

## 1. Result 3000 meter

| Pos | Name              | Cat | Pair | Lane | Time    | Info | Points |
|-----|-------------------|-----|------|------|---------|------|--------|
| 1   | 10 Ruben Molenaar | HC2 | 1    | I    | 5:22.28 |      |        |

## 1. Race Result 3000 meter

|   | Name                                 | Cat             | PB      | Time Info      |
|---|--------------------------------------|-----------------|---------|----------------|
| 1 | wt<br>rd<br>10 <b>Ruben Molenaar</b> | HC2             | 5:20.66 | <b>5:22.28</b> |
|   | <b>Ruben Molenaar</b>                |                 |         |                |
|   | 200m                                 | 22.01 (22.01)   |         | m              |
|   | 600m                                 | 1:00.12 (38.11) |         |                |
|   | 1000m                                | 1:41.50 (41.38) |         |                |
|   | 1400m                                | 2:24.42 (42.92) |         |                |
|   | 1800m                                | 3:07.97 (43.55) |         |                |
|   | 2200m                                | 3:52.31 (44.34) |         |                |
|   | 2600m                                | 4:37.76 (45.45) |         |                |
|   | 3000m                                | 5:22.28 (44.52) |         |                |

## 2. Result 5000 meter

| Pos | Name                    | Cat | Pair | Lane | Time    | Info | Points |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 12 Thijs van Bostelen   | HA1 | 7    | O    | 7:46.15 | PB   |        |
| 2   | 8 Mark Veenstra         | HSB | 7    | I    | 7:58.74 | PB   |        |
| 3   | 2 Hilde Houtzager       | DN1 | 6    | O    | 8:35.17 |      |        |
| 4   | 5 Mariska van Zon       | DN3 | 5    | O    | 8:36.53 | PB   |        |
| 5   | 4 Isabelle Hersbach     | DN3 | 2    | O    | 8:43.82 |      |        |
| 6   | 6 Meerle van den Berg   | DN2 | 6    | I    | 8:49.23 |      |        |
| 7   | 7 Kiki van Schaik       | DA1 | 4    | I    | 8:53.86 |      |        |
| 8   | 1 Nerena van Vuuren     | DN2 | 4    | O    | 8:59.04 | PB   |        |
| 9   | 3 Mijke Anne Kanneworff | DSB | 2    | I    | 9:00.25 |      |        |
| 10  | 9 Leanne Molenaar       | DN1 | 5    | I    | 9:12.42 |      |        |

## 2. Race Result 5000 meter

|   | Name  | Cat                          | PB                       | Time            | Info |
|---|-------|------------------------------|--------------------------|-----------------|------|
| 2 | wt    | 3 Mijke Anne Kanneworff      | DSB                      | 9:00.25         |      |
|   | rd    | 4 Isabelle Hersbach          | DN3                      | 8:43.82         |      |
|   |       | <b>Mijke Anne Kanneworff</b> | <b>Isabelle Hersbach</b> |                 |      |
|   | 200m  | 23.29 (23.29)                | 200m                     | 23.31 (23.31)   |      |
|   | 600m  | 1:03.11 (39.82)              | 600m                     | 1:02.22 (38.91) |      |
|   | 1000m | 1:45.66 (42.55)              | 1000m                    | 1:43.05 (40.83) |      |
|   | 1400m | 2:29.28 (43.62)              | 1400m                    | 2:24.35 (41.30) |      |
|   | 1800m | 3:12.22 (42.94)              | 1800m                    | 3:05.89 (41.54) |      |
|   | 2200m | 3:55.89 (43.67)              | 2200m                    | 3:47.69 (41.80) |      |
|   | 2600m | 4:39.74 (43.85)              | 2600m                    | 4:29.34 (41.65) |      |
|   | 3000m | 5:22.37 (42.63)              | 3000m                    | 5:11.43 (42.09) |      |
|   | 3400m | 6:05.43 (43.06)              | 3400m                    | 5:53.38 (41.95) |      |
|   | 3800m | 6:49.25 (43.82)              | 3800m                    | 6:35.72 (42.34) |      |
|   | 4200m | 7:33.69 (44.44)              | 4200m                    | 7:19.05 (43.33) |      |
|   | 4600m | 8:17.60 (43.91)              | 4600m                    | 8:01.55 (42.50) |      |
|   | 5000m | 9:00.25 (42.65)              | 5000m                    | 8:43.82 (42.27) |      |

|   | Name | Cat | PB | Time | Info |
|---|------|-----|----|------|------|
| 3 | yw   |     |    |      |      |
|   | bl   |     |    |      |      |
|   |      | m   |    |      |      |
|   |      | m   |    |      |      |

|   |    | Name                       | Cat             | PB      | Time Info                |  |
|---|----|----------------------------|-----------------|---------|--------------------------|--|
| 4 | wt | 7 <b>Kiki van Schaik</b>   | DA1             |         | <b>8:53.86</b>           |  |
|   | rd | 1 <b>Nerena van Vuuren</b> | DN2             | 9:00.23 | <b>8:59.04</b> PB        |  |
|   |    | <b>Kiki van Schaik</b>     |                 |         | <b>Nerena van Vuuren</b> |  |
|   |    | 200m                       | 23.04 (23.04)   | 200m    | 23.72 (23.72)            |  |
|   |    | 600m                       | 1:03.72 (40.68) | 600m    | 1:03.36 (39.64)          |  |
|   |    | 1000m                      | 1:45.72 (42.00) | 1000m   | 1:44.59 (41.23)          |  |
|   |    | 1400m                      | 2:27.93 (42.21) | 1400m   | 2:26.55 (41.96)          |  |
|   |    | 1800m                      | 3:11.28 (43.35) | 1800m   | 3:09.11 (42.56)          |  |
|   |    | 2200m                      | 3:54.59 (43.31) | 2200m   | 3:52.03 (42.92)          |  |
|   |    | 2600m                      | 4:37.92 (43.33) | 2600m   | 4:35.67 (43.64)          |  |
|   |    | 3000m                      | 5:20.96 (43.04) | 3000m   | 5:19.48 (43.81)          |  |
|   |    | 3400m                      | 6:04.39 (43.43) | 3400m   | 6:03.95 (44.47)          |  |
|   |    | 3800m                      | 6:47.30 (42.91) | 3800m   | 6:47.38 (43.43)          |  |
|   |    | 4200m                      | 7:30.17 (42.87) | 4200m   | 7:31.67 (44.29)          |  |
|   |    | 4600m                      | 8:12.86 (42.69) | 4600m   | 8:15.97 (44.30)          |  |
|   |    | 5000m                      | 8:53.86 (41.00) | 5000m   | 8:59.04 (43.07)          |  |

|   |    | Name                     | Cat             | PB      | Time Info              |  |
|---|----|--------------------------|-----------------|---------|------------------------|--|
| 5 | yw | 9 <b>Leanne Molenaar</b> | DN1             | 8:54.25 | <b>9:12.42</b>         |  |
|   | bl | 5 <b>Mariska van Zon</b> | DN3             | 8:48.24 | <b>8:36.53</b> PB      |  |
|   |    | <b>Leanne Molenaar</b>   |                 |         | <b>Mariska van Zon</b> |  |
|   |    | 200m                     | 24.87 (24.87)   | 200m    | 22.72 (22.72)          |  |
|   |    | 600m                     | 1:05.25 (40.38) | 600m    | 1:00.35 (37.63)        |  |
|   |    | 1000m                    | 1:46.59 (41.34) | 1000m   | 1:39.78 (39.43)        |  |
|   |    | 1400m                    | 2:29.31 (42.72) | 1400m   | 2:20.49 (40.71)        |  |
|   |    | 1800m                    | 3:12.80 (43.49) | 1800m   | 3:01.70 (41.21)        |  |
|   |    | 2200m                    | 3:56.74 (43.94) | 2200m   | 3:43.29 (41.59)        |  |
|   |    | 2600m                    | 4:41.78 (45.04) | 2600m   | 4:25.43 (42.14)        |  |
|   |    | 3000m                    | 5:26.83 (45.05) | 3000m   | 5:07.91 (42.48)        |  |
|   |    | 3400m                    | 6:12.23 (45.40) | 3400m   | 5:50.29 (42.38)        |  |
|   |    | 3800m                    | 6:58.81 (46.58) | 3800m   | 6:32.45 (42.16)        |  |
|   |    | 4200m                    | 7:45.11 (46.30) | 4200m   | 7:14.48 (42.03)        |  |
|   |    | 4600m                    | 8:28.55 (43.44) | 4600m   | 7:56.13 (41.65)        |  |
|   |    | 5000m                    | 9:12.42 (43.87) | 5000m   | 8:36.53 (40.40)        |  |

|   |    | Name                       | Cat             | PB      | Time Info              |  |
|---|----|----------------------------|-----------------|---------|------------------------|--|
| 6 | wt | 6 Meerle van den Berg      | DN2             | 8:46.90 | <b>8:49.23</b>         |  |
|   | rd | 2 Hilde Houtzager          | DN1             | 8:23.37 | <b>8:35.17</b>         |  |
|   |    | <b>Meerle van den Berg</b> |                 |         | <b>Hilde Houtzager</b> |  |
|   |    | 200m                       | 22.76 (22.76)   | 200m    | 22.96 (22.96)          |  |
|   |    | 600m                       | 1:01.12 (38.36) | 600m    | 1:00.79 (37.83)        |  |
|   |    | 1000m                      | 1:41.00 (39.88) | 1000m   | 1:40.84 (40.05)        |  |
|   |    | 1400m                      | 2:21.09 (40.09) | 1400m   | 2:19.17 (38.33)        |  |
|   |    | 1800m                      | 3:02.00 (40.91) | 1800m   | 2:59.10 (39.93)        |  |
|   |    | 2200m                      | 3:44.36 (42.36) | 2200m   | 3:39.61 (40.51)        |  |
|   |    | 2600m                      | 4:26.79 (42.43) | 2600m   | 4:20.92 (41.31)        |  |
|   |    | 3000m                      | 5:09.88 (43.09) | 3000m   | 5:03.22 (42.30)        |  |
|   |    | 3400m                      | 5:53.82 (43.94) | 3400m   | 5:45.57 (42.35)        |  |
|   |    | 3800m                      | 6:37.34 (43.52) | 3800m   | 6:28.67 (43.10)        |  |
|   |    | 4200m                      | 7:21.46 (44.12) | 4200m   | 7:11.56 (42.89)        |  |
|   |    | 4600m                      | 8:06.26 (44.80) | 4600m   | 7:53.82 (42.26)        |  |
|   |    | 5000m                      | 8:49.23 (42.97) | 5000m   | 8:35.17 (41.35)        |  |

|   |    | Name                  | Cat             | PB      | Time Info                 |  |
|---|----|-----------------------|-----------------|---------|---------------------------|--|
| 7 | yw | 8 Mark Veenstra       | HSB             | 8:09.98 | <b>7:58.74</b> PB         |  |
|   | bl | 12 Thijs van Bostelen | HA1             | 7:49.29 | <b>7:46.15</b> PB         |  |
|   |    | <b>Mark Veenstra</b>  |                 |         | <b>Thijs van Bostelen</b> |  |
|   |    | 200m                  | 22.32 (22.32)   | 200m    | 21.21 (21.21)             |  |
|   |    | 600m                  | 59.46 (37.14)   | 600m    | 55.74 (34.53)             |  |
|   |    | 1000m                 | 1:38.16 (38.70) | 1000m   | 1:31.78 (36.04)           |  |
|   |    | 1400m                 | 2:16.88 (38.72) | 1400m   | 2:08.03 (36.25)           |  |
|   |    | 1800m                 | 2:55.12 (38.24) | 1800m   | 2:44.33 (36.30)           |  |
|   |    | 2200m                 | 3:33.01 (37.89) | 2200m   | 3:21.10 (36.77)           |  |
|   |    | 2600m                 | 4:10.71 (37.70) | 2600m   | 3:57.88 (36.78)           |  |
|   |    | 3000m                 | 4:48.30 (37.59) | 3000m   | 4:34.93 (37.05)           |  |
|   |    | 3400m                 | 5:25.78 (37.48) | 3400m   | 5:12.59 (37.66)           |  |
|   |    | 3800m                 | 6:03.79 (38.01) | 3800m   | 5:50.55 (37.96)           |  |
|   |    | 4200m                 | 6:42.08 (38.29) | 4200m   | 6:28.94 (38.39)           |  |
|   |    | 4600m                 | 7:20.28 (38.20) | 4600m   | 7:07.13 (38.19)           |  |
|   |    | 5000m                 | 7:58.74 (38.46) | 5000m   | 7:46.15 (39.02)           |  |