

## 1. Uitslag 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	9 Calvin van Klink	HSA	34	O	1:16.99	HT	
2	42 Hidde Bart	HSA	33	O	1:19.82	HT	
3	32 Rune Stoel	HB1	31	O	1:22.07		
4	70 Tygo Blom	HB1	33	I	1:22.54	HT	
5	20 Olivier Wennekes	HB1	34	I	1:23.24	HT	
6	79 Boaz de Gast	HB2	31	I	1:23.30		
7	8 Remco Boere	HSA	32	O	1:27.03	HT	
8	67 Quint Vogelzang	HB2	24	I	1:28.37	PR	
9	94 Julian Broos	HA1	30	O	1:28.53	HT	
10	6 Sven de Mooij	HC2	26	O	1:28.55		
11	81 Thijs Heezen	HSA	25	I	1:28.58		
12	53 Roos Bos	DC1	27	I	1:28.63		
13	89 Koen van Gemert	HA1	24	O	1:29.18	PR	
14	78 Wende Linnenbank	DC1	26	I	1:29.60		
15	31 Fay Barendse	DC2	23	O	1:30.68		
16	98 Matthias Tam	HC2	22	O	1:31.01	PR	
17	76 Fenne Valentijn	DC1	21	O	1:31.44	PR	
18	3 Robin Verboom	HC2	25	O	1:31.56		
19	15 Isabelle Hersbach	DSA	32	I	1:31.70	HT	
20	52 Nienke Molleman	DC1	23	I	1:31.85		
21	47 Emma Boon	DB2	22	I	1:31.95	PR	
22	4 Puk Moerman	DC1	21	I	1:32.14		
23	74 Merijn Abrahamse	HC2	19	I	1:32.18	PR	
24	17 Nouschka Steenks	DB1	14	I	1:32.28		
25	99 Seppe Wiersema	HC2	16	O	1:32.37	PR	
26	13 Wouter Kok	HC2	16	I	1:32.55	PR	
27	71 Pieter Bouwhuis	H45	19	O	1:32.91	PR	
28	45 Kian Van Nierop	HB1	20	I	1:32.99	PR	
29	88 Jim Beukeboom	HN4	30	I	1:33.33	HT	
30	72 Vivienne Bodijn	DC1	18	I	1:34.30	PR	
31	21 Lauren de Kool	DC2	18	O	1:35.30		
32	86 Sophie Ammerlaan	DB1	12	O	1:35.60	PR	
33	25 Keira Vissenberg	DB2	20	O	1:35.94		
34	22 Rutger van Gerven	HB2	17	I	1:36.41		
35	44 Tristan Boon	HC2	13	O	1:36.43	PR	
36	5 Fem Ferrari	DC2	13	I	1:36.57	PR	
37	61 Philine Jansen	DC1	17	O	1:36.72		
38	2 Tijn Sosef	HC1	10	O	1:37.04	PR	

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	49 Renske Ansink	DB1	15	I	1:37.33		
40	105 Geertjo van Dijk	H40	3	O	1:37.43		
41	75 Tippi Verbree	DB1	6	O	1:38.28	PR	
42	23 Laura Zeemeijer	DC2	9	O	1:38.79	PR	
43	36 Rinske Hogenboom	DB1	10	I	1:38.93	PR	
44	41 Oona Alleblas	DB1	9	I	1:39.27		
45	19 Boaz Piek	HB1	15	O	1:39.39		
46	26 Lisa de Koster	DB2	11	I	1:39.43		
47	65 Mies van Voorst	DB1	8	O	1:39.75	PR	
48	12 Lindsey Eijgermans	DB2	14	O	1:39.76		
49	37 Noortje Valkenburg	DC2	11	O	1:41.07		
50	56 Marcella van de Weem	DN4	12	I	1:41.87		
51	40 Damian Haesen	HC1	7	I	1:41.95	PR	
52	100 Emma van der Goes	DA1	28	I	1:42.73	PR	
53	16 Clover van Zeijl	DB2	8	I	1:43.20		
54	60 Laura Gravesteyn	DC2	1	I	1:44.49	PR	
55	59 Kim Lagrauw	DC2	5	O	1:45.70		
56	64 Millicent Kaper	DB2	5	I	1:46.10	PR	
57	73 Malaika Bevelander	DC2	7	O	1:46.31	PR	
58	27 Fenna Vissenberg	DC1	6	I	1:46.75	PR	
59	93 Yfke Oostergo	DC1	4	I	1:49.83		
60	62 Merel Adriaanse	DC1	3	I	1:50.63		
61	96 Sanne Breur	DC2	4	O	1:51.99		
62	103 Rosa Stok	DC1	1	O	1:54.12		
63	43 Rosalie Rusting	DC1	2	O	2:02.20	PR	
64	68 Indy Kromokario	HN1	27	O	2:03.30	FL	
65	101 Sara van der Goes	DC2	28	O	2:05.56		
66	77 Cindy Hanemaaijer	DC1	2	I	2:13.08	PR	
	38 Joep van Leeuwen	HB2	29	I	DNF		
	82 Leander Maas	HC2	29	O	DNS		

## 1. Rituitslag 1000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	60	<b>Laura Gravesteyn</b>		DC2	1:50.04	1:44.49	PR
	rd	103	<b>Rosa Stok</b>		DC1	1:51.57	1:54.12	
		<b>Laura Gravesteyn</b>			<b>Rosa Stok</b>			
		200m	23.66	(23.66)	200m	26.84	(26.84)	
		600m	1:03.01	(39.35)	600m	1:09.12	(42.28)	
		1000m	1:44.49	(41.48)	1000m	1:54.12	(45.00)	

		Naam		Cat		PR	Tijd	Info
2	gl	77	<b>Cindy Hanemaaijer</b>		DC1	2:20.52	2:13.08	PR
	bl	43	<b>Rosalie Rusting</b>		DC1	2:05.50	2:02.20	PR
		<b>Cindy Hanemaaijer</b>			<b>Rosalie Rusting</b>			
		200m	26.67	(26.67)	200m	26.46	(26.46)	
		600m	1:16.68	(50.01)	600m	1:13.22	(46.76)	
		1000m	2:13.08	(56.40)	1000m	2:02.20	(48.98)	

		Naam		Cat		PR	Tijd	Info
3	wt	62	<b>Merel Adriaanse</b>		DC1	1:49.36	1:50.63	
	rd	105	<b>Geertjo van Dijk</b>		H40		1:37.43	
		<b>Merel Adriaanse</b>			<b>Geertjo van Dijk</b>			
		200m	25.30	(25.30)	200m	23.37	(23.37)	
		600m	1:06.06	(40.76)	600m	59.79	(36.42)	
		1000m	1:50.63	(44.57)	1000m	1:37.43	(37.64)	

		Naam		Cat		PR	Tijd	Info
4	gl	93	<b>Yfke Oostergo</b>		DC1	1:49.53	1:49.83	
	bl	96	<b>Sanne Breur</b>		DC2	1:51.12	1:51.99	
		<b>Yfke Oostergo</b>			<b>Sanne Breur</b>			
		200m	25.70	(25.70)	200m	25.82	(25.82)	
		600m	1:06.08	(40.38)	600m	1:08.01	(42.19)	
		1000m	1:49.83	(43.75)	1000m	1:51.99	(43.98)	

		Naam		Cat		PR	Tijd	Info
5	wt	64 <b>Millicent Kaper</b>		DB2		1:47.03	1:46.10	PR
	rd	59 <b>Kim Lagraauw</b>		DC2		1:43.91	1:45.70	
		<b>Millicent Kaper</b>			<b>Kim Lagraauw</b>			
		200m	22.94	(22.94)	200m	23.16	(23.16)	
		600m	1:03.05	(40.11)	600m	1:02.36	(39.20)	
		1000m	1:46.10	(43.05)	1000m	1:45.70	(43.34)	

		Naam		Cat		PR	Tijd	Info
6	gl	27 <b>Fenna Vissenberg</b>		DC1		1:48.39	1:46.75	PR
	bl	75 <b>Tippi Verbree</b>		DB1		1:39.38	1:38.28	PR
		<b>Fenna Vissenberg</b>			<b>Tippi Verbree</b>			
		200m	24.04	(24.04)	200m	22.15	(22.15)	
		600m	1:03.54	(39.50)	600m	58.37	(36.22)	
		1000m	1:46.75	(43.21)	1000m	1:38.28	(39.91)	

		Naam		Cat		PR	Tijd	Info
7	wt	40 <b>Damian Haesen</b>		HC1		1:42.71	1:41.95	PR
	rd	73 <b>Malaika Bevelander</b>		DC2		1:47.17	1:46.31	PR
		<b>Damian Haesen</b>			<b>Malaika Bevelander</b>			
		200m	21.88	(21.88)	200m	23.60	(23.60)	
		600m	59.55	(37.67)	600m	1:02.96	(39.36)	
		1000m	1:41.95	(42.40)	1000m	1:46.31	(43.35)	

		Naam		Cat		PR	Tijd	Info
8	gl	16 <b>Clover van Zeijl</b>		DB2		1:41.96	1:43.20	
	bl	65 <b>Mies van Voorst</b>		DB1		1:42.11	1:39.75	PR
		<b>Clover van Zeijl</b>			<b>Mies van Voorst</b>			
		200m	22.87	(22.87)	200m	23.21	(23.21)	
		600m	1:01.47	(38.60)	600m	1:00.36	(37.15)	
		1000m	1:43.20	(41.73)	1000m	1:39.75	(39.39)	

		Naam	Cat	PR	Tijd	Info
9	wt	41 <b>Oona Alleblas</b>	DB1	1:39.12	1:39.27	
	rd	23 <b>Laura Zeemeijer</b>	DC2	1:40.36	1:38.79	PR
		<b>Oona Alleblas</b>		<b>Laura Zeemeijer</b>		
		200m	22.96 (22.96)	200m	22.88 (22.88)	
		600m	59.77 (36.81)	600m	59.57 (36.69)	
		1000m	1:39.27 (39.50)	1000m	1:38.79 (39.22)	

		Naam	Cat	PR	Tijd	Info
10	gl	36 <b>Rinske Hogenboom</b>	DB1	1:40.77	1:38.93	PR
	bl	2 <b>Tijn Sosef</b>	HC1	1:39.44	1:37.04	PR
		<b>Rinske Hogenboom</b>		<b>Tijn Sosef</b>		
		200m	22.89 (22.89)	200m	22.55 (22.55)	
		600m	59.71 (36.82)	600m	59.03 (36.48)	
		1000m	1:38.93 (39.22)	1000m	1:37.04 (38.01)	

		Naam	Cat	PR	Tijd	Info
11	wt	26 <b>Lisa de Koster</b>	DB2	1:39.18	1:39.43	
	rd	37 <b>Noortje Valkenburg</b>	DC2	1:40.12	1:41.07	
		<b>Lisa de Koster</b>		<b>Noortje Valkenburg</b>		
		200m	22.46 (22.46)	200m	22.92 (22.92)	
		600m	59.68 (37.22)	600m	1:00.86 (37.94)	
		1000m	1:39.43 (39.75)	1000m	1:41.07 (40.21)	

		Naam	Cat	PR	Tijd	Info
12	gl	56 <b>Marcella van de Weem</b>	DN4	1:37.78	1:41.87	
	bl	86 <b>Sophie Ammerlaan</b>	DB1	1:37.62	1:35.60	PR
		<b>Marcella van de Weem</b>		<b>Sophie Ammerlaan</b>		
		200m	22.43 (22.43)	200m	22.85 (22.85)	
		600m	1:00.92 (38.49)	600m	58.24 (35.39)	
		1000m	1:41.87 (40.95)	1000m	1:35.60 (37.36)	

		Naam			Cat	PR	Tijd	Info
13	wt	5 <b>Fem Ferrari</b>			DC2	1:36.65	1:36.57	PR
	rd	44 <b>Tristan Boon</b>			HC2	1:37.41	1:36.43	PR
		<b>Fem Ferrari</b>			<b>Tristan Boon</b>			
		200m	21.59	(21.59)	200m	22.16	(22.16)	
		600m	57.18	(35.59)	600m	58.07	(35.91)	
		1000m	1:36.57	(39.39)	1000m	1:36.43	(38.36)	

		Naam			Cat	PR	Tijd	Info
14	gl	17 <b>Nouschka Steenks</b>			DB1	1:32.13	1:32.28	
	bl	12 <b>Lindsey Eijgermans</b>			DB2	1:38.72	1:39.76	
		<b>Nouschka Steenks</b>			<b>Lindsey Eijgermans</b>			
		200m	20.97	(20.97)	200m	22.71	(22.71)	
		600m	55.49	(34.52)	600m	59.75	(37.04)	
		1000m	1:32.28	(36.79)	1000m	1:39.76	(40.01)	

		Naam			Cat	PR	Tijd	Info
15	wt	49 <b>Renske Ansink</b>			DB1	1:36.55	1:37.33	
	rd	19 <b>Boaz Piek</b>			HB1	1:36.17	1:39.39	
		<b>Renske Ansink</b>			<b>Boaz Piek</b>			
		200m	22.54	(22.54)	200m	22.35	(22.35)	
		600m	58.68	(36.14)	600m	1:00.41	(38.06)	
		1000m	1:37.33	(38.65)	1000m	1:39.39	(38.98)	

		Naam			Cat	PR	Tijd	Info
16	gl	13 <b>Wouter Kok</b>			HC2	1:35.86	1:32.55	PR
	bl	99 <b>Seppe Wiersema</b>			HC2	1:35.83	1:32.37	PR
		<b>Wouter Kok</b>			<b>Seppe Wiersema</b>			
		200m	20.66	(20.66)	200m	21.20	(21.20)	
		600m	54.86	(34.20)	600m	54.88	(33.68)	
		1000m	1:32.55	(37.69)	1000m	1:32.37	(37.49)	

		Naam			Cat	PR	Tijd	Info
17	wt	22 <b>Rutger van Gerven</b>			HB2	1:34.33	1:36.41	
	rd	61 <b>Philine Jansen</b>			DC1	1:35.83	1:36.72	
		<b>Rutger van Gerven</b>			<b>Philine Jansen</b>			
		200m	20.80	(20.80)	200m	21.93	(21.93)	
		600m	56.32	(35.52)	600m	58.35	(36.42)	
		1000m	1:36.41	(40.09)	1000m	1:36.72	(38.37)	

		Naam			Cat	PR	Tijd	Info
18	gl	72 <b>Vivienne Bodijn</b>			DC1	1:35.44	1:34.30	PR
	bl	21 <b>Lauren de Kool</b>			DC2	1:33.88	1:35.30	
		<b>Vivienne Bodijn</b>			<b>Lauren de Kool</b>			
		200m	21.94	(21.94)	200m	21.84	(21.84)	
		600m	56.59	(34.65)	600m	57.07	(35.23)	
		1000m	1:34.30	(37.71)	1000m	1:35.30	(38.23)	

		Naam			Cat	PR	Tijd	Info
19	wt	74 <b>Merijn Abrahamse</b>			HC2	1:33.00	1:32.18	PR
	rd	71 <b>Pieter Bouwhuis</b>			H45	1:34.17	1:32.91	PR
		<b>Merijn Abrahamse</b>			<b>Pieter Bouwhuis</b>			
		200m	20.89	(20.89)	200m	21.51	(21.51)	
		600m	55.59	(34.70)	600m	56.22	(34.71)	
		1000m	1:32.18	(36.59)	1000m	1:32.91	(36.69)	

		Naam			Cat	PR	Tijd	Info
20	gl	45 <b>Kian Van Nierop</b>			HB1	1:34.32	1:32.99	PR
	bl	25 <b>Keira Vissenberg</b>			DB2	1:33.41	1:35.94	
		<b>Kian Van Nierop</b>			<b>Keira Vissenberg</b>			
		200m	20.32	(20.32)	200m	21.53	(21.53)	
		600m	55.75	(35.43)	600m	57.31	(35.78)	
		1000m	1:32.99	(37.24)	1000m	1:35.94	(38.63)	

		Naam	Cat	PR	Tijd	Info
21	wt	4 <b>Puk Moerman</b>	DC1	1:31.24	1:32.14	
	rd	76 <b>Fenne Valentijn</b>	DC1	1:33.00	1:31.44	PR
		<b>Puk Moerman</b>				
		200m	20.94 (20.94)	200m	21.80 (21.80)	
		600m	55.27 (34.33)	600m	55.08 (33.28)	
		1000m	1:32.14 (36.87)	1000m	1:31.44 (36.36)	
		<b>Fenne Valentijn</b>				
		200m	20.94 (20.94)	200m	21.80 (21.80)	
		600m	55.27 (34.33)	600m	55.08 (33.28)	
		1000m	1:32.14 (36.87)	1000m	1:31.44 (36.36)	

		Naam	Cat	PR	Tijd	Info
22	gl	47 <b>Emma Boon</b>	DB2	1:32.24	1:31.95	PR
	bl	98 <b>Matthias Tam</b>	HC2	1:32.79	1:31.01	PR
		<b>Emma Boon</b>				
		200m	20.87 (20.87)	200m	20.80 (20.80)	
		600m	54.99 (34.12)	600m	54.42 (33.62)	
		1000m	1:31.95 (36.96)	1000m	1:31.01 (36.59)	
		<b>Matthias Tam</b>				
		200m	20.87 (20.87)	200m	20.80 (20.80)	
		600m	54.99 (34.12)	600m	54.42 (33.62)	
		1000m	1:31.95 (36.96)	1000m	1:31.01 (36.59)	

		Naam	Cat	PR	Tijd	Info
23	wt	52 <b>Nienke Molleman</b>	DC1	1:30.19	1:31.85	
	rd	31 <b>Fay Barendse</b>	DC2	1:29.84	1:30.68	
		<b>Nienke Molleman</b>				
		200m	21.81 (21.81)	200m	21.42 (21.42)	
		600m	55.64 (33.83)	600m	54.43 (33.01)	
		1000m	1:31.85 (36.21)	1000m	1:30.68 (36.25)	
		<b>Fay Barendse</b>				
		200m	21.81 (21.81)	200m	21.42 (21.42)	
		600m	55.64 (33.83)	600m	54.43 (33.01)	
		1000m	1:31.85 (36.21)	1000m	1:30.68 (36.25)	

		Naam	Cat	PR	Tijd	Info
24	gl	67 <b>Quint Vogelzang</b>	HB2	1:31.78	1:28.37	PR
	bl	89 <b>Koen van Gemert</b>	HA1	1:32.10	1:29.18	PR
		<b>Quint Vogelzang</b>				
		200m	20.94 (20.94)	200m	21.02 (21.02)	
		600m	53.15 (32.21)	600m	54.46 (33.44)	
		1000m	1:28.37 (35.22)	1000m	1:29.18 (34.72)	
		<b>Koen van Gemert</b>				
		200m	20.94 (20.94)	200m	21.02 (21.02)	
		600m	53.15 (32.21)	600m	54.46 (33.44)	
		1000m	1:28.37 (35.22)	1000m	1:29.18 (34.72)	

		Naam	Cat	PR	Tijd	Info
25	wt	81 <b>Thijs Heezen</b>	HSA	1:28.49	1:28.58	
	rd	3 <b>Robin Verboom</b>	HC2	1:29.09	1:31.56	
		<b>Thijs Heezen</b>			<b>Robin Verboom</b>	
		200m 20.46 (20.46)		200m 21.07 (21.07)		
		600m 53.63 (33.17)		600m 55.76 (34.69)		
		1000m 1:28.58 (34.95)		1000m 1:31.56 (35.80)		

		Naam	Cat	PR	Tijd	Info
26	gl	78 <b>Wende Linnenbank</b>	DC1	1:28.73	1:29.60	
	bl	6 <b>Sven de Mooij</b>	HC2	1:28.48	1:28.55	
		<b>Wende Linnenbank</b>			<b>Sven de Mooij</b>	
		200m 20.72 (20.72)		200m 19.98 (19.98)		
		600m 53.74 (33.02)		600m 53.64 (33.66)		
		1000m 1:29.60 (35.86)		1000m 1:28.55 (34.91)		

		Naam	Cat	PR	Tijd	Info
27	wt	53 <b>Roos Bos</b>	DC1	1:28.27	1:28.63	
	rd	68 <b>Indy Kromokario</b>	HN1	1:23.26	2:03.30	FL
		<b>Roos Bos</b>			<b>Indy Kromokario</b>	
		200m 20.73 (20.73)		200m 18.75 (18.75)		
		600m 53.62 (32.89)		600m 1:20.22 (61.47)		
		1000m 1:28.63 (35.01)		1000m 2:03.30 (43.08)		

		Naam	Cat	PR	Tijd	Info
28	gl	100 <b>Emma van der Goes</b>	DA1	1:42.78	1:42.73	PR
	bl	101 <b>Sara van der Goes</b>	DC2	1:41.65	2:05.56	
		<b>Emma van der Goes</b>			<b>Sara van der Goes</b>	
		200m 22.67 (22.67)		200m 23.58 (23.58)		
		600m 1:00.31 (37.64)		600m 1:21.11 (57.53)		
		1000m 1:42.73 (42.42)		1000m 2:05.56 (44.45)		

		Naam	Cat	PR	Tijd	Info
29	wt	38 <b>Joep van Leeuwen</b>	HB2		1:20.65	DNF
	rd	82 <b>Leander Maas</b>	HC2		1:20.09	DNS
		<b>Joep van Leeuwen</b>		<b>Leander Maas</b>		
		200m	1:23.95 (83.95)			

		Naam	Cat	PR	Tijd	Info
30	gl	88 <b>Jim Beukeboom</b>	HN4			1:33.33 HT
	bl	94 <b>Julian Broos</b>	HA1		1:26.45	1:28.53 HT
		<b>Jim Beukeboom</b>		<b>Julian Broos</b>		
		200m	1:33.33 (93.33)	200m	1:28.53 (88.53)	

		Naam	Cat	PR	Tijd	Info
31	wt	79 <b>Boaz de Gast</b>	HB2		1:19.59	1:23.30
	rd	32 <b>Rune Stoel</b>	HB1		1:18.80	1:22.07
		<b>Boaz de Gast</b>		<b>Rune Stoel</b>		
		200m	19.15 (19.15)	200m	19.14 (19.14)	
		600m	49.53 (30.38)	600m	48.57 (29.43)	
		1000m	1:23.30 (33.77)	1000m	1:22.07 (33.50)	

		Naam	Cat	PR	Tijd	Info
32	gl	15 <b>Isabelle Hersbach</b>	DSA		1:24.41	1:31.70 HT
	bl	8 <b>Remco Boere</b>	HSA		1:21.76	1:27.03 HT
		<b>Isabelle Hersbach</b>		<b>Remco Boere</b>		
		200m	20.64 (20.64)	200m	19.85 (19.85)	
		600m	54.22 (33.58)	600m	51.76 (31.91)	
		1000m	1:31.70 (37.48)	1000m	1:27.03 (35.27)	

		Naam	Cat	PR	Tijd	Info
33	wt	70 <b>Tygo Blom</b>	HB1		1:19.15	1:22.54 HT
	rd	42 <b>Hidde Bart</b>	HSA		1:16.60	1:19.82 HT
		<b>Tygo Blom</b>		<b>Hidde Bart</b>		
		200m	19.16 (19.16)	200m	18.50 (18.50)	
		600m	49.61 (30.45)	600m	1:19.82 (61.32)	
		1000m	1:22.54 (32.93)			

# Recordwedstrijd 1000 en 10K

De Uithof - Den Haag

18 maart 2026

		Naam	Cat	PR	Tijd	Info
34	gl	20 <b>Olivier Wennekes</b>	HB1	1:20.85	1:23.24	HT
	bl	9 <b>Calvin van Klink</b>	HSA	1:12.70	1:16.99	HT
		<b>Olivier Wennekes</b>				
		200m	1:23.24 (83.24)			
		<b>Calvin van Klink</b>				
		200m	1:16.99 (76.99)			

## 2. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	107 Mees Blaauw	HB2	4	I	15:45.04	PR	
2	106 Berto Anker	HN2	2	I	15:47.63	PR	
3	24 Joppe Kleiweg	HSA	3	I	15:54.55	PR	
4	85 Martijn Cox	HN3	5	I	16:03.76	PR	
5	35 Nick Barendse	HA1	1	I	16:04.61	PR	
6	109 Heleen Docter	DSA	7	O	16:25.71	TR	
7	90 Tygo Kompier	HN1	1	O	16:26.26		
8	58 Hugo de Jonge	HN3	4	O	16:27.33	PR	
9	69 Joey van den Berg	HA2	5	O	16:32.81	PR	
10	57 Liam Tap	HN2	7	I	16:33.13		
11	29 Thijs Langeveld	HSA	6	I	16:45.50	PR	
12	92 Amber Koetsier	DA1	6	O	16:51.11	HT TR	
13	55 Jordy Krap	HSA	9	I	16:55.47	PR	
14	102 Jarno Middendorp	HN3	8	I	17:45.17		
15	39 Johan Sonneveld	HSA	8	O	18:07.43		
16	95 Liesbeth Veen	DSB	9	O	18:11.44	TR	
17	80 Sietse Post	HB2	10	I	19:07.21		

## 2. Rituitslag 10000 meter

		Naam		Cat		PR	Tijd	Info	
1	wt	35 Nick Barendse		HA1			16:04.61	PR	
	rd	90 Tygo Kompier		HN1		15:40.29	16:26.26		
		<b>Nick Barendse</b>			<b>Tygo Kompier</b>				
		400m	41.25	(41.25)	400m	38.57	(38.57)		
		800m	1:19.71	(38.46)	800m	1:14.85	(36.28)		
		1200m	1:58.70	(38.99)	1200m	1:51.74	(36.89)		
		1600m	2:36.92	(38.22)	1600m	2:28.64	(36.90)		
		2000m	3:15.62	(38.70)	2000m	3:06.07	(37.43)		
		2400m	3:54.37	(38.75)	2400m	3:43.10	(37.03)		
		2800m	4:33.04	(38.67)	2800m	4:20.18	(37.08)		
		3200m	5:11.60	(38.56)	3200m	4:57.59	(37.41)		
		3600m	5:50.71	(39.11)	3600m	5:36.11	(38.52)		
		4000m	6:28.66	(37.95)	4000m	6:15.38	(39.27)		
		4400m	7:06.71	(38.05)	4400m	6:55.24	(39.86)		
		4800m	7:44.61	(37.90)	4800m	7:35.59	(40.35)		
		5200m	8:23.89	(39.28)	5200m	8:15.02	(39.43)		
		5600m	9:02.52	(38.63)	5600m	8:54.90	(39.88)		
		6000m	9:41.01	(38.49)	6000m	9:34.49	(39.59)		
		6400m	10:19.64	(38.63)	6400m	10:14.27	(39.78)		
		6800m	10:57.53	(37.89)	6800m	10:56.39	(42.12)		
		7200m	11:34.51	(36.98)	7200m	11:40.89	(44.50)		
		7600m	12:11.81	(37.30)	7600m	12:26.71	(45.82)		
		8000m	12:52.21	(40.40)	8000m	13:10.35	(43.64)		
		8400m	13:30.06	(37.85)	8400m	13:52.72	(42.37)		
		8800m	14:09.69	(39.63)	8800m	14:35.06	(42.34)		
		9200m	14:50.12	(40.43)	9200m	15:15.73	(40.67)		
		9600m	15:29.42	(39.30)	9600m	15:54.32	(38.59)		
		10000m	16:04.61	(35.19)	10000m	16:26.26	(31.94)		

		Naam	Cat	PR	Tijd	Info
2	gl bl	106 <b>Berto Anker</b>	HN2	16:28.26	15:47.63	PR

**Berto Anker**

400m	39.56	(39.56)	m
800m	1:16.36	(36.80)	
1200m	1:53.56	(37.20)	
1600m	2:30.33	(36.77)	
2000m	3:07.31	(36.98)	
2400m	3:44.34	(37.03)	
2800m	4:21.54	(37.20)	
3200m	4:58.71	(37.17)	
3600m	5:35.53	(36.82)	
4000m	6:12.23	(36.70)	
4400m	6:49.85	(37.62)	
4800m	7:27.60	(37.75)	
5200m	8:05.83	(38.23)	
5600m	8:44.19	(38.36)	
6000m	9:22.55	(38.36)	
6400m	10:01.31	(38.76)	
6800m	10:40.12	(38.81)	
7200m	11:18.75	(38.63)	
7600m	11:57.17	(38.42)	
8000m	12:34.60	(37.43)	
8400m	13:14.30	(39.70)	
8800m	13:54.14	(39.84)	
9200m	14:33.54	(39.40)	
9600m	15:11.29	(37.75)	
10000m	15:47.63	(36.34)	

		Naam	Cat	PR	Tijd Info
3	wt rd	24 <b>Joppe Kleiweg</b>	HSA	16:03.46	15:54.55 PR

**Joppe Kleiweg**

400m	39.20	(39.20)	m
800m	1:15.84	(36.64)	
1200m	1:53.97	(38.13)	
1600m	2:31.90	(37.93)	
2000m	3:09.59	(37.69)	
2400m	3:47.40	(37.81)	
2800m	4:25.20	(37.80)	
3200m	5:02.72	(37.52)	
3600m	5:40.80	(38.08)	
4000m	6:18.91	(38.11)	
4400m	6:57.39	(38.48)	
4800m	7:35.27	(37.88)	
5200m	8:12.78	(37.51)	
5600m	8:51.32	(38.54)	
6000m	9:29.48	(38.16)	
6400m	10:08.28	(38.80)	
6800m	10:46.74	(38.46)	
7200m	11:25.12	(38.38)	
7600m	12:02.76	(37.64)	
8000m	12:40.82	(38.06)	
8400m	13:19.07	(38.25)	
8800m	13:57.65	(38.58)	
9200m	14:36.55	(38.90)	
9600m	15:15.44	(38.89)	
10000m	15:54.55	(39.11)	

		Naam	Cat	PR	Tijd	Info
4	gl	107 <b>Mees Blaauw</b>	HB2		15:45.04	PR
	bl	58 <b>Hugo de Jonge</b>	HN3	16:39.62	16:27.33	PR

### Mees Blaauw

400m	39.11	(39.11)
800m	1:14.54	(35.43)
1200m	1:52.04	(37.50)
1600m	2:30.20	(38.16)
2000m	3:08.34	(38.14)
2400m	3:45.95	(37.61)
2800m	4:23.69	(37.74)
3200m	5:01.64	(37.95)
3600m	5:39.81	(38.17)
4000m	6:17.85	(38.04)
4400m	6:55.81	(37.96)
4800m	7:34.12	(38.31)
5200m	8:11.82	(37.70)
5600m	8:49.80	(37.98)
6000m	9:28.26	(38.46)
6400m	10:06.61	(38.35)
6800m	10:45.36	(38.75)
7200m	11:23.86	(38.50)
7600m	12:02.15	(38.29)
8000m	12:40.29	(38.14)
8400m	13:17.55	(37.26)
8800m	13:55.24	(37.69)
9200m	14:32.37	(37.13)
9600m	15:09.19	(36.82)
10000m	15:45.04	(35.85)

### Hugo de Jonge

400m	39.77	(39.77)
800m	1:15.53	(35.76)
1200m	1:52.82	(37.29)
1600m	2:31.35	(38.53)
2000m	3:09.75	(38.40)
2400m	3:47.45	(37.70)
2800m	4:26.55	(39.10)
3200m	5:06.39	(39.84)
3600m	5:46.10	(39.71)
4000m	6:25.43	(39.33)
4400m	7:04.78	(39.35)
4800m	7:53.97	(49.19)
5200m	8:24.45	(30.48)
5600m	9:04.22	(39.77)
6000m	9:44.22	(40.00)
6400m	10:24.76	(40.54)
6800m	11:05.06	(40.30)
7200m	11:44.82	(39.76)
7600m	12:24.07	(39.25)
8000m	13:04.05	(39.98)
8400m	13:44.08	(40.03)
8800m	14:24.39	(40.31)
9200m	15:05.31	(40.92)
9600m	15:46.67	(41.36)
10000m	16:27.33	(40.66)

		Naam	Cat	PR	Tijd	Info
5	wt	85 <b>Martijn Cox</b>	HN3	17:14.20	16:03.76	PR
	rd	69 <b>Joey van den Berg</b>	HA2	16:57.97	16:32.81	PR

### Martijn Cox

400m	39.22	(39.22)
800m	1:16.54	(37.32)
1200m	1:55.13	(38.59)
1600m	2:34.28	(39.15)
2000m	3:13.56	(39.28)
2400m	3:53.40	(39.84)
2800m	4:32.96	(39.56)
3200m	5:12.17	(39.21)
3600m	5:52.34	(40.17)
4000m	6:31.58	(39.24)
4400m	7:11.27	(39.69)
4800m	7:50.38	(39.11)
5200m	8:28.64	(38.26)
5600m	9:07.09	(38.45)
6000m	9:44.84	(37.75)
6400m	10:22.41	(37.57)
6800m	11:00.26	(37.85)
7200m	11:38.49	(38.23)
7600m	12:16.86	(38.37)
8000m	12:55.30	(38.44)
8400m	13:33.47	(38.17)
8800m	14:12.43	(38.96)
9200m	14:50.19	(37.76)
9600m	15:27.00	(36.81)
10000m	16:03.76	(36.76)

### Joey van den Berg

400m	41.22	(41.22)
800m	1:19.38	(38.16)
1200m	1:57.76	(38.38)
1600m	2:36.65	(38.89)
2000m	3:14.03	(37.38)
2400m	3:55.25	(41.22)
2800m	4:34.75	(39.50)
3200m	5:13.71	(38.96)
3600m	5:53.30	(39.59)
4000m	6:32.94	(39.64)
4400m	7:12.88	(39.94)
4800m	7:53.10	(40.22)
5200m	8:33.30	(40.20)
5600m	9:13.76	(40.46)
6000m	9:54.82	(41.06)
6400m	10:35.21	(40.39)
6800m	11:15.43	(40.22)
7200m	11:55.80	(40.37)
7600m	12:36.12	(40.32)
8000m	13:16.23	(40.11)
8400m	13:55.86	(39.63)
8800m	14:35.73	(39.87)
9200m	15:15.59	(39.86)
9600m	15:54.55	(38.96)
10000m	16:32.81	(38.26)

		Naam	Cat	PR	Tijd	Info
6	gl	29 <b>Thijs Langeveld</b>	HSA	17:24.43	16:45.50	PR
	bl	92 <b>Amber Koetsier</b>	DA1	17:35.63	16:51.11	HT TR

### Thijs Langeveld

400m	41.95	(41.95)
800m	1:20.34	(38.39)
1200m	1:59.71	(39.37)
1600m	2:38.60	(38.89)
2000m	3:17.89	(39.29)
2400m	3:57.05	(39.16)
2800m	4:37.17	(40.12)
3200m	5:17.27	(40.10)
3600m	5:57.89	(40.62)
4000m	6:38.53	(40.64)
4400m	7:18.94	(40.41)
4800m	7:59.25	(40.31)
5200m	8:39.55	(40.30)
5600m	9:20.05	(40.50)
6000m	10:00.24	(40.19)
6400m	10:40.24	(40.00)
6800m	11:20.43	(40.19)
7200m	12:01.04	(40.61)
7600m	12:41.53	(40.49)
8000m	13:22.21	(40.68)
8400m	14:03.23	(41.02)
8800m	14:43.68	(40.45)
9200m	15:24.76	(41.08)
9600m	16:05.43	(40.67)
10000m	16:45.50	(40.07)

### Amber Koetsier

400m	43.35	(43.35)
800m	1:23.06	(39.71)
1200m	2:02.61	(39.55)
1600m	2:42.43	(39.82)
2000m	3:22.29	(39.86)
2400m	4:02.21	(39.92)
2800m	4:42.56	(40.35)
3200m	5:23.12	(40.56)
3600m	6:03.53	(40.41)
4000m	6:44.05	(40.52)
4400m	7:24.49	(40.44)
4800m	8:04.94	(40.45)
5200m	8:45.28	(40.34)
5600m	9:25.87	(40.59)
6000m	10:05.98	(40.11)
6400m	10:45.70	(39.72)
6800m	11:25.23	(39.53)
7200m	12:05.15	(39.92)
7600m	12:45.88	(40.73)
8000m	13:26.34	(40.46)
8400m	14:06.89	(40.55)
8800m	14:48.24	(41.35)
9200m	15:30.01	(41.77)
9600m	16:11.53	(41.52)
10000m	16:51.11	(39.58)

		Naam	Cat	PR	Tijd Info
7	wt	57 <b>Liam Tap</b>	HN2		16:33.13
	rd	109 <b>Heleen Docter</b>	DSA		16:25.71 TR

### Liam Tap

400m	41.70	(41.70)
800m	1:18.04	(36.34)
1200m	1:56.69	(38.65)
1600m	2:35.53	(38.84)
2000m	3:14.37	(38.84)
2400m	3:52.69	(38.32)
2800m	4:31.59	(38.90)
3200m	5:10.51	(38.92)
3600m	5:51.40	(40.89)
4000m	6:30.85	(39.45)
4400m	7:09.84	(38.99)
4800m	7:49.17	(39.33)
5200m	8:28.46	(39.29)
5600m	9:09.04	(40.58)
6000m	9:50.61	(41.57)
6400m	10:31.46	(40.85)
6800m	11:11.49	(40.03)
7200m	11:52.16	(40.67)
7600m	12:32.92	(40.76)
8000m	13:12.93	(40.01)
8400m	13:53.20	(40.27)
8800m	14:33.91	(40.71)
9200m	15:14.67	(40.76)
9600m	15:54.66	(39.99)
10000m	16:33.13	(38.47)

### Heleen Docter

400m	41.19	(41.19)
800m	1:18.15	(36.96)
1200m	1:56.18	(38.03)
1600m	2:35.14	(38.96)
2000m	3:14.37	(39.23)
2400m	3:52.37	(38.00)
2800m	4:31.36	(38.99)
3200m	5:11.04	(39.68)
3600m	5:50.74	(39.70)
4000m	6:30.32	(39.58)
4400m	7:09.21	(38.89)
4800m	7:48.88	(39.67)
5200m	8:28.48	(39.60)
5600m	9:07.75	(39.27)
6000m	9:47.23	(39.48)
6400m	10:26.86	(39.63)
6800m	11:06.59	(39.73)
7200m	11:45.95	(39.36)
7600m	12:25.84	(39.89)
8000m	13:05.73	(39.89)
8400m	13:45.89	(40.16)
8800m	14:25.58	(39.69)
9200m	15:05.56	(39.98)
9600m	15:45.78	(40.22)
10000m	16:25.71	(39.93)

		Naam	Cat	PR	Tijd Info
8	gl	102 <b>Jarno Middendorp</b>	HN3		17:45.17
	bl	39 <b>Johan Sonneveld</b>	HSA		18:07.43

### Jarno Middendorp

400m	45.79	(45.79)
800m	1:26.99	(41.20)
1200m	2:09.06	(42.07)
1600m	2:51.89	(42.83)
2000m	3:34.72	(42.83)
2400m	4:13.85	(39.13)
2800m	4:59.28	(45.43)
3200m	5:41.61	(42.33)
3600m	6:24.03	(42.42)
4000m	7:06.24	(42.21)
4400m	7:48.70	(42.46)
4800m	8:31.60	(42.90)
5200m	9:14.80	(43.20)
5600m	9:58.90	(44.10)
6000m	10:41.86	(42.96)
6400m	11:25.21	(43.35)
6800m	12:08.64	(43.43)
7200m	12:53.04	(44.40)
7600m	13:36.85	(43.81)
8000m	14:20.06	(43.21)
8400m	15:02.44	(42.38)
8800m	15:44.13	(41.69)
9200m	16:25.11	(40.98)
9600m	17:05.51	(40.40)
10000m	17:45.17	(39.66)

### Johan Sonneveld

400m	45.27	(45.27)
800m	1:27.71	(42.44)
1200m	2:11.90	(44.19)
1600m	2:55.64	(43.74)
2000m	3:38.77	(43.13)
2400m	4:22.11	(43.34)
2800m	5:06.20	(44.09)
3200m	5:50.47	(44.27)
3600m	6:35.05	(44.58)
4000m	7:19.72	(44.67)
4400m	8:04.59	(44.87)
4800m	8:48.86	(44.27)
5200m	9:32.69	(43.83)
5600m	10:16.54	(43.85)
6000m	11:00.23	(43.69)
6400m	11:42.92	(42.69)
6800m	12:25.58	(42.66)
7200m	13:07.44	(41.86)
7600m	13:50.02	(42.58)
8000m	14:32.46	(42.44)
8400m	15:15.42	(42.96)
8800m	15:58.27	(42.85)
9200m	16:41.02	(42.75)
9600m	17:24.12	(43.10)
10000m	18:07.43	(43.31)

		Naam	Cat	PR	Tijd	Info
9	wt	55 <b>Jordy Krap</b>	HSA	17:27.73	16:55.47	PR
	rd	95 <b>Liesbeth Veen</b>	DSB	17:15.96	18:11.44	TR

### Jordy Krap

400m	41.94	(41.94)
800m	1:19.26	(37.32)
1200m	1:57.83	(38.57)
1600m	2:37.00	(39.17)
2000m	3:16.10	(39.10)
2400m	3:55.65	(39.55)
2800m	4:35.11	(39.46)
3200m	5:15.55	(40.44)
3600m	5:55.80	(40.25)
4000m	6:36.36	(40.56)
4400m	7:17.80	(41.44)
4800m	7:59.87	(42.07)
5200m	8:42.06	(42.19)
5600m	9:23.44	(41.38)
6000m	10:04.51	(41.07)
6400m	10:44.49	(39.98)
6800m	11:25.65	(41.16)
7200m	12:07.09	(41.44)
7600m	12:48.55	(41.46)
8000m	13:30.20	(41.65)
8400m	14:12.01	(41.81)
8800m	14:53.70	(41.69)
9200m	15:34.81	(41.11)
9600m	16:15.32	(40.51)
10000m	16:55.47	(40.15)

### Liesbeth Veen

400m	43.07	(43.07)
800m	1:23.05	(39.98)
1200m	2:03.70	(40.65)
1600m	2:44.41	(40.71)
2000m	3:26.44	(42.03)
2400m	4:08.91	(42.47)
2800m	4:51.80	(42.89)
3200m	5:35.44	(43.64)
3600m	6:19.76	(44.32)
4000m	7:04.41	(44.65)
4400m	7:49.04	(44.63)
4800m	8:33.88	(44.84)
5200m	9:18.73	(44.85)
5600m	10:02.64	(43.91)
6000m	10:46.02	(43.38)
6400m	11:29.02	(43.00)
6800m	12:12.62	(43.60)
7200m	12:57.26	(44.64)
7600m	13:42.61	(45.35)
8000m	14:28.89	(46.28)
8400m	15:14.28	(45.39)
8800m	15:59.63	(45.35)
9200m	16:44.24	(44.61)
9600m	17:28.61	(44.37)
10000m	18:11.44	(42.83)

	Naam	Cat	PR	Tijd Info
10	gl bl	80 Sietse Post	HB2	19:07.21

Sietse Post

400m	43.13	(43.13)
800m	1:25.06	(41.93)
1200m	2:08.64	(43.58)
1600m	2:52.76	(44.12)
2000m	3:37.58	(44.82)
2400m	4:22.73	(45.15)
2800m	5:08.72	(45.99)
3200m	5:53.99	(45.27)
3600m	6:38.27	(44.28)
4000m	7:23.60	(45.33)
4400m	8:09.44	(45.84)
4800m	8:56.61	(47.17)
5200m	9:43.53	(46.92)
5600m	10:30.63	(47.10)
6000m	11:16.97	(46.34)
6400m	12:03.88	(46.91)
6800m	12:51.30	(47.42)
7200m	13:38.60	(47.30)
7600m	14:25.61	(47.01)
8000m	15:13.16	(47.55)
8400m	16:00.52	(47.36)
8800m	16:48.66	(48.14)
9200m	17:36.23	(47.57)
9600m	18:22.29	(46.06)
10000m	19:07.21	(44.92)

m