

Holland Cup 2a / Gruno Bokaal

Kardinge - Groningen

18 en 19 november 2023

1. Uitslag Vrouwen 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Robin Groot	DN4	11	I	40.41		
2	48 Kim Talsma	DN4	11	O	40.44		
3	30 Gioya Lancee	DSA	8	I	40.62		
4	55 Ju-Lin de Visser	DN4	13	I	40.72		
5	60 Sanne Westra	DN2	8	O	41.07		
6	51 Paulien Verhaar	DSA	9	O	41.22		
7	12 Romée Ebbinge	DSA	12	I	41.27		
8	14 Jade Groenewoud	DN1	10	O	41.45		
9	21 Lieke Hoogendoorn	DA1	7	I	41.74		
10	1 Reina Anema	DSA	12	O	41.76		
11	38 Hilde Noppert	DN4	6	O	41.85		
12	34 Amy van der Meer	DN3	13	O	41.89		
13	57 Eline van Voorden	DN4	9	I	41.95		
14	59 Naomi van der Werf	DSA	10	I	42.09		
15	53 Evelien Vijn	DN2	7	O	42.18		
16	40 Sanne Oosterwijk	DA2	5	O	42.27		
17	10 Vera van Ditshuizen	DN2	6	I	42.52		
18	22 Emma Hulshof	DSA	4	I	42.59		
19	6 Esmée Brommer	DN1	3	I	43.06		
20	39 Emma Noz	DA2	3	O	43.42		
21	24 Sterre Jonkers	DSA	2	O	43.45		
22	37 Elbrich Nicolay	DA1	5	I	43.58		
23	29 Sophie Kraaijeveld	DN1	4	O	43.67		
24	54 Esmee Visser	DSA	1	I	43.74		
25	9 Nyncke Dijkstra	DN2	2	I	43.91		
26	28 Veerle van Koppen	DN1	1	O	44.07		

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1. Rituitslag Vrouwen 500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	54	Esmee Visser		DSA		41.42	43.74	
	rd	28	Veerle van Koppen		DN1		42.65	44.07	
		Esmee Visser			Veerle van Koppen				
		100m	12.31	(12.31)	100m	12.42	(12.42)		
		500m	43.74	(31.43)	500m	44.07	(31.65)		

		Naam		Cat		PR		Tijd	Info
2	wt	9	Nyncke Dijkstra		DN2		42.31	43.91	
	rd	24	Sterre Jonkers		DSA		41.95	43.45	
		Nyncke Dijkstra			Sterre Jonkers				
		100m	12.13	(12.13)	100m	12.26	(12.26)		
		500m	43.91	(31.78)	500m	43.45	(31.19)		

		Naam		Cat		PR		Tijd	Info
3	wt	6	Esmée Brommer		DN1		42.57	43.06	
	rd	39	Emma Noz		DA2		42.18	43.42	
		Esmée Brommer			Emma Noz				
		100m	11.87	(11.87)	100m	12.00	(12.00)		
		500m	43.06	(31.19)	500m	43.42	(31.42)		

		Naam		Cat		PR		Tijd	Info
4	wt	22	Emma Hulshof		DSA		42.18	42.59	
	rd	29	Sophie Kraaijeveld		DN1		42.02	43.67	
		Emma Hulshof			Sophie Kraaijeveld				
		100m	11.91	(11.91)	100m	12.27	(12.27)		
		500m	42.59	(30.68)	500m	43.67	(31.40)		

		Naam		Cat		PR		Tijd	Info
5	wt	37	Elbrich Nicolay		DA1		41.46	43.58	
	rd	40	Sanne Oosterwijk		DA2		41.28	42.27	
		Elbrich Nicolay			Sanne Oosterwijk				
		100m	12.09	(12.09)	100m	11.63	(11.63)		
		500m	43.58	(31.49)	500m	42.27	(30.64)		

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		Naam		Cat		PR		Tijd	Info
6	wt	10	Vera van Ditshuizen		DN2		41.96	42.52	
	rd	38	Hilde Noppert		DN4		41.36	41.85	
		Vera van Ditshuizen			Hilde Noppert				
		100m	11.77	(11.77)	100m	11.78	(11.78)		
		500m	42.52	(30.75)	500m	41.85	(30.07)		

		Naam		Cat		PR		Tijd	Info
7	wt	21	Lieke Hoogendoorn		DA1		41.50	41.74	
	rd	53	Evelien Vijn		DN2		40.63	42.18	
		Lieke Hoogendoorn			Evelien Vijn				
		100m	11.50	(11.50)	100m	11.91	(11.91)		
		500m	41.74	(30.24)	500m	42.18	(30.27)		

		Naam		Cat		PR		Tijd	Info
8	wt	30	Gioya Lancee		DSA		38.97	40.62	
	rd	60	Sanne Westra		DN2		40.54	41.07	
		Gioya Lancee			Sanne Westra				
		100m	11.47	(11.47)	100m	11.55	(11.55)		
		500m	40.62	(29.15)	500m	41.07	(29.52)		

		Naam		Cat		PR		Tijd	Info
9	wt	57	Eline van Voorden		DN4		40.80	41.95	
	rd	51	Paulien Verhaar		DSA		39.85	41.22	
		Eline van Voorden			Paulien Verhaar				
		100m	11.66	(11.66)	100m	11.35	(11.35)		
		500m	41.95	(30.29)	500m	41.22	(29.87)		

		Naam		Cat		PR		Tijd	Info
10	wt	59	Naomi van der Werf		DSA		40.41	42.09	
	rd	14	Jade Groenewoud		DN1		40.18	41.45	
		Naomi van der Werf			Jade Groenewoud				
		100m	11.59	(11.59)	100m	11.59	(11.59)		
		500m	42.09	(30.50)	500m	41.45	(29.86)		

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		Naam			Cat			PR	Tijd	Info
11	wt	15	Robin Groot		DN4			39.30	40.41	
	rd	48	Kim Talsma		DN4			40.21	40.44	
		Robin Groot			Kim Talsma					
		100m	11.31	(11.31)	100m	11.29	(11.29)			
		500m	40.41	(29.10)	500m	40.44	(29.15)			
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		Naam			Cat			PR	Tijd	Info
12	wt	12	Romée Ebbinge		DSA			40.30	41.27	
	rd	1	Reina Anema		DSA			40.20	41.76	
		Romée Ebbinge			Reina Anema					
		100m	11.49	(11.49)	100m	11.72	(11.72)			
		500m	41.27	(29.78)	500m	41.76	(30.04)			
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		Naam			Cat			PR	Tijd	Info
13	wt	55	Ju-Lin de Visser		DN4			39.43	40.72	
	rd	34	Amy van der Meer		DN3			40.03	41.89	
		Ju-Lin de Visser			Amy van der Meer					
		100m	11.08	(11.08)	100m	11.35	(11.35)			
		500m	40.72	(29.64)	500m	41.89	(30.54)			

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2. Uitslag Mannen 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	53 Jur Veenje	HN4	11	I	37.27		
2	33 Thomas de Lange	HN2	11	O	37.34		
3	55 Loek van Vilsteren	HN1	13	I	37.46		
4	13 Sijmen Egberts	HN1	13	O	37.65		
5	40 Colin Schrijver	HN4	8	I	37.89		
6	35 Rick Meijer	HN2	12	I	38.11		
7	43 Remo Slotegraaf	HN3	12	O	38.14		
8	29 Jelle Koeleman	HN1	10	O	38.25		
9	12 Colin James Duivenvoorden	HN2	6	O	38.30		
10	37 Matthé Pronk	HN1	5	I	38.46		
11	10 Lex Dijkstra	HSA	9	I	38.50		
12	58 Hidde Westra	HN1	8	O	38.71		
13	20 Jan Hamers	HSA	3	O	38.73		
14	61 Mathijs van Zwieten	HN3	10	I	38.78		
15	31 Wester Landman	HN2	5	O	38.82		
16	32 Jesse de Lange	HN3	6	I	38.98		
17	42 Sipke Sijtsema	HN2	2	I	39.32		
18	34 Jasper van der Marel	HA2	4	O	39.37		
19	30 Jasper Krommenhoek	HN1	4	I	39.38		
20	5 Stijn van de Bunt	HN1	9	O	39.56		
21	57 Sietse de Vries	HA1	3	I	39.58		
22	8 Jornt Dijk	HN4	7	I	39.59		
23	49 Dyon Talsma	HN3	7	O	39.72		
24	4 Johan Bouwhuis	HA1	2	O	40.35		
25	50 Jasper Tinga	HN1	1	I	40.44		

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2. Rituitslag Mannen 500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	50	Jasper Tinga		HN1		39.14	40.44	
	rd								
		Jasper Tinga							
		100m	11.59	(11.59)		m			
		500m	40.44	(28.85)					

		Naam		Cat		PR		Tijd	Info
2	wt	42	Sipke Sijtsema		HN2		38.75	39.32	
	rd	4	Johan Bouwhuis		HA1		39.08	40.35	
		Sipke Sijtsema							
		100m	10.82	(10.82)		100m	10.97	(10.97)	
		500m	39.32	(28.50)		500m	40.35	(29.38)	
		Johan Bouwhuis							
		100m	10.97	(10.97)		100m	10.97	(10.97)	
		500m	40.35	(29.38)		500m	40.35	(29.38)	

		Naam		Cat		PR		Tijd	Info
3	wt	57	Sietse de Vries		HA1		38.76	39.58	
	rd	20	Jan Hamers		HSA		37.28	38.73	
		Sietse de Vries							
		100m	10.92	(10.92)		100m	10.94	(10.94)	
		500m	39.58	(28.66)		500m	38.73	(27.79)	
		Jan Hamers							
		100m	10.94	(10.94)		100m	10.94	(10.94)	
		500m	38.73	(27.79)		500m	38.73	(27.79)	

		Naam		Cat		PR		Tijd	Info
4	wt	30	Jasper Krommenhoek		HN1		38.48	39.38	
	rd	34	Jasper van der Marel		HA2		38.98	39.37	
		Jasper Krommenhoek							
		100m	11.26	(11.26)		100m	11.19	(11.19)	
		500m	39.38	(28.12)		500m	39.37	(28.18)	
		Jasper van der Marel							
		100m	11.19	(11.19)		100m	11.19	(11.19)	
		500m	39.37	(28.18)		500m	39.37	(28.18)	

		Naam		Cat		PR		Tijd	Info
5	wt	37	Matthé Pronk		HN1		37.92	38.46	
	rd	31	Wester Landman		HN2		37.86	38.82	
		Matthé Pronk							
		100m	10.83	(10.83)		100m	10.70	(10.70)	
		500m	38.46	(27.63)		500m	38.82	(28.12)	
		Wester Landman							
		100m	10.70	(10.70)		100m	10.70	(10.70)	
		500m	38.82	(28.12)		500m	38.82	(28.12)	

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		Naam		Cat		PR		Tijd	Info
6	wt	32	Jesse de Lange		HN3		37.90	38.98	
	rd	12	Colin James Duivenvoorden		HN2		38.15	38.30	
			<u>Jesse de Lange</u>						<u>Colin James Duivenvoorden</u>
			100m	10.83	(10.83)		100m	10.67	(10.67)
			500m	38.98	(28.15)		500m	38.30	(27.63)
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		Naam		Cat		PR		Tijd	Info
7	wt	8	Jornt Dijk		HN4		37.70	39.59	
	rd	49	Dyon Talsma		HN3		38.37	39.72	
			<u>Jornt Dijk</u>						<u>Dyon Talsma</u>
			100m	10.78	(10.78)		100m	11.05	(11.05)
			500m	39.59	(28.81)		500m	39.72	(28.67)
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		Naam		Cat		PR		Tijd	Info
8	wt	40	Colin Schrijver		HN4		37.34	37.89	
	rd	58	Hidde Westra		HN1		37.53	38.71	
			<u>Colin Schrijver</u>						<u>Hidde Westra</u>
			100m	10.54	(10.54)		100m	10.91	(10.91)
			500m	37.89	(27.35)		500m	38.71	(27.80)
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		Naam		Cat		PR		Tijd	Info
9	wt	10	Lex Dijkstra		HSA		37.37	38.50	
	rd	5	Stijn van de Bunt		HN1		37.65	39.56	
			<u>Lex Dijkstra</u>						<u>Stijn van de Bunt</u>
			100m	10.87	(10.87)		100m	11.43	(11.43)
			500m	38.50	(27.63)		500m	39.56	(28.13)
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		Naam		Cat		PR		Tijd	Info
10	wt	61	Mathijs van Zwieten		HN3		37.82	38.78	
	rd	29	Jelle Koeleman		HN1		37.70	38.25	
			<u>Mathijs van Zwieten</u>						<u>Jelle Koeleman</u>
			100m	10.89	(10.89)		100m	10.34	(10.34)
			500m	38.78	(27.89)		500m	38.25	(27.91)

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		Naam			Cat			PR	Tijd	Info
11	wt	53	Jur Veenje		HN4			36.73	37.27	
	rd	33	Thomas de Lange		HN2			36.63	37.34	
		Jur Veenje			Thomas de Lange					
		100m	10.54	(10.54)	100m	10.57	(10.57)			
		500m	37.27	(26.73)	500m	37.34	(26.77)			
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		Naam			Cat			PR	Tijd	Info
12	wt	35	Rick Meijer		HN2			37.29	38.11	
	rd	43	Remo Slotegraaf		HN3			37.10	38.14	
		Rick Meijer			Remo Slotegraaf					
		100m	10.79	(10.79)	100m	10.84	(10.84)			
		500m	38.11	(27.32)	500m	38.14	(27.30)			
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		Naam			Cat			PR	Tijd	Info
13	wt	55	Loek van Vilsteren		HN1			36.80	37.46	
	rd	13	Sijmen Egberts		HN1			37.31	37.65	
		Loek van Vilsteren			Sijmen Egberts					
		100m	10.29	(10.29)	100m	10.44	(10.44)			
		500m	37.46	(27.17)	500m	37.65	(27.21)			

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3. Uitslag Vrouwen 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Robin Groot	DN4	14	I	4:14.89		
2	14 Jade Groenewoud	DN1	12	I	4:16.13		
3	1 Reina Anema	DSA	14	O	4:16.28		
4	53 Evelien Vijn	DN2	12	O	4:16.54		
5	30 Gioya Lancee	DSA	9	I	4:17.63		
6	48 Kim Talsma	DN4	13	I	4:19.03		
7	54 Esmee Visser	DSA	13	O	4:19.13		
8	51 Paulien Verhaar	DSA	9	O	4:21.59		
9	57 Eline van Voorden	DN4	10	I	4:24.07		
10	40 Sanne Oosterwijk	DA2	6	O	4:26.15		
11	21 Lieke Hoogendoorn	DA1	6	I	4:26.47		
12	59 Naomi van der Werf	DSA	11	O	4:27.24		
13	28 Veerle van Koppen	DN1	8	I	4:27.39		
14	29 Sophie Kraaijeveld	DN1	11	I	4:29.45		
15	10 Vera van Ditshuizen	DN2	7	I	4:29.86		
16	55 Ju-Lin de Visser	DN4	4	I	4:30.01	PR	
17	38 Hilde Noppert	DN4	7	O	4:31.44		
18	60 Sanne Westra	DN2	5	I	4:32.81		
19	24 Sterre Jonkers	DSA	10	O	4:35.46		
20	12 Romée Ebbinge	DSA	3	O	4:35.90		
21	6 Esmée Brommer	DN1	5	O	4:36.10		
22	39 Emma Noz	DA2	3	I	4:36.91		
23	22 Emma Hulshof	DSA	1	I	4:42.89		
24	9 Nyncke Dijkstra	DN2	4	O	4:44.02		
25	37 Elbrich Nicolay	DA1	8	O	4:54.60		
26	34 Amy van der Meer	DN3	1	O	4:57.63		

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3. Rituitslag Vrouwen 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	22	Emma Hulshof		DSA		4:34.14	4:42.89	
	rd	34	Amy van der Meer		DN3		4:31.77	4:57.63	
		Emma Hulshof			Amy van der Meer				
		200m	21.82	(21.82)	200m	22.20	(22.20)		
		600m	58.69	(36.87)	600m	59.56	(37.36)		
		1000m	1:36.33	(37.64)	1000m	1:38.02	(38.46)		
		1400m	2:13.24	(36.91)	1400m	2:16.91	(38.89)		
		1800m	2:50.63	(37.39)	1800m	2:56.13	(39.22)		
		2200m	3:27.91	(37.28)	2200m	3:36.22	(40.09)		
		2600m	4:05.08	(37.17)	2600m	4:16.61	(40.39)		
		3000m	4:42.89	(37.81)	3000m	4:57.63	(41.02)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
3	wt	39	Emma Noz		DA2		4:29.96	4:36.91	
	rd	12	Romée Ebbinge		DSA		4:28.50	4:35.90	
		Emma Noz			Romée Ebbinge				
		200m	21.48	(21.48)	200m	22.16	(22.16)		
		600m	54.98	(33.50)	600m	55.96	(33.80)		
		1000m	1:29.53	(34.55)	1000m	1:30.18	(34.22)		
		1400m	2:05.31	(35.78)	1400m	2:05.32	(35.14)		
		1800m	2:42.06	(36.75)	1800m	2:41.90	(36.58)		
		2200m	3:19.65	(37.59)	2200m	3:19.19	(37.29)		
		2600m	3:58.25	(38.60)	2600m	3:57.16	(37.97)		
		3000m	4:36.91	(38.66)	3000m	4:35.90	(38.74)		

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		Naam		Cat		PR		Tijd	Info
4	gl	55	Ju-Lin de Visser		DN4		4:33.84	4:30.01	PR
	bl	9	Nyncke Dijkstra		DN2		4:28.59	4:44.02	
		Ju-Lin de Visser			Nyncke Dijkstra				
		200m	21.51	(21.51)	200m	21.92	(21.92)		
		600m	55.83	(34.32)	600m	56.78	(34.86)		
		1000m	1:30.89	(35.06)	1000m	1:32.24	(35.46)		
		1400m	2:06.75	(35.86)	1400m	2:08.25	(36.01)		
		1800m	2:43.06	(36.31)	1800m	2:45.38	(37.13)		
		2200m	3:19.20	(36.14)	2200m	3:23.97	(38.59)		
		2600m	3:55.02	(35.82)	2600m	4:03.40	(39.43)		
		3000m	4:30.01	(34.99)	3000m	4:44.02	(40.62)		

		Naam		Cat		PR		Tijd	Info
5	wt	60	Sanne Westra		DN2		4:27.29	4:32.81	
	rd	6	Esmée Brommer		DN1		4:28.29	4:36.10	
		Sanne Westra			Esmée Brommer				
		200m	20.74	(20.74)	200m	21.73	(21.73)		
		600m	54.73	(33.99)	600m	56.79	(35.06)		
		1000m	1:29.84	(35.11)	1000m	1:32.57	(35.78)		
		1400m	2:05.64	(35.80)	1400m	2:08.58	(36.01)		
		1800m	2:41.99	(36.35)	1800m	2:44.72	(36.14)		
		2200m	3:18.75	(36.76)	2200m	3:21.35	(36.63)		
		2600m	3:55.71	(36.96)	2600m	3:58.41	(37.06)		
		3000m	4:32.81	(37.10)	3000m	4:36.10	(37.69)		

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		Naam		Cat		PR		Tijd	Info
6	gl	21	Lieke Hoogendoorn		DA1			4:24.03	4:26.47
	bl	40	Sanne Oosterwijk		DA2			4:22.86	4:26.15
		Lieke Hoogendoorn			Sanne Oosterwijk				
		200m	20.41	(20.41)	200m	20.74	(20.74)		
		600m	52.47	(32.06)	600m	53.30	(32.56)		
		1000m	1:26.03	(33.56)	1000m	1:26.90	(33.60)		
		1400m	2:01.01	(34.98)	1400m	2:01.08	(34.18)		
		1800m	2:36.52	(35.51)	1800m	2:35.99	(34.91)		
		2200m	3:12.61	(36.09)	2200m	3:11.90	(35.91)		
		2600m	3:49.20	(36.59)	2600m	3:48.76	(36.86)		
		3000m	4:26.47	(37.27)	3000m	4:26.15	(37.39)		

		Naam		Cat		PR		Tijd	Info
7	wt	10	Vera van Ditshuizen		DN2			4:22.09	4:29.86
	rd	38	Hilde Noppert		DN4			4:22.97	4:31.44
		Vera van Ditshuizen			Hilde Noppert				
		200m	21.63	(21.63)	200m	21.05	(21.05)		
		600m	56.33	(34.70)	600m	55.28	(34.23)		
		1000m	1:31.31	(34.98)	1000m	1:30.43	(35.15)		
		1400m	2:06.72	(35.41)	1400m	2:06.04	(35.61)		
		1800m	2:41.93	(35.21)	1800m	2:41.96	(35.92)		
		2200m	3:17.52	(35.59)	2200m	3:17.81	(35.85)		
		2600m	3:53.41	(35.89)	2600m	3:54.56	(36.75)		
		3000m	4:29.86	(36.45)	3000m	4:31.44	(36.88)		

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		Naam		Cat		PR		Tijd	Info
8	gl	28	Veerle van Koppen		DN1			4:22.34	4:27.39
	bl	37	Elbrich Nicolay		DA1			4:27.68	4:54.60
		Veerle van Koppen			Elbrich Nicolay				
		200m	21.10	(21.10)	200m	22.41	(22.41)		
		600m	54.27	(33.17)	600m	58.96	(36.55)		
		1000m	1:28.29	(34.02)	1000m	1:37.41	(38.45)		
		1400m	2:02.94	(34.65)	1400m	2:16.84	(39.43)		
		1800m	2:38.09	(35.15)	1800m	2:56.85	(40.01)		
		2200m	3:13.94	(35.85)	2200m	3:36.30	(39.45)		
		2600m	3:50.28	(36.34)	2600m	4:15.26	(38.96)		
		3000m	4:27.39	(37.11)	3000m	4:54.60	(39.34)		

		Naam		Cat		PR		Tijd	Info
9	wt	30	Gioya Lancee		DSA			4:06.25	4:17.63
	rd	51	Paulien Verhaar		DSA			4:11.73	4:21.59
		Gioya Lancee			Paulien Verhaar				
		200m	20.69	(20.69)	200m	20.59	(20.59)		
		600m	53.16	(32.47)	600m	53.47	(32.88)		
		1000m	1:25.71	(32.55)	1000m	1:26.43	(32.96)		
		1400m	1:59.23	(33.52)	1400m	1:59.65	(33.22)		
		1800m	2:32.87	(33.64)	1800m	2:33.66	(34.01)		
		2200m	3:07.29	(34.42)	2200m	3:08.78	(35.12)		
		2600m	3:42.39	(35.10)	2600m	3:44.88	(36.10)		
		3000m	4:17.63	(35.24)	3000m	4:21.59	(36.71)		

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		Naam		Cat		PR		Tijd	Info
10	gl	57	Eline van Voorden		DN4			4:14.19	4:24.07
	bl	24	Sterre Jonkers		DSA			4:07.69	4:35.46
		Eline van Voorden				Sterre Jonkers			
		200m	21.60	(21.60)		200m	22.45	(22.45)	
		600m	54.76	(33.16)		600m	57.09	(34.64)	
		1000m	1:28.49	(33.73)		1000m	1:32.45	(35.36)	
		1400m	2:02.61	(34.12)		1400m	2:08.13	(35.68)	
		1800m	2:37.03	(34.42)		1800m	2:44.57	(36.44)	
		2200m	3:12.03	(35.00)		2200m	3:21.98	(37.41)	
		2600m	3:47.64	(35.61)		2600m	3:58.91	(36.93)	
		3000m	4:24.07	(36.43)		3000m	4:35.46	(36.55)	

		Naam		Cat		PR		Tijd	Info
11	wt	29	Sophie Kraaijeveld		DN1			4:10.39	4:29.45
	rd	59	Naomi van der Werf		DSA			4:12.59	4:27.24
		Sophie Kraaijeveld				Naomi van der Werf			
		200m	21.91	(21.91)		200m	21.14	(21.14)	
		600m	55.41	(33.50)		600m	54.70	(33.56)	
		1000m	1:29.85	(34.44)		1000m	1:29.02	(34.32)	
		1400m	2:04.91	(35.06)		1400m	2:03.82	(34.80)	
		1800m	2:40.58	(35.67)		1800m	2:38.85	(35.03)	
		2200m	3:16.89	(36.31)		2200m	3:14.41	(35.56)	
		2600m	3:53.18	(36.29)		2600m	3:50.40	(35.99)	
		3000m	4:29.45	(36.27)		3000m	4:27.24	(36.84)	

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		Naam		Cat		PR		Tijd	Info
12	gl	14	Jade Groenewoud		DN1			4:07.07	4:16.13
	bl	53	Evelien Vijn		DN2			4:03.76	4:16.54
		Jade Groenewoud			Evelien Vijn				
		200m	20.41	(20.41)	200m	21.01	(21.01)		
		600m	52.74	(32.33)	600m	52.94	(31.93)		
		1000m	1:25.91	(33.17)	1000m	1:25.71	(32.77)		
		1400m	1:59.48	(33.57)	1400m	1:59.22	(33.51)		
		1800m	2:33.21	(33.73)	1800m	2:33.34	(34.12)		
		2200m	3:07.42	(34.21)	2200m	3:07.66	(34.32)		
		2600m	3:41.62	(34.20)	2600m	3:42.14	(34.48)		
		3000m	4:16.13	(34.51)	3000m	4:16.54	(34.40)		

		Naam		Cat		PR		Tijd	Info
13	wt	48	Kim Talsma		DN4			4:09.64	4:19.03
	rd	54	Esmee Visser		DSA			3:54.02	4:19.13
		Kim Talsma			Esmee Visser				
		200m	20.78	(20.78)	200m	21.88	(21.88)		
		600m	53.94	(33.16)	600m	55.38	(33.50)		
		1000m	1:26.96	(33.02)	1000m	1:29.10	(33.72)		
		1400m	2:00.28	(33.32)	1400m	2:02.86	(33.76)		
		1800m	2:33.81	(33.53)	1800m	2:36.71	(33.85)		
		2200m	3:08.01	(34.20)	2200m	3:10.74	(34.03)		
		2600m	3:43.36	(35.35)	2600m	3:44.88	(34.14)		
		3000m	4:19.03	(35.67)	3000m	4:19.13	(34.25)		

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		Naam		Cat		PR		Tijd	Info
14	gl	15	Robin Groot		DN4			4:04.38	4:14.89
	bl	1	Reina Anema		DSA			4:01.12	4:16.28
		Robin Groot				Reina Anema			
		200m	20.89	(20.89)		200m	20.66	(20.66)	
		600m	53.34	(32.45)		600m	53.33	(32.67)	
		1000m	1:26.29	(32.95)		1000m	1:26.50	(33.17)	
		1400m	1:59.27	(32.98)		1400m	1:59.68	(33.18)	
		1800m	2:32.35	(33.08)		1800m	2:33.12	(33.44)	
		2200m	3:05.87	(33.52)		2200m	3:06.91	(33.79)	
		2600m	3:39.92	(34.05)		2600m	3:41.50	(34.59)	
		3000m	4:14.89	(34.97)		3000m	4:16.28	(34.78)	

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4. Uitslag Mannen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Colin James Duivendoorn	HN2	12	O	6:33.73		
2	43 Remo Slotegraaf	HN3	13	O	6:40.69		
3	5 Stijn van de Bunt	HN1	13	I	6:41.51		
4	20 Jan Hamers	HSA	12	I	6:42.43		
5	10 Lex Dijkstra	HSA	14	I	6:44.34		
6	13 Sijmen Egberts	HN1	11	I	6:49.63		
7	29 Jelle Koeleman	HN1	9	I	6:53.49		
8	58 Hidde Westra	HN1	11	O	6:58.65		
9	50 Jasper Tinga	HN1	7	O	6:58.94		
10	42 Sipke Sijtsma	HN2	6	I	6:59.98		
11	53 Jur Veenje	HN4	10	O	7:01.00		
12	33 Thomas de Lange	HN2	9	O	7:01.18		
13	37 Matthé Pronk	HN1	5	O	7:01.89		
14	34 Jasper van der Marel	HA2	6	O	7:01.97		
15	57 Sietse de Vries	HA1	8	I	7:02.55		
16	32 Jesse de Lange	HN3	8	O	7:02.81		
17	49 Dyon Talsma	HN3	3	O	7:05.00		
18	35 Rick Meijer	HN2	4	O	7:05.59		
19	4 Johan Bouwhuis	HA1	5	I	7:06.64		
20	61 Mathijs van Zwieten	HN3	10	I	7:07.07		
21	55 Loek van Vilsteren	HN1	7	I	7:07.09		
22	31 Wester Landman	HN2	4	I	7:18.15		
23	8 Jornt Dijk	HN4	3	I	7:27.46		
24	40 Colin Schrijver	HN4	1	I	7:29.78		
	30 Jasper Krommenhoek	HN1	14	O	DQ		

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4. Rituitslag Mannen 5000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd	40 Colin Schrijver	HN4	7:14.24	7:29.78

Colin Schrijver

200m	20.54	(20.54)	m
600m	54.85	(34.31)	
1000m	1:30.38	(35.53)	
1400m	2:06.05	(35.67)	
1800m	2:41.61	(35.56)	
2200m	3:17.09	(35.48)	
2600m	3:52.80	(35.71)	
3000m	4:28.38	(35.58)	
3400m	5:03.81	(35.43)	
3800m	5:39.28	(35.47)	
4200m	6:14.99	(35.71)	
4600m	6:51.57	(36.58)	
5000m	7:29.78	(38.21)	

	Naam	Cat	PR	Tijd	Info
2	gl bl				
		m			m

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		Naam		Cat		PR	Tijd	Info
3	wt	8	Jornt Dijk		HN4		7:14.31	7:27.46
	rd	49	Dyon Talsma		HN3		6:53.51	7:05.00
		Jornt Dijk			Dyon Talsma			
		200m	19.84	(19.84)	200m	20.66	(20.66)	
		600m	52.70	(32.86)	600m	54.13	(33.47)	
		1000m	1:26.49	(33.79)	1000m	1:27.87	(33.74)	
		1400m	2:01.13	(34.64)	1400m	2:01.98	(34.11)	
		1800m	2:35.37	(34.24)	1800m	2:36.27	(34.29)	
		2200m	3:09.91	(34.54)	2200m	3:10.11	(33.84)	
		2600m	3:44.54	(34.63)	2600m	3:43.94	(33.83)	
		3000m	4:19.50	(34.96)	3000m	4:17.55	(33.61)	
		3400m	4:56.50	(37.00)	3400m	4:51.11	(33.56)	
		3800m	5:34.15	(37.65)	3800m	5:24.17	(33.06)	
		4200m	6:12.60	(38.45)	4200m	5:57.35	(33.18)	
		4600m	6:50.53	(37.93)	4600m	6:30.95	(33.60)	
		5000m	7:27.46	(36.93)	5000m	7:05.00	(34.05)	

		Naam		Cat		PR	Tijd	Info
4	gl	31	Wester Landman		HN2		7:08.79	7:18.15
	bl	35	Rick Meijer		HN2		6:52.90	7:05.59
		Wester Landman			Rick Meijer			
		200m	20.30	(20.30)	200m	20.28	(20.28)	
		600m	53.73	(33.43)	600m	52.72	(32.44)	
		1000m	1:27.35	(33.62)	1000m	1:26.30	(33.58)	
		1400m	2:01.25	(33.90)	1400m	1:59.88	(33.58)	
		1800m	2:35.21	(33.96)	1800m	2:33.35	(33.47)	
		2200m	3:09.35	(34.14)	2200m	3:06.62	(33.27)	
		2600m	3:43.62	(34.27)	2600m	3:39.96	(33.34)	
		3000m	4:18.16	(34.54)	3000m	4:13.62	(33.66)	
		3400m	4:53.13	(34.97)	3400m	4:47.35	(33.73)	
		3800m	5:28.35	(35.22)	3800m	5:21.29	(33.94)	
		4200m	6:04.06	(35.71)	4200m	5:55.65	(34.36)	
		4600m	6:40.78	(36.72)	4600m	6:30.71	(35.06)	
		5000m	7:18.15	(37.37)	5000m	7:05.59	(34.88)	

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		Naam		Cat		PR		Tijd	Info
5	wt	4	Johan Bouwhuis		HA1		6:54.24	7:06.64	
	rd	37	Matthé Pronk		HN1		6:54.03	7:01.89	
		Johan Bouwhuis			Matthé Pronk				
		200m	20.36	(20.36)	200m	20.23	(20.23)		
		600m	52.99	(32.63)	600m	52.13	(31.90)		
		1000m	1:26.31	(33.32)	1000m	1:25.12	(32.99)		
		1400m	1:59.71	(33.40)	1400m	1:57.94	(32.82)		
		1800m	2:32.60	(32.89)	1800m	2:30.53	(32.59)		
		2200m	3:05.93	(33.33)	2200m	3:02.87	(32.34)		
		2600m	3:39.38	(33.45)	2600m	3:35.81	(32.94)		
		3000m	4:13.18	(33.80)	3000m	4:09.28	(33.47)		
		3400m	4:47.15	(33.97)	3400m	4:43.23	(33.95)		
		3800m	5:21.43	(34.28)	3800m	5:17.48	(34.25)		
		4200m	5:56.22	(34.79)	4200m	5:51.86	(34.38)		
		4600m	6:31.37	(35.15)	4600m	6:26.69	(34.83)		
		5000m	7:06.64	(35.27)	5000m	7:01.89	(35.20)		

		Naam		Cat		PR		Tijd	Info
6	gl	42	Sipke Sijtsema		HN2		6:52.12	6:59.98	
	bl	34	Jasper van der Marel		HA2		6:51.71	7:01.97	
		Sipke Sijtsema			Jasper van der Marel				
		200m	19.61	(19.61)	200m	19.51	(19.51)		
		600m	52.09	(32.48)	600m	51.58	(32.07)		
		1000m	1:24.23	(32.14)	1000m	1:24.14	(32.56)		
		1400m	1:57.37	(33.14)	1400m	1:56.96	(32.82)		
		1800m	2:30.19	(32.82)	1800m	2:30.14	(33.18)		
		2200m	3:03.43	(33.24)	2200m	3:03.69	(33.55)		
		2600m	3:36.93	(33.50)	2600m	3:37.61	(33.92)		
		3000m	4:10.91	(33.98)	3000m	4:11.56	(33.95)		
		3400m	4:45.00	(34.09)	3400m	4:45.77	(34.21)		
		3800m	5:19.23	(34.23)	3800m	5:19.58	(33.81)		
		4200m	5:52.84	(33.61)	4200m	5:53.37	(33.79)		
		4600m	6:26.47	(33.63)	4600m	6:27.26	(33.89)		
		5000m	6:59.98	(33.51)	5000m	7:01.97	(34.71)		

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		Naam		Cat		PR	Tijd	Info
7	wt	55	Loek van Vilsteren		HN1	6:50.03	7:07.09	
	rd	50	Jasper Tinga		HN1	6:51.48	6:58.94	
		Loek van Vilsteren			Jasper Tinga			
		200m	19.29	(19.29)	200m	20.06	(20.06)	
		600m	51.05	(31.76)	600m	52.41	(32.35)	
		1000m	1:23.92	(32.87)	1000m	1:25.29	(32.88)	
		1400m	1:56.98	(33.06)	1400m	1:58.48	(33.19)	
		1800m	2:30.02	(33.04)	1800m	2:31.73	(33.25)	
		2200m	3:03.24	(33.22)	2200m	3:04.90	(33.17)	
		2600m	3:37.27	(34.03)	2600m	3:38.09	(33.19)	
		3000m	4:11.26	(33.99)	3000m	4:11.18	(33.09)	
		3400m	4:45.80	(34.54)	3400m	4:44.40	(33.22)	
		3800m	5:20.38	(34.58)	3800m	5:17.61	(33.21)	
		4200m	5:55.78	(35.40)	4200m	5:51.11	(33.50)	
		4600m	6:31.39	(35.61)	4600m	6:24.92	(33.81)	
		5000m	7:07.09	(35.70)	5000m	6:58.94	(34.02)	

		Naam		Cat		PR	Tijd	Info
8	gl	57	Sietse de Vries		HA1	6:49.42	7:02.55	
	bl	32	Jesse de Lange		HN3	6:48.35	7:02.81	
		Sietse de Vries			Jesse de Lange			
		200m	19.81	(19.81)	200m	19.54	(19.54)	
		600m	51.95	(32.14)	600m	51.22	(31.68)	
		1000m	1:24.56	(32.61)	1000m	1:23.51	(32.29)	
		1400m	1:57.61	(33.05)	1400m	1:56.23	(32.72)	
		1800m	2:30.62	(33.01)	1800m	2:28.86	(32.63)	
		2200m	3:03.97	(33.35)	2200m	3:01.63	(32.77)	
		2600m	3:37.61	(33.64)	2600m	3:34.89	(33.26)	
		3000m	4:11.54	(33.93)	3000m	4:08.33	(33.44)	
		3400m	4:45.41	(33.87)	3400m	4:42.26	(33.93)	
		3800m	5:19.61	(34.20)	3800m	5:17.30	(35.04)	
		4200m	5:53.72	(34.11)	4200m	5:52.39	(35.09)	
		4600m	6:28.37	(34.65)	4600m	6:27.54	(35.15)	
		5000m	7:02.55	(34.18)	5000m	7:02.81	(35.27)	

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		Naam		Cat		PR		Tijd	Info
9	wt	29	Jelle Koeleman		HN1		6:39.28	6:53.49	
	rd	33	Thomas de Lange		HN2		6:46.24	7:01.18	
		Jelle Koeleman			Thomas de Lange				
		200m	19.65	(19.65)	200m	20.22	(20.22)		
		600m	52.30	(32.65)	600m	52.19	(31.97)		
		1000m	1:24.84	(32.54)	1000m	1:24.83	(32.64)		
		1400m	1:57.24	(32.40)	1400m	1:57.28	(32.45)		
		1800m	2:29.84	(32.60)	1800m	2:29.85	(32.57)		
		2200m	3:02.10	(32.26)	2200m	3:02.39	(32.54)		
		2600m	3:34.62	(32.52)	2600m	3:35.26	(32.87)		
		3000m	4:07.01	(32.39)	3000m	4:08.12	(32.86)		
		3400m	4:39.40	(32.39)	3400m	4:41.43	(33.31)		
		3800m	5:12.08	(32.68)	3800m	5:15.40	(33.97)		
		4200m	5:45.36	(33.28)	4200m	5:50.24	(34.84)		
		4600m	6:19.10	(33.74)	4600m	6:25.22	(34.98)		
		5000m	6:53.49	(34.39)	5000m	7:01.18	(35.96)		

		Naam		Cat		PR		Tijd	Info
10	gl	61	Mathijs van Zwieten		HN3		6:34.64	7:07.07	
	bl	53	Jur Veenje		HN4		6:44.91	7:01.00	
		Mathijs van Zwieten			Jur Veenje				
		200m	19.40	(19.40)	200m	19.54	(19.54)		
		600m	51.34	(31.94)	600m	50.48	(30.94)		
		1000m	1:24.50	(33.16)	1000m	1:23.59	(33.11)		
		1400m	1:57.63	(33.13)	1400m	1:56.34	(32.75)		
		1800m	2:30.53	(32.90)	1800m	2:29.35	(33.01)		
		2200m	3:03.83	(33.30)	2200m	3:02.81	(33.46)		
		2600m	3:37.61	(33.78)	2600m	3:36.16	(33.35)		
		3000m	4:12.25	(34.64)	3000m	4:10.25	(34.09)		
		3400m	4:46.89	(34.64)	3400m	4:44.19	(33.94)		
		3800m	5:21.52	(34.63)	3800m	5:18.35	(34.16)		
		4200m	5:55.82	(34.30)	4200m	5:52.48	(34.13)		
		4600m	6:31.31	(35.49)	4600m	6:26.96	(34.48)		
		5000m	7:07.07	(35.76)	5000m	7:01.00	(34.04)		

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		Naam		Cat		PR		Tijd	Info
11	wt	13	Sijmen Egberts		HN1		6:34.98	6:49.63	
	rd	58	Hidde Westra		HN1		6:46.51	6:58.65	
		Sijmen Egberts			Hidde Westra				
		200m	20.16	(20.16)	200m	20.29	(20.29)		
		600m	52.81	(32.65)	600m	53.08	(32.79)		
		1000m	1:25.31	(32.50)	1000m	1:26.13	(33.05)		
		1400m	1:57.81	(32.50)	1400m	1:59.15	(33.02)		
		1800m	2:30.16	(32.35)	1800m	2:31.91	(32.76)		
		2200m	3:02.13	(31.97)	2200m	3:04.76	(32.85)		
		2600m	3:34.17	(32.04)	2600m	3:37.78	(33.02)		
		3000m	4:06.11	(31.94)	3000m	4:10.99	(33.21)		
		3400m	4:38.19	(32.08)	3400m	4:44.05	(33.06)		
		3800m	5:10.63	(32.44)	3800m	5:17.57	(33.52)		
		4200m	5:43.23	(32.60)	4200m	5:49.67	(32.10)		
		4600m	6:16.12	(32.89)	4600m	6:24.80	(35.13)		
		5000m	6:49.63	(33.51)	5000m	6:58.65	(33.85)		

		Naam		Cat		PR		Tijd	Info
12	gl	20	Jan Hamers		HSA		6:32.67	6:42.43	
	bl	12	Colin James Duivenvoorden		HN2		6:26.10	6:33.73	
		Jan Hamers			Colin James Duivenvoorden				
		200m	19.20	(19.20)	200m	19.22	(19.22)		
		600m	49.74	(30.54)	600m	49.56	(30.34)		
		1000m	1:20.93	(31.19)	1000m	1:20.79	(31.23)		
		1400m	1:52.41	(31.48)	1400m	1:51.95	(31.16)		
		1800m	2:23.49	(31.08)	1800m	2:23.29	(31.34)		
		2200m	2:55.00	(31.51)	2200m	2:54.29	(31.00)		
		2600m	3:26.54	(31.54)	2600m	3:25.41	(31.12)		
		3000m	3:58.39	(31.85)	3000m	3:56.39	(30.98)		
		3400m	4:30.59	(32.20)	3400m	4:27.33	(30.94)		
		3800m	5:02.88	(32.29)	3800m	4:59.52	(32.19)		
		4200m	5:35.65	(32.77)	4200m	5:31.72	(32.20)		
		4600m	6:08.71	(33.06)	4600m	6:01.98	(30.26)		
		5000m	6:42.43	(33.72)	5000m	6:33.73	(31.75)		

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		Naam			Cat			PR	Tijd	Info
13	wt	5	Stijn van de Bunt		HN1			6:27.81	6:41.51	
	rd	43	Remo Slotegraaf		HN3			6:23.11	6:40.69	
		Stijn van de Bunt			Remo Slotegraaf					
		200m	20.15	(20.15)	200m	20.18	(20.18)			
		600m	51.91	(31.76)	600m	51.16	(30.98)			
		1000m	1:23.13	(31.22)	1000m	1:22.32	(31.16)			
		1400m	1:54.30	(31.17)	1400m	1:53.58	(31.26)			
		1800m	2:25.82	(31.52)	1800m	2:24.80	(31.22)			
		2200m	2:57.26	(31.44)	2200m	2:55.92	(31.12)			
		2600m	3:28.44	(31.18)	2600m	3:27.05	(31.13)			
		3000m	3:59.77	(31.33)	3000m	3:58.81	(31.76)			
		3400m	4:31.22	(31.45)	3400m	4:31.00	(32.19)			
		3800m	5:03.09	(31.87)	3800m	5:03.71	(32.71)			
		4200m	5:35.42	(32.33)	4200m	5:36.58	(32.87)			
		4600m	6:08.21	(32.79)	4600m	6:08.76	(32.18)			
		5000m	6:41.51	(33.30)	5000m	6:40.69	(31.93)			

		Naam			Cat			PR	Tijd	Info
14	gl	10	Lex Dijkstra		HSA			6:19.79	6:44.34	
	bl	30	Jasper Krommenhoek		HN1			6:27.47	DQ	
		Lex Dijkstra			Jasper Krommenhoek					
		200m	19.91	(19.91)						
		600m	51.36	(31.45)						
		1000m	1:22.74	(31.38)						
		1400m	1:54.13	(31.39)						
		1800m	2:25.44	(31.31)						
		2200m	2:56.95	(31.51)						
		2600m	3:28.79	(31.84)						
		3000m	4:01.04	(32.25)						
		3400m	4:33.30	(32.26)						
		3800m	5:05.98	(32.68)						
		4200m	5:38.83	(32.85)						
		4600m	6:11.62	(32.79)						
		5000m	6:44.34	(32.72)						

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5. Uitslag Vrouwen 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	30 Gioya Lancee	DSA	14	O	2:01.86		
2	15 Robin Groot	DN4	14	I	2:02.27		
3	3 Myrthe de Boer	DN3	1	I	2:02.65		
4	14 Jade Groenewoud	DN1	13	O	2:03.00		
5	48 Kim Talsma	DN4	13	I	2:03.52		
6	1 Reina Anema	DSA	12	I	2:03.81		
7	20 Chloé Hoogendoorn	DN1	1	O	2:04.21		
8	54 Esmee Visser	DSA	8	O	2:05.01		
9	51 Paulien Verhaar	DSA	12	O	2:05.06		
10	55 Ju-Lin de Visser	DN4	11	O	2:05.74		
11	59 Naomi van der Werf	DSA	8	I	2:05.78		
12	60 Sanne Westra	DN2	9	I	2:06.22		
13	57 Eline van Voorden	DN4	10	I	2:06.34		
14	12 Romée Ebbinge	DSA	7	O	2:06.40		
15	38 Hilde Noppert	DN4	7	I	2:06.47		
16	21 Lieke Hoogendoorn	DA1	10	O	2:06.61		
17	53 Evelien Vijn	DN2	11	I	2:06.77		
18	29 Sophie Kraaijeveld	DN1	6	O	2:08.06		
19	10 Vera van Ditshuizen	DN2	6	I	2:08.09		
20	28 Veerle van Koppen	DN1	5	I	2:08.36		
21	40 Sanne Oosterwijk	DA2	9	O	2:08.62		
22	24 Sterre Jonkers	DSA	4	I	2:09.68		
23	6 Esmée Brommer	DN1	5	O	2:10.23		
24	39 Emma Noz	DA2	4	O	2:10.72		
25	22 Emma Hulshof	DSA	3	I	2:10.80		
26	37 Elbrich Nicolay	DA1	2	O	2:12.33		
27	34 Amy van der Meer	DN3	2	I	2:12.63		
28	9 Nyncke Dijkstra	DN2	3	O	2:14.71		

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5. Rituitslag Vrouwen 1500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	3 Myrthe de Boer	DN3	1:56.76	2:02.65	
	rd	20 Chloé Hoogendoorn	DN1	1:59.28	2:04.21	

Myrthe de Boer

300m	26.70	(26.70)
700m	56.54	(29.84)
1100m	1:28.29	(31.75)
1500m	2:02.65	(34.36)

Chloé Hoogendoorn

300m	26.62	(26.62)
700m	56.73	(30.11)
1100m	1:29.44	(32.71)
1500m	2:04.21	(34.77)

		Naam	Cat	PR	Tijd	Info
2	gl	34 Amy van der Meer	DN3	2:05.91	2:12.63	
	bl	37 Elbrich Nicolay	DA1	2:05.53	2:12.33	

Amy van der Meer

300m	27.68	(27.68)
700m	1:00.70	(33.02)
1100m	1:35.86	(35.16)
1500m	2:12.63	(36.77)

Elbrich Nicolay

300m	28.87	(28.87)
700m	1:02.03	(33.16)
1100m	1:37.33	(35.30)
1500m	2:12.33	(35.00)

		Naam	Cat	PR	Tijd	Info
3	wt	22 Emma Hulshof	DSA	2:07.33	2:10.80	
	rd	9 Nyncke Dijkstra	DN2	2:09.47	2:14.71	

Emma Hulshof

300m	28.31	(28.31)
700m	1:00.55	(32.24)
1100m	1:34.64	(34.09)
1500m	2:10.80	(36.16)

Nyncke Dijkstra

300m	28.61	(28.61)
700m	1:00.88	(32.27)
1100m	1:36.54	(35.66)
1500m	2:14.71	(38.17)

		Naam	Cat	PR	Tijd	Info
4	gl	24 Sterre Jonkers	DSA	2:00.85	2:09.68	
	bl	39 Emma Noz	DA2	2:06.88	2:10.72	

Sterre Jonkers

300m	29.35	(29.35)
700m	1:01.30	(31.95)
1100m	1:34.50	(33.20)
1500m	2:09.68	(35.18)

Emma Noz

300m	28.19	(28.19)
700m	1:00.02	(31.83)
1100m	1:34.33	(34.31)
1500m	2:10.72	(36.39)

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		Naam		Cat		PR		Tijd	Info
5	wt	28	Veerle van Koppen		DN1		2:05.87	2:08.36	
	rd	6	Esmée Brommer		DN1		2:06.84	2:10.23	
		Veerle van Koppen				Esmée Brommer			
		300m	28.47	(28.47)		300m	28.37	(28.37)	
		700m	1:00.02	(31.55)		700m	1:00.28	(31.91)	
		1100m	1:33.14	(33.12)		1100m	1:34.34	(34.06)	
		1500m	2:08.36	(35.22)		1500m	2:10.23	(35.89)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
6	gl	10	Vera van Ditshuizen		DN2		2:05.55	2:08.09	
	bl	29	Sophie Kraaijeveld		DN1		2:02.43	2:08.06	
		Vera van Ditshuizen				Sophie Kraaijeveld			
		300m	27.73	(27.73)		300m	28.60	(28.60)	
		700m	59.64	(31.91)		700m	1:00.21	(31.61)	
		1100m	1:33.39	(33.75)		1100m	1:33.82	(33.61)	
		1500m	2:08.09	(34.70)		1500m	2:08.06	(34.24)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
7	wt	38	Hilde Noppert		DN4		2:04.62	2:06.47	
	rd	12	Roméé Ebbinge		DSA		2:02.07	2:06.40	
		Hilde Noppert				Roméé Ebbinge			
		300m	27.66	(27.66)		300m	27.35	(27.35)	
		700m	58.96	(31.30)		700m	58.17	(30.82)	
		1100m	1:32.04	(33.08)		1100m	1:31.11	(32.94)	
		1500m	2:06.47	(34.43)		1500m	2:06.40	(35.29)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
8	gl	59	Naomi van der Werf		DSA		2:01.20	2:05.78	
	bl	54	Esmee Visser		DSA		1:57.69	2:05.01	
		Naomi van der Werf				Esmee Visser			
		300m	27.38	(27.38)		300m	29.03	(29.03)	
		700m	58.42	(31.04)		700m	1:00.55	(31.52)	
		1100m	1:31.00	(32.58)		1100m	1:32.39	(31.84)	
		1500m	2:05.78	(34.78)		1500m	2:05.01	(32.62)	

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		Naam		Cat		PR		Tijd	Info
9	wt	60	Sanne Westra		DN2		2:01.40	2:06.22	
	rd	40	Sanne Oosterwijk		DA2		2:05.30	2:08.62	
		Sanne Westra				Sanne Oosterwijk			
		300m	27.07	(27.07)		300m	27.33	(27.33)	
		700m	57.80	(30.73)		700m	58.75	(31.42)	
		1100m	1:30.83	(33.03)		1100m	1:32.57	(33.82)	
		1500m	2:06.22	(35.39)		1500m	2:08.62	(36.05)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
10	gl	57	Eline van Voorden		DN4		2:02.92	2:06.34	
	bl	21	Lieke Hoogendoorn		DA1		2:06.58	2:06.61	
		Eline van Voorden				Lieke Hoogendoorn			
		300m	27.60	(27.60)		300m	27.73	(27.73)	
		700m	58.60	(31.00)		700m	58.70	(30.97)	
		1100m	1:31.25	(32.65)		1100m	1:31.59	(32.89)	
		1500m	2:06.34	(35.09)		1500m	2:06.61	(35.02)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
11	wt	53	Evelien Vijn		DN2		1:57.52	2:06.77	
	rd	55	Ju-Lin de Visser		DN4		2:01.68	2:05.74	
		Evelien Vijn				Ju-Lin de Visser			
		300m	28.05	(28.05)		300m	26.60	(26.60)	
		700m	59.31	(31.26)		700m	57.07	(30.47)	
		1100m	1:32.35	(33.04)		1100m	1:30.15	(33.08)	
		1500m	2:06.77	(34.42)		1500m	2:05.74	(35.59)	
<hr/>									
		Naam		Cat		PR		Tijd	Info
12	gl	1	Reina Anema		DSA		1:55.74	2:03.81	
	bl	51	Paulien Verhaar		DSA		1:58.69	2:05.06	
		Reina Anema				Paulien Verhaar			
		300m	27.10	(27.10)		300m	26.86	(26.86)	
		700m	57.70	(30.60)		700m	57.05	(30.19)	
		1100m	1:29.97	(32.27)		1100m	1:30.12	(33.07)	
		1500m	2:03.81	(33.84)		1500m	2:05.06	(34.94)	

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		Naam			Cat			PR	Tijd	Info
13	wt	48	Kim Talsma		DN4			1:57.33	2:03.52	
	rd	14	Jade Groenewoud		DN1			1:58.16	2:03.00	
		Kim Talsma			Jade Groenewoud					
		300m	27.19	(27.19)	300m	27.29	(27.29)			
		700m	57.69	(30.50)	700m	57.62	(30.33)			
		1100m	1:29.60	(31.91)	1100m	1:29.47	(31.85)			
		1500m	2:03.52	(33.92)	1500m	2:03.00	(33.53)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
14	gl	15	Robin Groot		DN4			1:57.14	2:02.27	
	bl	30	Gioya Lancee		DSA			1:56.15	2:01.86	
		Robin Groot			Gioya Lancee					
		300m	27.16	(27.16)	300m	26.87	(26.87)			
		700m	56.94	(29.78)	700m	56.43	(29.56)			
		1100m	1:28.48	(31.54)	1100m	1:28.37	(31.94)			
		1500m	2:02.27	(33.79)	1500m	2:01.86	(33.49)			

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6. Uitslag Mannen 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	13 Sijmen Egberts	HN1	13	I	1:51.22		
2	43 Remo Slotegraaf	HN3	14	O	1:51.66		
3	10 Lex Dijkstra	HSA	13	O	1:51.74		
4	12 Colin James Duivenvoorden	HN2	14	I	1:51.99		
5	63 Jarle Gerrits	HN3	1	O	1:52.11		
6	33 Thomas de Lange	HN2	11	I	1:52.55		
7	55 Loek van Vilsteren	HN1	10	O	1:53.47		
8	53 Jur Veenje	HN4	12	O	1:53.51		
9	20 Jan Hamers	HSA	12	I	1:53.63		
10	5 Stijn van de Bunt	HN1	10	I	1:53.89		
11	35 Rick Meijer	HN2	8	I	1:54.09		
12	30 Jasper Krommenhoek	HN1	1	I	1:54.41		
13	58 Hidde Westra	HN1	9	I	1:54.59		
14	29 Jelle Koeleman	HN1	11	O	1:55.09		
15	42 Sipke Sijtsema	HN2	7	I	1:55.11		
16	37 Matthé Pronk	HN1	9	O	1:55.81		
17	34 Jasper van der Marel	HA2	6	I	1:56.19		
18	32 Jesse de Lange	HN3	8	O	1:56.35		
19	31 Wester Landman	HN2	4	I	1:56.79		
20	50 Jasper Tinga	HN1	5	O	1:56.83		
21	8 Jornt Dijk	HN4	3	O	1:57.74		
22	57 Sietse de Vries	HA1	6	O	1:57.77		
23	40 Colin Schrijver	HN4	4	O	1:57.84		
24	49 Dyon Talsma	HN3	5	I	1:58.20		
25	4 Johan Bouwhuis	HA1	3	I	1:59.47		
26	61 Mathijs van Zwieten	HN3	7	O	1:59.91		

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6. Rituitslag Mannen 1500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	30	Jasper Krommenhoek		HN1	1:50.23		1:54.41	
	rd	63	Jarle Gerrits		HN3	1:49.24		1:52.11	
		Jasper Krommenhoek			Jarle Gerrits				
		300m	26.50	(26.50)	300m	23.90	(23.90)		
		700m	54.70	(28.20)	700m	51.22	(27.32)		
		1100m	1:23.86	(29.16)	1100m	1:20.32	(29.10)		
		1500m	1:54.41	(30.55)	1500m	1:52.11	(31.79)		

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
3	wt	4	Johan Bouwhuis		HA1	1:57.02		1:59.47	
	rd	8	Jornt Dijk		HN4	1:52.46		1:57.74	
		Johan Bouwhuis			Jornt Dijk				
		300m	26.23	(26.23)	300m	25.40	(25.40)		
		700m	56.04	(29.81)	700m	54.74	(29.34)		
		1100m	1:27.04	(31.00)	1100m	1:25.41	(30.67)		
		1500m	1:59.47	(32.43)	1500m	1:57.74	(32.33)		

		Naam		Cat		PR		Tijd	Info
4	gl	31	Wester Landman		HN2	1:55.57		1:56.79	
	bl	40	Colin Schrijver		HN4	1:54.20		1:57.84	
		Wester Landman			Colin Schrijver				
		300m	25.75	(25.75)	300m	24.77	(24.77)		
		700m	54.31	(28.56)	700m	53.68	(28.91)		
		1100m	1:24.33	(30.02)	1100m	1:24.63	(30.95)		
		1500m	1:56.79	(32.46)	1500m	1:57.84	(33.21)		

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		Naam		Cat		PR		Tijd	Info
5	wt	49	Dyon Talsma		HN3		1:54.46	1:58.20	
	rd	50	Jasper Tinga		HN1		1:53.36	1:56.83	
		Dyon Talsma			Jasper Tinga				
		300m	26.20	(26.20)	300m	26.32	(26.32)		
		700m	55.24	(29.04)	700m	55.20	(28.88)		
		1100m	1:25.99	(30.75)	1100m	1:25.40	(30.20)		
		1500m	1:58.20	(32.21)	1500m	1:56.83	(31.43)		

		Naam		Cat		PR		Tijd	Info
6	gl	34	Jasper van der Marel		HA2		1:54.54	1:56.19	
	bl	57	Sietse de Vries		HA1		1:55.85	1:57.77	
		Jasper van der Marel			Sietse de Vries				
		300m	26.08	(26.08)	300m	26.53	(26.53)		
		700m	54.81	(28.73)	700m	55.74	(29.21)		
		1100m	1:24.92	(30.11)	1100m	1:26.38	(30.64)		
		1500m	1:56.19	(31.27)	1500m	1:57.77	(31.39)		

		Naam		Cat		PR		Tijd	Info
7	wt	42	Sipke Sijtsema		HN2		1:52.58	1:55.11	
	rd	61	Mathijs van Zwieten		HN3		1:51.81	1:59.91	
		Sipke Sijtsema			Mathijs van Zwieten				
		300m	25.61	(25.61)	300m	25.65	(25.65)		
		700m	54.48	(28.87)	700m	54.35	(28.70)		
		1100m	1:24.28	(29.80)	1100m	1:25.74	(31.39)		
		1500m	1:55.11	(30.83)	1500m	1:59.91	(34.17)		

		Naam		Cat		PR		Tijd	Info
8	gl	35	Rick Meijer		HN2		1:51.03	1:54.09	
	bl	32	Jesse de Lange		HN3		1:51.54	1:56.35	
		Rick Meijer			Jesse de Lange				
		300m	25.09	(25.09)	300m	25.52	(25.52)		
		700m	53.24	(28.15)	700m	53.84	(28.32)		
		1100m	1:22.61	(29.37)	1100m	1:23.84	(30.00)		
		1500m	1:54.09	(31.48)	1500m	1:56.35	(32.51)		

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		Naam		Cat		PR		Tijd	Info
9	wt	58	Hidde Westra		HN1		1:51.12	1:54.59	
	rd	37	Matthé Pronk		HN1		1:52.10	1:55.81	
		Hidde Westra			Matthé Pronk				
		300m	25.60	(25.60)	300m	25.53	(25.53)		
		700m	54.14	(28.54)	700m	53.99	(28.46)		
		1100m	1:23.94	(29.80)	1100m	1:24.06	(30.07)		
		1500m	1:54.59	(30.65)	1500m	1:55.81	(31.75)		

		Naam		Cat		PR		Tijd	Info
10	gl	5	Stijn van de Bunt		HN1		1:49.30	1:53.89	
	bl	55	Loek van Vilsteren		HN1		1:51.18	1:53.47	
		Stijn van de Bunt			Loek van Vilsteren				
		300m	25.96	(25.96)	300m	24.78	(24.78)		
		700m	53.83	(27.87)	700m	52.99	(28.21)		
		1100m	1:23.05	(29.22)	1100m	1:22.74	(29.75)		
		1500m	1:53.89	(30.84)	1500m	1:53.47	(30.73)		

		Naam		Cat		PR		Tijd	Info
11	wt	33	Thomas de Lange		HN2		1:48.34	1:52.55	
	rd	29	Jelle Koeleman		HN1		1:53.36	1:55.09	
		Thomas de Lange			Jelle Koeleman				
		300m	24.78	(24.78)	300m	25.23	(25.23)		
		700m	52.48	(27.70)	700m	54.28	(29.05)		
		1100m	1:21.43	(28.95)	1100m	1:24.05	(29.77)		
		1500m	1:52.55	(31.12)	1500m	1:55.09	(31.04)		

		Naam		Cat		PR		Tijd	Info
12	gl	20	Jan Hamers		HSA		1:49.90	1:53.63	
	bl	53	Jur Veenje		HN4		1:48.27	1:53.51	
		Jan Hamers			Jur Veenje				
		300m	25.47	(25.47)	300m	25.15	(25.15)		
		700m	53.75	(28.28)	700m	52.84	(27.69)		
		1100m	1:23.07	(29.32)	1100m	1:22.60	(29.76)		
		1500m	1:53.63	(30.56)	1500m	1:53.51	(30.91)		

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		Naam			Cat			PR	Tijd	Info
13	wt	13	Sijmen Egberts		HN1			1:48.29	1:51.22	
	rd	10	Lex Dijkstra		HSA			1:46.50	1:51.74	
		Sijmen Egberts			Lex Dijkstra					
		300m	24.87	(24.87)	300m	25.27	(25.27)			
		700m	52.70	(27.83)	700m	53.29	(28.02)			
		1100m	1:21.33	(28.63)	1100m	1:22.07	(28.78)			
		1500m	1:51.22	(29.89)	1500m	1:51.74	(29.67)			

		Naam			Cat			PR	Tijd	Info
14	gl	12	Colin James Duivenvoorden		HN2			1:51.97	1:51.99	
	bl	43	Remo Slotegraaf		HN3			1:46.80	1:51.66	
		Colin James Duivenvoorden			Remo Slotegraaf					
		300m	25.37	(25.37)	300m	25.28	(25.28)			
		700m	53.60	(28.23)	700m	52.79	(27.51)			
		1100m	1:22.50	(28.90)	1100m	1:21.69	(28.90)			
		1500m	1:51.99	(29.49)	1500m	1:51.66	(29.97)			

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7. Uitslag Vrouwen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	53 Evelien Vijn	DN2	3	I	7:22.99		
2	54 Esmee Visser	DSA	1	O	7:23.85		
3	15 Robin Groot	DN4	6	I	7:29.48		
4	1 Reina Anema	DSA	4	I	7:31.20		
5	51 Paulien Verhaar	DSA	4	O	7:35.61		
6	48 Kim Talsma	DN4	5	I	7:35.78		
7	30 Gioya Lancee	DSA	6	O	7:36.06		
8	57 Eline van Voorden	DN4	2	I	7:36.57		
9	14 Jade Groenewoud	DN1	5	O	7:43.15		
10	21 Lieke Hoogendoorn	DA1	2	O	7:52.22		
11	59 Naomi van der Werf	DSA	1	I	7:59.65		
12	55 Ju-Lin de Visser	DN4	3	O	7:59.86	PR	

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7. Rituitslag Vrouwen 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	59	Naomi van der Werf		DSA		7:19.01	7:59.65	
	rd	54	Esmee Visser		DSA		6:45.73	7:23.85	
		Naomi van der Werf			Esmee Visser				
		200m	21.69	(21.69)	200m	22.11	(22.11)		
		600m	57.86	(36.17)	600m	56.82	(34.71)		
		1000m	1:33.49	(35.63)	1000m	1:32.33	(35.51)		
		1400m	2:09.50	(36.01)	1400m	2:07.83	(35.50)		
		1800m	2:45.75	(36.25)	1800m	2:43.04	(35.21)		
		2200m	3:22.81	(37.06)	2200m	3:18.15	(35.11)		
		2600m	4:00.54	(37.73)	2600m	3:53.29	(35.14)		
		3000m	4:39.04	(38.50)	3000m	4:28.31	(35.02)		
		3400m	5:18.53	(39.49)	3400m	5:03.63	(35.32)		
		3800m	5:58.97	(40.44)	3800m	5:38.78	(35.15)		
		4200m	6:39.95	(40.98)	4200m	6:13.96	(35.18)		
		4600m	7:19.89	(39.94)	4600m	6:48.95	(34.99)		
		5000m	7:59.65	(39.76)	5000m	7:23.85	(34.90)		

		Naam		Cat		PR		Tijd	Info
2	gl	57	Eline van Voorden		DN4		7:24.91	7:36.57	
	bl	21	Lieke Hoogendoorn		DA1			7:52.22	
		Eline van Voorden			Lieke Hoogendoorn				
		200m	22.42	(22.42)	200m	21.38	(21.38)		
		600m	57.35	(34.93)	600m	55.91	(34.53)		
		1000m	1:33.03	(35.68)	1000m	1:32.41	(36.50)		
		1400m	2:09.18	(36.15)	1400m	2:09.27	(36.86)		
		1800m	2:45.37	(36.19)	1800m	2:46.37	(37.10)		
		2200m	3:21.60	(36.23)	2200m	3:23.37	(37.00)		
		2600m	3:57.69	(36.09)	2600m	4:00.56	(37.19)		
		3000m	4:33.83	(36.14)	3000m	4:38.45	(37.89)		
		3400m	5:10.11	(36.28)	3400m	5:17.22	(38.77)		
		3800m	5:46.47	(36.36)	3800m	5:56.14	(38.92)		
		4200m	6:22.73	(36.26)	4200m	6:34.84	(38.70)		
		4600m	6:59.36	(36.63)	4600m	7:13.64	(38.80)		
		5000m	7:36.57	(37.21)	5000m	7:52.22	(38.58)		

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		Naam		Cat		PR		Tijd	Info
3	wt	53	Evelien Vijn		DN2			7:05.29	7:22.99
	rd	55	Ju-Lin de Visser		DN4			8:04.01	7:59.86 PR
		Evelien Vijn			Ju-Lin de Visser				
		200m	21.49	(21.49)	200m	21.97	(21.97)		
		600m	55.17	(33.68)	600m	57.28	(35.31)		
		1000m	1:29.64	(34.47)	1000m	1:35.16	(37.88)		
		1400m	2:04.58	(34.94)	1400m	2:13.85	(38.69)		
		1800m	2:39.72	(35.14)	1800m	2:52.41	(38.56)		
		2200m	3:14.98	(35.26)	2200m	3:31.50	(39.09)		
		2600m	3:50.26	(35.28)	2600m	4:11.23	(39.73)		
		3000m	4:25.50	(35.24)	3000m	4:50.65	(39.42)		
		3400m	5:00.94	(35.44)	3400m	5:29.83	(39.18)		
		3800m	5:36.64	(35.70)	3800m	6:08.66	(38.83)		
		4200m	6:12.38	(35.74)	4200m	6:47.15	(38.49)		
		4600m	6:47.86	(35.48)	4600m	7:24.84	(37.69)		
		5000m	7:22.99	(35.13)	5000m	7:59.86	(35.02)		

		Naam		Cat		PR		Tijd	Info
4	gl	1	Reina Anema		DSA			6:57.58	7:31.20
	bl	51	Paulien Verhaar		DSA			7:13.85	7:35.61
		Reina Anema			Paulien Verhaar				
		200m	21.08	(21.08)	200m	20.78	(20.78)		
		600m	55.02	(33.94)	600m	55.13	(34.35)		
		1000m	1:30.31	(35.29)	1000m	1:31.35	(36.22)		
		1400m	2:06.04	(35.73)	1400m	2:07.38	(36.03)		
		1800m	2:41.73	(35.69)	1800m	2:43.77	(36.39)		
		2200m	3:17.40	(35.67)	2200m	3:20.03	(36.26)		
		2600m	3:52.90	(35.50)	2600m	3:56.30	(36.27)		
		3000m	4:28.54	(35.64)	3000m	4:32.04	(35.74)		
		3400m	5:04.66	(36.12)	3400m	5:07.68	(35.64)		
		3800m	5:40.74	(36.08)	3800m	5:44.09	(36.41)		
		4200m	6:17.27	(36.53)	4200m	6:20.78	(36.69)		
		4600m	6:54.17	(36.90)	4600m	6:58.05	(37.27)		
		5000m	7:31.20	(37.03)	5000m	7:35.61	(37.56)		

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		Naam			Cat			PR	Tijd	Info
5	wt	48	Kim Talsma		DN4			7:33.34	7:35.78	
	rd	14	Jade Groenewoud		DN1			7:20.17	7:43.15	
		Kim Talsma			Jade Groenewoud					
		200m	21.19	(21.19)	200m	21.66	(21.66)			
		600m	56.71	(35.52)	600m	55.83	(34.17)			
		1000m	1:31.86	(35.15)	1000m	1:30.71	(34.88)			
		1400m	2:07.04	(35.18)	1400m	2:06.01	(35.30)			
		1800m	2:42.42	(35.38)	1800m	2:41.39	(35.38)			
		2200m	3:18.37	(35.95)	2200m	3:17.09	(35.70)			
		2600m	3:54.38	(36.01)	2600m	3:53.09	(36.00)			
		3000m	4:30.57	(36.19)	3000m	4:29.84	(36.75)			
		3400m	5:07.04	(36.47)	3400m	5:07.69	(37.85)			
		3800m	5:43.99	(36.95)	3800m	5:46.42	(38.73)			
		4200m	6:21.11	(37.12)	4200m	6:25.62	(39.20)			
		4600m	6:58.34	(37.23)	4600m	7:04.92	(39.30)			
		5000m	7:35.78	(37.44)	5000m	7:43.15	(38.23)			

		Naam			Cat			PR	Tijd	Info
6	gl	15	Robin Groot		DN4			7:04.27	7:29.48	
	bl	30	Gioya Lancee		DSA			7:32.50	7:36.06	
		Robin Groot			Gioya Lancee					
		200m	21.50	(21.50)	200m	21.21	(21.21)			
		600m	54.97	(33.47)	600m	55.28	(34.07)			
		1000m	1:29.57	(34.60)	1000m	1:30.31	(35.03)			
		1400m	2:04.84	(35.27)	1400m	2:05.44	(35.13)			
		1800m	2:40.24	(35.40)	1800m	2:40.89	(35.45)			
		2200m	3:15.54	(35.30)	2200m	3:16.74	(35.85)			
		2600m	3:50.96	(35.42)	2600m	3:52.68	(35.94)			
		3000m	4:26.67	(35.71)	3000m	4:28.73	(36.05)			
		3400m	5:02.76	(36.09)	3400m	5:05.38	(36.65)			
		3800m	5:39.10	(36.34)	3800m	5:42.66	(37.28)			
		4200m	6:15.84	(36.74)	4200m	6:20.08	(37.42)			
		4600m	6:52.44	(36.60)	4600m	6:58.10	(38.02)			
		5000m	7:29.48	(37.04)	5000m	7:36.06	(37.96)			

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8. Uitslag Mannen 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Colin James Duivenvoorden	HN2	6	I	13:54.58		
2	5 Stijn van de Bunt	HN1	3	O	14:02.09		
3	10 Lex Dijkstra	HSA	5	O	14:02.31		
4	43 Remo Slotegraaf	HN3	6	O	14:12.27		
5	20 Jan Hamers	HSA	4	I	14:18.44	PR	
6	29 Jelle Koeleman	HN1	2	I	14:23.04	PR	
7	55 Loek van Vilsteren	HN1	2	O	14:50.76		
8	53 Jur Veenje	HN4	3	I	14:52.06		
9	58 Hidde Westra	HN1	1	I	14:53.82		
10	50 Jasper Tinga	HN1	1	O	14:58.99	PR	
11	13 Sijmen Egberts	HN1	5	I	14:59.75		
	33 Thomas de Lange	HN2	4	O	DNF		

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8. Rituitslag Mannen 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 58 Hidde Westra	HN1		14:53.82	
	rd 50 Jasper Tinga	HN1	15:05.73	14:58.99	PR

Hidde Westra			Jasper Tinga		
400m	39.47	(39.47)	400m	39.05	(39.05)
800m	1:14.57	(35.10)	800m	1:14.70	(35.65)
1200m	1:50.84	(36.27)	1200m	1:50.19	(35.49)
1600m	2:26.07	(35.23)	1600m	2:25.49	(35.30)
2000m	3:01.35	(35.28)	2000m	3:00.80	(35.31)
2400m	3:36.45	(35.10)	2400m	3:36.45	(35.65)
2800m	4:12.33	(35.88)	2800m	4:12.14	(35.69)
3200m	4:48.00	(35.67)	3200m	4:48.26	(36.12)
3600m	5:23.63	(35.63)	3600m	5:24.07	(35.81)
4000m	5:58.69	(35.06)	4000m	6:00.33	(36.26)
4400m	6:34.51	(35.82)	4400m	6:36.80	(36.47)
4800m	7:09.95	(35.44)	4800m	7:13.40	(36.60)
5200m	7:45.50	(35.55)	5200m	7:49.73	(36.33)
5600m	8:20.95	(35.45)	5600m	8:26.31	(36.58)
6000m	8:56.40	(35.45)	6000m	9:02.92	(36.61)
6400m	9:31.87	(35.47)	6400m	9:39.32	(36.40)
6800m	10:07.23	(35.36)	6800m	10:15.82	(36.50)
7200m	10:43.13	(35.90)	7200m	10:52.04	(36.22)
7600m	11:19.18	(36.05)	7600m	11:28.04	(36.00)
8000m	11:55.06	(35.88)	8000m	12:03.42	(35.38)
8400m	12:30.96	(35.90)	8400m	12:39.10	(35.68)
8800m	13:06.78	(35.82)	8800m	13:14.39	(35.29)
9200m	13:42.41	(35.63)	9200m	13:49.59	(35.20)
9600m	14:18.06	(35.65)	9600m	14:25.16	(35.57)
10000m	14:53.82	(35.76)	10000m	14:58.99	(33.83)

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		Naam		Cat		PR		Tijd	Info
2	gl	29	Jelle Koeleman		HN1		14:27.52	14:23.04	PR
	bl	55	Loek van Vilsteren		HN1			14:50.76	
		Jelle Koeleman				Loek van Vilsteren			
		400m	37.65	(37.65)		400m	38.47	(38.47)	
		800m	1:12.24	(34.59)		800m	1:14.07	(35.60)	
		1200m	1:47.28	(35.04)		1200m	1:49.42	(35.35)	
		1600m	2:22.39	(35.11)		1600m	2:25.27	(35.85)	
		2000m	2:57.32	(34.93)		2000m	3:00.62	(35.35)	
		2400m	3:31.99	(34.67)		2400m	3:35.99	(35.37)	
		2800m	4:06.18	(34.19)		2800m	4:11.24	(35.25)	
		3200m	4:40.20	(34.02)		3200m	4:46.78	(35.54)	
		3600m	5:14.16	(33.96)		3600m	5:22.94	(36.16)	
		4000m	5:48.30	(34.14)		4000m	5:58.73	(35.79)	
		4400m	6:22.20	(33.90)		4400m	6:34.50	(35.77)	
		4800m	6:56.09	(33.89)		4800m	7:10.61	(36.11)	
		5200m	7:29.82	(33.73)		5200m	7:46.13	(35.52)	
		5600m	8:03.29	(33.47)		5600m	8:21.51	(35.38)	
		6000m	8:37.09	(33.80)		6000m	8:56.91	(35.40)	
		6400m	9:11.11	(34.02)		6400m	9:32.32	(35.41)	
		6800m	9:45.31	(34.20)		6800m	10:07.79	(35.47)	
		7200m	10:19.66	(34.35)		7200m	10:43.33	(35.54)	
		7600m	10:54.19	(34.53)		7600m	11:18.62	(35.29)	
		8000m	11:28.48	(34.29)		8000m	11:54.00	(35.38)	
		8400m	12:03.07	(34.59)		8400m	12:29.69	(35.69)	
		8800m	12:38.04	(34.97)		8800m	13:05.37	(35.68)	
		9200m	13:13.25	(35.21)		9200m	13:40.88	(35.51)	
		9600m	13:48.00	(34.75)		9600m	14:15.72	(34.84)	
		10000m	14:23.04	(35.04)		10000m	14:50.76	(35.04)	

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		Naam		Cat		PR		Tijd	Info
3	wt	53	Jur Veenje		HN4		14:26.36	14:52.06	
	rd	5	Stijn van de Bunt		HN1			14:02.09	
		Jur Veenje			Stijn van de Bunt				
		400m	37.87	(37.87)	400m	37.09	(37.09)		
		800m	1:10.50	(32.63)	800m	1:10.29	(33.20)		
		1200m	1:44.88	(34.38)	1200m	1:43.80	(33.51)		
		1600m	2:19.15	(34.27)	1600m	2:17.66	(33.86)		
		2000m	2:53.27	(34.12)	2000m	2:51.14	(33.48)		
		2400m	3:27.77	(34.50)	2400m	3:24.82	(33.68)		
		2800m	4:02.52	(34.75)	2800m	3:58.61	(33.79)		
		3200m	4:37.32	(34.80)	3200m	4:32.22	(33.61)		
		3600m	5:12.69	(35.37)	3600m	5:05.82	(33.60)		
		4000m	5:47.97	(35.28)	4000m	5:39.61	(33.79)		
		4400m	6:23.48	(35.51)	4400m	6:13.31	(33.70)		
		4800m	6:58.94	(35.46)	4800m	6:47.07	(33.76)		
		5200m	7:34.66	(35.72)	5200m	7:20.86	(33.79)		
		5600m	8:10.68	(36.02)	5600m	7:54.55	(33.69)		
		6000m	8:47.36	(36.68)	6000m	8:28.34	(33.79)		
		6400m	9:23.36	(36.00)	6400m	9:02.09	(33.75)		
		6800m	9:59.12	(35.76)	6800m	9:35.78	(33.69)		
		7200m	10:35.39	(36.27)	7200m	10:09.44	(33.66)		
		7600m	11:12.12	(36.73)	7600m	10:42.87	(33.43)		
		8000m	11:48.94	(36.82)	8000m	11:16.18	(33.31)		
		8400m	12:21.95	(33.01)	8400m	11:49.01	(32.83)		
		8800m	13:02.05	(40.10)	8800m	12:21.96	(32.95)		
		9200m	13:38.98	(36.93)	9200m	12:55.26	(33.30)		
		9600m	14:15.52	(36.54)	9600m	13:28.80	(33.54)		
		10000m	14:52.06	(36.54)	10000m	14:02.09	(33.29)		

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		Naam	Cat	PR	Tijd	Info
4	gl	20 Jan Hamers	HSA	14:51.68	14:18.44	PR
	bl	33 Thomas de Lange	HN2	14:49.68	DNF	

Jan Hamers

400m	37.10	(37.10)
800m	1:10.41	(33.31)
1200m	1:44.02	(33.61)
1600m	2:17.14	(33.12)
2000m	2:50.53	(33.39)
2400m	3:24.37	(33.84)
2800m	3:58.19	(33.82)
3200m	4:31.90	(33.71)
3600m	5:05.60	(33.70)
4000m	5:39.34	(33.74)
4400m	6:13.39	(34.05)
4800m	6:47.38	(33.99)
5200m	7:21.62	(34.24)
5600m	7:55.83	(34.21)
6000m	8:29.81	(33.98)
6400m	9:03.73	(33.92)
6800m	9:38.26	(34.53)
7200m	10:12.72	(34.46)
7600m	10:47.78	(35.06)
8000m	11:22.62	(34.84)
8400m	11:57.77	(35.15)
8800m	12:33.05	(35.28)
9200m	13:08.48	(35.43)
9600m	13:43.65	(35.17)
10000m	14:18.44	(34.79)

Thomas de Lange

400m	37.80	(37.80)
800m	1:12.23	(34.43)
1200m	1:46.74	(34.51)
1600m	2:21.44	(34.70)
2000m	2:55.74	(34.30)
2400m	3:30.69	(34.95)
2800m	4:05.38	(34.69)
3200m	4:40.63	(35.25)
3600m	5:15.50	(34.87)
4000m	5:50.82	(35.32)
4400m	6:26.53	(35.71)
4800m	7:02.49	(35.96)
5200m	7:38.51	(36.02)
5600m	8:14.71	(36.20)
6000m	8:51.67	(36.96)
6400m	9:28.34	(36.67)
6800m	10:06.49	(38.15)
7200m	10:53.44	(46.95)

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		Naam		Cat		PR	Tijd	Info
5	wt	13	Sijmen Egberts		HN1			14:59.75
	rd	10	Lex Dijkstra		HSA	13:15.13		14:02.31
		Sijmen Egberts			Lex Dijkstra			
		400m	39.21	(39.21)	400m	38.08	(38.08)	
		800m	1:13.51	(34.30)	800m	1:11.95	(33.87)	
		1200m	1:47.79	(34.28)	1200m	1:45.44	(33.49)	
		1600m	2:21.92	(34.13)	1600m	2:19.07	(33.63)	
		2000m	2:56.31	(34.39)	2000m	2:52.43	(33.36)	
		2400m	3:30.27	(33.96)	2400m	3:25.86	(33.43)	
		2800m	4:04.52	(34.25)	2800m	3:59.22	(33.36)	
		3200m	4:38.69	(34.17)	3200m	4:32.66	(33.44)	
		3600m	5:13.02	(34.33)	3600m	5:06.20	(33.54)	
		4000m	5:47.35	(34.33)	4000m	5:39.72	(33.52)	
		4400m	6:21.98	(34.63)	4400m	6:13.37	(33.65)	
		4800m	6:57.22	(35.24)	4800m	6:46.96	(33.59)	
		5200m	7:34.40	(37.18)	5200m	7:20.67	(33.71)	
		5600m	8:12.51	(38.11)	5600m	7:54.26	(33.59)	
		6000m	8:49.31	(36.80)	6000m	8:27.83	(33.57)	
		6400m	9:26.55	(37.24)	6400m	9:01.58	(33.75)	
		6800m	10:04.29	(37.74)	6800m	9:35.18	(33.60)	
		7200m	10:42.73	(38.44)	7200m	10:08.67	(33.49)	
		7600m	11:20.71	(37.98)	7600m	10:42.01	(33.34)	
		8000m	11:58.23	(37.52)	8000m	11:15.53	(33.52)	
		8400m	12:36.04	(37.81)	8400m	11:49.19	(33.66)	
		8800m	13:13.68	(37.64)	8800m	12:23.10	(33.91)	
		9200m	13:50.18	(36.50)	9200m	12:56.83	(33.73)	
		9600m	14:25.20	(35.02)	9600m	13:30.00	(33.17)	
		10000m	14:59.75	(34.55)	10000m	14:02.31	(32.31)	

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		Naam	Cat	PR	Tijd	Info
6	gl	12 Colin James Duivenvoorden	HN2			13:54.58
	bl	43 Remo Slotegraaf	HN3	13:24.71		14:12.27

Colin James Duivenvoorden

400m	37.44	(37.44)
800m	1:10.33	(32.89)
1200m	1:44.60	(34.27)
1600m	2:17.47	(32.87)
2000m	2:51.48	(34.01)
2400m	3:24.65	(33.17)
2800m	3:58.35	(33.70)
3200m	4:31.69	(33.34)
3600m	5:05.21	(33.52)
4000m	5:38.98	(33.77)
4400m	6:12.54	(33.56)
4800m	6:46.14	(33.60)
5200m	7:19.72	(33.58)
5600m	7:53.24	(33.52)
6000m	8:26.52	(33.28)
6400m	8:59.83	(33.31)
6800m	9:33.22	(33.39)
7200m	10:06.20	(32.98)
7600m	10:38.94	(32.74)
8000m	11:11.59	(32.65)
8400m	11:44.65	(33.06)
8800m	12:17.61	(32.96)
9200m	12:50.59	(32.98)
9600m	13:23.42	(32.83)
10000m	13:54.58	(31.16)

Remo Slotegraaf

400m	37.57	(37.57)
800m	1:10.95	(33.38)
1200m	1:44.73	(33.78)
1600m	2:18.52	(33.79)
2000m	2:52.09	(33.57)
2400m	3:25.66	(33.57)
2800m	3:59.24	(33.58)
3200m	4:32.74	(33.50)
3600m	5:06.59	(33.85)
4000m	5:40.23	(33.64)
4400m	6:13.96	(33.73)
4800m	6:47.61	(33.65)
5200m	7:21.43	(33.82)
5600m	7:55.20	(33.77)
6000m	8:29.00	(33.80)
6400m	9:02.86	(33.86)
6800m	9:37.26	(34.40)
7200m	10:12.03	(34.77)
7600m	10:46.55	(34.52)
8000m	11:20.90	(34.35)
8400m	11:55.39	(34.49)
8800m	12:29.92	(34.53)
9200m	13:04.15	(34.23)
9600m	13:37.93	(33.78)
10000m	14:12.27	(34.34)