

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

1. Uitslag Jongste pupillen meisjes (300/300) 1e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 105 Tirza Stojanovski | DPC | 15 | O | 31.26 | | |
| 2 | 162 Jolieke Zijlstra | DPC | 15 | I | 31.63 | PR | |
| 3 | 22 Miriam van Es | DPC | 16 | O | 32.80 | PR | |
| 4 | 99 Ammarens Veldstra | DPC | 14 | O | 33.05 | PR | |
| 5 | 91 Fenna Mozes | DPD | 16 | I | 33.45 | PR | |
| 6 | 87 Julia Boersma | DPC | 14 | I | 33.68 | PR | |
| 7 | 29 Anna de Vegt | DPD | 13 | I | 34.00 | | |
| 8 | 14 Ilana Hokse | DPD | 13 | O | 34.72 | | |
| 9 | 49 Loes Pragt | DPC | 12 | I | 34.87 | PR | |
| 10 | 97 Danique Leffertstra | DPC | 11 | I | 35.90 | | |
| | 66 Renske Kromkamp | DPD | 11 | O | 35.90 | | |
| 12 | 107 Afke Brouwer | DPD | 12 | O | 36.45 | | |
| 13 | 17 Myrthe Zwaagstra | DPC | 10 | O | 36.87 | PR | |
| 14 | 50 Sophie Kooiker | DPD | 9 | O | 37.04 | PR | |
| 15 | 9 Romée Lanser | DPC | 10 | I | 37.80 | | |
| 16 | 61 Tamar Dubbink | DPC | 9 | I | 38.01 | | |
| 17 | 126 Lisette Reitsma | DPD | 7 | O | 38.26 | | |
| 18 | 81 Esra Alkema | DPD | 8 | O | 38.34 | | |
| 19 | 101 Lynn Groen | DPC | 6 | O | 38.98 | PR | |
| 20 | 5 Lotte Marks | DPC | 5 | I | 39.37 | PR | |
| 21 | 52 Noémi Vlieg | DPD | 8 | I | 39.55 | | |
| 22 | 31 Yfke Vries | DPD | 5 | O | 40.22 | PR | |
| 23 | 103 Ranomi Schaap | DPC | 4 | O | 40.45 | PR | |
| 24 | 167 Chantal Kingma | DPD | 4 | I | 40.60 | PR | |
| 25 | 108 Lieke Brouwer | DPE | 1 | I | 40.61 | PR | |
| 26 | 95 Elske de Vries | DPE | 3 | I | 40.70 | PR | |
| 27 | 60 Renske Hut | DPE | 1 | O | 40.98 | | |
| 28 | 76 Julia Prins | DPD | 2 | I | 41.08 | | |
| 29 | 165 Liselot Toering | DPC | 6 | I | 41.16 | | |
| 30 | 23 Mara Nossin | DPC | 3 | O | 41.69 | PR | |
| 31 | 84 Eva Marks | DPE | 2 | O | 43.25 | | |
| 32 | 42 Annabelle Frychel | DPC | 7 | I | 46.20 | FL | |

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Thialf - Heerenveen

1. Rituitslag Jongste pupillen meisjes (300/300) 1e 300 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|----------------------|---------|-------------------|-------|---------|--------------|------|
| 1 | wt | 108 | Lieke Brouwer | | DPE | | 42.62 | 40.61 | PR |
| | rd | 60 | Renske Hut | | DPE | | | 40.98 | |
| | | <u>Lieke Brouwer</u> | | | <u>Renske Hut</u> | | | | |
| | | 300m | 40.61 | (40.61) | 300m | 40.98 | (40.98) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------|---------|------------------|-------|---------|--------------|------|
| 2 | gl | 76 | Julia Prins | | DPD | | | 41.08 | |
| | bl | 84 | Eva Marks | | DPE | | | 43.25 | |
| | | <u>Julia Prins</u> | | | <u>Eva Marks</u> | | | | |
| | | 300m | 41.08 | (41.08) | 300m | 43.25 | (43.25) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|--------------------|-------|---------|--------------|------|
| 3 | wt | 95 | Elske de Vries | | DPE | | 42.59 | 40.70 | PR |
| | rd | 23 | Mara Nossin | | DPC | | 41.95 | 41.69 | PR |
| | | <u>Elske de Vries</u> | | | <u>Mara Nossin</u> | | | | |
| | | 300m | 40.70 | (40.70) | 300m | 41.69 | (41.69) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|----------------------|-------|---------|--------------|------|
| 4 | gl | 167 | Chantal Kingma | | DPD | | 41.95 | 40.60 | PR |
| | bl | 103 | Ranomi Schaap | | DPC | | 41.03 | 40.45 | PR |
| | | <u>Chantal Kingma</u> | | | <u>Ranomi Schaap</u> | | | | |
| | | 300m | 40.60 | (40.60) | 300m | 40.45 | (40.45) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------|---------|-------------------|-------|---------|--------------|------|
| 5 | wt | 5 | Lotte Marks | | DPC | | 39.80 | 39.37 | PR |
| | rd | 31 | Yfke Vries | | DPD | | 40.90 | 40.22 | PR |
| | | <u>Lotte Marks</u> | | | <u>Yfke Vries</u> | | | | |
| | | 300m | 39.37 | (39.37) | 300m | 40.22 | (40.22) | | |

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Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|----------------------------|----------------------------|---------|-------------------------|-------|--------------|------|
| 6 | gl | 165 | Liselot Toering | | DPC | 40.68 | 41.16 | |
| | bl | 101 | Lynn Groen | | DPC | 40.74 | 38.98 | PR |
| | | <u>Liselot Toering</u> | | | <u>Lynn Groen</u> | | | |
| | | 300m | 41.16 | (41.16) | 300m | 38.98 | (38.98) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 7 | wt | 42 | Annabelle Frychel | | DPC | 39.51 | 46.20 | FL |
| | rd | 126 | Lisette Reitsma | | DPD | 38.06 | 38.26 | |
| | | <u>Annabelle Frychel</u> | | | <u>Lisette Reitsma</u> | | | |
| | | 300m | 46.20 | (46.20) | 300m | 38.26 | (38.26) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 8 | gl | 52 | Noémi Vlieg | | DPD | 39.14 | 39.55 | |
| | bl | 81 | Esra Alkema | | DPD | 37.95 | 38.34 | |
| | | <u>Noémi Vlieg</u> | | | <u>Esra Alkema</u> | | | |
| | | 300m | 39.55 | (39.55) | 300m | 38.34 | (38.34) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 9 | wt | 61 | Tamar Dubbink | | DPC | 36.62 | 38.01 | |
| | rd | 50 | Sophie Kooiker | | DPD | 37.16 | 37.04 | PR |
| | | <u>Tamar Dubbink</u> | | | <u>Sophie Kooiker</u> | | | |
| | | 300m | 38.01 | (38.01) | 300m | 37.04 | (37.04) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 10 | gl | 9 | Roméé Lanser | | DPC | 37.06 | 37.80 | |
| | bl | 17 | Myrthe Zwaagstra | | DPC | 36.89 | 36.87 | PR |
| | | <u>Roméé Lanser</u> | | | <u>Myrthe Zwaagstra</u> | | | |
| | | 300m | 37.80 | (37.80) | 300m | 36.87 | (36.87) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 11 | wt | 97 | Danique Leffertstra | | DPC | 35.86 | 35.90 | |
| | rd | 66 | Renske Kromkamp | | DPD | 34.97 | 35.90 | |
| | | <u>Danique Leffertstra</u> | | | <u>Renske Kromkamp</u> | | | |
| | | 300m | 35.90 | (35.90) | 300m | 35.90 | (35.90) | |

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Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|-------------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 12 | gl | 49 | Loes Pragt | | DPC | 35.74 | 34.87 | PR |
| | bl | 107 | Afke Brouwer | | DPD | 36.17 | 36.45 | |
| | | <u>Loes Pragt</u> | | | <u>Afke Brouwer</u> | | | |
| | | 300m | 34.87 | (34.87) | 300m | 36.45 | (36.45) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 13 | wt | 29 | Anna de Vegt | | DPD | 33.79 | 34.00 | |
| | rd | 14 | Ilana Hokse | | DPD | 34.20 | 34.72 | |
| | | <u>Anna de Vegt</u> | | | <u>Ilana Hokse</u> | | | |
| | | 300m | 34.00 | (34.00) | 300m | 34.72 | (34.72) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 14 | gl | 87 | Julia Boersma | | DPC | 34.42 | 33.68 | PR |
| | bl | 99 | Ammarens Veldstra | | DPC | 33.72 | 33.05 | PR |
| | | <u>Julia Boersma</u> | | | <u>Ammarens Veldstra</u> | | | |
| | | 300m | 33.68 | (33.68) | 300m | 33.05 | (33.05) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 15 | wt | 162 | Jolieke Zijlstra | | DPC | 32.46 | 31.63 | PR |
| | rd | 105 | Tirza Stojanovski | | DPC | 30.47 | 31.26 | |
| | | <u>Jolieke Zijlstra</u> | | | <u>Tirza Stojanovski</u> | | | |
| | | 300m | 31.63 | (31.63) | 300m | 31.26 | (31.26) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 16 | gl | 91 | Fenna Mozes | | DPD | 33.51 | 33.45 | PR |
| | bl | 22 | Miriam van Es | | DPC | 32.87 | 32.80 | PR |
| | | <u>Fenna Mozes</u> | | | <u>Miriam van Es</u> | | | |
| | | 300m | 33.45 | (33.45) | 300m | 32.80 | (32.80) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

2. Uitslag Jongste pupillen jongens (300/300) 1e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|---------|-------|--------|
| 1 | 15 Jurre Valkenburg | HPC | 26 | I | 31.64 | | |
| 2 | 83 Nick van der Staal | HPC | 26 | O | 32.94 | | |
| 3 | 125 Bas van der Weij | HPC | 25 | O | 33.07 | | |
| 4 | 47 Idsart Hilarides | HPD | 25 | I | 33.52 | | |
| 5 | 121 Philip Aalberts | HPD | 21 | I | 34.59 | PR | |
| 6 | 13 Thies Kramer | HPC | 24 | I | 34.84 | PR FL | |
| 7 | 92 Hidde Boskma | HPC | 23 | I | 35.11 | | |
| 8 | 62 Matthijs Jacobs-Monsees | HPC | 24 | O | 35.62 | | |
| 9 | 115 Silvan Stroetinga | HPE | 23 | O | 36.08 | | |
| 10 | 114 Jim Oosterhuis | HPD | 22 | O | 36.28 | PR | |
| 11 | 113 Jurre Van Dijk | HPC | 19 | I | 38.43 | PR | |
| 12 | 18 Ties Wierda | HPE | 21 | O | 38.79 | PR | |
| 13 | 117 Pim de Vries | HPD | 20 | O | 39.18 | PR | |
| 14 | 172 Bram Zijlstra | HPE | 18 | O | 40.35 | PR | |
| 15 | 2 David Westhoff | HPE | 19 | O | 41.13 | PR | |
| 16 | 36 Lasse Kolder | HPE | 17 | O | 42.15 | PR | |
| 17 | 37 Tim Nijboer | HPF | 20 | I | 43.13 | | |
| 18 | 46 Naut Kuiper | HPE | 18 | I | 43.44 | | |
| 19 | 80 Brent Faber | HPE | 22 | I | 50.86 | FL | |
| 20 | 163 Thijs Zijlstra | HPF | 17 | I | 1:00.68 | FL | |

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Thialf - Heerenveen

2. Rituitslag Jongste pupillen jongens (300/300) 1e 300 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|-------|---------------------|------|
| 17 | wt | 163 Thijs Zijlstra | HPF | 47.73 | 1:00.68 | FL |
| | rd | 36 Lasse Kolder | HPE | 43.40 | 42.15 | PR |
| | | <u>Thijs Zijlstra</u> | | | <u>Lasse Kolder</u> | |
| | | 300m 1:00.68 (60.68) | | | 300m 42.15 (42.15) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|-------|----------------------|------|
| 18 | gl | 46 Naut Kuiper | HPE | 43.03 | 43.44 | |
| | bl | 172 Bram Zijlstra | HPE | 43.10 | 40.35 | PR |
| | | <u>Naut Kuiper</u> | | | <u>Bram Zijlstra</u> | |
| | | 300m 43.44 (43.44) | | | 300m 40.35 (40.35) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|-------|-----------------------|------|
| 19 | wt | 113 Jurre Van Dijk | HPC | 39.09 | 38.43 | PR |
| | rd | 2 David Westhoff | HPE | 42.25 | 41.13 | PR |
| | | <u>Jurre Van Dijk</u> | | | <u>David Westhoff</u> | |
| | | 300m 38.43 (38.43) | | | 300m 41.13 (41.13) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|-------|---------------------|------|
| 20 | gl | 37 Tim Nijboer | HPF | 40.84 | 43.13 | |
| | bl | 117 Pim de Vries | HPD | 41.38 | 39.18 | PR |
| | | <u>Tim Nijboer</u> | | | <u>Pim de Vries</u> | |
| | | 300m 43.13 (43.13) | | | 300m 39.18 (39.18) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-------|--------------------|------|
| 21 | wt | 121 Philip Aalberts | HPD | 35.53 | 34.59 | PR |
| | rd | 18 Ties Wierda | HPE | 38.80 | 38.79 | PR |
| | | <u>Philip Aalberts</u> | | | <u>Ties Wierda</u> | |
| | | 300m 34.59 (34.59) | | | 300m 38.79 (38.79) | |

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| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|-----------------------------------|-------|---------|--|-------|--------------|-------|
| 22 | gl | 80 Brent Faber | | HPE | | 38.14 | 50.86 | FL |
| | bl | 114 Jim Oosterhuis | | HPD | | 36.32 | 36.28 | PR |
| | | <u>Brent Faber</u> | | | | | | |
| | | 300m | 50.86 | (50.86) | | | | |
| | | <u>Jim Oosterhuis</u> | | | | | | |
| | | 300m | 36.28 | (36.28) | | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 23 | wt | 92 Hidde Boskma | | HPC | | 33.89 | 35.11 | |
| | rd | 115 Silvan Stroetinga | | HPE | | 35.45 | 36.08 | |
| | | <u>Hidde Boskma</u> | | | | | | |
| | | 300m | 35.11 | (35.11) | | | | |
| | | <u>Silvan Stroetinga</u> | | | | | | |
| | | 300m | 36.08 | (36.08) | | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 24 | gl | 13 Thies Kramer | | HPC | | 35.31 | 34.84 | PR FL |
| | bl | 62 Matthijs Jacobs-Monsees | | HPC | | 35.02 | 35.62 | |
| | | <u>Thies Kramer</u> | | | | | | |
| | | 300m | 34.84 | (34.84) | | | | |
| | | <u>Matthijs Jacobs-Monsees</u> | | | | | | |
| | | 300m | 35.62 | (35.62) | | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 25 | wt | 47 Idsart Hilarides | | HPD | | 33.50 | 33.52 | |
| | rd | 125 Bas van der Weij | | HPC | | 32.42 | 33.07 | |
| | | <u>Idsart Hilarides</u> | | | | | | |
| | | 300m | 33.52 | (33.52) | | | | |
| | | <u>Bas van der Weij</u> | | | | | | |
| | | 300m | 33.07 | (33.07) | | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 26 | gl | 15 Jurre Valkenburg | | HPC | | 31.09 | 31.64 | |
| | bl | 83 Nick van der Staal | | HPC | | 31.85 | 32.94 | |
| | | <u>Jurre Valkenburg</u> | | | | | | |
| | | 300m | 31.64 | (31.64) | | | | |
| | | <u>Nick van der Staal</u> | | | | | | |
| | | 300m | 32.94 | (32.94) | | | | |

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Thialf - Heerenveen

3. Uitslag Oudste pupillen meisjes (300/500) 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 104 Nynke Krol | DPB | 48 | O | 29.19 | PR | |
| 2 | 35 Sigrid van Es | DPB | 47 | I | 29.39 | | |
| 3 | 77 Rixt Bijlsma | DPA | 48 | I | 29.70 | | |
| 4 | 8 Maartje Janssen | DPB | 47 | O | 30.84 | | |
| 5 | 27 Menthe Pietersma | DPA | 44 | I | 31.19 | PR | |
| 6 | 1 Sybrich Buisman | DPA | 46 | I | 31.23 | | |
| 7 | 41 Carlien van den Heuvel | DPA | 45 | I | 31.37 | PR | |
| 8 | 85 Keira Wind | DPA | 45 | O | 31.53 | | |
| 9 | 10 Doutzen Wierda | DPB | 44 | O | 31.64 | PR | |
| 10 | 33 Lieke Nijboer | DPB | 43 | I | 31.76 | | |
| 11 | 48 Myrthe Kooiker | DPB | 43 | O | 31.83 | PR | |
| 12 | 89 Antje Ypma | DPA | 46 | O | 32.01 | | |
| 13 | 4 Djura Lubbinge | DPB | 42 | O | 32.51 | PR | |
| 14 | 39 Lynn van Baaren | DPB | 40 | I | 32.56 | PR | |
| 15 | 7 Rhodé Westhoff | DPA | 38 | I | 32.70 | PR | |
| 16 | 55 Bente Dam | DPB | 42 | I | 32.87 | PR | |
| 17 | 116 Maud de Vries | DPA | 39 | O | 33.00 | PR | |
| 18 | 94 Andrea de Jong | DPA | 41 | O | 33.05 | PR | |
| 19 | 16 Marije Nieman | DPA | 41 | I | 33.69 | | |
| 20 | 69 Feya Hollak | DPA | 39 | I | 34.09 | | |
| 21 | 123 Nouk van het Erve | DPB | 37 | I | 34.28 | | |
| 22 | 64 Yara Lanza | DPA | 36 | I | 34.38 | PR | |
| 23 | 26 Silke Vries | DPA | 38 | O | 34.75 | | |
| 24 | 70 Verena Jansen | DPA | 40 | O | 34.85 | | |
| 25 | 68 Maud Brakke | DPA | 35 | O | 34.92 | PR | |
| 26 | 32 Milou Steenbeek | DPA | 37 | O | 35.02 | | |
| 27 | 74 Lotte van der Woud | DPB | 36 | O | 35.07 | | |
| 28 | 40 Ilona Borger | DPA | 33 | I | 35.55 | PR | |
| 29 | 124 Emma van der Tol | DPA | 32 | O | 35.81 | PR | |
| 30 | 128 Marrit Reitsma | DPA | 31 | I | 36.02 | PR | |
| 31 | 173 Jasmijn Snijder | DPB | 30 | I | 36.03 | PR | |
| 32 | 96 Froukje de Vries | DPB | 35 | I | 36.06 | PR | |
| 33 | 30 Amber Soet | DPB | 34 | I | 36.91 | | |
| 34 | 171 Nynke van Stralen | DPB | 33 | O | 37.08 | | |
| 35 | 58 Meike van Tent Becking | DPA | 28 | I | 37.11 | | |
| 36 | 156 Yinthe Woudstra | DPA | 27 | I | 37.63 | | |
| 37 | 51 Kim Kuiper | DPA | 32 | I | 37.73 | PR | |
| 38 | 54 Tamar Daleman | DPA | 29 | O | 37.84 | PR | |

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Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd Info | Punten |
|-----|------------------------|-----|------|------|-----------|--------|
| 39 | 98 Lisa Haanstra | DPB | 29 | I | 38.16 PR | |
| 40 | 106 Kaya van Otterlo | DPB | 31 | O | 38.54 | |
| 41 | 56 Mirna van der Terp | DPB | 34 | O | 39.52 | |
| | 164 Ammarins Toering | DPA | 30 | O | 39.52 PR | |
| 43 | 102 Judith Van Dijk | DPA | 28 | O | 40.68 | |
| 44 | 88 Jantsje Broekhuizen | DPA | 27 | O | 47.75 | |

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Thialf - Heerenveen

3. Rituitslag Oudste pupillen meisjes (300/500) 300 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-----|----|----------------------------|------|
| 27 | wt | 156 Yinthe Woudstra | DPA | | 37.63 | |
| | rd | 88 Jantsje Broekhuizen | DPA | | 47.75 | |
| | | <u>Yinthe Woudstra</u> | | | <u>Jantsje Broekhuizen</u> | |
| | | 300m 37.63 (37.63) | | | 300m 47.75 (47.75) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------------|-----|----|------------------------|------|
| 28 | gl | 58 Meike van Tent Becking | DPA | | 37.11 | |
| | bl | 102 Judith Van Dijk | DPA | | 40.68 | |
| | | <u>Meike van Tent Becking</u> | | | <u>Judith Van Dijk</u> | |
| | | 300m 37.11 (37.11) | | | 300m 40.68 (40.68) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|-------|----------------------|------|
| 29 | wt | 98 Lisa Haanstra | DPB | 40.09 | 38.16 | PR |
| | rd | 54 Tamar Daleman | DPA | 39.61 | 37.84 | PR |
| | | <u>Lisa Haanstra</u> | | | <u>Tamar Daleman</u> | |
| | | 300m 38.16 (38.16) | | | 300m 37.84 (37.84) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|-------|-------------------------|------|
| 30 | gl | 173 Jasmijn Snijder | DPB | 43.23 | 36.03 | PR |
| | bl | 164 Ammarins Toering | DPA | 40.26 | 39.52 | PR |
| | | <u>Jasmijn Snijder</u> | | | <u>Ammarins Toering</u> | |
| | | 300m 36.03 (36.03) | | | 300m 39.52 (39.52) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|-------|-------------------------|------|
| 31 | wt | 128 Marrit Reitsma | DPA | 36.50 | 36.02 | PR |
| | rd | 106 Kaya van Otterlo | DPB | 37.28 | 38.54 | |
| | | <u>Marrit Reitsma</u> | | | <u>Kaya van Otterlo</u> | |
| | | 300m 36.02 (36.02) | | | 300m 38.54 (38.54) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------------|-------|---------|------|-------------------------|--------------|------|
| 32 | gl | 51 Kim Kuiper | | DPA | | 39.07 | 37.73 | PR |
| | bl | 124 Emma van der Tol | | DPA | | 37.91 | 35.81 | PR |
| | | <u>Kim Kuiper</u> | | | | <u>Emma van der Tol</u> | | |
| | | 300m | 37.73 | (37.73) | 300m | 35.81 | (35.81) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------------|-------|---------|------|--------------------------|--------------|------|
| 33 | wt | 40 Ilona Borger | | DPA | | 36.52 | 35.55 | PR |
| | rd | 171 Nynke van Stralen | | DPB | | 36.55 | 37.08 | |
| | | <u>Ilona Borger</u> | | | | <u>Nynke van Stralen</u> | | |
| | | 300m | 35.55 | (35.55) | 300m | 37.08 | (37.08) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------------|-------|---------|------|---------------------------|--------------|------|
| 34 | gl | 30 Amber Soet | | DPB | | 36.85 | 36.91 | |
| | bl | 56 Mirna van der Terp | | DPB | | 37.20 | 39.52 | |
| | | <u>Amber Soet</u> | | | | <u>Mirna van der Terp</u> | | |
| | | 300m | 36.91 | (36.91) | 300m | 39.52 | (39.52) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|---------|------|--------------------|--------------|------|
| 35 | wt | 96 Froukje de Vries | | DPB | | 36.17 | 36.06 | PR |
| | rd | 68 Maud Brakke | | DPA | | 35.61 | 34.92 | PR |
| | | <u>Froukje de Vries</u> | | | | <u>Maud Brakke</u> | | |
| | | 300m | 36.06 | (36.06) | 300m | 34.92 | (34.92) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------------|-------|---------|------|---------------------------|--------------|------|
| 36 | gl | 64 Yara Lanza | | DPA | | 34.70 | 34.38 | PR |
| | bl | 74 Lotte van der Woud | | DPB | | 34.72 | 35.07 | |
| | | <u>Yara Lanza</u> | | | | <u>Lotte van der Woud</u> | | |
| | | 300m | 34.38 | (34.38) | 300m | 35.07 | (35.07) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------------|-------|---------|------|------------------------|--------------|------|
| 37 | wt | 123 Nouk van het Erve | | DPB | | 34.08 | 34.28 | |
| | rd | 32 Milou Steenbeek | | DPA | | 34.57 | 35.02 | |
| | | <u>Nouk van het Erve</u> | | | | <u>Milou Steenbeek</u> | | |
| | | 300m | 34.28 | (34.28) | 300m | 35.02 | (35.02) | |

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Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|------------------------|-------|---------|------|-----------------------|--------------|------|
| 38 | gl | 7 Rhodé Westhoff | | DPA | | 33.94 | 32.70 | PR |
| | bl | 26 Silke Vries | | DPA | | 34.70 | 34.75 | |
| | | <u>Rhodé Westhoff</u> | | | | <u>Silke Vries</u> | | |
| | | 300m | 32.70 | (32.70) | 300m | 34.75 | (34.75) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 39 | wt | 69 Feya Hollak | | DPA | | 33.92 | 34.09 | |
| | rd | 116 Maud de Vries | | DPA | | 33.48 | 33.00 | PR |
| | | <u>Feya Hollak</u> | | | | <u>Maud de Vries</u> | | |
| | | 300m | 34.09 | (34.09) | 300m | 33.00 | (33.00) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 40 | gl | 39 Lynn van Baaren | | DPB | | 33.54 | 32.56 | PR |
| | bl | 70 Verena Jansen | | DPA | | 33.64 | 34.85 | |
| | | <u>Lynn van Baaren</u> | | | | <u>Verena Jansen</u> | | |
| | | 300m | 32.56 | (32.56) | 300m | 34.85 | (34.85) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 41 | wt | 16 Marije Nieman | | DPA | | 32.84 | 33.69 | |
| | rd | 94 Andrea de Jong | | DPA | | 33.27 | 33.05 | PR |
| | | <u>Marije Nieman</u> | | | | <u>Andrea de Jong</u> | | |
| | | 300m | 33.69 | (33.69) | 300m | 33.05 | (33.05) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 42 | gl | 55 Bente Dam | | DPB | | 33.46 | 32.87 | PR |
| | bl | 4 Djura Lubbinge | | DPB | | 32.95 | 32.51 | PR |
| | | <u>Bente Dam</u> | | | | <u>Djura Lubbinge</u> | | |
| | | 300m | 32.87 | (32.87) | 300m | 32.51 | (32.51) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 43 | wt | 33 Lieke Nijboer | | DPB | | 31.76 | 31.76 | |
| | rd | 48 Myrthe Kooiker | | DPB | | 32.15 | 31.83 | PR |
| | | <u>Lieke Nijboer</u> | | | | <u>Myrthe Kooiker</u> | | |
| | | 300m | 31.76 | (31.76) | 300m | 31.83 | (31.83) | |

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Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|-------------------------------|-------------------------------|---------|------------------------|-------|--------------|------|
| 44 | gl | 27 | Menthe Pietersma | | DPA | 31.48 | 31.19 | PR |
| | bl | 10 | Doutzen Wierda | | DPB | 31.77 | 31.64 | PR |
| | | Menthe Pietersma | | | Doutzen Wierda | | | |
| | | 300m | 31.19 | (31.19) | 300m | 31.64 | (31.64) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 45 | wt | 41 | Carlien van den Heuvel | | DPA | 31.45 | 31.37 | PR |
| | rd | 85 | Keira Wind | | DPA | 31.46 | 31.53 | |
| | | Carlien van den Heuvel | | | Keira Wind | | | |
| | | 300m | 31.37 | (31.37) | 300m | 31.53 | (31.53) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 46 | gl | 1 | Sybrich Buisman | | DPA | 31.17 | 31.23 | |
| | bl | 89 | Antje Ypma | | DPA | 31.32 | 32.01 | |
| | | Sybrich Buisman | | | Antje Ypma | | | |
| | | 300m | 31.23 | (31.23) | 300m | 32.01 | (32.01) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 47 | wt | 35 | Sigrid van Es | | DPB | 28.45 | 29.39 | |
| | rd | 8 | Maartje Janssen | | DPB | 30.39 | 30.84 | |
| | | Sigrid van Es | | | Maartje Janssen | | | |
| | | 300m | 29.39 | (29.39) | 300m | 30.84 | (30.84) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 48 | gl | 77 | Rixt Bijlsma | | DPA | 29.37 | 29.70 | |
| | bl | 104 | Nynke Krol | | DPB | 29.62 | 29.19 | PR |
| | | Rixt Bijlsma | | | Nynke Krol | | | |
| | | 300m | 29.70 | (29.70) | 300m | 29.19 | (29.19) | |

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Thialf - Heerenveen

4. Uitslag Oudste pupillen jongens (300/500) 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------------|-----|------|------|--------------|-------|--------|
| 1 | 45 Otte Hilarides | HPB | 67 | O | 27.97 | PR | |
| 2 | 109 Tobias Pleij | HPA | 67 | I | 28.08 | PR | |
| 3 | 86 Anton Boersma | HPA | 68 | I | 28.19 | PR | |
| 4 | 21 Ryan Draaisma | HPA | 68 | O | 28.31 | PR FL | |
| 5 | 169 Sverre Jens Wolters | HPA | 65 | I | 29.85 | PR | |
| 6 | 73 Stevin Visser | HPB | 61 | O | 30.23 | PR | |
| 7 | 63 Ids Hellinga | HPA | 66 | I | 30.28 | | |
| 8 | 166 Tim Postma | HPA | 66 | O | 30.56 | | |
| 9 | 24 Sverre de Vegt | HPB | 65 | O | 30.59 | | |
| 10 | 6 Niels Everts | HPB | 62 | I | 30.70 | PR | |
| 11 | 44 Tieme Bouma | HPA | 64 | I | 30.86 | PR | |
| 12 | 100 Jurjen Kramer | HPB | 61 | I | 31.00 | PR | |
| 13 | 168 Hidde Salomons | HPB | 62 | O | 31.02 | PR | |
| 14 | 78 Ties Mercur | HPA | 60 | O | 31.10 | PR | |
| 15 | 82 Daan Westra | HPA | 59 | O | 31.37 | PR | |
| | 118 Sander Leusink | HPA | 63 | I | 31.37 | | |
| 17 | 3 Gideon Westhoff | HPA | 64 | O | 31.40 | | |
| 18 | 57 Bernt Hut | HPB | 54 | I | 31.62 | PR | |
| 19 | 43 Wytse Hamstra | HPA | 59 | I | 31.89 | PR | |
| 20 | 25 Rimar Kaper | HPA | 57 | O | 32.15 | | |
| 21 | 12 Joas van der Vaart | HPA | 56 | O | 32.28 | PR | |
| 22 | 112 Fimme van Dijk | HPA | 57 | I | 32.39 | PR | |
| 23 | 20 Allard van der Ende | HPB | 63 | O | 32.82 | | |
| 24 | 110 Niels Schurer | HPB | 58 | O | 33.07 | | |
| 25 | 79 Jens-Jochem Webbink | HPB | 58 | I | 33.19 | | |
| 26 | 119 Ferry-Jan De Ruiten | HPB | 55 | I | 33.56 | | |
| 27 | 11 Jurjen Dijkstra | HPB | 56 | I | 33.95 | | |
| 28 | 75 Wymer Feenstra | HPA | 51 | O | 34.00 | PR | |
| 29 | 19 Derek Graansma | HPB | 55 | O | 34.28 | | |
| 30 | 170 Thijmen Tamminga | HPA | 53 | O | 34.33 | | |
| 31 | 111 Jesper ten Bloemendaal | HPB | 53 | I | 34.58 | PR | |
| 32 | 38 Kas Zijlstra | HPB | 52 | I | 34.60 | PR | |
| 33 | 120 Maurits Aalberts | HPB | 54 | O | 35.04 | | |
| 34 | 93 Jelmer Mosterman | HPB | 52 | O | 37.68 | PR | |
| 35 | 59 Djurre Zuidema | HPB | 51 | I | 39.81 | | |
| 36 | 28 Tiemen de Haan | HPB | 49 | I | 40.24 | PR | |
| 37 | 90 Berend Zijlstra | HPB | 60 | I | 40.31 | FL | |
| 38 | 34 Jente de Haan | HPB | 49 | O | 41.51 | PR | |

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Thialf - Heerenveen

4. Rituitslag Oudste pupillen jongens (300/500) 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------|----------------|---------|---------------|-------|--------------|------|
| 49 | wt | 28 | Tiemen de Haan | | HPB | 41.55 | 40.24 | PR |
| | rd | 34 | Jente de Haan | | HPB | 42.05 | 41.51 | PR |
| | | Tiemen de Haan | | | Jente de Haan | | | |
| | | 300m | 40.24 | (40.24) | 300m | 41.51 | (41.51) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--|-----|---|----|------|------|
| 50 | gl | | | | | | | |
| | bl | | | | | | | |
| | | m | | | m | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------|----------------|---------|----------------|-------|--------------|------|
| 51 | wt | 59 | Djurre Zuidema | | HPB | 38.47 | 39.81 | |
| | rd | 75 | Wymer Feenstra | | HPA | 37.72 | 34.00 | PR |
| | | Djurre Zuidema | | | Wymer Feenstra | | | |
| | | 300m | 39.81 | (39.81) | 300m | 34.00 | (34.00) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------|------------------|---------|------------------|-------|--------------|------|
| 52 | gl | 38 | Kas Zijlstra | | HPB | 35.26 | 34.60 | PR |
| | bl | 93 | Jelmer Mosterman | | HPB | 39.25 | 37.68 | PR |
| | | Kas Zijlstra | | | Jelmer Mosterman | | | |
| | | 300m | 34.60 | (34.60) | 300m | 37.68 | (37.68) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|------------------|-------|--------------|------|
| 53 | wt | 111 | Jesper ten Bloemendaal | | HPB | 34.93 | 34.58 | PR |
| | rd | 170 | Thijmen Tamminga | | HPA | 33.91 | 34.33 | |
| | | Jesper ten Bloemendaal | | | Thijmen Tamminga | | | |
| | | 300m | 34.58 | (34.58) | 300m | 34.33 | (34.33) | |

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Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 54 | gl | 57 | Bernt Hut | | HPB | 34.63 | 31.62 | PR |
| | bl | 120 | Maurits Aalberts | | HPB | 34.59 | 35.04 | |
| | | <u>Bernt Hut</u> | | | <u>Maurits Aalberts</u> | | | |
| | | 300m | 31.62 | (31.62) | 300m | 35.04 | (35.04) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|-----------------------|-------|--------------|------|
| 55 | wt | 119 | Ferry-Jan De Ruiter | | HPB | 33.50 | 33.56 | |
| | rd | 19 | Derek Graansma | | HPB | 33.38 | 34.28 | |
| | | <u>Ferry-Jan De Ruiter</u> | | | <u>Derek Graansma</u> | | | |
| | | 300m | 33.56 | (33.56) | 300m | 34.28 | (34.28) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 56 | gl | 11 | Jurjen Dijkstra | | HPB | 33.68 | 33.95 | |
| | bl | 12 | Joas van der Vaart | | HPA | 33.25 | 32.28 | PR |
| | | <u>Jurjen Dijkstra</u> | | | <u>Joas van der Vaart</u> | | | |
| | | 300m | 33.95 | (33.95) | 300m | 32.28 | (32.28) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|--------------------|-------|--------------|------|
| 57 | wt | 112 | Fimme van Dijk | | HPA | 32.79 | 32.39 | PR |
| | rd | 25 | Rimar Kaper | | HPA | 32.09 | 32.15 | |
| | | <u>Fimme van Dijk</u> | | | <u>Rimar Kaper</u> | | | |
| | | 300m | 32.39 | (32.39) | 300m | 32.15 | (32.15) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|----------------------|-------|--------------|------|
| 58 | gl | 79 | Jens-Jochem Webbink | | HPB | 32.89 | 33.19 | |
| | bl | 110 | Niels Schurer | | HPB | 32.63 | 33.07 | |
| | | <u>Jens-Jochem Webbink</u> | | | <u>Niels Schurer</u> | | | |
| | | 300m | 33.19 | (33.19) | 300m | 33.07 | (33.07) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|--------------------|-------|--------------|------|
| 59 | wt | 43 | Wytse Hamstra | | HPA | 31.90 | 31.89 | PR |
| | rd | 82 | Daan Westra | | HPA | 31.76 | 31.37 | PR |
| | | <u>Wytse Hamstra</u> | | | <u>Daan Westra</u> | | | |
| | | 300m | 31.89 | (31.89) | 300m | 31.37 | (31.37) | |

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| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|--------------------------------|-------|---------|------|----------------------------|--------------|------|
| 60 | gl | 90 Berend Zijlstra | | HPB | | 32.05 | 40.31 | FL |
| | bl | 78 Ties Mercuur | | HPA | | 32.01 | 31.10 | PR |
| | | <u>Berend Zijlstra</u> | | | | <u>Ties Mercuur</u> | | |
| | | 300m | 40.31 | (40.31) | 300m | 31.10 | (31.10) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 61 | wt | 100 Jurjen Kramer | | HPB | | 31.33 | 31.00 | PR |
| | rd | 73 Stevin Visser | | HPB | | 31.15 | 30.23 | PR |
| | | <u>Jurjen Kramer</u> | | | | <u>Stevin Visser</u> | | |
| | | 300m | 31.00 | (31.00) | 300m | 30.23 | (30.23) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 62 | gl | 6 Niels Everts | | HPB | | 31.36 | 30.70 | PR |
| | bl | 168 Hidde Salomons | | HPB | | 31.68 | 31.02 | PR |
| | | <u>Niels Everts</u> | | | | <u>Hidde Salomons</u> | | |
| | | 300m | 30.70 | (30.70) | 300m | 31.02 | (31.02) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 63 | wt | 118 Sander Leusink | | HPA | | 30.50 | 31.37 | |
| | rd | 20 Allard van der Ende | | HPB | | 31.03 | 32.82 | |
| | | <u>Sander Leusink</u> | | | | <u>Allard van der Ende</u> | | |
| | | 300m | 31.37 | (31.37) | 300m | 32.82 | (32.82) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 64 | gl | 44 Tieme Bouma | | HPA | | 30.97 | 30.86 | PR |
| | bl | 3 Gideon Westhoff | | HPA | | 30.92 | 31.40 | |
| | | <u>Tieme Bouma</u> | | | | <u>Gideon Westhoff</u> | | |
| | | 300m | 30.86 | (30.86) | 300m | 31.40 | (31.40) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 65 | wt | 169 Sverre Jens Wolters | | HPA | | 30.17 | 29.85 | PR |
| | rd | 24 Sverre de Vegt | | HPB | | 30.39 | 30.59 | |
| | | <u>Sverre Jens Wolters</u> | | | | <u>Sverre de Vegt</u> | | |
| | | 300m | 29.85 | (29.85) | 300m | 30.59 | (30.59) | |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|----------------------|-----------------------|---------|------|-----------------------|---------|-------|--------------|-------|
| 66 | gl | 63 | Ids Hellinga | | HPA | | | 29.90 | 30.28 | |
| | bl | 166 | Tim Postma | | HPA | | | 29.46 | 30.56 | |
| | | <u>Ids Hellinga</u> | | | | <u>Tim Postma</u> | | | | |
| | | 300m | 30.28 | (30.28) | 300m | 30.56 | (30.56) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 67 | wt | 109 | Tobias Pleij | | HPA | | | 28.43 | 28.08 | PR |
| | rd | 45 | Otte Hilarides | | HPB | | | 28.11 | 27.97 | PR |
| | | <u>Tobias Pleij</u> | | | | <u>Otte Hilarides</u> | | | | |
| | | 300m | 28.08 | (28.08) | 300m | 27.97 | (27.97) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 68 | gl | 86 | Anton Boersma | | HPA | | | 28.69 | 28.19 | PR |
| | bl | 21 | Ryan Draaisma | | HPA | | | 28.33 | 28.31 | PR FL |
| | | <u>Anton Boersma</u> | | | | <u>Ryan Draaisma</u> | | | | |
| | | 300m | 28.19 | (28.19) | 300m | 28.31 | (28.31) | | | |

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5. Uitslag Jongste pupillen meisjes (300/300) 2e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 105 Tirza Stojanovski | DPC | 83 | I | 31.22 | | |
| 2 | 162 Jolieke Zijlstra | DPC | 83 | O | 32.04 | | |
| 3 | 22 Miriam van Es | DPC | 84 | I | 33.24 | | |
| 4 | 99 Ammarens Veldstra | DPC | 82 | I | 33.73 | | |
| 5 | 29 Anna de Vegt | DPD | 81 | O | 34.16 | | |
| 6 | 14 Ilana Hokse | DPD | 81 | I | 34.28 | | |
| 7 | 87 Julia Boersma | DPC | 82 | O | 35.01 | | |
| 8 | 49 Loes Pragt | DPC | 80 | O | 35.50 | | |
| 9 | 66 Renske Kromkamp | DPD | 79 | I | 35.86 | | |
| 10 | 97 Danique Leffertstra | DPC | 79 | O | 36.22 | | |
| 11 | 107 Afke Brouwer | DPD | 80 | I | 36.47 | | |
| 12 | 17 Myrthe Zwaagstra | DPC | 78 | I | 36.56 | PR | |
| 13 | 50 Sophie Kooiker | DPD | 77 | I | 36.74 | PR | |
| 14 | 61 Tamar Dubbink | DPC | 77 | O | 37.72 | | |
| 15 | 9 Romée Lanser | DPC | 78 | O | 37.73 | | |
| 16 | 52 Noémi Vlieg | DPD | 76 | O | 38.35 | PR | |
| 17 | 126 Lisette Reitsma | DPD | 75 | I | 38.49 | | |
| 18 | 81 Esra Alkema | DPD | 76 | I | 38.56 | | |
| 19 | 101 Lynn Groen | DPC | 74 | I | 38.80 | PR | |
| 20 | 84 Eva Marks | DPE | 70 | I | 38.82 | | |
| 21 | 5 Lotte Marks | DPC | 73 | O | 39.53 | | |
| 22 | 31 Yfke Vries | DPD | 73 | I | 39.61 | PR | |
| 23 | 103 Ranomi Schaap | DPC | 72 | I | 40.38 | PR | |
| 24 | 60 Renske Hut | DPE | 69 | I | 40.91 | | |
| 25 | 76 Julia Prins | DPD | 70 | O | 41.02 | HT | |
| 26 | 165 Liselot Toering | DPC | 74 | O | 41.32 | | |
| 27 | 42 Annabelle Frychel | DPC | 75 | O | 41.77 | | |
| 28 | 108 Lieke Brouwer | DPE | 69 | O | 41.90 | | |
| 29 | 95 Elske de Vries | DPE | 71 | O | 42.62 | | |
| 30 | 91 Fenna Mozes | DPD | 84 | O | 45.19 | FL | |
| 31 | 167 Chantal Kingma | DPD | 72 | O | 47.79 | FL | |
| 32 | 23 Mara Nossin | DPC | 71 | I | 51.74 | FL | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

5. Rituitslag Jongste pupillen meisjes (300/300) 2e 300 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|--------------------|----------------------|------|
| 69 | wt | 60 Renske Hut | DPE | | 40.91 | |
| | rd | 108 Lieke Brouwer | DPE | 42.62 | 41.90 | |
| | | <u>Renske Hut</u> | | | <u>Lieke Brouwer</u> | |
| | | 300m 40.91 (40.91) | | 300m 41.90 (41.90) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------|-----|--------------------|--------------------|------|
| 70 | gl | 84 Eva Marks | DPE | | 38.82 | |
| | bl | 76 Julia Prins | DPD | | 41.02 | HT |
| | | <u>Eva Marks</u> | | | <u>Julia Prins</u> | |
| | | 300m 38.82 (38.82) | | 300m 41.02 (41.02) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|--------------------|-----------------------|------|
| 71 | wt | 23 Mara Nossin | DPC | 41.95 | 51.74 | FL |
| | rd | 95 Elske de Vries | DPE | 42.59 | 42.62 | |
| | | <u>Mara Nossin</u> | | | <u>Elske de Vries</u> | |
| | | 300m 51.74 (51.74) | | 300m 42.62 (42.62) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|--------------------|-----------------------|------|
| 72 | gl | 103 Ranomi Schaap | DPC | 41.03 | 40.38 | PR |
| | bl | 167 Chantal Kingma | DPD | 41.95 | 47.79 | FL |
| | | <u>Ranomi Schaap</u> | | | <u>Chantal Kingma</u> | |
| | | 300m 40.38 (40.38) | | 300m 47.79 (47.79) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------|-----|--------------------|--------------------|------|
| 73 | wt | 31 Yfke Vries | DPD | 40.90 | 39.61 | PR |
| | rd | 5 Lotte Marks | DPC | 39.80 | 39.53 | |
| | | <u>Yfke Vries</u> | | | <u>Lotte Marks</u> | |
| | | 300m 39.61 (39.61) | | 300m 39.53 (39.53) | | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-------|-----------------|------|-------|--------------|------|
| 74 | gl | 101 Lynn Groen | | DPC | | 40.74 | 38.80 | PR |
| | bl | 165 Liselot Toering | | DPC | | 40.68 | 41.32 | |
| | | Lynn Groen | | Liselot Toering | | | | |
| | | 300m | 38.80 | (38.80) | 300m | 41.32 | (41.32) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|-------|-------------------|------|-------|--------------|------|
| 75 | wt | 126 Lisette Reitsma | | DPD | | 38.06 | 38.49 | |
| | rd | 42 Annabelle Frychel | | DPC | | 39.51 | 41.77 | |
| | | Lisette Reitsma | | Annabelle Frychel | | | | |
| | | 300m | 38.49 | (38.49) | 300m | 41.77 | (41.77) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------|-------|-------------|------|-------|--------------|------|
| 76 | gl | 81 Esra Alkema | | DPD | | 37.95 | 38.56 | |
| | bl | 52 Noémi Vlieg | | DPD | | 39.14 | 38.35 | PR |
| | | Esra Alkema | | Noémi Vlieg | | | | |
| | | 300m | 38.56 | (38.56) | 300m | 38.35 | (38.35) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------|-------|---------------|------|-------|--------------|------|
| 77 | wt | 50 Sophie Kooiker | | DPD | | 37.16 | 36.74 | PR |
| | rd | 61 Tamar Dubbink | | DPC | | 36.62 | 37.72 | |
| | | Sophie Kooiker | | Tamar Dubbink | | | | |
| | | 300m | 36.74 | (36.74) | 300m | 37.72 | (37.72) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-------|--------------|------|-------|--------------|------|
| 78 | gl | 17 Myrthe Zwaagstra | | DPC | | 36.89 | 36.56 | PR |
| | bl | 9 Romée Lanser | | DPC | | 37.06 | 37.73 | |
| | | Myrthe Zwaagstra | | Romée Lanser | | | | |
| | | 300m | 36.56 | (36.56) | 300m | 37.73 | (37.73) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------|---------------------|------|-------|--------------|------|
| 79 | wt | 66 Renske Kromkamp | | DPD | | 34.97 | 35.86 | |
| | rd | 97 Danique Leffertstra | | DPC | | 35.86 | 36.22 | |
| | | Renske Kromkamp | | Danique Leffertstra | | | | |
| | | 300m | 35.86 | (35.86) | 300m | 36.22 | (36.22) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|---------------------|---------------------|---------|-------------------|-------|--------------|------|--|
| 80 | gl | 107 | Afke Brouwer | | DPD | 36.17 | 36.47 | | |
| | bl | 49 | Loes Pragt | | DPC | 35.74 | 35.50 | | |
| | | <u>Afke Brouwer</u> | | | <u>Loes Pragt</u> | | | | |
| | | 300m | 36.47 | (36.47) | 300m | 35.50 | (35.50) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------|---------------------|---------|---------------------|-------|--------------|------|--|
| 81 | wt | 14 | Ilana Hokse | | DPD | 34.20 | 34.28 | | |
| | rd | 29 | Anna de Vegt | | DPD | 33.79 | 34.16 | | |
| | | <u>Ilana Hokse</u> | | | <u>Anna de Vegt</u> | | | | |
| | | 300m | 34.28 | (34.28) | 300m | 34.16 | (34.16) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|--|
| 82 | gl | 99 | Ammarens Veldstra | | DPC | 33.72 | 33.73 | | |
| | bl | 87 | Julia Boersma | | DPC | 34.42 | 35.01 | | |
| | | <u>Ammarens Veldstra</u> | | | <u>Julia Boersma</u> | | | | |
| | | 300m | 33.73 | (33.73) | 300m | 35.01 | (35.01) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------------|--------------------------|---------|-------------------------|-------|--------------|------|--|
| 83 | wt | 105 | Tirza Stojanovski | | DPC | 30.47 | 31.22 | | |
| | rd | 162 | Jolieke Zijlstra | | DPC | 32.46 | 32.04 | | |
| | | <u>Tirza Stojanovski</u> | | | <u>Jolieke Zijlstra</u> | | | | |
| | | 300m | 31.22 | (31.22) | 300m | 32.04 | (32.04) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|----------------------|----------------------|---------|--------------------|-------|--------------|------|--|
| 84 | gl | 22 | Miriam van Es | | DPC | 32.87 | 33.24 | | |
| | bl | 91 | Fenna Mozes | | DPD | 33.51 | 45.19 | FL | |
| | | <u>Miriam van Es</u> | | | <u>Fenna Mozes</u> | | | | |
| | | 300m | 33.24 | (33.24) | 300m | 45.19 | (45.19) | | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

6. Uitslag Jongste pupillen jongens (300/300) 2e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 15 Jurre Valkenburg | HPC | 94 | O | 31.69 | | |
| 2 | 83 Nick van der Staal | HPC | 94 | I | 32.05 | | |
| 3 | 125 Bas van der Weij | HPC | 93 | I | 33.66 | | |
| 4 | 47 Idsart Hilarides | HPD | 93 | O | 34.15 | | |
| 5 | 13 Thies Kramer | HPC | 92 | O | 35.15 | | |
| 6 | 92 Hidde Boskma | HPC | 91 | O | 36.16 | | |
| 7 | 121 Philip Aalberts | HPD | 89 | O | 36.60 | | |
| 8 | 115 Silvan Stroetinga | HPE | 91 | I | 37.03 | | |
| 9 | 114 Jim Oosterhuis | HPD | 90 | I | 37.69 | | |
| 10 | 18 Ties Wierda | HPE | 89 | I | 38.19 | PR | |
| 11 | 117 Pim de Vries | HPD | 88 | I | 38.79 | PR | |
| 12 | 80 Brent Faber | HPE | 90 | O | 40.13 | | |
| 13 | 113 Jurre Van Dijk | HPC | 87 | O | 40.42 | | |
| 14 | 2 David Westhoff | HPE | 87 | I | 41.12 | PR | |
| 15 | 36 Lasse Kolder | HPE | 85 | I | 41.53 | PR | |
| 16 | 172 Bram Zijlstra | HPE | 86 | I | 41.64 | | |
| 17 | 37 Tim Nijboer | HPF | 88 | O | 43.59 | | |
| 18 | 62 Matthijs Jacobs-Monsees | HPC | 92 | I | 43.88 | FL | |
| 19 | 46 Naut Kuiper | HPE | 86 | O | 44.63 | | |
| 20 | 163 Thijs Zijlstra | HPF | 85 | O | 48.13 | | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

6. Rituitslag Jongste pupillen jongens (300/300) 2e 300 meter

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|---------------------|-----------------------|---------|-----------------------|-------|--------------|------|--|
| 85 | wt | 36 | Lasse Kolder | | HPE | 43.40 | 41.53 | PR | |
| | rd | 163 | Thijs Zijlstra | | HPF | 47.73 | 48.13 | | |
| | | <u>Lasse Kolder</u> | | | <u>Thijs Zijlstra</u> | | | | |
| | | 300m | 41.53 | (41.53) | 300m | 48.13 | (48.13) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|----------------------|----------------------|---------|--------------------|-------|--------------|------|--|
| 86 | gl | 172 | Bram Zijlstra | | HPE | 43.10 | 41.64 | | |
| | bl | 46 | Naut Kuiper | | HPE | 43.03 | 44.63 | | |
| | | <u>Bram Zijlstra</u> | | | <u>Naut Kuiper</u> | | | | |
| | | 300m | 41.64 | (41.64) | 300m | 44.63 | (44.63) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|-----------------------|-----------------------|---------|-----------------------|-------|--------------|------|--|
| 87 | wt | 2 | David Westhoff | | HPE | 42.25 | 41.12 | PR | |
| | rd | 113 | Jurre Van Dijk | | HPC | 39.09 | 40.42 | | |
| | | <u>David Westhoff</u> | | | <u>Jurre Van Dijk</u> | | | | |
| | | 300m | 41.12 | (41.12) | 300m | 40.42 | (40.42) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|---------------------|---------------------|---------|--------------------|-------|--------------|------|--|
| 88 | gl | 117 | Pim de Vries | | HPD | 41.38 | 38.79 | PR | |
| | bl | 37 | Tim Nijboer | | HPF | 40.84 | 43.59 | | |
| | | <u>Pim de Vries</u> | | | <u>Tim Nijboer</u> | | | | |
| | | 300m | 38.79 | (38.79) | 300m | 43.59 | (43.59) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------|------------------------|---------|------------------------|-------|--------------|------|--|
| 89 | wt | 18 | Ties Wierda | | HPE | 38.80 | 38.19 | PR | |
| | rd | 121 | Philip Aalberts | | HPD | 35.53 | 36.60 | | |
| | | <u>Ties Wierda</u> | | | <u>Philip Aalberts</u> | | | | |
| | | 300m | 38.19 | (38.19) | 300m | 36.60 | (36.60) | | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|--------------------|-------|--------------|------|
| 90 | gl | 114 | Jim Oosterhuis | | HPD | 36.32 | 37.69 | |
| | bl | 80 | Brent Faber | | HPE | 38.14 | 40.13 | |
| | | <u>Jim Oosterhuis</u> | | | <u>Brent Faber</u> | | | |
| | | 300m | 37.69 | (37.69) | 300m | 40.13 | (40.13) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|---------------------|-------|--------------|------|
| 91 | wt | 115 | Silvan Stroetinga | | HPE | 35.45 | 37.03 | |
| | rd | 92 | Hidde Boskma | | HPC | 33.89 | 36.16 | |
| | | <u>Silvan Stroetinga</u> | | | <u>Hidde Boskma</u> | | | |
| | | 300m | 37.03 | (37.03) | 300m | 36.16 | (36.16) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------------|--------------------------------|---------|---------------------|-------|--------------|------|
| 92 | gl | 62 | Matthijs Jacobs-Monsees | | HPC | 35.02 | 43.88 | FL |
| | bl | 13 | Thies Kramer | | HPC | 35.31 | 35.15 | |
| | | <u>Matthijs Jacobs-Monsees</u> | | | <u>Thies Kramer</u> | | | |
| | | 300m | 43.88 | (43.88) | 300m | 35.15 | (35.15) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 93 | wt | 125 | Bas van der Weij | | HPC | 32.42 | 33.66 | |
| | rd | 47 | Idsart Hilarides | | HPD | 33.50 | 34.15 | |
| | | <u>Bas van der Weij</u> | | | <u>Idsart Hilarides</u> | | | |
| | | 300m | 33.66 | (33.66) | 300m | 34.15 | (34.15) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|-------------------------|-------|--------------|------|
| 94 | gl | 83 | Nick van der Staal | | HPC | 31.85 | 32.05 | |
| | bl | 15 | Jurre Valkenburg | | HPC | 31.09 | 31.69 | |
| | | <u>Nick van der Staal</u> | | | <u>Jurre Valkenburg</u> | | | |
| | | 300m | 32.05 | (32.05) | 300m | 31.69 | (31.69) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B

jun, 08-01-2024

Thialf - Heerenveen

7. Uitslag Oudste pupillen meisjes (300/500) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 35 Sigrid van Es | DPB | 115 | O | 45.81 | | |
| 2 | 104 Nynke Krol | DPB | 116 | I | 46.18 | PR | |
| 3 | 77 Rixt Bijlsma | DPA | 116 | O | 47.43 | | |
| 4 | 27 Menthe Pietersma | DPA | 112 | O | 49.43 | | |
| | 8 Maartje Janssen | DPB | 115 | I | 49.43 | | |
| 6 | 85 Keira Wind | DPA | 113 | I | 49.44 | PR | |
| 7 | 10 Doutzen Wierda | DPB | 112 | I | 49.56 | PR | |
| 8 | 1 Sybrich Buisman | DPA | 114 | O | 50.03 | | |
| 9 | 41 Carlien van den Heuvel | DPA | 113 | O | 50.31 | | |
| 10 | 89 Antje Ypma | DPA | 114 | I | 50.51 | | |
| 11 | 33 Lieke Nijboer | DPB | 111 | O | 50.88 | PR | |
| 12 | 116 Maud de Vries | DPA | 107 | I | 51.36 | PR | |
| 13 | 48 Myrthe Kooiker | DPB | 111 | I | 51.52 | | |
| 14 | 7 Rhodé Westhoff | DPA | 106 | O | 51.78 | PR | |
| 15 | 94 Andrea de Jong | DPA | 109 | I | 51.85 | PR | |
| 16 | 4 Djura Lubbinge | DPB | 110 | I | 52.32 | PR | |
| 17 | 55 Bente Dam | DPB | 110 | O | 52.85 | PR | |
| 18 | 16 Marije Nieman | DPA | 109 | O | 53.53 | | |
| 19 | 39 Lynn van Baaren | DPB | 108 | O | 53.69 | PR | |
| 20 | 26 Silke Vries | DPA | 106 | I | 53.92 | PR | |
| 21 | 70 Verena Jansen | DPA | 108 | I | 55.04 | | |
| 22 | 123 Nouk van het Erve | DPB | 105 | O | 55.32 | | |
| 23 | 64 Yara Lanza | DPA | 104 | O | 55.49 | PR | |
| 24 | 69 Feya Hollak | DPA | 107 | O | 55.85 | | |
| 25 | 32 Milou Steenbeek | DPA | 105 | I | 56.22 | PR | |
| 26 | 74 Lotte van der Woud | DPB | 104 | I | 56.55 | PR | |
| 27 | 68 Maud Brakke | DPA | 103 | I | 57.55 | | |
| 28 | 40 Ilona Borger | DPA | 101 | O | 57.78 | PR | |
| 29 | 124 Emma van der Tol | DPA | 100 | I | 58.53 | PR | |
| 30 | 173 Jasmijn Snijder | DPB | 98 | O | 58.60 | | |
| 31 | 128 Marrit Reitsma | DPA | 99 | O | 58.62 | PR | |
| 32 | 171 Nynke van Stralen | DPB | 101 | I | 59.24 | | |
| 33 | 58 Meike van Tent Becking | DPA | 96 | O | 59.56 | | |
| 34 | 96 Froukje de Vries | DPB | 103 | O | 1:00.60 | | |
| 35 | 30 Amber Soet | DPB | 102 | O | 1:00.88 | PR | |
| 36 | 54 Tamar Daleman | DPA | 97 | I | 1:01.08 | PR | |
| 37 | 156 Yinthe Woudstra | DPA | 95 | O | 1:01.09 | | |
| 38 | 51 Kim Kuiper | DPA | 100 | O | 1:01.82 | PR | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B

jun, 08-01-2024

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 39 | 98 Lisa Haanstra | DPB | 97 | O | 1:02.82 | | |
| 40 | 56 Mirna van der Terp | DPB | 102 | I | 1:03.63 | | |
| 41 | 106 Kaya van Otterlo | DPB | 99 | I | 1:04.61 | | |
| 42 | 164 Ammarins Toering | DPA | 98 | I | 1:05.28 | PR | |
| 43 | 102 Judith Van Dijk | DPA | 96 | I | 1:16.52 | FL | |
| 44 | 88 Jantsje Broekhuizen | DPA | 95 | I | 1:19.22 | | |

Scheidsrechter:

Assistent:

Starter:

Van 8-1-2024 18:30:00 tot 8-1-2024 20:32:30

Print: 21-11-2024 14:10:45

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

7. Rituitslag Oudste pupillen meisjes (300/500) 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------------|---------|------------------------|---------|----------------|---------|
| 95 | wt | 88 | Jantsje Broekhuizen | | DPA | 1:16.85 | 1:19.22 | |
| | rd | 156 | Yinthe Woudstra | | DPA | | 1:01.09 | |
| | | | Jantsje Broekhuizen | | Yinthe Woudstra | | | |
| | | | 100m | 18.77 | (18.77) | 100m | 14.46 | (14.46) |
| | | | 500m | 1:19.22 | (60.45) | 500m | 1:01.09 | (46.63) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------------|---------|-------------------------------|------|----------------|---------|
| 96 | gl | 102 | Judith Van Dijk | | DPA | | 1:16.52 | FL |
| | bl | 58 | Meike van Tent Becking | | DPA | | 59.56 | |
| | | | Judith Van Dijk | | Meike van Tent Becking | | | |
| | | | 100m | 14.86 | (14.86) | 100m | 14.00 | (14.00) |
| | | | 500m | 1:16.52 | (61.66) | 500m | 59.56 | (45.56) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|---------|----------------------|---------|----------------|---------|
| 97 | wt | 54 | Tamar Daleman | | DPA | 1:01.51 | 1:01.08 | PR |
| | rd | 98 | Lisa Haanstra | | DPB | 1:02.73 | 1:02.82 | |
| | | | Tamar Daleman | | Lisa Haanstra | | | |
| | | | 100m | 14.29 | (14.29) | 100m | 14.71 | (14.71) |
| | | | 500m | 1:01.08 | (46.79) | 500m | 1:02.82 | (48.11) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|---------|------------------------|---------|----------------|---------|
| 98 | gl | 164 | Ammarins Toering | | DPA | 1:06.12 | 1:05.28 | PR |
| | bl | 173 | Jasmijn Snijder | | DPB | 57.73 | 58.60 | |
| | | | Ammarins Toering | | Jasmijn Snijder | | | |
| | | | 100m | 15.26 | (15.26) | 100m | 13.69 | (13.69) |
| | | | 500m | 1:05.28 | (50.02) | 500m | 58.60 | (44.91) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|---------|-----------------------|-------|----------------|---------|
| 99 | wt | 106 | Kaya van Otterlo | | DPB | | 1:04.61 | |
| | rd | 128 | Marrit Reitsma | | DPA | 58.90 | 58.62 | PR |
| | | | Kaya van Otterlo | | Marrit Reitsma | | | |
| | | | 100m | 15.54 | (15.54) | 100m | 14.77 | (14.77) |
| | | | 500m | 1:04.61 | (49.07) | 500m | 58.62 | (43.85) |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B

jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-------|----|---------------------------|---------------------------|---------|-------------------------|---------|----------------|------|
| 100 | gl | 124 | Emma van der Tol | | DPA | 59.17 | 58.53 | PR |
| | bl | 51 | Kim Kuiper | | DPA | 1:02.93 | 1:01.82 | PR |
| | | <u>Emma van der Tol</u> | | | <u>Kim Kuiper</u> | | | |
| | | 100m | 15.09 | (15.09) | 100m | 15.38 | (15.38) | |
| | | 500m | 58.53 | (43.44) | 500m | 1:01.82 | (46.44) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 101 | wt | 171 | Nynke van Stralen | | DPB | 57.68 | 59.24 | |
| | rd | 40 | Ilona Borger | | DPA | 58.49 | 57.78 | PR |
| | | <u>Nynke van Stralen</u> | | | <u>Ilona Borger</u> | | | |
| | | 100m | 13.91 | (13.91) | 100m | 14.34 | (14.34) | |
| | | 500m | 59.24 | (45.33) | 500m | 57.78 | (43.44) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 102 | gl | 56 | Mirna van der Terp | | DPB | 1:00.40 | 1:03.63 | |
| | bl | 30 | Amber Soet | | DPB | 1:00.93 | 1:00.88 | PR |
| | | <u>Mirna van der Terp</u> | | | <u>Amber Soet</u> | | | |
| | | 100m | 15.73 | (15.73) | 100m | 14.17 | (14.17) | |
| | | 500m | 1:03.63 | (47.90) | 500m | 1:00.88 | (46.71) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 103 | wt | 68 | Maud Brakke | | DPA | 56.71 | 57.55 | |
| | rd | 96 | Froukje de Vries | | DPB | 56.95 | 1:00.60 | |
| | | <u>Maud Brakke</u> | | | <u>Froukje de Vries</u> | | | |
| | | 100m | 13.90 | (13.90) | 100m | 14.45 | (14.45) | |
| | | 500m | 57.55 | (43.65) | 500m | 1:00.60 | (46.15) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 104 | gl | 74 | Lotte van der Woud | | DPB | 56.68 | 56.55 | PR |
| | bl | 64 | Yara Lanza | | DPA | 55.89 | 55.49 | PR |
| | | <u>Lotte van der Woud</u> | | | <u>Yara Lanza</u> | | | |
| | | 100m | 14.32 | (14.32) | 100m | 13.58 | (13.58) | |
| | | 500m | 56.55 | (42.23) | 500m | 55.49 | (41.91) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B

jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|--------------------------|---------|--------------------------|---------|--------------|------|
| 105 | wt | 32 | Milou Steenbeek | | DPA | 1:07.81 | 56.22 | PR |
| | rd | 123 | Nouk van het Erve | | DPB | 54.06 | 55.32 | |
| | | <u>Milou Steenbeek</u> | | | <u>Nouk van het Erve</u> | | | |
| | | 100m | 13.22 | (13.22) | 100m | 13.88 | (13.88) | |
| | | 500m | 56.22 | (43.00) | 500m | 55.32 | (41.44) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|--------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 106 | gl | 26 | Silke Vries | | DPA | 54.41 | 53.92 | PR |
| | bl | 7 | Rhodé Westhoff | | DPA | 52.57 | 51.78 | PR |
| | | <u>Silke Vries</u> | | | <u>Rhodé Westhoff</u> | | | |
| | | 100m | 14.19 | (14.19) | 100m | 13.65 | (13.65) | |
| | | 500m | 53.92 | (39.73) | 500m | 51.78 | (38.13) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|----------------------|---------|--------------------|-------|--------------|------|
| 107 | wt | 116 | Maud de Vries | | DPA | 51.78 | 51.36 | PR |
| | rd | 69 | Feya Hollak | | DPA | 53.20 | 55.85 | |
| | | <u>Maud de Vries</u> | | | <u>Feya Hollak</u> | | | |
| | | 100m | 13.56 | (13.56) | 100m | 14.17 | (14.17) | |
| | | 500m | 51.36 | (37.80) | 500m | 55.85 | (41.68) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 108 | gl | 70 | Verena Jansen | | DPA | 53.80 | 55.04 | |
| | bl | 39 | Lynn van Baaren | | DPB | 55.23 | 53.69 | PR |
| | | <u>Verena Jansen</u> | | | <u>Lynn van Baaren</u> | | | |
| | | 100m | 13.97 | (13.97) | 100m | 13.47 | (13.47) | |
| | | 500m | 55.04 | (41.07) | 500m | 53.69 | (40.22) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|----------------------|-------|--------------|------|
| 109 | wt | 94 | Andrea de Jong | | DPA | 52.70 | 51.85 | PR |
| | rd | 16 | Marije Nieman | | DPA | 52.73 | 53.53 | |
| | | <u>Andrea de Jong</u> | | | <u>Marije Nieman</u> | | | |
| | | 100m | 13.47 | (13.47) | 100m | 14.14 | (14.14) | |
| | | 500m | 51.85 | (38.38) | 500m | 53.53 | (39.39) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|------------------|-------|--------------|------|
| 110 | gl | 4 | Djura Lubbinge | | DPB | 53.32 | 52.32 | PR |
| | bl | 55 | Bente Dam | | DPB | 53.36 | 52.85 | PR |
| | | <u>Djura Lubbinge</u> | | | <u>Bente Dam</u> | | | |
| | | 100m | 13.50 | (13.50) | 100m | 13.33 | (13.33) | |
| | | 500m | 52.32 | (38.82) | 500m | 52.85 | (39.52) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|----------------------|-------|--------------|------|
| 111 | wt | 48 | Myrthe Kooiker | | DPB | 50.99 | 51.52 | |
| | rd | 33 | Lieke Nijboer | | DPB | 51.63 | 50.88 | PR |
| | | <u>Myrthe Kooiker</u> | | | <u>Lieke Nijboer</u> | | | |
| | | 100m | 13.22 | (13.22) | 100m | 13.63 | (13.63) | |
| | | 500m | 51.52 | (38.30) | 500m | 50.88 | (37.25) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 112 | gl | 10 | Doutzen Wierda | | DPB | 51.16 | 49.56 | PR |
| | bl | 27 | Menthe Pietersma | | DPA | 49.22 | 49.43 | |
| | | <u>Doutzen Wierda</u> | | | <u>Menthe Pietersma</u> | | | |
| | | 100m | 13.16 | (13.16) | 100m | 13.26 | (13.26) | |
| | | 500m | 49.56 | (36.40) | 500m | 49.43 | (36.17) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------|-------------------------------|---------|-------------------------------|-------|--------------|------|
| 113 | wt | 85 | Keira Wind | | DPA | 49.86 | 49.44 | PR |
| | rd | 41 | Carlien van den Heuvel | | DPA | 48.87 | 50.31 | |
| | | <u>Keira Wind</u> | | | <u>Carlien van den Heuvel</u> | | | |
| | | 100m | 13.16 | (13.16) | 100m | 13.10 | (13.10) | |
| | | 500m | 49.44 | (36.28) | 500m | 50.31 | (37.21) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------|------------------------|---------|------------------------|-------|--------------|------|
| 114 | gl | 89 | Antje Ypma | | DPA | 48.86 | 50.51 | |
| | bl | 1 | Sybrich Buisman | | DPA | 48.81 | 50.03 | |
| | | <u>Antje Ypma</u> | | | <u>Sybrich Buisman</u> | | | |
| | | 100m | 13.42 | (13.42) | 100m | 13.46 | (13.46) | |
| | | 500m | 50.51 | (37.09) | 500m | 50.03 | (36.57) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | | Cat | | | PR | Tijd Info |
|-----|----|------------------------|------------------------|---------|----------------------|-------|---------|-------|--------------|
| 115 | wt | 8 | Maartje Janssen | | DPB | | | 48.44 | 49.43 |
| | rd | 35 | Sigrid van Es | | DPB | | | 44.91 | 45.81 |
| | | <u>Maartje Janssen</u> | | | <u>Sigrid van Es</u> | | | | |
| | | 100m | 12.53 | (12.53) | 100m | 12.41 | (12.41) | | |
| | | 500m | 49.43 | (36.90) | 500m | 45.81 | (33.40) | | |

| | | Naam | | | Cat | | | PR | Tijd Info |
|-----|----|-------------------|---------------------|---------|---------------------|-------|---------|-------|-----------------|
| 116 | gl | 104 | Nynke Krol | | DPB | | | 46.61 | 46.18 PR |
| | bl | 77 | Rixt Bijlsma | | DPA | | | 46.94 | 47.43 |
| | | <u>Nynke Krol</u> | | | <u>Rixt Bijlsma</u> | | | | |
| | | 100m | 12.28 | (12.28) | 100m | 12.40 | (12.40) | | |
| | | 500m | 46.18 | (33.90) | 500m | 47.43 | (35.03) | | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

8. Uitslag Oudste pupillen jongens (300/500) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------------|-----|------|------|----------------|------|--------|
| 1 | 45 Otte Hilarides | HPB | 135 | I | 44.70 | | |
| 2 | 86 Anton Boersma | HPA | 136 | O | 45.22 | | |
| 3 | 109 Tobias Pleij | HPA | 135 | O | 45.53 | | |
| 4 | 63 Ids Hellinga | HPA | 134 | O | 47.39 | | |
| 5 | 169 Sverre Jens Wolters | HPA | 133 | O | 48.04 | PR | |
| 6 | 73 Stevin Visser | HPB | 129 | I | 48.45 | PR | |
| 7 | 44 Tieme Bouma | HPA | 132 | O | 48.63 | PR | |
| 8 | 6 Niels Everts | HPB | 130 | O | 48.66 | PR | |
| 9 | 21 Ryan Draaisma | HPA | 136 | I | 48.67 | FL | |
| 10 | 166 Tim Postma | HPA | 134 | I | 48.74 | | |
| 11 | 78 Ties Mercur | HPA | 128 | I | 49.02 | PR | |
| 12 | 118 Sander Leusink | HPA | 131 | O | 49.09 | | |
| 13 | 3 Gideon Westhoff | HPA | 132 | I | 49.22 | PR | |
| 14 | 24 Sverre de Vegt | HPB | 133 | I | 49.27 | PR | |
| 15 | 168 Hidde Salomons | HPB | 130 | I | 49.39 | PR | |
| | 100 Jurjen Kramer | HPB | 129 | O | 49.39 | PR | |
| 17 | 82 Daan Westra | HPA | 127 | I | 49.45 | PR | |
| 18 | 43 Wytse Hamstra | HPA | 127 | O | 50.58 | | |
| 19 | 57 Bernt Hut | HPB | 122 | O | 50.70 | PR | |
| 20 | 90 Berend Zijlstra | HPB | 128 | O | 51.83 | | |
| 21 | 12 Joas van der Vaart | HPA | 124 | I | 52.05 | PR | |
| 22 | 110 Niels Schurer | HPB | 126 | I | 52.52 | PR | |
| 23 | 20 Allard van der Ende | HPB | 131 | I | 52.66 | | |
| 24 | 25 Rimar Kaper | HPA | 125 | I | 52.74 | | |
| 25 | 119 Ferry-Jan De Ruiter | HPB | 123 | O | 53.45 | PR | |
| 26 | 112 Fimme van Dijk | HPA | 125 | O | 53.78 | PR | |
| 27 | 11 Jurjen Dijkstra | HPB | 124 | O | 55.04 | | |
| 28 | 19 Derek Graansma | HPB | 123 | I | 55.35 | | |
| 29 | 120 Maurits Aalberts | HPB | 122 | I | 55.42 | | |
| 30 | 38 Kas Zijlstra | HPB | 120 | O | 55.48 | PR | |
| 31 | 75 Wymer Feenstra | HPA | 119 | I | 55.73 | PR | |
| 32 | 111 Jesper ten Bloemendaal | HPB | 121 | O | 56.21 | | |
| 33 | 79 Jens-Jochem Webbink | HPB | 126 | O | 56.28 | | |
| 34 | 170 Thijmen Tamminga | HPA | 121 | I | 56.95 | | |
| 35 | 93 Jelmer Mosterman | HPB | 120 | I | 1:01.39 | PR | |
| 36 | 59 Djurre Zuidema | HPB | 119 | O | 1:04.61 | PR | |
| 37 | 28 Tiemen de Haan | HPB | 117 | O | 1:05.70 | | |
| 38 | 34 Jente de Haan | HPB | 117 | I | 1:06.78 | | |

Scheidsrechter:

Assistent:

Starter:

Van 8-1-2024 18:30:00 tot 8-1-2024 20:51:12

Print: 21-11-2024 14:10:45

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

8. Rituitslag Oudste pupillen jongens (300/500) 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|----------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 117 | wt | 34 | Jente de Haan | | HPB | 1:05.60 | 1:06.78 | |
| | rd | 28 | Tiemen de Haan | | HPB | 1:03.44 | 1:05.70 | |
| | | <u>Jente de Haan</u> | | | <u>Tiemen de Haan</u> | | | |
| | | 100m | 15.66 | (15.66) | 100m | 15.53 | (15.53) | |
| | | 500m | 1:06.78 | (51.12) | 500m | 1:05.70 | (50.17) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---|-----|--|----|------|------|
| 118 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 119 | wt | 75 | Wymer Feenstra | | HPA | 57.04 | 55.73 | PR |
| | rd | 59 | Djurre Zuidema | | HPB | 1:04.69 | 1:04.61 | PR |
| | | <u>Wymer Feenstra</u> | | | <u>Djurre Zuidema</u> | | | |
| | | 100m | 13.32 | (13.32) | 100m | 15.49 | (15.49) | |
| | | 500m | 55.73 | (42.41) | 500m | 1:04.61 | (49.12) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|---------------------|---------|----------------|------|
| 120 | gl | 93 | Jelmer Mosterman | | HPB | 1:03.11 | 1:01.39 | PR |
| | bl | 38 | Kas Zijlstra | | HPB | 55.87 | 55.48 | PR |
| | | <u>Jelmer Mosterman</u> | | | <u>Kas Zijlstra</u> | | | |
| | | 100m | 14.23 | (14.23) | 100m | 13.73 | (13.73) | |
| | | 500m | 1:01.39 | (47.16) | 500m | 55.48 | (41.75) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------------|---------|-------------------------------|-------|--------------|------|
| 121 | wt | 170 | Thijmen Tamminga | | HPA | 56.00 | 56.95 | |
| | rd | 111 | Jesper ten Bloemendaal | | HPB | 55.67 | 56.21 | |
| | | <u>Thijmen Tamminga</u> | | | <u>Jesper ten Bloemendaal</u> | | | |
| | | 100m | 13.79 | (13.79) | 100m | 14.44 | (14.44) | |
| | | 500m | 56.95 | (43.16) | 500m | 56.21 | (41.77) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B

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Thialf - Heerenveen

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|-------------------------|-------------------------|---------|------------------|-------|---------|-------|--------------|------|--|
| 122 | gl | 120 | Maurits Aalberts | | HPB | | | 54.59 | 55.42 | | |
| | bl | 57 | Bernt Hut | | HPB | | | 51.03 | 50.70 | PR | |
| | | <u>Maurits Aalberts</u> | | | <u>Bernt Hut</u> | | | | | | |
| | | 100m | 13.92 | (13.92) | 100m | 13.15 | (13.15) | | | | |
| | | 500m | 55.42 | (41.50) | 500m | 50.70 | (37.55) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|-----------------------|----------------------------|---------|----------------------------|-------|---------|-------|--------------|------|--|
| 123 | wt | 19 | Derek Graansma | | HPB | | | 53.74 | 55.35 | | |
| | rd | 119 | Ferry-Jan De Ruiter | | HPB | | | 55.77 | 53.45 | PR | |
| | | <u>Derek Graansma</u> | | | <u>Ferry-Jan De Ruiter</u> | | | | | | |
| | | 100m | 14.23 | (14.23) | 100m | 13.77 | (13.77) | | | | |
| | | 500m | 55.35 | (41.12) | 500m | 53.45 | (39.68) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|---------------------------|---------------------------|---------|------------------------|-------|---------|-------|--------------|------|--|
| 124 | gl | 12 | Joas van der Vaart | | HPA | | | 54.40 | 52.05 | PR | |
| | bl | 11 | Jurjen Dijkstra | | HPB | | | 53.89 | 55.04 | | |
| | | <u>Joas van der Vaart</u> | | | <u>Jurjen Dijkstra</u> | | | | | | |
| | | 100m | 13.20 | (13.20) | 100m | 14.18 | (14.18) | | | | |
| | | 500m | 52.05 | (38.85) | 500m | 55.04 | (40.86) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|--------------------|-----------------------|---------|-----------------------|-------|---------|-------|--------------|------|--|
| 125 | wt | 25 | Rimar Kaper | | HPA | | | 51.75 | 52.74 | | |
| | rd | 112 | Fimme van Dijk | | HPA | | | 54.39 | 53.78 | PR | |
| | | <u>Rimar Kaper</u> | | | <u>Fimme van Dijk</u> | | | | | | |
| | | 100m | 13.45 | (13.45) | 100m | 13.37 | (13.37) | | | | |
| | | 500m | 52.74 | (39.29) | 500m | 53.78 | (40.41) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|----------------------|----------------------------|---------|----------------------------|-------|---------|-------|--------------|------|--|
| 126 | gl | 110 | Niels Schurer | | HPB | | | 53.39 | 52.52 | PR | |
| | bl | 79 | Jens-Jochem Webbink | | HPB | | | 54.57 | 56.28 | | |
| | | <u>Niels Schurer</u> | | | <u>Jens-Jochem Webbink</u> | | | | | | |
| | | 100m | 13.36 | (13.36) | 100m | 13.30 | (13.30) | | | | |
| | | 500m | 52.52 | (39.16) | 500m | 56.28 | (42.98) | | | | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|--------------------|----------------------|---------|----------------------|-------|--------------|------|
| 127 | wt | 82 | Daan Westra | | HPA | 49.82 | 49.45 | PR |
| | rd | 43 | Wytse Hamstra | | HPA | 50.02 | 50.58 | |
| | | <u>Daan Westra</u> | | | <u>Wytse Hamstra</u> | | | |
| | | 100m | 13.15 | (13.15) | 100m | 13.51 | (13.51) | |
| | | 500m | 49.45 | (36.30) | 500m | 50.58 | (37.07) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 128 | gl | 78 | Ties Mercurur | | HPA | 49.90 | 49.02 | PR |
| | bl | 90 | Berend Zijlstra | | HPB | 50.92 | 51.83 | |
| | | <u>Ties Mercurur</u> | | | <u>Berend Zijlstra</u> | | | |
| | | 100m | 12.87 | (12.87) | 100m | 13.05 | (13.05) | |
| | | 500m | 49.02 | (36.15) | 500m | 51.83 | (38.78) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|----------------------|---------|----------------------|-------|--------------|------|
| 129 | wt | 73 | Stevin Visser | | HPB | 49.26 | 48.45 | PR |
| | rd | 100 | Jurjen Kramer | | HPB | 49.69 | 49.39 | PR |
| | | <u>Stevin Visser</u> | | | <u>Jurjen Kramer</u> | | | |
| | | 100m | 12.63 | (12.63) | 100m | 13.33 | (13.33) | |
| | | 500m | 48.45 | (35.82) | 500m | 49.39 | (36.06) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|---------------------|-------|--------------|------|
| 130 | gl | 168 | Hidde Salomons | | HPB | 51.01 | 49.39 | PR |
| | bl | 6 | Niels Everts | | HPB | 48.83 | 48.66 | PR |
| | | <u>Hidde Salomons</u> | | | <u>Niels Everts</u> | | | |
| | | 100m | 12.81 | (12.81) | 100m | 13.06 | (13.06) | |
| | | 500m | 49.39 | (36.58) | 500m | 48.66 | (35.60) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------------|----------------------------|---------|-----------------------|-------|--------------|------|
| 131 | wt | 20 | Allard van der Ende | | HPB | 50.96 | 52.66 | |
| | rd | 118 | Sander Leusink | | HPA | 48.23 | 49.09 | |
| | | <u>Allard van der Ende</u> | | | <u>Sander Leusink</u> | | | |
| | | 100m | 13.62 | (13.62) | 100m | 12.94 | (12.94) | |
| | | 500m | 52.66 | (39.04) | 500m | 49.09 | (36.15) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B

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Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|--------------------|-------|--------------|------|
| 132 | gl | 3 | Gideon Westhoff | | HPA | 50.00 | 49.22 | PR |
| | bl | 44 | Tieme Bouma | | HPA | 48.87 | 48.63 | PR |
| | | Gideon Westhoff | | | Tieme Bouma | | | |
| | | 100m | 12.88 | (12.88) | 100m | 12.96 | (12.96) | |
| | | 500m | 49.22 | (36.34) | 500m | 48.63 | (35.67) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 133 | wt | 24 | Sverre de Vegt | | HPB | 49.50 | 49.27 | PR |
| | rd | 169 | Sverre Jens Wolters | | HPA | 48.08 | 48.04 | PR |
| | | Sverre de Vegt | | | Sverre Jens Wolters | | | |
| | | 100m | 12.50 | (12.50) | 100m | 12.42 | (12.42) | |
| | | 500m | 49.27 | (36.77) | 500m | 48.04 | (35.62) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-------------------|---------------------|---------|---------------------|-------|--------------|------|
| 134 | gl | 166 | Tim Postma | | HPA | 46.65 | 48.74 | |
| | bl | 63 | Ids Hellinga | | HPA | 46.75 | 47.39 | |
| | | Tim Postma | | | Ids Hellinga | | | |
| | | 100m | 13.31 | (13.31) | 100m | 12.93 | (12.93) | |
| | | 500m | 48.74 | (35.43) | 500m | 47.39 | (34.46) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|---------------------|-------|--------------|------|
| 135 | wt | 45 | Otte Hilarides | | HPB | 43.96 | 44.70 | |
| | rd | 109 | Tobias Pleij | | HPA | 45.46 | 45.53 | |
| | | Otte Hilarides | | | Tobias Pleij | | | |
| | | 100m | 12.02 | (12.02) | 100m | 12.20 | (12.20) | |
| | | 500m | 44.70 | (32.68) | 500m | 45.53 | (33.33) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|----------------------|----------------------|---------|----------------------|-------|--------------|------|
| 136 | gl | 21 | Ryan Draaisma | | HPA | 44.63 | 48.67 | FL |
| | bl | 86 | Anton Boersma | | HPA | 44.95 | 45.22 | |
| | | Ryan Draaisma | | | Anton Boersma | | | |
| | | 100m | 13.06 | (13.06) | 100m | 12.35 | (12.35) | |
| | | 500m | 48.67 | (35.61) | 500m | 45.22 | (32.87) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

9. Uitslag Junioren C/B 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 141 Pieter Zijlstra | HB1 | 149 | I | 39.88 | | |
| 2 | 154 Rick Schuurman | HB1 | 149 | O | 40.16 | | |
| 3 | 129 Anouk Aalders | DC2 | 148 | O | 43.20 | | |
| 4 | 132 Tijn Bijma | HC1 | 147 | O | 43.50 | | |
| 5 | 159 Kailey van der Veen | DC1 | 147 | I | 43.74 | | |
| 6 | 152 Luca Stroetinga | HC1 | 145 | O | 44.16 | | |
| 7 | 148 Rosa-Lynn Compagner | DC2 | 148 | I | 44.58 | | |
| 8 | 143 Colin de Velde | HC1 | 146 | O | 44.88 | | |
| 9 | 130 Rozina Veldstra | DC2 | 146 | I | 45.07 | | |
| 10 | 144 Britt Steg | DB1 | 143 | I | 45.32 | | |
| 11 | 137 Nienke Valkenburg | DB2 | 144 | I | 45.44 | | |
| | 157 Marrit Bosma | DC1 | 144 | O | 45.44 | | |
| 13 | 155 Jelmer Tasma | HC1 | 145 | I | 45.66 | | |
| 14 | 149 Gerianne Kromkamp | DC1 | 141 | O | 45.67 | PR | |
| 15 | 135 Merel Vlug | DC1 | 141 | I | 45.74 | PR | |
| 16 | 134 Jade Zijlstra | DC2 | 142 | O | 46.05 | | |
| 17 | 142 Robine Lubbinge | DC2 | 142 | I | 46.38 | | |
| 18 | 147 Sem de Vries | HB1 | 140 | O | 46.67 | | |
| 19 | 150 Mats Rabbinge | HC2 | 143 | O | 46.70 | | |
| 20 | 140 Jildau de Vries | DC1 | 140 | I | 47.77 | | |
| 21 | 131 Amber Feller | DC2 | 139 | O | 47.87 | | |
| 22 | 153 Mirte Kingma | DC1 | 137 | I | 48.99 | PR | |
| 23 | 136 Eline Teeninga | DC1 | 138 | O | 49.07 | | |
| 24 | 138 Jorrit Kiestra | HC2 | 139 | I | 49.31 | | |
| 25 | 160 Thijs de Wit | HC1 | 138 | I | 50.12 | PR | |
| 26 | 161 Aimee Prins | DC1 | 137 | O | 52.38 | | |
| | 133 Niek Bijma | HB1 | 150 | O | DNF | | |
| | 151 Huub Adema | HB1 | 150 | I | DQ | | |

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Thialf - Heerenveen

9. Rituitslag Junioren C/B 500 meter

| | | Naam | | Cat | | PR | Tijd | Info | |
|-----|----|---------------------|---------------------|---------|--------------------|-------|--------------|------|--|
| 137 | wt | 153 | Mirte Kingma | | DC1 | 49.79 | 48.99 | PR | |
| | rd | 161 | Aimee Prins | | DC1 | 50.28 | 52.38 | | |
| | | <u>Mirte Kingma</u> | | | <u>Aimee Prins</u> | | | | |
| | | 100m | 13.12 | (13.12) | 100m | 13.99 | (13.99) | | |
| | | 500m | 48.99 | (35.87) | 500m | 52.38 | (38.39) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|-----|----|---------------------|-----------------------|---------|-----------------------|-------|--------------|------|--|
| 138 | gl | 160 | Thijs de Wit | | HC1 | 50.83 | 50.12 | PR | |
| | bl | 136 | Eline Teeninga | | DC1 | 47.42 | 49.07 | | |
| | | <u>Thijs de Wit</u> | | | <u>Eline Teeninga</u> | | | | |
| | | 100m | 12.76 | (12.76) | 100m | 12.53 | (12.53) | | |
| | | 500m | 50.12 | (37.36) | 500m | 49.07 | (36.54) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|-----|----|-----------------------|-----------------------|---------|---------------------|-------|--------------|------|--|
| 139 | wt | 138 | Jorrit Kiestra | | HC2 | 46.66 | 49.31 | | |
| | rd | 131 | Amber Feller | | DC2 | 46.50 | 47.87 | | |
| | | <u>Jorrit Kiestra</u> | | | <u>Amber Feller</u> | | | | |
| | | 100m | 12.86 | (12.86) | 100m | 12.70 | (12.70) | | |
| | | 500m | 49.31 | (36.45) | 500m | 47.87 | (35.17) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|-----|----|------------------------|------------------------|---------|---------------------|-------|--------------|------|--|
| 140 | gl | 140 | Jildau de Vries | | DC1 | 47.06 | 47.77 | | |
| | bl | 147 | Sem de Vries | | HB1 | 46.36 | 46.67 | | |
| | | <u>Jildau de Vries</u> | | | <u>Sem de Vries</u> | | | | |
| | | 100m | 13.04 | (13.04) | 100m | 12.18 | (12.18) | | |
| | | 500m | 47.77 | (34.73) | 500m | 46.67 | (34.49) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|-----|----|-------------------|--------------------------|---------|--------------------------|-------|--------------|------|--|
| 141 | wt | 135 | Merel Vlug | | DC1 | 45.94 | 45.74 | PR | |
| | rd | 149 | Gerianne Kromkamp | | DC1 | 46.23 | 45.67 | PR | |
| | | <u>Merel Vlug</u> | | | <u>Gerianne Kromkamp</u> | | | | |
| | | 100m | 12.36 | (12.36) | 100m | 12.49 | (12.49) | | |
| | | 500m | 45.74 | (33.38) | 500m | 45.67 | (33.18) | | |

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Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|--------------------------|--------------------------|---------|------------------------|-------|--------------|------|
| 142 | gl | 142 | Robine Lubbinge | | DC2 | 45.53 | 46.38 | |
| | bl | 134 | Jade Zijlstra | | DC2 | 45.64 | 46.05 | |
| | | Robine Lubbinge | | | Jade Zijlstra | | | |
| | | 100m | 12.28 | (12.28) | 100m | 12.48 | (12.48) | |
| | | 500m | 46.38 | (34.10) | 500m | 46.05 | (33.57) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 143 | wt | 144 | Britt Steg | | DB1 | 44.53 | 45.32 | |
| | rd | 150 | Mats Rabbinge | | HC2 | 45.14 | 46.70 | |
| | | Britt Steg | | | Mats Rabbinge | | | |
| | | 100m | 12.51 | (12.51) | 100m | 12.09 | (12.09) | |
| | | 500m | 45.32 | (32.81) | 500m | 46.70 | (34.61) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 144 | gl | 137 | Nienke Valkenburg | | DB2 | 44.95 | 45.44 | |
| | bl | 157 | Marrit Bosma | | DC1 | 44.89 | 45.44 | |
| | | Nienke Valkenburg | | | Marrit Bosma | | | |
| | | 100m | 12.38 | (12.38) | 100m | 12.41 | (12.41) | |
| | | 500m | 45.44 | (33.06) | 500m | 45.44 | (33.03) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 145 | wt | 155 | Jelmer Tasma | | HC1 | 44.44 | 45.66 | |
| | rd | 152 | Luca Stroetinga | | HC1 | 44.05 | 44.16 | |
| | | Jelmer Tasma | | | Luca Stroetinga | | | |
| | | 100m | 12.42 | (12.42) | 100m | 11.83 | (11.83) | |
| | | 500m | 45.66 | (33.24) | 500m | 44.16 | (32.33) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 146 | gl | 130 | Rozina Veldstra | | DC2 | 43.38 | 45.07 | |
| | bl | 143 | Colin de Velde | | HC1 | 44.07 | 44.88 | |
| | | Rozina Veldstra | | | Colin de Velde | | | |
| | | 100m | 12.11 | (12.11) | 100m | 12.08 | (12.08) | |
| | | 500m | 45.07 | (32.96) | 500m | 44.88 | (32.80) | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-----|----|----------------------------|----------------------------|---------|------|-------------------|---------|-------|--------------|------|
| 147 | wt | 159 | Kailey van der Veen | | DC1 | | | 43.04 | 43.74 | |
| | rd | 132 | Tijn Bijma | | HC1 | | | 42.74 | 43.50 | |
| | | <u>Kailey van der Veen</u> | | | | <u>Tijn Bijma</u> | | | | |
| | | 100m | 12.13 | (12.13) | 100m | 11.63 | (11.63) | | | |
| | | 500m | 43.74 | (31.61) | 500m | 43.50 | (31.87) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-----|----|----------------------------|----------------------------|---------|------|----------------------|---------|-------|--------------|------|
| 148 | gl | 148 | Rosa-Lynn Compagner | | DC2 | | | 43.52 | 44.58 | |
| | bl | 129 | Anouk Aalders | | DC2 | | | 42.30 | 43.20 | |
| | | <u>Rosa-Lynn Compagner</u> | | | | <u>Anouk Aalders</u> | | | | |
| | | 100m | 12.18 | (12.18) | 100m | 11.94 | (11.94) | | | |
| | | 500m | 44.58 | (32.40) | 500m | 43.20 | (31.26) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|------|-----------------------|---------|-------|--------------|------|
| 149 | wt | 141 | Pieter Zijlstra | | HB1 | | | 39.33 | 39.88 | |
| | rd | 154 | Rick Schuurman | | HB1 | | | 40.07 | 40.16 | |
| | | <u>Pieter Zijlstra</u> | | | | <u>Rick Schuurman</u> | | | | |
| | | 100m | 10.99 | (10.99) | 100m | 10.86 | (10.86) | | | |
| | | 500m | 39.88 | (28.89) | 500m | 40.16 | (29.30) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-----|----|-------------------|-------------------|------|-------|-------------------|--|-------|------------|------|
| 150 | gl | 151 | Huub Adema | | HB1 | | | 40.77 | DQ | |
| | bl | 133 | Niek Bijma | | HB1 | | | 39.30 | DNF | |
| | | <u>Huub Adema</u> | | | | <u>Niek Bijma</u> | | | | |
| | | | | 100m | 10.78 | (10.78) | | | | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

11. Uitslag Junioren C/B (500/1500) 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 141 Pieter Zijlstra | HB1 | 157 | O | 2:00.63 | PR | |
| 2 | 154 Rick Schuurman | HB1 | 158 | I | 2:03.93 | | |
| 3 | 133 Niek Bijma | HB1 | 158 | O | 2:09.56 | | |
| 4 | 132 Tijn Bijma | HC1 | 157 | I | 2:12.86 | | |
| 5 | 159 Kailey van der Veen | DC1 | 155 | I | 2:14.85 | | |
| 6 | 134 Jade Zijlstra | DC2 | 156 | O | 2:18.34 | | |
| 7 | 157 Marrit Bosma | DC1 | 155 | O | 2:19.60 | | |
| 8 | 129 Anouk Aalders | DC2 | 156 | I | 2:20.75 | | |
| 9 | 140 Jildau de Vries | DC1 | 153 | I | 2:26.30 | | |
| 10 | 131 Amber Feller | DC2 | 153 | O | 2:27.15 | | |
| 11 | 142 Robine Lubbinge | DC2 | 154 | O | 2:28.33 | | |
| 12 | 135 Merel Vlug | DC1 | 151 | O | 2:29.42 | PR | |
| 13 | 138 Jorrit Kiestra | HC2 | 154 | I | 2:33.27 | | |
| 14 | 136 Eline Teeninga | DC1 | 151 | I | 2:34.85 | PR | |
| 15 | 160 Thijs de Wit | HC1 | 152 | I | 2:43.75 | | |
| 16 | 161 Aimee Prins | DC1 | 152 | O | 2:46.20 | | |

FryslanCup - Pupillen + Gewestelijke wedstr. C/B jun, 08-01-2024

Thialf - Heerenveen

11. Rituitslag Junioren C/B (500/1500) 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------|-----|-----------------------|------------------------|------|
| 151 | wt | 136 Eline Teeninga | DC1 | 2:41.42 | 2:34.85 | PR |
| | rd | 135 Merel Vlug | DC1 | 2:31.02 | 2:29.42 | PR |
| | | <u>Eline Teeninga</u> | | | <u>Merel Vlug</u> | |
| | | 300m 31.27 (31.27) | | 300m 30.38 (30.38) | | |
| | | 700m 1:10.55 (39.28) | | 700m 1:07.02 (36.64) | | |
| | | 1100m 1:52.49 (41.94) | | 1100m 1:47.56 (40.54) | | |
| | | 1500m 2:34.85 (42.36) | | 1500m 2:29.42 (41.86) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 152 | gl | 160 Thijs de Wit | HC1 | | 2:43.75 | |
| | bl | 161 Aimee Prins | DC1 | 2:44.27 | 2:46.20 | |
| | | <u>Thijs de Wit</u> | | | <u>Aimee Prins</u> | |
| | | 300m 34.65 (34.65) | | 300m 35.44 (35.44) | | |
| | | 700m 1:17.68 (43.03) | | 700m 1:18.35 (42.91) | | |
| | | 1100m 2:01.46 (43.78) | | 1100m 2:02.40 (44.05) | | |
| | | 1500m 2:43.75 (42.29) | | 1500m 2:46.20 (43.80) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 153 | wt | 140 Jildau de Vries | DC1 | 2:24.89 | 2:26.30 | |
| | rd | 131 Amber Feller | DC2 | 2:26.15 | 2:27.15 | |
| | | <u>Jildau de Vries</u> | | | <u>Amber Feller</u> | |
| | | 300m 31.16 (31.16) | | 300m 30.98 (30.98) | | |
| | | 700m 1:07.67 (36.51) | | 700m 1:07.77 (36.79) | | |
| | | 1100m 1:46.63 (38.96) | | 1100m 1:47.60 (39.83) | | |
| | | 1500m 2:26.30 (39.67) | | 1500m 2:27.15 (39.55) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 154 | gl | 138 Jorrit Kiestra | HC2 | 2:30.18 | 2:33.27 | |
| | bl | 142 Robine Lubbinge | DC2 | 2:27.58 | 2:28.33 | |
| | | <u>Jorrit Kiestra</u> | | | <u>Robine Lubbinge</u> | |
| | | 300m 32.80 (32.80) | | 300m 31.07 (31.07) | | |
| | | 700m 1:11.39 (38.59) | | 700m 1:08.97 (37.90) | | |
| | | 1100m 1:51.81 (40.42) | | 1100m 1:48.95 (39.98) | | |
| | | 1500m 2:33.27 (41.46) | | 1500m 2:28.33 (39.38) | | |

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| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------------|-----|---------|----------------|------|
| 155 | wt | 159 Kailey van der Veen | DC1 | 2:14.29 | 2:14.85 | |
| | rd | 157 Marrit Bosma | DC1 | 2:15.54 | 2:19.60 | |

Kailey van der Veen

| | | |
|-------|---------|---------|
| 300m | 29.09 | (29.09) |
| 700m | 1:02.79 | (33.70) |
| 1100m | 1:38.75 | (35.96) |
| 1500m | 2:14.85 | (36.10) |

Marrit Bosma

| | | |
|-------|---------|---------|
| 300m | 29.95 | (29.95) |
| 700m | 1:04.10 | (34.15) |
| 1100m | 1:40.99 | (36.89) |
| 1500m | 2:19.60 | (38.61) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------|-----|---------|----------------|------|
| 156 | gl | 129 Anouk Aalders | DC2 | 2:12.03 | 2:20.75 | |
| | bl | 134 Jade Zijlstra | DC2 | 2:15.52 | 2:18.34 | |

Anouk Aalders

| | | |
|-------|---------|---------|
| 300m | 29.65 | (29.65) |
| 700m | 1:04.60 | (34.95) |
| 1100m | 1:41.89 | (37.29) |
| 1500m | 2:20.75 | (38.86) |

Jade Zijlstra

| | | |
|-------|---------|---------|
| 300m | 30.51 | (30.51) |
| 700m | 1:04.99 | (34.48) |
| 1100m | 1:41.17 | (36.18) |
| 1500m | 2:18.34 | (37.17) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------|-----|---------|----------------|------|
| 157 | wt | 132 Tijn Bijma | HC1 | 2:08.91 | 2:12.86 | |
| | rd | 141 Pieter Zijlstra | HB1 | 2:01.93 | 2:00.63 | PR |

Tijn Bijma

| | | |
|-------|---------|---------|
| 300m | 28.26 | (28.26) |
| 700m | 1:00.57 | (32.31) |
| 1100m | 1:35.54 | (34.97) |
| 1500m | 2:12.86 | (37.32) |

Pieter Zijlstra

| | | |
|-------|---------|---------|
| 300m | 27.11 | (27.11) |
| 700m | 57.37 | (30.26) |
| 1100m | 1:28.64 | (31.27) |
| 1500m | 2:00.63 | (31.99) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-----|---------|----------------|------|
| 158 | gl | 154 Rick Schuurman | HB1 | 2:02.37 | 2:03.93 | |
| | bl | 133 Niek Bijma | HB1 | 2:00.67 | 2:09.56 | |

Rick Schuurman

| | | |
|-------|---------|---------|
| 300m | 27.03 | (27.03) |
| 700m | 57.93 | (30.90) |
| 1100m | 1:30.84 | (32.91) |
| 1500m | 2:03.93 | (33.09) |

Niek Bijma

| | | |
|-------|---------|---------|
| 300m | 26.26 | (26.26) |
| 700m | 57.08 | (30.82) |
| 1100m | 1:31.62 | (34.54) |
| 1500m | 2:09.56 | (37.94) |

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12. Uitslag Junioren C/B (500/1000) 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 151 Huub Adema | HB1 | 164 | I | 1:22.48 | | |
| 2 | 148 Rosa-Lynn Compagner | DC2 | 163 | O | 1:29.66 | | |
| 3 | 152 Luca Stroetinga | HC1 | 164 | O | 1:30.83 | | |
| 4 | 144 Britt Steg | DB1 | 162 | O | 1:31.53 | | |
| 5 | 143 Colin de Velde | HC1 | 163 | I | 1:32.60 | | |
| 6 | 155 Jelmer Tasma | HC1 | 162 | I | 1:33.68 | | |
| 7 | 130 Rozina Veldstra | DC2 | 161 | I | 1:34.01 | | |
| 8 | 149 Gerianne Kromkamp | DC1 | 160 | O | 1:35.58 | | |
| 9 | 147 Sem de Vries | HB1 | 161 | O | 1:37.05 | | |
| 10 | 137 Nienke Valkenburg | DB2 | 159 | O | 1:37.38 | | |
| 11 | 153 Mirte Kingma | DC1 | 159 | I | 1:40.68 | | |
| | 150 Mats Rabbinge | HC2 | | | | WDR | |

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Thialf - Heerenveen

12. Rituitslag Junioren C/B (500/1000) 1000 meter

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|------------------------------|-----|---------|----------------|------|
| 159 | wt | 153 Mirte Kingma | DC1 | 1:40.63 | 1:40.68 | |
| | rd | 137 Nienke Valkenburg | DB2 | 1:31.59 | 1:37.38 | |

Mirte Kingma

| | | |
|-------|---------|---------|
| 200m | 23.71 | (23.71) |
| 600m | 1:01.22 | (37.51) |
| 1000m | 1:40.68 | (39.46) |

Nienke Valkenburg

| | | |
|-------|---------|---------|
| 200m | 21.85 | (21.85) |
| 600m | 57.55 | (35.70) |
| 1000m | 1:37.38 | (39.83) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|------------------------------|-----|---------|----------------|------|
| 160 | gl | 150 Mats Rabbinge | HC2 | 1:36.50 | WDR | |
| | bl | 149 Gerianne Kromkamp | DC1 | 1:34.74 | 1:35.58 | |

Mats Rabbinge

Gerianne Kromkamp

| | | |
|-------|---------|---------|
| 200m | 22.83 | (22.83) |
| 600m | 58.81 | (35.98) |
| 1000m | 1:35.58 | (36.77) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------|-----|---------|----------------|------|
| 161 | wt | 130 Rozina Veldstra | DC2 | 1:25.58 | 1:34.01 | |
| | rd | 147 Sem de Vries | HB1 | 1:31.45 | 1:37.05 | |

Rozina Veldstra

| | | |
|-------|---------|---------|
| 200m | 21.41 | (21.41) |
| 600m | 56.47 | (35.06) |
| 1000m | 1:34.01 | (37.54) |

Sem de Vries

| | | |
|-------|---------|---------|
| 200m | 22.06 | (22.06) |
| 600m | 58.36 | (36.30) |
| 1000m | 1:37.05 | (38.69) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-----|---------|----------------|------|
| 162 | gl | 155 Jelmer Tasma | HC1 | 1:29.45 | 1:33.68 | |
| | bl | 144 Britt Steg | DB1 | 1:28.74 | 1:31.53 | |

Jelmer Tasma

| | | |
|-------|---------|---------|
| 200m | 21.79 | (21.79) |
| 600m | 56.57 | (34.78) |
| 1000m | 1:33.68 | (37.11) |

Britt Steg

| | | |
|-------|---------|---------|
| 200m | 21.64 | (21.64) |
| 600m | 55.25 | (33.61) |
| 1000m | 1:31.53 | (36.28) |

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| | | Naam | Cat | PR | Tijd | Info | |
|-----|----|--------------------------------|-----------------|---------|----------------------------|------|--|
| 163 | wt | 143 Colin de Velde | HC1 | 1:28.55 | 1:32.60 | | |
| | rd | 148 Rosa-Lynn Compagner | DC2 | 1:27.98 | 1:29.66 | | |
| | | <u>Colin de Velde</u> | | | <u>Rosa-Lynn Compagner</u> | | |
| | | 200m | 21.27 (21.27) | 200m | 21.40 (21.40) | | |
| | | 600m | 56.26 (34.99) | 600m | 55.09 (33.69) | | |
| | | 1000m | 1:32.60 (36.34) | 1000m | 1:29.66 (34.57) | | |

| | | Naam | Cat | PR | Tijd | Info | |
|-----|----|----------------------------|-----------------|---------|------------------------|------|--|
| 164 | gl | 151 Huub Adema | HB1 | 1:21.97 | 1:22.48 | | |
| | bl | 152 Luca Stroetinga | HC1 | 1:28.08 | 1:30.83 | | |
| | | <u>Huub Adema</u> | | | <u>Luca Stroetinga</u> | | |
| | | 200m | 19.58 (19.58) | 200m | 20.60 (20.60) | | |
| | | 600m | 50.11 (30.53) | 600m | 54.52 (33.92) | | |
| | | 1000m | 1:22.48 (32.37) | 1000m | 1:30.83 (36.31) | | |