

# Clubwedstrijd Groep 2 + Open Inschr. op zondag 8 oktober 2023

Thialf - Heerenveen

## 1. Uitslag Pupillen (100-500) 100 meter

| Pos | Naam                       | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1   | 109 Anton Boersma          | HPA | 20   | O    | 12.07 | PR   |        |
| 2   | 6 Sigrid van Es            | DPB | 19   | I    | 12.43 |      |        |
| 3   | 123 Sverre Jens Wolters    | HPA | 16   | O    | 12.44 | PR   |        |
| 4   | 27 Sander Leusink          | HPA | 19   | O    | 12.51 | PR   |        |
| 5   | 17 Tieme Bouma             | HPA | 15   | O    | 12.86 | PR   |        |
| 6   | 98 Esmee Bonestroo         | DPA | 20   | I    | 12.89 |      |        |
| 7   | 43 Stevin Visser           | HPB | 18   | O    | 12.92 |      |        |
| 8   | 83 Sybrich Buisman         | DPA | 15   | I    | 13.08 | PR   |        |
| 9   | 23 Niels Everts            | HPB | 17   | I    | 13.19 |      |        |
| 10  | 29 Jurre Valkenburg        | HPC | 17   | O    | 13.23 |      |        |
| 11  | 67 Wymer Feenstra          | HPA | 7    | I    | 13.42 | PR   |        |
| 12  | 4 Hilderd de Rooter        | HPA | 13   | I    | 13.46 | PR   |        |
| 13  | 34 Menthe Pietersma        | DPA | 16   | I    | 13.49 |      |        |
| 14  | 107 Bente Dam              | DPB | 18   | I    | 13.58 |      |        |
| 15  | 52 Maartje Wietsma         | DPB | 13   | O    | 13.60 |      |        |
| 16  | 60 Daan Westra             | HPA | 10   | I    | 13.70 | PR   |        |
| 17  | 110 Julia Boersma          | DPC | 9    | I    | 13.71 | PR   |        |
| 18  | 37 Verena Jansen           | DPA | 11   | I    | 13.72 | PR   |        |
| 19  | 2 Myrthe De Vries          | DPA | 10   | O    | 13.76 | PR   |        |
| 20  | 13 Miriam van Es           | DPC | 14   | O    | 13.79 |      |        |
| 21  | 24 Derek Graansma          | HPB | 1    | I    | 13.86 |      |        |
| 22  | 114 Lynn van Baaren        | DPB | 12   | O    | 14.05 |      |        |
| 23  | 53 Yara Lanza              | DPA | 14   | I    | 14.16 |      |        |
| 24  | 57 Feya Hollak             | DPA | 8    | I    | 14.17 | PR   |        |
| 25  | 74 Jurre van der Heide     | HPB | 8    | O    | 14.25 | PR   |        |
| 26  | 77 Matthijs Jacobs-Monsees | HPC | 6    | O    | 14.26 | PR   |        |
| 27  | 92 Jasmijn Snijder         | DPB | 7    | O    | 14.33 |      |        |
| 28  | 94 Lotte Kornet            | DPB | 11   | O    | 14.38 |      |        |
| 29  | 89 Tamar Daleman           | DPA | 4    | I    | 14.39 | PR   |        |
|     | 101 Amber Soet             | DPB | 12   | I    | 14.39 |      |        |
| 31  | 115 Myrthe Zwaagstra       | DPC | 6    | I    | 14.51 | PR   |        |
| 32  | 128 Phylina Naberman       | DPC | 9    | O    | 14.55 |      |        |
| 33  | 86 Bjorn Oosterhof         | HPB | 1    | O    | 14.65 |      |        |
| 34  | 133 Annemare van den Berg  | DPB | 4    | O    | 14.78 | PR   |        |
| 35  | 117 Silke Vries            | DPA | 5    | I    | 15.00 |      |        |
| 36  | 93 Linn Erdsieck           | DPC | 3    | O    | 15.42 |      |        |
| 37  | 79 Mirna van der Terp      | DPB | 3    | I    | 15.80 |      |        |
| 38  | 39 Kim Kuiper              | DPA | 5    | O    | 16.14 |      |        |

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## 1. Rituitslag Pupillen (100-500) 100 meter

|   |    | Naam                  |                        | Cat     |                        | PR    | Tijd         | Info |
|---|----|-----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 1 | wt | 24                    | <b>Derek Graansma</b>  |         | HPB                    |       | <b>13.86</b> |      |
|   | rd | 86                    | <b>Bjorn Oosterhof</b> |         | HPB                    |       | <b>14.65</b> |      |
|   |    | <u>Derek Graansma</u> |                        |         | <u>Bjorn Oosterhof</u> |       |              |      |
|   |    | 100m                  | 13.86                  | (13.86) | 100m                   | 14.65 | (14.65)      |      |

|   |    | Naam     |  | Cat |          | PR | Tijd | Info |
|---|----|----------|--|-----|----------|----|------|------|
| 2 | gl |          |  |     |          |    |      |      |
|   | bl |          |  |     |          |    |      |      |
|   |    | <u>m</u> |  |     | <u>m</u> |    |      |      |

|   |    | Naam                      |                           | Cat     |                      | PR    | Tijd         | Info |
|---|----|---------------------------|---------------------------|---------|----------------------|-------|--------------|------|
| 3 | wt | 79                        | <b>Mirna van der Terp</b> |         | DPB                  | 15.43 | <b>15.80</b> |      |
|   | rd | 93                        | <b>Linn Erdsieck</b>      |         | DPC                  | 14.90 | <b>15.42</b> |      |
|   |    | <u>Mirna van der Terp</u> |                           |         | <u>Linn Erdsieck</u> |       |              |      |
|   |    | 100m                      | 15.80                     | (15.80) | 100m                 | 15.42 | (15.42)      |      |

|   |    | Naam                 |                              | Cat     |                              | PR    | Tijd         | Info |
|---|----|----------------------|------------------------------|---------|------------------------------|-------|--------------|------|
| 4 | gl | 89                   | <b>Tamar Daleman</b>         |         | DPA                          | 14.89 | <b>14.39</b> | PR   |
|   | bl | 133                  | <b>Annemare van den Berg</b> |         | DPB                          | 16.14 | <b>14.78</b> | PR   |
|   |    | <u>Tamar Daleman</u> |                              |         | <u>Annemare van den Berg</u> |       |              |      |
|   |    | 100m                 | 14.39                        | (14.39) | 100m                         | 14.78 | (14.78)      |      |

|   |    | Naam               |                    | Cat     |                   | PR    | Tijd         | Info |
|---|----|--------------------|--------------------|---------|-------------------|-------|--------------|------|
| 5 | wt | 117                | <b>Silke Vries</b> |         | DPA               | 14.59 | <b>15.00</b> |      |
|   | rd | 39                 | <b>Kim Kuiper</b>  |         | DPA               | 14.80 | <b>16.14</b> |      |
|   |    | <u>Silke Vries</u> |                    |         | <u>Kim Kuiper</u> |       |              |      |
|   |    | 100m               | 15.00              | (15.00) | 100m              | 16.14 | (16.14)      |      |

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|   |    | Naam |                                | Cat   |         | PR    | Tijd                           | Info    |
|---|----|------|--------------------------------|-------|---------|-------|--------------------------------|---------|
| 6 | gl | 115  | <b>Myrthe Zwaagstra</b>        |       | DPC     | 14.71 | <b>14.51</b>                   | PR      |
|   | bl | 77   | <b>Matthijs Jacobs-Monsees</b> |       | HPC     | 14.59 | <b>14.26</b>                   | PR      |
|   |    |      | <u>Myrthe Zwaagstra</u>        |       |         |       | <u>Matthijs Jacobs-Monsees</u> |         |
|   |    |      | 100m                           | 14.51 | (14.51) | 100m  | 14.26                          | (14.26) |

|   |    | Naam |                        | Cat   |         | PR    | Tijd                   | Info    |
|---|----|------|------------------------|-------|---------|-------|------------------------|---------|
| 7 | wt | 67   | <b>Wymer Feenstra</b>  |       | HPA     | 14.27 | <b>13.42</b>           | PR      |
|   | rd | 92   | <b>Jasmijn Snijder</b> |       | DPB     | 14.26 | <b>14.33</b>           |         |
|   |    |      | <u>Wymer Feenstra</u>  |       |         |       | <u>Jasmijn Snijder</u> |         |
|   |    |      | 100m                   | 13.42 | (13.42) | 100m  | 14.33                  | (14.33) |

|   |    | Naam |                            | Cat   |         | PR    | Tijd                       | Info    |
|---|----|------|----------------------------|-------|---------|-------|----------------------------|---------|
| 8 | gl | 57   | <b>Feya Hollak</b>         |       | DPA     | 14.34 | <b>14.17</b>               | PR      |
|   | bl | 74   | <b>Jurre van der Heide</b> |       | HPB     | 14.48 | <b>14.25</b>               | PR      |
|   |    |      | <u>Feya Hollak</u>         |       |         |       | <u>Jurre van der Heide</u> |         |
|   |    |      | 100m                       | 14.17 | (14.17) | 100m  | 14.25                      | (14.25) |

|   |    | Naam |                         | Cat   |         | PR    | Tijd                    | Info    |
|---|----|------|-------------------------|-------|---------|-------|-------------------------|---------|
| 9 | wt | 110  | <b>Julia Boersma</b>    |       | DPC     | 14.11 | <b>13.71</b>            | PR      |
|   | rd | 128  | <b>Phyline Naberman</b> |       | DPC     | 14.22 | <b>14.55</b>            |         |
|   |    |      | <u>Julia Boersma</u>    |       |         |       | <u>Phyline Naberman</u> |         |
|   |    |      | 100m                    | 13.71 | (13.71) | 100m  | 14.55                   | (14.55) |

|    |    | Naam |                        | Cat   |         | PR    | Tijd                   | Info    |
|----|----|------|------------------------|-------|---------|-------|------------------------|---------|
| 10 | gl | 60   | <b>Daan Westra</b>     |       | HPA     | 14.23 | <b>13.70</b>           | PR      |
|    | bl | 2    | <b>Myrthe De Vries</b> |       | DPA     | 14.15 | <b>13.76</b>           | PR      |
|    |    |      | <u>Daan Westra</u>     |       |         |       | <u>Myrthe De Vries</u> |         |
|    |    |      | 100m                   | 13.70 | (13.70) | 100m  | 13.76                  | (13.76) |

|    |    | Naam |                      | Cat   |         | PR    | Tijd                | Info    |
|----|----|------|----------------------|-------|---------|-------|---------------------|---------|
| 11 | wt | 37   | <b>Verena Jansen</b> |       | DPA     | 13.96 | <b>13.72</b>        | PR      |
|    | rd | 94   | <b>Lotte Kornet</b>  |       | DPB     | 14.07 | <b>14.38</b>        |         |
|    |    |      | <u>Verena Jansen</u> |       |         |       | <u>Lotte Kornet</u> |         |
|    |    |      | 100m                 | 13.72 | (13.72) | 100m  | 14.38               | (14.38) |

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|    |    | Naam                       |       | Cat     |      | PR                     | Tijd         | Info |
|----|----|----------------------------|-------|---------|------|------------------------|--------------|------|
| 12 | gl | 101 <b>Amber Soet</b>      |       | DPB     |      | 13.96                  | <b>14.39</b> |      |
|    | bl | 114 <b>Lynn van Baaren</b> |       | DPB     |      | 13.82                  | <b>14.05</b> |      |
|    |    | <u>Amber Soet</u>          |       |         |      | <u>Lynn van Baaren</u> |              |      |
|    |    | 100m                       | 14.39 | (14.39) | 100m | 14.05                  | (14.05)      |      |

|    |    | Naam                       |       | Cat     |      | PR                     | Tijd         | Info |
|----|----|----------------------------|-------|---------|------|------------------------|--------------|------|
| 13 | wt | 4 <b>Hilderd de Ruiter</b> |       | HPA     |      | 13.70                  | <b>13.46</b> | PR   |
|    | rd | 52 <b>Maartje Wietsma</b>  |       | DPB     |      | 13.49                  | <b>13.60</b> |      |
|    |    | <u>Hilderd de Ruiter</u>   |       |         |      | <u>Maartje Wietsma</u> |              |      |
|    |    | 100m                       | 13.46 | (13.46) | 100m | 13.60                  | (13.60)      |      |

|    |    | Naam                    |       | Cat     |      | PR                   | Tijd         | Info |
|----|----|-------------------------|-------|---------|------|----------------------|--------------|------|
| 14 | gl | 53 <b>Yara Lanza</b>    |       | DPA     |      | 13.64                | <b>14.16</b> |      |
|    | bl | 13 <b>Miriam van Es</b> |       | DPC     |      | 13.59                | <b>13.79</b> |      |
|    |    | <u>Yara Lanza</u>       |       |         |      | <u>Miriam van Es</u> |              |      |
|    |    | 100m                    | 14.16 | (14.16) | 100m | 13.79                | (13.79)      |      |

|    |    | Naam                      |       | Cat     |      | PR                 | Tijd         | Info |
|----|----|---------------------------|-------|---------|------|--------------------|--------------|------|
| 15 | wt | 83 <b>Sybrich Buisman</b> |       | DPA     |      | 13.19              | <b>13.08</b> | PR   |
|    | rd | 17 <b>Tieme Bouma</b>     |       | HPA     |      | 13.29              | <b>12.86</b> | PR   |
|    |    | <u>Sybrich Buisman</u>    |       |         |      | <u>Tieme Bouma</u> |              |      |
|    |    | 100m                      | 13.08 | (13.08) | 100m | 12.86              | (12.86)      |      |

|    |    | Naam                           |       | Cat     |      | PR                         | Tijd         | Info |
|----|----|--------------------------------|-------|---------|------|----------------------------|--------------|------|
| 16 | gl | 34 <b>Menthe Pietersma</b>     |       | DPA     |      | 13.41                      | <b>13.49</b> |      |
|    | bl | 123 <b>Sverre Jens Wolters</b> |       | HPA     |      | 13.22                      | <b>12.44</b> | PR   |
|    |    | <u>Menthe Pietersma</u>        |       |         |      | <u>Sverre Jens Wolters</u> |              |      |
|    |    | 100m                           | 13.49 | (13.49) | 100m | 12.44                      | (12.44)      |      |

|    |    | Naam                       |       | Cat     |      | PR                      | Tijd         | Info |
|----|----|----------------------------|-------|---------|------|-------------------------|--------------|------|
| 17 | wt | 23 <b>Niels Everts</b>     |       | HPB     |      | 13.11                   | <b>13.19</b> |      |
|    | rd | 29 <b>Jurre Valkenburg</b> |       | HPC     |      | 13.14                   | <b>13.23</b> |      |
|    |    | <u>Niels Everts</u>        |       |         |      | <u>Jurre Valkenburg</u> |              |      |
|    |    | 100m                       | 13.19 | (13.19) | 100m | 13.23                   | (13.23)      |      |

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|       |    | Naam                      | Cat           | PR    | Tijd         | Info                  |
|-------|----|---------------------------|---------------|-------|--------------|-----------------------|
| 18    | gl | 107 <b>Bente Dam</b>      | DPB           | 12.94 | <b>13.58</b> |                       |
|       | bl | 43 <b>Stevin Visser</b>   | HPB           | 12.83 | <b>12.92</b> |                       |
|       |    | <u>Bente Dam</u>          |               |       |              | <u>Stevin Visser</u>  |
|       |    | 100m                      | 13.58 (13.58) |       |              | 100m                  |
|       |    |                           |               | 12.92 | (12.92)      |                       |
| <hr/> |    |                           |               |       |              |                       |
|       |    | Naam                      | Cat           | PR    | Tijd         | Info                  |
| 19    | wt | 6 <b>Sigrid van Es</b>    | DPB           | 12.23 | <b>12.43</b> |                       |
|       | rd | 27 <b>Sander Leusink</b>  | HPA           | 12.78 | <b>12.51</b> | PR                    |
|       |    | <u>Sigrid van Es</u>      |               |       |              | <u>Sander Leusink</u> |
|       |    | 100m                      | 12.43 (12.43) |       |              | 100m                  |
|       |    |                           |               | 12.51 | (12.51)      |                       |
| <hr/> |    |                           |               |       |              |                       |
|       |    | Naam                      | Cat           | PR    | Tijd         | Info                  |
| 20    | gl | 98 <b>Esmee Bonestroo</b> | DPA           | 12.69 | <b>12.89</b> |                       |
|       | bl | 109 <b>Anton Boersma</b>  | HPA           | 12.16 | <b>12.07</b> | PR                    |
|       |    | <u>Esmee Bonestroo</u>    |               |       |              | <u>Anton Boersma</u>  |
|       |    | 100m                      | 12.89 (12.89) |       |              | 100m                  |
|       |    |                           |               | 12.07 | (12.07)      |                       |

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Thialf - Heerenveen

## 2. Uitslag Pupillen (100-300) 100 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1   | 118 Tim Postma         | HPA | 32   | O    | 12.53 | PR   |        |
| 2   | 31 Jens-Jochem Webbink | HPB | 31   | O    | 13.42 | PR   |        |
| 3   | 19 Mylan Koeman        | HPC | 31   | I    | 13.65 | PR   |        |
| 4   | 20 Djura Lubbinge      | DPB | 32   | I    | 13.66 | PR   |        |
| 5   | 45 Thies Kramer        | HPC | 23   | I    | 14.29 |      |        |
| 6   | 51 Nina Poltavets      | DPD | 30   | I    | 14.59 | PR   |        |
| 7   | 21 Noémi Vlieg         | DPD | 21   | I    | 14.61 |      |        |
| 8   | 26 Famke Van Deursen   | DPB | 29   | O    | 14.66 |      |        |
| 9   | 50 Ilana Hokse         | DPD | 24   | I    | 14.74 |      |        |
| 10  | 35 Romée Lanser        | DPC | 29   | I    | 14.91 |      |        |
| 11  | 59 Tiemen de Haan      | HPB | 25   | O    | 15.08 |      |        |
| 12  | 121 Mara Nossin        | DPC | 24   | O    | 15.12 |      |        |
| 13  | 55 Annabelle Frychel   | DPC | 28   | O    | 15.25 | PR   |        |
| 14  | 81 Rob Nagelhout       | HPC | 30   | O    | 15.31 |      |        |
| 15  | 124 Esra Alkema        | DPD | 26   | I    | 15.49 | PR   |        |
| 16  | 3 Benthe De Vries      | DPC | 27   | I    | 15.61 |      |        |
| 17  | 58 Jente de Haan       | HPB | 23   | O    | 15.63 |      |        |
| 18  | 41 Naut Kuiper         | HPE | 27   | O    | 16.13 | PR   |        |
| 19  | 22 Ranomi Schaap       | DPC | 26   | O    | 16.28 |      |        |
| 20  | 116 Yfke Vries         | DPD | 28   | I    | 16.68 |      |        |
| 21  | 82 Niels de Jager      | HPD | 25   | I    | 16.69 |      |        |

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## 2. Rituitslag Pupillen (100-300) 100 meter

|    |          | Naam               |                    | Cat     |     | PR | Tijd         | Info |
|----|----------|--------------------|--------------------|---------|-----|----|--------------|------|
| 21 | wt<br>rd | 21                 | <b>Noémi Vlieg</b> |         | DPD |    | <b>14.61</b> |      |
|    |          | <b>Noémi Vlieg</b> |                    |         |     |    |              |      |
|    |          | 100m               | 14.61              | (14.61) |     |    | m            |      |

|    |          | Naam |  | Cat |  | PR | Tijd | Info |
|----|----------|------|--|-----|--|----|------|------|
| 22 | gl<br>bl |      |  |     |  |    |      |      |
|    |          |      |  |     |  |    | m    |      |
|    |          |      |  |     |  |    | m    |      |

|    |          | Naam                 |                      | Cat     |     | PR | Tijd         | Info |
|----|----------|----------------------|----------------------|---------|-----|----|--------------|------|
| 23 | wt<br>rd | 45                   | <b>Thies Kramer</b>  |         | HPC |    | <b>14.29</b> |      |
|    |          | 58                   | <b>Jente de Haan</b> |         | HPB |    | <b>15.63</b> |      |
|    |          | <b>Thies Kramer</b>  |                      |         |     |    |              |      |
|    |          | 100m                 | 14.29                | (14.29) |     |    |              |      |
|    |          | <b>Jente de Haan</b> |                      |         |     |    |              |      |
|    |          | 100m                 | 15.63                | (15.63) |     |    |              |      |

|    |          | Naam               |                    | Cat     |     | PR | Tijd         | Info |
|----|----------|--------------------|--------------------|---------|-----|----|--------------|------|
| 24 | gl<br>bl | 50                 | <b>Ilana Hokse</b> |         | DPD |    | <b>14.74</b> |      |
|    |          | 121                | <b>Mara Nossin</b> |         | DPC |    | <b>15.12</b> |      |
|    |          | <b>Ilana Hokse</b> |                    |         |     |    |              |      |
|    |          | 100m               | 14.74              | (14.74) |     |    |              |      |
|    |          | <b>Mara Nossin</b> |                    |         |     |    |              |      |
|    |          | 100m               | 15.12              | (15.12) |     |    |              |      |

|    |          | Naam                  |                       | Cat     |     | PR | Tijd         | Info |
|----|----------|-----------------------|-----------------------|---------|-----|----|--------------|------|
| 25 | wt<br>rd | 82                    | <b>Niels de Jager</b> |         | HPD |    | <b>16.69</b> |      |
|    |          | 59                    | <b>Tiemen de Haan</b> |         | HPB |    | <b>15.08</b> |      |
|    |          | <b>Niels de Jager</b> |                       |         |     |    |              |      |
|    |          | 100m                  | 16.69                 | (16.69) |     |    |              |      |
|    |          | <b>Tiemen de Haan</b> |                       |         |     |    |              |      |
|    |          | 100m                  | 15.08                 | (15.08) |     |    |              |      |

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|    |    | Naam                    | Cat           | PR    | Tijd                 | Info          |
|----|----|-------------------------|---------------|-------|----------------------|---------------|
| 26 | gl | 124 <b>Esra Alkema</b>  | DPD           | 17.60 | <b>15.49</b>         | PR            |
|    | bl | 22 <b>Ranomi Schaap</b> | DPC           |       | <b>16.28</b>         |               |
|    |    | <u>Esra Alkema</u>      |               |       | <u>Ranomi Schaap</u> |               |
|    |    | 100m                    | 15.49 (15.49) |       | 100m                 | 16.28 (16.28) |

|    |    | Naam                     | Cat           | PR    | Tijd               | Info          |
|----|----|--------------------------|---------------|-------|--------------------|---------------|
| 27 | wt | 3 <b>Benthe De Vries</b> | DPC           | 15.45 | <b>15.61</b>       |               |
|    | rd | 41 <b>Naut Kuiper</b>    | HPE           | 16.67 | <b>16.13</b>       | PR            |
|    |    | <u>Benthe De Vries</u>   |               |       | <u>Naut Kuiper</u> |               |
|    |    | 100m                     | 15.61 (15.61) |       | 100m               | 16.13 (16.13) |

|    |    | Naam                        | Cat           | PR    | Tijd                     | Info          |
|----|----|-----------------------------|---------------|-------|--------------------------|---------------|
| 28 | gl | 116 <b>Yfke Vries</b>       | DPD           | 16.31 | <b>16.68</b>             |               |
|    | bl | 55 <b>Annabelle Frychel</b> | DPC           | 16.27 | <b>15.25</b>             | PR            |
|    |    | <u>Yfke Vries</u>           |               |       | <u>Annabelle Frychel</u> |               |
|    |    | 100m                        | 16.68 (16.68) |       | 100m                     | 15.25 (15.25) |

|    |    | Naam                        | Cat           | PR    | Tijd                     | Info          |
|----|----|-----------------------------|---------------|-------|--------------------------|---------------|
| 29 | wt | 35 <b>Romée Lanser</b>      | DPC           | 14.57 | <b>14.91</b>             |               |
|    | rd | 26 <b>Famke Van Deursen</b> | DPB           | 14.44 | <b>14.66</b>             |               |
|    |    | <u>Romée Lanser</u>         |               |       | <u>Famke Van Deursen</u> |               |
|    |    | 100m                        | 14.91 (14.91) |       | 100m                     | 14.66 (14.66) |

|    |    | Naam                     | Cat           | PR    | Tijd                 | Info          |
|----|----|--------------------------|---------------|-------|----------------------|---------------|
| 30 | gl | 51 <b>Nina Poltavets</b> | DPD           | 14.70 | <b>14.59</b>         | PR            |
|    | bl | 81 <b>Rob Nagelhout</b>  | HPC           | 15.07 | <b>15.31</b>         |               |
|    |    | <u>Nina Poltavets</u>    |               |       | <u>Rob Nagelhout</u> |               |
|    |    | 100m                     | 14.59 (14.59) |       | 100m                 | 15.31 (15.31) |

|    |    | Naam                          | Cat           | PR    | Tijd                       | Info          |
|----|----|-------------------------------|---------------|-------|----------------------------|---------------|
| 31 | wt | 19 <b>Mylan Koeman</b>        | HPC           | 14.16 | <b>13.65</b>               | PR            |
|    | rd | 31 <b>Jens-Jochem Webbink</b> | HPB           | 13.75 | <b>13.42</b>               | PR            |
|    |    | <u>Mylan Koeman</u>           |               |       | <u>Jens-Jochem Webbink</u> |               |
|    |    | 100m                          | 13.65 (13.65) |       | 100m                       | 13.42 (13.42) |

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Thialf - Heerenveen

|    |    | Naam                     | Cat               | PR            | Tijd         | Info |
|----|----|--------------------------|-------------------|---------------|--------------|------|
| 32 | gl | 20 <b>Djura Lubbinge</b> | DPB               | 14.15         | <b>13.66</b> | PR   |
|    | bl | 118 <b>Tim Postma</b>    | HPA               | 12.88         | <b>12.53</b> | PR   |
|    |    | <b>Djura Lubbinge</b>    |                   |               |              |      |
|    |    | 100m                     | 13.66 (13.66)     |               |              |      |
|    |    |                          | <b>Tim Postma</b> |               |              |      |
|    |    |                          | 100m              | 12.53 (12.53) |              |      |

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Thialf - Heerenveen

## 3. Uitslag Pupillen (100-500) 500 meter

| Pos | Naam                       | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|----------------------------|-----|------|------|---------|------|--------|
| 1   | 6 Sigrïd van Es            | DPB | 51   | I    | 47.25   |      |        |
| 2   | 27 Sander Leusink          | HPA | 52   | I    | 48.92   | PR   |        |
| 3   | 34 Menthe Pietersma        | DPA | 49   | O    | 49.90   | PR   |        |
| 4   | 23 Niels Everts            | HPB | 49   | I    | 50.13   |      |        |
| 5   | 83 Sybrich Buisman         | DPA | 50   | O    | 50.32   | PR   |        |
| 6   | 17 Tieme Bouma             | HPA | 52   | O    | 50.33   |      |        |
| 7   | 98 Esmee Bonestroo         | DPA | 50   | I    | 50.67   |      |        |
| 8   | 123 Sverre Jens Wolters    | HPA | 45   | O    | 51.14   | PR   |        |
| 9   | 43 Stevin Visser           | HPB | 48   | O    | 52.32   |      |        |
| 10  | 29 Jurre Valkenburg        | HPC | 46   | O    | 53.77   | PR   |        |
| 11  | 60 Daan Westra             | HPA | 45   | I    | 54.33   | PR   |        |
| 12  | 2 Myrthe De Vries          | DPA | 44   | O    | 55.31   | PR   |        |
| 13  | 52 Maartje Wietsma         | DPB | 48   | I    | 56.26   |      |        |
| 14  | 13 Miriam van Es           | DPC | 47   | I    | 56.84   | PR   |        |
| 15  | 57 Feya Hollak             | DPA | 42   | O    | 56.99   | PR   |        |
| 16  | 67 Wymer Feenstra          | HPA | 43   | O    | 57.04   | PR   |        |
| 17  | 37 Verena Jansen           | DPA | 44   | I    | 57.05   | PR   |        |
| 18  | 107 Bente Dam              | DPB | 47   | O    | 57.44   |      |        |
| 19  | 110 Julia Boersma          | DPC | 37   | I    | 58.55   | PR   |        |
| 20  | 53 Yara Lanza              | DPA | 43   | I    | 58.65   | PR   |        |
| 21  | 77 Matthijs Jacobs-Monsees | HPC | 39   | O    | 58.82   | PR   |        |
| 22  | 24 Derek Graansma          | HPB | 33   | O    | 58.84   |      |        |
| 23  | 4 Hilderd de Ruiters       | HPA | 41   | O    | 58.86   | PR   |        |
| 24  | 114 Lynn van Baaren        | DPB | 39   | I    | 59.59   | PR   |        |
| 25  | 117 Silke Vries            | DPA | 46   | I    | 59.80   |      |        |
| 26  | 92 Jasmijn Snijder         | DPB | 41   | I    | 1:00.20 | PR   |        |
| 27  | 74 Jurre van der Heide     | HPB | 35   | I    | 1:01.23 |      |        |
| 28  | 128 Phylina Naberman       | DPC | 37   | O    | 1:01.43 | PR   |        |
| 29  | 89 Tamar Daleman           | DPA | 38   | I    | 1:01.51 | PR   |        |
| 30  | 94 Lotte Kornet            | DPB | 42   | I    | 1:02.17 |      |        |
| 31  | 101 Amber Soet             | DPB | 40   | O    | 1:04.54 |      |        |
| 32  | 39 Kim Kuiper              | DPA | 38   | O    | 1:05.29 |      |        |
| 33  | 79 Mirna van der Terp      | DPB | 40   | I    | 1:05.92 |      |        |
| 34  | 115 Myrthe Zwaagstra       | DPC | 36   | O    | 1:06.15 | PR   |        |
| 35  | 93 Linn Erdsieck           | DPC | 36   | I    | 1:07.40 | PR   |        |
| 36  | 86 Bjorn Oosterhof         | HPB | 33   | I    | 1:08.80 |      |        |
| 37  | 133 Annemare van den Berg  | DPB | 35   | O    | 1:11.32 | FL   |        |
|     | 109 Anton Boersma          | HPA | 51   | O    | DNF     |      |        |

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Thialf - Heerenveen

## 3. Rituitslag Pupillen (100-500) 500 meter

|    |    | Naam                   |                        | Cat     |                       | PR    | Tijd           | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|----------------|------|
| 33 | wt | 86                     | <b>Bjorn Oosterhof</b> |         | HPB                   |       | <b>1:08.80</b> |      |
|    | rd | 24                     | <b>Derek Graansma</b>  |         | HPB                   |       | <b>58.84</b>   |      |
|    |    | <b>Bjorn Oosterhof</b> |                        |         | <b>Derek Graansma</b> |       |                |      |
|    |    | 100m                   | 15.30                  | (15.30) | 100m                  | 14.67 | (14.67)        |      |
|    |    | 500m                   | 1:08.80                | (53.50) | 500m                  | 58.84 | (44.17)        |      |

|    |    | Naam |  | Cat |   | PR | Tijd | Info |
|----|----|------|--|-----|---|----|------|------|
| 34 | gl |      |  |     |   |    |      |      |
|    | bl |      |  |     |   |    |      |      |
|    |    | m    |  |     | m |    |      |      |

|    |    | Naam                       |                              | Cat     |                              | PR      | Tijd           | Info |
|----|----|----------------------------|------------------------------|---------|------------------------------|---------|----------------|------|
| 35 | wt | 74                         | <b>Jurre van der Heide</b>   |         | HPB                          |         | <b>1:01.23</b> |      |
|    | rd | 133                        | <b>Annemare van den Berg</b> |         | DPB                          |         | <b>1:11.32</b> | FL   |
|    |    | <b>Jurre van der Heide</b> |                              |         | <b>Annemare van den Berg</b> |         |                |      |
|    |    | 100m                       | 14.48                        | (14.48) | 100m                         | 14.89   | (14.89)        |      |
|    |    | 500m                       | 1:01.23                      | (46.75) | 500m                         | 1:11.32 | (56.43)        |      |

|    |    | Naam                 |                         | Cat     |                         | PR      | Tijd           | Info |
|----|----|----------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 36 | gl | 93                   | <b>Linn Erdsieck</b>    |         | DPC                     | 1:14.19 | <b>1:07.40</b> | PR   |
|    | bl | 115                  | <b>Myrthe Zwaagstra</b> |         | DPC                     | 1:10.60 | <b>1:06.15</b> | PR   |
|    |    | <b>Linn Erdsieck</b> |                         |         | <b>Myrthe Zwaagstra</b> |         |                |      |
|    |    | 100m                 | 15.95                   | (15.95) | 100m                    | 15.10   | (15.10)        |      |
|    |    | 500m                 | 1:07.40                 | (51.45) | 500m                    | 1:06.15 | (51.05)        |      |

|    |    | Naam                 |                         | Cat     |                         | PR      | Tijd           | Info |
|----|----|----------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 37 | wt | 110                  | <b>Julia Boersma</b>    |         | DPC                     | 1:05.63 | <b>58.55</b>   | PR   |
|    | rd | 128                  | <b>Phyline Naberman</b> |         | DPC                     | 1:10.11 | <b>1:01.43</b> | PR   |
|    |    | <b>Julia Boersma</b> |                         |         | <b>Phyline Naberman</b> |         |                |      |
|    |    | 100m                 | 14.28                   | (14.28) | 100m                    | 14.77   | (14.77)        |      |
|    |    | 500m                 | 58.55                   | (44.27) | 500m                    | 1:01.43 | (46.66)        |      |

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|    |    | Naam                 |                      |         | Cat               |         |         | PR      | Tijd           | Info |  |
|----|----|----------------------|----------------------|---------|-------------------|---------|---------|---------|----------------|------|--|
| 38 | gl | 89                   | <b>Tamar Daleman</b> |         | DPA               |         |         | 1:06.18 | <b>1:01.51</b> | PR   |  |
|    | bl | 39                   | <b>Kim Kuiper</b>    |         | DPA               |         |         | 1:04.69 | <b>1:05.29</b> |      |  |
|    |    | <u>Tamar Daleman</u> |                      |         | <u>Kim Kuiper</u> |         |         |         |                |      |  |
|    |    | 100m                 | 15.02                | (15.02) | 100m              | 15.78   | (15.78) |         |                |      |  |
|    |    | 500m                 | 1:01.51              | (46.49) | 500m              | 1:05.29 | (49.51) |         |                |      |  |

|    |    | Naam                   |                                |         | Cat                            |       |         | PR      | Tijd         | Info |  |
|----|----|------------------------|--------------------------------|---------|--------------------------------|-------|---------|---------|--------------|------|--|
| 39 | wt | 114                    | <b>Lynn van Baaren</b>         |         | DPB                            |       |         | 1:04.32 | <b>59.59</b> | PR   |  |
|    | rd | 77                     | <b>Matthijs Jacobs-Monsees</b> |         | HPC                            |       |         | 1:03.82 | <b>58.82</b> | PR   |  |
|    |    | <u>Lynn van Baaren</u> |                                |         | <u>Matthijs Jacobs-Monsees</u> |       |         |         |              |      |  |
|    |    | 100m                   | 13.87                          | (13.87) | 100m                           | 14.60 | (14.60) |         |              |      |  |
|    |    | 500m                   | 59.59                          | (45.72) | 500m                           | 58.82 | (44.22) |         |              |      |  |

|    |    | Naam                      |                           |         | Cat               |         |         | PR      | Tijd           | Info |  |
|----|----|---------------------------|---------------------------|---------|-------------------|---------|---------|---------|----------------|------|--|
| 40 | gl | 79                        | <b>Mirna van der Terp</b> |         | DPB               |         |         | 1:04.22 | <b>1:05.92</b> |      |  |
|    | bl | 101                       | <b>Amber Soet</b>         |         | DPB               |         |         | 1:02.78 | <b>1:04.54</b> |      |  |
|    |    | <u>Mirna van der Terp</u> |                           |         | <u>Amber Soet</u> |         |         |         |                |      |  |
|    |    | 100m                      | 16.11                     | (16.11) | 100m              | 14.87   | (14.87) |         |                |      |  |
|    |    | 500m                      | 1:05.92                   | (49.81) | 500m              | 1:04.54 | (49.67) |         |                |      |  |

|    |    | Naam                   |                          |         | Cat                      |       |         | PR      | Tijd           | Info |  |
|----|----|------------------------|--------------------------|---------|--------------------------|-------|---------|---------|----------------|------|--|
| 41 | wt | 92                     | <b>Jasmijn Snijder</b>   |         | DPB                      |       |         | 1:01.12 | <b>1:00.20</b> | PR   |  |
|    | rd | 4                      | <b>Hilderd de Ruiter</b> |         | HPA                      |       |         | 1:02.31 | <b>58.86</b>   | PR   |  |
|    |    | <u>Jasmijn Snijder</u> |                          |         | <u>Hilderd de Ruiter</u> |       |         |         |                |      |  |
|    |    | 100m                   | 14.48                    | (14.48) | 100m                     | 14.12 | (14.12) |         |                |      |  |
|    |    | 500m                   | 1:00.20                  | (45.72) | 500m                     | 58.86 | (44.74) |         |                |      |  |

|    |    | Naam                |                     |         | Cat                |       |         | PR      | Tijd           | Info |  |
|----|----|---------------------|---------------------|---------|--------------------|-------|---------|---------|----------------|------|--|
| 42 | gl | 94                  | <b>Lotte Kornet</b> |         | DPB                |       |         | 1:01.46 | <b>1:02.17</b> |      |  |
|    | bl | 57                  | <b>Feya Hollak</b>  |         | DPA                |       |         | 1:02.54 | <b>56.99</b>   | PR   |  |
|    |    | <u>Lotte Kornet</u> |                     |         | <u>Feya Hollak</u> |       |         |         |                |      |  |
|    |    | 100m                | 14.84               | (14.84) | 100m               | 14.50 | (14.50) |         |                |      |  |
|    |    | 500m                | 1:02.17             | (47.33) | 500m               | 56.99 | (42.49) |         |                |      |  |

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## Thialf - Heerenveen

|    |    | Naam              |                       |         | Cat                   |       |         | PR      | Tijd         | Info |  |
|----|----|-------------------|-----------------------|---------|-----------------------|-------|---------|---------|--------------|------|--|
| 43 | wt | 53                | <b>Yara Lanza</b>     |         | DPA                   |       |         | 59.58   | <b>58.65</b> | PR   |  |
|    | rd | 67                | <b>Wymer Feenstra</b> |         | HPA                   |       |         | 1:00.66 | <b>57.04</b> | PR   |  |
|    |    | <u>Yara Lanza</u> |                       |         | <u>Wymer Feenstra</u> |       |         |         |              |      |  |
|    |    | 100m              | 13.75                 | (13.75) | 100m                  | 13.52 | (13.52) |         |              |      |  |
|    |    | 500m              | 58.65                 | (44.90) | 500m                  | 57.04 | (43.52) |         |              |      |  |

|    |    | Naam                 |                        |         | Cat                    |       |         | PR      | Tijd         | Info |  |
|----|----|----------------------|------------------------|---------|------------------------|-------|---------|---------|--------------|------|--|
| 44 | gl | 37                   | <b>Verena Jansen</b>   |         | DPA                    |       |         | 59.18   | <b>57.05</b> | PR   |  |
|    | bl | 2                    | <b>Myrthe De Vries</b> |         | DPA                    |       |         | 1:00.23 | <b>55.31</b> | PR   |  |
|    |    | <u>Verena Jansen</u> |                        |         | <u>Myrthe De Vries</u> |       |         |         |              |      |  |
|    |    | 100m                 | 14.27                  | (14.27) | 100m                   | 14.03 | (14.03) |         |              |      |  |
|    |    | 500m                 | 57.05                  | (42.78) | 500m                   | 55.31 | (41.28) |         |              |      |  |

|    |    | Naam               |                            |         | Cat                        |       |         | PR    | Tijd         | Info |  |
|----|----|--------------------|----------------------------|---------|----------------------------|-------|---------|-------|--------------|------|--|
| 45 | wt | 60                 | <b>Daan Westra</b>         |         | HPA                        |       |         | 58.07 | <b>54.33</b> | PR   |  |
|    | rd | 123                | <b>Sverre Jens Wolters</b> |         | HPA                        |       |         | 57.92 | <b>51.14</b> | PR   |  |
|    |    | <u>Daan Westra</u> |                            |         | <u>Sverre Jens Wolters</u> |       |         |       |              |      |  |
|    |    | 100m               | 13.74                      | (13.74) | 100m                       | 12.75 | (12.75) |       |              |      |  |
|    |    | 500m               | 54.33                      | (40.59) | 500m                       | 51.14 | (38.39) |       |              |      |  |

|    |    | Naam               |                         |         | Cat                     |       |         | PR    | Tijd         | Info |  |
|----|----|--------------------|-------------------------|---------|-------------------------|-------|---------|-------|--------------|------|--|
| 46 | gl | 117                | <b>Silke Vries</b>      |         | DPA                     |       |         | 58.81 | <b>59.80</b> |      |  |
|    | bl | 29                 | <b>Jurre Valkenburg</b> |         | HPC                     |       |         | 57.55 | <b>53.77</b> | PR   |  |
|    |    | <u>Silke Vries</u> |                         |         | <u>Jurre Valkenburg</u> |       |         |       |              |      |  |
|    |    | 100m               | 14.97                   | (14.97) | 100m                    | 13.32 | (13.32) |       |              |      |  |
|    |    | 500m               | 59.80                   | (44.83) | 500m                    | 53.77 | (40.45) |       |              |      |  |

|    |    | Naam                 |                      |         | Cat              |       |         | PR    | Tijd         | Info |  |
|----|----|----------------------|----------------------|---------|------------------|-------|---------|-------|--------------|------|--|
| 47 | wt | 13                   | <b>Miriam van Es</b> |         | DPC              |       |         | 56.85 | <b>56.84</b> | PR   |  |
|    | rd | 107                  | <b>Bente Dam</b>     |         | DPB              |       |         | 55.77 | <b>57.44</b> |      |  |
|    |    | <u>Miriam van Es</u> |                      |         | <u>Bente Dam</u> |       |         |       |              |      |  |
|    |    | 100m                 | 14.09                | (14.09) | 100m             | 13.72 | (13.72) |       |              |      |  |
|    |    | 500m                 | 56.84                | (42.75) | 500m             | 57.44 | (43.72) |       |              |      |  |

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|    |    | Naam                   |                        |         | Cat                  | PR    | Tijd         | Info |
|----|----|------------------------|------------------------|---------|----------------------|-------|--------------|------|
| 48 | gl | 52                     | <b>Maartje Wietsma</b> |         | DPB                  | 55.39 | <b>56.26</b> |      |
|    | bl | 43                     | <b>Stevin Visser</b>   |         | HPB                  | 51.43 | <b>52.32</b> |      |
|    |    | <u>Maartje Wietsma</u> |                        |         | <u>Stevin Visser</u> |       |              |      |
|    |    | 100m                   | 14.27                  | (14.27) | 100m                 | 13.55 | (13.55)      |      |
|    |    | 500m                   | 56.26                  | (41.99) | 500m                 | 52.32 | (38.77)      |      |

|    |    | Naam                |                         |         | Cat                     | PR    | Tijd         | Info |
|----|----|---------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 49 | wt | 23                  | <b>Niels Everts</b>     |         | HPB                     | 49.93 | <b>50.13</b> |      |
|    | rd | 34                  | <b>Menthe Pietersma</b> |         | DPA                     | 50.94 | <b>49.90</b> | PR   |
|    |    | <u>Niels Everts</u> |                         |         | <u>Menthe Pietersma</u> |       |              |      |
|    |    | 100m                | 13.28                   | (13.28) | 100m                    | 13.40 | (13.40)      |      |
|    |    | 500m                | 50.13                   | (36.85) | 500m                    | 49.90 | (36.50)      |      |

|    |    | Naam                   |                        |         | Cat                    | PR    | Tijd         | Info |
|----|----|------------------------|------------------------|---------|------------------------|-------|--------------|------|
| 50 | gl | 98                     | <b>Esmee Bonestroo</b> |         | DPA                    | 50.12 | <b>50.67</b> |      |
|    | bl | 83                     | <b>Sybrich Buisman</b> |         | DPA                    | 50.75 | <b>50.32</b> | PR   |
|    |    | <u>Esmee Bonestroo</u> |                        |         | <u>Sybrich Buisman</u> |       |              |      |
|    |    | 100m                   | 13.00                  | (13.00) | 100m                   | 13.25 | (13.25)      |      |
|    |    | 500m                   | 50.67                  | (37.67) | 500m                   | 50.32 | (37.07)      |      |

|    |    | Naam                 |                      |         | Cat                  | PR    | Tijd         | Info |
|----|----|----------------------|----------------------|---------|----------------------|-------|--------------|------|
| 51 | wt | 6                    | <b>Sigrid van Es</b> |         | DPB                  | 45.65 | <b>47.25</b> |      |
|    | rd | 109                  | <b>Anton Boersma</b> |         | HPA                  | 46.26 | <b>DNF</b>   |      |
|    |    | <u>Sigrid van Es</u> |                      |         | <u>Anton Boersma</u> |       |              |      |
|    |    | 100m                 | 12.57                | (12.57) | 100m                 | 12.35 | (12.35)      |      |
|    |    | 500m                 | 47.25                | (34.68) |                      |       |              |      |

|    |    | Naam                  |                       |         | Cat                | PR    | Tijd         | Info |
|----|----|-----------------------|-----------------------|---------|--------------------|-------|--------------|------|
| 52 | gl | 27                    | <b>Sander Leusink</b> |         | HPA                | 49.48 | <b>48.92</b> | PR   |
|    | bl | 17                    | <b>Tieme Bouma</b>    |         | HPA                | 49.31 | <b>50.33</b> |      |
|    |    | <u>Sander Leusink</u> |                       |         | <u>Tieme Bouma</u> |       |              |      |
|    |    | 100m                  | 13.11                 | (13.11) | 100m               | 13.23 | (13.23)      |      |
|    |    | 500m                  | 48.92                 | (35.81) | 500m               | 50.33 | (37.10)      |      |

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Thialf - Heerenveen

## 4. Uitslag Pupillen (100-300) 300 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1   | 118 Tim Postma         | HPA | 63   | O    | 31.23 |      |        |
| 2   | 20 Djura Lubbinge      | DPB | 64   | I    | 34.03 | PR   |        |
| 3   | 31 Jens-Jochem Webbink | HPB | 64   | O    | 37.44 | PR   |        |
| 4   | 50 Ilana Hokse         | DPD | 56   | I    | 37.63 |      |        |
| 5   | 26 Famke Van Deursen   | DPB | 63   | I    | 37.90 | PR   |        |
| 6   | 51 Nina Poltavets      | DPD | 59   | I    | 39.53 | PR   |        |
| 7   | 21 Noémi Vlieg         | DPD | 53   | I    | 40.08 |      |        |
| 8   | 45 Thies Kramer        | HPC | 55   | I    | 41.07 |      |        |
| 9   | 35 Romée Lanser        | DPC | 61   | I    | 41.23 |      |        |
| 10  | 59 Tiemen de Haan      | HPB | 57   | I    | 41.55 |      |        |
| 11  | 19 Mylan Koeman        | HPC | 62   | O    | 42.04 | FL   |        |
| 12  | 58 Jente de Haan       | HPB | 56   | O    | 42.05 |      |        |
| 13  | 55 Annabelle Frychel   | DPC | 60   | O    | 42.67 | PR   |        |
| 14  | 41 Naut Kuiper         | HPE | 59   | O    | 43.27 | PR   |        |
| 15  | 121 Mara Nossin        | DPC | 55   | O    | 43.33 |      |        |
| 16  | 81 Rob Nagelhout       | HPC | 61   | O    | 43.47 |      |        |
| 17  | 116 Yfke Vries         | DPD | 60   | I    | 44.09 |      |        |
| 18  | 124 Esra Alkema        | DPD | 58   | I    | 44.60 | HT   |        |
| 19  | 82 Niels de Jager      | HPD | 58   | O    | 45.74 |      |        |
| 20  | 22 Ranomi Schaap       | DPC | 57   | O    | 46.64 |      |        |
| 21  | 3 Benthe De Vries      | DPC | 62   | I    | 52.50 | FL   |        |

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## 4. Rituitslag Pupillen (100-300) 300 meter

|    |    | Naam               |                    | Cat     |     | PR | Tijd         | Info |
|----|----|--------------------|--------------------|---------|-----|----|--------------|------|
| 53 | wt | 21                 | <b>Noémi Vlieg</b> |         | DPD |    | <b>40.08</b> |      |
|    | rd |                    |                    |         |     |    |              |      |
|    |    | <b>Noémi Vlieg</b> |                    |         |     |    |              |      |
|    |    | 300m               | 40.08              | (40.08) |     |    | m            |      |

|    |    | Naam |  | Cat |  | PR | Tijd | Info |
|----|----|------|--|-----|--|----|------|------|
| 54 | gl |      |  |     |  |    |      |      |
|    | bl |      |  |     |  |    |      |      |
|    |    |      |  |     |  |    | m    |      |
|    |    |      |  |     |  |    | m    |      |

|    |    | Naam                |                     | Cat     |     | PR | Tijd         | Info |
|----|----|---------------------|---------------------|---------|-----|----|--------------|------|
| 55 | wt | 45                  | <b>Thies Kramer</b> |         | HPC |    | <b>41.07</b> |      |
|    | rd | 121                 | <b>Mara Nossin</b>  |         | DPC |    | <b>43.33</b> |      |
|    |    | <b>Thies Kramer</b> |                     |         |     |    |              |      |
|    |    | 300m                | 41.07               | (41.07) |     |    |              |      |
|    |    | <b>Mara Nossin</b>  |                     |         |     |    |              |      |
|    |    | 300m                | 43.33               | (43.33) |     |    |              |      |

|    |    | Naam                 |                      | Cat     |     | PR | Tijd         | Info |
|----|----|----------------------|----------------------|---------|-----|----|--------------|------|
| 56 | gl | 50                   | <b>Ilana Hokse</b>   |         | DPD |    | <b>37.63</b> |      |
|    | bl | 58                   | <b>Jente de Haan</b> |         | HPB |    | <b>42.05</b> |      |
|    |    | <b>Ilana Hokse</b>   |                      |         |     |    |              |      |
|    |    | 300m                 | 37.63                | (37.63) |     |    |              |      |
|    |    | <b>Jente de Haan</b> |                      |         |     |    |              |      |
|    |    | 300m                 | 42.05                | (42.05) |     |    |              |      |

|    |    | Naam                  |                       | Cat     |     | PR | Tijd         | Info |
|----|----|-----------------------|-----------------------|---------|-----|----|--------------|------|
| 57 | wt | 59                    | <b>Tiemen de Haan</b> |         | HPB |    | <b>41.55</b> |      |
|    | rd | 22                    | <b>Ranomi Schaap</b>  |         | DPC |    | <b>46.64</b> |      |
|    |    | <b>Tiemen de Haan</b> |                       |         |     |    |              |      |
|    |    | 300m                  | 41.55                 | (41.55) |     |    |              |      |
|    |    | <b>Ranomi Schaap</b>  |                       |         |     |    |              |      |
|    |    | 300m                  | 46.64                 | (46.64) |     |    |              |      |

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|       |    | Naam                     |                          | Cat     |                          | PR    | Tijd         | Info |
|-------|----|--------------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 58    | gl | 124                      | <b>Esra Alkema</b>       |         | DPD                      | 48.49 | <b>44.60</b> | HT   |
|       | bl | 82                       | <b>Niels de Jager</b>    |         | HPD                      |       | <b>45.74</b> |      |
|       |    | <u>Esra Alkema</u>       |                          |         | <u>Niels de Jager</u>    |       |              |      |
|       |    | 300m                     | 44.60                    | (44.60) | 300m                     | 45.74 | (45.74)      |      |
| <hr/> |    |                          |                          |         |                          |       |              |      |
|       |    | Naam                     |                          | Cat     |                          | PR    | Tijd         | Info |
| 59    | wt | 51                       | <b>Nina Poltavets</b>    |         | DPD                      | 44.35 | <b>39.53</b> | PR   |
|       | rd | 41                       | <b>Naut Kuiper</b>       |         | HPE                      | 44.15 | <b>43.27</b> | PR   |
|       |    | <u>Nina Poltavets</u>    |                          |         | <u>Naut Kuiper</u>       |       |              |      |
|       |    | 300m                     | 39.53                    | (39.53) | 300m                     | 43.27 | (43.27)      |      |
| <hr/> |    |                          |                          |         |                          |       |              |      |
|       |    | Naam                     |                          | Cat     |                          | PR    | Tijd         | Info |
| 60    | gl | 116                      | <b>Yfke Vries</b>        |         | DPD                      | 42.66 | <b>44.09</b> |      |
|       | bl | 55                       | <b>Annabelle Frychel</b> |         | DPC                      | 44.66 | <b>42.67</b> | PR   |
|       |    | <u>Yfke Vries</u>        |                          |         | <u>Annabelle Frychel</u> |       |              |      |
|       |    | 300m                     | 44.09                    | (44.09) | 300m                     | 42.67 | (42.67)      |      |
| <hr/> |    |                          |                          |         |                          |       |              |      |
|       |    | Naam                     |                          | Cat     |                          | PR    | Tijd         | Info |
| 61    | wt | 35                       | <b>Romée Lanser</b>      |         | DPC                      | 39.77 | <b>41.23</b> |      |
|       | rd | 81                       | <b>Rob Nagelhout</b>     |         | HPC                      | 41.59 | <b>43.47</b> |      |
|       |    | <u>Romée Lanser</u>      |                          |         | <u>Rob Nagelhout</u>     |       |              |      |
|       |    | 300m                     | 41.23                    | (41.23) | 300m                     | 43.47 | (43.47)      |      |
| <hr/> |    |                          |                          |         |                          |       |              |      |
|       |    | Naam                     |                          | Cat     |                          | PR    | Tijd         | Info |
| 62    | gl | 3                        | <b>Benthe De Vries</b>   |         | DPC                      | 42.23 | <b>52.50</b> | FL   |
|       | bl | 19                       | <b>Mylan Koeman</b>      |         | HPC                      | 38.86 | <b>42.04</b> | FL   |
|       |    | <u>Benthe De Vries</u>   |                          |         | <u>Mylan Koeman</u>      |       |              |      |
|       |    | 300m                     | 52.50                    | (52.50) | 300m                     | 42.04 | (42.04)      |      |
| <hr/> |    |                          |                          |         |                          |       |              |      |
|       |    | Naam                     |                          | Cat     |                          | PR    | Tijd         | Info |
| 63    | wt | 26                       | <b>Famke Van Deursen</b> |         | DPB                      | 38.23 | <b>37.90</b> | PR   |
|       | rd | 118                      | <b>Tim Postma</b>        |         | HPA                      | 30.97 | <b>31.23</b> |      |
|       |    | <u>Famke Van Deursen</u> |                          |         | <u>Tim Postma</u>        |       |              |      |
|       |    | 300m                     | 37.90                    | (37.90) | 300m                     | 31.23 | (31.23)      |      |

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|    |    | Naam                          | Cat                        | PR            | Tijd         | Info |
|----|----|-------------------------------|----------------------------|---------------|--------------|------|
| 64 | gl | 20 <b>Djura Lubbinge</b>      | DPB                        | 35.31         | <b>34.03</b> | PR   |
|    | bl | 31 <b>Jens-Jochem Webbink</b> | HPB                        | 38.63         | <b>37.44</b> | PR   |
|    |    | <u>Djura Lubbinge</u>         |                            |               |              |      |
|    |    | 300m                          | 34.03 (34.03)              |               |              |      |
|    |    |                               | <u>Jens-Jochem Webbink</u> |               |              |      |
|    |    |                               | 300m                       | 37.44 (37.44) |              |      |

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## 5. Uitslag Junioren C en ouder 500 meter

| Pos | Naam                         | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|------------------------------|-----|------|------|-------|------|--------|
| 1   | 88 Sven Kemp                 | HN4 | 98   | O    | 36.25 |      |        |
| 2   | 96 Jim Dhore                 | HSA | 97   | O    | 36.50 |      |        |
| 3   | 125 Twan Kok                 | HN4 | 98   | I    | 38.27 |      |        |
| 4   | 64 Roel Regts                | HA1 | 95   | I    | 38.96 | PR   |        |
| 5   | 99 Robbert-Jan van Hardeveld | HA1 | 97   | I    | 39.09 |      |        |
| 6   | 106 Berend Lange             | HB1 | 96   | O    | 39.10 |      |        |
| 7   | 8 Johan Bouwhuis             | HA1 | 96   | I    | 39.15 |      |        |
| 8   | 11 Chris de Velde            | HA1 | 95   | O    | 39.25 |      |        |
| 9   | 111 Thijs Wiersma            | HB1 | 94   | O    | 39.53 | PR   |        |
| 10  | 126 Yasmine Bouaziz          | DN1 | 92   | I    | 39.80 | PR   |        |
| 11  | 104 Niek Bijma               | HB1 | 93   | I    | 39.96 |      |        |
| 12  | 33 Henny de Vries            | DN3 | 93   | O    | 40.89 |      |        |
| 13  | 1 Rick Schuurman             | HB1 | 94   | I    | 41.22 |      |        |
| 14  | 112 Sanne Oosterwijk         | DA2 | 92   | O    | 41.74 |      |        |
| 15  | 85 Stefan de Wilde           | HSB | 91   | I    | 42.02 |      |        |
| 16  | 68 Tessa Oudman              | DSA | 91   | O    | 42.43 |      |        |
| 17  | 87 Robbin de Jager           | HB2 | 89   | O    | 43.06 |      |        |
| 18  | 84 Lieke Hijlkema            | DB2 | 90   | I    | 43.26 |      |        |
| 19  | 73 Joas Woudstra             | HSB | 90   | O    | 43.36 |      |        |
| 20  | 90 Sam van der Monde         | DN1 | 88   | O    | 43.44 |      |        |
| 21  | 91 Willeke Bouwhuis          | DB1 | 89   | I    | 43.46 | FL   |        |
|     | 103 Tijn Bijma               | HC1 | 85   | O    | 43.46 | PR   |        |
| 23  | 7 Stefan Everts              | HC1 | 88   | I    | 43.60 |      |        |
|     | 48 Atte de Haan              | HB1 | 86   | O    | 43.60 | PR   |        |
| 25  | 113 Jasper Knulst            | H50 | 87   | O    | 44.04 |      |        |
| 26  | 66 Martijn Westerhof         | HB2 | 81   | O    | 44.19 | PR   |        |
| 27  | 76 Jasmin van der Terp       | DA1 | 81   | I    | 44.64 | PR   |        |
| 28  | 49 Mirjam Thomas             | DA1 | 84   | O    | 44.93 |      |        |
| 29  | 141 Pauline Tas              | DC2 | 83   | O    | 45.06 | PR   |        |
| 30  | 135 Britt Post               | DC2 | 86   | I    | 45.14 |      |        |
| 31  | 131 Quinty van Klink         | DN4 | 85   | I    | 45.22 |      |        |
| 32  | 12 Corien de Jong            | DA1 | 80   | O    | 45.41 | PR   |        |
| 33  | 25 Kyra Kamstra              | DC1 | 83   | I    | 45.58 |      |        |
| 34  | 16 Britt Steg                | DB1 | 80   | I    | 45.69 | PR   |        |
| 35  | 5 Colin de Velde             | HC1 | 79   | I    | 45.74 | PR   |        |
| 36  | 10 Wester van der Heide      | HC2 | 87   | I    | 45.77 |      |        |
| 37  | 30 Nienke Valkenburg         | DB2 | 79   | O    | 45.80 | PR   |        |
| 38  | 15 Bjorn Koen                | HB1 | 82   | O    | 45.97 |      |        |

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| Pos | Naam                    | Cat | Paar | Baan | Tijd Info    | Punten |
|-----|-------------------------|-----|------|------|--------------|--------|
| 39  | 44 Freya Goerres        | DB1 | 84   | I    | <b>46.93</b> |        |
| 40  | 122 Jim Bergkamp        | HC1 | 78   | I    | <b>47.05</b> | PR     |
| 41  | 102 Asia Berga          | DC1 | 78   | O    | <b>47.34</b> | PR     |
| 42  | 108 Mats Rabbinge       | HC2 | 77   | O    | <b>47.50</b> | PR     |
| 43  | 80 Bart Nagelhout       | HB1 | 76   | I    | <b>47.79</b> | PR     |
| 44  | 69 Ties Buijert         | HC2 | 74   | I    | <b>48.27</b> | PR     |
| 45  | 71 Stijn Bakker         | HC2 | 71   | I    | <b>48.30</b> | PR     |
| 46  | 136 Sem de Vries        | HB1 | 73   | O    | <b>48.41</b> | PR     |
| 47  | 40 Gerianne Kromkamp    | DC1 | 73   | I    | <b>48.90</b> | PR     |
| 48  | 120 Jorrit Kiestra      | HC2 | 76   | O    | <b>49.45</b> |        |
| 49  | 62 Emma Pit             | DB1 | 74   | O    | <b>49.76</b> |        |
| 50  | 129 Sanne Beintema      | DB2 | 75   | O    | <b>50.09</b> |        |
| 51  | 63 Maud Jubbega         | DC1 | 72   | O    | <b>50.11</b> | PR     |
| 52  | 18 Foske Bouma          | DC2 | 72   | I    | <b>50.44</b> |        |
| 53  | 42 Alyne Eelkje Goerres | DC1 | 71   | O    | <b>50.74</b> | PR     |
| 54  | 130 Jeroen Langeegger   | HC1 | 70   | O    | <b>50.91</b> | PR     |
| 55  | 14 Senn Yaniek Koeman   | HC1 | 68   | O    | <b>51.03</b> | PR     |
| 56  | 137 Jelka Kootstra      | DC1 | 75   | I    | <b>51.32</b> |        |
| 57  | 75 Elyne Hornstra       | DB1 | 69   | I    | <b>51.53</b> | PR     |
| 58  | 95 Sophie van der Zee   | DC2 | 70   | I    | <b>52.58</b> | PR     |
| 59  | 119 Afke van der Linde  | DB1 | 69   | O    | <b>52.92</b> | PR     |
| 60  | 61 Senne de Bruijn      | HC2 | 67   | I    | <b>54.17</b> | PR     |
| 61  | 100 Esmee Soet          | DC1 | 67   | O    | <b>58.24</b> |        |
| 62  | 32 Hidde Oord           | HC1 | 68   | I    | <b>59.59</b> | PR     |
| 63  | 56 Elijah Frychel       | HB1 | 65   | O    | <b>59.88</b> |        |
|     | 47 Lisanne Bloem        | DC1 | 65   | I    | <b>DQ</b>    |        |
|     | 28 Eline Teeninga       | DC1 | 77   | I    | <b>DQ</b>    |        |
|     | 9 Robine Lubbinge       | DC2 | 82   | I    | <b>DQ</b>    |        |

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## 5. Rituitslag Junioren C en ouder 500 meter

|    |    | Naam                     | Cat | PR   | Tijd                  | Info         |
|----|----|--------------------------|-----|------|-----------------------|--------------|
| 65 | wt | 47 <b>Lisanne Bloem</b>  | DC1 |      |                       | <b>DQ</b>    |
|    | rd | 56 <b>Elijah Frychel</b> | HB1 |      |                       | <b>59.88</b> |
|    |    | <u>Lisanne Bloem</u>     |     |      | <u>Elijah Frychel</u> |              |
|    |    |                          |     | 100m | 15.31                 | (15.31)      |
|    |    |                          |     | 500m | 59.88                 | (44.57)      |

|    |    | Naam     | Cat | PR | Tijd     | Info |
|----|----|----------|-----|----|----------|------|
| 66 | gl |          |     |    |          |      |
|    | bl |          |     |    |          |      |
|    |    | <u>m</u> |     |    | <u>m</u> |      |

|    |    | Naam                      | Cat   | PR      | Tijd              | Info            |
|----|----|---------------------------|-------|---------|-------------------|-----------------|
| 67 | wt | 61 <b>Senne de Bruijn</b> | HC2   | 54.40   |                   | <b>54.17 PR</b> |
|    | rd | 100 <b>Esmee Soet</b>     | DC1   | 56.46   |                   | <b>58.24</b>    |
|    |    | <u>Senne de Bruijn</u>    |       |         | <u>Esmee Soet</u> |                 |
|    |    | 100m                      | 14.28 | (14.28) | 100m              | 15.01 (15.01)   |
|    |    | 500m                      | 54.17 | (39.89) | 500m              | 58.24 (43.23)   |

|    |    | Naam                         | Cat   | PR      | Tijd                      | Info            |
|----|----|------------------------------|-------|---------|---------------------------|-----------------|
| 68 | gl | 32 <b>Hidde Oord</b>         | HC1   | 59.95   |                           | <b>59.59 PR</b> |
|    | bl | 14 <b>Senn Yaniek Koeman</b> | HC1   | 54.32   |                           | <b>51.03 PR</b> |
|    |    | <u>Hidde Oord</u>            |       |         | <u>Senn Yaniek Koeman</u> |                 |
|    |    | 100m                         | 14.26 | (14.26) | 100m                      | 13.34 (13.34)   |
|    |    | 500m                         | 59.59 | (45.33) | 500m                      | 51.03 (37.69)   |

|    |    | Naam                          | Cat   | PR      | Tijd                      | Info            |
|----|----|-------------------------------|-------|---------|---------------------------|-----------------|
| 69 | wt | 75 <b>Elyne Hornstra</b>      | DB1   | 51.59   |                           | <b>51.53 PR</b> |
|    | rd | 119 <b>Afke van der Linde</b> | DB1   | 53.60   |                           | <b>52.92 PR</b> |
|    |    | <u>Elyne Hornstra</u>         |       |         | <u>Afke van der Linde</u> |                 |
|    |    | 100m                          | 13.89 | (13.89) | 100m                      | 14.08 (14.08)   |
|    |    | 500m                          | 51.53 | (37.64) | 500m                      | 52.92 (38.84)   |

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|    |    | Naam                      |                             |         | Cat                         | PR    | Tijd         | Info |
|----|----|---------------------------|-----------------------------|---------|-----------------------------|-------|--------------|------|
| 70 | gl | 95                        | <b>Sophie van der Zee</b>   |         | DC2                         | 53.87 | <b>52.58</b> | PR   |
|    | bl | 130                       | <b>Jeroen Langegger</b>     |         | HC1                         | 52.32 | <b>50.91</b> | PR   |
|    |    | <u>Sophie van der Zee</u> |                             |         | <u>Jeroen Langegger</u>     |       |              |      |
|    |    | 100m                      | 14.04                       | (14.04) | 100m                        | 13.25 | (13.25)      |      |
|    |    | 500m                      | 52.58                       | (38.54) | 500m                        | 50.91 | (37.66)      |      |
|    |    | Naam                      |                             |         | Cat                         | PR    | Tijd         | Info |
| 71 | wt | 71                        | <b>Stijn Bakker</b>         |         | HC2                         | 50.70 | <b>48.30</b> | PR   |
|    | rd | 42                        | <b>Alyne Eelkje Goerres</b> |         | DC1                         | 50.76 | <b>50.74</b> | PR   |
|    |    | <u>Stijn Bakker</u>       |                             |         | <u>Alyne Eelkje Goerres</u> |       |              |      |
|    |    | 100m                      | 13.13                       | (13.13) | 100m                        | 13.64 | (13.64)      |      |
|    |    | 500m                      | 48.30                       | (35.17) | 500m                        | 50.74 | (37.10)      |      |
|    |    | Naam                      |                             |         | Cat                         | PR    | Tijd         | Info |
| 72 | gl | 18                        | <b>Foske Bouma</b>          |         | DC2                         | 49.95 | <b>50.44</b> |      |
|    | bl | 63                        | <b>Maud Jubbega</b>         |         | DC1                         | 50.68 | <b>50.11</b> | PR   |
|    |    | <u>Foske Bouma</u>        |                             |         | <u>Maud Jubbega</u>         |       |              |      |
|    |    | 100m                      | 13.26                       | (13.26) | 100m                        | 13.37 | (13.37)      |      |
|    |    | 500m                      | 50.44                       | (37.18) | 500m                        | 50.11 | (36.74)      |      |
|    |    | Naam                      |                             |         | Cat                         | PR    | Tijd         | Info |
| 73 | wt | 40                        | <b>Gerianne Kromkamp</b>    |         | DC1                         | 49.72 | <b>48.90</b> | PR   |
|    | rd | 136                       | <b>Sem de Vries</b>         |         | HB1                         | 49.19 | <b>48.41</b> | PR   |
|    |    | <u>Gerianne Kromkamp</u>  |                             |         | <u>Sem de Vries</u>         |       |              |      |
|    |    | 100m                      | 12.94                       | (12.94) | 100m                        | 12.83 | (12.83)      |      |
|    |    | 500m                      | 48.90                       | (35.96) | 500m                        | 48.41 | (35.58)      |      |
|    |    | Naam                      |                             |         | Cat                         | PR    | Tijd         | Info |
| 74 | gl | 69                        | <b>Ties Buijert</b>         |         | HC2                         | 49.77 | <b>48.27</b> | PR   |
|    | bl | 62                        | <b>Emma Pit</b>             |         | DB1                         | 49.61 | <b>49.76</b> |      |
|    |    | <u>Ties Buijert</u>       |                             |         | <u>Emma Pit</u>             |       |              |      |
|    |    | 100m                      | 13.00                       | (13.00) | 100m                        | 13.38 | (13.38)      |      |
|    |    | 500m                      | 48.27                       | (35.27) | 500m                        | 49.76 | (36.38)      |      |

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## Thialf - Heerenveen

|    |    | Naam                  |                       |         | Cat                   |       |         | PR    | Tijd         | Info |  |
|----|----|-----------------------|-----------------------|---------|-----------------------|-------|---------|-------|--------------|------|--|
| 75 | wt | 137                   | <b>Jelka Kootstra</b> |         | DC1                   |       |         | 48.83 | <b>51.32</b> |      |  |
|    | rd | 129                   | <b>Sanne Beintema</b> |         | DB2                   |       |         | 48.12 | <b>50.09</b> |      |  |
|    |    | <u>Jelka Kootstra</u> |                       |         | <u>Sanne Beintema</u> |       |         |       |              |      |  |
|    |    | 100m                  | 12.87                 | (12.87) | 100m                  | 13.44 | (13.44) |       |              |      |  |
|    |    | 500m                  | 51.32                 | (38.45) | 500m                  | 50.09 | (36.65) |       |              |      |  |

|    |    | Naam                  |                       |         | Cat                   |       |         | PR    | Tijd         | Info |  |
|----|----|-----------------------|-----------------------|---------|-----------------------|-------|---------|-------|--------------|------|--|
| 76 | gl | 80                    | <b>Bart Nagelhout</b> |         | HB1                   |       |         | 49.15 | <b>47.79</b> | PR   |  |
|    | bl | 120                   | <b>Jorrit Kiestra</b> |         | HC2                   |       |         | 47.96 | <b>49.45</b> |      |  |
|    |    | <u>Bart Nagelhout</u> |                       |         | <u>Jorrit Kiestra</u> |       |         |       |              |      |  |
|    |    | 100m                  | 12.87                 | (12.87) | 100m                  | 13.41 | (13.41) |       |              |      |  |
|    |    | 500m                  | 47.79                 | (34.92) | 500m                  | 49.45 | (36.04) |       |              |      |  |

|    |    | Naam                  |                       |      | Cat                  |         |  | PR    | Tijd         | Info |  |
|----|----|-----------------------|-----------------------|------|----------------------|---------|--|-------|--------------|------|--|
| 77 | wt | 28                    | <b>Eline Teeninga</b> |      | DC1                  |         |  | 47.47 | <b>DQ</b>    |      |  |
|    | rd | 108                   | <b>Mats Rabbinge</b>  |      | HC2                  |         |  | 47.59 | <b>47.50</b> | PR   |  |
|    |    | <u>Eline Teeninga</u> |                       |      | <u>Mats Rabbinge</u> |         |  |       |              |      |  |
|    |    |                       |                       | 100m | 12.39                | (12.39) |  |       |              |      |  |
|    |    |                       |                       | 500m | 47.50                | (35.11) |  |       |              |      |  |

|    |    | Naam                |                     |         | Cat               |       |         | PR    | Tijd         | Info |  |
|----|----|---------------------|---------------------|---------|-------------------|-------|---------|-------|--------------|------|--|
| 78 | gl | 122                 | <b>Jim Bergkamp</b> |         | HC1               |       |         | 47.27 | <b>47.05</b> | PR   |  |
|    | bl | 102                 | <b>Asia Berga</b>   |         | DC1               |       |         | 47.73 | <b>47.34</b> | PR   |  |
|    |    | <u>Jim Bergkamp</u> |                     |         | <u>Asia Berga</u> |       |         |       |              |      |  |
|    |    | 100m                | 12.31               | (12.31) | 100m              | 12.55 | (12.55) |       |              |      |  |
|    |    | 500m                | 47.05               | (34.74) | 500m              | 47.34 | (34.79) |       |              |      |  |

|    |    | Naam                  |                          |         | Cat                      |       |         | PR    | Tijd         | Info |  |
|----|----|-----------------------|--------------------------|---------|--------------------------|-------|---------|-------|--------------|------|--|
| 79 | wt | 5                     | <b>Colin de Velde</b>    |         | HC1                      |       |         | 46.49 | <b>45.74</b> | PR   |  |
|    | rd | 30                    | <b>Nienke Valkenburg</b> |         | DB2                      |       |         | 46.38 | <b>45.80</b> | PR   |  |
|    |    | <u>Colin de Velde</u> |                          |         | <u>Nienke Valkenburg</u> |       |         |       |              |      |  |
|    |    | 100m                  | 12.41                    | (12.41) | 100m                     | 12.66 | (12.66) |       |              |      |  |
|    |    | 500m                  | 45.74                    | (33.33) | 500m                     | 45.80 | (33.14) |       |              |      |  |

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## Thialf - Heerenveen

|    |    | Naam                     |       |         | Cat                   | PR    | Tijd         | Info |
|----|----|--------------------------|-------|---------|-----------------------|-------|--------------|------|
| 80 | gl | 16 <b>Britt Steg</b>     |       |         | DB1                   | 45.96 | <b>45.69</b> | PR   |
|    | bl | 12 <b>Corien de Jong</b> |       |         | DA1                   | 46.58 | <b>45.41</b> | PR   |
|    |    | <u>Britt Steg</u>        |       |         | <u>Corien de Jong</u> |       |              |      |
|    |    | 100m                     | 12.61 | (12.61) | 100m                  | 12.44 | (12.44)      |      |
|    |    | 500m                     | 45.69 | (33.08) | 500m                  | 45.41 | (32.97)      |      |

|    |    | Naam                          |       |         | Cat                      | PR    | Tijd         | Info |
|----|----|-------------------------------|-------|---------|--------------------------|-------|--------------|------|
| 81 | wt | 76 <b>Jasmin van der Terp</b> |       |         | DA1                      | 45.60 | <b>44.64</b> | PR   |
|    | rd | 66 <b>Martijn Westerhof</b>   |       |         | HB2                      | 45.88 | <b>44.19</b> | PR   |
|    |    | <u>Jasmin van der Terp</u>    |       |         | <u>Martijn Westerhof</u> |       |              |      |
|    |    | 100m                          | 12.38 | (12.38) | 100m                     | 11.96 | (11.96)      |      |
|    |    | 500m                          | 44.64 | (32.26) | 500m                     | 44.19 | (32.23)      |      |

|    |    | Naam                     |  |  | Cat               | PR    | Tijd         | Info |
|----|----|--------------------------|--|--|-------------------|-------|--------------|------|
| 82 | gl | 9 <b>Robine Lubbinge</b> |  |  | DC2               | 45.53 | <b>DQ</b>    |      |
|    | bl | 15 <b>Bjorn Koen</b>     |  |  | HB1               | 45.78 | <b>45.97</b> |      |
|    |    | <u>Robine Lubbinge</u>   |  |  | <u>Bjorn Koen</u> |       |              |      |
|    |    |                          |  |  | 100m              | 12.02 | (12.02)      |      |
|    |    |                          |  |  | 500m              | 45.97 | (33.95)      |      |

|    |    | Naam                   |       |         | Cat                | PR    | Tijd         | Info |
|----|----|------------------------|-------|---------|--------------------|-------|--------------|------|
| 83 | wt | 25 <b>Kyra Kamstra</b> |       |         | DC1                | 45.52 | <b>45.58</b> |      |
|    | rd | 141 <b>Pauline Tas</b> |       |         | DC2                | 45.45 | <b>45.06</b> | PR   |
|    |    | <u>Kyra Kamstra</u>    |       |         | <u>Pauline Tas</u> |       |              |      |
|    |    | 100m                   | 12.32 | (12.32) | 100m               | 12.01 | (12.01)      |      |
|    |    | 500m                   | 45.58 | (33.26) | 500m               | 45.06 | (33.05)      |      |

|    |    | Naam                    |       |         | Cat                  | PR    | Tijd         | Info |
|----|----|-------------------------|-------|---------|----------------------|-------|--------------|------|
| 84 | gl | 44 <b>Freya Goerres</b> |       |         | DB1                  | 45.03 | <b>46.93</b> |      |
|    | bl | 49 <b>Mirjam Thomas</b> |       |         | DA1                  | 44.78 | <b>44.93</b> |      |
|    |    | <u>Freya Goerres</u>    |       |         | <u>Mirjam Thomas</u> |       |              |      |
|    |    | 100m                    | 12.50 | (12.50) | 100m                 | 12.24 | (12.24)      |      |
|    |    | 500m                    | 46.93 | (34.43) | 500m                 | 44.93 | (32.69)      |      |

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## Thialf - Heerenveen

|    |    | Naam                    |                         |         | Cat               | PR    | Tijd         | Info |
|----|----|-------------------------|-------------------------|---------|-------------------|-------|--------------|------|
| 85 | wt | 131                     | <b>Quinty van Klink</b> |         | DN4               | 44.53 | <b>45.22</b> |      |
|    | rd | 103                     | <b>Tijn Bijma</b>       |         | HC1               | 44.77 | <b>43.46</b> | PR   |
|    |    | <u>Quinty van Klink</u> |                         |         | <u>Tijn Bijma</u> |       |              |      |
|    |    | 100m                    | 12.72                   | (12.72) | 100m              | 11.61 | (11.61)      |      |
|    |    | 500m                    | 45.22                   | (32.50) | 500m              | 43.46 | (31.85)      |      |

|    |    | Naam              |                     |         | Cat                 | PR    | Tijd         | Info |
|----|----|-------------------|---------------------|---------|---------------------|-------|--------------|------|
| 86 | gl | 135               | <b>Britt Post</b>   |         | DC2                 | 44.09 | <b>45.14</b> |      |
|    | bl | 48                | <b>Atte de Haan</b> |         | HB1                 | 44.33 | <b>43.60</b> | PR   |
|    |    | <u>Britt Post</u> |                     |         | <u>Atte de Haan</u> |       |              |      |
|    |    | 100m              | 12.48               | (12.48) | 100m                | 11.75 | (11.75)      |      |
|    |    | 500m              | 45.14               | (32.66) | 500m                | 43.60 | (31.85)      |      |

|    |    | Naam                        |                             |         | Cat                  | PR    | Tijd         | Info |
|----|----|-----------------------------|-----------------------------|---------|----------------------|-------|--------------|------|
| 87 | wt | 10                          | <b>Wester van der Heide</b> |         | HC2                  | 44.00 | <b>45.77</b> |      |
|    | rd | 113                         | <b>Jasper Knulst</b>        |         | H50                  | 43.46 | <b>44.04</b> |      |
|    |    | <u>Wester van der Heide</u> |                             |         | <u>Jasper Knulst</u> |       |              |      |
|    |    | 100m                        | 11.99                       | (11.99) | 100m                 | 11.74 | (11.74)      |      |
|    |    | 500m                        | 45.77                       | (33.78) | 500m                 | 44.04 | (32.30)      |      |

|    |    | Naam                 |                          |         | Cat                      | PR    | Tijd         | Info |
|----|----|----------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 88 | gl | 7                    | <b>Stefan Everts</b>     |         | HC1                      | 43.00 | <b>43.60</b> |      |
|    | bl | 90                   | <b>Sam van der Monde</b> |         | DN1                      | 42.78 | <b>43.44</b> |      |
|    |    | <u>Stefan Everts</u> |                          |         | <u>Sam van der Monde</u> |       |              |      |
|    |    | 100m                 | 12.03                    | (12.03) | 100m                     | 12.12 | (12.12)      |      |
|    |    | 500m                 | 43.60                    | (31.57) | 500m                     | 43.44 | (31.32)      |      |

|    |    | Naam                    |                         |         | Cat                    | PR    | Tijd         | Info |
|----|----|-------------------------|-------------------------|---------|------------------------|-------|--------------|------|
| 89 | wt | 91                      | <b>Willeke Bouwhuis</b> |         | DB1                    | 41.83 | <b>43.46</b> | FL   |
|    | rd | 87                      | <b>Robbin de Jager</b>  |         | HB2                    | 41.86 | <b>43.06</b> |      |
|    |    | <u>Willeke Bouwhuis</u> |                         |         | <u>Robbin de Jager</u> |       |              |      |
|    |    | 100m                    | 11.65                   | (11.65) | 100m                   | 11.77 | (11.77)      |      |
|    |    | 500m                    | 43.46                   | (31.81) | 500m                   | 43.06 | (31.29)      |      |

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## Thialf - Heerenveen

|    |    | Naam                  |                       |         | Cat                  |       |         | PR    | Tijd         | Info |  |
|----|----|-----------------------|-----------------------|---------|----------------------|-------|---------|-------|--------------|------|--|
| 90 | gl | 84                    | <b>Lieke Hijlkema</b> |         | DB2                  |       |         | 41.73 | <b>43.26</b> |      |  |
|    | bl | 73                    | <b>Joas Woudstra</b>  |         | HSB                  |       |         | 41.86 | <b>43.36</b> |      |  |
|    |    | <u>Lieke Hijlkema</u> |                       |         | <u>Joas Woudstra</u> |       |         |       |              |      |  |
|    |    | 100m                  | 12.05                 | (12.05) | 100m                 | 11.48 | (11.48) |       |              |      |  |
|    |    | 500m                  | 43.26                 | (31.21) | 500m                 | 43.36 | (31.88) |       |              |      |  |

|    |    | Naam                   |                        |         | Cat                 |       |         | PR    | Tijd         | Info |  |
|----|----|------------------------|------------------------|---------|---------------------|-------|---------|-------|--------------|------|--|
| 91 | wt | 85                     | <b>Stefan de Wilde</b> |         | HSB                 |       |         | 40.34 | <b>42.02</b> |      |  |
|    | rd | 68                     | <b>Tessa Oudman</b>    |         | DSA                 |       |         | 41.02 | <b>42.43</b> |      |  |
|    |    | <u>Stefan de Wilde</u> |                        |         | <u>Tessa Oudman</u> |       |         |       |              |      |  |
|    |    | 100m                   | 11.65                  | (11.65) | 100m                | 11.61 | (11.61) |       |              |      |  |
|    |    | 500m                   | 42.02                  | (30.37) | 500m                | 42.43 | (30.82) |       |              |      |  |

|    |    | Naam                   |                         |         | Cat                     |       |         | PR    | Tijd         | Info |  |
|----|----|------------------------|-------------------------|---------|-------------------------|-------|---------|-------|--------------|------|--|
| 92 | gl | 126                    | <b>Yasmine Bouaziz</b>  |         | DN1                     |       |         | 40.21 | <b>39.80</b> | PR   |  |
|    | bl | 112                    | <b>Sanne Oosterwijk</b> |         | DA2                     |       |         | 41.28 | <b>41.74</b> |      |  |
|    |    | <u>Yasmine Bouaziz</u> |                         |         | <u>Sanne Oosterwijk</u> |       |         |       |              |      |  |
|    |    | 100m                   | 10.73                   | (10.73) | 100m                    | 11.48 | (11.48) |       |              |      |  |
|    |    | 500m                   | 39.80                   | (29.07) | 500m                    | 41.74 | (30.26) |       |              |      |  |

|    |    | Naam              |                       |         | Cat                   |       |         | PR    | Tijd         | Info |  |
|----|----|-------------------|-----------------------|---------|-----------------------|-------|---------|-------|--------------|------|--|
| 93 | wt | 104               | <b>Niek Bijma</b>     |         | HB1                   |       |         | 39.59 | <b>39.96</b> |      |  |
|    | rd | 33                | <b>Henny de Vries</b> |         | DN3                   |       |         | 39.68 | <b>40.89</b> |      |  |
|    |    | <u>Niek Bijma</u> |                       |         | <u>Henny de Vries</u> |       |         |       |              |      |  |
|    |    | 100m              | 10.92                 | (10.92) | 100m                  | 11.64 | (11.64) |       |              |      |  |
|    |    | 500m              | 39.96                 | (29.04) | 500m                  | 40.89 | (29.25) |       |              |      |  |

|    |    | Naam                  |                       |         | Cat                  |       |         | PR    | Tijd         | Info |  |
|----|----|-----------------------|-----------------------|---------|----------------------|-------|---------|-------|--------------|------|--|
| 94 | gl | 1                     | <b>Rick Schuurman</b> |         | HB1                  |       |         | 40.07 | <b>41.22</b> |      |  |
|    | bl | 111                   | <b>Thijs Wiersma</b>  |         | HB1                  |       |         | 39.63 | <b>39.53</b> | PR   |  |
|    |    | <u>Rick Schuurman</u> |                       |         | <u>Thijs Wiersma</u> |       |         |       |              |      |  |
|    |    | 100m                  | 11.11                 | (11.11) | 100m                 | 11.03 | (11.03) |       |              |      |  |
|    |    | 500m                  | 41.22                 | (30.11) | 500m                 | 39.53 | (28.50) |       |              |      |  |

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## Thialf - Heerenveen

|    |    | Naam                     | Cat   |                       | PR    | Tijd         | Info    |
|----|----|--------------------------|-------|-----------------------|-------|--------------|---------|
| 95 | wt | 64 <b>Roel Regts</b>     | HA1   |                       | 39.41 | <b>38.96</b> | PR      |
|    | rd | 11 <b>Chris de Velde</b> | HA1   |                       | 38.88 | <b>39.25</b> |         |
|    |    | <u>Roel Regts</u>        |       | <u>Chris de Velde</u> |       |              |         |
|    |    | 100m                     | 10.70 | (10.70)               | 100m  | 10.94        | (10.94) |
|    |    | 500m                     | 38.96 | (28.26)               | 500m  | 39.25        | (28.31) |

|    |    | Naam                    | Cat   |                     | PR    | Tijd         | Info    |
|----|----|-------------------------|-------|---------------------|-------|--------------|---------|
| 96 | gl | 8 <b>Johan Bouwhuis</b> | HA1   |                     | 39.08 | <b>39.15</b> |         |
|    | bl | 106 <b>Berend Lange</b> | HB1   |                     | 38.59 | <b>39.10</b> |         |
|    |    | <u>Johan Bouwhuis</u>   |       | <u>Berend Lange</u> |       |              |         |
|    |    | 100m                    | 10.86 | (10.86)             | 100m  | 11.05        | (11.05) |
|    |    | 500m                    | 39.15 | (28.29)             | 500m  | 39.10        | (28.05) |

|    |    | Naam                                | Cat   |                  | PR    | Tijd         | Info    |
|----|----|-------------------------------------|-------|------------------|-------|--------------|---------|
| 97 | wt | 99 <b>Robbert-Jan van Hardeveld</b> | HA1   |                  | 38.40 | <b>39.09</b> |         |
|    | rd | 96 <b>Jim Dhore</b>                 | HSA   |                  | 35.79 | <b>36.50</b> |         |
|    |    | <u>Robbert-Jan van Hardeveld</u>    |       | <u>Jim Dhore</u> |       |              |         |
|    |    | 100m                                | 10.65 | (10.65)          | 100m  | 9.90         | (9.90)  |
|    |    | 500m                                | 39.09 | (28.44)          | 500m  | 36.50        | (26.60) |

|    |    | Naam                | Cat   |                  | PR    | Tijd         | Info    |
|----|----|---------------------|-------|------------------|-------|--------------|---------|
| 98 | gl | 125 <b>Twan Kok</b> | HN4   |                  | 37.48 | <b>38.27</b> |         |
|    | bl | 88 <b>Sven Kemp</b> | HN4   |                  | 35.82 | <b>36.25</b> |         |
|    |    | <u>Twan Kok</u>     |       | <u>Sven Kemp</u> |       |              |         |
|    |    | 100m                | 10.23 | (10.23)          | 100m  | 10.02        | (10.02) |
|    |    | 500m                | 38.27 | (28.04)          | 500m  | 36.25        | (26.23) |

|    |    | Naam                 | Cat  |       | PR      | Tijd         | Info  |         |
|----|----|----------------------|------|-------|---------|--------------|-------|---------|
| 99 | wt | 15 <b>Bjorn Koen</b> | HB1  |       | 45.78   | <b>46.03</b> |       |         |
|    | rd |                      |      |       |         |              |       |         |
|    |    | <u>Bjorn Koen</u>    |      |       |         |              |       |         |
|    |    | m                    | 100m | 12.11 | (12.11) | 500m         | 46.03 | (33.92) |

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Thialf - Heerenveen

## 6. Uitslag Junioren B en ouder 3000 meter

| Pos | Naam                            | Cat | Paar | Baan | Tijd           | Info | Punten |
|-----|---------------------------------|-----|------|------|----------------|------|--------|
| 1   | 36 <b>Mats Westra</b>           | HB2 | 101  | O    | <b>4:17.00</b> |      |        |
| 2   | 105 <b>Jarno Haitjema</b>       | HB2 | 102  | O    | <b>4:38.90</b> |      |        |
| 3   | 78 <b>Wessel Jacobs-Monsees</b> | HB2 | 102  | I    | <b>4:57.65</b> |      |        |
| 4   | 46 <b>Amber Wietsma</b>         | DB1 | 101  | I    | <b>5:19.52</b> |      |        |
| 5   | 140 <b>Maud van Goor</b>        | DSA | 99   | I    | <b>5:42.68</b> |      |        |

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Thialf - Heerenveen

## 6. Rituitslag Junioren B en ouder 3000 meter

|    | Naam     | Cat               | PR  | Tijd | Info           |
|----|----------|-------------------|-----|------|----------------|
| 99 | wt<br>rd | 140 Maud van Goor | DSA |      | <b>5:42.68</b> |

### Maud van Goor

|       |         |         |   |
|-------|---------|---------|---|
| 200m  | 25.07   | (25.07) | m |
| 600m  | 1:06.75 | (41.68) |   |
| 1000m | 1:52.04 | (45.29) |   |
| 1400m | 2:37.55 | (45.51) |   |
| 1800m | 3:23.28 | (45.73) |   |
| 2200m | 4:09.67 | (46.39) |   |
| 2600m | 4:56.59 | (46.92) |   |
| 3000m | 5:42.68 | (46.09) |   |

|     | Naam     | Cat | PR | Tijd | Info |
|-----|----------|-----|----|------|------|
| 100 | gl<br>bl |     |    |      |      |
|     |          |     |    | m    |      |
|     |          |     |    | m    |      |

|     | Naam                 | Cat              | PR                 | Tijd    | Info            |
|-----|----------------------|------------------|--------------------|---------|-----------------|
| 101 | wt                   | 46 Amber Wietsma | DB1                |         | <b>5:19.52</b>  |
|     | rd                   | 36 Mats Westra   | HB2                | 4:16.62 | <b>4:17.00</b>  |
|     | <b>Amber Wietsma</b> |                  | <b>Mats Westra</b> |         |                 |
|     | 200m                 | 26.78            | (26.78)            | 200m    | 19.81 (19.81)   |
|     | 600m                 | 1:05.96          | (39.18)            | 600m    | 50.84 (31.03)   |
|     | 1000m                | 1:46.50          | (40.54)            | 1000m   | 1:21.94 (31.10) |
|     | 1400m                | 2:28.46          | (41.96)            | 1400m   | 1:53.90 (31.96) |
|     | 1800m                | 3:09.80          | (41.34)            | 1800m   | 2:27.29 (33.39) |
|     | 2200m                | 3:52.37          | (42.57)            | 2200m   | 3:02.40 (35.11) |
|     | 2600m                | 4:35.88          | (43.51)            | 2600m   | 3:39.43 (37.03) |
|     | 3000m                | 5:19.52          | (43.64)            | 3000m   | 4:17.00 (37.57) |

# Clubwedstrijd Groep 2 + Open Inschr. op zondag 8 oktober 2023

## Thialf - Heerenveen

|     |    | Naam                            | Cat             | PR                    | Tijd            | Info |
|-----|----|---------------------------------|-----------------|-----------------------|-----------------|------|
| 102 | gl | 78 <b>Wessel Jacobs-Monsees</b> | HB2             | 4:50.41               | <b>4:57.65</b>  |      |
|     | bl | 105 <b>Jarno Haitjema</b>       | HB2             | 4:27.86               | <b>4:38.90</b>  |      |
|     |    | <u>Wessel Jacobs-Monsees</u>    |                 | <u>Jarno Haitjema</u> |                 |      |
|     |    | 200m                            | 23.22 (23.22)   | 200m                  | 21.41 (21.41)   |      |
|     |    | 600m                            | 59.54 (36.32)   | 600m                  | 56.04 (34.63)   |      |
|     |    | 1000m                           | 1:37.29 (37.75) | 1000m                 | 1:31.39 (35.35) |      |
|     |    | 1400m                           | 2:15.94 (38.65) | 1400m                 | 2:07.18 (35.79) |      |
|     |    | 1800m                           | 2:56.23 (40.29) | 1800m                 | 2:43.85 (36.67) |      |
|     |    | 2200m                           | 3:36.53 (40.30) | 2200m                 | 3:21.83 (37.98) |      |
|     |    | 2600m                           | 4:17.47 (40.94) | 2600m                 | 4:00.34 (38.51) |      |
|     |    | 3000m                           | 4:57.65 (40.18) | 3000m                 | 4:38.90 (38.56) |      |

# Clubwedstrijd Groep 2 + Open Inschr. op zondag 8 oktober 2023

Thialf - Heerenveen

## 7. Uitslag Junioren C en ouder 1500 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 111 Thijs Wiersma       | HB1 | 119  | O    | 1:55.42 | PR   |        |
| 2   | 11 Chris de Velde       | HA1 | 120  | I    | 1:56.92 | PR   |        |
| 3   | 8 Johan Bouwhuis        | HA1 | 119  | I    | 1:57.02 | PR   |        |
| 4   | 106 Berend Lange        | HB1 | 120  | O    | 1:57.80 |      |        |
| 5   | 64 Roel Regts           | HA1 | 118  | O    | 1:59.01 | PR   |        |
| 6   | 104 Niek Bijma          | HB1 | 117  | I    | 2:00.67 | PR   |        |
| 7   | 85 Stefan de Wilde      | HSB | 117  | O    | 2:00.70 |      |        |
| 8   | 112 Sanne Oosterwijk    | DA2 | 116  | I    | 2:07.42 |      |        |
| 9   | 1 Rick Schuurman        | HB1 | 118  | I    | 2:07.51 |      |        |
| 10  | 73 Joas Woudstra        | HSB | 115  | O    | 2:09.56 |      |        |
| 11  | 68 Tessa Oudman         | DSA | 115  | I    | 2:11.87 |      |        |
| 12  | 103 Tijn Bijma          | HC1 | 106  | O    | 2:12.70 |      |        |
| 13  | 76 Jasmin van der Terp  | DA1 | 114  | I    | 2:13.06 | PR   |        |
| 14  | 113 Jasper Knulst       | H50 | 114  | O    | 2:14.46 |      |        |
| 15  | 7 Stefan Everts         | HC1 | 112  | I    | 2:14.84 | PR   |        |
| 16  | 131 Quinty van Klink    | DN4 | 116  | O    | 2:16.25 |      |        |
| 17  | 135 Britt Post          | DC2 | 111  | I    | 2:16.49 | PR   |        |
| 18  | 49 Mirjam Thomas        | DA1 | 113  | I    | 2:17.31 |      |        |
| 19  | 12 Corien de Jong       | DA1 | 110  | I    | 2:18.19 | PR   |        |
| 20  | 5 Colin de Velde        | HC1 | 106  | I    | 2:20.06 |      |        |
| 21  | 10 Wester van der Heide | HC2 | 110  | O    | 2:20.51 | PR   |        |
| 22  | 16 Britt Steg           | DB1 | 109  | O    | 2:21.45 |      |        |
| 23  | 25 Kyra Kamstra         | DC1 | 103  | I    | 2:22.44 |      |        |
| 24  | 44 Freya Goerres        | DB1 | 111  | O    | 2:22.84 |      |        |
| 25  | 141 Pauline Tas         | DC2 | 109  | I    | 2:25.10 | PR   |        |
| 26  | 136 Sem de Vries        | HB1 | 108  | I    | 2:29.17 | PR   |        |
| 27  | 69 Ties Buijert         | HC2 | 105  | O    | 2:30.87 |      |        |
| 28  | 120 Jorrit Kiestra      | HC2 | 105  | I    | 2:35.00 |      |        |
| 29  | 129 Sanne Beintema      | DB2 | 107  | O    | 2:35.03 |      |        |
| 30  | 18 Foske Bouma          | DC2 | 108  | O    | 2:35.90 |      |        |
| 31  | 137 Jelka Kootstra      | DC1 | 107  | I    | 2:41.66 |      |        |
|     | 84 Lieke Hijlkema       | DB2 | 112  | O    |         | DQ   |        |
|     | 91 Willeke Bouwhuis     | DB1 |      |      |         | WDR  |        |



# Clubwedstrijd Groep 2 + Open Inschr. op zondag 8 oktober 2023

## Thialf - Heerenveen

|     |    | Naam                  |                             |         | Cat                         | PR      | Tijd           | Info |
|-----|----|-----------------------|-----------------------------|---------|-----------------------------|---------|----------------|------|
| 107 | wt | 137                   | <b>Jelka Kootstra</b>       |         | DC1                         |         | <b>2:41.66</b> |      |
|     | rd | 129                   | <b>Sanne Beintema</b>       |         | DB2                         | 2:26.97 | <b>2:35.03</b> |      |
|     |    | <u>Jelka Kootstra</u> |                             |         | <u>Sanne Beintema</u>       |         |                |      |
|     |    | 300m                  | 31.81                       | (31.81) | 300m                        | 33.42   | (33.42)        |      |
|     |    | 700m                  | 1:12.36                     | (40.55) | 700m                        | 1:12.78 | (39.36)        |      |
|     |    | 1100m                 | 1:56.57                     | (44.21) | 1100m                       | 1:53.61 | (40.83)        |      |
|     |    | 1500m                 | 2:41.66                     | (45.09) | 1500m                       | 2:35.03 | (41.42)        |      |
|     |    | Naam                  |                             |         | Cat                         | PR      | Tijd           | Info |
| 108 | gl | 136                   | <b>Sem de Vries</b>         |         | HB1                         | 2:36.81 | <b>2:29.17</b> | PR   |
|     | bl | 18                    | <b>Foske Bouma</b>          |         | DC2                         | 2:33.77 | <b>2:35.90</b> |      |
|     |    | <u>Sem de Vries</u>   |                             |         | <u>Foske Bouma</u>          |         |                |      |
|     |    | 300m                  | 32.10                       | (32.10) | 300m                        | 32.95   | (32.95)        |      |
|     |    | 700m                  | 1:10.23                     | (38.13) | 700m                        | 1:11.74 | (38.79)        |      |
|     |    | 1100m                 | 1:49.76                     | (39.53) | 1100m                       | 1:53.27 | (41.53)        |      |
|     |    | 1500m                 | 2:29.17                     | (39.41) | 1500m                       | 2:35.90 | (42.63)        |      |
|     |    | Naam                  |                             |         | Cat                         | PR      | Tijd           | Info |
| 109 | wt | 141                   | <b>Pauline Tas</b>          |         | DC2                         | 2:25.35 | <b>2:25.10</b> | PR   |
|     | rd | 16                    | <b>Britt Steg</b>           |         | DB1                         | 2:21.37 | <b>2:21.45</b> |      |
|     |    | <u>Pauline Tas</u>    |                             |         | <u>Britt Steg</u>           |         |                |      |
|     |    | 300m                  | 29.74                       | (29.74) | 300m                        | 30.16   | (30.16)        |      |
|     |    | 700m                  | 1:06.26                     | (36.52) | 700m                        | 1:04.63 | (34.47)        |      |
|     |    | 1100m                 | 1:45.49                     | (39.23) | 1100m                       | 1:41.63 | (37.00)        |      |
|     |    | 1500m                 | 2:25.10                     | (39.61) | 1500m                       | 2:21.45 | (39.82)        |      |
|     |    | Naam                  |                             |         | Cat                         | PR      | Tijd           | Info |
| 110 | gl | 12                    | <b>Corien de Jong</b>       |         | DA1                         | 2:26.07 | <b>2:18.19</b> | PR   |
|     | bl | 10                    | <b>Wester van der Heide</b> |         | HC2                         | 2:25.34 | <b>2:20.51</b> | PR   |
|     |    | <u>Corien de Jong</u> |                             |         | <u>Wester van der Heide</u> |         |                |      |
|     |    | 300m                  | 29.94                       | (29.94) | 300m                        | 30.34   | (30.34)        |      |
|     |    | 700m                  | 1:04.53                     | (34.59) | 700m                        | 1:05.98 | (35.64)        |      |
|     |    | 1100m                 | 1:40.63                     | (36.10) | 1100m                       | 1:43.19 | (37.21)        |      |
|     |    | 1500m                 | 2:18.19                     | (37.56) | 1500m                       | 2:20.51 | (37.32)        |      |

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## Thialf - Heerenveen

|     |    | Naam              |                      |         | Cat                  | PR      | Tijd           | Info |
|-----|----|-------------------|----------------------|---------|----------------------|---------|----------------|------|
| 111 | wt | 135               | <b>Britt Post</b>    |         | DC2                  | 2:20.11 | <b>2:16.49</b> | PR   |
|     | rd | 44                | <b>Freya Goerres</b> |         | DB1                  | 2:19.18 | <b>2:22.84</b> |      |
|     |    | <b>Britt Post</b> |                      |         | <b>Freya Goerres</b> |         |                |      |
|     |    | 300m              | 28.91                | (28.91) | 300m                 | 30.59   | (30.59)        |      |
|     |    | 700m              | 1:02.30              | (33.39) | 700m                 | 1:06.38 | (35.79)        |      |
|     |    | 1100m             | 1:38.39              | (36.09) | 1100m                | 1:43.98 | (37.60)        |      |
|     |    | 1500m             | 2:16.49              | (38.10) | 1500m                | 2:22.84 | (38.86)        |      |

|     |    | Naam                 |                       |         | Cat                   | PR      | Tijd           | Info |
|-----|----|----------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 112 | gl | 7                    | <b>Stefan Everts</b>  |         | HC1                   | 2:20.50 | <b>2:14.84</b> | PR   |
|     | bl | 84                   | <b>Lieke Hijlkema</b> |         | DB2                   | 2:16.91 | <b>DQ</b>      |      |
|     |    | <b>Stefan Everts</b> |                       |         | <b>Lieke Hijlkema</b> |         |                |      |
|     |    | 300m                 | 28.65                 | (28.65) |                       |         |                |      |
|     |    | 700m                 | 1:01.57               | (32.92) |                       |         |                |      |
|     |    | 1100m                | 1:37.59               | (36.02) |                       |         |                |      |
|     |    | 1500m                | 2:14.84               | (37.25) |                       |         |                |      |

|     |    | Naam                 |                         |         | Cat                     | PR      | Tijd           | Info |
|-----|----|----------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 113 | wt | 49                   | <b>Mirjam Thomas</b>    |         | DA1                     | 2:16.17 | <b>2:17.31</b> |      |
|     | rd | 91                   | <b>Willeke Bouwhuis</b> |         | DB1                     | 2:13.45 | <b>WDR</b>     |      |
|     |    | <b>Mirjam Thomas</b> |                         |         | <b>Willeke Bouwhuis</b> |         |                |      |
|     |    | 300m                 | 29.94                   | (29.94) |                         |         |                |      |
|     |    | 700m                 | 1:04.58                 | (34.64) |                         |         |                |      |
|     |    | 1100m                | 1:40.79                 | (36.21) |                         |         |                |      |
|     |    | 1500m                | 2:17.31                 | (36.52) |                         |         |                |      |

|     |    | Naam                       |                            |         | Cat                  | PR      | Tijd           | Info |
|-----|----|----------------------------|----------------------------|---------|----------------------|---------|----------------|------|
| 114 | gl | 76                         | <b>Jasmin van der Terp</b> |         | DA1                  | 2:15.83 | <b>2:13.06</b> | PR   |
|     | bl | 113                        | <b>Jasper Knulst</b>       |         | H50                  | 2:11.23 | <b>2:14.46</b> |      |
|     |    | <b>Jasmin van der Terp</b> |                            |         | <b>Jasper Knulst</b> |         |                |      |
|     |    | 300m                       | 29.35                      | (29.35) | 300m                 | 28.90   | (28.90)        |      |
|     |    | 700m                       | 1:02.19                    | (32.84) | 700m                 | 1:02.33 | (33.43)        |      |
|     |    | 1100m                      | 1:36.58                    | (34.39) | 1100m                | 1:37.66 | (35.33)        |      |
|     |    | 1500m                      | 2:13.06                    | (36.48) | 1500m                | 2:14.46 | (36.80)        |      |

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## Thialf - Heerenveen

|     |    | Naam                    |                         |         | Cat                     | PR      | Tijd           | Info |
|-----|----|-------------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 115 | wt | 68                      | <b>Tessa Oudman</b>     |         | DSA                     | 2:08.82 | <b>2:11.87</b> |      |
|     | rd | 73                      | <b>Joas Woudstra</b>    |         | HSB                     | 2:04.73 | <b>2:09.56</b> |      |
|     |    | <u>Tessa Oudman</u>     |                         |         | <u>Joas Woudstra</u>    |         |                |      |
|     |    | 300m                    | 27.76                   | (27.76) | 300m                    | 28.20   | (28.20)        |      |
|     |    | 700m                    | 59.98                   | (32.22) | 700m                    | 1:01.30 | (33.10)        |      |
|     |    | 1100m                   | 1:34.78                 | (34.80) | 1100m                   | 1:35.17 | (33.87)        |      |
|     |    | 1500m                   | 2:11.87                 | (37.09) | 1500m                   | 2:09.56 | (34.39)        |      |
|     |    | Naam                    |                         |         | Cat                     | PR      | Tijd           | Info |
| 116 | gl | 112                     | <b>Sanne Oosterwijk</b> |         | DA2                     | 2:05.30 | <b>2:07.42</b> |      |
|     | bl | 131                     | <b>Quinty van Klink</b> |         | DN4                     | 2:11.62 | <b>2:16.25</b> |      |
|     |    | <u>Sanne Oosterwijk</u> |                         |         | <u>Quinty van Klink</u> |         |                |      |
|     |    | 300m                    | 27.39                   | (27.39) | 300m                    | 29.66   | (29.66)        |      |
|     |    | 700m                    | 58.71                   | (31.32) | 700m                    | 1:03.13 | (33.47)        |      |
|     |    | 1100m                   | 1:32.01                 | (33.30) | 1100m                   | 1:38.85 | (35.72)        |      |
|     |    | 1500m                   | 2:07.42                 | (35.41) | 1500m                   | 2:16.25 | (37.40)        |      |
|     |    | Naam                    |                         |         | Cat                     | PR      | Tijd           | Info |
| 117 | wt | 104                     | <b>Niek Bijma</b>       |         | HB1                     | 2:04.20 | <b>2:00.67</b> | PR   |
|     | rd | 85                      | <b>Stefan de Wilde</b>  |         | HSB                     | 1:59.20 | <b>2:00.70</b> |      |
|     |    | <u>Niek Bijma</u>       |                         |         | <u>Stefan de Wilde</u>  |         |                |      |
|     |    | 300m                    | 26.73                   | (26.73) | 300m                    | 27.29   | (27.29)        |      |
|     |    | 700m                    | 57.21                   | (30.48) | 700m                    | 57.55   | (30.26)        |      |
|     |    | 1100m                   | 1:28.66                 | (31.45) | 1100m                   | 1:29.05 | (31.50)        |      |
|     |    | 1500m                   | 2:00.67                 | (32.01) | 1500m                   | 2:00.70 | (31.65)        |      |
|     |    | Naam                    |                         |         | Cat                     | PR      | Tijd           | Info |
| 118 | gl | 1                       | <b>Rick Schuurman</b>   |         | HB1                     | 2:04.54 | <b>2:07.51</b> |      |
|     | bl | 64                      | <b>Roel Regts</b>       |         | HA1                     | 2:04.12 | <b>1:59.01</b> | PR   |
|     |    | <u>Rick Schuurman</u>   |                         |         | <u>Roel Regts</u>       |         |                |      |
|     |    | 300m                    | 27.34                   | (27.34) | 300m                    | 25.28   | (25.28)        |      |
|     |    | 700m                    | 59.29                   | (31.95) | 700m                    | 54.60   | (29.32)        |      |
|     |    | 1100m                   | 1:32.96                 | (33.67) | 1100m                   | 1:25.80 | (31.20)        |      |
|     |    | 1500m                   | 2:07.51                 | (34.55) | 1500m                   | 1:59.01 | (33.21)        |      |

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## Thialf - Heerenveen

|       |    | Naam                  |                       |         | Cat   |                      |         | PR      | Tijd           | Info |
|-------|----|-----------------------|-----------------------|---------|-------|----------------------|---------|---------|----------------|------|
| 119   | wt | 8                     | <b>Johan Bouwhuis</b> |         | HA1   |                      |         | 1:58.55 | <b>1:57.02</b> | PR   |
|       | rd | 111                   | <b>Thijs Wiersma</b>  |         | HB1   |                      |         | 1:59.26 | <b>1:55.42</b> | PR   |
|       |    | <u>Johan Bouwhuis</u> |                       |         |       | <u>Thijs Wiersma</u> |         |         |                |      |
|       |    | 300m                  | 26.12                 | (26.12) | 300m  | 26.11                | (26.11) |         |                |      |
|       |    | 700m                  | 54.78                 | (28.66) | 700m  | 54.58                | (28.47) |         |                |      |
|       |    | 1100m                 | 1:25.07               | (30.29) | 1100m | 1:24.33              | (29.75) |         |                |      |
|       |    | 1500m                 | 1:57.02               | (31.95) | 1500m | 1:55.42              | (31.09) |         |                |      |
| <hr/> |    |                       |                       |         |       |                      |         |         |                |      |
|       |    | Naam                  |                       |         | Cat   |                      |         | PR      | Tijd           | Info |
| 120   | gl | 11                    | <b>Chris de Velde</b> |         | HA1   |                      |         | 1:58.70 | <b>1:56.92</b> | PR   |
|       | bl | 106                   | <b>Berend Lange</b>   |         | HB1   |                      |         | 1:57.48 | <b>1:57.80</b> |      |
|       |    | <u>Chris de Velde</u> |                       |         |       | <u>Berend Lange</u>  |         |         |                |      |
|       |    | 300m                  | 25.78                 | (25.78) | 300m  | 26.03                | (26.03) |         |                |      |
|       |    | 700m                  | 54.49                 | (28.71) | 700m  | 54.88                | (28.85) |         |                |      |
|       |    | 1100m                 | 1:25.12               | (30.63) | 1100m | 1:25.75              | (30.87) |         |                |      |
|       |    | 1500m                 | 1:56.92               | (31.80) | 1500m | 1:57.80              | (32.05) |         |                |      |

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Thialf - Heerenveen

## 8. Uitslag Junioren C en ouder 1000 meter

| Pos | Naam                         | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1   | 99 Robbert-Jan van Hardeveld | HA1 | 138  | I    | 1:18.10 |      |        |
| 2   | 33 Henny de Vries            | DN3 | 136  | O    | 1:21.71 |      |        |
| 3   | 126 Yasmine Bouaziz          | DN1 | 135  | O    | 1:22.94 |      |        |
| 4   | 87 Robbin de Jager           | HB2 | 135  | I    | 1:23.78 |      |        |
| 5   | 90 Sam van der Monde         | DN1 | 136  | I    | 1:26.76 | PR   |        |
| 6   | 48 Atte de Haan              | HB1 | 133  | I    | 1:27.51 | PR   |        |
| 7   | 66 Martijn Westerhof         | HB2 | 134  | O    | 1:28.99 | PR   |        |
| 8   | 30 Nienke Valkenburg         | DB2 | 132  | O    | 1:33.15 | PR   |        |
| 9   | 15 Bjorn Koen                | HB1 | 134  | I    | 1:33.43 | PR   |        |
| 10  | 71 Stijn Bakker              | HC2 | 130  | I    | 1:35.37 | PR   |        |
| 11  | 122 Jim Bergkamp             | HC1 | 131  | I    | 1:35.55 | PR   |        |
| 12  | 80 Bart Nagelhout            | HB1 | 132  | I    | 1:37.51 |      |        |
| 13  | 62 Emma Pit                  | DB1 | 130  | O    | 1:38.61 | PR   |        |
| 14  | 108 Mats Rabbinge            | HC2 | 129  | I    | 1:40.21 |      |        |
| 15  | 40 Gerianne Kromkamp         | DC1 | 128  | I    | 1:40.23 | PR   |        |
| 16  | 9 Robine Lubbinge            | DC2 | 133  | O    | 1:40.58 |      |        |
| 17  | 28 Eline Teeninga            | DC1 | 131  | O    | 1:41.08 |      |        |
| 18  | 14 Senn Yaniek Koeman        | HC1 | 125  | I    | 1:41.21 |      |        |
| 19  | 42 Alyne Eelkje Goerres      | DC1 | 129  | O    | 1:42.98 | PR   |        |
| 20  | 63 Maud Jubbega              | DC1 | 125  | O    | 1:44.45 |      |        |
| 21  | 75 Elyne Hornstra            | DB1 | 128  | O    | 1:45.31 | PR   |        |
| 22  | 130 Jeroen Langegger         | HC1 | 124  | O    | 1:46.54 |      |        |
| 23  | 95 Sophie van der Zee        | DC2 | 126  | I    | 1:48.55 |      |        |
| 24  | 119 Afke van der Linde       | DB1 | 127  | I    | 1:50.29 |      |        |
| 25  | 61 Senne de Bruijn           | HC2 | 127  | O    | 1:51.91 | PR   |        |
| 26  | 56 Elijah Frychel            | HB1 | 126  | O    | 1:57.61 |      |        |
| 27  | 100 Esmee Soet               | DC1 | 123  | I    | 1:59.93 |      |        |
| 28  | 47 Lisanne Bloem             | DC1 | 121  | I    | 2:01.62 | FL   |        |
| 29  | 32 Hidde Oord                | HC1 | 124  | I    | 2:04.78 |      |        |
|     | 102 Asia Berga               | DC1 | 123  | O    | DNF     |      |        |
|     | 125 Twan Kok                 | HN4 |      |      | WDR     |      |        |
|     | 96 Jim Dhore                 | HSA |      |      | WDR     |      |        |
|     | 88 Sven Kemp                 | HN4 |      |      | WDR     |      |        |

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Thialf - Heerenveen

## 8. Rituitslag Junioren C en ouder 1000 meter

|     |          | Naam |                      | Cat |     | PR | Tijd           | Info |
|-----|----------|------|----------------------|-----|-----|----|----------------|------|
| 121 | wt<br>rd | 47   | <b>Lisanne Bloem</b> |     | DC1 |    | <b>2:01.62</b> | FL   |

### Lisanne Bloem

|       |         |         |   |
|-------|---------|---------|---|
| 200m  | 23.67   | (23.67) | m |
| 600m  | 1:02.87 | (39.20) |   |
| 1000m | 2:01.62 | (58.75) |   |

|     |          | Naam |  | Cat |  | PR | Tijd | Info |
|-----|----------|------|--|-----|--|----|------|------|
| 122 | gl<br>bl |      |  |     |  |    |      |      |

m m

|     |          | Naam |                   | Cat |     | PR | Tijd           | Info |
|-----|----------|------|-------------------|-----|-----|----|----------------|------|
| 123 | wt<br>rd | 100  | <b>Esmee Soet</b> |     | DC1 |    | <b>1:59.93</b> |      |
|     |          | 102  | <b>Asia Berga</b> |     | DC1 |    | <b>DNF</b>     |      |

### Esmee Soet

|       |         |         |
|-------|---------|---------|
| 200m  | 26.96   | (26.96) |
| 600m  | 1:12.34 | (45.38) |
| 1000m | 1:59.93 | (47.59) |

### Asia Berga

|      |       |         |
|------|-------|---------|
| 200m | 22.00 | (22.00) |
|------|-------|---------|

|     |          | Naam |                          | Cat |     | PR | Tijd           | Info |
|-----|----------|------|--------------------------|-----|-----|----|----------------|------|
| 124 | gl<br>bl | 32   | <b>Hidde Oord</b>        |     | HC1 |    | <b>2:04.78</b> |      |
|     |          | 130  | <b>Jeroen Langeegger</b> |     | HC1 |    | <b>1:46.54</b> |      |

### Hidde Oord

|       |         |         |
|-------|---------|---------|
| 200m  | 26.93   | (26.93) |
| 600m  | 1:15.37 | (48.44) |
| 1000m | 2:04.78 | (49.41) |

### Jeroen Langeegger

|       |         |         |
|-------|---------|---------|
| 200m  | 24.06   | (24.06) |
| 600m  | 1:05.85 | (41.79) |
| 1000m | 1:46.54 | (40.69) |

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## Thialf - Heerenveen

|     |    | Naam                      |                           |         | Cat                 | PR      | Tijd           | Info |
|-----|----|---------------------------|---------------------------|---------|---------------------|---------|----------------|------|
| 125 | wt | 14                        | <b>Senn Yaniek Koeman</b> |         | HC1                 |         | <b>1:41.21</b> |      |
|     | rd | 63                        | <b>Maud Jubbega</b>       |         | DC1                 |         | <b>1:44.45</b> |      |
|     |    | <u>Senn Yaniek Koeman</u> |                           |         | <u>Maud Jubbega</u> |         |                |      |
|     |    | 200m                      | 22.81                     | (22.81) | 200m                | 24.26   | (24.26)        |      |
|     |    | 600m                      | 1:01.39                   | (38.58) | 600m                | 1:03.90 | (39.64)        |      |
|     |    | 1000m                     | 1:41.21                   | (39.82) | 1000m               | 1:44.45 | (40.55)        |      |

|     |    | Naam                      |                           |         | Cat                   | PR      | Tijd           | Info |
|-----|----|---------------------------|---------------------------|---------|-----------------------|---------|----------------|------|
| 126 | gl | 95                        | <b>Sophie van der Zee</b> |         | DC2                   |         | <b>1:48.55</b> |      |
|     | bl | 56                        | <b>Elijah Frychel</b>     |         | HB1                   |         | <b>1:57.61</b> |      |
|     |    | <u>Sophie van der Zee</u> |                           |         | <u>Elijah Frychel</u> |         |                |      |
|     |    | 200m                      | 24.48                     | (24.48) | 200m                  | 26.36   | (26.36)        |      |
|     |    | 600m                      | 1:05.32                   | (40.84) | 600m                  | 1:10.12 | (43.76)        |      |
|     |    | 1000m                     | 1:48.55                   | (43.23) | 1000m                 | 1:57.61 | (47.49)        |      |

|     |    | Naam                      |                           |         | Cat                    | PR      | Tijd           | Info |
|-----|----|---------------------------|---------------------------|---------|------------------------|---------|----------------|------|
| 127 | wt | 119                       | <b>Afke van der Linde</b> |         | DB1                    | 1:49.94 | <b>1:50.29</b> |      |
|     | rd | 61                        | <b>Senne de Bruijn</b>    |         | HC2                    | 2:01.12 | <b>1:51.91</b> | PR   |
|     |    | <u>Afke van der Linde</u> |                           |         | <u>Senne de Bruijn</u> |         |                |      |
|     |    | 200m                      | 24.64                     | (24.64) | 200m                   | 26.17   | (26.17)        |      |
|     |    | 600m                      | 1:06.41                   | (41.77) | 600m                   | 1:08.74 | (42.57)        |      |
|     |    | 1000m                     | 1:50.29                   | (43.88) | 1000m                  | 1:51.91 | (43.17)        |      |

|     |    | Naam                     |                          |         | Cat                   | PR      | Tijd           | Info |
|-----|----|--------------------------|--------------------------|---------|-----------------------|---------|----------------|------|
| 128 | gl | 40                       | <b>Gerianne Kromkamp</b> |         | DC1                   | 1:48.16 | <b>1:40.23</b> | PR   |
|     | bl | 75                       | <b>Elyne Hornstra</b>    |         | DB1                   | 1:47.60 | <b>1:45.31</b> | PR   |
|     |    | <u>Gerianne Kromkamp</u> |                          |         | <u>Elyne Hornstra</u> |         |                |      |
|     |    | 200m                     | 23.47                    | (23.47) | 200m                  | 24.31   | (24.31)        |      |
|     |    | 600m                     | 1:00.79                  | (37.32) | 600m                  | 1:04.16 | (39.85)        |      |
|     |    | 1000m                    | 1:40.23                  | (39.44) | 1000m                 | 1:45.31 | (41.15)        |      |

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## Thialf - Heerenveen

|     |    | Naam                 |                             |         | Cat                         | PR      | Tijd           | Info |
|-----|----|----------------------|-----------------------------|---------|-----------------------------|---------|----------------|------|
| 129 | wt | 108                  | <b>Mats Rabbinge</b>        |         | HC2                         | 1:39.50 | <b>1:40.21</b> |      |
|     | rd | 42                   | <b>Alyne Eelkje Goerres</b> |         | DC1                         | 1:44.95 | <b>1:42.98</b> | PR   |
|     |    | <u>Mats Rabbinge</u> |                             |         | <u>Alyne Eelkje Goerres</u> |         |                |      |
|     |    | 200m                 | 21.70                       | (21.70) | 200m                        | 23.58   | (23.58)        |      |
|     |    | 600m                 | 59.55                       | (37.85) | 600m                        | 1:02.25 | (38.67)        |      |
|     |    | 1000m                | 1:40.21                     | (40.66) | 1000m                       | 1:42.98 | (40.73)        |      |

|     |    | Naam                |                     |         | Cat             | PR      | Tijd           | Info |
|-----|----|---------------------|---------------------|---------|-----------------|---------|----------------|------|
| 130 | gl | 71                  | <b>Stijn Bakker</b> |         | HC2             | 1:41.49 | <b>1:35.37</b> | PR   |
|     | bl | 62                  | <b>Emma Pit</b>     |         | DB1             | 1:39.43 | <b>1:38.61</b> | PR   |
|     |    | <u>Stijn Bakker</u> |                     |         | <u>Emma Pit</u> |         |                |      |
|     |    | 200m                | 22.76               | (22.76) | 200m            | 23.60   | (23.60)        |      |
|     |    | 600m                | 58.87               | (36.11) | 600m            | 1:00.25 | (36.65)        |      |
|     |    | 1000m               | 1:35.37             | (36.50) | 1000m           | 1:38.61 | (38.36)        |      |

|     |    | Naam                |                       |         | Cat                   | PR      | Tijd           | Info |
|-----|----|---------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 131 | wt | 122                 | <b>Jim Bergkamp</b>   |         | HC1                   | 1:38.47 | <b>1:35.55</b> | PR   |
|     | rd | 28                  | <b>Eline Teeninga</b> |         | DC1                   | 1:39.18 | <b>1:41.08</b> |      |
|     |    | <u>Jim Bergkamp</u> |                       |         | <u>Eline Teeninga</u> |         |                |      |
|     |    | 200m                | 21.66                 | (21.66) | 200m                  | 23.17   | (23.17)        |      |
|     |    | 600m                | 57.47                 | (35.81) | 600m                  | 1:00.94 | (37.77)        |      |
|     |    | 1000m               | 1:35.55               | (38.08) | 1000m                 | 1:41.08 | (40.14)        |      |

|     |    | Naam                  |                          |         | Cat                      | PR      | Tijd           | Info |
|-----|----|-----------------------|--------------------------|---------|--------------------------|---------|----------------|------|
| 132 | gl | 80                    | <b>Bart Nagelhout</b>    |         | HB1                      | 1:36.30 | <b>1:37.51</b> |      |
|     | bl | 30                    | <b>Nienke Valkenburg</b> |         | DB2                      | 1:35.67 | <b>1:33.15</b> | PR   |
|     |    | <u>Bart Nagelhout</u> |                          |         | <u>Nienke Valkenburg</u> |         |                |      |
|     |    | 200m                  | 22.78                    | (22.78) | 200m                     | 21.57   | (21.57)        |      |
|     |    | 600m                  | 58.36                    | (35.58) | 600m                     | 55.64   | (34.07)        |      |
|     |    | 1000m                 | 1:37.51                  | (39.15) | 1000m                    | 1:33.15 | (37.51)        |      |

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## Thialf - Heerenveen

|     |    | Naam                     | Cat             | PR      | Tijd                   | Info |
|-----|----|--------------------------|-----------------|---------|------------------------|------|
| 133 | wt | 48 <b>Atte de Haan</b>   | HB1             | 1:29.78 | <b>1:27.51</b>         | PR   |
|     | rd | 9 <b>Robine Lubbinge</b> | DC2             | 1:33.05 | <b>1:40.58</b>         |      |
|     |    | <u>Atte de Haan</u>      |                 |         | <u>Robine Lubbinge</u> |      |
|     |    | 200m                     | 20.18 (20.18)   | 200m    | 22.40 (22.40)          |      |
|     |    | 600m                     | 52.29 (32.11)   | 600m    | 1:00.31 (37.91)        |      |
|     |    | 1000m                    | 1:27.51 (35.22) | 1000m   | 1:40.58 (40.27)        |      |

|     |    | Naam                        | Cat             | PR      | Tijd                     | Info |
|-----|----|-----------------------------|-----------------|---------|--------------------------|------|
| 134 | gl | 15 <b>Bjorn Koen</b>        | HB1             | 1:35.50 | <b>1:33.43</b>           | PR   |
|     | bl | 66 <b>Martijn Westerhof</b> | HB2             | 1:33.82 | <b>1:28.99</b>           | PR   |
|     |    | <u>Bjorn Koen</u>           |                 |         | <u>Martijn Westerhof</u> |      |
|     |    | 200m                        | 20.98 (20.98)   | 200m    | 20.00 (20.00)            |      |
|     |    | 600m                        | 55.71 (34.73)   | 600m    | 53.32 (33.32)            |      |
|     |    | 1000m                       | 1:33.43 (37.72) | 1000m   | 1:28.99 (35.67)          |      |

|     |    | Naam                       | Cat             | PR      | Tijd                   | Info |
|-----|----|----------------------------|-----------------|---------|------------------------|------|
| 135 | wt | 87 <b>Robbin de Jager</b>  | HB2             | 1:22.81 | <b>1:23.78</b>         |      |
|     | rd | 126 <b>Yasmine Bouaziz</b> | DN1             | 1:20.93 | <b>1:22.94</b>         |      |
|     |    | <u>Robbin de Jager</u>     |                 |         | <u>Yasmine Bouaziz</u> |      |
|     |    | 200m                       | 19.81 (19.81)   | 200m    | 19.36 (19.36)          |      |
|     |    | 600m                       | 50.92 (31.11)   | 600m    | 48.62 (29.26)          |      |
|     |    | 1000m                      | 1:23.78 (32.86) | 1000m   | 1:22.94 (34.32)        |      |

|     |    | Naam                        | Cat             | PR      | Tijd                  | Info |
|-----|----|-----------------------------|-----------------|---------|-----------------------|------|
| 136 | gl | 90 <b>Sam van der Monde</b> | DN1             | 1:26.87 | <b>1:26.76</b>        | PR   |
|     | bl | 33 <b>Henny de Vries</b>    | DN3             | 1:19.86 | <b>1:21.71</b>        |      |
|     |    | <u>Sam van der Monde</u>    |                 |         | <u>Henny de Vries</u> |      |
|     |    | 200m                        | 20.40 (20.40)   | 200m    | 19.37 (19.37)         |      |
|     |    | 600m                        | 52.57 (32.17)   | 600m    | 49.18 (29.81)         |      |
|     |    | 1000m                       | 1:26.76 (34.19) | 1000m   | 1:21.71 (32.53)       |      |

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## Thialf - Heerenveen

|     |    | Naam                | Cat | PR      | Tijd | Info       |
|-----|----|---------------------|-----|---------|------|------------|
| 137 | wt | 125 <b>Twan Kok</b> | HN4 | 1:16.95 |      | <b>WDR</b> |
|     | rd | 96 <b>Jim Dhore</b> | HSA | 1:14.07 |      | <b>WDR</b> |
|     |    | Twan Kok            |     |         |      | Jim Dhore  |

|     |    | Naam                                | Cat             | PR      | Tijd | Info             |
|-----|----|-------------------------------------|-----------------|---------|------|------------------|
| 138 | gl | 99 <b>Robbert-Jan van Hardeveld</b> | HA1             | 1:16.21 |      | <b>1:18.10</b>   |
|     | bl | 88 <b>Sven Kemp</b>                 | HN4             | 1:11.55 |      | <b>WDR</b>       |
|     |    | <b>Robbert-Jan van Hardeveld</b>    |                 |         |      | <b>Sven Kemp</b> |
|     |    | 200m                                | 18.23 (18.23)   |         |      |                  |
|     |    | 600m                                | 47.03 (28.80)   |         |      |                  |
|     |    | 1000m                               | 1:18.10 (31.07) |         |      |                  |