



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
(88) Freek van Vlist							(476) Corne Rosendaal						
1	9:10:36.989	4:22.690	30.523	1:11.587	1:43.013	57.567	1	9:11:21.084	4:45.435	33.230	1:13.671	1:56.084	1:02.450
2	9:15:19.740	4:42.751	32.933	1:19.098	1:46.439	1:04.281	2	9:16:14.772	4:53.688	35.020	1:16.944	1:55.626	1:06.098
3	9:20:06.523	4:46.783	37.203	1:17.310	1:49.029	1:03.241	3	9:21:10.242	4:55.470			1:55.130	1:03.541
4	9:24:55.102	4:48.579	36.468	1:19.694	1:49.720	1:02.697	4	9:26:06.258	4:56.016	37.868	1:18.392	1:54.533	1:05.223
5	9:32:47.678	7:52.576	36.337	1:17.900	1:48.480	4:09.859	5	9:31:13.019	5:06.761	38.556	1:19.827	2:00.495	1:07.883
6	9:37:29.668	4:41.990	36.154	1:17.598	1:44.856	1:03.382	6	9:36:11.572	4:58.553	38.062	1:17.058	1:54.611	1:08.822
7	9:42:16.957	4:47.289	36.622	1:20.531	1:46.190	1:03.946	7	9:41:10.109	4:58.537	37.940	1:18.641	1:54.364	1:07.592
8	9:47:05.241	4:48.284	37.759	1:19.244	1:45.752	1:05.529	8	9:46:22.629	5:12.520	40.015	1:28.193	1:53.612	1:10.700
9	9:51:47.825	4:42.584	39.175	1:18.936	1:41.302	1:03.171	9	9:51:36.021	5:13.392	37.848	1:19.669	2:07.852	1:08.023
10	9:56:34.941	4:47.116	36.016	1:17.578	1:45.717	1:07.805	10	9:56:37.288	5:01.267	40.638	1:18.124	1:54.005	1:08.500
11	10:01:30.627	4:55.686	41.159	1:21.316	1:45.011	1:08.200	11	10:05:09.949	8:32.661	40.703	1:15.827	1:53.213	4:42.918
(44) Lars van Berkel							(48) Ton van Grinsven						
1	9:10:57.812	4:27.681			1:40.739	58.469	1	9:11:10.351	4:44.285	32.974	1:15.510	1:53.243	1:02.558
2	9:15:37.017	4:39.205	33.485	1:19.302	1:43.615	1:02.803	2	9:16:06.558	4:56.207	36.988	1:19.099	1:55.331	1:04.789
3	9:20:21.898	4:44.881	35.764	1:21.489	1:45.502	1:02.126	3	9:21:05.136	4:58.578	38.955	1:18.175	1:54.667	1:06.781
4	9:25:07.996	4:46.098	35.959	1:20.868	1:46.612	1:02.659	4	9:26:05.363	5:00.227	38.121	1:20.357	1:54.157	1:07.592
5	9:29:56.815	4:48.819	36.568	1:18.422	1:50.277	1:03.552	5	9:35:05.794	9:00.431	39.409	1:27.136	2:05.110	4:48.776
6	9:34:43.235	4:46.420	36.333	1:18.861	1:47.216	1:04.010	6	9:39:59.993	4:54.199	37.694	1:18.892	1:51.308	1:06.305
7	9:42:27.461	7:44.226	35.147	1:19.940	1:47.219	4:01.920	7	9:45:04.450	5:04.457	39.364	1:21.494	1:54.920	1:08.679
8	9:47:08.650	4:41.189	34.171	1:17.570	1:44.325	1:05.123	8	9:50:40.791	5:36.341	40.841	1:20.871	2:23.483	1:11.146
9	9:52:00.656	4:52.006	37.354	1:16.363	1:43.051	1:15.238	9	9:55:50.812	5:10.021	40.988	1:21.096	1:59.366	1:08.571
10	9:56:50.681	4:50.025	36.534	1:19.367	1:46.920	1:07.204	10	10:01:08.055	5:17.243	40.376	1:21.077	2:04.057	1:11.733
11	10:01:43.140	4:52.459	38.861	1:20.066	1:46.531	1:07.001	11	10:06:39.863	5:31.808	48.174	1:22.733	2:07.019	1:13.882
(8) Hans Vogels							(244) Michel Hoenson						
1	9:11:04.349	4:32.322	31.739	1:13.323	1:47.335	59.925	1	9:11:28.726	4:50.620			1:59.007	1:02.508
2	9:15:45.979	4:41.630	34.770	1:14.678	1:50.615	1:01.567	2	9:16:32.099	5:03.373	36.194	1:18.029	2:03.628	1:05.522
3	9:20:34.041	4:48.062	35.903	1:15.417	1:50.344	1:06.398	3	9:21:44.755	5:12.656	37.886	1:23.111	2:03.962	1:07.697
4	9:25:20.029	4:45.988	36.298	1:16.405	1:49.400	1:03.885	4	9:26:49.776	5:05.021	37.880	1:18.738	2:02.177	1:06.226
5	9:30:10.742	4:50.713	35.925	1:16.118	1:53.047	1:05.623	5	9:35:43.521	8:53.745	38.199	1:20.749	2:02.579	4:52.218
6	9:35:01.401	4:50.659	35.753	1:17.936	1:51.655	1:05.315	6	9:40:48.428	5:04.907	39.720	1:18.807	1:58.728	1:07.652
7	9:43:20.194	8:18.793	35.669	1:19.399	1:53.812	4:29.913	7	9:45:55.105	5:06.677	39.439	1:18.214	1:57.464	1:11.560
8	9:48:08.035	4:47.841	36.212	1:17.553	1:49.394	1:04.682	8	9:51:01.136	5:06.031	38.977	1:20.931	1:57.065	1:09.058
9	9:53:02.151	4:54.116	37.956	1:18.523	1:49.856	1:07.781	9	9:56:09.232	5:08.096	40.695	1:20.631	1:57.355	1:09.415
10	9:58:00.660	4:58.509	38.286	1:19.337	1:52.971	1:07.915	10	10:01:27.801	5:18.569	38.805	1:23.099	2:04.764	1:11.901
11	10:03:03.268	5:02.608	39.564	1:19.704	1:55.243	1:08.097	11	10:07:00.158	5:32.357	44.227	1:26.197	2:05.133	1:16.800
(326) Tom Meijer							(447) Thorsten Lentink						
1	9:11:15.378	4:31.760	32.399	1:11.788	1:47.757	59.816	1	9:12:03.647	5:06.577			2:04.169	1:06.016
2	9:15:56.066	4:40.688			1:49.655	1:02.803	2	9:17:01.641	4:57.994	36.153	1:19.998	1:52.727	1:09.116
3	9:20:37.407	4:41.341	36.114	1:13.288	1:49.054	1:02.885	3	9:22:06.863	5:05.222	37.829	1:21.605	1:55.559	1:10.229
4	9:25:16.263	4:38.856	36.117	1:15.242	1:46.766	1:00.731	4	9:27:08.831	5:01.968	37.490	1:20.612	1:55.132	1:08.734
5	9:35:13.408	9:57.145	54.178	1:14.803	1:49.566	5:58.598	5	9:35:45.255	8:36.424	39.036	1:21.942	1:58.451	4:36.995
6	9:39:57.222	4:43.814	36.473	1:16.929	1:47.807	1:02.605	6	9:40:45.432	5:00.177	37.426	1:20.237	1:54.522	1:07.992
7	9:44:47.367	4:50.145	37.967	1:16.774	1:51.305	1:04.099	7	9:45:51.618	5:06.186	38.319	1:20.703	1:56.901	1:10.263
8	9:49:39.324	4:51.957	37.187	1:16.505	1:52.044	1:06.221	8	9:50:57.104	5:05.486	38.186	1:21.019	1:55.758	1:10.523
9	9:54:31.281	4:51.957	38.617	1:18.396	1:51.568	1:03.376	9	9:56:13.688	5:16.584	40.462	1:21.925	2:00.066	1:14.131
10	9:59:22.236	4:50.955	38.852	1:15.947	1:49.401	1:06.755	10	10:01:36.995	5:23.307	41.911	1:25.914	2:00.138	1:15.344
11	10:04:19.581	4:57.345	40.247	1:18.413	1:52.743	1:05.942	(85) Nancy van de Ven						
(396) Dominique TjihuisTrutmans							1	9:11:58.517	5:09.993	34.356	1:34.366	1:57.050	1:04.221
1	9:10:59.961	4:35.813	30.473	1:14.263	1:50.479	1:00.598	2	9:17:00.761	5:02.244	35.833	1:27.030	1:55.180	1:04.201
2	9:15:44.848	4:44.887			1:53.174	1:02.173	3	9:22:11.922	5:11.161	37.096	1:28.971	1:57.913	1:07.181
3	9:20:33.413	4:48.565	37.115	1:16.741	1:52.995	1:01.714	4	9:27:21.960	5:10.038	38.964	1:27.706	1:57.242	1:06.126
4	9:25:27.540	4:54.127	36.835	1:17.865	1:54.415	1:05.012	5	9:35:54.492	8:32.532	38.117	1:27.447	1:59.413	4:27.555
5	9:34:39.650	9:12.110	35.783	1:21.853	1:56.746	5:17.728	6	9:41:02.334	5:07.842	37.955	1:27.720	1:55.145	1:07.022
6	9:39:35.241	4:55.591	35.475	1:17.899	1:55.561	1:06.656	7	9:46:13.095	5:10.761	37.442	1:28.642	1:56.960	1:07.717
7	9:44:28.876	4:53.635	36.230	1:20.715	1:51.707	1:04.983	8	9:51:26.814	5:13.719	37.999	1:28.367	1:56.364	1:10.989
8	9:49:27.877	4:59.001	37.339	1:21.423	1:57.268	1:02.971	9	9:56:52.793	5:25.979	41.872	1:28.431	2:03.509	1:12.167
9	9:54:29.518	5:01.641	37.397	1:20.491	1:57.732	1:06.021	10	10:02:26.010	5:33.217	42.878	1:29.729	2:10.385	1:10.225
10	9:59:30.297	5:00.779	37.714	1:20.205	1:54.841	1:08.019	(400) Ivo Vink						
11	10:04:35.522	5:05.225	40.289	1:21.599	1:55.459	1:07.878	1	9:12:08.417	4:56.805	36.735	1:16.178	1:57.374	1:06.518
							2	9:17:08.308	4:59.891	36.982	1:19.298	1:56.017	1:07.594



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
3	9:22:09.871	5:01.563			1:57.868	1:07.777	9	9:57:44.763	5:20.620	39.643	1:25.019	2:02.907	1:13.051
4	9:27:06.769	4:56.898	37.763	1:18.166	1:54.751	1:06.218	10	10:03:13.749	5:28.986	43.179	1:27.500	2:05.716	1:12.591
5	9:32:05.767	4:58.998	38.597	1:17.237	1:54.041	1:09.123	(184) Jessy Neeleman						
6	9:42:35.621	10:29.854	37.727	1:16.511	1:53.225	6:42.391	1	9:11:23.570	4:50.657	33.407	1:18.264	1:54.589	1:04.397
7	9:47:38.417	5:02.796	38.202	1:18.948	1:56.148	1:09.498	2	9:16:22.057	4:58.487	36.081	1:20.502	1:56.336	1:05.568
8	9:52:39.934	5:01.517	38.743	1:18.279	1:56.319	1:08.176	3	9:21:27.426	5:05.369	38.374	1:23.750	1:57.932	1:05.313
9	9:57:44.035	5:04.101	39.901	1:17.751	1:57.146	1:09.303	4	9:26:34.252	5:06.826	36.664	1:23.621	1:56.382	1:10.159
10	10:02:57.280	5:13.245	41.760	1:19.016	2:01.572	1:10.897	5	9:36:45.892	10:11.640	38.985	1:28.397	1:59.399	6:04.859
(12) Amel Advokaat							6	9:41:50.199	5:04.307	37.549	1:22.176	1:55.817	1:08.765
1	9:11:14.673	4:45.450	33.644	1:15.059	1:53.168	1:03.579	7	9:46:57.744	5:07.545	38.903	1:18.287	2:00.845	1:09.510
2	9:16:16.069	5:01.396	35.965	1:18.898	1:57.619	1:08.914	8	9:52:19.989	5:22.245	38.862	1:25.829	2:04.179	1:13.375
3	9:21:22.664	5:06.595	39.975	1:18.616	1:58.988	1:09.016	9	9:58:00.763	5:40.774	44.131	1:34.875	2:09.032	1:12.736
4	9:26:36.302	5:13.638	38.281	1:21.261	2:04.475	1:09.621	10	10:03:26.297	5:25.534	44.287	1:25.641	2:05.251	1:10.355
5	9:31:54.511	5:18.209	39.983	1:23.335	2:04.081	1:10.810	(40) Dennis van Wordragen						
6	9:37:09.993	5:15.482	41.269	1:20.899	2:01.443	1:11.871	1	9:12:11.576	5:22.699	35.734	1:49.651	1:53.188	1:04.126
7	9:46:36.300	9:26.307	38.831	1:23.299	2:07.022	5:17.155	2	9:17:15.595	5:04.019	35.634	1:27.194	1:52.934	1:08.257
8	9:51:57.051	5:20.751	40.873	1:21.178	2:05.383	1:13.317	3	9:22:23.045	5:07.450	37.561	1:25.784	1:55.861	1:08.244
9	9:57:23.146	5:26.095	40.117	1:24.989	2:06.837	1:14.152	4	9:27:34.810	5:11.765	38.895	1:28.704	1:55.576	1:08.590
10	10:03:03.095	5:39.949	44.966	1:25.862	2:12.097	1:17.024	5	9:36:40.578	9:05.768	37.338	1:25.453	1:53.221	5:09.756
(16) John Cuppen							6	9:41:44.581	5:04.003	37.364	1:26.070	1:53.044	1:07.525
1	9:12:07.769	5:22.197	34.237	1:20.407	2:22.804	1:04.749	7	9:46:49.709	5:05.128	39.161	1:26.731	1:50.076	1:09.160
2	9:17:12.761	5:04.992	34.859	1:23.208	1:59.782	1:07.143	8	9:52:26.239	5:36.530	39.569	1:40.168	2:01.401	1:15.392
3	9:22:22.855	5:10.094	36.618	1:24.643	2:01.395	1:07.438	9	9:58:03.544	5:37.305	41.877	1:37.557	2:04.619	1:13.252
4	9:27:36.390	5:13.535	38.194	1:28.319	1:58.190	1:08.832	10	10:03:30.520	5:26.976	43.407	1:34.005	1:57.363	1:12.201
5	9:36:26.074	8:49.684	37.922	1:24.683	1:56.087	4:50.992	(28) Robert van Pelt						
6	9:41:37.326	5:11.252	37.907	1:25.402	1:57.674	1:10.269	1	9:12:06.191	5:07.477			2:08.240	1:03.974
7	9:46:53.370	5:16.044	38.589	1:25.313	2:01.165	1:10.977	2	9:17:14.743	5:08.552	37.588	1:23.902	1:58.241	1:08.821
8	9:52:19.596	5:26.226	41.976	1:26.760	2:03.735	1:13.755	3	9:22:35.105	5:20.362	38.631	1:23.945	2:09.984	1:07.802
9	9:57:36.018	5:16.422	38.897	1:25.297	1:59.244	1:12.984	4	9:27:50.255	5:15.150	39.990	1:26.187	2:00.314	1:08.659
10	10:03:09.034	5:33.016	43.310	1:28.922	2:06.217	1:14.567	5	9:33:02.377	5:12.122	39.221	1:21.410	2:00.876	1:10.615
(205) Harmen Harmsen							6	9:38:16.900	5:14.523	39.684	1:24.428	1:59.994	1:10.417
1	9:11:51.717	4:58.091	35.168	1:19.692	1:58.138	1:05.093	7	9:43:33.331	5:16.431	39.868	1:24.749	2:00.608	1:11.206
2	9:16:51.714	4:59.997	36.135	1:20.478	1:55.740	1:07.644	8	9:52:42.041	9:08.710	40.523	1:23.488	2:23.874	4:40.825
3	9:21:57.914	5:06.200			1:57.525	1:10.517	9	9:58:11.256	5:29.215	41.863	1:25.158	2:07.925	1:14.269
4	9:27:08.287	5:10.373	39.164	1:21.979	2:00.303	1:08.927	10	10:03:47.553	5:36.297	45.324	1:26.105	2:10.236	1:14.632
5	9:36:32.125	9:23.838	40.338	1:23.423	2:01.773	5:18.304	(290) Menno vd Zee						
6	9:41:42.498	5:10.373	36.948	1:23.203	1:59.910	1:10.312	1	9:11:46.075	4:58.301	35.075	1:18.350	1:57.875	1:07.001
7	9:46:55.399	5:12.901	39.221	1:23.249	1:59.920	1:10.511	2	9:16:55.585	5:09.510	37.789	1:22.067	2:01.251	1:08.403
8	9:52:18.474	5:23.075	39.277	1:25.057	2:03.950	1:14.791	3	9:22:06.384	5:10.799			2:03.250	1:08.049
9	9:57:43.324	5:24.850	43.395	1:23.583	2:04.081	1:13.791	4	9:27:19.797	5:13.413	41.193	1:20.309	1:59.614	1:12.297
10	10:03:12.369	5:29.045	42.837	1:24.665	2:04.562	1:16.981	5	9:37:17.699	9:57.902	41.116	1:19.872	2:02.839	5:54.075
(275) Jeffrey Visser							6	9:42:22.689	5:04.990	37.890	1:19.601	1:59.740	1:07.759
1	9:11:45.317	4:57.116			1:56.731	1:06.199	7	9:47:25.564	5:02.875	39.974	1:17.700	1:54.750	1:10.451
2	9:16:59.376	5:14.059	37.121	1:28.866	2:00.868	1:07.204	8	9:53:25.298	5:59.734	42.810	1:19.656	2:46.824	1:10.444
3	9:22:01.648	5:02.272	37.670	1:22.516	1:54.528	1:07.558	9	9:58:40.598	5:15.300	40.826	1:18.517	2:03.770	1:12.187
4	9:27:06.631	5:04.983	38.692	1:21.148	1:55.891	1:09.252	10	10:03:59.916	5:19.318	45.547	1:19.646	2:01.302	1:12.823
5	9:36:09.178	9:02.547	40.129	1:27.212	2:00.929	4:54.277	(456) Robin Holtmeulen						
6	9:41:27.017	5:17.839	38.869	1:27.575	1:58.234	1:13.161	1	9:12:29.457	5:06.775			2:02.643	1:05.328
7	9:46:47.649	5:20.632	42.301	1:23.289	2:02.178	1:12.864	2	9:17:48.165	5:18.708	37.539	1:24.864	2:07.628	1:08.677
8	9:52:11.102	5:23.453	43.011	1:22.301	2:03.539	1:14.602	3	9:23:06.988	5:18.823	40.365	1:26.288	2:03.406	1:08.764
9	9:57:40.003	5:28.901	42.493	1:24.794	2:07.197	1:14.417	4	9:28:31.160	5:24.172	40.195	1:29.880	2:03.331	1:10.766
10	10:03:13.671	5:33.668	43.545	1:28.875	2:06.239	1:15.009	5	9:37:15.358	8:44.198	41.015	1:30.898	2:07.794	4:24.491
(296) Niels de Klein							6	9:42:38.897	5:23.539	39.695	1:29.288	2:03.385	1:11.171
1	9:12:03.832	4:51.577	34.354	1:20.761	1:51.809	1:04.653	7	9:48:05.490	5:26.593	42.652	1:24.796	2:06.098	1:13.047
2	9:17:01.784	4:57.952	35.745	1:22.103	1:54.051	1:06.053	8	9:53:27.310	5:21.820	41.446	1:23.679	2:04.438	1:12.257
3	9:22:07.366	5:05.582	37.133	1:25.836	1:55.242	1:07.371	9	9:59:06.813	5:39.503	42.398	1:25.115	2:16.552	1:15.438
4	9:27:36.112	5:28.746	39.200	1:30.932	2:08.315	1:10.299	10	10:04:33.258	5:26.445	44.341	1:25.590	2:01.718	1:14.796
5	9:36:36.253	9:00.141	40.712	1:24.334	2:01.177	4:53.918	(364) Juan Carlos Benito						
6	9:41:47.181	5:10.928	40.369	1:26.816	1:55.185	1:08.558	1	9:11:54.852	4:56.555			1:51.025	1:06.846
7	9:47:02.944	5:15.763	38.917	1:25.568	1:58.608	1:12.670	2	9:17:03.366	5:08.514			1:54.760	1:09.662
8	9:52:24.143	5:21.199	41.120	1:26.902	2:02.814	1:10.363							



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
3	9:22:24.315	5:20.949			1:59.604	1:12.028	9	10:00:13.647	5:27.816	44.416	1:26.884	2:02.868	1:13.648
4	9:27:47.182	5:22.867	39.688	1:31.601	2:01.573	1:10.005	10	10:05:46.570	5:32.923	44.725	1:28.704	2:03.064	1:16.430
5	9:37:00.949	9:13.767	39.240	1:31.986	2:00.924	5:01.617	(219) Benny Mandersloot						
6	9:42:20.533	5:19.584	40.208	1:32.152	1:59.595	1:07.629	1	9:12:36.973	5:23.785			2:16.837	1:09.025
7	9:47:46.394	5:25.861	40.377	1:31.014	2:02.022	1:12.448	2	9:18:12.686	5:35.713	36.536	1:23.039	2:27.181	1:08.957
8	9:53:16.389	5:29.995	40.549	1:32.720	2:02.162	1:14.564	3	9:23:30.990	5:18.304	39.497	1:24.163	2:02.745	1:11.899
9	9:58:58.691	5:42.302	41.612	1:34.479	2:09.627	1:16.584	4	9:33:42.311	10:11.321	40.105	1:20.037	2:10.660	6:00.519
10	10:04:34.772	5:36.081	42.789	1:32.728	2:04.326	1:16.238	5	9:39:00.807	5:18.496	40.865	1:24.779	2:01.255	1:11.597
(355) Rory Bouman							6	9:44:18.856	5:18.049	40.012	1:23.132	2:01.496	1:13.409
1	9:11:57.998	5:00.602			2:01.032	1:05.486	7	9:49:38.206	5:19.350	39.761	1:22.785	2:03.893	1:12.911
2	9:17:31.626	5:33.628			2:10.196	1:24.897	8	9:55:06.727	5:28.521	43.288	1:23.090	2:07.305	1:14.838
3	9:22:54.607	5:22.981	38.938	1:22.685	2:08.073	1:13.285	9	10:00:42.917	5:36.190	43.147	1:25.369	2:09.613	1:18.061
4	9:32:33.611	9:39.004	38.806	1:25.399	2:09.168	5:25.631	10	10:06:06.756	5:23.839	43.701	1:22.155	2:05.375	1:12.608
5	9:37:48.191	5:14.580	39.134	1:24.207	2:02.092	1:09.147	(212) Jeffry Fijneman						
6	9:43:10.532	5:22.341	39.694	1:24.346	2:04.492	1:13.809	1	9:11:50.984	5:10.309			2:04.388	1:08.516
7	9:48:30.053	5:19.521	39.068	1:23.564	2:03.582	1:13.307	2	9:17:07.235	5:16.251	37.034	1:25.999	2:04.099	1:09.119
8	9:53:51.935	5:21.882	41.931	1:22.383	2:04.988	1:12.580	3	9:22:33.305	5:26.070	40.695	1:25.213	2:08.136	1:12.026
9	9:59:20.109	5:28.174	42.066	1:22.804	2:07.216	1:16.088	4	9:28:10.479	5:37.174	42.770	1:30.960	2:09.657	1:13.787
10	10:04:45.672	5:25.563	44.553	1:23.495	2:04.749	1:12.766	5	9:37:26.279	9:15.800	42.434	1:28.396	2:13.209	4:51.761
(337) Ralph Sigmans							6	9:43:04.768	5:38.489	41.849	1:28.047	2:13.747	1:14.846
1	9:12:02.092	5:00.202			1:54.762	1:07.963	7	9:48:51.828	5:47.060	43.780	1:28.183	2:17.741	1:17.356
2	9:17:14.514	5:12.422	37.974	1:21.231	2:02.868	1:10.349	8	9:54:43.433	5:51.605	45.224	1:29.592	2:19.638	1:17.151
3	9:22:32.210	5:17.696	39.473	1:21.910	2:04.679	1:11.634	9	10:00:39.337	5:55.904	45.650	1:32.816	2:20.672	1:16.766
4	9:27:52.095	5:19.885	41.020	1:23.572	2:01.801	1:13.492	10	10:06:35.747	5:56.410	44.202	1:31.862	2:19.956	1:20.390
5	9:38:19.314	10:27.219	41.250	1:25.738	2:03.310	6:16.921	(306) Danny van Remmerden						
6	9:43:34.287	5:14.973	41.265	1:23.448	1:58.357	1:11.903	1	9:12:02.853	4:56.160			1:57.102	1:04.440
7	9:48:49.813	5:15.526	40.975	1:25.279	1:59.223	1:10.049	2	9:17:09.956	5:07.103	36.287	1:25.645	1:57.447	1:07.724
8	9:54:15.042	5:25.229	42.594	1:25.683	2:02.075	1:14.877	3	9:22:25.827	5:15.871			2:02.099	1:10.328
9	9:59:41.342	5:26.300	42.581	1:24.151	2:04.746	1:14.822	4	9:27:48.514	5:22.687	40.113	1:29.265	2:04.348	1:08.961
10	10:05:16.181	5:34.839	46.549	1:28.272	2:03.879	1:16.139	5	9:39:13.953	11:25.439	40.123	1:29.259	2:08.644	7:07.413
(459) Jordy Kouvelt							6	9:44:33.455	5:19.502	40.465	1:26.678	1:59.493	1:12.866
1	9:13:07.411	5:16.712			2:04.572	1:09.433	7	9:49:56.921	5:23.466	41.045	1:26.001	2:04.796	1:11.624
2	9:18:19.791	5:12.380	37.841	1:28.025	1:57.662	1:08.852	8	9:55:29.213	5:32.292	42.420	1:28.836	2:06.914	1:14.122
3	9:23:43.504	5:23.713			2:01.344	1:13.252	9	10:01:03.276	5:34.063	44.801	1:28.129	2:08.292	1:12.841
4	9:29:03.923	5:20.419	38.395	1:27.328	2:04.191	1:10.505	10	10:06:47.611	5:44.335	45.427	1:30.738	2:13.253	1:14.917
5	9:37:44.338	8:40.415	39.571	1:26.476	2:04.667	4:29.701	(197) Mike van Hoeijen						
6	9:43:14.117	5:29.779	38.795	1:33.567	2:04.924	1:12.493	1	9:12:34.550	5:17.403	37.641	1:24.492	2:04.658	1:10.612
7	9:48:38.944	5:24.827	40.555	1:28.942	2:02.667	1:12.663	2	9:17:57.987	5:23.437	39.629	1:26.074	2:05.832	1:11.902
8	9:54:07.767	5:28.823	42.195	1:29.665	2:02.909	1:14.054	3	9:23:32.026	5:34.039			2:13.021	1:11.970
9	9:59:46.798	5:39.031	41.045	1:34.919	2:05.320	1:17.747	4	9:33:43.367	10:11.341	41.391	1:26.416	2:10.039	5:53.495
10	10:05:23.211	5:36.413	44.897	1:28.684	2:06.088	1:16.744	5	9:39:07.623	5:24.256	41.531	1:28.610	2:01.774	1:12.341
(265) Jeremy Dalhuisen							6	9:44:41.501	5:33.878	42.406	1:29.862	2:05.349	1:16.261
1	9:11:49.512	5:02.464			1:59.647	1:06.045	7	9:50:11.716	5:30.215	40.923	1:26.365	2:06.915	1:16.012
2	9:16:59.781	5:10.269			2:01.471	1:08.612	8	9:55:44.149	5:32.433	42.788	1:27.478	2:05.744	1:16.423
3	9:22:17.316	5:17.535	38.597	1:26.979	2:01.329	1:10.630	9	10:01:16.994	5:32.845	43.271	1:26.668	2:06.501	1:16.405
4	9:32:16.491	9:59.175	42.760	1:26.067	2:04.982	5:45.366	10	10:06:53.644	5:36.650	44.172	1:26.921	2:09.745	1:15.812
5	9:37:35.618	5:19.127	39.389	1:25.511	2:03.878	1:10.349	(160) Tom de Vlieger						
6	9:43:13.647	5:38.029	43.436	1:29.692	2:09.743	1:15.158	1	9:12:27.730	5:11.536	36.222	1:28.279	1:57.839	1:09.196
7	9:48:43.203	5:29.556	43.931	1:28.142	2:03.620	1:13.863	2	9:17:46.783	5:19.053	38.560	1:28.986	2:01.511	1:09.996
8	9:54:18.286	5:35.083	42.519	1:24.808	2:12.324	1:15.432	3	9:23:12.072	5:25.289	39.590	1:30.655	2:01.838	1:13.206
9	10:00:06.334	5:48.048	43.242	1:32.496	2:15.019	1:17.291	4	9:33:08.374	9:56.302	40.044	1:30.596	2:05.777	5:39.885
10	10:05:45.622	5:39.288	46.396	1:27.489	2:10.320	1:15.083	5	9:38:34.596	5:26.222	39.355	1:29.523	2:02.936	1:14.408
(371) Kevin de Bruin							6	9:44:09.585	5:34.989	42.367	1:32.132	2:05.329	1:15.161
1	9:12:15.297	5:04.367			1:58.941	1:06.498	7	9:49:50.126	5:40.541	42.447	1:32.082	2:10.025	1:15.987
2	9:17:33.037	5:17.740	39.159	1:26.333	2:00.021	1:12.227	8	9:55:27.992	5:37.866	44.313	1:31.643	2:04.915	1:16.995
3	9:22:51.616	5:18.579	38.778	1:25.114	2:03.914	1:10.773	9	10:01:10.933	5:42.941	44.865	1:32.005	2:08.014	1:18.057
4	9:28:07.719	5:16.103	38.949	1:27.617	1:58.102	1:11.435	10	10:07:01.521	5:50.588	46.027	1:33.231	2:11.365	1:19.965
5	9:33:26.849	5:19.130	41.569	1:26.844	1:59.953	1:10.764	(253) Ronald van Amersfoort						
6	9:43:57.577	10:30.728	40.003	1:25.881	2:02.030	6:22.814	1	9:12:31.876	5:24.416			2:11.490	1:10.236
7	9:49:23.277	5:25.700	41.880	1:28.722	2:02.356	1:12.742	2	9:17:55.292	5:23.416	39.984	1:25.488	2:05.520	1:12.424
8	9:54:45.831	5:22.554	42.836	1:24.600	2:02.946	1:12.172							



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
3	9:23:23.187	5:27.895			2:03.166	1:09.223	(204) Rudi Takman						
4	9:32:58.862	9:35.675	42.838	1:29.510	2:09.388	5:13.939	1	9:12:22.746	5:17.049	37.506	1:18.731	2:08.680	1:12.132
5	9:38:22.975	5:24.113	41.482	1:25.737	2:01.960	1:14.934	2	9:17:58.483	5:35.737	41.142	1:24.103	2:13.282	1:17.210
6	9:43:53.868	5:30.893	43.373	1:31.116	2:04.587	1:11.817	3	9:23:45.723	5:47.240	55.260	1:23.235	2:14.902	1:13.843
7	9:49:42.397	5:48.529	46.225	1:31.441	2:16.964	1:13.899	4	9:29:33.419	5:47.696	41.393	1:22.597	2:27.433	1:16.273
8	9:55:24.534	5:42.137	42.976	1:31.502	2:11.144	1:16.515	5	9:38:22.056	8:48.637	42.425	1:21.757	2:20.678	4:23.777
9	10:01:17.707	5:53.173	46.127	1:34.410	2:12.741	1:19.895	6	9:44:13.273	5:51.217	42.824	1:25.541	2:23.086	1:19.766
10	10:07:09.871	5:52.164	45.591	1:31.584	2:14.923	1:20.066	7	9:50:10.339	5:57.066	45.901	1:25.800	2:27.703	1:17.662
(255) John Welten							8	9:56:00.214	5:49.875	44.714	1:23.274	2:22.564	1:19.323
1	9:12:30.789	5:20.861			2:10.344	1:10.990	9	10:02:03.830	6:03.616	47.301	1:25.964	2:27.102	1:23.249
2	9:17:59.302	5:28.513	39.518	1:23.422	2:15.005	1:10.568	(317) Jordi van den Oord						
3	9:23:30.145	5:30.843			2:14.647	1:12.053	1	9:14:28.545	5:07.659	36.941	1:21.087	2:00.049	1:09.582
4	9:29:00.501	5:30.356	39.652	1:23.777	2:13.922	1:13.005	2	9:19:40.638	5:12.093			2:02.038	1:08.207
5	9:37:56.384	8:55.883	42.315	1:23.660	2:15.683	4:34.225	3	9:25:05.310	5:24.672			2:12.762	1:09.259
6	9:43:41.029	5:44.645	41.023	1:28.588	2:22.852	1:12.182	4	9:30:19.553	5:14.243	38.911	1:24.210	1:59.929	1:11.193
7	9:49:21.367	5:40.338	41.443	1:26.165	2:16.710	1:16.020	5	9:35:36.072	5:16.519	38.994	1:23.918	2:00.304	1:13.303
8	9:55:16.528	5:55.161	45.175	1:27.665	2:25.071	1:17.250	6	9:46:09.159	10:33.087	39.511	1:23.616	1:59.202	6:30.758
9	10:01:16.627	6:00.099	45.250	1:28.295	2:25.203	1:21.351	7	9:51:27.506	5:18.347	44.517	1:22.268	2:00.753	1:10.809
10	10:07:20.039	6:03.412	47.695	1:29.377	2:25.371	1:20.969	8	9:56:45.432	5:17.926	41.174	1:22.799	2:02.888	1:11.065
(279) Bart Brouwer							9	10:02:12.154	5:26.722	42.934	1:25.770	2:03.384	1:14.634
1	9:12:00.157	5:00.200	35.903	1:22.723	1:53.169	1:08.405	(463) Alwin Muus						
2	9:17:04.702	5:04.545	36.735	1:26.866	1:53.494	1:07.450	1	9:12:16.630	5:07.863			2:00.384	1:08.748
3	9:22:13.394	5:08.692	37.357	1:26.943	1:54.945	1:09.447	2	9:18:01.711	5:45.081			2:33.545	1:11.048
4	9:32:24.963	10:11.569	38.136	1:26.874	2:00.263	6:06.296	3	9:23:18.798	5:17.087	42.003	1:23.528	2:02.965	1:08.591
5	9:37:29.117	5:04.154	38.477	1:24.938	1:53.082	1:07.657	4	9:34:20.446	11:01.648	39.172	1:28.297	2:12.907	6:41.272
6	9:42:42.579	5:13.462	39.795	1:28.986	1:56.266	1:08.415	5	9:39:35.287	5:14.841	39.262	1:24.379	1:59.804	1:11.396
7	9:47:50.024	5:07.445	39.943	1:27.443	1:52.539	1:07.520	6	9:44:55.673	5:20.386	39.083	1:24.996	2:04.141	1:12.166
8	9:53:03.809	5:13.785	38.862	1:28.179	1:56.357	1:10.387	7	9:50:18.913	5:23.240	41.608	1:28.363	2:02.380	1:10.889
9	9:58:28.587	5:24.778	38.729	1:30.045	2:01.553	1:14.451	8	9:56:00.750	5:41.837	41.834	1:24.189	2:22.975	1:12.839
10	10:07:45.691	9:17.104	42.680	1:36.116	2:02.629	4:55.679	9	10:02:12.751	6:12.001	45.744	1:27.946	2:09.505	1:48.806
(207) Alwin Takman							(427) Melvin Meppelink						
1	9:13:07.202	5:27.311			2:09.361	1:12.251	1	9:13:16.572	5:17.394			2:01.450	1:08.299
2	9:18:43.136	5:35.934	42.094	1:30.806	2:08.926	1:14.108	2	9:18:38.048	5:21.476	39.799	1:25.720	2:04.944	1:11.013
3	9:24:08.544	5:25.408	40.841	1:26.577	2:06.313	1:11.677	3	9:24:06.768	5:27.668	39.770	1:29.690	2:06.886	1:12.665
4	9:29:39.605	5:31.061	41.850	1:27.361	2:06.297	1:15.553	4	9:33:52.012	9:45.244	41.330	1:29.805	2:13.676	5:20.433
5	9:35:06.035	5:26.430	41.934	1:25.669	2:03.253	1:15.574	5	9:39:21.864	5:29.852	40.853	1:30.444	2:04.874	1:13.681
6	9:45:02.987	9:56.952	1:31.621	1:27.198	2:04.173	4:53.960	6	9:44:59.082	5:37.218	42.769	1:32.736	2:07.186	1:14.527
7	9:50:27.411	5:24.424	41.222	1:27.813	2:03.374	1:12.015	7	9:50:42.279	5:43.197	44.712	1:31.717	2:11.085	1:15.683
8	9:55:55.479	5:28.068	42.505	1:27.256	2:04.852	1:13.455	8	9:56:32.096	5:49.817	47.008	1:33.922	2:12.402	1:16.485
9	10:01:33.484	5:38.005	43.170	1:28.887	2:08.464	1:17.484	9	10:02:22.949	5:50.853	47.881	1:34.081	2:14.255	1:14.636
(432) Jorrit Scheffer							(467) Hendri Klein Kromhof						
1	9:14:43.771	6:00.825	38.825	1:27.934	2:41.841	1:12.225	1	9:13:07.919	5:24.238	37.790	1:32.244	2:04.311	1:09.893
2	9:20:05.083	5:21.312	40.940	1:27.087	2:02.804	1:10.481	2	9:18:35.087	5:27.168	39.998	1:32.825	2:01.974	1:12.371
3	9:30:15.016	10:09.933	40.220	1:26.206	2:03.619	5:59.888	3	9:24:02.755	5:27.668	39.370	1:31.696	2:04.929	1:11.673
4	9:35:21.638	5:06.622	37.092	1:20.309	2:00.842	1:08.379	4	9:29:30.964	5:28.209	39.789	1:32.515	2:03.041	1:12.864
5	9:40:32.941	5:11.303	38.710	1:24.370	1:59.865	1:08.358	5	9:34:59.954	5:28.990	40.487	1:33.505	2:01.786	1:13.212
6	9:45:50.022	5:17.081	38.740	1:25.248	2:00.290	1:12.803	6	9:45:18.379	10:18.425	39.045	1:36.444	2:01.918	6:01.018
7	9:51:08.475	5:18.453	39.021	1:23.141	2:04.897	1:11.394	7	9:50:46.631	5:28.252	40.114	1:31.908	2:01.302	1:14.928
8	9:56:28.694	5:20.219	41.842	1:22.774	2:03.172	1:12.431	8	9:56:13.911	5:27.280	42.308	1:32.054	2:01.568	1:11.350
9	10:01:54.883	5:26.189	43.215	1:26.685	2:06.272	1:10.017	9	10:02:27.484	6:13.573	42.831	1:31.754	2:45.037	1:13.951
(365) Thijs de Bell							(202) Derk Jan Kram						
1	9:12:53.981	5:17.181	38.151	1:29.541	2:01.861	1:07.628	1	9:12:51.947	5:37.191			2:13.742	1:12.776
2	9:18:09.086	5:15.105	37.274	1:28.434	2:01.732	1:07.665	2	9:18:34.477	5:42.530	40.510	1:29.136	2:15.782	1:17.102
3	9:23:26.517	5:17.431			1:58.333	1:10.130	3	9:24:33.316	5:58.839	43.741	1:30.158	2:27.083	1:17.857
4	9:33:19.830	9:53.313	39.626	1:29.552	2:10.761	5:33.374	4	9:30:16.959	5:43.643	41.033	1:26.237	2:20.225	1:16.148
5	9:38:38.568	5:18.738	39.721	1:30.710	1:58.250	1:10.057	5	9:39:48.963	9:32.004	40.789	1:26.053	2:13.183	5:11.979
6	9:44:08.565	5:29.997	41.037	1:33.538	2:02.065	1:13.357	6	9:45:22.564	5:33.601	41.867	1:24.843	2:13.800	1:13.091
7	9:50:20.664	6:12.099	44.539	1:33.561	2:36.206	1:17.793	7	9:51:01.693	5:39.129	41.051	1:23.284	2:19.726	1:15.068
8	9:56:05.758	5:45.094	43.335	1:32.716	2:11.837	1:17.206	8	9:56:47.380	5:45.687	43.025	1:25.398	2:19.155	1:18.109
9	10:02:01.485	5:55.727	46.077	1:36.560	2:13.297	1:19.793	9	10:02:42.735	5:55.355	47.991	1:27.777	2:22.824	1:16.763



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
(439) Rolf Booi							(232) Kris ter Steege						
1	9:13:44.171	5:37.999			2:13.324	1:15.067	1	9:12:07.638	5:14.944			2:09.821	1:09.312
2	9:19:29.873	5:45.702	42.579	1:33.367	2:11.530	1:18.226	2	9:17:31.612	5:23.974	39.683	1:22.680	2:08.569	1:13.042
3	9:25:23.713	5:53.840			2:19.273	1:18.364	3	9:24:01.437	6:29.825	41.677	1:26.953	3:08.804	1:12.391
4	9:34:16.780	8:53.067	44.982	1:28.963	2:11.512	4:27.610	4	9:29:44.071	5:42.634	41.675	1:21.791	2:18.704	1:20.464
5	9:39:51.498	5:34.718	42.771	1:27.359	2:08.073	1:16.515	5	9:40:42.858	10:58.787	44.648	1:25.447	2:22.229	6:26.463
6	9:45:26.337	5:34.839	46.047	1:27.183	2:04.738	1:16.871	6	9:46:16.874	5:34.016	43.240	1:20.407	2:14.800	1:15.569
7	9:51:10.263	5:43.926	45.751	1:28.021	2:09.367	1:20.787	7	9:51:59.933	5:43.059	45.268	1:23.149	2:15.894	1:18.748
8	9:57:03.793	5:53.530	46.157	1:27.685	2:17.377	1:22.311	8	9:57:48.615	5:48.682	44.659	1:23.207	2:23.680	1:17.136
9	10:02:59.243	5:55.450	48.659	1:33.561	2:16.258	1:16.972	9	10:03:34.721	5:46.106	47.518	1:27.383	2:12.462	1:18.743
(159) Bas de Vlieger							(203) Wiljan van Wikselaar						
1	9:12:36.786	5:23.955			2:03.262	1:11.018	1	9:15:17.362	5:38.574	40.682	1:34.595	2:08.688	1:14.609
2	9:18:05.476	5:28.690	40.555	1:32.013	2:03.762	1:12.360	2	9:20:48.320	5:30.958	40.753	1:36.622	2:03.659	1:09.924
3	9:23:44.399	5:38.923	41.725	1:35.459	2:05.418	1:16.321	3	9:26:21.036	5:32.716	40.702	1:34.402	2:04.845	1:12.767
4	9:29:32.777	5:48.378	42.026	1:35.982	2:09.927	1:20.443	4	9:31:53.342	5:32.306	38.332	1:37.138	2:04.302	1:12.534
5	9:39:30.499	9:57.722	42.328	1:33.325	2:14.501	5:27.568	5	9:37:26.219	5:32.877	40.272	1:35.717	2:04.912	1:11.976
6	9:45:19.474	5:48.975	41.982	1:37.017	2:11.848	1:18.128	6	9:46:35.961	9:09.742	40.876	1:40.253	2:02.477	4:46.136
7	9:51:11.739	5:52.265	44.452	1:36.577	2:11.873	1:19.363	7	9:52:07.215	5:31.254	42.340	1:36.077	2:00.211	1:12.626
8	9:57:09.382	5:57.643	43.590	1:37.950	2:15.266	1:20.837	8	9:57:55.038	5:47.823	42.538	1:36.530	2:10.442	1:18.313
9	10:03:05.923	5:56.541	46.029	1:35.074	2:15.427	1:20.011	9	10:03:37.611	5:42.573	44.914	1:38.723	2:03.074	1:15.862
(330) Jan van Deursen							(175) Kevin Buitenhuis						
1	9:14:24.637	5:44.506	39.251	1:24.538	2:26.809	1:13.908	1	9:13:15.749	5:29.068			2:03.256	1:10.891
2	9:19:55.953	5:31.316	38.654	1:28.147	2:08.927	1:15.588	2	9:18:42.635	5:26.886	39.142	1:33.371	2:04.474	1:09.899
3	9:25:29.305	5:33.352	40.376	1:29.822	2:08.222	1:14.932	3	9:29:01.359	10:18.724	40.758	1:34.639	2:07.601	5:55.726
4	9:35:00.708	9:31.403	40.690	1:25.353	2:08.470	5:16.890	4	9:34:39.307	5:37.948	42.008	1:36.808	2:05.820	1:13.312
5	9:40:26.939	5:26.231	41.351	1:28.685	2:02.091	1:14.104	5	9:40:22.477	5:43.170	41.277	1:40.635	2:06.490	1:14.768
6	9:45:58.892	5:31.953	42.241	1:23.368	2:07.723	1:18.621	6	9:46:12.051	5:49.574	41.735	1:41.990	2:10.722	1:15.127
7	9:51:36.622	5:37.730	43.051	1:29.785	2:10.170	1:14.724	7	9:51:55.147	5:43.096	43.507	1:42.052	2:01.110	1:16.427
8	9:57:20.249	5:43.627	44.438	1:29.775	2:11.108	1:18.306	8	9:57:35.071	5:39.924	41.790	1:40.282	2:01.972	1:15.880
9	10:03:10.040	5:49.791	46.377	1:31.236	2:12.021	1:20.157	9	10:03:40.265	6:05.194	44.803	1:44.414	2:13.639	1:22.338
(406) Ivar van den Broek							(440) Youri Ende						
1	9:13:08.435	5:22.191			2:03.915	1:11.895	1	9:12:18.239	4:56.179	34.902	1:22.690	1:54.895	1:03.692
2	9:18:25.355	5:16.920	41.129	1:26.275	1:57.610	1:11.906	2	9:17:16.730	4:58.491	35.209	1:23.286	1:53.359	1:06.637
3	9:23:47.499	5:22.144	41.328	1:28.148	2:00.405	1:12.263	3	9:27:39.455	10:22.725	38.169	1:25.000	1:56.003	6:23.553
4	9:29:42.986	5:55.487	42.057	1:51.896	2:04.791	1:16.743	4	9:32:50.936	5:11.481	38.648	1:23.328	1:59.681	1:09.824
5	9:39:56.574	10:13.588	44.893	1:30.110	2:10.404	5:48.181	5	9:38:08.816	5:17.880	38.540	1:27.477	2:00.755	1:11.108
6	9:45:41.205	5:44.631	44.470	1:31.734	2:09.148	1:19.279	6	9:43:33.158	5:24.342	40.261	1:31.838	1:59.399	1:12.844
7	9:51:29.272	5:48.067	44.508	1:31.833	2:10.531	1:21.195	7	9:49:00.279	5:27.121	43.004	1:29.787	2:01.825	1:12.505
8	9:57:22.043	5:52.771	46.070	1:37.784	2:09.578	1:19.339	8	9:58:15.935	9:15.656	40.928	1:28.162	2:06.057	5:00.509
9	10:03:14.450	5:52.407	47.042	1:32.513	2:11.039	1:21.813	9	10:03:42.992	5:27.057	44.125	1:30.963	1:59.382	1:12.587
(367) Nicky van Rheenen							(345) Sjeng Verbeek						
1	9:12:42.116	5:26.893	37.766	1:31.398	2:04.481	1:13.248	1	9:13:04.339	5:26.353	39.402	1:32.924	2:03.406	1:10.621
2	9:18:23.930	5:41.814	41.580	1:38.524	2:06.606	1:15.104	2	9:18:28.696	5:24.357	40.264	1:32.256	2:02.159	1:09.678
3	9:24:15.373	5:51.443	42.675	1:40.382	2:10.472	1:17.914	3	9:23:59.706	5:31.010	40.698	1:31.408	2:06.646	1:12.258
4	9:35:13.013	10:57.640	40.539	1:32.727	2:04.986	6:39.388	4	9:29:34.970	5:35.264	40.914	1:31.645	2:09.065	1:13.640
5	9:40:51.006	5:37.993	42.901	1:37.122	2:03.632	1:14.338	5	9:40:28.476	10:53.506	41.866	1:32.011	2:12.210	6:27.419
6	9:46:22.957	5:31.951	41.475	1:30.670	2:02.276	1:17.530	6	9:46:18.685	5:50.209	42.495	1:34.026	2:16.031	1:17.657
7	9:51:59.400	5:36.443	43.208	1:31.940	2:04.669	1:16.626	7	9:52:06.835	5:48.150	44.927	1:35.831	2:09.835	1:17.557
8	9:57:46.179	5:46.779	45.769	1:33.961	2:11.379	1:15.670	8	9:57:58.716	5:51.881	42.562	1:35.525	2:16.023	1:17.771
9	10:03:25.123	5:38.944	43.601	1:32.277	2:06.874	1:16.192	9	10:03:54.259	5:55.543	47.457	1:35.764	2:14.019	1:18.303
(378) Bjorn de Cort							(383) Frank van Loon						
1	9:12:24.354	5:15.885			2:03.683	1:10.761	1	9:13:11.864	5:41.983	41.405	1:28.919	2:14.585	1:17.074
2	9:18:01.605	5:37.251	40.596	1:29.161	2:12.925	1:14.569	2	9:18:48.284	5:36.420	42.201	1:32.829	2:09.899	1:11.491
3	9:23:48.484	5:46.879	42.603	1:30.694	2:15.936	1:17.646	3	9:24:28.297	5:40.013	43.145	1:32.604	2:09.572	1:14.692
4	9:33:49.532	10:01.048	41.310	1:30.069	2:20.907	5:28.762	4	9:30:05.201	5:36.904	41.352	1:32.211	2:08.281	1:15.060
5	9:39:37.045	5:47.513	44.438	1:28.056	2:15.173	1:19.846	5	9:41:05.102	10:59.901	43.183	1:29.986	2:08.227	6:38.505
6	9:45:37.590	6:00.545	46.157	1:30.418	2:22.561	1:21.409	6	9:46:38.185	5:33.083	42.632	1:27.761	2:08.322	1:14.368
7	9:51:29.525	5:51.935	45.202	1:31.428	2:16.052	1:19.253	7	9:52:21.368	5:43.183	44.475	1:28.585	2:11.203	1:18.920
8	9:57:27.933	5:58.408	44.555	1:32.174	2:21.541	1:20.138	8	9:58:05.226	5:43.858	44.547	1:29.510	2:10.173	1:19.628
9	10:03:30.550	6:02.617	48.135	1:31.243	2:18.232	1:25.007	9	10:03:57.577	5:52.351	47.106	1:31.301	2:16.060	1:17.884



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
(239) Kimberley Braam							(391) Thijs Obelink						
1	9:13:10.528	5:38.681	40.421	1:34.574	2:09.407	1:14.279	1	9:13:49.831	5:35.631	40.688	1:34.528	2:10.741	1:09.674
2	9:18:47.861	5:37.333	40.723	1:36.097	2:06.458	1:14.055	2	9:19:21.283	5:31.452	39.264	1:33.723	2:05.997	1:12.468
3	9:24:32.368	5:44.507	42.481	1:36.732	2:09.444	1:15.850	3	9:25:04.995	5:43.712	43.128	1:35.732	2:09.704	1:15.148
4	9:30:19.677	5:47.309	42.015	1:36.999	2:11.134	1:17.161	4	9:30:48.019	5:43.024	42.139	1:32.714	2:11.170	1:17.001
5	9:39:58.908	9:39.231	41.700	1:38.029	2:05.815	5:13.687	5	9:40:50.445	10:02.426	44.125	1:37.595	2:12.112	5:28.594
6	9:45:54.564	5:55.656	46.459	1:41.734	2:08.809	1:18.654	6	9:46:35.289	5:44.844	45.260	1:36.021	2:06.870	1:16.693
7	9:51:48.394	5:53.830	45.504	1:41.970	2:07.191	1:19.165	7	9:52:18.102	5:42.813	41.890	1:29.611	2:12.744	1:18.568
8	9:57:51.182	6:02.788	44.067	1:41.120	2:14.252	1:23.349	8	9:58:14.076	5:55.974	44.059	1:34.141	2:17.382	1:20.392
9	10:03:59.414	6:08.232	47.268	1:45.433	2:13.814	1:21.717	9	10:04:42.506	6:28.430	48.582	1:36.851	2:21.604	1:41.393
(209) Nico Fraanje							(270) Jan-hans Dolfing						
1	9:13:27.895	5:51.537			2:32.323	1:09.377	1	9:13:42.902	5:33.015			2:10.532	1:11.539
2	9:18:56.667	5:28.772	39.461	1:31.716	2:06.341	1:11.254	2	9:19:21.393	5:38.491	40.749	1:34.608	2:10.309	1:12.825
3	9:29:26.266	10:29.599	41.072	1:34.004	2:20.923	5:53.609	3	9:25:11.521	5:50.128	43.300	1:35.358	2:14.289	1:17.181
4	9:35:05.041	5:38.775	42.689	1:35.590	2:06.092	1:14.404	4	9:35:47.555	10:36.034	42.341	1:35.618	2:10.993	6:07.082
5	9:40:47.047	5:42.006	41.261	1:38.260	2:08.138	1:14.347	5	9:41:17.369	5:29.814	40.328	1:29.996	2:05.570	1:13.920
6	9:46:31.915	5:44.868	42.920	1:35.893	2:09.251	1:16.804	6	9:46:56.170	5:38.801	41.377	1:34.987	2:06.661	1:15.776
7	9:52:23.196	5:51.281	43.263	1:33.988	2:17.301	1:16.729	7	9:52:37.359	5:41.189	45.164	1:36.204	2:05.146	1:14.675
8	9:58:28.438	6:05.242	43.103	1:36.026	2:26.448	1:19.665	8	9:58:33.107	5:55.748	45.149	1:36.123	2:16.490	1:17.986
9	10:04:20.125	5:51.687	47.462	1:34.667	2:10.433	1:19.125	9	10:04:46.826	6:13.719	47.442	1:38.911	2:30.006	1:17.360
(433) Ton Adriaans							(261) Ruud Franssen						
1	9:14:17.487	5:49.835			2:25.383	1:13.718	1	9:13:54.331	5:38.997	40.932	1:32.414	2:10.933	1:14.718
2	9:19:48.666	5:31.179	41.012	1:31.532	2:09.174	1:09.461	2	9:19:41.167	5:46.836	42.219	1:33.561	2:15.173	1:15.883
3	9:25:18.701	5:30.035	40.958	1:33.319	2:04.737	1:11.021	3	9:25:29.664	5:48.497	41.324	1:34.874	2:16.005	1:16.294
4	9:30:58.516	5:39.815	43.453	1:31.546	2:12.300	1:12.516	4	9:31:13.491	5:43.827	42.754	1:35.566	2:12.743	1:12.764
5	9:41:57.965	10:59.449	40.440	1:33.264	2:12.626	6:33.119	5	9:36:48.625	5:35.134	42.110	1:31.217	2:04.442	1:17.365
6	9:47:26.062	5:28.097	41.490	1:30.387	2:03.467	1:12.753	6	9:47:11.520	10:22.895	42.486	1:29.130	2:09.580	6:01.699
7	9:53:07.024	5:40.962	42.944	1:33.272	2:09.967	1:14.779	7	9:52:50.825	5:39.305	42.742	1:31.514	2:09.705	1:15.344
8	9:58:49.398	5:42.374	44.229	1:34.480	2:08.653	1:15.012	8	9:58:46.648	5:55.823	43.384	1:26.953	2:24.742	1:20.744
9	10:04:32.012	5:42.614	43.933	1:32.340	2:10.517	1:15.824	9	10:04:52.268	6:05.620	46.035	1:28.626	2:32.451	1:18.508
(247) Robert van der Horst							(183) Thomas Tap						
1	9:13:29.421	5:25.500	42.187	1:28.644	2:05.814	1:08.855	1	9:12:45.539	5:25.684			2:12.393	1:08.062
2	9:19:05.101	5:35.680	40.490	1:30.766	2:10.192	1:14.232	2	9:18:15.480	5:29.941	38.046	1:27.801	2:11.775	1:12.319
3	9:24:40.977	5:35.876	41.810	1:30.926	2:09.716	1:13.424	3	9:23:53.146	5:37.666			2:10.337	1:12.578
4	9:35:13.978	10:33.001	40.096	1:31.850	2:51.673	5:29.382	4	9:35:19.695	11:26.549	39.830	1:31.145	2:21.058	6:54.516
5	9:41:00.015	5:46.037	42.082	1:34.581	2:15.988	1:13.386	5	9:41:08.544	5:48.849	40.417	1:34.888	2:15.968	1:17.576
6	9:46:45.016	5:45.001	43.053	1:34.678	2:09.279	1:17.991	6	9:46:56.420	5:47.876	41.984	1:30.740	2:14.227	1:20.925
7	9:52:35.603	5:50.587	43.189	1:33.763	2:14.523	1:19.112	7	9:52:54.268	5:57.848	46.240	1:36.321	2:17.202	1:18.085
8	9:58:34.353	5:58.750	43.688	1:38.246	2:18.822	1:17.994	8	9:58:54.568	6:00.300	45.242	1:31.800	2:22.601	1:20.657
9	10:04:33.605	5:59.252	46.251	1:38.230	2:15.618	1:19.153	9	10:04:59.529	6:04.961	45.299	1:31.547	2:25.704	1:22.411
(282) Jonathan Hopman							(262) Adwin van de Pol						
1	9:13:06.224	5:37.488	40.060	1:24.610	2:17.404	1:15.414	1	9:13:22.298	5:16.984	40.926	1:27.596	1:58.570	1:09.892
2	9:18:44.853	5:38.629	42.688	1:25.376	2:11.972	1:18.593	2	9:18:45.216	5:22.918	39.793	1:28.777	2:03.322	1:11.026
3	9:24:30.722	5:45.869	43.433	1:28.628	2:15.162	1:18.646	3	9:24:11.640	5:26.424	40.545	1:29.113	2:04.317	1:12.449
4	9:34:44.811	10:14.089	42.954	1:29.130	2:17.230	5:44.775	4	9:30:23.630	6:11.990	40.217	1:29.793	2:47.801	1:14.179
5	9:40:24.369	5:39.558	41.799	1:27.015	2:15.051	1:15.693	5	9:41:29.764	11:06.134	42.287	1:30.610	2:04.264	6:48.973
6	9:46:17.128	5:52.759	42.847	1:30.316	2:16.034	1:23.562	6	9:47:08.370	5:38.606	43.422	1:32.196	2:06.023	1:16.965
7	9:52:15.898	5:58.770	46.345	1:30.958	2:19.463	1:22.004	7	9:53:08.578	6:00.208	48.985	1:34.279	2:16.333	1:20.611
8	9:58:19.179	6:03.281	47.789	1:28.638	2:23.259	1:23.595	8	9:59:04.825	5:56.247	46.632	1:37.099	2:13.667	1:18.849
9	10:04:34.686	6:15.507	49.140	1:31.114	2:24.648	1:30.605	9	10:05:02.283	5:57.458	48.450	1:33.679	2:14.738	1:20.591
(402) Robby van Hoorn							(369) Nick Brouwer						
1	9:13:17.552	5:27.365	38.668	1:26.205	2:14.526	1:07.966	1	9:14:27.423	6:00.405	45.341	1:37.199	2:22.213	1:15.652
2	9:18:45.842	5:28.290	40.694	1:27.705	2:08.132	1:11.759	2	9:20:14.197	5:46.774			2:11.669	1:15.048
3	9:24:09.211	5:23.369	40.418	1:28.113	2:04.326	1:10.512	3	9:26:01.457	5:47.260	42.732	1:37.109	2:12.928	1:14.491
4	9:35:31.456	11:22.245	42.324	1:30.478	2:15.282	6:54.161	4	9:31:47.940	5:46.483	41.062	1:38.764	2:11.502	1:15.155
5	9:41:10.567	5:39.111	41.171	1:31.846	2:08.118	1:17.976	5	9:41:39.285	9:51.345	40.822	1:42.200	2:11.802	5:16.521
6	9:46:54.654	5:44.087	43.495	1:33.373	2:09.133	1:18.086	6	9:47:25.585	5:46.300	42.973	1:37.881	2:08.734	1:16.712
7	9:52:45.577	5:50.923	45.079	1:35.099	2:13.543	1:17.202	7	9:53:19.045	5:53.460	47.316	1:37.517	2:11.647	1:16.980
8	9:58:36.426	5:50.849	45.455	1:34.439	2:11.863	1:19.092	8	9:59:11.195	5:52.150	44.671	1:39.034	2:09.901	1:18.544
9	10:04:37.028	6:00.602	46.015	1:33.051	2:18.687	1:22.849	9	10:05:08.793	5:57.598	44.953	1:39.456	2:13.643	1:19.546



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
(200) Tim Bongers							(162) Erwin Parmentier						
1	9:13:25.342	5:37.911	40.134	1:29.631	2:13.308	1:14.838	1	9:13:19.892	5:50.336	39.681	1:30.012	2:23.609	1:17.034
2	9:19:07.891	5:42.549	42.044	1:31.251	2:12.428	1:16.826	2	9:19:15.551	5:55.659	42.229	1:32.424	2:24.347	1:16.659
3	9:24:48.750	5:40.859	42.976	1:31.171	2:13.483	1:13.229	3	9:25:10.878	5:55.327	44.419	1:32.161	2:21.441	1:17.306
4	9:30:41.661	5:52.911	42.516	1:32.363	2:21.348	1:16.684	4	9:31:11.819	6:00.941	44.724	1:34.074	2:23.563	1:18.580
5	9:41:23.782	10:42.121	44.647	1:30.555	2:14.854	6:12.065	5	9:37:13.775	6:01.956	47.155	1:31.876	2:22.381	1:20.544
6	9:47:02.132	5:38.350	43.248	1:30.208	2:07.951	1:16.943	6	9:47:03.131	9:49.356	48.077	1:36.177	2:28.944	4:56.158
7	9:52:46.938	5:44.806	44.643	1:32.814	2:10.995	1:16.354	7	9:53:10.742	6:07.611	46.850	1:31.274	2:24.424	1:25.063
8	9:59:12.703	6:25.765	1:11.599	1:36.346	2:16.860	1:20.960	8	9:59:36.543	6:25.801	46.454	1:32.820	2:41.691	1:24.836
9	10:05:16.695	6:03.992	48.622	1:32.936	2:21.081	1:21.353	9	10:05:49.431	6:12.888	48.825	1:32.345	2:26.223	1:25.495
(302) Rick Disseldorp							(342) Bryan Mink						
1	9:13:14.842	5:30.297	39.045	1:30.007	2:08.635	1:12.610	1	9:14:41.719	6:01.013			2:39.004	1:10.818
2	9:19:03.727	5:48.885	39.861	1:34.382	2:14.157	1:20.485	2	9:20:18.661	5:36.942	40.982	1:31.098	2:10.598	1:14.264
3	9:24:44.879	5:41.152	39.746	1:30.832	2:15.348	1:15.226	3	9:25:58.239	5:39.578	41.990	1:29.623	2:13.766	1:14.199
4	9:35:24.330	10:39.451	43.302	1:34.406	2:14.496	6:07.247	4	9:31:32.867	5:34.628	41.703	1:32.894	2:07.635	1:12.396
5	9:41:16.821	5:52.491	43.747	1:32.143	2:16.555	1:20.046	5	9:42:18.364	10:45.497	41.626	1:31.801	2:15.057	6:17.013
6	9:47:16.546	5:59.725	46.212	1:33.335	2:16.297	1:23.881	6	9:48:03.608	5:45.244	42.089	1:31.533	2:17.626	1:13.996
7	9:53:23.116	6:06.570	48.453	1:40.659	2:14.112	1:23.346	7	9:53:48.847	5:45.239	43.251	1:32.202	2:12.664	1:17.122
8	9:59:19.107	5:55.991	47.439	1:32.853	2:13.775	1:21.924	8	9:59:46.577	5:57.730	45.479	1:32.045	2:18.997	1:21.209
9	10:05:18.384	5:59.277	48.672	1:35.981	2:14.327	1:20.297	9	10:05:50.295	6:03.718	47.662	1:33.754	2:22.662	1:19.640
(167) Siem de Vlieger							(348) Robert Willems						
1	9:12:39.451	5:33.594			2:11.184	1:15.378	1	9:13:04.878	5:37.551	38.749	1:28.003	2:13.969	1:16.830
2	9:18:22.540	5:43.089	40.276	1:30.162	2:13.191	1:19.460	2	9:19:07.047	6:02.169	42.541	1:36.351	2:22.724	1:20.553
3	9:24:12.285	5:49.745	43.421	1:35.251	2:13.471	1:17.602	3	9:25:04.628	5:57.581	45.616	1:32.776	2:19.763	1:19.426
4	9:30:10.759	5:58.474	44.158	1:32.867	2:19.360	1:22.089	4	9:35:12.157	10:07.529	43.107	1:31.551	2:18.761	5:34.110
5	9:40:56.409	10:45.650	45.817	1:35.973	2:36.418	5:47.442	5	9:41:11.373	5:59.216	41.648	1:45.910	2:14.516	1:17.142
6	9:47:02.311	6:05.902	46.451	1:36.643	2:19.226	1:23.582	6	9:47:16.179	6:04.806	46.051	1:25.692	2:34.481	1:18.582
7	9:53:03.623	6:01.312	47.810	1:34.990	2:16.585	1:21.927	7	9:53:22.301	6:06.122	43.412	1:28.994	2:34.015	1:19.701
8	9:59:08.675	6:05.052	46.749	1:33.948	2:18.629	1:25.726	8	9:59:29.303	6:07.002	43.172	1:29.803	2:17.633	1:36.394
9	10:05:23.206	6:14.531	49.999	1:39.270	2:19.229	1:26.033	9	10:05:53.622	6:24.319	49.852	1:26.980	2:44.555	1:22.932
(220) Bart van Dulmen							(381) Feiko Prosje						
1	9:12:37.016	5:20.263	38.720	1:25.064	2:04.266	1:12.213	1	9:13:20.378	5:31.671			2:08.061	1:14.021
2	9:18:07.191	5:30.175	38.993	1:29.151	2:08.571	1:13.460	2	9:19:03.917	5:43.539	40.905	1:34.377	2:11.840	1:16.417
3	9:23:46.192	5:39.001	42.239	1:31.595	2:09.645	1:15.522	3	9:24:48.670	5:44.753	43.354	1:32.187	2:10.831	1:18.381
4	9:29:48.265	6:02.073	43.218	1:32.167	2:34.172	1:12.516	4	9:34:49.146	10:00.476	43.881	1:33.253	2:17.615	5:25.727
5	9:35:28.358	5:40.093	44.207	1:28.947	2:11.330	1:15.609	5	9:40:46.815	5:57.669	42.656	1:34.728	2:18.876	1:21.409
6	9:47:04.493	11:36.135	42.426	1:33.157	3:39.590	5:40.962	6	9:47:04.457	6:17.642	47.824	1:35.799	2:32.222	1:21.797
7	9:53:11.077	6:06.584	44.870	1:32.279	2:29.637	1:19.798	7	9:53:31.829	6:27.372	1:03.407	1:38.337	2:21.390	1:24.238
8	9:59:20.142	6:09.065	45.797	1:33.617	2:25.530	1:24.121	8	9:59:42.269	6:10.440	46.391	1:37.433	2:21.900	1:24.716
9	10:05:27.308	6:07.166	49.493	1:35.602	2:21.626	1:20.445	9	10:05:55.199	6:12.930	49.189	1:37.405	2:22.116	1:24.220
(168) Roy Leenheer							(347) Niels Ploeg						
1	9:13:17.219	5:38.161			2:11.776	1:11.831	1	9:13:26.391	5:21.805			2:03.132	1:09.909
2	9:19:09.096	5:51.877	40.815	1:37.165	2:14.967	1:18.930	2	9:24:17.511	10:51.120	39.679	1:29.903	2:04.039	6:37.499
3	9:24:59.343	5:50.247	43.210	1:41.780	2:07.921	1:17.336	3	9:29:48.035	5:30.524	40.690	1:32.788	2:03.916	1:13.130
4	9:30:52.038	5:52.695	42.283	1:40.022	2:11.335	1:19.055	4	9:35:16.790	5:28.755	41.748	1:31.347	2:01.630	1:14.030
5	9:36:46.432	5:54.394	44.228	1:37.522	2:12.042	1:20.602	5	9:41:01.531	5:44.741	41.885	1:32.572	2:13.724	1:16.560
6	9:47:05.894	10:19.462	42.892	1:41.839	2:14.632	5:40.099	6	9:46:32.377	5:30.846	42.447	1:28.230	2:05.326	1:14.843
7	9:53:22.180	6:16.286	44.801	1:39.363	2:33.375	1:18.747	7	9:55:14.678	8:42.301	41.640	1:30.013	2:02.227	4:28.421
8	9:59:23.251	6:01.071	45.771	1:36.815	2:17.511	1:20.974	8	10:00:41.337	5:26.659	44.251	1:26.037	2:00.833	1:15.538
9	10:05:34.110	6:10.859	49.439	1:41.203	2:15.397	1:24.820	9	10:06:08.932	5:27.595	40.836	1:26.216	2:04.088	1:16.455
(226) Kevin van der Ven							(223) Nick vd Genugten						
1	9:20:49.849	11:55.644	40.718	1:29.930	2:24.689	7:20.307	1	9:13:49.303	5:50.498			2:16.443	1:15.043
2	9:26:27.810	5:37.961	41.717	1:29.489	2:11.021	1:15.734	2	9:19:41.839	5:52.536	42.591	1:37.536	2:15.240	1:17.169
3	9:32:03.502	5:35.692	40.749	1:27.086	2:11.593	1:16.264	3	9:30:11.373	10:29.534	42.776	1:37.402	2:11.224	5:58.132
4	9:37:31.140	5:27.638	41.713	1:25.010	2:08.063	1:12.852	4	9:35:57.903	5:46.530	43.527	1:38.048	2:10.029	1:14.926
5	9:43:03.501	5:32.361	42.254	1:26.925	2:07.795	1:15.387	5	9:41:49.592	5:51.689	42.788	1:41.085	2:10.050	1:17.766
6	9:48:34.740	5:31.239	41.349	1:25.187	2:09.507	1:15.196	6	9:47:43.089	5:53.497	45.538	1:38.830	2:11.938	1:17.191
7	9:54:11.406	5:36.666	42.006	1:25.724	2:13.993	1:14.943	7	9:53:46.484	6:03.395	45.786	1:39.557	2:17.221	1:20.831
8	9:59:52.233	5:40.827	42.971	1:25.994	2:13.183	1:18.679	8	9:59:51.717	6:05.233	44.959	1:40.271	2:17.429	1:22.574
9	10:05:38.481	5:46.248	47.232	1:26.817	2:12.589	1:19.610	9	10:06:09.581	6:17.864	47.584	1:50.147	2:18.596	1:21.537



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
(190) Erwin Jacobs							(469) Koen Lansink						
1	9:13:41.657	5:38.222			2:11.767	1:12.603	1	9:13:15.601	5:29.414			2:14.251	1:10.231
2	9:19:27.743	5:46.086	41.206	1:40.998	2:10.963	1:12.919	2	9:18:45.664	5:30.063		1:23.497	2:12.767	1:13.345
3	9:25:13.971	5:46.228	43.944	1:39.475	2:08.843	1:13.966	3	9:24:21.672	5:36.008	42.311	1:24.604	2:13.868	1:15.225
4	9:31:06.974	5:53.003	44.627	1:40.785	2:11.055	1:16.536	4	9:29:54.508	5:32.836	43.426	1:24.473	2:10.565	1:14.372
5	9:42:47.595	11:40.621	42.982	1:38.373	2:13.018	7:06.248	5	9:39:34.525	9:40.017	42.588	1:22.874	2:15.140	5:19.415
6	9:48:29.354	5:41.759	42.347	1:36.964	2:07.038	1:15.410	6	9:45:01.901	5:27.376	42.044	1:25.133	2:07.202	1:12.997
7	9:54:23.190	5:53.836	43.587	1:39.999	2:12.799	1:17.451	7	9:50:55.090	5:53.189	44.683	1:24.001	2:25.315	1:19.190
8	10:00:21.685	5:58.495	44.288	1:42.652	2:10.972	1:20.583	8	9:57:26.501	6:31.411	45.318	1:26.081	2:13.566	2:06.446
9	10:06:16.869	5:55.184	46.120	1:39.251	2:13.306	1:16.507	9	10:07:16.843	9:50.342	2:15.964	2:19.189	3:04.689	2:10.500
(171) Hans Breemer							(153) Marcel Kuik						
1	9:12:33.309	5:21.104	39.174	1:24.138	2:06.634	1:11.158	1	9:13:46.929	5:51.296			2:19.810	1:19.608
2	9:18:18.795	5:45.486	39.230	1:31.651	2:19.719	1:14.886	2	9:19:45.445	5:58.516	44.487	1:39.678	2:17.961	1:16.390
3	9:24:13.937	5:55.142	43.320	1:34.954	2:18.251	1:18.617	3	9:25:48.943	6:03.498	44.389	1:39.889	2:19.790	1:19.430
4	9:30:08.488	5:54.551	45.207	1:35.241	2:14.744	1:19.359	4	9:31:53.015	6:04.072	49.156	1:39.849	2:16.275	1:18.792
5	9:41:45.685	11:37.197	46.556	1:33.665	2:20.365	6:56.611	5	9:37:56.302	6:03.287	44.838	1:38.387	2:19.054	1:21.008
6	9:47:49.418	6:03.733	47.267	1:35.484	2:20.186	1:20.796	6	9:44:07.522	6:11.220	47.808	1:40.722	2:17.229	1:25.461
7	9:53:54.763	6:05.345	45.519	1:35.137	2:23.989	1:20.700	7	9:50:51.084	6:43.562	50.690	1:46.243	2:33.475	1:33.154
8	10:00:17.410	6:22.647	53.479	1:35.998	2:31.542	1:21.628	8	10:01:14.212	10:23.128	48.076	1:41.235	2:24.919	5:28.898
9	10:06:34.798	6:17.388	52.122	1:37.247	2:26.358	1:21.661	9	10:07:41.594	6:27.382	50.889	1:37.414	2:36.642	1:22.437
(241) Kevin Zwanenburg							(426) Marco de Blaey						
1	9:13:41.790	5:43.685	40.642	1:35.410	2:12.160	1:15.473	1	9:12:21.848	5:02.285	36.665	1:18.219	1:58.183	1:09.218
2	9:19:34.609	5:52.819	40.474	1:38.569	2:15.906	1:17.870	2	9:17:49.133	5:27.285	48.078	1:20.126	2:09.135	1:09.946
3	9:25:35.485	6:00.876			2:21.403	1:16.965	3	9:23:09.175	5:20.042	40.431	1:19.605	2:08.524	1:11.482
4	9:31:36.031	6:00.546	44.446	1:38.170	2:17.998	1:19.932	4	9:34:07.292	10:58.117	39.453	1:21.454	1:59.254	6:57.956
5	9:43:01.709	11:25.678	43.985	1:38.901	2:14.023	6:48.769	5	9:39:18.649	5:11.357	40.016	1:23.220	1:57.498	1:10.623
6	9:48:48.256	5:46.547	41.806	1:37.554	2:10.222	1:16.965	6	9:44:44.205	5:25.556	41.078	1:23.417	2:10.244	1:10.817
7	9:54:47.980	5:59.724	43.538	1:40.125	2:13.989	1:22.072	7	9:50:00.639	5:16.434	42.424	1:23.044	1:59.059	1:11.907
8	10:00:52.168	6:04.188	43.299	1:41.995	2:17.300	1:21.594	8	9:55:25.656	5:25.017	41.366	1:24.554	2:06.408	1:12.689
9	10:06:57.350	6:05.182	43.963	1:42.349	2:17.202	1:21.668	9	10:07:54.339	12:28.683	42.872	1:24.004	8:56.791	1:25.016
(393) Jakko Mastenbroek							(414) Louise de Martines						
1	9:14:08.351	5:48.556	41.254	1:36.336	2:16.561	1:14.405	1	9:14:00.139	6:32.362	37.572	1:28.869	3:13.552	1:12.369
2	9:20:01.844	5:53.493			2:17.384	1:16.190	2	9:19:53.907	5:53.768			2:27.033	1:12.775
3	9:25:56.155	5:54.311	44.471	1:36.560	2:17.230	1:16.050	3	9:26:22.933	6:29.026	41.881	1:37.436	2:54.252	1:15.457
4	9:31:58.143	6:01.988	43.496	1:41.032	2:19.110	1:18.350	4	9:32:21.830	5:58.897	44.059	1:36.132	2:17.272	1:21.434
5	9:37:58.327	6:00.184	43.111	1:38.452	2:18.415	1:20.206	5	9:38:12.019	5:50.189	44.587	1:35.075	2:11.448	1:19.079
6	9:44:00.979	6:02.652	45.479	1:43.920	2:12.262	1:20.991	6	9:44:12.405	6:00.386	44.157	1:38.959	2:17.627	1:19.643
7	9:54:42.663	10:41.684	48.082	1:42.747	2:17.662	5:53.193	7	9:54:39.123	10:26.718	47.012	1:35.858	2:12.108	5:51.740
8	10:00:47.786	6:05.123	47.406	1:38.128	2:13.246	1:26.343	8	10:00:54.160	6:15.037	48.715	1:44.328	2:20.840	1:21.154
9	10:06:59.821	6:12.035	50.493	1:40.218	2:18.241	1:23.083	9	10:08:09.538	7:15.378	49.459	1:38.076	3:20.940	1:26.903
(363) Tom Manders							(480) Lerdy Duijvestijn						
1	9:14:14.541	5:53.022			2:19.800	1:13.942	1	9:14:34.013	6:03.782	44.918	1:27.079	2:30.666	1:21.119
2	9:19:57.671	5:43.130			2:10.718	1:16.011	2	9:20:23.513	5:49.500	43.790	1:30.206	2:17.129	1:18.375
3	9:26:04.572	6:06.901	42.999	1:34.562	2:06.791	1:42.549	3	9:26:13.877	5:50.364	43.497	1:32.954	2:12.127	1:21.786
4	9:32:00.279	5:55.707	44.716	1:37.988	2:14.066	1:18.937	4	9:37:09.367	10:55.490	44.158	1:36.779	2:26.620	6:07.933
5	9:42:10.733	10:10.454			2:16.041	5:31.192	5	9:43:10.902	6:01.535	43.599	1:32.632	2:23.605	1:21.699
6	9:48:14.773	6:04.040	47.546	1:38.909	2:18.114	1:19.471	6	9:49:12.622	6:01.720	46.308	1:29.322	2:21.114	1:24.976
7	9:54:26.353	6:11.580	47.708	1:39.501	2:22.881	1:21.490	7	9:55:20.284	6:07.662	45.809	1:32.150	2:26.852	1:22.851
8	10:00:50.778	6:24.425	48.746	1:44.950	2:27.156	1:23.573	8	10:01:41.774	6:21.490	48.512	1:33.705	2:30.918	1:28.355
9	10:07:03.104	6:12.326	49.474	1:41.308	2:18.712	1:22.832							
(217) Oscar Pelgrim							(442) Marcus Busch						
1	9:12:50.694	5:31.619	38.860	1:22.031	2:17.753	1:12.975	1	9:13:40.655	5:40.745	40.584	1:35.337	2:09.690	1:15.134
2	9:18:41.118	5:50.424	41.107	1:29.145	2:21.539	1:18.633	2	9:19:34.047	5:53.392	40.345	1:36.136	2:18.473	1:18.438
3	9:24:39.098	5:57.980	45.215	1:23.823	2:26.113	1:22.829	3	9:25:34.433	6:00.386	42.000	1:39.921	2:16.395	1:22.070
4	9:31:05.932	6:26.834	44.331	1:27.279	2:51.599	1:23.625	4	9:32:07.882	6:33.449	42.916	1:34.493	2:12.542	2:03.498
5	9:37:31.035	6:25.103	44.109	1:27.977	2:49.864	1:23.153	5	9:44:12.259	12:04.377	44.582	1:33.264	2:10.660	7:35.871
6	9:48:24.754	10:53.719	48.945	1:33.573	2:34.040	5:57.161	6	9:49:54.720	5:42.461	41.826	1:32.031	2:10.670	1:17.934
7	9:54:29.174	6:04.420	45.210	1:26.331	2:30.515	1:22.364	7	9:55:46.292	5:51.572	44.263	1:30.539	2:12.744	1:24.026
8	10:00:48.590	6:19.416	48.771	1:30.621	2:34.567	1:25.457	8	10:01:51.843	6:05.551	47.047	1:36.141	2:21.214	1:21.149
9	10:07:10.956	6:22.366	57.101	1:30.506	2:32.100	1:22.659							
(298) Jos Hubers													
1	9:14:11.687	5:46.611					1	9:14:11.687	5:46.611	44.686	1:30.876	2:16.535	1:14.514



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
2	9:19:47.000	5:35.313	43.274	1:29.288	2:08.686	1:14.065	8	10:02:28.725	6:30.145	46.821	1:32.704	2:46.390	1:24.230
3	9:32:22.959	12:35.959	45.634	1:34.216	2:47.946	7:28.163	(308) Geert Koerts						
4	9:38:04.419	5:41.460	42.021	1:28.316	2:13.014	1:18.109	1	9:15:29.835	6:55.946	41.303	1:23.759	3:20.460	1:30.424
5	9:43:46.421	5:42.002	42.153	1:32.083	2:09.913	1:17.853	2	9:21:17.423	5:47.588	42.666	1:26.372	2:11.466	1:27.084
6	9:50:14.410	6:27.989	44.424	1:30.923	2:54.733	1:17.909	3	9:27:03.401	5:45.978	44.553	1:29.984	2:16.400	1:15.041
7	9:56:06.390	5:51.980	44.916	1:30.452	2:14.506	1:22.106	4	9:38:44.960	11:41.559	43.346	1:27.935	2:18.368	7:11.910
8	10:01:58.538	5:52.148	49.051	1:31.101	2:12.199	1:19.797	5	9:45:09.689	6:24.729	42.892	1:25.682	2:58.365	1:17.790
(464) Jaap Klein Gunnewiek							6	9:50:57.320	5:47.631	45.327	1:29.001	2:14.573	1:18.730
1	9:14:34.658	6:10.131	45.328	1:38.020	2:23.237	1:23.546	7	9:56:46.262	5:48.942	46.518	1:25.896	2:15.256	1:21.272
2	9:20:31.991	5:57.333	43.616	1:38.954	2:14.580	1:20.183	8	10:02:37.559	5:51.297	47.558	1:28.082	2:15.838	1:19.819
3	9:31:05.135	10:33.144	44.811	1:36.660	2:18.445	5:53.228	(251) Erik Pijls						
4	9:37:06.713	6:01.578	42.974	1:33.144	2:23.936	1:21.524	1	9:14:22.866	6:05.704	44.225	1:30.749	2:32.161	1:18.569
5	9:43:10.028	6:03.315	44.051	1:36.074	2:19.932	1:23.258	2	9:20:20.791	5:57.925	43.359	1:29.058	2:23.930	1:21.578
6	9:49:17.751	6:07.723	44.264	1:36.856	2:24.157	1:22.446	3	9:26:29.490	6:08.699	47.253	1:29.816	2:26.675	1:24.955
7	9:55:27.798	6:10.047	46.673	1:35.471	2:23.415	1:24.488	4	9:32:46.417	6:16.927	48.645	1:29.715	2:30.793	1:27.774
8	10:02:04.881	6:37.083	48.760	1:44.502	2:32.542	1:31.279	5	9:43:19.811	10:33.394	46.603	1:33.411	2:33.777	5:39.603
(213) Dennis Venverlo							6	9:49:30.164	6:10.353	48.097	1:28.736	2:26.758	1:26.762
1	9:14:26.039	5:54.216	43.047	1:34.075	2:17.753	1:19.341	7	9:55:51.418	6:21.254	50.364	1:31.926	2:31.811	1:27.153
2	9:20:20.630	5:54.591	44.707	1:33.376	2:18.620	1:17.888	8	10:02:40.073	6:48.655	53.528	1:29.779	2:36.996	1:48.352
3	9:26:15.087	5:54.457	43.182	1:33.296	2:19.955	1:18.024	(278) Frank Roeles						
4	9:32:31.530	6:16.443	43.435	1:36.552	2:34.342	1:22.114	1	9:12:01.216	5:10.895	36.147	1:19.664	2:05.446	1:09.638
5	9:44:31.206	11:59.676	47.139	1:32.557	2:19.200	7:20.780	2	9:17:25.552	5:24.336	39.089	1:23.056	2:09.156	1:13.035
6	9:50:19.100	5:47.894	45.397	1:31.252	2:12.750	1:18.495	3	9:22:48.410	5:22.858	39.665	1:23.820	2:07.755	1:11.618
7	9:56:10.825	5:51.725	46.013	1:37.317	2:11.101	1:17.294	4	9:40:03.778	17:15.368	42.280	1:26.287	2:14.498	7:20.785
8	10:02:05.151	5:54.326	47.011	1:33.858	2:11.495	1:21.962	5	9:45:38.060	5:34.282	43.307	1:23.665	2:11.811	1:15.499
(187) Rob van Dijk							6	9:51:15.164	5:37.104	42.966	1:23.373	2:12.790	1:17.975
1	9:14:10.910	6:03.128	44.018	1:27.013	2:31.370	1:20.727	7	9:56:54.576	5:39.412	45.094	1:25.371	2:12.626	1:16.321
2	9:20:33.181	6:22.271	45.596	1:32.924	2:40.582	1:23.169	8	10:02:45.362	5:50.786	46.323	1:27.130	2:22.249	1:15.084
3	9:26:31.874	5:58.693	47.068	1:30.685	2:22.826	1:18.114	(176) Marcel Aal						
4	9:32:45.358	6:13.484	43.323	1:37.803	2:27.383	1:24.975	1	9:14:38.759	6:13.087	47.040	1:40.347	2:23.841	1:21.859
5	9:44:02.087	11:16.729	47.669	1:32.672	2:29.337	6:27.051	2	9:25:08.319	10:29.560	45.709	1:39.632	2:21.544	5:42.675
6	9:49:56.813	5:54.726	46.452	1:32.502	2:16.924	1:18.848	3	9:31:24.460	6:16.141	45.262	1:49.060	2:21.414	1:20.405
7	9:55:59.291	6:02.478	45.700	1:34.398	2:19.190	1:23.190	4	9:37:41.202	6:16.742	45.057	1:42.940	2:23.963	1:24.782
8	10:02:08.595	6:09.304	47.452	1:33.663	2:23.422	1:24.767	5	9:43:59.320	6:18.118	45.323	1:48.429	2:21.425	1:22.941
(409) Rick Tuik							6	9:50:13.945	6:14.625	46.290	1:45.890	2:19.400	1:23.045
1	9:14:01.653	5:50.233	40.397	1:26.964	2:23.555	1:19.317	7	9:56:27.221	6:13.276	47.267	1:43.030	2:20.365	1:22.614
2	9:20:00.020	5:58.367	39.699	1:31.737	2:24.840	1:22.091	8	10:02:47.292	6:20.071	47.167	1:45.294	2:23.387	1:24.223
3	9:26:02.999	6:02.979	43.014	1:30.189	2:27.938	1:21.838	(258) Jannes Janssen						
4	9:38:23.100	12:20.101	44.009	1:35.264	2:27.548	7:33.280	1	9:15:08.899	6:02.111	42.906	1:27.876	2:33.258	1:18.071
5	9:44:13.854	5:50.754	43.547	1:28.228	2:21.033	1:17.946	2	9:25:58.586	10:49.687	43.982	1:29.765	2:29.267	6:06.673
6	9:50:08.870	5:55.016	43.739	1:31.197	2:22.167	1:17.913	3	9:31:50.399	5:51.813	42.960	1:34.367	2:17.483	1:17.003
7	9:56:12.016	6:03.146	47.102	1:28.033	2:25.854	1:22.157	4	9:37:45.290	5:54.891	42.994	1:29.864	2:21.793	1:20.240
8	10:02:18.271	6:06.255	49.390	1:26.968	2:29.582	1:20.315	5	9:43:51.867	6:06.577	45.589	1:36.686	2:22.359	1:21.943
(387) Dennis Warmerdam							6	9:50:05.120	6:13.253	48.659	1:37.305	2:23.063	1:24.226
1	9:14:35.518	6:18.051	45.780	1:31.611	2:35.901	1:24.759	7	9:56:29.107	6:23.987	52.313	1:34.474	2:32.686	1:24.514
2	9:20:47.814	6:12.296	43.749	1:37.301	2:28.250	1:22.996	8	10:02:49.632	6:20.525	51.225	1:33.742	2:35.660	1:19.898
3	9:26:53.934	6:06.120	45.523	1:36.525	2:24.030	1:20.042	(340) Arnout van der Leij						
4	9:33:11.251	6:17.317	44.133	1:39.175	2:31.086	1:22.923	1	9:13:49.335	5:47.067	41.714	1:30.578	2:19.297	1:15.478
5	9:39:09.895	5:58.644	43.392	1:34.463	2:23.059	1:17.730	2	9:19:42.823	5:53.488	43.720	1:31.265	2:22.112	1:16.391
6	9:49:51.852	10:41.957	47.309	1:39.770	2:28.396	5:46.482	3	9:30:56.914	11:14.091	45.487	1:35.807	2:24.846	6:27.951
7	9:56:06.329	6:14.477	48.013	1:36.093	2:29.988	1:20.383	4	9:37:14.379	6:17.465	46.537	1:33.874	2:29.939	1:27.115
8	10:02:23.034	6:16.705	47.680	1:29.766	2:23.800	1:35.459	5	9:43:31.587	6:17.208	46.104	1:35.823	2:29.443	1:25.838
(304) Koen Engelbertink							6	9:49:57.318	6:25.731	48.334	1:39.210	2:32.879	1:25.308
1	9:13:38.345	5:37.789	41.499	1:32.762	2:09.903	1:13.625	7	9:56:16.050	6:18.732	49.591	1:33.226	2:31.753	1:24.162
2	9:19:19.582	5:41.237	40.700	1:30.917	2:11.665	1:17.955	8	10:02:57.909	6:41.859	1:06.980	1:35.616	2:34.988	1:24.275
3	9:25:13.580	5:53.998	42.543	1:32.714	2:16.456	1:22.285	(362) Jeffrey Schuitema						
4	9:31:06.577	5:52.997	43.639	1:32.352	2:16.550	1:20.456	1	9:15:20.118	6:11.227			2:23.615	1:18.057
5	9:44:18.035	13:11.458	46.939	1:31.704	2:17.577	8:35.238	2	9:21:24.029	6:03.911	48.207	1:40.164	2:19.613	1:15.927
6	9:50:15.444	5:57.409	44.288	1:32.203	2:20.370	1:20.548	3	9:27:18.094	5:54.065	43.970	1:32.021	2:20.814	1:17.260
7	9:55:58.580	5:43.136	44.116	1:32.004	2:07.013	1:20.003							



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
4	9:39:08.190	11:50.096	44.527	1:32.417	2:17.837	7:15.315	(384) Hein Hachmang						
5	9:45:01.091	5:52.901	44.880	1:32.254	2:15.769	1:19.998	1	9:15:24.284	6:17.656	46.424	1:32.555	2:40.438	1:18.239
6	9:50:58.621	5:57.530	46.694	1:31.387	2:17.849	1:21.600	2	9:25:46.034	10:21.750	46.531	1:34.192	2:30.664	5:30.363
7	9:56:53.919	5:55.298	48.001	1:31.404	2:11.101	1:24.792	3	9:31:37.576	5:51.542	43.961	1:30.529	2:18.438	1:18.614
8	10:02:59.742	6:05.823	47.238	1:30.808	2:23.492	1:24.285	4	9:37:39.375	6:01.799	43.705	1:30.029	2:29.393	1:18.672
(225) Anne van Ramshorst							5	9:44:28.110	6:48.735	46.220	1:33.953	3:08.753	1:19.809
1	9:13:28.872	5:51.845	43.415	1:28.204	2:22.116	1:18.110	6	9:50:35.927	6:07.817	48.563	1:33.068	2:22.543	1:23.643
2	9:19:29.501	6:00.629	46.225	1:28.557	2:22.415	1:23.432	7	9:56:55.359	6:19.432	50.404	1:33.134	2:29.548	1:26.346
3	9:25:42.972	6:13.471	48.118	1:35.133	2:27.490	1:22.730	8	10:03:23.912	6:28.553	51.435	1:35.960	2:34.487	1:26.671
4	9:37:55.014	12:12.042	48.944	1:31.496	2:30.881	7:20.721	(151) Mark de Wit						
5	9:44:08.317	6:13.303	46.622	1:31.607	2:26.926	1:28.148	1	9:14:15.110	6:43.232	36.991	2:05.258	2:49.551	1:11.432
6	9:50:21.918	6:13.601	50.738	1:33.832	2:25.498	1:23.533	2	9:20:34.495	6:19.385	1:14.357	1:35.961	2:14.380	1:14.687
7	9:56:41.308	6:19.390	49.792	1:35.958	2:26.428	1:27.212	3	9:26:25.478	5:50.983	44.830	1:30.505	2:19.040	1:16.608
8	10:03:08.351	6:27.043	55.447	1:33.309	2:32.105	1:26.182	4	9:39:11.695	12:46.217	46.164	1:39.359	2:24.410	7:56.284
(437) Martijn van der Weijden							5	9:45:10.555	5:58.860	43.601	1:23.392	2:35.671	1:16.196
1	9:14:52.468	6:03.709			2:20.904	1:16.225	6	9:51:27.896	6:17.341	45.181	1:30.721	2:38.610	1:22.829
2	9:21:04.611	6:12.143	43.447	1:47.458	2:21.178	1:20.060	7	9:57:19.671	5:51.775	47.348	1:28.953	2:13.745	1:21.729
3	9:27:10.257	6:05.646	44.207	1:47.745	2:12.916	1:20.778	8	10:03:28.398	6:08.727	49.183	1:34.133	2:25.314	1:20.097
4	9:37:20.624	10:10.367	43.200	1:49.196	2:22.214	5:15.757	(343) Jordi Woudenberg						
5	9:43:32.681	6:12.057	44.350	1:46.630	2:18.577	1:22.500	1	9:14:29.197	6:04.902	43.221	1:38.260	2:23.618	1:19.803
6	9:50:08.519	6:35.838	48.729	1:53.101	2:28.084	1:25.924	2	9:20:27.934	5:58.737	43.734	1:37.587	2:17.518	1:19.898
7	9:56:38.957	6:30.438	50.799	1:52.343	2:22.313	1:24.983	3	9:26:34.241	6:06.307	44.813	1:42.403	2:19.117	1:19.974
8	10:03:09.527	6:30.570	48.450	1:54.431	2:22.114	1:25.575	4	9:37:44.956	11:10.715	44.974	1:42.407	2:17.616	6:25.718
(301) Sijrs van der Zalm							5	9:43:45.782	6:00.826	43.285	1:36.754	2:20.222	1:20.565
1	9:13:56.687	6:02.394	40.407	1:35.938	2:31.702	1:14.347	6	9:50:26.272	6:40.490	45.442	1:41.660	2:49.311	1:24.077
2	9:19:50.359	5:53.672	42.072	1:32.915	2:22.594	1:16.091	7	9:56:44.995	6:18.723	47.851	1:41.468	2:22.389	1:27.015
3	9:26:10.994	6:20.635	43.433	1:24.610	2:34.020	1:22.078	8	10:03:28.632	6:43.637	51.980	1:46.121	2:36.630	1:28.906
4	9:32:27.997	6:17.003	45.513	1:37.784	2:31.022	1:22.684	(398) Andy Noortman						
5	9:44:39.562	12:11.565	46.491	1:40.812	2:35.539	7:08.723	1	9:14:39.362	6:13.976	46.459	1:38.095	2:27.673	1:21.749
6	9:50:52.135	6:12.573	44.823	1:35.594	2:27.803	1:24.353	2	9:25:32.201	10:52.839	52.655	1:42.882	2:23.071	5:54.231
7	9:56:57.831	6:05.696	46.863	1:34.888	2:21.608	1:22.337	3	9:31:20.200	5:47.999	43.889	1:28.546	2:17.561	1:18.003
8	10:03:10.223	6:12.392	46.367	1:33.042	2:28.007	1:24.976	4	9:37:25.443	6:05.243	45.640	1:31.513	2:24.587	1:23.503
(157) Maarten Muis							5	9:43:50.545	6:25.102	50.425	1:41.021	2:30.784	1:22.872
1	9:14:37.282	5:58.585	45.654	1:36.910	2:19.734	1:16.287	6	9:50:02.713	6:12.168	47.379	1:31.238	2:30.163	1:23.388
2	9:20:28.660	5:51.378	42.979	1:34.085	2:14.874	1:19.440	7	9:56:32.525	6:29.812	47.041	1:40.231	2:33.628	1:28.912
3	9:26:10.443	5:41.783	42.724	1:35.581	2:09.656	1:13.822	8	10:03:29.823	6:57.298	54.197	1:47.978	2:28.399	1:46.724
4	9:39:09.094	12:58.651	42.320	1:36.088	2:21.785	8:18.458	(424) Sebastiaan Kamperman						
5	9:45:01.232	5:52.138	47.308	1:34.101	2:11.528	1:19.201	1	9:13:12.334	5:26.903	38.344	1:29.894	2:07.988	1:10.677
6	9:50:56.153	5:54.921	45.007	1:35.857	2:11.949	1:22.108	2	9:18:41.583	5:29.249	40.233	1:31.121	2:06.216	1:11.679
7	9:56:50.501	5:54.348	46.460	1:33.748	2:14.409	1:19.731	3	9:24:41.397	5:59.814	41.219	1:29.059	2:12.581	1:36.955
8	10:03:11.474	6:20.973	48.547	1:34.268	2:38.151	1:20.007	4	9:35:52.088	11:10.691	42.262	1:32.138	2:18.377	6:37.914
(466) Mark Punte							5	9:41:47.499	5:55.411	43.293	1:32.274	2:16.534	1:23.310
1	9:14:16.813	5:54.648	43.180	1:31.151	2:23.698	1:16.619	6	9:47:47.088	5:59.589	48.099	1:36.924	2:14.835	1:19.731
2	9:20:12.209	5:55.396	44.871	1:32.606	2:21.964	1:15.955	7	9:57:11.087	9:23.999	45.358	1:32.985	2:23.726	4:41.930
3	9:26:04.916	5:52.707	43.292	1:32.263	2:20.473	1:16.679	8	10:03:37.407	6:26.320	47.548	1:35.297	2:34.908	1:28.567
4	9:32:30.032	6:25.116	45.613	1:36.926	2:43.886	1:18.691	(289) Sven Verduijn						
5	9:39:09.025	6:38.993	45.564	1:40.896	2:51.967	1:20.566	1	9:14:23.590	6:04.717	42.845	1:42.073	2:21.011	1:18.788
6	9:45:55.162	6:46.137	46.286	1:43.385	2:52.579	1:23.887	2	9:21:03.990	6:40.400	43.886	1:46.027	2:47.620	1:22.867
7	9:52:24.458	6:29.296	48.598	1:40.108	2:31.409	1:29.181	3	9:31:18.445	10:14.455	43.658	1:47.092	2:14.018	5:29.687
8	10:03:18.088	10:53.630	50.749	1:48.216	2:38.525	5:36.140	4	9:37:28.152	6:09.707	45.434	1:39.333	2:17.096	1:27.844
(252) Ronald Boekhout							5	9:43:56.294	6:28.142	46.651	1:47.930	2:31.492	1:22.069
1	9:14:09.669	5:44.656	43.398	1:29.382	2:14.805	1:17.071	6	9:50:21.477	6:25.183	46.772	1:46.354	2:24.451	1:27.606
2	9:19:54.522	5:44.853	42.696	1:33.600	2:12.988	1:15.569	7	9:57:07.867	6:46.390	50.404	1:46.199	2:41.377	1:28.410
3	9:33:41.600	13:47.078	43.787	1:35.214	2:13.849	9:14.228	8	10:03:43.550	6:35.683	50.235	1:47.915	2:28.418	1:29.115
4	9:39:22.425	5:40.825	42.166	1:30.650	2:11.162	1:16.847	(297) Wout Jan Hooijer						
5	9:45:05.938	5:43.513	41.346	1:34.184	2:11.932	1:16.051	1	9:15:02.362	6:11.908	43.684	1:39.975	2:30.586	1:17.663
6	9:51:00.388	5:54.450	44.404	1:31.372	2:15.758	1:22.916	2	9:21:02.416	6:00.054	42.689	1:44.835	2:12.457	1:20.073
7	9:57:00.325	5:59.937	47.036	1:35.736	2:19.293	1:17.872	3	9:27:30.732	6:28.316	46.577	1:41.913	2:42.157	1:17.669
8	10:03:18.932	6:18.607	48.733	1:40.654	2:27.827	1:21.393	4	9:33:37.338	6:06.606	44.738	1:41.979	2:18.749	1:21.140
							5	9:45:28.358	11:51.020	43.361	1:40.303	2:15.505	7:11.851



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
6	9:51:32.518	6:04.160	44.457	1:41.706	2:17.482	1:20.515	2	9:21:43.543	6:21.215	47.279	1:42.556	2:29.158	1:22.222
7	9:57:42.450	6:09.932	47.375	1:45.082	2:16.558	1:20.917	3	9:28:03.263	6:19.720	46.627	1:42.369	2:30.134	1:20.590
8	10:03:52.132	6:09.682	46.296	1:42.123	2:15.853	1:25.410	4	9:34:15.905	6:12.642	44.880	1:38.875	2:24.446	1:24.441
(166) Sander Leenheer							5	9:45:09.716	10:53.811	49.016	1:46.577	2:29.822	5:48.396
1	9:14:37.995	6:14.663	46.203	1:37.699	2:26.019	1:24.742	6	9:51:31.646	6:21.930	45.780	1:44.426	2:25.354	1:26.370
2	9:20:50.107	6:12.112	47.890	1:35.760	2:23.580	1:24.882	7	9:57:57.296	6:25.650	49.385	1:42.080	2:28.829	1:25.356
3	9:27:15.978	6:25.871	49.454	1:36.579	2:32.135	1:27.703	8	10:04:15.387	6:18.091	49.826	1:35.376	2:28.856	1:24.033
4	9:38:15.120	10:59.142	47.927	1:34.268	2:30.247	6:06.700	(473) Jelle Groen						
5	9:44:31.521	6:16.401	48.017	1:36.005	2:24.942	1:27.437	1	9:15:18.020	6:25.246	45.735	1:51.219	2:24.381	1:23.911
6	9:50:54.385	6:22.864	49.299	1:35.127	2:30.112	1:28.326	2	9:21:50.295	6:32.275	49.040	1:47.046	2:33.367	1:22.822
7	9:57:25.224	6:30.839	52.444	1:38.982	2:28.760	1:30.653	3	9:28:09.311	6:19.016	48.743	1:46.754	2:21.484	1:22.035
8	10:03:52.337	6:27.113	54.122	1:33.817	2:27.961	1:31.213	4	9:34:35.454	6:26.143	48.573	1:49.060	2:26.491	1:22.019
(446) Henk Pater							5	9:45:11.393	10:35.939	47.569	1:43.202	2:27.486	5:37.682
1	9:14:44.937	6:00.337			2:11.030	1:18.040	6	9:51:23.196	6:11.803	47.412	1:38.170	2:23.417	1:22.804
2	9:20:36.373	5:51.436	42.811	1:48.536	2:02.265	1:17.824	7	9:57:49.459	6:26.263	49.582	1:43.332	2:28.797	1:24.552
3	9:34:00.805	13:24.432	45.665	1:48.682	2:00.209	8:49.876	8	10:04:21.240	6:31.781	52.139	1:40.434	2:32.713	1:26.495
4	9:39:49.865	5:49.060	43.057	1:47.404	2:01.622	1:16.977	(309) Dennis Laing						
5	9:45:45.907	5:56.042	43.878	1:49.207	2:03.118	1:19.839	1	9:13:54.866	5:47.353			2:12.384	1:16.231
6	9:51:41.609	5:55.702	44.117	1:48.019	2:03.674	1:19.892	2	9:19:43.994	5:49.128	40.363	1:39.189	2:13.233	1:16.343
7	9:57:43.051	6:01.442	44.780	1:49.361	2:07.346	1:19.955	3	9:32:10.590	12:26.596	43.654	1:40.245	2:14.905	7:47.792
8	10:03:55.120	6:12.069	48.070	1:50.900	2:10.305	1:22.794	4	9:37:59.285	5:48.695	42.578	1:36.911	2:14.341	1:14.865
(182) Thijs Keustermans							5	9:43:50.396	5:51.111	43.598	1:38.955	2:13.809	1:14.749
1	9:16:07.770	7:35.550	45.594	1:48.108	3:02.700	1:59.148	6	9:49:46.503	5:56.107	43.835	1:38.069	2:16.899	1:17.304
2	9:22:18.576	6:10.806	45.453	1:41.310	2:20.463	1:23.580	7	9:55:44.656	5:58.153	44.884	1:40.731	2:14.312	1:18.226
3	9:28:24.725	6:06.149	47.157	1:40.717	2:16.575	1:21.700	8	10:04:34.471	8:49.815	46.059	1:40.345	2:24.292	3:59.119
4	9:39:07.724	10:42.999	46.070	1:41.664	2:16.755	5:58.510	(354) Johnny van der Zeijden						
5	9:45:15.694	6:07.970	46.703	1:41.393	2:18.366	1:21.508	1	9:13:24.718	5:45.903	39.350	1:31.822	2:18.783	1:15.948
6	9:51:26.150	6:10.456	47.161	1:41.692	2:17.728	1:23.875	2	9:19:36.602	6:11.884	43.359	1:36.103	2:24.989	1:27.433
7	9:57:39.910	6:13.760	47.798	1:43.094	2:18.870	1:23.998	3	9:26:09.425	6:32.823	42.645	1:40.406	2:50.148	1:19.624
8	10:03:57.501	6:17.591	48.840	1:42.446	2:21.512	1:24.793	4	9:38:04.898	11:55.473	45.280	1:45.566	2:18.801	7:05.826
(423) Jim heemskerk							5	9:44:19.515	6:14.617	45.483	1:40.074	2:27.162	1:21.898
1	9:14:25.416	6:03.094	43.899	1:32.785	2:26.831	1:19.579	6	9:50:58.944	6:39.429	47.114	1:44.166	2:43.744	1:24.405
2	9:20:31.853	6:06.437	44.732	1:30.827	2:21.805	1:29.073	7	9:58:21.483	7:22.539	1:24.179	1:45.109	2:49.371	1:23.880
3	9:26:49.080	6:17.227	43.827	1:33.197	2:28.817	1:31.386	8	10:04:38.297	6:16.814	49.856	1:45.487	2:16.712	1:24.759
4	9:37:20.176	10:31.096	44.887	1:33.192	2:43.356	5:29.661	(356) Harrie van der Veen						
5	9:44:11.403	6:51.227	44.745	1:35.804	3:03.240	1:27.438	1	9:14:23.933	6:04.846			2:27.930	1:15.929
6	9:50:51.732	6:40.329	50.481	1:36.967	2:43.328	1:29.553	2	9:20:25.448	6:01.515	45.696	1:36.273	2:21.471	1:18.075
7	9:57:26.050	6:34.318	52.103	1:35.685	2:38.169	1:28.361	3	9:31:09.920	10:44.472	46.843	1:36.692	2:25.743	5:55.194
8	10:04:04.677	6:38.627	52.896	1:37.553	2:38.167	1:30.011	4	9:37:23.723	6:13.803	44.707	1:39.149	2:23.278	1:26.669
(211) Bart Oosting							5	9:44:05.682	6:41.959	48.066	1:47.138	2:36.147	1:30.608
1	9:13:35.713	5:40.008			2:14.543	1:13.850	6	9:50:50.510	6:44.828	48.458	1:44.609	2:40.037	1:31.724
2	9:19:12.922	5:37.209	40.648	1:30.329	2:11.368	1:14.864	7	9:57:36.468	6:45.958	52.258	1:47.525	2:36.303	1:29.872
3	9:25:21.578	6:08.656	1:01.664	1:33.294	2:16.376	1:17.322	8	10:04:39.770	7:03.302	55.497	1:52.945	2:40.534	1:34.326
4	9:39:03.930	13:42.352	44.013	1:34.707	2:11.629	9:12.003	(155) Johan Paques						
5	9:45:02.820	5:58.890	44.226	1:31.317	2:19.773	1:23.574	1	9:14:16.582	6:00.746			2:23.195	1:21.690
6	9:51:00.476	5:57.656	47.294	1:35.772	2:14.747	1:19.843	2	9:20:42.049	6:25.467			2:28.716	1:26.498
7	9:57:54.580	6:54.104	48.808	1:33.328	3:05.784	1:26.184	3	9:26:58.756	6:16.707	48.737	1:41.483	2:20.994	1:25.493
8	10:04:10.276	6:15.696	54.485	1:36.634	2:23.206	1:21.371	4	9:38:35.425	11:36.669	50.905	1:37.049	2:27.900	6:40.815
(156) Jurjen Nout							5	9:44:47.085	6:11.660	49.462	1:33.374	2:22.079	1:26.745
1	9:14:08.213	6:13.954			2:31.384	1:25.518	6	9:51:16.924	6:29.839	51.426	1:36.681	2:30.040	1:31.692
2	9:20:31.381	6:23.168	46.205	1:38.195	2:34.422	1:24.346	7	9:57:53.820	6:36.896	52.200	1:39.603	2:32.785	1:32.308
3	9:32:22.939	11:51.558	50.520	1:40.946	2:29.179	6:50.913	8	10:04:43.382	6:49.562	54.947	1:40.148	2:38.543	1:35.924
4	9:38:29.386	6:06.447	45.332	1:36.047	2:22.957	1:22.111	(389) Bert Brinks						
5	9:44:55.108	6:25.722	48.197	1:42.077	2:28.142	1:27.306	1	9:13:54.834	5:57.464	42.160	1:33.640	2:22.806	1:18.858
6	9:51:14.866	6:19.758	48.690	1:41.340	2:22.001	1:27.727	2	9:20:09.417	6:14.583	43.694	1:32.940	2:34.605	1:23.344
7	9:57:39.819	6:24.953	50.897	1:39.310	2:24.715	1:30.031	3	9:32:13.793	12:04.376	45.226	1:34.879	2:29.745	7:14.526
8	10:04:14.704	6:34.885	55.495	1:42.853	2:27.102	1:29.435	4	9:38:17.149	6:03.356	43.906	1:31.463	2:26.606	1:21.381
(472) Rick van der Gugten							5	9:44:42.517	6:25.368	47.792	1:36.871	2:33.264	1:27.441
1	9:15:22.328	6:44.049			2:57.278	1:23.247	6	9:51:15.971	6:33.454	48.793	1:40.149	2:34.475	1:30.037
							7	9:57:55.623	6:39.652	47.629	1:38.627	2:44.685	1:28.711



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
8	10:04:46.967	6:51.344	55.056	1:42.995	2:44.957	1:28.336	4	9:39:58.076	6:09.209	44.992	1:50.957	2:11.494	1:21.766
(154) Johannes Harsevoort							5	9:45:59.225	6:01.149	46.374	1:42.459	2:09.733	1:22.583
1	9:14:08.683	6:05.251	42.050	1:40.630	2:23.835	1:18.736	6	9:52:27.214	6:27.989	48.870	1:59.747	2:14.700	1:24.672
2	9:25:52.329	11:43.646	46.461	1:49.468	2:34.200	6:33.517	7	9:58:51.606	6:24.392	46.964	1:59.021	2:13.092	1:25.315
3	9:32:10.023	6:17.694	43.208	1:47.073	2:24.751	1:22.662	8	10:05:32.251	6:40.645	50.173	1:57.681	2:21.693	1:31.098
4	9:38:20.598	6:10.575	46.628	1:46.392	2:16.346	1:21.209	(361) Michel Olthaar						
5	9:44:53.839	6:33.241	58.583	1:51.667	2:21.351	1:21.640	1	9:15:23.353	7:11.196	42.128	1:33.045	3:35.594	1:20.429
6	9:51:18.476	6:24.637	48.122	1:46.714	2:24.824	1:24.977	2	9:21:40.914	6:17.561	47.166	1:36.457	2:31.762	1:22.176
7	9:58:13.945	6:55.469	50.627	1:58.701	2:37.823	1:28.318	3	9:28:03.315	6:22.401	45.992	1:39.825	2:32.885	1:23.699
8	10:04:55.236	6:41.291	53.680	1:48.125	2:35.819	1:23.667	4	9:39:42.855	11:39.540	48.559	1:35.191	2:40.205	6:35.585
(215) Kevin Heemskerk							5	9:46:10.830	6:27.975	48.775	1:37.202	2:35.277	1:26.721
1	9:18:12.506	9:45.654	44.394	1:45.623	2:28.910	4:46.727	6	9:52:37.573	6:26.743	50.757	1:35.031	2:35.286	1:25.669
2	9:24:15.291	6:02.785	44.134	1:40.953	2:19.235	1:18.463	7	9:59:18.401	6:40.828	50.546	1:36.464	2:43.974	1:29.844
3	9:30:58.056	6:42.765	44.706	1:46.330	2:51.245	1:20.484	8	10:05:36.654	6:18.253	51.518	1:34.165	2:30.897	1:21.673
4	9:37:11.228	6:13.172	46.873	1:46.849	2:21.943	1:17.507	(177) Quins Peizel						
5	9:43:24.341	6:13.113	44.377	1:42.033	2:24.064	1:22.639	1	9:15:02.527	6:03.934			2:24.319	1:14.997
6	9:52:34.308	9:09.967	46.202	1:38.832	2:19.863	4:25.070	2	9:21:06.797	6:04.270	43.397	1:40.512	2:19.059	1:21.302
7	9:58:40.180	6:05.872	47.911	1:33.263	2:24.623	1:20.075	3	9:27:13.526	6:06.729	43.255	1:42.382	2:21.003	1:20.089
8	10:04:55.315	6:15.135	48.671	1:37.068	2:26.938	1:22.458	4	9:39:32.886	12:19.360	45.957	1:39.622	2:21.371	7:32.410
(221) Patrick Tanis							5	9:45:50.664	6:17.778	47.374	1:41.583	2:25.056	1:23.765
1	9:14:49.855	6:21.389	46.212	1:45.611	2:29.896	1:19.670	6	9:52:22.067	6:31.403	47.771	1:47.525	2:28.951	1:27.156
2	9:20:57.559	6:07.704	43.560	1:44.069	2:19.407	1:20.668	7	9:58:57.066	6:34.999	47.735	1:45.947	2:32.802	1:28.515
3	9:27:12.548	6:14.989	47.249	1:44.695	2:20.298	1:22.747	8	10:05:36.998	6:39.932	51.156	1:49.116	2:33.334	1:26.326
4	9:39:35.856	12:23.308	47.747	1:48.075	2:26.857	7:20.629	(460) Sipke Booi						
5	9:45:45.463	6:09.607	47.611	1:40.244	2:20.821	1:20.931	1	9:14:45.977	6:07.671	46.278	1:38.707	2:24.509	1:18.177
6	9:52:08.897	6:23.434	47.968	1:48.590	2:21.712	1:25.164	2	9:20:55.291	6:09.314	43.821	1:37.056	2:26.605	1:21.832
7	9:58:37.123	6:28.226	49.205	1:43.280	2:28.981	1:26.760	3	9:32:44.486	11:49.195	46.006	1:38.591	2:36.502	6:48.096
8	10:04:56.282	6:19.159	50.430	1:40.417	2:24.159	1:24.153	4	9:39:07.505	6:23.019	45.815	1:37.034	2:35.257	1:24.913
(312) Niels Eefsting							5	9:45:52.827	6:45.322	52.717	1:44.766	2:36.285	1:31.554
1	9:15:10.829	6:44.798	46.546	1:39.888	2:30.372	1:47.992	6	9:52:32.066	6:39.239	54.087	1:42.241	2:33.840	1:29.071
2	9:21:27.291	6:16.462	44.594	1:40.725	2:30.502	1:20.641	7	9:59:08.330	6:36.264	52.959	1:35.782	2:36.470	1:31.053
3	9:32:34.212	11:06.921	46.980	1:42.391	2:39.155	5:58.395	8	10:05:38.601	6:30.271	57.269	1:36.943	2:27.177	1:28.882
4	9:38:57.448	6:23.236	46.404	1:45.087	2:25.520	1:26.225	(390) Dennis Bouwkamp						
5	9:45:23.659	6:26.211	50.795	1:44.731	2:24.296	1:26.389	1	9:14:17.277	5:56.877	43.871	1:39.263	2:18.250	1:15.493
6	9:51:43.622	6:19.963	46.198	1:42.730	2:23.179	1:27.856	2	9:20:21.394	6:04.117	44.189	1:40.969	2:07.764	1:31.195
7	9:58:10.588	6:26.966	47.840	1:46.119	2:27.464	1:25.543	3	9:33:33.636	13:12.242	47.097	1:40.145	2:10.243	8:34.757
8	10:04:57.474	6:46.886	51.156	1:46.605	2:46.471	1:22.654	4	9:39:10.291	5:36.655	42.921	1:35.135	2:02.340	1:16.259
(243) Bert Hardenberg							5	9:44:54.605	5:44.314	45.546	1:37.800	2:03.299	1:17.669
1	9:14:05.742	6:00.977	43.275	1:27.578	2:29.277	1:20.847	6	9:50:38.698	5:44.093	44.357	1:37.931	2:05.084	1:16.721
2	9:26:30.463	12:24.721	45.103	1:31.078	2:28.002	7:40.538	7	9:59:45.106	9:06.408	44.110	1:42.159	2:11.994	4:28.145
3	9:32:40.196	6:09.733	44.713	1:29.991	2:33.547	1:21.482	8	10:05:41.481	5:56.375	51.941	1:36.362	2:02.142	1:25.930
4	9:38:56.454	6:16.258	46.793	1:29.284	2:33.508	1:26.673	(359) Joe Gilding						
5	9:45:30.607	6:34.153	48.339	1:37.976	2:42.421	1:25.417	1	9:14:09.519	5:54.432			2:18.748	1:23.442
6	9:52:00.278	6:29.671	49.139	1:32.649	2:38.327	1:29.556	2	9:20:04.497	5:54.978	43.620	1:32.846	2:22.609	1:15.903
7	9:58:32.167	6:31.889	51.103	1:29.971	2:41.549	1:29.266	3	9:25:49.728	5:45.231	42.686	1:30.753	2:18.005	1:13.787
8	10:05:08.605	6:36.438	54.378	1:32.568	2:39.905	1:29.587	4	9:39:48.618	13:58.890	41.738	3:15.580	2:33.114	7:28.458
(415) Andre Wien							5	9:46:16.256	6:27.638	47.750	1:39.167	2:33.424	1:27.297
1	9:14:39.341	6:13.079			2:20.366	1:19.784	6	9:52:33.253	6:16.997	49.498	1:37.466	2:24.751	1:25.282
2	9:26:50.545	12:11.204	47.843	1:45.494	2:27.258	7:10.609	7	9:59:41.319	7:08.066	45.459	1:39.840	3:16.584	1:26.183
3	9:32:59.976	6:09.431	46.450	1:38.467	2:21.241	1:23.273	8	10:06:01.139	6:19.820	50.286	1:35.625	2:30.115	1:23.794
4	9:39:18.660	6:18.684	46.550	1:40.519	2:22.949	1:28.666	(267) Giel Buijs						
5	9:46:05.444	6:46.784	49.648	1:44.689	2:43.901	1:28.546	1	9:14:06.975	5:54.815	42.739	1:35.555	2:18.793	1:17.728
6	9:52:32.260	6:26.816	51.993	1:43.609	2:25.820	1:25.394	2	9:22:11.933	8:04.958	43.284	1:38.898	4:14.667	1:28.109
7	9:58:53.790	6:21.530	50.901	1:39.305	2:26.451	1:24.873	3	9:33:48.186	11:36.253	45.933	1:41.122	2:22.784	6:46.414
8	10:05:15.578	6:21.788	54.587	1:37.779	2:22.888	1:26.534	4	9:39:56.778	6:08.592	46.206	1:36.994	2:24.107	1:21.285
(273) Robbie Runhaar							5	9:46:42.311	6:45.533	48.788	1:42.178	2:44.685	1:29.882
1	9:14:25.364	6:07.339	43.691	1:45.128	2:20.731	1:17.789	6	9:52:58.676	6:16.365	49.800	1:39.935	2:24.082	1:22.548
2	9:21:05.093	6:39.729	45.884	2:20.113	2:11.657	1:22.075	7	9:59:26.652	6:27.976	49.180	1:37.864	2:33.583	1:27.349
3	9:33:48.867	12:43.774	42.954	1:48.651	2:15.891	7:56.278	8	10:06:01.840	6:35.188	52.843	1:41.243	2:34.313	1:26.789

Official Timing mwraceconsulting.com

Orbits

Timekeeping Meik Wagner:

Clerk of the course:

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RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
(438) Remy Kamp							6	9:52:53.255	6:34.499	49.287	1:44.168	2:33.660	1:27.384
1	9:15:06.335	6:20.591	45.775	1:42.293	2:31.193	1:21.330	7	9:59:45.000	6:51.745	50.216	1:40.693	2:52.836	1:28.000
2	9:21:49.215	6:42.880	47.033	1:39.758	2:52.322	1:23.767	8	10:06:35.405	6:50.405	50.684	1:42.374	2:47.262	1:30.085
3	9:29:19.295	7:30.080	48.517	1:45.649	3:29.059	1:26.855	(416) Rense Scharenborg						
4	9:40:12.608	10:53.313	46.645	1:41.481	2:37.087	5:48.100	1	9:15:43.063	6:52.738	43.501	1:38.300	3:08.405	1:22.532
5	9:46:43.603	6:30.995	50.639	1:40.946	2:31.722	1:27.688	2	9:22:07.377	6:24.314	46.843	1:34.686	2:39.658	1:23.127
6	9:53:13.136	6:29.533	50.604	1:43.537	2:31.053	1:24.339	3	9:32:30.125	10:22.748	47.723	1:35.134	2:34.366	5:25.525
7	9:59:47.237	6:34.101	50.815	1:43.347	2:35.776	1:24.163	4	9:39:52.684	7:22.559	46.570	1:31.897	3:00.900	2:03.192
8	10:06:06.607	6:19.370	52.939	1:39.438	2:25.558	1:21.435	5	9:46:19.120	6:26.436	47.468	1:33.347	2:35.500	1:30.121
(227) Rene Jansen							6	9:52:44.184	6:25.064	49.264	1:36.003	2:29.565	1:30.232
1	9:14:46.982	6:17.178	45.612	1:40.158	2:29.637	1:21.771	7	9:59:57.632	7:13.448	1:09.767	1:34.720	2:55.872	1:33.089
2	9:21:08.690	6:21.708	45.538	1:40.410	2:29.284	1:26.476	8	10:06:38.736	6:41.104	54.826	1:38.412	2:39.205	1:28.661
3	9:34:09.225	13:00.535	47.594	1:43.734	2:27.940	8:01.267	(299) Johan Glorie						
4	9:40:18.441	6:09.216	44.287	1:36.136	2:30.306	1:18.487	1	9:15:31.429	6:23.997			2:30.083	1:22.371
5	9:46:44.879	6:26.438	47.735	1:40.715	2:29.555	1:28.433	2	9:22:01.056	6:29.627	50.008	1:43.104	2:34.456	1:22.059
6	9:53:16.000	6:31.121	50.988	1:40.542	2:34.948	1:24.643	3	9:28:28.227	6:27.171	45.265	1:49.096	2:32.292	1:20.518
7	9:59:48.274	6:32.274	49.045	1:42.774	2:34.183	1:26.272	4	9:40:28.226	11:59.999	46.769	1:43.134	2:33.306	6:56.790
8	10:06:08.716	6:20.442	49.340	1:40.920	2:26.271	1:23.911	5	9:47:06.158	6:37.932	45.480	1:36.373	2:36.219	1:39.860
(328) Gertjan van der Zeijden							6	9:53:37.747	6:31.589	48.300	1:40.972	2:44.217	1:18.100
1	9:14:32.326	6:15.603			2:32.800	1:22.654	7	10:00:06.535	6:28.788	45.225	1:38.394	2:41.240	1:23.929
2	9:20:45.540	6:13.214			2:23.883	1:23.548	8	10:06:38.991	6:32.456	50.546	1:38.389	2:39.789	1:23.732
3	9:33:33.206	12:47.666	48.437	1:44.510	2:25.444	7:49.275	(181) Frank Peizel						
4	9:39:45.668	6:12.462	48.306	1:39.528	2:21.503	1:23.125	1	9:14:05.160	6:05.929	41.913	1:32.414	2:29.987	1:21.615
5	9:46:08.790	6:23.122	49.104	1:40.303	2:28.096	1:25.619	2	9:20:34.141	6:28.981			2:41.312	1:25.313
6	9:53:05.631	6:56.841	50.335	1:41.772	2:52.223	1:32.511	3	9:26:58.682	6:24.541	49.519	1:41.347	2:30.706	1:22.969
7	9:59:37.197	6:31.566	49.725	1:39.183	2:29.731	1:32.927	4	9:39:19.957	12:21.275	44.518	1:40.930	2:33.726	7:22.101
8	10:06:14.349	6:37.152	55.660	1:38.742	2:32.152	1:30.598	5	9:45:38.029	6:18.072	46.411	1:38.341	2:29.756	1:23.564
(208) Gerard Nijssen							6	9:52:05.456	6:27.427	46.960	1:42.225	2:32.011	1:26.231
1	9:14:58.451	6:22.903			2:31.937	1:23.209	7	9:58:50.477	6:45.021	51.567	1:46.260	2:37.302	1:29.892
2	9:21:31.200	6:32.749	44.526	1:48.755	2:33.936	1:25.532	8	10:06:40.321	7:49.844	1:38.667	1:50.554	2:46.806	1:33.817
3	9:27:59.622	6:28.422	51.173	1:47.273	2:25.522	1:24.454	(285) Sonny van Emmerick						
4	9:34:19.411	6:19.789	47.711	1:43.588	2:24.722	1:23.768	1	9:14:12.045	6:03.002	42.413	1:37.751	2:22.593	1:20.245
5	9:46:13.978	11:54.567	45.850	1:45.733	2:29.405	6:53.579	2	9:20:22.788	6:10.743	44.119	1:44.351	2:22.376	1:19.897
6	9:52:45.297	6:31.319	48.813	1:45.637	2:28.372	1:28.497	3	9:32:11.364	11:48.576	44.039	1:38.812	2:22.459	7:03.266
7	9:59:17.789	6:32.492	46.982	1:43.570	2:31.078	1:30.862	4	9:38:13.318	6:01.954	43.929	1:37.572	2:20.224	1:20.229
8	10:06:22.846	7:05.057	55.798	1:58.314	2:41.365	1:29.580	5	9:44:20.822	6:07.504	44.567	1:43.116	2:18.398	1:21.423
(276) Bram Tiggeleven							6	9:50:22.191	6:01.369	44.163	1:38.576	2:18.047	1:20.583
1	9:14:48.698	6:16.765	44.371	1:39.632	2:34.345	1:18.417	7	9:56:29.189	6:06.998	45.914	1:42.711	2:17.646	1:20.727
2	9:21:17.689	6:28.991	44.734	1:44.257	2:31.808	1:28.192	8	10:06:49.942	10:20.753	47.835	1:38.551	2:19.846	5:34.521
3	9:27:46.989	6:29.300	48.412	1:42.424	2:33.374	1:25.090	(185) Sylvester Vlieg						
4	9:34:31.860	6:44.871	48.519	1:50.720	2:41.504	1:24.128	1	9:14:36.566	6:19.260	48.255	1:42.540	2:25.881	1:22.584
5	9:45:35.052	11:03.192	48.884	1:47.240	3:04.944	5:22.124	2	9:21:15.546	6:38.980	44.518	1:43.510	2:43.998	1:26.954
6	9:52:07.346	6:32.294	48.958	1:44.322	2:32.610	1:26.404	3	9:27:33.339	6:17.793			2:19.721	1:27.107
7	9:59:05.125	6:57.779	48.607	1:48.007	2:46.209	1:34.956	4	9:37:48.433	10:15.094	47.993	1:41.591	2:19.538	5:25.972
8	10:06:27.725	7:22.600	55.793	1:47.682	3:05.317	1:33.808	5	9:44:44.016	6:55.583	45.505	2:10.065	2:27.735	1:32.278
(351) Melvin Tuik							6	9:51:56.904	7:12.888	53.504	1:49.703	2:56.093	1:33.588
1	9:14:29.734	6:11.123			2:27.856	1:21.784	7	9:59:25.109	7:28.205	52.515	1:50.487	3:07.435	1:37.768
2	9:20:42.705	6:12.971	45.052	1:43.041	2:21.138	1:23.740	8	10:06:58.218	7:33.109	57.386	1:49.809	3:08.970	1:36.944
3	9:33:16.932	12:34.227	48.569	1:44.857	3:11.940	6:48.861	(430) Willem Honings						
4	9:39:38.503	6:21.571	46.653	1:40.048	2:27.672	1:27.198	1	9:14:44.162	6:08.075			2:28.682	1:21.289
5	9:46:28.971	6:50.468	50.578	1:56.437	2:34.707	1:28.746	2	9:20:54.160	6:09.998	46.816	1:31.354	2:29.664	1:22.164
6	9:53:12.886	6:43.915	51.418	1:48.371	2:32.766	1:31.360	3	9:33:18.369	12:24.209	47.780	1:36.755	2:31.532	7:28.142
7	9:59:49.741	6:36.855	51.661	1:47.061	2:28.466	1:29.667	4	9:39:23.529	6:05.160	44.549	1:30.964	2:25.252	1:24.395
8	10:06:30.337	6:40.596	53.709	1:44.777	2:33.828	1:28.282	5	9:45:54.090	6:30.561	48.028	1:37.537	2:34.224	1:30.772
(234) Coe Hoom							6	9:52:20.542	6:26.452	49.320	1:34.378	2:31.406	1:31.348
1	9:15:15.534	6:14.728	42.548	1:39.906	2:34.599	1:17.675	7	9:59:36.057	7:15.515	52.944	1:43.988	2:57.990	1:40.593
2	9:21:22.955	6:07.421	47.687	1:35.789	2:26.304	1:17.641	8	10:07:06.733	7:30.676	1:05.067	1:50.017	2:56.461	1:39.131
3	9:27:48.194	6:25.239	46.356	1:41.399	2:34.625	1:22.859	(305) Erik Buursema						
4	9:39:36.597	11:48.403	49.340	1:34.998	2:31.385	6:52.680	1	9:15:08.476	6:34.625	47.080	1:39.365	2:44.673	1:23.507
5	9:46:18.756	6:42.159	48.799	1:40.222	2:46.048	1:27.090							





RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
2	9:21:30.749	6:22.273	47.888	1:44.503	2:27.606	1:22.276	8	10:08:23.549	8:09.999	1:22.519	1:48.050	3:28.590	1:30.840
3	9:28:20.855	6:50.106	47.535	1:46.061	2:49.954	1:26.556	(382) Loek Heemskerk						
4	9:34:55.233	6:34.378	49.959	1:48.784	2:29.454	1:26.181	1	9:15:13.141	6:31.716			2:32.330	1:23.622
5	9:46:53.748	11:58.515	49.556	1:53.017	2:34.085	6:41.857	2	9:22:03.633	6:50.492	46.268	1:46.666	2:48.098	1:29.460
6	9:53:53.885	7:00.137	49.272	1:42.995	3:03.671	1:24.199	3	9:33:40.669	11:37.036	49.327	1:55.980	2:32.010	6:19.719
7	10:00:22.524	6:28.639	48.003	1:43.252	2:31.162	1:26.222	4	9:40:22.874	6:42.205	46.765	1:48.672	2:36.127	1:30.641
8	10:07:09.083	6:46.559	55.118	1:45.892	2:33.356	1:32.193	5	9:47:26.790	7:03.916	50.435	1:56.673	2:44.425	1:32.383
(272) Daniel Kemper							6	9:54:11.735	6:44.945	51.755	1:49.565	2:37.290	1:26.335
1	9:16:15.163	6:59.078	48.958	1:46.527	3:01.549	1:22.044	7	10:01:16.105	7:04.370	52.532	1:54.764	2:47.507	1:29.567
2	9:22:42.498	6:27.335	46.681	1:44.867	2:36.664	1:19.123	8	10:08:57.226	7:41.121	55.481	1:57.743	2:44.833	2:03.064
3	9:29:14.008	6:31.510	47.329	1:42.714	2:38.325	1:23.142	(407) Jan Hendrik van de Beek						
4	9:35:45.041	6:31.033	47.732	1:45.089	2:35.421	1:22.791	1	9:20:35.159	11:52.207			2:19.558	7:18.452
5	9:46:56.820	11:11.779	47.158	1:40.866	2:33.245	6:10.510	2	9:26:26.838	5:51.679	48.828	1:30.261	2:12.449	1:20.141
6	9:53:35.613	6:38.793	49.310	1:42.406	2:40.623	1:26.454	3	9:32:17.838	5:51.000	43.524	1:32.583	2:16.477	1:18.416
7	10:00:13.389	6:37.776	48.771	1:39.842	2:40.397	1:28.766	4	9:43:42.439	11:24.601	43.131	1:31.850	2:23.327	6:46.293
8	10:07:16.885	7:03.496	53.060	1:44.952	2:44.696	1:40.788	5	9:49:34.858	5:52.419	45.265	1:31.566	2:16.248	1:19.340
(434) Kevin van der Gugten							6	9:55:32.509	5:57.651	48.186	1:31.380	2:16.965	1:21.120
1	9:16:34.059	7:21.601	43.330	1:44.141	3:28.099	1:26.031	7	10:01:32.682	6:00.173	47.397	1:33.689	2:16.365	1:22.722
2	9:22:55.590	6:21.531			2:27.251	1:23.331	(374) Jaap Martens						
3	9:30:24.953	7:29.363	45.683	1:47.043	3:29.083	1:27.554	1	9:15:57.544	6:36.764	47.362	1:45.748	2:41.029	1:22.625
4	9:40:34.967	10:10.014	48.634	1:52.851	2:39.092	4:49.437	2	9:22:21.716	6:24.172	48.296	1:41.103	2:31.585	1:23.188
5	9:47:08.068	6:33.101	47.441	1:45.603	2:24.007	1:36.050	3	9:28:59.915	6:38.199	49.136	1:49.348	2:35.749	1:23.966
6	9:53:50.368	6:42.300	48.856	1:50.237	2:32.188	1:31.019	4	9:40:59.075	11:59.160	46.344	1:45.287	2:30.690	6:56.839
7	10:00:24.951	6:34.583	49.369	1:48.408	2:26.127	1:30.679	5	9:47:28.340	6:29.265	47.722	1:42.474	2:34.774	1:24.295
8	10:07:19.750	6:54.799	53.192	1:48.806	2:42.208	1:30.593	6	9:54:21.218	6:52.878	51.489	1:50.428	2:42.881	1:28.080
(210) Jan van de Beek							7	10:01:35.305	7:14.087	53.800	2:06.192	2:43.552	1:30.543
1	9:12:58.768	5:24.144	37.534	1:30.831	2:04.914	1:10.865	(230) Ben Nijwening						
2	9:24:10.348	11:11.580	39.334	1:35.013	2:12.002	6:45.231	1	9:17:16.780	6:07.755	40.860	1:38.623	2:22.419	1:25.853
3	9:29:41.504	5:31.156	40.090	1:30.817	2:05.326	1:14.923	2	9:30:20.177	13:03.397	42.843	1:51.072	2:24.385	8:05.097
4	9:35:31.272	5:49.768	44.976	1:33.470	2:13.277	1:18.045	3	9:36:12.175	5:51.998	42.761	1:34.953	2:14.842	1:19.442
5	9:48:20.282	12:49.010	42.989	1:40.419	2:19.733	8:05.869	4	9:42:17.100	6:04.925	42.838	1:39.597	2:22.729	1:19.761
6	9:54:02.963	5:42.681	42.815	1:34.088	2:07.900	1:17.878	5	9:48:58.994	6:41.894	44.988	1:40.243	2:57.636	1:19.027
7	10:01:20.356	7:17.393	43.770	1:38.476	3:35.120	1:20.027	6	9:55:12.651	6:13.657	45.031	1:42.947	2:32.294	1:22.385
8	10:07:25.536	6:05.180	46.598	1:34.094	2:18.642	1:25.846	7	10:01:37.614	6:24.963	45.801	1:42.259	2:33.761	1:23.142
(349) Jan Blom							(180) Dennis Hagedoorn						
1	9:20:02.878	6:31.195	46.165	1:37.208	2:38.392	1:29.430	1	9:15:34.306	6:36.370			2:41.992	1:28.706
2	9:26:45.637	6:42.759	49.940	1:40.255	2:46.614	1:25.950	2	9:22:04.714	6:30.408			2:32.917	1:29.315
3	9:33:32.943	6:47.306	47.276	1:42.744	2:48.833	1:28.453	3	9:28:23.519	6:18.805	47.416	1:40.657	2:26.932	1:23.800
4	9:40:13.515	6:40.572	47.863	1:40.399	2:44.363	1:27.947	4	9:42:37.248	14:13.729	47.588	1:39.183	2:52.705	8:54.253
5	9:46:52.319	6:38.804	50.235	1:36.685	2:41.468	1:30.416	5	9:48:47.357	6:10.109	45.062	1:34.739	2:25.421	1:24.887
6	9:53:45.490	6:53.171	53.081	1:42.444	2:45.730	1:31.916	6	9:55:08.029	6:20.672	48.069	1:36.629	2:28.041	1:27.933
7	10:00:36.785	6:51.295	53.015	1:36.017	2:52.120	1:30.143	7	10:01:39.106	6:31.077	49.326	1:38.791	2:34.736	1:28.224
8	10:07:33.327	6:56.542	54.312	1:39.010	2:49.876	1:33.344	(451) Micha Roozeboom						
(450) John Wevers							1	9:14:35.094	6:05.909	44.555	1:29.552	2:30.736	1:21.066
1	9:15:16.281	6:22.575	45.313	1:41.373	2:30.845	1:25.044	2	9:21:01.567	6:26.473	44.498	1:32.831	2:49.300	1:19.844
2	9:21:53.385	6:37.104	49.262	1:45.465	2:35.077	1:27.300	3	9:27:16.989	6:15.422	45.738	1:35.981	2:31.622	1:22.081
3	9:33:14.067	11:20.682	47.833	1:46.594	2:35.732	6:10.523	4	9:33:44.034	6:27.045	48.797	1:40.143	2:31.605	1:26.500
4	9:39:16.534	6:02.467	45.026	1:38.297	2:18.034	1:21.110	5	9:47:21.091	13:37.057	50.568	1:44.478	2:37.246	8:24.765
5	9:45:40.075	6:23.541	46.452	1:47.654	2:23.314	1:26.121	6	9:53:40.430	6:19.339	46.753	1:30.996	2:36.582	1:25.008
6	9:52:35.940	6:55.865	47.795	1:45.781	2:57.215	1:25.074	7	10:01:49.671	8:09.241	1:43.354	1:46.604	3:07.109	1:32.174
7	9:59:10.156	6:34.216	47.440	1:45.315	2:30.613	1:30.848	(418) Jan Verstraten						
8	10:07:42.079	8:31.923	51.830	3:52.597	2:20.906	1:26.590	1	9:16:06.315	6:23.076			2:20.479	1:25.946
(277) Dyon van Wieringen							2	9:22:11.059	6:04.744			2:13.191	1:21.805
1	9:15:18.495	6:14.426			2:26.326	1:21.693	3	9:28:11.497	6:00.438	44.575	1:41.234	2:15.908	1:18.721
2	9:21:58.312	6:39.817			2:38.014	1:23.412	4	9:34:26.550	6:15.053	45.723	1:39.028	2:26.958	1:23.344
3	9:32:58.305	10:59.993	46.449	1:46.999	2:23.791	6:02.754	5	9:41:46.125	7:19.575	43.253	1:38.344	3:32.348	1:25.630
4	9:39:03.962	6:05.657	43.657	1:38.283	2:18.630	1:25.087	6	9:54:52.559	13:06.434	48.017	1:43.631	4:14.457	6:20.329
5	9:45:56.698	6:52.736	49.172	1:48.565	2:44.929	1:30.070	7	10:01:53.878	7:01.319	53.481	1:54.213	2:39.452	1:34.173
6	9:52:34.782	6:38.084	50.786	1:48.686	2:27.712	1:30.900							
7	10:00:13.550	7:38.768	53.441	1:44.569	2:31.410	2:29.348							



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
(444) Wouter Bos							3	9:29:38.008	7:11.561	51.871	1:48.920	3:00.700	1:30.070
1	9:16:21.005	7:08.292	49.288	1:47.163	3:03.347	1:28.494	4	9:36:31.682	6:53.674	49.668	1:53.066	2:41.338	1:29.602
2	9:23:13.977	6:52.972			2:44.860	1:30.044	5	9:47:47.762	11:16.080	51.127	1:51.729	2:47.028	5:46.196
3	9:30:14.466	7:00.489	51.024	1:50.908	2:45.723	1:32.834	6	9:55:03.679	7:15.917	54.786	1:50.888	2:55.286	1:34.957
4	9:37:09.369	6:54.903	53.203	1:51.084	2:38.624	1:31.992	7	10:02:25.071	7:21.392	56.952	1:56.931	2:51.714	1:35.795
5	9:47:50.086	10:40.717	51.215	1:50.954	2:48.732	5:09.816	(324) Nick van Dopperen						
6	9:54:47.032	6:56.946	51.648	1:45.241	2:46.972	1:33.085	1	9:14:32.894	6:03.575			2:23.619	1:18.277
7	10:01:54.199	7:07.167	54.561	1:47.477	2:49.766	1:35.363	2	9:26:55.164	12:22.270	42.510	1:44.263	2:24.437	7:31.060
(196) Remon Klok							3	9:33:07.609	6:12.445	42.825	1:42.244	2:29.523	1:17.853
1	9:15:00.671	6:25.807	43.591	1:50.187	2:35.080	1:16.949	4	9:39:15.061	6:07.452	43.065	1:43.778	2:22.301	1:18.308
2	9:21:20.219	6:19.548	42.874	1:48.121	2:27.241	1:21.312	5	9:49:52.761	10:37.700	46.557	1:44.375	2:23.037	5:43.731
3	9:28:00.344	6:40.125	45.577	1:49.888	2:41.901	1:22.759	6	9:56:11.798	6:19.037	47.129	1:44.883	2:28.159	1:18.866
4	9:42:36.874	14:36.530	51.148	1:56.074	2:38.245	9:11.063	7	10:02:31.343	6:19.545	48.233	1:40.150	2:28.753	1:22.409
5	9:48:53.292	6:16.418	48.480	1:48.716	2:18.974	1:20.248	(169) Bas Odink						
6	9:55:19.228	6:25.936	47.866	1:48.439	2:22.760	1:26.871	1	9:15:06.731	6:45.226	45.914	1:48.849	2:47.565	1:22.898
7	10:01:54.455	6:35.227	48.556	1:52.029	2:25.559	1:29.083	2	9:21:25.075	6:18.344	47.413	1:49.322	2:19.801	1:21.808
(379) Vincent van Praag							3	9:27:35.779	6:10.704	45.138	1:43.744	2:22.850	1:18.972
1	9:15:27.389	6:43.532			2:39.711	1:26.705	4	9:34:48.335	7:12.556	45.944	1:45.631	2:39.990	2:00.991
2	9:22:05.554	6:38.165	49.220	1:50.991	2:29.110	1:28.844	5	9:48:14.123	13:25.788	48.850	1:47.172	2:27.998	8:21.768
3	9:28:30.447	6:24.893	49.032	1:51.996	2:19.467	1:24.398	6	9:54:51.199	6:37.076	52.180	1:50.635	2:27.359	1:26.902
4	9:34:58.877	6:28.430	46.131	1:51.581	2:22.600	1:28.118	7	10:02:36.619	7:45.420	50.958	1:52.876	3:32.847	1:28.739
5	9:48:38.398	13:39.521	44.572	1:55.252	2:29.077	8:30.620	(358) Jacques van Putten						
6	9:55:18.032	6:39.634	49.251	1:53.885	2:26.515	1:29.983	1	9:16:04.944	6:52.043	45.420	1:54.529	2:43.596	1:28.498
7	10:01:56.830	6:38.798	51.307	1:49.249	2:29.054	1:29.188	2	9:22:48.013	6:43.069	52.339	1:54.893	2:26.738	1:29.099
(346) Rob Schurer							3	9:29:30.325	6:42.312	49.325	1:58.243	2:26.038	1:28.706
1	9:16:17.011	6:16.894	43.959	1:43.886	2:23.335	1:25.714	4	9:36:11.019	6:40.694	49.199	2:03.769	2:19.887	1:27.839
2	9:24:49.487	8:32.476	45.404	1:43.894	4:40.393	1:22.785	5	9:48:50.011	12:38.992	52.716	2:04.718	2:22.131	7:19.427
3	9:35:21.364	10:31.877	45.996	1:43.589	2:34.901	5:27.391	6	9:55:45.748	6:55.737	50.522	1:53.132	2:20.668	1:51.415
4	9:42:01.783	6:40.419	45.206	1:45.342	2:43.265	1:26.606	7	10:03:00.115	7:14.367	52.851	1:59.122	2:53.680	1:28.714
5	9:48:18.056	6:16.273	45.576	1:43.577	2:23.116	1:24.004	(453) Roy van der Voorn						
6	9:54:42.761	6:24.705	48.550	1:43.891	2:24.072	1:28.192	1	9:15:11.421	6:29.145	42.726	1:39.259	2:42.329	1:24.831
7	10:02:02.023	7:19.262	51.009	1:47.465	3:09.387	1:31.401	2	9:23:04.807	7:53.386			2:28.674	1:21.896
(174) Wouter Ramaker							3	9:29:19.641	6:14.834	44.281	1:41.730	2:27.360	1:21.463
1	9:15:19.573	7:09.154	44.913	1:36.757	3:24.650	1:22.834	4	9:42:06.700	12:47.059	46.533	1:47.232	2:23.949	7:49.345
2	9:21:53.843	6:34.270	49.818	1:43.509	2:38.037	1:22.906	5	9:48:24.911	6:18.211	44.122	1:42.600	2:30.574	1:20.915
3	9:28:22.661	6:28.818	48.504	1:50.863	2:27.592	1:21.859	6	9:56:24.662	7:59.751	46.681	1:41.198	4:07.007	1:24.865
4	9:35:10.633	6:47.972	47.198	1:56.889	2:42.140	1:21.745	7	10:03:02.285	6:37.623	47.623	1:51.265	2:31.963	1:26.772
5	9:49:04.422	13:53.789	50.398	1:47.848	2:37.348	8:38.195	(300) Daniel Beukers						
6	9:55:27.964	6:23.542	46.284	1:37.599	2:33.602	1:26.057	1	9:16:23.167	7:26.489	45.066	1:49.920	3:32.057	1:19.446
7	10:02:12.064	6:44.100	52.762	1:46.361	2:37.413	1:27.564	2	9:22:44.418	6:21.251	47.321	1:47.561	2:27.088	1:19.281
(268) Coen van Woudenberg							3	9:29:05.866	6:21.448	45.556	1:44.884	2:26.138	1:24.870
1	9:15:19.901	6:18.563			2:22.378	1:25.651	4	9:35:19.417	6:13.551	45.980	1:41.881	2:25.405	1:20.285
2	9:21:43.906	6:24.005	47.848	1:46.433	2:24.361	1:25.363	5	9:50:27.379	15:07.962	44.852	1:48.496	2:50.841	9:43.773
3	9:35:01.686	13:17.780	49.395	1:59.504	2:23.922	8:04.959	6	9:56:59.991	6:32.612	46.313	1:42.160	2:42.646	1:21.493
4	9:41:43.767	6:42.081	48.840	1:52.204	2:31.060	1:29.977	7	10:03:22.752	6:22.761	47.802	1:47.862	2:23.860	1:23.237
5	9:48:27.437	6:43.670	49.520	1:58.086	2:27.621	1:28.443	(271) Mayckel Bos						
6	9:55:16.110	6:48.673	51.012	1:57.846	2:27.867	1:31.948	1	9:15:43.547	6:55.469	44.678	1:51.036	2:58.605	1:21.150
7	10:02:13.757	6:57.647	52.764	2:01.749	2:29.890	1:33.244	2	9:23:01.335	7:17.788	47.501	1:52.871	3:14.115	1:23.301
(237) Fokke Tuik							3	9:29:43.615	6:42.280	48.806	1:55.615	2:30.179	1:27.680
1	9:13:44.741	5:49.582			2:21.282	1:18.238	4	9:42:36.029	12:52.414	47.425	1:52.263	3:21.021	6:51.705
2	9:22:28.735	8:43.994	43.546	1:33.069	5:03.239	1:24.140	5	9:49:27.086	6:51.057	48.529	1:52.226	2:43.167	1:27.135
3	9:37:15.954	14:47.219	45.331	1:36.280	2:25.320	10:00.288	6	9:56:26.247	6:59.161	49.330	1:51.234	2:48.009	1:30.588
4	9:43:25.734	6:09.780	45.364	1:38.043	2:28.109	1:18.264	7	10:03:35.950	7:09.703	53.334	1:57.215	2:49.740	1:29.414
5	9:49:23.124	5:57.390	44.538	1:33.454	2:23.203	1:16.195	(214) Marnix Merk						
6	9:55:45.083	6:21.959	44.611	1:35.219	2:43.993	1:18.136	1	9:14:33.491	6:19.181	45.299	1:38.440	2:31.919	1:23.523
7	10:02:17.537	6:32.454	45.971	1:36.653	2:52.887	1:16.943	2	9:20:44.607	6:11.116	44.793	1:40.020	2:23.538	1:22.765
(471) Sven van Genugten							3	9:27:12.121	6:27.514	45.078	1:37.814	2:34.954	1:29.668
1	9:15:40.828	6:51.041	47.954	1:52.490	2:44.094	1:26.503	4	9:44:04.733	16:52.612	47.168			13:28.259
2	9:22:26.447	6:45.619	48.579	1:49.002	2:38.649	1:29.389	5	9:50:31.106	6:26.373	46.993	1:42.027	2:33.069	1:24.284



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
6	9:57:12.519	6:41.413	50.051	1:41.149	2:42.363	1:27.850	(333) Jules Welters						
7	10:03:42.489	6:29.970	48.862	1:39.899	2:32.830	1:28.379	1	9:15:18.140	6:29.051	44.040	1:55.006	2:27.056	1:22.949
(233) Jos Harmsen							2	9:22:08.048	6:49.908	49.555	2:00.117	2:28.766	1:31.470
1	9:16:21.476	7:04.657	49.838	1:46.713	2:57.728	1:30.378	3	9:36:01.808	13:53.760	52.127	2:02.487	2:37.978	8:21.168
2	9:23:38.547	7:17.071			3:04.780	1:32.280	4	9:42:43.680	6:41.872	46.897	1:53.285	2:27.949	1:33.741
3	9:30:31.041	6:52.494	47.652	1:47.286	2:46.006	1:31.550	5	9:49:34.063	6:50.383	52.108	1:49.995	2:36.582	1:31.698
4	9:37:25.102	6:54.061	48.928	1:42.189	2:49.917	1:33.027	6	9:57:23.716	7:49.653	55.561	1:52.231	3:29.914	1:31.947
5	9:49:20.136	11:55.034	49.204	1:46.526	3:14.347	6:04.957	7	10:04:36.479	7:12.763	57.878	1:51.682	2:48.663	1:34.540
6	9:56:37.432	7:17.296	51.601	1:36.968	3:14.798	1:33.929	(385) Sijel Lemmens						
7	10:03:44.129	7:06.697	54.017	1:42.095	2:57.654	1:32.931	1	9:25:10.232	10:55.205	43.963	1:31.600	2:23.156	6:16.486
(288) Wilbert Aarts							2	9:31:16.236	6:06.004	43.127	1:28.338	2:36.049	1:18.490
1	9:16:01.492	7:26.519	44.992	1:33.082	3:43.016	1:25.429	3	9:37:08.463	5:52.227	45.272	1:31.323	2:17.111	1:18.521
2	9:22:34.619	6:33.127	51.552	1:39.952	2:35.051	1:26.572	4	9:42:59.426	5:50.963	46.360	1:29.042	2:18.142	1:17.419
3	9:29:21.052	6:46.433	50.391	1:50.351	2:39.487	1:26.204	5	9:48:46.506	5:47.080	44.840	1:25.881	2:20.260	1:16.099
4	9:41:41.879	12:20.827	50.788	2:07.457	2:47.995	6:34.587	6	9:54:46.859	6:00.353	47.779	1:25.256	2:27.311	1:20.007
5	9:48:35.854	6:53.975	49.544	1:54.581	2:40.471	1:29.379	7	10:04:37.265	9:50.406	51.494	1:27.283	2:28.705	5:02.924
6	9:56:23.652	7:47.798	52.041	1:52.799	3:26.937	1:36.021	(269) John Viester						
7	10:03:48.755	7:25.103	58.136	1:44.922	3:06.108	1:35.937	1	9:14:50.577	6:06.692	41.478	1:42.091	2:28.717	1:14.406
(311) Remon de Vries							2	9:22:33.420	7:42.843	2:07.944	1:45.776	2:30.582	1:18.541
1	9:15:46.584	6:23.761	43.775	1:43.314	2:31.575	1:25.097	3	9:29:41.017	7:07.597	44.316	1:44.193	3:08.392	1:30.696
2	9:22:26.785	6:40.201	46.500	1:40.498	2:46.308	1:26.895	4	9:43:24.464	13:43.447	49.024	1:44.551	2:37.539	8:32.333
3	9:28:44.787	6:18.002	46.727	1:43.052	2:25.583	1:22.640	5	9:50:18.650	6:54.186	47.503	1:41.378	2:37.017	1:48.288
4	9:37:17.025	8:32.238	1:08.721	1:41.514	4:19.726	1:22.277	6	9:57:28.218	7:09.568	48.940	1:43.023	2:46.988	1:50.617
5	9:50:00.994	12:43.969	45.229	1:44.532	2:37.236	7:36.972	7	10:04:40.900	7:12.682	52.732	1:51.303	2:54.461	1:34.186
6	9:56:45.422	6:44.428	46.973	1:37.775	2:51.420	1:28.260	(468) Robert van der Weegh						
7	10:03:55.351	7:09.929	54.581	1:44.758	3:02.522	1:28.068	1	9:15:37.373	6:41.722	45.554	1:45.692	2:43.064	1:27.412
(462) Peter Meijer							2	9:29:40.570	14:03.197	48.888	1:51.329	2:52.805	8:30.175
1	9:15:56.611	6:51.767	51.596	1:55.922	2:36.790	1:27.459	3	9:36:39.243	6:58.673	47.934	1:50.365	2:45.229	1:35.145
2	9:22:59.264	7:02.653	53.303	1:53.106	2:45.655	1:30.589	4	9:43:49.819	7:10.576	48.481	1:56.963	2:52.407	1:32.725
3	9:36:21.280	13:22.016	50.047	1:53.930	2:59.393	7:38.646	5	9:50:59.791	7:09.972	52.398	1:57.663	2:43.786	1:36.125
4	9:43:12.191	6:50.911	49.409	1:49.018	2:39.908	1:32.576	6	9:58:02.545	7:02.754	54.026	1:51.040	2:45.628	1:32.060
5	9:49:49.258	6:37.067	51.055	1:48.173	2:27.838	1:30.001	7	10:05:07.081	7:04.536	55.096	1:49.342	2:47.560	1:32.538
6	9:56:44.051	6:54.793	51.580	1:47.783	2:46.510	1:28.920	(293) Thijs Wennink						
7	10:03:57.137	7:13.086	52.030	1:45.782	3:00.262	1:35.012	1	9:16:28.086	6:27.044	46.721	1:34.189	2:41.228	1:24.906
(417) Robert Sieperda							2	9:22:55.883	6:27.797	1:02.513	1:36.773	2:25.767	1:22.744
1	9:15:42.508	6:42.096	47.403	1:46.155	2:40.006	1:28.532	3	9:29:39.379	6:43.496	46.992	1:40.638	2:48.782	1:27.084
2	9:22:18.997	6:36.489	50.019	1:50.085	2:29.331	1:27.054	4	9:35:58.059	6:18.680	48.201	1:39.583	2:23.078	1:27.818
3	9:36:29.601	14:10.604	49.271	1:51.427	2:47.894	8:42.012	5	9:49:27.688	13:29.629	50.470	1:37.747	3:51.163	7:10.249
4	9:43:17.674	6:48.073	48.136	1:51.559	2:35.351	1:33.027	6	9:56:15.248	6:47.560	53.538	1:42.196	2:40.886	1:30.940
5	9:50:03.301	6:45.627	50.236	1:49.850	2:36.445	1:29.096	7	10:05:07.682	8:52.434	2:08.974	1:45.481	3:26.223	1:31.756
6	9:57:10.950	7:07.649	54.896	1:53.523	2:46.934	1:32.296	(411) Leon Hoogveen						
7	10:04:10.749	6:59.799	53.757	1:52.534	2:37.908	1:35.600	1	9:16:46.594	7:16.166	1:26.944	1:50.700	2:30.685	1:27.837
(235) Albert Hostlege							2	9:23:24.077	6:37.483	49.293	1:49.557	2:30.625	1:28.008
1	9:15:54.043	6:19.186			2:31.730	1:21.262	3	9:30:09.872	6:45.795	47.745	1:50.313	2:41.516	1:26.221
2	9:22:21.175	6:27.132			2:37.481	1:21.472	4	9:43:22.287	13:12.415	48.856	1:50.651	2:42.372	7:50.536
3	9:29:01.660	6:40.485	47.519	1:41.954	2:47.929	1:23.083	5	9:50:19.565	6:57.278	48.045	1:45.493	2:54.624	1:29.116
4	9:35:28.407	6:26.747	47.149	1:40.405	2:34.106	1:25.087	6	9:57:33.313	7:13.748	51.461	1:46.478	3:00.893	1:34.916
5	9:49:45.787	14:17.380	44.396	1:42.359	2:52.854	8:57.771	7	10:05:14.081	7:40.768	54.154	1:52.556	3:19.646	1:34.412
6	9:56:35.200	6:49.413	51.622	1:46.730	2:44.172	1:26.889	(158) Mathijs Pietersma						
7	10:04:13.988	7:38.788	50.925	1:44.614	3:35.518	1:27.731	1	9:15:02.111	6:38.305	45.957	1:46.392	2:44.985	1:20.971
(360) Harold van der Neut							2	9:31:42.204	16:40.093			3:02.644	10:57.551
1	9:16:10.551	7:13.333	50.223	1:51.270	3:01.864	1:29.976	3	9:38:26.232	6:44.028	45.722	1:47.944	2:47.426	1:22.936
2	9:23:06.592	6:56.041	51.851	1:42.824	2:49.932	1:31.434	4	9:45:00.105	6:33.873	49.895	1:50.791	2:26.022	1:27.165
3	9:30:01.115	6:54.523	49.894	1:45.089	2:51.585	1:27.955	5	9:51:43.151	6:43.046	49.378	1:52.433	2:32.106	1:29.129
4	9:42:01.405	12:00.290	53.706	1:42.805	2:53.334	6:30.445	6	9:58:39.384	6:56.233	50.819	1:54.795	2:43.153	1:27.466
5	9:49:12.762	7:11.357	56.176	1:42.179	3:00.560	1:32.442	7	10:05:20.575	6:41.191	53.190	1:51.067	2:27.558	1:29.376
6	9:56:40.425	7:27.663	57.009	1:45.914	3:05.888	1:38.852	(465) Hans van Kessel						
7	10:04:20.820	7:40.395	57.182	1:48.900	3:17.346	1:36.967	1	9:16:13.198	6:36.085	45.182	1:47.057	2:33.233	1:30.613
							2	9:23:10.500	6:57.302	51.454	1:46.875	2:46.915	1:32.058



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
3	9:29:47.728	6:37.228	48.335	1:50.175	2:29.896	1:28.822	6	9:57:20.538	6:42.410	48.420	1:45.360	2:35.679	1:32.951
4	9:44:37.682	14:49.954	48.463	1:48.136	2:52.885	9:20.470	7	10:07:20.229	9:59.691	3:40.247	1:59.018	2:46.693	1:33.733
5	9:51:24.500	6:46.818	50.175	1:45.105	2:32.947	1:38.591	(449) Rob van Es						
6	9:58:34.654	7:10.154	55.259	1:50.932	2:47.563	1:36.400	1	9:16:38.697	6:29.409	47.730	1:41.124	2:35.685	1:24.870
7	10:05:38.153	7:03.499	56.250	1:45.066	2:43.197	1:38.986	2	9:23:27.640	6:48.943	48.542	1:45.643	2:46.931	1:27.827
(394) Matthew Geerlings							3	9:30:36.607	7:08.967	48.085	1:56.493	2:52.204	1:32.185
1	9:15:29.964	6:30.475	48.192	1:46.604	2:28.874	1:26.805	4	9:44:28.419	13:51.812	50.738	1:53.011	3:18.966	7:49.097
2	9:22:20.376	6:50.412	50.074	1:49.963	2:42.407	1:27.968	5	9:51:42.978	7:14.559	53.957	1:51.696	2:51.561	1:37.345
3	9:29:51.406	7:31.030	51.573	1:49.189	2:29.010	2:21.258	6	9:59:23.617	7:40.639	57.976	1:57.257	3:02.250	1:43.156
4	9:44:02.357	14:10.951	49.605	1:50.080	2:42.479	8:48.787	7	10:07:29.511	8:05.894	58.125	2:07.588	3:25.999	1:34.182
5	9:50:54.608	6:52.251	53.098	1:45.642	2:38.450	1:35.061	(193) Danny Meijnen						
6	9:57:52.263	6:57.655	53.776	1:45.924	2:43.547	1:34.408	1	9:17:49.655	8:22.210	45.419	1:53.377	4:15.541	1:27.873
7	10:05:46.454	7:54.191	1:20.644	1:46.725	3:10.593	1:36.229	2	9:25:16.919	7:27.264	50.642	1:54.083	3:11.421	1:31.118
(395) Richard Snijders							3	9:39:00.130	13:43.211	52.357	1:59.636	3:16.833	7:34.385
1	9:16:21.683	7:25.242	48.923	1:43.041	3:20.941	1:32.337	4	9:46:23.125	7:22.995	52.545	1:57.368	3:04.125	1:28.957
2	9:23:28.611	7:06.928	52.888	1:52.493	2:47.093	1:34.454	5	9:53:48.224	7:25.099	51.057	1:59.044	3:05.757	1:29.241
3	9:30:41.076	7:12.465	52.148	1:53.843	2:52.704	1:33.770	6	10:01:20.334	7:32.110	52.413	1:58.104	3:06.967	1:34.626
4	9:44:12.813	13:31.737	53.417	2:01.298	2:46.009	7:51.013	7	10:08:50.072	7:29.738	53.922	1:59.969	3:00.584	1:35.263
5	9:51:19.763	7:06.950	52.218	1:52.384	2:48.351	1:33.997	(413) Rolf Coolen						
6	9:58:40.654	7:20.891	55.530	1:51.172	2:59.655	1:34.534	1	9:33:51.470	26:09.145			2:09.181	1:14.309
7	10:05:58.157	7:17.503	54.125	1:46.099	2:57.610	1:39.669	2	9:39:16.099	5:24.629			2:04.273	1:13.776
(229) Niels de Vries							3	9:44:47.513	5:31.414			2:07.357	1:13.359
1	9:25:11.418	17:02.240	41.972	1:30.362	6:03.476	8:46.430	4	9:50:20.926	5:33.413			2:09.678	1:13.471
2	9:31:56.845	6:45.427	47.202	1:42.782	2:47.477	1:27.966	5	9:55:57.266	5:36.340	41.964	1:25.879	2:15.620	1:12.877
3	9:38:33.905	6:37.060	50.430	1:33.662	2:43.585	1:29.383	6	10:01:36.543	5:39.277			2:11.199	1:15.592
4	9:45:19.002	6:45.097	51.205	1:41.655	2:45.995	1:26.242	(178) Stefan van Leeuwen						
5	9:52:30.929	7:11.927	51.926	1:34.144	3:16.733	1:29.124	1	9:16:00.500	7:27.868			3:15.526	1:33.993
6	9:59:15.574	6:44.645	49.480	1:31.130	2:49.950	1:34.085	2	9:22:49.490	6:48.990			2:48.017	1:24.070
7	10:06:29.009	7:13.435	57.891	1:40.388	3:03.038	1:32.118	3	9:40:04.425	17:14.935	51.233	1:43.546	3:08.684	11:31.472
(240) Jan Brink							4	9:46:39.856	6:35.431	52.117	1:36.876	2:34.618	1:31.820
1	9:16:31.829	6:36.714	49.891	1:43.042	2:34.426	1:29.355	5	9:54:06.327	7:26.471	51.157	1:46.019	3:12.680	1:36.615
2	9:23:18.795	6:46.966	53.454	1:44.409	2:36.619	1:32.484	6	10:01:47.919	7:41.592	53.188	1:39.363	3:24.263	1:44.778
3	9:37:27.563	14:08.768	52.453	1:46.474	2:41.606	8:48.235	(284) Olaf Harmsen						
4	9:44:26.451	6:58.888	51.196	1:46.454	2:48.410	1:32.828	1	9:17:59.364	8:03.697	54.315	2:06.667	3:19.196	1:43.519
5	9:51:33.147	7:06.696	56.543	1:48.204	2:42.526	1:39.423	2	9:30:55.461	12:56.097	1:04.507	2:09.150	3:04.470	6:37.970
6	9:59:03.146	7:29.999	55.705	1:45.795	3:13.186	1:35.313	3	9:38:16.018	7:20.557	52.416	2:06.278	2:42.542	1:39.321
7	10:06:45.638	7:42.492	1:02.740	1:45.141	3:02.834	1:51.777	4	9:46:01.922	7:45.904	55.399	2:10.742	2:52.145	1:47.618
(335) Mitchell Lutter							5	9:54:08.362	8:06.440	59.720	2:20.582	3:01.856	1:44.282
1	9:17:00.299	7:22.586	57.534	2:08.854	2:43.313	1:32.885	6	10:02:19.805	8:11.443	57.786	2:14.314	3:14.301	1:45.042
2	9:24:10.025	7:09.726	52.591	2:02.089	2:41.372	1:33.674	(454) Hendrik Pleyter						
3	9:31:11.250	7:01.225	51.960	2:00.790	2:36.493	1:31.982	1	9:16:11.625	6:53.815	47.306	1:50.462	2:47.523	1:28.524
4	9:44:21.648	13:10.398	56.369	1:58.913	2:38.285	7:36.831	2	9:23:19.361	7:07.736			2:57.393	1:32.014
5	9:51:34.552	7:12.904	52.461	1:58.982	2:44.545	1:36.916	3	9:32:06.137	8:46.776	50.059	1:50.993	4:32.931	1:32.793
6	9:59:11.516	7:36.964	57.596	2:06.545	2:55.984	1:36.839	4	9:43:43.571	11:37.434	48.081	1:58.212	2:37.709	6:13.432
7	10:06:48.106	7:36.590	1:02.681	2:02.396	2:53.217	1:38.296	5	9:50:49.981	7:06.410	52.594	1:48.060	2:52.741	1:33.015
(315) Michael Boeschoten							6	10:02:38.856	11:48.875	49.999	1:52.787	6:16.970	2:49.119
1	9:16:36.026	6:57.653	53.797	1:50.807	2:39.344	1:33.705	(366) Jarno de Jong						
2	9:23:49.316	7:13.290	54.219	1:58.325	2:42.605	1:38.141	1	9:14:35.950	6:52.115	43.122	1:38.608	2:26.270	2:04.115
3	9:36:33.260	12:43.944	54.660	2:04.126	2:44.522	7:00.636	2	9:33:46.865	19:10.915	57.847	1:58.573	2:54.333	13:20.162
4	9:43:24.308	6:51.048	50.515	1:50.979	2:39.119	1:30.435	3	9:41:11.092	7:24.227	1:09.500	1:48.913	2:40.720	1:45.094
5	9:50:27.053	7:02.745	52.373	1:47.911	2:48.325	1:34.136	4	9:48:22.712	7:11.620	56.589	1:44.503	2:45.160	1:45.368
6	9:57:19.147	6:52.094	53.149	1:45.242	2:41.319	1:32.384	5	9:55:37.013	7:14.301	57.023	1:49.403	2:40.314	1:47.561
7	10:07:02.307	9:43.160	54.082	1:46.581	5:24.237	1:38.260	6	10:02:48.870	7:11.857	58.669	1:46.008	2:42.612	1:44.568
(429) Evert Blotevogel							(216) Justin Lok						
1	9:23:16.358	13:48.562	46.512	1:53.774	2:37.885	8:30.391	1	9:16:09.048	6:52.261	47.050	1:53.059	2:37.937	1:34.215
2	9:30:02.796	6:46.438	48.074	1:47.736	2:38.962	1:31.666	2	9:23:07.939	6:58.891			2:34.270	1:35.729
3	9:36:59.548	6:56.752	51.119	1:49.869	2:44.544	1:31.220	3	9:35:50.350	12:42.411	50.758	2:02.580	2:39.047	7:10.026
4	9:43:57.239	6:57.691	48.963	1:51.393	2:44.665	1:32.670	4	9:43:18.332	7:27.982	50.067	2:02.270	2:55.975	1:39.670
5	9:50:38.128	6:40.889	49.390	1:48.777	2:35.373	1:27.349							



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
5	9:50:37.517	7:19.185	51.241	2:05.101	2:35.126	1:47.717							
6	10:03:09.002	12:31.485	55.075	1:59.617	2:47.236	6:49.557							
(401) Jan Hingstman							(228) Richard Gadet						
1	9:17:27.227	7:38.732			3:10.631	1:41.756	1	9:14:04.202	6:01.012	43.988	1:35.868	2:22.887	1:18.269
2	9:25:40.320	8:13.093	55.412	1:59.944	3:33.179	1:44.558	2	9:19:58.805	5:54.603	43.395	1:33.622	2:18.065	1:19.521
3	9:39:17.615	13:37.295	58.618	2:00.591	3:57.122	6:40.964	3	9:32:15.540	12:16.735	43.881	1:37.583	2:22.958	7:32.313
4	9:46:53.694	7:36.079	53.118	1:55.881	3:03.588	1:43.492	4	9:38:55.493	6:39.953	1:27.929	1:33.246	2:21.081	1:17.697
5	9:55:15.231	8:21.537	1:00.570	2:07.128	3:30.698	1:43.141	5	10:00:18.021	21:22.528	46.314	1:33.941		
6	10:03:39.635	8:24.404	58.948	1:55.056	3:46.884	1:43.516	6	10:07:02.666	6:44.645	54.674	1:38.422	2:41.259	1:30.290
(286) Niels Kempen							(419) Jos Erkelens						
1	9:17:46.403	7:46.498	54.363	1:54.488	3:18.968	1:38.679	1	9:17:34.547	7:06.203	49.500	2:00.942	2:40.148	1:35.613
2	9:25:20.532	7:34.129	56.411	1:56.979	3:05.752	1:34.987	2	9:35:01.594	17:27.047	54.118	2:05.896	3:33.954	10:53.079
3	9:33:51.792	8:31.260	54.249	1:49.298	4:07.621	1:40.092	3	9:43:41.169	8:39.575	51.178	2:05.959	4:05.737	1:36.701
4	9:42:28.032	8:36.240	55.355	1:51.281	2:57.820	2:51.784	4	9:51:14.222	7:33.053	52.866	2:13.424	2:46.493	1:40.270
5	9:54:48.422	12:20.390	53.051	1:53.932	2:56.893	6:36.514	5	9:59:26.232	8:12.010	56.098	2:15.766	2:44.625	2:15.521
6	10:03:42.364	8:53.942	1:02.880	2:00.323	4:04.306	1:46.433	6	10:07:25.190	7:58.958	59.424	2:16.066	2:58.942	1:44.526
(322) Patrick Lenters							(188) Armando Kouwer						
1	9:16:45.700	6:56.974	44.269	1:42.036	3:03.306	1:27.363	1	9:19:32.698	8:43.619	54.272	2:06.674	4:00.052	1:42.621
2	9:24:19.917	7:34.217	50.909	1:52.836	3:16.328	1:34.144	2	9:27:49.935	8:17.237	55.813	2:08.738	3:26.637	1:46.049
3	9:39:34.312	15:14.395	47.447	2:33.314	3:13.747	8:39.887	3	9:36:40.678	8:50.743	1:04.167	2:04.675	4:02.188	1:39.713
4	9:46:35.062	7:00.750	48.522	1:46.891	2:53.882	1:31.455	4	9:45:03.429	8:22.751	59.644	2:02.007	3:34.952	1:46.148
5	9:54:10.716	7:35.654	59.708	1:49.919	3:13.964	1:32.063	5	9:59:35.283	14:31.854	59.214	1:55.699	2:57.971	8:38.970
6	10:03:48.902	9:38.186	58.056	1:59.944	4:59.471	1:40.715	6	10:07:35.849	8:00.566	1:00.818	2:01.268	3:00.971	1:57.509
(291) Thijs Pots							(179) Miranda van Maurik						
1	9:25:07.638	15:38.293	1:53.551	1:38.154	3:10.430	8:56.158	1	9:23:50.723	15:03.216	49.703	2:03.522	3:49.864	8:20.127
2	9:32:32.334	7:24.696	54.504	1:36.592	3:16.702	1:36.898	2	9:30:43.580	6:52.857	49.928	2:03.873	2:30.038	1:29.018
3	9:40:10.116	7:37.782	53.626	1:40.028	3:30.037	1:34.091	3	9:38:27.680	7:44.100	50.651	2:07.606	3:07.635	1:38.208
4	9:47:52.981	7:42.865	54.744	1:38.301	3:36.828	1:32.992	4	9:52:47.433	14:19.753	54.285	2:06.524	2:35.868	8:43.076
5	9:55:48.203	7:55.222	55.043	1:40.191	3:28.110	1:51.878	5	10:00:41.142	7:53.709	52.522	2:08.862	3:09.416	1:42.909
6	10:03:53.812	8:05.609	1:00.407	1:41.083	3:27.962	1:56.157	6	10:08:29.702	7:48.560	57.641	2:18.211	2:49.094	1:43.614
(377) Martin Vos							(194) Bas van den Brink						
1	9:17:23.251	7:21.975	57.441	1:55.625	2:50.097	1:38.812	1	9:17:42.652	8:01.918			3:34.500	1:37.445
2	9:26:17.873	8:54.622	49.588	3:35.348	2:53.875	1:35.811	2	9:32:24.281	14:41.629	57.204	2:20.160	3:12.480	8:11.785
3	9:33:40.628	7:22.755	53.551	1:57.817	2:54.911	1:36.476	3	9:41:21.808	8:57.527	1:01.126	2:33.816	3:25.887	1:56.698
4	9:41:21.105	7:40.477	52.425	1:57.575	3:10.743	1:39.734	4	9:50:31.396	9:09.588	1:10.905	2:31.279	3:36.182	1:51.222
5	9:48:47.252	7:26.147	56.635	2:02.608	2:52.005	1:34.899	5	9:59:33.122	9:01.726	1:01.207	2:28.088	3:34.886	1:57.545
6	10:04:34.240	15:46.988	56.942	1:54.659	3:35.630	9:19.757	6	10:08:39.356	9:06.234	1:09.995	2:28.335	3:42.852	1:45.052
(350) Jurgen van der Steen							(376) Danial Sarief						
1	9:13:22.639	5:39.405	40.925	1:30.020	2:12.428	1:16.032	1	9:22:28.778	13:17.081	50.690	2:12.267	3:00.682	7:13.442
2	9:19:25.667	6:03.028	42.113	1:28.150	2:34.920	1:17.845	2	9:29:38.971	7:10.193	50.631	2:08.201	2:39.333	1:32.028
3	9:32:52.265	13:26.598	44.829	1:30.615	2:49.447	8:21.707	3	9:37:21.588	7:42.617	55.149	2:12.112	2:31.208	2:04.148
4	9:38:58.101	6:05.836	43.627	1:29.261	2:32.922	1:20.026	4	9:51:09.458	13:47.870	55.059	2:15.479	3:08.087	7:29.245
5	9:57:43.270	18:45.169	48.985	2:12.011	2:56.769	12:47.404	5	9:58:52.820	7:43.362	51.538	2:06.688	3:07.008	1:38.128
6	10:04:41.697	6:58.427	52.133	1:39.116	2:54.873	1:32.305	6	10:10:16.651	11:23.831	1:00.269	2:12.551	6:07.201	2:03.810
(425) Gertjan Lemans							(412) Sjoerd Schippers						
1	9:19:13.884	9:09.379	53.330	2:05.988	4:28.925	1:41.136	1	9:19:15.792	9:28.631	1:03.530	2:14.024	3:48.771	2:22.306
2	9:33:37.973	14:24.089	53.343	2:05.139	3:19.090	8:06.517	2	9:35:03.759	15:47.967	57.744	1:52.093	3:27.541	9:30.589
3	9:41:13.432	7:35.459	53.962	2:02.926	3:00.916	1:37.655	3	9:44:41.716	9:37.957	1:02.619	2:08.960	4:32.168	1:54.210
4	9:48:44.647	7:31.215	55.638	1:58.889	2:55.908	1:40.780	4	9:53:36.970	8:55.254	1:03.080	2:19.237	3:30.502	2:02.435
5	9:58:09.890	9:25.243	1:55.817	2:00.678	3:09.429	2:19.319	5	10:02:41.071	9:04.101	1:04.587	2:13.788	3:48.391	1:57.335
6	10:05:57.071	7:47.181	58.739	1:56.156	3:11.367	1:40.919	(246) Adrie van Os						
(161) Gertjan de Ruiter							1	9:17:44.349	7:53.815	56.344	1:59.629	3:15.226	1:42.616
1	9:33:45.363	19:06.953	1:12.458	1:57.047	2:42.504	13:14.944	2	9:33:59.904	16:15.555	1:00.700	2:12.957	3:14.750	9:47.148
2	9:40:09.304	6:23.941	47.007	1:50.775	2:17.202	1:28.957	3	9:48:13.005	14:13.101	59.181	1:59.522	3:08.339	8:06.059
3	9:46:52.735	6:43.431	50.158	1:56.594	2:27.083	1:29.596	4	9:56:22.428	8:09.423	1:02.916	2:08.674	3:09.104	1:48.729
4	9:53:26.328	6:33.593	47.721	1:56.387	2:20.957	1:28.528	5	10:04:07.127	7:44.699	59.680	1:57.249	3:03.830	1:43.940
5	10:00:06.590	6:40.262	51.057	1:57.834	2:21.612	1:29.759	(250) Richard van Ballegooijen						
6	10:06:56.819	6:50.229	51.014	1:56.974	2:28.978	1:33.263	1	9:17:10.365	7:32.665	48.247	2:06.537	2:47.262	1:50.619
							2	9:36:12.279	19:01.914	48.651	2:30.940	2:32.002	13:10.321



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
3	9:43:27.507	7:15.228	47.572	1:56.712	2:39.437	1:51.507	(172) Peter Buitenhuis						
4	9:54:59.488	11:31.981	51.149	5:13.033	3:37.379	1:50.420	1	9:13:06.222	5:25.675	39.613	1:25.894	2:10.440	1:09.728
5	10:04:08.012	9:08.524	57.221	3:28.285	3:06.127	1:36.891	2	9:18:36.137	5:29.915	39.493	1:26.279	2:09.873	1:14.270
(195) Alex Breukelman							3	9:25:31.668	6:55.531	41.764	1:27.004	3:31.102	1:15.661
1	9:15:26.784	6:11.283	41.373	1:36.363	2:33.104	1:20.443	4	9:31:13.905	5:42.237	43.262	1:29.091	2:15.721	1:14.163
2	9:21:32.107	6:05.323	44.471	1:39.887	2:23.376	1:17.589	5	9:36:56.941	5:43.036	42.959	1:31.432	2:12.633	1:16.012
3	9:27:49.839	6:17.732	1:02.087	1:39.072	2:17.963	1:18.610	6	9:42:49.416	5:52.475	42.848	1:33.855	2:18.631	1:17.141
4	9:33:48.386	5:58.547	42.927	1:35.460	2:19.506	1:20.654	7	9:48:38.950	5:49.534	43.148	1:31.613	2:17.249	1:17.524
5	10:04:17.548	30:29.162	43.577	1:36.312	9:07.166	19:02.107	8	9:54:41.724	6:02.774	43.744	1:30.471	2:22.146	1:26.413
(397) Egbert van Veen							(280) Brian van der Zeijden						
1	9:25:26.498	13:57.221	47.853	1:59.302	2:54.337	8:15.729	1	9:13:27.747	5:45.028	40.322	1:27.938	2:23.206	1:13.562
2	9:33:28.299	8:01.801	56.412	2:07.222	3:13.447	1:44.720	2	9:19:11.391	5:43.644	41.231	1:31.342	2:14.479	1:16.592
3	9:48:07.262	14:38.963	1:03.324	2:23.258	3:57.996	7:14.385	3	9:24:56.624	5:45.233	43.279	1:33.646	2:13.042	1:15.266
4	9:56:05.699	7:58.437	58.084	2:04.444	3:14.948	1:40.961	4	9:35:20.685	10:24.061	43.309	1:33.872	2:19.109	5:47.771
5	10:04:24.829	8:19.130	57.237	2:09.553	3:32.733	1:39.607	5	9:41:04.689	5:44.004	43.270	1:33.836	2:10.764	1:16.134
(318) Dane Roeloffs							6	9:47:00.541	5:55.852	44.226	1:37.472	2:16.823	1:17.331
1	9:18:44.984	8:05.870	58.746	2:05.985	3:15.510	1:45.629	7	9:53:05.096	6:04.555	47.350	1:39.590	2:17.921	1:19.694
2	9:37:57.158	19:12.174	1:01.630	2:07.628	4:32.904	11:30.012	8	9:59:03.073	5:57.977	43.507	1:37.489	2:17.461	1:19.520
3	9:47:06.882	9:09.724	1:12.711	2:11.029	3:45.926	2:00.058	(274) Ruud Arts						
4	9:55:50.051	8:43.169	1:12.441	2:04.980	3:24.135	2:01.613	1	9:13:58.818	5:57.378	43.393	1:37.550	2:18.320	1:18.115
5	10:05:40.665	9:50.614	1:15.807	2:08.730	4:01.712	2:24.365	2	9:20:00.869	6:02.051	43.706	1:36.066	2:20.732	1:21.547
(458) Rutger Visser							3	9:26:04.002	6:03.133	44.717	1:35.963	2:23.236	1:19.217
1	9:19:02.109	7:39.450	53.619	1:52.357	3:15.271	1:38.203	4	9:31:55.000	5:50.998	43.666	1:36.557	2:14.097	1:16.678
2	9:36:15.669	17:13.560	1:06.321	1:58.716	4:17.153	9:51.370	5	9:42:13.323	10:18.323	43.005	1:35.124	2:27.914	5:32.280
3	9:44:35.226	8:19.557	58.358	1:59.821	3:42.088	1:39.290	6	9:48:06.032	5:52.709	42.382	1:35.100	2:16.711	1:18.516
4	9:54:05.005	9:29.779	59.012	2:02.868	4:39.113	1:48.786	7	9:54:00.381	5:54.349	44.673	1:34.685	2:17.702	1:17.289
5	10:09:07.353	15:02.348	1:02.132	2:31.055	3:44.930	7:44.231	8	9:59:58.765	5:58.384	45.449	1:39.407	2:15.031	1:18.497
(327) Dani Hoitink							(310) Erik Vosman						
1	9:41:55.104	5:28.407	39.636	1:32.455	2:02.840	1:13.476	1	9:12:36.277	5:12.597	36.480	1:27.434	2:00.591	1:08.092
2	9:47:27.798	5:32.694	40.830	1:33.547	2:02.966	1:15.351	2	9:23:08.818	10:32.541	36.828	1:28.054	2:03.630	6:24.029
3	9:53:01.090	5:33.292	41.434	1:35.821	2:01.850	1:14.187	3	9:28:28.382	5:19.564	38.946	1:32.241	1:59.132	1:09.245
4	9:58:54.781	5:53.691	45.024	1:34.735	2:10.746	1:23.186	4	9:33:45.229	5:16.847	39.579	1:30.299	1:57.001	1:09.968
5	10:09:38.052	10:43.271	47.684	1:33.453	2:03.847	6:18.287	5	9:43:36.670	9:51.441	38.211	1:27.434	2:10.099	5:35.697
(236) Bert Averesch							6	9:49:02.134	5:25.464	41.037	1:32.904	1:58.449	1:13.074
1	9:17:25.090	7:48.598			3:19.260	1:35.602	7	9:54:37.066	5:34.932	41.315	1:35.343	2:05.009	1:13.265
2	9:38:55.742	21:30.652	2:53.018	1:59.310	3:29.658	13:08.666	8	10:00:39.373	6:02.307	40.981	1:38.120	2:28.975	1:14.231
3	9:46:51.179	7:55.437	55.114	1:58.977	3:16.685	1:44.661	(316) Boy van Geleen						
4	10:01:33.994	14:42.815	55.775	1:58.305	3:56.866	7:51.869	1	9:13:24.478	5:26.739			2:06.188	1:11.317
(294) Bob Koumans							2	9:19:16.933	5:52.455	40.761	1:36.948	2:18.250	1:16.496
1	9:24:30.872	12:29.285	59.418	3:42.441	5:48.529	1:58.897	3	9:29:15.111	9:58.178	43.986	1:41.841	2:18.371	5:13.980
2	9:44:21.639	19:50.767	1:38.614	2:02.211	3:43.911	12:26.031	4	9:35:13.744	5:58.633	41.617	1:39.681	2:17.544	1:19.791
3	9:53:07.084	8:45.445	1:02.680	2:15.339	3:39.636	1:47.790	5	9:41:40.169	6:26.425	47.306	1:49.782	2:24.204	1:25.133
4	10:02:16.503	9:09.419	1:05.714	2:04.680	3:45.587	2:13.438	6	9:48:00.252	6:20.083	49.611	1:46.894	2:23.057	1:20.521
(336) Christiaan Wolters							7	9:54:28.131	6:27.879	50.282	1:45.158	2:28.963	1:23.476
1	9:24:18.355	13:09.247	1:13.312	3:37.973	5:53.392	2:24.570	8	10:00:54.961	6:26.830	50.351	1:43.108	2:28.393	1:24.978
2	9:37:42.963	13:24.608	2:32.032	3:42.156	4:16.689	2:53.731	(164) Dirk de Vlieger						
3	10:08:13.792	30:30.829	2:05.257	6:37.649	5:45.388	16:02.535	1	9:13:07.384	5:44.663	37.701	1:29.056	2:21.033	1:16.873
(36) Matthew Moffat							2	9:19:10.549	6:03.165	44.961	1:37.272	2:21.669	1:19.263
1	9:11:04.319	4:38.265			1:52.918	1:01.305	3	9:25:41.220	6:30.671	46.094	1:39.960	2:46.946	1:17.671
2	9:15:41.544	4:37.225	34.115	1:14.869	1:46.264	1:01.977	4	9:31:55.045	6:13.825	45.432	1:36.738	2:24.607	1:27.048
3	9:20:20.460	4:38.916			1:46.975	1:00.842	5	9:42:05.634	10:10.589	47.373	1:41.189	2:27.796	5:14.231
4	9:25:16.557	4:56.097	34.900	1:14.897	2:00.924	1:05.376	6	9:48:36.006	6:30.372	46.926	1:39.676	2:38.580	1:25.190
5	9:33:34.289	8:17.732	37.421	1:15.045	1:48.641	4:36.625	7	9:54:57.120	6:21.114	51.437	1:38.187	2:28.473	1:23.017
6	9:38:15.925	4:41.636	36.060	1:15.576	1:45.427	1:04.573	8	10:01:30.068	6:32.948	49.391	1:45.263	2:32.497	1:25.797
7	9:43:01.973	4:46.048	37.355	1:17.597	1:48.086	1:03.010	(338) Martijn Verwiel						
8	9:47:40.704	4:38.731	35.233	1:15.592	1:45.228	1:02.678	1	9:15:26.758	6:21.239			2:27.904	1:23.255
							2	9:21:52.286	6:25.528	47.474	1:43.680	2:29.995	1:24.379
							3	9:28:07.623	6:15.337	46.611	1:40.428	2:22.394	1:25.904
							4	9:34:29.818	6:22.195	52.508	1:40.552	2:26.540	1:22.595
							5	9:46:59.421	12:29.603	45.804	1:40.294	2:31.879	7:31.626



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
6	9:53:19.614	6:20.193	50.928	1:36.529	2:27.437	1:25.299	3	9:42:44.686	6:40.678	42.584	1:36.075	2:22.303	1:59.716
7	9:59:54.601	6:34.987	50.620	1:40.434	2:35.883	1:28.050	4	9:54:28.969	11:44.283	44.331	1:38.074	2:28.261	6:53.617
							5	10:00:45.770	6:16.801	44.726	1:37.264	2:31.614	1:23.197
(339) Ruben van Gerrevink							(320) Jan Gerrit Smits						
1	9:15:46.516	6:35.833	45.946	1:51.678	2:29.277	1:28.932	1	9:13:25.630	5:29.161			2:06.994	1:13.068
2	9:28:16.193	12:29.677	48.922	1:45.536	2:30.009	7:25.210	2	9:19:06.439	5:40.809	39.842	1:31.170	2:14.145	1:15.652
3	9:34:34.920	6:18.727	49.217	1:44.086	2:21.094	1:24.330	3	9:24:44.877	5:38.438	42.725	1:31.973	2:11.359	1:12.381
4	9:41:04.977	6:30.057	48.915	1:39.936	2:31.247	1:29.959	4	9:30:25.994	5:41.117	41.271	1:31.274	2:12.261	1:16.311
5	9:47:37.053	6:32.076	52.775	1:47.345	2:26.961	1:24.995	(332) Robin Voortman						
6	9:54:38.812	7:01.759	48.991	1:43.114	2:57.269	1:32.385	1	9:12:39.514	5:04.909	36.080	1:23.560	2:00.535	1:04.734
7	10:01:23.745	6:44.933	57.247	1:49.953	2:34.628	1:23.105	2	9:21:46.320	9:06.806	36.422	1:24.480	2:00.036	5:05.868
(170) Sven Post							3	9:26:46.362	5:00.042	37.749	1:21.381	1:54.529	1:06.383
1	9:15:25.015	7:01.525			3:15.774	1:24.212	4	9:31:54.450	5:08.088	37.721	1:21.948	1:58.312	1:10.107
2	9:21:56.428	6:31.413	45.952	1:40.011	2:19.979	1:45.471	(321) Remco van Polanen						
3	9:29:02.040	7:05.612	46.974	1:42.833	3:06.149	1:29.656	1	9:15:14.523	6:46.148	47.764	1:47.118	2:41.049	1:30.217
4	9:35:08.288	6:06.248	49.001	1:32.813	2:20.214	1:24.220	2	9:22:30.784	7:16.261	50.837	1:52.284	2:58.765	1:34.375
5	9:47:15.491	12:07.203	46.509	1:40.945	2:29.145	7:10.604	3	9:36:17.211	13:46.427	51.812	1:47.831	2:56.029	8:10.755
6	9:53:52.835	6:37.344	52.240	1:44.830	2:34.774	1:25.500	4	9:43:03.730	6:46.519	49.092	1:47.645	2:39.603	1:30.179
(248) Corné van der Zalm							(325) Roel de Rooy						
1	9:15:59.408	6:46.094	47.744	1:48.521	2:43.077	1:26.752	1	9:16:31.853	7:30.619	47.775	1:47.475	3:28.030	1:27.339
2	9:22:44.483	6:45.075	51.281	1:48.125	2:39.678	1:25.991	2	9:23:42.007	7:10.154	50.819	1:54.063	2:56.028	1:29.244
3	9:29:51.152	7:06.669	48.406	1:58.691	2:51.078	1:28.494	3	9:35:55.448	12:13.441	1:17.838	1:53.707	2:40.993	6:20.903
4	9:40:58.362	11:07.210	49.145	1:50.115	2:41.575	5:46.375	4	9:44:14.225	8:18.777	50.390	2:01.950	3:28.885	1:57.552
5	9:47:31.168	6:32.806	48.930	1:41.488	2:38.496	1:23.892	(287) Maik de Groot						
6	9:57:20.851	9:49.683	49.802	1:45.438	2:43.321	4:31.122	1	9:17:55.384	7:53.066	55.198	2:01.374	3:17.065	1:39.429
(32) Sergei Potisek							2	9:33:25.532	15:30.148			2:56.122	9:34.771
1	9:11:02.646	4:34.330			1:49.966	1:00.874	3	9:40:42.636	7:17.104	50.745	2:02.996	2:48.637	1:34.726
2	9:15:48.657	4:46.011	34.471	1:15.077	1:52.038	1:04.425	4	9:48:12.337	7:29.701	53.132	2:01.097	3:03.144	1:32.328
3	9:20:40.338	4:51.681	38.155	1:16.485	1:50.105	1:06.936	(420) Sam Notkamp						
4	9:28:37.228	7:56.890	38.453	1:13.994	1:53.819	4:10.624	1	9:16:33.923	6:54.469			2:38.795	1:30.393
5	9:33:24.224	4:46.996	36.275	1:15.960	1:48.625	1:06.136	2	9:24:02.624	7:28.701			3:21.814	1:29.377
(254) Daniel Hoving							3	9:31:03.585	7:00.961	52.880	1:48.023	2:47.379	1:32.679
1	9:13:37.635	5:43.018			2:20.964	1:12.692	4	9:56:01.830	24:58.245	54.347	1:42.887	20:41.915	1:39.096
2	9:19:11.844	5:34.209	39.889	1:31.870	2:07.664	1:14.786	(436) Wietze Wedman						
3	9:24:53.867	5:42.023	41.118	1:32.652	2:13.630	1:14.623	1	9:15:28.481	6:30.073			2:43.140	1:23.431
4	9:30:32.209	5:38.342	40.795	1:34.121	2:10.134	1:13.292	2	9:46:13.751	30:45.270			2:46.113	25:14.988
5	9:36:13.404	5:41.195	40.533	1:33.902	2:11.966	1:14.794	3	9:52:49.313	6:35.562	46.881	1:44.810	2:35.474	1:28.397
(198) Rico Heemskerk							4	10:00:01.895	7:12.582	52.251	1:59.837	2:46.449	1:34.045
1	9:14:25.016	6:04.892	43.915	1:38.944	2:20.148	1:21.885	(263) Justin van Schaik						
2	9:20:34.559	6:09.543	44.121	1:39.023	2:23.086	1:23.313	1	9:13:59.063	5:49.907			2:15.642	1:15.435
3	9:26:30.308	5:55.749	44.238	1:38.197	2:15.605	1:17.709	2	9:19:51.965	5:52.902			2:15.353	1:15.585
4	9:32:28.502	5:58.194	43.308	1:37.840	2:16.001	1:21.045	3	9:25:46.141	5:54.176	43.010	1:40.273	2:13.672	1:17.221
5	9:38:28.686	6:00.184	42.864	1:35.756	2:18.984	1:22.580	(403) Kris Voorwinden						
(477) Mathijs Hovenga							1	9:12:13.251	4:57.811			2:02.097	1:02.654
1	9:16:03.831	6:41.081			2:37.407	1:27.910	2	9:17:04.999	4:51.748	35.119	1:19.022	1:53.935	1:03.672
2	9:22:52.877	6:49.046			2:35.813	1:31.039	3	9:27:59.056	10:54.057	36.120			
3	9:29:55.458	7:02.581	49.149	2:01.605	2:39.362	1:32.465	(641) Stijn Sanders						
4	9:36:41.706	6:46.248	50.175	1:51.354	2:32.963	1:31.756	1	9:13:03.942	5:34.899	38.872	1:26.465	2:17.745	1:11.817
5	9:43:41.933	7:00.227	50.787	1:57.238	2:39.498	1:32.704	2	9:19:03.909	5:59.967	1:26.465			1:14.370
(334) Raimond Kiewiet							3	9:28:15.403	9:11.494	3:52.032	1:40.853	2:21.903	1:16.706
1	9:16:03.509	7:12.034	45.397	1:47.267	2:52.725	1:46.645	(189) Thijs de Jonge						
2	9:22:23.036	6:19.527	44.792	1:41.733	2:33.067	1:19.935	1	9:16:16.311	6:55.881	47.120	1:57.102	2:41.035	1:30.624
3	9:30:27.602	6:04.566	43.703	2:32.647	2:22.924	2:25.292	2	9:25:07.342	8:51.031	57.137	3:24.633	2:51.319	1:37.942
4	9:48:13.266	17:45.664	48.067	1:55.877	3:54.501	11:07.219	3	9:41:59.855	16:52.513	10:24.184	2:05.104	2:47.323	1:35.902
5	9:54:30.340	6:17.074	48.906	1:47.523	2:16.297	1:24.348	(370) Kevin van der Zeijden						
(370) Kevin van der Zeijden							1	9:29:44.746	6:24.167	44.284	1:41.939	2:37.980	1:19.964
1	9:29:44.746	6:24.167	44.284	1:41.939	2:37.980	1:19.964	2	9:36:04.008	6:19.262	45.148	1:40.927	2:34.499	1:18.688
2	9:36:04.008	6:19.262	45.148	1:40.927	2:34.499	1:18.688							



RBKO Den Haag

RBKO

Scheveningen 5,000 Km

Heat 1

28.11.2015 09:00

Race (50:00 and 1 Laps) started at 9:02:24

Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm	Lap	Time of Day	Lap Tm	S1 Tm	S2 Tm	S3 Tm	S4 Tm
(-??-) - 6168351 -													
1	9:12:01.493	5:06.291	35.404	1:19.579	2:01.854	1:09.454							
2	9:17:13.284	5:11.791	37.136	1:23.372	2:01.732	1:09.551							
(475) Ian Olthof													
1	9:12:51.876	5:15.683	37.017	1:23.048	2:07.095	1:08.523							
2	9:18:08.699	5:16.823	37.767	1:25.471	2:02.992	1:10.593							
(192) Den Hartigh													
1	9:13:44.267	5:56.024	41.274	1:35.280	2:19.521	1:19.949							
2	9:20:50.469	7:06.202	42.310	1:36.641	2:17.241	2:30.010							
(314) Erik Smit													
1	9:21:09.515	10:39.744	1:31.400	2:58.694	4:06.813	2:02.837							
2	9:36:37.343	15:27.828	51.026	3:16.693	3:18.671	8:01.438							
(323) Serge de Boer													
1	9:13:33.938	5:41.149	40.047	1:36.580	2:11.631	1:12.891							
(474) Jorus Nieuwnhuis													
1	9:14:51.243	6:10.753	43.596	1:34.246	2:36.164	1:16.747							
(399) Leendert Velzen													
1	9:15:19.622	6:39.976	45.891	1:38.911	2:48.701	1:26.473							
(224) Peter Fröhlich													
1	9:17:36.356	7:44.054	51.602	2:24.870	2:45.912	1:41.670							
(428) Rick Timmers													
1	9:14:41.379	5:51.318	42.617	1:32.621	2:19.078	1:17.002							
2	9:27:33.080	12:51.701	46.025	1:34.400	2:59.331	7:31.945							
3	9:33:35.418	6:02.338	45.992	1:34.342	2:19.780	1:22.224							
4	9:39:51.841	6:16.423	47.422	1:39.725	2:25.407	1:23.869							
5	9:46:31.567	6:39.726	49.685	1:42.020	2:40.628	1:27.393							
6	9:52:57.157	6:25.590	51.151	1:42.160	2:28.465	1:23.814							
7	9:59:27.698	6:30.541	48.173	1:32.897	2:32.098	1:37.373							
8	10:05:49.030	6:21.332	51.138	1:36.595	2:27.859	1:25.740							