A.V. Rijssen - Clubkampioenschappen Senioren en Junioren A

Jaargang: 2012
Onderdeel: Eindstand 2012
Datum: 18 november 2012
Datum gewijzigd:
Uitslagverwerking: Edwin Sprakel
Opmerking: **De resultaten die afvallen zijn rood gemankeerd. De resultaten die meetellen in de gemiddelde eindstand zijn groen gemankeerd.**

			Gemid-delde totaal-stand	Onderdeel 1: crossloop									Onderdeel 2: 1 EM baan				Onderdeel 3: coopertest baan				Onderdeel 4: baanwedstrijd			Onderdeel 5: Rijsserberloop of Pouw triatlon							Onderdeel 6		Onderdeel 7: Diepe Hel		
				Polybouw cross 2011			Hoterbergcross			Polybouw cross 2012			Baanwedstrijd 1 Mijl (voorjaar)		Baanwedstrijd 1 Mijl (najaar)		Coopertest (voorjaar)		Coopertest (najaar)		Baanwedstrijden			Rijsserberloop			Triatlon			Baanwedstijd 5000m		Diepe hel Hoterbegloop		
plts	Naam	GJ		afst.	tijd	punten	afst.	tijd	punten	afst.	tijd	punten	tijd	punten	tijd	punten	afst.	punten	afst.	punten	onderd.	tijd	punten	afst.	tijd	punten	onderd.	tijd	punten	tijd	punten	afst.	tijd	punten
1	Ria Roosink	61	**82,84**	5,1 km	22:22	**75,78**	5,1 km	23:01	**73,43**						06:08,4	**83,71**			3008	**89,93**	3000m	11:56,0	**84,19**	5 km	20:15	**80,58**									
2	Benno Braamhaar	50	**77,87**	10,2 km	46:12	**79,08**	9,7 km	44:45	**79,02**	10,2 km	46:47	**78,09**	dnf	**0,00**	06:23,0	**75,72**	2918	**81,39**			3000m	12:33,8	**75,89**	5 km	20:58	**77,27**	10 km	46:57,0	**74,69**	21:47	**73,83**	10 EM	1:15:40	**74,27**
3	Jan Roosink	64	**77,33**							5,1 km	20:17	**74,77**			05:24,6	**76,40**			3225	**79,63**	3000m	10:44,7	**78,64**	5 km	18:39	**77,12**				19:22	**74,01**	5 EM	0:31:24	**74,84**
4	Michiel Gerritsen	93	**75,29**	5,1 km	18:26	**74,41**	5,1 km	18:26	**70,04**	5,1 km	17:53	**75,12**					3670	**78,76**			3000m	09:44,4	**76,65**	5 km	17:08	**73,64**						5 EM	0:28:16	**72,29**
5	Jan Tijhuis	56	**74,39**	10,2 km	46:22	**71,03**	9,7 km	44:59	**74,75**	10,2km	46:33	**74,19**	06:20,0	**72,11**	06:17,4	**72,60**	2906	**78,01**			3000m	12:06,9	**75,67**	10 EM	1:17:25	**67,97**				22:16	**69,46**	10 EM	1:14:11	**70,93**
6	Johan steenbergen	72	**74,01**	5,1 km	20:41	**66,96**	5,1 km	20:24	**66,19**	10,2 km	38:52	**73,54**	05:19,0	**73,04**			3326	**75,08**			3000m	10:38,7	**72,81**	5 km	17:45	**74,18**				17:51	**74,23**	10 EM	1:02:57	**70,95**
7	Robbin schulenburg	92	**73,13**	5,1 km	19:02	**72,07**	5,1 km	19:20	**67,87**										3512	**76,85**	800m	02:08,9	**78,36**	5 km	18:48	**67,11**						5 EM	0:28:40	**71,28**
8	Jan Assink	48	**71,12**	5,1 km	24:30	**70,41**	5,1 km	25:15	**65,90**	5,1 km	24:35	**70,17**	06:35,6	**73,31**			2718	**75,82**	2700	**75,31**	3000m	14:15,3	**66,88**							23:35	**68,20**	5 EM	0:38:55	**67,88**
9	Jan van Pijkeren	44	**69,85**	5,1 km	26:02	**67,99**	5,1 km	26:02	**65,83**	5,1 km	26:07	**67,77**	07:11,0	**70,77**	07:26,1	**68,37**	2582	**74,84**	2446	**70,90**	800m	03:17,6	**67,81**	5 km	24:34	**67,85**				25:43	**64,03**	5 EM	0:41:22	**65,47**
10	Rick Slaghekke	66	**69,11**	5,1 km	23:44	**61,52**	5,1 km	22:46	**65,48**	5,1 km	22:58	**66,04**	06:06,0	**66,39**			2931	**72,37**			3000m	11:55,1	**70,90**	10 EM	1:13:57	**65,79**				20:54	**68,58**	10 EM	1:12:19	**67,30**
11	Arne Wessels	82	**66,96**							5,1 km	19:48	**67,85**	05:50,0	**63,71**			3063	**65,73**			800m	02:28,0	**68,26**	5 km	19:12	**65,71**				18:49	**67,05**	5 EM	0:31:00	**65,91**
12	Edwin Sprakel	73	**66,67**				9,7 km	41:57	**66,85**				dnf	**0,00**					3006	**68,93**	3000m	11:32,7	**67,13**	10 EM	1:11:13	**63,66**				20:35	**64,94**	10 EM	1:09:14	**65,48**
13	Jan Haas	55	**66,44**				9,7 km	54:26	**61,78**	10,2 km	53:39	**64,37**			06:49,6	**66,89**	2661	**71,44**						10 EM	1:24:49	**62,04**				23:40	**65,35**	10 EM	1:22:02	**64,16**
14	Herman Kreijkes	67	**65,60**	5,1 km	28:33	**51,14**				5,1 km	24:37	**61,61**	06:27,0	**62,79**	06:06,8	**66,89**	2612	**64,49**	2752	**67,95**	100m	00:14,0	**73,18**	5 km	25:37	**56,15**				24:13	**59,19**	5 EM	0:40:15	**58,39**
15	Jan Paalman	74	**64,92**	10,2 km	34:55	**81,86**	9,7 km	34:09	**82,12**	10,2km	35:42	**80,07**												10 EM	55:54	**81,10**	10 km	34:33,0	**79,55**	16:25	**80,71**	10 EM	0:56:12	**80,66**
16	Frans Heering	62	**64,15**	5,1 km	24:06	**59,34**				5,1 km	30:06	**55,98**	06:27,0	**59,37**	06:33,4	**63,04**	2781	**68,67**			3000m	13:08,6	**64,29**	5 km	22:39	**63,50**				22:43	**64,93**	5 EM	0:41:25	**58,67**
17	Wouter Nijzink	80	**63,52**	5,1 km	22:12	**60,51**	5,1 km	22:12	**59,28**	5,1 km	21:58	**61,15**	05:43,0	**65,01**	05:42,0	**65,20**	3080	**66,09**			3000m	11:45,3	**62,24**	5 km	20:03	**62,93**				20:47	**60,71**	5 EM	0:34:58	**58,44**
18	Wichard Dennekamp	73	**63,29**	10,2 km	46:58	**60,86**	9,7 km	45:48	**61,23**	10,2 km	45:47	**62,43**									3000m	11:56,8	**64,87**	5 km	19:51	**66,30**				21:45	**60,92**	10 EM	1:13:11	**61,94**
19	Johan Lohuis	60	**60,67**							5,1 km	20:54	**75,84**									3000m	11:23,8	**77,21**	5 km	19:25	**76,65**				20:02	**73,63**			
20	Bieuwe Roelofs	79	**59,88**	10,2 km	37:12	**75,22**	9,7 km	36:07	**75,35**															10 EM	59:29	**74,33**				16:47	**75,17**	10 EM	0:59:19	**74,54**
21	Werner Wessels	86	**59,18**							10,2 km	36:00	**77,73**												5 km	17:27	**72,30**				16:35	**76,08**	5 EM	0:29:17	**69,78**
22	Jans Vincent	48	**57,37**				9,7 km	47:37	**74,26**				06:58,0	**69,38**													10 km	49:55,0	**70,25**			10 EM	1:17:01	**72,97**
23	Wolter Prins	50	**57,30**				5,1 km	23:53	**69,67**	5,1 km	25:00	**69,00**	06:29,4	**74,47**			2708	**75,54**														5 EM	0:39:33	**66,79**
24	Mart Rozenkamp	95	**56,37**	5,1 km	20:30	**66,91**													3266	**76,40**	3000m	10:32,3	**70,85**	5 km	19:02	**67,69**								
25	Els Kreuger-Post	54	**52,94**				5,1 km	27:01	**58,70**												3000m	15:01,5	**70,00**	5 km	25:08	**71,09**						5 EM	0:40:57	**64,92**
26	Harry Meijer	55	**52,37**	5,1 km	25:35	**64,95**	5,1 km	26:36	**60,60**	5,1 km	25:54	**64,16**					2649	**71,11**						5 km	23:54	**65,34**						5 EM	0:42:09	**60,46**
27	Leon Sanderman	81	**48,12**	10,2 km	34:44	**80,57**	9,7 km	33:47	**80,55**	10,2 km	35:07	**79,69**												5 km	15:53	**79,43**						10 EM	0:54:51	**80,61**
28	Jacob wietsma	61	**46,69**	5,1 km	20:57	**75,66**									05:47,3	**76,59**	3025	**81,21**																
29	Jorg van Putten	78	**45,69**				5,1 km	23:39	**55,48**								2900	**62,23**						5 km	21:59	**57,39**						5 EM	0:38:19	**53,33**
30	Hans Jansen	68	**44,29**																					10 EM	1:05:28	**72,28**				18:32	**74,01**	10 EM	1:02:58	**75,17**
31	Rachel Rozenkamp	92	**43,18**	5,1 km	23:13	**66,48**	5,1 km	23:45	**61,67**	5,1 km	21:26	**70,37**							3043	**74,77**												2 EM	0:13:06	**70,74**
32	Pieter van der Neut	92	**43,14**				5,1 km	19:04	**68,82**	5,1 km	20:09	**66,67**									800m	02:12,9	**75,99**	5 km	17:48	**70,88**								
33	Martin Krijgsman	73	**41,98**										05:39,0	**68,73**			3245	**73,25**						10 EM	1:06:44	**67,93**								
34	Jan Nijland	53	**39,93**														dnf	**0**			3000m	13:42,6	**66,87**	5 km	23:25	**66,69**						5 EM	0:38:34	**66,08**
35	Geert Harbers	66	**36,56**												06:58,0	**59,33**								5 km	23:19	**61,69**	5 km	24:44,0	**59,57**			5 EM	0:38:03	**61,76**
36	Jan Voortman	60	**35,51**							5,1 km	24:50	**57,57**												5 km	27:50	**53,47**	10 km	46:51,0	**67,59**			5 EM	0:46:24	**52,37**
37	Henk Schulenburg	49	**35,34**	5,1 km	28:29	**60,56**	5,1 km	28:29	**56,50**	5,1 km	28:38	**60,24**												5 km	27:53	**58,10**						5 EM	0:45:31	**58,04**
38	Jan Paalman	65	**32,71**	5,1 km	18:31	**81,91**				5,1 km	18:35	**81,61**												10 EM	59:35	**81,62**								
39	Michelle Otto	94	**32,45**							5,1 km	29:31	**51,10**					2312	**55,71**												25:35	**55,44**			
40	Bert-Jan Haarkamp	80	**31,08**	10,2 km	35:58	**77,80**	9,7 km	35:28	**76,73**				04:47,3	**77,62**																				
41	Hans Bouwhuis	72	**30,48**	5,1 km	27:15	**50,83**	5,1 km	27:43	**48,72**	5,1 km	28:25	**51,38**												5 km	24:40	**53,38**						5 EM	0:46:26	**48,21**
42	Bianca Dekker	62	**30,35**																								10 km	45:38,0	**73,08**			10 EM	1:13:33	**78,68**
43	Dick Nijland	56	**30,02**																					10 EM	1:10:20	**74,81**						10 EM	1:09:54	**75,30**
44	Arne Lubbers	90	**29,60**	10,2 km	40:45	**68,67**				10,2km	42:57	**65,15**									200m	00:24,2	**79,33**										
45	Jan Boerman	56	**29,21**																					10 EM	1:12:52	**72,21**	5 km	25:42,0	**62,19**			10 EM	1:11:16	**73,85**
46	Ans Lammertink	50	**28,36**																								10 km	0:47:05	**68,53**			10 EM	1:12:13	**73,25**
47	Gerrit Dannenberg	51	**28,14**	5,1 km	24:39	**69,98**																		5 km	22:54	**70,74**								
48	Siegfried Körbl	62	**27,49**							10,2 km	47:45	**68,97**																				10 EM	1:13:38	**68,49**
49	Dineke Welleweerd	90	**27,36**																					5 km	20:37	**68,80**						5 EM	0:34:05	**68,02**
50	Toone Boerman	94	**27,36**	5,1 km	22:55	**59,85**															800m	02:12,5	**76,96**											
51	Erik Bokhove	61	**27,35**														2822	**72,64**														5 EM	0:37:54	**64,12**
52	Gerrit Smit	61	**26,95**																					5 km	21:49	**68,22**						5 EM	0:36:32	**66,51**
53	John Visser	62	**26,94**	10,2 km	46:50	**68,29**																					10 km	47:40,0	**66,43**					
54	Arjan Busscher	70	**25,81**	5,1 km	22:18	**65,47**	5,1 km	22:40	**62,71**															10 EM	1:14:25	**63,58**								
55	Jan-Peter Sanderman	78	**25,67**																		3000m	11:17,0	**64,84**	10 EM	1:09:39	**63,48**								
56	Anne Kippers	94	**25,10**																		hoog	1,5 m	**73,53**	5 km	24:17	**51,96**								
57	Erik Swabedissen	69	**23,68**	10,2 km	50:47	**59,76**																					5 km	23:56,0	**58,64**					
58	Haddon Voortman	71	**22,72**	5,1 km	26:03	**56,05**	5,1 km	26:30	**53,64**															5 km	23:50	**57,55**								
59	Corrie Hiltjesdam	63	**22,09**	5,1 km	30:26	**55,70**																										5 EM	0:47:25	**54,76**
60	Andrea Slaghekke	68	**21,34**							5,1 km	30:14	**53,97**																				5 EM	0:47:25	**52,72**
61	Anneliese Voortman-Jan	62	**20,29**							5,1 km	33:40	**51,09**																				2 EM	0:20:31	**50,37**
62	Diana Bakker	66	**20,14**							5,1 km	33:05	**51,23**																				2 EM	0:20:54	**49,44**
63	Jeroen Geerling	67	**15,69**																													10 EM	1:02:02	**78,45**
64	Roald Goossen	92	**15,62**	5,1 km	17:34	**78,08**	5,1 km	17:48	**73,72**	5,1 km	17:18	**77,65**																						
65	Dick Sanderman	53	**15,60**	5,1 km	21:37	**76,87**	5,1 km	20:51	**77,31**	10,2 km	44:16	**78,01**																						
66	Karina Willems	?	**15,53**																3160	**77,64**														
67	Sander Kastenberg	92	**15,12**																		100m	00:12,7	**75,61**											
68	Erik Nijsink	61	**14,96**																								5 km	dnf	**74,81**					
69	Wim Gerritsen	69	**14,80**																													5 EM	0:30:15	**73,99**
70	Gerjan Welleweerd	90	**14,60**																					5 km	17:17	**73,00**								
71	Johan Brinks	54	**13,87**				5,1 km	23:15	**69,33**																									
72	Rob Wagemaker	66	**13,79**							10,2km	46:24	**68,93**																						
73	Gertjan Meulenkolk	63	**13,65**																								10 km	45:03,0	**68,26**					
74	Gertjan Smalbrugge	68	**13,49**	5,1 km	21:39	**67,44**	5,1 km	21:42	**65,50**																									

			Gemid-delde totaal-	Onderdeel 1: crossloop									Onderdeel 2: 1 EM baan		Onderdeel 3: coopertest baan				Onderdeel 4: baanwedstrijd	Onderdeel 5: Rijsserberloop of Pouw triatlon						Onderdeel 6		Onderdeel 7: Diepe Hel		
				Polybouw cross 2011			Hoterbergcross			Polybouw cross 2012			Baanwedstrijd 1 Mijl (voorjaar)	Baanwedstrijd 1 Mijl (najaar)	Coopertest (voorjaar)		Coopertest (najaar)		Baanwedstrijden	Rijsserbergloop			Triatlon			Baanwedstijd 5000m		Diepe hel Hoterbegloop		
plts	**Naam**	**GJ**	**stand**	**afst.**	**tijd**	**punten**	**afst.**	**tijd**	**punten**	**afst.**	**tijd**	**punten**	**tijd**	**punten**	**tijd**	**punten**	**afst.**	**punten**	**onderd. tijd**	**punten**	**afst.**	**tijd**	**punten**	**onderd.**	**tijd**	**punten**	**tijd**	**punten**	**afst.**	**tijd**	**punten**
75	Wim Brok	53	**13,40**																										10 EM	1:18:33	**67,01**
76	Mieneke Nijland	53	**13,23**																		5 km	27:01	**66,13**								
77	Wim Nijkamp	58	**12,95**																										5 EM	0:37:32	**64,74**
78	Arjanne Paalman	74	**12,86**																					10 km	48:34,0	**64,31**					
79	Annelon Rouwendaal	?	**12,80**												2655	**63,98**															
80	Rieneke Leusink	69	**12,79**																										10 EM	1:22:43	**63,95**
81	Jan Schapink	58	**12,62**																								23:23	**63,08**			
82	Anton Rosing	62	**12,42**																					10 km	49:31,0	**62,10**					
83	Erica van de Berg	?	**12,05**												2500	**60,24**															
84	Sander Bouman	76	**11,79**																		5 km	22:20	**58,96**								
85	Gerdien Pieper	68	**11,56**																		5 km	26:32	**57,79**								
86	Christien Budding	68	**11,53**																					5 km	27:31,0	**57,66**					
87	Henk Otten	66	**11,46**																		5 km	25:06	**57,30**								
88	Gerlinde Koenderink	88	**11,41**																		5 km	24:52	**57,04**								
89	Anne Marie Broos	71	**11,05**																										5 EM	0:45:14	**55,27**
90	Wim ter Steege	75	**10,86**																										5 EM	0:39:19	**54,30**
91	Alice Pongers	80	**10,50**																		5 km	27:01	**52,50**								
92	Wim Scheppink	64	**10,46**																										10 EM	1:33:04	**52,29**
93	Jan Willem Dangremonc	93	**10,37**	5,1 km	26:27	**51,86**																									
94	Jacinta van Losser	77	**10,32**																		5 km	28:12	**51,60**								
95	Erica Grooters	67	**10,15**	5,1 km	32:09	**50,75**																									
96	Elles Bouwhuis	67	**10,15**	5,1 km	32:10	**50,73**																									
97	Mienarda Poortman-Lan	67	**9,23**																										2 EM	0:20:31	**46,14**
98	Mieneke Steenbergen	75	**9,06**																										2 EM	0:20:54	**45,30**
99	Joke Dangremond	53	**8,52**																										5 EM	0:55:47	**42,58**
100																															
101																															