10	14:47:12.336	15:53.981	6:34.910	55.725	41.935	4:51.783	55.599	52.860	1:01.169
11	14:56:43.893	9:31.557	3:30.013	52.439	40.903	1:41.694	53.227	52.518	1:00.763
12	15:04:59.546	8:15.653	2:06.510	50.240	41.649	1:40.818	56.693	56.096	1:03.647
13	15:15:39.479	10:39.933	2:06.849	48.840	41.524	4:18.277	52.575	51.172	1:00.696
14	15:23:51.508	8:12.029	1:59.025	49.869	41.074	1:54.188	55.006	51.371	1:01.496
15	15:32:26.574	8:35.066	2:03.539	46.928	42.833	1:59.671	56.944	56.754	1:08.397



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(573) Elmar Willems									
1	13:39:10.294	5:26.153	24.363	41.771	31.699	1:39.926	42.537	43.084	42.773
2	13:44:50.473	5:40.179	22.790	41.987	34.476	1:44.077	43.099	45.783	47.967
3	13:50:55.330	6:04.857	26.365	47.864	37.999	1:48.557	48.233	45.200	50.639
4	13:56:58.037	6:02.707	30.043	48.279	37.450	1:49.324	43.846	45.974	47.791
5	14:02:39.239	5:41.202	27.722	45.049	38.127	1:26.621	46.852	46.536	50.295
6	14:08:22.790	5:43.551	28.456	49.484	36.053	1:24.825	47.877	47.898	48.958
7	14:14:31.793	6:09.003	29.032	48.335	49.171	1:28.043	50.594	50.165	53.663
8	14:23:33.335	9:01.542	33.281	50.586	37.580	4:27.056	52.090	47.501	53.448
9	14:29:53.455	6:20.120	31.666	50.018	36.766	1:50.179	48.960	48.713	53.818
10	14:45:06.461	15:13.006	9:14.891	58.067	42.441	1:33.306	53.103	50.965	1:00.233
11	14:53:29.448	8:22.987	2:27.476	53.055	38.781	1:33.904	53.447	52.767	1:03.557
12	15:05:17.241	11:47.793	2:21.711	52.175	43.389	4:57.561	57.572	53.182	1:02.203
13	15:14:12.392	8:55.151	2:18.372	58.435	43.816	1:51.741	56.821	57.077	1:08.889
14	15:23:29.286	9:16.894	2:25.115	56.168	44.126	2:09.911	57.395	55.521	1:08.658
15	15:32:49.690	9:20.404	2:23.138	58.472	44.247	2:05.007	58.410	58.528	1:12.602

(321) Tommy de Bruijn									
1	13:39:41.486	5:46.283	23.233	43.131	31.373	1:48.272	44.431	47.663	48.180
2	13:45:44.931	6:03.445	26.706	49.430	33.076	1:51.014	46.229	49.816	47.174
3	13:54:22.453	8:37.522	27.399	47.546	36.859	4:18.645	51.653	45.688	49.732
4	14:01:02.954	6:40.501	29.961	49.564	1:01.473	1:56.437			49.309
5	14:06:45.962	5:43.008	29.668	41.834	36.272	1:35.638	46.604	43.119	49.873
6	14:12:38.468	5:52.506	28.370	48.107	34.209	1:36.024	48.426	44.870	52.500
7	14:18:35.448	5:56.980	30.355	48.496	35.198	1:37.677	49.887	45.322	50.045
8	14:27:22.097	8:46.649	32.781	46.887	37.622	4:17.343	51.223	48.499	52.294
9	14:37:24.907	10:02.810	4:18.399	49.349	37.092	1:38.409	48.404	53.368	57.789
10	14:45:36.811	8:11.904	2:21.647	50.592	37.346	1:38.163	50.688	53.802	59.666
11	14:54:03.263	8:26.452	2:17.981	46.695	39.758	1:42.587	1:04.599	55.191	59.641
12	15:06:35.404	12:32.141	2:12.763	46.751	41.878	6:08.485	54.410	48.888	58.966
13	15:15:00.499	8:25.095	2:08.664	49.875	38.844	1:51.174	56.252	56.066	1:04.220
14	15:23:49.502	8:49.003	2:12.015	50.232	43.428	2:07.062	59.118	52.004	1:05.144
15	15:32:50.067	9:00.565	2:11.953	54.293	44.414	2:01.955	58.855	57.526	1:11.569

(232) Berrie Swinkels									
1	13:39:25.845	5:30.667	23.154	45.003	37.196	1:26.686	46.095	45.893	46.640
2	13:45:20.193	5:54.348	25.601	46.732	36.128	1:45.011	49.867	42.891	48.118
3	13:51:30.103	6:09.910	25.530	47.982	37.080	1:50.698	48.784	48.193	51.643
4	13:58:00.007	6:29.904	32.222	55.288	37.858	1:57.470	51.762	46.534	48.770
5	14:04:29.502	6:29.495	28.705	46.434	40.880	1:57.374	54.749	47.223	54.130
6	14:10:57.367	6:27.865	29.656	45.136	38.531	1:59.544	51.744	49.366	53.888
7	14:17:37.902	6:40.535	32.180	52.001	40.590	1:58.488	55.326	50.551	51.399
8	14:24:02.237	6:24.335	30.571	53.712	39.590	1:35.513			57.716
9	14:30:51.099	6:48.862	34.415	1:09.006	39.575	1:39.670	54.355	47.625	1:04.216
10	14:47:56.346	17:05.247	5:37.965	1:01.756	48.845	6:46.183	53.525	52.822	1:04.151
11	14:57:05.342	9:08.996	2:50.653	53.206	43.382	1:43.354	1:01.415	52.261	1:04.725
12	15:05:42.253	8:36.911	2:35.153	48.167	41.278	1:40.554	59.877	50.982	1:00.900
13	15:14:47.391	9:05.138	2:28.587	57.689	42.185	1:59.969	58.768	52.413	1:05.527
14	15:23:55.417	9:08.026	2:20.680	53.140	43.014	1:59.110	1:00.211	57.873	1:13.998
15	15:33:01.049	9:05.632	2:21.638	55.901	45.149	1:55.668	1:01.178	57.986	1:08.112

(750) Freekie van t Wout									
1	13:40:03.808	5:41.904	30.813	45.471	34.982	1:23.814	54.260	43.989	48.575
2	13:45:41.259	5:37.451	28.399	45.687	35.040	1:24.469	47.107	47.531	49.218
3	13:52:08.442	6:27.183	31.430	49.026	36.847	1:54.562	51.043	50.078	54.197
4	13:58:37.701	6:29.259	30.250	51.113	41.310	1:53.465	50.663	46.960	55.498
5	14:05:09.973	6:32.272	31.967	47.267	37.846	1:55.538	49.463	52.437	57.754
6	14:15:09.145	9:59.172	30.013	50.600	40.528	5:21.527	53.134	48.330	55.040
7	14:21:20.420	6:11.275	33.013	50.682	38.578	1:26.766	53.401	51.444	57.391
8	14:27:41.803	6:21.383	35.949	53.474	40.881	1:28.781	52.866	48.749	1:00.683
9	14:36:28.503	8:46.700	2:53.047	55.815	40.401	1:31.747	57.291	51.099	57.300
10	14:45:00.507	8:32.004	2:36.769	53.870	39.920	1:34.471	56.229	50.394	1:00.351
11	14:56:18.900	11:18.393	2:10.831	51.843	38.590	4:48.731	56.004	52.215	1:00.179
12	15:04:24.837	8:05.937	1:58.811	52.622	40.449	1:36.259	56.118	55.008	1:06.670
13	15:12:52.176	8:27.339	2:05.505	53.222	39.361	1:47.572	58.074	57.031	1:06.574
14	15:22:34.466	9:42.290	2:24.148	1:19.765	56.973	1:57.520	1:00.189	57.021	1:06.674





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
15	15:33:06.496	10:32.030	2:06.963	54.106	45.764	3:43.139	1:04.044	53.916	1:04.098
(945) Anne Jan Fokkinga									
1	13:38:57.741	5:11.435	24.513	44.558	34.021	1:16.091	44.371	44.508	43.373
2	13:44:18.530	5:20.789	24.653	44.027	33.383	1:17.677	48.881	46.390	45.778
3	13:49:43.261	5:24.731	24.888	45.004	35.529	1:16.706	48.586	46.511	47.507
4	13:55:42.374	5:59.113	27.839	46.363	34.549	1:49.224	47.111	43.636	50.391
5	14:01:55.411	6:13.037	29.941	48.251	35.812	1:51.339	51.730	47.344	48.620
6	14:12:05.638	10:10.227	27.820	48.837	37.340	5:39.632	55.948	49.082	51.568
7	14:19:19.070	7:13.432	33.594	49.263	38.999	1:54.308			58.869
8	14:25:31.584	6:12.514	33.019	51.055	42.844	1:28.801	54.176	51.244	51.375
9	14:31:52.895	6:21.311	42.456	55.567	38.624	1:26.933			54.690
10	14:51:55.294	20:02.399	6:17.208	58.644	46.581	9:14.390	55.244	53.477	56.855
11	15:00:10.616	8:15.322	2:10.628	55.594	44.275	1:33.632	56.595	50.501	1:04.097
12	15:08:14.675	8:04.059	2:03.391	51.094	43.799	1:42.564	52.259	51.876	59.076
13	15:16:46.853	8:32.178	2:06.054	51.085	42.578	2:05.072			1:00.625
14	15:24:54.661	8:07.808	2:04.766	50.939	38.576	1:50.613			1:00.020
15	15:33:10.841	8:16.180	2:06.091	55.385	41.718	1:48.427			58.654
(925) Jef Janssens									
1	13:39:52.830	5:44.823	27.133	48.246	38.896	1:25.392	48.457	47.426	49.273
2	13:45:58.586	6:05.756	28.690	47.247	38.476	1:50.617	47.260	45.191	48.275
3	13:52:26.580	6:27.994	29.102	50.804	39.347	1:48.729	46.213	1:00.644	53.155
4	13:58:44.855	6:18.275	27.161	50.186	38.007	1:53.176	51.574	47.888	50.283
5	14:05:12.609	6:27.754	29.876	50.458	43.429	1:54.723	48.370	49.169	51.729
6	14:11:18.077	6:05.468	29.131	51.660	39.491	1:28.873	54.472	51.516	50.325
7	14:17:21.024	6:02.947	31.507	50.459	39.048	1:29.539	50.164	48.284	53.946
8	14:23:20.824	5:59.800	28.174	52.875	38.079	1:31.038	51.098	48.634	49.902
9	14:33:04.511	9:43.687	34.673	51.900	38.983	4:53.400	54.722	53.437	56.572
10	14:45:40.080	12:35.569	6:18.110	1:01.229	42.114	1:40.248	54.427	57.512	1:01.929
11	14:56:25.404	10:45.324	2:34.013	56.009	44.592	3:39.475	55.830	54.758	1:00.647
12	15:04:54.287	8:28.883	2:06.185	51.670	40.288	1:39.578	1:00.856	1:01.751	1:08.555
13	15:14:30.748	9:36.461	2:16.818	1:06.196	46.530	1:55.904	1:02.101	1:15.919	1:12.993
14	15:23:53.476	9:22.728	2:33.430	55.070	45.843	2:02.636	1:02.407	56.555	1:06.787
15	15:33:17.019	9:23.543	2:20.617	58.158	46.449	2:04.830	1:02.785	1:00.211	1:10.493
(714) Joost Ruitkamp									
1	13:39:26.616	5:30.209	25.024	43.952	36.855	1:26.479	47.147	43.148	47.604
2	13:44:55.804	5:29.188	23.978	45.717	35.746	1:22.703	47.431	44.505	49.108
3	13:51:14.333	6:18.529	28.067	1:07.441	42.805	1:31.517	48.185	50.244	50.270
4	13:57:55.465	6:41.132	28.723	47.546	1:01.779	1:55.372	49.884	46.936	50.892
5	14:04:09.989	6:14.524	29.757	47.046	39.175	1:53.678			52.181
6	14:10:09.669	5:59.680	28.524	48.500	39.614	1:31.974	51.544	46.368	53.156
7	14:16:57.333	6:47.664	31.453	50.253	39.479	2:14.610	51.719	46.592	53.558
8	14:23:38.536	6:41.203	32.525	49.806	37.514	1:59.906	52.396	51.958	57.098
9	14:30:49.459	7:10.923	1:09.878	52.744	41.638	1:35.301	1:01.935	52.028	57.399
10	14:48:35.879	17:46.420	6:45.771	54.551	44.614	6:33.662	54.882	50.290	1:02.650
11	14:57:21.072	8:45.193	2:25.021	51.412	56.684	1:42.458	56.403	51.741	1:01.474
12	15:05:38.009	8:16.937	2:12.078	49.710	42.595	1:43.134	56.116	50.480	1:02.824
13	15:14:39.788	9:01.779	2:05.574	48.985	40.586	1:48.494	1:44.632	48.606	1:04.902
14	15:23:34.669	8:54.881	2:18.647	51.228	44.112	1:58.803	57.818	56.696	1:07.577
15	15:33:20.809	9:46.140	2:21.389	52.689	48.646	2:17.833	1:08.422	1:05.411	1:11.750
(781) Ian Olthof									
1	13:39:12.902	5:08.051	27.072	40.350	35.663	1:19.668	40.905	42.412	41.981
2	13:44:56.708	5:43.806	23.274	42.341	34.558	1:46.338	43.962	46.110	47.223
3	13:50:46.589	5:49.881	28.436	44.702	35.358	1:42.750	49.243	42.103	47.289
4	13:56:49.854	6:03.265	27.020	44.361	39.454	1:49.959	45.777	46.416	50.278
5	14:06:06.740	9:16.886	28.732	46.782	35.241	5:02.055	51.719	45.106	47.251
6	14:12:05.893	5:59.153	39.176	49.318	36.228	1:26.731	48.262	45.811	53.627
7	14:18:27.354	6:21.461	33.002	49.133	37.467	1:49.578	54.917	46.504	50.860
8	14:24:36.214	6:08.860	32.700	50.482	37.834	1:33.591	50.095	50.226	53.932
9	14:30:53.161	6:16.947	34.807	49.531	38.441	1:35.061	52.501	49.142	57.464
10	14:45:15.916	14:22.755	5:01.175	47.940	38.627	5:18.912	52.128	49.862	54.111
11	14:53:52.182	8:36.266	2:11.920	48.105	47.304	1:39.321	1:12.030	50.992	58.898
12	15:04:48.564	10:56.382	2:05.976	56.028	41.536	4:25.723	55.965	50.262	1:00.892



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13	15:13:17.887	8:29.323	2:12.774	51.738	42.071	1:48.161			1:02.136
14	15:24:19.724	11:01.837	2:19.408	52.639	42.688	4:14.516	56.821	53.959	1:01.806
15	15:33:28.933	9:09.209	2:16.321	50.517	52.604	2:03.290	1:02.352	56.865	1:07.260

(738) Bas Wouters

1	13:40:03.517	5:34.727	29.866	47.066	33.998	1:26.426	46.458	43.618	47.295
2	13:46:02.058	5:58.541	27.233	45.132	35.629	1:50.159	45.156	46.731	48.501
3	13:51:42.123	5:40.065	28.217	47.739	34.458	1:25.765	46.094	45.669	52.123
4	13:57:34.421	5:52.298	29.478	47.104	34.405	1:31.760	49.380	48.188	51.983
5	14:06:46.822	9:12.401	31.261	49.285	38.475	4:43.058	48.402	48.106	53.814
6	14:13:13.164	6:26.342	31.280	59.600	36.251	1:30.196	49.198	52.177	1:07.640
7	14:19:53.224	6:40.060	32.286	49.803	37.567	1:59.797	53.306	50.481	56.820
8	14:26:18.343	6:25.119	33.739	53.133	42.043	1:37.364	52.316	49.709	56.815
9	14:35:39.709	9:21.366	3:20.631	49.489	41.203	1:41.638	53.679	52.815	1:01.911
10	14:48:33.488	12:53.779	3:04.833	53.088	44.512	5:21.654	54.251	52.477	1:02.964
11	14:57:08.933	8:35.445	2:15.216	52.372	42.557	1:46.444	55.487	53.225	1:10.144
12	15:06:10.511	9:01.578	2:14.921	54.018	42.733	2:09.651	58.473	52.971	1:08.811
13	15:14:51.165	8:40.654	2:15.001	52.655	38.730	1:52.945	1:02.073	52.011	1:07.239
14	15:24:36.918	9:45.753	2:24.520	52.665	42.247	2:05.402	1:33.094	54.060	1:13.765
15	15:33:32.556	8:55.638	2:13.066	53.227	42.491	1:59.194	59.459	55.030	1:13.171

(821) Jarno Tesselaar

1	13:40:46.763	6:02.670	32.153	51.663	41.197	1:28.700	51.095	46.828	51.034
2	13:46:55.739	6:08.976	28.031	46.844	36.083	1:25.221	49.497	1:10.118	53.182
3	13:53:32.260	6:36.521	29.765	53.147	39.221	1:55.509	49.671	52.714	56.494
4	13:59:34.397	6:02.137	28.811	50.479	36.841	1:28.342	53.696	49.721	54.247
5	14:06:16.834	6:42.437	29.761	51.775	40.296	2:01.120	52.663	50.543	56.279
6	14:12:36.382	6:19.548	32.310	51.304	40.183	1:32.342	52.364	52.566	58.479
7	14:19:30.124	6:53.742	34.562	53.721	40.902	1:57.977	56.892	51.944	57.744
8	14:26:01.689	6:31.565	34.209	53.619	39.644	1:35.288	55.739	51.160	1:01.906
9	14:35:36.836	9:35.147	33.029	56.303	50.608	4:18.143	55.421	52.803	1:08.840
10	14:44:52.540	9:15.704	2:40.671	51.791	45.012	1:59.250	56.014	53.947	1:09.019
11	14:55:15.458	10:22.918	4:07.270	56.903	42.313	1:38.530	55.909	54.740	1:07.253
12	15:04:03.449	8:47.991	2:14.022	54.255	44.955	1:40.219	1:03.660	59.058	1:11.822
13	15:12:57.324	8:53.875	2:16.778	52.488	43.314	1:52.670	1:01.380	58.304	1:08.941
14	15:24:17.780	11:20.456	2:36.786	52.956	41.821	3:56.284	1:00.855	1:01.242	1:10.512
15	15:33:33.558	9:15.778	2:24.646	52.771	59.613	1:54.337	1:00.122	57.802	1:06.487

(907) Sebastien Caillouet

1	13:40:32.543	6:02.399	32.403	45.340	37.671	1:44.933	48.854	46.235	46.963
2	13:46:15.904	5:43.361	27.219	45.668	37.464	1:21.347	53.178	46.366	52.119
3	13:52:51.740	6:35.836	30.455	52.121	40.870	1:47.918			59.000
4	13:59:41.593	6:49.853	34.906	52.463	46.809	1:57.482	51.997	49.138	57.058
5	14:06:20.128	6:38.535	34.686	50.190	43.574	1:57.628	49.554	49.313	53.590
6	14:12:42.337	6:22.209	32.635	49.351	44.882	1:28.984			1:01.528
7	14:19:08.278	6:25.941	34.839	50.182	45.729	1:33.384	53.508	50.803	57.496
8	14:25:46.941	6:38.663	35.007	48.868	44.030	1:37.246	57.459	55.139	1:00.914
9	14:36:02.512	10:15.571	40.832	56.101	46.995	5:06.690	52.483	54.606	57.864
10	14:45:26.505	9:23.993	2:54.467	53.841	51.755	1:42.628	55.729	52.041	1:13.532
11	14:54:42.034	9:15.529	2:50.279	49.763	46.117	1:39.938	1:01.344	57.048	1:11.040
12	15:03:22.079	8:40.045	2:09.784	52.467	47.000	1:48.089	59.251	54.937	1:08.517
13	15:14:06.703	10:44.624	2:19.644	53.057	49.789	2:04.692	1:14.084	56.929	2:26.429
14	15:23:46.519	9:39.816	2:18.712	57.671	49.240	2:09.376	1:05.024	1:00.464	1:19.329
15	15:34:10.776	10:24.257	2:29.476	1:00.037	48.900	2:31.089	1:15.689	1:02.115	1:16.951

(100) Bart Pijpers

1	13:39:53.314	5:49.107	26.208	44.404	35.402	1:48.757	42.937	44.110	47.289
2	13:45:51.083	5:57.769	26.515	45.424	34.796	1:54.880	45.297	44.949	45.908
3	13:52:06.184	6:15.101	25.823	52.363	38.442	1:58.090	45.202	46.010	49.171
4	14:02:42.977	10:36.793	28.181	49.006	37.674	6:09.953	49.610	50.799	51.570
5	14:08:43.610	6:00.633	31.605	49.757	37.599	1:34.854	47.706	50.620	48.492
6	14:14:46.653	6:03.043	29.493	48.828	40.112	1:34.297	47.738	50.589	51.986
7	14:21:00.267	6:13.614	31.328	50.128	38.085	1:37.205	50.699	53.877	52.292
8	14:27:19.851	6:19.584	29.599	50.750	39.988	1:38.610	50.709	54.654	55.274
9	14:40:32.231	13:12.380	3:57.066	52.314	57.877	4:44.082	52.833	52.882	55.326
10	14:49:16.219	8:43.988	2:52.413	51.101	38.136	1:40.353	51.059	53.970	56.956





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
11	14:57:28.067	8:11.848	2:04.134	52.159	39.255	1:42.264	56.986	57.768	59.282
12	15:05:31.432	8:03.365	2:00.939	51.991	40.434	1:43.208			58.923
13	15:16:51.882	11:20.450	2:23.118	55.511	39.885	4:24.437			1:01.410
14	15:25:41.513	8:49.631	2:13.625	51.458	41.582	2:01.544	57.886	56.537	1:06.999
15	15:34:55.862	9:14.349	2:08.534	54.474	42.871	2:20.253	1:00.923	57.730	1:09.564

(612) Rolf Booi

1	13:39:39.109	5:24.988	25.273	42.303	35.363	1:21.877	47.805	42.180	50.187
2	13:45:51.029	6:11.920	28.761	45.634	38.111	1:54.586	48.339	44.822	51.667
3	13:52:25.789	6:34.760	28.583	50.226	40.945	2:03.742	51.057	45.179	55.028
4	13:59:01.903	6:36.114	30.534	48.934	40.713	2:02.022	51.318	47.098	55.495
5	14:05:42.127	6:40.224	32.015	49.380	38.489	2:03.813	52.220	49.415	54.892
6	14:14:52.736	9:10.609	32.951	49.022	42.230	4:26.497	52.914	48.184	58.811
7	14:21:08.979	6:16.243	33.739	51.283	40.490	1:33.012	50.830	49.098	57.791
8	14:27:54.558	6:45.579	34.969	51.959	40.512	1:41.730	59.199	50.882	1:06.328
9	14:38:29.136	10:34.578	4:29.979	50.490	41.279	1:39.817	58.189	51.756	1:03.068
10	14:49:27.638	10:58.502	4:45.508	54.701	42.738	1:38.068	58.827	51.018	1:07.642
11	15:00:25.001	10:57.363	2:22.339	54.272	45.480	4:01.321	55.659	51.028	1:07.264
12	15:08:55.950	8:30.949	2:12.460	51.029	42.173	1:48.286	59.135	51.712	1:06.154
13	15:17:44.265	8:48.315	2:20.155	51.913	41.058	1:59.622	57.953	51.064	1:06.550
14	15:26:23.021	8:38.756	2:11.401	51.746	41.925	1:54.897	57.109	53.851	1:07.827
15	15:35:06.928	8:43.907	2:06.912	49.734	41.683	2:01.213	1:01.204	51.009	1:12.152

(430) Mitchell Xhoffeeer

1	13:40:04.315	5:57.659	26.515	46.314	35.859	1:45.867	43.146	54.454	45.504
2	13:45:48.729	5:44.414	27.998	43.156	34.388	1:47.198	43.763	40.962	46.949
3	13:51:36.052	5:47.323	26.189	45.746	34.600	1:43.820	48.366	42.565	46.037
4	13:57:19.986	5:43.934	27.330	45.288	36.011	1:43.539	41.907	43.123	46.736
5	14:02:57.119	5:37.133	26.969	44.093	34.128	1:27.002	52.468	44.940	47.533
6	14:11:22.842	8:25.723	29.009	45.511	35.762	4:04.098	49.042	47.907	54.394
7	14:17:08.734	5:45.892	29.194	45.564	36.652	1:27.315	47.728	47.367	52.072
8	14:23:04.895	5:56.161	31.322	45.780	36.768	1:30.348	49.928	50.635	51.380
9	14:29:18.965	6:14.070	30.037	46.159	39.721	1:32.715	50.540	49.320	1:05.578
10	14:43:16.411	13:57.446	7:41.389	55.984	45.895	1:47.579			59.376
11	14:56:32.172	13:15.761	2:45.341	52.981	41.668	6:06.974	53.789	50.463	1:04.545
12	15:05:10.339	8:38.167	2:06.741	52.733	46.097	1:52.134	55.452	58.233	1:06.777
13	15:15:02.760	9:52.421	2:11.445	56.648	1:13.630	2:13.510	1:03.355	1:02.899	1:10.934
14	15:24:48.989	9:46.229	2:31.779	56.370	47.301	2:12.219			1:14.331
15	15:35:11.465	10:22.476	2:34.258	1:11.749	43.971	2:32.609	1:06.726	1:01.157	1:12.006

(405) Jan van Deursen

1	13:39:26.667	5:40.283	23.662	1:07.685	36.197	1:17.715	44.419	43.988	46.617
2	13:44:54.216	5:27.549	23.793	45.145	34.423	1:17.219			51.722
3	13:51:00.183	6:05.967	30.346	1:05.557	37.062	1:17.437			54.726
4	13:57:36.207	6:36.024	28.005	1:01.968	36.964	1:54.710	50.013	52.525	51.839
5	14:03:30.384	5:54.177	30.317	51.706	37.369	1:22.342	47.672	53.399	51.372
6	14:10:26.149	6:55.765	34.756	1:08.974	42.353	1:52.198	51.329	48.998	57.157
7	14:18:54.300	8:28.151	32.858	49.855	39.576	3:50.120	48.247	51.928	55.567
8	14:25:28.859	6:34.559	32.909	56.463	38.740	1:34.034	57.708	51.984	1:02.721
9	14:32:36.690	7:07.831	38.560	54.549	42.009	2:02.752			1:01.681
10	14:49:27.137	16:50.447	9:49.083	1:07.151	42.909	2:05.651	57.473	56.192	1:11.988
11	15:00:07.875	10:40.738	2:46.771	51.992	42.349	3:24.428	57.140	54.427	1:03.631
12	15:08:53.175	8:45.300	2:22.780	54.525	40.698	1:40.331			1:09.641
13	15:18:02.444	9:09.269	2:29.947	54.851	41.796	1:58.666	58.967	58.052	1:06.990
14	15:27:24.758	9:22.314	2:21.370	54.426	40.609	1:48.887	1:29.367	56.245	1:11.410
15	15:36:05.690	8:40.932	2:16.574	51.650	40.820	1:51.737			1:08.926

(432) Ryan Witlox

1	13:39:51.466	5:35.721	27.063	45.578	34.258	1:28.070	47.730	45.174	47.848
2	13:45:23.952	5:32.486	25.783	46.156	35.525	1:24.017	45.889	46.289	48.827
3	13:51:40.175	6:16.223	27.416	48.787	35.439	1:59.691	47.928	46.803	50.159
4	13:57:50.938	6:10.763	27.710	48.281	36.395	1:55.428	48.107	45.042	49.800
5	14:06:40.777	8:49.839	28.860	47.044	35.744	4:34.009	49.468	46.121	48.593
6	14:12:26.894	5:46.117	30.883	46.537	34.790	1:30.283	46.903	45.258	51.463
7	14:18:47.926	6:21.032	30.152	49.358	34.725	1:59.229	47.642	48.521	51.405
8	14:25:18.531	6:30.605	32.023	49.068	35.292	2:00.244	50.768	48.106	55.104





RBKO Den Haag

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10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
9	14:31:49.697	6:31.166	32.873	52.765	39.033	1:44.305	53.638	51.498	57.054
10	14:46:59.809	15:10.112	5:08.576	52.046	40.366	5:44.531	55.373	50.421	58.799
11	14:56:13.928	9:14.119	3:06.429	50.711	39.827	1:47.158	56.835	53.065	1:00.094
12	15:05:14.891	9:00.963	2:39.431	53.055	40.046	1:49.390	58.331	57.158	1:03.552
13	15:17:52.868	12:37.977	2:38.724	53.380	42.360	5:20.185	59.208	56.901	1:07.219
14	15:26:58.813	9:05.945	2:22.740	54.197	42.057	2:02.880	59.238	57.777	1:07.056
15	15:36:09.013	9:10.200	2:24.519	54.336	44.762	2:08.190	57.515	55.109	1:05.769

(723) Tino Winter

1	13:40:37.850	5:51.904	29.845	45.442	37.300	1:43.883	44.947	44.185	46.302
2	13:46:36.809	5:58.959	25.952	46.290	36.615	1:48.372	44.427	47.194	50.109
3	13:55:01.162	8:24.353	27.209	45.924	32.862	4:13.267	48.950	47.843	48.298
4	14:00:44.481	5:43.319	28.450	46.915	36.239	1:26.692	48.769	45.863	50.391
5	14:06:43.453	5:58.972	27.827	45.458	33.497	1:34.604	57.825	49.322	50.439
6	14:12:30.930	5:47.477	28.816	44.132	36.149	1:29.762	48.783	49.175	50.660
7	14:18:35.541	6:04.611	29.624	47.634	37.436	1:31.016	47.283	49.434	1:02.184
8	14:28:17.884	9:42.343	29.607	52.130	39.744	5:06.530	49.785	50.800	53.747
9	14:41:49.591	13:31.707	5:41.195	48.876	38.122	3:46.198	51.226	50.650	55.440
10	14:50:42.582	8:52.991	2:42.549	47.871	37.351	1:52.191	54.388	54.170	1:04.471
11	14:58:48.390	8:05.808	2:18.130	49.734	39.826	1:36.006	56.012	48.332	57.768
12	15:11:31.162	12:42.772	2:10.232	48.079	39.289	6:22.834	52.599	53.046	56.693
13	15:19:51.392	8:20.230	2:07.638	50.969	39.643	1:51.080	55.541	52.006	1:03.353
14	15:28:00.591	8:09.199	2:07.236	47.323	40.021	1:46.413	53.446	51.713	1:03.047
15	15:36:19.002	8:18.411	2:06.478	47.939	40.245	1:48.672	58.293	52.904	1:03.880

(53) Adje van Vroonhoven

1	13:39:17.182	5:35.367	24.834	42.380	49.255	1:19.430	45.816	47.925	45.727
2	13:44:49.334	5:32.152	24.762	44.259	36.653	1:20.448	47.070	48.371	50.589
3	13:51:05.829	6:16.495	25.992	53.538	38.512	1:49.327	48.795	51.563	48.768
4	13:57:40.133	6:34.304	27.881	1:01.188	38.316	1:54.799	50.090	53.820	48.210
5	14:04:14.179	6:34.046	28.619	50.017	39.360	1:57.854	57.929	48.829	51.438
6	14:10:50.372	6:36.193	29.827	50.138	42.097	1:57.721	51.214	49.966	55.230
7	14:17:09.825	6:19.453	32.971	50.894	39.841	1:29.810	48.665	58.603	58.669
8	14:23:37.721	6:27.896	32.856	50.119	40.237	1:29.882	50.423	1:03.293	1:01.086
9	14:30:07.356	6:29.635	32.610	53.054	40.522	1:37.203	56.748	51.221	58.277
10	14:48:35.934	18:28.578	7:49.875	56.368	49.112	6:01.366	54.612	55.012	1:02.233
11	14:57:24.067	8:48.133	2:32.216	54.237	43.000	1:43.503	56.780	56.231	1:02.166
12	15:06:30.333	9:06.266	2:35.702	55.634	43.493	1:42.541	55.986	1:07.919	1:04.991
13	15:15:44.024	9:13.691	2:22.574	54.758	41.632	2:05.450	1:04.896	56.681	1:07.700
14	15:25:59.069	10:15.045	3:20.852	57.542	47.181	1:53.297	1:03.973	59.612	1:12.588
15	15:36:30.152	10:31.083	3:16.337	59.620	50.116	2:11.785	1:10.950	57.294	1:04.981

(370) Luuk Horijon

1	13:40:10.374	5:25.916	30.248	42.897	35.402	1:26.039	45.661	39.284	46.385
2	13:45:59.701	5:49.327	25.980	43.336	34.422	1:51.917	46.083	40.362	47.227
3	13:54:22.911	8:23.210	25.420	45.488	34.584	4:20.284	45.356	45.455	46.623
4	14:00:09.808	5:46.897	32.502	42.918	33.863	1:34.428	48.954	44.904	49.328
5	14:06:32.473	6:22.665	29.880	46.134	35.239	2:03.614	49.349	44.677	53.772
6	14:13:07.590	6:35.117	27.927	47.420	39.082	2:04.388	48.935	48.641	58.724
7	14:19:32.129	6:24.539	29.286	47.247	39.031	1:48.343	51.225	50.637	58.770
8	14:34:01.046	14:28.917	31.939	50.263	41.010	9:36.165	57.414	54.893	57.233
9	14:43:18.400	9:17.354	3:15.607	50.549	45.426	1:47.253	51.551	49.707	57.261
10	14:50:35.784	7:17.384	1:05.600	50.764	39.503	1:49.470	58.104	50.812	1:03.131
11	14:57:57.744	7:21.960	1:05.894	50.337	40.705	1:52.011	1:00.987	51.395	1:00.631
12	15:10:13.352	12:15.608	2:04.153	47.095	39.970	5:50.924	56.826	53.334	1:03.306
13	15:18:52.280	8:38.928	1:48.429	53.980	42.021	2:07.677	1:00.151	57.670	1:09.000
14	15:27:33.687	8:41.407	1:18.158	51.727	41.743	2:22.110	1:13.335	1:02.267	1:12.067
15	15:36:50.520	9:16.833	2:23.556	51.379	42.878	2:10.482	1:00.112	52.856	1:15.570

(862) Roy Janssen

1	13:40:35.337	5:52.575	30.860	46.974	40.357	1:25.647	51.492	46.320	50.925
2	13:46:26.315	5:50.978	27.829	46.591	34.785	1:26.534	53.100	47.145	54.994
3	13:52:51.125	6:24.810	30.031	48.205	36.344	1:54.538	55.749	46.718	53.225
4	13:59:47.302	6:56.177	31.264	1:05.109	40.364	1:58.550	56.388	51.016	53.486
5	14:06:36.844	6:49.542	30.996	51.042	48.684	1:58.954	53.475	50.115	56.276
6	14:16:01.726	9:24.882	32.229	50.965	42.521	4:29.531	55.962	54.318	59.356





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
7	14:22:27.001	6:25.275	33.219	50.690	41.165	1:33.302	54.836	52.025	1:00.038
8	14:29:02.572	6:35.571	35.422	51.746	40.680	1:34.358	56.497	54.153	1:02.715
9	14:40:57.990	11:55.418	5:39.549	51.974	41.911	1:40.937	1:00.162	54.979	1:05.906
10	14:49:35.004	8:37.014	2:09.037	53.094	44.035	1:42.654	1:00.388	56.284	1:11.522
11	14:59:26.733	9:51.729	2:22.864	52.153	42.905	1:47.938	58.956	1:59.293	1:07.620
12	15:08:40.800	9:14.067	2:41.548	51.668	43.226	1:56.615	1:00.474	53.534	1:07.002
13	15:17:36.486	8:55.686	2:07.719	53.893	44.287	1:51.821	1:11.191	54.490	1:12.285
14	15:27:24.630	9:48.144	2:49.263	55.499	43.198	2:05.668	1:05.206	55.073	1:14.237
15	15:37:17.377	9:52.747	2:48.296	57.509	44.957	2:09.689	1:03.362	56.575	1:12.359

(544) Berjn Eckelboom

1	13:39:37.963	5:19.783	25.598	41.978	34.617	1:23.253	42.892	43.934	47.511
2	13:45:29.331	5:51.368	23.493	43.004	36.902	1:50.215	43.773	45.280	48.701
3	13:51:24.038	5:54.707	26.640	46.331	32.790	1:51.013	47.944	43.164	46.825
4	13:59:55.214	8:31.176	28.262	44.746	36.029	4:23.645	46.175	43.398	48.921
5	14:06:11.441	6:16.227	25.793	43.593	44.215	1:53.679	49.888	48.397	50.662
6	14:12:23.874	6:12.433	29.373	44.824	35.792	1:59.736	47.655	45.403	49.650
7	14:18:29.605	6:05.731	31.194	49.771	37.739	1:34.022	50.099	47.644	55.262
8	14:28:12.711	9:43.106	31.670	49.426	36.904	5:06.632	51.917	50.590	55.967
9	14:38:50.155	10:37.444	4:48.105	54.672	39.176	1:37.555	53.822	50.247	53.867
10	14:48:19.187	9:29.032	3:36.579	49.619	39.813	1:40.756	50.524	53.032	58.709
11	15:00:58.505	12:39.318	3:18.552	49.744	38.667	5:02.056	53.148	53.556	1:03.595
12	15:11:16.896	10:18.391	4:09.753	53.055	41.848	1:45.482	57.452	49.077	1:01.724
13	15:20:20.370	9:03.474	2:09.367	1:01.813	44.823	1:59.979	57.598	1:04.094	1:05.800
14	15:28:47.611	8:27.241	2:09.287	50.280	45.050	1:49.906	57.862	52.052	1:02.804
15	15:37:39.171	8:51.560	2:10.047	50.004	42.168	1:56.309	1:09.237	52.527	1:11.268

(633) Frank Roeles

1	13:39:45.909	5:51.529	25.564	43.577	36.509	1:46.450	47.940	40.014	51.475
2	13:45:49.126	6:03.217	27.951	44.182	37.099	1:52.579	45.857	45.142	50.407
3	13:52:17.741	6:28.615	29.957	48.558	40.995	1:58.690	51.301	47.415	51.699
4	13:58:34.198	6:16.457	29.651	46.252	36.841	1:59.219	51.618	43.845	49.031
5	14:07:48.759	9:14.561	30.063	45.240	40.158	4:46.557	53.337	48.100	51.106
6	14:13:50.355	6:01.596	32.620	52.828	40.129	1:24.058	50.880	49.211	51.870
7	14:19:54.649	6:04.294	33.909	47.696	41.125	1:25.582	51.332	49.959	54.691
8	14:26:18.455	6:23.806	36.803	49.892	44.590	1:33.761	53.305	49.922	55.533
9	14:40:18.435	13:59.980	5:18.301	47.398	42.147	4:24.675	58.864	49.918	58.677
10	14:51:53.085	11:34.650	5:15.857	54.998	40.953	1:53.032	59.913	51.696	58.201
11	15:00:34.599	8:41.514	2:24.207	50.356	43.420	1:46.761	54.374	1:03.565	58.831
12	15:11:44.000	11:09.401	2:16.198	51.588	43.193	4:30.737	59.078	48.247	1:00.360
13	15:20:13.959	8:29.959	2:09.357	49.581	42.520	1:55.531	57.941	51.997	1:03.032
14	15:29:06.121	8:52.162	2:10.214	54.880	44.246	1:52.187	59.593	1:04.858	1:06.184
15	15:37:54.535	8:48.414	2:09.075	51.917	41.364	2:04.760	58.289	47.754	1:15.255

(478) Robin Krol

1	13:39:05.900	5:02.420	24.137	40.304	33.761	1:21.807	42.009	38.878	41.524
2	13:44:10.049	5:04.149	21.596	41.094	33.277	1:21.012	41.793	41.617	43.760
3	13:49:53.335	5:43.286	25.187	44.354	32.757	1:47.831	44.190	42.744	46.223
4	13:55:22.408	5:29.073	26.813	44.658	36.241	1:27.687			46.441
5	14:04:33.668	9:11.260	25.718	42.958	34.357	5:08.496	42.925	46.057	50.749
6	14:10:05.266	5:31.598	28.102	44.525	35.453	1:31.006	42.790	42.747	46.975
7	14:16:13.774	6:08.508	27.589	46.340	36.828	1:51.935	46.551	47.602	51.663
8	14:22:04.832	5:51.058	31.467	48.091	35.266	1:33.559			50.260
9	14:28:26.074	6:21.242	28.888	48.143	38.212	1:55.635	48.409	46.591	55.364
10	14:50:01.151	21:35.077	11:05.840	47.330	43.389	6:20.027	50.637	49.530	58.324
11	14:58:08.983	8:07.832	2:12.854	50.133	38.534	1:39.803	52.146	51.513	1:02.849
12	15:06:48.192	8:39.209	2:08.431	49.367	40.890	2:07.201	52.228	52.846	1:08.246
13	15:20:41.868	13:53.676	2:04.103	51.029	42.653	7:28.235	56.587	49.684	1:01.385
14	15:29:28.686	8:46.818	2:05.303	50.180	39.889	1:58.113	55.230	52.248	1:25.855
15	15:38:05.450	8:36.764	2:04.327	51.819	44.009	2:02.078	56.333	54.702	1:03.496

(590) Roy van Tilburg

1	13:45:23.208	9:51.937	43.594	47.499	42.664	5:17.211	46.616	45.858	48.495
2	13:51:25.373	6:02.165	24.605	43.460	37.191	1:49.782	46.043	47.009	54.075
3	13:57:45.862	6:20.489	29.886	46.989	40.057	1:56.069	49.024	48.967	49.497
4	14:04:02.109	6:16.247	29.101	44.680	41.286	1:52.954	48.657	48.297	51.272





RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:10:40.308	6:38.199	31.129	47.800	42.252	1:56.854	53.657	52.264	54.243
6	14:17:19.777	6:39.469	31.500	46.805	39.262	1:56.416	49.887	57.965	57.634
7	14:24:21.430	7:01.653	31.263	1:20.815	44.908	1:39.545	54.058	53.679	57.385
8	14:30:55.207	6:33.777	33.643	51.074	47.584	1:37.991	52.030	53.415	58.040
9	14:42:21.939	11:26.732	5:24.256	49.743	42.955	1:41.773	52.855	53.368	1:01.782
10	14:51:12.150	8:50.211	2:34.936	50.583	45.646	1:42.001	58.569	53.970	1:04.506
11	15:02:29.009	11:16.859	2:27.249	54.141	42.296	4:23.050	53.449	55.093	1:01.581
12	15:10:56.119	8:27.110	2:13.015	49.890	46.944	1:47.298	54.049	52.095	1:03.819
13	15:19:51.323	8:55.204	2:13.066	51.557	42.906	1:56.887	58.066	55.767	1:16.955
14	15:29:13.595	9:22.272	2:23.076	55.733	53.114	2:02.328	1:00.738	57.587	1:09.696
15	15:38:36.748	9:23.153	2:11.193	52.824	49.331	2:10.213	1:13.870	55.139	1:10.583

(305) Dennis Venverloo

1	13:41:03.330	6:04.537	30.779	52.261	37.683	1:36.081	50.077	48.249	49.407
2	13:47:22.363	6:19.033	25.743	46.501	38.643	2:01.116			50.567
3	13:53:46.845	6:24.482	28.067	48.191	38.297	1:58.361	49.262	48.799	53.505
4	14:02:51.729	9:04.884	32.710	46.522	37.370	4:31.159	53.351	50.692	53.080
5	14:10:26.313	7:34.584	31.791	45.109	38.298	3:04.884	54.972	44.669	54.861
6	14:16:48.188	6:21.875	32.009	44.960	37.701	1:42.275	54.832	51.116	58.982
7	14:23:23.575	6:35.387	33.714	49.401	38.868	1:43.454	55.428	55.026	59.496
8	14:33:45.739	10:22.164	35.383	47.154	42.444	5:15.672	59.300	58.157	1:04.054
9	14:43:37.258	9:51.519	3:35.655	52.177	42.403	1:47.094	58.913	52.674	1:02.603
10	14:51:55.765	8:18.507	2:12.126	48.932	40.352	1:43.960			59.479
11	15:03:58.415	12:02.650	2:17.440	49.299	44.597	5:22.023	57.595	51.277	1:00.419
12	15:12:48.825	8:50.410	2:34.848	45.644	41.767	1:55.205	56.953	52.840	1:03.153
13	15:21:28.905	8:40.080	2:04.224	48.249	44.300	2:09.371	57.260	54.935	1:01.741
14	15:30:17.538	8:48.633	2:11.207	51.714	38.814	2:04.774	1:02.689	51.842	1:07.593
15	15:39:06.310	8:48.772	2:04.570	50.033	46.246	2:00.800	1:00.839	1:01.478	1:04.806

(820) Djai van den Elzen

1	13:41:05.189	6:02.323	36.167	49.191	43.616	1:26.917	52.304	45.010	49.118
2	13:47:10.225	6:05.036	28.354	46.850	36.932	1:49.287	50.950	42.984	49.679
3	13:53:23.087	6:12.862	28.144	47.118	38.431	1:45.832	51.193	49.164	52.980
4	13:59:06.113	5:43.026	30.105	46.251	35.747	1:22.175	49.656	46.732	52.360
5	14:05:50.473	6:44.360	29.321	49.000	38.694	1:51.116	1:10.321	52.201	53.707
6	14:16:15.093	10:24.620	28.572	49.161	40.137	5:47.066	53.662	50.792	55.230
7	14:22:45.910	6:30.817	33.315	51.485	40.645	1:51.726	53.776	44.864	55.006
8	14:29:00.715	6:14.805	32.013	48.497	38.631	1:27.067	57.078	53.192	58.327
9	14:43:01.401	14:00.686	8:05.433	56.441	44.118	1:31.204	52.389	49.342	1:01.759
10	14:50:55.009	7:53.608	2:02.418	48.557	42.193	1:28.849	52.327	52.709	1:06.555
11	15:00:24.565	9:29.556	3:16.780	53.230	47.100	1:32.882	58.937	52.257	1:08.370
12	15:11:09.243	10:44.678	2:12.538	55.614	42.329	4:02.038	59.503	51.941	1:00.715
13	15:19:59.635	8:50.392	2:18.240	50.986	44.138	1:54.969	1:00.386	55.691	1:05.982
14	15:29:02.444	9:02.809	2:25.353	56.024	47.346	1:52.822	1:01.381	56.888	1:02.995
15	15:39:10.188	10:07.744	2:55.251	56.008	1:01.217	2:01.657	1:05.044	53.684	1:14.883

(731) Nick van der Genugten

1	13:40:35.501	5:40.567	30.002	45.618	35.898	1:28.728	45.283	44.957	50.081
2	13:46:33.280	5:57.779	25.322	41.966	34.266	1:52.403	46.115	47.799	49.908
3	13:52:39.156	6:05.876	26.307	46.272	35.075	1:51.943	47.344	48.572	50.363
4	13:58:58.356	6:19.200	31.017	48.121	34.906	1:57.727	45.656	51.635	50.138
5	14:05:19.868	6:21.512	28.774	48.650	34.680	1:57.548			52.638
6	14:11:35.430	6:15.562	30.110	49.614	40.200	1:35.970	53.821	47.698	58.149
7	14:21:52.210	10:16.780	31.866	50.434	38.512	5:33.338	51.137	51.345	1:00.148
8	14:28:13.381	6:21.171	34.693	49.795	37.185	1:35.568			58.625
9	14:41:34.275	13:20.894	7:29.161	50.394	36.631	1:38.408	51.298	53.038	1:01.964
10	14:50:22.757	8:48.482	2:34.145	1:02.906	36.598	1:53.266	51.873	49.787	59.907
11	15:02:21.843	11:59.086	2:26.321	51.664	40.604	5:13.209	52.198	52.918	1:02.172
12	15:10:51.767	8:29.924	2:13.247	51.688	41.903	1:48.152	55.404	52.725	1:06.805
13	15:20:11.162	9:19.395	2:22.063	1:01.567	41.501	2:05.187	59.455	57.575	1:12.047
14	15:29:50.366	9:39.204	2:38.499	54.893	41.674	2:02.419	1:01.976	1:00.015	1:19.728
15	15:39:19.028	9:28.662	2:22.478	52.443	44.450	2:07.772	1:01.319	1:00.415	1:19.785

(104) Jan Schepers

1	13:40:02.134	5:55.431	26.922	43.702	36.037	1:47.967	45.644	47.087	48.072
2	13:46:00.974	5:58.840	27.282	43.915	38.675	1:51.617	45.252	45.210	46.889



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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	13:52:25.553	6:24.579	28.079	46.886	39.016	1:56.256	47.773	52.101	54.468
4	13:58:42.586	6:17.033	29.617	47.059	37.085	1:53.749	47.036	48.598	53.889
5	14:10:41.176	11:58.590	29.403	46.302	37.632	7:24.317	49.575	53.958	57.403
6	14:17:07.122	6:25.946	32.209	48.732	38.283	1:40.323	48.556	55.981	1:01.862
7	14:23:30.859	6:23.737	31.879	48.230	39.927	1:38.737	52.019	54.945	58.000
8	14:30:05.159	6:34.300	34.797	50.706	39.488	1:40.548			1:01.303
9	14:39:49.834	9:44.675	3:54.194	51.648	39.167	1:36.452	51.422	53.242	58.550
10	14:52:53.737	13:03.903	2:35.403	49.111	37.757	6:05.241			1:06.281
11	15:01:26.578	8:32.841	2:30.399	50.223	38.636	1:38.267	55.583	56.318	1:03.415
12	15:10:23.880	8:57.302	2:31.904	49.354	40.383	1:46.537			1:10.844
13	15:19:59.120	9:35.240	2:44.654	55.097	42.628	2:07.614	57.686	57.721	1:09.840
14	15:30:29.892	10:30.772	3:19.861	56.081	44.446	2:16.415	1:00.358	59.109	1:14.502
15	15:40:50.832	10:20.940	3:02.463	56.105			1:02.317	57.365	1:09.538

(372) Ruud Endevoets

1	13:39:50.027	5:48.855	25.587	46.093	36.928	1:46.063			45.889
2	13:45:24.242	5:34.215	25.610	44.652	35.000	1:25.889	46.057	47.927	49.080
3	13:51:32.726	6:08.484	26.458	47.493	35.122	1:53.809			47.728
4	13:57:55.237	6:22.511	29.021	47.863	37.840	1:51.892	49.458	52.275	54.162
5	14:04:50.943	6:55.706	32.252	47.152	39.589	1:58.554	52.024	1:10.798	55.337
6	14:10:58.810	6:07.867	30.440	49.692	39.852	1:30.848	53.593	49.623	53.819
7	14:19:59.281	9:00.471	32.631	49.229	43.674	4:11.044	55.243	54.381	54.269
8	14:26:27.590	6:28.309	33.774	52.651	40.152	1:31.436	52.666	56.498	1:01.132
9	14:35:26.730	8:59.140	2:43.521	55.816	43.020	1:36.692	55.364	55.835	1:08.892
10	14:46:49.543	11:22.813	4:26.481	1:08.086	46.312	1:48.694	1:01.797	1:03.596	1:07.847
11	14:57:34.240	10:44.697	3:50.201	57.455	46.472	1:47.624			1:13.430
12	15:11:47.692	14:13.452	3:00.068	1:00.518	52.161	6:00.948			1:11.190
13	15:21:29.024	9:41.332	2:31.491	59.821	50.001	2:00.829	1:04.990	1:01.751	1:12.449
14	15:31:54.753	10:25.729	2:35.385	1:00.605	49.066	2:13.286	1:19.843	1:10.476	1:17.068
15	15:41:27.135	9:32.382			52.638	2:11.775			1:10.874

(981) Wesley Harmelink

1	13:41:00.907	6:08.191	33.158	54.425	42.119	1:30.421	52.459	45.577	50.032
2	13:47:23.459	6:22.552	30.101	49.107	37.957	1:55.953	51.495	47.463	50.476
3	13:53:56.504	6:33.045	31.255	51.913	35.147	1:56.644	55.252	48.371	54.463
4	14:00:46.580	6:50.076	31.391	1:01.313	38.715	1:58.601	55.896	50.752	53.408
5	14:09:48.660	9:02.080	37.709	47.956	42.446	4:14.715	54.117	50.146	54.991
6	14:16:06.968	6:18.308	32.841	51.149	40.075	1:29.681	53.475	54.248	56.839
7	14:23:08.537	7:01.569	35.392	54.303	41.705	2:04.337	55.294	53.634	56.904
8	14:29:59.527	6:50.990	36.344	56.969	40.674	1:37.820	59.175	56.507	1:03.501
9	14:42:16.424	12:16.897	5:50.119	55.823	44.774	1:46.066	55.814	1:00.232	1:04.069
10	14:51:24.200	9:07.776	2:12.300	53.239	43.143	1:48.726	58.632	1:23.544	1:08.192
11	15:04:05.091	12:40.891	2:34.145	55.179	43.384	5:21.837	1:00.281	57.061	1:09.004
12	15:12:19.177	8:14.086	2:04.294	51.209	39.709	1:47.492	58.599	49.475	1:03.308
13	15:22:19.602	10:00.425	2:46.908	52.363	41.962	1:59.917	56.999	1:04.876	1:08.321
14	15:31:38.986	9:19.384	2:14.549	56.727	45.768	2:11.614	1:01.828	57.186	1:11.712
15	15:41:29.400	9:50.414			52.778	2:18.278	1:11.486	58.682	1:11.969

(42) Kimberley Braam

1	13:40:01.578	5:43.829	28.560	46.084	37.433	1:27.946	48.274	45.556	49.976
2	13:46:05.956	6:04.378	27.001	45.544	37.938	1:52.548	48.931	45.504	46.912
3	13:51:48.020	5:42.064	28.867	47.344	36.869	1:28.651	45.920	46.520	47.893
4	13:58:05.168	6:17.148	27.628	47.851	35.618	1:57.222	49.556	49.054	50.219
5	14:04:39.061	6:33.893	28.805	59.283	35.343	1:59.804	50.141	47.929	52.588
6	14:13:45.620	9:06.559	31.835	49.644	37.154	4:29.825	55.601	48.485	54.015
7	14:20:02.529	6:16.909	31.776	51.128	38.313	1:36.099			55.812
8	14:26:37.398	6:34.869	32.999	53.333	39.311	1:42.936	54.016	52.954	59.320
9	14:37:19.304	10:41.906	4:27.679	54.041	41.648	1:49.301			1:00.549
10	14:46:08.966	8:49.662	1:43.014	59.038	43.244	1:47.178	1:35.689	53.576	1:07.923
11	14:57:17.372	11:08.406	1:20.653	56.596	44.511	5:00.689	1:03.474	54.312	1:08.171
12	15:06:23.960	9:06.588	1:11.469	2:08.301	43.252	1:53.401	1:01.123	56.481	1:12.561
13	15:17:22.630	10:58.670	3:33.322	1:03.614	51.186	2:09.508	1:07.006	58.165	1:15.869
14	15:32:01.819	14:39.189	2:08.994	1:02.754	48.490	3:44.818	1:03.427	57.269	4:53.437

(159) Martin Svensson

1	13:41:00.759	6:30.497	30.847	48.385	39.320	1:55.082	53.029	50.732	53.102
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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:47:25.030	6:24.271	27.424	50.229	37.031	1:50.421	51.936	52.548	54.682
3	13:54:05.654	6:40.624	29.636	55.870	41.093	1:56.976	52.628	51.770	52.651
4	14:00:55.503	6:49.849	33.491	55.068	39.598	1:57.952	56.690	53.099	53.951
5	14:07:06.231	6:10.728	34.321	51.103	40.672	1:30.948	51.938	47.899	53.847
6	14:14:32.159	7:25.928	31.735	1:09.318	1:27.064	1:32.907	56.422	54.803	53.679
7	14:22:41.094	8:08.935	36.210	2:06.320	42.460	1:44.367	1:01.908	54.236	1:03.434
8	14:29:57.041	7:15.947	35.319	1:07.806	49.840	1:43.675	58.864	57.610	1:02.833
9	14:43:44.223	13:47.182	3:37.512	1:07.511	42.040	5:20.731	1:00.118	54.419	1:04.851
10	14:52:36.824	8:52.601	2:18.542	57.307	42.628	1:47.575	1:01.411	55.064	1:10.074
11	15:01:23.098	8:46.274	2:22.754	53.796	45.519	1:48.363	55.917	55.398	1:04.527
12	15:11:00.052	9:36.954	2:42.843	56.656	44.890	1:56.078	1:08.527	58.729	1:09.231
13	15:22:01.288	11:01.236	2:27.591	58.010	1:35.527	2:19.130	1:28.829	57.257	1:14.892
14	15:32:03.594	10:02.306	2:34.817	1:03.020	49.815	2:17.268	1:08.565	54.133	1:14.688

(80) Matt Pope

1	13:40:45.160	6:24.623	32.216	49.762	39.001	1:50.557	50.419	50.721	51.947
2	13:47:11.664	6:26.504	29.940	48.443	38.306	1:58.465			51.587
3	13:53:44.762	6:33.098	30.168	50.666	41.785	1:59.578	46.936	52.743	51.222
4	14:00:19.673	6:34.911	32.158	52.409	40.889	1:57.274	49.224	50.463	52.494
5	14:06:53.923	6:34.250	32.773	50.928	38.750	1:59.827	48.241	48.555	55.176
6	14:13:09.202	6:15.279	30.465	48.203	37.487	1:35.252	50.752	53.621	59.499
7	14:19:50.138	6:40.936	33.938	59.004	39.873	1:33.324			1:03.945
8	14:26:22.976	6:32.838	34.847	52.785	40.460	1:38.512	52.957	54.480	58.797
9	14:38:18.834	11:55.858	3:13.515	50.295	38.225	4:33.594	52.743	49.275	58.211
10	14:51:41.448	13:22.614	7:19.876	52.066	40.262	1:40.457	53.778	54.478	1:01.697
11	15:00:25.673	8:44.225	2:22.924	53.284	45.274	1:44.731	56.287	57.868	1:03.857
12	15:09:54.975	9:29.302	2:51.226	52.860	42.694	1:50.937			1:13.069
13	15:22:59.451	13:04.476	2:57.907	58.462	42.885	5:24.635	1:01.557	54.698	1:04.332
14	15:32:09.436	9:09.985	2:13.025	55.586	44.736	2:06.002	1:01.819	59.324	1:09.493

(253) Lars Snip

1	13:39:42.548	5:32.064	27.936	42.136	35.297	1:29.956			48.132
2	13:45:46.527	6:03.979	26.705	38.951	35.653	1:56.194			49.987
3	13:52:21.335	6:34.808	31.252	47.047	43.498	2:03.056	47.198	46.788	55.969
4	13:58:48.596	6:27.261	28.816	47.436	39.268	2:05.533			48.816
5	14:05:24.008	6:35.412	29.925	46.474	39.899	2:00.515	51.735	51.335	55.529
6	14:11:55.460	6:31.452	29.769	48.413	40.831	1:55.734	48.156	47.669	1:00.880
7	14:23:01.586	11:06.126	31.503	53.226	42.262	6:20.475			54.361
8	14:29:36.793	6:35.207	30.706	50.128	43.060	1:40.272	54.786	53.927	1:02.328
9	14:40:19.368	10:42.575	4:50.101	50.015	41.859	1:40.123	52.733	50.336	57.408
10	14:50:12.162	9:52.794	3:27.715	55.358	45.436	1:43.709	1:00.049	55.562	1:04.965
11	14:59:45.757	9:33.595	3:13.794	53.818	47.126	1:44.062	1:00.030	53.395	1:01.370
12	15:12:13.258	12:27.501	3:03.306	54.753	39.497	5:00.741	55.985	52.961	1:00.258
13	15:22:01.485	9:48.227	2:57.973	49.137	43.315	2:02.381	1:17.037	53.224	1:05.160
14	15:32:10.459	10:08.974	2:53.536	54.527	46.089	2:26.266	1:01.181	54.961	1:12.414

(249) Wietze Bijker

1	13:38:51.006	5:14.983	23.321	37.941	32.589	1:38.283	40.888	38.819	43.142
2	13:44:12.361	5:21.355	23.666	38.784	30.566	1:38.249	42.944	42.211	44.935
3	13:49:55.960	5:43.599	24.199	43.619	34.778	1:43.289	44.580	44.876	48.258
4	13:55:48.523	5:52.563	26.715	45.032	36.211	1:43.638	45.489	44.942	50.536
5	14:01:33.880	5:45.357	25.852	45.852	37.018	1:21.757			1:03.477
6	14:11:53.839	10:19.959	29.953	49.419	40.577	5:56.340			49.711
7	14:18:08.623	6:14.784	29.500	49.932	36.408	1:52.350	45.859	45.890	54.845
8	14:24:04.251	5:55.628	28.117	44.584	40.020	1:28.824	50.309	49.229	54.545
9	14:29:50.356	5:46.105	28.461	43.322	37.315	1:31.211	46.925	45.490	53.381
10	14:49:04.608	19:14.252	6:40.931	44.233	43.783	8:34.007	48.831	47.983	54.484
11	14:58:13.702	9:09.094	3:13.136	1:02.263	39.740	1:35.415	49.680	49.536	59.324
12	15:06:39.852	8:26.150	2:06.000	45.229	36.943	1:38.816	54.319	51.219	1:33.624
13	15:19:18.347	12:38.495	2:17.903	52.392	45.017	5:49.512	50.265	49.488	1:02.286
14	15:32:15.169	12:56.822	2:04.124	48.045	43.910	1:55.067	53.241	49.291	5:43.144

(626) Jordi Woudenberg

1	13:40:40.589	6:02.484	34.211	48.285	39.488	1:31.696	52.459	46.187	50.158
2	13:46:29.331	5:45.742	26.232	47.224	37.677	1:29.352	51.859	45.149	51.249
3	13:52:46.493	6:17.162	27.992	44.564	38.949	1:53.047			53.423





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	13:59:17.707	6:31.214	29.907	46.320	41.462	1:57.625	52.081	50.199	53.620
5	14:05:55.164	6:37.457	31.510	45.960	38.422	1:56.268	54.213	52.095	58.989
6	14:12:38.397	6:43.233	33.820	46.331	42.715	1:58.752			55.791
7	14:19:12.657	6:34.260	32.332	47.060	41.397	1:53.387			54.809
8	14:28:14.489	9:01.832	30.362	48.031	42.269	4:20.876			57.460
9	14:39:41.861	11:27.372	5:34.190	49.995	41.029	1:36.810	52.349	54.079	58.920
10	14:50:31.174	10:49.313	4:37.372	54.716	42.324	1:37.725	1:00.933	51.693	1:04.550
11	15:00:56.007	10:24.833	3:51.469	53.792	44.768	1:48.688	1:01.245	58.434	1:06.437
12	15:10:22.272	9:26.265	2:24.877	54.093	49.278	1:57.695	1:04.766	58.942	1:16.614
13	15:19:40.270	9:17.998	2:16.237	51.769	48.020	2:15.312	1:03.674	56.333	1:06.653
14	15:32:23.391	12:43.121	2:30.387	58.535	44.782	5:17.876	1:01.677	56.235	1:13.629

(270) Niels Havenaar

1	13:40:15.068	5:48.652	30.239	48.304	37.994	1:27.464	48.554	44.374	51.723
2	13:46:10.526	5:55.458	29.476	50.616	36.316	1:28.554	52.298	45.911	52.287
3	13:52:36.307	6:25.781	28.158	49.823	36.239	1:59.935	52.236	47.677	51.713
4	13:59:11.348	6:35.041	30.258	48.253	39.907	2:03.236	48.977	49.168	55.242
5	14:07:43.910	8:32.562	35.024	53.320	38.836	3:49.944	54.202	48.436	52.800
6	14:14:33.692	6:49.782	32.448	49.716	39.958	2:04.528			57.917
7	14:21:03.179	6:29.487	34.974	52.001	38.378	1:40.071	55.788	50.126	58.149
8	14:28:08.631	7:05.452	33.839	57.381	39.341	2:09.615	56.942	50.608	57.726
9	14:41:15.542	13:06.911	5:09.594	52.352	40.113	3:41.594	53.811	51.761	57.686
10	14:49:57.065	8:41.523	2:16.679	53.602	44.958	1:48.718			1:07.337
11	15:03:14.586	13:17.521	4:26.374	1:02.101	44.630	4:06.847	1:00.950	53.584	1:03.035
12	15:12:46.327	9:31.741	2:31.872	59.055	48.784	1:59.282	1:03.485	1:00.380	1:08.883
13	15:22:46.851	10:00.524	2:38.628	1:07.979	45.145	2:11.678	1:06.812	59.359	1:10.923
14	15:32:29.795	9:42.944	2:34.702	56.062	43.905	2:09.822	1:02.399	58.323	1:17.731

(477) Peter Kooiker

1	13:40:00.817	5:36.525	29.385	44.751	35.760	1:29.303	43.861	46.108	47.357
2	13:45:55.571	5:54.754	24.428	46.887	33.125	1:51.105	45.071	42.617	51.521
3	13:52:28.883	6:33.312	25.480	44.995	33.764	1:49.072	1:22.429	43.869	53.703
4	14:02:32.638	10:03.755	31.086	45.942	36.010	4:33.136	1:38.027	1:01.951	57.603
5	14:08:45.000	6:12.362	30.087	44.163	37.357	1:47.771	50.087	49.483	53.414
6	14:14:41.732	5:56.732	29.864	45.001	37.216	1:26.746	48.223	56.329	53.353
7	14:21:12.536	6:30.804	37.414	47.055	41.633	1:41.945	48.981	53.454	1:00.322
8	14:27:49.537	6:37.001	32.135	51.692	36.667	1:53.642	49.750	53.579	59.536
9	14:40:47.867	12:58.330	4:34.742	47.861	40.923	4:09.943	49.165	55.651	1:00.045
10	14:49:46.769	8:58.902	2:32.614	1:04.522	40.566	1:36.666			1:01.591
11	14:58:39.521	8:52.752	2:20.794	52.736	57.287	1:40.842	56.166	1:01.946	1:02.981
12	15:11:01.267	12:21.746	2:08.656	57.550	37.880	5:35.359	55.500	56.159	1:10.642
13	15:23:23.499	12:22.232	1:54.943	50.246	38.573	5:52.052	58.275	57.922	1:10.221
14	15:32:36.594	9:13.095	2:10.164	59.984	42.102	2:03.905	1:03.391	58.066	1:15.483

(149) Robby van Hoom

1	13:40:12.204	5:55.663	27.820	47.512	36.672	1:45.435	44.995	42.902	50.327
2	13:46:37.484	6:25.280	24.751	45.625	36.572	1:49.084	59.044	45.796	1:04.408
3	13:52:49.909	6:12.425	27.239	47.792	39.459	1:50.268	48.632	50.262	48.773
4	13:59:00.519	6:10.610	26.882	47.317	37.207	1:51.569	49.914	46.936	50.785
5	14:05:28.277	6:27.758	28.224	51.332	43.633	1:54.276	48.738	47.963	53.592
6	14:14:04.298	8:36.021	27.316	49.546	36.401	4:04.137	56.309	48.991	53.321
7	14:20:17.437	6:13.139	29.975	52.376	38.966	1:35.093	53.097	49.827	53.805
8	14:26:31.586	6:14.149	30.189	50.742	38.003	1:35.747	49.766	52.440	57.262
9	14:37:54.043	11:22.457	5:31.406	51.725	38.065	1:31.702	56.166	51.546	1:01.847
10	14:59:39.297	21:45.254	7:11.025	59.098	45.752	9:53.762	57.105	56.630	1:01.882
11	15:07:52.153	8:12.856	2:12.036	52.706	41.850	1:38.925	54.975	51.327	1:01.037
12	15:16:07.865	8:15.712	2:00.909	49.650	38.091	1:49.542	55.535	55.693	1:06.292
13	15:24:29.641	8:21.776	2:04.283	50.479	42.356	1:47.794	59.116	53.216	1:04.532
14	15:33:16.874	8:47.233	2:09.282	52.389	41.492	1:59.531	59.513	56.378	1:08.648

(599) Ruben Kroon

1	13:39:31.322	5:20.678	23.588	41.560	33.712	1:38.714	40.731	38.249	44.124
2	13:44:55.158	5:23.836	22.547	42.739	32.005	1:41.443	41.530	41.405	42.167
3	13:50:02.948	5:07.790	24.431	44.014	31.150	1:22.753	40.282	41.790	43.370
4	13:55:15.332	5:12.384	23.759	41.686	33.654	1:21.648	44.839	42.100	44.698
5	14:00:42.093	5:26.761	26.899	43.701	34.189	1:24.989	42.367	45.524	49.092





RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
6	14:09:52.922	9:10.829	25.738	42.160	32.621	5:10.395	44.363	47.949	47.603
7	14:15:31.819	5:38.897	28.052	44.420	38.729	1:26.618	44.124	46.920	50.034
8	14:21:36.049	6:04.230	28.858	48.066	34.540	1:51.131	46.882	47.006	47.747
9	14:27:25.282	5:49.233	31.296	45.680	36.875	1:30.341	46.437	47.685	50.919
10	14:41:37.664	14:12.382	7:49.191	49.442	39.659	2:10.121	50.474	52.420	1:01.075
11	14:57:30.042	15:52.378	3:05.829	48.453	38.422	8:18.562	58.742	59.649	1:02.721
12	15:06:15.983	8:45.941	2:23.874	56.051	40.894	1:43.600	57.994	58.892	1:04.636
13	15:23:14.427	16:58.444	2:36.953	55.658	46.701	8:49.386			1:15.254
14	15:33:25.197	10:10.770	2:48.901	1:01.026	46.283	2:16.591	1:06.781	1:02.006	1:09.182

(592) Robin Put

1	13:40:45.372	6:02.037	35.160	50.909	38.499	1:26.920	50.775	49.263	50.511
2	13:46:38.145	5:52.773	27.794	48.074	38.259	1:26.430	50.752	49.095	52.369
3	13:52:41.100	6:02.955	28.757	51.858	40.024	1:27.558	53.382	49.930	51.446
4	13:58:36.912	5:55.812	29.783	49.828	37.485	1:28.402	50.023	47.974	52.317
5	14:05:20.764	6:43.852	32.058	48.945	40.277	1:58.886	51.746	54.950	56.990
6	14:14:52.651	9:31.887	34.852	52.228	38.818	4:42.993	51.399	51.548	1:00.049
7	14:21:47.965	6:55.314	35.943	51.318	38.250	2:02.953	57.573	52.444	56.833
8	14:28:43.080	6:55.115	34.092	51.554	38.584	2:06.449	54.771	54.148	55.517
9	14:44:40.124	15:57.044	9:41.160	54.414	45.621	1:47.839	54.494	54.596	58.920
10	14:53:22.195	8:42.071	2:33.006	49.271	42.083	1:45.081	58.603	53.678	1:00.349
11	15:05:11.201	11:49.006	2:09.795	51.832	40.930	5:05.636	1:01.141	55.670	1:04.002
12	15:14:03.410	8:52.209	2:16.733	53.516	40.692	1:55.125	59.275	1:00.037	1:06.831
13	15:23:21.955	9:18.545	2:19.931	54.591	45.788	2:05.580	1:02.134	59.449	1:11.072
14	15:33:30.959	10:09.004	2:20.380	57.196	1:09.562	2:23.165	1:08.489	58.963	1:11.249

(31) Max van der Valk

1	13:41:03.322	6:15.522	33.185	48.589	43.341	1:37.373	52.890	47.129	53.015
2	13:47:29.896	6:26.574	30.158	49.136	39.266	1:42.112	54.200	53.756	57.946
3	13:54:06.035	6:36.139	31.452	57.310	40.543	1:42.084	53.984	54.218	56.548
4	14:00:39.503	6:33.468	35.461	51.370	40.143	1:41.549	53.266	55.614	56.065
5	14:07:02.938	6:23.435	30.692	50.000	42.224	1:38.352	53.792	52.454	55.921
6	14:14:08.591	7:05.653	45.792	55.397	56.051	1:41.174	52.161	56.052	59.026
7	14:21:08.519	6:59.928	34.411	55.070	56.229	1:43.481	55.720	55.812	59.205
8	14:28:19.765	7:11.246	46.640	54.539	42.808	1:46.974			1:06.289
9	14:44:03.494	15:43.729	6:25.738	58.019	40.716	4:39.911	57.504	56.398	1:05.443
10	14:53:19.224	9:15.730	2:24.911	53.725	39.667	2:12.649	1:00.288	57.901	1:06.589
11	15:03:19.528	10:00.304	2:39.949	53.233	40.652	2:15.728	57.950	54.175	1:38.617
12	15:14:18.734	10:59.206	2:41.160	1:04.625	49.270	3:13.157	59.910	59.187	1:11.897
13	15:23:34.956	9:16.222	2:28.916	54.328	43.349	2:01.904	1:00.272	57.993	1:09.460
14	15:33:34.775	9:59.819	2:33.921	1:00.612	44.987	2:16.952	1:05.881	1:02.239	1:15.227

(938) Joe Golding

1	13:40:24.442	6:00.345	29.303	45.405	36.936	1:46.984	48.344	45.756	47.617
2	13:46:39.699	6:15.257	26.926	48.393	38.091	1:54.672	50.860	44.787	51.528
3	13:53:07.958	6:28.259	29.174	51.455	41.963	1:53.982	51.707	47.728	52.250
4	13:59:56.727	6:48.769	29.733	52.005	39.745	2:00.851	53.545	53.448	59.442
5	14:06:16.674	6:19.947	34.352	48.726	43.791	1:31.241	54.504	49.716	57.617
6	14:12:58.208	6:41.534	31.500	50.242	39.463	1:32.021	1:22.102	50.597	55.609
7	14:23:47.152	10:48.944	32.516	53.383	1:13.717	5:16.548	57.466	52.634	1:02.680
8	14:30:22.254	6:35.102	35.631	52.102	40.369	1:37.082	56.831	50.301	1:02.786
9	14:42:34.871	12:12.617	6:07.916	54.764	38.868	1:42.600	53.194	52.578	1:02.697
10	14:51:13.204	8:38.333	2:15.513	55.207	40.421	1:42.886	1:00.624	55.191	1:08.491
11	14:59:58.978	8:45.774	2:17.782	59.075	45.130	1:44.758	1:01.694	53.375	1:03.960
12	15:13:41.730	13:42.752	3:57.402	1:00.470	42.222	4:53.083	1:05.272	56.705	1:07.598
13	15:24:11.726	10:29.996	3:28.319	57.633	43.948	2:04.474	1:02.634	58.578	1:14.410
14	15:33:35.190	9:23.464	2:23.848	57.156	45.975	2:01.449	1:06.494	56.915	1:11.627

(902) Ries Jansen

1	13:41:22.477	6:22.720	30.742	50.243	40.235	1:54.611	51.653	44.203	51.033
2	13:47:32.568	6:10.091	28.627	46.285	35.281	1:52.382	46.141	47.438	53.937
3	13:56:12.679	8:40.111	28.594	47.989	37.540	4:16.003	50.314	46.121	53.550
4	14:02:24.577	6:11.898	29.420	47.366	38.463	1:39.689	53.300	49.278	54.382
5	14:08:27.187	6:02.610	30.567	49.433	36.785	1:34.882	50.812	44.833	55.298
6	14:17:04.729	8:37.542	31.634	48.606	37.871	4:05.650	51.436	45.824	56.521
7	14:23:27.267	6:22.538	34.186	51.724	36.168	1:39.540	53.476	47.275	1:00.169





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	14:29:55.785	6:28.518	33.321	49.108	38.135	1:42.098	54.519	48.725	1:02.612
9	14:45:00.086	15:04.301	6:14.177	48.635	38.654	4:32.829	56.038	50.205	1:03.763
10	14:53:51.013	8:50.927	2:17.472	50.908	37.660	1:40.512	54.946	1:27.439	1:01.990
11	15:02:06.852	8:15.839	2:08.931	52.661	42.804	1:43.636	55.244	50.847	1:01.716
12	15:13:53.149	11:46.297	2:21.667	56.204	47.024	4:44.500	57.348	53.241	1:06.313
13	15:22:57.820	9:04.671	2:17.063	56.012	47.002	2:02.342	1:01.443	53.156	1:07.653
14	15:33:41.314	10:43.494	2:49.953	54.851	56.062	2:37.562	1:09.050	59.463	1:16.553

(559) Bernard Bijker

1	13:39:27.578	5:26.990	27.576	43.417	36.702	1:22.769	46.253	43.271	47.002
2	13:45:10.596	5:43.018	26.833	42.638	34.340	1:45.619	43.641	42.171	47.776
3	13:51:08.261	5:57.665	25.125	48.002	35.744	1:45.363	46.989	46.347	50.095
4	13:57:16.999	6:08.738	28.395	49.499	36.335	1:46.935	48.252	47.716	51.606
5	14:07:13.735	9:56.736	27.845	47.541	34.975	5:42.094	48.801	47.463	48.017
6	14:12:54.787	5:41.052	27.664	47.438	35.956	1:25.214	45.953	47.079	51.748
7	14:18:56.049	6:01.262	30.286	48.014	39.092	1:27.982	50.382	51.240	54.266
8	14:25:16.195	6:20.146	32.365	49.671	39.431	1:34.632	50.096	52.923	1:01.028
9	14:31:47.150	6:30.955	41.036	52.131	39.931	1:35.306	49.891	52.015	1:00.645
10	14:53:41.275	21:54.125	5:58.952	56.427	44.082	11:30.063	55.621	50.616	58.364
11	15:02:44.362	9:03.087	2:14.797	46.353	41.117	2:09.715	51.354	1:18.447	1:01.304
12	15:15:41.453	12:57.091	2:11.754	56.387	42.268	5:49.333	51.009	50.086	1:36.254
13	15:24:23.705	8:42.252	2:07.247	54.464	56.698	1:53.849	53.525	53.862	1:02.607
14	15:33:50.555	9:26.850	2:25.732	55.451	44.462	1:57.029	1:19.080	55.992	1:09.104

(584) Willem Schouten

1	13:40:36.427	6:13.997	30.046	45.612	36.531	1:55.239	49.619	46.130	50.820
2	13:46:53.032	6:16.605	28.539	47.412	39.151	1:55.758	49.550	45.493	50.702
3	13:53:14.656	6:21.624	30.083	47.431	37.681	1:55.285	51.616	47.704	51.824
4	13:59:46.438	6:31.782	31.047	49.391	40.113	1:55.775			54.124
5	14:09:54.088	10:07.650	30.319	47.509	38.347	5:43.706	50.141	47.281	50.347
6	14:16:05.102	6:11.014	30.685	47.664	40.279	1:37.126	52.940	48.360	53.960
7	14:22:15.517	6:10.415	33.609	48.929	37.935	1:37.593	54.309	47.302	50.738
8	14:28:30.020	6:14.503	32.126	53.231	39.108	1:34.626	53.783	47.543	54.086
9	14:45:49.763	17:19.743	7:04.202	54.779	39.473	6:03.772	52.905	48.505	56.107
10	14:55:51.917	10:02.154	4:06.929	50.841	38.589	1:41.229	58.003	49.404	57.159
11	15:03:51.258	7:59.341	2:02.817	51.431	40.163	1:44.992	51.228	51.066	57.644
12	15:16:27.547	12:36.289	2:05.456	1:13.160	43.669	5:43.718	53.598	53.701	1:02.987
13	15:25:02.408	8:34.861	2:06.454	50.023	42.884	2:03.862	58.495	51.688	1:01.455
14	15:34:07.256	9:04.848	2:21.746	52.969	43.740	1:57.269	57.518	51.264	1:20.342

(848) Niels van der Leest

1	13:40:21.408	5:46.957	32.386	47.999	37.801	1:27.131	47.742	44.313	49.585
2	13:45:51.594	5:30.186	26.237	46.339	35.523	1:22.923	45.617	44.351	49.196
3	13:51:44.401	5:52.807	28.444	47.316	39.527	1:26.188	48.678	48.558	54.096
4	14:00:25.173	8:40.772	29.240	49.562	39.144	4:12.592	48.200	48.275	53.759
5	14:06:30.310	6:05.137	30.896	49.673	38.968	1:32.436	48.157	50.512	54.495
6	14:12:47.681	6:17.371	30.552	51.903	39.333	1:34.328	51.406	51.788	58.061
7	14:19:47.353	6:59.672	34.256	52.444	39.356	2:03.495	56.324	52.024	1:01.773
8	14:29:46.954	9:59.601	35.579	53.350	41.050	5:00.138	55.312	53.445	1:00.727
9	14:44:36.931	14:49.977	8:27.301	55.444	42.833	1:45.568	54.685	56.832	1:07.314
10	14:53:25.512	8:48.581	2:32.685	50.953	42.076	1:48.924	57.038	55.557	1:01.348
11	15:05:31.413	12:05.901	2:21.845	50.144	40.705	5:18.818	54.854	53.482	1:06.053
12	15:14:34.236	9:02.823	2:26.100	53.770	43.669	1:58.467	57.840	55.515	1:07.462
13	15:24:08.896	9:34.660	2:28.402	53.619	44.252	2:19.126	1:00.984	57.974	1:10.303
14	15:34:09.068	10:00.172	2:45.077	56.364	47.744	2:13.205			1:14.519

(324) Jarno Baauw

1	13:39:11.135	5:08.017	27.297	43.205	31.660	1:23.901	40.754	38.224	42.976
2	13:44:45.339	5:34.204	23.141	41.172	44.019	1:27.083	44.120	45.582	49.087
3	13:54:02.434	9:17.095	26.771	44.739	1:04.555	4:37.495	49.606	44.772	49.157
4	14:00:08.287	6:05.853	28.028	45.416	35.493	1:51.350	47.446	49.197	48.923
5	14:06:31.012	6:22.725	31.492	48.319	36.601	1:55.490	48.329	50.710	51.784
6	14:17:55.748	11:24.736	30.859	48.223	34.568	6:51.443	54.402	52.147	53.094
7	14:23:58.132	6:02.384	30.842	50.292	39.048	1:29.980	50.004	50.504	51.714
8	14:30:31.554	6:33.422	32.993	50.094	36.622	2:03.848	48.920	48.901	52.044
9	14:50:59.447	20:27.893	8:11.715	51.339	39.357	7:58.664	56.411	53.856	56.551





RBKO Den Haag

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Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	14:59:05.834	8:06.387	2:09.649	49.277	38.163	1:45.256	50.974	55.146	57.922
11	15:07:35.113	8:29.279	2:03.481	47.620	41.137	2:11.178	56.357	53.020	56.486
12	15:17:57.929	10:22.816	2:00.516	49.216	36.504	4:20.499	49.119	51.687	55.275
13	15:25:42.302	7:44.373	1:56.580	47.640	37.000	1:47.410	49.367	51.271	55.105
14	15:34:31.299	8:48.997	1:59.297	54.199	41.030	2:09.393	56.482	56.514	1:12.082

(954) Jeroen van Loon

1	13:41:35.297	7:35.882	1:09.532	49.664	39.490	1:24.819			1:44.767
2	13:47:15.135	5:39.838	28.233	50.152	35.808	1:21.409	50.607	47.003	46.626
3	13:52:54.017	5:38.882	25.919	45.635	35.504	1:23.297	50.620	46.681	51.226
4	13:58:47.030	5:53.013	29.162	49.501	37.538	1:25.267	50.635	48.505	52.405
5	14:04:51.988	6:04.958	30.569	49.289	39.360	1:31.143	49.284	49.887	55.426
6	14:14:05.795	9:13.807	32.632	50.952	37.924	4:37.490	51.489	50.618	52.702
7	14:21:09.945	7:04.150	34.500	48.870	49.859	2:03.240			1:01.605
8	14:28:15.234	7:05.289	32.696	56.745	41.098	2:06.541	53.252	52.386	1:02.571
9	14:49:23.087	21:07.853	9:25.536	50.722	43.816	7:20.893	54.792	54.350	57.744
10	14:57:58.331	8:35.244	2:19.636	46.679	40.233	2:04.352	58.707	48.391	57.246
11	15:06:28.781	8:30.450	2:05.285	48.366	40.502	1:47.757	58.584	55.520	1:14.436
12	15:14:47.863	8:19.082	2:14.363	45.369	41.740	1:50.644	55.798	49.324	1:01.844
13	15:25:59.575	11:11.712	2:03.608	48.233	39.812	4:09.669	54.000	1:22.210	1:14.180
14	15:34:34.498	8:34.923	2:09.220	48.960	42.683	1:58.319	57.263	51.903	1:06.575

(892) Tom Mellendijk

1	13:39:54.733	5:38.950	27.623	45.708	37.262	1:21.996	49.850	46.140	50.371
2	13:45:41.075	5:46.342	26.658	50.676	34.951	1:23.831	53.035	45.179	52.012
3	13:52:27.361	6:46.286	29.844	50.761	43.187	1:51.723	52.928	50.133	1:07.710
4	13:58:59.344	6:31.983	29.210	51.618	37.160	1:53.243	53.582	52.085	55.085
5	14:05:50.141	6:50.797	33.629	53.900	38.557	1:56.740	56.756	53.292	57.923
6	14:12:34.620	6:44.479	31.852	51.289	37.241	1:56.842	49.024	57.670	1:00.561
7	14:22:30.617	9:55.997	33.283	52.169	40.177	4:29.428	1:30.373	51.463	59.104
8	14:29:25.821	6:55.204	35.297	57.227	40.872	1:39.013	56.028	58.944	1:07.823
9	14:42:46.806	13:20.985	7:04.992	55.822	39.790	1:41.260	56.955	55.191	1:06.975
10	14:52:06.498	9:19.692	2:55.665	57.222	39.729	1:42.274	1:00.261	56.092	1:08.449
11	15:04:35.331	12:28.833	2:30.191	1:02.765	42.310	4:55.511	1:06.106	59.367	1:12.583
12	15:13:53.818	9:18.487	2:27.994	1:00.287	45.501	1:50.582	1:05.445	56.252	1:12.426
13	15:24:40.026	10:46.208	3:44.021	56.824	44.690	1:58.605	1:07.711	58.625	1:15.732
14	15:34:42.067	10:02.041	2:35.213	1:00.691	47.593	2:05.626	1:07.251	58.835	1:26.832

(912) Michel Suijker

1	13:40:18.921	5:52.687	28.277	45.127	39.720	1:26.931	50.096	53.101	49.435
2	13:46:11.329	5:52.408	26.504	49.688	35.935	1:28.043	46.517	51.667	54.054
3	13:52:57.517	6:46.188	27.550	47.442	39.354	2:01.045	56.421	57.847	56.529
4	13:59:48.221	6:50.704	31.247	57.418	38.646	2:04.044	48.392	55.559	55.398
5	14:09:35.029	9:46.808	32.432	54.043	41.317	4:40.125	58.879	1:02.987	57.025
6	14:16:36.735	7:01.706	31.556	50.164	38.343	2:05.108	54.535	59.866	1:02.134
7	14:23:30.427	6:53.692	31.495	53.085	40.501	2:05.796	54.624	53.655	54.536
8	14:30:43.616	7:13.189	35.373	1:08.696	43.601	1:42.726	57.955	1:02.480	1:02.358
9	14:43:44.399	13:00.783	6:24.488	56.923	48.476	1:47.751			1:02.847
10	14:55:38.727	11:54.328	2:22.004	56.076	43.582	4:44.274	1:03.303	59.274	1:05.815
11	15:04:45.422	9:06.695	2:23.671	57.663	44.426	1:50.167	1:02.905	1:03.777	1:04.086
12	15:14:24.066	9:38.644	2:20.585	54.184	47.084	2:10.695	1:06.593	1:06.008	1:13.495
13	15:24:36.291	10:12.225	2:29.353	1:01.162	48.507	2:17.467	1:10.659	1:06.822	1:18.255
14	15:34:44.713	10:08.422	2:29.814	1:06.347	47.102	2:16.896	1:07.485	1:05.665	1:15.113

(298) Adwin Van de Pol

1	13:40:08.773	6:02.597	29.001	45.887	37.649	1:46.828			48.078
2	13:46:43.578	6:34.805	25.778	56.445	37.267	1:54.086	1:00.936	49.510	50.783
3	13:53:30.480	6:46.902	28.304	1:03.678	36.473	1:54.346	58.176	52.480	53.445
4	14:00:15.440	6:44.960	27.289	47.861	45.891	2:03.106	52.865	54.143	53.805
5	14:06:31.822	6:16.382	31.802	48.062	37.484	1:28.680	58.781	54.717	56.856
6	14:13:06.262	6:34.440	33.996	47.954	40.437	1:34.434	58.659	57.446	1:01.514
7	14:22:54.117	9:47.855	34.850	46.130	40.664	4:57.195	1:01.237	50.002	57.777
8	14:29:42.481	6:48.364	34.429	50.816	44.257	1:39.310	59.076	52.166	1:08.310
9	14:46:20.218	16:37.737	9:41.118	54.349	59.961	1:42.523	1:17.202	59.063	1:03.521
10	14:55:08.100	8:47.882	2:28.174	52.691	46.579	1:35.996	58.324	1:01.801	1:04.317
11	15:04:07.295	8:59.195	2:24.040	54.291	45.780	1:44.306			1:10.589





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
12	15:15:30.805	11:23.510	2:18.216	52.363	44.235	4:15.621	1:07.592	54.494	1:10.989
13	15:24:40.085	9:09.280	2:15.145	58.773	44.816	1:57.612	1:03.672	1:00.895	1:08.367
14	15:34:53.494	10:13.409	2:37.709	1:00.750	50.410	2:18.371	1:10.126	1:02.549	1:13.494
(114) Dyon van Wieringen									
1	13:41:38.959	6:34.943	33.543	55.705	42.112	1:45.013	58.599	45.277	54.694
2	13:48:04.011	6:25.052	31.383	50.088	39.651	1:43.763	58.009	47.169	54.989
3	13:54:25.223	6:21.212	28.782	50.797	39.305	1:42.408	55.824	47.073	57.023
4	14:00:47.258	6:22.035	31.265	52.371	38.203	1:40.627	54.833	49.210	55.526
5	14:07:16.374	6:29.116	34.201	50.796	39.231	1:40.817	57.867	48.612	57.592
6	14:14:34.447	7:18.073	36.135	50.516	43.981	2:16.100	1:00.991	51.289	59.061
7	14:22:06.020	7:31.573	34.842	1:15.873	40.778	2:11.040	58.530	50.720	59.790
8	14:33:11.838	11:05.818	40.553	59.620	44.751	5:45.696	59.361	53.009	1:02.828
9	14:45:11.543	11:59.705	4:59.795	57.766	43.314	2:17.503	1:02.779	53.145	1:05.403
10	14:54:53.802	9:42.259	2:37.681	55.093	45.804	2:16.439	1:01.953	57.137	1:08.152
11	15:04:30.326	9:36.524	2:32.085	56.706	47.227	2:01.784	1:16.611	53.465	1:08.646
12	15:14:16.056	9:45.730	2:31.566	59.890	45.303	2:14.419	1:05.867	56.386	1:12.299
13	15:24:17.908	10:01.852	2:27.629	1:01.150	45.398	2:35.150	1:05.062	55.956	1:11.507
14	15:34:54.640	10:36.732	2:42.118	1:01.997	1:00.912	2:17.212	1:10.229	1:02.502	1:21.762
(299) Marc Feijen									
1	13:40:28.529	5:59.917	31.787	44.710	39.300	1:38.592	50.217	46.854	48.457
2	13:46:21.930	5:53.401	26.641	46.503	37.861	1:36.443	47.388	48.704	49.861
3	13:52:24.999	6:03.069	27.494	46.017	36.686	1:37.581	47.944	52.487	54.860
4	14:01:26.867	9:01.868	56.799	50.254	40.407	3:47.924	55.429	53.916	57.139
5	14:08:12.608	6:45.741	28.941	47.615	39.161	1:40.398	52.806	1:22.380	54.440
6	14:14:48.972	6:36.364	32.576	53.266	42.158	1:41.588	52.749	55.143	58.884
7	14:21:34.606	6:45.634	34.667	53.054	39.155	1:47.563	55.875	55.255	1:00.065
8	14:31:58.094	10:23.488	37.338	51.417	39.746	5:17.298	1:00.769	54.548	1:02.372
9	14:44:12.820	12:14.726	4:24.590	1:54.808	41.549	2:15.574	55.415	59.639	1:03.151
10	14:53:57.626	9:44.806	2:54.021	49.696	41.422	2:18.407	59.758	58.207	1:03.295
11	15:03:14.093	9:16.467	2:13.033	52.561	42.206	2:25.441	1:01.220	58.353	1:03.653
12	15:15:43.047	12:28.954	2:17.693	1:24.432	45.516	4:57.150	58.673	1:00.025	1:05.465
13	15:24:57.525	9:14.478	2:27.557	55.068	43.960	2:03.801	58.673	1:00.025	1:03.760
14	15:34:55.696	9:58.171	2:20.294	52.243	42.627	2:08.204	1:42.192	1:01.030	1:11.581
(99) Alexander de Haan									
1	13:40:02.618	5:48.166	28.349	46.360	41.892	1:18.911	49.727	51.914	51.013
2	13:45:38.761	5:36.143	27.069	43.475	38.365	1:18.599	51.637	44.976	52.022
3	13:51:35.216	5:56.455	29.363	49.417	38.596	1:19.322	56.310	49.594	53.853
4	13:57:53.225	6:18.009	31.701	52.861	38.749	1:24.237	56.081	1:00.246	54.134
5	14:04:47.181	6:53.956	29.455	48.199	38.807	2:01.401	58.446	52.386	1:05.262
6	14:14:19.926	9:32.745	31.121	49.792	40.377	4:42.668	57.004	49.981	1:01.802
7	14:21:17.975	6:58.049	35.407	1:02.644	41.921	1:52.731	55.557	50.829	58.960
8	14:28:37.795	7:19.820	35.278	51.269	49.186	2:10.037	58.362	55.246	1:00.442
9	14:37:45.415	9:07.620	2:59.443	53.770	43.529	1:36.148	58.135	53.325	1:03.270
10	14:52:37.336	14:51.921	3:07.809	54.554	47.876	7:00.486	1:03.114	53.568	1:04.514
11	15:02:29.410	9:52.074	3:09.166	53.453	47.313	1:42.400	1:04.893	1:01.886	1:12.963
12	15:12:21.371	9:51.961	2:33.885	54.871	47.568	2:15.996	1:10.715	57.870	1:11.056
13	15:25:38.707	13:17.336	2:29.433	56.646	2:33.204	4:01.925	1:04.964	58.632	1:12.532
14	15:35:08.083	9:29.376	2:16.834	53.428	45.390	2:18.557	1:05.466	56.037	1:13.664
(501) Frank van Loon									
1	13:40:07.593	5:46.387	28.189	43.646	35.577	1:27.872	51.960	46.180	52.963
2	13:46:10.147	6:02.554	30.164	45.011	37.673	1:33.867	54.530	46.525	54.784
3	13:52:54.673	6:44.526	32.432	47.850	37.602	2:04.886	57.222	46.360	58.174
4	14:03:18.801	10:24.128	34.460	48.846	41.003	5:30.882	58.519	49.274	1:01.144
5	14:10:10.981	6:52.180	39.755	48.635	40.807	1:43.295	1:03.048	52.505	1:04.135
6	14:17:20.104	7:09.123	34.679	52.237	40.638	2:11.947	58.816	50.668	1:00.138
7	14:24:42.105	7:22.001	35.470	49.009	44.409	2:16.490	58.564	53.082	1:04.977
8	14:31:50.498	7:08.393	36.578	55.527	44.824	1:47.989	1:01.283	53.300	1:08.892
9	14:43:09.359	11:18.861	4:56.065	54.064	40.319	1:50.062	1:01.081	50.938	1:06.332
10	14:55:22.079	12:12.720	2:16.712	51.089	43.858	5:10.028	1:03.810	54.991	1:12.232
11	15:04:41.009	9:18.930	2:19.356	54.041	46.223	1:57.643	1:08.378	59.001	1:14.288
12	15:14:40.629	9:59.620	2:27.096	52.280	49.740	2:26.108	1:09.388	57.855	1:17.153
13	15:25:10.149	10:29.520	3:02.706	53.975	44.678	2:25.999	1:09.961	54.729	1:17.472





RBKO Den Haag

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Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
14	15:35:13.664	10:03.515	2:25.309	53.406	48.516	2:36.325	1:08.683	58.281	1:12.995
(926) Arno Plue									
1	13:39:42.067	5:34.433	25.003	43.841	45.655	1:26.531	45.655	42.159	45.589
2	13:45:05.165	5:23.098	24.912	44.145	33.305	1:25.468	44.685	44.588	45.995
3	13:50:51.510	5:46.345	25.972	45.576	48.850	1:27.129	47.760	44.452	46.606
4	13:56:51.412	5:59.902	25.580	46.682	35.966	1:50.603	45.608	45.350	50.113
5	14:09:18.929	12:27.517	27.142	47.499	34.856	8:10.117	48.137	47.442	52.324
6	14:15:09.322	5:50.393	28.918	46.587	35.088	1:33.030	47.894	49.530	49.346
7	14:21:31.309	6:21.987	28.215	49.382	38.639	1:56.311	47.389	48.931	53.120
8	14:27:45.596	6:14.287	33.007	51.772	38.766	1:37.974	51.225	48.224	53.319
9	14:42:05.266	14:19.670	8:27.303	52.236	37.921	1:42.311	51.224	49.141	59.534
10	14:52:50.905	10:45.639	4:31.615	49.938	40.243	2:03.586	50.411	50.084	59.762
11	15:07:03.236	14:12.331	2:16.208	51.758	40.617	7:36.490	54.535	51.838	1:00.885
12	15:15:50.890	8:47.654	2:13.608	53.619	40.881	2:12.984	54.820	52.553	59.189
13	15:24:44.313	8:53.423	2:20.856	50.547	41.155	2:07.426	56.999	51.146	1:05.294
14	15:35:17.246	10:32.933	2:12.505	52.981	2:23.772	2:01.432	57.306	57.715	1:07.222
(783) Marco de Blaey									
1	13:40:06.827	5:39.392	28.515	43.190	34.184	1:42.839			45.647
2	13:45:24.624	5:17.797	23.771	43.580	36.564	1:21.689	43.920	40.705	47.568
3	13:50:57.405	5:32.781	25.737	43.368	34.739	1:26.359	47.780	45.010	49.788
4	13:57:01.818	6:04.413	29.622	44.439	34.105	1:49.102	48.465	47.503	51.177
5	14:03:22.025	6:20.207	27.188	46.180	46.676	1:52.358			52.921
6	14:10:06.367	6:44.342	25.552	44.911	38.954	2:24.466	53.196	45.751	51.512
7	14:17:05.213	6:58.846	29.694	49.097	40.212	2:00.190			54.835
8	14:27:32.899	10:27.686	32.237	50.778	40.808	5:39.757	53.832	51.856	58.418
9	14:43:31.441	15:58.542	9:49.773	53.078	42.583	1:43.931			59.079
10	14:51:52.775	8:21.334	2:07.912	51.389	41.354	1:47.034			58.604
11	15:01:15.198	9:22.423	2:17.447	53.805	43.042	1:48.172	1:36.289	55.263	1:08.405
12	15:15:46.611	14:31.413	4:34.612	51.315	45.197	4:56.102	57.864	1:14.334	1:11.989
13	15:25:44.488	9:57.877	2:55.696	51.380	40.638	2:09.493	1:07.200	1:00.280	1:13.190
14	15:35:29.734	9:45.246	2:34.521	55.238	44.839	2:13.509	1:06.450	57.756	1:12.933
(877) Ruud Arts									
1	13:42:10.069	7:08.055	35.887	56.962	45.458	2:02.669	57.244	52.588	57.247
2	13:48:48.255	6:38.186	32.245	57.341	47.826	1:34.632	55.274	53.155	57.713
3	13:55:46.911	6:58.656	33.781	57.653	40.428	1:59.312	53.663	58.567	55.252
4	14:02:52.035	7:05.124	34.368	55.765	42.090	2:04.905	53.569	54.887	59.540
5	14:10:15.099	7:23.064	33.328	1:01.508	45.133	2:12.638	55.844	55.908	58.705
6	14:17:03.916	6:48.817	35.124	50.297	44.044	1:39.444	1:00.978	56.695	1:02.235
7	14:24:03.151	6:59.235	36.951	54.033	44.241	1:46.523	1:00.381	56.510	1:00.596
8	14:31:17.409	7:14.258	37.966	56.550	43.323	1:40.856	1:02.045	1:03.903	1:09.615
9	14:46:53.179	15:35.770	5:27.647	54.281	45.981	5:20.750	1:05.049	56.152	1:05.910
10	14:56:59.007	10:05.828	3:28.657	55.749	48.868	1:46.152	1:03.263	56.439	1:06.700
11	15:06:01.644	9:02.637	2:28.307	53.238	48.174	1:45.411	1:01.776	58.268	1:07.463
12	15:16:14.223	10:12.579	2:44.346	58.765	46.997	2:27.527	1:04.906	58.895	1:11.143
13	15:25:36.486	9:22.263	2:24.338	55.513	46.311	2:01.359	1:04.720	58.412	1:11.610
14	15:35:32.786	9:56.300	2:39.332	1:01.667	49.422	2:12.310	1:04.865	57.360	1:11.344
(801) Mareno Lubkemann									
1	13:40:27.558	6:04.214	31.971	47.491	37.844	1:47.040	44.923	48.463	46.482
2	13:46:13.252	5:45.694	26.991	48.235	35.586	1:23.507	50.090	50.872	50.413
3	13:52:37.684	6:24.432	30.285	50.709	35.991	1:55.264	47.490	55.454	49.239
4	14:04:48.490	12:10.806	30.834	52.263	38.967	7:19.771	57.544	55.753	55.674
5	14:11:20.719	6:32.229	29.330	53.329	38.553	1:55.373	52.634	51.617	51.393
6	14:17:32.229	6:11.510	29.185	53.617	37.547	1:29.673	55.205	50.959	55.324
7	14:24:06.356	6:34.127	30.854	55.454	37.056	1:46.852	53.915	49.539	1:00.457
8	14:36:25.397	12:19.041	36.169	53.188	41.085	7:21.341	51.143	55.808	1:00.307
9	14:44:59.312	8:33.915	2:28.745	53.657	40.921	1:32.483	54.512	1:01.122	1:02.475
10	14:56:16.032	11:16.720	4:35.146	56.500	44.639	1:57.537	56.784	1:01.192	1:04.922
11	15:09:45.977	13:29.945	2:04.589	55.393	42.158	6:53.457	56.337	58.800	59.211
12	15:18:09.355	8:23.378	2:02.491	54.726	40.323	1:45.343	58.337	57.714	1:04.444
13	15:26:48.059	8:38.704	2:12.878	52.799	39.814	1:45.070	1:00.153	1:03.160	1:04.830
14	15:35:37.170	8:49.111	2:04.755	55.481	42.825	1:55.533	1:06.813	56.317	1:07.387





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(737) Hugo Thalen									
1	13:39:08.147	5:16.509	23.326	44.318	30.915	1:18.827	51.899	42.330	44.894
2	13:45:01.765	5:53.618	22.408	47.548	35.222	1:45.363	48.616	48.960	45.501
3	13:51:18.424	6:16.659	27.892	49.697	39.507	1:52.324	47.801	48.306	51.132
4	13:57:27.256	6:08.832	29.987	52.247	40.348	1:31.763	53.154	50.753	50.580
5	14:07:43.902	10:16.646	29.325	54.427	36.303	5:45.713	51.940	47.607	51.331
6	14:14:20.571	6:36.669	31.219	49.030	40.344	1:58.516	51.760	53.298	52.502
7	14:21:04.975	6:44.404	32.155	53.877	43.107	1:57.246	52.561	55.135	50.323
8	14:27:43.296	6:38.321	35.729	51.459	43.051	1:57.385	49.898	49.559	51.240
9	14:46:39.385	18:56.089	5:07.784	57.854	43.384	9:22.448	55.311	54.008	55.300
10	14:56:09.447	9:30.062	3:10.848	54.444	44.048	1:41.890	1:00.797	56.098	1:01.937
11	15:04:30.384	8:20.937	2:21.356	52.234	39.018	1:42.446	56.035	51.605	58.243
12	15:16:44.669	12:14.285	2:09.874	55.540	41.134	5:28.718	1:00.909	53.033	1:05.077
13	15:26:20.228	9:35.559	2:23.692	59.063	40.878	2:14.313	1:00.183	55.853	1:21.577
14	15:36:15.442	9:55.214	2:50.589	54.301	44.090	2:06.120	1:03.684	1:04.260	1:12.170
(780) Buddy van Harsel									
1	13:41:36.848	6:20.692	31.406	47.950	39.079	1:51.320	53.618	48.977	48.342
2	13:47:55.996	6:19.148	28.980	45.518	39.913	1:52.671	48.285	48.923	54.858
3	13:54:33.619	6:37.623	29.632	47.631	55.570	1:55.869	49.330	48.224	51.367
4	14:00:47.602	6:13.983	30.597	1:02.359	39.076	1:27.934	51.756	49.250	53.011
5	14:10:34.352	9:46.750	31.393	51.111	40.292	5:09.291	53.383	46.829	54.451
6	14:16:53.702	6:19.350	36.600	50.146	42.124	1:29.766	53.145	50.535	57.034
7	14:23:17.729	6:24.027	33.251	51.560	42.577	1:36.462	53.708	48.776	57.693
8	14:30:38.662	7:20.933	33.652	1:23.521	41.927	1:37.094	52.868	56.883	1:14.988
9	14:43:18.392	12:39.730	6:14.208	52.823	42.826	2:01.917	57.450	49.072	1:01.434
10	14:57:03.425	13:45.033	3:06.438	56.735	45.338	5:48.267	1:03.948	54.854	1:09.453
11	15:06:12.800	9:09.375	2:25.988	55.982	46.449	1:50.749	1:01.214	57.997	1:10.996
12	15:16:09.665	9:56.865	2:28.555	58.212	46.966	2:22.292	1:07.328	1:00.922	1:12.590
13	15:26:31.779	10:22.114	2:35.602	1:17.700	51.743	2:11.179	1:09.415	1:03.126	1:13.349
14	15:36:18.918	9:47.139	2:32.141	57.721	49.151	2:14.370	1:04.954	57.106	1:11.696
(96) Matthijs Taconis									
1	13:41:21.843	6:22.719	33.053	46.375	37.433	1:53.916	52.217	46.512	53.213
2	13:47:48.976	6:27.133	28.993	45.362	39.208	2:06.060	51.151	45.935	50.424
3	13:55:05.399	7:16.423	29.752	1:19.131	54.207	1:59.606			54.194
4	14:01:47.857	6:42.458	46.930	47.161	40.398	1:57.387	47.719	48.505	54.358
5	14:12:35.287	10:47.430	32.052	50.363	37.880	5:47.878	55.204	1:03.485	1:00.568
6	14:18:53.166	6:17.879	30.906	46.715	40.395	1:36.880	51.235	50.757	1:00.991
7	14:25:24.392	6:31.226	33.014	52.181	40.844	1:39.683			1:01.352
8	14:33:29.045	8:04.653	36.143	1:21.640	39.779	1:45.771	54.076	1:40.252	1:06.992
9	14:46:51.857	13:22.812	3:27.050	54.698	45.790	5:35.400	51.314	50.467	58.093
10	14:55:29.913	8:38.056	2:33.717	49.880	38.128	1:40.188	54.768	56.513	1:04.862
11	15:04:17.745	8:47.832	2:24.556	57.541	43.887	1:43.650	56.319	54.924	1:06.955
12	15:17:39.600	13:21.855	2:22.975	53.132	47.325	6:19.499	59.817	53.497	1:05.610
13	15:26:51.654	9:12.054	2:22.515	50.909	43.298	2:05.998	1:02.775	56.213	1:10.346
14	15:36:21.642	9:29.988	2:23.708	52.831	46.141	2:15.127			1:11.988
(277) Cas Vervoort									
1	13:42:12.866	6:43.592	37.029	54.337	44.758	1:32.339	58.710	54.045	1:02.374
2	13:49:13.392	7:00.526	32.867	53.678	40.342	2:02.450	57.658	51.874	1:01.657
3	13:56:26.495	7:13.103	37.709	54.927	45.578	2:05.179	57.452	54.329	57.929
4	14:03:38.754	7:12.259	34.179	49.109	43.899	2:07.144	56.351	58.532	1:03.045
5	14:10:38.793	7:00.039	38.027	53.990	48.864	1:42.622	55.347	54.365	1:06.824
6	14:18:06.533	7:27.740	39.261	55.723	44.620	2:04.177	56.521	1:00.605	1:06.833
7	14:25:19.812	7:13.279	39.265	54.168	45.431	1:49.867	1:00.865	57.101	1:06.582
8	14:35:10.619	9:50.807	39.095	53.916	45.309	4:30.943	57.304	55.070	1:09.170
9	14:45:32.502	10:21.883	3:55.373	51.114	45.204	1:41.374	58.750	59.446	1:10.622
10	14:55:42.838	10:10.336	3:26.048	52.618	45.697	1:40.921	1:08.185	1:02.027	1:14.840
11	15:05:30.027	9:47.189	2:58.360	57.991	47.312	1:43.328	1:05.347	1:04.163	1:10.688
12	15:15:36.626	10:06.599	3:13.654	59.588	48.691	1:54.737	1:03.207	58.879	1:07.843
13	15:25:27.149	9:50.523	2:34.702	55.866	50.171	2:01.028	1:05.778	1:03.238	1:19.740
14	15:36:30.346	11:03.197	3:09.190	1:01.046	1:06.736	2:27.280	1:15.279	57.340	1:06.326
(602) Derk Jan Kram									
1	13:40:40.456	5:59.583	33.128	49.245	38.875	1:28.186			53.057



RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:47:00.863	6:20.407	26.841	49.804	33.558	1:53.770			56.248
3	13:53:36.280	6:35.417	31.305	51.917	38.527	1:56.715			53.025
4	14:00:21.155	6:44.875	30.137	49.462	38.164	2:01.349			54.208
5	14:07:05.695	6:44.540	31.983	50.814	40.052	2:00.941			54.590
6	14:13:36.870	6:31.175	33.596	46.203	45.596	1:31.971			1:01.319
7	14:22:34.474	8:57.604	31.642	51.873	38.693	4:10.674	55.481	50.977	58.264
8	14:29:08.014	6:33.540	33.742	52.641	42.104	1:33.047			59.947
9	14:43:31.867	14:23.853	7:43.143	1:00.203	45.440	1:40.302			1:11.821
10	14:52:15.255	8:43.388	2:26.564	50.501	40.421	1:35.999			1:08.883
11	15:04:57.174	12:41.919	2:23.332	57.492	45.505	5:23.581	1:00.603	58.571	1:12.835
12	15:14:39.147	9:41.973	2:30.790	54.777	44.200	1:57.526			1:09.070
13	15:26:16.220	11:37.073	3:13.199	54.730	47.986	2:03.809			2:28.965
14	15:36:34.123	10:17.903	2:24.997	1:02.735	45.477	2:43.587			1:13.520

(291) Randy Kieft

1	13:40:16.368	5:46.251	37.263	44.452	36.744	1:28.524			48.601
2	13:46:11.450	5:55.082	24.748	45.334	36.972	1:37.477	48.118	49.453	52.980
3	13:52:33.695	6:22.245	29.342	43.678	40.322	1:54.669			52.963
4	13:59:05.825	6:32.130	32.025	44.708	39.084	2:00.541			54.337
5	14:05:57.839	6:52.014	33.435	42.643	59.501	1:36.966	47.900	1:15.463	56.106
6	14:13:04.006	7:06.167	33.097	42.686	42.498	2:02.394	51.861	47.261	1:26.370
7	14:20:05.767	7:01.761	31.708	46.465	44.150	2:04.994	55.583	55.705	1:03.156
8	14:29:30.009	9:24.242	34.855	44.656	42.510	4:19.877	53.060	53.835	1:15.449
9	14:46:28.150	16:58.141	10:31.171	53.005	41.903	1:49.380			1:08.019
10	14:58:23.044	11:54.894	5:17.850	54.822	44.119	1:44.392	59.343	1:01.219	1:13.149
11	15:07:13.615	8:50.571	2:22.202	46.820	43.275	1:51.679	58.847	57.591	1:10.157
12	15:16:50.149	9:36.534	2:30.293	47.372	46.887	2:19.929			1:13.014
13	15:26:25.449	9:35.300	2:17.840	1:01.439	46.283	2:06.438	1:03.880	59.665	1:19.755
14	15:36:40.921	10:15.472	2:25.757	51.542	52.636	2:50.192			1:13.024

(623) Evan Woudenberg

1	13:41:01.538	6:26.782	29.592	45.604	36.626	2:04.428	51.502	47.135	51.895
2	13:47:31.719	6:30.181	29.072	43.757	41.253	2:03.993	48.229	48.307	55.570
3	13:54:59.415	7:27.696	30.542	44.983	37.492	2:55.399			57.847
4	14:04:45.023	9:45.608	32.825	48.026	1:28.746	4:14.405	51.296	52.065	58.245
5	14:11:22.791	6:37.768	30.566	50.130	45.641	1:43.140	52.078	55.446	1:00.767
6	14:17:54.103	6:31.312	31.035	47.969	43.100	1:41.756	54.426	53.867	59.159
7	14:24:35.708	6:41.605	32.163	48.260	43.638	1:40.169	55.817	58.178	1:03.380
8	14:32:06.090	7:30.382	1:09.975	48.177	42.281	1:50.284	57.285	56.998	1:05.382
9	14:47:27.691	15:21.601	5:39.496	1:03.278	45.520	4:59.414	54.982	53.993	1:04.918
10	14:57:29.287	10:01.596	3:30.862	54.141	44.713	1:46.054	58.874	59.462	1:07.490
11	15:06:31.823	9:02.536	2:09.656	50.319	44.745	2:16.845			1:05.217
12	15:15:55.975	9:24.152	2:15.904	51.275	44.907	2:20.089	59.850	58.984	1:13.143
13	15:27:40.993	11:45.018	2:33.914	57.076	57.437	4:06.998	1:00.862	58.436	1:10.295
14	15:36:55.414	9:14.421	2:22.463	52.775	42.953	2:11.344			1:08.790

(266) Bas De Bruin

1	13:41:10.257	6:12.051	33.769	47.959	39.950	1:26.166	1:02.848	49.496	51.863
2	13:47:24.160	6:13.903	27.287	46.803	38.724	1:53.987	46.616	47.857	52.629
3	13:54:03.478	6:39.318	28.247	56.794	38.589	1:56.598	50.301	51.088	57.701
4	14:00:53.816	6:50.338	30.080	1:00.806	40.452	1:55.236	53.111	53.414	57.239
5	14:09:28.097	8:34.281	31.091	46.937	47.376	3:48.523	54.043	51.740	54.571
6	14:16:04.850	6:36.753	31.958	49.040	40.043	1:54.230			57.187
7	14:22:44.199	6:39.349	31.313	1:03.647	40.368	1:33.399	58.676	52.212	59.734
8	14:29:43.152	6:58.953	34.439	52.184	42.406	2:01.572	55.360	51.682	1:01.310
9	14:47:21.127	17:37.975	11:24.352	52.145	40.954	1:40.139			1:04.637
10	14:56:03.164	8:42.037	2:18.227	54.005	44.996	1:45.139	1:02.345	56.347	1:00.978
11	15:07:38.517	11:35.353	2:34.195	59.716	49.593	3:59.872	57.306	1:02.853	1:11.818
12	15:17:24.434	9:45.917	2:22.938	1:03.391	44.642	2:29.102	1:01.151	55.888	1:08.805
13	15:27:52.662	10:28.228	3:19.580	57.755	48.600	2:03.928	1:03.174	1:03.414	1:11.777
14	15:37:08.314	9:15.652	2:18.601	1:03.968	45.603	2:05.755	1:00.502	55.829	1:05.394

(697) Danny Kuhn

1	13:41:16.513	6:21.813	33.374	57.289	43.736	1:30.974	55.703	48.072	52.665
2	13:48:09.603	6:53.090	30.781	50.919	41.128	2:06.679	53.613	53.185	56.785
3	13:55:15.491	7:05.888	30.762	52.761	42.277	2:08.182	56.819	56.172	58.915





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	14:02:12.717	6:57.226	34.634	51.033	41.122	2:03.627	53.640	53.707	59.463
5	14:09:28.450	7:15.733	34.778	55.880	40.873	2:12.816	1:02.203	52.112	57.071
6	14:17:29.061	8:00.611	34.534	54.302	1:13.347	2:15.819	1:00.717	57.166	1:04.726
7	14:24:33.726	7:04.665	36.649	59.225	43.030	1:45.984	59.593	55.497	1:04.687
8	14:35:31.142	10:57.416	41.172	55.049	43.520	5:36.573	58.885	52.942	1:09.275
9	14:45:43.205	10:12.063	3:22.193	55.178	57.092	1:47.043	1:04.469	57.568	1:08.520
10	14:56:25.278	10:42.073	3:49.600	57.010	43.936	1:57.309	1:02.811	1:00.738	1:10.669
11	15:06:10.140	9:44.862	2:52.308	57.883	48.797	1:55.018	59.022	1:01.255	1:10.579
12	15:16:30.196	10:20.056	2:46.296	1:00.268	46.175	2:34.754	1:03.939	57.308	1:11.316
13	15:26:40.763	10:10.567	2:52.184	1:03.335	46.417	2:13.978	1:04.705	59.049	1:10.899
14	15:37:11.044	10:30.281	3:00.248	59.537	45.607	2:20.226	1:07.779	1:03.579	1:13.305

(741) Ronny Terwingen

1	13:40:52.585	6:20.125	29.667	52.179	41.435	1:46.988	52.119	48.262	49.475
2	13:47:27.226	6:34.641	27.754	57.946	39.970	1:50.565	54.926	50.182	53.298
3	13:54:10.172	6:42.946	30.956	58.289	41.886	1:53.209	55.533	49.865	53.208
4	14:03:39.817	9:29.645	32.556	53.046	53.260	4:32.274	52.294	50.183	56.032
5	14:10:23.646	6:43.829	32.732	53.947	41.119	1:50.671	55.137	51.764	58.459
6	14:16:58.942	6:35.296	36.355	55.065	42.248	1:31.029	1:01.254	51.193	58.152
7	14:23:28.580	6:29.638	35.917	57.298	41.970	1:28.692	56.521	52.027	57.213
8	14:30:20.583	6:52.003	36.107	57.397	43.811	1:28.752	1:01.827	1:00.473	1:03.636
9	14:45:35.286	15:14.703	5:11.446	1:18.348	49.596	4:46.980	1:03.714	56.370	1:08.249
10	14:56:16.485	10:41.199	3:58.891	1:00.285	44.793	1:41.879	1:07.359	57.568	1:10.424
11	15:05:27.025	9:10.540	2:22.628	1:01.215	47.305	1:41.460	1:08.901	56.775	1:12.256
12	15:17:19.360	11:52.335	2:27.067	1:05.690	49.080	3:52.976	1:06.120	1:19.152	1:12.250
13	15:27:26.179	10:06.819	2:37.918	58.757	46.396	1:53.542	1:09.108	1:20.039	1:21.059
14	15:37:34.111	10:07.932	2:44.640	1:11.721	48.523	1:56.635	1:12.267	1:00.077	1:14.069

(852) Bob Hofman

1	13:42:00.408	7:03.473	33.634	55.108	42.830	2:04.656	55.178	55.621	56.446
2	13:48:49.187	6:48.779	33.026	51.553	38.970	2:05.492	50.691	53.021	56.026
3	13:56:20.085	7:30.898	31.706	52.869	47.071	2:08.386	1:16.314	54.299	1:00.253
4	14:04:17.668	7:57.583	32.930	53.127	41.605	2:12.560	54.015	1:37.288	1:06.058
5	14:11:43.806	7:26.138	34.552	52.302	43.261	2:18.236			1:04.271
6	14:18:47.499	7:03.693	36.587	57.674	44.388	1:49.703	57.018	57.176	1:01.147
7	14:26:01.849	7:14.350	35.706	55.059	46.039	1:50.320	1:00.646	1:02.037	1:04.543
8	14:37:25.391	11:23.542	37.064	54.744	43.108	6:18.502	52.521	54.834	1:02.769
9	14:50:38.756	13:13.365	6:33.884	57.294	44.301	1:49.708	1:00.235	57.403	1:10.540
10	15:00:02.776	9:24.020	2:42.725	57.011	42.769	1:53.485	1:00.213	59.607	1:08.210
11	15:09:14.490	9:11.714	2:21.925	59.083	40.341	1:56.616	1:00.416	1:01.358	1:11.975
12	15:18:46.006	9:31.516	2:25.070	54.346	41.760	2:18.823	59.654	57.204	1:14.659
13	15:28:37.027	9:51.021	2:22.382	1:07.943	44.262	2:14.201	1:02.451	1:01.554	1:18.228
14	15:38:15.968	9:38.941	2:30.082	56.630	45.376	2:11.328	1:04.002	1:00.651	1:10.872

(242) Tom van Laar

1	13:41:48.727	6:53.778	34.311	52.710	39.338	2:03.891	54.028	54.983	54.517
2	13:48:48.518	6:59.791	28.950	50.644	38.637	2:00.449	51.517	1:14.507	55.087
3	13:55:59.029	7:10.511	33.006	1:09.139	40.145	2:07.456	50.319	56.775	53.671
4	14:02:57.834	6:58.805	29.600	53.486	37.724	2:10.385	51.521	58.471	57.618
5	14:09:48.477	6:50.643	32.896	56.134	42.272	1:40.704	58.125	57.690	1:02.822
6	14:16:42.456	6:53.979	35.773	53.096	41.251	1:42.839	58.093	1:00.372	1:02.555
7	14:23:53.874	7:11.418	38.476	57.591	46.867	1:43.049	1:00.452	59.903	1:05.080
8	14:37:58.230	14:04.356	38.246	58.162	41.034	8:19.341	1:15.888	1:02.749	1:08.936
9	14:50:03.317	12:05.087	5:29.690	55.339	40.881	1:49.824	57.084	1:02.945	1:09.324
10	14:59:21.702	9:18.385	2:41.471	59.144	43.364	1:51.050	1:01.127	57.562	1:04.667
11	15:08:35.042	9:13.340	2:31.999	58.953	42.462	1:45.371			1:12.123
12	15:18:02.895	9:27.853	2:16.872	59.095	47.187	2:07.069	1:00.731	1:02.880	1:14.019
13	15:28:27.203	10:24.308	2:40.494	57.683	1:27.248	2:00.006	1:01.628	1:03.231	1:14.018
14	15:38:33.499	10:06.296	2:43.371	58.059	48.917	2:17.417	1:07.077	58.699	1:12.756

(529) Berry van Kampen

1	13:39:57.951	5:35.844	29.257	45.183	35.609	1:23.171	51.443	43.261	47.920
2	13:46:14.177	6:16.226	26.362	46.331	35.985	1:25.692	47.374	1:21.245	53.237
3	13:52:16.049	6:01.872	28.590	49.776	37.513	1:22.796	56.361	51.157	55.679
4	13:59:04.810	6:48.761	29.723	50.578	1:15.205	1:28.695	54.538	52.832	57.190
5	14:05:16.294	6:11.484	32.590	50.584	38.901	1:30.428	50.762	54.163	54.056





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
6	14:11:35.709	6:19.415	32.282	51.691	40.743	1:29.980	53.106	52.330	59.283
7	14:18:07.736	6:32.027	34.895	51.389	40.095	1:32.592	55.619	56.261	1:01.176
8	14:25:10.579	7:02.843	35.440	54.485	42.763	2:03.282	53.083	55.168	58.622
9	14:45:16.384	20:05.805	36.934	52.568	40.641	15:03.570	54.844	54.677	1:02.571
10	14:59:35.059	14:18.675	6:06.755	55.900	42.885	2:17.082	1:01.851	55.723	1:02.207
11	15:09:44.427	10:09.368	3:04.180	51.379	55.204	2:15.840	1:04.148	52.546	1:06.071
12	15:18:39.467	8:55.040	2:11.091	53.270	45.621	2:01.590	1:00.781	55.283	1:07.404
13	15:28:28.614	9:49.147	2:30.477	1:29.970	46.328	1:54.991	59.363	58.613	1:09.405
14	15:38:35.527	10:06.913	2:52.226	58.079	46.836	2:13.221	1:06.281	57.402	1:12.868

(364) Rico Heemskerk

1	13:41:41.835	7:03.839	35.356	51.874	50.298	2:04.359	54.549	53.621	53.782
2	13:48:27.618	6:45.783	32.687	53.084	41.696	2:05.841	51.296	48.681	52.498
3	13:55:16.346	6:48.728	31.373	55.649	37.907	2:06.342	52.868	48.042	56.547
4	14:06:04.548	10:48.202	33.491	56.066	39.119	5:20.261	59.808	1:23.253	56.204
5	14:12:22.605	6:18.057	31.390	52.635	41.739	1:36.808	50.866	50.750	53.869
6	14:18:49.078	6:26.473	34.447	53.518	40.846	1:37.638	53.584	49.243	57.197
7	14:25:17.252	6:28.174	33.652	53.451	39.680	1:37.888	54.068	51.510	57.925
8	14:40:30.718	15:13.466	40.568	55.755	42.911	9:41.083	56.962	1:15.285	1:00.902
9	14:49:18.108	8:47.390	2:38.168	53.261	43.102	1:44.431	56.213	52.482	59.733
10	14:57:55.640	8:37.532	2:24.923	55.685	40.849	1:41.547	57.264	54.100	1:03.164
11	15:10:37.590	12:41.950	2:57.865	57.399	46.638	4:57.568	58.198	58.770	1:05.512
12	15:19:44.701	9:07.111	2:09.858	54.155	43.228	2:15.766	59.912	55.825	1:08.367
13	15:29:23.444	9:38.743	2:14.284	58.196	40.549	2:03.919	59.632	1:07.042	1:35.121
14	15:38:48.017	9:24.573	2:16.842	55.835	50.383	2:10.577	1:01.441	55.966	1:13.529

(366) Adriaan Kentrop

1	13:41:15.875	6:37.609	32.923	47.625	39.878	1:58.578			53.485
2	13:48:12.022	6:56.147	32.272	49.045	1:00.158	2:01.249			53.736
3	13:55:11.153	6:59.131	31.460	51.927	41.311	2:04.412	59.894	53.364	56.763
4	14:04:37.752	9:26.599	32.414	51.519	43.300	4:32.923	59.706	48.645	58.092
5	14:11:08.587	6:30.835	31.654	52.969	37.435	1:36.784	54.028	58.334	59.631
6	14:17:41.591	6:33.004	32.942	48.968	43.094	1:40.274	55.043	54.464	58.219
7	14:25:19.237	7:37.646	38.898	1:13.407	43.942	1:48.014			1:03.426
8	14:32:20.798	7:01.561	41.279	56.097	44.525	1:42.608	57.959	54.862	1:04.231
9	14:48:41.066	16:20.268	5:31.358	1:01.490	47.700	5:52.204	59.360	58.295	1:09.861
10	14:58:06.940	9:25.874	2:36.814	58.678	44.183	1:52.806			1:11.728
11	15:07:36.623	9:29.683	2:23.936	59.029	49.200	1:55.969	1:05.016	1:03.493	1:13.040
12	15:17:58.543	10:21.920	2:53.457	1:03.173	45.838	2:15.116	1:06.281	1:03.936	1:14.119
13	15:28:12.233	10:13.690	2:51.936	1:01.310	45.575	2:21.623	1:05.492	54.798	1:12.956
14	15:39:31.191	11:18.958	3:09.036	1:13.478	58.789	2:20.082	1:11.598	1:04.208	1:21.767

(292) Jan van Hoof

1	13:39:49.126	5:38.005	27.294	46.128	39.335	1:23.082	48.338	45.690	48.138
2	13:46:37.570	6:48.444	26.037	46.342	37.073	1:53.044	46.062	1:27.375	52.511
3	13:53:10.660	6:33.090	28.615	55.443	39.408	1:56.600	50.648	50.828	51.548
4	14:02:13.815	9:03.155	29.016	51.801	41.603	4:22.500	50.353	54.242	53.640
5	14:08:22.303	6:08.488	30.404	51.994	40.961	1:29.120	50.962	52.426	52.621
6	14:15:02.908	6:40.605	30.943	49.027	38.893	1:58.930	54.213	53.899	54.700
7	14:21:35.796	6:32.888	31.859	53.289	42.634	1:35.790	57.477	55.713	56.126
8	14:28:32.084	6:56.288	34.640	54.921	43.114	1:43.207	1:01.466	55.328	1:03.612
9	14:49:33.341	21:01.257	11:13.572	57.436	43.163	5:10.581	56.743	55.782	1:03.980
10	14:58:14.287	8:40.946	2:17.856	52.060	43.944	1:42.873	1:01.853	58.489	1:03.871
11	15:07:58.707	9:44.420	3:04.235	51.663	48.929	1:48.382	1:01.271	1:00.087	1:09.853
12	15:17:35.434	9:36.727	2:23.960	53.212	45.326	2:11.099	1:05.471	1:04.838	1:12.821
13	15:30:06.566	12:31.132	2:32.305	56.660	48.720	4:56.125	1:04.274	1:00.710	1:12.338
14	15:39:34.173	9:27.607	2:13.367	56.513	47.253	2:08.157	1:06.101	1:02.550	1:13.666

(581) Nicky van Rheenen

1	13:41:13.422	6:27.091	31.578	46.807	41.277	1:53.293	49.996	51.696	52.444
2	13:47:57.578	6:44.156	29.593	54.194	40.508	1:59.616	49.473	55.226	55.546
3	13:57:55.800	9:58.222	29.697	50.223	42.262	5:10.965	53.120	55.257	56.698
4	14:04:50.947	6:55.147	32.001	54.051	41.544	2:01.904	53.188	58.809	53.650
5	14:11:36.708	6:45.761	32.824	52.541	43.992	1:39.491			59.447
6	14:18:23.307	6:46.599	35.297	53.650	42.290	1:44.178	53.040	1:00.932	57.212
7	14:28:03.190	9:39.883	34.438	51.839	46.663	4:29.459	54.803	1:02.531	1:00.150





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	14:41:45.823	13:42.633	7:29.284	53.371	46.388	1:40.963	55.319	55.008	1:02.300
9	14:50:50.926	9:05.103	2:24.503	55.790	41.032	2:05.067	56.306	59.076	1:03.329
10	14:59:50.111	8:59.185	2:21.474	56.619	44.747	1:43.929	1:02.036	1:02.445	1:07.935
11	15:11:03.590	11:13.479	2:19.103	58.404	45.176	4:05.393	58.004	1:00.224	1:07.175
12	15:20:29.256	9:25.666	2:26.361	1:03.781	47.604	1:58.884	59.179	1:01.151	1:08.706
13	15:30:20.551	9:51.295	2:32.503	1:06.462	50.319	2:05.758	1:04.001	1:00.178	1:12.074
14	15:39:39.592	9:19.041	2:19.130	59.935	46.472	1:58.746	1:02.126	1:01.419	1:11.213

(713) Robbie Runhaar

1	13:42:14.695	7:06.368	35.438	55.322	40.345	2:14.320	57.146	48.939	54.858
2	13:49:14.554	6:59.859	31.648	55.298	40.225	2:07.511	55.665	50.662	58.850
3	13:56:24.269	7:09.715	34.567	52.096	39.746	2:15.388	55.420	54.350	58.148
4	14:03:32.526	7:08.257	33.427	49.896	40.635	2:18.224	57.273	50.031	58.771
5	14:13:03.705	9:31.179	36.779	53.616	39.127	4:28.581	58.726	52.276	1:02.074
6	14:20:04.028	7:00.323	34.804	57.556	40.137	1:50.992	58.928	52.343	1:05.563
7	14:27:01.960	6:57.932	36.170	56.580	41.413	1:48.345	58.692	52.627	1:04.105
8	14:38:31.898	11:29.938	4:30.043	1:01.271	39.805	2:15.466	57.447	54.210	1:11.696
9	14:48:35.519	10:03.621	3:26.505	55.350	42.653	1:58.559	59.160	53.017	1:08.377
10	15:00:04.673	11:29.154	2:24.113	54.256	43.577	4:15.311	59.765	54.487	1:17.645
11	15:09:04.856	9:00.183	2:18.108	53.970	48.381	1:54.401	1:03.044	53.909	1:08.370
12	15:20:18.413	11:13.557	2:16.262	58.889	43.611	4:04.510	1:01.815	56.653	1:11.817
13	15:30:30.464	10:12.051	2:32.346	56.543	44.154	2:23.849	1:20.796	56.919	1:17.444
14	15:40:03.177	9:32.713	2:17.199	55.035	49.868	2:08.378	1:04.815	1:01.349	1:16.069

(422) Jeroen Achtien

1	13:41:18.087	6:06.924	28.702	56.199	41.516	1:35.476	51.647	44.883	48.501
2	13:47:27.937	6:09.850	29.825	44.186	38.594	1:55.795	48.060	44.518	48.872
3	13:56:42.030	9:14.093	27.757	46.254	38.839	4:45.053	51.585	52.264	52.341
4	14:05:08.769	8:26.739	30.530	47.162	39.923	3:58.276	52.125	46.775	51.948
5	14:11:16.509	6:07.740	28.523	49.275	38.849	1:39.007	50.561	48.053	53.472
6	14:17:22.094	6:05.585	31.680	45.583	38.306	1:39.976	48.574	48.821	52.645
7	14:26:25.563	9:03.469	30.004	45.074	38.959	4:31.032	50.670	52.733	54.997
8	14:43:21.895	16:56.332	3:51.935	45.556	46.120	8:39.727	56.660	54.314	1:02.020
9	14:51:11.136	7:49.241	2:06.890	46.371	40.242	1:31.770	54.168	51.380	58.420
10	14:59:22.659	8:11.523	2:16.384	45.660	41.862	1:44.849	53.780	49.356	59.632
11	15:13:44.293	14:21.634	2:13.054	47.298	41.724	7:32.891	1:01.336	59.605	1:05.726
12	15:22:38.844	8:54.551	2:17.680	52.967	43.869	2:06.017	1:00.754	51.922	1:01.342
13	15:31:44.387	9:05.543	2:13.500	51.136	43.494	2:12.381	59.544	54.564	1:10.924
14	15:40:22.507	8:38.120			46.340	1:58.948	56.855	52.617	1:01.313

(238) Gertjan Vorstenbosch

1	13:40:36.717	6:13.026	29.948	51.780	36.401	1:52.755	50.353	44.307	47.482
2	13:46:48.281	6:11.564	25.566	47.679	37.624	1:53.202	48.326	49.496	49.671
3	13:53:17.947	6:29.666	31.559	49.523	34.947	1:57.069	54.594	47.112	54.862
4	13:59:54.691	6:36.744	31.064	52.074	37.054	2:00.806	53.182	49.525	53.039
5	14:06:23.817	6:29.126	31.426	53.810	38.690	1:42.196	53.663	56.573	52.768
6	14:15:56.460	9:32.643	34.162	50.776	40.919	4:37.922	54.150	50.846	1:03.868
7	14:22:35.403	6:38.943	35.896	47.781	41.122	1:48.010			58.030
8	14:29:27.212	6:51.809	36.688	55.794	42.275	1:46.017	55.074	53.115	1:02.846
9	14:46:50.263	17:23.051	9:55.079	1:09.617	49.581	2:07.132	1:06.301	1:05.897	1:09.444
10	15:00:16.149	13:25.886	2:50.425	1:02.380	48.460	5:26.608	1:01.689	1:01.750	1:14.574
11	15:10:19.127	10:02.978	2:51.838	1:02.579	44.860	2:01.809			1:15.964
12	15:20:03.890	9:44.763	2:38.851	55.617	47.880	2:11.435	58.992	59.876	1:12.112
13	15:30:18.629	10:14.739	2:32.292	56.857	51.788	2:14.347	1:07.938	1:09.520	1:21.997
14	15:40:30.222	10:11.593	2:53.482	1:00.737	46.998	2:15.282	1:03.390	58.776	1:12.928

(174) Randy Van Houten

1	13:41:20.883	6:20.674	31.062	49.314	40.474	1:46.252	54.076	50.971	48.525
2	13:47:33.673	6:12.790	28.175	45.609	39.203	1:50.199	48.953	50.027	50.624
3	13:54:06.094	6:32.421	29.840	46.557	39.473	1:52.751	53.929	54.788	55.083
4	14:03:39.035	9:32.941	33.732	50.637	40.358	4:40.106			57.535
5	14:10:20.142	6:41.107	34.619	53.870	45.742	1:33.190	57.477	58.155	58.054
6	14:16:46.541	6:26.399	33.769	48.220	43.154	1:33.300	56.342	57.065	54.549
7	14:23:41.316	6:54.775	37.485	53.005	43.569	1:38.739	1:01.338	57.981	1:02.658
8	14:30:47.200	7:05.884	37.164	55.032	47.843	1:43.003	1:02.238	57.589	1:03.015
9	14:49:37.724	18:50.524	8:52.260	52.673	44.246	5:09.059	59.975	1:02.046	1:10.265





RBKO Den Haag

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Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	15:00:13.604	10:35.880	4:04.843	57.200	43.900	1:39.478	1:04.181	59.839	1:06.439
11	15:09:29.442	9:15.838	2:39.746	53.853	46.272	1:43.298	1:04.101	1:00.175	1:08.393
12	15:21:19.203	11:49.761	2:24.282	50.506	47.523	3:33.113	2:12.733	57.701	1:03.903
13	15:30:57.834	9:38.631	2:28.001	52.874	45.772	2:08.118	1:07.817	1:04.034	1:12.015
14	15:40:47.592	9:49.758	2:19.678	54.375	52.741	2:14.222	1:11.644	1:00.801	1:16.297

(115) Lasse Hansen

1	13:41:27.217	7:14.189	1:35.027	49.201	39.551	1:48.201	50.217	43.703	48.289
2	13:47:40.828	6:13.611	28.264	49.006	37.107	1:50.883			48.135
3	13:54:01.526	6:20.698	27.222	51.609	38.017	1:52.556	48.362	49.555	53.377
4	14:01:36.757	7:35.231	29.721	1:34.382	58.522	1:55.239	51.470	54.469	51.428
5	14:07:52.563	6:15.806	32.280	52.572	41.261	1:30.392	52.325	53.093	53.883
6	14:14:38.955	6:46.392	29.368	51.657	42.770	1:55.414			57.566
7	14:26:06.066	11:27.111	32.741	55.960	1:08.924	5:58.574			58.909
8	14:32:40.494	6:34.428	34.505	55.111	42.646	1:31.570			1:01.102
9	14:46:12.870	13:32.376	7:04.978	53.785	44.253	1:48.906	56.443	55.419	1:08.592
10	14:55:36.581	9:23.711	3:05.727	54.989	42.833	1:41.354	57.556	55.666	1:05.586
11	15:07:27.396	11:50.815	5:04.494	54.894	43.950	1:39.153	59.203	54.269	1:34.852
12	15:19:14.424	11:47.028	2:32.154	56.483	42.763	4:35.506	59.780	54.714	1:05.628
13	15:31:07.396	11:52.972	2:24.161	2:10.911	47.736	2:07.014	1:01.959	57.214	2:23.977
14	15:40:54.150	9:46.754	2:27.459	1:03.111	56.871	2:01.971	1:04.021	59.883	1:13.438

(927) Sjors van Heertum

1	13:42:19.349	7:14.946	37.190	1:09.204	45.320	1:31.917	1:02.794	1:00.269	1:08.252
2	13:49:46.615	7:27.266	37.006	58.292	47.319	2:02.334	53.397	59.831	1:07.087
3	13:57:21.421	7:34.806	37.937	58.216	44.010	2:08.244	1:00.512	1:02.295	1:03.592
4	14:04:14.787	6:53.366	39.215	56.657	45.111	1:32.486	57.590	58.076	1:04.231
5	14:11:56.482	7:41.695	36.793	56.845	46.736	2:10.966	1:01.187	1:02.773	1:06.395
6	14:19:41.606	7:45.124	41.234	58.062	46.410	2:07.279	1:01.810	1:00.465	1:09.864
7	14:27:02.670	7:21.064	41.553	1:00.341	45.751	1:39.416	1:05.594	1:00.121	1:08.288
8	14:37:07.363	10:04.693	3:17.842	1:03.206	46.516	1:44.914	1:01.874	1:02.934	1:07.407
9	14:49:32.091	12:24.728	2:34.607	1:00.637	50.966	4:30.954	1:02.527	1:11.345	1:13.692
10	14:59:22.396	9:50.305	2:35.189	1:02.937	50.993	1:47.371	1:07.486	1:04.683	1:21.646
11	15:09:11.601	9:49.205	2:35.216	1:06.131	47.166	1:53.629	1:06.797	1:03.710	1:16.556
12	15:19:25.669	10:14.068	2:33.723	1:03.050	55.045	2:04.903	1:10.750	1:06.725	1:19.872
13	15:30:09.349	10:43.680	2:34.559	1:00.841	1:15.297	2:03.893	1:11.505	1:19.264	1:18.321
14	15:41:23.180	11:13.831	2:53.155	1:01.100	1:00.858	2:43.741	1:15.219	1:00.646	1:19.112

(955) Brian Van der Zeijden

1	13:41:08.449	6:07.706	32.699	50.281	41.265	1:32.616	48.975	48.653	53.217
2	13:46:54.667	5:46.218	28.131	50.038	35.425	1:25.941	50.330	43.783	52.570
3	13:53:12.850	6:18.183	29.269	47.543	37.314	1:49.664	52.384	47.977	54.032
4	14:02:14.742	9:01.892	31.395	47.722	40.471	4:33.660			50.693
5	14:08:36.306	6:21.564	32.283	47.190	41.389	1:49.389	48.737	48.437	54.139
6	14:15:18.708	6:42.402	30.494	1:02.042	39.245	1:57.848	52.212	46.735	53.826
7	14:21:24.780	6:06.072	30.590	48.047	38.122	1:30.978	54.651	50.453	53.231
8	14:28:21.835	6:57.055	34.635	52.756	42.259	1:35.583	1:16.839	53.987	1:00.996
9	14:55:23.804	27:01.969	6:02.302	52.487	44.414	16:25.733	59.978	52.028	1:05.027
10	15:03:38.989	8:15.185	2:07.168	48.804	40.178	1:57.464	54.158	48.887	58.526
11	15:12:03.371	8:24.382	2:07.924	52.297	41.219	1:45.092	56.845	52.308	1:08.697
12	15:21:45.816	9:42.445	2:28.209	54.278	43.674	2:12.166	1:11.233	1:00.389	1:12.496
13	15:31:40.724	9:54.908	2:41.808	54.654	46.676	2:10.875	1:03.580	1:00.489	1:16.826
14	15:41:31.761	9:51.037			50.135	2:25.644	1:08.537	55.942	1:12.814

(580) Sakarias Olai Røyr Hovde

1	13:41:17.330	6:10.487	30.897	49.440	38.222	1:53.738	42.094	49.696	46.400
2	13:50:19.291	9:01.961	27.796	44.739	36.637	4:51.660	48.292	45.941	46.896
3	13:56:34.203	6:14.912	26.724	47.486	35.940	1:59.138	50.142	47.287	48.195
4	14:03:24.164	6:49.961	30.552	1:03.991	36.419	2:04.315			50.329
5	14:09:36.707	6:12.543	39.494	46.274	44.809	1:34.185	46.795	50.307	50.679
6	14:19:29.993	9:53.286	31.509	48.241	36.381	5:24.023			51.197
7	14:25:40.925	6:10.932	32.839	48.512	38.672	1:38.547	48.542	51.693	52.127
8	14:32:10.057	6:29.132	33.480	49.186	39.325	1:45.002	54.662	49.992	57.485
9	14:48:44.249	16:34.192	5:35.351	54.887	38.410	6:46.158	51.552	51.748	56.086
10	14:58:34.307	9:50.058	3:53.892	49.620	38.812	1:47.732	51.129	53.647	55.226
11	15:09:04.038	10:29.731	4:08.623	51.805	40.504	1:57.492			1:04.979



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
12	15:22:33.976	13:29.938	2:27.115	54.946	41.425	6:32.247			1:02.150
13	15:31:37.817	9:03.841	2:15.174	52.644	43.506	2:09.735			1:05.232
14	15:41:36.925	9:59.108			1:07.049	2:37.309	1:00.965	55.663	56.517

(983) Petr Lobanov

1	13:39:50.360	5:35.428	26.922	44.519	34.202	1:26.038	51.118	46.427	46.202
2	13:45:34.399	5:44.039	25.820	46.768	36.504	1:27.994			48.656
3	13:51:29.012	5:54.613	28.830	50.234	35.660	1:30.546	51.530	49.011	48.802
4	13:58:00.503	6:31.491	28.785	49.903	37.034	2:03.285	52.629	48.389	51.466
5	14:07:33.100	9:32.597	29.475	50.765	37.961	4:55.899	53.794	51.373	53.330
6	14:13:43.282	6:10.182	29.750	49.614	37.938	1:38.284	50.435	51.178	52.983
7	14:20:05.655	6:22.373	30.729	52.944	41.453	1:40.485	51.459	51.652	53.651
8	14:26:39.398	6:33.743	31.391	53.992	38.487	1:46.605	53.530	52.303	57.435
9	14:49:00.178	22:20.780	11:16.977	55.226	1:07.077	6:15.791	59.923	49.332	56.454
10	14:58:21.018	9:20.840	2:29.141	56.293	43.387	2:17.552	56.531	54.238	1:03.698
11	15:07:43.748	9:22.730	2:15.835	54.567	46.951	2:22.801	1:03.999	55.714	1:02.863
12	15:20:04.514	12:20.766	2:11.421	57.906	44.175	5:20.336	1:04.938	54.166	1:07.824
13	15:31:31.344	11:26.830	2:50.678	1:23.544	51.735	2:24.972	1:29.258	1:02.230	1:24.413
14	15:41:37.773	10:06.429			50.180	2:23.192	1:05.545	58.603	1:25.099

(171) Erwin Parmentier

1	13:41:50.641	6:43.674	35.357	58.738	43.160	1:34.573	58.269	57.821	55.756
2	13:48:23.057	6:32.416	32.721	54.998	39.591	1:34.960	1:00.230	51.822	58.094
3	13:55:12.735	6:49.678	35.422	56.456	45.281	1:35.162	1:00.483	56.774	1:00.100
4	14:02:16.497	7:03.762	37.183	57.019	44.778	1:39.626	59.021	59.624	1:06.511
5	14:09:42.145	7:25.648	40.376	1:04.641	44.048	1:43.384	1:04.897	57.445	1:10.857
6	14:16:56.694	7:14.549	40.855	58.587	46.703	1:42.444	1:04.042	56.211	1:05.707
7	14:24:28.609	7:31.915	44.937	1:03.555	44.444	1:43.489	1:06.683	1:03.450	1:05.357
8	14:32:12.595	7:43.986	43.588	1:01.097	50.357	1:46.139	1:07.638	1:05.270	1:09.897
9	14:45:39.107	13:26.512	6:04.300	1:01.120	51.338	2:18.638	1:07.070	56.531	1:07.515
10	14:58:14.319	12:35.212	2:42.996	55.414	50.303	4:42.996	1:06.320	1:05.332	1:11.851
11	15:08:30.326	10:16.007	2:32.191	1:01.686	52.180	2:19.777			1:15.259
12	15:19:31.801	11:01.475	2:53.739	1:11.792	54.136	2:26.469	1:10.659	1:07.195	1:17.485
13	15:30:58.839	11:27.038	2:47.127	1:08.335	54.661	2:28.926	1:14.140	1:29.786	1:24.063
14	15:41:42.120	10:43.281	2:38.050	1:19.493	54.373	2:15.532	1:15.588	1:04.518	1:15.727

(293) Stefan van Zon

1	13:40:49.165	6:28.101	31.115	49.032	36.049	1:50.952	57.249	52.330	51.374
2	13:47:20.214	6:31.049	29.744	53.700	36.485	1:51.735	54.792	50.646	53.947
3	13:54:17.765	6:57.551	33.545	54.007	42.723	1:55.131	58.547	54.971	58.627
4	14:01:29.159	7:11.394	36.840	58.745	41.883	2:00.455	1:02.933	51.762	58.776
5	14:08:03.795	6:34.636	35.559	54.571	39.974	1:27.589	59.008	54.086	1:03.849
6	14:14:48.164	6:44.369	37.971	59.524	43.859	1:24.594	1:00.650	55.586	1:02.185
7	14:23:47.355	8:59.191	37.942	59.253	39.449	3:42.290	58.007	54.580	1:07.670
8	14:31:06.960	7:19.605	52.332	1:03.152	44.168	1:33.959	1:04.318	57.298	1:04.378
9	14:47:34.836	16:27.876	9:28.812	1:01.483	42.307	1:47.197	1:06.592	1:11.857	1:09.628
10	14:57:19.940	9:45.104	2:31.365	58.325	46.481	1:45.287	1:05.928	1:04.051	1:33.667
11	15:09:07.077	11:47.137	2:21.600	1:00.404	45.009	4:25.895	1:07.274	58.270	1:08.685
12	15:19:29.644	10:22.567	2:33.561	1:01.792	49.141	2:13.896	1:25.606	1:04.939	1:13.632
13	15:30:33.687	11:04.043	2:31.965	1:04.388	43.831	2:13.028	1:54.521	1:06.748	1:29.562
14	15:41:48.408	11:14.721	2:42.465	1:03.658	55.632	2:39.404	1:18.057	1:06.334	1:20.047

(849) Rick Drubbel

1	13:40:05.260	6:00.020	27.127	47.064	34.116	1:47.483	49.045	46.987	48.198
2	13:46:13.950	6:08.690	26.873	48.371	33.936	1:50.054	50.282	47.129	52.045
3	13:51:59.066	5:45.116	28.113	49.489	35.723	1:26.574	49.895	46.445	48.877
4	13:58:29.295	6:30.229	30.284	52.900	38.227	1:52.029	55.941	47.819	53.029
5	14:04:31.966	6:02.671	29.428	52.327	37.354	1:27.969	51.906	49.364	54.323
6	14:11:22.670	6:50.704	31.879	53.047	38.336	2:05.553	56.159	51.615	54.115
7	14:17:47.460	6:24.790	35.917	51.656	40.263	1:35.723	56.840	50.221	54.170
8	14:36:27.947	18:40.487	33.401	59.869	45.293	13:34.738	56.000	50.789	1:00.397
9	14:46:00.957	9:33.010	2:39.512	57.129	47.698	1:46.468	1:00.076	1:18.465	1:03.662
10	14:54:43.452	8:42.495	2:22.501	54.332	42.548	1:43.152	1:01.177	55.884	1:02.901
11	15:03:25.003	8:41.551	2:15.990	53.436	43.092	1:44.265	59.166	57.067	1:08.535
12	15:13:00.682	9:35.679	2:17.461	56.255	43.680	1:49.702	1:04.744	1:33.723	1:10.114
13	15:31:23.508	18:22.826	3:04.668	56.146	47.648	10:11.760			1:20.369





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Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
14	15:41:58.237	10:34.729			58.809	2:29.928	1:09.806	1:00.561	1:15.956
(167) Mike Teraa									
1	13:40:21.494	5:51.678	29.074	47.016	36.294	1:44.761	47.755	42.652	44.126
2	13:46:16.150	5:54.656	24.628	47.268	33.443	1:50.465	47.779	44.124	46.949
3	13:52:34.546	6:18.396	27.348	48.210	35.448	2:00.040	50.919	46.842	49.589
4	14:01:46.985	9:12.439	29.075	44.803	38.240	4:49.588	47.339	52.590	50.804
5	14:07:34.362	5:47.377	30.463	50.125	35.581	1:23.974	48.941	48.051	50.242
6	14:13:28.641	5:54.279	30.115	44.788	36.734	1:30.490	51.743	49.361	51.048
7	14:20:18.584	6:49.943	32.877	1:15.799	42.706	1:34.398	51.805	53.251	59.107
8	14:26:35.942	6:17.358	32.362	51.518	37.812	1:30.897	55.213	49.423	1:00.133
9	14:40:40.649	14:04.707	4:16.738	54.467	39.790	5:18.626	1:01.084	52.937	1:01.065
10	14:52:42.513	12:01.864	5:39.138	56.969	43.464	1:41.989			1:04.627
11	15:03:22.451	10:39.938	3:57.658	55.031	55.145	1:47.359	1:00.447	1:01.284	1:03.014
12	15:17:05.723	13:43.272	2:30.787	56.789	42.173	1:59.319	1:21.834	1:01.631	5:10.739
13	15:27:38.429	10:32.706	2:58.133	57.797	48.011	2:19.897	1:06.232	1:02.488	1:20.148
14	15:42:06.673	14:28.244	2:36.523	1:06.930	51.598	6:19.970	1:07.135	1:01.194	1:24.894
(368) Allan Davids									
1	13:41:11.356	6:37.693	31.682	51.366	42.096	1:57.107	51.530	50.994	52.918
2	13:47:46.472	6:35.116	28.844	48.686	38.868	2:00.542	52.161	51.340	54.675
3	13:54:37.370	6:50.898	29.690	51.674	41.249	2:04.461	52.880	53.321	57.623
4	14:01:38.071	7:00.701	30.984	53.945	41.482	2:02.002	57.833	53.960	1:00.495
5	14:10:47.225	9:09.154	35.716	55.279	40.440	3:58.631	59.000	58.432	1:01.656
6	14:17:46.687	6:59.462	34.112	57.382	47.407	1:42.578	56.838	57.672	1:03.473
7	14:25:05.765	7:19.078	37.742	59.520	45.541	1:45.558	1:01.858	1:02.541	1:06.318
8	14:32:44.013	7:38.248	41.770	1:03.341	44.648	1:47.889	1:07.917	1:05.811	1:06.872
9	14:44:27.084	11:43.071	4:59.229	1:02.299	47.728	1:46.280	1:00.798	57.330	1:09.407
10	15:00:29.531	16:02.447	2:51.807	57.647	44.510	8:08.448	1:03.433	1:03.061	1:13.541
11	15:10:20.537	9:51.006	2:38.710	1:00.577	47.718	2:02.495	1:05.128	1:04.511	1:11.867
12	15:20:28.723	10:08.186	2:42.231	1:01.751	47.448	2:08.958	1:05.896	1:06.283	1:15.619
13	15:31:16.878	10:48.155	2:52.857	1:00.892	51.420	2:27.447	1:11.938	1:05.958	1:17.643
14	15:42:09.782	10:52.904	2:56.869	1:04.268	54.165	2:19.403	1:10.698	1:06.128	1:21.373
(217) Jari Haag									
1	13:40:37.132	6:10.819	31.085	47.101	37.747	1:48.823	50.236	44.824	51.003
2	13:46:42.380	6:05.248	26.353	44.609	35.808	1:50.428	51.649	47.117	49.284
3	13:56:25.246	9:42.866	26.619	43.799	53.194	5:17.157	46.272	45.744	50.081
4	14:02:37.718	6:12.472	29.398	45.878	36.351	1:53.370	47.603	47.100	52.772
5	14:08:51.251	6:13.533	28.137	48.425	36.450	1:36.056	1:07.467	47.354	49.644
6	14:18:40.524	9:49.273	30.653	47.923	39.546	5:19.111			52.217
7	14:25:09.559	6:29.035	30.441	45.931	54.352	1:31.699	1:00.254	51.605	54.753
8	14:31:35.490	6:25.931	36.975	51.224	36.174	1:39.599	55.095	49.915	56.949
9	14:49:48.715	18:13.225	5:30.597	47.491	39.264	8:38.042			58.504
10	14:59:34.012	9:45.297	3:12.746	50.237	41.478	1:39.863	51.691	48.435	1:40.847
11	15:11:28.383	11:54.371	4:49.522	48.450	39.017	2:14.466	1:24.504	52.272	1:06.140
12	15:20:34.981	9:06.598	2:29.129	51.216	45.170	2:06.635	56.853	51.602	1:05.993
13	15:31:56.387	11:21.406	2:14.521	55.795	43.475	4:29.937	57.809	52.213	1:07.656
(154) Dennis Rikken									
1	13:39:45.602	5:26.359	26.664	43.588	33.142	1:24.426	45.829	44.497	48.213
2	13:45:39.795	5:54.193	25.717	46.516	35.268	1:46.331	45.225	46.075	49.061
3	13:51:38.193	5:58.398	28.842	46.142	35.762	1:49.905	45.109	45.160	47.478
4	13:57:54.337	6:16.144	30.155	49.780	37.952	1:55.822	46.210	47.850	48.375
5	14:05:38.543	7:44.206	28.803	56.718	1:50.038	1:58.442	48.340	51.026	50.839
6	14:18:56.125	13:17.582	29.592	49.551	38.138	8:39.472	53.216	50.790	56.823
7	14:25:15.608	6:19.483	32.872	51.110	37.434	1:38.377	52.740	49.186	57.764
8	14:31:43.098	6:27.490	33.590	52.882	40.327	1:44.929	49.745	50.987	55.030
9	14:50:07.780	18:24.682	7:13.172	49.861	50.860	6:23.705	56.370	49.632	1:21.082
10	15:02:15.290	12:07.510	6:02.782	50.222	38.484	1:47.587	54.133	53.929	1:00.373
11	15:13:56.701	11:41.411	2:02.825	52.112	42.626	5:02.649	59.150	55.887	1:06.162
12	15:22:35.761	8:39.060	1:57.368	53.137	44.445	1:56.540	58.775	57.842	1:10.953
13	15:31:57.245	9:21.484	2:12.085	51.805	46.484	2:15.344	58.521	1:00.630	1:16.615
(410) Vincent van Praag									
1	13:41:24.666	6:51.367	46.067	53.085	58.442	1:33.196	53.379	54.298	52.900





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2	13:47:33.978	6:09.312	34.958	47.691	42.306	1:20.147	56.192	52.549	55.469
3	13:53:48.920	6:14.942	31.000	50.937	42.990	1:21.325	54.366	55.286	59.038
4	13:59:57.706	6:08.786	33.676	50.459	38.405	1:25.856	52.484	52.955	54.951
5	14:06:22.534	6:24.828	32.168	51.177	40.088	1:29.690	56.703	53.847	1:01.155
6	14:14:14.645	7:52.111	33.489	56.081	47.231	2:08.816	1:31.812	58.874	55.808
7	14:25:59.967	11:45.322	32.809	52.504	40.911	6:45.683	56.558	58.428	58.429
8	14:33:14.940	7:14.973	36.852	55.891	43.053	2:00.081	59.939	57.762	1:01.395
9	14:43:48.853	10:33.913	3:58.322	52.211	42.800	2:01.272	1:00.020	57.164	1:02.124
10	14:58:44.716	14:55.863	2:17.953	51.455	42.752	8:02.860			1:04.420
11	15:07:53.026	9:08.310	2:29.298	54.623	47.602	1:42.342	1:02.451	58.685	1:13.309
12	15:18:09.387	10:16.361	2:17.695	58.188	50.297	2:03.313	1:10.400	1:36.847	1:19.621
13	15:32:04.708	13:55.321	4:36.244	1:03.187	1:48.495	2:28.695	1:11.532	1:02.600	1:44.568

(784) Boy Koelen

1	13:41:42.011	6:30.842	32.123	53.772	40.614	1:43.758	56.913	50.886	52.776
2	13:48:01.493	6:19.482	29.845	51.157	39.325	1:46.105	49.271	50.157	53.622
3	13:54:12.700	6:11.207	26.851	50.230	37.008	1:43.828	50.229	50.194	52.867
4	14:01:17.768	7:05.068	28.617	50.828	37.466	2:04.449	1:12.795	53.114	57.799
5	14:08:02.094	6:44.326	27.786	50.891	37.405	2:02.539	51.621	53.062	1:01.022
6	14:18:58.266	10:56.172	30.967	48.908	40.118	6:00.041	55.959	56.350	1:03.829
7	14:25:39.078	6:40.812	32.335	50.610	41.782	1:44.078	55.025	55.296	1:01.686
8	14:32:54.624	7:15.546	30.458	55.495	42.942	2:11.030	56.369	56.269	1:02.983
9	14:44:12.592	11:17.968	3:57.627	57.202	40.216	1:57.214	1:34.957	1:01.189	1:09.563
10	14:57:45.058	13:32.466	2:32.913	56.089	41.392	6:13.056	1:02.301	56.854	1:09.861
11	15:11:59.761	14:14.703	4:33.436	56.179	46.604	4:40.393	1:04.870	1:00.906	1:12.315
12	15:21:40.418	9:40.657	2:18.728	1:00.523	47.779	2:18.837	1:05.572	57.361	1:11.857
13	15:32:08.380	10:27.962	2:29.029	56.558	49.966	2:19.125	1:05.366	1:03.062	1:44.856

(413) Dennis Warmerdam

1	13:40:24.486	6:05.309	32.086	51.253	37.332	1:29.516	51.425	49.060	54.637
2	13:46:42.674	6:18.188	32.058	50.308	39.749	1:33.454	54.510	53.077	55.032
3	13:53:41.707	6:59.033	34.566	50.039	43.102	2:04.235	52.939	53.586	1:00.566
4	14:00:58.342	7:16.635	35.272	50.070	42.758	2:10.018	56.483	57.432	1:04.602
5	14:08:18.658	7:20.316	38.109	49.647	43.519	2:13.661	54.212	58.133	1:03.035
6	14:16:15.840	7:57.182	35.337	1:14.463	42.897	2:19.489	55.726	1:00.852	1:08.418
7	14:23:34.148	7:18.308	38.902	50.183	45.034	1:50.121	1:04.480	1:00.016	1:09.572
8	14:34:56.546	11:22.398	36.973	58.358	46.317	5:47.309	1:02.163	59.188	1:12.090
9	14:47:05.420	12:08.874	4:58.156	1:00.439	45.340	1:55.092	1:07.853	1:03.803	1:18.191
10	14:56:56.574	9:51.154	2:33.933	55.847	46.532	2:05.209	1:04.725	1:04.943	1:19.965
11	15:07:17.106	10:20.532	2:19.616	57.373	47.148	2:03.430	1:45.037	1:04.525	1:23.403
12	15:18:03.942	10:46.836	2:34.552	1:05.166	51.155	2:29.023	1:09.093	1:10.372	1:27.475
13	15:32:20.808	14:16.866	3:03.921	1:01.321	50.081	2:35.856	1:19.817	1:22.237	4:03.633

(168) Sylvén Teunissen

1	13:39:43.700	5:31.708	25.586	44.778	35.548	1:26.624	46.886	44.341	47.945
2	13:45:58.209	6:14.509	26.766	45.901	37.468	1:53.451	52.228	46.415	52.280
3	13:52:22.317	6:24.108	27.300	48.832	39.409	1:58.498	50.231	48.689	51.149
4	13:58:29.042	6:06.725	28.282	52.468	37.866	1:31.571	52.921	50.245	53.372
5	14:05:14.938	6:45.896	28.285	48.435	38.644	2:00.658	52.895	1:03.248	53.731
6	14:17:30.101	12:15.163	31.519	50.820	37.611	7:42.258	52.543	47.049	53.363
7	14:24:04.388	6:34.287	30.316	51.355	38.918	1:40.342	59.258	52.964	1:01.134
8	14:30:45.195	6:40.807	36.716	52.819	40.919	1:44.982	55.196	51.904	58.271
9	14:45:33.196	14:48.001	8:17.968	56.915	45.195	1:48.744	59.936	59.509	59.734
10	15:02:09.084	16:35.888	2:37.140	54.616	51.696	9:08.821	1:00.623	58.554	1:04.438
11	15:11:13.701	9:04.617	2:17.446	56.798	48.206	1:57.802	59.994	58.429	1:05.942
12	15:21:54.632	10:40.931	2:22.378	59.758	45.492	2:04.872	2:13.699	59.815	1:14.917
13	15:32:26.684	10:32.052	2:33.109	1:03.037	53.776	2:18.144	1:17.358	1:03.611	1:23.017

(957) Leon de Groot

1	13:41:50.192	6:53.044	33.234	54.409	44.326	2:02.127	57.762	48.707	52.479
2	13:48:17.433	6:27.241	27.663	50.776	39.071	1:56.541	52.465	51.621	49.104
3	13:57:26.602	9:09.169	28.509	52.752	38.556	4:33.578	51.553	49.718	54.503
4	14:04:11.260	6:44.658	28.467	51.289	37.804	2:06.139	52.542	54.099	54.318
5	14:10:55.104	6:43.844	32.105	53.428	38.898	1:48.451	59.783	52.859	58.320
6	14:18:54.564	7:59.460	33.579	52.548	41.982	2:25.761	59.702	1:26.249	59.639
7	14:25:49.074	6:54.510	35.807	54.121	41.321	1:50.734			57.795



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	14:40:27.399	14:38.325	36.701	51.756	42.542	9:26.201	58.265	1:00.266	1:02.594
9	14:50:02.060	9:34.661	2:56.689	56.008	41.708	1:51.850	1:03.546	59.687	1:05.173
10	14:59:08.080	9:06.020	2:23.833	55.802	43.021	2:00.606	1:03.224	56.148	1:03.386
11	15:08:23.490	9:15.410	2:39.898	54.871	40.252	2:07.630	1:01.630	52.291	58.838
12	15:16:59.225	8:35.735	1:59.682	52.163	38.963	2:09.505	1:00.622	50.468	1:04.332
13	15:32:27.384	15:28.159	2:22.229	53.673	2:56.218	5:53.946	1:06.943	57.925	1:17.225

(414) Martijn Platenburg

1	13:40:22.237	6:01.537	33.121	50.065	35.625	1:22.053	52.253	50.067	58.353
2	13:46:13.645	5:51.408	29.690	48.299	36.347	1:22.006	52.135	47.967	54.964
3	13:52:20.560	6:06.915	31.262	49.346	38.257	1:25.760	56.668	48.904	56.718
4	13:58:28.250	6:07.690	31.729	49.551	36.532	1:23.747	54.716	51.236	1:00.179
5	14:04:46.128	6:17.878	31.675	48.423	40.627	1:27.105	56.572	51.768	1:01.708
6	14:15:16.387	10:30.259	34.617	51.122	43.406	5:25.912	1:00.427	51.500	1:03.275
7	14:22:20.665	7:04.278	37.822	1:10.213	42.482	1:34.132	1:03.665	52.600	1:03.364
8	14:29:20.992	7:00.327	39.228	57.478	42.868	1:35.827	1:01.557	54.903	1:08.466
9	14:45:53.742	16:32.750	9:47.208	56.279	49.063	1:45.525	1:05.468	56.299	1:12.908
10	14:57:06.784	11:13.042	3:54.693	56.843	44.676	2:16.034	1:07.109	57.215	1:16.472
11	15:11:57.137	14:50.353	4:08.776	57.847	47.130	5:31.755	1:06.455	1:02.836	1:15.554
12	15:22:08.727	10:11.590	2:34.827	56.562	45.510	2:18.595	1:16.435	1:00.425	1:19.236
13	15:32:28.979	10:20.252	2:25.133	59.537	49.860	2:29.340	1:12.611	1:01.457	1:22.314

(754) Patrick van Mil

1	13:41:25.066	6:55.432	33.453	55.802	44.574	1:58.528	51.675	55.304	56.096
2	13:48:11.727	6:46.661	31.139	54.427	39.968	2:00.653	49.848	53.757	56.869
3	13:55:05.251	6:53.524	32.322	52.973	42.016	2:05.480	54.192	52.718	53.823
4	14:02:03.736	6:58.485	29.692	51.900	40.171	1:58.793	1:09.238	53.003	55.688
5	14:08:49.583	6:45.847	33.118	53.988	39.969	2:01.385	50.037	53.537	53.813
6	14:15:13.430	6:23.847	30.505	52.056	38.621	1:40.131	53.725	54.301	54.508
7	14:22:21.417	7:07.987	32.166	1:20.924	42.484	1:40.375	57.541	56.947	57.550
8	14:29:12.009	6:50.592	36.211	53.805	40.461	1:41.171	57.442	59.342	1:02.160
9	14:48:59.084	19:47.075	8:12.116	59.451	41.824	6:59.129	57.432	56.243	1:00.880
10	15:00:22.571	11:23.487	4:37.473	55.577	39.812	1:45.349	1:19.636	59.371	1:06.269
11	15:12:57.174	12:34.603	4:50.069	1:25.949	48.628	2:07.960	1:07.433	1:02.065	1:12.499
12	15:22:40.451	9:43.277	2:50.821	58.995	42.185	1:59.346	1:01.066	57.083	1:13.781
13	15:32:32.824	9:52.373	2:46.717	58.290	43.431	2:06.116	1:03.321	1:00.221	1:14.277

(742) Thijs Cools

1	13:41:40.400	6:32.189	35.379	56.065	43.159	1:29.817	56.943	54.590	56.236
2	13:48:48.913	7:08.513	33.318	54.496	41.905	1:59.923	59.265	56.720	1:02.886
3	13:56:10.194	7:21.281	36.429	58.277	45.335	2:05.996	55.577	56.945	1:02.722
4	14:03:35.827	7:25.633	37.737	56.697	44.830	2:05.533	58.229	59.160	1:03.447
5	14:11:12.010	7:36.183	36.771	1:00.138	43.636	2:08.904			1:06.375
6	14:19:17.460	8:05.450	1:01.072	55.793	1:00.873	1:42.264	1:02.928	56.516	1:26.004
7	14:27:12.091	7:54.631	40.079	1:12.525	45.562	2:00.829	1:01.634	1:02.886	1:11.116
8	14:42:10.569	14:58.478	5:38.769	1:24.121	48.797	4:03.101	56.194	58.962	1:08.534
9	14:51:14.759	9:04.190	2:22.780	59.399	45.604	1:43.591	59.053	58.523	1:15.240
10	15:01:01.887	9:47.128	2:30.880	1:00.584	49.328	1:50.716	1:04.209	1:14.948	1:16.463
11	15:10:41.202	9:39.315	2:36.721	1:03.011	47.095	1:51.758	1:02.950	1:01.356	1:16.424
12	15:21:06.234	10:25.032	2:37.047	1:01.701	54.920	2:04.674	1:24.745	1:01.895	1:20.050
13	15:32:35.749	11:29.515	3:08.326	59.556	54.507	2:25.900	1:15.644	1:07.295	1:38.287

(472) Jimmy de Graaf

1	13:40:31.410	6:06.098	1:01.896	46.828	36.722	1:28.756	42.204	44.934	44.758
2	13:50:48.898	10:17.488	24.271	1:14.257	42.685	5:31.569	50.290	44.178	50.238
3	13:57:14.939	6:26.041	30.473	48.129	37.059	1:55.568	47.797	49.080	57.935
4	14:03:48.010	6:33.071	28.881	48.773	41.643	1:54.783	48.051	54.912	56.028
5	14:10:46.861	6:58.851	32.813	50.382	41.927	2:09.874	50.088	55.335	58.432
6	14:17:45.948	6:59.087	29.383	53.185	42.597	2:13.804	52.487	50.404	57.227
7	14:24:16.741	6:30.793	32.583	51.438	39.201	1:45.507	51.493	53.109	57.462
8	14:31:52.745	7:36.004	35.048	54.514	39.599	2:28.465	58.314	57.245	1:02.819
9	14:54:36.838	22:44.093	7:12.762	58.729	50.999	10:46.141	1:01.384	52.272	1:01.806
10	15:04:14.195	9:37.357	2:26.145	55.859	45.875	2:21.069	1:03.546	58.218	1:06.645
11	15:13:10.278	8:56.083	2:04.326	53.970	48.187	2:04.939	59.235	54.186	1:11.240
12	15:22:28.679	9:18.401	2:12.570	52.495	43.802	2:14.972	1:03.379	55.874	1:15.309
13	15:32:45.687	10:17.008	2:13.637	58.966	53.044	2:23.185	1:16.901	1:10.736	1:20.539





RBKO Den Haag

RBKO

Scheveningen 5.000 km

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10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(526) Jay Raamsteeboers									
1	13:42:26.014	6:36.410	31.078	50.261	42.529	2:00.490	50.424	48.338	53.290
2	13:49:18.793	6:52.779	28.184	51.770	54.017	2:03.492	53.455	48.605	53.256
3	13:55:42.592	6:23.799	30.910	49.947	42.410	1:36.418	52.525	55.410	56.179
4	14:02:26.967	6:44.375	30.137	50.913	40.829	2:04.539	53.497	51.897	52.563
5	14:08:39.888	6:12.921	32.250	49.323	40.292	1:36.498	51.322	50.312	52.924
6	14:15:15.576	6:35.688	31.180	1:10.326	38.672	1:35.285	50.548	52.498	57.179
7	14:25:13.960	9:58.384	36.337	50.534	40.052	5:04.946	53.889	52.384	1:00.242
8	14:31:53.922	6:39.962	36.230	53.768	39.878	1:41.859	54.136	54.566	59.525
9	14:43:48.270	11:54.348	5:34.215	57.712	45.226	1:46.585	54.648	54.751	1:01.211
10	14:52:25.116	8:36.846	2:22.688	54.127	40.205	1:45.556	56.114	56.735	1:01.421
11	15:01:14.344	8:49.228	2:28.411	51.351	44.610	1:45.919	58.191	56.891	1:03.855
12	15:14:19.702	13:05.358	2:43.667	52.719	46.710	5:41.761	1:00.791	56.217	1:03.493
13	15:32:49.940	18:30.238	2:27.353	53.937	43.915	9:20.220	1:39.894	1:26.219	1:58.700
(620) Remon Klok									
1	13:41:58.721	6:50.244	32.552	56.613	40.697	2:00.940	56.050	48.605	54.787
2	13:48:22.174	6:23.453	26.724	50.547	37.205	1:59.863	48.935	46.838	53.341
3	13:55:02.572	6:40.398	29.426	49.937	40.453	2:04.747	54.758	48.917	52.160
4	14:05:53.370	10:50.798	30.538	51.113	39.025	6:11.361	53.288	50.466	55.007
5	14:12:46.327	6:52.957	32.444	51.581	43.034	2:05.641	52.679	51.138	56.440
6	14:19:17.043	6:30.716	31.638	51.185	42.513	1:44.033	52.272	54.248	54.827
7	14:26:49.700	7:32.657	33.329	50.883	1:23.440	1:55.394	57.219	51.136	1:01.256
8	14:43:09.168	16:19.468	3:57.161	50.383	39.298	7:57.490	56.791	55.959	1:02.386
9	14:51:28.932	8:19.764	2:04.392	51.622	39.738	1:41.702	55.952	1:05.530	1:00.828
10	15:00:00.578	8:31.646	2:24.477	50.854	37.921	1:46.634	56.135	54.678	1:00.947
11	15:13:47.803	13:47.225	2:12.483	57.566	41.914	6:52.098			1:07.967
12	15:23:16.260	9:28.457	2:24.192	55.589	44.279	2:08.747	1:00.649	1:00.760	1:14.241
13	15:32:55.140	9:38.880	2:18.717	55.622	45.782	2:19.042			1:11.625
(180) Francis de Fauw									
1	13:40:00.155	5:48.022	28.309	50.386	37.786	1:21.558	50.819	49.184	49.980
2	13:46:58.613	6:58.458	27.258	1:12.627	39.229	1:59.998	47.621	54.131	57.594
3	13:54:01.055	7:02.442	32.245	54.765	41.783	2:04.298	51.354	56.581	1:01.416
4	14:01:59.346	7:58.291	1:04.781	57.988	45.713	2:09.668	53.534	55.694	1:10.913
5	14:09:42.256	7:42.910	36.444	58.311	45.759	2:17.253	58.206	1:01.104	1:05.833
6	14:17:28.187	7:45.931	36.853	58.134	48.395	2:17.140	1:00.459	58.871	1:06.079
7	14:24:53.339	7:25.152	39.704	1:02.590	47.612	1:46.456	1:00.696	1:02.557	1:05.537
8	14:32:18.834	7:25.495	41.817	59.922	51.604	1:48.677	57.445	58.375	1:07.655
9	14:49:27.555	17:08.721	6:52.892	1:06.228	52.990	5:01.739	59.477	59.962	1:15.433
10	14:59:36.929	10:09.374	2:43.463	1:01.221	51.504	2:03.990	1:05.845	1:06.880	1:16.471
11	15:10:57.807	11:20.878	2:59.301	1:04.164	48.817	2:13.549	1:07.282	1:44.925	1:22.840
12	15:22:04.300	11:06.493	2:46.723	1:04.986	50.175	2:21.247	1:34.464	1:07.228	1:21.670
13	15:33:13.533	11:09.233	2:45.650	1:03.427	50.986	2:30.406	1:15.228	1:18.135	1:25.401
(826) Aart van Vugt									
1	13:40:41.799	6:11.130	30.466	55.217	38.310	1:25.411	54.201	48.246	59.279
2	13:47:15.743	6:33.944	32.607	52.314	40.682	1:39.525	56.351	50.470	1:01.995
3	13:54:00.780	6:45.037	33.572	55.884	44.863	1:34.683	56.493	56.709	1:02.833
4	14:01:23.550	7:22.770	35.179	1:00.228	44.883	2:07.868	1:00.168	52.526	1:01.918
5	14:08:43.244	7:19.694	35.546	56.309	41.364	2:00.466	58.360	57.864	1:09.785
6	14:20:05.657	11:22.413	36.957	58.348	46.129	5:47.357	59.499	59.322	1:14.801
7	14:27:42.919	7:37.262	37.023	56.852	44.248	2:07.709	1:01.916	1:00.291	1:09.223
8	14:38:39.246	10:56.327	4:04.279	55.326	45.281	1:52.477	1:06.273	1:01.308	1:11.383
9	14:51:00.854	12:21.608	5:27.554	59.972	44.656	1:47.174	1:06.466	58.321	1:17.465
10	15:04:19.251	13:18.397	2:54.975	57.443	50.059	5:04.023	1:03.396	1:10.219	1:18.282
11	15:13:34.663	9:15.412	2:25.201	59.064	49.166	1:43.436	1:03.974	58.231	1:16.340
12	15:23:23.548	9:48.885	2:46.610	1:10.443	47.221	1:37.612	1:11.094	59.329	1:16.576
13	15:33:13.905	9:50.357	2:34.733	58.345	51.942	1:49.505	1:11.240	1:03.357	1:21.235
(554) Bram van Saane									
1	13:41:56.113	6:39.316	33.221	56.192	43.529	1:45.356	56.568	49.804	54.646
2	13:48:50.516	6:54.403	29.674	52.191	39.977	2:17.264	51.901	47.218	56.178
3	13:55:16.713	6:26.197	31.747	49.940	53.202	1:38.300	51.724	47.495	53.789
4	14:01:31.584	6:14.871	29.528	47.193	39.881	1:39.391	51.338	53.958	53.582

Timekeeping Meik Wagner:



Clerk of the course:

Jury President Olaf Noack



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:12:14.104	10:42.520	30.196	49.955	42.127	5:58.277	56.071	50.659	55.235
6	14:19:27.872	7:13.768	31.223	50.344	41.650	2:17.351	56.421	55.639	1:01.140
7	14:26:12.400	6:44.528	35.430	53.451	40.280	1:44.010	57.306	51.561	1:02.490
8	14:33:58.867	7:46.467	36.061	1:12.961	41.205	2:16.263	58.358	55.897	1:05.722
9	14:45:25.091	11:26.224	4:48.249	55.792	41.917	1:48.685	1:00.585	59.550	1:11.446
10	15:00:09.853	14:44.762	4:03.396	52.366	46.722	5:59.867	1:00.895	54.426	1:07.090
11	15:10:09.356	9:59.503	2:56.895	56.621	48.950	2:03.254	1:01.527	59.809	1:12.447
12	15:21:09.963	11:00.607	3:29.042	55.744	49.295	2:25.761	1:06.343	1:01.078	1:13.344
13	15:33:16.022	12:06.059	4:16.295	55.537	49.389	2:35.976	1:05.960	1:02.400	1:20.502

(221) Kevin Zwanenburg

1	13:40:13.008	5:55.628	31.208	45.585	38.618	1:30.715	46.682	49.566	53.254
2	13:46:46.125	6:33.117	29.236	46.348	35.883	2:00.702	52.665	53.463	54.820
3	13:54:02.424	7:16.299	32.715	1:11.968	41.187	2:05.040	58.745	51.282	55.362
4	14:00:59.237	6:56.813	34.824	54.343	40.423	2:04.408	53.505	54.357	54.953
5	14:10:42.685	9:43.448	34.684	49.261	41.662	4:56.085	54.995	50.119	56.642
6	14:17:57.643	7:14.958	34.941	53.747	42.360	2:04.342	56.271	59.508	1:03.789
7	14:24:38.028	6:40.385	36.821	53.394	42.511	1:40.068	58.337	52.130	57.124
8	14:31:53.169	7:15.141	39.991	53.367	44.540	1:49.016	59.364	1:01.759	1:07.104
9	14:51:32.287	19:39.118	7:13.279	1:03.882	47.562	7:22.761	1:06.481	56.958	1:08.195
10	15:00:58.547	9:26.260	2:46.696	55.708	44.211	1:45.965	1:05.625	58.108	1:09.947
11	15:11:34.369	10:35.822	3:26.456	56.249	44.752	2:05.605	1:08.613	58.300	1:15.847
12	15:21:40.605	10:06.236	2:31.594	53.708	44.761	2:20.713	1:15.691	1:02.371	1:17.398
13	15:33:23.518	11:42.913	3:50.323	1:03.153	49.179	2:32.156	1:11.931	1:00.973	1:15.198

(462) Ricardo van der Star

1	13:40:31.240	6:06.696	32.951	45.885	40.078	1:34.398	50.182	50.867	52.335
2	13:46:42.272	6:11.032	29.531	48.505	40.582	1:34.546	50.782	52.632	54.454
3	13:53:00.512	6:18.240	28.486	48.342	41.556	1:36.853	52.464	54.331	56.208
4	13:59:29.260	6:28.748	33.128	48.950	43.764	1:38.488	52.098	53.396	58.924
5	14:06:26.712	6:57.452	32.887	46.156	43.555	2:05.334	53.042	56.087	1:00.391
6	14:18:46.764	12:20.052	32.630	51.275	45.941	7:16.924	57.270	55.019	1:00.993
7	14:25:36.992	6:50.228	34.599	46.625	42.408	1:47.988	57.568	57.949	1:03.091
8	14:32:41.097	7:04.105	35.266	49.603	44.253	1:49.868	1:00.055	58.712	1:06.348
9	14:51:58.924	19:17.827	6:57.752	55.959	43.375	7:32.666	1:02.296	57.753	1:08.026
10	15:02:31.261	10:32.337	3:27.990	45.146	46.269	2:17.577	1:01.849	1:01.450	1:12.056
11	15:11:56.976	9:25.715	2:20.345	49.325	44.973	2:20.976	1:03.347	58.289	1:08.460
12	15:24:12.240	12:15.264	2:07.471	47.743	44.233	5:22.792	1:02.875	58.507	1:11.643
13	15:33:27.944	9:15.704	2:18.767	53.037	42.374	2:09.189	1:04.743	58.883	1:08.711

(78) Jan Gerritsen

1	13:39:52.320	5:47.539	26.353	43.866	52.056	1:26.442	47.895	43.496	47.431
2	13:45:22.474	5:30.154	26.582	43.113	34.375	1:23.323			49.329
3	13:51:01.141	5:38.667	26.855	46.020	34.973	1:23.443			51.350
4	13:59:54.191	8:53.050	30.277	45.321	35.875	4:33.133	50.006	48.329	50.109
5	14:06:01.946	6:07.755	29.558	46.192	38.352	1:26.632	1:05.370	48.378	53.273
6	14:12:02.930	6:00.984	30.543	48.493	38.190	1:30.012			53.379
7	14:24:45.310	12:42.380	34.878	49.300	1:08.938	7:23.827	53.572	54.301	57.564
8	14:31:16.273	6:30.963	33.597	52.960	38.613	1:36.795	55.810	49.732	1:03.456
9	14:46:22.503	15:06.230	8:53.507	53.253	42.444	1:44.453	56.643	56.496	59.434
10	15:01:05.637	14:43.134	2:49.680	47.862	40.224	7:29.161	57.595	56.755	1:01.857
11	15:12:45.601	11:39.964	4:53.349	53.441	41.876	2:10.130	1:00.027	54.801	1:06.340
12	15:24:05.622	11:20.021	2:29.916	47.926	43.319	4:21.867	57.650	52.925	1:06.418
13	15:33:39.804	9:34.182	2:27.173	53.715	44.436	2:16.709	1:06.212	56.697	1:09.240

(316) Wopke Hoekstra

1	13:42:05.174	7:17.794	33.674	55.784	43.060	2:08.003	58.213	58.721	1:00.339
2	13:49:23.691	7:18.517	32.557	1:00.325	46.170	2:02.927	55.460	57.098	1:03.980
3	13:56:48.101	7:24.410	33.560	56.477	44.156	2:12.410			1:04.635
4	14:04:29.658	7:41.557	34.706	53.974	44.482	2:14.506	1:08.430	1:01.106	1:04.353
5	14:12:10.923	7:41.265	36.260	57.923	48.013	2:13.723	59.827	57.644	1:07.875
6	14:19:34.381	7:23.458	37.104	1:01.245	49.063	1:46.757	59.526	1:01.602	1:08.161
7	14:27:04.937	7:30.556	38.893	1:01.836	46.105	1:46.516	1:01.408	1:04.152	1:11.646
8	14:40:53.798	13:48.861	3:07.409	56.563	46.111	5:43.387	1:03.156	1:01.588	1:10.647
9	14:51:30.617	10:36.819	3:08.714	1:16.272	55.276	1:53.865	1:05.069	1:04.813	1:12.810
10	15:01:46.535	10:15.918	3:12.784	1:02.989	50.659	1:44.869	1:08.708	1:04.073	1:11.836



RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
11	15:12:09.057	10:22.522	3:03.693	1:04.738	48.660	1:55.736	1:05.570	1:06.598	1:17.527
12	15:23:14.901	11:05.844	3:11.886	1:22.421	49.123	2:08.796	1:08.555	1:07.568	1:17.495
13	15:34:05.215	10:50.314	2:46.562	1:07.913	49.245	2:09.704	1:15.850	1:21.247	1:19.793
(17) Daniel Wickermeier									
1	13:42:53.275	7:09.011	35.195	55.651	42.753	2:07.636	55.851	49.739	1:02.186
2	13:50:06.784	7:13.509	35.169	53.969	41.011	2:11.543	59.012	49.433	1:03.372
3	13:57:16.476	7:09.692	33.276	56.325	42.936	2:07.933	54.758	50.673	1:03.791
4	14:04:12.425	6:55.949	34.154	57.179	41.889	1:45.834	59.639	51.145	1:06.109
5	14:11:43.796	7:31.371	36.436	55.839	42.481	2:11.306	1:01.873	54.785	1:08.651
6	14:18:58.472	7:14.676	39.851	55.541	43.993	1:47.574	1:02.964	54.573	1:10.180
7	14:26:20.627	7:22.155	38.265	57.254	43.141	1:52.039	1:04.275	53.596	1:13.585
8	14:40:03.452	13:42.825	3:17.943	59.310	46.242	5:29.146	1:02.298	56.040	1:11.846
9	14:51:02.904	10:59.452	3:16.078	1:02.786	1:13.621	1:58.960	1:08.506	1:02.503	1:16.998
10	15:02:20.525	11:17.621	3:50.544	1:05.173	50.052	1:58.788	1:12.727	1:01.473	1:18.864
11	15:12:30.909	10:10.384	2:45.571	1:03.104	50.242	2:06.343	1:06.792	1:00.929	1:17.403
12	15:23:06.934	10:36.025	2:48.009	1:00.710	54.732	2:20.041	1:07.478	59.448	1:25.607
13	15:34:09.907	11:02.973	2:37.450	1:02.245	53.782	2:46.413	1:13.051	1:05.558	1:24.474
(479) Lara de Kruijff									
1	13:41:28.882	6:27.437	32.763	57.606	41.513	1:32.216	57.263	51.180	54.896
2	13:48:20.808	6:51.926	31.645	54.040	38.155	2:00.327	53.870	54.459	59.430
3	13:55:12.364	6:51.556	31.716	55.286	39.366	2:02.328	55.958	54.140	52.762
4	14:04:35.901	9:23.537	33.258	54.530	37.951	4:29.661	59.633	52.167	56.337
5	14:11:53.251	7:17.350	38.546	58.214	41.504	2:05.620	59.900	55.437	58.129
6	14:18:29.552	6:36.301	34.405	58.903	38.883	1:38.440	53.829	53.388	58.453
7	14:25:17.862	6:48.310	35.761	56.588	42.507	1:42.614	58.727	51.907	1:00.206
8	14:35:13.328	9:55.466	36.264	1:53.231	42.494	3:46.391	1:00.760	57.030	59.296
9	14:49:54.870	14:41.542	7:39.702	1:10.223	47.070	1:52.802	1:04.426	1:00.587	1:06.732
10	15:02:37.848	12:42.978	3:54.528	1:05.936	45.127	3:45.505	1:03.781	1:01.444	1:06.657
11	15:14:07.943	11:30.095	2:52.373	1:01.789	45.444	3:40.299	1:02.889	58.687	1:08.614
12	15:24:24.279	10:16.336	3:05.143	1:03.369	46.384	2:09.268	1:04.351	58.859	1:08.962
13	15:34:15.175	9:50.896	2:32.009	1:03.638	42.779	2:20.177	1:05.124	58.554	1:08.615
(812) Sander Dolfing									
1	13:39:56.252	6:03.009	24.131	44.580	37.195	1:17.427	48.904	51.051	1:19.721
2	13:46:06.103	6:09.851	29.915	50.756	43.660	1:27.407	53.305	51.895	52.913
3	13:52:42.262	6:36.159	34.710	52.023	44.097	1:24.775	54.320	1:00.946	1:05.288
4	13:59:14.772	6:32.510	36.454	56.154	41.087	1:20.612	1:01.260	52.800	1:04.143
5	14:06:19.660	7:04.888	30.210	53.308	38.388	2:06.004	55.342	57.407	1:04.229
6	14:18:00.534	11:40.874	34.257	54.479	45.009	6:35.058	57.266	53.987	1:00.818
7	14:25:29.478	7:28.944	35.517	54.022	46.051	2:03.575	59.943	1:00.681	1:09.155
8	14:33:25.030	7:55.552	40.818	1:01.244	50.344	2:08.985	59.915	1:02.172	1:12.074
9	14:44:38.874	11:13.844	4:01.673	57.883	49.449	1:48.522	1:10.181	1:04.859	1:21.277
10	14:57:37.392	12:58.518	5:25.048	58.934	54.273	2:14.316	1:08.329	1:03.462	1:14.156
11	15:12:48.215	15:10.823	2:35.948	1:02.027	46.301	6:57.344	1:09.473	1:11.860	1:27.870
12	15:23:43.913	10:55.698	2:40.578	1:24.472	55.320	2:04.063	1:14.425	1:10.776	1:26.064
13	15:34:29.246	10:45.333	2:37.241	1:00.930	55.415	2:20.175	1:18.669	1:05.311	1:27.592
(978) Erwin Smits									
1	13:41:34.502	6:21.803	32.598	52.700	43.151	1:33.937	53.738	50.411	55.268
2	13:48:25.858	6:51.356	30.841	50.314	38.906	1:59.003	52.751	50.018	1:09.523
3	13:54:56.450	6:30.592	30.012	49.691	39.364	1:59.736	48.639	50.466	52.684
4	14:05:52.573	10:56.123	29.932	49.358	38.293	6:23.743	49.367	51.878	53.552
5	14:11:58.580	6:06.007	30.194	53.444	38.337	1:29.829	47.695	49.494	57.014
6	14:18:51.440	6:52.860	32.882	49.994	42.394	2:01.069	53.888	53.900	58.733
7	14:26:20.388	7:28.948	33.833	1:00.797	58.725	2:08.428	54.804	53.220	59.141
8	14:40:46.246	14:25.858	3:04.994	52.390	46.136	7:00.632			58.089
9	14:51:24.143	10:37.897	3:59.202	1:15.719	45.210	1:39.437	57.176	56.253	1:04.900
10	15:06:57.368	15:33.225	5:17.457	55.592	51.229	5:19.863			1:10.176
11	15:16:00.481	9:03.113	2:13.237	54.799	43.433	2:07.015	59.686	53.944	1:10.999
12	15:25:22.134	9:21.653	2:23.708	53.278	46.509	2:01.682	1:05.942	57.346	1:13.188
13	15:34:40.277	9:18.143	2:11.053	56.697	44.517	2:10.843	1:02.809	57.454	1:14.770
(289) Jarno Duineveld									
1	13:39:49.953	5:32.706	28.586	45.486	35.968	1:19.676	49.117	43.361	50.512





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10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:45:35.527	5:45.574	28.689	45.597	37.321	1:24.479	52.323	45.194	51.971
3	13:51:49.195	6:13.668	30.528	50.258	37.996	1:28.222	58.847	49.251	58.566
4	13:58:50.916	7:01.721	31.044	54.770	41.223	2:09.940	51.292	55.248	58.204
5	14:06:03.778	7:12.862	33.466	49.124	41.155	2:11.483	52.577	1:01.921	1:03.136
6	14:18:12.186	12:08.408	36.155	57.488	44.782	6:50.955	1:00.302	54.187	1:04.539
7	14:25:49.385	7:37.199	35.939	54.313	46.086	2:19.850	1:00.615	55.465	1:04.931
8	14:33:07.915	7:18.530	40.406	54.928	48.471	1:43.564	1:00.286	59.911	1:10.964
9	14:45:54.652	12:46.737	6:02.691	56.268	45.419	1:49.114	1:00.958	1:00.746	1:11.541
10	15:03:04.145	17:09.493	2:48.354	55.836	48.990	9:18.576	1:02.944	58.588	1:16.205
11	15:13:10.473	10:06.328	2:29.739	53.299	45.347	1:51.870	1:05.182	1:41.382	1:19.509
12	15:24:07.698	10:57.225	3:02.879	57.781	50.870	2:37.147	1:07.993	59.109	1:21.446
13	15:34:50.050	10:42.352	2:37.242	55.322	51.878	2:35.532	1:10.168	1:08.572	1:23.638

(530) Twan Cuijpers

1	13:41:30.143	7:10.342	32.474	1:01.470	39.838	2:08.931	1:03.332	46.940	57.357
2	13:48:40.467	7:10.324	31.626	47.284	41.973	1:59.857	1:10.481	56.770	1:02.333
3	13:56:08.024	7:27.557	34.352	54.081	43.474	2:03.083	54.411	49.176	1:28.980
4	14:03:27.333	7:19.309	34.552	52.557	40.590	2:07.486	55.922	51.322	1:16.880
5	14:10:08.568	6:41.235	34.912	53.727	40.754	1:38.657	55.899	57.737	59.549
6	14:17:06.347	6:57.779	34.761	52.643	45.074	1:44.066	58.239	58.686	1:04.310
7	14:24:35.002	7:28.655	36.863	58.384	1:06.284	1:44.776	1:00.562	58.051	1:03.735
8	14:32:10.147	7:35.145	38.555	1:05.738	46.690	1:46.562	59.596	51.795	1:26.209
9	14:48:55.332	16:45.185	5:37.283	56.110	49.005	6:12.691	1:00.581	57.333	1:12.182
10	14:59:06.239	10:10.907	3:17.014	54.222	58.894	1:49.948	1:01.411	56.258	1:13.160
11	15:10:36.804	11:30.565	4:29.044	55.479	45.991	1:58.513	1:05.520	1:05.760	1:10.258
12	15:23:03.703	12:26.899	3:45.216	1:25.933	51.861	2:14.209	1:46.697	1:03.027	1:19.956
13	15:34:51.499	11:47.796	3:26.846	1:00.341	51.013	2:31.152	1:18.735	1:21.521	1:18.188

(237) Arjan van der Vleuten

1	13:38:55.195	5:08.271	25.484	53.152	34.157	1:14.707	39.642	41.269	39.860
2	13:44:05.580	5:10.385	22.876	42.403	42.246	1:12.837	41.362	44.863	43.798
3	13:49:43.136	5:37.556	25.098	43.940	33.940	1:42.235	44.200	45.356	42.787
4	13:54:51.256	5:08.120	25.475	42.263	33.371	1:15.785			43.369
5	14:04:12.932	9:21.676	26.785	44.358	32.789	5:17.152	47.535	46.235	46.822
6	14:09:42.311	5:29.379	28.105	43.276	35.848	1:23.036	44.903	46.521	47.690
7	14:15:19.788	5:37.477	29.418	47.271	36.852	1:23.532	44.179	47.718	48.507
8	14:21:26.794	6:07.006	29.987	45.074	36.133	1:51.899	45.143	47.936	50.834
9	14:27:17.959	5:51.165	31.341	48.054	35.268	1:28.140	45.542	48.309	54.511
10	14:49:35.279	22:17.320	7:05.227	50.111	41.072	10:59.993	53.029	50.775	57.113
11	15:02:07.772	12:32.493	5:44.007	50.568	39.640	1:38.921	1:50.099	50.499	58.759
12	15:26:11.219	24:03.447	5:27.752	1:04.135	39.586	14:01.575	54.355	53.569	1:02.475
13	15:35:15.586	9:04.367	2:12.044	53.939	39.672	2:07.749	55.798	1:08.293	1:06.872

(234) Davy Gabriels

1	13:40:17.298	5:48.087	31.421	45.898	37.458	1:29.085	53.976	44.490	45.759
2	13:45:59.268	5:41.970	26.963	45.916	37.757	1:28.240	49.714	45.736	47.644
3	13:51:57.990	5:58.722	27.660	53.151	39.711	1:33.584	48.478	47.609	48.529
4	13:58:11.488	6:13.498	27.848	50.548	50.384	1:37.004	48.968	48.708	50.038
5	14:09:05.279	10:53.791	31.734	49.478	36.565	6:20.879	49.041	52.020	54.074
6	14:15:12.916	6:07.637	29.919	49.376	39.391	1:34.949	51.343	50.677	51.982
7	14:21:40.883	6:27.967	33.909	53.664	40.419	1:40.059	54.758	53.263	51.895
8	14:28:16.130	6:35.247	33.615	51.661	39.063	1:42.200	55.637	49.724	1:03.347
9	14:46:00.960	17:44.830	6:44.616	56.113	39.786	6:30.760	56.500	54.343	1:02.712
10	15:00:45.052	14:44.092	7:43.938	57.828	43.292	2:17.919	1:00.993	56.042	1:04.080
11	15:14:24.509	13:39.457	2:24.037	52.896	44.471	6:00.368	1:13.247	1:15.403	1:09.035
12	15:24:44.931	10:20.422	2:29.628	54.222	47.395	2:26.887	1:10.846	1:06.293	1:25.151
13	15:35:17.714	10:32.783	2:42.220	58.871	53.277	2:21.904			1:15.138

(695) Sven Van Cooten

1	13:39:23.815	5:21.125	26.344	44.565	33.806	1:20.221	48.427	41.832	45.930
2	13:44:42.773	5:18.958	25.454	43.013	33.959	1:21.270	45.394	42.288	47.580
3	13:50:22.821	5:40.048	26.491	48.197	34.257	1:23.161	49.805	44.514	53.623
4	13:56:28.639	6:05.818	29.811	49.033	40.403	1:27.570	52.262	49.060	57.679
5	14:07:04.062	10:35.423	33.718	1:09.950	36.735	5:28.910	55.553	49.328	1:01.229
6	14:14:51.713	7:47.651	32.887	53.967	40.267	1:53.121	58.010	1:36.029	1:13.370
7	14:21:52.980	7:01.267	39.821	59.529	43.034	1:35.990	1:02.675	53.310	1:06.908



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	14:29:25.260	7:32.280	36.966	1:10.271	42.901	1:39.045	1:14.043	57.421	1:11.633
9	14:50:04.437	20:39.177	8:22.667	1:00.002	49.828	7:20.828	1:03.436	53.011	1:09.405
10	14:59:17.916	9:13.479	2:35.477	54.638	44.032	1:42.940	59.860	58.771	1:17.761
11	15:10:50.119	11:32.203	2:46.015	55.262	46.074	3:42.336	1:06.494	1:01.388	1:14.634
12	15:25:24.482	14:34.363	2:30.140	53.949	46.401	7:04.795	1:05.854	54.725	1:18.499
13	15:35:21.354	9:56.872	2:10.509	57.222	46.531	2:16.685	1:06.888	59.879	1:39.158

(510) Thomas Roodink

1	13:42:30.526	6:57.797	33.785	54.428	40.117	2:04.392	56.986	52.532	55.557
2	13:49:32.987	7:02.461	31.552	50.615	42.943	2:12.477	58.150	50.064	56.660
3	13:56:33.936	7:00.949	29.103	53.649	41.238	2:09.253	53.649	59.794	59.794
4	14:03:38.557	7:04.621	35.335	48.641	40.442	2:10.010	54.790	55.939	59.464
5	14:10:37.937	6:59.380	34.553	58.821	43.829	1:46.498	57.883	53.364	1:04.432
6	14:20:42.164	10:04.227	35.856	58.835	42.888	4:43.631	1:03.272	55.740	1:04.005
7	14:27:49.906	7:07.742	34.989	59.686	39.127	1:47.072			1:05.298
8	14:38:34.780	10:44.874	3:42.981	1:01.964	43.835	1:56.763			1:13.533
9	14:55:39.918	17:05.138	4:04.647	58.441	45.077	7:59.529	1:07.693	57.621	1:12.130
10	15:04:57.481	9:17.563	2:20.951	53.193	43.706	1:57.879			1:16.251
11	15:15:20.685	10:23.204	2:39.883	1:19.803	43.937	2:16.047			1:15.388
12	15:25:17.041	9:56.356	2:44.507	1:02.143	45.221	2:06.650	1:05.816	59.266	1:12.753
13	15:35:27.586	10:10.545	2:36.249	59.127	49.989	2:15.927	1:09.865	1:01.192	1:18.196

(161) Wilburt Need

1	13:42:55.382	7:31.539	33.372	1:10.974	41.772	2:03.466	1:16.176	49.958	55.821
2	13:50:01.603	7:06.221	31.743	53.066	46.374	2:05.005	58.125	53.936	57.972
3	13:57:16.713	7:15.110	32.992	58.151	45.618	2:06.122	56.984	57.179	58.064
4	14:04:21.179	7:04.466	31.397	52.390	41.414	2:07.161	55.455	55.146	1:01.503
5	14:11:30.725	7:09.546	34.261	56.614	39.832	2:06.284	55.305	55.951	1:01.299
6	14:18:19.171	6:48.446	33.793	58.584	39.252	1:43.586			57.999
7	14:25:57.325	7:38.154	52.509	1:00.338	43.965	1:49.996	1:01.647	1:06.040	1:03.659
8	14:38:08.302	12:10.977	36.148	1:10.637	45.162	6:30.102	59.029	1:05.121	1:04.778
9	14:53:24.003	15:15.701	8:25.348	1:00.257	45.950	1:48.874	59.576	1:05.835	1:09.861
10	15:03:23.148	9:59.145	2:55.192	1:02.753	47.466	1:52.646			1:10.546
11	15:13:18.496	9:55.348	2:37.289	57.841	45.809	2:12.732			1:11.461
12	15:23:59.651	10:41.155	3:18.600	1:01.758	46.763	2:16.009	1:04.826	1:02.262	1:10.937
13	15:35:34.114	11:34.463	2:46.528	1:03.391	48.087	3:25.918	1:09.088	1:03.897	1:17.554

(252) Joost van der Asdonk

1	13:41:14.834	6:39.158	34.177	50.850	39.798	1:57.334	56.748	48.973	51.278
2	13:47:47.080	6:32.246	30.781	49.038	41.983	1:57.921	55.640	46.373	50.510
3	13:56:14.066	8:26.986	29.958	1:05.108	39.068	3:34.567	54.860	48.251	55.174
4	14:02:52.999	6:38.933	31.825	48.364	37.692	1:58.792	53.667	52.214	56.379
5	14:09:42.975	6:49.976	30.357	52.197	44.425	1:33.640	58.786	1:12.850	57.721
6	14:16:43.115	7:00.140	31.916	51.542	38.764	2:02.830	56.843	56.536	1:01.709
7	14:23:14.530	6:31.415	33.564	51.460	40.870	1:37.684	58.154	50.875	58.808
8	14:36:31.620	13:17.090	33.467	2:06.848	46.343	6:37.811			1:07.448
9	14:51:14.948	14:43.328	8:08.797	55.703	44.304	1:51.773	59.604	56.968	1:06.179
10	15:01:22.408	10:07.460	3:24.119	54.528	53.284	1:49.940	58.943	55.885	1:10.761
11	15:14:03.640	12:41.232	2:28.385	57.006	45.514	5:08.441	1:07.558	59.959	1:14.369
12	15:24:53.804	10:50.164	2:46.997	1:13.203	59.082	2:13.460	1:22.905	56.517	1:18.000
13	15:35:40.164	10:46.360	2:27.114	1:03.228	51.094	2:24.997	1:45.691	57.463	1:16.773

(307) Rutger Peersman

1	13:41:09.868	6:30.744	34.682	1:04.062	39.116	1:35.565	53.327	48.005	55.987
2	13:47:17.413	6:07.545	28.169	48.143	37.587	1:37.112	51.767	48.651	56.116
3	13:54:03.841	6:46.428	30.232	49.693	37.573	2:03.807			1:01.323
4	14:00:41.668	6:37.827	33.877	1:00.242	38.334	1:40.165	53.309	51.414	1:00.486
5	14:08:00.803	7:19.135	35.557	50.394	47.495	2:09.124			1:02.294
6	14:16:08.396	8:07.593	35.929	57.776	57.304	1:54.137	1:00.722	1:35.212	1:06.513
7	14:23:36.726	7:28.330	34.344	53.063	40.497	2:19.447	1:05.124	56.001	59.854
8	14:36:51.006	13:14.280	36.650	53.084	42.881	8:08.595	51.004	54.767	1:07.299
9	14:47:21.950	10:30.944	3:29.677	57.186	47.174	2:16.296	1:01.039	53.697	1:05.875
10	14:57:26.726	10:04.776	2:47.449	57.219	58.727	1:59.297	1:09.099	1:01.550	1:11.435
11	15:14:12.052	16:45.326	2:25.452	58.682	46.447	9:01.778	1:08.806	1:04.271	1:19.890
12	15:25:34.787	11:22.735	3:45.482	57.421	47.158	2:12.620	1:07.000	1:00.899	1:32.155
13	15:35:54.185	10:19.398	2:39.346	56.066	45.844	2:34.180	1:09.107	1:01.397	1:13.458





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(18) Martin Freinademetz									
1	13:40:57.407	6:20.652	32.957	53.068	43.187	1:27.494	56.869	49.365	57.712
2	13:47:28.425	6:31.018	31.108	54.044	40.188	1:30.580	56.519	54.963	1:03.616
3	13:55:31.605	8:03.180	34.503	1:02.465	55.293	2:18.556	1:03.208	55.751	1:13.404
4	14:02:37.177	7:05.572	35.622	59.270	48.683	1:39.167	56.464	59.189	1:07.177
5	14:10:25.537	7:48.360	37.552	55.863	47.730	2:20.907	1:01.796	56.391	1:08.121
6	14:20:49.295	10:23.758	38.026	59.879	1:06.665	4:38.213	1:05.346	52.703	1:02.926
7	14:28:50.669	8:01.374	38.093	59.639	1:13.337	1:46.498	1:12.993	56.479	1:14.335
8	14:39:40.037	10:49.368	3:39.092	55.092	1:04.287	1:53.884	1:16.612	53.603	1:06.798
9	14:50:20.642	10:40.605	3:42.522	57.235	47.307	2:03.704	1:04.221	55.866	1:09.750
10	15:00:48.687	10:28.045	3:09.340	58.970	49.551	2:03.533	1:11.058	1:00.717	1:14.876
11	15:12:18.656	11:29.969	3:24.138	1:02.218	49.673	2:31.585	1:10.534	1:12.553	1:19.268
12	15:24:08.125	11:49.469	3:34.009	1:00.277	51.936	2:41.016	1:16.399	1:01.931	1:23.901
13	15:35:56.357	11:48.232	3:23.617	1:01.860	50.660	2:23.390	1:13.078	1:32.084	1:23.543
(700) Danny Dietvorst									
1	13:42:45.465	7:15.821	33.326	57.756	43.500	2:10.918	59.760	49.930	1:00.631
2	13:50:08.352	7:22.887	32.256	56.314	43.363	2:07.996	1:09.200	52.042	1:01.716
3	13:57:28.879	7:20.527	36.009	55.237	40.689	2:12.809	1:02.718	51.895	1:01.170
4	14:05:48.769	8:19.890	33.078	55.610	42.154	2:20.808	1:26.554	53.380	1:28.306
5	14:13:05.087	7:16.318	33.193	53.774	42.200	2:10.125	1:00.626	51.886	1:04.514
6	14:20:08.220	7:03.133	34.749	59.252	42.593	1:41.182	1:05.417	55.903	1:04.037
7	14:27:05.157	6:56.937	37.310	57.580	42.368	1:44.218	59.257	52.318	1:03.886
8	14:44:14.372	17:09.215	3:51.219	57.280	44.128	8:28.789	1:04.386	55.003	1:08.410
9	14:55:23.412	11:09.040	4:06.394	1:01.699	46.392	1:50.969	1:02.935	1:06.662	1:13.989
10	15:04:48.674	9:25.262	2:44.834	54.773	43.654	1:47.046	1:07.728	58.905	1:08.322
11	15:14:42.434	9:53.760	2:34.244	1:00.897	47.048	2:02.191	1:09.592	1:00.972	1:18.816
12	15:25:24.188	10:41.754	2:41.742	58.213	47.901	2:28.056	1:33.520	56.237	1:16.085
13	15:36:09.602	10:45.414	3:14.472	1:03.238	50.802	2:08.411	1:11.177	1:01.495	1:15.819
(378) Melvin Meppelink									
1	13:40:00.360	5:33.221	29.583	45.274	36.031	1:21.267	49.803	43.569	47.694
2	13:46:17.413	6:17.053	26.858	46.230	35.919	1:54.629			54.558
3	13:52:29.676	6:12.263	26.626	47.591	38.041	1:56.537	49.584	45.319	48.565
4	13:58:48.384	6:18.708	28.149	48.408	36.702	1:53.858	49.288	51.623	50.680
5	14:10:41.256	11:52.872	29.379	50.696	38.098	7:04.705			1:06.546
6	14:17:01.788	6:20.532	32.915	56.722	39.020	1:36.760	52.170	50.046	52.899
7	14:23:35.734	6:33.946	28.902	50.449	38.253	2:00.902	49.291	52.245	53.904
8	14:29:57.019	6:21.285	33.062	53.111	38.648	1:37.586	48.911	51.527	58.440
9	14:58:12.184	28:15.165	7:33.321	57.655	42.873	16:12.032	57.138	51.565	1:00.581
10	15:08:03.762	9:51.578	3:06.187	58.943	43.685	2:08.888	1:01.204	49.578	1:03.093
11	15:17:14.727	9:10.965	2:13.352	54.694	44.842	2:10.242	1:01.523	1:02.199	1:04.113
12	15:26:52.736	9:38.009	2:33.230	1:03.727	42.545	2:10.888			1:09.065
13	15:36:28.889	9:36.153	2:25.137	59.314	44.185	2:07.115	1:09.862	1:00.506	1:10.034
(655) Kevin de Bruin									
1	13:41:42.938	6:44.242	34.938	1:15.672	41.179	1:27.793	56.025	51.603	57.032
2	13:48:29.683	6:46.745	33.344	1:03.028	43.078	1:38.353	55.170	53.974	59.798
3	13:55:11.770	6:42.087	32.598	1:01.953	41.647	1:41.667	57.605	51.698	54.919
4	14:01:53.693	6:41.923	30.457	1:00.832	41.988	1:35.524	55.737	55.134	1:02.251
5	14:09:00.166	7:06.473	34.840	1:05.151	42.715	1:38.966			1:01.002
6	14:20:47.084	11:46.918	35.002	1:00.010	45.816	6:24.049	1:02.973	55.657	1:03.411
7	14:28:08.235	7:21.151	34.256	1:01.358	44.285	1:42.185	59.494	58.725	1:20.848
8	14:41:13.220	13:04.985	6:03.631	1:01.343	42.111	2:08.436	1:02.032	56.870	1:10.562
9	14:51:06.919	9:53.699	2:35.246	1:03.744	47.261	2:14.541			1:10.214
10	15:01:07.817	10:00.898	2:40.171	1:03.012	46.553	2:16.028	1:04.685	59.767	1:10.682
11	15:11:58.107	10:50.290	3:01.419	1:05.114	50.558	2:19.511			1:19.927
12	15:24:35.735	12:37.628	3:10.369	1:03.905	52.263	2:38.610	1:18.773	1:24.040	2:09.668
13	15:36:40.992	12:05.257	2:51.115	1:13.070	52.785	2:21.740	1:22.045	1:11.208	2:13.294
(575) Eduard R Hillebrand									
1	13:42:03.588	6:57.073	33.495	55.154	41.294	2:02.342	56.278	50.787	57.723
2	13:48:46.231	6:42.643	33.816	53.221	40.176	1:31.524	1:10.804	53.570	59.532
3	13:55:46.360	7:00.129	32.340	54.501	42.346	2:05.742	56.018	51.001	58.181
4	14:02:55.797	7:09.437	32.503	54.639	40.924	2:08.903	58.964	52.379	1:01.125

Timekeeping Meik Wagner:



Clerk of the course:

Jury President Olaf Noack



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:10:11.970	7:16.173	32.952	55.734	42.462	2:10.678	59.983	54.104	1:00.260
6	14:21:15.817	11:03.847	35.756	55.613	40.913	5:05.424	1:36.642	56.457	1:13.042
7	14:28:24.487	7:08.670	40.550	1:00.179	46.892	1:41.749	59.749	53.854	1:05.697
8	14:45:07.412	16:42.925	9:48.671	1:04.275	52.320	1:47.857	1:02.000	55.878	1:11.924
9	14:54:10.697	9:03.285	2:20.280	58.672	42.204	1:45.618	1:00.789	1:01.575	1:14.147
10	15:05:59.523	11:48.826	2:17.212	59.045	45.217	4:39.936	1:01.938	55.474	1:10.004
11	15:15:57.276	9:57.753	2:27.987	59.622	51.817	2:14.867	1:07.950	57.963	1:17.547
12	15:26:37.093	10:39.817	2:49.490	1:00.336	49.356	2:27.481	1:09.985	58.933	1:24.236
13	15:37:07.660	10:30.567	2:40.143	1:05.797	50.167	2:16.666	1:13.229	1:03.578	1:20.987

(106) Zilverster van Halteren

1	13:40:25.087	5:45.171	28.839	45.942	35.033	1:34.152	45.802	46.025	49.378
2	13:46:44.705	6:19.618	26.787	45.713	36.463	1:56.370	48.064	50.591	55.630
3	13:53:11.612	6:26.907	28.600	47.110	36.649	1:59.796	52.950	48.701	53.101
4	13:59:51.294	6:39.682	29.627	49.197	37.176	2:08.481	52.366	46.995	55.840
5	14:17:01.902	17:10.608	33.661	48.023	38.221	12:11.859	57.140	58.606	1:03.098
6	14:23:48.329	6:46.427	35.582	52.285	41.461	1:44.948	58.250	50.683	1:03.218
7	14:31:08.089	7:19.760	43.915	51.423	41.024	1:48.962	1:02.577	1:01.886	1:09.973
8	14:49:31.912	18:23.823	6:16.928	59.294	44.488	7:25.696	1:00.985	49.872	1:06.560
9	14:58:52.960	9:21.048	2:44.875	52.093	46.539	1:52.791	1:03.491	52.771	1:08.488
10	15:08:09.747	9:16.787	2:32.312	50.461	48.102	1:53.781	1:06.480	56.536	1:09.115
11	15:17:49.127	9:39.380	2:39.797	50.353	47.998	2:11.335	1:06.639	53.978	1:09.280
12	15:27:43.324	9:54.197	2:26.123	56.252	52.011	2:16.023	1:06.199	57.279	1:20.310
13	15:37:25.960	9:42.636	2:32.354	54.093	47.275	2:19.726	1:05.024	54.689	1:09.475

(353) Mike Kleijngeld

1	13:40:31.631	6:21.579	26.509	47.240	39.043	1:58.222	51.147	49.381	50.037
2	13:47:24.644	6:53.013	27.673	49.219	40.316	2:16.227	54.457	49.971	55.150
3	13:54:32.781	7:08.137	34.148	1:02.370	41.563	2:04.457	53.860	52.894	58.845
4	14:01:37.167	7:04.386	32.321	55.103	42.752	2:08.385	55.579	53.056	57.190
5	14:08:08.420	6:31.253	33.560	54.057	41.486	1:35.810	55.660	52.218	58.462
6	14:15:24.584	7:16.164	35.925	54.795	1:10.227	1:41.581	56.818	54.997	1:01.821
7	14:27:31.507	12:06.923	35.054	55.217	42.504	6:59.230	54.527	57.189	1:03.202
8	14:43:38.985	16:07.478	9:19.420	1:00.936	45.270	1:55.506	1:00.438	57.497	1:08.411
9	14:53:58.031	10:19.046	3:32.176	1:00.380	45.555	1:47.787	1:02.690	1:01.036	1:09.422
10	15:06:35.560	12:37.529	5:24.742	58.263	47.136	1:58.417	1:08.512	1:08.767	1:11.692
11	15:17:04.031	10:28.471	2:46.782	1:05.007	48.620	2:15.739	1:10.058	1:00.259	1:22.006
12	15:27:20.089	10:16.058	2:49.651	1:02.790	50.167	2:11.209	1:05.465	1:02.197	1:14.579
13	15:37:48.894	10:28.805	2:50.176	1:01.108	47.697	2:10.313	1:03.893	1:18.368	1:17.250

(643) Sijel Lemmens

1	13:42:41.128	7:15.187	32.225	57.098	40.458	2:10.389	58.887	57.322	58.808
2	13:49:53.819	7:12.691	32.005	50.293	41.235	2:11.697	53.956	1:01.510	1:01.995
3	13:57:18.752	7:24.933	35.594	55.236	40.333	2:21.123	52.334	58.884	1:01.429
4	14:04:07.646	6:48.894	31.377	53.932	44.037	1:43.325	53.050	58.300	1:04.873
5	14:14:47.631	10:39.985	30.081	51.251	42.843	5:28.862	1:00.760	56.132	1:10.056
6	14:21:56.198	7:08.567	38.110	52.604	47.596	1:43.718	1:00.521	1:00.208	1:05.810
7	14:29:23.926	7:27.728	39.098	51.406	56.883	1:50.244	58.782	59.627	1:11.688
8	14:39:30.078	10:06.152	3:41.227	55.429	41.763	1:51.155	58.320	54.716	1:03.542
9	14:49:44.151	10:14.073	3:32.061	54.661	44.516	1:50.626	1:01.471	58.706	1:12.032
10	15:04:20.768	14:36.617	3:05.571	58.733	44.479	6:16.371	1:10.415	1:03.128	1:17.920
11	15:16:01.005	11:40.237	3:22.490	1:03.018	50.535	2:14.702	1:40.330	1:04.843	1:24.319
12	15:26:57.911	10:56.906	3:22.145	1:06.890	46.141	2:15.567	1:09.235	58.782	1:18.146
13	15:37:53.969	10:56.058	3:01.046	57.820	1:15.791	2:22.125	1:10.081	56.588	1:12.607

(356) Erwin Lokhorst

1	13:41:07.737	6:16.174	30.933	52.033	38.146	1:42.885	53.679	45.672	52.826
2	13:48:00.645	6:52.908	29.740	51.523	40.150	2:10.650	57.217	48.013	55.615
3	13:55:00.462	6:59.817	30.956	52.571	41.501	2:14.707	54.062	51.454	54.566
4	14:02:14.503	7:14.041	32.496	52.624	39.207	2:20.642	59.022	49.393	1:00.657
5	14:09:26.511	7:12.008	36.097	51.500	44.793	2:18.408	56.364	50.321	54.525
6	14:20:25.419	10:58.908	33.402	52.384	40.125	6:04.605	55.664	52.302	1:00.426
7	14:27:27.918	7:02.499	34.390	54.213	39.196	1:57.472	57.644	56.541	1:03.043
8	14:47:52.725	20:24.807	10:46.396	52.364	45.223	5:07.725	58.134	53.174	1:01.791
9	14:57:05.184	9:12.459	2:47.037	51.044	42.550	1:55.789	55.982	52.834	1:07.223
10	15:06:25.388	9:20.204	2:14.369	53.491	43.765	1:57.610	1:00.642	1:23.010	1:07.317





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
11	15:18:45.383	12:19.995	2:24.441	52.820	42.985	5:14.475	56.597	59.427	1:09.250
12	15:28:12.237	9:26.854	2:21.353	55.625	46.355	2:15.316	1:01.951	56.025	1:10.229
13	15:38:10.303	9:58.066	2:26.645	1:01.222	47.964	2:18.820	1:09.167	1:00.056	1:14.192

(184) John Cuijpers

1	13:40:43.673	6:09.038	32.945	49.906	41.389	1:33.833	54.265	44.611	52.089
2	13:46:42.730	5:59.057	29.049	45.806	38.534	1:33.679	50.311	47.937	53.741
3	13:53:41.190	6:58.460	32.290	49.245	36.338	1:39.970	52.165	48.577	1:39.875
4	14:00:56.794	7:15.604	29.965	48.044	37.706	2:14.003	50.756	1:19.191	55.939
5	14:07:52.753	6:55.959	32.539	52.068	36.616	2:12.748	54.444	51.721	55.823
6	14:14:16.206	6:23.453	33.670	52.644	39.433	1:41.158	51.724	49.136	55.688
7	14:20:55.495	6:39.289	35.569	49.917	40.673	1:47.148	53.406	51.557	1:01.019
8	14:27:43.607	6:48.112	35.127	53.896	40.867	1:48.105	55.867	53.947	1:00.303
9	14:47:51.335	20:07.728	9:03.060	1:05.490	1:17.322	4:17.808	56.567	2:21.819	1:05.662
10	14:57:11.656	9:20.321	2:26.694	51.947	45.574	2:14.961	59.474	56.203	1:05.468
11	15:06:45.745	9:34.089	2:24.801	56.190	44.779	2:23.193	1:03.102	56.683	1:05.341
12	15:27:21.299	20:35.554	8:52.411	57.189	43.041	4:29.210	3:22.103	58.913	1:12.687
13	15:38:14.253	10:52.954	2:31.954	59.380	1:32.836	2:26.358	1:07.110	1:01.852	1:13.464

(865) Bob Keurentjes

1	13:42:55.905	7:30.538	36.115	1:00.299	47.237	2:04.520	1:02.525	59.262	1:00.580
2	13:50:27.378	7:31.473	34.614	57.701	44.562	2:11.279	59.882	59.714	1:03.721
3	13:57:39.589	7:12.211	35.181	1:00.079	50.224	1:47.518	1:00.706	57.303	1:01.200
4	14:05:34.129	7:54.540	36.918	59.807	46.243	2:14.989			1:08.961
5	14:13:07.737	7:33.608	35.717	1:01.528	48.587	1:53.917	1:03.702	59.920	1:10.237
6	14:23:24.938	10:17.201	41.556	1:01.505	47.199	4:44.046	58.696	55.472	1:08.727
7	14:31:04.597	7:39.659	38.141	1:08.161	47.531	1:49.358			1:06.783
8	14:43:51.716	12:47.119	5:35.164	59.620	44.046	1:46.435	1:00.619	1:27.478	1:13.757
9	14:53:33.833	9:42.117	2:34.362	1:02.594	49.326	1:52.192	1:05.525	59.522	1:18.596
10	15:07:24.310	13:50.477	2:53.960	1:07.772	48.353	5:53.745	59.640	57.373	1:09.634
11	15:17:19.965	9:55.655	2:31.169	1:00.640	44.785	2:09.087	1:06.286	1:03.571	1:20.117
12	15:27:48.552	10:28.587	2:45.680	1:06.184	48.368	2:06.249	1:09.777	1:05.976	1:26.353
13	15:38:14.402	10:25.850	2:42.412	1:07.773	50.108	2:17.024	1:11.002	1:01.679	1:15.852

(109) Bas Lempink

1	13:41:21.183	6:30.560	34.556	53.936	44.408	1:36.666	54.693	52.286	54.015
2	13:48:34.266	7:13.083	29.353	49.844	55.334	2:16.558	53.140	52.024	56.830
3	13:55:24.639	6:50.373	31.500	52.442	41.040	2:01.112	52.804	54.947	56.528
4	14:02:41.953	7:17.314	33.404	1:09.281	44.761	2:04.722			57.695
5	14:14:12.283	11:30.330	35.992	55.513	42.253	6:03.236	56.368	52.814	1:24.154
6	14:21:06.132	6:53.849	34.150	53.521	42.763	1:42.336			1:04.315
7	14:27:57.252	6:51.120	37.384	51.332	43.572	1:43.912	53.640	58.096	1:03.184
8	14:41:51.710	13:54.458	7:18.507	58.348	44.406	1:47.999	1:00.465	57.563	1:07.170
9	14:55:21.447	13:29.737	2:22.593	1:28.737	45.903	5:40.545	1:02.061	58.862	1:11.036
10	15:05:10.605	9:49.158	2:26.291	1:01.310	57.843	1:56.459	1:04.550	1:03.927	1:18.778
11	15:16:17.296	11:06.691	3:27.184	59.452	46.757	2:21.617	1:06.671	1:06.932	1:18.078
12	15:28:14.313	11:57.017	4:05.704	1:05.745	48.056	2:13.586	1:10.092	1:05.971	1:27.863
13	15:38:23.584	10:09.271	2:27.261	1:01.453	48.863	2:21.412	1:09.766	1:03.807	1:16.709

(624) Gerwin Duerink

1	13:40:15.109	5:58.140	27.864	42.145	36.218	1:46.268	47.614	49.499	48.532
2	13:46:22.428	6:07.319	27.806	44.124	37.133	1:46.388	48.115	50.130	53.623
3	13:52:42.099	6:19.671	29.989	44.422	38.174	1:50.179	51.470	50.850	54.587
4	14:03:36.036	10:53.937	30.417	45.524	39.294	6:15.213	52.433	54.269	56.787
5	14:10:02.129	6:26.093	32.816	47.616	50.123	1:29.584	50.398	59.338	56.218
6	14:16:14.303	6:12.174	31.610	50.373	41.080	1:29.894	53.129	50.331	55.757
7	14:22:40.594	6:26.291	33.556	49.457	41.835	1:33.224	56.250	50.956	1:01.013
8	14:34:30.929	11:50.335	35.934	52.142	40.695	6:53.126	52.021	54.108	1:02.309
9	14:44:11.461	9:40.532	3:20.294	54.578	41.860	1:36.682	55.114	1:07.783	1:04.221
10	15:05:35.923	21:24.462	2:11.568	1:01.226	45.257	14:24.329			1:11.235
11	15:14:27.916	8:51.993	2:17.098	52.421	43.566	1:46.584	1:00.527	59.703	1:12.094
12	15:28:47.745	14:19.829	2:45.924	55.893	50.671	6:32.816	1:04.172	56.873	1:13.480
13	15:38:41.785	9:54.040	2:42.830	1:00.107	47.399	2:05.352	1:02.878	1:01.176	1:14.298

(579) Wouter de Graaff

1	13:42:01.370	7:24.925	40.521	54.133	45.835	1:52.304	1:01.515	1:02.301	1:08.316
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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:49:42.343	7:40.973	46.041	1:03.118	49.177	1:55.038	57.114	1:03.866	1:06.619
3	13:57:11.074	7:28.731	35.866	55.965	49.593	1:56.637			1:08.579
4	14:05:07.866	7:56.792	40.861	1:00.879	49.879	2:02.302	59.641	1:13.216	1:10.014
5	14:12:10.759	7:02.893	38.984	1:00.287	46.875	1:27.946	1:00.365	1:02.920	1:05.516
6	14:19:21.229	7:10.470	40.010	1:01.181	54.731	1:28.001	1:04.007	59.628	1:02.912
7	14:27:06.936	7:45.707	57.922	1:09.120	55.977	1:31.296	1:03.633	58.578	1:09.181
8	14:38:25.160	11:18.224	4:26.739	1:01.982	49.051	1:33.548	1:07.918	1:06.142	1:12.844
9	14:54:18.025	15:52.865	4:45.012	1:06.262	46.910	5:31.490	1:06.170	1:21.777	1:15.244
10	15:04:25.294	10:07.269	2:37.298	1:05.194	56.108	1:37.566	1:24.572	1:04.934	1:21.597
11	15:15:47.145	11:21.851	3:22.574	1:10.538	54.733	1:55.357	1:15.458	1:15.174	1:28.017
12	15:27:40.640	11:53.495	3:30.739	1:07.886	1:14.020	1:49.397			1:42.576
13	15:39:16.993	11:36.353	2:59.829	1:11.873	55.459	2:25.842	1:17.534	1:13.283	1:32.533

(973) Stef van Baelen

1	13:40:38.516	5:57.926	29.393	47.374	37.003	1:38.143	50.832	47.795	47.386
2	13:47:00.283	6:21.767	27.102	46.106	39.109	2:02.412	47.408	50.530	49.100
3	13:53:34.101	6:33.818	29.092	47.089	39.472	2:07.402			50.583
4	14:00:16.546	6:42.445	28.790	46.689	40.591	2:05.381	52.867	53.551	54.576
5	14:07:03.500	6:46.954	31.063	48.623	38.418	2:07.629	51.325	54.550	55.346
6	14:13:57.547	6:54.047	57.034	52.565	42.310	1:38.953	54.094	52.101	56.990
7	14:20:39.617	6:42.070	32.983	51.241	43.962	1:46.759	54.889	53.663	58.573
8	14:32:03.666	11:24.049	36.151	55.104	42.097	6:18.348	55.846	55.461	1:01.042
9	14:53:10.656	21:06.990	13:55.197	1:01.994	54.010	2:00.877	1:05.773	1:00.884	1:08.255
10	15:04:26.556	11:15.900	2:52.552	56.719	43.643	1:52.736	1:02.368	2:30.852	1:17.030
11	15:19:42.735	15:16.179	2:30.274	56.871	2:03.808	6:27.428	1:04.186	1:02.819	1:10.793
12	15:29:42.350	9:59.615	2:22.759	1:01.338	45.174	2:18.700	1:08.656	1:04.304	1:18.684
13	15:39:18.590	9:36.240	2:17.454	51.882	50.152	2:16.852			1:09.639

(153) Chris Otte

1	13:41:49.649	6:50.267	35.799	51.211	44.104	2:01.419	52.059	51.294	54.381
2	13:48:45.421	6:55.772	31.771	1:02.705	53.958	1:43.361	55.890	50.893	57.194
3	13:55:38.430	6:53.009	35.494	51.543	40.715	2:05.289	53.503	51.188	55.277
4	14:02:26.611	6:48.181	33.269	47.981	40.538	2:04.666	52.952	52.273	56.502
5	14:09:15.401	6:48.790	33.725	54.947	41.770	1:43.861	54.559	57.593	1:02.335
6	14:16:30.616	7:15.215	35.655	50.306	43.078	2:13.789	55.693	53.311	1:03.383
7	14:24:16.544	7:45.928	35.338	1:27.577	47.056	1:52.181	57.372	58.468	1:07.936
8	14:31:33.430	7:16.886	37.472	55.719	41.945	2:10.537	52.151	56.338	1:02.724
9	14:46:58.251	15:24.821	5:49.753	1:02.550	46.742	4:38.561	1:03.851	57.150	1:06.214
10	14:59:46.680	12:48.429	5:25.668	1:03.385	46.496	2:03.200	1:08.938	1:01.245	1:19.497
11	15:13:35.358	13:48.678	6:04.084	1:06.814	49.130	2:15.944	1:11.144	1:00.000	1:21.562
12	15:28:37.381	15:02.023	5:17.118	1:04.099	51.131	4:11.262	1:10.121	1:05.090	1:23.202
13	15:39:31.426	10:54.045	2:48.666	1:02.785	53.518	2:35.428	1:09.150	1:05.812	1:18.686

(598) Jeroen Bakker

1	13:42:22.952	6:42.654	35.283	55.172	43.818	1:41.580	56.667	54.078	56.056
2	13:48:56.785	6:33.833	33.450	55.371	40.836	1:37.175	56.187	52.592	58.222
3	13:56:19.626	7:22.841	33.421	1:01.863	44.944	2:10.388	56.632	54.404	1:01.189
4	14:03:19.941	7:00.315	36.486	56.769	43.432	1:39.456	1:01.725	58.697	1:03.750
5	14:10:47.806	7:27.865	38.582	54.484	38.805	2:12.494	58.068	1:02.478	1:02.954
6	14:18:21.212	7:33.406	37.144	1:00.725	43.921	2:11.929	58.377	58.039	1:03.271
7	14:29:08.759	10:47.547	43.206	56.884	45.614	5:15.246	59.630	1:00.386	1:06.581
8	14:47:00.207	17:51.448	10:16.869	1:01.138	49.807	1:56.952	1:03.736	58.589	1:44.357
9	14:57:08.691	10:08.484	2:56.273	1:04.765	47.383	1:52.496	1:04.663	1:07.275	1:15.629
10	15:06:59.986	9:51.295	2:35.903	58.523	47.698	1:57.038	1:06.910	1:08.811	1:16.412
11	15:17:41.108	10:41.122	2:37.857	1:03.903	50.538	2:42.718	1:06.800	1:02.088	1:17.218
12	15:28:31.869	10:50.761	2:41.871	1:02.815	51.860	2:34.161			1:21.423
13	15:39:33.441	11:01.572	2:42.858	1:13.362	1:03.178	2:21.079	1:11.043	1:07.836	1:22.216

(587) Rick Disseldorp

1	13:40:49.720	6:05.754	33.892	49.505	41.548	1:29.670	52.506	50.455	48.178
2	13:49:59.631	9:09.911	28.323	48.902	39.806	4:36.915	53.484	50.505	51.976
3	13:56:42.966	6:43.335	30.266	50.136	40.259	1:59.868	53.664	53.218	55.924
4	14:03:23.250	6:40.284	32.291	51.429	39.363	2:00.663	52.150	51.353	53.035
5	14:10:29.627	7:06.377	32.136	48.858	41.752	2:20.711	56.434	48.158	58.328
6	14:20:35.371	10:05.744	33.395	49.941	40.022	5:14.382	1:01.324	50.197	56.483
7	14:27:34.703	6:59.332	34.748	52.361	41.050	2:01.974	54.571	54.822	59.806





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	14:44:56.123	17:21.420	6:43.807	52.536	42.199	6:09.920	57.442	54.003	1:01.513
9	14:57:21.058	12:24.935	5:32.794	56.159	42.448	1:44.732	58.992	57.246	1:32.564
10	15:07:12.361	9:51.303	2:12.789	56.353	46.838	2:53.742	56.653	57.919	1:07.009
11	15:20:51.634	13:39.273	2:19.637	58.946	45.143	6:30.671	59.278	56.644	1:08.954
12	15:30:13.528	9:21.894	2:15.598	59.227	43.305	2:09.600	1:04.276	58.083	1:11.805
13	15:39:38.137	9:24.609	2:29.601	57.919	47.969	2:04.707	59.901	56.670	1:07.842

(439) Bernard kooiker

1	13:41:31.424	6:49.939	40.794	55.971	42.134	1:58.112	53.009	48.664	51.255
2	13:47:36.735	6:05.311	30.829	47.527	37.175	1:40.733	49.762	49.235	50.050
3	13:57:35.806	9:59.071	29.980	47.373	42.416	5:07.619	1:04.437	52.277	54.969
4	14:04:49.631	7:13.825	28.882	51.076	56.044	1:46.029	52.354	54.587	1:24.853
5	14:11:32.781	6:43.150	30.398	50.277	53.146	1:44.045	59.825	48.300	57.159
6	14:18:25.750	6:52.969	34.085	46.939	43.668	1:45.778	53.799	1:14.364	54.336
7	14:30:42.093	12:16.343	30.632	48.450	40.829	5:44.759	58.583	53.888	2:39.202
8	14:47:17.882	16:35.789	9:17.740	57.618	51.380	2:24.436	58.474	57.887	1:08.254
9	14:56:21.011	9:03.129	2:32.485	52.214	41.917	1:57.104	56.703	53.902	1:08.804
10	15:09:03.737	12:42.726	2:38.406	49.891	43.472	5:08.096	58.049	1:11.416	1:13.396
11	15:19:42.329	10:38.592	2:39.143	1:44.926	43.443	2:12.770	1:08.354	59.157	1:10.799
12	15:29:17.156	9:34.827	2:23.178	57.320	43.292	2:18.564	1:03.207	57.259	1:12.007
13	15:39:55.253	10:38.097	2:50.371	54.114	1:07.262	2:18.435	1:06.246	59.172	1:22.497

(534) Jari Bolks

1	13:41:33.778	6:39.829	32.784	50.278	41.650	2:03.219	51.524	47.513	52.861
2	13:48:02.130	6:28.352	29.611	51.341	40.937	1:44.890	54.664	50.896	56.013
3	13:54:52.985	6:50.855	31.436	50.273	39.619	2:00.669	50.273	50.896	58.118
4	14:01:59.751	7:06.766	31.030	48.651	42.412	2:10.016	57.303	53.096	1:04.258
5	14:09:22.996	7:23.245	33.014	1:07.125	42.706	2:08.428	55.786	54.692	1:01.494
6	14:21:54.716	12:31.720	33.606	51.723	45.741	7:22.490	1:00.156	54.247	1:03.757
7	14:28:53.129	6:58.413	36.392	53.625	43.213	1:49.326	1:00.022	53.391	1:02.444
8	14:45:51.569	16:58.440	10:19.673	58.012	45.674	1:50.931	1:02.181	55.627	1:06.342
9	14:55:01.144	9:09.575	2:34.108	53.237	43.588	1:54.246	1:01.046	55.648	1:07.702
10	15:04:09.183	9:08.039	2:25.387	52.496	46.001	1:54.767	1:02.299	56.228	1:10.861
11	15:20:12.634	16:03.451	2:34.003	54.638	49.601	8:23.286	1:05.817	1:00.518	1:15.588
12	15:30:10.488	9:57.854	2:31.406	56.431	47.927	2:16.840	1:03.207	57.259	1:13.735
13	15:39:56.464	9:45.976	2:25.602	57.698	48.840	2:13.779	1:04.331	58.622	1:17.104

(155) Tsjebbe Hoekstra

1	13:42:05.627	6:58.389	33.930	55.742	42.627	1:43.486	59.391	1:04.105	59.108
2	13:49:35.362	7:29.735	35.202	59.646	42.637	2:05.742	1:01.565	1:00.949	1:03.994
3	13:57:00.963	7:25.601	34.707	57.717	44.366	2:12.708	1:03.414	52.934	59.755
4	14:05:28.206	8:27.243	36.092	1:01.340	40.347	2:57.141	1:08.922	54.805	1:08.596
5	14:13:21.369	7:53.163	36.269	57.659	43.583	2:20.102	1:03.558	1:03.744	1:08.248
6	14:25:09.631	11:48.262	39.286	57.830	47.051	6:01.712	1:11.970	57.018	1:13.395
7	14:33:03.909	7:54.278	43.382	1:01.867	52.864	1:58.298	1:07.664	1:01.458	1:08.745
8	14:44:12.691	11:08.782	3:29.364	1:07.461	51.560	2:05.619	1:13.324	1:03.637	1:17.817
9	14:55:13.764	11:01.073	2:56.994	1:05.804	52.815	2:06.877	1:18.719	1:14.455	1:25.409
10	15:08:45.025	13:31.261	2:36.185	1:11.814	53.298	4:58.209	1:15.746	1:16.854	1:19.155
11	15:19:50.302	11:05.277	2:44.123	1:09.091	51.244	2:33.443	1:18.354	1:07.130	1:21.892
12	15:31:10.251	11:19.949	2:47.848	1:21.385	53.486	2:27.243	1:16.793	1:04.846	1:28.348
13	15:40:01.825	8:51.574	50.973	1:06.913			1:20.623	1:09.668	1:37.858

(715) Leroy Gaasbeek

1	13:41:15.037	6:23.652	32.729	47.284	42.716	1:53.487	47.321	49.929	50.186
2	13:47:07.849	5:52.812	28.708	44.420	37.665	1:37.132	45.172	48.288	51.427
3	13:53:43.840	6:35.991	27.866	47.944	49.600	1:54.515	49.893	50.875	55.298
4	14:00:44.209	7:00.369	28.456	50.449	1:07.762	2:02.667	48.766	49.712	52.557
5	14:14:36.537	13:52.328	31.493	50.136	41.777	8:57.871	51.858	1:03.203	55.990
6	14:21:00.554	6:24.017	30.669	51.457	39.067	1:34.582	55.321	52.776	1:00.145
7	14:27:58.452	6:57.898	33.320	54.894	44.575	1:45.710	54.930	56.810	1:07.659
8	14:43:15.856	15:17.404	8:45.361	59.338	41.058	1:39.056	57.572	1:02.091	1:12.928
9	15:00:27.332	17:11.476	4:52.597	53.410	41.521	7:32.766	59.735	57.786	1:13.661
10	15:09:54.655	9:27.323	2:22.961	57.031	46.942	1:56.561	1:04.744	1:09.305	1:09.779
11	15:19:22.918	9:28.263	2:22.077	57.321	44.829	2:11.629	1:01.707	58.033	1:12.667
12	15:30:16.566	10:53.648	2:35.122	1:30.707	46.480	2:27.166	1:10.254	1:02.336	1:21.583
13	15:40:12.866	9:56.300	2:30.098	1:01.938	52.763	2:14.854	1:04.174	1:00.204	1:12.269





RBKO Den Haag

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10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(622) Luc Bonnet									
1	13:41:12.095	6:17.135	34.281	48.850	49.734	1:34.497	53.335	46.570	49.868
2	13:47:20.042	6:07.947	27.920	49.467	39.841	1:32.643	52.998	49.936	55.142
3	13:54:22.223	7:02.181	30.323	49.297	56.578	2:07.623	51.186	51.201	55.973
4	14:01:35.937	7:13.714	32.232	55.860	42.220	2:13.976	55.620	53.994	59.812
5	14:13:39.166	12:03.229	31.417	54.344	41.240	7:06.930	56.914	55.431	56.953
6	14:20:06.787	6:27.621	31.856	51.478	41.225	1:36.175			1:00.425
7	14:26:59.833	6:53.046	37.211	55.123	41.301	1:43.477			1:02.579
8	14:40:09.836	13:10.003	6:33.830	52.216	46.400	1:50.425	1:00.725	1:00.501	1:05.906
9	14:56:40.820	16:30.984	3:11.606	57.675	46.565	8:27.661			1:07.748
10	15:05:56.931	9:16.111	2:28.588	1:01.483	44.076	1:46.993	1:02.982	1:04.465	1:07.524
11	15:18:49.592	12:52.661	5:39.811	54.564	44.990	2:11.224	1:04.012	1:03.476	1:14.584
12	15:30:23.801	11:34.209	3:40.135	1:00.936	1:02.228	2:18.330	1:08.089	1:01.815	1:22.676
13	15:40:19.644	9:55.843	2:32.117	57.786	49.513	2:12.219	1:09.983	58.712	1:15.513
(1000) Maikel van der Sar									
1	13:42:03.419	7:11.875	34.874	54.867	51.030	2:00.925	56.617	56.194	57.368
2	13:48:57.211	6:53.792	34.415	56.401	44.639	2:00.253	52.292	49.444	56.348
3	13:58:27.478	9:30.267	31.676	55.597	41.867	4:41.990	51.169	52.080	55.888
4	14:05:28.762	7:01.284	34.431	53.436	41.181	2:03.286	55.164	54.173	59.613
5	14:12:07.491	6:38.729	32.106	57.029	45.135	1:39.515	54.795	49.588	1:00.561
6	14:19:05.349	6:57.858	35.104	55.707	41.624	1:42.933	1:01.257	57.042	1:04.191
7	14:30:56.393	11:51.044	40.792	56.527	43.614	6:27.773	59.584	59.202	1:03.552
8	14:44:49.788	13:53.395	7:08.842	57.357	48.102	1:52.198	1:01.541	59.710	1:05.645
9	14:59:45.380	14:55.592	2:33.955	55.454	42.836	7:29.962	1:01.227	1:00.277	1:11.881
10	15:09:23.019	9:37.639	2:37.657	1:01.178	46.129	2:05.089	59.924	58.484	1:09.178
11	15:19:10.852	9:47.833	2:25.878	57.178	46.720	2:21.195	1:06.254	1:00.519	1:10.089
12	15:30:16.748	11:05.896	3:39.214	1:01.222	49.695	2:16.362	1:03.923	59.954	1:15.526
13	15:40:25.350	10:08.602	2:29.655	58.008	52.381	2:13.869	1:11.696	1:01.566	1:21.427
(565) Sebastiaan Hamer									
1	13:42:21.736	6:58.586	34.207	51.666	43.299	2:04.550	51.331	52.885	1:00.648
2	13:49:59.670	7:37.934	31.920	1:08.401	41.900	2:13.745			1:00.784
3	13:57:24.065	7:24.395	34.209	58.227	46.816	2:15.621	56.955	55.921	56.646
4	14:04:29.908	7:05.843	33.730	54.628	45.936	1:50.748			1:02.969
5	14:15:54.665	11:24.757	36.915	58.883	45.191	5:42.937	1:05.935	1:05.469	1:09.427
6	14:23:45.394	7:50.729	40.461	1:03.454	49.720	2:00.342	1:06.406	1:00.392	1:09.954
7	14:32:58.655	9:13.261	42.063	1:58.625	1:14.587	2:05.899	1:04.346	59.687	1:08.054
8	14:44:08.278	11:09.623	3:42.099	1:06.354	53.715	2:00.878	1:03.454	1:04.987	1:18.136
9	14:54:35.370	10:27.092	2:55.126	1:04.370	51.710	2:03.765	1:10.731	1:00.676	1:20.714
10	15:08:11.507	13:36.137	2:37.997	1:02.151	57.629	5:24.913	1:08.252	1:02.943	1:22.252
11	15:19:03.037	10:51.530	2:50.691	1:11.822	52.749	2:13.854	1:13.359	1:05.346	1:23.709
12	15:29:07.876	10:04.839	2:33.553	1:01.268	49.896	2:07.834	1:10.407	1:03.211	1:18.670
13	15:40:45.491	11:37.615	3:09.468	1:04.970	57.683	2:28.927	1:19.422	1:11.828	1:25.317
(231) Steve van Hout									
1	13:41:13.027	6:37.460	32.370	50.193	38.652	1:57.417	51.244	51.815	55.769
2	13:48:00.453	6:47.426	31.792	49.356	37.346	2:01.389	54.707	54.188	58.648
3	13:55:19.752	7:19.299	34.348	51.436	41.951	2:14.812	1:01.284	53.646	1:01.822
4	14:02:37.266	7:17.514	34.503	52.621	44.077	2:11.977	58.680	55.812	59.844
5	14:14:40.651	12:03.385	35.157	54.832	44.891	6:46.862	1:00.167	54.306	1:07.170
6	14:22:10.394	7:29.743	39.027	55.059	44.109	1:54.106	1:02.754	1:01.334	1:13.354
7	14:29:42.533	7:32.139	41.112	55.807	45.260	1:54.716	1:03.103	1:00.434	1:11.707
8	14:50:30.310	20:47.777	8:08.664	59.034	47.202	7:39.974	58.013	57.672	1:17.218
9	15:00:11.287	9:40.977	2:23.614	1:00.897	47.544	2:01.748	1:06.507	1:00.449	1:20.218
10	15:10:31.453	10:20.166	2:45.346	56.666	47.654	2:19.009	1:10.824	1:03.250	1:17.417
11	15:20:55.159	10:23.706	2:35.168	1:00.507	48.803	2:31.265	1:10.204	1:00.122	1:17.637
12	15:31:27.174	10:32.015	2:16.611	59.731	53.097	2:36.441	1:14.158	1:06.718	1:25.259
13	15:41:12.474	9:45.300	2:15.656	1:14.370			1:10.118	1:02.549	1:21.398
(498) Jeff Bruggeman									
1	13:43:20.297	8:53.317	33.084	47.485	3:22.411	1:39.390	50.381	49.303	51.263
2	13:50:14.647	6:54.350	30.781	53.022	39.988	2:09.563	51.357	54.626	55.013
3	13:57:07.470	6:52.823	29.400	50.993	40.117	2:10.417	52.742	51.556	57.598
4	14:06:06.175	8:58.705	34.028	54.904	41.793	4:09.188	51.906	52.042	54.844





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5	14:12:37.202	6:31.027	39.680	49.617	41.075	1:36.979	55.727	54.426	53.523
6	14:19:42.429	7:05.227	32.630	52.548	43.601	2:06.672	54.954	53.398	1:01.424
7	14:26:52.850	7:10.421	37.203	52.247	44.630	2:08.374	55.445	52.348	1:00.174
8	14:47:41.386	20:48.536	14:22.712	52.467	47.625	1:45.506	56.101	1:01.322	1:02.803
9	15:01:00.508	13:19.122	3:58.805	58.856	46.896	4:20.332	1:05.779	57.712	1:10.742
10	15:10:43.416	9:42.908	2:36.251	1:00.920	48.765	2:00.149	1:04.339	1:02.413	1:10.071
11	15:20:34.350	9:50.934	2:40.163	58.267	48.234	2:10.358	1:06.671	57.517	1:09.724
12	15:31:00.241	10:25.891	2:31.268	1:03.211	48.996	2:29.683	1:08.581	1:01.155	1:22.997
13	15:41:15.872	10:15.631	2:20.432	1:01.803	48.983	2:34.021	1:12.443	1:02.852	1:15.097

(552) Remco Verkaik

1	13:43:54.049	7:27.129	36.088	56.398	45.915	2:07.928	1:01.636	55.274	1:03.890
2	13:52:43.927	8:49.878	34.859	53.964	42.073	3:18.931	1:02.706	1:14.885	1:02.460
3	14:00:25.420	7:41.493	35.421	1:08.015	43.484	2:08.564	1:00.420	54.542	1:11.047
4	14:07:53.369	7:27.949	36.611	52.732	44.811	2:11.544	1:01.263	55.238	1:05.750
5	14:15:20.576	7:27.207	47.411	58.506	48.027	1:42.599	59.128	1:01.422	1:10.114
6	14:22:34.078	7:13.502	37.824	54.104	45.491	1:41.844	1:03.111	1:01.794	1:09.334
7	14:30:41.351	8:07.273	39.995	1:18.365	51.002	1:47.904	1:07.770	1:01.314	1:20.923
8	14:48:39.794	17:58.443	7:18.454	58.341	52.462	5:17.631	1:02.481	1:12.560	1:16.514
9	14:58:18.434	9:38.640	2:32.347	1:00.279	46.711	1:53.653	1:06.791	1:01.748	1:17.111
10	15:08:12.797	9:54.363	2:27.406	1:22.089	46.845	1:52.757	1:09.262	1:00.804	1:15.200
11	15:18:21.698	10:08.901	2:34.336	59.638	49.158	2:15.740	1:08.034	1:03.105	1:18.890
12	15:30:57.119	12:35.421	4:44.682	1:00.814	49.595	2:12.135	1:22.387	1:04.661	1:21.147
13	15:41:24.024	10:26.905	2:28.206	1:18.672	55.331	2:12.979	1:14.235	1:01.876	1:15.606

(145) Wesly Tol

1	13:41:23.815	6:22.401	33.324	49.209	46.606	1:35.992	54.362	49.282	53.626
2	13:48:12.559	6:48.744	28.463	50.351	40.559	2:06.720	52.345	51.844	58.462
3	13:55:02.677	6:50.118	32.218	50.909	40.527	2:07.128	53.473	50.928	54.935
4	14:01:56.048	6:53.371	32.133	48.336	40.612	2:08.254	53.518	50.335	1:00.183
5	14:12:40.924	10:44.876	35.122	52.661	42.798	5:46.403	57.518	49.982	1:00.392
6	14:19:51.817	7:10.893	33.114	1:11.015	44.724	1:41.177	58.680	55.819	1:06.364
7	14:27:47.945	7:56.128	50.885	1:36.267	44.242	1:45.135	58.973	53.055	1:07.571
8	14:48:01.831	20:13.886	5:56.831	54.466	42.059	9:38.683	1:04.697	53.313	1:03.837
9	14:57:49.550	9:47.719	3:10.191	55.884	47.269	1:49.435	1:02.184	54.708	1:08.048
10	15:07:10.042	9:20.492	2:42.470	54.674	45.954	1:48.984	1:01.663	56.702	1:10.045
11	15:21:43.915	14:33.873	2:27.717	1:01.533	45.691	6:59.739	1:08.907	58.095	1:12.191
12	15:31:53.553	10:09.638	2:24.217	57.399	48.059	2:19.367	1:09.500	1:02.782	1:28.314
13	15:41:29.170	9:35.617					1:07.197	56.432	1:23.644

(658) Glen Koning

1	13:42:22.973	7:02.438	36.143	51.451	45.787	2:09.194	51.147	51.668	57.048
2	13:49:26.761	7:03.788	32.696	52.143	45.508	2:09.349	51.401	55.007	57.684
3	13:56:38.792	7:12.031	31.163	55.062	43.964	2:08.896	59.910	52.175	1:00.861
4	14:03:57.901	7:19.109	33.546	55.422	42.175	2:17.722	52.111	56.885	1:01.248
5	14:10:58.106	7:00.205	35.579	53.268	46.276	1:49.309	56.187	54.550	1:05.036
6	14:25:03.864	14:05.758	35.177	52.320	45.534	8:46.919	1:01.306	58.998	1:05.504
7	14:32:45.723	7:41.859	42.346	58.263	50.818	1:57.157	1:01.978	1:00.442	1:10.855
8	14:45:05.238	12:19.515	5:09.792	1:04.948	51.199	2:03.346			1:09.899
9	14:55:25.683	10:20.445	3:24.226	57.886	44.227	1:58.472	1:02.797	1:01.840	1:10.997
10	15:09:03.688	13:38.005	2:26.581	57.909	46.314	6:00.354	59.956	51.500	1:35.391
11	15:19:26.790	10:23.102	2:26.004	1:01.010	47.283	2:18.938	1:07.448	1:28.212	1:14.207
12	15:29:57.282	10:30.492	2:28.507	58.788	47.314	2:23.544	1:15.342	1:06.822	1:30.175
13	15:41:36.329	11:39.047			54.735	2:28.152	1:01.696	57.789	1:12.348

(407) Luuk Gielen

1	13:41:10.225	6:32.463	33.682	53.834	44.599	1:31.744	54.235	56.462	57.907
2	13:48:59.584	7:49.359	35.281	1:08.625	49.553	2:21.485	58.428	57.808	58.179
3	13:56:35.291	7:35.707	36.114	56.017	48.566	2:14.364	1:02.402	57.056	1:01.188
4	14:03:50.727	7:15.436	35.669	51.973	46.073	2:11.794	55.211	57.874	56.842
5	14:11:16.059	7:25.332	36.176	53.481	49.291	2:10.755	59.460	56.296	59.873
6	14:22:12.154	10:56.095	42.371	49.799	44.363	5:27.709	1:03.189	1:02.229	1:06.435
7	14:29:46.172	7:34.018	34.683	54.860	46.320	2:15.262	1:00.643	54.771	1:07.479
8	14:44:58.109	15:11.937	7:48.895	1:00.634	49.786	2:22.103	1:01.634	59.836	1:09.049
9	14:55:36.689	10:38.580	3:31.261	55.802	54.383	1:57.665	1:07.687	59.865	1:11.917
10	15:08:59.584	13:22.895	2:39.071	59.285	51.542	5:20.105	1:06.211	1:15.979	1:10.702



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
11	15:20:25.615	11:26.031	3:44.756	1:02.428	52.960	2:08.421	1:07.566	1:07.792	1:22.108
12	15:31:46.671	11:21.056	3:17.916	1:08.837	51.280	2:20.684	1:21.189	1:03.232	1:17.918
13	15:42:48.442	11:01.771	2:47.234	1:06.122	1:11.000	2:26.770	1:08.360	1:04.033	1:18.252
(344) Sam Meester									
1	13:41:38.282	6:28.428	34.566	49.044	43.324	1:45.908	50.406	48.603	56.577
2	13:48:29.815	6:51.533	33.336	49.066	43.628	2:08.509			53.976
3	14:00:06.041	11:36.226	30.276	51.020	38.475	6:50.292			58.025
4	14:06:59.028	6:52.987	33.677	47.465	41.279	2:10.036			56.587
5	14:14:15.970	7:16.942	32.454	51.307	43.973	2:14.216	54.918	58.154	1:01.920
6	14:21:25.114	7:09.144	34.294	1:02.073	42.541	1:49.159			1:04.540
7	14:35:20.161	13:55.047	37.384	52.220	44.960	8:40.483	59.198	55.088	1:05.714
8	14:44:59.634	9:39.473	2:57.951	56.894	43.164	1:55.786	59.186	57.816	1:08.676
9	14:54:13.149	9:13.515	2:31.027	54.385	43.300	1:57.142	1:03.393	57.168	1:07.100
10	15:10:06.483	15:53.334	2:16.898	53.138	50.130	8:31.131	1:07.875	1:00.668	1:13.494
11	15:20:07.445	10:00.962	2:24.263	55.905	49.466	2:17.560			1:21.172
12	15:32:10.515	12:03.070	2:22.523	58.413	49.711	2:23.162	1:09.015	1:07.219	3:13.027
(819) John Wevers									
1	13:41:53.625	7:14.419	34.075	1:17.983	43.524	1:58.919	59.892	45.835	54.191
2	13:48:37.081	6:43.456	28.911	50.539	42.076	1:57.320	58.313	51.765	54.532
3	13:55:39.314	7:02.233	40.824	58.282	41.394	2:00.551	56.840	46.050	58.292
4	14:06:02.764	10:23.450	30.401	49.685	37.688	4:51.240			1:04.829
5	14:12:59.489	6:56.725	32.616	52.207	44.620	1:38.192			1:10.433
6	14:20:09.926	7:10.437	35.645	1:21.214	38.951	1:40.606	59.645	54.969	59.407
7	14:27:16.174	7:06.248	37.913	56.635	44.306	1:42.346	1:03.841	55.995	1:05.212
8	14:45:57.969	18:41.795	9:21.640	57.832	39.802	4:40.735			1:05.918
9	14:55:49.389	9:51.420	2:31.616	1:25.722	42.137	1:48.793			1:10.311
10	15:07:07.998	11:18.609	4:26.464	55.983	43.911	1:50.281	1:08.843	58.785	1:14.342
11	15:20:09.534	13:01.536	2:38.021	55.444	48.038	5:00.843			1:31.687
12	15:32:22.148	12:12.614	3:38.887	1:02.961	45.768	2:16.628	1:15.493	57.599	2:15.278
(296) Nick Heijting									
1	13:42:35.624	6:49.249	37.213	54.416	41.501	1:44.697	55.185	55.739	1:00.498
2	13:49:44.021	7:08.397	34.355	56.796	46.300	1:50.516	58.905	54.631	1:06.894
3	13:57:26.876	7:42.855	37.254	58.543	43.324	2:20.642	1:02.670	57.540	1:02.882
4	14:08:52.604	11:25.728	39.303	56.044	46.951	5:58.460	58.585	59.859	1:06.526
5	14:17:16.732	8:24.128	38.207	1:01.237	50.135	2:41.910	1:04.295	1:00.802	1:07.542
6	14:25:21.293	8:04.561	42.982	1:01.458	47.445	2:02.016	59.749	1:11.544	1:19.367
7	14:33:48.914	8:27.621	44.335	1:02.145	51.187	2:29.856	1:07.268	1:03.053	1:09.777
8	14:44:35.145	10:46.231	3:41.881	1:03.685	48.330	2:01.811	1:02.304	59.802	1:08.418
9	14:54:49.664	10:14.519	2:28.268	59.260	50.212	2:28.458	1:03.336	1:06.508	1:18.477
10	15:04:53.839	10:04.175	2:30.736	1:02.278	52.592	2:01.885	1:06.826	1:11.670	1:18.188
11	15:21:49.752	16:55.913	2:37.259	1:00.949	49.465	8:59.892	1:08.836	1:03.338	1:16.174
12	15:32:28.955	10:39.203	2:33.269	1:02.114	50.321	2:23.871	1:10.599	1:14.934	1:24.095
(813) Nuri Heskes									
1	13:44:52.246	10:26.521	30.098	48.198	46.332	5:51.750	48.301	49.075	52.767
2	13:51:26.592	6:34.346	30.327	48.406	40.127	2:00.746	52.011	50.246	52.483
3	13:58:09.526	6:42.934	31.810	48.234	42.794	2:04.766	55.008	48.675	51.647
4	14:04:18.999	6:09.473	30.838	47.723	39.186	1:37.494	50.916	48.263	55.053
5	14:15:08.505	10:49.506	35.088	49.023	41.145	6:04.504	52.913	51.609	55.224
6	14:21:46.792	6:38.287	33.679	51.009	42.952	1:41.986	59.672	51.121	57.868
7	14:29:26.245	7:39.453	34.405	52.939	1:09.140	2:13.937	59.657	49.101	1:00.274
8	14:46:30.185	17:03.940	10:42.995	54.219	43.058	1:52.140	57.710	53.514	1:00.304
9	15:00:58.492	14:28.307	2:54.709	52.687	45.019	6:58.486	59.356	54.913	1:03.137
10	15:13:07.136	12:08.644	5:30.109	52.243	45.400	1:58.784	59.580	54.823	1:07.705
11	15:22:46.757	9:39.621	2:36.440	53.498	44.010	2:19.413	1:01.330	55.794	1:09.136
12	15:32:30.708	9:43.951	2:24.417	50.032	45.949	2:14.182	1:01.459	56.986	1:30.926
(850) Jasper Groot Roessink									
1	13:42:34.212	7:08.193	35.729	55.498	40.657	2:06.850	1:00.667	52.948	55.844
2	13:49:53.678	7:19.466	31.125	1:04.980	38.545	2:15.797	1:02.059	50.105	56.855
3	13:57:06.817	7:13.139	32.746	56.200	40.187	2:10.288	55.075	56.836	1:01.807
4	14:04:39.375	7:32.558	37.754	53.424	44.081	2:13.934	57.036	1:01.869	1:04.460
5	14:16:07.754	11:28.379	36.742	55.448	1:07.799	5:56.186	59.893	51.557	1:00.754





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
6	14:23:27.383	7:19.629	38.483	1:00.344	40.004	1:52.488	1:08.353	52.398	1:07.559
7	14:31:43.642	8:16.259	38.200	56.729	48.081	1:56.165			1:12.932
8	14:46:15.981	14:32.339	7:02.460	56.288	1:01.209	1:54.371	1:09.009	1:17.472	1:11.530
9	15:00:30.869	14:14.888	2:26.498	1:01.993	44.496	6:31.409	1:11.931	1:00.104	1:18.457
10	15:10:35.618	10:04.749	2:24.055	1:02.847	50.005	2:09.257	1:23.951	58.259	1:16.375
11	15:21:23.601	10:47.983	2:34.915	1:08.948	49.615	2:30.333			1:21.265
12	15:32:33.121	11:09.520	2:37.385	1:12.828	48.281	2:39.341	1:11.706	1:09.349	1:30.630

(143) Mark Ellens

1	13:42:27.635	6:35.253	36.320	54.426	39.957	1:44.082	53.589	50.360	56.519
2	13:49:10.426	6:42.791	29.580	54.001	42.621	1:52.604	55.283	51.239	57.463
3	13:56:49.217	7:38.791	33.049	54.913	1:18.409	2:10.792	53.548	53.635	54.445
4	14:03:59.650	7:10.433	32.224	57.676	46.295	2:12.820	51.321	52.875	57.222
5	14:11:10.870	7:11.220	33.168	56.758	44.937	2:12.709	54.898	53.069	55.681
6	14:23:09.376	11:58.506	33.990	54.813	44.925	6:51.337	59.328	53.067	1:01.046
7	14:30:40.325	7:30.949	36.925	1:00.513	43.042	2:17.159	55.133	54.937	1:03.240
8	14:48:40.603	18:00.278	8:24.441	56.050	47.585	4:50.342	59.004	57.082	1:05.774
9	14:58:08.830	9:28.227	2:21.000	1:09.709	45.332	2:03.907	1:01.106	57.756	1:09.417
10	15:13:01.613	14:52.783	3:46.737	56.540	46.086	6:07.796	1:03.765	1:01.476	1:10.383
11	15:22:56.499	9:54.886	2:48.064	55.042	44.665	2:15.248	1:01.854	1:00.087	1:09.926
12	15:32:41.091	9:44.592	2:22.401	58.619	47.128	2:15.608	1:07.679	1:00.369	1:12.788

(569) Jerry Jannink

1	13:41:48.155	6:50.534	35.919	52.306	40.426	1:57.268			54.144
2	13:48:43.888	6:55.733	32.228	54.525	40.948	2:01.245	57.205	52.963	56.619
3	13:55:27.537	6:43.649	31.393	53.380	38.948	1:57.648	52.404	53.446	56.430
4	14:06:57.981	11:30.444	32.641	53.269	39.544	6:33.796			59.418
5	14:13:47.856	6:49.875	30.619	51.986	40.093	1:57.270	56.339	55.130	58.438
6	14:20:44.567	6:56.711	33.319	1:01.217	41.989	1:39.458	1:00.836	57.262	1:02.630
7	14:27:40.009	6:55.442	39.649	55.914	42.144	1:37.901	58.715	56.997	1:04.122
8	14:46:59.187	19:19.178	5:29.550	58.345	49.312	8:32.749	1:05.821	1:04.820	1:18.581
9	14:57:57.571	10:58.384	4:00.286	57.617	51.105	1:53.189	1:04.344	59.292	1:12.551
10	15:11:51.529	13:53.958	2:51.373	55.745	47.191	5:47.283	1:08.387	1:06.923	1:17.056
11	15:21:49.234	9:57.705	2:23.131	58.317	48.933	2:15.525			1:18.104
12	15:32:44.676	10:55.442	2:28.817	1:00.414	54.764	2:34.134	1:13.273	1:14.977	1:29.063

(667) Berd Temmink

1	13:40:51.569	6:37.102	28.215	47.992	39.977	1:51.603	51.154	1:07.450	50.711
2	13:47:12.588	6:21.019	30.010	47.945	38.336	1:53.105	50.709	51.527	49.387
3	13:53:35.350	6:22.762	30.746	49.747	39.287	1:52.787	50.347	49.411	50.437
4	14:00:11.811	6:36.461	30.090	49.023	39.402	1:56.149	51.777	58.812	51.208
5	14:09:58.862	9:47.051	31.297	49.010	39.803	5:02.516	55.373	54.115	54.937
6	14:16:37.721	6:38.859	32.021	51.602	44.853	1:34.788	54.236	54.227	1:07.132
7	14:22:59.063	6:21.342	33.275	51.270	40.847	1:35.820	51.980	53.005	55.145
8	14:29:39.250	6:40.187	34.546	51.962	43.567	1:30.924	58.047	1:00.182	1:00.959
9	14:52:06.453	22:27.203	8:05.051	1:00.416	45.030	9:28.064			1:06.668
10	15:04:34.060	12:27.607	5:15.500	55.251	46.113	1:39.270	59.985	1:00.350	1:51.138
11	15:23:09.490	18:35.430	3:00.517	55.423	46.286	10:22.120	1:14.623	1:01.899	1:14.562
12	15:33:48.468	10:38.978	2:46.642	58.878	49.071	2:24.379	1:13.888	1:04.968	1:21.152

(468) Geert Koerts

1	13:40:06.649	5:41.057	31.130	46.339	37.317	1:23.884	47.411	44.937	50.039
2	13:45:35.725	5:29.076	27.105	44.028	35.739	1:21.791	45.755	45.759	48.899
3	13:51:41.312	6:05.587	28.075	44.709	35.801	1:49.305	48.559	45.999	53.139
4	14:01:01.180	9:19.868	30.928	48.256	37.858	4:56.803	49.385	43.940	52.698
5	14:08:09.771	7:08.591	31.227	1:15.685	40.108	1:56.243	52.564	46.647	1:06.117
6	14:14:51.144	6:41.373	33.674	49.635	39.069	1:56.273	52.624	50.752	59.346
7	14:21:22.642	6:31.498	36.729	54.112	40.715	1:34.965	52.362	52.886	59.729
8	14:27:57.415	6:34.773	35.378	52.982	40.428	1:35.854	58.714	50.571	1:00.846
9	15:05:29.943	37:32.528	25:13.267	54.725	42.171	7:37.985	58.115	57.243	1:09.022
10	15:15:14.054	9:44.111	2:50.704	59.770	47.263	2:10.655	59.333	51.195	1:05.191
11	15:24:32.427	9:18.373	2:32.964	55.241	42.208	1:59.999	1:00.578	56.133	1:11.250
12	15:33:53.593	9:21.166	2:26.592	55.023	43.085	1:58.569	1:11.597	55.543	1:10.757

(124) Jarno Brakke

1	13:41:48.565	6:52.812	36.139	59.302	45.291	1:40.587	57.603	55.049	58.841
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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:48:41.086	6:52.521	29.941	51.872	41.728	1:51.990	57.433	53.503	1:06.054
3	13:58:48.817	10:07.731	34.474	54.575	39.604	5:10.173	57.194	50.738	1:00.973
4	14:05:27.870	6:39.053	32.938	53.580	40.518	1:38.713	56.704	54.281	1:02.319
5	14:13:06.170	7:38.300	33.066	56.437	44.285	2:19.150	59.825	58.964	1:06.573
6	14:21:04.639	7:58.469	35.468	1:00.419	42.853	2:30.221	1:05.797	58.708	1:05.003
7	14:35:07.646	14:03.007	36.638	1:00.189	48.965	8:23.101	1:07.322	56.698	1:10.094
8	14:45:22.366	10:14.720	2:47.005	1:02.716	52.172	2:18.395	1:04.325	58.029	1:12.078
9	14:55:27.439	10:05.073	2:33.005	1:00.102	48.309	2:03.844	1:14.775	1:04.636	1:20.402
10	15:12:12.016	16:44.577	2:30.315	1:05.612	51.863	8:36.212	1:15.804	1:07.146	1:17.625
11	15:23:18.552	11:06.536	2:44.759	1:05.126	55.452	2:29.189	1:17.136	1:09.710	1:25.164
12	15:34:22.566	11:04.014	2:39.477	1:07.895	56.729	2:23.091	1:23.041	1:07.448	1:26.333

(642) Marcus Busch

1	13:41:32.386	6:35.109	37.536	51.732	40.939	1:38.873	53.641	54.486	57.902
2	13:48:41.468	7:09.082	33.833	53.144	44.914	2:10.218	58.689	52.790	55.494
3	13:55:58.813	7:17.345	32.941	51.648	42.895	2:15.744			1:00.420
4	14:03:40.961	7:42.148	41.923	55.340	43.455	2:17.139	57.034	1:00.801	1:06.456
5	14:16:10.672	12:29.711	37.056	57.200	56.077	6:54.267	1:04.748	55.619	1:04.744
6	14:23:55.505	7:44.833	36.183	53.642	45.504	2:17.756	1:01.970	1:02.078	1:07.700
7	14:31:50.302	7:54.797	39.825	59.284	47.288	1:56.667	1:03.104	1:17.582	1:11.047
8	14:46:40.085	14:49.783	7:25.571	1:06.664	49.178	2:05.079			1:13.939
9	14:58:33.253	11:53.168	4:26.547	55.557	48.881	2:04.598	1:08.842	1:09.090	1:19.653
10	15:13:06.860	14:33.607	2:38.094	52.616	49.400	6:40.444	1:06.756	1:03.062	1:23.235
11	15:23:48.920	10:42.060	2:36.134	57.066	47.411	2:24.986	1:05.452	1:03.209	1:47.802
12	15:34:23.688	10:34.768	2:37.179	1:02.174	52.067	2:29.207			1:17.281

(388) Mark van Nieuwburg

1	13:43:17.356	7:03.915	35.409	1:00.463	43.300	2:05.088	56.793	48.686	54.176
2	13:50:35.389	7:18.033	32.144	53.461	45.559	2:08.859	1:10.367	50.382	57.261
3	13:57:43.426	7:08.037	33.684	54.659	46.460	2:15.159	53.890	45.955	58.230
4	14:10:17.948	12:34.522	34.516	1:01.664	42.358	7:11.316	59.780	57.373	1:07.515
5	14:17:22.826	7:04.878	34.152	1:02.665	41.708	1:51.906	58.898	55.761	59.788
6	14:24:27.574	7:04.748	36.081	52.696	41.007	1:49.124	59.324	56.272	1:10.244
7	14:31:43.981	7:16.407	40.246	1:03.325	42.763	1:53.044	1:00.437	53.753	1:02.839
8	14:51:33.409	19:49.428	6:57.604	54.189	45.601	8:03.743	1:04.186	55.443	1:08.662
9	15:00:35.373	9:01.964	2:32.278	50.892	44.813	1:55.810	57.175	54.332	1:06.664
10	15:12:47.332	12:11.959	2:23.115	52.409	43.831	5:01.665	1:02.235	55.769	1:12.935
11	15:23:04.547	10:17.215	2:55.830	58.169	45.493	2:18.195	1:13.813	55.376	1:10.339
12	15:34:27.560	11:23.013	2:47.033	56.893	47.560	2:11.380	1:27.564	1:56.965	1:15.618

(404) Jan Gerrit Smits

1	13:41:52.591	7:01.430	32.297	59.045	41.458	2:00.231	1:00.682	51.470	56.247
2	13:51:04.224	9:11.633	30.953	57.602	43.789	4:06.831	57.209	1:00.117	55.132
3	13:58:19.376	7:15.152	31.704	53.292	46.497	2:08.012	58.156	58.534	58.957
4	14:05:03.899	6:44.523	34.283	53.387	44.812	1:45.398	57.117	50.867	58.659
5	14:15:37.350	10:33.451	33.828	54.823	44.463	5:27.042			1:00.954
6	14:22:43.300	7:05.950	35.962	53.622	58.066	1:47.439	57.024	54.370	59.467
7	14:29:55.134	7:11.834	36.224	53.689	41.498	2:02.042	58.494	55.343	1:04.544
8	14:51:04.353	21:09.219	7:08.853	58.487	47.186	9:14.822	59.281	57.577	1:03.013
9	15:00:34.105	9:29.752	2:49.767	54.892	47.202	1:47.725	1:03.590	59.120	1:07.456
10	15:12:53.227	12:19.122	2:31.063	51.299	51.750	4:51.718	1:02.868	57.025	1:13.399
11	15:22:32.150	9:38.923	2:31.176	54.459	48.080	2:09.351	1:08.181	54.190	1:13.486
12	15:34:35.663	12:03.513	2:28.092	58.202	48.308	4:05.059	1:08.562	59.041	1:36.249

(635) Roeland Piels

1	13:41:14.234	6:21.189	30.815	51.798	45.512	1:38.994	52.867	47.311	53.892
2	13:47:50.459	6:36.225	30.680	53.731	37.750	1:40.380	1:16.557	43.680	53.447
3	13:55:20.915	7:30.456	30.185	50.619	57.529	2:17.514	1:05.213	49.642	59.754
4	14:03:09.678	7:48.763	1:03.542	52.199	42.319	2:14.728	58.275	52.782	1:04.918
5	14:10:51.919	7:42.241	35.633	50.384	44.684	2:20.553			1:12.520
6	14:25:01.382	14:09.463	1:22.693	55.716	44.762	8:01.481	1:02.291	56.679	1:05.841
7	14:32:35.677	7:34.295	39.123	57.551	47.286	1:55.606	1:05.054	1:01.138	1:08.537
8	14:52:24.439	19:48.762	5:20.155	57.649	50.826	9:39.958	1:00.628	53.727	1:05.819
9	15:01:54.925	9:30.486	2:11.586	55.956	46.921	2:23.312	1:06.863	56.522	1:09.326
10	15:14:46.354	12:51.429	2:23.489	58.650	1:46.307	4:15.935	1:06.366	53.957	1:09.929
11	15:24:48.817	10:02.463	2:33.985	54.776	51.338	2:14.480	1:08.444	1:02.039	1:17.401

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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
12	15:34:42.711	9:53.894	2:35.330	56.803	52.387	2:09.681	1:09.593	58.727	1:11.373
(631) Klaas van Woudenberg									
1	13:41:36.435	6:25.250	35.806	57.493	45.156	1:25.578	58.537	50.620	52.060
2	13:48:05.050	6:28.615	31.308	54.420	44.171	1:36.962	54.089	53.636	54.029
3	13:54:30.661	6:25.611	29.706	57.147	38.230	1:35.304	57.711	51.412	56.101
4	14:01:39.091	7:08.430	32.084	54.139	40.404	2:07.768	59.766	55.423	58.846
5	14:08:14.379	6:35.288	34.049	56.560	40.382	1:37.867	56.884	54.162	55.384
6	14:15:21.605	7:07.226	32.732	56.274	47.798	1:57.714	1:00.231	55.051	57.426
7	14:22:50.048	7:28.443	34.979	55.152	45.075	2:01.578	1:01.607	56.930	1:13.122
8	14:56:17.983	33:27.935	37.231	1:04.036	53.306	27:40.312	1:04.874	1:01.817	1:06.359
9	15:06:12.823	9:54.840	2:55.232	57.023	42.804	2:08.035	1:02.527	59.096	1:10.123
10	15:16:05.781	9:52.958	2:35.571	1:01.801	48.573	2:07.940	1:06.398	1:02.149	1:10.526
11	15:25:39.206	9:33.425	2:21.951	1:01.307	47.745	1:47.116	1:10.365	1:10.382	1:14.559
12	15:35:10.475	9:31.269	2:25.556	1:00.304	45.280	1:53.241	1:11.044	1:02.446	1:13.398

(52) Jack Groenewoud									
1	13:41:21.133	6:53.596	32.465	55.148	42.377	1:54.741	59.276	54.211	55.378
2	13:48:20.410	6:59.277	31.806	54.784	38.029	2:01.702	1:00.596	52.699	59.661
3	13:56:25.887	8:05.477	57.700	54.097	48.946	2:10.310	1:03.771	1:00.608	1:10.045
4	14:04:34.712	8:08.825	39.178	1:01.328	50.473	2:16.896	1:01.245	1:02.593	1:17.112
5	14:16:33.647	11:58.935	39.945	1:31.230	58.678	5:12.110	1:18.461	1:00.897	1:17.614
6	14:25:28.712	8:55.065	42.528	1:07.662	52.571	2:28.501	1:21.902	1:04.451	1:17.450
7	14:33:55.534	8:26.822	48.001	1:07.118	52.895	2:01.728	1:16.149	1:00.433	1:20.498
8	14:45:39.807	11:44.273	3:45.571	1:05.092	54.659	2:02.267	1:27.336	1:03.118	1:26.230
9	14:58:36.255	12:56.448	4:28.581	1:13.538	54.269	2:00.795	1:42.187	1:09.665	1:27.413
10	15:10:16.380	11:40.125	3:04.283	1:12.846	1:07.192	2:14.225	1:24.525	1:06.796	1:30.258
11	15:23:12.475	12:56.095	3:45.297	1:18.099	58.573	2:35.574	1:32.839	1:09.696	1:36.017
12	15:35:17.021	12:04.546	3:05.074	1:13.658	1:02.238	2:30.702	1:28.966	1:10.292	1:33.616

(722) Wessel Peters									
1	13:42:31.592	6:56.206	35.042	59.909	45.381	1:44.907	1:02.972	50.382	57.613
2	13:49:19.342	6:47.750	32.276	52.254	43.138	1:44.524	1:02.695	56.639	56.224
3	13:56:50.289	7:30.947	35.220	56.715	44.630	2:18.186	59.613	56.586	59.997
4	14:04:41.329	7:51.040	36.620	56.159	45.890	2:27.659	1:00.125	57.463	1:07.124
5	14:12:28.887	7:47.558	37.742	53.802	45.226	2:23.645			1:05.637
6	14:24:19.811	11:50.924	38.206	55.456	49.784	6:19.240	1:06.660	57.393	1:04.185
7	14:32:10.382	7:50.571	38.874	50.743	41.934	2:25.451	1:02.509	59.818	1:11.242
8	14:46:35.694	14:25.312	7:10.957	59.488	47.991	2:04.490	1:07.171	1:00.157	1:15.058
9	14:58:38.728	12:03.034	4:05.583	58.386	49.141	2:06.572	1:38.765	1:07.858	1:16.729
10	15:12:43.271	14:04.543	2:59.163	57.717	47.908	5:51.856	1:10.443	1:01.676	1:15.780
11	15:24:04.470	11:21.199	3:02.432	1:12.657	53.809	2:28.332	1:12.475	1:04.519	1:26.975
12	15:35:21.599	11:17.129	3:11.459	1:00.115	51.437	2:26.350	1:13.338	1:09.820	1:24.610

(248) Sjoerd Jensma									
1	13:41:36.936	7:01.320	34.013	54.043	43.431	2:01.672	55.540	55.491	57.130
2	13:48:32.472	6:55.536	32.880	51.223	39.537	2:04.399	1:01.007	51.369	55.121
3	13:55:41.223	7:08.751	34.627	52.571	43.383	2:10.291	52.499	57.204	58.176
4	14:02:39.096	6:57.873	36.975	52.812	1:00.522	1:29.761	1:05.853	54.330	57.620
5	14:09:19.832	6:40.736	36.976	57.801	42.424	1:26.386	58.802	55.977	1:02.370
6	14:26:04.810	16:44.978	38.582	1:00.115	47.501	11:03.141	1:09.482	1:00.490	1:05.667
7	14:33:27.472	7:22.662	39.134	58.547	42.361	1:52.309	1:00.892	1:03.398	1:06.021
8	14:45:17.602	11:50.130	5:00.242	1:06.208	49.398	1:45.120	1:00.009	57.155	1:11.998
9	14:58:37.166	13:19.564	5:26.054	1:02.727	46.099	2:36.079	1:09.708	56.713	1:22.184
10	15:10:07.462	11:30.296	4:12.581	1:05.736	50.145	1:54.006	1:09.498	1:05.565	1:12.765
11	15:22:14.328	12:06.866	3:54.091	1:02.151	50.143	2:26.645	1:18.242	1:07.142	1:28.452
12	15:35:27.939	13:13.611	4:13.111	1:09.569	58.133	2:40.823	1:23.611	1:08.724	1:39.640

(614) Jesper Koopman									
1	13:41:29.264	6:24.679	34.041	58.188	39.705	1:37.220	51.471	51.439	52.615
2	13:48:08.008	6:38.744	34.001	56.637	39.667	1:42.542	57.276	52.849	55.772
3	13:54:46.771	6:38.763	31.011	57.295	43.859	1:38.865	54.992	53.105	59.636
4	14:02:06.351	7:19.580	31.841	51.962	41.505	2:06.469	1:17.411	52.527	57.865
5	14:18:12.519	16:06.168	33.939	56.052	40.904	10:42.199	1:03.316	58.023	1:11.735
6	14:26:03.687	7:51.168	37.415	1:04.403	44.381	2:12.500	1:01.211	1:05.699	1:05.559
7	14:33:36.982	7:33.295	41.502	59.482	42.964	2:06.867	1:02.397	56.309	1:03.774





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	14:44:17.120	10:40.138	3:56.810	1:03.052	45.298	1:53.474	1:00.577	54.125	1:06.802
9	15:05:34.882	21:17.762	4:21.024	1:01.280	44.203	12:08.409	1:00.466	58.037	1:04.343
10	15:15:41.800	10:06.918	3:02.794	59.532	44.776	2:03.556	1:02.550	1:02.946	1:10.764
11	15:25:31.740	9:49.940	2:41.968	58.081	46.282	2:08.676	1:02.877	1:00.773	1:11.283
12	15:35:41.508	10:09.768	2:58.245	56.105	49.062	2:07.515	1:07.634	1:00.547	1:10.660

(241) Bor Molenschot

1	13:41:38.780	6:38.176	35.672	55.667	42.908	1:33.877	56.365	55.716	57.971
2	13:48:56.410	7:17.630	34.278	54.367	40.870	2:08.413	57.276	58.901	1:03.525
3	13:57:04.480	8:08.070	35.137	1:01.317	1:06.211	2:17.124	59.063	1:01.984	1:07.234
4	14:05:13.324	8:08.844	36.427	1:14.738	43.197	2:20.904	58.619	1:06.883	1:08.076
5	14:13:46.450	8:33.126	41.252	1:08.974	46.906	2:23.913	1:04.078	1:15.129	1:12.874
6	14:22:04.623	8:18.173	41.392	1:03.227	45.824	2:23.935	1:03.749	1:07.132	1:12.914
7	14:34:51.665	12:47.042	48.345	1:06.930	48.976	6:33.397	1:04.157	1:07.733	1:17.504
8	14:46:41.771	11:50.106	4:18.510	1:11.918	50.011	1:56.501	1:06.200	1:06.983	1:19.983
9	14:58:28.938	11:47.167	4:02.266	1:10.845	48.311	1:59.473	1:10.640	1:12.526	1:23.106
10	15:09:39.703	11:10.765	3:07.478	1:09.316	54.785	2:07.782	1:10.219	1:12.238	1:28.947
11	15:22:46.361	13:06.658	4:23.054	1:18.442	1:00.882	2:27.109			1:31.859
12	15:35:49.345	13:02.984	4:12.009	1:19.818	53.289	2:44.163	1:09.546	1:11.061	1:33.098

(203) Fredrik Velta

1	13:39:47.689	5:28.150	27.388	41.605	38.343	1:23.331	48.388	40.897	48.198
2	13:45:14.459	5:26.770	26.381	46.524	34.296	1:22.052	48.954	40.318	48.245
3	13:51:30.100	6:15.641	26.499	44.931	36.708	2:01.231	52.207	45.653	48.412
4	14:02:50.386	11:20.286	31.397	48.339	40.845	6:47.719	50.412	49.569	52.005
5	14:09:21.593	6:31.207	30.100	48.926	39.325	1:56.625	55.639	48.093	52.499
6	14:15:54.915	6:33.322	30.762	45.129	37.279	2:00.039	56.332	49.124	54.657
7	14:27:35.403	11:40.488	31.001	46.059	39.332	7:07.260	52.011	49.399	55.426
8	14:49:42.687	22:07.284	6:07.657	49.503	39.493	11:43.422	56.544	49.408	1:01.257
9	14:58:28.493	8:45.806	2:40.062	54.135	35.887	1:46.686	54.606	49.576	1:04.854
10	15:06:58.748	8:30.255	2:13.648	50.840	41.665	1:50.422	58.331	49.956	1:05.393
11	15:26:22.954	19:24.206	2:20.575	54.545	40.023	12:14.045	1:05.586	54.149	1:15.283
12	15:35:50.022	9:27.068	2:18.800	53.146	40.135	2:33.352	59.499	53.842	1:08.294

(327) Jeffrey Tuitert

1	13:42:23.864	6:59.593	33.234	55.472	41.893	2:13.132	55.737	47.767	52.358
2	13:49:39.936	7:16.072	28.301	52.447	38.245	2:12.620	55.867	1:13.692	54.900
3	13:56:46.709	7:06.773	29.620	56.160	42.395	2:13.591	56.071	52.279	56.657
4	14:03:55.762	7:09.053	32.001	55.152	38.942	2:15.726	55.884	52.650	58.698
5	14:10:52.452	6:56.690	32.753	55.558	43.196	1:45.161	1:02.303	56.066	1:01.653
6	14:17:57.839	7:05.387	35.262	55.547	44.997	1:52.062	59.236	59.837	58.446
7	14:28:38.374	10:40.535	36.728	1:17.367	43.664	4:58.530	1:01.973	54.793	1:07.480
8	14:51:40.663	23:02.289	12:19.092	1:03.218	50.494	5:32.227	1:05.004	59.591	1:12.663
9	15:03:42.979	12:02.316	5:03.779	1:01.624	46.284	1:57.554	1:00.867	56.811	1:15.397
10	15:13:51.577	10:08.598	2:27.349	1:07.123	51.537	2:17.366	1:09.622	57.890	1:17.711
11	15:25:02.082	11:10.505	2:39.171	1:04.171	54.098	2:41.993	1:09.999	1:00.846	1:40.227
12	15:36:00.733	10:58.651	2:43.987	1:05.018	48.483	2:35.960	1:14.525	1:08.326	1:22.352

(435) Nicole van Schaik

1	13:43:16.167	7:38.021	35.712	59.381	47.233	2:21.347	1:06.458	50.079	57.811
2	13:50:48.039	7:31.872	32.112	56.164	44.249	2:22.736	1:00.195	55.159	1:01.257
3	14:01:04.458	10:16.419	36.957	53.683	43.527	5:08.605	1:00.595	51.804	1:01.248
4	14:08:42.531	7:38.073	34.751	52.238	44.680	2:26.832	58.585	58.230	1:02.757
5	14:16:02.005	7:19.474	35.369	53.541	46.933	2:00.002	59.333	59.353	1:04.943
6	14:23:45.759	7:43.754	38.604	55.163	47.726	2:04.513	1:08.115	58.776	1:10.857
7	14:34:36.278	10:50.519	41.150	1:04.530	49.887	4:47.991	1:05.925	57.299	1:23.737
8	14:47:01.255	12:24.977	4:55.093	59.423	51.091	2:04.751			1:16.163
9	14:58:25.872	11:24.617	3:44.797	1:01.923	48.388	2:09.098	1:08.320	1:15.741	1:16.350
10	15:12:05.353	13:39.481	3:25.159	57.318	48.369	4:58.677	1:10.048	1:01.631	1:18.279
11	15:24:13.122	12:07.769	3:41.805	1:04.412	58.657	2:45.991	1:08.656	1:10.792	1:17.456
12	15:36:21.649	12:08.527	3:05.598	1:19.000	54.407	2:53.786	1:13.107	1:27.287	1:15.342

(540) Geerling Petersen

1	13:42:09.968	7:27.216	33.854	47.893	1:24.132	2:00.190	52.889	50.411	57.847
2	13:49:49.440	7:39.472	1:21.658	50.889	43.200	2:00.457	51.781	54.685	56.802
3	13:56:23.788	6:34.348	31.249	52.751	41.125	1:39.918	56.735	51.073	1:01.497





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	14:08:47.791	12:24.003	31.914	45.825	40.760	7:34.312			1:01.185
5	14:16:01.856	7:14.065	34.104	48.655	51.505	2:03.957			1:04.429
6	14:23:06.961	7:05.105	39.282	48.864	45.247	1:46.479	1:01.188	56.352	1:07.693
7	14:30:09.780	7:02.819	35.574	49.681	42.372	1:45.785	59.603	54.118	1:15.686
8	14:51:28.702	21:18.922	8:19.442	52.441	45.273	8:09.074			1:07.995
9	15:00:51.926	9:23.224	2:32.388	1:03.404	45.541	1:47.903			1:12.597
10	15:15:46.020	14:54.094	2:35.795	52.068	46.858	6:55.775	1:26.179	59.068	1:18.351
11	15:26:15.426	10:29.406	2:32.164	54.296	46.941	2:06.206			1:16.692
12	15:36:24.605	10:09.179	3:03.371	52.684	49.582	2:05.779	1:04.260	1:00.192	1:13.311
(502) Joey Toussaint									
1	13:42:03.891	7:03.748	32.033	50.829	53.034	2:09.007	53.215	50.955	54.675
2	13:48:57.431	6:53.540	31.626	52.278	43.640	2:06.566	55.063	52.545	51.822
3	13:56:11.456	7:14.025	29.639	51.198	41.592	2:11.548	53.311	1:13.362	53.375
4	14:03:22.226	7:10.770	31.618	55.483	43.776	2:14.493	58.424	53.089	53.887
5	14:10:30.456	7:08.230	33.583	54.547	41.430	2:12.745	57.964	52.323	55.638
6	14:21:32.870	11:02.414	34.551	54.027	54.914	5:48.824	56.633	54.276	59.189
7	14:28:33.595	7:00.725	34.477	54.363	42.037	1:47.355	1:02.957	58.419	1:01.117
8	14:46:04.089	17:30.494	11:01.149	55.803	46.343	1:49.342	57.474	56.512	1:03.871
9	14:58:35.809	12:31.720	5:35.976	56.775	44.042	1:55.582	1:13.123	1:00.774	1:05.448
10	15:15:15.968	16:40.159	2:43.957	56.105	48.906	8:50.250	1:04.694	1:04.740	1:11.507
11	15:25:53.956	10:37.988	2:28.948	55.698	46.183	2:14.754	1:08.330	1:26.968	1:37.107
12	15:36:40.715	10:46.759	2:43.231	59.899	48.379	2:46.763	1:08.750	1:06.097	1:13.640
(72) Thierry Vermeer									
1	13:42:34.912	7:02.820	35.634	53.648	45.175	2:03.661	57.486	53.174	54.042
2	13:49:34.856	6:59.944	30.121	51.368	41.167	2:10.259	55.604	55.822	55.603
3	13:56:38.659	7:03.803	31.425	52.843	41.774	2:05.649	55.497	57.026	59.589
4	14:06:34.581	9:55.922	31.545	1:11.195	56.574	4:22.417	58.511	54.783	1:00.897
5	14:13:59.991	7:25.410	35.963	53.401	43.135	2:13.451	56.592	57.877	1:04.991
6	14:21:33.043	7:33.052	37.833	56.005	45.675	1:49.831			1:07.255
7	14:28:59.849	7:26.806	38.590	56.678	49.240	1:52.871	1:00.699	1:00.165	1:08.563
8	14:46:12.651	17:12.802	9:53.478	59.724	50.263	2:03.261	1:11.986	1:03.737	1:10.353
9	15:00:40.812	14:28.161	3:05.555	57.730	46.547	6:15.245	1:01.972	1:03.645	1:17.467
10	15:10:32.895	9:52.083	2:21.034	59.346	48.728	2:01.768	1:16.922	1:02.980	1:21.305
11	15:22:34.543	12:01.648	3:41.386	1:22.561	46.104	2:21.686			1:23.388
12	15:37:04.895	14:30.352	6:39.541	1:00.215	50.641	2:17.582			1:23.467
(348) Koen Oldejans									
1	13:42:14.675	7:06.634	37.784	56.648	1:11.999	1:37.217	51.708	51.765	59.513
2	13:49:24.460	7:09.785	35.141	52.817	47.077	1:59.515			1:03.320
3	13:56:43.046	7:18.586	35.040	57.713	40.551	2:04.424	1:00.015	55.435	1:05.408
4	14:05:20.037	8:36.991	35.839	49.323	1:26.594	2:49.101	58.935	55.264	1:01.935
5	14:12:20.610	7:00.573	32.669	50.096	42.372	2:05.244	56.317	51.775	1:02.100
6	14:19:23.988	7:03.378	34.339	53.003	52.480	1:41.916			1:07.282
7	14:26:15.150	6:51.162	35.356	49.540	43.036	1:42.392	1:00.442	54.151	1:06.245
8	14:53:00.168	26:45.018	15:26.040	52.101	41.188	5:49.520	1:08.786	53.995	1:53.388
9	15:03:07.252	10:07.084	3:53.069	53.605	41.854	1:37.696	57.855	55.885	1:07.120
10	15:12:53.008	9:45.756	2:12.021	50.657	1:08.528	1:54.303	1:02.813	1:18.223	1:19.211
11	15:25:51.133	12:58.125	3:04.167	1:00.363	48.747	3:52.348	1:43.513	1:06.567	1:22.420
12	15:37:27.332	11:36.199	3:43.962	58.831	49.438	2:27.379			1:28.373
(897) Michel van Dooren									
1	13:43:03.765	7:45.671	35.744	59.833	48.700	2:10.707	1:02.857	1:01.031	1:06.799
2	13:50:37.148	7:33.383	34.328	1:00.801	44.258	2:11.564	58.446	1:00.423	1:03.563
3	13:58:25.653	7:48.505	36.506	1:04.131	45.367	2:19.909	59.794	1:02.558	1:00.240
4	14:06:03.574	7:37.921	35.099	1:01.559	45.128	2:16.944	56.839	1:00.515	1:01.837
5	14:13:32.683	7:29.109	35.307	1:02.050	45.065	1:50.850	59.169	1:04.599	1:12.069
6	14:21:11.684	7:39.001	39.327	1:04.456	44.121	1:55.149	1:00.334	1:03.782	1:11.832
7	14:29:16.903	8:05.219	42.212	1:05.601	47.902	2:00.460	1:05.935	1:10.404	1:12.705
8	14:49:03.934	19:47.031	8:16.704	1:14.703	1:11.646	5:31.227	1:05.461	1:10.697	1:16.593
9	15:00:33.754	11:29.820	3:19.322	1:07.633	50.731	2:07.722			1:23.142
10	15:12:21.279	11:47.525	3:15.811	1:14.623	54.240	2:25.604	1:14.235	1:19.150	1:23.862
11	15:24:49.372	12:28.093	3:30.276	1:14.332	53.686	2:35.029	1:24.142	1:16.393	1:34.235
12	15:37:32.559	12:43.187	3:16.078	1:16.430	55.739	2:48.424	1:42.896	1:16.316	1:27.304

Timekeeping Meik Wagner:

Clerk of the course:

Jury President Olaf Noack

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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(751) Bert Alards									
1	13:43:00.067	7:23.036	38.903	58.294	43.041	2:09.353	1:00.503	53.075	59.867
2	13:50:32.765	7:32.698	34.667	1:00.751	44.658	2:13.542	59.003	59.168	1:00.909
3	13:58:11.333	7:38.568	34.242	58.927	47.107	2:21.017	1:00.873	51.446	1:04.956
4	14:05:51.004	7:39.671	40.162	52.142	47.145	2:15.235			1:05.515
5	14:13:23.001	7:31.997	36.304	1:05.832	46.976	1:52.360	1:00.700	1:00.519	1:09.306
6	14:24:34.810	11:11.809	42.370	58.852	50.158	5:20.397	1:10.076	1:00.591	1:09.365
7	14:32:43.696	8:08.886	46.007	1:24.465	47.761	1:56.161	1:03.109	56.119	1:15.264
8	14:46:03.920	13:20.224	5:38.816	1:22.929	56.607	1:54.221	1:11.794	1:01.258	1:14.599
9	15:01:21.692	15:17.772	3:12.608	1:24.472	1:06.860	6:02.594	1:09.310	1:06.635	1:15.293
10	15:13:04.316	11:42.624	3:39.514	1:05.509	52.325	2:39.350	1:07.144	1:00.065	1:18.717
11	15:26:06.829	13:02.513	5:04.610	1:04.865	55.528	2:20.178	1:10.912	1:02.367	1:24.053
12	15:37:46.004	11:39.175	3:43.330	59.702	1:04.454	2:17.111	1:11.085	1:02.893	1:20.600

(282) Jan Hingstman									
1	13:41:54.181	7:17.609	31.704	52.485	42.654	2:29.554	57.059	48.326	55.827
2	13:48:06.532	6:12.351	31.943	51.691	42.473	1:20.645	57.225	49.503	58.871
3	13:54:35.980	6:29.448	32.318	52.580	43.021	1:32.276	57.739	50.798	1:00.716
4	14:04:35.351	9:59.371	39.028	50.064	45.172	4:56.566	55.145	51.972	1:01.424
5	14:11:51.899	7:16.548	32.475	54.112	43.863	1:30.979	1:42.270	51.143	1:01.706
6	14:20:00.254	8:08.355	38.307	55.028	45.840	2:16.003	1:28.279	1:00.076	1:04.822
7	14:27:49.186	7:48.932	37.367	1:28.349	53.519	1:43.265	1:02.694	56.245	1:07.493
8	14:52:30.623	24:41.437	12:40.196	54.265	46.928	6:48.430	1:03.695	1:19.745	1:08.178
9	15:04:45.683	12:15.060	4:52.760	58.008	48.491	2:14.192	1:14.053	59.249	1:08.307
10	15:14:48.629	10:02.946	2:30.145	58.052	51.334	2:27.859	1:03.979	56.619	1:14.958
11	15:27:47.051	12:58.422	4:53.286	1:16.753	54.286	2:25.948	1:11.231	1:00.139	1:16.779
12	15:37:56.682	10:09.631	2:29.141	59.990	48.689	2:31.385	1:04.107	58.591	1:17.728

(117) Tom Smit									
1	13:39:19.493	5:12.453	24.771	44.582	33.543	1:21.716	43.767	41.605	42.469
2	13:45:04.281	5:44.788	25.355	46.477	34.806	1:41.982	43.721	44.709	47.738
3	14:11:07.661	26:03.380	26.728	20:32.484	38.777	2:00.884	49.032	46.649	48.826
4	14:18:02.132	6:54.471	31.724	46.725	39.061	2:41.286	44.270	45.330	46.075
5	14:24:07.593	6:05.461	28.827	47.836	36.387	1:50.809	44.416	49.192	47.994
6	14:30:28.122	6:20.529	30.908	48.076	35.818	1:54.169			52.811
7	14:46:34.417	16:06.295	8:22.822	48.184	38.549	3:50.866			52.026
8	14:54:30.826	7:56.409	2:10.757	47.044	36.110	1:50.003	50.060	50.330	52.105
9	15:02:16.882	7:46.056	2:01.558	52.319	37.854	1:35.101	49.551	53.235	56.438
10	15:14:48.454	12:31.572	2:06.077	5:08.537	38.324	1:49.880			58.907
11	15:23:41.632	8:53.178	2:12.809	50.411	38.941	2:20.082	55.834	53.209	1:01.892
12	15:38:24.704	14:43.072	2:15.297	6:35.644	44.959	2:03.140	1:00.164	58.413	1:05.455

(77) Roel van der Sloep									
1	13:41:26.235	6:28.464	33.191	50.310	38.618	1:39.070	49.569	1:00.504	57.202
2	13:48:06.109	6:39.874	31.381	47.840	39.283	2:03.939	51.939	52.388	53.104
3	13:57:25.730	9:19.621	30.239	50.401	39.926	4:21.669	55.972	1:05.920	55.494
4	14:04:18.455	6:52.725	30.760	52.963	41.651	2:12.151			51.320
5	14:11:28.446	7:09.991	30.604	53.464	41.073	2:12.989	53.214	57.249	1:01.398
6	14:21:20.337	9:51.891	50.764	55.537	41.995	4:28.210	58.696	55.724	1:00.965
7	14:28:31.154	7:10.817	35.932	58.202	44.597	1:53.833	58.012	59.247	1:00.994
8	14:41:29.622	12:58.468	6:25.805	54.321	45.273	2:02.194	57.392	54.066	59.417
9	14:58:01.612	16:31.990	2:21.082	59.042	42.670	8:53.921	1:14.582	1:14.094	1:06.599
10	15:07:32.698	9:31.086	2:33.107	59.790	47.452	2:04.365	58.563	1:02.308	1:05.501
11	15:28:39.235	21:06.537	2:43.197	1:01.516	44.661	7:18.056	6:56.972	1:00.941	1:21.194
12	15:38:33.153	9:53.918	2:25.765	57.381	44.404	2:33.593	1:03.917	58.463	1:10.395

(460) Christiaan Alberda									
1	13:42:17.437	6:45.233	34.052	53.992	44.408	1:43.023	57.282	54.050	58.426
2	13:49:04.729	6:47.292	33.380	54.901	46.248	1:43.409	57.450	51.811	1:00.093
3	13:56:39.566	7:34.837	33.331	53.610	43.809	2:00.140	1:01.781	55.417	1:26.749
4	14:04:10.766	7:31.200	34.605	54.790	53.369	1:46.994	58.680	1:16.974	1:05.788
5	14:17:05.417	12:54.651	52.428	54.489	53.610	7:07.089	1:01.746	57.882	1:07.407
6	14:25:14.511	8:09.094	38.201	1:00.148	43.193	2:17.539	1:23.347	57.988	1:08.678
7	14:33:08.064	7:53.553	41.108	58.307	47.074	2:17.276	1:03.010	58.260	1:08.518
8	14:46:26.054	13:17.990	5:08.408	58.064	1:22.134	2:31.813	1:10.422	57.950	1:09.199
9	15:05:09.300	18:43.246	5:26.683	1:01.908	49.809	7:44.436	1:12.855	1:03.743	1:23.812





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	15:15:14.463	10:05.163	2:32.346	58.165	51.874	2:13.584	1:09.920	1:01.894	1:17.380
11	15:25:26.788	10:12.325	2:46.900	59.212	46.982	2:12.551	1:09.075	59.867	1:17.738
12	15:38:34.282	13:07.494	5:10.726	1:00.599	53.714	2:26.588	1:10.329	1:04.082	1:21.456
(497) Mayckel Bos									
1	13:41:58.557	6:53.201	31.384	53.481	52.812	1:45.835	55.281	51.136	1:03.272
2	13:49:34.364	7:35.807	32.215	53.991	42.436	2:13.995	53.709	1:21.303	58.158
3	13:56:40.461	7:06.097	33.103	52.420	43.079	2:15.831	51.894	50.374	59.396
4	14:09:12.318	12:31.857	33.831	55.630	38.309	7:39.993	55.742	51.030	57.322
5	14:16:12.484	7:00.166	32.444	1:06.812	42.223	1:45.792			59.439
6	14:24:58.620	8:46.136	56.968	54.155	44.280	2:01.021	59.590	1:25.312	1:04.695
7	14:32:40.291	7:41.671	36.096	53.492	42.144	2:10.825	59.453	56.627	1:23.034
8	14:44:41.203	12:00.912	4:09.718	56.323	44.988	2:32.186	1:00.168	1:26.141	1:11.388
9	15:08:16.965	23:35.762	3:21.738	51.770	46.075	15:14.245	1:06.759	59.181	1:15.994
10	15:18:25.725	10:08.760	2:30.718	57.456	45.866	2:32.897	1:06.940	1:00.657	1:14.226
11	15:28:19.077	9:53.352	2:27.327	57.122	45.987	2:21.195	1:05.993	58.704	1:17.024
12	15:38:53.680	10:34.603	2:54.119	58.019	47.678	2:30.148	1:08.601	1:03.348	1:12.690
(120) Gert-Jan van Beek									
1	13:42:04.951	6:44.778	33.105	50.080	43.601	1:59.131	50.751	51.428	56.682
2	13:48:59.076	6:54.125	35.041	48.451	47.503	2:07.813	49.087	51.189	55.041
3	13:56:24.339	7:25.263	29.772	51.969	1:03.353	2:13.891	52.551	53.823	59.904
4	14:04:12.442	7:48.103	33.181	52.166	43.792	1:49.285	53.472	1:25.148	1:31.059
5	14:18:31.136	14:18.694	36.554	50.950	45.496	9:00.204			1:03.674
6	14:25:42.066	7:10.930	37.332	55.712	43.859	1:58.389	59.679	54.574	1:01.385
7	14:32:49.259	7:07.193	35.994	54.230	42.747	2:00.526	56.544	53.375	1:03.777
8	14:43:50.472	11:01.213	4:05.344	54.952	41.859	1:54.770	1:19.190	58.890	1:06.208
9	15:08:13.789	24:23.317	9:13.057	56.023	47.060	10:10.453			1:09.326
10	15:17:58.458	9:44.669	2:20.403	1:01.992	46.925	2:21.323	1:06.113	56.526	1:11.387
11	15:28:46.534	10:48.076	3:20.638	1:01.172	47.047	2:23.978	1:03.198	59.253	1:12.790
12	15:39:07.306	10:20.772	2:45.901	1:02.987	51.774	2:22.041	1:04.601	59.223	1:14.245
(574) Richard Snijders									
1	13:42:50.758	7:17.712	39.084	59.965	44.793	1:44.377	1:04.823	59.286	1:05.384
2	13:50:23.066	7:32.308	32.806	1:00.699	44.697	2:11.188	1:00.507	57.509	1:04.902
3	14:01:14.176	10:51.110	37.396	54.211	46.447	5:19.894	1:03.873	1:01.035	1:08.254
4	14:08:41.954	7:27.778	36.872	1:03.215	46.786	1:51.373	1:01.701	1:02.446	1:05.385
5	14:31:15.396	22:33.442	37.264	1:05.020	45.464	16:26.734	1:12.583	1:08.407	1:17.970
6	14:44:19.349	13:03.953	4:56.965	1:03.594	49.700	3:25.723	53.652	52.083	1:02.236
7	14:53:20.698	9:01.349	2:55.547	49.547	40.004	1:44.655	58.007	51.303	1:02.286
8	15:02:19.411	8:58.713	2:46.786	50.756	42.709	1:45.316	55.430	53.055	1:04.661
9	15:11:49.019	9:29.608	2:37.181	49.982	41.712	1:49.713	1:00.432	50.223	1:40.365
10	15:21:08.611	9:19.592	2:52.324	51.571	42.559	1:52.791	57.709	54.900	1:07.738
11	15:30:36.614	9:28.003	2:43.623	52.000	43.713	1:59.548	1:01.491	56.140	1:11.488
12	15:39:29.928	8:53.314	2:13.564	51.493	45.333	2:00.480	57.951	54.228	1:10.265
(25) Heiko Gehring									
1	13:43:33.737	7:22.389	41.023	1:03.208	49.033	1:49.134	57.417	57.337	1:05.237
2	13:51:18.331	7:44.594	34.379	51.569	47.179	2:18.755	59.759	1:06.726	1:06.227
3	13:59:34.997	8:16.666	36.718	57.278	50.556	2:21.137			1:13.212
4	14:07:54.359	8:19.362	40.986	1:02.052	51.517	2:19.428	1:03.319	1:07.933	1:14.127
5	14:16:07.867	8:13.508	49.944	1:05.046	54.521	1:57.440	1:04.354	1:09.493	1:12.710
6	14:24:08.307	8:00.440	41.574	1:00.609	50.476	1:51.048	1:08.233	1:06.020	1:22.480
7	14:38:48.457	14:40.150	42.633	1:03.085	51.269	8:11.351	1:14.553	1:10.863	1:26.396
8	14:51:50.425	13:01.968	5:11.026	1:04.652	52.581	2:03.534	1:10.982	1:14.094	1:25.099
9	15:03:32.783	11:42.358	3:54.202	1:06.058	53.819	2:05.247	1:10.758	1:09.388	1:22.886
10	15:14:56.760	11:23.977	2:54.649	1:06.246	54.189	2:16.719			1:30.842
11	15:26:13.063	11:16.303	2:40.573	1:05.865	56.907	2:28.147	1:15.278	1:17.310	1:32.223
12	15:39:36.991	13:23.928	3:07.679	1:05.965	55.604	4:20.192	1:06.989	1:13.915	1:33.584
(583) Harm Hollander									
1	13:40:51.072	6:06.048	32.671	46.384	40.798	1:33.242	53.546	47.766	51.641
2	13:46:54.352	6:03.280	27.952	46.346	39.561	1:36.641	52.767	46.788	53.225
3	13:57:54.114	10:59.762	31.647	46.776	40.217	6:20.810	53.600	49.505	57.207
4	14:04:29.099	6:34.985	31.128	1:01.658	41.291	1:38.105	52.517	53.150	57.136
5	14:11:37.677	7:08.578	33.189	48.910	39.158	2:10.163	1:08.337	49.093	59.728



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
6	14:25:00.955	13:23.278	32.904	48.838	39.462	8:28.603	56.657	55.839	1:00.975
7	14:32:08.387	7:07.432	34.923	50.332	40.384	2:18.393	55.945	47.197	1:00.258
8	14:52:43.482	20:35.095	6:00.320	53.463	44.340	10:08.618	53.033	52.707	1:02.614
9	15:01:43.004	8:59.522	2:12.721	52.342	39.157	2:24.837	55.755	54.157	1:00.553
10	15:12:18.942	10:35.938	3:54.582	51.672	43.343	2:04.310	59.207	54.784	1:08.040
11	15:29:09.030	16:50.088	2:29.682	51.541	2:53.902	7:30.661	57.217	56.463	1:10.622
12	15:39:43.739	10:34.709	2:39.170	1:28.834	51.138	2:10.031	1:04.160	1:00.096	1:12.229

(428) Levi de Rooij

1	13:40:53.608	6:11.475	33.391	50.966	37.382	1:35.752	52.994	49.312	51.678
2	13:47:06.596	6:12.988	28.823	53.964	36.543	1:37.738	54.334	50.151	51.435
3	13:56:50.092	9:43.496	29.009	53.931	38.385	4:53.443	1:01.512	50.780	56.436
4	14:03:58.906	7:08.814	34.116	56.793	39.701	2:10.480	54.138	52.769	1:00.817
5	14:11:00.614	7:01.708	35.916	55.806	42.100	1:49.254	59.800	54.738	1:04.094
6	14:23:56.217	12:55.603	36.164	57.212	42.479	7:45.062			1:01.335
7	14:31:16.444	7:20.227	39.241	59.871	44.400	1:50.720	1:02.301	57.952	1:05.742
8	14:56:54.735	25:38.291	10:28.301	56.005	46.553	10:21.277	57.217	59.419	1:09.519
9	15:06:37.039	9:42.304	2:14.430	57.525	48.982	2:24.069	1:07.682	56.872	1:12.744
10	15:20:10.631	13:33.592	2:27.919	58.505	44.130	6:15.839	1:02.258	56.794	1:08.147
11	15:30:37.400	10:26.769	2:34.793	1:07.484	48.906	2:22.088	1:09.928	1:01.239	1:22.331
12	15:39:59.361	9:21.961	2:16.559	1:02.562	45.656	2:08.511	1:05.910	55.004	1:07.759

(948) Kenn Hofman

1	13:42:41.028	7:00.924	37.588	59.208	49.423	1:44.339	1:00.548	51.085	58.733
2	13:49:32.194	6:51.166	33.496	1:01.616	42.428	1:41.305	59.684	53.531	59.106
3	13:56:56.125	7:23.931	33.292	59.490	43.541	2:12.484	1:00.699	53.395	1:01.030
4	14:04:51.153	7:55.028	36.578	1:07.503	43.112	2:20.755	1:03.657	57.149	1:06.274
5	14:12:42.674	7:51.521	37.615	1:00.947	45.093	2:15.427	1:05.499	57.109	1:09.831
6	14:25:44.876	13:02.202	37.626	59.773	41.227	7:36.531	1:03.745	55.748	1:07.552
7	14:33:39.582	7:54.706	38.858	1:00.129	45.183	2:17.431	1:03.784	56.835	1:12.486
8	14:50:07.192	16:27.610	9:22.796	1:04.919	44.777	1:49.335	1:08.785	58.689	1:18.309
9	15:01:56.654	11:49.462	4:19.941	1:05.950	51.958	1:57.791	1:13.760	1:07.721	1:12.341
10	15:17:11.029	15:14.375	3:25.332	1:05.047	50.204	6:27.585	1:06.395	1:07.569	1:12.243
11	15:28:17.537	11:06.508	3:01.837	1:01.406	50.216	2:38.131	1:13.267	1:03.964	1:17.687
12	15:40:04.293	11:46.756	3:26.122	1:13.922	50.927	2:28.523	1:19.893	1:06.417	1:20.952

(256) Co de Wit

1	13:43:11.590	7:57.194	35.135	1:02.549	45.051	1:58.243	1:15.869	1:20.166	1:00.181
2	13:50:05.455	6:53.865	37.423	57.558	42.200	1:33.917	59.230	57.675	1:05.862
3	13:57:33.333	7:27.878	32.803	1:01.897	41.705	2:05.548	58.882	57.692	1:09.351
4	14:09:47.629	12:14.296	35.228	56.065	59.559	6:33.009	1:07.091	1:01.586	1:01.758
5	14:17:21.869	7:34.240	57.811	59.305	42.697	1:43.008	1:03.657	58.990	1:08.772
6	14:25:34.313	8:12.444	40.934	1:05.718	46.195	2:16.233	1:04.255	1:07.536	1:11.573
7	14:34:17.636	8:43.323	44.322	1:02.068	48.126	2:13.836	1:12.526	1:29.295	1:13.150
8	14:48:17.195	13:59.559	6:00.963	1:06.829	51.162	1:51.616	1:18.846	1:30.598	1:19.545
9	15:07:21.301	19:04.106	2:51.761	1:09.754	1:45.254	9:46.248	1:10.019	1:06.246	1:14.824
10	15:17:55.970	10:34.669	2:49.721	1:05.166	51.167	2:06.334	1:13.660	1:06.739	1:21.882
11	15:29:05.732	11:09.762	3:04.874	1:10.497	50.043	2:05.905	1:24.585	1:07.332	1:26.526
12	15:40:11.780	11:06.048	2:54.247	1:14.018	53.788	2:06.542	1:20.535	1:08.564	1:28.354

(869) Martijn Kappe

1	13:43:03.646	7:34.832	32.858	53.108	1:17.787	1:36.579	55.898	1:26.649	51.953
2	13:50:08.398	7:04.752	30.349	51.905	41.973	2:03.250	54.647	1:06.037	56.591
3	13:56:52.768	6:44.370	29.101	51.692	38.983	1:59.219	55.127	53.424	56.824
4	14:03:37.792	6:45.024	31.170	51.094	39.900	1:58.639	55.107	54.668	54.446
5	14:13:56.575	10:18.783	32.557	1:08.931	39.536	5:01.610	1:03.216	52.612	1:00.321
6	14:20:44.391	6:47.816	35.344	51.861	38.609	2:03.308	55.234	47.195	56.265
7	14:30:22.246	9:37.855	51.367	48.935	1:25.205	1:48.146	1:13.688	2:26.103	1:04.411
8	14:54:48.514	24:26.268	12:08.780	54.895	1:07.140	7:06.503	1:01.781	1:01.098	1:06.071
9	15:04:09.406	9:20.892	2:18.008	54.626	43.599	2:14.177	1:02.020	56.431	1:12.031
10	15:17:25.414	13:16.008	2:33.352	55.537	1:06.526	5:11.785	1:03.531	58.756	1:26.521
11	15:29:36.691	12:11.277	3:21.023	1:25.790	44.338	2:49.086			1:51.950
12	15:40:15.059	10:38.368	2:20.121	56.377	57.038	2:27.619			1:18.714

(640) Daan Stegeman

1	13:42:44.331	7:32.439	32.904	1:00.358	46.080	2:14.695	58.189	57.496	1:02.717
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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:50:07.217	7:22.886	31.473	1:03.809	43.651	2:09.801	52.057	1:00.020	1:02.075
3	13:57:27.641	7:20.424	33.571	1:00.323	42.682	2:09.576	53.529	1:00.245	1:00.498
4	14:05:26.971	7:59.330	35.225	58.222	1:18.853	2:07.170	57.110	1:02.140	1:00.610
5	14:16:18.512	10:51.541	34.834	55.058	42.749	5:26.604	57.151	1:11.286	1:03.859
6	14:23:48.969	7:30.457	37.808	53.465	40.269	1:46.012	59.416	1:26.600	1:06.887
7	14:32:50.988	9:02.019	41.208	58.060	43.185	1:45.010			2:48.406
8	14:47:01.096	14:10.108	6:52.711	1:00.898	1:00.084	1:52.689			1:13.061
9	15:03:44.146	16:43.050	4:47.239	2:03.028	48.427	5:28.860	1:05.834	1:06.842	1:22.820
10	15:16:35.115	12:50.969	3:07.562	1:42.680	51.761	2:10.120	1:51.043	1:12.038	1:55.765
11	15:28:42.372	12:07.257	3:23.594	1:12.088	1:13.592	2:24.021	1:15.778	1:09.256	1:28.928
12	15:40:30.229	11:47.857	2:55.316	1:12.950	1:04.271	2:38.458	1:16.804	1:12.909	1:27.149

(966) Willem Looijen

1	13:43:04.875	7:37.792	52.184	1:15.110	48.610	1:23.233	1:10.316	1:04.664	1:03.675
2	13:50:21.552	7:16.677	33.606	1:04.609	49.298	1:27.318	1:08.401	59.945	1:13.500
3	13:58:32.019	8:10.467	47.895	1:08.124	47.135	1:28.766	1:09.329	1:40.893	1:08.325
4	14:05:38.361	7:06.342	38.347	1:10.259	47.251	1:25.371	1:01.152	55.435	1:08.527
5	14:13:16.215	7:37.854	43.804	1:05.775	51.462	1:28.053	1:08.458	1:08.545	1:11.757
6	14:25:16.572	12:00.357	41.643	1:04.335	50.235	5:57.301	1:12.589	1:03.165	1:11.089
7	14:33:57.498	8:40.926	47.351	1:03.507	51.081	2:09.954	1:31.358	59.504	1:18.171
8	14:45:20.739	11:23.241	3:15.384	1:10.305	52.144	2:32.415	1:06.813	1:07.826	1:18.354
9	14:57:27.950	12:07.211	2:56.137	1:15.057	53.861	2:30.067	1:12.519	1:48.708	1:30.862
10	15:12:52.955	15:25.005	4:25.776	1:15.374	58.472	2:47.361	1:27.069	2:53.946	1:37.007
11	15:27:46.610	14:53.655	3:36.096	1:30.945	1:04.037	2:22.388	2:08.173	1:22.519	2:49.497
12	15:40:55.707	13:09.097	3:14.707	1:18.002	1:05.296	2:23.451	1:27.334	1:54.887	1:41.505

(895) Roelof Tippe

1	13:41:57.332	6:32.449	35.342	55.466	40.866	1:26.966	59.555	54.559	59.695
2	13:49:13.971	7:16.639	30.620	58.857	52.095	1:46.748	1:00.617	1:03.662	1:04.400
3	14:01:01.993	11:48.022	34.563	56.600	46.000	6:32.119	1:00.972	56.912	1:00.856
4	14:08:09.888	7:07.895	36.190	58.135	43.473	1:33.629	1:12.203	1:01.542	1:02.723
5	14:15:37.767	7:27.879	35.202	1:00.271	45.384	2:08.202	1:00.955	57.729	1:00.136
6	14:23:50.446	8:12.679	35.867	57.740	45.250	2:13.898	1:00.861	1:28.404	1:10.659
7	14:31:46.861	7:56.415	36.840	1:03.476	47.023	2:18.420	57.496	1:02.814	1:10.346
8	14:51:33.874	19:47.013	7:37.725	1:01.298	53.842	6:48.705	1:05.446	1:06.414	1:13.583
9	15:04:11.577	12:37.703	4:58.165	56.397	47.787	2:13.266	1:01.296	1:30.590	1:10.202
10	15:14:58.461	10:46.884	3:20.693	1:03.767	52.586	2:05.093			1:11.901
11	15:28:10.622	13:12.161	4:18.511	56.925	1:35.376	2:12.523	1:05.296	1:43.111	1:20.419
12	15:41:08.149	12:57.527	2:55.524	1:17.107	2:15.295	2:20.548	1:10.851	1:34.633	1:19.809

(495) Jarno van Dijk

1	13:40:23.064	5:51.674	31.024	47.518	38.408	1:26.668	51.049	44.241	52.766
2	13:46:19.722	5:56.658	26.834	46.590	36.924	1:32.731	50.531	50.846	52.202
3	13:52:53.710	6:33.988	28.861	49.114	36.566	2:01.441	49.123	52.617	56.266
4	13:59:49.607	6:55.897	30.993	55.186	41.818	2:08.335	50.276	50.870	58.419
5	14:06:44.390	6:54.783	32.265	51.448	40.818	2:09.675	53.260	51.983	55.334
6	14:14:03.540	7:19.150	35.128	55.280	44.587	2:09.428	58.004	56.475	1:00.248
7	14:28:43.192	14:39.652	34.761	53.666	40.847	9:35.785	55.963	54.295	1:04.335
8	14:45:45.428	17:02.236	10:17.428	52.931	45.961	1:51.624	1:00.956	1:05.795	1:07.541
9	14:54:56.005	9:10.577	2:29.599	56.576	45.914	1:47.625	1:01.426	1:01.636	1:07.801
10	15:12:00.093	17:04.088	2:08.516	56.829	46.041	9:56.390	1:07.118	58.250	1:10.944
11	15:21:36.227	9:36.134	2:17.423	56.090	50.272	2:07.739	1:07.111	1:01.809	1:15.690
12	15:41:14.537	19:38.310	2:39.166	59.886	45.464	2:21.191	1:09.117	1:22.153	10:21.333

(434) Rene Jansen

1	13:40:59.854	6:25.489	28.980	48.452	38.205	1:51.719	49.829	51.439	56.865
2	13:47:48.118	6:48.264	26.806	53.747	39.139	1:59.197	56.046	51.887	1:01.442
3	13:54:20.336	6:32.218	33.834	55.652	40.929	1:31.455	55.219	53.344	1:01.785
4	14:01:51.661	7:31.325	39.257	52.935	47.663	2:00.815	1:04.519	1:01.001	1:05.135
5	14:14:08.836	12:17.175	37.998	51.807	48.869	7:02.750	57.843	54.848	1:03.060
6	14:21:10.574	7:01.738	39.773	54.584	43.592	1:36.934	56.045	1:00.357	1:10.453
7	14:29:18.755	8:08.181	39.408	1:14.608	52.428	2:08.493	1:00.873	59.187	1:13.184
8	14:58:29.574	29:10.819	9:40.245	1:06.486	49.695	14:16.906	1:07.745	57.048	1:12.694
9	15:08:18.463	9:48.889	2:42.743	1:01.108	47.076	1:52.717	1:06.269	58.732	1:20.244
10	15:20:26.350	12:07.887	4:27.800	1:07.268	52.251	2:08.511	1:07.257	1:05.138	1:19.662
11	15:30:51.863	10:25.513	2:44.823	1:00.564	49.922	2:04.070	1:11.034	1:12.274	1:22.826



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
12	15:41:18.955	10:27.092	2:36.963	1:02.305	1:10.538	2:07.687	1:07.973	1:02.226	1:19.400
(979) Jan Verstraten									
1	13:42:32.558	7:12.574	33.602	54.341	45.607	2:05.908	1:05.997	53.319	53.800
2	13:49:02.210	6:29.652	30.966	51.485	40.321	1:40.538			56.242
3	13:55:45.781	6:43.571	31.639	55.770	40.317	1:44.228	53.654	54.233	1:03.730
4	14:06:50.167	11:04.386	35.731	52.286	43.099	6:02.329	55.290	52.197	1:03.454
5	14:14:13.885	7:23.718	33.181	58.074	44.839	2:10.375	57.325	57.865	1:02.059
6	14:21:44.111	7:30.226	37.720	55.897	44.533	2:12.355			1:07.232
7	14:29:38.732	7:54.621	42.358	58.649	47.562	2:17.118			1:09.989
8	14:53:14.586	23:35.854	7:32.680	58.119	47.141	11:07.162	57.402	1:02.601	1:10.749
9	15:03:17.329	10:02.743	3:07.188	59.340	47.408	1:50.495	1:01.399	1:05.153	1:11.760
10	15:20:19.163	17:01.834	2:39.080	1:00.519	46.278	9:03.873	1:18.091	1:01.651	1:12.342
11	15:31:03.719	10:44.556	2:34.857	1:02.269	50.283	2:37.190	1:08.529	1:00.666	1:30.762
12	15:41:19.764	10:16.045	2:35.294	1:01.163	58.543	2:15.856	1:10.432	1:02.201	1:12.556
(466) Rob van Dijk									
1	13:41:51.601	7:04.540	32.313	55.673	38.648	1:56.022	1:12.620	55.920	53.344
2	13:48:41.140	6:49.539	29.882	53.968	37.391	2:03.804	58.734	50.462	55.298
3	13:55:07.611	6:26.471	31.959	58.980	39.655	1:37.236	54.701	48.649	55.291
4	14:02:11.980	7:04.369	32.226	53.961	40.935	2:04.812			58.098
5	14:14:24.877	12:12.897	36.302	56.867	43.728	6:53.470	59.330	1:00.400	1:02.800
6	14:21:21.872	6:56.995	34.113	1:02.243	42.854	1:37.685	58.046	1:00.600	1:01.454
7	14:29:52.850	8:30.978	35.544	1:41.445	54.288	1:57.344			1:08.981
8	14:45:58.480	16:05.630	8:16.578	1:00.877	1:55.127	1:50.080	59.861	59.745	1:03.362
9	15:07:30.485	21:32.005	6:04.514	1:44.807	53.323	9:10.607	1:09.892	1:07.724	1:21.138
10	15:18:13.772	10:43.287	2:44.975	1:04.970	50.511	2:13.262	1:12.421	1:09.318	1:27.830
11	15:29:32.990	11:19.218	2:59.064	1:08.925	53.722	2:14.466	1:20.541	1:11.025	1:31.475
12	15:41:44.283	12:11.293	2:48.389	2:05.327	59.639	2:19.724	1:11.454	1:21.795	1:24.965
(46) Martinus van der Valk									
1	13:44:14.043	8:31.539	59.726	1:24.469	46.522	1:51.884	1:13.636	57.899	1:17.403
2	13:51:47.364	7:33.321	38.280	1:09.173	45.196	1:47.305	1:07.484	58.610	1:07.273
3	13:59:45.305	7:57.941	39.913	1:08.215	45.910	1:53.863	1:07.915	1:08.648	1:13.477
4	14:09:22.519	9:37.214	40.034	1:03.408	44.407	3:40.861	1:06.852	1:02.274	1:19.378
5	14:17:27.866	8:05.347	40.522	1:10.143	50.233	1:52.714	1:09.598	1:06.045	1:16.092
6	14:25:38.025	8:10.159	41.730	1:01.641	50.041	1:58.381	1:08.463	1:06.406	1:23.497
7	14:34:07.094	8:29.069	43.051	1:01.565	52.101	2:07.319	1:13.111	1:11.299	1:20.623
8	14:47:20.149	13:13.055	4:39.199	1:10.756	51.322	2:32.540	1:10.926	1:25.766	1:22.546
9	15:04:32.008	17:11.859	7:06.273	56.691	50.707	4:24.920	1:22.361	1:06.890	1:24.017
10	15:15:51.821	11:19.813	2:58.112	1:07.635	53.463	2:35.623	1:07.668	1:11.315	1:25.997
11	15:27:41.124	11:49.303	2:55.167	1:00.197	54.473	2:42.192	1:12.985	1:12.994	1:51.295
12	15:42:00.697	14:19.573	3:48.195	1:04.612	55.048	2:38.307			1:30.326
(732) Arthur Andei Tataru									
1	13:42:17.361	6:59.884	31.593	58.096	42.127	2:08.456	1:00.720	46.991	51.901
2	13:49:07.282	6:49.921	31.085	52.496	41.585	2:07.101	53.820	46.150	57.684
3	13:56:00.183	6:52.901	30.796	52.563	38.914	2:09.048	52.613	52.767	56.200
4	14:02:48.691	6:48.508	31.657	49.926	39.952	2:04.696	52.495	54.151	55.631
5	14:10:01.981	7:13.290	29.995	56.187	42.865	1:42.428	56.896	1:27.984	56.935
6	14:21:28.170	11:26.189	35.219	55.112	41.180	6:18.516	56.903	52.676	1:06.583
7	14:29:43.388	8:15.218	1:13.076	1:02.039	53.901	1:48.711	1:00.571	53.906	1:23.014
8	14:51:34.927	21:51.539	12:01.367	1:06.113	41.412	4:46.075	1:04.073	57.452	1:15.047
9	15:01:48.178	10:13.251	2:59.770	55.320	45.465	2:23.121	59.617	58.722	1:11.236
10	15:20:14.617	18:26.439	4:08.412	59.916	43.575	8:41.009	1:09.618	1:15.102	1:28.807
11	15:31:32.578	11:17.961	2:44.478	1:05.706	45.717	2:33.952	1:04.094	1:44.477	1:19.537
12	15:42:13.601	10:41.023			1:05.587	2:14.199	1:13.203	1:00.745	1:22.632
(455) Wiljan van Wikselaar									
1	13:40:43.088	6:25.290	28.594	48.286	34.327	1:26.299	50.279	44.269	1:33.236
2	13:46:35.080	5:51.992	28.156	49.172	35.722	1:28.878	50.669	47.487	51.908
3	13:52:44.179	6:09.099	27.979	55.759	40.647	1:33.045	49.734	50.233	51.702
4	13:59:25.210	6:41.031	29.600	51.458	37.090	2:03.104	50.386	51.918	57.475
5	14:16:45.969	17:20.759	33.843	54.972	37.512	12:30.520	54.467	51.121	58.324
6	14:23:49.421	7:03.452	37.848	54.516	38.437	2:05.175	53.828	52.050	1:01.598
7	14:36:41.470	12:52.049	38.999	53.513	39.041	7:51.623	54.896	52.522	1:01.455



RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	14:47:58.478	11:17.008	5:01.839	55.282	40.150	1:43.666	56.899	54.984	1:04.188
9	15:07:18.136	19:19.658	5:02.040	58.844	47.064	9:29.227	1:01.651	53.396	1:07.436
10	15:16:45.689	9:27.553	2:21.565	58.498	44.794	2:02.451	1:03.644	58.717	1:17.884
11	15:31:59.342	15:13.653	2:34.399	1:03.862	45.608	6:32.575	1:09.850	1:02.326	2:05.033

(250) Roy van der Voorn

1	13:41:33.379	6:24.183	31.436	48.829	41.493	1:45.656	51.624	50.083	55.062
2	13:47:54.773	6:21.394	29.244	47.767	42.327	1:43.597	53.494	51.531	53.434
3	13:57:55.240	10:00.467	27.027	48.182	39.953	5:13.082	1:01.869	53.284	57.070
4	14:04:34.457	6:39.217	33.194	48.154	42.276	1:44.537	51.970	1:01.289	57.797
5	14:11:49.791	7:15.334	33.791	52.595	42.266	2:10.989	57.625	58.877	59.191
6	14:19:19.152	7:29.361	36.060	53.130	46.540	1:46.339	55.257	1:01.728	1:30.307
7	14:26:29.693	7:10.541	34.552	53.385	48.015	1:47.843	59.307	1:00.902	1:06.537
8	14:49:05.781	22:36.088	9:13.873	1:12.903			59.775	1:05.571	1:08.971
9	14:59:38.149	10:32.368	2:59.795	1:07.913	43.153	2:18.790	1:03.257	1:07.527	1:11.933
10	15:10:23.270	10:45.121	2:51.891	1:01.092	50.269	2:32.226	1:06.827	1:01.051	1:21.765
11	15:32:03.145	21:39.875	3:01.704	1:20.761	46.703	2:29.447	1:10.943	1:08.728	11:41.589

(61) Elias Julian Raduta

1	13:38:45.432	5:16.903	23.516	38.495	31.072	1:38.186			43.354
2	13:44:14.374	5:28.942	23.528	41.288	32.514	1:42.254	42.879	41.266	45.213
3	13:50:03.999	5:49.625	24.922	43.249	34.525	1:39.546	42.233	55.997	49.153
4	13:55:56.014	5:52.015	26.063	46.207	36.786	1:45.216	47.514	44.789	45.440
5	14:01:53.287	5:57.273	26.849	45.525	38.333	1:44.010	46.467	45.333	50.756
6	14:39:54.143	38:00.856	26.081	44.807	37.342	33:50.723	46.531	45.522	49.850
7	14:47:16.027	7:21.884	2:06.845	44.338	36.551	1:27.854	49.755	45.946	50.595
8	14:54:46.070	7:30.043	2:01.862	44.504	36.707	1:32.352			52.574
9	15:02:14.724	7:28.654	2:01.152	45.367	36.519	1:29.714	54.120	49.801	51.981
10	15:15:13.562	12:58.838	2:30.170	50.199	35.994	6:14.664	58.281	52.406	57.124
11	15:32:05.010	16:51.448	2:01.184	47.930	41.477	7:19.458	1:02.210	54.754	4:04.435

(108) Guido de Bruijn

1	13:42:07.771	6:50.902	35.175	55.373	44.939	1:40.016	56.174	57.334	1:01.891
2	13:49:46.717	7:38.946	37.262	52.317	47.081	2:30.644	54.297	58.003	59.342
3	13:56:59.415	7:12.698	38.633	1:02.606	46.194	1:49.236			1:00.604
4	14:09:33.661	12:34.246	34.636	1:00.061	1:16.612	6:44.874	1:00.560	58.473	59.030
5	14:16:38.476	7:04.815	37.101	57.142	43.128	1:46.648			1:03.291
6	14:24:31.502	7:53.026	37.252	1:01.848	44.226	2:20.424	1:01.689	1:02.608	1:04.979
7	14:33:08.997	8:37.495	38.282	1:00.403	49.326	2:27.722			1:03.717
8	14:50:48.749	17:39.752	5:24.087	1:03.799	50.601	6:59.626	1:06.985	1:04.801	1:09.853
9	15:00:34.294	9:45.545	2:19.507	59.005	49.998	1:55.865	1:10.016	1:06.099	1:25.055
10	15:12:46.414	12:12.120	2:23.442	1:56.442	1:01.271	2:09.654	2:19.313	1:04.166	1:17.832
11	15:32:06.483	19:20.069	2:43.961	1:10.925	54.543	2:29.730	1:48.474	1:09.211	9:03.225

(736) Roy Adrianus Vrugt

1	13:42:01.300	6:57.379	33.774	50.195	46.165	2:04.139	53.295	52.552	57.259
2	13:49:05.016	7:03.716	31.463	53.088	40.597	2:06.763	57.439	52.058	1:02.308
3	13:56:08.804	7:03.788	31.470	47.184	42.811	2:11.652	58.747	52.521	59.403
4	14:03:24.312	7:15.508	35.908	52.390	40.220	2:15.252	56.129	53.118	1:02.491
5	14:10:40.335	7:16.023	36.525	52.496	1:00.023	1:52.219	58.760	52.612	1:03.388
6	14:24:37.586	13:57.251	38.738	58.840	45.410	8:29.475	58.459	1:00.115	1:06.214
7	14:32:29.745	7:52.159	37.926	1:05.111	46.550	2:02.272	1:04.249	1:04.267	1:11.784
8	14:46:14.774	13:45.029	6:49.856	55.775	47.936	2:02.342	1:04.136	55.442	1:09.542
9	15:07:06.440	20:51.666	5:55.716	57.674	50.708	9:41.722	1:17.025	57.615	1:11.206
10	15:18:16.151	11:09.711	3:39.884	57.570	49.619	2:21.875	1:06.305	59.764	1:14.694
11	15:32:09.007	13:52.856	5:15.978	1:01.482	50.076	2:36.544	1:11.850	1:01.154	1:55.772

(586) Thymo Scholten

1	13:42:55.673	7:30.294	35.508	56.184	46.290	2:11.847	58.988	1:01.850	59.627
2	13:50:28.812	7:33.139	33.796	58.996	44.451	2:21.606	56.355	57.987	59.948
3	13:58:04.819	7:36.007	37.212	57.458	43.312	2:19.115	59.194	57.891	1:01.825
4	14:11:27.667	13:22.848	35.226	57.714	43.590	8:00.044	1:01.650	59.873	1:04.751
5	14:19:21.707	7:54.040	35.643	57.400	44.157	1:49.719	58.083	1:43.515	1:05.523
6	14:26:54.394	7:32.687	38.915	58.921	49.291	1:51.574	1:03.742	1:01.389	1:08.855
7	14:50:37.310	23:42.916	5:30.770	1:02.044	47.715	13:02.130	1:05.825	1:02.049	1:12.383
8	15:00:38.128	10:00.818	2:41.256	58.508	43.341	2:09.814	1:04.851	1:07.069	1:15.979





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
9	15:10:30.706	9:52.578	2:32.242	57.315	49.137	2:12.294	1:05.224	1:01.836	1:14.530
10	15:20:39.095	10:08.389	2:29.153	59.255	47.615	2:18.388	1:09.794	1:05.529	1:18.655
11	15:32:09.448	11:30.353	2:44.006	1:05.581	52.593	2:35.223	1:13.750	1:07.213	1:51.987

(698) Andy Noortman

1	13:42:20.910	7:10.725	33.553	57.413	45.676	2:05.634			59.414
2	13:49:43.300	7:22.390	31.761	56.713	45.606	2:07.270	1:01.567	59.442	1:00.031
3	13:56:31.941	6:48.641	30.975	58.034	41.485	1:30.929	1:04.021	1:01.478	1:01.719
4	14:03:55.276	7:23.335	35.347	57.558	49.435	2:08.320	56.093	56.927	59.655
5	14:11:59.513	8:04.237	31.817	1:04.593	48.494	2:10.582	1:00.397	1:24.332	1:04.022
6	14:25:25.498	13:25.985	38.989	1:00.811	54.275	7:25.630	1:10.782	1:07.531	1:07.967
7	14:33:42.337	8:16.839	40.751	1:01.193	48.689	2:13.792			1:21.580
8	14:46:06.737	12:24.400	3:43.540	1:07.234	49.068	1:50.907	2:02.417	1:35.380	1:15.854
9	15:05:05.149	18:58.412	5:04.160	1:08.043	53.431	7:55.633	1:18.430	1:17.129	1:21.586
10	15:17:06.040	12:00.891	3:18.247	1:02.630	53.674	2:19.179	1:58.066	1:09.627	1:19.468
11	15:32:16.176	15:10.136	3:09.177	1:08.958	59.869	2:47.229			4:01.205

(555) Willie Liebrechts

1	13:40:43.972	6:11.595	28.832	47.795	34.660	1:49.279	48.716	52.127	50.186
2	13:47:20.548	6:36.576	27.799	46.505	35.381	1:49.642	54.396	1:11.548	51.305
3	13:53:55.647	6:35.099	30.561	49.311	41.057	1:53.650	54.962	51.484	54.074
4	14:00:36.591	6:40.944	31.848	52.881	39.546	1:52.439	53.604	53.884	56.742
5	14:07:36.166	6:59.575	33.834	55.274	40.535	1:55.489	1:00.048	54.678	59.717
6	14:20:50.787	13:14.621	51.602	57.891	43.787	7:40.925	58.815	58.644	1:02.957
7	14:28:10.579	7:19.792	37.402	50.790	46.431	1:57.842	58.386	58.128	1:10.813
8	14:44:23.169	16:12.590	9:20.320	56.840	48.782	1:41.825	1:09.952	1:06.379	1:08.492
9	15:01:58.858	17:35.689	7:18.534	1:01.428	46.263	5:04.330	1:04.556	1:02.082	1:18.496
10	15:13:04.441	11:05.583	3:30.108	58.860	50.306	1:57.656	1:11.582	1:14.644	1:22.427
11	15:32:22.346	19:17.905	3:33.909	1:04.889	58.957	8:05.866	1:19.967	1:17.360	2:56.957

(876) Roel de Klein

1	13:41:11.153	6:17.246	32.969	49.359	39.700	1:52.608	47.614	47.455	47.541
2	13:47:26.264	6:15.111	27.623	46.742	40.121	1:57.164	48.112	44.678	50.671
3	13:54:31.752	7:05.488	28.563	45.695	36.705	1:54.967	46.993	1:41.780	50.785
4	14:07:50.893	13:19.141	28.443	52.961	39.233	8:47.494	49.662	49.785	51.563
5	14:14:42.674	6:51.781	35.527	49.379	40.880	1:35.553	1:13.937	52.318	1:04.187
6	14:21:04.293	6:21.619	31.442	51.160	39.622	1:36.509	51.534	54.582	56.770
7	14:27:30.401	6:26.108	31.795	54.206	40.955	1:35.682	49.248	57.083	57.139
8	14:59:00.720	31:30.319	11:42.519	52.535	44.633	15:16.927	57.061	56.266	1:00.378
9	15:08:05.066	9:04.346	2:14.123	54.879	38.903	1:44.978	56.749	59.433	1:35.281
10	15:21:34.077	13:29.011	2:26.115	50.246	47.080	6:21.971	58.706	57.294	1:07.599
11	15:32:29.181	10:55.104	2:08.037	56.445	45.505	2:10.768	1:04.309	59.020	2:51.020

(499) Robbin van Dijk

1	13:39:26.018	5:16.423	24.120	40.790	40.128	1:23.536	43.476	40.423	43.950
2	13:44:55.589	5:29.571	25.534	44.687	36.637	1:30.555	42.443	43.700	46.015
3	13:50:25.272	5:29.683	25.393	46.886	36.885	1:23.576	48.843	43.893	44.207
4	13:56:40.881	6:15.609	26.102	46.751	36.265	1:53.452	47.162	47.659	58.218
5	14:02:41.172	6:00.291	26.811	48.223	34.890	1:53.610	45.717	46.328	44.712
6	14:08:41.887	6:00.715	27.896	49.115	35.022	1:51.269	46.471	45.724	45.218
7	14:14:33.499	5:51.612	26.763	48.718	40.145	1:30.654	47.352	49.010	48.970
8	14:23:07.379	8:33.880	28.677	46.908	37.313	4:11.780			49.385
9	14:29:30.033	6:22.654	28.752	46.905	43.036	1:38.455	56.567	50.874	58.065
10	14:45:49.950	16:19.917	9:30.727	1:02.159	49.809	1:59.122	59.727	56.125	1:02.248
11	15:32:29.597	46:39.647	6:12.336	1:47.776	53.174	31:41.447	1:23.255	1:11.651	3:30.008

(652) Jules Welters

1	13:42:11.040	6:42.798	31.112	56.907	44.480	1:41.858	54.972	55.279	58.190
2	13:48:47.419	6:36.379	33.333	50.275	38.543	1:58.287	52.644	46.999	56.298
3	13:55:36.940	6:49.521	32.490	54.860	41.790	1:57.944	59.000	49.479	53.958
4	14:07:39.537	12:02.597	31.995	49.614	40.681	7:14.789	56.341	51.443	57.734
5	14:14:54.281	7:14.744	36.609	53.312	41.779	2:06.957	1:00.072	53.174	1:02.841
6	14:22:42.186	7:47.905	37.916	55.126	41.175	2:39.486	1:00.296	51.507	1:02.399
7	14:30:03.992	7:21.806	38.401	58.174	42.858	1:47.854	1:01.760	56.947	1:15.812
8	14:53:23.202	23:19.210	7:38.490	56.697	45.157	10:53.159	1:00.025	58.766	1:06.916
9	15:04:18.469	10:55.267	3:41.842	1:00.460	51.484	1:48.784	1:09.383	59.441	1:23.873





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	15:22:16.322	17:57.853	2:32.124	57.839	46.562	10:28.225	1:03.185	56.676	1:13.242
11	15:32:30.708	10:14.386	2:40.745	57.727	44.421	2:12.208	1:12.626	57.996	1:28.663

(88) Luuc Oolman

1	13:41:48.935	6:51.886	34.130	49.453	42.984	2:06.189	55.902	47.046	56.182
2	13:48:29.068	6:40.133	30.365	49.993	53.733	1:40.144			58.535
3	14:00:23.474	11:54.406	32.774	55.333	38.376	7:02.657	57.031	48.396	59.839
4	14:08:01.036	7:37.562	36.300	56.029	42.190	2:18.877			1:01.520
5	14:14:47.811	6:46.775	39.344	49.785	42.654	1:43.816	58.319	51.115	1:01.742
6	14:26:29.266	11:41.455	36.292	57.776	43.408	6:23.400	59.590	51.053	1:09.936
7	14:44:26.115	17:56.849	7:09.044	56.926	44.092	5:49.325	1:02.435	1:01.940	1:13.087
8	14:55:50.594	11:24.479	3:49.056	1:31.489	44.886	1:55.920	1:04.162	1:04.922	1:14.044
9	15:08:55.086	13:04.492	2:16.981	58.278	1:15.048	5:21.011	1:03.804	1:00.071	1:09.299
10	15:20:07.655	11:12.569	2:27.292	59.355	48.515	2:29.338	1:08.255	1:26.064	1:53.750
11	15:32:36.881	12:29.226	3:14.718	1:04.231	49.822	3:05.847	1:30.150	1:06.619	1:37.839

(518) Co Caron

1	13:43:36.243	7:56.853	39.912	1:01.795	46.814	2:13.932	59.691	1:05.530	1:09.179
2	13:51:35.600	7:59.357	38.558	55.765	48.621	2:17.119	58.579	1:08.065	1:12.650
3	13:59:30.548	7:54.948	39.272	1:00.048	49.029	2:01.689	1:04.194	1:07.010	1:13.706
4	14:08:21.164	8:50.616	43.758	1:20.148	52.252	2:29.446	1:08.466	1:06.637	1:09.909
5	14:16:36.726	8:15.562	41.323	1:00.919	52.883	2:02.134	1:06.766	1:11.400	1:20.137
6	14:25:25.977	8:49.251	42.846	1:03.327	54.909	2:31.221	1:05.719	1:10.549	1:20.680
7	14:41:16.432	15:50.455	47.497	1:01.559	50.583	9:22.890	1:12.557	1:11.072	1:24.297
8	14:52:04.908	10:48.476	3:09.479	1:15.233	52.015	1:49.530	1:09.736	1:11.325	1:21.158
9	15:03:06.475	11:01.567	2:57.385	1:04.953	55.016	2:07.313	1:15.124	1:14.800	1:26.976
10	15:17:44.652	14:38.177	3:04.899	1:04.372	1:21.311	4:53.686	1:19.542	1:17.572	1:36.795
11	15:32:44.081	14:59.429	3:27.179	1:11.950	59.529	2:37.673	1:25.327	1:18.546	3:59.225

(606) Andre Wien

1	13:42:22.876	6:45.647	35.451	53.058	39.639	1:45.720	53.523	55.988	1:02.268
2	13:49:56.477	7:33.601	34.150	1:18.077	41.931	2:08.507	55.168	55.235	1:00.533
3	13:57:15.624	7:19.147	34.511	56.342	45.133	2:10.332	53.365	55.995	1:03.469
4	14:04:22.711	7:07.087	32.277	52.344	42.915	2:08.653			1:00.992
5	14:11:34.672	7:11.961	35.643	49.456	40.646	2:10.594	54.864	53.715	1:07.043
6	14:25:04.225	13:29.553	36.150	1:23.669	39.420	7:46.261	1:00.933	53.159	1:09.961
7	14:32:39.278	7:35.053	40.423	58.733	46.603	1:53.389	1:01.123	58.458	1:16.324
8	14:46:05.014	13:25.736	6:16.663	56.439	49.782	1:59.728	1:03.947	1:01.111	1:18.066
9	15:10:22.393	24:17.379	8:55.028	1:00.309	46.808	10:07.879	1:09.945	59.428	1:17.982
10	15:21:19.114	10:56.721	2:51.919	1:13.598	50.656	2:18.944			1:21.503
11	15:32:57.741	11:38.627	3:06.825	1:02.390	55.920	2:42.910	1:16.288	1:08.428	1:25.866

(60) Gabriel Ciprian Popescu

1	13:43:35.707	8:05.064	38.418	57.337	52.605	2:24.939	1:07.427	1:00.097	1:04.241
2	13:51:44.456	8:08.749	37.977	1:01.558	48.860	2:27.797	1:06.312	1:00.212	1:06.033
3	13:59:58.104	8:13.648	37.939	1:03.771	49.271	2:27.491	1:03.216	1:03.059	1:08.901
4	14:08:10.953	8:12.849	40.990	1:01.345	46.578	2:29.826	1:04.467	1:02.649	1:06.994
5	14:16:41.162	8:30.209	39.960	1:00.988	47.361	2:33.405	1:09.003	1:07.567	1:11.925
6	14:31:19.832	14:38.670	44.404	2:00.425	51.652	7:28.235	1:14.118	1:07.009	1:12.827
7	14:45:30.356	14:10.524	6:44.649	1:01.815	49.900	2:04.498	1:08.765	1:06.312	1:14.585
8	14:56:11.379	10:41.023	2:53.238	1:09.187	52.224	2:10.160	1:09.760	1:09.777	1:16.677
9	15:06:53.137	10:41.758	2:42.933	1:11.923	53.670	2:14.557	1:11.102	1:09.854	1:17.719
10	15:19:54.981	13:01.844	4:38.966	1:07.331	55.928	2:34.014	1:12.996	1:09.333	1:23.276
11	15:33:13.776	13:18.795	2:47.914	1:12.406	51.892	4:41.092	1:14.070	1:07.144	1:24.277

(692) Luck Ij Kotter

1	13:43:10.273	7:51.848	36.611	58.646	47.356	2:12.837	1:11.954	1:02.638	1:01.806
2	13:49:54.424	6:44.151	33.908	53.591	43.284	1:36.711	1:05.771	51.225	59.661
3	13:57:24.652	7:30.228	35.533	1:01.451	44.048	2:13.372	1:02.021	53.178	1:00.625
4	14:05:33.130	8:08.478	37.424	1:13.277	44.438	2:17.934	1:03.638	1:05.482	1:06.285
5	14:14:19.071	8:45.941	38.581	1:10.686	1:00.975	2:21.351	1:30.296	56.891	1:07.161
6	14:28:53.104	14:34.033	1:04.022	1:01.659	45.972	8:30.374	1:07.450	57.572	1:06.984
7	14:44:56.942	16:03.838	8:30.195	59.578	48.620	2:23.947	1:05.818	1:02.713	1:12.967
8	14:54:51.091	9:54.149	2:38.068	1:01.271	49.888	1:52.347	1:16.402	1:01.145	1:15.028
9	15:05:42.528	10:51.437	3:01.936	1:25.066	50.113	2:03.064	1:12.230	1:00.863	1:18.165
10	15:22:06.441	16:23.913	3:03.039	1:18.565	51.950	7:33.959	1:13.443	1:00.754	1:22.203

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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
11	15:33:18.294	11:11.853	2:49.525	1:26.907	50.973	2:19.358	1:13.579	1:08.060	1:23.451
(35) Thomas Tap									
1	13:41:15.516	6:36.140	31.319	48.861	38.622	2:07.764	50.980	49.212	49.382
2	13:49:13.445	7:57.929	28.124	51.684	38.784	2:02.496	2:09.642	50.884	56.315
3	13:57:25.714	8:12.269	30.500	1:02.069	41.913	2:09.629	58.723	1:49.458	59.977
4	14:04:45.798	7:20.084	32.957	54.449	39.701	2:17.453	55.715	56.184	1:03.625
5	14:12:00.338	7:14.540	36.897	56.750	45.674	1:45.686	1:02.165	53.713	1:13.655
6	14:27:36.458	15:36.120	36.936	54.393	43.648	9:46.937	1:26.422	56.431	1:11.353
7	14:43:28.464	15:52.006	8:11.680	54.726	1:03.517	2:03.509	1:25.752	1:00.090	1:12.732
8	14:52:58.065	9:29.601	2:39.772	57.193	45.656	1:49.547	1:03.999	57.118	1:16.316
9	15:02:43.857	9:45.792	2:28.796	54.201	46.549	1:51.019	1:05.170	1:15.413	1:24.644
10	15:23:41.404	20:57.547	2:38.128	1:20.265	48.150	12:20.489	1:11.687	1:15.714	1:23.114
11	15:34:06.360	10:24.956	2:32.967	56.488	51.816	2:09.778	1:10.048	1:23.098	1:20.761
(427) Thijs van Dijk									
1	13:42:14.753	7:06.031	35.047	57.311	44.959	1:58.467	1:01.871	50.046	58.330
2	13:49:17.781	7:03.028	33.840	58.087	45.248	1:42.438	1:04.101	54.164	1:05.150
3	13:56:48.526	7:30.745	39.253	58.737	45.266	2:06.698	1:00.504	57.689	1:02.598
4	14:08:00.114	11:11.588	35.872	1:02.049	42.063	5:41.790	1:03.598	1:01.870	1:04.346
5	14:16:06.341	8:06.227	39.212	1:00.133	45.189	2:11.308	1:04.891	1:10.466	1:15.028
6	14:24:09.760	8:03.419	39.230	57.536	46.500	2:13.452	1:04.372	1:05.271	1:17.058
7	14:32:55.580	8:45.820	37.971	57.690	50.178	2:47.407	1:06.661	1:07.541	1:18.372
8	14:54:45.237	21:49.657	4:40.133	1:03.548	49.938	11:43.527	1:13.794	1:02.667	1:16.050
9	15:06:14.457	11:29.220	2:52.786	1:06.545	51.001	2:52.422	1:09.697	1:07.023	1:29.746
10	15:23:10.277	16:55.820	3:30.374	1:15.188	52.326	7:07.808	1:14.964	1:12.988	1:42.172
11	15:34:12.755	11:02.478	2:45.583	1:05.546	52.464	2:19.434	1:12.980	1:25.861	1:20.610
(513) Rob Schurer									
1	13:41:49.458	6:26.228	33.077	59.409	43.611	1:21.703	56.355	55.508	56.565
2	13:48:12.760	6:23.302	30.365	52.697	44.321	1:26.010	59.990	50.110	59.809
3	13:54:56.259	6:43.499	32.376	1:08.425	45.226	1:28.761	59.983	50.844	57.884
4	14:03:25.260	8:29.001	32.610	55.525	46.885	2:10.636	1:06.624	1:49.057	1:07.664
5	14:20:30.451	17:05.191	38.299	56.330	1:54.966	9:49.850	1:18.549	1:17.571	1:09.626
6	14:28:31.187	8:00.736	40.288	56.853	48.972	2:22.501	1:03.789	1:01.568	1:06.765
7	14:45:03.964	16:32.777	8:05.200	1:28.231	50.303	2:19.358	1:33.612	1:00.926	1:15.147
8	14:55:17.744	10:13.780	2:42.115	54.839	49.928	2:22.578	1:12.846	1:00.984	1:10.490
9	15:05:22.645	10:04.901	2:47.027	56.172	50.705	1:59.568	1:12.411	59.419	1:19.599
10	15:21:47.864	16:25.219	2:55.303	1:00.828	1:17.348	7:04.427	1:05.029	1:03.988	1:58.296
11	15:34:25.962	12:38.098	3:05.962	1:42.367	52.332	3:01.892	1:16.495	1:08.904	1:30.146
(309) Pascal Fischer									
1	13:41:34.828	6:33.415	34.469	1:04.189	41.955	1:30.036	56.236	51.802	54.728
2	13:48:42.578	7:07.750	32.812	57.257	38.660	2:04.207	1:00.808	54.906	59.100
3	13:56:11.033	7:28.455	34.601	1:07.957	39.490	2:07.978	1:00.425	55.411	1:02.593
4	14:06:08.778	9:57.745	34.627	59.636	41.334	4:39.700	1:00.463	57.235	1:04.750
5	14:13:47.225	7:38.447	39.543	57.690	41.933	2:07.188	1:03.269	1:03.090	1:05.734
6	14:24:10.154	10:22.929	38.197	1:04.002	41.632	4:38.664	1:05.104	1:03.021	1:12.309
7	14:52:34.083	28:23.929	44.530	1:04.793	45.179	22:26.777	1:06.548	1:00.476	1:15.626
8	15:02:32.776	9:58.693	2:32.215	1:01.435	44.780	1:53.016	1:30.670	1:01.008	1:15.569
9	15:14:26.931	11:54.155	2:31.960	1:02.624	46.901	4:01.190	1:10.950	1:03.197	1:17.333
10	15:24:55.805	10:28.874	2:36.131	59.839	54.377	2:11.029	1:12.893	1:08.167	1:26.438
11	15:35:28.848	10:33.043	2:34.343	1:05.070	46.320	2:23.039	1:11.386	1:08.593	1:24.292
(774) John Viester									
1	13:43:12.319	7:23.125	36.016	1:00.890	50.442	1:48.301	1:08.523	55.508	1:03.445
2	13:50:34.822	7:22.503	34.875	1:02.176	47.656	1:57.453	1:00.856	55.551	1:03.936
3	13:58:35.511	8:00.689	37.365	1:03.625	46.710	2:18.060	1:07.597	1:00.601	1:06.731
4	14:06:38.585	8:03.074	38.622	1:05.379	43.897	2:20.493	1:03.123	1:03.946	1:07.614
5	14:14:37.597	7:59.012	36.185	1:03.006	50.070	2:18.408	1:07.956	57.720	1:05.667
6	14:22:36.668	7:59.071	38.143	1:01.161	47.560	2:18.876	1:02.080	59.667	1:11.584
7	14:31:10.967	8:34.299	39.379	1:04.919	59.064	2:28.389	1:08.403	1:02.940	1:11.205
8	14:56:54.378	25:43.411	8:27.660	1:02.674	1:11.339	11:37.384	1:06.675	1:05.867	1:11.812
9	15:08:03.108	11:08.730	4:01.444	1:03.199	52.689	1:51.121	1:07.267	1:02.644	1:10.366
10	15:21:55.608	13:52.500	5:12.160	1:09.058	51.458	2:18.658	1:22.593	1:12.460	1:46.113
11	15:35:32.643	13:37.035	3:21.725	1:11.378	59.476	4:15.193	1:14.847	1:14.320	1:20.096





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(402) Stefan Schreurs									
1	13:43:21.586	7:33.219	37.832	53.791	46.845	2:15.123	58.790	1:01.383	59.455
2	13:50:52.392	7:30.806	32.164	55.602	41.660	2:13.319	57.625	1:06.645	1:03.791
3	13:58:24.663	7:32.271	31.006	52.507	40.493	2:23.211	58.144	1:02.801	1:04.109
4	14:05:52.574	7:27.911	32.671	1:17.095	40.347	1:54.033	1:01.273	59.181	1:03.311
5	14:22:37.362	16:44.788	35.324	54.588	46.200	1:10.644	1:04.118	1:05.540	1:14.374
6	14:31:07.991	8:30.629	37.267	1:00.061	50.945	2:31.682	1:06.443	1:11.554	1:12.677
7	14:47:51.663	16:43.672	8:42.093	1:12.305	52.082	2:18.510	1:12.307	1:07.772	1:18.603
8	14:58:51.843	11:00.180	3:23.703	1:08.056	50.845	2:12.805	1:09.638	1:04.669	1:10.464
9	15:13:38.552	14:46.709	3:02.492	1:04.596	51.160	5:55.258	1:07.950	1:03.410	1:41.843
10	15:24:55.576	11:17.024	3:02.854	1:02.762	45.881	2:49.201	1:13.117	1:00.422	1:22.787
11	15:35:38.761	10:43.185	2:51.679	1:01.070	52.189	2:32.050	1:08.274	1:01.206	1:16.717
(679) Martijn van Miltenburg									
1	14:04:43.680	6:42.963	30.914	49.659	38.746	2:03.650	51.000	51.596	57.398
2	14:11:31.482	6:47.802	32.995	50.155	41.653	2:02.675			54.337
3	14:18:05.400	6:33.918	33.238	48.066	40.238	1:56.991	52.961	47.137	55.287
4	14:25:02.509	6:57.109	34.111	52.767	41.002	2:01.005	1:01.782	50.414	56.028
5	14:31:44.622	6:42.113	35.180	1:02.672	38.301	1:39.684	53.451	49.623	1:03.202
6	14:43:51.402	12:06.780	6:00.210	54.758	40.410	1:44.767	52.236	51.824	1:02.575
7	14:58:26.754	14:35.352	2:10.899			7:36.405	58.451	51.950	1:03.027
8	15:06:44.070	8:17.316	2:07.529	49.626	40.860	1:49.009	54.979	51.749	1:03.564
9	15:15:32.033	8:47.963	2:10.751	50.179	42.910	2:04.316	58.579	52.746	1:08.482
10	15:25:25.808	9:53.775	2:30.758	53.484	59.024	2:29.173			1:02.817
11	15:35:57.657	10:31.849	2:22.773	1:22.597	1:21.631	2:20.093	1:00.274	51.682	1:12.799
(548) Peter Berenschot									
1	13:42:04.465	6:46.551	30.972	59.072	38.892	1:53.462	57.916	49.339	56.898
2	13:49:08.407	7:03.942	33.739	54.290	42.604	2:04.715	57.345	55.354	55.895
3	13:55:57.899	6:49.492	32.027	53.664	42.896	1:58.190	55.847	49.830	57.038
4	14:07:59.960	12:02.061	31.821	53.893	42.544	6:59.119	54.324	57.527	1:02.833
5	14:14:44.771	6:44.811	34.274	1:00.265	42.094	1:36.544	56.079	57.578	57.977
6	14:21:42.269	6:57.498	36.205	54.833	43.648	1:40.466	56.846	58.642	1:06.858
7	14:28:56.904	7:14.635	35.829	1:04.096	43.352	1:40.512	1:02.416	1:00.053	1:08.377
8	14:50:10.629	21:13.725	4:24.326	1:04.702	47.507	11:35.202	59.626	1:05.290	1:17.072
9	15:05:43.482	15:32.853	3:46.759	1:03.526	49.231	5:56.960			1:20.707
10	15:21:44.026	16:00.544	3:19.258	1:03.070	47.061	7:25.135			1:18.965
11	15:35:59.302	14:15.276	3:17.737	1:02.346	48.618	5:32.661	1:08.858	1:06.930	1:18.126
(794) Thed Vernooij									
1	13:42:52.280	7:32.748	37.417	57.265	49.114	2:13.459	1:01.708	51.749	1:02.036
2	13:49:51.761	6:59.481	34.947	54.559	42.982	1:45.595			1:08.995
3	13:57:09.936	7:18.175	34.441	54.570	40.904	2:16.720	52.406	56.999	1:02.135
4	14:10:45.479	13:35.543	37.076	57.697	42.133	8:17.357	1:01.276	56.675	1:03.329
5	14:18:33.275	7:47.796	37.276	1:02.071	46.103	2:19.590	1:00.071	52.739	1:09.946
6	14:26:24.319	7:51.044	38.648	58.433	45.481	2:26.314	59.722	54.414	1:08.032
7	14:37:57.898	11:33.579	4:05.453	55.088	1:12.257	2:10.289	1:01.286	1:00.079	1:09.127
8	15:00:18.300	22:20.402	5:45.911	1:02.084	49.005	11:15.381	1:09.103	1:00.650	1:18.268
9	15:14:12.568	13:54.268	5:27.881	59.852	51.597	2:55.033	1:08.952	1:09.470	1:21.483
10	15:25:29.333	11:16.765	2:59.219	1:05.721	57.435	2:29.500	1:12.393	1:05.853	1:26.644
11	15:36:09.753	10:40.420	2:48.550	1:04.232	49.358	2:26.419	1:10.364	1:00.663	1:20.834
(376) Kevin van Praet									
1	13:43:26.876	7:41.831	38.184	58.585	47.083	2:17.132	57.567	1:00.126	1:03.154
2	13:50:51.902	7:25.026	30.438	58.716	45.384	2:17.256	57.591	53.380	1:02.261
3	13:58:30.854	7:38.952	35.192	57.920	47.996	2:18.885	55.263	1:02.406	1:01.290
4	14:05:52.327	7:21.473	35.680	56.331	48.335	1:53.354	59.910	1:04.560	1:03.303
5	14:22:03.292	16:10.965	38.309	58.577	46.736	10:46.600	56.859	59.448	1:04.436
6	14:30:03.966	8:00.674	38.027	1:01.257	48.682	2:17.218	1:03.056	1:01.999	1:10.435
7	14:43:15.455	13:11.489	6:31.774	55.108	45.088	1:47.201	1:01.302	1:01.594	1:09.422
8	15:04:07.293	20:51.838	2:38.880	58.006	46.396	13:07.944	1:00.446	1:06.293	1:13.873
9	15:14:58.652	10:51.359	2:24.899	59.144	49.262	2:00.284	1:45.685	1:31.526	1:20.559
10	15:25:41.946	10:43.294	2:41.249	1:00.829	1:03.960	2:07.619	1:07.907	1:09.936	1:31.794
11	15:36:16.690	10:34.744	2:28.147	1:02.611	50.790	2:13.403	1:12.243	1:09.101	1:38.449

Timekeeping Meik Wagner:

Clerk of the course:

Jury President Olaf Noack



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(846) Jan van Gerven									
1	13:40:33.024	6:12.990	29.246	45.436	37.488	1:53.980	48.368	48.568	49.904
2	13:46:31.975	5:58.951	28.047	50.230	36.819	1:30.244	52.537	46.594	54.480
3	13:52:56.263	6:24.288	28.569	48.920	35.441	1:58.634	50.107	48.890	53.727
4	13:59:38.784	6:42.521	31.224	50.169	39.740	2:00.369	50.548	49.991	1:00.480
5	14:06:09.022	6:30.238	31.162	51.241	41.950	1:36.898	52.465	1:01.669	54.853
6	14:31:56.055	25:47.033	34.539	53.111	43.955	2:07.851	1:10.721	52.895	19:23.961
7	14:56:28.768	24:32.713	5:27.860	55.318	42.825	14:18.069	1:00.327	59.078	1:09.236
8	15:06:48.246	10:19.478	2:20.316	53.748	56.703	2:51.829	1:01.901	1:03.525	1:11.456
9	15:16:55.749	10:07.503	2:43.947	1:00.266	47.551	2:15.760	1:03.917	1:03.397	1:12.665
10	15:27:10.256	10:14.507	2:30.713	57.843	45.526	2:32.046	1:10.402	58.745	1:19.232
11	15:37:03.068	9:52.812	2:30.343	58.687	47.842	2:17.415	1:08.192	57.654	1:12.679

(357) Ronald Tielmans									
1	13:41:40.727	6:55.635	32.276	53.109	41.881	2:07.601	55.951	51.364	53.453
2	13:48:34.043	6:53.316	29.915	51.099	43.624	2:07.659			54.775
3	13:55:25.132	6:51.089	34.977	51.636	40.428	2:08.823	51.906	48.039	55.280
4	14:02:30.726	7:05.594	32.366	50.129	38.740	2:14.353	56.381	55.838	57.787
5	14:09:29.476	6:58.750	33.118	54.118	41.611	1:57.964	1:00.413	53.758	57.768
6	14:28:00.827	18:31.351	31.751	53.485	41.921	13:39.255	53.324	52.843	58.772
7	14:44:24.894	16:24.067	9:03.047	1:22.649	44.859	1:57.734	1:01.192	1:03.832	1:10.754
8	14:53:30.755	9:05.861	2:29.941	47.284	44.880	1:55.701			1:10.413
9	15:18:33.248	25:02.493	2:52.432	50.596	42.380	17:25.850	1:02.909	1:00.725	1:07.601
10	15:28:06.183	9:32.935	2:25.062	53.733	46.564	2:08.936	1:02.332	57.866	1:18.442
11	15:37:32.386	9:26.203	2:22.407	56.477	46.105	2:11.426	1:00.790	56.212	1:12.786

(141) Koen Pijpers									
1	13:45:32.339	9:51.102	33.921	54.807	46.230	4:56.615	52.318	52.434	54.777
2	13:52:47.288	7:14.949	30.063	1:04.519	44.767	2:07.873	53.041	53.949	1:00.737
3	13:59:54.899	7:07.611	33.958	55.156	41.114	2:15.235	52.669	52.202	57.277
4	14:06:44.402	6:49.503	31.876	55.169	42.366	1:50.001	53.842	57.982	58.267
5	14:19:29.558	12:45.156	33.868	52.626	46.078	7:27.078	1:01.363	58.060	1:06.083
6	14:26:50.048	7:20.490	39.616	54.264	48.369	1:52.136	57.566	1:00.010	1:08.529
7	14:47:10.950	20:20.902	13:19.161	58.021	48.545	2:03.493	58.889	1:03.513	1:09.280
8	15:02:24.241	15:13.291	2:49.336	57.366	1:13.459	6:28.583	1:34.722	1:02.563	1:07.262
9	15:13:21.374	10:57.133	2:50.694	1:17.702	1:05.582	2:15.931	1:05.152	1:05.057	1:17.015
10	15:26:08.867	12:47.493	3:04.052	1:05.180	53.623	3:34.377	1:36.256	1:04.527	1:29.478
11	15:37:44.644	11:35.777	3:15.190	1:04.388	52.101	2:38.144	1:16.952	1:04.893	1:24.109

(567) Maarten Muis									
1	13:40:44.556	6:04.228	31.698	47.590	51.236	1:26.184	47.876	48.575	51.069
2	13:46:34.576	5:50.020	26.004	45.296	39.382	1:24.731	48.716	54.095	51.796
3	13:52:58.728	6:24.152	27.627	48.670	38.476	1:54.341	52.743	49.093	53.202
4	14:03:41.064	10:42.336	28.161	53.021	40.418	6:02.356	51.028	49.227	58.125
5	14:10:29.443	6:48.379	29.580	51.583	41.512	1:54.845	54.469	52.738	55.549
6	14:17:17.553	6:48.110	31.146	47.251	38.667	1:55.150	51.587	1:07.337	56.972
7	14:23:41.176	6:23.623	31.532	53.624	39.190	1:31.700	54.834	51.589	1:01.154
8	14:30:34.836	6:53.660	34.987	1:16.309	41.433	1:35.804	53.748	50.991	1:00.388
9	15:14:20.081	43:45.245	5:05.015				1:43.706	54.340	1:08.608
10	15:25:16.896	10:56.815	4:11.555	54.484	44.147	1:57.319	58.776	59.658	1:10.876
11	15:38:35.457	13:18.561	3:39.843	56.150	50.913	4:32.237	1:03.982	58.941	1:16.495

(867) Erik Lamberink									
1	13:43:01.865	7:36.794	39.104	1:00.303	46.848	2:05.758	1:01.839	57.678	1:05.264
2	13:50:48.640	7:46.775	34.300	1:00.857	47.146	2:15.175	1:05.021	59.743	1:04.533
3	13:59:26.128	8:37.488	37.509	58.170	1:05.011	2:21.554	1:26.180	1:02.889	1:06.175
4	14:13:28.793	14:02.665	35.558	1:13.940	50.998	8:12.453	1:02.902	58.864	1:07.950
5	14:21:51.402	8:22.609	41.372	1:32.644	49.609	1:56.441	1:06.195	1:00.894	1:15.454
6	14:30:21.508	8:30.106	40.837	1:07.711	56.702	1:57.427	1:07.782	1:23.976	1:15.671
7	14:44:04.725	13:43.217	6:20.596	1:03.619	51.180	1:53.398	1:08.042	1:08.219	1:18.163
8	15:00:59.816	16:55.091	4:22.926	1:04.604	48.940	7:17.128	1:06.142	1:02.420	1:12.931
9	15:12:38.093	11:38.277	3:26.808	1:12.828	52.225	1:59.213	1:15.169	1:19.103	1:32.931
10	15:26:33.433	13:55.340	4:06.319	1:09.920	56.046	2:46.602	1:25.360	1:45.573	1:45.520
11	15:39:45.529	13:12.096	4:20.585	1:10.755	57.676	2:32.198			1:34.130

(76) Stan Bongers									
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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:43:51.073	7:50.121	33.789	1:01.852	48.582	2:22.256	59.038	1:01.676	1:02.928
2	13:54:42.134	10:51.061	30.743	1:09.296	43.618	5:33.842	58.088	57.221	58.253
3	14:02:44.541	8:02.407	31.137	1:06.504	41.025	2:22.631	1:00.507	1:14.751	1:05.852
4	14:10:30.879	7:46.338	37.309	1:02.345	42.221	2:26.221	1:02.602	53.336	1:02.304
5	14:20:52.159	10:21.280	41.107	1:02.740	41.033	5:04.797	57.414	55.528	58.661
6	14:28:20.793	7:28.634	40.091	1:00.689	41.577	1:57.103	1:02.615	56.216	1:10.343
7	14:49:32.596	21:11.803	9:12.169	1:14.188	54.801	6:36.237	1:05.428	57.858	1:11.122
8	15:00:03.834	10:31.238	3:12.387	1:09.846	49.545	2:01.999	1:01.227	1:03.923	1:12.311
9	15:16:31.153	16:27.319	2:41.200	1:04.343	1:03.699	8:23.253	1:01.626	59.011	1:14.187
10	15:28:29.775	11:58.622	2:52.845	1:20.795	55.672	2:35.380	1:17.181	1:04.095	1:52.654
11	15:39:53.535	11:23.760	2:54.004	1:08.597	1:01.712	2:36.232	1:06.483	1:05.909	1:30.823

(933) Giel Buijs

1	13:44:04.913	8:08.599	40.076	1:02.189	48.165	2:07.817	1:26.417	59.922	1:04.013
2	13:52:10.108	8:05.195	34.988	1:02.062	48.667	2:17.092	1:01.484	1:11.041	1:09.861
3	14:00:17.942	8:07.834	34.644	1:02.842	48.267	2:14.358	1:06.926	1:13.484	1:07.313
4	14:08:13.594	7:55.652	50.212	1:10.616	43.194	1:40.085	1:08.438	1:09.805	1:13.302
5	14:16:14.056	8:00.462	42.669	1:00.907	49.169	1:46.384	1:05.902	1:25.986	1:09.445
6	14:31:42.902	15:28.846	45.287	1:06.039	46.782	8:57.781	1:15.984	1:22.600	1:14.373
7	14:50:54.388	19:11.486	7:18.550	1:12.970	54.685	6:11.633	1:09.453	1:08.321	1:15.874
8	15:01:11.234	10:16.846	3:05.672	1:04.870	51.595	1:47.899	1:06.143	1:07.119	1:13.548
9	15:12:04.590	10:53.356	2:55.562	1:06.039	1:01.329	2:00.150	1:16.107	1:14.610	1:19.559
10	15:28:35.497	16:30.907	3:30.777	1:48.962	57.490	6:08.819	1:25.277	1:11.298	1:28.284
11	15:40:09.193	11:33.696	2:59.921	1:10.614	1:11.821	2:16.260	1:20.358	1:07.446	1:27.276

(408) Danial Sarief

1	13:42:51.034	6:57.509	37.248	55.298	46.319	1:51.512	56.295	52.341	58.496
2	13:50:19.432	7:28.398	32.617	1:10.947	57.561	1:55.107	59.622	51.785	1:00.759
3	14:00:08.846	9:49.414	49.571	59.735	2:26.052	2:27.284	1:00.008	56.714	1:10.050
4	14:08:04.113	7:55.267	39.436	55.062	44.293	2:28.542	1:01.865	57.690	1:08.379
5	14:25:18.571	17:14.458	39.250	1:03.466	49.353	11:29.707	1:04.703	57.699	1:10.280
6	14:33:33.739	8:15.168	39.498	1:02.619	45.037	2:33.653	1:02.713	58.591	1:13.057
7	14:46:44.265	13:10.526	3:56.128	1:00.821	2:52.823	2:09.623	1:04.572	56.355	1:10.204
8	14:57:45.366	11:01.101	3:44.085	1:00.398	49.884	2:11.782	1:05.948	57.569	1:11.435
9	15:14:57.591	17:12.225	2:44.078	1:14.248	45.486	9:02.150	1:07.362	1:00.143	1:18.758
10	15:26:08.959	11:11.368	2:41.716	1:00.862	1:23.735	2:27.362			1:20.221
11	15:40:31.840	14:22.881	3:49.849	1:23.162	2:33.911	3:02.346	1:10.751	59.913	1:22.949

(492) Sven de Wit

1	13:41:45.576	6:51.722	34.703	54.500	41.961	1:55.992	57.730	52.714	54.122
2	13:48:23.646	6:38.070	31.232	52.432	40.289	1:57.720	55.418	48.261	52.718
3	13:55:08.585	6:44.939	30.991	50.580	36.405	2:00.059	57.623	51.618	57.663
4	14:02:28.676	7:20.091	32.102	1:10.378	37.680	2:06.846	55.440	53.551	1:04.094
5	14:15:30.525	13:01.849	34.120	53.520	39.990	7:55.847	1:03.836	53.588	1:00.948
6	14:22:10.668	6:40.143	36.714	51.960	40.307	1:37.839	57.062	57.953	58.308
7	14:29:10.597	6:59.929	35.182	53.399	42.275	1:47.040	1:00.618	55.463	1:05.952
8	14:54:30.435	25:19.838	9:26.785	59.705	44.379	10:48.398	1:09.091	58.442	1:13.038
9	15:04:17.258	9:46.823	2:43.786	1:01.886	44.155	1:53.044	1:06.022	1:01.737	1:16.193
10	15:30:22.997	26:05.739	2:47.355	58.802	46.691	17:37.917	1:24.403	1:00.257	1:30.314
11	15:40:52.740	10:29.743	2:36.473	1:05.420	50.144	2:06.438	1:08.512	1:01.568	1:17.000

(673) Doekele Abma

1	13:42:49.207	7:00.163	37.496	1:02.167	44.517	1:43.545	57.806	59.417	55.215
2	13:49:57.732	7:08.525	32.992	56.558	42.073	2:09.785	57.599	54.162	55.356
3	13:57:57.017	7:59.285	33.413	52.790	43.057	2:05.163	54.889	57.262	1:52.711
4	14:12:47.059	14:50.042	35.558	57.488	45.484	9:33.022	58.406	1:00.312	59.772
5	14:19:39.982	6:52.923	35.451	56.736	44.967	1:38.130	59.089	56.668	1:01.882
6	14:27:27.061	7:47.079	33.809	58.973	45.039	2:12.622	59.657	1:08.044	1:08.935
7	14:58:36.539	31:09.478	7:43.974	1:30.213	50.193	17:32.940	1:01.746	1:08.899	1:21.513
8	15:09:12.485	10:35.946	2:44.940	59.016	48.001	1:54.256	1:05.129	1:47.150	1:17.454
9	15:19:46.064	10:33.579	2:33.839	1:02.680	50.323	2:15.419	1:08.485	1:14.561	1:28.272
10	15:31:00.956	11:14.892	2:34.848	1:34.645	59.063	2:08.618	1:12.536	1:14.513	1:30.669
11	15:43:08.929	12:07.973	2:40.325	1:37.775	56.552	3:15.480	1:09.142	1:04.680	1:24.019

(177) Mike Donders

1	13:41:53.366	7:11.734	31.260	52.895	1:14.796	1:41.698	1:00.399	54.674	56.012
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Officila Timing by mwraceconsulting.com

Orbits

Timekeeping Meik Wagner:

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Jury President Olaf Noack

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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:49:17.637	7:24.271	31.497	55.179	41.358	2:12.598	53.606	58.745	1:11.288
3	13:59:46.365	10:28.728	33.768	57.004	40.931	5:22.456	57.209	56.573	1:00.787
4	14:07:43.452	7:57.087	33.485	55.230	41.693	2:49.193	56.695	58.275	1:02.516
5	14:15:33.280	7:49.828	37.470	1:01.679	43.410	2:19.805	58.637	59.207	1:09.620
6	14:27:15.432	11:42.152	39.110	59.339	47.190	6:01.198	1:03.478	1:00.693	1:11.144
7	14:47:40.496	20:25.064	13:10.167	1:03.038	48.635	1:51.381	1:13.526	1:04.384	1:13.933
8	15:03:55.564	16:15.068	3:15.887	1:06.892	49.511	7:24.154	1:12.356	1:05.037	1:21.231
9	15:14:49.167	10:53.603	2:33.860	1:17.455	50.110	2:19.548	1:13.759	1:07.116	1:31.755
10	15:32:01.791	17:12.624	2:49.388	1:11.810	52.528	6:46.005	1:25.415	1:07.284	3:00.194
(941) Rens Obelink									
1	13:41:27.831	6:20.331	31.519	51.515	41.135	1:31.486	58.363	50.316	55.997
2	13:47:59.141	6:31.310	46.457	53.775	36.502	1:27.646	56.846	53.303	56.781
3	13:54:08.402	6:09.261	29.330	49.313	38.764	1:28.016	51.262	54.985	57.591
4	14:07:47.665	13:39.263	30.712	1:02.871	40.561	8:36.554	55.868	54.761	57.936
5	14:16:28.789	8:41.124	33.010	54.121	1:28.362	2:19.936	57.803	1:28.518	59.374
6	14:25:09.698	8:40.909	33.814	1:38.529	42.208	2:32.516	1:05.154	1:00.793	1:07.895
7	14:44:24.826	19:15.128	40.222	52.871	48.684	13:35.879	1:00.247	57.479	1:19.746
8	14:55:33.036	11:08.210	3:44.923	56.794	46.263	2:23.378	1:03.814	1:05.217	1:07.821
9	15:12:06.678	16:33.642	2:58.675	1:04.082	49.941	8:20.975	1:03.292	1:02.517	1:14.160
10	15:32:03.334	19:56.656	4:06.828	1:01.991	52.304	7:41.542	1:12.383	1:04.242	3:57.366
(51) Jeffrey Hoogland									
1	13:39:14.110	5:24.381	25.170	45.237	35.071	1:19.504	46.655	45.946	46.798
2	13:45:01.416	5:47.306	25.994	49.420	35.317	1:41.927	42.864	44.773	47.011
3	13:51:38.003	6:36.587	26.792	47.224	38.698	1:44.569	1:19.827	46.843	52.634
4	13:57:41.135	6:03.132	30.164	49.177	35.082	1:47.811	46.185	46.599	48.114
5	14:06:30.939	8:49.804	28.201	48.028	38.343	4:37.757	45.059	44.867	47.549
6	14:12:03.090	5:32.151	27.023	48.141	36.674	1:19.285			46.402
7	14:17:48.769	5:45.679	29.211	48.005	37.378	1:22.164	50.319	51.401	47.201
8	14:23:33.101	5:44.332	28.155	46.259	36.455	1:20.016	49.779	55.129	48.539
9	14:29:15.045	5:41.944	29.081	46.702	34.335	1:23.542	49.658	46.971	51.655
10	15:32:05.332	:02:50.287	8:45.218	1:07.394	37.204	44:15.183	54.168	50.029	6:21.091
(264) Danny van Meel									
1	13:40:41.844	6:03.426	32.433	51.949	39.463	1:24.063	53.708	48.268	53.542
2	13:46:54.350	6:12.506	30.063	54.325	36.508	1:27.668	56.136	50.416	57.390
3	13:56:58.295	10:03.945	32.474	53.664	37.569	5:12.272	55.421	53.720	58.825
4	14:04:07.905	7:09.610	35.516	56.832	39.675	2:01.534	57.784	55.541	1:02.728
5	14:11:14.572	7:06.667	34.573	59.219	40.601	2:01.226	56.997	53.699	1:00.352
6	14:18:09.260	6:54.688	35.452	1:00.523	47.248	1:33.058	55.487	55.790	1:07.130
7	14:30:58.005	12:48.745	37.831	1:09.031	44.435	6:59.544	1:01.064	59.579	1:17.261
8	14:44:36.400	13:38.395	5:45.626	1:17.163	50.827	2:05.302	1:10.479	1:07.085	1:21.913
9	15:10:17.322	25:40.922	6:46.640	1:15.698	47.602	13:24.170	1:08.288	59.423	1:19.101
10	15:32:05.580	21:48.258	3:41.015	1:09.560	51.503	2:40.933	1:11.771	1:07.034	11:06.442
(493) Koen Donkelaar									
1	13:44:10.309	8:03.440	43.381	1:01.938	47.053	2:16.768	1:06.435	1:00.761	1:07.104
2	13:55:52.113	11:41.804	36.885	1:00.133	48.250	5:55.524	1:04.400	1:04.507	1:12.105
3	14:03:18.456	7:26.343	39.416	48.173	46.790	1:47.577	1:01.435	1:07.638	1:15.314
4	14:16:38.313	13:19.857	49.791	1:05.462	55.923	6:59.807	1:10.899	1:04.100	1:13.875
5	14:24:49.782	8:11.469	41.655	1:06.041	51.518	1:59.959	1:03.448	1:05.072	1:23.776
6	14:36:48.474	11:58.692	44.379	1:01.723	50.707	5:52.973	1:05.799	1:07.490	1:15.621
7	14:47:40.695	10:52.221	2:57.372	1:11.759	53.051	2:05.445	1:10.177	1:09.926	1:24.491
8	15:02:07.539	14:26.844	3:19.606	1:06.406	51.718	5:31.348			1:24.583
9	15:14:13.868	12:06.329	2:44.911	1:07.347	52.795	3:47.577	1:10.633	1:02.008	1:21.058
10	15:32:10.743	17:56.875	2:45.655	1:02.076	53.103	2:45.514	1:25.284	1:13.357	7:51.886
(93) Patrick van de Bunte									
1	13:44:20.143	8:07.154	40.008	1:02.393	46.921	2:21.012	1:04.860	1:00.223	1:11.737
2	13:53:09.243	8:49.100	35.916	2:05.295	44.072	2:20.044	1:04.315	55.902	1:03.556
3	14:00:53.315	7:44.072	37.312	57.130	47.136	2:24.350	59.359	54.014	1:04.771
4	14:12:19.665	11:26.350	41.659	1:02.719	43.973	5:45.158	1:01.253	1:01.569	1:10.019
5	14:20:07.947	7:48.282	39.910	59.742	47.002	1:58.105	1:01.160	1:07.520	1:14.843
6	14:28:09.793	8:01.846	40.946	1:01.226	54.438	1:59.705	1:03.454	1:05.535	1:16.542
7	14:48:49.955	20:40.162	10:11.501	1:05.982	1:03.264	4:55.239	1:07.938	1:03.162	1:13.076





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	14:59:46.525	10:56.570	3:00.019	1:14.386	51.480	1:58.498	1:11.943	1:06.446	1:33.798
9	15:12:56.433	13:09.908	2:37.086	1:09.560	57.932	4:38.322	1:18.568	1:02.878	1:25.562
10	15:32:17.236	19:20.803	3:42.885	1:19.320	1:15.182	4:07.238	1:10.061	1:07.190	6:38.927
(342) Jan Blom									
1	13:44:18.659	7:57.459	41.055	1:01.330	50.785	2:13.517	57.610	1:05.669	1:07.493
2	13:52:26.630	8:07.971	34.449	1:00.544	49.552	2:21.545	1:03.170	1:07.315	1:11.396
3	14:00:52.764	8:26.134	42.701	1:04.762	56.401	2:22.545	1:01.866	1:06.097	1:11.762
4	14:09:14.558	8:21.794	39.780	57.586	52.275	2:25.215	1:03.332	1:09.737	1:13.869
5	14:23:59.847	14:45.289	38.528	1:02.104	52.519	8:36.530	1:09.989	1:12.128	1:13.491
6	14:33:26.392	9:26.545	41.723	1:07.240	50.090	2:24.702	1:08.673	1:58.670	1:15.447
7	14:51:56.642	18:30.250	4:13.789	1:11.872	57.524	8:21.386	1:10.734	1:12.098	1:22.847
8	15:02:49.907	10:53.265	2:52.777	1:04.425	57.049	2:02.265	1:16.380	1:18.243	1:22.126
9	15:14:37.835	11:47.928	2:58.576	1:07.232	58.994	2:17.284	1:19.707	1:31.140	1:34.995
10	15:32:18.238	17:40.403	3:25.879	1:11.681	57.462	7:38.842	1:21.872	1:17.616	1:47.051
(919) Dani Gomes									
1	13:41:33.879	6:40.893	32.976	52.787	44.181	1:41.278	58.926	49.926	1:00.819
2	13:48:15.441	6:41.562	31.954	51.021	40.687	1:48.451	1:01.883	52.191	55.375
3	13:58:59.023	10:43.582	32.446	4:06.878	43.670	2:21.858	1:00.238	54.931	1:03.561
4	14:10:23.395	11:24.372	36.817	1:20.298	43.342	5:49.311	59.309	52.451	1:02.844
5	14:18:17.964	7:54.569	35.349	54.917	45.070	2:33.096			1:08.253
6	14:26:27.339	8:09.375	40.788	59.675	45.417	2:41.099	1:01.921	53.773	1:06.702
7	14:50:35.151	24:07.812	12:16.011	54.412	47.399	6:54.673	1:04.768	55.807	1:14.742
8	15:02:56.676	12:21.525	3:36.376	1:00.239	47.816	2:17.296	1:07.957	2:05.823	1:26.018
9	15:20:20.097	17:23.421	4:49.725	58.142	55.840	6:10.196	1:11.696	1:04.260	2:13.562
10	15:32:24.640	12:04.543	3:38.733	1:01.775	52.446	2:50.964	1:16.220	1:00.688	1:23.717
(511) Jeroen van de Bunte									
1	13:44:15.424	8:02.740	39.106	1:02.877	46.083	2:22.216	1:02.152	1:03.907	1:06.399
2	13:52:21.210	8:05.786	35.577	57.808	44.310	2:30.883	1:02.026	1:05.012	1:10.170
3	14:00:23.005	8:01.795	37.898	58.623	47.529	2:23.792	58.416	1:05.486	1:10.051
4	14:14:15.154	13:52.149	39.719	57.980	48.939	8:08.986	1:00.715	1:05.812	1:09.998
5	14:22:12.912	7:57.758	39.517	1:10.671	48.555	2:01.275	1:02.383	1:04.880	1:10.477
6	14:30:02.850	7:49.938	44.337	1:09.011	49.982	1:56.971	1:01.352	58.234	1:10.051
7	14:47:35.239	17:32.389	9:37.786	1:10.927	55.779	2:15.757	1:04.959	1:05.603	1:21.578
8	15:06:07.904	18:32.665	4:55.394	1:04.521	53.827	8:07.174	1:10.914	1:05.429	1:15.406
9	15:17:37.865	11:29.961	3:11.661	1:04.373	50.626	2:33.470	1:12.342	1:18.685	1:18.804
10	15:32:25.587	14:47.722	3:43.338	3:16.127	55.981	2:33.223	1:16.811	1:16.497	1:45.745
(503) Thomas Hupkes									
1	13:43:51.459	7:47.917	42.018	1:01.576	1:07.797	1:48.895	1:08.879	55.863	1:02.889
2	13:51:26.857	7:35.398	36.086	52.919	46.288	2:13.107	58.473	1:02.829	1:05.696
3	14:01:41.158	10:14.301	36.245	56.946	45.627	4:56.786	1:02.412	54.851	1:01.434
4	14:09:46.035	8:04.877	37.895	1:08.949	1:04.527	1:52.383	1:05.280	1:06.651	1:09.192
5	14:18:38.129	8:52.094	40.515	57.124	45.145	2:21.958	59.301	59.701	2:08.350
6	14:27:22.207	8:44.078	41.859	57.667	44.754	2:26.072			1:18.813
7	14:52:35.136	25:12.929	10:42.786	1:02.812	53.886	9:01.088	1:11.319	1:01.159	1:19.879
8	15:03:35.445	11:00.309	2:59.068	59.541	1:18.784	2:04.799	1:17.264	1:06.196	1:14.657
9	15:19:12.877	15:37.432	3:03.282	1:17.355	1:06.491	6:32.336	1:11.456	1:05.003	1:21.509
10	15:32:28.508	13:15.631	3:31.880	1:25.518	53.898	2:42.556	1:18.794	1:05.603	2:17.382
(834) Bram Kolk									
1	13:42:31.112	7:15.257	33.176	56.299	47.556	2:04.723	56.087	51.962	1:05.454
2	13:49:50.907	7:19.795	31.447	54.544	45.132	2:10.918	1:03.555	51.995	1:02.204
3	13:57:36.661	7:45.754	36.306	1:00.327	45.604	2:08.155	1:09.602	1:02.115	1:03.645
4	14:16:55.220	19:18.559	36.002	59.723	48.404	13:54.802	1:03.368	52.905	1:03.355
5	14:24:29.507	7:34.287	35.866	59.009	45.043	2:08.491	1:02.931	57.418	1:05.529
6	14:32:04.510	7:35.003	40.997	55.095	48.324	1:47.694	1:07.728	59.759	1:15.406
7	14:58:20.776	26:16.266	5:44.917	1:05.917	51.123	15:17.075	1:08.683	58.585	1:09.966
8	15:08:49.004	10:28.228	2:38.193	56.004	46.458	2:24.054	1:10.034	1:23.023	1:10.462
9	15:20:04.883	11:15.879	3:22.878	1:07.648	48.677	2:16.517	1:20.533	59.390	1:20.236
10	15:32:29.477	12:24.594	3:36.042	1:15.580	1:04.073	2:30.753			1:37.482
(632) Rick Vriends									
1	13:44:21.326	8:42.781	38.263	1:02.323	1:24.369	2:21.796	1:06.059	1:03.016	1:06.955





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:52:56.621	8:35.295	37.865	1:06.043	50.786	2:33.424	1:03.995	1:09.360	1:13.822
3	14:01:36.002	8:39.381	42.796	1:03.816	58.780	2:33.790	1:11.896	59.868	1:08.435
4	14:10:25.005	8:49.003	42.360	1:01.231	50.115	2:40.682	1:15.711	1:04.183	1:14.721
5	14:19:27.097	9:02.092	47.189	1:05.997	57.916	2:30.116	1:15.071	1:06.421	1:19.382
6	14:30:57.592	11:30.495	44.004	1:34.607	57.714	4:34.173	1:08.883	1:06.755	1:24.359
7	14:49:53.810	18:56.218	10:11.835	1:13.554	51.909	2:11.428	1:20.547	1:28.041	1:38.904
8	15:02:59.282	13:05.472	4:22.931	1:14.949	1:04.213	2:12.797	1:28.283	1:12.446	1:29.853
9	15:19:06.638	16:07.356	3:32.423	1:20.848	1:07.490	5:44.432	1:28.174	1:13.009	1:40.980
10	15:32:48.412	13:41.774	3:22.243	1:38.350	1:06.118	2:33.440	1:37.291	1:21.715	2:02.617

(701) Fokke Jan Voolstra

1	13:41:59.839	7:09.557	35.569	56.582	44.052	2:04.064			58.349
2	13:49:23.316	7:23.477	30.657	1:06.559	46.372	2:11.765	54.416	55.404	58.304
3	13:56:33.709	7:10.393	32.886	55.413	42.727	2:07.182	56.785	53.836	1:01.564
4	14:08:05.620	11:31.911	35.046	58.078	56.978	6:10.481	53.588	55.154	1:02.586
5	14:15:31.292	7:25.672	33.708	57.641	42.421	2:00.398	1:13.488	57.469	1:00.547
6	14:22:31.373	7:00.081	37.948	1:01.020	44.692	1:42.950	55.675	1:00.332	57.464
7	14:30:01.572	7:30.199	38.087	1:02.854	44.788	1:54.233	1:13.255	59.050	57.932
8	14:54:03.637	24:02.065	8:41.394	1:08.806	49.222	10:00.894	1:03.225	1:05.652	1:12.872
9	15:17:59.177	23:55.540	2:35.577	1:06.025	1:01.885	15:16.772	1:17.343	1:10.363	1:27.575
10	15:32:49.820	14:50.643	3:54.145	1:17.423	1:00.041	3:34.193	1:39.724	1:26.342	1:58.775

(199) Vincent Visser

1	13:42:27.591	7:05.668	38.353	1:03.417	48.265	1:39.192	1:02.074	53.455	1:00.912
2	13:50:13.200	7:45.609	37.257	1:02.463	43.913	2:17.334	1:03.551	58.207	1:02.884
3	13:57:54.767	7:41.567	38.125	58.360	43.322	2:18.143	1:03.179	56.363	1:04.075
4	14:06:22.230	8:27.463	40.040	1:02.804	47.077	2:18.312	1:31.536	59.161	1:08.533
5	14:17:57.402	11:35.172	40.401	1:06.029	47.911	5:49.776	1:08.286	56.098	1:06.671
6	14:26:16.256	8:18.854	42.428	1:27.999	48.767	1:57.416	1:10.010	1:01.244	1:10.990
7	14:47:17.728	21:01.472	6:30.687	1:14.549	50.458	8:55.857	1:12.915	1:00.026	1:16.980
8	15:02:18.350	15:00.622	2:59.312	1:13.396	52.445	6:09.656	1:14.993	1:07.878	1:22.942
9	15:20:17.224	17:58.874	2:54.201	1:12.316	57.839	8:55.517	1:19.612	1:07.947	1:31.442
10	15:32:54.513	12:37.289	3:21.141	1:15.191	1:03.829	2:38.474	1:29.168	1:11.545	1:37.941

(92) Mitchel Kroon

1	13:41:17.934	6:21.104	35.651	54.448	40.419	1:29.471	54.747	51.443	54.925
2	13:47:44.487	6:26.553	30.353	48.982	38.175	1:58.420	51.711	45.510	53.402
3	14:00:29.705	12:45.218	30.523	54.408	43.245	7:32.750	1:08.788	56.261	59.243
4	14:07:10.896	6:41.191	34.286	54.341	42.927	1:37.325	54.993	55.886	1:01.433
5	14:14:29.205	7:18.309	54.350	54.645	42.323	1:41.426	1:04.537	56.453	1:04.575
6	14:29:49.633	15:20.428	38.483	58.285	43.474	9:40.849	1:07.204	1:05.913	1:06.220
7	14:44:52.173	15:02.540	7:30.157	56.535	1:01.082	2:19.914	1:03.323	1:02.311	1:09.218
8	15:11:37.653	26:45.480	2:45.061	1:16.287	44.557	18:37.008	1:12.702	57.695	1:12.170
9	15:21:30.583	9:52.930	2:27.717	1:00.163	43.589	2:13.756	1:09.901	1:00.522	1:17.282
10	15:32:54.740	11:24.157	2:37.489	1:21.563	51.929	2:29.851	1:34.074	1:06.078	1:23.173

(424) Jorrit van der Veen

1	13:43:38.752	7:48.221	39.042	59.607	49.998	2:21.725	1:02.294	53.276	1:02.279
2	13:51:18.818	7:40.066	33.516	1:00.943	48.433	2:21.569	59.933	54.239	1:01.433
3	13:58:55.469	7:36.651	33.460	57.068	47.510	2:25.058	1:00.786	53.049	59.720
4	14:06:30.374	7:34.905	34.019	56.403	44.090	2:24.721	59.384	55.048	1:01.240
5	14:14:34.586	8:04.212	37.899	59.280	52.649	2:27.758	1:01.046	57.812	1:07.768
6	14:31:42.057	17:07.471	39.886	55.106	1:04.613	11:13.531	1:04.535	56.005	1:13.795
7	14:47:07.617	15:25.560	8:09.666	59.062	51.188	2:02.720	1:04.577	1:04.495	1:13.852
8	14:58:25.553	11:17.936	3:01.523	58.676	1:40.542	2:08.083	1:06.547	1:03.656	1:18.909
9	15:21:05.404	22:39.851	3:46.148	1:04.889	1:19.523	12:27.989	1:16.110	1:27.643	1:17.549
10	15:32:59.802	11:54.398	3:08.277	1:04.503	52.325	2:51.644	1:15.719	1:10.036	1:31.894

(662) Eric Paddenburg

1	13:42:20.801	7:04.290	35.612	57.959	45.228	1:48.240	57.597	55.385	1:04.269
2	13:50:00.899	7:40.098	36.602	53.384	46.939	2:21.048	57.156	58.260	1:06.709
3	13:58:11.501	8:10.602	38.819	57.185	50.073	2:24.402	1:07.788	1:02.468	1:09.867
4	14:10:45.893	12:34.392	41.017	57.796	46.150	6:41.815			1:20.981
5	14:18:53.685	8:07.792	41.997	1:02.891	50.739	1:57.313	1:04.588	1:07.236	1:23.028
6	14:27:37.231	8:43.546	46.143	59.917	47.549	2:39.850	1:06.665	1:04.914	1:18.508
7	14:53:59.295	26:22.064	12:21.292	1:05.015	56.709	8:29.751	1:09.500	59.531	1:20.266





RBKO Den Haag

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Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	15:05:01.791	11:02.496	3:01.802	58.715	52.150	2:04.598	1:08.425	1:06.169	1:50.637
9	15:21:53.448	16:51.657	2:51.387	1:08.236	55.357	8:01.229	1:23.185	1:05.181	1:27.082
10	15:33:20.884	11:27.436	2:39.762	1:03.957	53.549	2:45.123	1:23.621	1:07.214	1:34.210

(837) Stef van der Wiel

1	13:43:33.116	7:10.795	34.760	1:01.004	45.668	1:48.052	1:00.813	52.644	1:07.854
2	13:51:06.222	7:33.106	32.056	1:15.001	40.958	2:10.935	56.974	52.897	1:04.285
3	13:59:07.840	8:01.618	32.438	1:01.838	45.370	2:19.550	1:16.644	59.438	1:06.340
4	14:07:46.348	8:38.508	34.931	59.742	41.763	2:26.037	1:41.364	1:00.435	1:14.236
5	14:15:52.971	8:06.623	46.760	1:04.386	47.128	2:20.392	1:04.024	57.117	1:06.816
6	14:24:33.966	8:40.995	38.562	1:06.567	1:19.311	2:22.553	1:05.464	56.765	1:06.473
7	14:48:58.760	24:24.794	37.963	1:01.060	41.175	18:57.143	1:00.827	58.090	1:08.536
8	15:00:49.464	11:50.704	4:08.731	1:02.975	52.738	1:58.101	1:03.729	1:00.921	1:43.509
9	15:21:24.727	20:35.263	7:03.919	1:26.657	51.585	7:37.951	1:05.203	1:10.201	1:19.747
10	15:33:28.319	12:03.592	3:00.352	1:06.347	54.314	2:57.916	1:20.895	1:08.522	1:35.246

(461) Axel Makkink

1	13:41:25.337	6:37.321	33.907	51.444	39.131	1:34.529	54.716	49.492	1:14.102
2	13:48:11.203	6:45.866	33.986	53.097	43.759	1:38.020	58.743	56.531	1:01.730
3	14:02:10.123	13:58.920	34.736	54.154	58.317	8:37.400	56.037	54.156	1:04.120
4	14:09:32.886	7:22.763	36.284	56.061	43.495	2:08.081	57.593	57.621	1:03.628
5	14:17:11.713	7:38.827	35.108	56.684	52.672	2:09.538	58.651	1:02.847	1:03.327
6	14:24:43.772	7:32.059	34.639	54.242	43.029	2:07.792	1:03.154	1:03.087	1:06.116
7	14:46:28.228	21:44.456	38.780	53.826	44.729	16:07.038	1:07.751	1:01.927	1:10.405
8	15:01:13.619	14:45.391	7:21.303	58.708	52.430	2:02.417	1:05.990	1:04.707	1:19.836
9	15:23:08.439	21:54.820	2:39.255	58.657	50.998	13:55.107	1:08.974	1:01.200	1:20.629
10	15:33:43.715	10:35.276	2:23.921	57.205	54.458	2:35.152	1:15.066	1:05.081	1:24.393

(792) Richard vd Weide

1	13:43:52.940	8:07.721	56.442	1:12.084	47.354	2:20.188	53.074	57.388	1:01.191
2	13:51:09.816	7:16.876	32.011	55.030	39.719	2:05.221	49.356	57.525	1:18.014
3	13:58:28.733	7:18.917	31.151	58.224	42.033	2:17.608	55.537	54.446	59.918
4	14:05:12.195	6:43.462	34.572	1:01.636	40.020	1:38.915	51.786	55.912	1:00.621
5	14:19:48.793	14:36.598	34.048	54.443	43.633	9:04.861	46.919	1:28.611	1:04.083
6	14:27:42.212	7:53.419	34.517	57.385	45.006	2:11.073	55.205	1:16.443	1:13.790
7	14:54:52.878	27:10.666	13:45.320	1:01.843	45.350	8:16.087	1:05.859	1:04.018	1:12.189
8	15:06:50.750	11:57.872	2:47.570	1:14.120	48.421	1:58.273	1:08.310	2:37.269	1:23.909
9	15:22:38.251	15:47.501	2:50.352	1:17.179	56.689	6:54.352	1:20.582	1:09.725	1:18.622
10	15:34:06.460	11:28.209	2:49.709	1:12.881	53.426	2:30.666	1:18.670	1:18.066	1:24.791

(457) Niels van der Spek

1	13:43:54.912	8:01.384	41.576	1:00.302	47.656	2:28.234	1:00.259	57.147	1:06.210
2	13:51:27.044	7:32.132	35.769	56.573	43.757	2:17.276	59.038	54.588	1:05.131
3	13:59:02.907	7:35.863	34.842	55.603	50.415	2:23.874	58.477	51.538	1:01.114
4	14:15:13.038	16:10.131	35.034	2:13.370	45.534	9:35.256	58.422	54.751	1:07.764
5	14:23:46.934	8:33.896	1:22.118	57.199	46.612	2:05.658	1:04.956	1:04.107	1:13.246
6	14:31:37.054	7:50.120	37.483	1:01.737	44.331	2:11.237	1:04.711	55.730	1:14.891
7	14:52:17.881	20:40.827	6:17.214	1:02.233	51.985	9:08.639	1:02.012	1:02.502	1:16.242
8	15:03:41.380	11:23.499	4:05.481	1:00.134	47.321	2:16.014	1:05.982	57.608	1:10.959
9	15:23:32.213	19:50.833	4:34.401	59.776	49.109	9:59.274	1:07.240	1:01.095	1:19.938
10	15:34:13.572	10:41.359	2:37.908	1:01.450	49.137	2:32.754	1:08.619	1:06.174	1:25.317

(425) Johan Glorie

1	13:42:38.985	7:02.972	36.341	51.026	44.700	2:03.288	54.417	54.513	58.687
2	13:49:39.730	7:00.745	33.760	47.271	39.698	2:08.989	54.084	54.693	1:02.250
3	14:06:33.051	16:53.321	33.175	1:02.313	41.180	11:31.926	1:01.490	54.887	1:08.350
4	14:13:35.580	7:02.529	35.988	49.618	45.160	1:48.086	57.785	59.549	1:06.343
5	14:20:35.793	7:00.213	34.439	49.724	45.213	1:48.484			1:07.173
6	14:27:48.146	7:12.353	39.138	51.872	43.202	1:45.660	59.439	58.913	1:14.129
7	15:00:57.311	33:09.165	7:49.469	53.595	45.685	20:22.284	1:04.314	1:02.493	1:11.325
8	15:10:42.507	9:45.196	2:22.219	50.971	47.547	2:24.611	1:02.362	1:02.869	1:14.617
9	15:25:12.249	14:29.742	2:28.016	52.713	45.182	7:04.027	1:07.542	56.370	1:15.892
10	15:34:56.656	9:44.407	2:16.516	54.231	46.786	2:11.539	1:10.017	1:05.579	1:19.739

(605) Peter van den Brink

1	13:44:33.662	8:33.961	32.605	54.596	44.502	2:12.176	1:00.691	1:33.660	1:35.731
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RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:51:59.880	7:26.218	32.268	1:00.012	47.179	2:03.534	1:04.139	56.651	1:02.435
3	14:00:09.443	8:09.563	33.175	1:19.900	46.211	2:24.364	1:04.196	56.526	1:05.191
4	14:07:37.010	7:27.567	34.892	1:00.481	50.195	1:52.412	1:05.182	1:01.119	1:03.286
5	14:18:38.064	11:01.054	1:20.740	1:08.577	57.788	2:46.427	1:30.735	1:58.189	1:18.598
6	14:28:00.407	9:22.343	1:09.885	1:02.408	1:19.698	2:14.428	1:11.941	1:08.890	1:15.093
7	14:47:54.792	19:54.385	11:00.988	1:15.677	1:08.001	2:51.487	1:09.942	1:08.795	1:19.495
8	14:59:19.029	11:24.237	2:57.594	1:21.973	54.281	2:32.314	1:08.952	1:06.032	1:23.091
9	15:12:24.672	13:05.643	3:21.305	1:00.714	1:07.950	2:21.144	1:35.661	1:16.593	2:22.276
10	15:35:04.273	22:39.601	10:01.450	1:51.777	58.193	5:16.647	1:43.762	1:17.155	1:30.617

(678) Jaring Huitema

1	13:41:05.997	6:29.458	28.365	44.775	51.059	1:19.552	1:12.070	52.472	1:01.165
2	13:47:45.607	6:39.610	29.389	50.472	36.775	1:37.013	49.375	1:23.966	52.620
3	13:54:18.554	6:32.947	30.548	48.461	39.355	1:56.986			58.674
4	14:01:18.191	6:59.637	28.972	51.677	37.836	2:02.591	53.237	50.295	1:15.029
5	14:13:29.748	12:11.557	31.808	51.154	39.814	7:32.446	50.907	49.333	56.095
6	14:20:43.338	7:13.590	31.915	1:19.345	38.347	1:59.938	52.340	50.205	1:01.500
7	14:27:17.583	6:34.245	36.537	52.337	39.755	1:36.391	52.994	53.729	1:02.502
8	15:17:06.126	49:48.543	5:56.970	54.129	41.430	39:07.122	59.703	58.389	1:10.800
9	15:26:25.355	9:19.229	2:16.171	52.950	46.399	1:58.712			1:18.477
10	15:36:00.526	9:35.171	2:19.489	55.068	46.761	2:13.162	1:02.596	58.086	1:20.009

(81) Jannes Janssen

1	13:41:27.331	6:37.142	33.614	57.660	48.006	1:32.682	55.499	55.463	54.218
2	13:49:20.383	7:53.052	31.109	58.131	43.855	1:54.922	1:23.907	57.228	1:04.605
3	13:56:39.617	7:19.234	32.771	53.661	48.030	2:03.265	1:04.990	55.803	1:00.714
4	14:04:37.410	7:57.793	37.933	1:02.141	49.126	2:07.937	1:06.849	1:02.058	1:11.749
5	14:21:15.434	16:38.024	33.669	1:28.244	1:09.649	10:12.444	1:02.459	1:03.893	1:07.666
6	14:29:59.092	8:43.658	43.150	1:08.103	48.563	2:13.553	1:10.039	1:33.007	1:07.243
7	14:51:06.601	21:07.509	11:51.319	1:58.807	53.630	2:04.546			1:15.803
8	15:05:54.647	14:48.046	3:25.415	1:03.502	53.574	6:02.205	1:09.695	1:00.073	1:13.582
9	15:23:10.162	17:15.515	6:38.056	1:08.456	51.602	4:10.673	1:39.784	1:07.897	1:39.047
10	15:36:35.662	13:25.500	3:19.494	2:23.517	58.935	2:26.240	1:18.152	1:30.994	1:28.168

(290) Hans van Eyken

1	13:43:19.578	6:49.840	33.996	57.033	44.061	1:41.773	1:02.893	50.845	59.239
2	13:50:05.016	6:45.438	34.600	55.327	43.778	1:39.396	59.255	56.997	56.085
3	13:57:31.059	7:26.043	31.978	56.285	47.007	2:16.943	58.848	54.441	1:00.541
4	14:04:52.068	7:21.009	34.043	54.197	41.074	2:15.715	1:01.000	53.196	1:01.784
5	14:12:20.160	7:28.092	37.689	55.425	42.384	2:19.276	58.401	53.015	1:01.902
6	14:21:00.177	8:40.017	33.485	1:00.081	49.870	2:23.364	1:48.741	58.325	1:06.151
7	14:29:16.867	8:16.690	38.614	59.189	47.238	2:33.547	1:00.958	1:03.703	1:13.441
8	15:08:05.767	38:48.900	15:32.376	2:04.672	51.440	16:49.754	1:10.101	1:03.616	1:16.941
9	15:19:38.774	11:33.007	3:50.216	1:03.272	48.536	2:25.713	1:09.037	1:00.464	1:15.769
10	15:37:28.280	17:49.506	3:51.690	1:07.052	52.293	7:58.156	1:17.819	1:08.983	1:33.513

(806) Henk de Kok

1	13:43:14.410	7:25.659	35.807	54.373	47.575	2:13.366	59.404	55.937	59.197
2	13:51:00.816	7:46.406	32.317	51.171	1:10.196	2:15.896	55.564	56.669	1:04.593
3	13:58:33.983	7:33.167	34.939	54.484	45.935	2:11.516			1:02.065
4	14:06:12.728	7:38.745	34.519	52.310	52.532	2:14.262	57.871	1:02.837	1:04.414
5	14:19:46.233	13:33.505	38.641	57.545	47.620	7:52.066	1:02.055	1:03.777	1:11.801
6	14:29:03.863	9:17.630	39.317	1:11.962	1:21.325	2:02.883	1:03.510	1:40.183	1:18.450
7	14:59:56.269	30:52.406	16:56.557	1:09.977	48.212	8:20.400	1:08.501	1:07.304	1:21.455
8	15:11:30.117	11:33.848	2:33.817	1:01.270	1:55.398	2:11.098	1:12.898	1:13.948	1:25.419
9	15:23:06.603	11:36.486	3:18.272	1:01.119	54.653	2:26.395	1:16.518	1:11.597	1:27.932
10	15:37:38.054	14:31.451	4:43.894	1:11.724	51.518	3:06.905	1:42.854	1:22.673	1:31.883

(263) Marco van Gestel

1	13:42:47.656	7:18.425	40.963	1:03.170	50.278	1:35.646	1:07.951	55.429	1:04.988
2	13:50:41.165	7:53.509	32.687	1:04.181	47.006	2:17.325	1:03.788	59.807	1:08.715
3	13:58:50.727	8:09.562	41.653	1:00.250	48.424	2:18.394	1:07.309	1:01.617	1:11.915
4	14:11:55.659	13:04.932	43.731	1:04.220	57.340	7:02.574	1:06.032	59.213	1:11.822
5	14:20:12.212	8:16.553	40.765	1:13.128	51.891	1:52.674	1:13.056	1:07.650	1:17.389
6	14:29:40.475	9:28.263	43.855	1:14.115	53.067	2:46.711	1:17.738	1:13.186	1:19.591
7	14:51:44.410	22:03.935	6:59.257	1:08.452	55.081	9:41.848	1:07.283	58.219	1:13.795





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
8	15:04:28.969	12:44.559	2:44.009	1:09.727	52.369	2:23.852	2:28.984	1:24.717	1:40.901
9	15:20:24.054	15:55.085	3:06.248	1:14.118	56.796	2:52.578	1:43.672	2:14.762	3:46.911
10	15:38:01.338	17:37.284	3:13.032	1:15.144	56.910	3:01.333	3:48.357	3:47.150	1:35.358
(888) Kim Loffens									
1	13:42:27.792	7:40.469	34.026	1:02.980	49.306	2:11.589	1:04.252	56.939	1:01.377
2	13:50:23.421	7:55.629	38.281	1:02.666	45.829	2:14.714	1:08.911	1:01.688	1:03.540
3	13:58:03.540	7:40.119	41.338	55.522	46.246	2:10.374	1:01.496	1:03.894	1:01.249
4	14:05:56.735	7:53.195	35.529	56.493	48.293	2:16.881	1:06.730	1:05.175	1:04.094
5	14:14:04.545	8:07.810	36.118	1:06.076	58.118	2:19.321	1:01.799	1:00.824	1:05.554
6	14:30:44.362	16:39.817	42.146	1:01.253	52.076	9:43.100	1:09.344	1:45.984	1:25.914
7	14:50:58.364	20:14.002	12:31.799	1:14.017	53.678	1:54.438	1:13.246	1:09.259	1:17.565
8	15:14:39.647	23:41.283	6:30.511	1:04.475	58.406	10:59.991	1:18.962	1:20.016	1:28.922
9	15:26:38.245	11:58.598	3:13.061	1:08.658	58.520	2:24.611	1:17.084	1:16.593	1:40.071
10	15:39:14.589	12:36.344	3:24.196	1:18.398	1:03.801	2:35.691	1:21.983	1:15.810	1:36.465
(607) Sander Leenheer									
1	13:43:17.100	7:34.488	37.185	1:00.120	49.526	2:05.774	1:04.043	57.032	1:00.808
2	13:51:09.357	7:52.257	34.208	59.240	47.162	2:18.405	1:04.846	56.366	1:12.030
3	13:58:45.118	7:35.761	35.726	56.665	43.294	2:11.014	1:04.751	56.693	1:07.618
4	14:06:35.130	7:50.012	42.287	56.070	43.700	2:09.673	1:08.573	59.715	1:09.994
5	14:14:43.698	8:08.568	38.611	59.832	48.125	2:19.090	1:10.621	59.972	1:12.317
6	14:30:13.814	15:30.116	48.274	1:03.763	48.457	9:26.816	1:07.641	1:02.012	1:13.153
7	14:48:22.559	18:08.745	10:31.577	1:05.320	49.548	2:09.199	1:10.100	1:01.451	1:21.550
8	15:15:26.617	27:04.058	8:17.985	1:07.217	51.600	12:56.332	1:15.069	1:06.739	1:29.116
9	15:27:57.981	12:31.364	3:21.549	1:10.895	52.729	2:50.404	1:25.660	1:11.366	1:38.761
10	15:39:52.937	11:54.956	3:09.693	1:02.953	53.710	2:35.163	1:23.814	1:14.395	1:35.228
(831) Daniel Kemper									
1	13:43:58.291	7:48.907	40.021	1:00.398	44.234	2:14.509	59.592	1:01.954	1:08.199
2	13:51:51.092	7:52.801	35.959	56.751	48.629	2:25.681	1:01.914	59.906	1:03.961
3	13:59:45.968	7:54.876	36.726	57.308	53.081	2:22.022	1:00.562	56.572	1:08.605
4	14:07:55.433	8:09.465	40.926	57.355	45.666	2:26.525	1:05.306	1:03.562	1:10.125
5	14:15:47.219	7:51.786	47.181	1:00.440	54.847	1:52.413			1:08.397
6	14:23:16.332	7:29.113	36.716	53.391	49.654	1:51.882	1:03.943	1:02.672	1:10.855
7	14:45:02.906	21:46.574	40.558	55.852	47.957	15:40.900	1:18.030	1:00.281	1:22.996
8	14:58:06.414	13:03.508	5:28.211	1:00.603	55.459	1:58.222	1:16.660	1:06.111	1:18.242
9	15:12:28.257	14:21.843	5:57.101	1:04.753	57.056	2:27.041	1:18.994	1:10.578	1:26.320
10	15:40:44.076	28:15.819	20:15.198	1:06.845	58.884	2:16.568	1:15.824	1:03.122	1:19.378
(332) Bert Giesen									
1	13:41:19.129	6:37.046	33.079	48.234	51.481	1:37.241			51.081
2	13:47:25.811	6:06.682	31.404	48.062	41.131	1:32.878	47.932	50.034	55.241
3	13:54:21.349	6:55.538	32.246	50.296	43.173	2:06.720	52.643	52.670	57.790
4	14:05:00.044	10:38.695	36.475	51.777	45.221	5:07.149	55.354	1:19.309	1:03.410
5	14:12:31.903	7:31.859	33.226	56.341	47.315	2:17.465			1:04.440
6	14:20:50.789	8:18.886	33.951	59.050	1:16.624	2:21.729	1:01.870	59.083	1:06.579
7	14:29:01.556	8:10.767	38.867	55.963	1:00.710	1:49.059	58.268	1:40.952	1:06.948
8	14:52:11.149	23:09.593	10:28.480	1:06.611	2:01.802	5:31.330	1:03.071	1:48.683	1:09.616
9	15:04:22.534	12:11.385	5:00.159	59.397	46.746	2:00.467			1:12.642
10	15:40:52.578	36:30.044	3:41.829	1:14.999	52.228	2:28.837	1:06.211		
(226) Tiede Melchers									
1	13:43:36.765	7:53.717	38.699	1:10.199	49.116	2:19.989	1:00.505	58.806	56.403
2	13:52:57.310	9:20.545	32.641	57.923	47.186	4:07.865	58.084	55.833	1:01.013
3	14:00:17.419	7:20.109	35.419	57.171	44.972	2:08.273	58.721	58.330	57.223
4	14:08:36.222	8:18.803	34.223	58.769	43.059	2:49.374	1:05.643	1:02.924	1:04.811
5	14:16:36.391	8:00.169	38.966	1:05.416	48.632	2:18.526	1:05.153	58.116	1:05.360
6	14:49:41.085	33:04.694	44.064	1:40.137	53.553	26:25.821	1:02.733	1:03.286	1:15.100
7	15:01:13.559	11:32.474	4:22.157	1:02.479	49.974	1:53.573	1:04.476	1:02.924	1:16.891
8	15:12:02.126	10:48.567	2:33.568	1:00.093	48.179	2:51.964	1:07.585	1:02.702	1:24.476
9	15:30:04.300	18:02.174	2:28.788	1:05.287	1:08.975	9:36.570	1:11.899	1:03.930	1:26.725
10	15:41:52.674	11:48.374	2:48.221	1:03.577	51.626	2:41.043	1:45.853	1:07.746	1:30.308
(641) Reinier Hakvoort									
1	13:42:56.776	7:44.737	35.928	1:04.859	47.150	2:07.095	1:04.718	58.978	1:06.009





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:50:47.683	7:50.907	32.215	1:00.968	48.871	2:12.028	1:02.851	1:03.904	1:10.070
3	13:59:37.302	8:49.619	37.980	1:09.293	48.116	2:42.612	1:00.375	1:19.758	1:11.485
4	14:09:02.234	9:24.932	38.210	1:25.882	54.444	2:55.153	1:07.505	1:10.168	1:13.570
5	14:21:56.241	12:54.007	38.019	1:31.107	50.476	6:05.027	1:11.773	1:16.009	1:21.596
6	14:31:55.810	9:59.569	43.962	1:18.180	59.680	2:21.922	1:29.031	1:19.532	1:47.262
7	14:47:37.319	15:41.509	6:05.417	1:43.346	56.480	2:28.541	1:25.263	1:23.137	1:39.325
8	15:10:30.890	22:53.571	5:47.440	1:40.889	1:11.674	9:23.073	1:30.825	1:34.370	1:45.300
9	15:25:26.400	14:55.510	3:53.495	1:33.485	1:09.929	2:47.017	1:34.553	1:50.890	2:06.141
10	15:43:13.515	17:47.115	5:05.899	2:01.254	1:30.431	3:22.164	1:57.991	1:51.797	1:57.579

(211) Bas Olyslager

1	13:43:20.711	7:25.521	38.267	58.665	52.016	1:45.740	1:05.793	57.624	1:07.416
2	13:51:03.822	7:43.111	35.137	1:00.408	47.093	2:13.153	1:01.014	1:01.044	1:05.262
3	13:58:41.566	7:37.744	34.763	1:07.601	45.883	2:12.181	59.339	55.296	1:02.681
4	14:22:38.668	23:57.102	34.413	1:17.895	49.221	17:57.013	1:01.841	59.943	1:16.776
5	14:30:41.800	8:03.132	39.040	1:03.364	50.716	2:11.288	1:04.733	1:00.545	1:13.446
6	14:44:57.380	14:15.580	6:44.371	1:01.327	51.484	2:16.072	1:06.701	1:01.152	1:14.473
7	15:05:10.024	20:12.644	3:21.681	56.730	47.688	11:34.464	1:10.344	1:02.031	1:19.706
8	15:15:28.640	10:18.616	2:36.534	59.110	48.104	2:26.328	1:06.658	1:00.695	1:21.187
9	15:32:05.648	16:37.008	2:44.393	56.439	50.715	8:07.881	1:10.711	1:09.591	1:37.278

(582) Miranda van Maurik

1	13:43:26.189	7:33.583	37.607	54.401	45.465	2:25.648	56.759	54.167	59.536
2	13:50:58.759	7:32.570	34.094	54.134	44.610	2:25.465	58.588	55.261	1:00.418
3	14:03:43.383	12:44.624	34.643	58.491	47.577	6:20.460	1:00.576	1:22.080	1:40.797
4	14:12:13.148	8:29.765	36.783	56.625	46.565	2:25.702	59.180	59.405	1:45.505
5	14:19:40.920	7:27.772	36.647	54.713	46.474	2:05.232	1:01.524	57.451	1:05.731
6	14:35:50.933	16:10.013	37.299	57.884	46.318	10:11.189	1:22.328	1:03.169	1:11.826
7	14:47:35.127	11:44.194	3:43.584	1:02.295	50.878	2:18.201	1:31.849	1:05.377	1:12.010
8	15:12:25.217	24:50.090	3:17.518	1:02.340	54.643	15:55.267	1:13.727	1:06.793	1:19.802
9	15:32:08.274	19:43.057	2:52.674	1:03.512	54.062	2:42.411	1:11.325	1:07.039	9:52.034

(390) Harrie van der Veen

1	13:41:52.602	6:55.731	44.818	56.780	46.031	1:34.814			57.732
2	13:49:04.533	7:11.931	30.197	58.934	44.391	2:03.023	59.897	57.822	57.667
3	13:56:11.082	7:06.549	31.671	59.325	44.217	2:05.081	53.243	54.021	58.991
4	14:03:39.098	7:28.016	37.254	58.197	42.927	2:09.016	56.991	1:00.695	1:02.936
5	14:11:06.618	7:27.520	34.821	54.757	46.707	2:08.982			1:05.217
6	14:21:17.521	10:10.903	37.314	58.789	43.470	4:44.945	59.970	1:00.178	1:06.237
7	14:28:27.784	7:10.263	37.456	1:01.663	44.050	1:38.458	58.111	1:05.438	1:05.087
8	15:15:29.377	47:01.593	8:19.091	2:05.547	53.252	31:53.024	1:13.536	1:12.423	1:24.720
9	15:32:14.358	16:44.981	2:56.288	1:09.574	57.457	2:58.536	1:20.588	1:18.450	6:04.088

(245) Cor Klok

1	13:44:06.061	7:57.332	38.694	54.341	44.482	2:22.864	1:07.280	1:01.179	1:08.492
2	13:51:54.963	7:48.902	34.170	50.645	45.245	2:23.105	1:12.179	59.904	1:03.654
3	14:00:02.541	8:07.578	33.898	57.216	46.792	2:33.481	1:04.502	1:02.752	1:08.937
4	14:21:35.018	21:32.477	36.918	55.443	47.436	15:46.463	1:04.353	1:06.584	1:15.280
5	14:29:19.352	7:44.334	38.620	56.360	43.289	2:03.005	1:05.787	59.928	1:17.345
6	14:48:34.170	19:14.818	11:41.694	57.432	49.441	2:22.253	1:10.710	1:00.466	1:12.822
7	15:01:29.850	12:55.680	5:10.181	1:00.043	49.940	2:05.495	1:19.455	1:06.278	1:24.288
8	15:18:30.553	17:00.703	3:12.976	1:46.020	57.881	7:11.861	1:19.598	1:08.011	1:24.356
9	15:32:19.096	13:48.543	3:21.353	58.263	50.283	2:20.677	1:17.592	1:10.010	3:50.365

(272) Onno Ellens

1	13:44:04.425	8:23.659	48.778	1:02.954	49.725	2:24.507			1:07.343
2	13:52:21.886	8:17.461	39.368	1:04.391	46.035	2:24.870			1:07.502
3	14:00:32.208	8:10.322	39.305	58.919	45.080	2:23.881	1:10.708	59.829	1:12.600
4	14:14:19.791	13:47.583	42.621	1:06.395	55.086	7:48.771	1:04.397	58.239	1:12.074
5	14:22:44.903	8:25.112	44.332	1:08.958	50.149	1:57.891	1:11.652	1:07.621	1:24.509
6	14:32:12.455	9:27.552	46.729	1:22.975	56.833	2:06.893			1:28.222
7	14:54:48.647	22:36.192	7:19.614	2:11.567	56.278	8:20.538	1:14.505	1:06.072	1:27.618
8	15:07:58.048	13:09.401	3:30.119	1:11.195	1:21.868	2:28.496			1:40.616
9	15:32:20.584	24:22.536	4:55.266	1:12.755	1:38.498	6:34.876	1:31.794	1:18.154	7:11.193

(681) Rene Kleibeuker





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:42:42.433	7:18.367	36.303	51.813	45.110	2:13.859	1:02.068	49.871	59.343
2	13:51:12.451	8:30.018	32.143	52.865	1:22.645	2:34.812	59.512	58.284	1:09.757
3	13:58:56.702	7:44.251	36.067	55.911	42.764	2:28.762	58.341	57.056	1:05.350
4	14:06:40.279	7:43.577	38.616	51.622	45.151	2:25.108	1:04.586	55.609	1:02.885
5	14:23:02.340	16:22.061	36.832	1:05.932	44.005	10:46.227	1:06.322	54.420	1:08.323
6	14:31:46.105	8:43.765	42.268	54.416	48.738	2:36.889	1:05.966	1:03.007	1:32.481
7	14:52:07.158	20:21.053	12:27.126	59.024	48.528	2:38.418	1:09.362	1:00.196	1:18.399
8	15:15:40.318	23:33.160	7:12.120	1:01.329	49.777	10:45.825	1:14.272	1:05.029	1:24.808
9	15:32:25.305	16:44.987	3:19.702	1:00.194	1:26.883	3:07.089	1:19.604	1:02.658	5:28.857

(215) Egbert van den Bergh

1	13:43:49.077	8:01.101	37.307	57.697	46.435	1:53.013	1:00.532	55.437	1:50.680
2	13:51:39.676	7:50.599	36.121	58.184	48.158	2:19.954	58.630	1:01.520	1:08.032
3	14:06:54.930	15:15.254	37.960	1:00.273	51.609	9:27.512	1:10.375	1:01.951	1:05.574
4	14:15:56.527	9:01.597	39.382	1:17.737	56.931	2:26.222	1:07.968	1:17.307	1:16.050
5	14:24:41.997	8:45.470	42.656	1:00.161	53.651	2:30.076	1:03.421	1:16.999	1:18.506
6	14:49:32.531	24:50.534	44.622	1:09.821	55.132	18:21.622			1:24.893
7	15:07:53.167	18:20.636	4:02.975	1:07.671	51.932	7:33.485	1:10.550	1:13.550	2:20.473
8	15:18:55.974	11:02.807	2:52.011	1:03.714	54.980	2:20.268	1:14.386	1:10.305	1:27.143
9	15:32:27.881	13:31.907	2:58.681	1:14.057	1:00.719	2:24.080	1:26.996	1:15.470	3:11.904

(829) Rico Carbaat

1	13:44:37.582	8:29.296	45.711	1:15.717	51.968	2:14.291	1:08.062	1:07.779	1:05.768
2	14:01:52.713	17:15.131	38.423	59.657	51.853	11:17.659	59.876	1:10.129	1:17.534
3	14:11:07.295	9:14.582	39.117	1:18.994	48.680	2:12.916	1:20.171	1:36.997	1:17.707
4	14:19:03.108	7:55.813	37.874	1:03.510	45.944	2:11.497	1:00.617	1:03.073	1:13.298
5	14:28:06.692	9:03.584	41.729	1:00.524	58.469	2:15.543	1:23.271	1:00.762	1:43.286
6	14:52:09.943	24:03.251	8:49.378	1:07.968	51.299	9:44.446	1:02.789	1:08.148	1:19.223
7	15:04:02.344	11:52.401	4:19.542	1:08.981	55.868	1:49.574	1:08.334	1:13.603	1:16.499
8	15:22:08.167	18:05.823	4:46.397	1:04.633	1:01.997	7:23.104	1:06.449	1:24.933	1:18.310
9	15:33:44.556	11:36.389	3:34.348	1:03.438	53.616	2:12.519	1:19.157	1:05.259	1:28.052

(890) Rudy Breuker

1	13:42:09.177	6:51.054	34.891	59.437	40.610	1:46.294	56.365	54.426	59.031
2	13:49:37.590	7:28.413	31.818	55.896	41.910	2:27.358	54.909	53.850	1:02.672
3	13:56:59.804	7:22.214	34.448	56.984	41.222	2:16.330	56.408	54.983	1:01.839
4	14:12:54.200	15:54.396	36.135	59.684	41.062	9:13.821	58.770	54.608	2:30.316
5	14:35:34.472	22:40.272	52.995	2:46.925	43.827	15:17.760	1:01.035	55.860	1:01.870
6	14:53:07.408	17:32.936	9:45.717	50.981	42.058	2:31.180	1:07.907	1:27.971	1:07.122
7	15:03:51.375	10:43.967	2:52.486	54.448	1:01.193	2:22.469	1:10.261	1:11.618	1:11.492
8	15:22:34.011	18:42.636	3:20.087	59.520	59.722	9:56.438	1:04.085	1:05.555	1:17.229
9	15:33:57.811	11:23.800	2:36.625	1:01.778	51.585	2:53.934	1:15.737	1:18.641	1:25.500

(160) Tim Kolk

1	13:44:14.938	8:11.597	41.121	1:03.965	47.525	2:19.427	1:08.688	1:00.146	1:10.725
2	13:52:43.733	8:28.795	38.921	1:10.756	48.192	2:28.899	1:11.311	1:02.257	1:08.459
3	14:02:21.453	9:37.720	41.470	1:54.309	46.862	2:22.665	1:06.493	1:00.296	1:45.625
4	14:19:44.902	17:23.449	41.186	1:10.059	50.287	10:41.871	1:45.685	1:00.905	1:13.456
5	14:27:51.979	8:07.077	47.754	1:07.308	50.044	1:56.487	1:04.079	1:01.657	1:19.748
6	14:47:08.122	19:16.143	11:48.715	1:08.331	50.880	1:55.486	1:09.333	1:04.238	1:19.160
7	15:06:52.459	19:44.337	5:09.413	1:07.823	51.982	9:00.000	1:05.434	1:07.892	1:21.793
8	15:18:35.365	11:42.906	3:08.205	1:28.090	49.214	2:15.580	1:19.399	1:08.806	1:33.612
9	15:33:59.716	15:24.351	3:14.931	2:18.865	59.976	2:20.283	1:24.279	1:12.980	3:53.037

(788) Bert Schuurink

1	13:45:18.295	9:40.362	40.545	1:03.447	51.908	2:28.768	1:07.775	2:14.984	1:12.935
2	13:53:51.974	8:33.679	40.703	1:06.089	50.438	2:28.027	1:05.177	1:10.735	1:12.510
3	14:11:24.754	17:32.780	41.410	1:14.655	1:02.677	10:57.390	1:08.841	1:13.202	1:14.605
4	14:21:19.842	9:55.088	45.657	1:07.786	49.617	2:41.074			1:24.462
5	14:30:26.373	9:06.531	48.187	1:13.648	55.900	2:06.602			1:26.279
6	14:49:07.636	18:41.263	9:46.877	1:23.517	59.197	2:24.911			1:28.167
7	15:06:36.211	17:28.575	3:39.608	1:18.224	1:00.943	7:20.492			1:29.715
8	15:20:02.925	13:26.714	3:39.040	1:23.059	1:01.190	2:40.745	1:22.316	1:42.962	1:37.402
9	15:34:21.710	14:18.785	3:48.175	1:28.156	1:11.658	2:56.092			1:43.305

(724) John Steenbergen

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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:43:34.637	7:26.556	38.916	1:15.849	45.252	1:46.290	1:06.631	53.390	1:00.228
2	13:51:10.200	7:35.563	36.465	1:07.938	47.554	1:46.591	1:06.832	1:01.574	1:08.609
3	14:00:37.386	9:27.186	41.598	1:03.103	1:55.051	2:21.789	1:06.116	54.802	1:24.727
4	14:10:46.988	10:09.602	41.876	1:06.942	1:02.749	3:50.455	1:10.470	1:02.820	1:14.290
5	14:19:09.742	8:22.754	46.382	1:06.125	57.905	1:54.327	1:05.930	1:15.431	1:16.654
6	14:28:19.224	9:09.482	51.028	1:27.452	1:02.267	1:59.202	1:12.468	1:15.754	1:21.311
7	14:53:35.865	25:16.641	10:03.914	1:13.113	1:02.495	8:15.386	1:18.648	1:37.951	1:45.134
8	15:11:50.404	18:14.539	8:30.543	1:19.464	1:11.610	2:39.954	1:20.763	1:30.032	1:42.173
9	15:34:24.264	22:33.860	5:06.148	1:40.899	1:04.121	3:10.693	6:09.162	3:07.314	2:15.523

(771) Roy Wouters

1	13:44:00.539	7:48.977	36.300	1:04.435	44.334	2:22.154	1:00.231	56.523	1:05.000
2	13:53:36.159	9:35.620	33.065	55.951	45.692	2:26.203	1:00.128	2:41.973	1:12.608
3	14:02:09.224	8:33.065	40.499	1:07.847	43.527	2:33.773	1:07.876	1:03.411	1:16.132
4	14:26:37.964	24:28.740	40.591	1:06.710	51.769	17:48.686	1:07.174	1:41.239	1:12.571
5	14:46:06.463	19:28.499	10:11.265	1:19.953	1:30.569	2:07.264	1:09.336	1:45.275	1:21.004
6	14:57:28.832	11:22.369	3:09.554	1:02.397	51.258	2:09.384	1:21.776	1:18.119	1:29.881
7	15:09:01.888	11:33.056	3:10.720	1:18.936	49.573	2:10.254	1:25.868	1:11.852	1:25.853
8	15:22:04.753	13:02.865	3:08.473	1:31.630	55.529	2:29.903	2:11.280	1:19.759	1:26.291
9	15:34:44.303	12:39.550	3:18.326	1:08.855	54.374	2:49.448	1:46.029	1:21.125	1:21.393

(471) Jeroen Vink

1	13:42:38.927	7:12.404	35.854	56.098	41.417	2:12.501	56.479	51.243	58.812
2	13:49:35.973	6:57.046	31.564	54.456	39.600	2:12.813	56.332	47.297	54.984
3	13:56:40.815	7:04.842	32.034	58.002	39.330	2:13.245	56.843	50.431	54.957
4	14:20:00.824	23:20.009	34.376	1:27.796	39.780	17:37.666	1:05.655	52.154	1:02.582
5	14:26:58.596	6:57.772	38.333	54.323	41.317	1:43.525	58.838	56.846	1:04.590
6	14:41:56.241	14:57.645	7:52.436	1:00.108	46.480	2:06.601	59.966	59.973	1:12.081
7	15:11:25.749	29:29.508	3:57.592	56.416	43.750	20:36.609	1:02.846	57.267	1:15.028
8	15:21:28.185	10:02.436	2:44.964	1:00.172	46.417	2:14.664	1:03.102	57.804	1:15.313
9	15:34:45.457	13:17.272	2:36.965	57.859	46.672	5:44.218	59.242	57.747	1:14.569

(438) Dennes Feijen

1	13:43:51.709	7:49.791	36.530	56.494	48.618	2:24.057	1:03.482	54.990	1:05.620
2	13:52:26.915	8:35.206	36.157	1:08.078	54.333	2:26.565	1:16.058	1:06.426	1:07.589
3	14:01:49.034	9:22.119	37.210	1:52.689	46.216	2:55.386	1:04.261	58.641	1:07.716
4	14:16:47.380	14:58.346	37.090	54.388	42.132	9:08.356	1:02.409	1:20.767	1:13.204
5	14:25:05.578	8:18.198	41.748	1:20.713	50.658	2:03.454	1:06.449	58.731	1:16.445
6	14:34:01.712	8:56.134	44.738	1:03.558	46.413	2:32.415	1:08.812	1:19.782	1:20.416
7	15:00:44.597	26:42.885	9:02.706	1:02.206	51.168	11:55.053	1:12.058	1:27.866	1:11.828
8	15:15:40.328	14:55.731	5:59.357	1:00.648	47.105	2:31.474	1:23.837	1:31.282	1:42.028
9	15:34:57.142	19:16.814	9:15.614	1:54.849	53.630	2:45.228	1:21.117	1:22.300	1:44.076

(192) Kay Huzink

1	13:43:24.427	7:39.054	34.897	1:25.606	43.089	1:54.155	57.691	54.605	1:09.011
2	13:51:11.745	7:47.318	32.631	1:01.160	43.330	2:20.737	55.891	1:11.471	1:02.098
3	13:58:44.722	7:32.977	31.781	1:02.732	43.268	2:21.366	55.766	54.213	1:03.851
4	14:12:17.309	13:32.587	31.453	1:06.123	43.575	8:20.395	54.316	56.382	1:00.343
5	14:19:50.332	7:33.023	34.748	59.448	47.993	1:59.332	1:01.477	1:05.319	1:04.706
6	14:27:47.833	7:57.501	35.062	1:03.426	46.199	2:23.190	1:01.048	1:02.466	1:06.110
7	14:58:42.697	30:54.864	9:14.358	1:04.986	48.484	16:14.995	1:04.182	1:12.879	1:14.980
8	15:21:04.999	22:22.302	3:38.013	58.246	48.350	12:01.584	1:20.061	1:08.456	2:27.592
9	15:35:02.918	13:57.919	3:19.026	1:02.571	49.801	5:13.337	1:01.482	1:02.216	1:29.486

(347) Rene Bode

1	13:43:49.975	7:45.681	41.688	1:06.064	48.173	1:50.760	1:08.480	58.083	1:12.433
2	13:52:13.347	8:23.372	39.155	1:02.831	51.128	2:28.952	1:03.548	1:08.616	1:09.142
3	14:01:27.977	9:14.630	43.939	1:08.715	51.494	2:30.455	1:11.494	1:12.757	1:35.776
4	14:10:20.345	8:52.368	43.316	1:05.989	51.343	2:36.617	1:11.456	1:09.875	1:13.772
5	14:24:08.717	13:48.372	48.990	1:12.595	1:01.324	6:41.037	1:21.250	1:12.182	1:30.994
6	14:33:24.709	9:15.992	50.714	1:10.591	59.946	2:02.970	1:21.796	1:11.258	1:38.717
7	15:09:56.086	36:31.377	21:58.432	1:19.308	1:02.230	7:44.726	1:29.866	1:15.278	1:41.537
8	15:25:04.003	15:07.917	4:15.260	1:32.999	1:06.824	2:47.687	1:42.115	1:25.288	2:17.744
9	15:39:14.469	14:10.466	3:52.990	1:23.028	1:14.916	2:44.872	1:37.223	1:27.730	1:49.707

(604) Manfred Reimink





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:42:00.435	7:05.764	34.283	54.557	43.124	2:03.489			56.591
2	13:49:27.935	7:27.500	31.726	59.291	42.077	2:13.398	1:01.705	57.479	1:01.824
3	13:57:17.822	7:49.887	35.039	59.484	45.701	1:42.087	1:45.631	57.223	1:04.722
4	14:10:28.220	13:10.398	38.212	58.808	1:21.830	2:22.376			1:13.431
5	14:26:47.682	16:19.462	45.625	1:02.900	49.775	10:10.913			1:14.153
6	14:47:18.663	20:30.981	12:08.220	1:11.832	49.848	2:38.443			1:17.919
7	15:12:41.433	25:22.770	5:04.815	1:37.806	53.434	13:47.908			1:27.693
8	15:26:43.954	14:02.521	3:19.869	1:13.035	49.602	2:30.984	1:23.837	2:50.480	1:54.714
9	15:39:24.969	12:41.015	3:23.765	1:19.262	53.787	2:43.117	1:25.501	1:22.522	1:33.061

(696) Thijs Engelbertink

1	13:42:29.020	6:52.783	31.310	54.391	40.252	1:43.478	58.596	50.597	1:14.159
2	13:49:46.611	7:17.591	31.617	50.261	41.546	2:15.189	53.840	1:00.999	1:04.139
3	14:17:33.783	27:47.172	32.099	56.236	39.906	22:38.554	1:04.033	52.655	1:03.689
4	14:25:17.166	7:43.383	35.234	1:03.433	40.146	2:20.889	1:00.579	52.455	1:10.647
5	14:33:32.159	8:14.993	44.876	56.497	41.430	2:22.849	1:00.108	1:20.872	1:08.361
6	14:55:19.388	21:47.229	3:42.536	55.318	1:00.029	13:09.654	59.163	53.525	1:07.004
7	15:05:32.945	10:13.557	2:13.697	53.695	43.493	2:17.114	1:01.441	1:07.772	1:56.345
8	15:28:10.177	22:37.232	5:05.402	1:02.004	45.159	2:06.709	1:04.318	55.581	11:38.059
9	15:41:33.021	13:22.844	3:22.776	1:05.808	1:24.780	3:16.323	1:15.429	1:35.387	1:22.341

(770) Daniel Eisen

1	13:42:39.245	7:47.414	41.577	1:09.541	46.054	2:00.274	59.952	1:02.468	1:07.548
2	13:50:21.463	7:42.218	34.485	1:00.037	44.194	2:04.760	1:07.192	1:06.223	1:05.327
3	14:13:30.295	23:08.832	36.013	1:01.709	45.007	17:44.643	1:00.676	54.813	1:05.971
4	14:21:43.528	8:13.233	37.889	1:27.454	43.569	2:10.399	1:02.248	1:00.683	1:10.991
5	14:35:08.293	13:24.765	45.941	1:02.809	48.266	7:06.000	1:25.603	1:03.712	1:12.434
6	15:08:01.715	32:53.422	10:28.640	1:17.300	59.854	16:37.627	1:04.916	1:07.427	1:17.658
7	15:19:23.209	11:21.494	3:06.911	1:12.283	51.110	2:00.290			1:44.926
8	15:32:00.485	12:37.276	3:08.259	1:13.727	52.634	2:14.321	1:32.434	1:18.289	2:17.612

(661) Philip Brücker

1	13:42:08.728	6:31.125	31.145	54.644	44.767	1:39.752	51.716	52.810	56.291
2	13:49:47.836	7:39.108	33.644	52.009	1:01.585	2:15.905	56.367	59.446	1:00.152
3	13:57:17.576	7:29.740	33.947	54.835	44.164	2:23.252	56.547	55.325	1:01.670
4	14:04:55.106	7:37.530	35.100	54.974	43.839	2:24.875	57.742	57.750	1:03.250
5	14:13:20.091	8:24.985	36.349	56.542	45.657	2:28.764			1:41.923
6	14:20:42.824	7:22.733	38.342	58.151	46.715	1:51.479	1:01.854	57.666	1:08.526
7	14:29:07.185	8:24.361	37.106	1:09.846	45.852	1:55.045	1:06.335	1:39.445	1:10.732
8	15:32:02.924	:02:55.739	6:16.967	57.528	51.468	43:21.583	1:14.772	1:07.258	9:06.163

(389) Hub Eickmans

1	13:42:43.482	7:24.675	34.031	56.029	42.463	2:20.622			58.870
2	13:58:06.923	15:23.441	31.390	1:22.199	41.988	10:00.284	53.724	52.701	1:01.155
3	14:05:52.195	7:45.272	38.787	59.707	41.308	2:27.856	56.509	56.642	1:04.463
4	14:13:21.636	7:29.441	35.774	52.998	43.065	2:19.433			1:05.747
5	14:28:42.465	15:20.829	34.741	50.514	43.931	10:04.323	58.604	1:02.249	1:06.467
6	15:02:45.259	34:02.794	16:42.580	1:02.087	43.560	12:21.535			1:12.823
7	15:13:13.062	10:27.803	3:15.786	1:00.236	44.847	2:18.284	59.751	58.256	1:10.643
8	15:32:06.328	18:53.266	2:51.421	54.922	1:27.757	2:30.476	1:03.502	58.471	9:06.717

(482) Marco de Jong

1	13:44:46.327	8:07.439	39.883	1:13.539	48.420	1:59.534	1:10.162	1:04.658	1:11.243
2	13:54:02.539	9:16.212	43.453	1:14.688	49.594	2:40.245			1:16.462
3	14:03:14.501	9:11.962	44.623	1:15.944	54.327	2:30.231	1:18.960	1:14.596	1:13.281
4	14:13:05.829	9:51.328	50.300	1:20.194	56.435	2:45.126	1:23.834	1:15.611	1:19.828
5	14:29:06.147	16:00.318	51.144	1:24.210	51.266	7:16.877	1:19.212	1:26.130	2:51.479
6	14:49:30.154	20:24.007	9:59.435	1:35.122	1:02.546	2:12.096	1:30.477	2:29.854	1:34.477
7	15:11:23.258	21:53.104	4:10.714	1:26.182	1:07.494	10:19.229	1:59.265	1:18.103	1:32.117
8	15:32:27.273	21:04.015	7:49.191	1:31.440	1:14.205	3:34.361	2:24.410	1:19.857	3:10.551

(443) Gieljan Smits

1	13:43:40.827	8:02.040	42.086	1:05.068	1:09.720	1:44.747	1:06.907	59.956	1:13.556
2	13:51:25.196	7:44.369	37.254	1:10.214	48.279	1:53.700	1:04.048	1:01.887	1:08.987
3	14:00:38.687	9:13.491	42.446	1:13.842	54.236	2:42.124	1:06.286	1:21.207	1:13.350
4	14:17:10.652	16:31.965	43.293	1:11.337	52.712	9:40.578	1:09.520	1:24.134	1:30.391





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:27:26.892	10:16.240	46.652	1:16.299	56.279	3:05.628	1:14.746	1:21.060	1:35.576
6	14:56:36.237	29:09.345	11:33.060	1:14.322	56.601	11:39.484	1:12.277	1:08.275	1:25.326
7	15:16:01.672	19:25.435	3:43.308	1:10.532	57.928	2:11.938	8:46.208	1:04.543	1:30.978
8	15:32:39.084	16:37.412	3:52.209	1:09.007	59.248	3:39.053	1:17.323	1:13.721	4:26.851

(222) Remco Kuhlmann

1	13:44:07.655	7:49.658	36.585	1:06.669	48.134	2:01.302	1:06.201	1:00.829	1:09.938
2	13:52:15.025	8:07.370	36.701	1:32.773	45.371	1:58.452	1:07.189	56.609	1:10.275
3	14:01:06.821	8:51.796	36.080	58.621	46.791	1:59.909	1:34.598	1:43.939	1:11.858
4	14:13:48.416	12:41.595	37.100	58.298	49.235	7:01.495	1:16.050	51.252	1:08.165
5	14:22:24.282	8:35.866	40.332	59.723	47.809	2:41.307	1:07.768	1:01.735	1:17.192
6	14:31:33.695	9:09.413	44.269	59.257	46.755	2:07.082	2:08.693	1:02.191	1:21.166
7	15:14:10.779	42:37.084	9:43.401	1:05.804	58.648	2:28.945	1:10.541	1:07.315	1:42.771
8	15:32:44.308	18:33.529	6:21.665	1:02.655	59.673	5:14.277	1:39.556	1:43.120	1:32.583

(577) Simon Braam

1	13:43:51.454	8:10.162	40.487	1:06.075	46.076	2:17.435	1:01.130	1:15.216	1:03.743
2	13:56:38.885	12:47.431	38.635	57.510	46.965	7:01.937	1:06.186	1:04.038	1:12.160
3	14:06:01.385	9:22.500	40.336	1:53.175	53.319	2:31.038			1:14.125
4	14:21:55.380	15:53.995	40.294	1:02.219	51.541	9:36.547	1:11.809	1:12.923	1:18.662
5	14:30:47.841	8:52.461	43.950	1:08.862	1:06.341	2:06.891	1:09.962	1:08.719	1:27.736
6	15:00:01.253	29:13.412	9:58.768	2:12.695	52.117	9:26.496	4:05.715	1:11.309	1:26.312
7	15:13:24.875	13:23.622	3:29.660	1:51.687	1:09.852	2:17.426	1:33.018	1:27.679	1:34.300
8	15:33:30.155	20:05.280	6:10.021	1:11.613	1:01.782	2:45.130	4:50.113	1:21.231	2:45.390

(514) Arno Leemreize

1	13:43:07.934	7:26.311	36.649	55.282	41.544	1:52.326	1:21.506	54.699	1:04.305
2	13:50:04.207	6:56.273	34.925	48.874	46.511	1:47.900	58.118	55.091	1:04.854
3	14:05:22.490	15:18.283	38.777	54.996	45.111	8:42.060	58.018	55.231	2:24.090
4	14:13:12.739	7:50.249	36.942	54.624	45.531	2:25.734	1:01.515	55.611	1:10.292
5	14:21:51.488	8:38.749	36.325	54.778	46.324	2:21.566	1:01.592	1:20.327	1:37.837
6	14:50:14.144	28:22.656	40.780	56.015	47.650	22:35.580	1:01.408	1:02.114	1:19.109
7	15:17:11.761	26:57.617	7:06.535	1:24.361	49.427	14:09.634	1:07.399	1:01.749	1:18.512
8	15:33:48.268	16:36.507	2:52.296	59.949	52.050	2:43.826	1:08.928	1:03.033	6:56.425

(677) Dick Klein

1	13:42:48.500	7:13.921	33.726	57.047	45.899	2:09.426	57.496	49.837	1:00.490
2	13:49:56.589	7:08.089	32.119	55.328	44.623	2:14.319	55.979	48.521	57.200
3	14:02:01.595	12:05.006	33.086	56.245	46.217	2:21.279	1:06.326	5:05.789	1:16.064
4	14:10:15.689	8:14.094	37.266	1:01.555	45.639	2:20.389	1:11.758	1:04.228	1:13.259
5	14:34:47.759	24:32.070	46.771	1:18.270	53.222	18:16.457	1:10.953	57.753	1:08.644
6	14:47:47.553	12:59.794	5:03.154	1:14.613	50.068	2:10.279	1:19.061	1:07.840	1:14.779
7	15:21:07.391	33:19.838	3:56.523	1:18.017	53.355	23:40.772	1:11.549	1:03.565	1:16.057
8	15:35:14.434	14:07.043	3:44.902	1:27.376	58.207	2:34.458	1:18.857	2:35.202	1:28.041

(797) Ron Beek

1	13:43:07.426	7:35.644	39.574	57.583	50.958	2:04.623	56.207	1:03.362	1:03.337
2	13:50:26.934	7:19.508	35.800	56.142	47.504	1:40.308	1:05.751	1:03.782	1:10.221
3	13:59:39.540	9:12.606	39.528	55.499	47.307	2:13.981	59.325	2:22.966	1:14.000
4	14:07:07.004	7:27.464	40.681	54.550	47.139	1:43.974	1:03.001	1:03.218	1:14.901
5	14:23:18.780	16:11.776	40.996	51.392	44.310	10:24.311	1:08.167	1:02.141	1:20.459
6	14:35:39.000	12:20.220	41.727	4:24.464	53.237	2:19.820	1:25.481	1:08.659	1:26.832
7	15:13:33.773	37:54.773	3:46.876	5:02.548	1:02.154	2:34.010	1:20.008	22:28.444	1:40.733
8	15:37:02.619	23:28.846	6:13.440	1:05.272	5:55.867	2:22.110	1:22.952	4:56.120	1:33.085

(659) Peter Fröhlich

1	13:44:30.292	7:57.917	47.948	58.663	47.605	1:49.652			1:19.460
2	14:04:55.396	20:25.104	34.040	1:04.757	46.795	14:49.966	53.286	1:00.942	1:15.318
3	14:12:26.229	7:30.833	38.451	59.089	50.333	1:38.559	59.633	1:04.765	1:20.003
4	14:21:08.116	8:41.887	35.399	1:02.632	44.817	2:47.878	1:06.492	1:08.008	1:16.661
5	14:28:48.788	7:40.672	38.827	57.714	43.480	1:49.517	1:23.041	56.874	1:11.219
6	15:07:25.486	38:36.698	7:14.575	1:03.782	49.080	24:40.691	1:12.981	58.256	2:37.333
7	15:25:57.976	18:32.490	3:01.693	1:16.319	51.497	9:57.891	1:07.963	59.940	1:17.187
8	15:37:14.816	11:16.840	2:43.759	1:07.598	53.437	2:54.577	1:09.706	1:06.191	1:21.572

(674) Bram Muis

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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:45:03.192	8:49.313	41.785	1:10.873	53.001	2:42.398	1:07.241	1:01.357	1:12.658
2	13:53:53.923	8:50.731	41.324	1:06.976	47.979	2:38.573	1:13.774	1:02.562	1:19.543
3	14:11:37.336	17:43.413	42.507	1:08.690	51.143	11:08.055	1:15.948	1:10.427	1:26.643
4	14:21:22.616	9:45.280	48.411	1:10.622	1:09.876	2:46.748	1:19.431	1:08.552	1:21.640
5	14:30:32.516	9:09.900	49.756	1:10.796	58.208	2:10.215	1:16.938	1:10.687	1:33.300
6	15:14:35.516	44:03.000	9:13.771	1:13.563	1:06.224	28:18.442	1:21.172	1:14.914	1:34.914
7	15:28:06.998	13:31.482	3:50.624	1:14.235	1:04.707	2:59.422	1:32.127	1:14.998	1:35.369
8	15:41:17.373	13:10.375	3:32.509	1:12.786	1:01.542	3:15.771	1:24.108	1:14.082	1:29.577

(572) Ruben van Gerrevink

1	13:44:46.272	8:28.590	47.572	1:11.667	46.820	2:33.520	1:03.008	55.117	1:10.886
2	13:59:00.441	14:14.169	44.370	1:23.465	52.217	7:57.211	1:05.643	57.883	1:13.380
3	14:07:32.068	8:31.627	44.156	56.014	53.788	2:30.927	1:05.186	1:08.034	1:13.522
4	14:23:00.392	15:28.324	42.901	57.902	57.224	9:23.581	1:09.274	1:03.359	1:14.083
5	14:33:33.202	10:32.810	39.901	1:17.693	1:02.304	2:38.293	1:15.332	2:03.505	1:35.782
6	14:58:42.209	25:09.007	7:06.636	1:05.060	1:01.957	11:51.530	1:18.786	1:10.924	1:34.114
7	15:27:39.186	28:56.977	9:00.833	1:25.091	1:08.769	13:11.839	1:23.469	1:08.049	1:38.927
8	15:41:36.019	13:56.833	3:31.219	1:29.208	1:14.521	2:50.381	1:33.694	1:29.953	1:47.857

(262) Wim Schut

1	13:41:40.206	6:01.441	32.404	50.118	37.127	1:30.260	51.731	47.705	52.096
2	13:48:52.802	7:12.596	30.530	52.139	39.051	1:36.735	56.664	1:41.846	55.631
3	13:55:32.794	6:39.992	33.061	59.482	42.685	1:44.313	55.425	51.255	53.771
4	14:03:35.638	8:02.844	31.650	58.678	38.872	2:17.694	57.684	1:37.561	1:00.705
5	14:11:25.679	7:50.041	36.842	56.511	53.443	2:18.318	1:00.079	56.284	1:08.564
6	14:30:34.925	19:09.246	36.283	2:14.244	43.401	10:06.570	1:02.097	3:15.058	1:11.593
7	15:30:10.237	59:35.312	10:47.492	6:15.042	44.468	38:34.352	1:04.178	56.428	1:13.352
8	15:43:10.970	13:00.733	2:31.231	1:48.048	1:03.182	3:51.918	1:06.864	1:09.859	1:29.631

(682) Thomas Vriends

1	13:44:28.440	8:16.237	40.568	1:06.647	51.178	2:29.299	1:05.807	56.854	1:05.884
2	13:52:39.891	8:11.451	37.990	1:03.590	48.905	2:29.843	1:04.632	58.153	1:08.338
3	14:01:06.433	8:26.542	39.897	1:01.301	50.169	2:41.915	1:05.807	56.854	1:11.940
4	14:09:24.522	8:18.089	40.588	57.251	46.930	2:44.486	58.029	57.933	1:12.872
5	14:17:56.077	8:31.555	40.561	1:14.290	48.501	2:08.348	1:14.177	1:01.928	1:23.750
6	14:26:17.103	8:21.026	44.478	58.578	47.457	2:11.995	1:11.287	1:05.648	1:21.583
7	15:32:09.910	:05:52.807	47.097	1:06.826	48.081	58:09.537	1:22.890	1:10.465	2:27.911

(132) Alex Breukelman

1	13:40:28.813	5:55.234	32.111	46.982	39.117	1:26.749	49.129	49.492	51.654
2	13:47:06.020	6:37.207	30.268	54.328	41.064	1:56.464	49.921	50.765	54.397
3	14:07:24.680	20:18.660	32.754	55.100	41.785	15:26.698	52.654	53.338	56.331
4	14:14:40.722	7:16.042	32.377	46.199	1:18.933	1:56.071	49.384	55.738	57.340
5	14:21:42.959	7:02.237	32.199	57.765	40.321	2:00.923	57.810	55.009	1:03.030
6	15:16:02.034	54:19.075	35.843	53.488	41.777	49:06.061	57.810	55.009	1:09.087
7	15:32:13.028	16:10.994	2:28.460	57.786	44.201	2:03.560	57.810	55.009	7:51.601

(449) Nick Bijsmans

1	13:56:19.004	20:26.260	44.303	1:32.018	1:36.042	13:07.703	1:07.886	59.785	1:18.523
2	14:06:06.286	9:47.282	48.746	1:15.804	49.161	2:41.708	1:49.469	1:11.233	1:11.161
3	14:22:09.780	16:03.494	49.452	1:09.972	54.646	9:34.696	1:06.689	1:07.681	1:20.358
4	14:31:55.288	9:45.508	52.074	1:18.362	48.600	2:24.068	1:46.881	1:09.498	1:26.025
5	14:57:53.255	25:57.967	8:57.109	1:11.035	53.830	11:05.882	1:04.911	1:17.558	1:27.642
6	15:12:44.842	14:51.587	6:32.561	1:12.174	59.595	2:05.024	1:11.067	1:30.425	1:20.741
7	15:32:16.619	19:31.777	3:15.775	1:05.561	1:10.672	2:12.987	3:34.276	1:17.749	6:54.757

(693) Daniel van den Hulst

1	13:44:53.713	8:39.997	35.807	54.845	43.191	2:25.814	1:03.860	52.447	1:08.558
2	13:52:33.118	7:39.405	36.118	52.806	44.212	2:26.551	1:03.860	52.447	1:03.411
3	14:00:24.185	7:51.067	35.135	1:02.981	44.296	2:21.696	1:05.035	50.405	1:11.519
4	14:19:28.153	19:03.968	34.831	55.470	44.361	13:28.143	1:07.606	52.305	1:21.252
5	14:27:18.238	7:50.085	40.417	58.249	46.565	2:19.558	1:03.264	52.598	1:09.434
6	14:50:14.760	22:56.522	12:14.647	1:00.768	4:08.194	2:06.846	1:14.157	54.626	1:17.284
7	15:32:18.846	42:04.086	3:27.425	1:09.910	53.588	28:07.110	1:23.420	1:07.432	5:55.201

(868) Johannes Vis

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RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:44:31.193	8:11.586	37.435	1:11.493	49.472	2:21.733	1:00.876	59.861	1:10.716
2	13:53:47.389	9:16.196	1:20.544	1:06.906	49.495	2:24.621	59.536	1:21.345	1:13.749
3	14:01:50.273	8:02.884	39.109	1:01.179	45.683	2:17.005	1:05.427	1:07.561	1:06.920
4	14:11:12.932	9:22.659	39.569	1:35.390	1:02.545	2:26.019	1:10.645	1:12.705	1:15.786
5	14:30:51.389	19:38.457	46.156	1:07.986	49.742	13:28.323	1:09.455	58.931	1:17.864
6	15:04:05.470	33:14.081	15:17.983	1:03.104	51.191	12:08.077			1:27.342
7	15:32:55.967	28:50.497	6:45.160	1:17.254	52.274	2:51.625	1:16.402	1:15.727	14:32.055
(947) Henk de Jong									
1	13:55:37.028	20:30.793	38.702	47.486	43.959	15:32.511	57.062	51.748	59.325
2	14:03:26.962	7:49.934	32.993	52.546	43.216	2:43.066	58.027	54.202	1:05.884
3	14:11:07.856	7:40.894	38.242	1:01.231	44.102	2:16.011	58.166	54.750	1:08.392
4	14:20:01.300	8:53.444	36.393	1:05.177	44.857	2:38.006	1:35.122	1:02.314	1:11.575
5	14:28:36.711	8:35.411	42.451	1:00.709	46.948	2:32.986	1:07.149	1:00.002	1:25.166
6	15:05:27.031	36:50.320	14:43.366	58.860	47.014	16:46.678	1:07.495	1:12.411	1:14.496
7	15:33:15.649	27:48.618	3:04.133	58.664	51.031	2:58.264	2:11.885	1:03.789	16:40.852
(536) Ad Hofmans									
1	13:45:34.232	9:07.595	39.479	1:04.948	51.501	2:45.413	1:08.757	1:27.465	1:10.032
2	14:05:24.355	19:50.123	41.339	1:02.187	55.390	13:46.078	1:06.775	1:04.334	1:14.020
3	14:13:58.304	8:33.949	39.056	1:01.269	53.606	2:40.986	1:03.195	1:01.576	1:14.261
4	14:44:31.400	30:33.096	39.348	1:03.927	58.010	24:32.509	1:04.633	1:03.645	1:11.024
5	14:59:57.340	15:25.940	6:04.531	1:02.506	54.817	3:50.344	1:11.687	1:05.363	1:16.692
6	15:18:14.891	18:17.551	9:12.120	1:08.777	51.030	3:17.598	1:14.698	1:14.397	1:18.931
7	15:35:07.724	16:52.833	3:51.900	1:08.847	1:18.108	6:27.956	1:20.301	1:15.769	1:29.952
(729) Edward Satkowski-nijk									
1	13:44:17.161	8:10.823	41.210	1:09.373	48.272	2:27.242	1:04.305	57.545	1:02.876
2	14:03:21.372	19:04.211	38.560	1:04.755	46.184	13:21.593	1:08.647	59.546	1:04.926
3	14:11:29.345	8:07.973	39.543	1:04.967	50.809	2:19.213	1:01.342	1:03.844	1:08.255
4	14:38:02.864	26:33.519	41.944	1:03.761	46.285	20:32.777	1:10.506	1:01.753	1:16.493
5	15:12:34.368	34:31.504	6:05.753	1:09.763	48.771	22:54.626	1:05.953	1:06.410	1:20.228
6	15:24:07.858	11:33.490	3:23.637	1:08.144	53.302	2:23.781	1:10.252	1:06.738	1:27.636
7	15:37:49.509	13:41.651	3:00.919	1:14.258	56.392	4:30.454	1:13.394	1:08.691	1:37.543
(694) Hendrik Pleyter									
1	13:43:52.223	8:05.531	37.223	1:00.294	47.041	2:21.536	1:09.470	1:06.173	1:03.794
2	13:51:20.219	7:27.996	34.453	58.426	44.419	2:12.700	54.677	1:01.240	1:02.081
3	13:59:13.234	7:53.015	40.660	1:03.732	46.156	2:14.147			1:04.036
4	14:07:01.220	7:47.986	36.143	1:00.895	45.179	2:19.338			1:07.736
5	14:16:00.867	8:59.647	41.749	56.966	1:02.943	2:21.338	1:00.212	1:43.250	1:13.189
6	15:28:21.948	:12:21.081	38.567	1:12.970	42.805	1:05:42.959			1:39.004
7	15:42:44.717	14:22.769	4:08.761	1:27.019	53.672	3:20.773	1:50.403	1:13.826	1:28.315
(379) Michel Broekhuis									
1	13:43:44.682	7:39.510	37.661	1:08.089	47.494	1:55.809	1:00.860	1:01.649	1:07.948
2	13:51:29.510	7:44.828	35.188	58.811	47.465	2:21.388	56.804	1:00.294	1:04.878
3	13:59:14.529	7:45.019	37.070	55.520	47.212	2:19.526	56.065	59.520	1:10.106
4	14:12:01.239	12:46.710	32.932	59.391	48.135	7:02.264	59.699	1:09.638	1:14.651
5	14:20:32.800	8:31.561	39.775	1:01.303	46.053	2:29.214	1:07.097	1:10.393	1:17.726
6	15:32:21.626	1:11:48.826	41.364	1:02.134	48.454	1:01:15.826	1:11.258	1:12.988	5:36.802
(686) Bas Homans									
1	13:44:36.078	8:40.356	40.592	1:16.780	54.972	2:20.399	1:12.728	1:04.211	1:10.674
2	13:53:03.539	8:27.461	37.718	1:08.193	50.317	2:17.692	1:10.296	1:04.641	1:18.604
3	14:01:41.686	8:38.147	41.915	1:11.873	51.738	2:22.295	1:11.529	1:04.466	1:14.331
4	14:15:02.887	13:21.201	41.697	1:05.469	50.822	6:57.949	1:17.704	1:09.905	1:17.655
5	14:23:00.401	7:57.514	44.314	1:04.277	48.687	1:47.225	1:12.192	1:03.233	1:17.586
6	15:32:34.649	:09:34.248	41.644	1:23.062	49.211	1:01:03.322	1:22.844	1:11.958	3:02.207
(317) Jilles Bakker									
1	13:42:52.489	7:05.069	35.003	50.804	43.221	2:09.251	55.506	54.191	57.093
2	13:50:05.179	7:12.690	35.177	53.199	43.470	2:11.100			59.582
3	14:07:30.084	17:24.905	31.929	50.882	39.843	12:30.977			58.240
4	14:16:40.377	9:10.293	33.011	52.449	45.438	2:24.423	54.191	1:03.187	2:37.594
5	14:37:54.093	21:13.716	41.447	1:27.945	45.656	15:01.699			1:16.490





RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
6	15:32:45.266	54:51.173	6:04.275	55.711	44.843	36:11.185			8:19.507
(454) Mark Kleij									
1	13:45:07.702	8:37.538	44.128	1:15.177	1:04.018	2:02.215	1:13.005	1:06.673	1:12.322
2	13:53:45.494	8:37.792	42.377	1:20.857	50.343	2:02.840	1:11.215	1:13.809	1:16.351
3	14:03:11.164	9:25.670	39.778	1:12.851	52.856	2:42.056	1:15.407	1:24.061	1:18.661
4	14:21:36.498	18:25.334	42.157	1:20.759	56.143	10:20.062	1:58.337	1:38.684	1:29.192
5	14:33:46.535	12:10.037	51.232	1:28.009	58.436	3:11.883	2:49.115	1:19.531	1:31.831
6	15:33:09.475	59:22.940	6:51.161	1:18.486	57.761	42:06.040	1:39.032	1:36.513	3:47.492
(841) Emmanuel Delarue									
1	13:46:25.244	9:18.065	53.039	57.772	55.836	2:36.064	1:17.668	1:10.670	1:27.016
2	13:57:39.010	11:13.766	53.165	1:06.962	55.852	4:19.426	1:24.933	1:03.825	1:29.603
3	14:11:28.075	13:49.065	48.617	1:29.835	55.247	5:51.026	1:21.546	1:59.067	1:23.727
4	14:41:29.999	30:01.924	51.660	3:07.607	1:08.323	20:11.495	1:29.489	1:21.170	1:52.180
5	15:03:37.116	22:07.117	9:18.732	1:34.101	1:19.798	4:29.462	1:50.659	1:54.151	1:40.214
6	15:33:36.015	29:58.899	9:27.958	1:45.309	1:22.219	5:40.976	2:00.317	1:50.891	7:51.229
(553) Robert Willems									
1	13:42:08.161	7:05.435	35.617	57.585	47.582	1:38.419	1:01.090	57.408	1:07.734
2	13:50:25.971	8:17.810	35.920	1:01.122	47.460	2:13.360	1:05.318	1:27.761	1:06.869
3	14:09:42.783	19:16.812	38.013	1:06.919	47.255	13:18.588	1:19.550	53.049	1:13.438
4	14:17:35.079	7:52.296	42.151	1:05.968	47.308	2:11.240	1:04.366	55.373	1:05.890
5	15:22:13.317	04:38.238	38.744	1:02.867	54.218	58:14.932	1:15.358	1:08.246	1:23.873
6	15:33:53.786	11:40.469	3:13.659	1:13.520	1:00.661	2:23.048	1:18.228	1:07.087	1:24.266
(43) Mark van Beek									
1	13:44:19.168	8:20.097	42.940	1:00.115	51.602	1:50.650	1:11.928	1:09.929	1:32.933
2	13:53:50.261	9:31.093	43.128	1:23.913	52.810	2:20.089	1:47.642	1:10.010	1:13.501
3	14:03:54.792	10:04.531	41.873	57.790	50.808	3:13.598	1:10.337	1:45.184	1:24.941
4	14:30:52.928	26:58.136	45.120	1:06.997	54.556	19:52.816	1:18.347	1:25.451	1:34.849
5	14:53:50.014	22:57.086	6:54.364	1:09.676	1:01.270	9:36.576	1:14.741	1:20.004	1:40.455
6	15:35:48.073	41:58.059	3:00.436	1:16.820	1:04.207	32:08.366	1:26.968	1:22.595	1:38.667
(703) Marvin Brücker									
1	13:44:52.680	8:41.209	44.952	1:06.912	56.091	2:35.250	1:01.158	1:06.544	1:10.302
2	13:53:34.278	8:41.598	39.479	1:18.292	45.363	2:34.137	1:08.530	1:05.090	1:10.707
3	14:11:32.722	17:58.444	34.590	1:22.870	59.507	11:18.079	1:12.474	1:10.488	1:20.436
4	14:23:11.780	11:39.058	51.507	1:09.635	1:17.159	2:39.026	1:17.016	1:30.960	2:53.755
5	15:32:13.012	09:01.232	40.177	1:23.353	51.670	54:30.063	1:25.988	1:16.265	8:53.716
(619) Dennis Antens									
1	13:44:34.930	7:57.164	40.785	1:04.934	50.466	2:18.131	54.797	1:05.861	1:02.190
2	14:05:26.810	20:51.880	34.560	58.937	46.876	15:19.359	59.251	1:02.205	1:10.692
3	14:18:45.353	13:18.543	39.269	1:03.554	4:31.445	3:33.399	1:07.108	1:08.638	1:15.130
4	15:09:48.062	51:02.709	42.493	1:05.068	47.450	44:37.648	1:14.293	1:10.341	1:25.416
5	15:35:31.141	25:43.079	11:44.383	1:10.460	54.326	2:32.452	1:21.560	5:07.986	2:51.912
(918) Peter Martens									
1	13:49:41.811	12:41.157	1:52.876	1:03.186	1:02.130	3:17.080	1:54.023	1:03.829	2:28.033
2	14:11:45.621	22:03.810	42.878	1:10.599	55.802	14:59.370	1:13.807	1:34.491	1:26.863
3	14:25:45.650	14:00.029	45.265	2:04.045	1:22.071	4:09.085	1:20.347	2:18.090	2:01.126
4	15:11:08.240	45:22.590	55.327	1:21.512	57.757	36:59.362	1:20.844	1:10.710	2:37.078
5	15:37:14.017	26:05.777	16:13.701	1:12.200	54.686	2:40.438	1:26.979	1:37.332	2:00.441
(39) Kees de Kock									
1	14:02:34.644	24:12.202	38.844	2:10.737	3:04.891	13:48.483	1:05.144	1:22.646	2:01.457
2	14:16:11.869	13:37.225	39.128	2:05.998	1:55.903	2:29.373	1:18.993	1:59.640	3:08.190
3	14:40:50.497	24:38.628	42.403	2:51.379	53.163	15:22.096	1:52.175	1:07.424	1:49.988
4	15:33:10.775	52:20.260	11:15.261	1:11.554	1:28.812	13:57.815	1:28.618	1:16.147	21:42.053
(68) Daymond Martens									
1	13:36:53.944	3:58.378	18.330	29.976	26.910	1:06.355	32.282	29.949	34.576
2	13:41:21.636	4:27.692	19.972	37.827	28.873	1:08.010	37.651	34.606	40.753
3	13:45:44.031	4:22.395	23.141	34.587	29.141	1:08.580	37.505	32.383	37.058
4	13:50:03.416	4:19.385	21.527	33.650	29.775	1:07.099	35.309	34.332	37.693





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	13:54:29.523	4:26.107	21.860	36.284	30.805	1:09.241	37.715	33.700	36.502
6	13:58:55.020	4:25.497	21.548	39.837	27.673	1:08.534	34.682	34.039	39.184
7	14:03:19.817	4:24.797	23.522	33.808	29.071	1:09.947	36.412	33.005	39.032
8	14:07:44.267	4:24.450	20.412	35.746	27.522	1:11.784	35.044	34.450	39.492
9	14:12:05.946	4:21.679	21.253	35.694	26.415	1:09.660	36.297	33.217	39.143
10	14:16:31.899	4:25.953	22.033	34.755	29.187	1:09.182	37.837	33.782	39.177
11	14:21:06.179	4:34.280	22.519	37.516	28.388	1:11.456	38.022	34.894	41.485
12	14:27:09.428	6:03.249	24.176	37.069	29.734	2:33.601	40.358	37.797	40.514
13	14:33:46.931	6:37.503	2:05.689	36.162	27.148	1:32.152	37.866	35.875	42.611
14	14:41:12.813	7:25.882	2:56.163	36.667	28.920	1:31.262	36.122	36.787	39.961
15	14:49:16.086	8:03.273	3:23.015	37.920	28.161	1:34.111	38.479	37.192	44.395
16	14:55:49.114	6:33.028	1:47.140	41.133	32.263	1:32.673	38.759	36.220	44.840
17	15:02:00.195	6:11.081	1:41.504	40.067	28.834	1:22.645	36.856	37.906	43.269
18	15:08:14.691	6:14.496	1:44.481	37.931	29.285	1:23.502	37.926	36.375	44.996
19	15:14:44.773	6:30.082	1:47.509	38.592	29.455	1:32.629	38.121	37.971	45.805
20	15:21:12.530	6:27.757	1:41.542	40.752	31.888	1:30.178	40.041	38.476	44.880

(29) Steve Ramon

1	13:37:05.260	4:02.772	19.195	32.389	24.331	1:06.998	33.575	31.224	35.060
2	13:41:50.428	4:45.168	19.099	37.087	51.580	1:08.991	38.227	32.498	37.686
3	13:46:07.076	4:16.648	22.093	36.777	27.499	1:08.093	33.851	32.312	36.023
4	13:50:49.451	4:42.375	19.939	39.048	29.729	1:27.147	35.380	32.151	38.981
5	13:55:31.239	4:41.788	20.623	37.484	27.581	1:28.240	35.849	34.339	37.672
6	14:00:15.596	4:44.357	20.970	37.233	27.385	1:30.025	36.558	33.773	38.413
7	14:05:02.223	4:46.627	22.177	36.517	27.889	1:28.605	35.469	35.812	40.158
8	14:09:35.199	4:32.976	22.064	39.031	28.553	1:11.985	37.097	34.503	39.743
9	14:14:10.956	4:35.757	22.964	37.673	27.793	1:12.202	36.863	36.758	41.504
10	14:18:47.568	4:36.612	22.555	38.584	27.847	1:13.964	36.656	36.226	40.780
11	14:23:33.388	4:45.820	23.901	37.889	29.320	1:16.539	39.746	36.936	41.489
12	14:29:40.526	6:07.138	23.751	37.452	28.118	2:43.420	36.945	35.922	41.530
13	14:36:48.000	7:07.474	2:47.278	38.759	27.746	1:20.379	37.395	35.984	39.933
14	14:43:31.767	6:43.767	2:16.626	40.260	27.820	1:20.793	39.113	36.634	42.521
15	14:49:59.646	6:27.879	1:58.571	38.087	29.956	1:22.199	37.364	38.681	43.021
16	14:56:48.697	6:49.051	2:07.035	43.740	31.075	1:24.525	40.887	38.265	43.524
17	15:03:49.144	7:00.447	2:06.659	39.154	31.305	1:39.927	41.445	36.882	45.075
18	15:10:50.602	7:01.458	2:13.911	42.827	29.496	1:28.873	41.482	37.335	47.534

(136) Rene Rannikko

1	13:37:52.644	4:28.706	20.137	36.715	28.347	1:15.234	36.418	33.372	38.483
2	13:42:35.843	4:43.199	20.433	37.737	29.608	1:17.662	40.134	36.607	41.018
3	13:47:31.589	4:55.746	22.334	41.311	30.931	1:20.078	41.976	37.437	41.679
4	13:52:26.472	4:54.883	22.664	40.734	29.540	1:19.933	41.008	39.524	41.480
5	13:57:27.341	5:00.869	24.115	41.951	31.389	1:22.321	39.370	39.666	42.057
6	14:02:49.381	5:22.040	24.013	42.783	30.551	1:41.340	40.069	39.753	43.531
7	14:11:02.176	8:12.795	23.956	41.952	30.881	4:29.732	41.219	40.594	44.461
8	14:16:17.617	5:15.441	25.757	44.771	29.799	1:24.892	46.141	40.384	43.697
9	14:21:23.939	5:06.322	25.397	42.854	29.760	1:23.969	39.289	38.565	46.488
10	14:26:33.308	5:09.369	26.093	41.578	32.414	1:26.334	40.571	39.031	43.348
11	14:34:08.898	7:35.590	2:24.426	42.649	31.264	1:47.717	42.441	41.257	45.836
12	14:41:51.106	7:42.208	2:27.336	47.634	32.403	1:50.285	41.666	39.610	43.274
13	14:52:05.612	10:14.506	1:56.006	45.977	31.329	4:58.228	39.401	39.125	44.440
14	14:58:55.794	6:50.182	1:52.518	42.255	30.228	1:29.606	43.698	47.504	44.373
15	15:06:08.308	7:12.514	1:56.277	42.477	30.012	1:50.398	43.134	42.628	47.588
16	15:13:07.987	6:59.679	1:54.455	42.263	30.178	1:42.352			46.473
17	15:20:11.834	7:03.847	1:47.177	41.269	31.477	1:44.851	46.557	43.384	49.132
18	15:29:15.097	9:03.263	1:52.975	43.812	33.852	3:37.940	47.257	40.632	46.795

(69) Maxime Sot

1	13:36:55.900	3:59.710	18.696	31.868	25.570	1:06.156	32.464	30.469	34.487
2	13:41:20.820	4:24.920	18.365	35.320	28.002	1:08.045	39.924	36.358	38.906
3	13:45:42.787	4:21.967	21.811	32.674	26.830	1:08.962	40.084	35.082	36.524
4	13:50:08.155	4:25.368	23.435	36.435	28.360	1:09.463	35.446	35.110	37.119
5	13:54:30.372	4:22.217	22.334	36.500	29.349	1:07.693	38.006	33.292	35.043
6	13:58:51.984	4:21.612	22.519	35.636	27.303	1:09.768			36.892
7	14:03:15.574	4:23.590	22.812	34.477	27.817	1:10.539			37.398
8	14:07:40.992	4:25.418	22.564	35.523	28.836	1:10.737	35.569	35.065	37.124



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
9	14:12:06.554	4:25.562	22.493	34.447	27.806	1:10.275			38.504
10	14:16:42.188	4:35.634	23.318	36.663	28.480	1:11.621	35.167	36.578	43.807
11	14:21:28.827	4:46.639	22.699	35.494	39.234	1:12.694	39.752	35.929	40.837
12	14:26:29.815	5:00.988	28.106	35.735	31.325	1:33.695	35.069	36.212	40.846
13	14:33:13.493	6:43.678	1:42.558	33.247	27.639	2:11.019	34.918	35.442	38.855
14	14:41:00.178	7:46.685	3:33.076	37.640	30.398	1:14.057	36.042	35.600	39.872
15	14:47:38.313	6:38.135	2:05.571	35.719	28.339	1:34.396	37.153	36.168	40.789
16	14:53:48.795	6:10.482	1:37.656	36.412	29.150	1:34.351	38.308	34.739	39.866
17	15:00:12.085	6:23.290	1:36.411	36.333	30.049	1:35.791			46.149

(33) Heikki van den Berg

1	13:37:40.010	4:33.013	19.928	36.508	30.491	1:11.967	38.423	35.935	39.761
2	13:43:00.005	5:19.995	21.759	40.286	31.544	1:39.945	43.263	41.047	42.151
3	13:48:24.603	5:24.598	23.552	42.574	33.224	1:40.134	40.982	41.748	42.384
4	13:53:58.639	5:34.036	24.776	41.745	33.906	1:44.267	41.532	40.781	47.029
5	13:59:41.344	5:42.705	25.034	44.356	33.921	1:48.835	43.973	43.046	43.540
6	14:04:58.603	5:17.259	25.898	41.714	32.678	1:23.611	45.024	45.451	42.883
7	14:10:25.502	5:26.899	25.574	46.280	34.172	1:24.325	43.961	45.550	47.037
8	14:15:46.144	5:20.642	25.781	42.816	33.974	1:26.097	43.643	44.790	43.541
9	14:21:09.934	5:23.790	25.653	40.601	32.205	1:28.218	45.205	44.816	47.092
10	14:26:41.362	5:31.428	26.989	40.425	34.005	1:30.288	45.619	45.432	48.670
11	14:36:40.706	9:59.344	2:38.998	43.779	32.217	3:48.180			46.952
12	14:45:50.946	9:10.240	3:47.007	45.294	36.556	1:40.112			49.038
13	14:53:31.113	7:40.167	2:13.147	45.772	34.580	1:38.933	46.448	49.775	51.512
14	15:01:07.743	7:36.630	2:05.997	43.804	35.427	1:39.542	50.624	47.818	53.418
15	15:09:08.071	8:00.328	2:06.166	45.598	37.313	2:01.011	50.687	46.740	52.813
16	15:16:56.750	7:48.679	2:00.027	44.801	36.386	1:52.117	50.474	48.608	56.266
17	15:24:54.246	7:57.496	1:54.466	47.620	37.637	1:55.647	54.007	50.593	57.526

(85) Nancy van de Ven

1	13:38:09.316	4:55.512	21.396	37.602	30.211	1:29.934	38.774	37.825	39.770
2	13:43:18.411	5:09.095	20.821	39.036	30.512	1:33.539	39.147	41.547	44.493
3	13:48:29.167	5:10.756	25.875	40.402	30.674	1:33.318	40.804	38.780	40.903
4	13:53:45.363	5:16.196	22.414	43.408	30.419	1:36.154	40.214	41.124	42.463
5	13:59:05.945	5:20.582	24.333	42.182	31.056	1:36.015	43.127	41.552	42.317
6	14:04:03.689	4:57.744	26.736	43.343	30.496	1:14.738	39.311	40.362	42.758
7	14:11:17.420	7:13.731	26.421	44.694	31.673	3:18.454	46.061	40.658	45.770
8	14:16:32.273	5:14.853	26.955	43.230	32.050	1:22.298	42.086	43.820	44.414
9	14:21:48.925	5:16.652	25.513	46.322	32.809	1:20.954	42.417	41.540	47.097
10	14:27:17.186	5:28.261	28.706	45.074	31.904	1:25.533			51.356
11	14:44:04.509	16:47.323	8:11.929	48.780	51.654	4:30.719	46.513	44.771	52.957
12	14:51:01.530	6:57.021	1:47.766	40.389	30.929	1:33.828	47.714	44.469	51.926
13	14:58:27.802	7:26.272	2:04.640	44.389	34.395	1:37.695	45.805	46.013	53.335
14	15:05:50.267	7:22.465	1:50.268	43.715	34.589	1:38.369	47.767	50.387	57.370
15	15:13:23.935	7:33.668	1:57.323	45.183	34.771	1:41.342	49.647	50.621	54.781
16	15:23:56.837	10:32.902	2:25.089	50.085	36.636	4:00.807	50.044	51.366	58.875

(965) Jordan-Lee van Maaren

1	13:38:20.823	4:50.591	21.443	36.838	30.627	1:29.999			38.970
2	13:43:18.361	4:57.538	21.529	35.975	29.517	1:32.451	40.099	38.026	39.941
3	13:48:29.729	5:11.368	23.811	39.124	32.363	1:35.378	41.267	37.219	42.206
4	13:53:42.294	5:12.565	25.162	40.964	29.808	1:34.492	41.109	39.061	41.969
5	13:58:39.090	4:56.796	25.195	40.337	31.374	1:15.396	43.055	38.007	43.432
6	14:03:38.621	4:59.531	25.418	40.602	29.280	1:18.646	40.758	39.276	45.551
7	14:11:50.429	8:11.808	28.386	42.396	30.095	4:17.623	44.493	44.215	44.600
8	14:17:04.341	5:13.912	28.012	42.921	33.074	1:20.646	41.213	40.859	47.187
9	14:22:34.325	5:29.984	26.336	42.414	30.575	1:40.208	43.495	41.082	45.874
10	14:28:13.282	5:38.957	27.016	42.565	47.474	1:26.563	45.556	43.129	46.654
11	14:37:35.354	9:22.072	4:22.504	44.860	33.442	1:28.647			47.149
12	14:47:44.062	10:08.708	2:05.515	41.002	35.188	4:31.300	44.604	41.658	49.441
13	14:56:23.313	8:39.251	3:32.519	40.953	34.613	1:29.352	46.127	42.774	52.913
14	15:03:21.164	6:57.851	1:43.557	41.000	37.301	1:29.837	49.347	43.409	53.400
15	15:10:23.971	7:02.807	1:48.424	44.437	35.631	1:32.648	46.682	42.119	52.866

(512) Jeffrey van Kempen

1	13:37:53.393	4:28.969	20.877	37.404	29.188	1:10.205	36.899	35.894	38.502
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RBKO Den Haag

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Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:42:42.267	4:48.874	20.991	40.007	29.733	1:12.832	43.740	38.612	42.959
3	13:47:33.196	4:50.929	23.054	40.807	31.616	1:14.096			43.500
4	13:52:35.222	5:02.026	24.189	42.789	30.809	1:16.154	42.792	41.799	43.494
5	13:57:35.373	5:00.151	25.563	40.033	31.575	1:18.230	41.154	39.899	43.697
6	14:02:45.965	5:10.592	26.441	41.875	32.668	1:22.109	42.640	41.867	42.992
7	14:11:32.071	8:46.106	26.200	48.925	36.463	4:46.108	41.558	39.444	47.408
8	14:16:37.061	5:04.990	27.093	43.749	31.891	1:16.389	40.896	40.466	44.506
9	14:21:49.096	5:12.035	25.894	41.471	30.392	1:18.362	43.347	44.047	48.522
10	14:32:29.508	10:40.412	26.464	45.387	32.181	6:23.730	54.320	45.571	52.759
11	14:45:23.040	12:53.532	7:05.166	49.357	37.366	1:54.388	49.558	45.484	52.213
12	14:53:02.879	7:39.839	1:57.544	45.865	35.395	1:53.874			49.579
13	15:00:50.001	7:47.122	1:58.463	45.572	35.979	1:55.410			53.350
14	15:10:55.352	10:05.351	1:56.015	45.521	1:10.251	3:27.874	56.373	53.645	55.672
15	15:18:40.954	7:45.602	1:55.017	46.228	37.419	1:50.720	50.588	48.927	56.703

(618) Ingmar Jeurissen

1	13:38:38.269	4:47.612	23.659	43.565	30.342	1:07.940			40.888
2	13:43:38.363	5:00.094	21.125	40.629	30.238	1:13.244	42.469	46.689	45.700
3	13:48:49.390	5:11.027	25.987	43.109	31.893	1:13.359	43.520	47.469	45.690
4	13:54:40.353	5:50.963	28.006	46.560	31.848	1:46.052	41.180	50.341	46.976
5	14:00:09.046	5:28.693	27.615	49.720	32.388	1:13.893	45.104	51.822	48.151
6	14:05:40.862	5:31.816	29.121	46.205	34.450	1:15.483	44.343	51.013	51.201
7	14:11:56.960	6:16.098	29.545	48.092	36.058	1:49.048	46.594	53.011	53.750
8	14:17:48.051	5:51.091	31.475	51.004	34.398	1:19.032	47.309	53.342	54.531
9	14:24:13.056	6:25.005	33.068	49.408	35.142	1:27.619	1:09.695	55.428	54.645
10	14:35:38.201	11:25.145	33.756	50.861	34.921	6:46.604	49.960	53.248	55.795
11	14:44:08.907	8:30.706	2:16.437	51.284	51.936	1:50.766	49.001	54.516	56.766
12	14:52:11.855	8:02.948	1:58.022	53.391	34.153	1:54.203	50.862	56.295	56.022
13	15:00:20.719	8:08.864	2:02.490	49.912	38.180	1:38.608	56.225	59.747	1:03.702
14	15:12:22.971	12:02.252	2:06.397	52.264	41.883	5:30.023	56.998	57.029	57.658
15	15:20:45.179	8:22.208	2:00.499	51.636	40.444	1:47.723	57.013	56.943	1:07.950

(984) Edward Sloane

1	13:40:18.480	5:37.702	31.428	44.792	37.031	1:21.345	46.489	46.662	49.955
2	13:45:55.046	5:36.566	27.188	47.303	37.275	1:18.271	48.140	45.190	53.199
3	13:52:04.871	6:09.825	28.497	48.790	40.740	1:18.303	50.047	45.335	1:18.113
4	13:58:10.744	6:05.873	27.852	52.647	41.820	1:25.373	52.086	47.407	58.688
5	14:04:12.037	6:01.293	30.455	50.324	39.038	1:28.704	49.396	47.817	55.559
6	14:11:32.249	7:20.212	1:00.660	50.507	37.990	2:01.591	55.099	52.661	1:01.704
7	14:18:17.099	6:44.850	43.926	51.205	37.230	1:29.364	52.678	1:12.952	57.495
8	14:30:51.446	12:34.347	34.325	51.354	38.524	7:41.905	54.897	52.270	1:01.072
9	14:41:31.200	10:39.754	4:56.442	50.727	36.910	1:30.364	54.227	48.996	1:02.088
10	14:50:34.077	9:02.877	2:24.418	52.932	41.391	1:39.226	56.544	52.398	1:35.968
11	14:59:58.576	9:24.499	2:20.143	58.404	1:12.164	1:45.106	1:01.318	53.113	1:14.251
12	15:08:44.253	8:45.677	2:11.023	1:01.208	44.011	1:45.915	1:00.906	54.753	1:07.861
13	15:18:27.312	9:43.059	2:19.606	57.382	1:05.777	2:06.790	1:10.289	55.469	1:07.746
14	15:27:38.848	9:11.536	2:17.864	58.988	47.133	2:00.161	1:02.353	55.184	1:09.853
15	15:37:10.568	9:31.720	2:20.767	57.513	52.203	2:11.517	1:03.991	56.578	1:09.151

(664) Thorsten Lentink

1	13:38:12.629	4:50.728	22.143	40.172	30.306	1:15.517	40.630	41.024	40.936
2	13:43:12.385	4:59.756	23.204	39.929	31.889	1:14.997	44.089	43.450	42.198
3	13:48:47.936	5:35.551	23.223	43.659	34.322	1:43.462	42.230	45.462	43.193
4	13:54:12.210	5:24.274	24.532	45.741	41.708	1:18.851	45.795	41.992	45.655
5	14:00:00.910	5:48.700	28.004	46.275	35.501	1:46.306	42.599	44.078	45.937
6	14:05:56.821	5:55.911	27.290	47.976	35.984	1:47.712	44.626	46.175	46.148
7	14:14:22.169	8:25.348	27.206	45.321	36.443	4:17.537			47.281
8	14:19:52.436	5:30.267	27.133	47.213	34.142	1:22.249	46.038	45.868	47.624
9	14:26:46.500	6:54.064	28.640	45.095	35.003	1:26.075	1:56.771	52.508	49.972
10	14:40:31.048	13:44.548	4:39.858	47.757	36.446	5:11.072	47.774	49.746	51.895
11	14:49:42.954	9:11.906	3:22.799	47.378	36.314	1:28.130			1:13.089
12	15:02:55.667	13:12.713	3:16.451	46.274	42.010	4:58.358	53.358	51.167	56.574
13	15:11:39.471	8:43.804	2:51.806	47.876	39.458	1:37.551	55.981	50.182	1:00.950
14	15:20:03.943	8:24.472	2:07.440	51.578	41.722	1:49.435	57.809	56.101	1:00.387

(10) Milko Potisek



RBKO Den Haag

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Heat 2 Final

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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:36:51.194	3:57.085	17.704	32.860	25.373	1:04.910	32.960	28.860	34.418
2	13:41:09.933	4:18.739	19.585	35.699	28.609	1:07.599			36.321
3	13:45:23.309	4:13.376	20.411	35.340	26.177	1:06.635	35.860	32.193	36.760
4	13:49:40.198	4:16.889	19.608	35.216	27.060	1:08.512	35.395	33.708	37.390
5	13:53:59.508	4:19.310	20.052	36.140	28.071	1:09.799	34.898	32.806	37.544
6	13:58:17.306	4:17.798	20.200	34.845	27.342	1:09.942	35.239	33.464	36.766
7	14:02:36.429	4:19.123	21.451	35.895	26.157	1:08.793	37.345	33.773	35.709
8	14:07:14.724	4:38.295	21.485	36.590	27.907	1:27.217	34.946	33.092	37.058
9	14:11:58.462	4:43.738	23.925	36.181	27.146	1:28.493	37.696	33.024	37.273
10	14:16:19.667	4:21.205	22.215	36.980	29.280	1:08.348	35.746	32.445	36.191
11	14:21:00.192	4:40.525	22.464	34.041	26.592	1:27.139	35.972	33.155	41.162
12	14:25:23.573	4:23.381	21.082	35.959	27.127	1:09.968	35.823	34.240	39.182
13	14:29:53.468	4:29.895	24.111	37.666	27.516	1:11.424	37.131	33.808	38.239

(939) Kevin Vangenechten

1	13:37:51.332	4:29.782	19.919	36.817	28.910	1:10.977	36.557	36.989	39.613
2	13:42:37.044	4:45.712	21.219	38.790	29.510	1:14.406	41.301	40.014	40.472
3	13:47:33.575	4:56.531	24.394	41.349	32.335	1:15.001	41.864	41.685	39.903
4	13:52:29.256	4:55.681	24.439	41.811	30.690	1:16.251			40.042
5	13:57:51.151	5:21.895	25.788	41.492	31.537	1:39.926	40.304	41.199	41.649
6	14:03:13.166	5:22.015	23.866	41.522	32.154	1:41.090	39.884	42.040	41.459
7	14:08:16.429	5:03.263	23.698	40.787	32.945	1:20.072	41.462	41.358	42.941
8	14:19:31.618	11:15.189	25.422	42.469	33.894	7:20.196	44.260	42.786	46.162
9	14:24:45.327	5:13.709	26.316	42.264	33.530	1:22.057	43.167	42.927	43.448
10	14:30:20.505	5:35.178	28.261	42.912	34.704	1:27.411	42.472	42.949	56.469
11	14:43:16.041	12:55.536	3:23.049	44.784	36.943	5:55.336	44.144	41.897	49.383
12	14:50:18.674	7:02.633	1:41.806	43.436	33.788	1:48.214	43.244	44.010	48.135
13	14:57:30.079	7:11.405	2:00.029	46.340	36.623	1:29.060	43.751	44.763	50.839

(769) Glenn Baelemans

1	13:38:23.780	4:57.934	22.646	39.888	31.620	1:19.176	41.779	40.836	41.989
2	13:43:34.961	5:11.181	23.000	42.621	32.315	1:21.301	46.418	42.628	42.898
3	13:48:50.043	5:15.082	23.576	45.293	31.958	1:21.015	46.058	44.210	42.972
4	13:54:37.229	5:47.186	27.903	45.094	35.781	1:43.087	45.644	45.101	44.576
5	14:00:13.915	5:36.686	27.550	49.032	34.170	1:25.788	44.937	45.399	49.810
6	14:08:27.366	8:13.451	26.885	49.047	34.824	4:02.176	49.502	44.226	46.791
7	14:14:14.245	5:46.879	29.938	48.941	33.724	1:27.504	50.336	46.955	49.481
8	14:20:36.145	6:21.900	29.608	49.932	35.738	1:48.534	53.676	51.160	53.252
9	14:26:37.342	6:01.197	28.862	52.958	38.365	1:26.730	51.289	48.317	54.676
10	14:35:26.234	8:48.892	3:07.558	50.759	37.380	1:31.791	53.272	51.517	56.615
11	14:44:02.328	8:36.094	2:31.221	57.558	40.773	1:37.708	52.347	57.336	59.151
12	14:52:56.550	8:54.222	2:43.478	53.212	39.514	1:54.714	54.513	50.193	58.598
13	15:03:46.718	10:50.168	2:05.009	53.973	40.660	4:24.604	54.537	55.535	55.850

(589) Mick Meijer

1	13:39:05.517	5:25.501	22.344	39.188	32.228	1:46.354	43.823	38.601	42.963
2	13:44:33.704	5:28.187	23.562	43.098	32.365	1:40.153	42.440	44.125	42.444
3	13:50:16.964	5:43.260	24.113	45.764	34.110	1:42.619	43.266	46.571	46.817
4	13:56:12.538	5:55.574	26.676	46.461	37.052	1:45.623	44.251	47.266	48.245
5	14:02:07.676	5:55.138	27.429	43.976	35.579	1:48.512	45.693	45.447	48.502
6	14:08:06.715	5:59.039	27.543	46.374	34.746	1:44.772	45.582	52.000	48.022
7	14:17:24.303	9:17.588	28.423	46.972	36.422	4:58.241	47.068	49.646	50.816
8	14:23:10.108	5:45.805	29.095	46.387	35.959	1:23.818	49.256	48.269	53.021
9	14:29:29.870	6:19.762	32.144	47.116	38.005	1:30.300	49.354	53.206	1:09.637
10	14:41:19.677	11:49.807	6:04.901	52.758	38.006	1:35.816	51.358	51.279	55.689
11	14:48:57.274	7:37.597	2:00.955	49.331	37.970	1:34.866			55.723
12	15:01:38.821	12:41.547	3:54.512	48.794	36.494	4:40.107	52.953	52.155	56.532
13	15:09:41.925	8:03.104	1:59.953	46.644	39.240	1:41.824			1:10.850

(980) Ferry Solleveld

1	13:40:56.344	6:24.131	31.085	50.625	41.333	1:50.585	52.863	47.429	50.211
2	13:47:28.884	6:32.540	27.316	51.354	39.247	1:48.074	55.270	55.636	55.643
3	13:54:24.106	6:55.222	31.623	57.649	43.465	1:52.956	54.503	1:02.329	52.697
4	14:01:17.114	6:53.008	31.371	55.598	41.869	1:52.856	58.854	52.715	59.745
5	14:10:49.109	9:31.995	33.685	54.049	41.066	4:22.756	59.695	55.162	1:05.582
6	14:17:25.427	6:36.318	34.284	57.427	40.674	1:25.328	59.063	55.016	1:04.526



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
7	14:24:24.949	6:59.522	36.027	1:00.014	41.079	1:33.006			1:08.557
8	14:31:21.908	6:56.959	35.987	58.599	42.389	1:35.315	59.913	57.995	1:06.761
9	14:49:15.865	17:53.957	6:19.638	1:06.660	48.192	6:27.557	1:05.912	57.703	1:08.295
10	14:58:41.284	9:25.419	2:38.490	59.990	44.780	1:33.815	1:10.961	1:03.030	1:14.353
11	15:07:41.672	9:00.388	2:14.020	57.560	43.262	1:37.564	1:10.601	1:01.438	1:15.943
12	15:20:12.023	12:30.351	2:23.321	1:02.133	46.790	4:39.420	1:12.333	1:01.071	1:25.283
13	15:30:55.019	10:42.996	2:44.725	1:07.365	50.248	2:06.782	1:15.827	1:09.704	1:28.345

(951) Jelle Vanhoof

1	13:39:40.807	5:53.704	25.920	44.983	35.605	1:49.802	48.276	42.108	47.010
2	13:45:50.012	6:09.205	24.188	48.037	38.651	1:53.614	46.796	50.803	47.116
3	13:52:04.812	6:14.800	29.296	47.985	39.482	1:53.392	49.940	45.869	48.836
4	13:58:26.737	6:21.925	29.469	48.252	42.076	1:52.831	48.313	47.848	53.136
5	14:04:39.089	6:12.352	30.782	48.921	41.849	1:32.068	54.294	47.944	56.494
6	14:18:32.482	13:53.393	33.700	49.753	43.397	9:01.180	54.910	51.017	59.436
7	14:24:53.968	6:21.486	33.409	51.901	41.118	1:32.066	55.098	50.504	57.390
8	14:31:33.480	6:39.512	36.400	50.797	39.740	1:43.091	55.328	56.040	58.116
9	14:45:14.000	13:40.520	6:50.282	51.458	40.437	1:37.542	54.429	1:41.615	1:04.757
10	15:03:58.473	18:44.473	3:39.138	54.579	44.883	10:23.787	58.697	53.059	1:10.330
11	15:12:51.837	8:53.364	2:13.032	54.811	42.825	1:58.693	1:01.782	52.703	1:09.518
12	15:21:59.485	9:07.648	2:21.709	51.923	45.135	1:57.339			1:14.391
13	15:31:31.323	9:31.838	2:31.122	54.811	44.106	2:09.886	1:03.400	51.559	1:16.954

(387) Dieter Damiaens

1	13:37:16.169	4:13.051	19.340	35.020	27.039	1:07.246	34.900	32.573	36.933
2	13:41:47.816	4:31.647	19.641	37.633	29.830	1:08.038	40.744	36.232	39.529
3	13:46:18.855	4:31.039	22.040	39.011	29.181	1:08.784	35.709	37.255	39.059
4	13:50:51.580	4:32.725	22.121	38.265	30.561	1:11.148	35.642	35.373	39.615
5	13:55:47.630	4:56.050	21.895	41.312	28.892	1:32.571	36.664	36.060	38.656
6	14:00:40.132	4:52.502	22.553	37.101	28.944	1:31.396	36.917	35.740	39.851
7	14:06:13.311	5:33.179	22.048	35.685	28.660	2:17.273	36.131	35.613	37.769
8	14:10:47.946	4:34.635	22.732	37.948	30.837	1:11.428			39.236
9	14:15:41.499	4:53.553	23.240	34.111	30.113	1:32.738	39.027	34.904	39.420
10	14:20:41.244	4:59.745	22.394	35.859	30.380	1:33.093	39.647	38.135	40.237
11	14:25:25.056	4:43.812	22.788	36.472	30.983	1:13.917	38.309	38.567	42.776
12	14:30:13.095	4:48.039	24.847	37.217	30.232	1:14.572	42.186	36.823	42.162

(874) Kay Ebben

1	13:37:53.963	4:46.520	20.264	35.162	29.121	1:36.246	33.572	34.996	37.159
2	13:42:33.806	4:39.843	20.006	37.931	29.645	1:15.051	42.421	35.008	39.781
3	13:47:32.669	4:58.863	22.794	41.459	31.649	1:29.121	38.821	36.724	38.295
4	13:52:44.809	5:12.140	23.743	39.084	29.352	1:40.365	40.388	35.332	43.876
5	13:58:00.631	5:15.822	24.488	37.785	34.368	1:38.632	39.575	38.577	42.397
6	14:03:35.674	5:35.043	24.468	40.002	31.005	1:39.195			1:01.620
7	14:09:24.870	5:49.196	25.590	1:01.246	30.820	1:45.848	40.564	42.572	42.566
8	14:14:50.713	5:25.843	24.008	41.404	31.145	1:44.295	44.010	38.497	42.484
9	14:19:53.653	5:02.940	26.069	40.406	32.456	1:22.619	39.604	37.800	43.986
10	14:31:35.233	11:41.580	26.163	1:17.669	33.887	7:08.488	44.085	42.781	48.507
11	14:42:03.692	10:28.459	5:24.829	47.189	33.108	1:31.998	42.840	41.747	46.748
12	14:49:03.385	6:59.693	2:00.992	42.298	33.335	1:29.188			48.240

(87) Derk Lamphen

1	13:38:55.239	5:07.224	22.557	39.263	30.472	1:38.660	38.437	38.583	39.252
2	13:44:16.219	5:20.980	23.062	39.047	32.166	1:39.035	43.000	40.660	44.010
3	13:49:45.201	5:28.982	24.269	44.483	32.061	1:43.055	41.156	41.306	42.652
4	13:55:16.103	5:30.902	24.307	43.916	32.008	1:44.395	41.901	40.267	44.108
5	14:00:34.909	5:18.806	25.199	41.912	32.816	1:24.284	42.867	46.668	45.060
6	14:06:21.235	5:46.326	25.101	44.533	33.762	1:48.324	43.316	44.286	47.004
7	14:11:39.866	5:18.631	24.596	46.051	34.168	1:24.823	41.756	43.558	43.679
8	14:17:48.704	6:08.838	30.975	44.569	34.667	1:27.077	47.024	1:14.125	50.401
9	14:27:44.420	9:55.716	32.930	52.859	36.500	5:27.886	47.989	45.707	51.845
10	14:36:39.323	8:54.903	3:47.942	44.929	34.038	1:29.884	42.513	47.226	48.371
11	14:46:21.257	9:41.934	4:17.035	46.591	34.367	1:35.954	46.117	49.459	52.411
12	14:55:04.585	8:43.328	2:57.450	47.611	33.605	1:35.562	46.706	51.041	1:11.353

(740) Jordi van den Oord



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:38:31.130	4:54.331	21.845	40.745	31.223	1:18.567			41.127
2	13:43:54.912	5:23.782	23.432	38.973	30.825	1:43.521			43.548
3	13:49:30.885	5:35.973	25.772	41.799	32.767	1:44.509	42.274	44.266	44.586
4	13:55:19.561	5:48.676	26.141	44.219	35.908	1:48.843	44.254	44.830	44.481
5	14:00:32.487	5:12.926	26.278	42.842	32.719	1:20.442	43.236	43.420	43.989
6	14:06:22.327	5:49.840	26.201	42.986	34.928	1:46.384	46.113	46.104	47.124
7	14:11:54.296	5:31.969	28.131	46.534	34.483	1:24.748	44.667	43.815	49.591
8	14:19:27.705	7:33.409	29.147	45.097	35.583	3:23.341			46.506
9	14:25:30.217	6:02.512	26.674	1:02.834	35.737	1:30.083	47.881	47.801	51.502
10	14:31:23.626	5:53.409	31.875	47.936	37.270	1:31.461	46.935	45.936	51.996
11	14:42:51.309	11:27.683	5:42.028	48.718	38.860	1:37.429	52.515	50.746	57.387
12	14:55:43.955	12:52.646	2:32.336	50.040	39.785	6:00.995	54.682	55.125	59.683

(772) Wesley Aaldering

1	13:39:21.069	5:22.737	24.127	42.472	33.101	1:36.786	43.181	40.104	42.966
2	13:44:44.024	5:22.955	24.701	41.150	31.552	1:36.630	42.333	41.554	45.035
3	13:50:29.682	5:45.658	24.798	44.042	36.020	1:45.992	45.288	42.886	46.632
4	13:57:06.932	6:37.250	1:05.093	45.167	36.702	1:46.791	44.014	43.968	55.515
5	14:02:39.448	5:32.516	26.553	46.552	37.729	1:25.550	44.151	44.024	47.957
6	14:08:10.178	5:30.730	26.427	45.537	34.377	1:21.971	44.892	46.027	51.499
7	14:13:47.476	5:37.298	28.835	46.447	35.718	1:25.097	46.084	43.436	51.681
8	14:19:33.395	5:45.919	27.891	47.838	37.440	1:25.896	48.660	45.475	52.719
9	14:25:28.727	5:55.332	30.445	47.215	41.235	1:29.268	49.439	45.121	52.609
10	14:37:13.687	11:44.960	30.611	49.449	38.287	7:27.653			51.199
11	14:45:13.698	8:00.011	2:15.953	53.065	37.649	1:36.198	49.209	49.079	58.858
12	14:59:25.529	14:11.831	2:08.727	51.824	3:34.875	4:50.975	53.216	48.554	1:03.660

(319) Christ Van de Biezen

1	13:40:01.019	6:04.284	28.581	44.451	38.654	1:49.212	48.003	44.489	50.894
2	13:46:07.058	6:06.039	28.056	46.303	38.465	1:49.923	48.167	46.090	49.035
3	13:52:21.015	6:13.957	26.493	46.625	41.503	1:50.501	49.116	46.504	53.215
4	14:05:34.627	13:13.612	27.425	46.357	55.596	8:32.664	51.097	48.447	52.026
5	14:11:36.977	6:02.350	28.898	46.472	38.611	1:30.391	52.658	48.740	56.580
6	14:17:42.422	6:05.445	33.565	48.508	40.131	1:29.544	50.646	47.456	55.595
7	14:23:55.717	6:13.295	28.808	51.526	41.108	1:30.249	53.379	51.683	56.542
8	14:30:25.032	6:29.315	33.379	50.294	40.011	1:31.371	54.731	49.241	1:10.288
9	14:51:07.882	20:42.850	6:52.757	51.532	41.882	9:27.531	56.104	51.328	1:01.716
10	14:59:28.564	8:20.682	2:06.677	53.337	50.025	1:35.816	55.987	52.730	1:06.110
11	15:07:58.061	8:29.497	2:05.263	50.982	55.697	1:38.955	59.656	54.468	1:04.476
12	15:16:36.383	8:38.322	2:08.954	50.964	44.465	1:54.563	58.898	52.135	1:08.343

(748) Jasper van Strik

1	13:40:12.923	5:50.842	28.964	48.222	1:00.009	1:16.507	47.224	42.882	47.034
2	13:45:41.958	5:29.035	26.604	46.507	35.594	1:17.618	45.939	49.897	46.876
3	13:51:55.478	6:13.520	29.583	47.727	36.983	1:47.425	49.363	51.308	51.131
4	13:58:06.430	6:10.952	26.650	47.881	39.187	1:50.030	50.145	48.138	48.921
5	14:04:03.220	5:56.790	29.964	48.688	39.727	1:24.275	52.354	49.126	52.656
6	14:10:09.792	6:06.572	30.100	51.185	40.518	1:24.707	55.618	50.869	53.575
7	14:24:07.035	13:57.243	31.735	46.052	38.667	9:16.715	54.437	51.647	57.990
8	14:30:26.953	6:19.918	36.140	53.295	40.205	1:28.139	53.530	50.890	57.719
9	14:49:00.431	18:33.478	7:46.565	1:04.088	48.873	5:11.428	57.926	57.798	1:46.800
10	14:59:39.755	10:39.324	3:32.134	58.954	48.569	2:09.499	1:02.308	1:03.920	1:03.940
11	15:15:03.316	15:23.561	3:08.663	55.627	49.965	7:13.913	1:06.640	58.121	1:10.632
12	15:25:01.932	9:58.616	2:37.692	58.493	46.223	2:05.582			1:17.939

(421) Koen Engelbertink

1	13:40:23.995	5:51.445	34.054	47.180	38.544	1:23.576	50.342	47.230	50.519
2	13:46:33.737	6:09.742	27.830	50.270	36.854	1:30.503	51.392	56.301	56.592
3	13:53:39.915	7:06.178	31.673	56.861	44.918	2:01.517	57.783	56.251	57.175
4	14:00:00.808	6:20.893	35.384	49.777	41.022	1:32.785	51.531	57.804	52.590
5	14:07:12.981	7:12.173	32.052	51.657	45.399	2:10.890	56.468	58.022	57.685
6	14:17:44.947	10:31.966	36.743	56.289	46.327	5:16.546	58.612	57.285	1:00.164
7	14:25:11.665	7:26.718	36.946	51.664	48.417	2:12.425	56.887	1:00.197	1:00.182
8	14:32:47.456	7:35.791	39.307	58.342	46.776	2:10.725	56.832	1:01.613	1:02.196
9	14:49:25.107	16:37.651	9:53.435	59.805	44.016	1:47.119	1:00.463	1:03.689	1:09.124
10	15:06:07.525	16:42.418	4:41.827	1:02.001	50.587	6:51.991	1:03.085	1:04.432	1:08.495





RBKO Den Haag

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11	15:18:38.589	12:31.064	5:04.637	1:00.564	49.360	2:07.175	1:08.218	1:07.309	1:13.801
12	15:31:25.284	12:46.695	4:13.304	1:01.425	50.583	2:13.121	1:08.873	1:55.545	1:23.844

(393) Dave de Rooij

1	13:42:28.422	7:48.205	1:14.009	55.994	41.195	2:29.324	51.065	46.538	50.080
2	13:48:13.078	5:44.656	29.636	48.350	37.390	1:24.104	49.870	46.254	49.052
3	13:54:12.959	5:59.881	28.807	48.411	36.553	1:28.782	51.724	53.845	51.759
4	14:03:19.888	9:06.929	31.543	50.541	39.847	4:26.502	54.471	47.826	56.199
5	14:09:32.570	6:12.682	30.472	52.849	37.370	1:29.311	53.616	51.708	57.356
6	14:15:50.958	6:18.388	33.035	53.745	40.079	1:31.358	53.855	51.116	55.200
7	14:22:15.704	6:24.746	31.101	52.818	40.066	1:35.163	56.071	50.740	58.787
8	14:34:38.147	12:22.443	37.337	55.818	43.450	7:05.397	1:01.520	55.640	1:03.281
9	14:56:43.210	22:05.063	3:50.870	1:31.182	50.547	12:51.712	1:01.034	57.153	1:02.565
10	15:05:29.364	8:46.154	2:27.617	55.032	39.041	1:43.664	58.579	56.895	1:05.326
11	15:20:43.842	15:14.478	2:37.782	1:05.759	45.293	7:35.628	1:01.408	57.598	1:11.010
12	15:32:11.509	11:27.667	2:31.266	1:01.354	53.140	2:53.329	1:10.884	1:04.504	1:53.190

(785) Nicky Heuveling

1	13:41:17.432	6:25.649	33.492	55.163	47.861	1:25.841	54.006	49.412	59.874
2	13:47:28.991	6:11.559	31.417	54.442	37.551	1:27.577	52.592	50.300	57.680
3	13:53:51.324	6:22.333	31.548	59.473	43.382	1:27.084	56.717	48.126	56.003
4	14:07:24.318	13:32.994	33.667	51.383	38.964	8:20.111	58.655	1:07.515	1:02.699
5	14:14:15.977	6:51.659	33.698	55.392	46.086	1:33.612	1:03.572	52.655	1:06.644
6	14:21:46.335	7:30.358	37.617	1:08.666	47.801	1:40.048	57.652	1:04.367	1:14.207
7	14:29:11.095	7:24.760	37.299	59.898	43.198	1:46.032	1:02.009	1:03.699	1:12.625
8	14:49:28.365	20:17.270	3:00.612	1:07.159	48.525	12:04.005	1:02.547	58.039	1:16.383
9	15:00:31.414	11:03.049	3:34.151	59.579	55.560	1:56.484	1:13.831	1:02.980	1:20.464
10	15:15:35.504	15:04.090	3:42.118	1:00.095	49.336	5:49.396	1:13.749	1:03.420	1:25.976
11	15:25:34.142	9:58.638	2:41.440	1:00.118	46.291	2:08.793	1:04.977	58.858	1:18.161
12	15:35:26.068	9:51.926	2:25.759	54.512	49.213	2:19.434	1:05.905	58.293	1:18.810

(391) Wesley Schepers

1	13:40:03.627	6:54.834	19.284	34.203	29.164	3:41.258	37.666	36.093	37.166
2	13:44:31.241	4:27.614	21.866	38.058	29.511	1:07.230	37.543	34.955	38.451
3	13:49:05.973	4:34.732	21.945	38.398	31.285	1:09.102			39.669
4	13:53:50.140	4:44.167	22.696	40.709	30.364	1:10.174			41.034
5	13:58:39.324	4:49.184	23.746	38.751	30.794	1:12.426			42.471
6	14:03:25.913	4:46.589	23.651	40.262	31.723	1:12.076	39.470	37.439	41.968
7	14:08:16.503	4:50.590	24.062	39.141	33.020	1:16.132			42.558
8	14:13:39.095	5:22.592	24.391	41.898	32.974	1:35.899	42.217	40.273	44.940
9	14:19:02.619	5:23.524	25.020	41.750	30.621	1:40.507			42.983
10	14:24:39.166	5:36.547	27.475	42.419	32.820	1:41.627	47.391	39.837	44.978
11	14:30:20.579	5:41.413	27.962	43.132	33.478	1:41.563	45.798	38.898	50.582

(426) Ben Bosgraaf

1	13:38:47.248	5:13.062	22.785	39.389	30.933	1:40.362	38.344	38.487	42.762
2	13:44:11.240	5:23.992	22.660	39.502	30.167	1:45.051	41.988	40.900	43.724
3	13:49:38.396	5:27.156	24.888	41.748	32.351	1:41.556	41.710	40.169	44.734
4	13:55:29.334	5:50.938	23.802	43.486	33.554	1:48.688	46.190	42.230	52.988
5	14:00:51.399	5:22.065	26.643	44.028	34.103	1:22.747	46.241	41.832	46.471
6	14:09:55.013	9:03.614	26.550	44.922	34.555	5:00.159	47.141	44.164	46.123
7	14:15:24.228	5:29.215	27.865	46.000	37.140	1:23.358	44.466	44.613	45.773
8	14:21:04.618	5:40.390	27.286	42.368	35.786	1:30.310	46.528	44.855	53.257
9	14:26:54.572	5:49.954	28.107	46.872	36.975	1:34.052	48.342	44.999	50.607
10	14:43:24.930	16:30.358	11:10.233	47.415	35.017	1:34.098	47.630	46.312	49.653
11	14:50:47.023	7:22.093	1:58.188	47.157	34.176	1:38.581	48.264	44.342	51.385

(883) Mark van Keulen

1	13:39:02.536	5:05.687	23.475	41.855	32.263	1:24.002	42.589	40.705	40.798
2	13:44:33.654	5:31.118	23.302	42.187	34.049	1:42.313	42.323	43.506	43.438
3	13:50:20.441	5:46.787	25.884	45.336	33.544	1:47.387	43.199	46.658	44.779
4	13:55:58.194	5:37.753	26.307	44.682	36.784	1:30.819	45.825	45.943	47.393
5	14:02:00.612	6:02.418	26.014	45.717	35.384	1:56.235	44.773	47.429	46.866
6	14:11:37.436	9:36.824	1:03.078	49.201	36.844	4:44.041	45.074	48.276	50.310
7	14:17:39.524	6:02.088	29.259	44.994	35.267	1:53.060	46.165	46.998	46.345
8	14:23:50.033	6:10.509	29.520	1:04.139	37.184	1:30.529	50.839	48.640	49.658





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
9	14:29:40.854	5:50.821	30.980	45.584	36.108	1:28.139	48.682	47.867	53.461
10	14:44:02.401	14:21.547	8:39.420	50.611	49.337	1:35.630	46.988	48.249	51.312
11	14:54:52.163	10:49.762	2:09.346	45.132	36.726	4:50.641	47.774	47.303	52.840
(972) Matthew Moffat									
1	13:37:59.276	4:36.034	21.891	36.806	30.601	1:13.478			39.972
2	13:43:10.283	5:11.007	21.295	38.235	31.285	1:40.049			41.144
3	13:48:22.137	5:11.854	22.853	39.999	31.887	1:36.755			40.928
4	13:53:55.282	5:33.145	24.177	58.271	30.261	1:39.132			42.299
5	13:59:12.723	5:17.441	23.601	40.801	32.273	1:40.447			42.389
6	14:04:15.885	5:03.162	24.504	39.601	30.407	1:20.272	41.801	43.476	43.101
7	14:33:57.784	29:41.899	24.830	43.152	33.748	25:38.923			51.947
8	14:41:36.741	7:38.957	2:46.784	42.006	32.999	1:26.393			46.369
9	14:48:35.676	6:58.935	1:54.824	43.145	33.946	1:32.620	43.898	41.598	48.904
10	14:55:42.311	7:06.635	1:57.444	44.825	36.971	1:29.182			45.196
11	15:02:51.523	7:09.212	1:54.625	43.296	34.361	1:30.472			51.001
(331) Rudi Takman									
1	13:39:36.890	5:37.210	27.918	48.988	35.712	1:15.206	52.270	45.607	51.509
2	13:45:50.599	6:13.709	30.101	55.445	42.521	1:20.049	53.770	55.493	56.330
3	13:52:05.273	6:14.674	32.740	53.806	40.955	1:18.250	55.176	53.743	1:00.004
4	13:58:47.937	6:42.664	35.096	52.979	46.755	1:25.916	1:01.376	58.332	1:02.210
5	14:05:38.630	6:50.693	38.979	57.857	47.275	1:22.512	1:03.835	1:01.883	58.352
6	14:12:35.419	6:56.789	38.074	55.925	44.647	1:24.186	1:08.144	58.708	1:07.105
7	14:19:48.100	7:12.681	38.061	1:02.528	41.875	1:30.131	1:08.310	59.701	1:12.075
8	14:27:05.145	7:17.045	42.132	1:01.979	44.385	1:32.126	1:03.915	59.646	1:12.862
9	14:38:50.723	11:45.578	4:35.904	1:03.982	48.928	1:52.848	1:02.328	1:05.118	1:16.470
10	14:55:31.181	16:40.458	7:06.329	1:11.821	49.074	4:12.673	1:01.561	1:05.666	1:13.334
11	15:07:46.740	12:15.559	2:32.377	1:11.056	45.533	2:23.972	1:05.624	2:49.706	1:27.291
(645) Kevin Heemskerck									
1	13:40:58.311	6:16.662	32.829	51.885	40.806	1:31.452	52.663	54.115	52.912
2	13:47:59.250	7:00.939	27.523	54.463	39.961	1:59.296	51.486	52.963	1:15.247
3	13:55:12.279	7:13.029	33.711	59.679	38.778	2:11.644	53.183	59.094	56.940
4	14:02:08.637	6:56.358	32.664	51.536	38.379	2:07.254	54.360	53.984	58.181
5	14:09:19.231	7:10.594	34.759	57.410	40.267	2:08.500			57.063
6	14:18:39.884	9:20.653	34.904	54.531	38.264	4:24.457	59.490	50.192	58.815
7	14:25:29.886	6:50.002	35.414	56.500	39.675	1:37.977			1:05.685
8	14:32:19.373	6:49.487	35.492	59.596	41.309	1:40.609	58.129	52.985	1:01.367
9	14:49:46.093	17:26.720	9:35.938	1:22.987	45.797	1:58.712	1:29.465	56.015	1:17.806
10	15:02:28.200	12:42.107	2:46.962	58.467	47.175	4:58.642	1:03.428	58.947	1:08.486
11	15:11:38.110	9:09.910	2:21.518	1:00.689	43.691	1:51.365	1:04.897	59.961	1:07.789
(166) Richard van Baaren									
1	13:39:44.302	5:50.248	25.226	43.685	33.214	1:49.067	48.023	43.027	48.006
2	13:45:12.490	5:28.188	26.245	44.600	33.704	1:21.274	45.945	46.222	50.198
3	13:50:47.335	5:34.845	27.850	44.368	37.039	1:27.213	45.681	45.165	47.529
4	13:57:39.195	6:51.860	1:49.070	45.120	34.744	1:20.521	49.000	44.431	48.974
5	14:16:48.522	19:09.327	28.152	46.545	35.209	14:44.899	50.982	48.152	55.388
6	14:24:02.848	7:14.326	32.483	45.189	38.653	1:41.975	1:53.425	46.765	55.836
7	14:30:36.316	6:33.468	32.208	47.183	37.903	2:04.430	50.566	47.182	53.996
8	14:48:40.753	18:04.437	5:23.334	47.964	37.738	8:37.369	49.035	51.187	57.810
9	14:57:08.264	8:27.511	2:38.379	45.909	37.644	1:45.685	51.678	50.774	57.442
10	15:20:54.615	23:46.351	6:17.557	50.539	40.871	12:46.243	1:15.094	53.971	1:02.076
11	15:29:03.463	8:08.848	2:03.591	47.602	40.882	1:52.049	52.977	51.950	59.797
(847) Damian Bergevoet									
1	13:38:08.094	4:33.197	21.441	36.275	29.182	1:14.989	38.142	35.239	37.929
2	13:42:54.431	4:46.337	20.538	38.762	30.035	1:18.444	39.329	38.460	40.769
3	13:48:17.706	5:23.275	22.537	40.200	33.943	1:43.683	40.512	39.152	43.248
4	13:53:49.659	5:31.953	24.496	41.103	34.107	1:44.991			43.396
5	13:58:49.640	4:59.981	25.390	40.263	30.192	1:19.053			43.312
6	14:03:50.955	5:01.315	23.922	40.725	30.089	1:20.182	41.201	41.737	43.459
7	14:08:58.511	5:07.556	24.668	41.491	31.264	1:23.134	43.647	39.879	43.473
8	14:14:15.314	5:16.803	24.187	41.271	33.559	1:28.357	42.231	40.624	46.574
9	14:22:55.340	8:40.026	25.769	42.368	32.235	4:49.177			44.645





RBKO Den Haag

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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
10	14:28:43.844	5:48.504	25.057	44.337	31.931	1:48.567			48.623
(473) Daniel Hoving									
1	13:40:27.190	6:18.104	27.626	49.341	45.741	1:49.163	47.950	47.188	51.095
2	13:46:57.874	6:30.684	26.877	49.521	37.459	1:51.738	49.469	1:06.877	48.743
3	13:53:12.836	6:14.962	27.210	49.065	36.702	1:51.377	50.942	50.859	48.807
4	13:59:36.375	6:23.539	29.236	50.838	40.878	1:52.169	46.891	49.396	54.131
5	14:05:34.597	5:58.222	33.190	47.867	37.789	1:25.386			52.814
6	14:11:40.598	6:06.001	31.948	48.363	41.085	1:26.571	50.358	51.810	55.866
7	14:18:01.084	6:20.486	33.615	50.426	38.987	1:33.844	51.068	54.579	57.967
8	14:24:37.203	6:36.119	34.113	53.492	41.777	1:33.749	51.994	56.582	1:04.412
9	14:36:20.917	11:43.714	36.783	54.886	39.498	6:44.392	51.717	54.885	1:01.553
10	14:56:03.771	19:42.854	3:27.254	55.692	43.327	1:43.922	1:05.144	55.230	10:52.285
(550) Robert van der Steen									
1	13:40:22.623	5:46.485	27.940	51.318	35.910	1:22.613	51.217	46.650	50.837
2	13:46:27.101	6:04.478	26.617	51.331	36.206	1:32.573	53.829	49.832	54.090
3	13:53:15.568	6:48.467	29.432	55.057	38.117	2:03.143	56.812	50.438	55.468
4	14:03:30.844	10:15.276	33.072	55.882	37.898	5:20.929	57.178	52.688	57.629
5	14:09:56.188	6:25.344	37.145	53.097	38.529	1:27.896	54.949	53.544	1:00.184
6	14:16:45.139	6:48.951	37.076	1:08.457	38.358	1:35.081	53.550	54.782	1:01.647
7	14:23:34.153	6:49.014	40.719	54.857	40.949	1:42.900	53.566	52.576	1:03.447
8	14:31:12.328	7:38.175	36.848	56.452	40.828	2:10.857	1:03.616	1:00.932	1:08.642
9	14:48:54.153	17:41.825	6:55.634	56.245	43.717	6:05.323	1:00.441	52.454	1:08.011
10	15:00:49.798	11:55.645	5:00.224	51.951	44.895	2:13.994	1:01.159	54.772	1:08.650
(805) Jarno van der Velden									
1	13:41:47.205	6:51.043	31.692	51.896	44.603	2:02.449	52.059	54.892	53.452
2	13:48:31.272	6:44.067	29.592	53.297	42.289	1:57.442	51.101	53.796	56.550
3	13:55:21.022	6:49.750	31.588	52.740	41.458	2:00.847	52.725	53.215	57.177
4	14:05:43.307	10:22.285	31.712	52.084	41.857	5:27.530	55.210	54.944	58.948
5	14:12:51.154	7:07.847	33.102	53.104	43.568	2:07.253	54.748	54.629	1:01.443
6	14:19:39.799	6:48.645	33.903	55.812	41.242	1:44.435	56.875	54.914	1:01.464
7	14:26:38.939	6:59.140	35.979	55.887	41.760	1:50.319	55.368	56.367	1:03.460
8	14:48:30.194	21:51.255	7:40.901	58.721	44.599	9:26.115	58.804	58.947	1:03.168
9	14:57:38.149	9:07.955	2:24.266	57.126	46.692	1:54.789	1:00.472	56.963	1:07.647
10	15:13:11.965	15:33.816	2:38.267	1:03.190	49.868	7:33.214	1:06.381	1:04.601	1:18.295
(611) Bryan van Kampen									
1	13:43:54.539	7:57.005	43.366	1:12.867	51.949	1:54.786	1:12.922	54.588	1:06.527
2	13:51:42.236	7:47.697	37.647	59.727	53.424	2:20.107	1:00.857	51.507	1:04.428
3	13:59:24.531	7:42.295	37.230	56.625	1:01.603	1:55.150	1:00.617	1:07.244	1:03.826
4	14:07:13.233	7:48.702	39.191	58.011	43.218	2:24.297	1:03.023	51.780	1:09.182
5	14:25:41.899	18:28.666	40.058	58.948	44.800	12:48.323	1:07.598	55.300	1:13.639
6	14:34:41.664	8:59.765	43.544	1:01.466	53.226	2:35.549	1:33.238	58.407	1:14.335
7	14:46:18.723	11:37.059	4:07.905	58.154	53.222	1:58.828	1:08.199	1:11.488	1:19.263
8	14:59:03.356	12:44.633	4:55.552	1:18.944	49.320	2:07.239	1:12.884	1:03.898	1:16.796
9	15:15:27.119	16:23.763	3:05.195	57.559	52.909	7:48.429	1:16.124	1:00.889	1:22.658
10	15:30:26.653	14:59.534	5:57.850	1:27.418	55.993	2:40.204	1:17.451	1:02.857	1:37.761
(385) Tom Janssen									
1	13:43:19.891	7:49.949	45.166	59.542	47.135	2:16.961	1:02.625	55.886	1:02.634
2	13:50:49.410	7:29.519	35.291	56.464	44.611	2:16.909	59.739	53.946	1:02.559
3	13:58:34.627	7:45.217	38.885	59.605	44.506	2:18.305	1:01.079	58.343	1:04.494
4	14:06:29.123	7:54.496	36.727	58.625	46.562	2:27.619	1:02.668	57.027	1:05.268
5	14:18:27.974	11:58.851	37.898	58.161	47.437	6:19.282	1:05.166	1:01.298	1:09.609
6	14:26:32.953	8:04.979	41.591	1:07.824	48.055	2:08.511	1:02.576	1:03.237	1:13.185
7	14:51:40.560	25:07.607	17:33.954	1:10.511	50.126	2:09.698	1:08.094	1:02.843	1:12.381
8	15:08:07.891	16:27.331	3:23.126	1:06.200	53.836	7:28.071	1:05.687	1:10.647	1:19.764
9	15:19:26.785	11:18.894	3:10.009	1:07.126	50.221	2:31.813	1:09.030	1:09.204	1:21.491
10	15:31:29.547	12:02.762	3:22.683	1:10.586	55.928	2:34.852	1:17.282	1:09.981	1:31.450
(123) Danny Gerards									
1	13:38:41.784	5:05.453	23.740	37.238	31.238	1:35.867			40.766
2	13:43:36.372	4:54.588	22.026	39.014	30.097	1:18.794	41.810	40.965	41.882
3	13:48:51.397	5:15.025	23.792	40.049	31.457	1:39.828	39.669	38.923	41.307





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Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	13:53:56.991	5:05.594	26.236	42.190	33.149	1:19.899	40.619	40.878	42.623
5	13:58:51.169	4:54.178	23.121	40.181	30.154	1:19.208	40.390	40.081	41.043
6	14:04:17.262	5:26.093	24.222	39.319	31.345	1:44.365	43.276	40.396	43.170
7	14:13:00.055	8:42.793	25.666	39.759	31.959	4:58.793	41.626	40.796	44.194
8	14:18:19.412	5:19.357	25.563	40.800	35.001	1:23.257	46.023	42.132	46.581
9	14:23:41.147	5:21.735	26.832	41.197	33.268	1:24.476	44.397	40.234	51.331

(400) Ramon van Hamond

1	13:38:23.906	4:45.240	23.250	38.307	30.413	1:18.834	40.357	34.888	39.191
2	13:43:19.856	4:55.950	21.465	37.237	31.121	1:21.214	39.617	40.475	44.821
3	13:48:27.663	5:07.807	26.017	40.193	31.940	1:22.470	42.262	39.258	45.667
4	13:54:07.393	5:39.730	26.142	39.464	31.473	1:52.549	42.686	42.728	44.688
5	13:59:44.980	5:37.587	26.849	40.860	30.075	1:50.117	42.038	42.443	45.205
6	14:05:15.528	5:30.548	25.418	40.632	32.509	1:27.677	52.681	43.065	48.566
7	14:13:06.408	7:50.880	31.672	43.166	36.566	3:44.055	47.014	41.956	46.451
8	14:18:38.890	5:32.482	26.350	42.229	32.146	1:33.587	44.677	43.262	50.231
9	14:25:42.951	7:04.061	30.507	43.005	39.074	2:05.499			1:10.827

(278) Matthijs Heemskerck

1	13:39:35.552	5:41.870	25.666	41.908	34.502	1:46.980			47.648
2	13:48:21.974	8:46.422	23.372	43.894	34.246	4:48.128	44.755	43.984	48.043
3	13:54:49.212	6:27.238	25.734	1:11.892	37.910	1:49.014			49.925
4	14:00:53.246	6:04.034	27.791	46.306	37.883	1:46.659	45.225	49.446	50.724
5	14:07:08.015	6:14.769	29.501	47.941	36.414	1:49.306			53.924
6	14:13:15.299	6:07.284	30.270	50.735	38.919	1:29.214	51.623	53.986	52.537
7	14:19:20.365	6:05.066	28.865	46.419	38.445	1:29.877	53.462	52.216	55.782
8	14:25:16.265	5:55.900	28.366	47.624	39.325	1:30.790	48.071	45.926	55.798
9	14:31:38.918	6:22.653	29.981	51.795	37.638	1:52.926	52.098	44.445	53.770

(285) Jurjan Reijne

1	13:42:04.628	7:18.227	47.567	52.649	45.600	2:01.212	59.408	51.290	1:00.501
2	13:48:42.895	6:38.267	34.445	54.780	43.035	1:34.955	1:03.325	50.703	57.024
3	13:55:42.980	7:00.085	32.285	50.314	42.108	2:04.247	1:00.460	51.637	59.034
4	14:03:29.833	7:46.853	35.225	52.109	45.448	2:38.183			1:03.928
5	14:14:12.042	10:42.209	37.020	56.300	1:06.104	5:00.047	58.992	58.624	1:05.122
6	14:22:48.235	8:36.193	37.234	54.527	1:21.833	2:16.000	1:05.872	1:09.090	1:11.637
7	14:30:39.354	7:51.119	42.327	1:10.655	45.830	1:53.368	1:04.259	57.881	1:16.799
8	14:48:25.602	17:46.248	6:19.415	56.052	46.862	6:30.712	1:01.701	59.722	1:11.784
9	15:01:36.497	13:10.895	5:47.885	56.628	50.273	1:57.565	1:10.446	1:15.794	1:12.304

(563) Michel Olthaar

1	13:42:47.484	7:26.777	36.941	1:02.588	49.649	1:37.803	1:06.896	1:03.776	1:09.124
2	13:50:18.325	7:30.841	38.106	59.452	50.397	1:41.388	1:02.178	1:06.666	1:12.654
3	13:58:28.529	8:10.204	38.563	1:00.040	47.728	2:27.603	1:01.414	1:02.570	1:12.286
4	14:06:56.695	8:28.166	38.906	1:00.004	1:20.999	2:18.485	1:06.309	55.901	1:07.562
5	14:15:04.633	8:07.938	41.481	56.471	44.540	2:28.034	1:05.820	1:01.577	1:10.015
6	14:25:54.999	10:50.366	41.385	58.626	48.895	4:47.931	1:17.403	1:04.390	1:11.736
7	14:34:01.710	8:06.711	43.614	1:04.839	49.550	1:56.387	1:13.022	1:02.167	1:17.132
8	14:47:49.747	13:48.037	6:14.408	1:06.435	50.439	2:03.631	1:13.643	1:06.721	1:12.760
9	15:02:29.695	14:39.948	6:44.536	1:08.725	55.484	2:06.001	1:18.485	1:09.024	1:17.693

(665) Luc Boekestijn

1	13:42:24.591	6:42.875	34.855	52.603	42.557	1:47.502	57.897	51.173	56.288
2	13:49:19.142	6:54.551	34.042	50.954	44.584	2:01.690	54.084	48.145	1:01.052
3	14:02:22.852	13:03.710	32.048	50.148	39.251	8:04.332	1:02.439	49.399	1:06.093
4	14:09:29.789	7:06.937	35.239	48.786	44.231	2:07.019	59.823	50.750	1:01.089
5	14:16:59.558	7:29.769	35.712	52.496	43.322	2:04.204	1:15.732	51.555	1:06.748
6	14:24:05.000	7:05.442	37.018	51.905	42.663	1:46.762	1:04.430	55.509	1:07.155
7	14:31:47.860	7:42.860	43.722	56.562	45.038	2:02.031	1:04.687	56.305	1:14.515
8	14:51:43.444	19:55.584	5:09.246	1:01.682	47.092	9:42.568	1:07.259	55.351	1:12.386
9	15:02:45.616	11:02.172	3:49.994	58.072	47.126	1:57.865	1:09.307	1:00.060	1:19.748

(922) Johnny van der Zeijden

1	13:41:19.582	6:26.999	35.583	48.655	41.431	1:56.603	47.359	48.181	49.187
2	13:52:46.967	11:27.385	32.119	1:43.726	54.769	5:17.239	1:06.740	44.207	1:08.585
3	13:59:21.810	6:34.843	32.761	47.529	44.022	1:38.539	1:03.281	54.169	54.542



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	14:06:23.130	7:01.320	29.068	49.627	40.444	1:36.380	53.962	1:37.284	54.555
5	14:13:27.016	7:03.886	31.359	53.951	41.044	2:06.030	54.921	57.432	59.149
6	14:21:19.338	7:52.322	33.051	1:00.536	47.276	2:03.930	55.952	56.824	1:34.753
7	14:35:56.446	14:37.108	50.214	1:04.377	44.197	8:58.760	51.810	1:09.394	58.356
8	14:49:39.934	13:43.488	6:39.674	52.035	44.840	2:31.673	58.005	50.627	1:06.634
9	15:04:37.743	14:57.809	2:46.442	1:01.941	43.941	2:12.357	1:17.498	5:35.214	1:20.416

(447) Ruud Peeters

1	13:41:56.384	6:38.939	34.172	50.507	42.712	1:41.239	1:00.286	54.995	55.028
2	13:49:10.271	7:13.887	31.781	52.487	45.794	2:16.567	1:00.462	50.846	55.950
3	13:56:21.282	7:11.011	32.390	51.864	43.613	57.346	52.346	54.307	59.855
4	14:09:54.725	13:33.443	33.536	51.147	42.882	8:42.836	55.847	49.889	57.306
5	14:17:08.782	7:14.057	34.002	53.985	43.170	2:09.677	57.287	56.510	59.426
6	14:24:20.743	7:11.961	34.159	53.711	42.493	1:47.153	1:01.718	53.419	1:19.308
7	14:41:57.308	17:36.565	38.932	53.204	42.972	12:32.624	53.628	51.247	1:03.958
8	14:51:19.337	9:22.029	2:32.142	51.790	44.703	2:07.656	1:05.570	52.091	1:08.077
9	15:15:23.596	24:04.259	3:06.307	54.113	1:11.020	15:43.309	1:04.155	54.349	1:11.006

(961) Lasse Oedegaard

1	13:43:30.763	8:00.650	1:08.862	55.623	46.579	1:49.078	1:08.269	1:10.388	1:01.851
2	13:50:52.868	7:22.105	29.463	52.022	42.830	2:23.709	53.577	1:01.106	59.398
3	13:58:06.798	7:13.930	36.507	49.250	46.449	2:19.470	52.446	51.967	57.841
4	14:16:43.871	18:37.073	34.855	55.718	43.403	12:55.033	57.163	1:27.032	1:03.869
5	14:24:03.605	7:19.734	37.280	50.571	42.847	2:14.294	58.957	51.033	1:04.752
6	14:31:38.636	7:35.031	40.140	56.017	49.679	2:03.806	1:00.609	1:01.898	1:02.882
7	14:50:44.147	19:05.511	5:40.345	53.204	7:04.305	2:14.032	1:04.834	56.353	1:12.438
8	15:06:52.529	16:08.382	2:26.427	58.327	45.482	8:43.031	1:02.731	58.880	1:13.504
9	15:16:48.254	9:55.725	2:22.679	56.693	44.730	2:25.694	1:09.066	1:02.477	1:14.386

(810) Robbert Kluin

1	13:44:18.132	8:01.336	36.893	1:02.466	45.767	2:15.472	1:09.421	1:01.230	1:10.087
2	13:52:06.083	7:47.951	38.624	59.963	42.986	2:15.974	1:03.012	58.327	1:09.065
3	13:59:58.068	7:51.985	37.108	1:02.174	46.835	2:12.564	1:03.852	1:01.262	1:08.190
4	14:11:51.972	11:53.904	39.604	58.474	48.732	5:39.282	1:18.367	1:16.798	1:12.647
5	14:20:24.037	8:32.065	44.007	1:12.857	50.780	1:51.308	1:08.229	1:31.382	1:13.502
6	14:28:25.907	8:01.870	44.577	1:13.246	47.572	1:50.443	1:07.840	1:01.018	1:17.174
7	14:51:21.495	22:55.588	8:06.181	1:09.503	53.874	9:10.471	1:12.057	1:07.830	1:15.672
8	15:05:27.790	14:06.295	5:44.738	1:07.763	55.280	2:11.234	1:22.365	1:17.184	1:27.731
9	15:17:31.381	12:03.591	3:34.039	1:11.054	51.167	2:25.891	1:16.434	1:19.898	1:25.108

(630) Mitchell Lutter

1	13:43:07.523	7:24.070	39.240	1:04.433	41.564	1:51.825	1:02.664	1:01.212	1:03.132
2	13:50:22.945	7:15.422	34.098	1:03.766	46.148	1:54.073	1:00.632	53.287	1:03.418
3	13:58:35.818	8:12.873	36.692	1:01.434	45.904	2:34.424	1:03.684	1:01.555	1:09.180
4	14:06:28.602	7:52.784	38.054	1:01.940	44.754	2:25.346	1:02.870	57.612	1:02.208
5	14:14:23.232	7:54.630	53.455	58.123	45.871	1:59.260	1:06.281	1:00.187	1:11.453
6	14:30:29.863	16:06.631	38.899	1:02.226	47.750	10:24.484	1:00.682	58.141	1:14.449
7	14:48:02.197	17:32.334	10:20.993	54.703	44.807	2:02.986	1:05.362	1:04.807	1:18.676
8	15:08:16.126	20:13.929	7:29.911	58.446	43.554	7:39.707	1:02.182	1:04.668	1:15.461
9	15:19:51.953	11:35.827	2:58.820	1:01.148	54.604	2:49.047	1:13.370	1:08.596	1:30.242

(985) Pieter Louwies

1	13:41:55.557	7:05.030	36.595	1:07.392	46.476	1:33.049	1:00.611	57.502	1:03.405
2	13:53:40.411	11:44.854	35.438	1:03.185	43.642	6:13.014	1:06.286	55.796	1:07.493
3	14:01:28.128	7:47.717	39.571	58.292	45.842	2:12.557	1:04.259	56.962	1:10.234
4	14:14:49.408	13:21.280	37.548	1:00.117	46.101	7:41.697	1:07.090	1:00.851	1:07.876
5	14:22:25.497	7:36.089	40.576	1:01.168	48.263	1:46.362	1:03.601	1:03.859	1:12.260
6	14:46:42.354	24:16.857	40.563	1:13.782	49.232	18:16.705	1:06.367	59.218	1:10.990
7	15:14:51.979	28:09.625	3:30.017	1:01.536	1:11.484	19:03.114	1:06.650	59.951	1:16.873
8	15:25:22.296	10:30.317	2:34.252	1:01.836	56.451	2:11.063	1:11.496	1:08.979	1:26.240
9	15:37:37.351	12:15.055	2:54.975	1:08.374	56.357	2:46.009	1:25.195	1:34.365	1:29.780

(240) Dennis Van Wordragen

1	13:38:31.177	4:48.934	21.248	38.412	29.647	1:20.818	39.216	36.837	42.756
2	13:43:26.147	4:54.970	21.856	40.678	30.652	1:20.631	40.169	39.022	41.962
3	13:48:37.978	5:11.831	24.641	40.511	34.523	1:23.938	44.267	38.550	45.401





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
4	13:54:33.863	5:55.885	31.363	42.497	44.773	1:51.492	41.627	40.135	43.998
5	13:59:48.692	5:14.829	24.717	43.572	32.691	1:26.377	41.122	41.620	44.730
6	14:05:17.141	5:28.449	27.283	46.274	31.690	1:28.425	41.624	42.573	50.580
7	14:11:11.098	5:53.957	25.825	48.275	49.053	1:32.681	43.637	44.644	49.842
8	14:17:19.004	6:07.906	26.389	45.585	35.194	2:01.299	46.155	43.625	49.659
(936) Tom Reijnen									
1	13:39:28.686	5:23.251	25.350	45.428	35.027	1:19.225	48.606	43.590	46.025
2	13:45:14.567	5:45.881	23.881	44.780	34.068	1:41.020	46.202	46.171	49.759
3	13:51:07.078	5:52.511	24.479	46.059	35.169	1:43.436	47.851	47.428	48.089
4	13:57:09.914	6:02.836	28.385	45.409	34.776	1:48.493	49.491	47.310	48.972
5	14:08:25.242	11:15.328	28.188	44.239	38.461	6:52.495	49.494	49.639	52.812
6	14:14:21.971	5:56.729	29.395	47.706	40.136	1:23.536	50.352	51.795	53.809
7	14:20:24.893	6:02.922	31.726	46.765	35.958	1:23.883	55.040	54.454	55.096
8	14:26:35.474	6:10.581	28.747	49.520	40.493	1:29.698	53.107	52.614	56.402
(506) Karlo Slager									
1	13:41:43.044	6:59.453	32.586	1:46.662	38.041	1:26.389	54.525	51.505	49.745
2	13:47:41.222	5:58.178	30.337	1:00.382	39.365	1:22.713	49.889	47.079	48.413
3	13:53:31.180	5:49.958	27.543	50.866	38.942	1:24.829	51.757	46.603	49.418
4	13:59:42.976	6:11.796	28.264	48.975	37.104	1:54.106	48.896	45.473	48.978
5	14:08:26.662	8:43.686	30.277	57.868	39.900	4:09.709	49.425	47.896	48.611
6	14:14:47.350	6:20.688	30.622	49.421	39.758	1:52.212	48.426	47.046	53.203
7	14:21:28.352	6:41.002	32.290	51.618	37.631	1:25.210	52.751	1:07.012	1:14.490
8	14:28:09.543	6:41.191	33.140	53.122	37.375	1:56.853	53.412	52.207	55.082
(914) Nick Stokmans									
1	13:41:28.199	6:39.795	35.754	53.713	42.114	1:40.605	1:00.151	48.894	58.564
2	13:48:36.594	7:08.395	35.726	52.993	37.729	2:01.110	1:04.846	53.827	1:02.164
3	13:56:13.426	7:36.832	35.340	56.141	58.484	2:06.737	1:04.614	51.040	1:04.476
4	14:03:45.179	7:31.753	37.392	56.864	43.690	2:08.078	1:01.792	53.967	1:09.970
5	14:14:49.918	11:04.739	38.681	54.899	45.655	5:36.793	1:05.598	55.310	1:07.803
6	14:22:04.788	7:14.870	42.820	56.351	43.592	1:42.414	1:09.326	53.565	1:06.802
7	14:29:16.950	7:12.162	40.952	52.951	42.257	1:49.647	1:05.910	51.570	1:08.875
8	14:46:22.485	17:05.535	9:59.359	1:01.993	49.152	1:58.994	1:08.712	54.327	1:12.998
(311) Kevin Kieft									
1	13:39:29.965	5:19.069	27.073	41.656	35.555	1:23.904	43.947	41.272	45.662
2	13:45:07.907	5:37.942	24.374	41.852	34.090	1:43.546	44.241	43.486	46.353
3	13:57:18.029	12:10.122	24.685	43.074	1:36.120	7:10.106			48.621
4	14:03:12.152	5:54.123	26.071	43.718	36.409	1:48.471	44.851	45.671	48.932
5	14:09:08.025	5:55.873	25.278	42.792	37.512	1:48.902	46.413	44.861	50.115
6	14:52:12.106	43:04.081	25.289	1:55.588	39.777	37:34.801	48.932	46.212	53.482
7	15:00:00.725	7:48.619	2:34.135	42.776	35.105	1:29.928	46.245	46.344	54.086
8	15:07:24.305	7:23.580	1:56.211	43.945	36.648	1:33.265	48.507	47.770	57.234
(535) Dennis Kevelam									
1	13:41:12.012	5:50.717	30.894	49.486	36.228	1:26.846	52.504	44.072	50.687
2	13:47:08.317	5:56.305	29.062	49.105	38.322	1:26.515	48.856	50.976	53.469
3	13:53:05.346	5:57.029	28.634	49.178	37.301	1:27.265	52.247	49.209	53.195
4	14:05:39.248	12:33.902	27.766	51.340	37.362	7:57.635	56.656	49.376	53.767
5	14:12:18.303	6:39.055	32.147	50.417	41.440	1:44.751	55.515	56.834	57.951
6	14:55:46.336	43:28.033	38.015	53.621	1:35.446	37:06.328	1:17.260	57.517	59.846
7	15:18:55.970	23:09.634	4:54.007	49.605	43.268	13:26.367	1:05.907	56.049	1:14.431
8	15:35:52.818	16:56.848	2:39.962	2:52.964	48.752	6:58.793	1:07.289	1:09.406	1:19.682
(942) Jeroen Carnas									
1	13:41:59.637	6:57.653	35.733	51.070	46.272	1:36.242	1:02.481	1:00.902	1:04.953
2	13:49:30.703	7:31.066	36.291	51.733	46.315	2:16.414	57.668	55.258	1:07.387
3	14:04:43.100	15:12.397	37.818	54.758	45.598	9:26.933	1:18.997	53.786	1:14.507
4	14:13:01.526	8:18.426	38.357	57.343	53.068	2:19.392	1:01.011	1:05.328	1:23.927
5	14:33:06.521	20:04.995	57.679	1:00.336	50.853	13:50.739	1:03.747	1:05.665	1:15.976
6	14:44:55.212	11:48.691	4:16.875	1:02.634	51.137	2:06.363	1:12.022	1:00.967	1:18.693
7	15:23:48.236	38:53.024	4:59.720	56.091	47.996	27:43.484	1:14.743	1:29.246	1:41.744
8	15:36:55.318	13:07.082	3:08.867	1:53.249	55.326	3:15.082	1:20.653	1:06.533	1:27.372





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
(127) Ronald Nicola									
1	13:40:41.086	5:58.676	32.124	53.515	36.861	1:25.631	50.374	47.393	52.778
2	13:46:22.271	5:41.185	26.971	46.512	33.639	1:23.242	47.258	52.081	51.482
3	13:52:23.944	6:01.673	31.506	45.733	38.569	1:30.603	52.989	45.345	56.928
4	13:58:57.875	6:33.931	30.013	46.049	42.783	2:06.713	51.614	45.568	51.191
5	14:05:22.388	6:24.513	33.151	53.927	38.109	1:38.364	55.441	47.062	58.459
6	14:12:27.051	7:04.663	33.309	50.863	41.906	2:09.098	55.554	52.966	1:00.967
7	14:20:05.900	7:38.849	36.713	51.174	43.125	2:10.134	1:01.481	1:09.999	1:06.223

(260) Ralph Barten									
1	13:39:29.429	5:26.707	26.986	43.922	35.925	1:16.941	45.604	47.277	50.052
2	13:45:56.428	6:26.999	27.714	44.697	36.233	2:16.648	48.381	46.267	47.059
3	13:52:28.286	6:31.858	27.269	47.557	37.922	1:50.658	48.811	48.446	1:11.195
4	13:58:43.989	6:15.703	29.164	49.565	38.278	1:49.038	47.586	51.920	50.152
5	14:09:36.855	10:52.866	26.967	49.920	36.164	6:24.748			57.294
6	14:15:30.629	5:53.774	29.324	1:01.366	35.424	1:22.284	47.732	48.307	49.337
7	14:21:30.022	5:59.393	29.430	47.209	40.180	1:25.369	50.025	52.546	54.634

(112) Quincy Peizel									
1	13:40:35.685	6:14.295	26.540	48.248	37.281	1:52.903			49.238
2	13:46:36.581	6:00.896	27.147	48.120	37.902	1:39.477			49.046
3	13:53:19.220	6:42.639	29.746	49.699	41.723	2:03.032			54.581
4	13:59:38.259	6:19.039	31.604	48.831	39.808	1:42.202	48.090	54.658	53.846
5	14:09:37.783	9:59.524	31.517	47.001	58.789	4:51.168	56.600	54.267	1:00.182
6	14:16:41.828	7:04.045	36.772	52.311	43.198	1:49.233	58.325	54.084	1:10.122
7	14:24:25.652	7:43.824	40.753	1:00.698	51.891	1:55.941	1:13.554	55.781	1:05.206

(684) Thom Heijting									
1	13:40:45.874	6:00.555	37.521	52.885	42.035	1:29.451	46.293	45.634	46.736
2	13:47:16.860	6:30.986	27.608	56.946	38.228	1:57.431			52.980
3	13:58:08.038	10:51.178	28.540	50.424	40.361	6:15.203	55.137	47.186	54.327
4	14:04:43.275	6:35.237	40.611	47.435	36.104	2:01.016	48.792	49.792	51.487
5	14:11:37.783	6:54.508	33.836	47.193	42.368	2:06.821			59.166
6	14:18:07.812	6:30.029	33.928	49.996	41.040	1:47.483	52.626	48.627	56.329
7	14:25:07.931	7:00.119	34.201	48.891	40.329	2:08.823	55.135	52.116	1:00.624

(162) Davey Suijker									
1	13:41:05.086	6:16.102	32.417	51.354	42.649	1:31.371	53.341	51.992	52.978
2	13:47:57.792	6:52.706	31.548	48.476	43.313	2:04.119	53.072	53.274	58.904
3	13:54:56.193	6:58.401	31.914	50.102	42.281	2:04.871	54.492	55.893	58.848
4	14:01:34.799	6:38.606	33.456	48.920	42.306	1:41.093	59.674	55.353	57.804
5	14:11:54.603	10:19.804	34.360	49.750	43.264	5:08.732	59.092	1:00.627	1:03.979
6	14:19:48.242	7:53.639	36.933	50.837	51.071	2:18.016	1:01.134	1:01.242	1:08.384
7	14:27:16.875	7:28.633	38.265	54.576	46.016	1:52.243	1:05.048	1:00.918	1:11.567

(594) Martijn de Lange Baauw									
1	13:41:02.431	6:18.232	33.711	50.864	42.470	1:36.554	53.279	48.638	52.716
2	13:47:36.116	6:33.685	29.316	49.458	39.881	2:03.739	50.520	49.595	51.176
3	13:54:19.536	6:43.420	30.649	49.071	40.034	2:07.718	50.533	51.805	53.610
4	14:01:14.270	6:54.734	34.245	49.684	39.367	2:12.796	52.395	50.760	55.487
5	14:13:22.180	12:07.910	30.166	48.478	43.062	7:19.391	52.209	54.616	59.988
6	14:20:40.181	7:18.001	33.634	59.293	41.171	2:09.489	57.734	57.547	59.133
7	14:27:25.639	6:45.458	33.729	54.983	37.221	1:52.396	54.854	55.118	57.157

(749) Willem Honinings									
1	13:42:08.399	6:52.451	35.459	58.775	43.499	1:39.828	1:00.914	54.196	59.780
2	13:49:13.978	7:05.579	31.195	54.005	41.763	2:02.573	1:02.121	53.127	1:00.795
3	13:56:26.927	7:12.949	33.458	57.153	40.973	2:03.383	1:00.621	55.945	1:01.416
4	14:04:03.489	7:36.562	38.985	1:01.827	42.420	2:12.705	1:02.834	54.302	1:03.489
5	14:11:39.121	7:35.632	37.763	1:05.275	41.957	2:08.522	59.977	56.711	1:05.427
6	14:19:25.884	7:46.763	38.117	58.803	44.687	2:13.130	1:06.177	1:00.315	1:05.534
7	14:27:48.070	8:22.186	41.030	1:10.065	43.436	1:50.560	1:05.297	1:02.406	1:49.392

(365) Roy van Baaren									
1	13:40:59.345	6:13.993	33.380	52.998	38.864	1:25.833	54.550	50.840	57.528
2	13:47:32.429	6:33.084	32.005	56.161	39.184	1:31.987	59.044	51.438	1:03.265





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10/11/2018 13:30

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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	13:54:17.629	6:45.200	33.242	57.913	40.264	1:40.764	58.829	52.340	1:01.848
4	14:05:27.039	11:09.410	34.031	57.358	41.439	5:52.985	1:02.029	55.249	1:06.319
5	14:13:06.456	7:39.417	39.179	56.603	44.242	2:10.555	1:02.350	57.169	1:09.319
6	14:21:11.985	8:05.529	40.281	1:00.772	41.693	2:18.041	1:04.552	1:08.673	1:11.517
7	14:29:13.375	8:01.390	37.461	59.592	43.005	2:19.101	1:04.993	1:01.077	1:16.161
(519) Bram Steenhuis									
1	13:39:59.523	5:48.429	27.309	1:02.989	36.332	1:21.890	46.600	45.764	47.545
2	13:46:38.458	6:38.935	25.100	43.929	57.727	1:46.004	50.498	50.897	1:04.780
3	13:53:00.896	6:22.438	30.693	47.705	39.901	1:31.169	51.011	52.177	1:09.782
4	14:05:59.986	12:59.090	32.513	2:52.412	40.749	6:15.999	52.204	52.146	53.067
5	14:12:53.576	6:53.590	33.618	50.425	42.510	1:58.127	54.943	56.553	57.414
6	14:21:59.871	9:06.295	34.519	51.738	44.144	3:46.461	1:01.743	1:00.841	1:06.849
7	14:29:19.490	7:19.619	41.394	55.415	45.591	1:34.959	1:02.955	1:02.947	1:16.358
(488) Kenny van Teijen									
1	13:40:14.326	5:42.595	27.703	49.493	37.067	1:23.097	48.763	46.771	49.701
2	13:46:25.225	6:10.899	27.826	52.704	38.728	1:28.140	57.160	51.261	55.080
3	13:52:47.549	6:22.324	28.617	58.479	38.042	1:30.670	58.074	55.233	53.209
4	13:59:15.937	6:28.388	32.580	58.567	39.343	1:30.919	56.491	54.939	55.549
5	14:06:31.275	7:15.338	34.948	58.418	38.555	2:09.641	1:02.233	55.934	55.609
6	14:14:47.653	8:16.378	35.879	59.432	1:37.236	2:05.724	1:01.397	56.869	59.841
7	14:29:19.828	14:32.175	37.544	1:00.084	44.782	9:07.896	1:03.254	55.920	1:02.695
(811) Bertram Bekmann									
1	13:41:28.280	6:24.615	31.482	52.331	42.076	1:33.755	1:07.016	45.617	52.338
2	13:48:44.432	7:16.152	30.603	1:20.689	39.344	2:03.234	56.389	49.934	55.959
3	13:55:21.218	6:36.786	32.808	53.245	41.533	1:41.770	53.747	53.768	59.915
4	14:01:45.408	6:24.190	34.673	53.016	40.867	1:33.305	53.769	51.354	57.206
5	14:14:26.362	12:40.954	34.756	54.072	39.766	7:44.670	54.726	50.962	1:02.002
6	14:21:57.370	7:31.008	38.042	53.228	43.298	2:18.251	59.387	56.551	1:02.251
7	14:29:26.960	7:29.590	50.528	56.224	42.761	1:52.716	1:03.601	55.519	1:08.241
(835) Sipke Booi									
1	13:42:06.148	6:56.556	34.809	1:00.110	42.999	1:39.571	1:01.122	58.224	59.721
2	13:49:09.517	7:03.369	35.936	1:01.946	47.775	1:41.643	56.167	58.747	1:01.155
3	13:56:53.335	7:43.818	32.440	1:00.359	45.095	2:24.876	58.781	59.145	1:03.122
4	14:04:59.561	8:06.226	37.581	1:03.029	46.675	2:29.452	1:00.172	1:00.438	1:08.879
5	14:13:08.866	8:09.305	39.090	1:05.849	44.054	2:22.703	1:05.754	1:02.376	1:09.479
6	14:20:47.387	7:38.521	40.916	1:05.452	51.019	1:52.263	1:03.222	59.743	1:05.906
7	14:29:55.412	9:08.025	45.009	1:04.568	50.756	2:25.717	1:03.434	1:05.250	1:53.291
(814) Janhendrik van de Beek									
1	13:41:39.423	6:24.601	31.832	47.620	36.954	1:56.817	50.169	50.244	50.965
2	13:50:09.604	8:30.181	32.967	57.554	41.172	3:12.433	49.507	51.761	1:24.787
3	13:57:06.032	6:56.428	32.413	50.713	40.847	2:03.206			1:11.568
4	14:03:33.961	6:27.929	33.961	49.520	42.433	1:32.875	55.715	58.803	54.622
5	14:10:05.779	6:31.818	33.397	53.587	41.239	1:37.927			58.345
6	14:22:35.284	12:29.505	32.914	52.051	43.794	7:07.118	1:03.188	1:00.949	1:09.491
7	14:30:12.041	7:36.757	52.786	53.921	48.607	1:48.088	1:02.920	1:00.427	1:10.008
(197) Ronald Boekhout									
1	13:41:37.733	6:33.823	31.313	49.460	42.174	1:57.963	51.555	45.586	55.772
2	13:52:18.793	10:41.060	30.363	49.354	40.860	6:14.457	48.073	45.154	52.799
3	13:58:46.645	6:27.852	26.805	46.241	39.670	1:58.375	50.792	50.570	55.399
4	14:05:01.047	6:14.402	32.367	49.128	41.909	1:38.850	48.081	50.644	53.423
5	14:18:55.034	13:53.987	27.399	49.465	40.031	9:14.907	56.295	50.517	55.373
6	14:25:23.194	6:28.160	32.839	47.557	41.173	1:47.443	52.852	50.677	55.619
7	14:32:10.844	6:47.650	35.626	55.333	39.422	1:43.195	58.736	49.100	1:06.238
(208) Fokko Tuik									
1	13:41:04.893	6:15.971	31.647	53.020	41.643	1:35.861	50.759	50.480	52.561
2	13:47:21.581	6:16.688	28.900	50.195	39.624	1:34.583	52.646	54.038	56.702
3	13:54:00.736	6:39.155	31.363	52.933	43.985	1:36.246			1:02.194
4	14:00:41.662	6:40.926	31.956	55.162	40.307	1:39.798	56.880	57.621	59.202
5	14:07:23.956	6:42.294	33.475	55.022	42.298	1:39.814			59.229





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
6	14:14:49.700	7:25.744	34.276	54.676	41.280	1:36.697	57.868	1:35.791	1:05.156
7	14:33:33.166	18:43.466	35.786	54.307	40.926	13:24.013			1:06.507
(956) Jarno de Jong									
1	13:43:10.154	7:21.038	34.670	58.485	41.000	2:13.720	56.521	57.276	59.366
2	13:53:46.279	10:36.125	34.920	57.000	45.254	4:54.346	1:31.265	53.500	59.840
3	14:00:40.665	6:54.386	38.103	59.594	40.292	1:38.852	59.171	56.055	1:02.319
4	14:10:57.046	10:16.381	39.378	58.302	44.623	4:47.049	1:00.529	1:02.382	1:04.118
5	14:20:44.265	9:47.219	1:05.420	55.520	45.303	2:17.438	1:43.476	1:53.114	1:06.948
6	14:39:45.984	19:01.719	1:07.636	1:50.954	44.652	12:00.812	1:06.964	59.140	1:11.561
7	14:50:41.535	10:55.551	3:31.171	58.630	42.018	2:20.964	1:03.052	1:02.518	1:17.198
(484) Lars Menning									
1	13:42:38.201	7:03.223	36.003	57.799	45.009	1:40.419	1:08.373	54.274	1:01.346
2	13:50:19.949	7:41.748	33.315	59.769	44.121	2:16.621	1:02.720	1:00.042	1:05.160
3	14:01:57.421	11:37.472	39.981	1:05.838	46.072	6:03.358	58.951	55.992	1:07.280
4	14:09:52.862	7:55.441	39.220	1:06.465	45.054	2:15.798	1:07.563	56.402	1:04.939
5	14:17:38.651	7:45.789	38.030	53.850	43.607	2:12.591	1:01.778	57.133	1:18.800
6	14:31:17.835	13:39.184	41.851	1:04.003	50.797	7:48.336	1:04.805	57.398	1:11.994
7	14:56:40.372	25:22.537	8:37.433	1:22.259	51.069	11:31.572	57.488	54.643	1:08.073
(755) Peter Fokkinga									
1	13:39:20.979	5:23.895	26.832	43.893	35.981	1:17.292	50.378	42.530	46.989
2	13:45:05.851	5:44.872	27.719	44.453	35.774	1:23.052	51.670	49.057	53.147
3	13:51:51.821	6:45.970	30.013	52.671	40.959	2:03.770			52.541
4	14:10:17.748	18:25.927	31.756	56.451	43.324	13:31.767	55.842	49.740	57.047
5	14:18:04.410	7:46.662	36.332	49.941	43.648	2:11.611	1:03.127	1:15.256	1:06.747
6	14:56:27.360	38:22.950	39.318	57.677	46.029	32:32.073	56.005	1:03.449	1:28.399
7	15:10:26.283	13:58.923	2:43.802	1:02.677	49.063	2:00.516	1:06.873	1:03.092	5:12.900
(856) Edwin Eg Kevelam									
1	13:45:03.749	8:38.185	42.284	1:07.400	56.518	2:36.731	1:05.603	57.246	1:12.403
2	13:54:10.712	9:06.963	37.442	1:07.868	55.556	2:19.976	1:05.048	1:42.505	1:18.568
3	14:02:48.959	8:38.247	42.090	1:01.176	52.467	2:27.575	1:09.519	1:09.607	1:15.813
4	14:11:56.959	9:08.000	42.610	1:36.296	58.723	2:13.653	1:08.432	1:04.575	1:23.711
5	15:00:43.828	48:46.869	44.332	1:05.996	1:45.420	41:16.440	1:09.874	1:15.963	1:28.844
6	15:17:35.614	16:51.786	6:18.894	1:06.574	59.437	3:01.416	1:16.574	2:40.242	1:28.649
7	15:36:59.900	19:24.286	3:46.221	3:13.525	59.097	7:05.196	1:17.259	1:21.940	1:41.048
(214) Menno Vd Zee									
1	13:40:13.969	6:16.065	26.046	43.129	1:49.577	1:14.858	41.826	39.541	41.088
2	13:44:58.704	4:44.735	23.290	41.934	31.354	1:12.966	35.829	39.838	39.524
3	13:49:54.554	4:55.850	23.079	45.011	32.045	1:12.936	36.530	43.911	42.338
4	13:55:02.859	5:08.305	25.287	44.349	32.939	1:12.863	38.280	46.188	48.399
5	13:59:56.877	4:54.018	25.039	44.489	30.693	1:13.704	37.191	42.338	40.564
6	14:05:19.017	5:22.140	25.592	43.280	30.657	1:15.353	39.917	59.120	48.221
(816) Niels Kistemaker									
1	13:38:29.919	4:54.003	22.671	37.948	31.863	1:20.013	40.545	38.345	42.618
2	13:44:02.405	5:32.486	24.408	42.426	31.978	1:44.872	40.528	40.445	47.829
3	13:49:40.135	5:37.730	25.293	41.975	32.088	1:48.258	40.657	45.144	44.315
4	13:55:31.981	5:51.846	25.365	44.351	33.808	1:54.969	43.175	41.755	48.423
5	14:01:33.769	6:01.788	27.420	47.294	34.511	1:57.990	42.759	43.194	48.620
6	14:07:07.826	5:34.057	27.345	46.380	33.800	1:34.291			47.220
(274) Stefan Schra									
1	13:38:50.296	5:01.638	23.544	40.647	33.543	1:23.116	39.973	39.671	41.144
2	13:44:03.609	5:13.313	22.273	39.877	35.664	1:23.419	42.239	45.626	44.215
3	13:49:25.780	5:22.171	26.316	41.324	34.079	1:25.590	43.045	43.837	47.980
4	13:55:12.592	5:46.812	26.003	43.054	36.682	1:52.640	43.131	40.069	45.233
5	14:01:03.776	5:51.184	28.200	40.817	36.491	1:53.079	44.896	41.316	46.385
6	14:09:33.086	8:29.310	28.080	43.595	36.077	4:23.982			49.300
(337) Danielle van Kempen									
1	13:41:58.145	6:44.424	34.674	1:00.308	41.429	1:36.702	1:02.066	52.668	56.577
2	13:48:38.612	6:40.467	32.963	55.487	39.320	1:35.308	57.681	58.534	1:01.174





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
3	13:56:24.749	7:46.137	35.180	1:18.842	42.464	2:09.735	57.005	1:00.793	1:02.118
4	14:04:20.503	7:55.754	39.188	59.901	41.253	2:15.157	1:02.719	1:08.316	1:09.220
5	14:12:14.792	7:54.289	39.717	1:07.268	46.155	2:13.737	1:00.202	1:01.345	1:05.865
6	14:20:17.754	8:02.962	35.664	1:05.733	46.184	2:11.846	1:08.619	1:09.289	1:05.627

(766) Rowdy van Harsel

1	13:40:59.554	6:20.793	33.990	47.353	40.004	1:50.754	51.533	43.640	53.519
2	13:47:25.505	6:25.951	27.856	46.900	40.502	1:58.366	52.507	46.082	53.738
3	13:53:59.359	6:33.854	31.022	50.188	1:04.767	1:28.075	53.958	48.111	57.733
4	14:05:27.188	11:27.829	33.576	52.482	39.416	6:41.427	55.797	48.120	57.011
5	14:12:46.162	7:18.974	32.187	1:07.804	42.880	2:05.248	53.852	56.429	1:00.574
6	14:21:26.611	8:40.449	35.606	1:26.740	43.252	1:38.602	1:07.506	1:59.624	1:09.119

(730) Arend Ter Heide

1	13:44:49.956	8:21.344	44.395	1:07.484	49.370	2:17.867	1:03.470	1:08.578	1:10.180
2	13:53:12.262	8:22.306	40.810	1:05.771	50.255	2:19.871			1:13.684
3	14:01:27.274	8:15.012	39.841	1:00.434	45.237	2:20.373	1:02.340	1:13.725	1:13.062
4	14:09:17.396	7:50.122	39.089	1:02.445	49.141	1:42.492	1:07.645	1:11.987	1:17.323
5	14:17:15.098	7:57.702	41.240	1:05.732	50.435	1:45.263	1:06.632	1:09.860	1:18.540
6	14:24:59.757	7:44.659	41.756	1:02.358	46.822	1:42.429	1:10.423	1:06.357	1:14.514

(411) Roy Kolkman

1	13:42:00.385	6:46.601	34.512	58.114	42.308	1:32.326	1:03.245	54.905	1:01.191
2	13:48:49.226	6:48.841	34.459	1:00.465	45.537	1:31.028	1:02.692	53.575	1:01.085
3	13:55:53.398	7:04.172	34.950	1:07.306	43.181	1:31.273	59.150	1:02.967	1:05.345
4	14:03:42.102	7:48.704	38.007	59.016	44.602	2:13.229	1:04.938	1:04.284	1:04.628
5	14:18:12.858	14:30.756	39.323	1:04.086	49.113	8:27.517	1:11.341	1:02.453	1:16.923
6	14:26:41.569	8:28.711	45.168	1:03.993	50.774	1:47.477	1:14.964	1:03.877	1:42.458

(768) Jan Sondervan

1	13:43:10.923	7:43.566	35.534	59.687	51.292	2:06.112	1:00.953	1:06.279	1:03.709
2	13:51:00.503	7:49.580	36.777	1:01.013	49.937	2:10.606	55.009	1:07.351	1:08.887
3	14:02:48.168	11:47.665	36.590	1:11.195	52.517	5:39.021	1:04.708	1:09.541	1:14.093
4	14:10:30.270	7:42.102	39.490	1:07.297	53.369	1:34.970	1:01.787	1:10.229	1:14.960
5	14:18:50.583	8:20.313	40.773	1:09.376	54.079	2:17.073	1:01.246	1:06.143	1:11.623
6	14:26:43.581	7:52.998	42.916	1:01.870	49.079	1:45.909	1:02.084	1:15.258	1:15.882

(265) Mark Jacobs

1	13:42:58.356	7:56.223	37.013	59.069	43.932	2:10.579	1:10.249	1:04.350	1:11.031
2	13:51:05.494	8:07.138	39.145	58.468	48.245	2:15.375	1:03.755	1:12.996	1:09.154
3	13:59:42.577	8:37.083	37.523	1:02.940	47.259	2:20.559	1:11.103	1:25.618	1:12.081
4	14:08:11.684	8:29.107	40.610	1:09.113	48.056	2:24.171			1:12.938
5	14:17:12.505	9:00.821	50.847	1:13.570	48.554	2:35.648	1:14.572	1:05.640	1:11.990
6	14:27:17.281	10:04.776	44.722	1:14.038	54.483	2:14.825	1:50.872	1:44.484	1:21.352

(791) Starsky vd Burgt

1	13:43:15.918	7:40.815	38.348	58.910	46.552	2:20.828			1:02.788
2	13:51:06.499	7:50.581	35.095	55.926	46.690	2:27.156	59.634	1:01.022	1:05.058
3	13:59:31.936	8:25.437	40.174	1:00.325	51.016	2:32.593	1:06.003	1:09.107	1:06.219
4	14:07:45.796	8:13.860	39.146	56.206	47.836	2:36.592	1:05.883	1:04.584	1:03.613
5	14:18:02.232	10:16.436	40.205	1:01.629	47.539	4:25.072	1:12.393	1:01.470	1:08.128
6	14:27:18.851	9:16.619	43.104	1:08.208	47.908	2:18.054	1:16.306	1:46.258	1:16.781

(206) Herman Bies

1	13:44:32.839	8:10.273	40.325	1:09.874	47.622	2:28.719	58.934	56.301	1:08.498
2	13:52:38.871	8:06.032	36.506	1:03.583	44.713	2:28.423	1:05.083	1:00.114	1:07.610
3	14:02:55.183	10:16.312	38.798	1:02.544	46.749	4:39.123	1:01.292	1:03.256	1:04.550
4	14:11:01.361	8:06.178	38.172	57.607	45.325	2:31.183	1:06.778	1:01.550	1:05.563
5	14:19:15.938	8:14.577	41.244	1:02.480	50.410	2:04.556	1:03.912	1:02.892	1:29.083
6	14:27:32.586	8:16.648	45.917	1:05.411	55.538	2:06.769	1:06.886	1:02.728	1:13.399

(639) Nick Pranger

1	13:44:45.025	8:25.531	39.362	1:19.084	50.692	2:21.207	1:04.570	59.155	1:11.461
2	13:53:19.901	8:34.876	34.429	1:03.956	46.855	2:39.983	1:09.530	1:08.290	1:11.833
3	14:02:12.646	8:52.745	37.140	1:01.468	48.544	2:36.211	1:09.622	1:17.627	1:22.133
4	14:10:27.954	8:15.308	39.456	1:06.929	47.928	1:59.523	1:14.779	1:06.958	1:19.735





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:19:22.658	8:54.704	44.356	1:12.553	1:00.928	2:09.446	1:09.745	1:19.159	1:18.517
6	14:29:14.487	9:51.829	58.746	1:35.394	1:00.368	2:18.268	1:19.566	1:17.579	1:21.908
(403) Steve Diaz									
1	13:41:42.261	6:37.252	34.224	54.151	42.304	1:44.111			55.077
2	13:48:33.443	6:51.182	32.845	50.308	41.091	2:09.583			53.837
3	13:56:03.510	7:30.067	34.135	48.186	42.721	2:04.868			1:01.987
4	14:03:07.415	7:03.905	31.310	50.178	43.591	2:12.213	55.052	53.510	58.051
5	14:10:28.700	7:21.285	31.333	52.863	43.108	2:13.963	57.808	59.134	1:03.076
6	14:29:31.469	19:02.769	36.568	49.705	41.797	13:29.800	58.153	1:05.777	1:20.969
(491) Nico Schokker									
1	13:44:58.586	8:23.659	40.695	1:14.505	51.182	2:21.539	1:02.698	1:00.207	1:12.833
2	13:53:38.010	8:39.424	37.639	1:21.153	52.208	2:21.671	1:07.553	1:06.772	1:12.428
3	14:02:05.505	8:27.495	40.339	1:05.589	49.190	2:20.755	1:04.088	1:10.527	1:17.007
4	14:11:38.535	9:33.030	40.182	1:44.209	54.003	2:32.635	1:07.718	1:09.344	1:24.939
5	14:20:41.238	9:02.703	47.412	1:17.918	54.432	2:05.986	1:14.816	1:26.852	1:15.287
6	14:29:53.517	9:12.279	44.855	1:10.575	53.419	2:29.790	1:12.740	1:13.218	1:27.682
(904) Willem Wijnstra									
1	13:43:37.953	7:52.243	38.396	1:02.427	49.039	2:09.642	1:10.815	1:00.458	1:01.466
2	13:51:32.269	7:54.316	43.813	1:00.634	46.553	2:10.696	1:04.250	1:02.229	1:06.141
3	13:59:21.512	7:49.243	38.538	1:07.990	46.552	2:10.238	1:01.653	59.544	1:04.728
4	14:10:50.575	11:29.063	36.316	1:13.460	50.183	5:55.201	55.502	55.019	1:03.382
5	14:18:15.388	7:24.813	38.082	55.065	43.697	2:09.209	57.625	54.165	1:06.970
6	14:31:15.271	12:59.883	36.563	56.807	45.383	7:21.517	1:05.755	1:01.896	1:11.962
(538) Johan Paques									
1	13:43:40.810	7:44.935	47.671	1:24.643	45.497	1:41.013	1:11.381	54.162	1:00.568
2	13:50:51.143	7:10.333	34.164	58.476	43.460	1:39.948	1:09.400	58.515	1:06.370
3	14:02:27.276	11:36.133	37.669	1:02.542	46.920	6:03.024	1:07.993	56.644	1:01.341
4	14:10:21.001	7:53.725	39.121	1:02.318	43.928	1:41.730	1:15.429	1:16.884	1:14.315
5	14:23:48.384	13:27.383	1:16.240	1:09.789	1:03.556	6:24.466	1:12.102	1:03.705	1:17.525
6	14:32:27.676	8:39.292	54.082	1:09.915	49.459	1:43.822	1:21.184	1:20.164	1:20.666
(386) Egbert van Veen									
1	13:44:46.457	8:56.611	42.482	1:28.502	52.474	2:21.820	1:03.893	1:16.454	1:10.986
2	13:52:53.798	8:07.341	37.407	1:06.544	50.921	1:48.495	1:14.212	1:16.162	1:13.600
3	14:05:42.654	12:48.856	39.758	1:07.061	48.394	6:48.396	1:09.387	1:05.522	1:10.338
4	14:14:32.682	8:50.028	44.824	1:11.041	47.053	2:26.187	1:08.333	1:16.383	1:16.207
5	14:23:27.000	8:54.318	43.575	1:09.509	1:21.470	1:56.009	1:10.296	1:14.999	1:18.460
6	14:38:51.567	15:24.567	50.757	1:23.165	59.437	8:23.752	1:11.913	1:07.492	1:28.051
(396) Jakob Kjaer Nielsen									
1	13:38:11.261	4:44.342	22.340	38.065	29.879	1:13.046	39.386	40.518	41.108
2	13:43:17.113	5:05.852	21.660	39.907	32.558	1:17.311	47.013	43.119	44.284
3	13:48:39.431	5:22.318	25.167	45.315	34.318	1:19.462	47.684	43.598	46.774
4	13:54:00.916	5:21.485	25.109	43.926	33.167	1:21.392	45.180	44.320	48.391
5	13:59:27.601	5:26.685	25.670	43.552	34.278	1:28.602	43.695	44.271	46.617
(359) Pieter Berkers									
1	13:38:28.060	4:53.988	21.560	36.424	30.831	1:17.473	49.784	38.696	39.220
2	13:43:47.124	5:19.064	21.822	37.506	32.788	1:41.054	41.187	43.375	41.332
3	13:49:18.189	5:31.065	23.993	41.690	34.433	1:42.216			44.260
4	13:55:03.829	5:45.640	25.169	50.109	35.237	1:46.444	41.581	41.411	45.689
5	14:00:43.410	5:39.581	27.500	39.825	34.640	1:47.631			43.961
(969) Reno van der Leest									
1	13:39:01.717	5:09.794	23.940	43.949	32.118	1:21.758	43.798	39.942	44.289
2	13:44:45.700	5:43.983	23.074	57.971	33.889	1:22.885	52.503	43.352	50.309
3	13:50:40.829	5:55.129	28.190	49.669	36.015	1:29.395	52.372	47.208	52.280
4	13:56:32.206	5:51.377	29.643	52.119	35.859	1:25.468	53.456	45.379	49.453
5	14:02:46.661	6:14.455	31.722	46.871	35.445	1:55.273	50.703	45.049	49.392
(773) Kevin Reijnders									
1	13:39:54.205	5:39.184	28.567	43.414	39.633	1:23.762	46.620	47.303	49.885





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
2	13:46:07.548	6:13.343	28.306	44.782	39.120	1:50.604			53.354
3	13:55:17.152	9:09.604	29.351	46.827	40.786	4:39.969			52.082
4	14:01:43.772	6:26.620	30.233	1:17.090	41.807	1:23.502	48.938	51.389	53.661
5	14:07:51.068	6:07.296	31.629	51.820	40.089	1:25.151			54.595

(360) Olof Lundin

1	13:40:58.107	6:27.454	32.839	47.579	40.310	1:35.896	50.666	46.761	1:13.403
2	13:47:52.528	6:54.421	30.463	1:26.698	43.075	1:42.589	52.735	46.545	52.316
3	13:54:29.502	6:36.974	30.607	50.155	41.313	2:02.599	52.330	46.709	53.261
4	14:01:07.877	6:38.375	30.394	51.704	37.535	2:02.275	50.734	49.658	56.075
5	14:08:26.270	7:18.393	32.289	1:18.313	39.536	2:08.663	53.124	51.128	55.340

(977) Roy Deurwaarder

1	13:39:29.735	5:17.499	24.382	41.887	35.532	1:25.961			44.507
2	13:45:25.430	5:55.695	23.857	43.730	1:11.156	1:27.488	42.317	41.380	45.767
3	13:51:19.640	5:54.210	26.429	45.790	34.869	1:51.983	45.316	44.720	45.103
4	13:58:07.172	6:47.532	26.780	46.686	34.373	2:29.543	45.973	53.185	50.992
5	14:08:41.122	10:33.950	27.475	48.217	1:11.297	5:42.974			48.097

(486) Rick Loef

1	13:41:31.539	6:38.054	34.167	51.867	39.804	1:57.870	52.710	48.069	53.567
2	13:47:53.837	6:22.298	29.317	46.984	38.053	1:52.130	50.454	54.296	51.064
3	13:54:10.008	6:16.171	27.174	47.443	36.827	1:51.409			53.202
4	14:04:38.600	10:28.592	34.422	49.291	41.622	5:39.800	53.423	52.936	57.098
5	14:10:49.848	6:11.248	33.350	45.179	40.199	1:29.878	52.119	51.939	58.584

(508) Jop Koopmans

1	13:41:26.520	6:46.478	35.806	53.710	40.572	1:53.451	52.324	51.410	59.205
2	13:48:15.451	6:48.931	31.879	52.172	42.648	1:57.018	56.174	52.092	56.948
3	13:55:19.002	7:03.551	34.850	56.820	38.491	2:03.180	56.979	55.181	58.050
4	14:02:02.434	6:43.432	32.291	52.549	38.719	1:56.167	52.978	49.532	1:01.196
5	14:13:35.948	11:33.514	33.828	53.989	38.567	6:29.064	59.550	54.379	1:04.137

(73) Marcel Fredriksen

1	13:41:45.364	6:11.768	33.293	51.230	40.359	1:29.382	53.083	51.045	53.376
2	13:48:56.564	7:11.200	30.894	47.526	1:23.954	1:29.232	52.654	1:11.419	55.521
3	13:55:56.203	6:59.639	31.154	54.338	41.325	2:10.152	54.092	51.341	57.237
4	14:07:23.513	11:27.310	35.566	51.807	43.540	6:31.458	55.917	53.484	55.538
5	14:14:29.005	7:05.492	35.824	54.271	45.111	1:43.411	1:01.001	1:02.234	1:03.640

(627) Birger Vanderheyden

1	13:44:29.597	8:21.921	39.581	1:11.007	53.460	2:15.707	1:14.319	1:00.118	1:07.729
2	13:52:28.431	7:58.834	36.196	1:01.284	48.431	2:22.361	1:03.490	58.095	1:08.977
3	14:01:13.288	8:44.857	38.903	1:21.769	49.102	2:22.054	1:21.695	58.641	1:12.693
4	14:10:08.880	8:55.592	38.655	1:12.664	53.308	2:30.147	1:08.671	1:13.165	1:18.982
5	14:20:36.649	10:27.769	46.209	1:27.928	1:41.002	1:51.848	1:09.764	2:12.109	1:18.909

(172) Geert Jan Vereijken

1	13:44:33.751	8:30.889	37.902	57.507	49.403	2:24.898	1:05.144	1:23.804	1:12.231
2	13:52:55.041	8:21.290	33.732	1:21.019	44.801	2:35.322	1:00.919	59.076	1:06.421
3	14:07:33.187	14:38.146	37.544	1:02.738	46.256	9:01.251	1:05.470	57.414	1:07.473
4	14:16:34.365	9:01.178	37.011	59.437	1:36.438	1:56.367	1:06.567	1:10.805	1:34.553
5	14:26:07.610	9:33.245	1:26.076	1:10.234	46.678	2:14.434	1:20.782	1:09.850	1:25.191

(644) Jeffrey Meppelink

1	13:45:35.592	9:31.746	1:08.712	1:08.188	54.095	3:10.456	1:03.761	59.729	1:06.805
2	13:54:06.862	8:31.270	37.706	1:05.147	47.761	2:30.043	1:07.699	1:14.801	1:08.113
3	14:12:43.172	18:36.310	39.159	2:01.534	52.128	11:35.589	1:15.653	1:01.807	1:10.440
4	14:21:04.064	8:20.892	38.179	1:10.086	48.010	2:09.639	1:16.035	1:04.783	1:14.160
5	14:31:15.838	10:11.774	1:20.855	1:42.118	54.594	2:15.978	1:13.463	1:23.120	1:21.646

(934) Joey Couwenberg

1	13:42:20.821	6:40.136	33.829	53.121	45.741	1:40.040	57.233	52.352	57.820
2	13:49:52.214	7:31.393	30.655	51.767	45.184	2:13.290	1:03.327	1:03.998	1:03.172
3	13:58:17.690	8:25.476	36.918	1:34.386	47.841	2:29.426	54.543	59.460	1:02.902
4	14:06:49.411	8:31.721	35.032	1:09.156	43.380	2:49.461	58.968	1:08.108	1:07.616



RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
5	14:35:53.130	29:03.719	38.035	56.004	1:03.934	22:17.702	1:18.919	1:17.781	1:31.344
(807) Raoul Stokbroeckx									
1	13:46:13.818	9:16.018	38.009	1:11.168	54.310	2:44.327	1:11.332	1:19.484	1:17.388
2	13:55:35.601	9:21.783	40.732	1:10.746	57.209	2:50.187	1:12.529	1:15.368	1:15.012
3	14:14:59.592	19:23.991	1:16.400	1:06.609	53.233	12:21.064	1:22.312	1:07.824	1:16.549
4	14:24:57.817	9:58.225	41.294	1:20.117	1:04.445	2:55.510	1:26.637	1:15.031	1:15.191
5	14:36:28.361	11:30.544	50.518	1:52.656	1:35.814	2:34.991	1:26.787	1:31.421	1:38.357
(804) Thijs Gugten									
1	13:43:28.569	7:30.572	34.293	1:01.936	46.812	1:53.906	1:05.423	1:01.649	1:06.553
2	13:51:29.929	8:01.360	35.751	1:04.204	41.125	2:25.944	1:02.224	1:02.775	1:09.337
3	14:09:17.668	17:47.739	38.685	1:06.573	43.886	12:01.102	1:05.500	1:00.735	1:11.258
4	14:17:40.140	8:22.472	38.989	1:03.741	48.720	2:26.603	1:10.207	1:07.103	1:07.109
5	14:43:06.884	25:26.744	41.387	1:30.618	45.701	18:56.492	1:12.026	1:05.181	1:15.339
(268) Harmen Harmsen									
1	13:37:08.627	4:07.382	19.038	34.795	25.416	1:06.293	34.848	31.088	35.904
2	13:41:32.588	4:23.961	20.415	37.958	28.299	1:06.337	36.527	36.202	38.223
3	13:45:55.747	4:23.159	21.473	34.878	29.228	1:07.686	36.903	34.906	38.085
4	13:55:45.946	9:50.199	21.596	39.422	28.031	1:10.104	5:18.024	50.914	1:02.108
(968) Rene De Haan									
1	13:39:18.352	5:17.990	25.881	43.867	35.965	1:15.582	46.270	45.072	45.353
2	13:44:49.686	5:31.334	25.302	57.018	33.481	1:17.206	45.496	45.093	47.738
3	13:50:24.692	5:35.006	27.684	47.979	38.221	1:20.609	49.148	42.033	49.332
4	13:56:05.601	5:40.909	29.837	47.189	38.753	1:23.053	48.894	43.819	49.364
(239) Stefan Takman									
1	13:39:37.712	5:28.516	24.606	46.500	37.357	1:23.507	46.896	43.305	46.345
2	13:45:07.005	5:29.293	23.492	41.102	37.530	1:23.804	47.768	46.715	48.882
3	13:50:39.940	5:32.935	26.905	44.414	36.485	1:23.605	46.494	47.888	47.144
4	13:58:03.073	7:23.133	28.584	46.434	36.888	3:05.557	49.149	47.385	49.136
(176) Ruud Pijpers									
1	13:40:11.276	5:46.464	29.231	46.616	38.502	1:32.355	46.713	44.955	48.092
2	13:46:18.884	6:07.608	26.968	45.926	38.125	1:55.789	46.214	46.998	47.588
3	13:52:53.887	6:35.003	28.539	1:06.346	37.555	1:57.714	46.218	50.051	48.580
4	13:58:52.406	5:58.519	30.106	46.577	37.983	1:37.844	47.360	49.158	49.491
(950) Tim Baron									
1	13:40:26.079	5:43.029	29.857	46.148	36.404	1:29.634	49.345	41.740	49.901
2	13:46:16.895	5:50.816	27.242	45.628	36.290	1:30.728	50.780	46.221	53.927
3	13:53:02.837	6:45.942	28.485	48.412	52.205	1:33.312	53.862	1:15.764	53.902
4	14:00:21.349	7:18.512	29.012	52.338	40.835	2:33.986	50.686	58.262	53.393
(333) Robert van der Horst									
1	13:42:01.749	6:55.316	34.628	58.449	46.754	1:44.396	1:00.485	51.944	58.660
2	13:48:59.590	6:57.841	33.278	55.125	38.690	2:07.845	58.044	50.166	54.693
3	13:56:02.493	7:02.903	32.358	56.700	39.367	2:07.169	59.584	51.282	56.443
4	14:03:06.667	7:04.174	34.897	55.092	40.772	2:04.234	58.250	54.011	56.918
(95) Gertjan de Ruiter									
1	13:44:20.696	7:57.688	40.358	59.809	50.253	2:22.312	54.757	1:03.104	1:07.095
2	13:52:28.260	8:07.564	42.289	57.404	50.141	2:18.999	1:01.469	1:06.277	1:10.985
3	14:00:39.708	8:11.448	42.071	55.887	47.669	2:21.987	1:02.362	1:10.512	1:10.960
4	14:17:44.156	17:04.448	38.663	57.240	50.754	10:38.093	1:05.600	1:35.142	1:18.956
(815) Mateusz Pohl									
1	13:45:28.132	9:23.129	42.812	1:06.517	51.482	3:23.667	56.291	1:16.899	1:05.461
2	13:53:08.061	7:39.929	34.734	1:02.878	48.340	2:04.462	1:05.149	1:00.493	1:03.873
3	14:00:49.121	7:41.060	36.931	57.719	42.372	2:19.680	1:03.717	54.082	1:06.559
4	14:22:53.928	22:04.807	41.324	1:02.559	42.002	16:16.231	1:07.501	1:01.100	1:14.090
(551) Niki de Winkel									
1	13:44:42.235	7:58.289	44.162	1:00.079	58.681	1:55.040	1:00.945	1:08.419	1:10.963





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2	13:53:30.411	8:48.176	44.702	1:05.113	51.471	2:37.483			1:13.682
3	14:16:25.505	22:55.094	41.661	1:01.324	55.357	16:05.884	1:17.230	1:26.111	1:27.527
4	14:26:02.503	9:36.998	49.122	1:06.025	54.405	2:39.050	1:14.011	1:23.171	1:31.214
(946) Robbie Nouws									
1	13:45:36.565	9:38.756	39.972	1:09.116	42.220	2:23.563	1:02.295	1:34.744	2:06.846
2	13:57:39.346	12:02.781	33.674	58.125	52.380	3:41.587	1:03.417	1:00.516	3:53.082
3	14:16:54.444	19:15.098	36.619	57.765	40.678	13:29.679	1:01.290	1:12.469	1:16.598
4	14:27:43.710	10:49.266	42.344	1:52.740	44.467	2:44.106	1:10.284	2:09.803	1:25.522
(275) John Bredenoord									
1	13:39:55.534	5:30.015	30.124	41.520	36.206	1:24.705	42.783	46.144	48.533
2	13:45:35.803	5:40.269	26.458	41.250	35.273	1:29.570	45.921	50.161	51.636
3	13:52:01.537	6:25.734	28.684	45.688	37.094	1:58.218	51.004	52.554	52.492
(164) Mark Ramackers									
1	13:39:36.518	5:29.782	28.990	49.342	35.177	1:16.025	47.426	46.274	46.548
2	13:45:38.058	6:01.540	26.633	47.024	35.431	1:49.021	47.965	47.901	47.565
3	13:52:07.191	6:29.133	28.135	51.527	41.118	1:57.141	51.047	47.029	53.136
(795) Wouter van Dommelen									
1	13:40:37.145	6:33.409	28.673	46.326	34.137	2:02.929	49.583	55.783	55.978
2	13:46:51.579	6:14.434	30.677	49.319	39.108	1:32.641	51.107	54.437	57.145
3	13:53:42.623	6:51.044	31.388	56.024	39.190	1:30.903	1:22.584	52.657	58.298
(343) Nick Brouwer									
1	13:42:03.964	7:14.235	31.719	48.436	38.707	2:04.335	1:32.463	44.600	53.975
2	13:48:40.342	6:36.378	31.835	52.093	1:00.752	1:43.687	50.420	46.890	50.701
3	13:54:58.831	6:18.489	29.586	51.150	37.571	1:47.256	54.454	46.689	51.783
(418) Antwan Huis int veld									
1	13:41:23.395	6:34.670	33.455	51.181	44.556	1:39.493	55.426	53.335	57.224
2	13:48:34.792	7:11.397	30.940	54.997	42.196	2:04.869	1:01.365	54.846	1:02.184
3	13:55:49.208	7:14.416	34.716	55.546	41.710	2:04.261	1:00.272	55.713	1:02.198
(517) Bertho Hop									
1	13:42:17.551	6:56.216	33.222	51.443	1:04.586	1:47.482			56.400
2	13:49:45.529	7:27.978	32.857	50.997	38.482	2:18.891	58.124	45.301	1:23.326
3	13:56:09.971	6:24.442	27.874	49.803	40.691	1:48.806	50.813	51.248	55.207
(720) Robin Hoogland									
1	13:43:57.906	8:10.096	40.547	1:12.144	49.538	2:14.318	1:08.596	1:04.528	1:00.425
2	13:52:26.350	8:28.444	41.119	1:11.163	48.453	2:22.682	1:12.989	1:03.851	1:08.187
3	14:00:31.340	8:04.990	38.562	1:03.173	45.459	2:21.224	1:08.129	1:04.504	1:03.939
(649) Wesley Ganzeboer									
1	13:42:18.226	6:47.503	32.854	50.687	40.346	1:57.160			58.908
2	13:54:02.989	11:44.763	33.138	49.963	47.100	6:48.536	54.937	48.659	1:02.430
3	14:01:56.178	7:53.189	35.441	51.341	39.136	2:10.096	1:22.036	1:02.442	1:12.697
(190) Dennis van Zon									
1	13:42:57.471	7:35.435	36.782	57.194	46.446	2:04.993	1:06.432	1:00.905	1:02.683
2	13:50:23.668	7:26.197	33.438	58.777	42.074	2:10.875	1:01.625	55.759	1:03.649
3	14:07:55.112	17:31.444	1:49.965	1:08.060	45.811	10:39.900	58.517	1:02.661	1:06.530
(739) Sebastiaan de Coo									
1	13:45:17.440	7:57.923	51.597	56.705	53.620	1:56.752	1:06.992	1:00.871	1:11.386
2	13:53:39.666	8:22.226	38.620	1:00.456	52.139	1:56.979	1:09.910	1:27.048	1:17.074
3	14:10:21.624	16:41.958	39.396	1:05.610	53.584	10:35.985	1:09.381	1:03.614	1:14.388
(676) Kevin van der Gugten									
1	13:44:14.863	8:20.661	36.588	1:19.151	44.464	2:12.711	1:02.253	1:23.107	1:02.387
2	13:52:01.358	7:46.495	30.599	1:01.217	45.279	2:21.156	59.345	1:01.975	1:06.924
3	14:13:05.576	21:04.218	35.975	1:54.424	45.193	13:10.712	2:18.448	1:05.002	1:14.464
(451) Wesley Hotting									





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Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:45:15.437	8:57.727	37.909	1:16.123	47.904	2:49.590	1:03.183	1:04.934	1:18.084
2	13:54:48.693	9:33.256	41.000	1:23.075	50.884	3:06.079	1:04.133	1:10.843	1:17.242
3	14:13:32.459	18:43.766	39.911	58.899	51.522	12:24.618	1:06.215	1:06.682	1:35.919
(803) Davy van der Heijden									
1	13:46:23.377	10:07.735	42.080	1:23.505	1:02.658	3:26.885	1:14.300	1:06.253	1:12.054
2	14:04:40.864	18:17.487	38.429	1:20.951	53.587	11:15.667	1:50.004	1:01.065	1:17.784
3	14:13:41.431	9:00.567	45.376	1:42.009	52.882	2:02.555	1:12.025	1:08.494	1:17.226
(236) Rienk Roersma									
1	13:42:50.222	7:35.438	36.010	1:08.799	48.021	1:33.956	1:19.984	1:00.203	1:08.465
2	13:51:09.508	8:19.286	2:02.369	58.033	42.802	1:33.365	59.136	1:00.529	1:03.052
3	14:13:53.871	22:44.363	35.965	59.631	48.931	17:09.936	59.117	1:05.105	1:05.678
(763) Arno Stevenhaagen									
1	13:41:50.951	6:39.193	35.699	56.792	43.562	1:39.526	1:00.134	50.860	52.620
2	13:50:41.540	8:50.589	30.164	52.040	38.768	1:18.412	2:16.268	1:02.336	2:12.601
3	14:17:41.137	26:59.597	36.019	53.824	43.829	21:41.834	1:00.329	56.869	1:06.893
(363) Wouter Bontekoe									
1	13:45:44.478	9:08.206	46.378	1:18.795	51.190	2:23.319	1:22.169	1:02.176	1:24.179
2	14:24:03.594	38:19.116	44.183	1:25.225	1:07.117	30:35.992	1:20.954	1:34.495	1:31.150
3	14:36:53.318	12:49.724	1:56.936	1:38.377	1:02.280	2:54.574	1:33.502	1:54.502	1:49.553
(44) Bram Damen									
1	13:51:20.558	14:44.398	44.813	1:21.557	55.324	2:38.705	1:12.700	5:28.713	2:22.586
2	14:33:17.077	41:56.519	40.553	1:42.740	59.286	32:47.687	1:22.873	2:52.094	1:31.286
3	15:32:33.477	59:16.400	10:51.112	1:19.346	1:21.153	22:05.616	1:30.053	2:23.859	19:45.261
(699) Bart Poland									
1	13:38:34.312	4:56.980	24.244	38.224	31.597	1:19.982	40.867	38.832	43.234
2	13:43:49.724	5:15.412	24.983	39.929	32.290	1:24.518	43.734	44.667	45.291
(507) Axel Roelants									
1	13:38:42.795	5:09.527	21.488	39.474	31.581	1:36.865	40.201	38.348	41.570
2	13:44:07.176	5:24.381	21.357	41.026	32.442	1:37.040	41.377	43.859	47.280
(107) Nicklas Brakke									
1	13:39:39.867	5:39.524	28.655	50.132	35.188	1:16.196	51.974	47.663	49.716
2	13:45:31.586	5:51.719	26.523	49.985	41.772	1:18.030	54.166	50.239	51.004
(596) Twan Tuik									
1	13:41:07.881	6:04.783	32.905	50.736	41.659	1:30.172	51.446	48.079	49.786
2	13:47:32.857	6:24.976	27.506	51.247	38.496	1:52.699			54.588
(175) Xander Dirks									
1	13:42:04.529	6:54.299	35.067	1:18.253	41.308	1:27.194	55.341	1:00.662	56.474
2	13:48:43.109	6:38.580	31.095	1:00.643	44.915	1:27.429	1:02.260	54.485	57.753
(367) Mark Room									
1	13:42:19.746	6:58.846	34.884	58.028	43.835	1:47.665	1:04.066	49.110	1:01.258
2	13:49:19.692	6:59.946	34.593	51.458	43.838	1:49.212	1:03.257	52.946	1:04.642
(776) Jack Berry									
1	13:41:59.240	6:43.378	30.626	55.681	44.043	1:48.047	52.695	53.916	58.370
2	13:49:25.386	7:26.146	30.245	58.267	43.708	2:21.799	55.169	55.189	1:01.769
(485) Sander Nooijen									
1	13:42:36.767	7:06.947	35.317	1:02.337	43.412	1:53.709	1:03.770	51.225	57.177
2	13:49:48.803	7:12.036	32.877	49.665	44.144	2:13.774	55.808	54.011	1:01.757
(830) Gerard Pouw									
1	13:42:44.910	7:37.244	39.671	56.449	44.806	2:08.865	1:01.325	58.457	1:07.671
2	13:50:22.321	7:37.411	36.042	54.616	45.148	2:08.855			1:08.761
(300) Kevin van der Wielen									





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1	13:43:29.697	7:47.439	37.180	58.716	47.597	2:14.840	56.309	1:08.980	1:03.817
2	13:50:38.364	7:08.667	36.357	1:03.419	48.567	1:42.132	58.233	58.554	1:01.405
(886) Erik Bijker									
1	13:43:00.927	7:37.645	38.274	1:03.051	51.455	2:05.645	57.547	1:00.988	1:00.685
2	13:50:44.380	7:43.453	32.368	59.749	45.645	2:05.435	57.726	1:05.460	1:17.070
(670) Tom van den Brand									
1	13:44:12.860	8:11.420	43.811	55.317	48.002	2:29.534	1:08.831	58.549	1:07.376
2	13:52:36.081	8:23.221	35.241	1:01.111	49.498	2:34.480	1:03.784	1:04.077	1:15.030
(817) Wim Gouweleeuw									
1	13:43:28.337	8:05.535	38.144	1:12.263	48.928	1:35.977			1:07.024
2	13:53:01.836	9:33.499	42.126	1:05.232	50.313	1:36.611	1:06.984	1:30.196	2:42.037
(446) Tim van Doorn									
1	13:44:57.368	8:50.626	36.660	1:01.387	48.241	2:28.092	1:02.434	1:40.530	1:13.282
2	13:55:56.337	10:58.969	36.521	1:49.627	45.406	2:28.022	1:09.992	2:53.954	1:15.447
(40) Andries Kuysten									
1	13:44:25.983	8:26.202	42.027	1:13.259	53.502	1:54.501	1:13.257	1:12.146	1:17.510
2	14:05:26.300	21:00.317	38.136	1:05.785	52.033	12:36.509	1:10.612	3:12.515	1:24.727
(675) Marcel Jurrius									
1	13:46:53.731	9:51.525	48.344	1:24.260	50.861	2:04.188	1:27.122	1:51.856	1:24.894
2	14:08:49.465	21:55.734	47.692	2:54.496	1:09.226	12:34.487	1:24.820	1:24.167	1:40.846
(320) Willem Kramer									
1	13:46:35.874	9:25.019	49.846	1:11.715	1:16.379	2:03.910	1:29.003	1:12.560	1:21.606
2	14:09:35.728	22:59.854	48.103	1:20.236	1:03.076	14:08.575	2:31.690	1:32.036	1:36.138
(787) Kevin Vuylsteke									
1	14:04:50.153	28:23.832	46.384	1:06.232	2:08.477	19:32.033	1:16.176	2:04.867	1:29.663
2	14:22:13.603	17:23.450	1:27.647	1:18.638	1:06.743	8:38.494	1:32.902	1:32.154	1:46.872
(38) Bas Klein Haneveld									
1	13:37:56.381	4:37.235	22.784	38.268	28.805	1:10.122	38.711	36.888	41.657
(911) Rick Heitink									
1	13:39:29.590	5:09.581	26.079	45.616	33.346	1:21.624	40.819	39.565	42.532
(824) Roel Tap									
1	13:39:45.674	5:22.727	27.483	46.179	35.576	1:24.192	42.383	42.904	44.010
(90) Jonathan Hopman									
1	13:39:47.892	5:53.493	26.232	43.379	38.297	1:31.741	47.556	45.596	1:00.692
(734) Brian Marissen									
1	13:40:08.278	5:53.704	30.584	53.675	38.115	1:17.788	52.922	44.507	56.113
(350) Kurt van Steenlandt									
1	13:41:10.747	6:20.368	27.599	1:06.158	39.247	1:27.052	48.700	1:03.858	47.754
(823) Martin Rokowski									
1	13:41:16.910	6:45.683	33.937	57.477	59.533	1:22.117	57.055	59.203	56.361
(169) Thijs Keustermans									
1	13:41:37.496	6:30.803	33.258	51.792	41.687	1:40.010	53.951	47.101	1:03.004
(417) Martin Strandberg									
1	13:41:43.856	6:55.020	33.046	53.316	42.460	1:53.476	47.841	56.362	1:08.519
(398) Arjen Slijkhuis									
1	13:42:17.046	7:10.633	36.192	52.754	47.115	1:46.531	1:05.551	56.392	1:06.098
(210) Bas Willems									





RBKO Den Haag

RBKO

Scheveningen 5.000 km

Heat 2 Final

10/11/2018 13:30

Race (1:55:00 and 1 Laps) started at 13:30:12

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	S5 Tm	S6 Tm	S7 Tm
1	13:42:33.381	6:47.971	35.836	56.116	46.110	1:31.943	1:01.012	52.763	1:04.191
<hr/>									
(634) Lars de Kruijff									
1	13:42:41.301	6:23.726	31.699	50.240	38.138	1:49.312	54.567	44.917	54.853
<hr/>									
(373) Ruben Bolk									
1	13:42:52.669	7:01.524	36.671	1:00.245	49.928	1:46.374	58.762	50.676	58.868
<hr/>									
(960) Todd Bucknall									
1	13:43:14.340	7:22.763	38.694	1:04.771	49.553	1:45.992	1:03.435	57.516	1:02.802
<hr/>									
(893) Yvo Planque									
1	13:43:18.404	7:34.569	33.573	59.003	45.877	1:44.459	1:06.151	52.743	1:32.763
<hr/>									
(504) Ramon Kuiper									
1	13:43:27.220	7:39.030	37.788	1:03.427	44.315	2:11.394	57.292	1:00.203	1:04.611
<hr/>									
(758) Robert Dorland									
1	13:43:52.787	7:52.343	41.366	1:27.362	47.414	1:33.117	1:00.239	1:14.897	1:07.948
<hr/>									
(836) Ramon Barten									
1	13:44:06.892	8:04.200	35.861	1:08.399	49.537	2:22.686	1:01.209	1:01.091	1:05.417
<hr/>									
(859) Patrick De Bruijn									
1	13:44:22.487	8:20.493	42.568	1:21.049	45.480	1:48.505	1:34.937	1:02.310	1:05.644
<hr/>									
(469) Meeuwis Zandsteeg									
1	13:44:24.052	8:04.693	41.478	1:22.450	55.929	1:48.941	1:05.064	1:03.392	1:07.439
<hr/>									
(144) Richiel Hans									
1	13:44:42.515	9:26.760	35.924	2:03.788	54.631	2:08.010	1:22.538	1:09.006	1:12.863
<hr/>									
(198) Willem Overbeek									
1	13:45:28.157	9:17.594	46.941	1:24.931	58.157	1:57.118	1:20.319	1:15.837	1:34.291
<hr/>									
(917) Donny van Leeuwen									
1	13:45:31.912	8:55.242	47.916	1:03.930	50.276	2:25.810	1:22.835	1:05.697	1:18.778
<hr/>									
(789) Kevin Haisma									
1	13:48:10.297	11:18.756	37.795	1:10.191	49.321	5:29.049	59.751	1:03.571	1:09.078
<hr/>									
(779) Harald Popken									
1	13:49:07.134	12:10.004	36.079	1:43.284	50.767	2:21.857	1:25.884	3:49.702	1:22.431
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(195) Mike Lelieveld									
1	14:08:24.153	31:45.724	31.240	1:10.515	50.435	26:05.193	58.462	59.178	1:10.701