

PLAATS	<i>1</i> <i>van der Vries</i>	<i>2</i> <i>Wessel deWilt</i>	<i>3</i> <i>Musida Paulsen</i>	<i>4</i> <i>André Wouda</i>
PLOEG	21. LAGA	16. NJORD	14. TRI/ORC	24. TRITON
1000 m	03:52.72	03:54.83	03:55.71	03:55.85
INTERVAL	03:54.59	04:01.02	04:01.01	04:01.16
VERVAL	00:01.87	00:06.19	00:05.30	00:05.31
2000 m	07:47.31	07:55.85	07:56.72	07:57.01
TEMPO	29	29	28	28
INTERVAL	03:51.17	03:59.85	03:53.84	03:54.95
VERVAL	-00:03.42	-00:01.17	-00:07.17	-00:06.21
3000 m	11:38.48	11:55.70	11:50.56	11:51.96
TEMPO	31	30	29	30
INTERVAL	04:07.38	04:09.80	04:10.53	04:11.96
VERVAL	00:16.21	00:09.95	00:16.69	00:17.01
4000 m	15:45.86	16:05.50	16:01.09	16:03.92
INTERVAL	04:04.01	04:00.81	04:05.66	04:07.37
VERVAL	-00:03.37	-00:08.99	-00:04.87	-00:04.59
5000 m	19:49.87	20:06.31	20:06.75	20:11.29
TEMPO	31	31	30	31
INTERVAL	03:59.05	04:02.82	04:04.91	04:07.15
VERVAL	-00:04.96	00:02.01	-00:00.75	-00:00.22
FINISH	23:48.92	24:09.13	24:11.66	24:18.44

PLAATS	5 <i>Kerkhof Holweg</i>	6 <i>Rosme v.d. Berg</i>	7 <i>Boxde wmoek</i>	8 <i>Bruunnotieken</i>	9 <i>Rosme de Gier</i>
PLOEG	17. AEGIR	19. PROTEUS	15. ARGO	22. NEREUS	20. NEREUS
1000 m	03:57.60	03:59.18	03:59.39	04:00.46	04:03.80
INTERVAL	03:59.89	04:05.11	04:07.75	04:06.12	04:08.38
VERVAL	00:02.29	00:05.93	00:08.36	00:05.66	00:04.58
2000 m	07:57.49	08:04.29	08:07.14	08:06.58	08:12.18
TEMPO	30	27	30	29	28
INTERVAL	03:57.21	03:58.06	04:01.99	04:00.88	04:01.66
VERVAL	-00:02.68	-00:07.05	-00:05.76	-00:05.24	-00:06.72
3000 m	11:54.70	12:02.35	12:09.13	12:07.46	12:13.84
TEMPO	31	30	31	30	30
INTERVAL	04:13.19	04:13.47	04:17.11	04:19.15	04:20.44
VERVAL	00:15.98	00:15.41	00:15.12	00:18.27	00:18.78
4000 m	16:07.89	16:15.82	16:26.24	16:26.61	16:34.28
INTERVAL	04:08.92	04:06.64	04:11.56	04:13.15	04:16.23
VERVAL	-00:04.27	-00:06.83	-00:05.55	-00:06.00	-00:04.21
5000 m	20:16.81	20:22.46	20:37.80	20:39.76	20:50.51
TEMPO	32	29	31	31	29
INTERVAL	04:05.57	04:04.42	04:11.96	04:11.00	04:04.88
VERVAL	-00:03.35	-00:02.22	00:00.40	-00:02.15	-00:11.35
FINISH	24:22.38	24:26.88	24:49.76	24:50.76	24:55.39

PLAATS	10 <i>De Vries</i>	11 <i>Leutscha</i>	12 <i>Schaik</i>	13 <i>De Vries</i>	14 <i>Jong Duij</i>
PLOEG	18. LAGA	26. TRITON	45. OKEANOS	23. AEBIR	25. AEBIR
1000 m	04:06.18	04:05.86	04:09.18	04:13.12	04:21.15
INTERVAL	04:10.07	04:10.18	04:13.17	04:27.67	04:21.77
VERVAL	00:03.89	00:04.32	00:03.99	00:14.55	00:00.62
2000 m	08:16.25	08:16.04	08:22.35	08:40.79	08:42.92
TEMPO	29	30	27	27	27
INTERVAL	04:03.58	04:12.77	03:38.38	04:12.30	04:28.87
VERVAL	-00:06.49	00:02.59	-00:34.79	-00:15.37	00:07.10
3000 m	12:19.83	12:28.81	12:00.73	12:53.09	13:11.79
TEMPO	32	30	29	29	29
INTERVAL	04:19.52	04:19.80	04:50.61	04:30.82	04:33.40
VERVAL	00:15.94	00:07.03	01:12.23	00:18.52	00:04.53
4000 m	16:39.35	16:48.61	16:51.34	17:23.91	17:45.19
INTERVAL	-04:13.58	04:14.07	-04:15.10	04:22.24	-04:23.49
VERVAL	-00:05.94	-00:05.73	-00:35.51	-00:08.58	-00:09.91
5000 m	20:52.93	21:02.68	21:06.44	21:46.15	22:08.68
TEMPO	33	31	30	29	32
INTERVAL	04:06.81	04:12.46	04:14.38	04:18.89	04:23.94
VERVAL	-00:06.77	-00:01.61	-00:00.72	-00:03.35	00:00.45
FINISH	24:59.74	25:15.14	25:20.82	26:05.04	26:32.62

PLAATS	1 Rignks	2 Adoma	3 Rijweboer	4 Abelsma	5 Pronk
PLOEG	41. OKEANOS	42. AEGIR	50. OKEANOS	43. ORCA	52. OKEANOS
1000 m	04:03.40	04:02.53	04:06.74	04:08.92	04:18.17
INTERVAL	04:08.05	04:14.08	04:21.42	04:20.78	04:21.58
VERVAL	00:04.65	00:11.55	00:14.68	00:11.86	00:03.41
2000 m	08:11.45	08:16.61	08:28.16	08:29.70	08:39.75
TEMPO	28	29	26	27	27
INTERVAL	04:04.88	04:10.98	04:13.56	04:13.01	04:14.11
VERVAL	-00:03.17	-00:03.10	-00:07.86	-00:07.77	-00:07.47
3000 m	12:16.33	12:27.59	12:41.72	12:42.71	12:53.86
TEMPO	29	30	27	26	27
INTERVAL	04:22.04	04:32.52	04:28.93	04:34.27	04:37.66
VERVAL	00:17.16	00:21.54	00:15.37	00:21.26	00:23.55
4000 m	16:38.37	17:00.11	17:10.65	17:16.98	17:31.52
INTERVAL	04:14.90	04:24.93	04:23.14	04:25.92	04:42.60
VERVAL	-00:07.14	-00:07.59	-00:05.79	-00:08.35	00:04.94
5000 m	20:53.27	21:25.04	21:33.79	21:42.90	22:14.12
TEMPO	29	30	28	29	28
INTERVAL	04:15.99	04:19.57	04:20.71	04:24.65	04:22.38
VERVAL	00:01.09	-00:05.36	-00:02.43	-00:01.27	-00:20.22
FINISH	25:09.26	25:44.61	25:54.50	26:07.55	26:36.50

BBC MICROCOMPUTER SYSTEM (MET DANK AAN: SORUG) SOFTWARE: (C) 1985 GERARD VOS

PLAATS	6 <i>Abelaken</i>	7 <i>Lokin</i>	8 <i>Vuyk</i>	9 <i>Verkuyl</i>	10
PLOEG	44. PHOCAS	51. TRITON	53. GYAS	49. TRITON	
1000 m	04:26.43	04:24.87	04:24.71	04:23.36	
INTERVAL	04:29.38	04:32.15	04:33.28	04:40.35	
VERVAL	00:02.95	00:07.28	00:08.57	00:16.99	
2000 m	08:55.81	08:57.02	08:57.99	09:03.71	
TEMPO	25	26	28	26	
INTERVAL	04:20.27	04:26.67	04:26.65	04:33.92	
VERVAL	-00:09.11	-00:05.48	-00:06.63	-00:06.43	
3000 m	13:16.08	13:23.69	13:24.64	13:37.63	
TEMPO	26	27	26	25	
INTERVAL	04:36.82	04:44.03	04:46.53	04:54.34	
VERVAL	00:16.55	00:17.36	00:19.88	00:20.42	
4000 m	17:52.90	18:07.72	18:11.17	18:31.97	
INTERVAL	04:33.63	04:33.38	04:43.22	04:40.24	
VERVAL	-00:03.19	-00:10.65	-00:03.31	-00:14.10	
5000 m	22:26.53	22:41.10	22:54.39	23:12.21	
TEMPO	27	28	26	25	
INTERVAL	04:25.27	04:35.07	04:41.22	04:55.86	
VERVAL	-00:08.36	00:01.69	-00:02.00	00:15.62	
FINISH	26:51.80	27:16.17	27:35.61	28:08.07	

PLAATS	1 <i>Has</i>	2 <i>Hammelink</i>	3 <i>9</i>	4 <i>Houtwin</i>	5
PLOEG	55. OKEANOS	56. AEGIR	36. ASOPOS	57. GYAS	
1000 m	04:26.36	04:26.62	04:32.14	04:29.01	
INTERVAL	04:30.70	04:29.93	04:34.39	04:39.32	
VERVAL	00:04.34	00:03.31	00:02.25	00:10.31	
2000 m	08:57.06	08:56.55	09:06.53	09:08.33	
TEMPO	26	29	25	27	
INTERVAL	04:24.41	04:23.37	04:29.60	04:31.69	
VERVAL	-00:06.29	-00:06.56	-00:04.79	-00:07.63	
3000 m	13:21.47	13:19.92	13:36.13	13:40.02	
TEMPO	25	28	26	27	
INTERVAL	04:37.29	04:40.64	04:45.09	04:55.47	
VERVAL	00:12.88	00:17.27	00:15.49	00:23.78	
4000 m	17:58.76	18:00.56	18:21.22	18:35.49	
INTERVAL	04:28.58	04:31.18	04:41.03	04:47.61	
VERVAL	-00:08.71	-00:09.46	-00:04.06	-00:07.86	
5000 m	22:27.34	22:31.74	23:02.25	23:23.10	
TEMPO	26	28	26	28	
INTERVAL	04:24.75	04:28.14	04:42.24	04:43.48	
VERVAL	-00:03.83	-00:03.04	00:01.21	-00:04.13	
FINISH	26:52.09	26:59.88	27:44.49	28:06.58	