

# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

10 November 2024

## 1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	69 Renske van Winkoop	DPA	32	O	43.85		
2	48 Marloes Westerhof	D40	32	I	44.01		
3	66 Noor Smink	DC1	30	O	45.09		
4	63 Yfke Raadsveld	DC2	31	O	46.17		
5	57 Wouter Wietzes	H45	31	I	46.42		
6	49 Liz Wolters	DC1	30	I	47.17		
7	19 Marthe Schalkwijk	DB1	26	I	47.74		
8	7 Lenneke Groot Koerkamp	DA2	26	O	48.11		
9	14 Femke Lindeboom	DC1	28	O	48.62		
10	47 Inge Pelgröm	DSA	22	O	48.87		
11	10 Remco Wisselink	H45	25	O	48.89		
12	4 Roan Varenbrink	HPA	23	O	48.95		
13	2 Just Klunder	HC1	28	I	49.06		
14	13 Eva Mezzo	DPA	23	I	49.59		
15	6 Danique Stout	DPA	27	I	50.43		
16	23 Lisa Otten	DB1	25	I	50.47		
17	30 Dione Groot Jebbink	DC1	20	O	50.66	PB	
18	65 Hilbert ter Kulve	H40	24	I	50.87		
19	50 Evi de Vries	DPC	19	O	50.92	PB	
20	3 Elin Varenbrink	DC2	21	I	51.20		
21	20 Mika Wesselink	HC1	15	I	51.39		
22	12 Joëlle van Drimmelen	DPA	17	O	51.55		
23	61 Simon de Olde	HPC	15	O	51.78	PB	
24	16 Myrthe Kuiper	DA1	29	O	51.80		
25	15 Florine Zunnabeld	DPA	24	O	51.88		
26	29 Lise Cents	DC1	19	I	52.05		
27	1 Noor Klunder	DPA	21	O	52.13		
28	75 Neyómy Barry	DC1	20	I	52.46		
29	38 Famke Aukema	DC2	17	I	52.61		
30	74 Maud Nijenkamp	DPB	16	O	53.14		
31	41 Fedde ter Laak	HPC	14	O	53.57	PB	
32	26 Liss Phielix	DB1	11	I	53.82		
	60 Elin Mak	DPC	16	I	53.82		
34	53 Alexander Warmink	HC2	13	O	53.85		
35	72 Nora Venema	DPC	18	O	54.34		
36	43 Yara Makkinga	DC1	12	O	54.47	PB	
37	37 Jesse van Velde	HPB	12	I	54.59	PB	
38	22 Kim Versteeg	DC1	14	I	54.75		

Referee:

Assistant:

Starter:

From 11/10/2024 5:30:00 PM to 11/10/2024 6:04:17 PM

Print: 2/23/2025 10:39:11 AM

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	11 Naomi Withaar	DC2	11	O	54.88	PB	
40	58 Thure Louwers	HPC	8	O	55.13	PB	
41	40 Jildau ter Laak	DPB	10	O	55.53	PB	
42	55 Eline van den Beld	DPC	18	I	55.59		
43	34 Lotte van Veen	DPC	13	I	55.89		
44	27 Jelle Nijkamp	HPB	9	I	55.94	PB	
45	42 Liam Makkinga	HPC	27	O	56.09		
46	21 Feline van de Brandhof	DC1	9	O	56.87	PB	
47	31 Indy Wesselink	DPB	5	I	57.05	PB	
48	62 Pien Evers	DPB	5	O	57.29	PB	
49	54 Douwe Gildemacher	HPA	8	I	57.74		
50	39 Fajah Lugtenberg	DPC	7	I	58.96	PB	
51	17 Lize Zeewuster	DC1	7	O	59.70	PB	
52	9 Lena Wisselink	DC1	22	I	1:00.73	FL	
53	64 Ilse Horstman	DC1	6	I	1:01.07	PB	
54	59 Mischa Slot	HPA	29	I	1:02.18	FL	
55	70 Milou Ruijtenberg	DPC	10	I	1:02.29		
56	36 Jesse Withaar	HPB	3	O	1:04.72	PB	
57	67 Elysa ter Kulve	DPB	6	O	1:05.07		
58	51 Thijmen Warmink	HPA	4	I	1:07.71		
59	46 Elina Martens	DPC	1	I	1:11.25		
60	33 Frederique Oosting	DPB	4	O	1:11.87	PB	
61	52 Ruben Warmink	HPC	3	I	1:12.13		
62	44 Faas Klunder	HPC	1	O	1:19.07		

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Sport- en Recreatiecentrum de Scheg - Deventer

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## 1. Race Result 500 meter

		Name		Cat		PB		Time	Info
1	wt	46	<b>Elina Martens</b>		DPC			<b>1:11.25</b>	
	rd	44	<b>Faas Klunder</b>		HPC			<b>1:19.07</b>	
		<u>Elina Martens</u>			<u>Faas Klunder</u>				
		100m	15.61	(15.61)	100m	18.43	(18.43)		
		500m	1:11.25	(55.64)	500m	1:19.07	(60.64)		

		Name		Cat		PB		Time	Info
2	yw								
	bl								
		<u>m</u>			<u>m</u>				

		Name		Cat		PB		Time	Info
3	wt	52	<b>Ruben Warmink</b>		HPC		1:10.53	<b>1:12.13</b>	
	rd	36	<b>Jesse Withaar</b>		HPB		1:09.71	<b>1:04.72</b>	PB
		<u>Ruben Warmink</u>			<u>Jesse Withaar</u>				
		100m	15.72	(15.72)	100m	15.55	(15.55)		
		500m	1:12.13	(56.41)	500m	1:04.72	(49.17)		

		Name		Cat		PB		Time	Info
4	yw	51	<b>Thijmen Warmink</b>		HPA		1:03.39	<b>1:07.71</b>	
	bl	33	<b>Frederique Oosting</b>		DPB		1:16.63	<b>1:11.87</b>	PB
		<u>Thijmen Warmink</u>			<u>Frederique Oosting</u>				
		100m	15.40	(15.40)	100m	16.65	(16.65)		
		500m	1:07.71	(52.31)	500m	1:11.87	(55.22)		

		Name		Cat		PB		Time	Info
5	wt	31	<b>Indy Wesselink</b>		DPB		1:00.31	<b>57.05</b>	PB
	rd	62	<b>Pien Evers</b>		DPB		59.85	<b>57.29</b>	PB
		<u>Indy Wesselink</u>			<u>Pien Evers</u>				
		100m	14.60	(14.60)	100m	13.53	(13.53)		
		500m	57.05	(42.45)	500m	57.29	(43.76)		

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		Name		Cat		PB	Time	Info
6	yw	64	<b>Ilse Horstman</b>		DC1	1:01.76	<b>1:01.07</b>	PB
	bl	67	<b>Elysa ter Kulve</b>		DPB	1:01.45	<b>1:05.07</b>	
		<b>Ilse Horstman</b>			<b>Elysa ter Kulve</b>			
		100m	15.66	(15.66)	100m	15.62	(15.62)	
		500m	1:01.07	(45.41)	500m	1:05.07	(49.45)	
<hr/>								
		Name		Cat		PB	Time	Info
7	wt	39	<b>Fajah Lugtenberg</b>		DPC	1:01.10	<b>58.96</b>	PB
	rd	17	<b>Lize Zeewuster</b>		DC1	1:00.91	<b>59.70</b>	PB
		<b>Fajah Lugtenberg</b>			<b>Lize Zeewuster</b>			
		100m	14.22	(14.22)	100m	14.05	(14.05)	
		500m	58.96	(44.74)	500m	59.70	(45.65)	
<hr/>								
		Name		Cat		PB	Time	Info
8	yw	54	<b>Douwe Gildemacher</b>		HPA	56.55	<b>57.74</b>	
	bl	58	<b>Thure Louwers</b>		HPC	1:01.01	<b>55.13</b>	PB
		<b>Douwe Gildemacher</b>			<b>Thure Louwers</b>			
		100m	13.65	(13.65)	100m	14.10	(14.10)	
		500m	57.74	(44.09)	500m	55.13	(41.03)	
<hr/>								
		Name		Cat		PB	Time	Info
9	wt	27	<b>Jelle Nijkamp</b>		HPB	1:00.18	<b>55.94</b>	PB
	rd	21	<b>Feline van de Brandhof</b>		DC1	59.49	<b>56.87</b>	PB
		<b>Jelle Nijkamp</b>			<b>Feline van de Brandhof</b>			
		100m	13.91	(13.91)	100m	14.43	(14.43)	
		500m	55.94	(42.03)	500m	56.87	(42.44)	
<hr/>								
		Name		Cat		PB	Time	Info
10	yw	70	<b>Milou Ruijtenberg</b>		DPC	59.97	<b>1:02.29</b>	
	bl	40	<b>Jildau ter Laak</b>		DPB	58.55	<b>55.53</b>	PB
		<b>Milou Ruijtenberg</b>			<b>Jildau ter Laak</b>			
		100m	15.16	(15.16)	100m	14.06	(14.06)	
		500m	1:02.29	(47.13)	500m	55.53	(41.47)	

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		Name		Cat		PB	Time	Info
11	wt	26	<b>Liss Phielix</b>		DB1	51.62	<b>53.82</b>	
	rd	11	<b>Naomi Withaar</b>		DC2	57.60	<b>54.88</b>	PB
		<b>Liss Phielix</b>			<b>Naomi Withaar</b>			
		100m	13.90	(13.90)	100m	14.09	(14.09)	
		500m	53.82	(39.92)	500m	54.88	(40.79)	
<hr/>								
		Name		Cat		PB	Time	Info
12	yw	37	<b>Jesse van Velde</b>		HPB	57.64	<b>54.59</b>	PB
	bl	43	<b>Yara Makkinga</b>		DC1	56.13	<b>54.47</b>	PB
		<b>Jesse van Velde</b>			<b>Yara Makkinga</b>			
		100m	13.08	(13.08)	100m	14.08	(14.08)	
		500m	54.59	(41.51)	500m	54.47	(40.39)	
<hr/>								
		Name		Cat		PB	Time	Info
13	wt	34	<b>Lotte van Veen</b>		DPC	55.25	<b>55.89</b>	
	rd	53	<b>Alexander Warmink</b>		HC2	53.61	<b>53.85</b>	
		<b>Lotte van Veen</b>			<b>Alexander Warmink</b>			
		100m	14.01	(14.01)	100m	13.04	(13.04)	
		500m	55.89	(41.88)	500m	53.85	(40.81)	
<hr/>								
		Name		Cat		PB	Time	Info
14	yw	22	<b>Kim Versteeg</b>		DC1	54.45	<b>54.75</b>	
	bl	41	<b>Fedde ter Laak</b>		HPC	54.76	<b>53.57</b>	PB
		<b>Kim Versteeg</b>			<b>Fedde ter Laak</b>			
		100m	13.50	(13.50)	100m	13.85	(13.85)	
		500m	54.75	(41.25)	500m	53.57	(39.72)	
<hr/>								
		Name		Cat		PB	Time	Info
15	wt	20	<b>Mika Wesselink</b>		HC1	50.86	<b>51.39</b>	
	rd	61	<b>Simon de Olde</b>		HPC	54.53	<b>51.78</b>	PB
		<b>Mika Wesselink</b>			<b>Simon de Olde</b>			
		100m	12.91	(12.91)	100m	13.27	(13.27)	
		500m	51.39	(38.48)	500m	51.78	(38.51)	

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		Name		Cat		PB		Time	Info
16	yw	60	<b>Elin Mak</b>		DPC		52.78	<b>53.82</b>	
	bl	74	<b>Maud Nijkamp</b>		DPB		51.24	<b>53.14</b>	
		<b>Elin Mak</b>			<b>Maud Nijkamp</b>				
		100m	13.85	(13.85)	100m	13.66	(13.66)		
		500m	53.82	(39.97)	500m	53.14	(39.48)		

		Name		Cat		PB		Time	Info
17	wt	38	<b>Famke Aukema</b>		DC2		52.09	<b>52.61</b>	
	rd	12	<b>Joëlle van Drimmelen</b>		DPA		49.28	<b>51.55</b>	
		<b>Famke Aukema</b>			<b>Joëlle van Drimmelen</b>				
		100m	13.79	(13.79)	100m	13.32	(13.32)		
		500m	52.61	(38.82)	500m	51.55	(38.23)		

		Name		Cat		PB		Time	Info
18	yw	55	<b>Eline van den Beld</b>		DPC		52.53	<b>55.59</b>	
	bl	72	<b>Nora Venema</b>		DPC		53.99	<b>54.34</b>	
		<b>Eline van den Beld</b>			<b>Nora Venema</b>				
		100m	14.14	(14.14)	100m	13.44	(13.44)		
		500m	55.59	(41.45)	500m	54.34	(40.90)		

		Name		Cat		PB		Time	Info
19	wt	29	<b>Lise Cents</b>		DC1		51.82	<b>52.05</b>	
	rd	50	<b>Evi de Vries</b>		DPC		51.98	<b>50.92</b>	PB
		<b>Lise Cents</b>			<b>Evi de Vries</b>				
		100m	13.35	(13.35)	100m	12.92	(12.92)		
		500m	52.05	(38.70)	500m	50.92	(38.00)		

		Name		Cat		PB		Time	Info
20	yw	75	<b>Neyómy Barry</b>		DC1		52.02	<b>52.46</b>	
	bl	30	<b>Dione Groot Jebbink</b>		DC1		52.17	<b>50.66</b>	PB
		<b>Neyómy Barry</b>			<b>Dione Groot Jebbink</b>				
		100m	13.74	(13.74)	100m	13.46	(13.46)		
		500m	52.46	(38.72)	500m	50.66	(37.20)		

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		Name		Cat		PB		Time	Info
21	wt	3	<b>Elin Varenbrink</b>		DC2		49.27	<b>51.20</b>	
	rd	1	<b>Noor Klunder</b>		DPA		49.84	<b>52.13</b>	
		<b>Elin Varenbrink</b>			<b>Noor Klunder</b>				
		100m	13.14	(13.14)	100m	13.46	(13.46)		
		500m	51.20	(38.06)	500m	52.13	(38.67)		

		Name		Cat		PB		Time	Info
22	yw	9	<b>Lena Wisselink</b>		DC1		50.10	<b>1:00.73</b>	FL
	bl	47	<b>Inge Pelgröm</b>		DSA		48.40	<b>48.87</b>	
		<b>Lena Wisselink</b>			<b>Inge Pelgröm</b>				
		100m	13.05	(13.05)	100m	13.33	(13.33)		
		500m	1:00.73	(47.68)	500m	48.87	(35.54)		

		Name		Cat		PB		Time	Info
23	wt	13	<b>Eva Mezzo</b>		DPA		48.55	<b>49.59</b>	
	rd	4	<b>Roan Varenbrink</b>		HPA		48.86	<b>48.95</b>	
		<b>Eva Mezzo</b>			<b>Roan Varenbrink</b>				
		100m	12.51	(12.51)	100m	12.55	(12.55)		
		500m	49.59	(37.08)	500m	48.95	(36.40)		

		Name		Cat		PB		Time	Info
24	yw	65	<b>Hilbert ter Kulve</b>		H40		50.14	<b>50.87</b>	
	bl	15	<b>Florine Zunnabeld</b>		DPA		50.15	<b>51.88</b>	
		<b>Hilbert ter Kulve</b>			<b>Florine Zunnabeld</b>				
		100m	13.04	(13.04)	100m	13.58	(13.58)		
		500m	50.87	(37.83)	500m	51.88	(38.30)		

		Name		Cat		PB		Time	Info
25	wt	23	<b>Lisa Otten</b>		DB1		47.98	<b>50.47</b>	
	rd	10	<b>Remco Wisselink</b>		H45		48.87	<b>48.89</b>	
		<b>Lisa Otten</b>			<b>Remco Wisselink</b>				
		100m	13.46	(13.46)	100m	13.25	(13.25)		
		500m	50.47	(37.01)	500m	48.89	(35.64)		

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		Name		Cat		PB		Time	Info
26	yw	19	<b>Marthe Schalkwijk</b>		DB1		47.66	<b>47.74</b>	
	bl	7	<b>Lenneke Groot Koerkamp</b>		DA2		46.70	<b>48.11</b>	
		<b>Marthe Schalkwijk</b>			<b>Lenneke Groot Koerkamp</b>				
		100m	12.71	(12.71)	100m	12.56	(12.56)		
		500m	47.74	(35.03)	500m	48.11	(35.55)		

		Name		Cat		PB		Time	Info
27	wt	6	<b>Danique Stout</b>		DPA		48.40	<b>50.43</b>	
	rd	42	<b>Liam Makkinga</b>		HPC		47.51	<b>56.09</b>	
		<b>Danique Stout</b>			<b>Liam Makkinga</b>				
		100m	13.28	(13.28)	100m	13.53	(13.53)		
		500m	50.43	(37.15)	500m	56.09	(42.56)		

		Name		Cat		PB		Time	Info
28	yw	2	<b>Just Klunder</b>		HC1		47.72	<b>49.06</b>	
	bl	14	<b>Femke Lindeboom</b>		DC1		47.09	<b>48.62</b>	
		<b>Just Klunder</b>			<b>Femke Lindeboom</b>				
		100m	12.88	(12.88)	100m	12.30	(12.30)		
		500m	49.06	(36.18)	500m	48.62	(36.32)		

		Name		Cat		PB		Time	Info
29	wt	59	<b>Mischa Slot</b>		HPA		46.75	<b>1:02.18</b>	FL
	rd	16	<b>Myrthe Kuiper</b>		DA1		46.80	<b>51.80</b>	
		<b>Mischa Slot</b>			<b>Myrthe Kuiper</b>				
		100m	13.18	(13.18)	100m	13.44	(13.44)		
		500m	1:02.18	(49.00)	500m	51.80	(38.36)		

		Name		Cat		PB		Time	Info
30	yw	49	<b>Liz Wolters</b>		DC1		45.28	<b>47.17</b>	
	bl	66	<b>Noor Smink</b>		DC1		44.93	<b>45.09</b>	
		<b>Liz Wolters</b>			<b>Noor Smink</b>				
		100m	12.49	(12.49)	100m	12.39	(12.39)		
		500m	47.17	(34.68)	500m	45.09	(32.70)		

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		Name		Cat		PB		Time	Info
31	wt	57	<b>Wouter Wietzes</b>		H45		42.68	<b>46.42</b>	
	rd	63	<b>Yfke Raadsveld</b>		DC2		44.36	<b>46.17</b>	
		<b>Wouter Wietzes</b>			<b>Yfke Raadsveld</b>				
		100m	12.76	(12.76)	100m	12.41	(12.41)		
		500m	46.42	(33.66)	500m	46.17	(33.76)		

		Name		Cat		PB		Time	Info
32	yw	48	<b>Marloes Westerhof</b>		D40		41.87	<b>44.01</b>	
	bl	69	<b>Renske van Winkoop</b>		DPA		42.90	<b>43.85</b>	
		<b>Marloes Westerhof</b>			<b>Renske van Winkoop</b>				
		100m	11.86	(11.86)	100m	11.85	(11.85)		
		500m	44.01	(32.15)	500m	43.85	(32.00)		

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## 2. Result 300 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	48 Marloes Westerhof	D40	50	I	28.08		
2	63 Yfke Raadsveld	DC2	49	I	28.89	PB	
3	49 Liz Wolters	DC1	50	O	30.02		
4	7 Lenneke Groot Koerkamp	DA2	47	O	30.54		
5	4 Roan Varenbrink	HPA	47	I	30.93		
6	20 Mika Wesselink	HC1	48	I	31.82	PB	
7	3 Elin Varenbrink	DC2	48	O	31.88		
8	50 Evi de Vries	DPC	46	O	32.14		
9	61 Simon de Olde	HPC	46	I	32.54	PB	
10	26 Liss Phielix	DB1	45	O	32.96	PB	
11	53 Alexander Warmink	HC2	42	I	32.99	PB	
12	38 Famke Aukema	DC2	43	I	33.39	PB	
13	41 Fedde ter Laak	HPC	42	O	33.65		
14	74 Maud Nijenkamp	DPB	44	O	33.74		
15	34 Lotte van Veen	DPC	41	I	33.87		
16	37 Jesse van Velde	HPB	41	O	33.89	PB	
17	60 Elin Mak	DPC	44	I	34.00		
18	42 Liam Makkinga	HPC	49	O	34.11		
19	72 Nora Venema	DPC	43	O	34.60		
20	55 Eline van den Beld	DPC	45	I	34.71		
21	40 Jildau ter Laak	DPB	40	O	34.74	PB	
22	43 Yara Makkinga	DC1	39	O	35.03		
23	58 Thure Louwers	HPC	40	I	35.04	PB	
24	54 Douwe Gildemacher	HPA	37	O	35.29	PB	
25	27 Jelle Nijkamp	HPB	39	I	35.34	PB	
26	39 Fajah Lugtenberg	DPC	37	I	35.85	PB	
27	31 Indy Wesselink	DPB	38	I	35.97	PB	
28	62 Pien Evers	DPB	38	O	36.41	PB	
29	67 Elysa ter Kulve	DPB	36	I	38.51		
30	70 Milou Ruijtenberg	DPC	35	O	38.97		
31	51 Thijmen Warmink	HPA	35	I	39.83		
32	36 Jesse Withaar	HPB	36	O	40.26	PB	
33	33 Frederique Oosting	DPB	34	O	43.12	PB	
34	46 Elina Martens	DPC	33	O	43.35	PB	
35	52 Ruben Warmink	HPC	33	I	43.64		
36	44 Faas Klunder	HPC	34	I	56.61		

Referee:

Assistant:

Starter:

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# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

10 November 2024

## 2. Race Result 300 meter

		Name		Cat		PB		Time	Info
33	wt	52	<b>Ruben Warmink</b>		HPC		43.49	<b>43.64</b>	
	rd	46	<b>Elina Martens</b>		DPC		44.20	<b>43.35</b>	PB
		<b>Ruben Warmink</b>			<b>Elina Martens</b>				
		300m	43.64	(43.64)	300m	43.35	(43.35)		

		Name		Cat		PB		Time	Info
34	yw	44	<b>Faas Klunder</b>		HPC		46.22	<b>56.61</b>	
	bl	33	<b>Frederique Oosting</b>		DPB		43.90	<b>43.12</b>	PB
		<b>Faas Klunder</b>			<b>Frederique Oosting</b>				
		300m	56.61	(56.61)	300m	43.12	(43.12)		

		Name		Cat		PB		Time	Info
35	wt	51	<b>Thijmen Warmink</b>		HPA		38.03	<b>39.83</b>	
	rd	70	<b>Milou Ruijtenberg</b>		DPC		37.59	<b>38.97</b>	
		<b>Thijmen Warmink</b>			<b>Milou Ruijtenberg</b>				
		300m	39.83	(39.83)	300m	38.97	(38.97)		

		Name		Cat		PB		Time	Info
36	yw	67	<b>Elysa ter Kulve</b>		DPB		38.45	<b>38.51</b>	
	bl	36	<b>Jesse Withaar</b>		HPB		40.64	<b>40.26</b>	PB
		<b>Elysa ter Kulve</b>			<b>Jesse Withaar</b>				
		300m	38.51	(38.51)	300m	40.26	(40.26)		

		Name		Cat		PB		Time	Info
37	wt	39	<b>Fajah Lugtenberg</b>		DPC		36.18	<b>35.85</b>	PB
	rd	54	<b>Douwe Gildemacher</b>		HPA		35.56	<b>35.29</b>	PB
		<b>Fajah Lugtenberg</b>			<b>Douwe Gildemacher</b>				
		300m	35.85	(35.85)	300m	35.29	(35.29)		

# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

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		Name	Cat	PB	Time	Info
38	yw	31 <b>Indy Wesselink</b>	DPB	36.19	<b>35.97</b>	PB
	bl	62 <b>Pien Evers</b>	DPB	37.54	<b>36.41</b>	PB
		<u>Indy Wesselink</u>		<u>Pien Evers</u>		
		300m 35.97 (35.97)		300m 36.41 (36.41)		

		Name	Cat	PB	Time	Info
39	wt	27 <b>Jelle Nijkamp</b>	HPB	35.95	<b>35.34</b>	PB
	rd	43 <b>Yara Makkinga</b>	DC1	34.91	<b>35.03</b>	
		<u>Jelle Nijkamp</u>		<u>Yara Makkinga</u>		
		300m 35.34 (35.34)		300m 35.03 (35.03)		

		Name	Cat	PB	Time	Info
40	yw	58 <b>Thure Louwers</b>	HPC	35.20	<b>35.04</b>	PB
	bl	40 <b>Jildau ter Laak</b>	DPB	35.18	<b>34.74</b>	PB
		<u>Thure Louwers</u>		<u>Jildau ter Laak</u>		
		300m 35.04 (35.04)		300m 34.74 (34.74)		

		Name	Cat	PB	Time	Info
41	wt	34 <b>Lotte van Veen</b>	DPC	33.76	<b>33.87</b>	
	rd	37 <b>Jesse van Velde</b>	HPB	34.49	<b>33.89</b>	PB
		<u>Lotte van Veen</u>		<u>Jesse van Velde</u>		
		300m 33.87 (33.87)		300m 33.89 (33.89)		

		Name	Cat	PB	Time	Info
42	yw	53 <b>Alexander Warmink</b>	HC2	34.23	<b>32.99</b>	PB
	bl	41 <b>Fedde ter Laak</b>	HPC	33.58	<b>33.65</b>	
		<u>Alexander Warmink</u>		<u>Fedde ter Laak</u>		
		300m 32.99 (32.99)		300m 33.65 (33.65)		

		Name	Cat	PB	Time	Info
43	wt	38 <b>Famke Aukema</b>	DC2	34.03	<b>33.39</b>	PB
	rd	72 <b>Nora Venema</b>	DPC	33.91	<b>34.60</b>	
		<u>Famke Aukema</u>		<u>Nora Venema</u>		
		300m 33.39 (33.39)		300m 34.60 (34.60)		

Referee:

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# Open trainingswed C,B,A pup t/m master

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		Name	Cat	PB	Time	Info
44	yw	60 <b>Elin Mak</b>	DPC	33.83	<b>34.00</b>	
	bl	74 <b>Maud Nijkamp</b>	DPB	32.65	<b>33.74</b>	
		<u>Elin Mak</u>		<u>Maud Nijkamp</u>		
		300m 34.00 (34.00)		300m 33.74 (33.74)		

		Name	Cat	PB	Time	Info
45	wt	55 <b>Eline van den Beld</b>	DPC	33.26	<b>34.71</b>	
	rd	26 <b>Liss Phielix</b>	DB1	33.52	<b>32.96</b>	PB
		<u>Eline van den Beld</u>		<u>Liss Phielix</u>		
		300m 34.71 (34.71)		300m 32.96 (32.96)		

		Name	Cat	PB	Time	Info
46	yw	61 <b>Simon de Olde</b>	HPC	33.51	<b>32.54</b>	PB
	bl	50 <b>Evi de Vries</b>	DPC	30.99	<b>32.14</b>	
		<u>Simon de Olde</u>		<u>Evi de Vries</u>		
		300m 32.54 (32.54)		300m 32.14 (32.14)		

		Name	Cat	PB	Time	Info
47	wt	4 <b>Roan Varenbrink</b>	HPA	30.35	<b>30.93</b>	
	rd	7 <b>Lenneke Groot Koerkamp</b>	DA2	29.41	<b>30.54</b>	
		<u>Roan Varenbrink</u>		<u>Lenneke Groot Koerkamp</u>		
		300m 30.93 (30.93)		300m 30.54 (30.54)		

		Name	Cat	PB	Time	Info
48	yw	20 <b>Mika Wesselink</b>	HC1	32.14	<b>31.82</b>	PB
	bl	3 <b>Elin Varenbrink</b>	DC2	31.72	<b>31.88</b>	
		<u>Mika Wesselink</u>		<u>Elin Varenbrink</u>		
		300m 31.82 (31.82)		300m 31.88 (31.88)		

		Name	Cat	PB	Time	Info
49	wt	63 <b>Yfke Raadveld</b>	DC2	28.91	<b>28.89</b>	PB
	rd	42 <b>Liam Makkinga</b>	HPC	31.07	<b>34.11</b>	
		<u>Yfke Raadveld</u>		<u>Liam Makkinga</u>		
		300m 28.89 (28.89)		300m 34.11 (34.11)		

# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

10 November 2024

		Name		Cat		PB	Time	Info
50	yw	48	<b>Marloes Westerhof</b>		D40		26.80	<b>28.08</b>
	bl	49	<b>Liz Wolters</b>		DC1		28.89	<b>30.02</b>
		<b>Marloes Westerhof</b>			<b>Liz Wolters</b>			
		300m	28.08	(28.08)	300m	30.02	(30.02)	

Referee:

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# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

10 November 2024

## 3. Result 700 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	69 Renske van Winkoop	DPA	60	I	1:00.69	PB TRC	
2	59 Mischa Slot	HPA	58	O	1:07.33	PB	
3	2 Just Klunder	HC1	60	O	1:08.32	PB	
4	14 Femke Lindeboom	DC1	59	O	1:08.97		
5	16 Myrthe Kuiper	DA1	59	I	1:09.54		
6	6 Danique Stout	DPA	57	O	1:09.85	PB	
7	9 Lena Wisselink	DC1	55	I	1:10.07	PB	
8	13 Eva Mezzo	DPA	57	I	1:10.29	PB	
9	30 Dione Groot Jebbink	DC1	55	O	1:11.93	PB	
10	65 Hilbert ter Kulve	H40	51	O	1:12.04		
11	29 Lise Cents	DC1	56	I	1:12.27	PB	
12	15 Florine Zunnabeld	DPA	56	O	1:12.66	PB	
13	1 Noor Klunder	DPA	58	I	1:13.52		
14	12 Joëlle van Drimmelen	DPA	54	O	1:14.04		
15	22 Kim Versteeg	DC1	54	I	1:18.62	PB	
16	21 Feline van de Brandhof	DC1	53	I	1:22.64	PB	
17	17 Lize Zeewuster	DC1	51	I	1:27.94	PB	
18	64 Ilse Horstman	DC1	53	O	1:29.34		

Referee:

Assistant:

Starter:

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# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

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## 3. Race Result 700 meter

		Name		Cat		PB		Time	Info
51	wt	17	<b>Lize Zeewuster</b>		DC1	1:35.81		<b>1:27.94</b>	PB
	rd	65	<b>Hilbert ter Kulve</b>		H40			<b>1:12.04</b>	
		<b>Lize Zeewuster</b>			<b>Hilbert ter Kulve</b>				
		300m	37.51	(37.51)	300m	32.87	(32.87)		
		700m	1:27.94	(50.43)	700m	1:12.04	(39.17)		

		Name		Cat		PB		Time	Info
52	yw								
	bl								
			m				m		

		Name		Cat		PB		Time	Info
53	wt	21	<b>Feline van de Brandhof</b>		DC1	1:28.25		<b>1:22.64</b>	PB
	rd	64	<b>Ilse Horstman</b>		DC1	1:24.82		<b>1:29.34</b>	
		<b>Feline van de Brandhof</b>			<b>Ilse Horstman</b>				
		300m	36.34	(36.34)	300m	39.79	(39.79)		
		700m	1:22.64	(46.30)	700m	1:29.34	(49.55)		

		Name		Cat		PB		Time	Info
54	yw	22	<b>Kim Versteeg</b>		DC1	1:18.87		<b>1:18.62</b>	PB
	bl	12	<b>Joëlle van Drimmelen</b>		DPA	1:10.64		<b>1:14.04</b>	
		<b>Kim Versteeg</b>			<b>Joëlle van Drimmelen</b>				
		300m	35.33	(35.33)	300m	33.26	(33.26)		
		700m	1:18.62	(43.29)	700m	1:14.04	(40.78)		

		Name		Cat		PB		Time	Info
55	wt	9	<b>Lena Wisselink</b>		DC1	1:15.16		<b>1:10.07</b>	PB
	rd	30	<b>Dione Groot Jebbink</b>		DC1	1:16.23		<b>1:11.93</b>	PB
		<b>Lena Wisselink</b>			<b>Dione Groot Jebbink</b>				
		300m	31.33	(31.33)	300m	33.70	(33.70)		
		700m	1:10.07	(38.74)	700m	1:11.93	(38.23)		



# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

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		Name	Cat	PB	Time	Info
56	yw	29 <b>Lise Cents</b>	DC1	1:13.05	<b>1:12.27</b>	PB
	bl	15 <b>Florine Zunnveld</b>	DPA	1:13.43	<b>1:12.66</b>	PB
		<u>Lise Cents</u>			<u>Florine Zunnveld</u>	
		300m 32.92 (32.92)		300m 33.39 (33.39)		
		700m 1:12.27 (39.35)		700m 1:12.66 (39.27)		
<hr/>						
		Name	Cat	PB	Time	Info
57	wt	13 <b>Eva Mezzo</b>	DPA	1:10.37	<b>1:10.29</b>	PB
	rd	6 <b>Danique Stout</b>	DPA	1:12.52	<b>1:09.85</b>	PB
		<u>Eva Mezzo</u>			<u>Danique Stout</u>	
		300m 31.41 (31.41)		300m 32.37 (32.37)		
		700m 1:10.29 (38.88)		700m 1:09.85 (37.48)		
<hr/>						
		Name	Cat	PB	Time	Info
58	yw	1 <b>Noor Klunder</b>	DPA	1:12.91	<b>1:13.52</b>	
	bl	59 <b>Mischa Slot</b>	HPA	1:11.59	<b>1:07.33</b>	PB
		<u>Noor Klunder</u>			<u>Mischa Slot</u>	
		300m 33.54 (33.54)		300m 31.78 (31.78)		
		700m 1:13.52 (39.98)		700m 1:07.33 (35.55)		
<hr/>						
		Name	Cat	PB	Time	Info
59	wt	16 <b>Myrthe Kuiper</b>	DA1	1:06.77	<b>1:09.54</b>	
	rd	14 <b>Femke Lindeboom</b>	DC1	1:05.72	<b>1:08.97</b>	
		<u>Myrthe Kuiper</u>			<u>Femke Lindeboom</u>	
		300m 31.97 (31.97)		300m 31.27 (31.27)		
		700m 1:09.54 (37.57)		700m 1:08.97 (37.70)		
<hr/>						
		Name	Cat	PB	Time	Info
60	yw	69 <b>Renske van Winkoop</b>	DPA	1:04.94	<b>1:00.69</b>	PB TRC
	bl	2 <b>Just Klunder</b>	HC1	1:09.63	<b>1:08.32</b>	PB
		<u>Renske van Winkoop</u>			<u>Just Klunder</u>	
		300m 27.98 (27.98)		300m 31.25 (31.25)		
		700m 1:00.69 (32.71)		700m 1:08.32 (37.07)		

# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

10 November 2024

## 4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	66 Noor Smink	DC1	63	I	2:18.41		
2	10 Remco Wisselink	H45	63	O	2:34.35		
3	23 Lisa Otten	DB1	64	I	2:37.30		
4	47 Inge Pelgröm	DSA	61	I	2:38.03		
5	19 Marthe Schalkwijk	DB1	62	O	2:38.33		
6	75 Neyómy Barry	DC1	62	I	2:48.10		
7	11 Naomi Withaar	DC2	61	O	3:04.51	FL	
	57 Wouter Wietzes	H45	64	O	DNS		

Referee:

Assistant:

Starter:

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# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

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## 4. Race Result 1500 meter

		Name	Cat	PB	Time	Info
61	wt	47 Inge Pelgröm	DSA	2:36.62	<b>2:38.03</b>	
	rd	11 Naomi Withaar	DC2	2:53.62	<b>3:04.51</b>	FL

### Inge Pelgröm

300m	32.87	(32.87)
700m	1:12.51	(39.64)
1100m	1:54.71	(42.20)
1500m	2:38.03	(43.32)

### Naomi Withaar

300m	36.34	(36.34)
700m	1:31.65	(55.31)
1100m	2:18.12	(46.47)
1500m	3:04.51	(46.39)

		Name	Cat	PB	Time	Info
62	yw	75 Neyómy Barry	DC1		<b>2:48.10</b>	
	bl	19 Marthe Schalkwijk	DB1	2:37.45	<b>2:38.33</b>	

### Neyómy Barry

300m	33.67	(33.67)
700m	1:15.65	(41.98)
1100m	2:01.35	(45.70)
1500m	2:48.10	(46.75)

### Marthe Schalkwijk

300m	32.20	(32.20)
700m	1:12.33	(40.13)
1100m	1:55.58	(43.25)
1500m	2:38.33	(42.75)

		Name	Cat	PB	Time	Info
63	wt	66 Noor Smink	DC1	2:15.09	<b>2:18.41</b>	
	rd	10 Remco Wisselink	H45	2:31.01	<b>2:34.35</b>	

### Noor Smink

300m	29.91	(29.91)
700m	1:04.20	(34.29)
1100m	1:40.92	(36.72)
1500m	2:18.41	(37.49)

### Remco Wisselink

300m	32.43	(32.43)
700m	1:10.30	(37.87)
1100m	1:51.19	(40.89)
1500m	2:34.35	(43.16)

		Name	Cat	PB	Time	Info
64	yw	23 Lisa Otten	DB1	2:35.49	<b>2:37.30</b>	
	bl	57 Wouter Wietzes	H45	2:07.87	<b>DNS</b>	

### Lisa Otten

300m	32.22	(32.22)
700m	1:10.73	(38.51)
1100m	1:53.13	(42.40)
1500m	2:37.30	(44.17)

### Wouter Wietzes

# Open trainingswed C,B,A pup t/m master

Sport- en Recreatiecentrum de Scheg - Deventer

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## 5. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	71 Mees Klunder	HB1	66	I	4:32.94		
2	56 Elena Ruijtenberg	DB1	65	I	5:00.27	PB	
3	8 Eva Weultjes	DB2	66	O	5:04.06		
4	73 Stef van Moolenbroek	HB1	65	O	5:10.63	PB	

Referee:

Assistant:

Starter:

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# Open trainingswed C,B,A pup t/m master

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## 5. Race Result 3000 meter

	Name	Cat	PB	Time	Info
65	wt 56 <b>Elena Ruijtenberg</b>	DB1	5:02.61	<b>5:00.27</b>	PB
	rd 73 <b>Stef van Moolenbroek</b>	HB1	5:55.70	<b>5:10.63</b>	PB

### Elena Ruijtenberg

200m	22.23	(22.23)
600m	59.44	(37.21)
1000m	1:38.67	(39.23)
1400m	2:18.94	(40.27)
1800m	2:59.48	(40.54)
2200m	3:39.89	(40.41)
2600m	4:20.08	(40.19)
3000m	5:00.27	(40.19)

### Stef van Moolenbroek

200m	23.06	(23.06)
600m	1:00.61	(37.55)
1000m	1:40.25	(39.64)
1400m	2:21.85	(41.60)
1800m	3:04.86	(43.01)
2200m	3:46.99	(42.13)
2600m	4:29.18	(42.19)
3000m	5:10.63	(41.45)

	Name	Cat	PB	Time	Info
66	yw 71 <b>Mees Klunder</b>	HB1	4:29.01	<b>4:32.94</b>	
	bl 8 <b>Eva Weultjes</b>	DB2	5:00.88	<b>5:04.06</b>	

### Mees Klunder

200m	20.81	(20.81)
600m	53.93	(33.12)
1000m	1:28.01	(34.08)
1400m	2:03.13	(35.12)
1800m	2:39.03	(35.90)
2200m	3:15.96	(36.93)
2600m	3:54.26	(38.30)
3000m	4:32.94	(38.68)

### Eva Weultjes

200m	23.33	(23.33)
600m	1:00.27	(36.94)
1000m	1:39.56	(39.29)
1400m	2:20.02	(40.46)
1800m	3:00.72	(40.70)
2200m	3:41.91	(41.19)
2600m	4:23.03	(41.12)
3000m	5:04.06	(41.03)