

### 1. Uitslag 500 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 18 Esmee van Randeraat | DC1 | 14   | I    | 45.39   |      |        |
| 2   | 23 Sven Kompier        | HC2 | 13   | I    | 45.60   |      |        |
| 3   | 26 Joep van Leeuwen    | HC2 | 14   | O    | 45.67   |      |        |
| 4   | 28 Teije Hekkema       | HC2 | 13   | O    | 45.78   |      |        |
| 5   | 19 Keira Vissenberg    | DC2 | 11   | I    | 47.91   |      |        |
| 6   | 34 Luna Beks           | DC1 | 9    | I    | 48.72   |      |        |
| 7   | 30 Evi Lagerwerf       | DC2 | 9    | O    | 49.54   |      |        |
| 8   | 12 Lisa de Koster      | DC2 | 8    | I    | 49.60   |      |        |
| 9   | 7 Tycho Petri          | HC1 | 11   | O    | 49.61   |      |        |
| 10  | 36 Emma Boon           | DC2 | 10   | O    | 49.96   |      |        |
| 11  | 31 Cato Slegtenhorst   | DC1 | 7    | O    | 50.07   |      |        |
| 12  | 10 Isolde de Koster    | DC2 | 6    | I    | 50.57   | PR   |        |
| 13  | 9 Rinske Hogenboom     | DC1 | 6    | O    | 51.41   | PR   |        |
| 14  | 6 Thijs Breugem        | HC1 | 5    | I    | 51.67   | PR   |        |
| 15  | 16 Oona Alleblas       | DC1 | 10   | I    | 51.76   |      |        |
| 16  | 22 Clover van Zeijl    | DC2 | 8    | O    | 51.96   |      |        |
| 17  | 11 Kian Van Nierop     | HC1 | 5    | O    | 52.39   |      |        |
| 18  | 20 Jasmijn Bavius      | DC1 | 7    | I    | 52.79   |      |        |
| 19  | 27 Noortje de Nie      | DC1 | 4    | O    | 53.18   |      |        |
| 20  | 13 Millicent Kaper     | DC2 | 3    | O    | 55.52   |      |        |
| 21  | 37 Margot van Schie    | DC1 | 3    | I    | 56.89   |      |        |
| 22  | 29 Kai van Luijk       | HC1 | 1    | O    | 59.99   | PR   |        |
| 23  | 35 Thomas Steele       | HC1 | 1    | I    | 1:04.15 |      |        |
| 24  | 5 Rutger van Gerven    | HC2 | 4    | I    | 1:06.95 | FL   |        |

## 1. Rituitslag 500 meter

|   |    | Naam                 |                      | Cat     |                      | PR      | Tijd           | Info |
|---|----|----------------------|----------------------|---------|----------------------|---------|----------------|------|
| 1 | wt | 35                   | <b>Thomas Steele</b> |         | HC1                  |         | <b>1:04.15</b> |      |
|   | rd | 29                   | <b>Kai van Luijk</b> |         | HC1                  | 1:02.72 | <b>59.99</b>   | PR   |
|   |    | <b>Thomas Steele</b> |                      |         | <b>Kai van Luijk</b> |         |                |      |
|   |    | 100m                 | 15.42                | (15.42) | 100m                 | 13.71   | (13.71)        |      |
|   |    | 500m                 | 1:04.15              | (48.73) | 500m                 | 59.99   | (46.28)        |      |

|   |    | Naam |   | Cat |  | PR | Tijd | Info |
|---|----|------|---|-----|--|----|------|------|
| 2 | gl |      |   |     |  |    |      |      |
|   | bl |      |   |     |  |    |      |      |
|   |    |      | m |     |  |    |      |      |
|   |    |      |   |     |  |    |      |      |

|   |    | Naam                    |                         | Cat     |                        | PR    | Tijd         | Info |
|---|----|-------------------------|-------------------------|---------|------------------------|-------|--------------|------|
| 3 | wt | 37                      | <b>Margot van Schie</b> |         | DC1                    | 56.72 | <b>56.89</b> |      |
|   | rd | 13                      | <b>Millicent Kaper</b>  |         | DC2                    | 54.45 | <b>55.52</b> |      |
|   |    | <b>Margot van Schie</b> |                         |         | <b>Millicent Kaper</b> |       |              |      |
|   |    | 100m                    | 14.93                   | (14.93) | 100m                   | 13.60 | (13.60)      |      |
|   |    | 500m                    | 56.89                   | (41.96) | 500m                   | 55.52 | (41.92)      |      |

|   |    | Naam                     |                          | Cat     |                       | PR    | Tijd           | Info |
|---|----|--------------------------|--------------------------|---------|-----------------------|-------|----------------|------|
| 4 | gl | 5                        | <b>Rutger van Gerven</b> |         | HC2                   | 53.99 | <b>1:06.95</b> | FL   |
|   | bl | 27                       | <b>Noortje de Nie</b>    |         | DC1                   | 53.14 | <b>53.18</b>   |      |
|   |    | <b>Rutger van Gerven</b> |                          |         | <b>Noortje de Nie</b> |       |                |      |
|   |    | 100m                     | 12.84                    | (12.84) | 100m                  | 13.83 | (13.83)        |      |
|   |    | 500m                     | 1:06.95                  | (54.11) | 500m                  | 53.18 | (39.35)        |      |

|   |    | Naam                 |                        | Cat     |                        | PR    | Tijd         | Info |
|---|----|----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 5 | wt | 6                    | <b>Thijs Breugem</b>   |         | HC1                    | 51.95 | <b>51.67</b> | PR   |
|   | rd | 11                   | <b>Kian Van Nierop</b> |         | HC1                    | 52.35 | <b>52.39</b> |      |
|   |    | <b>Thijs Breugem</b> |                        |         | <b>Kian Van Nierop</b> |       |              |      |
|   |    | 100m                 | 12.83                  | (12.83) | 100m                   | 13.01 | (13.01)      |      |
|   |    | 500m                 | 51.67                  | (38.84) | 500m                   | 52.39 | (39.38)      |      |

|       |    | Naam |                          | Cat   |         | PR    | Tijd                     | Info    |
|-------|----|------|--------------------------|-------|---------|-------|--------------------------|---------|
| 6     | gl | 10   | <b>Isolde de Koster</b>  |       | DC2     | 50.96 | <b>50.57</b>             | PR      |
|       | bl | 9    | <b>Rinske Hogenboom</b>  |       | DC1     | 52.17 | <b>51.41</b>             | PR      |
|       |    |      | <b>Isolde de Koster</b>  |       |         |       | <b>Rinske Hogenboom</b>  |         |
|       |    |      | 100m                     | 13.46 | (13.46) | 100m  | 13.48                    | (13.48) |
|       |    |      | 500m                     | 50.57 | (37.11) | 500m  | 51.41                    | (37.93) |
| <hr/> |    |      |                          |       |         |       |                          |         |
|       |    | Naam |                          | Cat   |         | PR    | Tijd                     | Info    |
| 7     | wt | 20   | <b>Jasmijn Bavius</b>    |       | DC1     | 50.15 | <b>52.79</b>             |         |
|       | rd | 31   | <b>Cato Slegtenhorst</b> |       | DC1     | 49.24 | <b>50.07</b>             |         |
|       |    |      | <b>Jasmijn Bavius</b>    |       |         |       | <b>Cato Slegtenhorst</b> |         |
|       |    |      | 100m                     | 13.70 | (13.70) | 100m  | 13.50                    | (13.50) |
|       |    |      | 500m                     | 52.79 | (39.09) | 500m  | 50.07                    | (36.57) |
| <hr/> |    |      |                          |       |         |       |                          |         |
|       |    | Naam |                          | Cat   |         | PR    | Tijd                     | Info    |
| 8     | gl | 12   | <b>Lisa de Koster</b>    |       | DC2     | 49.16 | <b>49.60</b>             |         |
|       | bl | 22   | <b>Clover van Zeijl</b>  |       | DC2     | 49.84 | <b>51.96</b>             |         |
|       |    |      | <b>Lisa de Koster</b>    |       |         |       | <b>Clover van Zeijl</b>  |         |
|       |    |      | 100m                     | 13.17 | (13.17) | 100m  | 13.52                    | (13.52) |
|       |    |      | 500m                     | 49.60 | (36.43) | 500m  | 51.96                    | (38.44) |
| <hr/> |    |      |                          |       |         |       |                          |         |
|       |    | Naam |                          | Cat   |         | PR    | Tijd                     | Info    |
| 9     | wt | 34   | <b>Luna Beks</b>         |       | DC1     | 48.41 | <b>48.72</b>             |         |
|       | rd | 30   | <b>Evi Lagerwerf</b>     |       | DC2     | 48.19 | <b>49.54</b>             |         |
|       |    |      | <b>Luna Beks</b>         |       |         |       | <b>Evi Lagerwerf</b>     |         |
|       |    |      | 100m                     | 13.10 | (13.10) | 100m  | 12.74                    | (12.74) |
|       |    |      | 500m                     | 48.72 | (35.62) | 500m  | 49.54                    | (36.80) |
| <hr/> |    |      |                          |       |         |       |                          |         |
|       |    | Naam |                          | Cat   |         | PR    | Tijd                     | Info    |
| 10    | gl | 16   | <b>Oona Alleblas</b>     |       | DC1     | 49.15 | <b>51.76</b>             |         |
|       | bl | 36   | <b>Emma Boon</b>         |       | DC2     | 48.07 | <b>49.96</b>             |         |
|       |    |      | <b>Oona Alleblas</b>     |       |         |       | <b>Emma Boon</b>         |         |
|       |    |      | 100m                     | 13.58 | (13.58) | 100m  | 12.88                    | (12.88) |
|       |    |      | 500m                     | 51.76 | (38.18) | 500m  | 49.96                    | (37.08) |

|    |    | Naam |                         | Cat   |         | PR   | Tijd               | Info         |
|----|----|------|-------------------------|-------|---------|------|--------------------|--------------|
| 11 | wt | 19   | <b>Keira Vissenberg</b> |       | DC2     |      | 46.02              | <b>47.91</b> |
|    | rd | 7    | <b>Tycho Petri</b>      |       | HC1     |      | 46.41              | <b>49.61</b> |
|    |    |      | <u>Keira Vissenberg</u> |       |         |      | <u>Tycho Petri</u> |              |
|    |    |      | 100m                    | 12.65 | (12.65) | 100m | 13.32              | (13.32)      |
|    |    |      | 500m                    | 47.91 | (35.26) | 500m | 49.61              | (36.29)      |

|    |    | Naam |   | Cat |  | PR | Tijd | Info |
|----|----|------|---|-----|--|----|------|------|
| 12 | gl |      |   |     |  |    |      |      |
|    | bl |      |   |     |  |    |      |      |
|    |    |      | m |     |  |    |      |      |
|    |    |      | m |     |  |    |      |      |

|    |    | Naam |                      | Cat   |         | PR   | Tijd                 | Info         |
|----|----|------|----------------------|-------|---------|------|----------------------|--------------|
| 13 | wt | 23   | <b>Sven Kompier</b>  |       | HC2     |      | 44.77                | <b>45.60</b> |
|    | rd | 28   | <b>Teije Hekkema</b> |       | HC2     |      | 44.13                | <b>45.78</b> |
|    |    |      | <u>Sven Kompier</u>  |       |         |      | <u>Teije Hekkema</u> |              |
|    |    |      | 100m                 | 12.26 | (12.26) | 100m | 12.06                | (12.06)      |
|    |    |      | 500m                 | 45.60 | (33.34) | 500m | 45.78                | (33.72)      |

|    |    | Naam |                            | Cat   |         | PR   | Tijd                    | Info         |
|----|----|------|----------------------------|-------|---------|------|-------------------------|--------------|
| 14 | gl | 18   | <b>Esmee van Randeraat</b> |       | DC1     |      | 44.86                   | <b>45.39</b> |
|    | bl | 26   | <b>Joep van Leeuwen</b>    |       | HC2     |      | 45.33                   | <b>45.67</b> |
|    |    |      | <u>Esmee van Randeraat</u> |       |         |      | <u>Joep van Leeuwen</u> |              |
|    |    |      | 100m                       | 12.18 | (12.18) | 100m | 12.39                   | (12.39)      |
|    |    |      | 500m                       | 45.39 | (33.21) | 500m | 45.67                   | (33.28)      |

## 2. Uitslag 1000 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 23 Sven Kompier        | HC2 | 28   | O    | 1:33.33 |      |        |
| 2   | 28 Teije Hekkema       | HC2 | 26   | I    | 1:33.52 | PR   |        |
| 3   | 18 Esmee van Randeraat | DC1 | 27   | O    | 1:33.59 | PR   |        |
| 4   | 26 Joep van Leeuwen    | HC2 | 28   | I    | 1:34.48 |      |        |
| 5   | 19 Keira Vissenberg    | DC2 | 27   | I    | 1:38.69 |      |        |
| 6   | 31 Cato Slegtenhorst   | DC1 | 23   | O    | 1:40.18 |      |        |
| 7   | 7 Tycho Petri          | HC1 | 25   | I    | 1:41.09 |      |        |
| 8   | 34 Luna Beks           | DC1 | 26   | O    | 1:41.52 |      |        |
| 9   | 30 Evi Lagerwerf       | DC2 | 23   | I    | 1:43.21 |      |        |
| 10  | 10 Isolde de Koster    | DC2 | 22   | I    | 1:44.24 |      |        |
| 11  | 12 Lisa de Koster      | DC2 | 21   | I    | 1:45.10 |      |        |
| 12  | 6 Thijs Breugem        | HC1 | 19   | O    | 1:45.17 | PR   |        |
| 13  | 9 Rinske Hogenboom     | DC1 | 20   | I    | 1:45.67 | PR   |        |
| 14  | 36 Emma Boon           | DC2 | 25   | O    | 1:45.80 |      |        |
| 15  | 22 Clover van Zeijl    | DC2 | 21   | O    | 1:45.93 |      |        |
| 16  | 16 Oona Alleblas       | DC1 | 22   | O    | 1:46.70 |      |        |
| 17  | 11 Kian Van Nierop     | HC1 | 19   | I    | 1:47.81 | PR   |        |
| 18  | 27 Noortje de Nie      | DC1 | 18   | O    | 1:48.15 | PR   |        |
| 19  | 37 Margot van Schie    | DC1 | 17   | I    | 1:53.85 | PR   |        |
| 20  | 5 Rutger van Gerven    | HC2 | 18   | I    | 1:55.72 | PR   |        |
| 21  | 13 Millicent Kaper     | DC2 | 17   | O    | 1:56.07 | PR   |        |
| 22  | 29 Kai van Luijk       | HC1 | 15   | I    | 2:09.18 |      |        |
| 23  | 35 Thomas Steele       | HC1 | 15   | O    | 2:29.77 |      |        |
|     | 20 Jasmijn Bavius      | DC1 | 20   | O    |         | DQ   |        |

## 2. Rituitslag 1000 meter

|    |    | Naam             | Cat | PR      | Tijd           | Info |
|----|----|------------------|-----|---------|----------------|------|
| 15 | wt | 29 Kai van Luijk | HC1 | 2:06.53 | <b>2:09.18</b> |      |
|    | rd | 35 Thomas Steele | HC1 |         | <b>2:29.77</b> |      |

### Kai van Luijk

|       |         |         |
|-------|---------|---------|
| 200m  | 26.75   | (26.75) |
| 600m  | 1:16.14 | (49.39) |
| 1000m | 2:09.18 | (53.04) |

### Thomas Steele

|       |         |         |
|-------|---------|---------|
| 200m  | 29.84   | (29.84) |
| 600m  | 1:22.42 | (52.58) |
| 1000m | 2:29.77 | (67.35) |

|    |    | Naam | Cat | PR | Tijd | Info |
|----|----|------|-----|----|------|------|
| 16 | gl |      |     |    |      |      |
|    | bl |      |     |    |      |      |

m

m

|    |    | Naam                | Cat | PR      | Tijd           | Info |
|----|----|---------------------|-----|---------|----------------|------|
| 17 | wt | 37 Margot van Schie | DC1 | 1:59.44 | <b>1:53.85</b> | PR   |
|    | rd | 13 Millicent Kaper  | DC2 | 1:57.27 | <b>1:56.07</b> | PR   |

### Margot van Schie

|       |         |         |
|-------|---------|---------|
| 200m  | 26.27   | (26.27) |
| 600m  | 1:08.50 | (42.23) |
| 1000m | 1:53.85 | (45.35) |

### Millicent Kaper

|       |         |         |
|-------|---------|---------|
| 200m  | 25.26   | (25.26) |
| 600m  | 1:08.91 | (43.65) |
| 1000m | 1:56.07 | (47.16) |

|    |    | Naam                | Cat | PR      | Tijd           | Info |
|----|----|---------------------|-----|---------|----------------|------|
| 18 | gl | 5 Rutger van Gerven | HC2 | 2:01.28 | <b>1:55.72</b> | PR   |
|    | bl | 27 Noortje de Nie   | DC1 | 1:50.65 | <b>1:48.15</b> | PR   |

### Rutger van Gerven

|       |         |         |
|-------|---------|---------|
| 200m  | 25.06   | (25.06) |
| 600m  | 1:08.62 | (43.56) |
| 1000m | 1:55.72 | (47.10) |

### Noortje de Nie

|       |         |         |
|-------|---------|---------|
| 200m  | 25.51   | (25.51) |
| 600m  | 1:06.19 | (40.68) |
| 1000m | 1:48.15 | (41.96) |

|    |    | Naam |                        | Cat     |         | PR                    | Tijd                 | Info              |
|----|----|------|------------------------|---------|---------|-----------------------|----------------------|-------------------|
| 19 | wt | 11   | <b>Kian Van Nierop</b> |         | HC1     |                       | 1:49.81              | <b>1:47.81</b> PR |
|    | rd | 6    | <b>Thijs Breugem</b>   |         | HC1     |                       | 1:49.07              | <b>1:45.17</b> PR |
|    |    |      | <b>Kian Van Nierop</b> |         |         |                       | <b>Thijs Breugem</b> |                   |
|    |    |      | 200m                   | 24.20   | (24.20) | 200m 23.53 (23.53)    |                      |                   |
|    |    |      | 600m                   | 1:04.97 | (40.77) | 600m 1:02.90 (39.37)  |                      |                   |
|    |    |      | 1000m                  | 1:47.81 | (42.84) | 1000m 1:45.17 (42.27) |                      |                   |

|    |    | Naam |                         | Cat     |         | PR | Tijd                  | Info              |
|----|----|------|-------------------------|---------|---------|----|-----------------------|-------------------|
| 20 | gl | 9    | <b>Rinske Hogenboom</b> |         | DC1     |    | 1:46.50               | <b>1:45.67</b> PR |
|    | bl | 20   | <b>Jasmijn Bavius</b>   |         | DC1     |    | 1:46.08               | <b>DQ</b>         |
|    |    |      | <b>Rinske Hogenboom</b> |         |         |    | <b>Jasmijn Bavius</b> |                   |
|    |    |      | 200m                    | 23.82   | (23.82) |    |                       |                   |
|    |    |      | 600m                    | 1:03.21 | (39.39) |    |                       |                   |
|    |    |      | 1000m                   | 1:45.67 | (42.46) |    |                       |                   |

|    |    | Naam |                         | Cat     |         | PR                    | Tijd                    | Info           |
|----|----|------|-------------------------|---------|---------|-----------------------|-------------------------|----------------|
| 21 | wt | 12   | <b>Lisa de Koster</b>   |         | DC2     |                       | 1:45.09                 | <b>1:45.10</b> |
|    | rd | 22   | <b>Clover van Zeijl</b> |         | DC2     |                       | 1:43.31                 | <b>1:45.93</b> |
|    |    |      | <b>Lisa de Koster</b>   |         |         |                       | <b>Clover van Zeijl</b> |                |
|    |    |      | 200m                    | 24.00   | (24.00) | 200m 24.60 (24.60)    |                         |                |
|    |    |      | 600m                    | 1:04.63 | (40.63) | 600m 1:04.56 (39.96)  |                         |                |
|    |    |      | 1000m                   | 1:45.10 | (40.47) | 1000m 1:45.93 (41.37) |                         |                |

|    |    | Naam |                         | Cat     |         | PR                    | Tijd                 | Info           |
|----|----|------|-------------------------|---------|---------|-----------------------|----------------------|----------------|
| 22 | gl | 10   | <b>Isolde de Koster</b> |         | DC2     |                       | 1:44.09              | <b>1:44.24</b> |
|    | bl | 16   | <b>Oona Alleblas</b>    |         | DC1     |                       | 1:43.74              | <b>1:46.70</b> |
|    |    |      | <b>Isolde de Koster</b> |         |         |                       | <b>Oona Alleblas</b> |                |
|    |    |      | 200m                    | 23.56   | (23.56) | 200m 24.89 (24.89)    |                      |                |
|    |    |      | 600m                    | 1:02.45 | (38.89) | 600m 1:04.47 (39.58)  |                      |                |
|    |    |      | 1000m                   | 1:44.24 | (41.79) | 1000m 1:46.70 (42.23) |                      |                |

|    |    | Naam                 |                          |         | Cat                      | PR      | Tijd           | Info |
|----|----|----------------------|--------------------------|---------|--------------------------|---------|----------------|------|
| 23 | wt | 30                   | <b>Evi Lagerwerf</b>     |         | DC2                      | 1:41.66 | <b>1:43.21</b> |      |
|    | rd | 31                   | <b>Cato Slegtenhorst</b> |         | DC1                      | 1:38.79 | <b>1:40.18</b> |      |
|    |    | <b>Evi Lagerwerf</b> |                          |         | <b>Cato Slegtenhorst</b> |         |                |      |
|    |    | 200m                 | 22.49                    | (22.49) | 200m                     | 23.31   | (23.31)        |      |
|    |    | 600m                 | 1:01.36                  | (38.87) | 600m                     | 1:00.52 | (37.21)        |      |
|    |    | 1000m                | 1:43.21                  | (41.85) | 1000m                    | 1:40.18 | (39.66)        |      |

|    |    | Naam |  |  | Cat | PR | Tijd | Info |
|----|----|------|--|--|-----|----|------|------|
| 24 | gl |      |  |  |     |    |      |      |
|    | bl |      |  |  |     |    |      |      |
|    |    | m    |  |  | m   |    |      |      |

|    |    | Naam               |                    |         | Cat              | PR      | Tijd           | Info |
|----|----|--------------------|--------------------|---------|------------------|---------|----------------|------|
| 25 | wt | 7                  | <b>Tycho Petri</b> |         | HC1              | 1:33.74 | <b>1:41.09</b> |      |
|    | rd | 36                 | <b>Emma Boon</b>   |         | DC2              | 1:38.45 | <b>1:45.80</b> |      |
|    |    | <b>Tycho Petri</b> |                    |         | <b>Emma Boon</b> |         |                |      |
|    |    | 200m               | 23.13              | (23.13) | 200m             | 23.47   | (23.47)        |      |
|    |    | 600m               | 1:01.57            | (38.44) | 600m             | 1:03.81 | (40.34)        |      |
|    |    | 1000m              | 1:41.09            | (39.52) | 1000m            | 1:45.80 | (41.99)        |      |

|    |    | Naam                 |                      |         | Cat              | PR      | Tijd           | Info |
|----|----|----------------------|----------------------|---------|------------------|---------|----------------|------|
| 26 | gl | 28                   | <b>Teije Hekkema</b> |         | HC2              | 1:34.42 | <b>1:33.52</b> | PR   |
|    | bl | 34                   | <b>Luna Beks</b>     |         | DC1              | 1:38.60 | <b>1:41.52</b> |      |
|    |    | <b>Teije Hekkema</b> |                      |         | <b>Luna Beks</b> |         |                |      |
|    |    | 200m                 | 21.45                | (21.45) | 200m             | 23.46   | (23.46)        |      |
|    |    | 600m                 | 56.34                | (34.89) | 600m             | 1:01.18 | (37.72)        |      |
|    |    | 1000m                | 1:33.52              | (37.18) | 1000m            | 1:41.52 | (40.34)        |      |



|                         |    | Naam                          |                            | Cat     |  | PR      | Tijd           | Info    |
|-------------------------|----|-------------------------------|----------------------------|---------|--|---------|----------------|---------|
| 27                      | wt | 19 <b>Keira Vissenberg</b>    |                            | DC2     |  | 1:33.41 | <b>1:38.69</b> |         |
|                         | rd | 18 <b>Esmee van Randeraat</b> |                            | DC1     |  | 1:33.74 | <b>1:33.59</b> | PR      |
| <b>Keira Vissenberg</b> |    |                               | <b>Esmee van Randeraat</b> |         |  |         |                |         |
|                         |    | 200m                          | 22.55                      | (22.55) |  | 200m    | 21.72          | (21.72) |
|                         |    | 600m                          | 59.34                      | (36.79) |  | 600m    | 57.24          | (35.52) |
|                         |    | 1000m                         | 1:38.69                    | (39.35) |  | 1000m   | 1:33.59        | (36.35) |

|                         |    | Naam                       |                     | Cat     |  | PR      | Tijd           | Info    |
|-------------------------|----|----------------------------|---------------------|---------|--|---------|----------------|---------|
| 28                      | gl | 26 <b>Joep van Leeuwen</b> |                     | HC2     |  | 1:32.89 | <b>1:34.48</b> |         |
|                         | bl | 23 <b>Sven Kompier</b>     |                     | HC2     |  | 1:31.92 | <b>1:33.33</b> |         |
| <b>Joep van Leeuwen</b> |    |                            | <b>Sven Kompier</b> |         |  |         |                |         |
|                         |    | 200m                       | 21.67               | (21.67) |  | 200m    | 21.72          | (21.72) |
|                         |    | 600m                       | 56.96               | (35.29) |  | 600m    | 56.49          | (34.77) |
|                         |    | 1000m                      | 1:34.48             | (37.52) |  | 1000m   | 1:33.33        | (36.84) |

### 3. Uitslag 3000 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 39 Peter de Bruin      | HC1 | 30   | I    | 4:48.84 | PR   |        |
| 2   | 25 Mees Blaauw         | HC2 | 34   | O    | 4:51.41 | PR   |        |
| 3   | 3 Boaz de Gast         | HC2 | 32   | I    | 4:53.37 |      |        |
| 4   | 17 Tygo Blom           | HC1 | 33   | O    | 4:55.66 | PR   |        |
| 5   | 1 Bo Hoogvorst         | DC2 | 33   | I    | 5:10.01 | PR   |        |
| 6   | 32 Nouschka Steenks    | DC1 | 31   | I    | 5:13.60 |      |        |
| 7   | 2 Pauline Tas          | DC2 | 34   | I    | 5:17.65 |      |        |
| 8   | 38 Melle Zweers        | HC1 | 29   | O    | 5:19.53 |      |        |
| 9   | 15 Lara Castro Nortier | DC2 | 31   | O    | 5:20.18 |      |        |
| 10  | 21 Lianne Vreugdenhil  | DC2 | 32   | O    | 5:24.46 | PR   |        |
| 11  | 8 Mare Damsma          | DC1 | 29   | I    | 5:37.46 |      |        |

### 3. Rituitslag 3000 meter

|    |    | Naam                   | Cat | PR | Tijd           | Info |
|----|----|------------------------|-----|----|----------------|------|
| 29 | wt | 8 <b>Mare Damsma</b>   | DC1 |    | <b>5:37.46</b> |      |
|    | rd | 38 <b>Melle Zweers</b> | HC1 |    | <b>5:19.53</b> |      |

**Mare Damsma**

|       |         |         |
|-------|---------|---------|
| 200m  | 24.92   | (24.92) |
| 600m  | 1:07.52 | (42.60) |
| 1000m | 1:51.49 | (43.97) |
| 1400m | 2:36.33 | (44.84) |
| 1800m | 3:21.05 | (44.72) |
| 2200m | 4:06.99 | (45.94) |
| 2600m | 4:53.19 | (46.20) |
| 3000m | 5:37.46 | (44.27) |

**Melle Zweers**

|       |         |         |
|-------|---------|---------|
| 200m  | 25.19   | (25.19) |
| 600m  | 1:05.42 | (40.23) |
| 1000m | 1:47.72 | (42.30) |
| 1400m | 2:31.17 | (43.45) |
| 1800m | 3:13.96 | (42.79) |
| 2200m | 3:55.80 | (41.84) |
| 2600m | 4:38.37 | (42.57) |
| 3000m | 5:19.53 | (41.16) |

|    |    | Naam                     | Cat | PR      | Tijd           | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 30 | gl | 39 <b>Peter de Bruin</b> | HC1 | 5:02.05 | <b>4:48.84</b> | PR   |
|    | bl |                          |     |         |                |      |

**Peter de Bruin**

|       |         |         |
|-------|---------|---------|
| 200m  | 22.48   | (22.48) |
| 600m  | 58.73   | (36.25) |
| 1000m | 1:35.69 | (36.96) |
| 1400m | 2:13.50 | (37.81) |
| 1800m | 2:51.68 | (38.18) |
| 2200m | 3:30.57 | (38.89) |
| 2600m | 4:09.91 | (39.34) |
| 3000m | 4:48.84 | (38.93) |

m

|    |    | Naam                          | Cat | PR | Tijd           | Info |
|----|----|-------------------------------|-----|----|----------------|------|
| 31 | wt | 32 <b>Nouschka Steenks</b>    | DC1 |    | <b>5:13.60</b> |      |
|    | rd | 15 <b>Lara Castro Nortier</b> | DC2 |    | <b>5:20.18</b> |      |

### Nouschka Steenks

|       |         |         |
|-------|---------|---------|
| 200m  | 24.09   | (24.09) |
| 600m  | 1:04.52 | (40.43) |
| 1000m | 1:45.74 | (41.22) |
| 1400m | 2:27.99 | (42.25) |
| 1800m | 3:10.73 | (42.74) |
| 2200m | 3:52.91 | (42.18) |
| 2600m | 4:33.51 | (40.60) |
| 3000m | 5:13.60 | (40.09) |

### Lara Castro Nortier

|       |         |         |
|-------|---------|---------|
| 200m  | 23.13   | (23.13) |
| 600m  | 1:02.83 | (39.70) |
| 1000m | 1:44.76 | (41.93) |
| 1400m | 2:27.55 | (42.79) |
| 1800m | 3:11.43 | (43.88) |
| 2200m | 3:54.98 | (43.55) |
| 2600m | 4:38.00 | (43.02) |
| 3000m | 5:20.18 | (42.18) |

|    |    | Naam                          | Cat | PR      | Tijd           | Info |
|----|----|-------------------------------|-----|---------|----------------|------|
| 32 | gl | 3 <b>Boaz de Gast</b>         | HC2 |         | <b>4:53.37</b> |      |
|    | bl | 21 <b>Lisanne Vreugdenhil</b> | DC2 | 5:27.22 | <b>5:24.46</b> | PR   |

### Boaz de Gast

|       |         |         |
|-------|---------|---------|
| 200m  | 21.45   | (21.45) |
| 600m  | 59.07   | (37.62) |
| 1000m | 1:38.28 | (39.21) |
| 1400m | 2:18.18 | (39.90) |
| 1800m | 2:57.86 | (39.68) |
| 2200m | 3:37.47 | (39.61) |
| 2600m | 4:16.82 | (39.35) |
| 3000m | 4:53.37 | (36.55) |

### Lisanne Vreugdenhil

|       |         |         |
|-------|---------|---------|
| 200m  | 24.60   | (24.60) |
| 600m  | 1:02.20 | (37.60) |
| 1000m | 1:41.63 | (39.43) |
| 1400m | 2:23.06 | (41.43) |
| 1800m | 3:05.78 | (42.72) |
| 2200m | 3:49.96 | (44.18) |
| 2600m | 4:37.12 | (47.16) |
| 3000m | 5:24.46 | (47.34) |

|    |    | Naam                |                     |         | Cat              | PR      | Tijd           | Info |
|----|----|---------------------|---------------------|---------|------------------|---------|----------------|------|
| 33 | wt | 1                   | <b>Bo Hoogvorst</b> |         | DC2              | 5:19.95 | <b>5:10.01</b> | PR   |
|    | rd | 17                  | <b>Tygo Blom</b>    |         | HC1              | 5:07.74 | <b>4:55.66</b> | PR   |
|    |    | <b>Bo Hoogvorst</b> |                     |         | <b>Tygo Blom</b> |         |                |      |
|    |    | 200m                | 22.58               | (22.58) | 200m             | 22.52   | (22.52)        |      |
|    |    | 600m                | 59.80               | (37.22) | 600m             | 59.42   | (36.90)        |      |
|    |    | 1000m               | 1:38.27             | (38.47) | 1000m            | 1:38.42 | (39.00)        |      |
|    |    | 1400m               | 2:18.84             | (40.57) | 1400m            | 2:17.52 | (39.10)        |      |
|    |    | 1800m               | 3:00.19             | (41.35) | 1800m            | 2:57.82 | (40.30)        |      |
|    |    | 2200m               | 3:42.72             | (42.53) | 2200m            | 3:37.03 | (39.21)        |      |
|    |    | 2600m               | 4:26.07             | (43.35) | 2600m            | 4:17.03 | (40.00)        |      |
|    |    | 3000m               | 5:10.01             | (43.94) | 3000m            | 4:55.66 | (38.63)        |      |

|    |    | Naam               |                    |         | Cat                | PR      | Tijd           | Info |
|----|----|--------------------|--------------------|---------|--------------------|---------|----------------|------|
| 34 | gl | 2                  | <b>Pauline Tas</b> |         | DC2                | 5:14.16 | <b>5:17.65</b> |      |
|    | bl | 25                 | <b>Mees Blaauw</b> |         | HC2                | 5:04.02 | <b>4:51.41</b> | PR   |
|    |    | <b>Pauline Tas</b> |                    |         | <b>Mees Blaauw</b> |         |                |      |
|    |    | 200m               | 22.13              | (22.13) | 200m               | 21.89   | (21.89)        |      |
|    |    | 600m               | 59.09              | (36.96) | 600m               | 57.48   | (35.59)        |      |
|    |    | 1000m              | 1:39.02            | (39.93) | 1000m              | 1:36.09 | (38.61)        |      |
|    |    | 1400m              | 2:21.53            | (42.51) | 1400m              | 2:15.64 | (39.55)        |      |
|    |    | 1800m              | 3:03.99            | (42.46) | 1800m              | 2:54.95 | (39.31)        |      |
|    |    | 2200m              | 3:48.57            | (44.58) | 2200m              | 3:34.06 | (39.11)        |      |
|    |    | 2600m              | 4:33.51            | (44.94) | 2600m              | 4:13.59 | (39.53)        |      |
|    |    | 3000m              | 5:17.65            | (44.14) | 3000m              | 4:51.41 | (37.82)        |      |