

District Kampioenschap afstanden

Thialf - Heerenveen

14 November 2025

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	38 Teije Hekkema	HB2	29	O	38.69	PB	
2	22 Luc Hogenboom	HB2	29	I	38.73		
3	61 Bjarne den Besten	HC2	30	O	39.09		
4	39 Tygo Blom	HB1	30	I	40.23	PB	
5	11 Boaz de Gast	HB2	28	O	40.72	PB	
6	25 Mara Vergeer	DA1	27	I	41.05	PB	
7	8 Joep van Leeuwen	HB2	26	I	41.22	PB	
8	28 Leander Maas	HC2	26	O	41.45	PB	
9	24 Kyenno Fredrikze	HA2	27	O	41.47		
10	7 Fleur Hartveld	DC2	28	I	41.62		
11	19 Stijn Vergeer	HC2	25	I	41.77	PB	
12	23 Max Barends	HB2	24	I	41.84	PB	
13	40 Mees Blaauw	HB2	25	O	42.33		
14	60 Olivier Wennekes	HB1	23	I	42.68		
15	29 Sven de Mooij	HC2	21	I	43.05	PB	
16	17 Job van Dongen	HA2	24	O	43.36	PB	
17	42 Lara Castro Nortier	DB2	21	O	43.40	PB	
18	26 Danique van Rooden	DA2	23	O	43.96		
19	33 Roos Bos	DC1	22	I	44.30	PB	
20	5 Elin Lamain	DC2	20	O	44.63	PB	
21	20 Yfke Vreeken	DC1	20	I	44.74	PB	
22	36 Liese van der Laan	DC1	17	I	44.95	PB	
23	32 Ilse Veuger	DB2	18	O	45.12	PB	
24	13 Sam van Dongen	HC2	18	I	45.22	PB	
25	41 Bo Hoogvorst	DB2	19	O	45.25	PB	
26	44 Vincent Meulmeester	HPB	19	I	45.71		
27	6 Nienke Molleman	DC1	13	O	45.74	PB	
28	18 Lars van Klink	HA1	22	O	45.86		
29	16 Lois Elstgeest	DB1	13	I	45.92	PB	
30	35 Noa Halma	DPA	15	O	46.08	PB	
31	37 Fenne Valentijn	DC1	15	I	46.25	PB	
32	10 Philine Jansen	DC1	10	O	46.31	PB	
33	43 Lieke van Ooij	DA2	17	O	47.02		
34	2 Vivienne Bodijn	DC1	10	I	47.07	PB	
35	54 Wouter Kok	HC2	12	I	47.34	PB	
36	59 Boaz Piek	HB1	16	I	47.38		
	34 Tessa Bos	DPA	11	O	47.38	PB	
38	9 Anna Meulmeester	DC2	14	I	47.39	PB	

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	47 Luuk Gareman	HC2	9	I	47.57	PB	
	53 Charline Kwadrin	DA2	14	O	47.57		
41	12 Timo van der Poel	HC1	8	I	47.64	PB	
42	52 Kelsy Mulckhuyse	DC2	5	I	47.68	PB	
43	51 Noor Ariens	DB1	7	O	47.85	PB	
44	56 Ralph Kooloos	HC1	3	O	48.31	PB	
45	15 Lis uit den Boogaard	DB1	16	O	48.34		
46	57 Renske Ansink	DB1	12	O	48.43		
47	46 Lisa Rimmelzwaan	DPB	5	O	48.54	PB	
48	58 Mies van Voorst	DB1	3	I	49.02	PB	
49	31 Fem Ferrari	DC2	11	I	49.11		
50	1 Emma Rimmelzwaan	DC1	6	O	49.20	PB	
51	49 Rinske Hogenboom	DB1	7	I	49.27		
52	14 Imke van Dongen	DB2	8	O	49.30		
53	50 Sophie Ammerlaan	DB1	9	O	50.18		
54	48 Malaika Bevelander	DC2	1	I	50.90	PB	
55	45 Tess van der Salm	DPA	4	O	51.41	PB	
56	55 Elin de Gast	DC1	4	I	52.04	PB	
57	63 Nina Castro Nortier	DPA	1	O	52.77	PB	

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1. Race Result 500 meter

		Name	Cat	PB	Time	Info
1	wt	48 Malaika Bevelander	DC2	52.66	50.90	PB
	rd	63 Nina Castro Nortier	DPA	55.36	52.77	PB
		Malaika Bevelander		Nina Castro Nortier		
		100m	13.41 (13.41)	100m	13.55 (13.55)	
		500m	50.90 (37.49)	500m	52.77 (39.22)	

		Name	Cat	PB	Time	Info
2	yw					
	bl					
		m		m		

		Name	Cat	PB	Time	Info
3	wt	58 Mies van Voorst	DB1	51.42	49.02	PB
	rd	56 Ralph Kooloos	HC1	50.74	48.31	PB
		Mies van Voorst		Ralph Kooloos		
		100m	12.98 (12.98)	100m	12.70 (12.70)	
		500m	49.02 (36.04)	500m	48.31 (35.61)	

		Name	Cat	PB	Time	Info
4	yw	55 Elin de Gast	DC1	52.66	52.04	PB
	bl	45 Tess van der Salm	DPA	53.49	51.41	PB
		Elin de Gast		Tess van der Salm		
		100m	14.19 (14.19)	100m	13.70 (13.70)	
		500m	52.04 (37.85)	500m	51.41 (37.71)	

		Name	Cat	PB	Time	Info
5	wt	52 Kelsy Mulckhuyse	DC2	49.42	47.68	PB
	rd	46 Lisa Rimmelzwaan	DPB	49.19	48.54	PB
		Kelsy Mulckhuyse		Lisa Rimmelzwaan		
		100m	12.62 (12.62)	100m	12.63 (12.63)	
		500m	47.68 (35.06)	500m	48.54 (35.91)	

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		Name	Cat	PB	Time	Info
6	yw					
	bl	1 Emma Rimmelzwaan	DC1	50.39	49.20	PB
		Emma Rimmelzwaan				
		m		100m	13.24	(13.24)
				500m	49.20	(35.96)
		Name	Cat	PB	Time	Info
7	wt	49 Rinske Hogenboom	DB1	49.15	49.27	
	rd	51 Noor Ariens	DB1	49.00	47.85	PB
		Rinske Hogenboom				
		100m	13.17	(13.17)	100m	12.67 (12.67)
		500m	49.27	(36.10)	500m	47.85 (35.18)
		Name	Cat	PB	Time	Info
8	yw	12 Timo van der Poel	HC1	48.64	47.64	PB
	bl	14 Imke van Dongen	DB2	49.06	49.30	
		Timo van der Poel				
		100m	12.51	(12.51)	100m	12.95 (12.95)
		500m	47.64	(35.13)	500m	49.30 (36.35)
		Name	Cat	PB	Time	Info
9	wt	47 Luuk Gareman	HC2	48.62	47.57	PB
	rd	50 Sophie Ammerlaan	DB1	48.15	50.18	
		Luuk Gareman				
		100m	12.49	(12.49)	100m	13.37 (13.37)
		500m	47.57	(35.08)	500m	50.18 (36.81)
		Name	Cat	PB	Time	Info
10	yw	2 Vivienne Bodijn	DC1	48.46	47.07	PB
	bl	10 Philine Jansen	DC1	48.05	46.31	PB
		Vivienne Bodijn				
		100m	12.88	(12.88)	100m	12.64 (12.64)
		500m	47.07	(34.19)	500m	46.31 (33.67)

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		Name			Cat		PB		Time		Info
11	wt	31	Fem Ferrari			DC2		47.69		49.11	
		34	Tessa Bos			DPA		47.72		47.38 PB	
	rd	Fem Ferrari			Tessa Bos						
		100m	13.06	(13.06)		100m	12.44	(12.44)			
		500m	49.11	(36.05)		500m	47.38	(34.94)			
		Name			Cat		PB		Time		Info
12	yw	54	Wouter Kok			HC2		47.70		47.34 PB	
		57	Renske Ansink			DB1		47.64		48.43	
	bl	Wouter Kok			Renske Ansink						
		100m	12.32	(12.32)		100m	13.25	(13.25)			
		500m	47.34	(35.02)		500m	48.43	(35.18)			
		Name			Cat		PB		Time		Info
13	wt	16	Lois Elstgeest			DB1		46.92		45.92 PB	
		6	Nienke Molleman			DC1		46.60		45.74 PB	
	rd	Lois Elstgeest			Nienke Molleman						
		100m	12.45	(12.45)		100m	12.42	(12.42)			
		500m	45.92	(33.47)		500m	45.74	(33.32)			
		Name			Cat		PB		Time		Info
14	yw	9	Anna Meulmeester			DC2		47.63		47.39 PB	
		53	Charline Kwadrin			DA2		47.55		47.57	
	bl	Anna Meulmeester			Charline Kwadrin						
		100m	12.86	(12.86)		100m	12.91	(12.91)			
		500m	47.39	(34.53)		500m	47.57	(34.66)			
		Name			Cat		PB		Time		Info
15	wt	37	Fenne Valentijn			DC1		46.59		46.25 PB	
		35	Noa Halma			DPA		46.55		46.08 PB	
	rd	Fenne Valentijn			Noa Halma						
		100m	12.82	(12.82)		100m	12.49	(12.49)			
		500m	46.25	(33.43)		500m	46.08	(33.59)			

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		Name	Cat	PB	Time	Info
16	yw	59 Boaz Piek	HB1	46.24	47.38	
	bl	15 Lis uit den Boogaard	DB1	46.38	48.34	
		Boaz Piek		Lis uit den Boogaard		
		100m	12.37 (12.37)	100m	12.80 (12.80)	
		500m	47.38 (35.01)	500m	48.34 (35.54)	
		Name	Cat	PB	Time	Info
17	wt	36 Liese van der Laan	DC1	45.67	44.95	PB
	rd	43 Lieke van Ooij	DA2	45.98	47.02	
		Liese van der Laan		Lieke van Ooij		
		100m	12.47 (12.47)	100m	12.69 (12.69)	
		500m	44.95 (32.48)	500m	47.02 (34.33)	
		Name	Cat	PB	Time	Info
18	yw	13 Sam van Dongen	HC2	46.02	45.22	PB
	bl	32 Ilse Veuger	DB2	45.91	45.12	PB
		Sam van Dongen		Ilse Veuger		
		100m	12.16 (12.16)	100m	12.07 (12.07)	
		500m	45.22 (33.06)	500m	45.12 (33.05)	
		Name	Cat	PB	Time	Info
19	wt	44 Vincent Meulmeester	HPB	45.22	45.71	
	rd	41 Bo Hoogvorst	DB2	45.39	45.25	PB
		Vincent Meulmeester		Bo Hoogvorst		
		100m	12.23 (12.23)	100m	12.49 (12.49)	
		500m	45.71 (33.48)	500m	45.25 (32.76)	
		Name	Cat	PB	Time	Info
20	yw	20 Yfke Vreeken	DC1	45.45	44.74	PB
	bl	5 Elin Lamain	DC2	45.26	44.63	PB
		Yfke Vreeken		Elin Lamain		
		100m	12.03 (12.03)	100m	12.29 (12.29)	
		500m	44.74 (32.71)	500m	44.63 (32.34)	

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		Name	Cat	PB	Time	Info
21	wt	29 Sven de Mooij	HC2	44.25	43.05	PB
	rd	42 Lara Castro Nortier	DB2	44.68	43.40	PB
		Sven de Mooij		Lara Castro Nortier		
		100m	11.50 (11.50)	100m	11.92 (11.92)	
		500m	43.05 (31.55)	500m	43.40 (31.48)	
		Name	Cat	PB	Time	Info
22	yw	33 Roos Bos	DC1	44.33	44.30	PB
	bl	18 Lars van Klink	HA1	45.22	45.86	
		Roos Bos		Lars van Klink		
		100m	12.29 (12.29)	100m	12.62 (12.62)	
		500m	44.30 (32.01)	500m	45.86 (33.24)	
		Name	Cat	PB	Time	Info
23	wt	60 Olivier Wennekes	HB1	42.50	42.68	
	rd	26 Danique van Rooden	DA2	43.30	43.96	
		Olivier Wennekes		Danique van Rooden		
		100m	11.89 (11.89)	100m	12.10 (12.10)	
		500m	42.68 (30.79)	500m	43.96 (31.86)	
		Name	Cat	PB	Time	Info
24	yw	23 Max Barends	HB2	42.60	41.84	PB
	bl	17 Job van Dongen	HA2	43.51	43.36	PB
		Max Barends		Job van Dongen		
		100m	11.32 (11.32)	100m	11.63 (11.63)	
		500m	41.84 (30.52)	500m	43.36 (31.73)	
		Name	Cat	PB	Time	Info
25	wt	19 Stijn Vergeer	HC2	42.34	41.77	PB
	rd	40 Mees Blaauw	HB2	42.32	42.33	
		Stijn Vergeer		Mees Blaauw		
		100m	11.37 (11.37)	100m	11.63 (11.63)	
		500m	41.77 (30.40)	500m	42.33 (30.70)	

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		Name	Cat	PB	Time	Info
26	yw	8 Joep van Leeuwen	HB2	42.07	41.22	PB
	bl	28 Leander Maas	HC2	41.53	41.45	PB
		Joep van Leeuwen		Leander Maas		
		100m	11.28 (11.28)	100m	11.30 (11.30)	
		500m	41.22 (29.94)	500m	41.45 (30.15)	
		Name	Cat	PB	Time	Info
27	wt	25 Mara Vergeer	DA1	41.15	41.05	PB
	rd	24 Kyenno Fredrikze	HA2	41.13	41.47	
		Mara Vergeer		Kyenno Fredrikze		
		100m	11.28 (11.28)	100m	11.36 (11.36)	
		500m	41.05 (29.77)	500m	41.47 (30.11)	
		Name	Cat	PB	Time	Info
28	yw	7 Fleur Hartveld	DC2	40.79	41.62	
	bl	11 Boaz de Gast	HB2	41.34	40.72	PB
		Fleur Hartveld		Boaz de Gast		
		100m	11.65 (11.65)	100m	11.16 (11.16)	
		500m	41.62 (29.97)	500m	40.72 (29.56)	
		Name	Cat	PB	Time	Info
29	wt	22 Luc Hogenboom	HB2	38.53	38.73	
	rd	38 Teije Hekkema	HB2	40.20	38.69	PB
		Luc Hogenboom		Teije Hekkema		
		100m	10.63 (10.63)	100m	10.59 (10.59)	
		500m	38.73 (28.10)	500m	38.69 (28.10)	
		Name	Cat	PB	Time	Info
30	yw	39 Tygo Blom	HB1	40.34	40.23	PB
	bl	61 Bjarne den Besten	HC2	39.02	39.09	
		Tygo Blom		Bjarne den Besten		
		100m	11.08 (11.08)	100m	10.88 (10.88)	
		500m	40.23 (29.15)	500m	39.09 (28.21)	

District Kampioenschap afstanden

Thialf - Heerenveen

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2. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	22 Luc Hogenboom	HB2	60	O	1:58.70		
2	61 Bjarne den Besten	HC2	60	I	1:58.86	PB	
3	38 Teije Hekkema	HB2	56	O	1:59.76	PB	
4	39 Tygo Blom	HB1	58	O	2:04.54	PB	
5	11 Boaz de Gast	HB2	56	I	2:04.73	PB	
6	23 Max Barends	HB2	55	O	2:05.33	PB	
7	40 Mees Blaauw	HB2	55	I	2:05.44	PB	
8	60 Olivier Wennekes	HB1	57	I	2:06.49	PB	
9	28 Leander Maas	HC2	59	I	2:08.13		
10	8 Joep van Leeuwen	HB2	54	I	2:08.72	PB	
11	25 Mara Vergeer	DA1	59	O	2:08.94		
12	24 Kyenno Fredrikze	HA2	57	O	2:09.55		
13	7 Fleur Hartveld	DC2	58	I	2:09.97		
14	26 Danique van Rooden	DA2	54	O	2:10.69	PB	
15	17 Job van Dongen	HA2	51	O	2:12.27	PB	
16	18 Lars van Klink	HA1	52	O	2:14.16	PB	
17	19 Stijn Vergeer	HC2	52	I	2:14.63	PB	
18	33 Roos Bos	DC1	50	O	2:15.84	PB	
19	42 Lara Castro Nortier	DB2	51	I	2:15.99	PB	
20	13 Sam van Dongen	HC2	49	I	2:16.05	PB	
21	41 Bo Hoogvorst	DB2	53	O	2:17.38		
22	32 Ilse Veuger	DB2	47	O	2:17.79	PB	
23	20 Yfke Vreeken	DC1	48	I	2:17.80	PB	
24	5 Elin Lamain	DC2	53	I	2:17.88		
25	29 Sven de Mooij	HC2	50	I	2:18.86	PB	
26	6 Nienke Molleman	DC1	45	I	2:22.69	PB	
27	35 Noa Halma	DPA	40	I	2:22.96	PB	
28	43 Lieke van Ooij	DA2	48	O	2:23.21	PB	
29	2 Vivienne Bodijn	DC1	43	I	2:24.66	PB	
30	37 Fenne Valentijn	DC1	44	I	2:25.53	PB	
	47 Luuk Gareman	HC2	38	O	2:25.53	PB	
32	12 Timo van der Poel	HC1	37	O	2:25.83	PB	
33	36 Liese van der Laan	DC1	49	O	2:26.07		
34	1 Emma Rimmelzwaan	DC1	44	O	2:26.08	PB	
35	10 Philine Jansen	DC1	41	O	2:27.20	PB	
36	34 Tessa Bos	DPA	37	I	2:27.95	PB	
37	56 Ralph Kooloos	HC1	35	O	2:29.25	PB	
38	59 Boaz Piek	HB1	46	I	2:29.29		

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	15 Lis uit den Boogaard	DB1	46	O	2:30.16		
40	46 Lisa Rimmelzwaan	DPB	35	I	2:30.87	PB	
41	50 Sophie Ammerlaan	DB1	43	O	2:30.99		
42	53 Charline Kwadrin	DA2	41	I	2:31.72	PB	
43	31 Fem Ferrari	DC2	45	O	2:32.28		
44	9 Anna Meulmeester	DC2	38	I	2:33.10	PB	
45	57 Renske Ansink	DB1	42	O	2:33.78		
46	54 Wouter Kok	HC2	36	I	2:33.79	PB	
47	51 Noor Ariens	DB1	33	I	2:34.44	PB	
48	58 Mies van Voorst	DB1	34	O	2:34.96	PB	
49	49 Rinske Hogenboom	DB1	39	I	2:38.15		
50	14 Imke van Dongen	DB2	39	O	2:39.10		
51	48 Malaika Bevelander	DC2	31	O	2:42.84	PB	
52	16 Lois Elstgeest	DB1	40	O	2:43.07	FL	
53	45 Tess van der Salm	DPA	34	I	2:44.50	PB	
54	63 Nina Castro Nortier	DPA	31	I	2:46.22		
55	55 Elin de Gast	DC1	33	O	2:47.20	PB	
56	52 Kelsy Mulckhuyse	DC2	36	O	2:50.12	FL	
	44 Vincent Meulmeester	HPB	47	I	DNF		

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2. Race Result 1500 meter

		Name	Cat		PB	Time	Info
31	wt	63	Nina Castro Nortier	DPA		2:46.22	
	rd	48	Malaika Bevelander	DC2	2:54.06	2:42.84	PB
		Nina Castro Nortier			Malaika Bevelander		
		300m	35.56	(35.56)	300m	33.87	(33.87)
		700m	1:17.96	(42.40)	700m	1:14.79	(40.92)
		1100m	2:02.31	(44.35)	1100m	1:58.04	(43.25)
		1500m	2:46.22	(43.91)	1500m	2:42.84	(44.80)
		Name	Cat		PB	Time	Info
32	yw						
	bl						
		m			m		
		Name	Cat		PB	Time	Info
33	wt	51	Noor Ariens	DB1	2:48.65	2:34.44	PB
	rd	55	Elin de Gast	DC1	2:51.35	2:47.20	PB
		Noor Ariens			Elin de Gast		
		300m	28.39	(28.39)	300m	34.32	(34.32)
		700m	56.78	(28.39)	700m	1:15.76	(41.44)
		1100m	1:40.04	(43.26)	1100m	2:00.94	(45.18)
		1500m	2:34.44	(54.40)	1500m	2:47.20	(46.26)
		Name	Cat		PB	Time	Info
34	yw	45	Tess van der Salm	DPA	2:49.99	2:44.50	PB
	bl	58	Mies van Voorst	DB1	2:50.19	2:34.96	PB
		Tess van der Salm			Mies van Voorst		
		300m	33.82	(33.82)	300m	32.50	(32.50)
		700m	1:17.07	(43.25)	700m	1:12.81	(40.31)
		1100m	2:01.81	(44.74)	1100m	1:54.47	(41.66)
		1500m	2:44.50	(42.69)	1500m	2:34.96	(40.49)

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		Name	Cat	PB	Time	Info
35	wt	46 Lisa Rimmelzwaan	DPB	2:38.53	2:30.87	PB
	rd	56 Ralph Kooloos	HC1	2:40.22	2:29.25	PB
		Lisa Rimmelzwaan		Ralph Kooloos		
		300m	31.70 (31.70)	300m	31.37 (31.37)	
		700m	1:10.21 (38.51)	700m	1:09.34 (37.97)	
		1100m	1:50.79 (40.58)	1100m	1:50.11 (40.77)	
		1500m	2:30.87 (40.08)	1500m	2:29.25 (39.14)	

		Name	Cat	PB	Time	Info
36	yw	54 Wouter Kok	HC2	2:42.24	2:33.79	PB
	bl	52 Kelsy Mulckhuysen	DC2	2:42.85	2:50.12	FL
		Wouter Kok		Kelsy Mulckhuysen		
		300m	31.09 (31.09)	300m	32.17 (32.17)	
		700m	1:09.70 (38.61)	700m	1:10.94 (38.77)	
		1100m	1:51.35 (41.65)	1100m	1:53.24 (42.30)	
		1500m	2:33.79 (42.44)	1500m	2:50.12 (56.88)	

		Name	Cat	PB	Time	Info
37	wt	34 Tessa Bos	DPA	2:36.98	2:27.95	PB
	rd	12 Timo van der Poel	HC1	2:36.55	2:25.83	PB
		Tessa Bos		Timo van der Poel		
		300m	30.55 (30.55)	300m	30.09 (30.09)	
		700m	1:08.02 (37.47)	700m	1:06.88 (36.79)	
		1100m	1:47.50 (39.48)	1100m	1:46.05 (39.17)	
		1500m	2:27.95 (40.45)	1500m	2:25.83 (39.78)	

		Name	Cat	PB	Time	Info
38	yw	9 Anna Meulmeester	DC2	2:34.54	2:33.10	PB
	bl	47 Luuk Gareman	HC2	2:36.63	2:25.53	PB
		Anna Meulmeester		Luuk Gareman		
		300m	31.71 (31.71)	300m	31.28 (31.28)	
		700m	1:09.77 (38.06)	700m	1:07.39 (36.11)	
		1100m	1:51.37 (41.60)	1100m	1:46.02 (38.63)	
		1500m	2:33.10 (41.73)	1500m	2:25.53 (39.51)	

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		Name	Cat	PB	Time	Info
39	wt	49 Rinske Hogenboom	DB1	2:33.85	2:38.15	
	rd	14 Imke van Dongen	DB2	2:34.25	2:39.10	
		Rinske Hogenboom		Imke van Dongen		
		300m 33.06 (33.06)		300m 31.97 (31.97)		
		700m 1:12.64 (39.58)		700m 1:11.16 (39.19)		
		1100m 1:54.93 (42.29)		1100m 1:54.94 (43.78)		
		1500m 2:38.15 (43.22)		1500m 2:39.10 (44.16)		

		Name	Cat	PB	Time	Info
40	yw	35 Noa Halma	DPA	2:34.08	2:22.96	PB
	bl	16 Lois Elstgeest	DB1	2:33.83	2:43.07	FL
		Noa Halma		Lois Elstgeest		
		300m 30.17 (30.17)		300m 30.65 (30.65)		
		700m 1:06.40 (36.23)		700m 1:06.23 (35.58)		
		1100m 1:44.49 (38.09)		1100m 1:44.81 (38.58)		
		1500m 2:22.96 (38.47)		1500m 2:43.07 (58.26)		

		Name	Cat	PB	Time	Info
41	wt	53 Charline Kwadrin	DA2	2:32.32	2:31.72	PB
	rd	10 Philine Jansen	DC1	2:33.79	2:27.20	PB
		Charline Kwadrin		Philine Jansen		
		300m 31.37 (31.37)		300m 31.42 (31.42)		
		700m 1:08.39 (37.02)		700m 1:08.41 (36.99)		
		1100m 1:48.28 (39.89)		1100m 1:48.29 (39.88)		
		1500m 2:31.72 (43.44)		1500m 2:27.20 (38.91)		

		Name	Cat	PB	Time	Info
42	yw					
	bl	57 Renske Ansink	DB1	2:31.45	2:33.78	
		Renske Ansink				
		m		300m 32.50 (32.50)		
				700m 1:10.91 (38.41)		
				1100m 1:51.94 (41.03)		
				1500m 2:33.78 (41.84)		

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		Name	Cat	PB	Time	Info
43	wt	2 Vivienne Bodijn	DC1	2:31.31	2:24.66	PB
	rd	50 Sophie Ammerlaan	DB1	2:30.56	2:30.99	
		Vivienne Bodijn		Sophie Ammerlaan		
		300m 31.42 (31.42)		300m 33.03 (33.03)		
		700m 1:07.86 (36.44)		700m 1:10.65 (37.62)		
		1100m 1:45.72 (37.86)		1100m 1:50.15 (39.50)		
		1500m 2:24.66 (38.94)		1500m 2:30.99 (40.84)		
		Name	Cat	PB	Time	Info
44	yw	37 Fenne Valentijn	DC1	2:30.39	2:25.53	PB
	bl	1 Emma Rimmelzwaan	DC1	2:30.90	2:26.08	PB
		Fenne Valentijn		Emma Rimmelzwaan		
		300m 30.44 (30.44)		300m 31.94 (31.94)		
		700m 1:05.74 (35.30)		700m 1:08.91 (36.97)		
		1100m 1:44.62 (38.88)		1100m 1:47.59 (38.68)		
		1500m 2:25.53 (40.91)		1500m 2:26.08 (38.49)		
		Name	Cat	PB	Time	Info
45	wt	6 Nienke Molleman	DC1	2:26.34	2:22.69	PB
	rd	31 Fem Ferrari	DC2	2:29.67	2:32.28	
		Nienke Molleman		Fem Ferrari		
		300m 30.99 (30.99)		300m 31.21 (31.21)		
		700m 1:07.35 (36.36)		700m 1:08.53 (37.32)		
		1100m 1:45.45 (38.10)		1100m 1:49.05 (40.52)		
		1500m 2:22.69 (37.24)		1500m 2:32.28 (43.23)		
		Name	Cat	PB	Time	Info
46	yw	59 Boaz Piek	HB1	2:28.67	2:29.29	
	bl	15 Lis uit den Boogaard	DB1	2:26.44	2:30.16	
		Boaz Piek		Lis uit den Boogaard		
		300m 31.33 (31.33)		300m 30.76 (30.76)		
		700m 1:08.41 (37.08)		700m 1:07.60 (36.84)		
		1100m 1:48.46 (40.05)		1100m 1:47.85 (40.25)		
		1500m 2:29.29 (40.83)		1500m 2:30.16 (42.31)		

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		Name	Cat	PB	Time	Info
47	wt	44 Vincent Meulmeester	HPB	2:23.51	DNF	
	rd	32 Ilse Veuger	DB2	2:24.30	2:17.79	PB
		Vincent Meulmeester		Ilse Veuger		
		300m	30.27 (30.27)	300m	29.34 (29.34)	
		700m		700m	1:03.35 (34.01)	
		1100m		1100m	1:39.92 (36.57)	
		1500m		1500m	2:17.79 (37.87)	
		Name	Cat	PB	Time	Info
48	yw	20 Yfke Vreeken	DC1	2:25.60	2:17.80	PB
	bl	43 Lieke van Ooij	DA2	2:24.62	2:23.21	PB
		Yfke Vreeken		Lieke van Ooij		
		300m	29.68 (29.68)	300m	30.53 (30.53)	
		700m	1:04.21 (34.53)	700m	1:06.54 (36.01)	
		1100m	1:40.51 (36.30)	1100m	1:44.69 (38.15)	
		1500m	2:17.80 (37.29)	1500m	2:23.21 (38.52)	
		Name	Cat	PB	Time	Info
49	wt	13 Sam van Dongen	HC2	2:20.98	2:16.05	PB
	rd	36 Liese van der Laan	DC1	2:22.20	2:26.07	
		Sam van Dongen		Liese van der Laan		
		300m	28.93 (28.93)	300m	29.97 (29.97)	
		700m	1:03.05 (34.12)	700m	1:04.40 (34.43)	
		1100m	1:38.95 (35.90)	1100m	1:43.70 (39.30)	
		1500m	2:16.05 (37.10)	1500m	2:26.07 (42.37)	
		Name	Cat	PB	Time	Info
50	yw	29 Sven de Mooij	HC2	2:21.07	2:18.86	PB
	bl	33 Roos Bos	DC1	2:18.95	2:15.84	PB
		Sven de Mooij		Roos Bos		
		300m	29.58 (29.58)	300m	29.56 (29.56)	
		700m	1:04.90 (35.32)	700m	1:03.58 (34.02)	
		1100m	1:42.14 (37.24)	1100m	1:39.66 (36.08)	
		1500m	2:18.86 (36.72)	1500m	2:15.84 (36.18)	

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		Name	Cat	PB	Time	Info
51	wt	42 Lara Castro Nortier	DB2	2:17.53	2:15.99	PB
	rd	17 Job van Dongen	HA2	2:17.74	2:12.27	PB
		Lara Castro Nortier		Job van Dongen		
		300m	28.78 (28.78)	300m	27.76 (27.76)	
		700m	1:02.39 (33.61)	700m	1:00.60 (32.84)	
		1100m	1:38.77 (36.38)	1100m	1:35.79 (35.19)	
		1500m	2:15.99 (37.22)	1500m	2:12.27 (36.48)	

		Name	Cat	PB	Time	Info
52	yw	19 Stijn Vergeer	HC2	2:18.37	2:14.63	PB
	bl	18 Lars van Klink	HA1	2:17.47	2:14.16	PB
		Stijn Vergeer		Lars van Klink		
		300m	28.10 (28.10)	300m	29.04 (29.04)	
		700m	1:02.10 (34.00)	700m	1:02.75 (33.71)	
		1100m	1:38.58 (36.48)	1100m	1:38.42 (35.67)	
		1500m	2:14.63 (36.05)	1500m	2:14.16 (35.74)	

		Name	Cat	PB	Time	Info
53	wt	5 Elin Lamain	DC2	2:14.97	2:17.88	
	rd	41 Bo Hoogvorst	DB2	2:16.77	2:17.38	
		Elin Lamain		Bo Hoogvorst		
		300m	29.64 (29.64)	300m	29.63 (29.63)	
		700m	1:04.04 (34.40)	700m	1:03.02 (33.39)	
		1100m	1:40.45 (36.41)	1100m	1:38.96 (35.94)	
		1500m	2:17.88 (37.43)	1500m	2:17.38 (38.42)	

		Name	Cat	PB	Time	Info
54	yw	8 Joep van Leeuwen	HB2	2:11.27	2:08.72	PB
	bl	26 Danique van Rooden	DA2	2:11.18	2:10.69	PB
		Joep van Leeuwen		Danique van Rooden		
		300m	27.32 (27.32)	300m	28.61 (28.61)	
		700m	58.88 (31.56)	700m	1:00.86 (32.25)	
		1100m	1:32.71 (33.83)	1100m	1:35.04 (34.18)	
		1500m	2:08.72 (36.01)	1500m	2:10.69 (35.65)	

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		Name	Cat	PB	Time	Info
55	wt	40 Mees Blaauw	HB2	2:09.73	2:05.44	PB
	rd	23 Max Barends	HB2	2:10.29	2:05.33	PB
		Mees Blaauw		Max Barends		
		300m	27.76 (27.76)	300m	27.45 (27.45)	
		700m	59.22 (31.46)	700m	58.42 (30.97)	
		1100m	1:31.97 (32.75)	1100m	1:31.36 (32.94)	
		1500m	2:05.44 (33.47)	1500m	2:05.33 (33.97)	

		Name	Cat	PB	Time	Info
56	yw	11 Boaz de Gast	HB2	2:09.85	2:04.73	PB
	bl	38 Teije Hekkema	HB2	2:09.83	1:59.76	PB
		Boaz de Gast		Teije Hekkema		
		300m	26.38 (26.38)	300m	25.66 (25.66)	
		700m	56.89 (30.51)	700m	54.71 (29.05)	
		1100m	1:29.76 (32.87)	1100m	1:26.22 (31.51)	
		1500m	2:04.73 (34.97)	1500m	1:59.76 (33.54)	

		Name	Cat	PB	Time	Info
57	wt	60 Olivier Wennekes	HB1	2:09.10	2:06.49	PB
	rd	24 Kyenno Fredrikze	HA2	2:06.98	2:09.55	
		Olivier Wennekes		Kyenno Fredrikze		
		300m	27.91 (27.91)	300m	27.18 (27.18)	
		700m	59.12 (31.21)	700m	59.15 (31.97)	
		1100m	1:31.74 (32.62)	1100m	1:33.30 (34.15)	
		1500m	2:06.49 (34.75)	1500m	2:09.55 (36.25)	

		Name	Cat	PB	Time	Info
58	yw	7 Fleur Hartveld	DC2	2:09.61	2:09.97	
	bl	39 Tygo Blom	HB1	2:06.76	2:04.54	PB
		Fleur Hartveld		Tygo Blom		
		300m	27.55 (27.55)	300m	26.74 (26.74)	
		700m	59.17 (31.62)	700m	56.79 (30.05)	
		1100m	1:33.61 (34.44)	1100m	1:29.50 (32.71)	
		1500m	2:09.97 (36.36)	1500m	2:04.54 (35.04)	

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		Name		Cat		PB	Time	Info
59	wt	28	Leander Maas		HC2	2:06.26	2:08.13	
	rd	25	Mara Vergeer		DA1	2:06.53	2:08.94	
		Leander Maas			Mara Vergeer			
		300m	27.20	(27.20)	300m	27.03	(27.03)	
		700m	58.53	(31.33)	700m	58.15	(31.12)	
		1100m	1:32.75	(34.22)	1100m	1:32.69	(34.54)	
		1500m	2:08.13	(35.38)	1500m	2:08.94	(36.25)	
		Name		Cat		PB	Time	Info
60	yw	61	Bjarne den Besten		HC2	2:00.89	1:58.86	PB
	bl	22	Luc Hogenboom		HB2	1:58.63	1:58.70	
		Bjarne den Besten			Luc Hogenboom			
		300m	25.84	(25.84)	300m	25.15	(25.15)	
		700m	54.78	(28.94)	700m	53.64	(28.49)	
		1100m	1:25.98	(31.20)	1100m	1:24.73	(31.09)	
		1500m	1:58.86	(32.88)	1500m	1:58.70	(33.97)	