

# 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	<b>Esmee Visser</b>		DSA		41.42	<b>43.74</b>	
	rd	28	<b>Veerle van Koppen</b>		DN1		42.65	<b>44.07</b>	
		<b>Esmee Visser</b>			<b>Veerle van Koppen</b>				
		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	<b>Nyncke Dijkstra</b>		DN2		42.31	<b>43.91</b>	
	rd	24	<b>Sterre Jonkers</b>		DSA		41.95	<b>43.45</b>	
		<b>Nyncke Dijkstra</b>			<b>Sterre Jonkers</b>				
		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	<b>Esmée Brommer</b>		DN1		42.57	<b>43.06</b>	
	rd	39	<b>Emma Noz</b>		DA2		42.18	<b>43.42</b>	
		<b>Esmée Brommer</b>			<b>Emma Noz</b>				
		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	<b>Emma Hulshof</b>		DSA		42.18	<b>42.59</b>	
	rd	29	<b>Sophie Kraaijeveld</b>		DN1		42.02	<b>43.67</b>	
		<b>Emma Hulshof</b>			<b>Sophie Kraaijeveld</b>				
		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	<b>Elbrich Nicolay</b>		DA1		41.46	<b>43.58</b>	
	rd	40	<b>Sanne Oosterwijk</b>		DA2		41.28	<b>42.27</b>	
		<b>Elbrich Nicolay</b>			<b>Sanne Oosterwijk</b>				
		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	<b>Vera van Ditshuizen</b>		DN2		41.96	<b>42.52</b>	
	rd	38	<b>Hilde Noppert</b>		DN4		41.36	<b>41.85</b>	
		<b>Vera van Ditshuizen</b>			<b>Hilde Noppert</b>				
		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	<b>Lieke Hoogendoorn</b>		DA1		41.50	<b>41.74</b>	
	rd	53	<b>Evelien Vijn</b>		DN2		40.63	<b>42.18</b>	
		<b>Lieke Hoogendoorn</b>			<b>Evelien Vijn</b>				
		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	<b>Gioya Lancee</b>		DSA		38.97	<b>40.62</b>	
	rd	60	<b>Sanne Westra</b>		DN2		40.54	<b>41.07</b>	
		<b>Gioya Lancee</b>			<b>Sanne Westra</b>				
		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	<b>Eline van Voorden</b>		DN4		40.80	<b>41.95</b>	
	rd	51	<b>Paulien Verhaar</b>		DSA		39.85	<b>41.22</b>	
		<b>Eline van Voorden</b>			<b>Paulien Verhaar</b>				
		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	<b>Naomi van der Werf</b>		DSA		40.41	<b>42.09</b>	
	rd	14	<b>Jade Groenewoud</b>		DN1		40.18	<b>41.45</b>	
		<b>Naomi van der Werf</b>			<b>Jade Groenewoud</b>				
		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	<b>Robin Groot</b>		DN4			39.30	<b>40.41</b>	
	rd	48	<b>Kim Talsma</b>		DN4			40.21	<b>40.44</b>	
		<b>Robin Groot</b>			<b>Kim Talsma</b>					
		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	<b>Romée Ebbinge</b>		DSA			40.30	<b>41.27</b>	
	rd	1	<b>Reina Anema</b>		DSA			40.20	<b>41.76</b>	
		<b>Romée Ebbinge</b>			<b>Reina Anema</b>					
		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	<b>Ju-Lin de Visser</b>		DN4			39.43	<b>40.72</b>	
	rd	34	<b>Amy van der Meer</b>		DN3			40.03	<b>41.89</b>	
		<b>Ju-Lin de Visser</b>			<b>Amy van der Meer</b>					
		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	<b>Jasper Tinga</b>		HN1		39.14	<b>40.44</b>	
	rd								
		<b>Jasper Tinga</b>							
		100m	11.59	(11.59)		m			
		500m	40.44	(28.85)					

		Naam		Cat		PR		Tijd	Info
2	wt	42	<b>Sipke Sijtsema</b>		HN2		38.75	<b>39.32</b>	
	rd	4	<b>Johan Bouwhuis</b>		HA1		39.08	<b>40.35</b>	
		<b>Sipke Sijtsema</b>							
		100m	10.82	(10.82)		100m	10.97	(10.97)	
		500m	39.32	(28.50)		500m	40.35	(29.38)	
		<b>Johan Bouwhuis</b>							
		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	<b>Sietse de Vries</b>		HA1		38.76	<b>39.58</b>	
	rd	20	<b>Jan Hamers</b>		HSA		37.28	<b>38.73</b>	
		<b>Sietse de Vries</b>							
		100m	10.92	(10.92)		100m	10.94	(10.94)	
		500m	39.58	(28.66)		500m	38.73	(27.79)	
		<b>Jan Hamers</b>							
		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	<b>Jasper Krommenhoek</b>		HN1		38.48	<b>39.38</b>	
	rd	34	<b>Jasper van der Marel</b>		HA2		38.98	<b>39.37</b>	
		<b>Jasper Krommenhoek</b>							
		100m	11.26	(11.26)		100m	11.19	(11.19)	
		500m	39.38	(28.12)		500m	39.37	(28.18)	
		<b>Jasper van der Marel</b>							
		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	<b>Matthé Pronk</b>		HN1		37.92	<b>38.46</b>	
	rd	31	<b>Wester Landman</b>		HN2		37.86	<b>38.82</b>	
		<b>Matthé Pronk</b>							
		100m	10.83	(10.83)		100m	10.70	(10.70)	
		500m	38.46	(27.63)		500m	38.82	(28.12)	
		<b>Wester Landman</b>							
		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	<b>Jesse de Lange</b>		HN3		37.90	<b>38.98</b>	
	rd	12	<b>Colin James Duivenvoorden</b>		HN2		38.15	<b>38.30</b>	
		<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)	

		Naam		Cat		PR		Tijd	Info
7	wt	8	<b>Jornt Dijk</b>		HN4		37.70	<b>39.59</b>	
	rd	49	<b>Dyon Talsma</b>		HN3		38.37	<b>39.72</b>	
		<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)	

		Naam		Cat		PR		Tijd	Info
8	wt	40	<b>Colin Schrijver</b>		HN4		37.34	<b>37.89</b>	
	rd	58	<b>Hidde Westra</b>		HN1		37.53	<b>38.71</b>	
		<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)	

		Naam		Cat		PR		Tijd	Info
9	wt	10	<b>Lex Dijkstra</b>		HSA		37.37	<b>38.50</b>	
	rd	5	<b>Stijn van de Bunt</b>		HN1		37.65	<b>39.56</b>	
		<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)	

		Naam		Cat		PR		Tijd	Info
10	wt	61	<b>Mathijs van Zwieten</b>		HN3		37.82	<b>38.78</b>	
	rd	29	<b>Jelle Koeleman</b>		HN1		37.70	<b>38.25</b>	
		<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	<b>Jur Veenje</b>		HN4			36.73	<b>37.27</b>	
	rd	33	<b>Thomas de Lange</b>		HN2			36.63	<b>37.34</b>	
		<b>Jur Veenje</b>			<b>Thomas de Lange</b>					
		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	<b>Rick Meijer</b>		HN2			37.29	<b>38.11</b>	
	rd	43	<b>Remo Slotegraaf</b>		HN3			37.10	<b>38.14</b>	
		<b>Rick Meijer</b>			<b>Remo Slotegraaf</b>					
		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	<b>Loek van Vilsteren</b>		HN1			36.80	<b>37.46</b>	
	rd	13	<b>Sijmen Egberts</b>		HN1			37.31	<b>37.65</b>	
		<b>Loek van Vilsteren</b>			<b>Sijmen Egberts</b>					
		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	<b>Emma Hulshof</b>		DSA		4:34.14	<b>4:42.89</b>	
	rd	34	<b>Amy van der Meer</b>		DN3		4:31.77	<b>4:57.63</b>	
		<b>Emma Hulshof</b>			<b>Amy van der Meer</b>				
		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	<b>Emma Noz</b>		DA2		4:29.96	<b>4:36.91</b>	
	rd	12	<b>Romée Ebbinge</b>		DSA		4:28.50	<b>4:35.90</b>	
		<b>Emma Noz</b>			<b>Romée Ebbinge</b>				
		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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18 en 19 november 2023

		Naam		Cat		PR		Tijd	Info
4	gl	55	<b>Ju-Lin de Visser</b>		DN4			4:33.84	<b>4:30.01</b> PR
	bl	9	<b>Nyncke Dijkstra</b>		DN2			4:28.59	<b>4:44.02</b>
		<b>Ju-Lin de Visser</b>			<b>Nyncke Dijkstra</b>				
		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	<b>Sanne Westra</b>		DN2			4:27.29	<b>4:32.81</b>
	rd	6	<b>Esmée Brommer</b>		DN1			4:28.29	<b>4:36.10</b>
		<b>Sanne Westra</b>			<b>Esmée Brommer</b>				
		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	<b>Lieke Hoogendoorn</b>		DA1			4:24.03	<b>4:26.47</b>
	bl	40	<b>Sanne Oosterwijk</b>		DA2			4:22.86	<b>4:26.15</b>
		<b>Lieke Hoogendoorn</b>			<b>Sanne Oosterwijk</b>				
		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	<b>Vera van Ditshuizen</b>		DN2			4:22.09	<b>4:29.86</b>
	rd	38	<b>Hilde Noppert</b>		DN4			4:22.97	<b>4:31.44</b>
		<b>Vera van Ditshuizen</b>			<b>Hilde Noppert</b>				
		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	<b>Veerle van Koppen</b>		DN1			4:22.34	<b>4:27.39</b>
	bl	37	<b>Elbrich Nicolay</b>		DA1			4:27.68	<b>4:54.60</b>
		<b>Veerle van Koppen</b>			<b>Elbrich Nicolay</b>				
		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	<b>Gioya Lancee</b>		DSA			4:06.25	<b>4:17.63</b>
	rd	51	<b>Paulien Verhaar</b>		DSA			4:11.73	<b>4:21.59</b>
		<b>Gioya Lancee</b>			<b>Paulien Verhaar</b>				
		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	<b>Eline van Voorden</b>		DN4			4:14.19	<b>4:24.07</b>
	bl	24	<b>Sterre Jonkers</b>		DSA			4:07.69	<b>4:35.46</b>
		<b>Eline van Voorden</b>				<b>Sterre Jonkers</b>			
		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	<b>Sophie Kraaijeveld</b>		DN1			4:10.39	<b>4:29.45</b>
	rd	59	<b>Naomi van der Werf</b>		DSA			4:12.59	<b>4:27.24</b>
		<b>Sophie Kraaijeveld</b>				<b>Naomi van der Werf</b>			
		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	<b>Jade Groenewoud</b>		DN1			4:07.07	<b>4:16.13</b>	
	bl	53	<b>Evelien Vijn</b>		DN2			4:03.76	<b>4:16.54</b>	
		<b>Jade Groenewoud</b>			<b>Evelien Vijn</b>					
		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	<b>Kim Talsma</b>		DN4			4:09.64	<b>4:19.03</b>	
	rd	54	<b>Esmee Visser</b>		DSA			3:54.02	<b>4:19.13</b>	
		<b>Kim Talsma</b>			<b>Esmee Visser</b>					
		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	<b>Robin Groot</b>		DN4			4:04.38	<b>4:14.89</b>
	bl	1	<b>Reina Anema</b>		DSA			4:01.12	<b>4:16.28</b>
		<b>Robin Groot</b>				<b>Reina Anema</b>			
		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	<b>7:29.78</b>

### 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	<b>Jornt Dijk</b>		HN4		7:14.31	<b>7:27.46</b>
	rd	49	<b>Dyon Talsma</b>		HN3		6:53.51	<b>7:05.00</b>
		<b>Jornt Dijk</b>			<b>Dyon Talsma</b>			
		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	<b>Wester Landman</b>		HN2		7:08.79	<b>7:18.15</b>
	bl	35	<b>Rick Meijer</b>		HN2		6:52.90	<b>7:05.59</b>
		<b>Wester Landman</b>			<b>Rick Meijer</b>			
		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	<b>Johan Bouwhuis</b>		HA1		6:54.24	<b>7:06.64</b>	
	rd	37	<b>Matthé Pronk</b>		HN1		6:54.03	<b>7:01.89</b>	
		<b>Johan Bouwhuis</b>			<b>Matthé Pronk</b>				
		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	<b>Sipke Sijtsema</b>		HN2		6:52.12	<b>6:59.98</b>	
	bl	34	<b>Jasper van der Marel</b>		HA2		6:51.71	<b>7:01.97</b>	
		<b>Sipke Sijtsema</b>			<b>Jasper van der Marel</b>				
		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	<b>Loek van Vilsteren</b>		HN1		6:50.03	<b>7:07.09</b>	
	rd	50	<b>Jasper Tinga</b>		HN1		6:51.48	<b>6:58.94</b>	
		<b>Loek van Vilsteren</b>			<b>Jasper Tinga</b>				
		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	<b>Sietse de Vries</b>		HA1		6:49.42	<b>7:02.55</b>	
	bl	32	<b>Jesse de Lange</b>		HN3		6:48.35	<b>7:02.81</b>	
		<b>Sietse de Vries</b>			<b>Jesse de Lange</b>				
		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	<b>Jelle Koeleman</b>		HN1			6:39.28	<b>6:53.49</b>	
	rd	33	<b>Thomas de Lange</b>		HN2			6:46.24	<b>7:01.18</b>	
		<b>Jelle Koeleman</b>				<b>Thomas de Lange</b>				
		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	<b>Mathijs van Zwieten</b>		HN3			6:34.64	<b>7:07.07</b>	
	bl	53	<b>Jur Veenje</b>		HN4			6:44.91	<b>7:01.00</b>	
		<b>Mathijs van Zwieten</b>				<b>Jur Veenje</b>				
		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	<b>Sijmen Egberts</b>		HN1		6:34.98	<b>6:49.63</b>	
	rd	58	<b>Hidde Westra</b>		HN1		6:46.51	<b>6:58.65</b>	
		<b>Sijmen Egberts</b>			<b>Hidde Westra</b>				
		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	<b>Jan Hamers</b>		HSA		6:32.67	<b>6:42.43</b>	
	bl	12	<b>Colin James Duivenvoorden</b>		HN2		6:26.10	<b>6:33.73</b>	
		<b>Jan Hamers</b>			<b>Colin James Duivenvoorden</b>				
		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	<b>Stijn van de Bunt</b>		HN1			6:27.81	<b>6:41.51</b>	
	rd	43	<b>Remo Slotegraaf</b>		HN3			6:23.11	<b>6:40.69</b>	
		<b>Stijn van de Bunt</b>			<b>Remo Slotegraaf</b>					
		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	<b>Lex Dijkstra</b>		HSA			6:19.79	<b>6:44.34</b>	
	bl	30	<b>Jasper Krommenhoek</b>		HN1			6:27.47	<b>DQ</b>	
		<b>Lex Dijkstra</b>			<b>Jasper Krommenhoek</b>					
		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 <b>Myrthe de Boer</b>	DN3	1:56.76	<b>2:02.65</b>	
	rd	20 <b>Chloé Hoogendoorn</b>	DN1	1:59.28	<b>2:04.21</b>	

### 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 <b>Amy van der Meer</b>	DN3	2:05.91	<b>2:12.63</b>	
	bl	37 <b>Elbrich Nicolay</b>	DA1	2:05.53	<b>2:12.33</b>	

### 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 <b>Emma Hulshof</b>	DSA	2:07.33	<b>2:10.80</b>	
	rd	9 <b>Nyncke Dijkstra</b>	DN2	2:09.47	<b>2:14.71</b>	

### 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 <b>Sterre Jonkers</b>	DSA	2:00.85	<b>2:09.68</b>	
	bl	39 <b>Emma Noz</b>	DA2	2:06.88	<b>2:10.72</b>	

### 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	<b>Veerle van Koppen</b>		DN1		2:05.87	<b>2:08.36</b>	
	rd	6	<b>Esmée Brommer</b>		DN1		2:06.84	<b>2:10.23</b>	
		<b>Veerle van Koppen</b>				<b>Esmée Brommer</b>			
		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	<b>Vera van Ditshuizen</b>		DN2		2:05.55	<b>2:08.09</b>	
	bl	29	<b>Sophie Kraaijeveld</b>		DN1		2:02.43	<b>2:08.06</b>	
		<b>Vera van Ditshuizen</b>				<b>Sophie Kraaijeveld</b>			
		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	<b>Hilde Noppert</b>		DN4		2:04.62	<b>2:06.47</b>	
	rd	12	<b>Roméé Ebbinge</b>		DSA		2:02.07	<b>2:06.40</b>	
		<b>Hilde Noppert</b>				<b>Roméé Ebbinge</b>			
		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	<b>Naomi van der Werf</b>		DSA		2:01.20	<b>2:05.78</b>	
	bl	54	<b>Esmee Visser</b>		DSA		1:57.69	<b>2:05.01</b>	
		<b>Naomi van der Werf</b>				<b>Esmee Visser</b>			
		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	<b>Sanne Westra</b>		DN2		2:01.40	<b>2:06.22</b>	
	rd	40	<b>Sanne Oosterwijk</b>		DA2		2:05.30	<b>2:08.62</b>	
		<b>Sanne Westra</b>				<b>Sanne Oosterwijk</b>			
		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	<b>Eline van Voorden</b>		DN4		2:02.92	<b>2:06.34</b>	
	bl	21	<b>Lieke Hoogendoorn</b>		DA1		2:06.58	<b>2:06.61</b>	
		<b>Eline van Voorden</b>				<b>Lieke Hoogendoorn</b>			
		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	<b>Evelien Vijn</b>		DN2		1:57.52	<b>2:06.77</b>	
	rd	55	<b>Ju-Lin de Visser</b>		DN4		2:01.68	<b>2:05.74</b>	
		<b>Evelien Vijn</b>				<b>Ju-Lin de Visser</b>			
		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	<b>Reina Anema</b>		DSA		1:55.74	<b>2:03.81</b>	
	bl	51	<b>Paulien Verhaar</b>		DSA		1:58.69	<b>2:05.06</b>	
		<b>Reina Anema</b>				<b>Paulien Verhaar</b>			
		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	<b>Kim Talsma</b>		DN4	1:57.33	<b>2:03.52</b>	
	rd	14	<b>Jade Groenewoud</b>		DN1	1:58.16	<b>2:03.00</b>	
		<b>Kim Talsma</b>			<b>Jade Groenewoud</b>			
		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	<b>Robin Groot</b>		DN4	1:57.14	<b>2:02.27</b>	
	bl	30	<b>Gioya Lancee</b>		DSA	1:56.15	<b>2:01.86</b>	
		<b>Robin Groot</b>			<b>Gioya Lancee</b>			
		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	<b>Jasper Krommenhoek</b>		HN1			1:50.23	<b>1:54.41</b>
	rd	63	<b>Jarle Gerrits</b>		HN3			1:49.24	<b>1:52.11</b>
		<b>Jasper Krommenhoek</b>			<b>Jarle Gerrits</b>				
		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	<b>Johan Bouwhuis</b>		HA1			1:57.02	<b>1:59.47</b>
	rd	8	<b>Jornt Dijk</b>		HN4			1:52.46	<b>1:57.74</b>
		<b>Johan Bouwhuis</b>			<b>Jornt Dijk</b>				
		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	<b>Wester Landman</b>		HN2			1:55.57	<b>1:56.79</b>
	bl	40	<b>Colin Schrijver</b>		HN4			1:54.20	<b>1:57.84</b>
		<b>Wester Landman</b>			<b>Colin Schrijver</b>				
		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	<b>Dyon Talsma</b>		HN3		1:54.46	<b>1:58.20</b>	
	rd	50	<b>Jasper Tinga</b>		HN1		1:53.36	<b>1:56.83</b>	
		<b>Dyon Talsma</b>			<b>Jasper Tinga</b>				
		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)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
6	gl	34	<b>Jasper van der Marel</b>		HA2		1:54.54	<b>1:56.19</b>	
	bl	57	<b>Sietse de Vries</b>		HA1		1:55.85	<b>1:57.77</b>	
		<b>Jasper van der Marel</b>			<b>Sietse de Vries</b>				
		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)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
7	wt	42	<b>Sipke Sijtsema</b>		HN2		1:52.58	<b>1:55.11</b>	
	rd	61	<b>Mathijs van Zwieten</b>		HN3		1:51.81	<b>1:59.91</b>	
		<b>Sipke Sijtsema</b>			<b>Mathijs van Zwieten</b>				
		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)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
8	gl	35	<b>Rick Meijer</b>		HN2		1:51.03	<b>1:54.09</b>	
	bl	32	<b>Jesse de Lange</b>		HN3		1:51.54	<b>1:56.35</b>	
		<b>Rick Meijer</b>			<b>Jesse de Lange</b>				
		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	<b>Hidde Westra</b>		HN1		1:51.12	<b>1:54.59</b>	
	rd	37	<b>Matthé Pronk</b>		HN1		1:52.10	<b>1:55.81</b>	
		<b>Hidde Westra</b>			<b>Matthé Pronk</b>				
		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)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
10	gl	5	<b>Stijn van de Bunt</b>		HN1		1:49.30	<b>1:53.89</b>	
	bl	55	<b>Loek van Vilsteren</b>		HN1		1:51.18	<b>1:53.47</b>	
		<b>Stijn van de Bunt</b>			<b>Loek van Vilsteren</b>				
		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)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
11	wt	33	<b>Thomas de Lange</b>		HN2		1:48.34	<b>1:52.55</b>	
	rd	29	<b>Jelle Koeleman</b>		HN1		1:53.36	<b>1:55.09</b>	
		<b>Thomas de Lange</b>			<b>Jelle Koeleman</b>				
		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)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
12	gl	20	<b>Jan Hamers</b>		HSA		1:49.90	<b>1:53.63</b>	
	bl	53	<b>Jur Veenje</b>		HN4		1:48.27	<b>1:53.51</b>	
		<b>Jan Hamers</b>			<b>Jur Veenje</b>				
		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	<b>Sijmen Egberts</b>		HN1			1:48.29	<b>1:51.22</b>	
	rd	10	<b>Lex Dijkstra</b>		HSA			1:46.50	<b>1:51.74</b>	
		<b>Sijmen Egberts</b>			<b>Lex Dijkstra</b>					
		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	<b>Colin James Duivenvoorden</b>		HN2			1:51.97	<b>1:51.99</b>	
	bl	43	<b>Remo Slotegraaf</b>		HN3			1:46.80	<b>1:51.66</b>	
		<b>Colin James Duivenvoorden</b>			<b>Remo Slotegraaf</b>					
		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	<b>Naomi van der Werf</b>		DSA		7:19.01	<b>7:59.65</b>	
	rd	54	<b>Esmee Visser</b>		DSA		6:45.73	<b>7:23.85</b>	
		<b>Naomi van der Werf</b>			<b>Esmee Visser</b>				
		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	<b>Eline van Voorden</b>		DN4		7:24.91	<b>7:36.57</b>	
	bl	21	<b>Lieke Hoogendoorn</b>		DA1			<b>7:52.22</b>	
		<b>Eline van Voorden</b>			<b>Lieke Hoogendoorn</b>				
		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	<b>Evelien Vijn</b>		DN2			7:05.29	<b>7:22.99</b>
	rd	55	<b>Ju-Lin de Visser</b>		DN4			8:04.01	<b>7:59.86</b> PR
		<b>Evelien Vijn</b>				<b>Ju-Lin de Visser</b>			
		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	<b>Reina Anema</b>		DSA			6:57.58	<b>7:31.20</b>
	bl	51	<b>Paulien Verhaar</b>		DSA			7:13.85	<b>7:35.61</b>
		<b>Reina Anema</b>				<b>Paulien Verhaar</b>			
		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	<b>Kim Talsma</b>		DN4		7:33.34	<b>7:35.78</b>	
	rd	14	<b>Jade Groenewoud</b>		DN1		7:20.17	<b>7:43.15</b>	
		<b>Kim Talsma</b>				<b>Jade Groenewoud</b>			
		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	<b>Robin Groot</b>		DN4		7:04.27	<b>7:29.48</b>	
	bl	30	<b>Gioya Lancee</b>		DSA		7:32.50	<b>7:36.06</b>	
		<b>Robin Groot</b>				<b>Gioya Lancee</b>			
		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 <b>Hidde Westra</b>	HN1		<b>14:53.82</b>	
	rd 50 <b>Jasper Tinga</b>	HN1	15:05.73	<b>14:58.99</b>	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	<b>Jelle Koeleman</b>		HN1		14:27.52	<b>14:23.04</b>	PR
	bl	55	<b>Loek van Vilsteren</b>		HN1			<b>14:50.76</b>	
		<b>Jelle Koeleman</b>				<b>Loek van Vilsteren</b>			
		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	<b>Jur Veenje</b>		HN4		14:26.36	<b>14:52.06</b>	
	rd	5	<b>Stijn van de Bunt</b>		HN1			<b>14:02.09</b>	
		<b>Jur Veenje</b>			<b>Stijn van de Bunt</b>				
		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 <b>Jan Hamers</b>	HSA	14:51.68	<b>14:18.44</b>	PR
	bl	33 <b>Thomas de Lange</b>	HN2	14:49.68	<b>DNF</b>	

## 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	<b>Sijmen Egberts</b>		HN1			<b>14:59.75</b>
	rd	10	<b>Lex Dijkstra</b>		HSA	13:15.13		<b>14:02.31</b>
		<b>Sijmen Egberts</b>			<b>Lex Dijkstra</b>			
		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			<b>13:54.58</b>
	bl	43 Remo Slotegraaf	HN3	13:24.71		<b>14:12.27</b>

## 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)