

Trainingawedstrijd deelnemers OKT

Thialf - Heerenveen

20 December 2025

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	25 Mika van Essen	HSA	14	O	35.33		
2	27 Rem de Hair	HSA	15	I	35.46		
	22 Sven Kemp	HSA	13	I	35.46		
4	50 Jelle Plug	HN2	12	O	35.90	PB	
5	32 Pim Stuij	HN4	14	I	35.95		
6	48 Max Bergsma	HN3	11	I	36.07		
7	18 Jur Veenje	HSA	12	I	36.39	PB	
8	21 Bryant Boogert	HN2	11	O	36.42		
9	60 Laurens Bergé	HN2	13	O	37.01	PB	
10	40 Niek Bijma	HA1	10	I	37.75		
11	1 Pien Hersman	DN3	8	O	37.78		
12	33 Michelle de Jong	DSA	7	O	37.86		
13	9 Naomi Verkerk	DSA	7	I	37.87		
14	10 Dione Voskamp	DSA	8	I	38.00		
15	55 Jasper Tinga	HN3	3	I	38.08	PB	
16	42 Kai-Arne Ottenhoff	HA2	3	O	38.17	PB	
17	29 Amber Duizendstraal	DN4	6	I	38.27	PB	
18	13 Jildou Hoekstra	DN3	5	O	38.70		
19	11 Helga Drost	DSA	5	I	38.87		
20	12 Jillian Knook	DN2	4	O	39.12	PB	
21	19 Lotte Groenen	DN2	6	O	39.30		
22	57 Jens Klootwijk	HN3	9	I	39.36	PB	
23	52 Naomi Kammeraat	DA1	4	I	39.58		
24	39 Marika de Glee	DA2	2	O	39.99	PB	
25	53 Mette ten Cate	DA1	2	I	40.01		
26	38 Elise Favre	DA1	1	I	41.46		
27	43 Sophie Exterkate	DA2	1	O	41.61	PB	
	3 Dai Dai N'tab	HSB	15	O	DNF		
	2 Sebas Diniz	HSA	16	I	DNF		

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1. Race Result 500 meter

		Name	Cat	PB	Time	Info
1	wt	38 Elise Favre	DA1	40.89	41.46	
	rd	43 Sophie Exterkate	DA2	42.03	41.61	PB
		Elise Favre		Sophie Exterkate		
		100m	11.68 (11.68)	100m	11.65 (11.65)	
		500m	41.46 (29.78)	500m	41.61 (29.96)	

		Name	Cat	PB	Time	Info
2	yw	53 Mette ten Cate	DA1	39.49	40.01	
	bl	39 Marika de Glee	DA2	40.25	39.99	PB
		Mette ten Cate		Marika de Glee		
		100m	10.98 (10.98)	100m	11.15 (11.15)	
		500m	40.01 (29.03)	500m	39.99 (28.84)	

		Name	Cat	PB	Time	Info
3	wt	55 Jasper Tinga	HN3	38.22	38.08	PB
	rd	42 Kai-Arne Ottenhoff	HA2	39.57	38.17	PB
		Jasper Tinga		Kai-Arne Ottenhoff		
		100m	11.05 (11.05)	100m	10.84 (10.84)	
		500m	38.08 (27.03)	500m	38.17 (27.33)	

		Name	Cat	PB	Time	Info
4	yw	52 Naomi Kammeraat	DA1	39.49	39.58	
	bl	12 Jillian Knook	DN2	39.19	39.12	PB
		Naomi Kammeraat		Jillian Knook		
		100m	11.10 (11.10)	100m	10.91 (10.91)	
		500m	39.58 (28.48)	500m	39.12 (28.21)	

		Name	Cat	PB	Time	Info
5	wt	11 Helga Drost	DSA	38.00	38.87	
	rd	13 Jildou Hoekstra	DN3	38.58	38.70	
		Helga Drost		Jildou Hoekstra		
		100m	10.88 (10.88)	100m	10.55 (10.55)	
		500m	38.87 (27.99)	500m	38.70 (28.15)	

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		Name	Cat	PB	Time	Info
6	yw	29 Amber Duizendstraal	DN4	38.49	38.27	PB
	bl	19 Lotte Groenen	DN2	39.15	39.30	
		Amber Duizendstraal		Lotte Groenen		
		100m	10.76 (10.76)	100m	10.89 (10.89)	
		500m	38.27 (27.51)	500m	39.30 (28.41)	
		Name	Cat	PB	Time	Info
7	wt	9 Naomi Verkerk	DSA	37.63	37.87	
	rd	33 Michelle de Jong	DSA	37.48	37.86	
		Naomi Verkerk		Michelle de Jong		
		100m	10.74 (10.74)	100m	10.59 (10.59)	
		500m	37.87 (27.13)	500m	37.86 (27.27)	
		Name	Cat	PB	Time	Info
8	yw	10 Dione Voskamp	DSA	37.51	38.00	
	bl	1 Pien Hersman	DN3	37.76	37.78	
		Dione Voskamp		Pien Hersman		
		100m	10.45 (10.45)	100m	10.60 (10.60)	
		500m	38.00 (27.55)	500m	37.78 (27.18)	
		Name	Cat	PB	Time	Info
9	wt	57 Jens Klootwijk	HN3	39.37	39.36	PB
	rd					
		Jens Klootwijk				
		100m	11.01 (11.01)	m		
		500m	39.36 (28.35)			
		Name	Cat	PB	Time	Info
10	yw	40 Niek Bijma	HA1	37.59	37.75	
	bl					
		Niek Bijma				
		100m	10.55 (10.55)	m		
		500m	37.75 (27.20)			

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		Name	Cat	PB	Time	Info
11	wt	48 Max Bergsma	HN3	35.70	36.07	
	rd	21 Bryant Boogert	HN2	35.68	36.42	
		Max Bergsma		Bryant Boogert		
		100m	10.11 (10.11)	100m	10.23 (10.23)	
		500m	36.07 (25.96)	500m	36.42 (26.19)	
		Name	Cat	PB	Time	Info
12	yw	18 Jur Veenje	HSA	36.56	36.39	PB
	bl	50 Jelle Plug	HN2	36.29	35.90	PB
		Jur Veenje		Jelle Plug		
		100m	10.32 (10.32)	100m	9.94 (9.94)	
		500m	36.39 (26.07)	500m	35.90 (25.96)	
		Name	Cat	PB	Time	Info
13	wt	22 Sven Kemp	HSA	35.10	35.46	
	rd	60 Laurens Bergé	HN2	37.14	37.01	PB
		Sven Kemp		Laurens Bergé		
		100m	9.98 (9.98)	100m	10.19 (10.19)	
		500m	35.46 (25.48)	500m	37.01 (26.82)	
		Name	Cat	PB	Time	Info
14	yw	32 Pim Stuij	HN4	35.47	35.95	
	bl	25 Mika van Essen	HSA	35.25	35.33	
		Pim Stuij		Mika van Essen		
		100m	10.02 (10.02)	100m	10.01 (10.01)	
		500m	35.95 (25.93)	500m	35.33 (25.32)	
		Name	Cat	PB	Time	Info
15	wt	27 Rem de Hair	HSA	34.86	35.46	
	rd	3 Dai Dai N'tab	HSB	34.15	DNF	
		Rem de Hair		Dai Dai N'tab		
		100m	9.83 (9.83)	100m	9.87 (9.87)	
		500m	35.46 (25.63)			

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		Name	Cat	PB	Time	Info
16	yw bl	2 Sebas Diniz	HSA	34.11	DNF	
	Sebas Diniz					
		100m	9.67 (9.67)		m	

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2. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	34 Chris Brommersma	HN2	3	I	3:44.19	PB	
2	41 Sem Spruit	HA1	3	O	3:48.47	PB	
3	6 Jasper Krommenhoek	HN3	4	I	3:48.52		
4	31 Evelien Vijn	DN4	4	O	4:06.69		
5	47 Twan van Duuren	HC2	2	O	4:07.73	PB	
6	37 Britt Breider	DA2	2	I	4:23.03	PB	
7	46 Amanda van Vugt	DB1	1	O	4:44.58	PB	
8	45 Lonneke Merkx	DA1	1	I	4:50.35	PB	

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2. Race Result 3000 meter

		Name	Cat	PB	Time	Info
1	wt	45 Lonneke Merkx	DA1	4:54.64	4:50.35	PB
	rd	46 Amanda van Vugt	DB1	4:52.01	4:44.58	PB

Lonneke Merkx

200m	22.19	(22.19)
600m	57.13	(34.94)
1000m	1:33.62	(36.49)
1400m	2:11.89	(38.27)
1800m	2:50.94	(39.05)
2200m	3:30.04	(39.10)
2600m	4:09.88	(39.84)
3000m	4:50.35	(40.47)

Amanda van Vugt

200m	21.05	(21.05)
600m	55.18	(34.13)
1000m	1:31.14	(35.96)
1400m	2:08.11	(36.97)
1800m	2:45.77	(37.66)
2200m	3:24.32	(38.55)
2600m	4:04.04	(39.72)
3000m	4:44.58	(40.54)

		Name	Cat	PB	Time	Info
2	yw	37 Britt Breider	DA2	4:26.26	4:23.03	PB
	bl	47 Twan van Duuren	HC2	4:25.59	4:07.73	PB

Britt Breider

200m	21.06	(21.06)
600m	53.88	(32.82)
1000m	1:27.18	(33.30)
1400m	2:01.17	(33.99)
1800m	2:35.84	(34.67)
2200m	3:10.97	(35.13)
2600m	3:46.72	(35.75)
3000m	4:23.03	(36.31)

Twan van Duuren

200m	19.71	(19.71)
600m	50.24	(30.53)
1000m	1:23.36	(33.12)
1400m	1:57.53	(34.17)
1800m	2:31.28	(33.75)
2200m	3:04.34	(33.06)
2600m	3:36.55	(32.21)
3000m	4:07.73	(31.18)

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		Name			Cat	PB		Time	Info
3	wt	34	Chris Brommersma		HN2	3:50.62		3:44.19	PB
	rd	41	Sem Spruit		HA1	3:50.25		3:48.47	PB
		Chris Brommersma				Sem Spruit			
		200m	19.32	(19.32)	200m	18.76	(18.76)		
		600m	48.61	(29.29)	600m	47.92	(29.16)		
		1000m	1:18.00	(29.39)	1000m	1:17.68	(29.76)		
		1400m	1:47.60	(29.60)	1400m	1:47.40	(29.72)		
		1800m	2:17.06	(29.46)	1800m	2:17.24	(29.84)		
		2200m	2:46.41	(29.35)	2200m	2:46.89	(29.65)		
		2600m	3:17.70	(31.29)	2600m	3:17.32	(30.43)		
		3000m	3:44.19	(26.49)	3000m	3:48.47	(31.15)		

		Name			Cat			PB	Time	Info
4	yw	6	Jasper Krommenhoek		HN3			3:41.22	3:48.52	
	bl	31	Evelien Vijn		DN4			4:03.76	4:06.69	
		Jasper Krommenhoek				Evelien Vijn				
		200m	19.27	(19.27)	200m	20.45	(20.45)			
		600m	48.94	(29.67)	600m	51.30	(30.85)			
		1000m	1:19.13	(30.19)	1000m	1:23.27	(31.97)			
		1400m	1:49.14	(30.01)	1400m	1:55.50	(32.23)			
		1800m	2:18.89	(29.75)	1800m	2:28.22	(32.72)			
		2200m	2:48.69	(29.80)	2200m	3:00.95	(32.73)			
		2600m	3:18.37	(29.68)	2600m	3:33.61	(32.66)			
		3000m	3:48.52	(30.15)	3000m	4:06.69	(33.08)			

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3. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	35 Michiel de Groot	HN2	1	I	6:39.68	PB	
2	56 Tom Mulder	HN2	2	O	6:52.61		
3	58 Rinse Franken	HN1	2	I	6:56.31		
4	44 Boaz Buter	HN1	1	O	7:04.95	PB	

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3. Race Result 5000 meter

		Name	Cat			PB	Time	Info
1	wt	35 Michiel de Groot	HN2			6:42.97	6:39.68	PB
	rd	44 Boaz Buter	HN1			7:25.85	7:04.95	PB
		Michiel de Groot			Boaz Buter			
		200m	19.82	(19.82)	200m	20.39	(20.39)	
		600m	50.80	(30.98)	600m	52.20	(31.81)	
		1000m	1:21.68	(30.88)	1000m	1:25.01	(32.81)	
		1400m	1:52.60	(30.92)	1400m	1:57.50	(32.49)	
		1800m	2:23.64	(31.04)	1800m	2:30.40	(32.90)	
		2200m	2:54.88	(31.24)	2200m	3:03.63	(33.23)	
		2600m	3:26.31	(31.43)	2600m	3:37.25	(33.62)	
		3000m	3:57.96	(31.65)	3000m	4:10.90	(33.65)	
		3400m	4:29.89	(31.93)	3400m	4:45.39	(34.49)	
		3800m	5:02.27	(32.38)	3800m	5:19.68	(34.29)	
		4200m	5:34.81	(32.54)	4200m	5:54.76	(35.08)	
		4600m	6:07.39	(32.58)	4600m	6:29.88	(35.12)	
		5000m	6:39.68	(32.29)	5000m	7:04.95	(35.07)	

		Name	Cat			PB	Time	Info
2	yw	58 Rinse Franken	HN1			6:48.99	6:56.31	
	bl	56 Tom Mulder	HN2			6:43.51	6:52.61	
		Rinse Franken			Tom Mulder			
		200m	19.60	(19.60)	200m	20.40	(20.40)	
		600m	50.95	(31.35)	600m	51.51	(31.11)	
		1000m	1:23.12	(32.17)	1000m	1:23.34	(31.83)	
		1400m	1:55.38	(32.26)	1400m	1:55.26	(31.92)	
		1800m	2:27.53	(32.15)	1800m	2:27.40	(32.14)	
		2200m	2:59.82	(32.29)	2200m	2:59.24	(31.84)	
		2600m	3:32.32	(32.50)	2600m	3:31.59	(32.35)	
		3000m	4:04.90	(32.58)	3000m	4:04.18	(32.59)	
		3400m	4:37.82	(32.92)	3400m	4:37.44	(33.26)	
		3800m	5:11.56	(33.74)	3800m	5:11.08	(33.64)	
		4200m	5:45.85	(34.29)	4200m	5:44.88	(33.80)	
		4600m	6:20.96	(35.11)	4600m	6:18.73	(33.85)	
		5000m	6:56.31	(35.35)	5000m	6:52.61	(33.88)	

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4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	42 Kai-Arne Ottenhoff	HA2	3	O	1:51.76	PB	
2	62 Kai van Bennekom	HA1	4	O	1:54.23	PB	
3	40 Niek Bijma	HA1	4	I	1:55.05	PB	
4	57 Jens Klotwijk	HN3	1	O	1:56.20	PB	
5	23 Romée Ebbinge	DSA	2	I	2:03.43		
6	43 Sophie Exterkate	DA2	2	O	2:04.43		
7	39 Marika de Glee	DA2	1	I	2:07.40		

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4. Race Result 1500 meter

		Name	Cat	PB	Time	Info
1	wt	39 Marika de Glee	DA2	2:06.66	2:07.40	
	rd	57 Jens Klootwijk	HN3	1:59.36	1:56.20	PB
		Marika de Glee		Jens Klootwijk		
		300m 26.97 (26.97)		300m 26.05 (26.05)		
		700m 58.27 (31.30)		700m 54.90 (28.85)		
		1100m 1:32.06 (33.79)		1100m 1:24.81 (29.91)		
		1500m 2:07.40 (35.34)		1500m 1:56.20 (31.39)		
		Name	Cat	PB	Time	Info
2	yw	23 Romée Ebbinge	DSA	2:00.68	2:03.43	
	bl	43 Sophie Exterkate	DA2	2:04.28	2:04.43	
		Romée Ebbinge		Sophie Exterkate		
		300m 26.52 (26.52)		300m 27.34 (27.34)		
		700m 55.79 (29.27)		700m 58.52 (31.18)		
		1100m 1:27.75 (31.96)		1100m 1:30.86 (32.34)		
		1500m 2:03.43 (35.68)		1500m 2:04.43 (33.57)		
		Name	Cat	PB	Time	Info
3	wt					
	rd	42 Kai-Arne Ottenhoff	HA2	1:52.41	1:51.76	PB
		Kai-Arne Ottenhoff				
		m		300m 25.33 (25.33)		
				700m 52.45 (27.12)		
				1100m 1:20.97 (28.52)		
				1500m 1:51.76 (30.79)		
		Name	Cat	PB	Time	Info
4	yw	40 Niek Bijma	HA1	1:55.70	1:55.05	PB
	bl	62 Kai van Bennekom	HA1	1:54.42	1:54.23	PB
		Niek Bijma		Kai van Bennekom		
		300m 25.19 (25.19)		300m 24.78 (24.78)		
		700m 53.36 (28.17)		700m 52.69 (27.91)		
		1100m 1:23.32 (29.96)		1100m 1:22.05 (29.36)		
		1500m 1:55.05 (31.73)		1500m 1:54.23 (32.18)		

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	14 Ties van Seumeren	HN2	6	I	1:10.17	PB	
2	50 Jelle Plug	HN2	5	O	1:10.70	PB	
3	26 Jesper van Mieghem	HN2	6	O	1:11.07	PB	
4	15 Hidde Westra	HN3	3	O	1:11.89	PB	
5	49 Rinze Bart de Glee	HN3	3	I	1:12.08		
6	51 Stein de Wit	HN3	4	I	1:12.60		
7	55 Jasper Tinga	HN3	4	O	1:13.43	PB	
8	60 Laurens Bergé	HN2	5	I	1:13.99		
9	16 Jade Groenewoud	DN3	1	O	1:17.01	PB	
10	28 Leonie Bats	DSA	2	O	1:18.06		
11	38 Elise Favre	DA1	2	I	1:21.97	PB	
	17 Myrthe de Boer	DSA	1	I	DNF		

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5. Race Result 1000 meter

		Name	Cat			PB	Time	Info
1	wt	17	Myrthe de Boer			1:15.51	DNF	
	rd	16	Jade Groenewoud			1:17.81	1:17.01	PB
		Myrthe de Boer			Jade Groenewoud			
		200m	18.64	(18.64)	200m	18.58	(18.58)	
		600m	46.92	(28.28)	600m	46.84	(28.26)	
					1000m	1:17.01	(30.17)	
		Name	Cat			PB	Time	Info
2	yw	38	Elise Favre			1:23.06	1:21.97	PB
	bl	28	Leonie Bats			1:16.73	1:18.06	
		Elise Favre			Leonie Bats			
		200m	19.48	(19.48)	200m	19.25	(19.25)	
		600m	49.56	(30.08)	600m	47.59	(28.34)	
		1000m	1:21.97	(32.41)	1000m	1:18.06	(30.47)	
		Name	Cat			PB	Time	Info
3	wt	49	Rinze Bart de Glee			1:11.32	1:12.08	
	rd	15	Hidde Westra			1:11.96	1:11.89	PB
		Rinze Bart de Glee			Hidde Westra			
		200m	17.14	(17.14)	200m	17.87	(17.87)	
		600m	43.80	(26.66)	600m	44.27	(26.40)	
		1000m	1:12.08	(28.28)	1000m	1:11.89	(27.62)	
		Name	Cat			PB	Time	Info
4	yw	51	Stein de Wit			1:12.31	1:12.60	
	bl	55	Jasper Tinga			1:15.69	1:13.43	PB
		Stein de Wit			Jasper Tinga			
		200m	17.31	(17.31)	200m	18.54	(18.54)	
		600m	43.43	(26.12)	600m	45.46	(26.92)	
		1000m	1:12.60	(29.17)	1000m	1:13.43	(27.97)	

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		Name	Cat			PB	Time	Info
5	wt	60	Laurens Bergé			HN2	1:12.83	1:13.99
	rd	50	Jelle Plug			HN2	1:11.53	1:10.70 PB
			Laurens Bergé			Jelle Plug		
			200m	17.14	(17.14)	200m	16.84	(16.84)
			600m	44.05	(26.91)	600m	42.88	(26.04)
			1000m	1:13.99	(29.94)	1000m	1:10.70	(27.82)
		Name	Cat			PB	Time	Info
6	yw	14	Ties van Seumeren			HN2	1:10.31	1:10.17 PB
	bl	26	Jesper van Mieghem			HN2	1:11.79	1:11.07 PB
			Ties van Seumeren			Jesper van Mieghem		
			200m	17.23	(17.23)	200m	17.11	(17.11)
			600m	42.85	(25.62)	600m	42.88	(25.77)
			1000m	1:10.17	(27.32)	1000m	1:11.07	(28.19)