

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

11 oktober 2024

1. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|-------|------|--------|
| 1 | 9 Merijn Scheperkamp | HSA | 2 | O | 35.30 | HT | |
| 2 | 10 Mathias Vosté | HSB | 2 | I | 35.86 | HT | |
| 3 | 4 Jarle Gerrits | HN4 | 3 | I | 36.02 | | |
| 4 | 60 Johan Talsma | HN1 | 4 | O | 36.13 | | |
| 5 | 13 Tijmen Snel | HSA | 1 | I | 36.28 | HT | |
| 6 | 67 Jasper Sinke | HN3 | 5 | I | 36.40 | PR | |
| 7 | 18 Swen Halferkamps | HN1 | 4 | I | 36.63 | | |
| 8 | 71 Ted Dalrymple | HN2 | 3 | O | 36.79 | | |
| 9 | 74 Robbe Beelen | HN3 | 6 | I | 36.85 | | |
| 10 | 61 Mervin Maatman | HN4 | 5 | O | 37.08 | | |
| 11 | 70 Rem de Hair | HSA | 1 | O | 37.27 | HT | |
| 12 | 14 Bart Hoolwerf | HSA | 8 | I | 37.30 | PR | |
| 13 | 51 Philip Diniz | HB2 | 7 | I | 37.96 | PR | |
| 14 | 38 Thijs Wiersma | HB2 | 11 | I | 38.16 | PR | |
| 15 | 48 Pelle Bolsius | HA1 | 10 | O | 38.24 | | |
| 16 | 27 Berend Lange | HB2 | 10 | I | 38.26 | | |
| 17 | 42 Yves Vergeer | HSA | 19 | I | 38.35 | | |
| 18 | 63 Michiel de Groot | HN1 | 8 | O | 38.48 | | |
| 19 | 23 Sjors Zautsen | HA1 | 14 | I | 38.56 | PR | |
| 20 | 5 Remco Stam | HN2 | 7 | O | 38.70 | | |
| 21 | 80 Chris de Velde | HA2 | 12 | O | 38.73 | | |
| 22 | 11 Suzanne Schulting | DSA | 13 | O | 38.81 | | |
| 23 | 3 Chloé Hoogendoorn | DN1 | 9 | O | 38.83 | | |
| 24 | 24 Lieuwe ter Hoeve | HA1 | 14 | O | 38.88 | PR | |
| 25 | 59 Jasper Tinga | HN2 | 12 | I | 38.94 | | |
| 26 | 8 Isabel Grevelt | DN4 | 9 | I | 39.12 | | |
| 27 | 12 Angel Daleman | DA1 | 15 | I | 39.29 | | |
| 28 | 65 Ju-Lin de Visser | DSA | 16 | I | 40.12 | | |
| 29 | 73 Sandrine Tas | DSA | 13 | I | 40.19 | | |
| 30 | 39 Gioya Lancee | DSA | 16 | O | 40.35 | | |
| 31 | 46 Isa Leroy | DA1 | 17 | O | 40.85 | PR | |
| 32 | 77 Sterre van Schaik | DN1 | 15 | O | 40.92 | | |
| 33 | 22 Janine Garretsen | DA1 | 18 | O | 41.03 | | |
| 34 | 76 Sofie Bouw | DN1 | 17 | I | 41.18 | | |
| 35 | 43 Ance Cucina | DA2 | 18 | I | 42.18 | | |
| 36 | 29 Marika de Glee | DA1 | 20 | O | 42.43 | | |
| 37 | 25 Lieke Huizink | DA1 | 22 | I | 43.27 | | |
| 38 | 44 Mark Ooijevaar | H40 | 19 | O | 43.67 | | |

Scheidsrechter:

Assistent:

Starter:

Van 11-10-2024 10:45:00 tot 21-10-2024 00:41:25

Print: 29-3-2025 13:52:59

Trainingswedstrijd KNSB- en topteams

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| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------|-----|------|------|--------------|------|--------|
| 39 | 52 Patrīcija Sniķere | DN2 | 22 | O | 44.04 | | |
| | 26 Chris Brommersma | HN1 | 11 | O | DNF | | |
| | 19 Tijs van Gennip | HA2 | | | WDR | | |
| | 53 Esmee Visser | DSA | | | WDR | | |

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1. Rituitslag 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------|---------|--------------------|-------|---------|--------------|------|
| 1 | wt | 13 | Tijmen Snel | | HSA | | 34.82 | 36.28 | HT |
| | rd | 70 | Rem de Hair | | HSA | | 35.26 | 37.27 | HT |
| | | <u>Tijmen Snel</u> | | | <u>Rem de Hair</u> | | | | |
| | | 100m | 36.28 | (36.28) | 100m | 37.27 | (37.27) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|---------------------------|---------|---------------------------|-------|---------|--------------|------|
| 2 | gl | 10 | Mathias Vosté | | HSB | | 34.92 | 35.86 | HT |
| | bl | 9 | Merijn Scheperkamp | | HSA | | 34.43 | 35.30 | HT |
| | | <u>Mathias Vosté</u> | | | <u>Merijn Scheperkamp</u> | | | | |
| | | 100m | 35.86 | (35.86) | 100m | 35.30 | (35.30) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|----------------------|---------|----------------------|-------|---------|--------------|------|
| 3 | wt | 4 | Jarle Gerrits | | HN4 | | 35.13 | 36.02 | |
| | rd | 71 | Ted Dalrymple | | HN2 | | 36.21 | 36.79 | |
| | | <u>Jarle Gerrits</u> | | | <u>Ted Dalrymple</u> | | | | |
| | | 100m | 10.13 | (10.13) | 100m | 10.40 | (10.40) | | |
| | | 500m | 36.02 | (25.89) | 500m | 36.79 | (26.39) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|---------------------|-------|---------|--------------|------|
| 4 | gl | 18 | Swen Halferkamps | | HN1 | | 36.33 | 36.63 | |
| | bl | 60 | Johan Talsma | | HN1 | | 36.04 | 36.13 | |
| | | <u>Swen Halferkamps</u> | | | <u>Johan Talsma</u> | | | | |
| | | 100m | 10.19 | (10.19) | 100m | 10.13 | (10.13) | | |
| | | 500m | 36.63 | (26.44) | 500m | 36.13 | (26.00) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|-----------------------|---------|-----------------------|-------|---------|--------------|------|
| 5 | wt | 67 | Jasper Sinke | | HN3 | | 36.71 | 36.40 | PR |
| | rd | 61 | Mervin Maatman | | HN4 | | 36.76 | 37.08 | |
| | | <u>Jasper Sinke</u> | | | <u>Mervin Maatman</u> | | | | |
| | | 100m | 10.11 | (10.11) | 100m | 10.29 | (10.29) | | |
| | | 500m | 36.40 | (26.29) | 500m | 37.08 | (26.79) | | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 6 | gl | 74 | Robbe Beelen | | HN3 | 36.69 | 36.85 | |
| | bl | 19 | Tijs van Gennip | | HA2 | 36.31 | WDR | |
| | | Robbe Beelen | | | Tijs van Gennip | | | |
| | | 100m | 10.26 | (10.26) | | | | |
| | | 500m | 36.85 | (26.59) | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 7 | wt | 51 | Philip Diniz | | HB2 | 38.02 | 37.96 | PR |
| | rd | 5 | Remco Stam | | HN2 | 37.80 | 38.70 | |
| | | Philip Diniz | | | Remco Stam | | | |
| | | 100m | 10.69 | (10.69) | 100m | 11.19 | (11.19) | |
| | | 500m | 37.96 | (27.27) | 500m | 38.70 | (27.51) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 8 | gl | 14 | Bart Hoolwerf | | HSA | 37.67 | 37.30 | PR |
| | bl | 63 | Michiel de Groot | | HN1 | 37.56 | 38.48 | |
| | | Bart Hoolwerf | | | Michiel de Groot | | | |
| | | 100m | 10.82 | (10.82) | 100m | 10.91 | (10.91) | |
| | | 500m | 37.30 | (26.48) | 500m | 38.48 | (27.57) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 9 | wt | 8 | Isabel Grevelt | | DN4 | 37.54 | 39.12 | |
| | rd | 3 | Chloé Hoogendoorn | | DN1 | 38.25 | 38.83 | |
| | | Isabel Grevelt | | | Chloé Hoogendoorn | | | |
| | | 100m | 11.06 | (11.06) | 100m | 10.84 | (10.84) | |
| | | 500m | 39.12 | (28.06) | 500m | 38.83 | (27.99) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 10 | gl | 27 | Berend Lange | | HB2 | 37.87 | 38.26 | |
| | bl | 48 | Pelle Bolsius | | HA1 | 37.48 | 38.24 | |
| | | Berend Lange | | | Pelle Bolsius | | | |
| | | 100m | 10.73 | (10.73) | 100m | 10.71 | (10.71) | |
| | | 500m | 38.26 | (27.53) | 500m | 38.24 | (27.53) | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 11 | wt | 38 | Thijs Wiersma | | HB2 | 38.64 | 38.16 | PR |
| | rd | 26 | Chris Brommersma | | HN1 | 38.87 | DNF | |
| | | <u>Thijs Wiersma</u> | | | <u>Chris Brommersma</u> | | | |
| | | 100m | 10.79 | (10.79) | 100m | 11.15 | (11.15) | |
| | | 500m | 38.16 | (27.37) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 12 | gl | 59 | Jasper Tinga | | HN2 | 38.75 | 38.94 | |
| | bl | 80 | Chris de Velde | | HA2 | 38.63 | 38.73 | |
| | | <u>Jasper Tinga</u> | | | <u>Chris de Velde</u> | | | |
| | | 100m | 11.18 | (11.18) | 100m | 10.85 | (10.85) | |
| | | 500m | 38.94 | (27.76) | 500m | 38.73 | (27.88) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 13 | wt | 73 | Sandrine Tas | | DSA | 38.66 | 40.19 | |
| | rd | 11 | Suzanne Schulting | | DSA | 37.71 | 38.81 | |
| | | <u>Sandrine Tas</u> | | | <u>Suzanne Schulting</u> | | | |
| | | 100m | 11.03 | (11.03) | 100m | 10.82 | (10.82) | |
| | | 500m | 40.19 | (29.16) | 500m | 38.81 | (27.99) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 14 | gl | 23 | Sjors Zautsen | | HA1 | 38.83 | 38.56 | PR |
| | bl | 24 | Lieuwe ter Hoeve | | HA1 | 38.90 | 38.88 | PR |
| | | <u>Sjors Zautsen</u> | | | <u>Lieuwe ter Hoeve</u> | | | |
| | | 100m | 10.75 | (10.75) | 100m | 10.88 | (10.88) | |
| | | 500m | 38.56 | (27.81) | 500m | 38.88 | (28.00) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 15 | wt | 12 | Angel Daleman | | DA1 | 38.56 | 39.29 | |
| | rd | 77 | Sterre van Schaik | | DN1 | 40.65 | 40.92 | |
| | | <u>Angel Daleman</u> | | | <u>Sterre van Schaik</u> | | | |
| | | 100m | 10.89 | (10.89) | 100m | 11.15 | (11.15) | |
| | | 500m | 39.29 | (28.40) | 500m | 40.92 | (29.77) | |

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| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|---------------------|-------|--------------|---------|
| 16 | gl | 65 Ju-Lin de Visser | DSA | | 38.90 | 40.12 | |
| | bl | 39 Gioya Lancee | DSA | | 38.97 | 40.35 | |
| | | Ju-Lin de Visser | | Gioya Lancee | | | |
| | | 100m | 11.05 | (11.05) | 100m | 11.41 | (11.41) |
| | | 500m | 40.12 | (29.07) | 500m | 40.35 | (28.94) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------|-------|------------------|-------|--------------|---------|
| 17 | wt | 76 Sofie Bouw | DN1 | | 40.68 | 41.18 | |
| | rd | 46 Isa Leroy | DA1 | | 40.89 | 40.85 | PR |
| | | Sofie Bouw | | Isa Leroy | | | |
| | | 100m | 11.10 | (11.10) | 100m | 11.20 | (11.20) |
| | | 500m | 41.18 | (30.08) | 500m | 40.85 | (29.65) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|-------------------------|-------|--------------|---------|
| 18 | gl | 43 Ance Kucina | DA2 | | 41.00 | 42.18 | |
| | bl | 22 Janine Garretsen | DA1 | | 41.03 | 41.03 | |
| | | Ance Kucina | | Janine Garretsen | | | |
| | | 100m | 11.60 | (11.60) | 100m | 11.44 | (11.44) |
| | | 500m | 42.18 | (30.58) | 500m | 41.03 | (29.59) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------|-------|-----------------------|-------|--------------|---------|
| 19 | wt | 42 Yves Vergeer | HSA | | 37.03 | 38.35 | |
| | rd | 44 Mark Ooijevaar | H40 | | 39.43 | 43.67 | |
| | | Yves Vergeer | | Mark Ooijevaar | | | |
| | | 100m | 10.95 | (10.95) | 100m | 12.35 | (12.35) |
| | | 500m | 38.35 | (27.40) | 500m | 43.67 | (31.32) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------|-----|-----------------------|-------|--------------|---------|
| 20 | gl | 53 Esmee Visser | DSA | | 41.42 | WDR | |
| | bl | 29 Marika de Glee | DA1 | | 40.79 | 42.43 | |
| | | Esmee Visser | | Marika de Glee | | | |
| | | 100m | | | 100m | 11.66 | (11.66) |
| | | 500m | | | 500m | 42.43 | (30.77) |

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| | Naam | Cat | PR | Tijd | Info |
|----|----------|-----|----|------|------|
| 21 | wt rd | | | | |
| | m | m | | | |

| | Naam | Cat | PR | Tijd | Info |
|----|----------------------|--|------------|----------------|------------------------------|
| 22 | gl bl | 25 Lieke Huizink 52 Patrīcija Sņikere | DA1 DN2 | 41.93 42.25 | 43.27 44.04 |
| | Lieke Huizink | Patrīcija Sņikere | | | |
| | 100m | 12.30 (12.30) | 100m | 12.01 (12.01) | |
| | 500m | 43.27 (30.97) | 500m | 44.04 (32.03) | |

Trainingswedstrijd KNSB- en topteams

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11 oktober 2024

2. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 7 Beau Snellink | HSA | 2 | O | 3:42.68 | | |
| 2 | 30 Mats Bendijk | HA2 | 1 | I | 3:47.96 | PR | |
| 3 | 31 Mika Kolder | HA2 | 3 | O | 3:49.27 | PR | |
| 4 | 15 Evert Hoolwerf | HSA | 1 | O | 3:51.23 | | |
| 5 | 49 Ede Kortlever | HA1 | 8 | I | 3:52.92 | | |
| 6 | 33 Sem Spruit | HB2 | 2 | I | 3:58.53 | | |
| 7 | 21 Eise van Schijndel | HA2 | 4 | O | 4:00.44 | | |
| 8 | 28 Jack Boekema | HB1 | 3 | I | 4:06.87 | | |
| 9 | 62 Robbert-Jan van Hardeveld | HA2 | 4 | I | 4:07.65 | PR | |
| 10 | 32 Sem Bodewes | HN1 | 6 | I | 4:14.05 | | |
| 11 | 79 Roel Regts | HA2 | 6 | O | 4:18.60 | | |
| 12 | 47 Lieke Hoogendoorn | DA2 | 7 | O | 4:21.23 | | |
| 13 | 40 Veerle van Koppen | DN2 | 5 | O | 4:24.12 | | |
| 14 | 72 Yael Prenger | DN3 | 7 | I | 4:24.73 | | |
| | 16 Jade Groenewoud | DN2 | 5 | I | | DQ | |

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2. Rituitslag 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 1 | wt | 30 | Mats Bendijk | | HA2 | | 3:51.39 | 3:47.96 | PR |
| | rd | 15 | Evert Hoolwerf | | HSA | | 3:46.27 | 3:51.23 | |
| | | Mats Bendijk | | | Evert Hoolwerf | | | | |
| | | 200m | 18.94 | (18.94) | 200m | 19.53 | (19.53) | | |
| | | 600m | 48.14 | (29.20) | 600m | 49.31 | (29.78) | | |
| | | 1000m | 1:18.08 | (29.94) | 1000m | 1:19.11 | (29.80) | | |
| | | 1400m | 1:47.80 | (29.72) | 1400m | 1:48.95 | (29.84) | | |
| | | 1800m | 2:17.77 | (29.97) | 1800m | 2:19.02 | (30.07) | | |
| | | 2200m | 2:47.38 | (29.61) | 2200m | 2:49.44 | (30.42) | | |
| | | 2600m | 3:17.24 | (29.86) | 2600m | 3:20.17 | (30.73) | | |
| | | 3000m | 3:47.96 | (30.72) | 3000m | 3:51.23 | (31.06) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 2 | gl | 33 | Sem Spruit | | HB2 | | 3:51.04 | 3:58.53 | |
| | bl | 7 | Beau Snellink | | HSA | | 3:39.91 | 3:42.68 | |
| | | Sem Spruit | | | Beau Snellink | | | | |
| | | 200m | 18.75 | (18.75) | 200m | 19.44 | (19.44) | | |
| | | 600m | 48.91 | (30.16) | 600m | 48.37 | (28.93) | | |
| | | 1000m | 1:19.54 | (30.63) | 1000m | 1:17.28 | (28.91) | | |
| | | 1400m | 1:50.35 | (30.81) | 1400m | 1:46.12 | (28.84) | | |
| | | 1800m | 2:21.64 | (31.29) | 1800m | 2:15.11 | (28.99) | | |
| | | 2200m | 2:53.40 | (31.76) | 2200m | 2:44.13 | (29.02) | | |
| | | 2600m | 3:25.61 | (32.21) | 2600m | 3:13.27 | (29.14) | | |
| | | 3000m | 3:58.53 | (32.92) | 3000m | 3:42.68 | (29.41) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|--------------------|---------|---------|----------------|------|
| 3 | wt | 28 | Jack Boekema | | HB1 | | 4:06.84 | 4:06.87 | |
| | rd | 31 | Mika Kolder | | HA2 | | 3:52.19 | 3:49.27 | PR |
| | | Jack Boekema | | | Mika Kolder | | | | |
| | | 200m | 19.12 | (19.12) | 200m | 18.95 | (18.95) | | |
| | | 600m | 49.12 | (30.00) | 600m | 48.31 | (29.36) | | |
| | | 1000m | 1:20.24 | (31.12) | 1000m | 1:18.20 | (29.89) | | |
| | | 1400m | 1:52.62 | (32.38) | 1400m | 1:48.27 | (30.07) | | |
| | | 1800m | 2:25.23 | (32.61) | 1800m | 2:18.26 | (29.99) | | |
| | | 2200m | 2:58.15 | (32.92) | 2200m | 2:48.14 | (29.88) | | |
| | | 2600m | 3:31.93 | (33.78) | 2600m | 3:18.52 | (30.38) | | |
| | | 3000m | 4:06.87 | (34.94) | 3000m | 3:49.27 | (30.75) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------------|----------------------------------|---------|---------------------------|---------|---------|----------------|------|
| 4 | gl | 62 | Robbert-Jan van Hardeveld | | HA2 | | 4:09.02 | 4:07.65 | PR |
| | bl | 21 | Eise van Schijndel | | HA2 | | 3:57.46 | 4:00.44 | |
| | | Robbert-Jan van Hardeveld | | | Eise van Schijndel | | | | |
| | | 200m | 19.09 | (19.09) | 200m | 19.62 | (19.62) | | |
| | | 600m | 49.98 | (30.89) | 600m | 49.72 | (30.10) | | |
| | | 1000m | 1:21.68 | (31.70) | 1000m | 1:20.56 | (30.84) | | |
| | | 1400m | 1:53.84 | (32.16) | 1400m | 1:51.57 | (31.01) | | |
| | | 1800m | 2:26.13 | (32.29) | 1800m | 2:23.00 | (31.43) | | |
| | | 2200m | 2:59.12 | (32.99) | 2200m | 2:54.92 | (31.92) | | |
| | | 2600m | 3:32.92 | (33.80) | 2600m | 3:27.47 | (32.55) | | |
| | | 3000m | 4:07.65 | (34.73) | 3000m | 4:00.44 | (32.97) | | |

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| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------------|--------------------------|---------|---------|----------------|
| 5 | wt | 16 Jade Groenewoud | DN2 | 4:07.07 | | DQ |
| | rd | 40 Veerle van Koppen | DN2 | 4:18.59 | | 4:24.12 |
| | | <u>Jade Groenewoud</u> | | | | |
| | | | <u>Veerle van Koppen</u> | | | |
| | | | 200m | 21.31 | (21.31) | |
| | | | 600m | 54.23 | (32.92) | |
| | | | 1000m | 1:27.96 | (33.73) | |
| | | | 1400m | 2:02.28 | (34.32) | |
| | | | 1800m | 2:37.12 | (34.84) | |
| | | | 2200m | 3:12.29 | (35.17) | |
| | | | 2600m | 3:48.02 | (35.73) | |
| | | | 3000m | 4:24.12 | (36.10) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------|-------------------|---------|------|----------------|
| 6 | gl | 32 Sem Bodewes | HN1 | 4:12.63 | | 4:14.05 |
| | bl | 79 Roel Regts | HA2 | | | 4:18.60 |
| | | <u>Sem Bodewes</u> | | | | |
| | | | <u>Roel Regts</u> | | | |
| | | 200m | 19.22 | (19.22) | | |
| | | 600m | 50.05 | (30.83) | | |
| | | 1000m | 1:21.95 | (31.90) | | |
| | | 1400m | 1:55.19 | (33.24) | | |
| | | 1800m | 2:29.51 | (34.32) | | |
| | | 2200m | 3:04.34 | (34.83) | | |
| | | 2600m | 3:39.27 | (34.93) | | |
| | | 3000m | 4:14.05 | (34.78) | | |
| | | 200m | 19.11 | (19.11) | | |
| | | 600m | 49.33 | (30.22) | | |
| | | 1000m | 1:21.53 | (32.20) | | |
| | | 1400m | 1:54.83 | (33.30) | | |
| | | 1800m | 2:29.52 | (34.69) | | |
| | | 2200m | 3:05.39 | (35.87) | | |
| | | 2600m | 3:41.33 | (35.94) | | |
| | | 3000m | 4:18.60 | (37.27) | | |

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| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|--------------------------|---------|--------------------------|---------|---------|----------------|
| 7 | wt | 72 | Yael Prenger | | DN3 | | 4:20.59 | 4:24.73 |
| | rd | 47 | Lieke Hoogendoorn | | DA2 | | 4:20.20 | 4:21.23 |
| | | <u>Yael Prenger</u> | | | <u>Lieke Hoogendoorn</u> | | | |
| | | 200m | 20.49 | (20.49) | 200m | 20.67 | (20.67) | |
| | | 600m | 53.77 | (33.28) | 600m | 53.29 | (32.62) | |
| | | 1000m | 1:27.31 | (33.54) | 1000m | 1:26.55 | (33.26) | |
| | | 1400m | 2:01.36 | (34.05) | 1400m | 2:00.58 | (34.03) | |
| | | 1800m | 2:35.99 | (34.63) | 1800m | 2:35.45 | (34.87) | |
| | | 2200m | 3:10.95 | (34.96) | 2200m | 3:10.30 | (34.85) | |
| | | 2600m | 3:46.93 | (35.98) | 2600m | 3:45.57 | (35.27) | |
| | | 3000m | 4:24.73 | (37.80) | 3000m | 4:21.23 | (35.66) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|----------------------|---------|-----|----|------|----------------|
| 8 | gl | 49 | Ede Kortlever | | HA1 | | | 3:52.92 |
| | bl | | | | | | | |
| | | <u>Ede Kortlever</u> | | | | | | |
| | | 200m | 20.49 | (20.49) | m | | | |
| | | 600m | 50.45 | (29.96) | | | | |
| | | 1000m | 1:20.06 | (29.61) | | | | |
| | | 1400m | 1:50.12 | (30.06) | | | | |
| | | 1800m | 2:20.08 | (29.96) | | | | |
| | | 2200m | 2:50.47 | (30.39) | | | | |
| | | 2600m | 3:21.40 | (30.93) | | | | |
| | | 3000m | 3:52.92 | (31.52) | | | | |

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3. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 14 Bart Hoolwerf | HSA | 2 | O | 1:49.01 | | |
| 2 | 48 Pelle Bolsius | HA1 | 1 | O | 1:49.83 | | |
| 3 | 5 Remco Stam | HN2 | 1 | I | 1:51.01 | | |
| 4 | 17 Bryant Boogert | HN1 | 3 | O | 1:51.94 | | |
| 5 | 59 Jasper Tinga | HN2 | 4 | I | 1:52.94 | | |
| 6 | 19 Tijs van Gennip | HA2 | 3 | I | 1:52.96 | | |
| 7 | 69 Yanick de Hoogd | HN1 | 5 | O | 1:56.82 | | |
| 8 | 24 Lieuwe ter Hoeve | HA1 | 5 | I | 1:57.46 | | |
| 9 | 23 Sjors Zautsen | HA1 | 6 | O | 1:57.80 | PR | |
| 10 | 26 Chris Brommersma | HN1 | 6 | I | 1:59.82 | | |
| 11 | 81 Remon Tamminga | HA2 | 8 | I | 2:00.04 | PR | |
| 12 | 39 Gioya Lancee | DSA | 7 | O | 2:01.84 | | |
| 13 | 1 Meike Veen | DN1 | 7 | I | 2:02.44 | | |
| 14 | 44 Mark Ooijevaar | H40 | 2 | I | 2:04.18 | | |
| 15 | 37 Sylvia de Vries | DN1 | 10 | O | 2:05.78 | | |
| 16 | 20 Evi de Ruijter | DA1 | 12 | I | 2:06.24 | | |
| 17 | 54 Hilde Noppert | DSA | 9 | O | 2:06.40 | | |
| 18 | 58 Anna Marit Sybrandi | DN2 | 9 | I | 2:07.76 | | |
| 19 | 82 Lisan van der Linde | DN3 | 11 | I | 2:09.58 | | |
| 20 | 25 Lieke Huizink | DA1 | 10 | I | 2:10.65 | | |
| 21 | 52 Patrīcija Sniķere | DN2 | 12 | O | 2:17.16 | | |
| | 66 Willard Reinders | HN3 | 4 | O | | DQ | |
| | 65 Ju-Lin de Visser | DSA | | | | WDR | |

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3. Rituitslag 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|------------------------|-------------------------|---------|-------------------------|---------|---------|----------------|------|
| 1 | wt | 5 | Remco Stam | | HN2 | 1:48.13 | | 1:51.01 | |
| | rd | 48 | Pelle Bolsius | | HA1 | 1:49.39 | | 1:49.83 | |
| | | Remco Stam | | | Pelle Bolsius | | | | |
| | | 300m | 25.60 | (25.60) | 300m | 25.35 | (25.35) | | |
| | | 700m | 52.86 | (27.26) | 700m | 52.51 | (27.16) | | |
| | | 1100m | 1:21.16 | (28.30) | 1100m | 1:20.70 | (28.19) | | |
| | | 1500m | 1:51.01 | (29.85) | 1500m | 1:49.83 | (29.13) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 2 | gl | 44 | Mark Ooijevaar | | H40 | 1:50.34 | | 2:04.18 | |
| | bl | 14 | Bart Hoolwerf | | HSA | 1:45.12 | | 1:49.01 | |
| | | Mark Ooijevaar | | | Bart Hoolwerf | | | | |
| | | 300m | 28.99 | (28.99) | 300m | 25.57 | (25.57) | | |
| | | 700m | 59.84 | (30.85) | 700m | 53.25 | (27.68) | | |
| | | 1100m | 1:31.36 | (31.52) | 1100m | 1:21.09 | (27.84) | | |
| | | 1500m | 2:04.18 | (32.82) | 1500m | 1:49.01 | (27.92) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 3 | wt | 19 | Tijs van Gennip | | HA2 | 1:51.19 | | 1:52.96 | |
| | rd | 17 | Bryant Boogert | | HN1 | 1:51.40 | | 1:51.94 | |
| | | Tijs van Gennip | | | Bryant Boogert | | | | |
| | | 300m | 24.49 | (24.49) | 300m | 23.80 | (23.80) | | |
| | | 700m | 52.02 | (27.53) | 700m | 50.31 | (26.51) | | |
| | | 1100m | 1:21.49 | (29.47) | 1100m | 1:19.46 | (29.15) | | |
| | | 1500m | 1:52.96 | (31.47) | 1500m | 1:51.94 | (32.48) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 4 | gl | 59 | Jasper Tinga | | HN2 | 1:52.86 | | 1:52.94 | |
| | bl | 66 | Willard Reinders | | HN3 | 1:50.88 | | DQ | |
| | | Jasper Tinga | | | Willard Reinders | | | | |
| | | 300m | 25.75 | (25.75) | 300m | 24.38 | (24.38) | | |
| | | 700m | 53.61 | (27.86) | 700m | 50.96 | (26.58) | | |
| | | 1100m | 1:22.80 | (29.19) | 1100m | 1:18.77 | (27.81) | | |
| | | 1500m | 1:52.94 | (30.14) | 1500m | 1:48.64 | (29.87) | | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|------------------------|---------|----------------|------|
| 5 | wt | 24 | Lieuwe ter Hoeve | | HA1 | 1:56.15 | 1:57.46 | |
| | rd | 69 | Yanick de Hoogd | | HN1 | 1:52.49 | 1:56.82 | |
| | | Lieuwe ter Hoeve | | | Yanick de Hoogd | | | |
| | | 300m | 25.55 | (25.55) | 300m | 25.12 | (25.12) | |
| | | 700m | 54.58 | (29.03) | 700m | 53.67 | (28.55) | |
| | | 1100m | 1:25.19 | (30.61) | 1100m | 1:24.08 | (30.41) | |
| | | 1500m | 1:57.46 | (32.27) | 1500m | 1:56.82 | (32.74) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|----------------------|---------|----------------|------|
| 6 | gl | 26 | Chris Brommersma | | HN1 | 1:53.28 | 1:59.82 | |
| | bl | 23 | Sjors Zautsen | | HA1 | 1:58.78 | 1:57.80 | PR |
| | | Chris Brommersma | | | Sjors Zautsen | | | |
| | | 300m | 28.82 | (28.82) | 300m | 25.47 | (25.47) | |
| | | 700m | 59.40 | (30.58) | 700m | 54.35 | (28.88) | |
| | | 1100m | 1:29.70 | (30.30) | 1100m | 1:25.15 | (30.80) | |
| | | 1500m | 1:59.82 | (30.12) | 1500m | 1:57.80 | (32.65) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|-------------------|---------------------|---------|---------------------|---------|----------------|------|
| 7 | wt | 1 | Meike Veen | | DN1 | 1:59.02 | 2:02.44 | |
| | rd | 39 | Gioya Lancee | | DSA | 1:56.15 | 2:01.84 | |
| | | Meike Veen | | | Gioya Lancee | | | |
| | | 300m | 26.67 | (26.67) | 300m | 27.20 | (27.20) | |
| | | 700m | 56.76 | (30.09) | 700m | 57.53 | (30.33) | |
| | | 1100m | 1:28.95 | (32.19) | 1100m | 1:29.25 | (31.72) | |
| | | 1500m | 2:02.44 | (33.49) | 1500m | 2:01.84 | (32.59) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|-----------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 8 | gl | 81 | Remon Tamminga | | HA2 | 2:04.43 | 2:00.04 | PR |
| | bl | 65 | Ju-Lin de Visser | | DSA | 2:01.68 | WDR | |
| | | Remon Tamminga | | | Ju-Lin de Visser | | | |
| | | 300m | 25.48 | (25.48) | | | | |
| | | 700m | 54.80 | (29.32) | | | | |
| | | 1100m | 1:26.28 | (31.48) | | | | |
| | | 1500m | 2:00.04 | (33.76) | | | | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|--------------------------|---------|----------------|------|
| 9 | wt | 58 | Anna Marit Sybrandi | | DN2 | 2:03.23 | 2:07.76 | |
| | rd | 54 | Hilde Noppert | | DSA | 2:04.62 | 2:06.40 | |
| | | Anna Marit Sybrandi | | | Hilde Noppert | | | |
| | | 300m | 28.39 | (28.39) | 300m | 27.98 | (27.98) | |
| | | 700m | 59.49 | (31.10) | 700m | 59.08 | (31.10) | |
| | | 1100m | 1:32.86 | (33.37) | 1100m | 1:31.97 | (32.89) | |
| | | 1500m | 2:07.76 | (34.90) | 1500m | 2:06.40 | (34.43) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 10 | gl | 25 | Lieke Huizink | | DA1 | 2:06.70 | 2:10.65 | |
| | bl | 37 | Sylvia de Vries | | DN1 | 2:05.15 | 2:05.78 | |
| | | Lieke Huizink | | | Sylvia de Vries | | | |
| | | 300m | 28.32 | (28.32) | 300m | 28.27 | (28.27) | |
| | | 700m | 59.84 | (31.52) | 700m | 59.33 | (31.06) | |
| | | 1100m | 1:33.80 | (33.96) | 1100m | 1:31.72 | (32.39) | |
| | | 1500m | 2:10.65 | (36.85) | 1500m | 2:05.78 | (34.06) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 11 | wt | 82 | Lisan van der Linde | | DN3 | 2:04.76 | 2:09.58 | |
| | rd | | | | | | | |
| | | Lisan van der Linde | | | | | | |
| | | 300m | 27.70 | (27.70) | m | | | |
| | | 700m | 58.90 | (31.20) | | | | |
| | | 1100m | 1:32.57 | (33.67) | | | | |
| | | 1500m | 2:09.58 | (37.01) | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 12 | gl | 20 | Evi de Ruijter | | DA1 | 2:05.46 | 2:06.24 | |
| | bl | 52 | Patrīcija Sņikere | | DN2 | 2:11.08 | 2:17.16 | |
| | | Evi de Ruijter | | | Patrīcija Sņikere | | | |
| | | 300m | 27.77 | (27.77) | 300m | 29.00 | (29.00) | |
| | | 700m | 58.78 | (31.01) | 700m | 1:02.56 | (33.56) | |
| | | 1100m | 1:31.67 | (32.89) | 1100m | 1:39.07 | (36.51) | |
| | | 1500m | 2:06.24 | (34.57) | 1500m | 2:17.16 | (38.09) | |

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4. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 13 Tijmen Snel | HSA | 1 | O | 1:10.39 | | |
| 2 | 2 Sijmen Egberts | HN2 | 1 | I | 1:11.80 | | |
| 3 | 50 Nathan Pijl | HA1 | 2 | I | 1:12.98 | | |
| 4 | 74 Robbe Beelen | HN3 | 4 | O | 1:13.22 | | |
| 5 | 75 Stein de Wit | HN2 | 2 | O | 1:13.41 | | |
| 6 | 38 Thijs Wiersma | HB2 | 4 | I | 1:14.21 | PR | |
| 7 | 51 Philip Diniz | HB2 | 3 | O | 1:14.33 | PR | |
| 8 | 68 Bram van Essen | HN4 | 3 | I | 1:14.45 | | |
| 9 | 46 Isa Leroy | DA1 | 5 | I | 1:21.17 | | |
| 10 | 78 Sietske van der Meer | DN2 | 5 | O | 1:24.44 | | |
| 11 | 29 Marika de Glee | DA1 | 8 | I | 1:25.67 | | |
| 12 | 43 Ance Kucina | DA2 | 6 | O | 1:26.68 | | |
| | 77 Sterre van Schaik | DN1 | | | | WDR | |

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4. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 2 | Sijmen Egberts | | HN2 | | 1:11.77 | 1:11.80 | |
| | rd | 13 | Tijmen Snel | | HSA | | 1:08.09 | 1:10.39 | |

Sijmen Egberts

| | | |
|-------|---------|---------|
| 200m | 17.42 | (17.42) |
| 600m | 43.97 | (26.55) |
| 1000m | 1:11.80 | (27.83) |

Tijmen Snel

| | | |
|-------|---------|---------|
| 200m | 16.99 | (16.99) |
| 600m | 42.80 | (25.81) |
| 1000m | 1:10.39 | (27.59) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 50 | Nathan Pijl | | HA1 | | 1:11.63 | 1:12.98 | |
| | bl | 75 | Stein de Wit | | HN2 | | 1:12.31 | 1:13.41 | |

Nathan Pijl

| | | |
|-------|---------|---------|
| 200m | 17.32 | (17.32) |
| 600m | 44.40 | (27.08) |
| 1000m | 1:12.98 | (28.58) |

Stein de Wit

| | | |
|-------|---------|---------|
| 200m | 17.50 | (17.50) |
| 600m | 44.06 | (26.56) |
| 1000m | 1:13.41 | (29.35) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 3 | wt | 68 | Bram van Essen | | HN4 | | 1:12.81 | 1:14.45 | |
| | rd | 51 | Philip Diniz | | HB2 | | 1:14.55 | 1:14.33 | PR |

Bram van Essen

| | | |
|-------|---------|---------|
| 200m | 17.75 | (17.75) |
| 600m | 45.00 | (27.25) |
| 1000m | 1:14.45 | (29.45) |

Philip Diniz

| | | |
|-------|---------|---------|
| 200m | 17.90 | (17.90) |
| 600m | 45.48 | (27.58) |
| 1000m | 1:14.33 | (28.85) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|----------------------|-----|-----|----|---------|----------------|------|
| 4 | gl | 38 | Thijs Wiersma | | HB2 | | 1:14.71 | 1:14.21 | PR |
| | bl | 74 | Robbe Beelen | | HN3 | | 1:11.81 | 1:13.22 | |

Thijs Wiersma

| | | |
|-------|---------|---------|
| 200m | 18.09 | (18.09) |
| 600m | 45.47 | (27.38) |
| 1000m | 1:14.21 | (28.74) |

Robbe Beelen

| | | |
|-------|---------|---------|
| 200m | 17.33 | (17.33) |
| 600m | 44.27 | (26.94) |
| 1000m | 1:13.22 | (28.95) |

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| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------|-----------------------------|---------|-----------------------------|---------|----------------|------|
| 5 | wt | 46 | Isa Leroy | | DA1 | 1:20.80 | 1:21.17 | |
| | rd | 78 | Sietske van der Meer | | DN2 | 1:20.95 | 1:24.44 | |
| | | Isa Leroy | | | Sietske van der Meer | | | |
| | | 200m | 19.15 | (19.15) | 200m | 19.41 | (19.41) | |
| | | 600m | 48.74 | (29.59) | 600m | 49.92 | (30.51) | |
| | | 1000m | 1:21.17 | (32.43) | 1000m | 1:24.44 | (34.52) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|--------------------|---------|----------------|------|
| 6 | gl | 77 | Sterre van Schaik | | DN1 | 1:21.81 | WDR | |
| | bl | 43 | Ance Kucina | | DA2 | 1:23.91 | 1:26.68 | |
| | | Sterre van Schaik | | | Ance Kucina | | | |
| | | 200m | 20.05 | (20.05) | 200m | 20.05 | (20.05) | |
| | | 600m | 51.85 | (31.80) | 600m | 51.85 | (31.80) | |
| | | 1000m | 1:26.68 | (34.83) | 1000m | 1:26.68 | (34.83) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--|-----|---|----|------|------|
| 7 | wt | | | | | | | |
| | rd | | | | | | | |
| | | m | | | m | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-------|---------|----------------|------|
| 8 | gl | 29 | Marika de Glee | | DA1 | 1:22.76 | 1:25.67 | |
| | bl | | | | | | | |
| | | Marika de Glee | | | m | | | |
| | | 200m | 19.78 | (19.78) | 200m | | | |
| | | 600m | 51.29 | (31.51) | 600m | | | |
| | | 1000m | 1:25.67 | (34.38) | 1000m | | | |

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5. Uitslag 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 64 Jasper Krommenhoek | HN2 | 1 | I | 6:23.37 | PR | |
| 2 | 6 Kars Jansman | HSA | 2 | I | 6:24.39 | | |
| 3 | 55 Colin James Duivenvoorden | HN3 | 1 | O | 6:34.45 | | |
| 4 | 35 Sil van der Veen | HA2 | 4 | O | 6:35.29 | PR | |
| 5 | 34 Sietse de Vries | HA2 | 4 | I | 6:43.69 | PR | |
| 6 | 56 Mathijs van Zwieten | HN4 | 2 | O | 6:53.08 | | |
| 7 | 57 Sipke Sijtsema | HN3 | 3 | O | 6:54.96 | | |
| 8 | 41 Matthé Pronk | HN2 | 5 | I | 6:55.77 | | |
| 9 | 36 Silje Hut | HN1 | 6 | I | 7:09.13 | PR | |
| 10 | 53 Esmee Visser | DSA | 3 | I | 7:19.13 | | |
| | 45 Daan Ridder | HA2 | 5 | O | DNF | | |

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5. Rituitslag 5000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|----------------------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 64 | Jasper Krommenhoek | | HN2 | | 6:26.33 | 6:23.37 | PR |
| | rd | 55 | Colin James Duivenvoorden | | HN3 | | 6:26.10 | 6:34.45 | |

Jasper Krommenhoek

| | | |
|-------|---------|---------|
| 200m | 19.44 | (19.44) |
| 600m | 49.73 | (30.29) |
| 1000m | 1:20.70 | (30.97) |
| 1400m | 1:51.06 | (30.36) |
| 1800m | 2:21.34 | (30.28) |
| 2200m | 2:51.55 | (30.21) |
| 2600m | 3:21.81 | (30.26) |
| 3000m | 3:52.30 | (30.49) |
| 3400m | 4:23.09 | (30.79) |
| 3800m | 4:52.42 | (29.33) |
| 4200m | 5:22.36 | (29.94) |
| 4600m | 5:52.68 | (30.32) |
| 5000m | 6:23.37 | (30.69) |

Colin James Duivenvoorden

| | | |
|-------|---------|---------|
| 200m | 19.51 | (19.51) |
| 600m | 49.93 | (30.42) |
| 1000m | 1:20.61 | (30.68) |
| 1400m | 1:50.74 | (30.13) |
| 1800m | 2:21.10 | (30.36) |
| 2200m | 2:51.24 | (30.14) |
| 2600m | 3:21.90 | (30.66) |
| 3000m | 3:52.78 | (30.88) |
| 3400m | 4:24.56 | (31.78) |
| 3800m | 4:56.60 | (32.04) |
| 4200m | 5:29.21 | (32.61) |
| 4600m | 6:01.96 | (32.75) |
| 5000m | 6:34.45 | (32.49) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|----------------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 6 | Kars Jansman | | HSA | | 6:14.95 | 6:24.39 | |
| | bl | 56 | Mathijs van Zwieten | | HN4 | | 6:34.64 | 6:53.08 | |

Kars Jansman

| | | |
|-------|---------|---------|
| 200m | 19.44 | (19.44) |
| 600m | 49.59 | (30.15) |
| 1000m | 1:19.79 | (30.20) |
| 1400m | 1:50.21 | (30.42) |
| 1800m | 2:20.31 | (30.10) |
| 2200m | 2:50.28 | (29.97) |
| 2600m | 3:20.34 | (30.06) |
| 3000m | 3:50.55 | (30.21) |
| 3400m | 4:20.81 | (30.26) |
| 3800m | 4:51.11 | (30.30) |
| 4200m | 5:21.85 | (30.74) |
| 4600m | 5:53.07 | (31.22) |
| 5000m | 6:24.39 | (31.32) |

Mathijs van Zwieten

| | | |
|-------|---------|---------|
| 200m | 19.36 | (19.36) |
| 600m | 50.35 | (30.99) |
| 1000m | 1:22.53 | (32.18) |
| 1400m | 1:54.46 | (31.93) |
| 1800m | 2:26.72 | (32.26) |
| 2200m | 2:59.00 | (32.28) |
| 2600m | 3:31.62 | (32.62) |
| 3000m | 4:04.04 | (32.42) |
| 3400m | 4:37.14 | (33.10) |
| 3800m | 5:10.21 | (33.07) |
| 4200m | 5:43.92 | (33.71) |
| 4600m | 6:18.37 | (34.45) |
| 5000m | 6:53.08 | (34.71) |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

11 oktober 2024

| | | Naam | Cat | | PR | Tijd | Info |
|---|----|--------------------------|---------|---------|-----------------------|----------------|---------|
| 3 | wt | 53 Esmee Visser | DSA | | 6:45.73 | 7:19.13 | |
| | rd | 57 Sipke Sijtsema | HN3 | | 6:52.12 | 6:54.96 | |
| | | Esmee Visser | | | Sipke Sijtsema | | |
| | | 200m | 21.74 | (21.74) | 200m | 19.83 | (19.83) |
| | | 600m | 55.53 | (33.79) | 600m | 52.24 | (32.41) |
| | | 1000m | 1:30.25 | (34.72) | 1000m | 1:25.45 | (33.21) |
| | | 1400m | 2:05.16 | (34.91) | 1400m | 1:57.95 | (32.50) |
| | | 1800m | 2:40.24 | (35.08) | 1800m | 2:30.26 | (32.31) |
| | | 2200m | 3:15.56 | (35.32) | 2200m | 3:02.71 | (32.45) |
| | | 2600m | 3:50.20 | (34.64) | 2600m | 3:35.49 | (32.78) |
| | | 3000m | 4:25.03 | (34.83) | 3000m | 4:08.22 | (32.73) |
| | | 3400m | 5:00.12 | (35.09) | 3400m | 4:41.41 | (33.19) |
| | | 3800m | 5:35.08 | (34.96) | 3800m | 5:14.62 | (33.21) |
| | | 4200m | 6:10.08 | (35.00) | 4200m | 5:47.93 | (33.31) |
| | | 4600m | 6:44.80 | (34.72) | 4600m | 6:21.20 | (33.27) |
| | | 5000m | 7:19.13 | (34.33) | 5000m | 6:54.96 | (33.76) |

| | | Naam | Cat | | PR | Tijd | Info |
|---|----|----------------------------|---------|---------|-------------------------|----------------|---------|
| 4 | gl | 34 Sietse de Vries | HA2 | | 6:49.42 | 6:43.69 | PR |
| | bl | 35 Sil van der Veen | HA2 | | 6:49.44 | 6:35.29 | PR |
| | | Sietse de Vries | | | Sil van der Veen | | |
| | | 200m | 19.75 | (19.75) | 200m | 20.35 | (20.35) |
| | | 600m | 50.85 | (31.10) | 600m | 51.08 | (30.73) |
| | | 1000m | 1:21.53 | (30.68) | 1000m | 1:22.48 | (31.40) |
| | | 1400m | 1:52.70 | (31.17) | 1400m | 1:54.04 | (31.56) |
| | | 1800m | 2:23.72 | (31.02) | 1800m | 2:25.81 | (31.77) |
| | | 2200m | 2:54.61 | (30.89) | 2200m | 2:57.18 | (31.37) |
| | | 2600m | 3:25.90 | (31.29) | 2600m | 3:28.58 | (31.40) |
| | | 3000m | 3:57.53 | (31.63) | 3000m | 3:59.98 | (31.40) |
| | | 3400m | 4:29.41 | (31.88) | 3400m | 4:31.31 | (31.33) |
| | | 3800m | 5:02.26 | (32.85) | 3800m | 5:02.47 | (31.16) |
| | | 4200m | 5:35.76 | (33.50) | 4200m | 5:33.53 | (31.06) |
| | | 4600m | 6:09.72 | (33.96) | 4600m | 6:04.43 | (30.90) |
| | | 5000m | 6:43.69 | (33.97) | 5000m | 6:35.29 | (30.86) |

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

11 oktober 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|---------------------|---------------------|---------|--------------------|---------|----------------|------|
| 5 | wt | 41 | Matthé Pronk | | HN2 | 6:54.03 | 6:55.77 | |
| | rd | 45 | Daan Ridder | | HA2 | | DNF | |
| | | Matthé Pronk | | | Daan Ridder | | | |
| | | 200m | 20.58 | (20.58) | 200m | 20.77 | (20.77) | |
| | | 600m | 52.65 | (32.07) | 600m | 53.00 | (32.23) | |
| | | 1000m | 1:24.85 | (32.20) | 1000m | 1:25.65 | (32.65) | |
| | | 1400m | 1:57.64 | (32.79) | 1400m | 1:58.43 | (32.78) | |
| | | 1800m | 2:30.03 | (32.39) | 1800m | 2:32.43 | (34.00) | |
| | | 2200m | 3:02.47 | (32.44) | 2200m | 3:06.20 | (33.77) | |
| | | 2600m | 3:34.94 | (32.47) | 2600m | 3:41.42 | (35.22) | |
| | | 3000m | 4:07.59 | (32.65) | 3000m | 4:17.26 | (35.84) | |
| | | 3400m | 4:40.69 | (33.10) | | | | |
| | | 3800m | 5:13.91 | (33.22) | | | | |
| | | 4200m | 5:47.62 | (33.71) | | | | |
| | | 4600m | 6:21.71 | (34.09) | | | | |
| | | 5000m | 6:55.77 | (34.06) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|------------------|------------------|---------|-----|---------|----------------|------|
| 6 | gl | 36 | Sille Hut | | HN1 | 7:11.75 | 7:09.13 | PR |
| | bl | | | | | | | |
| | | Sille Hut | | | | | | |
| | | 200m | 19.89 | (19.89) | m | | | |
| | | 600m | 52.87 | (32.98) | | | | |
| | | 1000m | 1:26.18 | (33.31) | | | | |
| | | 1400m | 1:58.71 | (32.53) | | | | |
| | | 1800m | 2:30.67 | (31.96) | | | | |
| | | 2200m | 3:03.13 | (32.46) | | | | |
| | | 2600m | 3:36.26 | (33.13) | | | | |
| | | 3000m | 4:10.44 | (34.18) | | | | |
| | | 3400m | 4:45.09 | (34.65) | | | | |
| | | 3800m | 5:20.20 | (35.11) | | | | |
| | | 4200m | 5:55.93 | (35.73) | | | | |
| | | 4600m | 6:32.37 | (36.44) | | | | |
| | | 5000m | 7:09.13 | (36.76) | | | | |