

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 Zunnebeld	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

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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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1. Race Result 500 meter

		Name		Cat		PB		Time	Info
1	wt	46	Elina Martens		DPC			1:11.25	
	rd	44	Faas Klunder		HPC			1:19.07	
		Elina Martens			Faas Klunder				
		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								
		m			m				

		Name		Cat		PB		Time	Info
3	wt	52	Ruben Warmink		HPC		1:10.53	1:12.13	
	rd	36	Jesse Withaar		HPB		1:09.71	1:04.72	PB
		Ruben Warmink			Jesse Withaar				
		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	Thijmen Warmink		HPA		1:03.39	1:07.71	
	bl	33	Frederique Oosting		DPB		1:16.63	1:11.87	PB
		Thijmen Warmink			Frederique Oosting				
		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	Indy Wesselink		DPB		1:00.31	57.05	PB
	rd	62	Pien Evers		DPB		59.85	57.29	PB
		Indy Wesselink			Pien Evers				
		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	Ilse Horstman		DC1		1:01.76	1:01.07	PB
	bl	67	Elysa ter Kulve		DPB		1:01.45	1:05.07	
		Ilse Horstman			Elysa ter Kulve				
		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	Fajah Lugtenberg		DPC		1:01.10	58.96	PB
	rd	17	Lize Zeewuster		DC1		1:00.91	59.70	PB
		Fajah Lugtenberg			Lize Zeewuster				
		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	Douwe Gildemacher		HPA		56.55	57.74	
	bl	58	Thure Louwers		HPC		1:01.01	55.13	PB
		Douwe Gildemacher			Thure Louwers				
		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	Jelle Nijkamp		HPB		1:00.18	55.94	PB
	rd	21	Feline van de Brandhof		DC1		59.49	56.87	PB
		Jelle Nijkamp			Feline van de Brandhof				
		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	Milou Ruijtenberg		DPC		59.97	1:02.29	
	bl	40	Jildau ter Laak		DPB		58.55	55.53	PB
		Milou Ruijtenberg			Jildau ter Laak				
		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	Liss Phielix		DB1	51.62	53.82	
	rd	11	Naomi Withaar		DC2	57.60	54.88	PB
		Liss Phielix			Naomi Withaar			
		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	Jesse van Velde		HPB	57.64	54.59	PB
	bl	43	Yara Makkinga		DC1	56.13	54.47	PB
		Jesse van Velde			Yara Makkinga			
		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	Lotte van Veen		DPC	55.25	55.89	
	rd	53	Alexander Warmink		HC2	53.61	53.85	
		Lotte van Veen			Alexander Warmink			
		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	Kim Versteeg		DC1	54.45	54.75	
	bl	41	Fedde ter Laak		HPC	54.76	53.57	PB
		Kim Versteeg			Fedde ter Laak			
		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	Mika Wesselink		HC1	50.86	51.39	
	rd	61	Simon de Olde		HPC	54.53	51.78	PB
		Mika Wesselink			Simon de Olde			
		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	Elin Mak		DPC	52.78	53.82	
	bl	74	Maud Nijkamp		DPB	51.24	53.14	
		Elin Mak			Maud Nijkamp			
		100m	13.85	(13.85)	100m	13.66	(13.66)	
		500m	53.82	(39.97)	500m	53.14	(39.48)	
<hr/>								
		Name		Cat		PB	Time	Info
17	wt	38	Famke Aukema		DC2	52.09	52.61	
	rd	12	Joëlle van Drimmelen		DPA	49.28	51.55	
		Famke Aukema			Joëlle van Drimmelen			
		100m	13.79	(13.79)	100m	13.32	(13.32)	
		500m	52.61	(38.82)	500m	51.55	(38.23)	
<hr/>								
		Name		Cat		PB	Time	Info
18	yw	55	Eline van den Beld		DPC	52.53	55.59	
	bl	72	Nora Venema		DPC	53.99	54.34	
		Eline van den Beld			Nora Venema			
		100m	14.14	(14.14)	100m	13.44	(13.44)	
		500m	55.59	(41.45)	500m	54.34	(40.90)	
<hr/>								
		Name		Cat		PB	Time	Info
19	wt	29	Lise Cents		DC1	51.82	52.05	
	rd	50	Evi de Vries		DPC	51.98	50.92	PB
		Lise Cents			Evi de Vries			
		100m	13.35	(13.35)	100m	12.92	(12.92)	
		500m	52.05	(38.70)	500m	50.92	(38.00)	
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		Name		Cat		PB	Time	Info
20	yw	75	Neyómy Barry		DC1	52.02	52.46	
	bl	30	Dione Groot Jebbink		DC1	52.17	50.66	PB
		Neyómy Barry			Dione Groot Jebbink			
		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 Elin Varenbrink	DC2	49.27	51.20	
	rd	1 Noor Klunder	DPA	49.84	52.13	
		Elin Varenbrink		Noor Klunder		
		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 Lena Wisselink	DC1	50.10	1:00.73	FL
	bl	47 Inge Pelgröm	DSA	48.40	48.87	
		Lena Wisselink		Inge Pelgröm		
		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 Eva Mezzo	DPA	48.55	49.59	
	rd	4 Roan Varenbrink	HPA	48.86	48.95	
		Eva Mezzo		Roan Varenbrink		
		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 Hilbert ter Kulve	H40	50.14	50.87	
	bl	15 Florine Zunnabeld	DPA	50.15	51.88	
		Hilbert ter Kulve		Florine Zunnabeld		
		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 Lisa Otten	DB1	47.98	50.47	
	rd	10 Remco Wisselink	H45	48.87	48.89	
		Lisa Otten		Remco Wisselink		
		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 Marthe Schalkwijk	DB1	47.66	47.74	
	bl	7 Lenneke Groot Koerkamp	DA2	46.70	48.11	
		Marthe Schalkwijk		Lenneke Groot Koerkamp		
		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 Danique Stout	DPA	48.40	50.43	
	rd	42 Liam Makkinga	HPC	47.51	56.09	
		Danique Stout		Liam Makkinga		
		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 Just Klunder	HC1	47.72	49.06	
	bl	14 Femke Lindeboom	DC1	47.09	48.62	
		Just Klunder		Femke Lindeboom		
		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 Mischa Slot	HPA	46.75	1:02.18	FL
	rd	16 Myrthe Kuiper	DA1	46.80	51.80	
		Mischa Slot		Myrthe Kuiper		
		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 Liz Wolters	DC1	45.28	47.17	
	bl	66 Noor Smink	DC1	44.93	45.09	
		Liz Wolters		Noor Smink		
		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	Wouter Wietzes		H45		42.68	46.42	
	rd	63	Yfke Raadsveld		DC2		44.36	46.17	
		Wouter Wietzes			Yfke Raadsveld				
		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	Marloes Westerhof		D40		41.87	44.01	
	bl	69	Renske van Winkoop		DPA		42.90	43.85	
		Marloes Westerhof			Renske van Winkoop				
		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		

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2. Race Result 300 meter

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

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

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

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

		Name		Cat		PB		Time	Info
37	wt	39	Fajah Lugtenberg		DPC		36.18	35.85	PB
	rd	54	Douwe Gildemacher		HPA		35.56	35.29	PB
		Fajah Lugtenberg			Douwe Gildemacher				
		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 Indy Wesselink	DPB	36.19	35.97	PB
	bl	62 Pien Evers	DPB	37.54	36.41	PB
		<u>Indy Wesselink</u>		<u>Pien Evers</u>		
		300m 35.97 (35.97)		300m 36.41 (36.41)		
<hr/>						
		Name	Cat	PB	Time	Info
39	wt	27 Jelle Nijkamp	HPB	35.95	35.34	PB
	rd	43 Yara Makkinga	DC1	34.91	35.03	
		<u>Jelle Nijkamp</u>		<u>Yara Makkinga</u>		
		300m 35.34 (35.34)		300m 35.03 (35.03)		
<hr/>						
		Name	Cat	PB	Time	Info
40	yw	58 Thure Louwers	HPC	35.20	35.04	PB
	bl	40 Jildau ter Laak	DPB	35.18	34.74	PB
		<u>Thure Louwers</u>		<u>Jildau ter Laak</u>		
		300m 35.04 (35.04)		300m 34.74 (34.74)		
<hr/>						
		Name	Cat	PB	Time	Info
41	wt	34 Lotte van Veen	DPC	33.76	33.87	
	rd	37 Jesse van Velde	HPB	34.49	33.89	PB
		<u>Lotte van Veen</u>		<u>Jesse van Velde</u>		
		300m 33.87 (33.87)		300m 33.89 (33.89)		
<hr/>						
		Name	Cat	PB	Time	Info
42	yw	53 Alexander Warmink	HC2	34.23	32.99	PB
	bl	41 Fedde ter Laak	HPC	33.58	33.65	
		<u>Alexander Warmink</u>		<u>Fedde ter Laak</u>		
		300m 32.99 (32.99)		300m 33.65 (33.65)		
<hr/>						
		Name	Cat	PB	Time	Info
43	wt	38 Famke Aukema	DC2	34.03	33.39	PB
	rd	72 Nora Venema	DPC	33.91	34.60	
		<u>Famke Aukema</u>		<u>Nora Venema</u>		
		300m 33.39 (33.39)		300m 34.60 (34.60)		

Referee:

Assistant:

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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 Elin Mak	DPC	33.83	34.00	
	bl	74 Maud Nijkamp	DPB	32.65	33.74	
		<u>Elin Mak</u>				
		300m	34.00	(34.00)		
		<u>Maud Nijkamp</u>				
		300m	33.74	(33.74)		
<hr/>						
		Name	Cat	PB	Time	Info
45	wt	55 Eline van den Beld	DPC	33.26	34.71	
	rd	26 Liss Phielix	DB1	33.52	32.96	PB
		<u>Eline van den Beld</u>				
		300m	34.71	(34.71)		
		<u>Liss Phielix</u>				
		300m	32.96	(32.96)		
<hr/>						
		Name	Cat	PB	Time	Info
46	yw	61 Simon de Olde	HPC	33.51	32.54	PB
	bl	50 Evi de Vries	DPC	30.99	32.14	
		<u>Simon de Olde</u>				
		300m	32.54	(32.54)		
		<u>Evi de Vries</u>				
		300m	32.14	(32.14)		
<hr/>						
		Name	Cat	PB	Time	Info
47	wt	4 Roan Varenbrink	HPA	30.35	30.93	
	rd	7 Lenneke Groot Koerkamp	DA2	29.41	30.54	
		<u>Roan Varenbrink</u>				
		300m	30.93	(30.93)		
		<u>Lenneke Groot Koerkamp</u>				
		300m	30.54	(30.54)		
<hr/>						
		Name	Cat	PB	Time	Info
48	yw	20 Mika Wesselink	HC1	32.14	31.82	PB
	bl	3 Elin Varenbrink	DC2	31.72	31.88	
		<u>Mika Wesselink</u>				
		300m	31.82	(31.82)		
		<u>Elin Varenbrink</u>				
		300m	31.88	(31.88)		
<hr/>						
		Name	Cat	PB	Time	Info
49	wt	63 Yfke Raadveld	DC2	28.91	28.89	PB
	rd	42 Liam Makkinga	HPC	31.07	34.11	
		<u>Yfke Raadveld</u>				
		300m	28.89	(28.89)		
		<u>Liam Makkinga</u>				
		300m	34.11	(34.11)		

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

Referee:

Assistant:

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

Sport- en Recreatiecentrum de Scheg - Deventer

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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:

From 11/10/2024 5:30:00 PM to 11/10/2024 6:53:21 PM

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

Sport- en Recreatiecentrum de Scheg - Deventer

10 November 2024

3. Race Result 700 meter

		Name		Cat		PB		Time	Info
51	wt	17	Lize Zeewuster		DC1	1:35.81		1:27.94	PB
	rd	65	Hilbert ter Kulve		H40			1:12.04	
		Lize Zeewuster			Hilbert ter Kulve				
		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	Feline van de Brandhof		DC1	1:28.25		1:22.64	PB
	rd	64	Ilse Horstman		DC1	1:24.82		1:29.34	
		Feline van de Brandhof			Ilse Horstman				
		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	Kim Versteeg		DC1	1:18.87		1:18.62	PB
	bl	12	Joëlle van Drimmelen		DPA	1:10.64		1:14.04	
		Kim Versteeg			Joëlle van Drimmelen				
		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	Lena Wisselink		DC1	1:15.16		1:10.07	PB
	rd	30	Dione Groot Jebbink		DC1	1:16.23		1:11.93	PB
		Lena Wisselink			Dione Groot Jebbink				
		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

10 November 2024

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

Referee:

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

Sport- en Recreatiecentrum de Scheg - Deventer

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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:

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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	2:38.03	
	rd	11 Naomi Withaar	DC2	2:53.62	3:04.51	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		2:48.10	
	bl	19 Marthe Schalkwijk	DB1	2:37.45	2:38.33	

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	2:18.41	
	rd	10 Remco Wisselink	H45	2:31.01	2:34.35	

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	2:37.30	
	bl	57 Wouter Wietzes	H45	2:07.87	DNS	

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

Referee:

Assistant:

Starter:

From 11/10/2024 5:30:00 PM to 11/10/2024 7:23:10 PM

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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:

From 11/10/2024 5:30:00 PM to 11/10/2024 7:35:45 PM

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

Sport- en Recreatiecentrum de Scheg - Deventer

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5. Race Result 3000 meter

	Name	Cat	PB	Time	Info
65	wt 56 Elena Ruijtenberg	DB1	5:02.61	5:00.27	PB
	rd 73 Stef van Moolenbroek	HB1	5:55.70	5:10.63	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 Mees Klunder	HB1	4:29.01	4:32.94	
	bl 8 Eva Weultjes	DB2	5:00.88	5:04.06	

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)