

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

1. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|-------|------|--------|
| 1 | 93 Johan Talsma | HN1 | 3 | O | 36.04 | PR | |
| 2 | 15 Bryant Boogert | HN1 | 4 | O | 36.12 | | |
| | 22 Geophrey Coenraad | HA1 | 3 | I | 36.12 | PR | |
| 4 | 14 Jarle Gerrits | HN4 | 1 | O | 36.44 | | |
| 5 | 17 Niels de Kruijk | HA2 | 2 | I | 36.57 | | |
| 6 | 112 Jim Dhore | HSA | 6 | I | 36.58 | | |
| 7 | 8 Rinze Bart de Glee | HN2 | 2 | O | 36.59 | | |
| 8 | 120 Swen Halferkamps | HN1 | 26 | O | 36.80 | | |
| 9 | 114 Tim Hoogkamer | HSA | 6 | O | 36.86 | | |
| 10 | 113 Jasper Sinke | HN3 | 4 | I | 36.90 | | |
| 11 | 61 János Sipos | HA2 | 5 | I | 37.06 | | |
| 12 | 119 Roel Regts | HA2 | 7 | I | 37.44 | | |
| 13 | 18 Tijs van Gennip | HA2 | 1 | I | 37.51 | | |
| 14 | 45 Yoeri van Bostelen | HN1 | 29 | I | 38.02 | | |
| 15 | 103 Dione Voskamp | DSA | 10 | O | 38.10 | | |
| 16 | 102 Jutta Leerdam | DSA | 8 | O | 38.17 | | |
| 17 | 31 Mika Kolder | HA2 | 11 | O | 38.32 | | |
| 18 | 86 Jornt Dijk | HSA | 11 | I | 38.33 | | |
| 19 | 75 Donald Stappenbelt | HN2 | 14 | I | 38.50 | | |
| 20 | 37 Sem Spruit | HB2 | 7 | O | 38.78 | | |
| 21 | 96 Robbert-Jan van Hardeveld | HA2 | 14 | O | 38.89 | | |
| 22 | 51 Jeroen Janissen | HSA | 12 | I | 39.16 | | |
| 23 | 64 Rutger Verhoeff | HA2 | 12 | O | 39.17 | | |
| 24 | 74 Danny Heijkoop | HN4 | 16 | O | 39.20 | | |
| 25 | 3 Sylke Kas | DN4 | 13 | O | 39.45 | | |
| 26 | 2 Helga Drost | DSA | 10 | I | 39.56 | | |
| 27 | 34 Sil van der Veen | HA2 | 18 | O | 39.71 | | |
| 28 | 65 Julian Kant | HB2 | 17 | I | 39.83 | | |
| 29 | 108 Fran Vanhoutte | DN3 | 15 | I | 39.89 | | |
| 30 | 99 Ju-Lin de Visser | DSA | 13 | I | 39.91 | | |
| 31 | 6 Jillian Knook | DN1 | 15 | O | 40.09 | | |
| 32 | 66 Lars Mans | HB2 | 18 | I | 40.24 | PR | |
| 33 | 101 Jesse van Buren | HA1 | 20 | I | 40.50 | | |
| 34 | 46 Elanne de Vries | DA2 | 19 | I | 41.03 | | |
| 35 | 117 Sterre van Schaik | DN1 | 22 | O | 41.04 | | |
| 36 | 67 Lucas Fabrie | HB2 | 16 | I | 41.11 | | |
| 37 | 116 Sofie Bouw | DN1 | 22 | I | 41.13 | | |
| 38 | 118 Sietske van der Meer | DN2 | 21 | I | 41.19 | | |

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| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 39 | 72 Amy van der Meer | DN4 | 19 | O | 41.37 | | |
| 40 | 20 Janine Garretsen | DA1 | 23 | O | 41.45 | | |
| 41 | 44 Susanne Prins | DN1 | 24 | I | 41.50 | | |
| 42 | 73 Tessa Oudman | DSA | 24 | O | 42.12 | | |
| 43 | 28 Julia Pereira de Vos | DA2 | 25 | O | 42.39 | | |
| 44 | 54 Yves Vergeer | HSA | 5 | O | 42.43 | FL | |
| 45 | 62 Lianne van Gammeren | DA2 | 21 | O | 42.71 | | |
| 46 | 70 Max Eppinga | HA2 | 20 | O | 42.75 | | |
| 47 | 21 Maud Biezen | DA1 | 27 | I | 43.06 | | |
| 48 | 69 Leander Korevaar | HB1 | 26 | I | 43.62 | | |
| 49 | 63 Sara van Leeuwen | DA2 | 25 | I | 43.73 | | |
| 50 | 43 Emma Noz | DN1 | 30 | I | 43.80 | | |
| 51 | 100 Mark Ooijevaar | H40 | 17 | O | 43.88 | | |
| 52 | 48 Ymke Wubben | DB2 | 28 | O | 44.62 | | |
| 53 | 68 Lonneke Merckx | DB2 | 27 | O | 47.89 | | |
| | 47 Daan van Zwienen | HA1 | 29 | O | DNF | | |
| | 38 Jort de Gans | HN1 | 9 | I | DNS | | |
| | 41 Maud Blokhorst | DB2 | 23 | I | DNS | | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

1. Rituitslag 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|------------------------|---------|----------------------|-------|---------|--------------|------|
| 1 | wt | 18 | Tijs van Gennip | | HA2 | | 36.31 | 37.51 | |
| | rd | 14 | Jarle Gerrits | | HN4 | | 35.13 | 36.44 | |
| | | Tijs van Gennip | | | Jarle Gerrits | | | | |
| | | 100m | 10.45 | (10.45) | 100m | 10.45 | (10.45) | | |
| | | 500m | 37.51 | (27.06) | 500m | 36.44 | (25.99) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|---------------------------|---------|---------------------------|-------|---------|--------------|------|
| 2 | gl | 17 | Niels de Kruijk | | HA2 | | 35.78 | 36.57 | |
| | bl | 8 | Rinze Bart de Glee | | HN2 | | 36.21 | 36.59 | |
| | | Niels de Kruijk | | | Rinze Bart de Glee | | | | |
| | | 100m | 10.27 | (10.27) | 100m | 10.29 | (10.29) | | |
| | | 500m | 36.57 | (26.30) | 500m | 36.59 | (26.30) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|---------------------|-------|---------|--------------|------|
| 3 | wt | 22 | Geophrey Coenraad | | HA1 | | 36.62 | 36.12 | PR |
| | rd | 93 | Johan Talsma | | HN1 | | 36.21 | 36.04 | PR |
| | | Geophrey Coenraad | | | Johan Talsma | | | | |
| | | 100m | 10.03 | (10.03) | 100m | 10.05 | (10.05) | | |
| | | 500m | 36.12 | (26.09) | 500m | 36.04 | (25.99) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|-----------------------|---------|-----------------------|-------|---------|--------------|------|
| 4 | gl | 113 | Jasper Sinke | | HN3 | | 36.71 | 36.90 | |
| | bl | 15 | Bryant Boogert | | HN1 | | 35.68 | 36.12 | |
| | | Jasper Sinke | | | Bryant Boogert | | | | |
| | | 100m | 10.20 | (10.20) | 100m | 10.28 | (10.28) | | |
| | | 500m | 36.90 | (26.70) | 500m | 36.12 | (25.84) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|---------------------|---------|---------------------|-------|---------|--------------|------|
| 5 | wt | 61 | János Sipos | | HA2 | | 36.82 | 37.06 | |
| | rd | 54 | Yves Vergeer | | HSA | | 37.03 | 42.43 | FL |
| | | János Sipos | | | Yves Vergeer | | | | |
| | | 100m | 10.25 | (10.25) | 100m | 21.21 | (21.21) | | |
| | | 500m | 37.06 | (26.81) | 500m | 42.43 | (21.22) | | |

Trainingswedstrijd KNSB- en topteams

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5 oktober 2024

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|----------------------|-------|--------------|------|
| 6 | gl | 112 | Jim Dhore | | HSA | 35.79 | 36.58 | |
| | bl | 114 | Tim Hoogkamer | | HSA | 36.49 | 36.86 | |
| | | Jim Dhore | | | Tim Hoogkamer | | | |
| | | 100m | 9.87 | (9.87) | 100m | 10.25 | (10.25) | |
| | | 500m | 36.58 | (26.71) | 500m | 36.86 | (26.61) | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 7 | wt | 119 | Roel Regts | | HA2 | 37.22 | 37.44 | |
| | rd | 37 | Sem Spruit | | HB2 | 37.55 | 38.78 | |
| | | Roel Regts | | | Sem Spruit | | | |
| | | 100m | 10.27 | (10.27) | 100m | 10.98 | (10.98) | |
| | | 500m | 37.44 | (27.17) | 500m | 38.78 | (27.80) | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 8 | gl | 102 | Jutta Leerdam | | DSA | 37.14 | 38.17 | |
| | bl | | | | | | | |
| | | Jutta Leerdam | | | | | | |
| | | m | | | 100m | 10.75 | (10.75) | |
| | | | | | 500m | 38.17 | (27.42) | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 9 | wt | 38 | Jort de Gans | | HN1 | 37.81 | DNS | |
| | rd | | | | | | | |
| | | Jort de Gans | | | | | | |
| | | | | | m | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 10 | gl | 2 | Helga Drost | | DSA | 38.00 | 39.56 | |
| | bl | 103 | Dione Voskamp | | DSA | 37.53 | 38.10 | |
| | | Helga Drost | | | Dione Voskamp | | | |
| | | 100m | 11.05 | (11.05) | 100m | 10.47 | (10.47) | |
| | | 500m | 39.56 | (28.51) | 500m | 38.10 | (27.63) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------|--------------------|---------|--------------------|-------|--------------|------|
| 11 | wt | 86 | Jornt Dijk | | HSA | 37.70 | 38.33 | |
| | rd | 31 | Mika Kolder | | HA2 | 38.08 | 38.32 | |
| | | Jornt Dijk | | | Mika Kolder | | | |
| | | 100m | 10.72 | (10.72) | 100m | 10.99 | (10.99) | |
| | | 500m | 38.33 | (27.61) | 500m | 38.32 | (27.33) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|------------------------|-------|--------------|------|
| 12 | gl | 51 | Jeroen Janissen | | HSA | 37.64 | 39.16 | |
| | bl | 64 | Rutger Verhoeff | | HA2 | 38.35 | 39.17 | |
| | | Jeroen Janissen | | | Rutger Verhoeff | | | |
| | | 100m | 11.14 | (11.14) | 100m | 10.68 | (10.68) | |
| | | 500m | 39.16 | (28.02) | 500m | 39.17 | (28.49) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|------------------|-------|--------------|------|
| 13 | wt | 99 | Ju-Lin de Visser | | DSA | 38.90 | 39.91 | |
| | rd | 3 | Sylke Kas | | DN4 | 38.71 | 39.45 | |
| | | Ju-Lin de Visser | | | Sylke Kas | | | |
| | | 100m | 10.86 | (10.86) | 100m | 11.06 | (11.06) | |
| | | 500m | 39.91 | (29.05) | 500m | 39.45 | (28.39) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------------|----------------------------------|---------|----------------------------------|-------|--------------|------|
| 14 | gl | 75 | Donald Stappenbelt | | HN2 | 38.37 | 38.50 | |
| | bl | 96 | Robbert-Jan van Hardeveld | | HA2 | 38.40 | 38.89 | |
| | | Donald Stappenbelt | | | Robbert-Jan van Hardeveld | | | |
| | | 100m | 10.71 | (10.71) | 100m | 10.67 | (10.67) | |
| | | 500m | 38.50 | (27.79) | 500m | 38.89 | (28.22) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|-------|--------------|------|
| 15 | wt | 108 | Fran Vanhoutte | | DN3 | 39.26 | 39.89 | |
| | rd | 6 | Jillian Knook | | DN1 | 39.19 | 40.09 | |
| | | Fran Vanhoutte | | | Jillian Knook | | | |
| | | 100m | 10.88 | (10.88) | 100m | 11.09 | (11.09) | |
| | | 500m | 39.89 | (29.01) | 500m | 40.09 | (29.00) | |

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5 oktober 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 16 | gl | 67 | Lucas Fabrie | | HB2 | 39.08 | 41.11 | |
| | bl | 74 | Danny Heijkoop | | HN4 | 38.23 | 39.20 | |
| | | Lucas Fabrie | | | Danny Heijkoop | | | |
| | | 100m | 10.92 | (10.92) | 100m | 10.78 | (10.78) | |
| | | 500m | 41.11 | (30.19) | 500m | 39.20 | (28.42) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 17 | wt | 65 | Julian Kant | | HB2 | 39.24 | 39.83 | |
| | rd | 100 | Mark Ooijevaar | | H40 | 39.43 | 43.88 | |
| | | Julian Kant | | | Mark Ooijevaar | | | |
| | | 100m | 10.96 | (10.96) | 100m | 12.48 | (12.48) | |
| | | 500m | 39.83 | (28.87) | 500m | 43.88 | (31.40) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 18 | gl | 66 | Lars Mans | | HB2 | 40.33 | 40.24 | PR |
| | bl | 34 | Sil van der Veen | | HA2 | 39.38 | 39.71 | |
| | | Lars Mans | | | Sil van der Veen | | | |
| | | 100m | 10.87 | (10.87) | 100m | 11.27 | (11.27) | |
| | | 500m | 40.24 | (29.37) | 500m | 39.71 | (28.44) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 19 | wt | 46 | Elanne de Vries | | DA2 | 41.01 | 41.03 | |
| | rd | 72 | Amy van der Meer | | DN4 | 40.03 | 41.37 | |
| | | Elanne de Vries | | | Amy van der Meer | | | |
| | | 100m | 11.36 | (11.36) | 100m | 11.24 | (11.24) | |
| | | 500m | 41.03 | (29.67) | 500m | 41.37 | (30.13) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 20 | gl | 101 | Jesse van Buren | | HA1 | 40.37 | 40.50 | |
| | bl | 70 | Max Eppinga | | HA2 | 41.04 | 42.75 | |
| | | Jesse van Buren | | | Max Eppinga | | | |
| | | 100m | 11.30 | (11.30) | 100m | 11.97 | (11.97) | |
| | | 500m | 40.50 | (29.20) | 500m | 42.75 | (30.78) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|---------------|----------------------------|---------------|------|
| 21 | wt | 118 Sietske van der Meer | DN2 | 40.13 | 41.19 | |
| | rd | 62 Lianne van Gammeren | DA2 | 41.25 | 42.71 | |
| | | Sietske van der Meer | | Lianne van Gammeren | | |
| | | 100m | 11.43 (11.43) | 100m | 11.57 (11.57) | |
| | | 500m | 41.19 (29.76) | 500m | 42.71 (31.14) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|---------------|--------------------------|---------------|------|
| 22 | gl | 116 Sofie Bouw | DN1 | 40.68 | 41.13 | |
| | bl | 117 Sterre van Schaik | DN1 | 40.65 | 41.04 | |
| | | Sofie Bouw | | Sterre van Schaik | | |
| | | 100m | 11.25 (11.25) | 100m | 11.15 (11.15) | |
| | | 500m | 41.13 (29.88) | 500m | 41.04 (29.89) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-------------------------|---------------|------|
| 23 | wt | 41 Maud Blokhorst | DB2 | 41.33 | DNS | |
| | rd | 20 Janine Garretsen | DA1 | 41.03 | 41.45 | |
| | | Maud Blokhorst | | Janine Garretsen | | |
| | | | | 100m | 11.53 (11.53) | |
| | | | | 500m | 41.45 (29.92) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------------|---------------------|---------------|------|
| 24 | gl | 44 Susanne Prins | DN1 | 40.87 | 41.50 | |
| | bl | 73 Tessa Oudman | DSA | 40.95 | 42.12 | |
| | | Susanne Prins | | Tessa Oudman | | |
| | | 100m | 11.63 (11.63) | 100m | 11.62 (11.62) | |
| | | 500m | 41.50 (29.87) | 500m | 42.12 (30.50) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|---------------|-----------------------------|---------------|------|
| 25 | wt | 63 Sara van Leeuwen | DA2 | 42.48 | 43.73 | |
| | rd | 28 Julia Pereira de Vos | DA2 | 41.26 | 42.39 | |
| | | Sara van Leeuwen | | Julia Pereira de Vos | | |
| | | 100m | 11.93 (11.93) | 100m | 11.40 (11.40) | |
| | | 500m | 43.73 (31.80) | 500m | 42.39 (30.99) | |

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5 oktober 2024

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-------|---------|-------------------------|-------|--------------|
| 26 | gl | 69 | Leander Korevaar | | HB1 | | 42.73 | 43.62 |
| | bl | 120 | Swen Halferkamps | | HN1 | | | 36.80 |
| | | | Leander Korevaar | | | Swen Halferkamps | | |
| | | | 100m | 12.09 | (12.09) | 100m | 10.28 | (10.28) |
| | | | 500m | 43.62 | (31.53) | 500m | 36.80 | (26.52) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-------|---------|----------------------|-------|--------------|
| 27 | wt | 21 | Maud Biezen | | DA1 | | 42.12 | 43.06 |
| | rd | 68 | Lonneke Merkx | | DB2 | | 45.24 | 47.89 |
| | | | Maud Biezen | | | Lonneke Merkx | | |
| | | | 100m | 11.99 | (11.99) | 100m | 12.88 | (12.88) |
| | | | 500m | 43.06 | (31.07) | 500m | 47.89 | (35.01) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------|-----|-----|------|-------|--------------|
| 28 | gl | | | | | | | |
| | bl | 48 | Ymke Wubben | | DB2 | | 42.72 | 44.62 |
| | | | Ymke Wubben | | | | | |
| | | | m | | | 100m | 12.48 | (12.48) |
| | | | | | | 500m | 44.62 | (32.14) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|-------|---------|-------------------------|-------|--------------|
| 29 | wt | 45 | Yoeri van Bostelen | | HN1 | | 36.82 | 38.02 |
| | rd | 47 | Daan van Zwienen | | HA1 | | 37.47 | DNF |
| | | | Yoeri van Bostelen | | | Daan van Zwienen | | |
| | | | 100m | 10.68 | (10.68) | | | |
| | | | 500m | 38.02 | (27.34) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-------|---------|----------------------|-------|-----------------|
| 30 | gl | 43 | Emma Noz | | DN1 | | 41.98 | 43.80 |
| | bl | 6 | Jillian Knook | | DN1 | | 39.19 | 40.52 RS |
| | | | Emma Noz | | | Jillian Knook | | |
| | | | 100m | 11.99 | (11.99) | 100m | 11.16 | (11.16) |
| | | | 500m | 43.80 | (31.81) | 500m | 40.52 | (29.36) |

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Thialf - Heerenveen

5 oktober 2024

2. Uitslag 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 13 Freek van der Ham | HN1 | 2 | I | 6:24.02 | PR | |
| 2 | 98 Jasper Krommenhoek | HN2 | 2 | O | 6:26.33 | PR | |
| 3 | 56 Lars Woelders | HN4 | 4 | O | 6:27.97 | PR | |
| 4 | 49 Maikel Stam | HSA | 4 | I | 6:32.01 | PR | |
| 5 | 51 Jeroen Janissen | HSA | 1 | I | 6:34.54 | | |
| 6 | 52 Stefan Wolffenbuttel | HSB | 3 | O | 6:36.37 | PR | |
| 7 | 94 Jelle Koeleman | HN2 | 3 | I | 6:38.01 | PR | |
| 8 | 92 Jasper Tinga | HN2 | 6 | I | 6:41.29 | PR | |
| 9 | 57 Hylke de Boer | HN2 | 7 | O | 6:41.40 | PR | |
| 10 | 58 Joël Bom | HN1 | 5 | O | 6:42.94 | PR | |
| 11 | 77 Finn ten Hove | HSA | 7 | I | 6:51.09 | PR | |
| 12 | 23 Eise van Schijndel | HA2 | 5 | I | 6:53.92 | | |
| 13 | 76 Ole ten Hove | HSA | 9 | O | 7:00.55 | PR | |
| 14 | 55 Ids Bouma | HSA | 1 | O | 7:00.90 | | |
| 15 | 79 Reina Anema | DSB | 8 | I | 7:05.22 | | |
| 16 | 100 Mark Ooijevaar | H40 | 6 | O | 7:05.84 | | |
| 17 | 60 Klaas Poortinga | HSA | 9 | I | 7:06.18 | | |
| 18 | 10 Arianna Pruisscher | DSA | 8 | O | 7:18.64 | FL | |

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5 oktober 2024

2. Rituitslag 5000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------|-----------------|---------|-----------|---------|---------|----------------|------|
| 1 | wt | 51 | Jeroen Janissen | | HSA | 6:28.64 | | 6:34.54 | |
| | rd | 55 | Ids Bouma | | HSA | 6:34.23 | | 7:00.90 | |
| | | Jeroen Janissen | | | Ids Bouma | | | | |
| | | 200m | 20.05 | (20.05) | 200m | 20.52 | (20.52) | | |
| | | 600m | 51.10 | (31.05) | 600m | 52.79 | (32.27) | | |
| | | 1000m | 1:22.87 | (31.77) | 1000m | 1:25.21 | (32.42) | | |
| | | 1400m | 1:54.18 | (31.31) | 1400m | 1:57.61 | (32.40) | | |
| | | 1800m | 2:25.32 | (31.14) | 1800m | 2:30.14 | (32.53) | | |
| | | 2200m | 2:56.61 | (31.29) | 2200m | 3:02.97 | (32.83) | | |
| | | 2600m | 3:28.13 | (31.52) | 2600m | 3:36.22 | (33.25) | | |
| | | 3000m | 3:59.63 | (31.50) | 3000m | 4:10.03 | (33.81) | | |
| | | 3400m | 4:30.79 | (31.16) | 3400m | 4:44.35 | (34.32) | | |
| | | 3800m | 5:01.69 | (30.90) | 3800m | 5:18.88 | (34.53) | | |
| | | 4200m | 5:32.78 | (31.09) | 4200m | 5:52.80 | (33.92) | | |
| | | 4600m | 6:03.72 | (30.94) | 4600m | 6:26.64 | (33.84) | | |
| | | 5000m | 6:34.54 | (30.82) | 5000m | 7:00.90 | (34.26) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------|--------------------|---------|--------------------|---------|---------|----------------|------|
| 2 | gl | 13 | Freek van der Ham | | HN1 | 6:31.40 | | 6:24.02 | PR |
| | bl | 98 | Jasper Krommenhoek | | HN2 | 6:27.47 | | 6:26.33 | PR |
| | | Freek van der Ham | | | Jasper Krommenhoek | | | | |
| | | 200m | 19.40 | (19.40) | 200m | 19.75 | (19.75) | | |
| | | 600m | 49.54 | (30.14) | 600m | 49.57 | (29.82) | | |
| | | 1000m | 1:20.14 | (30.60) | 1000m | 1:20.17 | (30.60) | | |
| | | 1400m | 1:51.49 | (31.35) | 1400m | 1:50.70 | (30.53) | | |
| | | 1800m | 2:22.08 | (30.59) | 1800m | 2:21.18 | (30.48) | | |
| | | 2200m | 2:52.63 | (30.55) | 2200m | 2:51.86 | (30.68) | | |
| | | 2600m | 3:23.34 | (30.71) | 2600m | 3:22.10 | (30.24) | | |
| | | 3000m | 3:53.84 | (30.50) | 3000m | 3:52.46 | (30.36) | | |
| | | 3400m | 4:23.91 | (30.07) | 3400m | 4:23.18 | (30.72) | | |
| | | 3800m | 4:53.83 | (29.92) | 3800m | 4:53.60 | (30.42) | | |
| | | 4200m | 5:23.74 | (29.91) | 4200m | 5:23.96 | (30.36) | | |
| | | 4600m | 5:53.72 | (29.98) | 4600m | 5:54.63 | (30.67) | | |
| | | 5000m | 6:24.02 | (30.30) | 5000m | 6:26.33 | (31.70) | | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|--------------------------------|---------|---------|-----------------------------|---------|----------------|------|
| 3 | wt | 94 Jelle Koeleman | | | HN2 | 6:39.28 | 6:38.01 | PR |
| | rd | 52 Stefan Wolffenbuttel | | | HSB | 6:43.56 | 6:36.37 | PR |
| | | Jelle Koeleman | | | Stefan Wolffenbuttel | | | |
| | | 200m | 19.40 | (19.40) | 200m | 20.19 | (20.19) | |
| | | 600m | 51.10 | (31.70) | 600m | 51.32 | (31.13) | |
| | | 1000m | 1:22.82 | (31.72) | 1000m | 1:22.65 | (31.33) | |
| | | 1400m | 1:54.25 | (31.43) | 1400m | 1:54.00 | (31.35) | |
| | | 1800m | 2:25.33 | (31.08) | 1800m | 2:25.32 | (31.32) | |
| | | 2200m | 2:56.56 | (31.23) | 2200m | 2:56.44 | (31.12) | |
| | | 2600m | 3:27.67 | (31.11) | 2600m | 3:27.84 | (31.40) | |
| | | 3000m | 3:59.01 | (31.34) | 3000m | 3:58.96 | (31.12) | |
| | | 3400m | 4:30.22 | (31.21) | 3400m | 4:30.28 | (31.32) | |
| | | 3800m | 5:01.56 | (31.34) | 3800m | 5:01.31 | (31.03) | |
| | | 4200m | 5:33.36 | (31.80) | 4200m | 5:32.62 | (31.31) | |
| | | 4600m | 6:05.53 | (32.17) | 4600m | 6:04.88 | (32.26) | |
| | | 5000m | 6:38.01 | (32.48) | 5000m | 6:36.37 | (31.49) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|-------------------------|---------|---------|----------------------|---------|----------------|------|
| 4 | gl | 49 Maikel Stam | | | HSA | 6:44.61 | 6:32.01 | PR |
| | bl | 56 Lars Woelders | | | HN4 | 6:37.70 | 6:27.97 | PR |
| | | Maikel Stam | | | Lars Woelders | | | |
| | | 200m | 20.00 | (20.00) | 200m | 19.61 | (19.61) | |
| | | 600m | 50.67 | (30.67) | 600m | 49.81 | (30.20) | |
| | | 1000m | 1:20.92 | (30.25) | 1000m | 1:20.08 | (30.27) | |
| | | 1400m | 1:51.53 | (30.61) | 1400m | 1:50.39 | (30.31) | |
| | | 1800m | 2:22.16 | (30.63) | 1800m | 2:20.67 | (30.28) | |
| | | 2200m | 2:52.79 | (30.63) | 2200m | 2:50.81 | (30.14) | |
| | | 2600m | 3:23.64 | (30.85) | 2600m | 3:21.27 | (30.46) | |
| | | 3000m | 3:54.45 | (30.81) | 3000m | 3:51.71 | (30.44) | |
| | | 3400m | 4:25.48 | (31.03) | 3400m | 4:22.22 | (30.51) | |
| | | 3800m | 4:56.88 | (31.40) | 3800m | 4:53.08 | (30.86) | |
| | | 4200m | 5:28.53 | (31.65) | 4200m | 5:24.40 | (31.32) | |
| | | 4600m | 6:00.08 | (31.55) | 4600m | 5:56.11 | (31.71) | |
| | | 5000m | 6:32.01 | (31.93) | 5000m | 6:27.97 | (31.86) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|-----------------|---------|----------------|------|
| 5 | wt | 23 | Eise van Schijndel | | HA2 | 6:50.86 | 6:53.92 | |
| | rd | 58 | Joël Bom | | HN1 | 6:46.42 | 6:42.94 | PR |
| | | <u>Eise van Schijndel</u> | | | <u>Joël Bom</u> | | | |
| | | 200m | 20.04 | (20.04) | 200m | 20.13 | (20.13) | |
| | | 600m | 51.74 | (31.70) | 600m | 51.05 | (30.92) | |
| | | 1000m | 1:23.62 | (31.88) | 1000m | 1:22.72 | (31.67) | |
| | | 1400m | 1:55.26 | (31.64) | 1400m | 1:54.38 | (31.66) | |
| | | 1800m | 2:27.57 | (32.31) | 1800m | 2:25.93 | (31.55) | |
| | | 2200m | 2:59.97 | (32.40) | 2200m | 2:57.54 | (31.61) | |
| | | 2600m | 3:32.24 | (32.27) | 2600m | 3:29.23 | (31.69) | |
| | | 3000m | 4:04.65 | (32.41) | 3000m | 4:00.93 | (31.70) | |
| | | 3400m | 4:37.51 | (32.86) | 3400m | 4:32.80 | (31.87) | |
| | | 3800m | 5:10.90 | (33.39) | 3800m | 5:04.91 | (32.11) | |
| | | 4200m | 5:44.90 | (34.00) | 4200m | 5:37.19 | (32.28) | |
| | | 4600m | 6:19.39 | (34.49) | 4600m | 6:09.82 | (32.63) | |
| | | 5000m | 6:53.92 | (34.53) | 5000m | 6:42.94 | (33.12) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|---------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 6 | gl | 92 | Jasper Tinga | | HN2 | 6:51.48 | 6:41.29 | PR |
| | bl | 100 | Mark Ooijevaar | | H40 | 6:24.56 | 7:05.84 | |
| | | <u>Jasper Tinga</u> | | | <u>Mark Ooijevaar</u> | | | |
| | | 200m | 19.19 | (19.19) | 200m | 21.83 | (21.83) | |
| | | 600m | 49.10 | (29.91) | 600m | 54.06 | (32.23) | |
| | | 1000m | 1:20.54 | (31.44) | 1000m | 1:26.68 | (32.62) | |
| | | 1400m | 1:52.42 | (31.88) | 1400m | 1:59.64 | (32.96) | |
| | | 1800m | 2:24.14 | (31.72) | 1800m | 2:32.86 | (33.22) | |
| | | 2200m | 2:55.72 | (31.58) | 2200m | 3:06.26 | (33.40) | |
| | | 2600m | 3:27.64 | (31.92) | 2600m | 3:40.09 | (33.83) | |
| | | 3000m | 3:59.86 | (32.22) | 3000m | 4:13.84 | (33.75) | |
| | | 3400m | 4:31.88 | (32.02) | 3400m | 4:47.93 | (34.09) | |
| | | 3800m | 5:03.96 | (32.08) | 3800m | 5:22.26 | (34.33) | |
| | | 4200m | 5:36.15 | (32.19) | 4200m | 5:56.53 | (34.27) | |
| | | 4600m | 6:08.68 | (32.53) | 4600m | 6:30.90 | (34.37) | |
| | | 5000m | 6:41.29 | (32.61) | 5000m | 7:05.84 | (34.94) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | Cat | | PR | Tijd | Info |
|---|----|-------------------------|---------|---------|----------------------|----------------|---------|
| 7 | wt | 77 Finn ten Hove | HSA | | 6:53.97 | 6:51.09 | PR |
| | rd | 57 Hylke de Boer | HN2 | | 6:51.93 | 6:41.40 | PR |
| | | Finn ten Hove | | | Hylke de Boer | | |
| | | 200m | 20.01 | (20.01) | 200m | 20.23 | (20.23) |
| | | 600m | 51.03 | (31.02) | 600m | 51.04 | (30.81) |
| | | 1000m | 1:20.91 | (29.88) | 1000m | 1:22.26 | (31.22) |
| | | 1400m | 1:52.94 | (32.03) | 1400m | 1:53.92 | (31.66) |
| | | 1800m | 2:24.67 | (31.73) | 1800m | 2:25.75 | (31.83) |
| | | 2200m | 2:57.07 | (32.40) | 2200m | 2:57.18 | (31.43) |
| | | 2600m | 3:29.61 | (32.54) | 2600m | 3:28.66 | (31.48) |
| | | 3000m | 4:02.74 | (33.13) | 3000m | 4:00.51 | (31.85) |
| | | 3400m | 4:35.81 | (33.07) | 3400m | 4:32.40 | (31.89) |
| | | 3800m | 5:09.15 | (33.34) | 3800m | 5:04.39 | (31.99) |
| | | 4200m | 5:42.82 | (33.67) | 4200m | 5:36.49 | (32.10) |
| | | 4600m | 6:16.92 | (34.10) | 4600m | 6:08.75 | (32.26) |
| | | 5000m | 6:51.09 | (34.17) | 5000m | 6:41.40 | (32.65) |

| | | Naam | Cat | | PR | Tijd | Info |
|---|----|------------------------------|---------|---------|---------------------------|----------------|---------|
| 8 | gl | 79 Reina Anema | DSB | | 6:57.58 | 7:05.22 | |
| | bl | 10 Arianna Pruisscher | DSA | | 7:04.38 | 7:18.64 | FL |
| | | Reina Anema | | | Arianna Pruisscher | | |
| | | 200m | 20.49 | (20.49) | 200m | 27.45 | (27.45) |
| | | 600m | 53.19 | (32.70) | 600m | 1:02.30 | (34.85) |
| | | 1000m | 1:27.35 | (34.16) | 1000m | 1:34.69 | (32.39) |
| | | 1400m | 2:01.58 | (34.23) | 1400m | 2:07.67 | (32.98) |
| | | 1800m | 2:35.79 | (34.21) | 1800m | 2:41.14 | (33.47) |
| | | 2200m | 3:09.93 | (34.14) | 2200m | 3:14.90 | (33.76) |
| | | 2600m | 3:43.52 | (33.59) | 2600m | 3:49.24 | (34.34) |
| | | 3000m | 4:17.26 | (33.74) | 3000m | 4:23.59 | (34.35) |
| | | 3400m | 4:50.78 | (33.52) | 3400m | 4:58.11 | (34.52) |
| | | 3800m | 5:24.25 | (33.47) | 3800m | 5:32.86 | (34.75) |
| | | 4200m | 5:57.91 | (33.66) | 4200m | 6:07.75 | (34.89) |
| | | 4600m | 6:31.52 | (33.61) | 4600m | 6:42.85 | (35.10) |
| | | 5000m | 7:05.22 | (33.70) | 5000m | 7:18.64 | (35.79) |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|------------------------|---------|-----|---------------------|---------|----------------|------|
| 9 | wt | 60 | Klaas Poortinga | | HSA | | 7:00.43 | 7:06.18 | |
| | rd | 76 | Ole ten Hove | | HSA | | 7:05.42 | 7:00.55 | PR |
| | | Klaas Poortinga | | | | Ole ten Hove | | | |
| | | 200m | 19.86 | (19.86) | | 200m | 20.06 | (20.06) | |
| | | 600m | 50.36 | (30.50) | | 600m | 50.94 | (30.88) | |
| | | 1000m | 1:21.47 | (31.11) | | 1000m | 1:22.16 | (31.22) | |
| | | 1400m | 1:53.89 | (32.42) | | 1400m | 1:54.29 | (32.13) | |
| | | 1800m | 2:26.76 | (32.87) | | 1800m | 2:26.99 | (32.70) | |
| | | 2200m | 3:00.41 | (33.65) | | 2200m | 3:00.25 | (33.26) | |
| | | 2600m | 3:34.29 | (33.88) | | 2600m | 3:33.98 | (33.73) | |
| | | 3000m | 4:08.57 | (34.28) | | 3000m | 4:07.74 | (33.76) | |
| | | 3400m | 4:43.45 | (34.88) | | 3400m | 4:42.01 | (34.27) | |
| | | 3800m | 5:18.66 | (35.21) | | 3800m | 5:16.33 | (34.32) | |
| | | 4200m | 5:54.43 | (35.77) | | 4200m | 5:51.13 | (34.80) | |
| | | 4600m | 6:29.74 | (35.31) | | 4600m | 6:25.88 | (34.75) | |
| | | 5000m | 7:06.18 | (36.44) | | 5000m | 7:00.55 | (34.67) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

3. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 53 Jorian ten Cate | HN3 | 2 | O | 3:54.01 | PR | |
| 2 | 33 Sietse de Vries | HA2 | 2 | I | 3:55.36 | PR | |
| 3 | 111 Germain Deschamps | HN3 | 1 | I | 3:55.67 | | |
| 4 | 26 Colin Breed | HA1 | 1 | O | 4:01.26 | | |
| 5 | 35 Sille Hut | HN1 | 3 | O | 4:02.43 | | |
| 6 | 32 Rutger Jansma | HB2 | 5 | O | 4:04.64 | PR | |
| 7 | 24 Rinse Franken | HA2 | 3 | I | 4:05.54 | | |
| 8 | 22 Geophrey Coenraad | HA1 | 5 | I | 4:05.64 | | |
| 9 | 81 Kim Talsma | DSA | 7 | I | 4:11.82 | | |
| 10 | 106 Sandrine Tas | DSA | 6 | I | 4:13.78 | | |
| 11 | 1 Evelien Vijn | DN3 | 6 | O | 4:15.84 | | |
| 12 | 84 Naomi van der Werf | DSA | 8 | O | 4:17.41 | | |
| 13 | 97 Vera van Ditshuizen | DN3 | 9 | I | 4:18.01 | PR | |
| 14 | 36 Sylvia de Vries | DN1 | 10 | I | 4:20.40 | PR | |
| 15 | 16 Lotte Groenen | DN1 | 9 | O | 4:24.24 | | |
| 16 | 91 Anna Marit Sybrandi | DN2 | 8 | I | 4:24.93 | | |
| 17 | 27 Jasmijn Veenhuis | DA1 | 7 | O | 4:25.58 | | |
| 18 | 25 Britt Breider | DA1 | 12 | O | 4:26.61 | PR | |
| 19 | 19 Evi de Ruijter | DA1 | 12 | I | 4:28.99 | PR | |
| 20 | 71 Lidia Tempert | DSA | 10 | O | 4:30.80 | | |
| 21 | 21 Maud Biezen | DA1 | 11 | I | 4:34.33 | | |
| 22 | 40 Maaïke Koelewijn | DA1 | 11 | O | 4:40.10 | | |
| | 39 Bodhi Smeele | HA1 | | | WDR | | |
| | 59 Ruben Ligtenberg | HN3 | | | WDR | | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

3. Rituitslag 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|--------------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 111 | Germain Deschamps | | HN3 | | 3:54.01 | 3:55.67 | |
| | rd | 26 | Colin Breed | | HA1 | | 3:56.41 | 4:01.26 | |

Germain Deschamps

| | | |
|-------|---------|---------|
| 200m | 19.34 | (19.34) |
| 600m | 49.68 | (30.34) |
| 1000m | 1:19.73 | (30.05) |
| 1400m | 1:50.09 | (30.36) |
| 1800m | 2:20.88 | (30.79) |
| 2200m | 2:51.90 | (31.02) |
| 2600m | 3:23.62 | (31.72) |
| 3000m | 3:55.67 | (32.05) |

Colin Breed

| | | |
|-------|---------|---------|
| 200m | 19.25 | (19.25) |
| 600m | 49.47 | (30.22) |
| 1000m | 1:19.78 | (30.31) |
| 1400m | 1:50.83 | (31.05) |
| 1800m | 2:22.66 | (31.83) |
| 2200m | 2:54.69 | (32.03) |
| 2600m | 3:27.62 | (32.93) |
| 3000m | 4:01.26 | (33.64) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|------------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 33 | Sietse de Vries | | HA2 | | 3:57.73 | 3:55.36 | PR |
| | bl | 53 | Jorian ten Cate | | HN3 | | 3:56.71 | 3:54.01 | PR |

Sietse de Vries

| | | |
|-------|---------|---------|
| 200m | 19.49 | (19.49) |
| 600m | 50.16 | (30.67) |
| 1000m | 1:20.52 | (30.36) |
| 1400m | 1:51.12 | (30.60) |
| 1800m | 2:21.62 | (30.50) |
| 2200m | 2:52.30 | (30.68) |
| 2600m | 3:23.30 | (31.00) |
| 3000m | 3:55.36 | (32.06) |

Jorian ten Cate

| | | |
|-------|---------|---------|
| 200m | 19.33 | (19.33) |
| 600m | 48.80 | (29.47) |
| 1000m | 1:18.70 | (29.90) |
| 1400m | 1:48.74 | (30.04) |
| 1800m | 2:19.56 | (30.82) |
| 2200m | 2:50.50 | (30.94) |
| 2600m | 3:21.95 | (31.45) |
| 3000m | 3:54.01 | (32.06) |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|----------------------|----------------------|---------|------------------|---------|----------------|------|
| 3 | wt | 24 | Rinse Franken | | HA2 | 4:00.24 | 4:05.54 | |
| | rd | 35 | Sille Hut | | HN1 | 3:58.96 | 4:02.43 | |
| | | Rinse Franken | | | Sille Hut | | | |
| | | 200m | 19.54 | (19.54) | 200m | 19.30 | (19.30) | |
| | | 600m | 50.36 | (30.82) | 600m | 49.47 | (30.17) | |
| | | 1000m | 1:21.60 | (31.24) | 1000m | 1:20.31 | (30.84) | |
| | | 1400m | 1:52.77 | (31.17) | 1400m | 1:51.37 | (31.06) | |
| | | 1800m | 2:24.23 | (31.46) | 1800m | 2:22.93 | (31.56) | |
| | | 2200m | 2:56.30 | (32.07) | 2200m | 2:54.98 | (32.05) | |
| | | 2600m | 3:29.86 | (33.56) | 2600m | 3:28.05 | (33.07) | |
| | | 3000m | 4:05.54 | (35.68) | 3000m | 4:02.43 | (34.38) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|---------------------|-------------------------|--|-------------------------|---------|------------|------|
| 4 | gl | 39 | Bodhi Smeele | | HA1 | 4:02.31 | WDR | |
| | bl | 59 | Ruben Ligtenberg | | HN3 | 3:58.63 | WDR | |
| | | Bodhi Smeele | | | Ruben Ligtenberg | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|----------------------|---------|----------------|------|
| 5 | wt | 22 | Geophrey Coenraad | | HA1 | 4:03.95 | 4:05.64 | |
| | rd | 32 | Rutger Jansma | | HB2 | 4:09.01 | 4:04.64 | PR |
| | | Geophrey Coenraad | | | Rutger Jansma | | | |
| | | 200m | 19.01 | (19.01) | 200m | 19.92 | (19.92) | |
| | | 600m | 50.61 | (31.60) | 600m | 50.94 | (31.02) | |
| | | 1000m | 1:21.24 | (30.63) | 1000m | 1:21.83 | (30.89) | |
| | | 1400m | 1:53.21 | (31.97) | 1400m | 1:53.78 | (31.95) | |
| | | 1800m | 2:25.93 | (32.72) | 1800m | 2:26.59 | (32.81) | |
| | | 2200m | 2:59.23 | (33.30) | 2200m | 2:59.34 | (32.75) | |
| | | 2600m | 3:32.30 | (33.07) | 2600m | 3:32.24 | (32.90) | |
| | | 3000m | 4:05.64 | (33.34) | 3000m | 4:04.64 | (32.40) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|-----|---------------------|---------|---------|----------------|
| 6 | gl | 106 | Sandrine Tas | | DSA | | | 4:06.15 | 4:13.78 |
| | bl | 1 | Evelien Vijn | | DN3 | | | 4:03.76 | 4:15.84 |
| | | Sandrine Tas | | | | Evelien Vijn | | | |
| | | 200m | 20.07 | (20.07) | | 200m | 20.87 | (20.87) | |
| | | 600m | 51.99 | (31.92) | | 600m | 53.11 | (32.24) | |
| | | 1000m | 1:24.47 | (32.48) | | 1000m | 1:26.41 | (33.30) | |
| | | 1400m | 1:57.99 | (33.52) | | 1400m | 2:00.19 | (33.78) | |
| | | 1800m | 2:31.59 | (33.60) | | 1800m | 2:34.12 | (33.93) | |
| | | 2200m | 3:05.14 | (33.55) | | 2200m | 3:08.22 | (34.10) | |
| | | 2600m | 3:39.49 | (34.35) | | 2600m | 3:42.03 | (33.81) | |
| | | 3000m | 4:13.78 | (34.29) | | 3000m | 4:15.84 | (33.81) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------|-------------------------|---------|-----|-------------------------|---------|---------|----------------|
| 7 | wt | 81 | Kim Talsma | | DSA | | | 4:09.64 | 4:11.82 |
| | rd | 27 | Jasmijn Veenhuis | | DA1 | | | 4:19.88 | 4:25.58 |
| | | Kim Talsma | | | | Jasmijn Veenhuis | | | |
| | | 200m | 20.08 | (20.08) | | 200m | 21.38 | (21.38) | |
| | | 600m | 51.91 | (31.83) | | 600m | 53.83 | (32.45) | |
| | | 1000m | 1:24.60 | (32.69) | | 1000m | 1:27.57 | (33.74) | |
| | | 1400m | 1:57.78 | (33.18) | | 1400m | 2:02.12 | (34.55) | |
| | | 1800m | 2:30.98 | (33.20) | | 1800m | 2:37.16 | (35.04) | |
| | | 2200m | 3:04.05 | (33.07) | | 2200m | 3:12.82 | (35.66) | |
| | | 2600m | 3:37.54 | (33.49) | | 2600m | 3:49.19 | (36.37) | |
| | | 3000m | 4:11.82 | (34.28) | | 3000m | 4:25.58 | (36.39) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|-----|---------------------------|---------|----------------|------|
| 8 | gl | 91 | Anna Marit Sybrandi | | DN2 | | 4:15.70 | 4:24.93 | |
| | bl | 84 | Naomi van der Werf | | DSA | | 4:12.59 | 4:17.41 | |
| | | Anna Marit Sybrandi | | | | Naomi van der Werf | | | |
| | | 200m | 21.13 | (21.13) | | 200m | 20.80 | (20.80) | |
| | | 600m | 53.80 | (32.67) | | 600m | 52.92 | (32.12) | |
| | | 1000m | 1:26.61 | (32.81) | | 1000m | 1:26.08 | (33.16) | |
| | | 1400m | 2:00.62 | (34.01) | | 1400m | 1:59.64 | (33.56) | |
| | | 1800m | 2:35.55 | (34.93) | | 1800m | 2:33.46 | (33.82) | |
| | | 2200m | 3:11.74 | (36.19) | | 2200m | 3:07.67 | (34.21) | |
| | | 2600m | 3:48.30 | (36.56) | | 2600m | 3:42.22 | (34.55) | |
| | | 3000m | 4:24.93 | (36.63) | | 3000m | 4:17.41 | (35.19) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|-----|----------------------|---------|----------------|------|
| 9 | wt | 97 | Vera van Ditshuizen | | DN3 | | 4:19.99 | 4:18.01 | PR |
| | rd | 16 | Lotte Groenen | | DN1 | | 4:20.61 | 4:24.24 | |
| | | Vera van Ditshuizen | | | | Lotte Groenen | | | |
| | | 200m | 20.67 | (20.67) | | 200m | 20.36 | (20.36) | |
| | | 600m | 53.80 | (33.13) | | 600m | 53.35 | (32.99) | |
| | | 1000m | 1:27.83 | (34.03) | | 1000m | 1:27.37 | (34.02) | |
| | | 1400m | 2:01.86 | (34.03) | | 1400m | 2:01.60 | (34.23) | |
| | | 1800m | 2:35.18 | (33.32) | | 1800m | 2:36.50 | (34.90) | |
| | | 2200m | 3:08.91 | (33.73) | | 2200m | 3:11.94 | (35.44) | |
| | | 2600m | 3:43.10 | (34.19) | | 2600m | 3:48.06 | (36.12) | |
| | | 3000m | 4:18.01 | (34.91) | | 3000m | 4:24.24 | (36.18) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----|----------------------|---------|---------|-------------------|
| 10 | gl | 36 | Sylvia de Vries | | DN1 | | | 4:22.17 | 4:20.40 PR |
| | bl | 71 | Lidia Tempert | | DSA | | | 4:19.30 | 4:30.80 |
| | | Sylvia de Vries | | | | Lidia Tempert | | | |
| | | 200m | 20.85 | (20.85) | | 200m | 21.19 | (21.19) | |
| | | 600m | 53.22 | (32.37) | | 600m | 54.81 | (33.62) | |
| | | 1000m | 1:25.97 | (32.75) | | 1000m | 1:28.99 | (34.18) | |
| | | 1400m | 1:59.44 | (33.47) | | 1400m | 2:03.67 | (34.68) | |
| | | 1800m | 2:33.52 | (34.08) | | 1800m | 2:39.12 | (35.45) | |
| | | 2200m | 3:08.18 | (34.66) | | 2200m | 3:15.72 | (36.60) | |
| | | 2600m | 3:43.44 | (35.26) | | 2600m | 3:53.03 | (37.31) | |
| | | 3000m | 4:20.40 | (36.96) | | 3000m | 4:30.80 | (37.77) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|-------------------------|---------|-----|-------------------------|---------|---------|----------------|
| 11 | wt | 21 | Maud Biezen | | DA1 | | | 4:31.29 | 4:34.33 |
| | rd | 40 | Maaike Koelewijn | | DA1 | | | 4:27.56 | 4:40.10 |
| | | Maud Biezen | | | | Maaike Koelewijn | | | |
| | | 200m | 21.74 | (21.74) | | 200m | 21.58 | (21.58) | |
| | | 600m | 55.68 | (33.94) | | 600m | 55.70 | (34.12) | |
| | | 1000m | 1:30.62 | (34.94) | | 1000m | 1:31.54 | (35.84) | |
| | | 1400m | 2:07.13 | (36.51) | | 1400m | 2:08.07 | (36.53) | |
| | | 1800m | 2:44.04 | (36.91) | | 1800m | 2:45.63 | (37.56) | |
| | | 2200m | 3:20.66 | (36.62) | | 2200m | 3:23.97 | (38.34) | |
| | | 2600m | 3:57.26 | (36.60) | | 2600m | 4:02.43 | (38.46) | |
| | | 3000m | 4:34.33 | (37.07) | | 3000m | 4:40.10 | (37.67) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----|----------------------|---------|----------------|------|
| 12 | gl | 19 | Evi de Ruijter | | DA1 | | 4:33.12 | 4:28.99 | PR |
| | bl | 25 | Britt Breider | | DA1 | | 4:29.10 | 4:26.61 | PR |
| | | Evi de Ruijter | | | | Britt Breider | | | |
| | | 200m | 22.16 | (22.16) | | 200m | 21.44 | (21.44) | |
| | | 600m | 55.26 | (33.10) | | 600m | 54.74 | (33.30) | |
| | | 1000m | 1:28.80 | (33.54) | | 1000m | 1:28.82 | (34.08) | |
| | | 1400m | 2:03.35 | (34.55) | | 1400m | 2:03.29 | (34.47) | |
| | | 1800m | 2:38.41 | (35.06) | | 1800m | 2:38.44 | (35.15) | |
| | | 2200m | 3:14.64 | (36.23) | | 2200m | 3:14.30 | (35.86) | |
| | | 2600m | 3:51.60 | (36.96) | | 2600m | 3:50.44 | (36.14) | |
| | | 3000m | 4:28.99 | (37.39) | | 3000m | 4:26.61 | (36.17) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

4. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 54 Yves Vergeer | HSA | 2 | I | 1:49.84 | | |
| 2 | 83 Colin James Duivenvoorden | HN3 | 1 | I | 1:50.15 | | |
| 3 | 78 Marwin Talsma | HSA | 2 | O | 1:50.73 | | |
| 4 | 31 Mika Kolder | HA2 | 4 | O | 1:51.38 | | |
| 5 | 50 Matthé Pronk | HN2 | 3 | I | 1:51.68 | PR | |
| 6 | 18 Tijs van Gennip | HA2 | 3 | O | 1:52.83 | | |
| 7 | 90 Sipke Sijtsema | HN3 | 6 | I | 1:53.47 | | |
| 8 | 95 Mervin Maatman | HN4 | 5 | O | 1:53.54 | | |
| 9 | 34 Sil van der Veen | HA2 | 6 | O | 1:53.56 | PR | |
| 10 | 8 Rinze Bart de Glee | HN2 | 1 | O | 1:53.78 | | |
| 11 | 88 Mathijs van Zwieten | HN4 | 5 | I | 1:55.32 | | |
| 12 | 37 Sem Spruit | HB2 | 4 | I | 1:55.72 | | |
| 13 | 96 Robbert-Jan van Hardeveld | HA2 | 8 | I | 1:56.77 | PR | |
| 14 | 101 Jesse van Buren | HA1 | 8 | O | 1:57.14 | PR | |
| 15 | 4 Jade Groenewoud | DN2 | 7 | O | 2:00.05 | | |
| 16 | 9 Sanne Westra | DN3 | 7 | I | 2:00.84 | PR | |
| 17 | 43 Emma Noz | DN1 | 10 | I | 2:08.62 | | |
| 18 | 48 Ymke Wubben | DB2 | 9 | O | 2:13.32 | | |
| | 41 Maud Blokhorst | DB2 | | | | WDR | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

4. Rituitslag 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-------------------------------------|-----|---------|----------------|------|
| 1 | wt | 83 Colin James Duivenvoorden | HN3 | 1:48.57 | 1:50.15 | |
| | rd | 8 Rinze Bart de Glee | HN2 | 1:49.98 | 1:53.78 | |

Colin James Duivenvoorden

| | | |
|-------|---------|---------|
| 300m | 25.05 | (25.05) |
| 700m | 52.58 | (27.53) |
| 1100m | 1:20.68 | (28.10) |
| 1500m | 1:50.15 | (29.47) |

Rinze Bart de Glee

| | | |
|-------|---------|---------|
| 300m | 24.10 | (24.10) |
| 700m | 51.47 | (27.37) |
| 1100m | 1:21.09 | (29.62) |
| 1500m | 1:53.78 | (32.69) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-------------------------|-----|---------|----------------|------|
| 2 | gl | 54 Yves Vergeer | HSA | 1:47.25 | 1:49.84 | |
| | bl | 78 Marwin Talsma | HSA | 1:46.20 | 1:50.73 | |

Yves Vergeer

| | | |
|-------|---------|---------|
| 300m | 25.09 | (25.09) |
| 700m | 52.58 | (27.49) |
| 1100m | 1:20.67 | (28.09) |
| 1500m | 1:49.84 | (29.17) |

Marwin Talsma

| | | |
|-------|---------|---------|
| 300m | 25.83 | (25.83) |
| 700m | 53.76 | (27.93) |
| 1100m | 1:21.97 | (28.21) |
| 1500m | 1:50.73 | (28.76) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|---------------------------|-----|---------|----------------|------|
| 3 | wt | 50 Matthé Pronk | HN2 | 1:52.10 | 1:51.68 | PR |
| | rd | 18 Tijs van Gennip | HA2 | 1:51.19 | 1:52.83 | |

Matthé Pronk

| | | |
|-------|---------|---------|
| 300m | 25.04 | (25.04) |
| 700m | 52.16 | (27.12) |
| 1100m | 1:21.02 | (28.86) |
| 1500m | 1:51.68 | (30.66) |

Tijs van Gennip

| | | |
|-------|---------|---------|
| 300m | 24.60 | (24.60) |
| 700m | 52.57 | (27.97) |
| 1100m | 1:22.07 | (29.50) |
| 1500m | 1:52.83 | (30.76) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------|-----|---------|----------------|------|
| 4 | gl | 37 Sem Spruit | HB2 | 1:50.84 | 1:55.72 | |
| | bl | 31 Mika Kolder | HA2 | 1:50.66 | 1:51.38 | |

Sem Spruit

| | | |
|-------|---------|---------|
| 300m | 25.24 | (25.24) |
| 700m | 53.43 | (28.19) |
| 1100m | 1:23.48 | (30.05) |
| 1500m | 1:55.72 | (32.24) |

Mika Kolder

| | | |
|-------|---------|---------|
| 300m | 25.15 | (25.15) |
| 700m | 52.66 | (27.51) |
| 1100m | 1:21.16 | (28.50) |
| 1500m | 1:51.38 | (30.22) |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|----------------------------------|----------------------------------|---------|-------------------------|---------|----------------|------|
| 5 | wt | 88 | Mathijs van Zwieten | | HN4 | 1:51.81 | 1:55.32 | |
| | rd | 95 | Mervin Maatman | | HN4 | 1:51.10 | 1:53.54 | |
| | | Mathijs van Zwieten | | | Mervin Maatman | | | |
| | | 300m | 25.68 | (25.68) | 300m | 24.39 | (24.39) | |
| | | 700m | 54.03 | (28.35) | 700m | 52.14 | (27.75) | |
| | | 1100m | 1:23.98 | (29.95) | 1100m | 1:21.69 | (29.55) | |
| | | 1500m | 1:55.32 | (31.34) | 1500m | 1:53.54 | (31.85) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 6 | gl | 90 | Sipke Sijtsema | | HN3 | 1:52.58 | 1:53.47 | |
| | bl | 34 | Sil van der Veen | | HA2 | 1:53.96 | 1:53.56 | PR |
| | | Sipke Sijtsema | | | Sil van der Veen | | | |
| | | 300m | 25.66 | (25.66) | 300m | 26.54 | (26.54) | |
| | | 700m | 54.28 | (28.62) | 700m | 55.08 | (28.54) | |
| | | 1100m | 1:23.64 | (29.36) | 1100m | 1:24.12 | (29.04) | |
| | | 1500m | 1:53.47 | (29.83) | 1500m | 1:53.56 | (29.44) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 7 | wt | 9 | Sanne Westra | | DN3 | 2:01.40 | 2:00.84 | PR |
| | rd | 4 | Jade Groenewoud | | DN2 | 1:58.16 | 2:00.05 | |
| | | Sanne Westra | | | Jade Groenewoud | | | |
| | | 300m | 26.55 | (26.55) | 300m | 26.92 | (26.92) | |
| | | 700m | 56.17 | (29.62) | 700m | 56.51 | (29.59) | |
| | | 1100m | 1:27.36 | (31.19) | 1100m | 1:27.53 | (31.02) | |
| | | 1500m | 2:00.84 | (33.48) | 1500m | 2:00.05 | (32.52) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 8 | gl | 96 | Robbert-Jan van Hardeveld | | HA2 | 1:57.19 | 1:56.77 | PR |
| | bl | 101 | Jesse van Buren | | HA1 | 2:00.01 | 1:57.14 | PR |
| | | Robbert-Jan van Hardeveld | | | Jesse van Buren | | | |
| | | 300m | 25.41 | (25.41) | 300m | 26.56 | (26.56) | |
| | | 700m | 54.50 | (29.09) | 700m | 56.27 | (29.71) | |
| | | 1100m | 1:25.04 | (30.54) | 1100m | 1:26.27 | (30.00) | |
| | | 1500m | 1:56.77 | (31.73) | 1500m | 1:57.14 | (30.87) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------|---------|---------|----------------|
| 9 | wt | 41 Maud Blokhorst | DB2 | 2:09.40 | | WDR |
| | rd | 48 Ymke Wubben | DB2 | 2:08.28 | | 2:13.32 |
| | | Maud Blokhorst | | | | |
| | | | Ymke Wubben | | | |
| | | | 300m | 29.24 | (29.24) | |
| | | | 700m | 1:01.58 | (32.34) | |
| | | | 1100m | 1:36.39 | (34.81) | |
| | | | 1500m | 2:13.32 | (36.93) | |
| | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 10 | gl | 43 Emma Noz | DN1 | 2:06.14 | | 2:08.62 |
| | bl | | | | | |
| | | Emma Noz | | | | |
| | | 300m | 27.91 | (27.91) | | m |
| | | 700m | 59.28 | (31.37) | | |
| | | 1100m | 1:32.87 | (33.59) | | |
| | | 1500m | 2:08.62 | (35.75) | | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

5. Uitslag 1000 meter

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| Pos | Naam | Cat | Paar | Baan | Tijd Info | Punten |
|-----|--------------------------|-----|------|------|------------|--------|
| 1 | 105 Serge Yoro | HSA | 2 | I | 1:10.76 | |
| 2 | 15 Bryant Boogert | HN1 | 4 | I | 1:11.42 | |
| 3 | 12 Sijmen Egberts | HN2 | 2 | O | 1:11.77 | |
| 4 | 30 Mats Bendijk | HA2 | 1 | I | 1:12.03 | |
| 5 | 29 Loek van Vilsteren | HN2 | 1 | O | 1:12.34 | |
| 6 | 45 Yoeri van Bostelen | HN1 | 3 | I | 1:12.98 PR | |
| 7 | 115 Stein de Wit | HN2 | 4 | O | 1:13.24 | |
| 8 | 93 Johan Talsma | HN1 | 3 | O | 1:13.34 | |
| 9 | 110 Indra Médard | HSA | 19 | I | 1:13.71 | |
| 10 | 61 János Sipos | HA2 | 5 | I | 1:14.68 | |
| 11 | 86 Jornt Dijk | HSA | 5 | O | 1:14.74 | |
| 12 | 120 Swen Halferkamps | HN1 | 19 | O | 1:15.04 | |
| 13 | 75 Donald Stappenbelt | HN2 | 9 | I | 1:15.72 | |
| 14 | 47 Daan van Zwienen | HA1 | 10 | O | 1:16.01 | |
| 15 | 42 Pien Smit | DN2 | 8 | I | 1:17.08 | |
| 16 | 5 Myrthe de Boer | DN4 | 7 | I | 1:17.11 | |
| 17 | 104 Naomi Verkerk | DSA | 7 | O | 1:17.23 | |
| 18 | 11 Meike Veen | DN1 | 8 | O | 1:17.27 | |
| 19 | 65 Julian Kant | HB2 | 12 | O | 1:17.81 PR | |
| 20 | 64 Rutger Verhoeff | HA2 | 10 | I | 1:18.24 | |
| 21 | 74 Danny Heijkoop | HN4 | 20 | O | 1:18.33 | |
| 22 | 3 Sylke Kas | DN4 | 11 | O | 1:18.84 | |
| 23 | 99 Ju-Lin de Visser | DSA | 11 | I | 1:19.78 | |
| 24 | 66 Lars Mans | HB2 | 12 | I | 1:20.59 | |
| 25 | 44 Susanne Prins | DN1 | 13 | I | 1:21.83 | |
| 26 | 72 Amy van der Meer | DN4 | 15 | O | 1:22.19 | |
| 27 | 67 Lucas Fabrie | HB2 | 14 | O | 1:22.81 | |
| 28 | 46 Elanne de Vries | DA2 | 16 | I | 1:23.05 | |
| 29 | 70 Max Eppinga | HA2 | 14 | I | 1:23.94 | |
| 30 | 73 Tessa Oudman | DSA | 15 | I | 1:24.62 | |
| 31 | 69 Leander Korevaar | HB1 | 18 | I | 1:25.31 | |
| 32 | 62 Lianne van Gammeren | DA2 | 16 | O | 1:26.59 | |
| 33 | 63 Sara van Leeuwen | DA2 | 17 | I | 1:30.39 | |
| 34 | 68 Lonneke Merckx | DB2 | 20 | I | 1:34.64 | |
| | 17 Niels de Kruijk | HA2 | | | WDR | |
| | 38 Jort de Gans | HN1 | | | WDR | |
| | 118 Sietske van der Meer | DN2 | | | WDR | |
| | 20 Janine Garretsen | DA1 | | | WDR | |
| | 116 Sofie Bouw | DN1 | | | WDR | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

5. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 30 | Mats Bendijk | | HA2 | | 1:11.01 | 1:12.03 | |
| | rd | 29 | Loek van Vilsteren | | HN2 | | 1:11.94 | 1:12.34 | |

Mats Bendijk

| | | |
|-------|---------|---------|
| 200m | 17.49 | (17.49) |
| 600m | 43.83 | (26.34) |
| 1000m | 1:12.03 | (28.20) |

Loek van Vilsteren

| | | |
|-------|---------|---------|
| 200m | 17.29 | (17.29) |
| 600m | 43.89 | (26.60) |
| 1000m | 1:12.34 | (28.45) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 105 | Serge Yoro | | HSA | | 1:08.37 | 1:10.76 | |
| | bl | 12 | Sijmen Egberts | | HN2 | | 1:11.77 | 1:11.77 | |

Serge Yoro

| | | |
|-------|---------|---------|
| 200m | 17.10 | (17.10) |
| 600m | 42.92 | (25.82) |
| 1000m | 1:10.76 | (27.84) |

Sijmen Egberts

| | | |
|-------|---------|---------|
| 200m | 17.37 | (17.37) |
| 600m | 43.78 | (26.41) |
| 1000m | 1:11.77 | (27.99) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------------|-----|-----|----|---------|----------------|------|
| 3 | wt | 45 | Yoeri van Bostelen | | HN1 | | 1:13.76 | 1:12.98 | PR |
| | rd | 93 | Johan Talsma | | HN1 | | 1:13.16 | 1:13.34 | |

Yoeri van Bostelen

| | | |
|-------|---------|---------|
| 200m | 17.33 | (17.33) |
| 600m | 44.15 | (26.82) |
| 1000m | 1:12.98 | (28.83) |

Johan Talsma

| | | |
|-------|---------|---------|
| 200m | 17.13 | (17.13) |
| 600m | 43.94 | (26.81) |
| 1000m | 1:13.34 | (29.40) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 4 | gl | 15 | Bryant Boogert | | HN1 | | 1:10.77 | 1:11.42 | |
| | bl | 115 | Stein de Wit | | HN2 | | 1:12.31 | 1:13.24 | |

Bryant Boogert

| | | |
|-------|---------|---------|
| 200m | 17.19 | (17.19) |
| 600m | 43.52 | (26.33) |
| 1000m | 1:11.42 | (27.90) |

Stein de Wit

| | | |
|-------|---------|---------|
| 200m | 17.42 | (17.42) |
| 600m | 44.01 | (26.59) |
| 1000m | 1:13.24 | (29.23) |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|--------------------|--------------------|---------|-------------------|---------|----------------|------|
| 5 | wt | 61 | János Sipos | | HA2 | 1:13.96 | 1:14.68 | |
| | rd | 86 | Jornt Dijk | | HSA | 1:14.20 | 1:14.74 | |
| | | János Sipos | | | Jornt Dijk | | | |
| | | 200m | 17.20 | (17.20) | 200m | 18.15 | (18.15) | |
| | | 600m | 43.94 | (26.74) | 600m | 45.94 | (27.79) | |
| | | 1000m | 1:14.68 | (30.74) | 1000m | 1:14.74 | (28.80) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|------------------------|------------------------|--|---------------------|---------|------------|------|
| 6 | gl | 17 | Niels de Kruijk | | HA2 | 1:11.98 | WDR | |
| | bl | 38 | Jort de Gans | | HN1 | 1:14.85 | WDR | |
| | | Niels de Kruijk | | | Jort de Gans | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|----------------------|---------|----------------|------|
| 7 | wt | 5 | Myrthe de Boer | | DN4 | 1:15.51 | 1:17.11 | |
| | rd | 104 | Naomi Verkerk | | DSA | 1:15.32 | 1:17.23 | |
| | | Myrthe de Boer | | | Naomi Verkerk | | | |
| | | 200m | 18.69 | (18.69) | 200m | 18.38 | (18.38) | |
| | | 600m | 46.89 | (28.20) | 600m | 46.38 | (28.00) | |
| | | 1000m | 1:17.11 | (30.22) | 1000m | 1:17.23 | (30.85) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|------------------|-------------------|---------|-------------------|---------|----------------|------|
| 8 | gl | 42 | Pien Smit | | DN2 | 1:15.60 | 1:17.08 | |
| | bl | 11 | Meike Veen | | DN1 | 1:16.47 | 1:17.27 | |
| | | Pien Smit | | | Meike Veen | | | |
| | | 200m | 18.26 | (18.26) | 200m | 18.85 | (18.85) | |
| | | 600m | 46.79 | (28.53) | 600m | 47.22 | (28.37) | |
| | | 1000m | 1:17.08 | (30.29) | 1000m | 1:17.27 | (30.05) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | Cat | PR | Tijd | Info |
|-------|---------------------------|------------------------------|---------|---------|----------------|-----------------|
| 9 | wt | 75 Donald Stappenbelt | HN2 | 1:15.63 | 1:15.72 | |
| | rd | | | | | |
| | Donald Stappenbelt | | | | | |
| | 200m | 17.98 | (17.98) | | m | |
| | 600m | 45.88 | (27.90) | | | |
| | 1000m | 1:15.72 | (29.84) | | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 10 | gl | 64 Rutger Verhoeff | HA2 | 1:16.53 | 1:18.24 | |
| | bl | 47 Daan van Zwienen | HA1 | 1:15.44 | 1:16.01 | |
| | Rutger Verhoeff | | | | | |
| | 200m | 18.23 | (18.23) | | 200m | 17.58 (17.58) |
| | 600m | 46.77 | (28.54) | | 600m | 45.33 (27.75) |
| | 1000m | 1:18.24 | (31.47) | | 1000m | 1:16.01 (30.68) |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 11 | wt | 99 Ju-Lin de Visser | DSA | 1:17.91 | 1:19.78 | |
| | rd | 3 Sylke Kas | DN4 | 1:17.67 | 1:18.84 | |
| | Ju-Lin de Visser | | | | | |
| | 200m | 18.53 | (18.53) | | 200m | 18.46 (18.46) |
| | 600m | 47.82 | (29.29) | | 600m | 46.88 (28.42) |
| | 1000m | 1:19.78 | (31.96) | | 1000m | 1:18.84 (31.96) |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 12 | gl | 66 Lars Mans | HB2 | 1:19.05 | 1:20.59 | |
| | bl | 65 Julian Kant | HB2 | 1:18.97 | 1:17.81 | PR |
| | Lars Mans | | | | | |
| | 200m | 18.73 | (18.73) | | 200m | 18.53 (18.53) |
| | 600m | 48.43 | (29.70) | | 600m | 47.24 (28.71) |
| | 1000m | 1:20.59 | (32.16) | | 1000m | 1:17.81 (30.57) |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|-----------------|---------|----------------|-----------------------------|
| 13 | wt | 44 Susanne Prins | DN1 | 1:21.41 | 1:21.83 | |
| | rd | 118 Sietske van der Meer | DN2 | 1:20.95 | WDR | |
| | | Susanne Prins | | | | Sietske van der Meer |
| | | 200m | 19.65 (19.65) | | | |
| | | 600m | 49.66 (30.01) | | | |
| | | 1000m | 1:21.83 (32.17) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------|-----------------|---------|-----------------|---------------------|
| 14 | gl | 70 Max Eppinga | HA2 | 1:21.77 | 1:23.94 | |
| | bl | 67 Lucas Fabrie | HB2 | 1:20.16 | 1:22.81 | |
| | | Max Eppinga | | | | Lucas Fabrie |
| | | 200m | 19.94 (19.94) | 200m | 18.76 (18.76) | |
| | | 600m | 50.91 (30.97) | 600m | 49.57 (30.81) | |
| | | 1000m | 1:23.94 (33.03) | 1000m | 1:22.81 (33.24) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----------------|---------|-----------------|-------------------------|
| 15 | wt | 73 Tessa Oudman | DSA | 1:21.96 | 1:24.62 | |
| | rd | 72 Amy van der Meer | DN4 | 1:21.18 | 1:22.19 | |
| | | Tessa Oudman | | | | Amy van der Meer |
| | | 200m | 19.67 (19.67) | 200m | 18.98 (18.98) | |
| | | 600m | 50.90 (31.23) | 600m | 49.24 (30.26) | |
| | | 1000m | 1:24.62 (33.72) | 1000m | 1:22.19 (32.95) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-----------------|---------|-----------------|----------------------------|
| 16 | gl | 46 Elanne de Vries | DA2 | 1:22.21 | 1:23.05 | |
| | bl | 62 Lianne van Gammeren | DA2 | 1:23.43 | 1:26.59 | |
| | | Elanne de Vries | | | | Lianne van Gammeren |
| | | 200m | 19.28 (19.28) | 200m | 19.97 (19.97) | |
| | | 600m | 49.80 (30.52) | 600m | 51.97 (32.00) | |
| | | 1000m | 1:23.05 (33.25) | 1000m | 1:26.59 (34.62) | |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

5 oktober 2024

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----------------|-------------------------|----------------|------|
| 17 | wt | 63 Sara van Leeuwen | DA2 | 1:27.21 | 1:30.39 | |
| | rd | 20 Janine Garretsen | DA1 | 1:22.09 | WDR | |
| | | <u>Sara van Leeuwen</u> | | <u>Janine Garretsen</u> | | |
| | | 200m | 20.24 (20.24) | | | |
| | | 600m | 53.46 (33.22) | | | |
| | | 1000m | 1:30.39 (36.93) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----------------|-------------------|----------------|------|
| 18 | gl | 69 Leander Korevaar | HB1 | 1:25.12 | 1:25.31 | |
| | bl | 116 Sofie Bouw | DN1 | 1:22.10 | WDR | |
| | | <u>Leander Korevaar</u> | | <u>Sofie Bouw</u> | | |
| | | 200m | 20.30 (20.30) | | | |
| | | 600m | 51.64 (31.34) | | | |
| | | 1000m | 1:25.31 (33.67) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------|-----------------|-------------------------|-----------------|------|
| 19 | wt | 110 Indra Médard | HSA | | 1:13.71 | |
| | rd | 120 Swen Halferkamps | HN1 | | 1:15.04 | |
| | | <u>Indra Médard</u> | | <u>Swen Halferkamps</u> | | |
| | | 200m | 18.39 (18.39) | 200m | 17.31 (17.31) | |
| | | 600m | 45.34 (26.95) | 600m | 44.10 (26.79) | |
| | | 1000m | 1:13.71 (28.37) | 1000m | 1:15.04 (30.94) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------|-----------------|-----------------------|-----------------|------|
| 20 | gl | 68 Lonneke Merkx | DB2 | 1:29.98 | 1:34.64 | |
| | bl | 74 Danny Heijkoop | HN4 | 1:15.48 | 1:18.33 | |
| | | <u>Lonneke Merkx</u> | | <u>Danny Heijkoop</u> | | |
| | | 200m | 21.88 (21.88) | 200m | 18.21 (18.21) | |
| | | 600m | 56.72 (34.84) | 600m | 46.90 (28.69) | |
| | | 1000m | 1:34.64 (37.92) | 1000m | 1:18.33 (31.43) | |