

1. Uitslag 3000 meter IJsbeercup

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	26 Floris Wender	HC2	7	O	4:59.12		
2	75 Eijze Bakker	HC2	7	I	5:06.44	PR	
3	42 Jelle de Bock	HC2	8	I	5:08.33	PR	
4	16 Bruno Bonetti	HC2	6	O	5:09.63	PR	
5	38 Stijn de Vries	HC2	1	O	5:11.52		
6	19 Ruben Molenaar	HC2	8	O	5:20.66	PR	
7	6 Evy van Duijn	DC2	5	O	5:27.00	PR	
8	52 Pim Braak	HC2	5	I	5:27.13	PR	
9	9 Anouk Rodenburg	DC2	6	I	5:38.28	PR	
10	5 Britt van Wijk	DC2	4	I	5:38.85	PR	
11	73 Hein Smit	HC2	4	O	5:42.60	PR	
12	32 Noa Bierens	DC2	2	I	5:49.27		
13	72 Cas Middelkoop	HC2	3	I	5:52.18	PR FL	
14	65 Luca Goossens	HC2	3	O	6:10.02	PR	
15	37 Mirthe Visser	DC2	2	O	6:28.39		
	71 Anne Lubbers	DC2	1	I	DNF		

1. Rituitslag 3000 meter IJsbeercup

		Naam		Cat		PR	Tijd	Info
1	wt	71 Anne Lubbers		DC2				DNF
	rd	38 Stijn de Vries		HC2			5:11.52	
		Anne Lubbers			Stijn de Vries			
		200m	28.34	(28.34)	200m	30.51	(30.51)	
		600m	1:18.80	(50.46)	600m	1:09.41	(38.90)	
		1000m	2:12.08	(53.28)	1000m	1:50.37	(40.96)	
		1400m	3:19.42	(67.34)	1400m	2:30.04	(39.67)	
		1800m	4:18.47	(59.05)	1800m	3:10.46	(40.42)	
		2200m	5:17.11	(58.64)	2200m	3:51.01	(40.55)	
		2600m	6:14.39	(57.28)	2600m	4:31.63	(40.62)	
					3000m	5:11.52	(39.89)	

		Naam		Cat		PR	Tijd	Info
2	gl	32 Noa Bierens		DC2			5:49.27	
	bl	37 Mirthe Visser		DC2			6:28.39	
		Noa Bierens			Mirthe Visser			
		200m	25.06	(25.06)	200m	27.41	(27.41)	
		600m	1:06.57	(41.51)	600m	1:12.94	(45.53)	
		1000m	1:50.37	(43.80)	1000m	2:02.29	(49.35)	
		1400m	2:35.93	(45.56)	1400m	2:53.33	(51.04)	
		1800m	3:22.71	(46.78)	1800m	3:46.11	(52.78)	
		2200m	4:11.07	(48.36)	2200m	4:39.04	(52.93)	
		2600m	5:01.37	(50.30)	2600m	5:32.72	(53.68)	
		3000m	5:49.27	(47.90)	3000m	6:28.39	(55.67)	

		Naam			Cat	PR	Tijd	Info
3	wt	72	Cas Middelkoop		HC2	6:04.81	5:52.18	PR FL
	rd	65	Luca Goossens		HC2	7:02.17	6:10.02	PR
			Cas Middelkoop		Luca Goossens			
			200m	31.29 (31.29)	200m	27.27 (27.27)		
			600m	1:14.00 (42.71)	600m	1:13.39 (46.12)		
			1000m	1:56.68 (42.68)	1000m	2:01.94 (48.55)		
			1400m	2:41.19 (44.51)	1400m	2:51.07 (49.13)		
			1800m	3:37.09 (55.90)	1800m	3:42.07 (51.00)		
			2200m	4:23.54 (46.45)	2200m	4:32.82 (50.75)		
			2600m	5:09.34 (45.80)	2600m	5:22.12 (49.30)		
			3000m	5:52.18 (42.84)	3000m	6:10.02 (47.90)		

		Naam			Cat	PR	Tijd	Info
4	gl	5	Britt van Wijk		DC2	6:10.76	5:38.85	PR
	bl	73	Hein Smit		HC2	6:13.25	5:42.60	PR
			Britt van Wijk		Hein Smit			
			200m	23.78 (23.78)	200m	24.38 (24.38)		
			600m	1:05.93 (42.15)	600m	1:05.88 (41.50)		
			1000m	1:50.65 (44.72)	1000m	1:51.12 (45.24)		
			1400m	2:36.64 (45.99)	1400m	2:37.08 (45.96)		
			1800m	3:22.30 (45.66)	1800m	3:24.04 (46.96)		
			2200m	4:08.01 (45.71)	2200m	4:10.03 (45.99)		
			2600m	4:54.05 (46.04)	2600m	4:56.82 (46.79)		
			3000m	5:38.85 (44.80)	3000m	5:42.60 (45.78)		

		Naam			Cat	PR	Tijd	Info
5	wt	52 Pim Braak			HC2	5:41.45	5:27.13	PR
	rd	6 Evy van Duijn			DC2	5:44.12	5:27.00	PR
		Pim Braak			Evy van Duijn			
		200m	23.81	(23.81)	200m	24.46	(24.46)	
		600m	1:05.99	(42.18)	600m	1:07.46	(43.00)	
		1000m	1:48.08	(42.09)	1000m	1:52.47	(45.01)	
		1400m	2:31.71	(43.63)	1400m	2:37.07	(44.60)	
		1800m	3:16.39	(44.68)	1800m	3:21.20	(44.13)	
		2200m	4:01.27	(44.88)	2200m	4:03.45	(42.25)	
		2600m	4:44.75	(43.48)	2600m	4:45.62	(42.17)	
		3000m	5:27.13	(42.38)	3000m	5:27.00	(41.38)	

		Naam			Cat	PR	Tijd	Info
6	gl	9 Anouk Rodenburg			DC2	6:02.28	5:38.28	PR
	bl	16 Bruno Bonetti			HC2	5:54.07	5:09.63	PR
		Anouk Rodenburg			Bruno Bonetti			
		200m	25.69	(25.69)	200m	22.40	(22.40)	
		600m	1:08.75	(43.06)	600m	1:01.05	(38.65)	
		1000m	1:53.33	(44.58)	1000m	1:41.83	(40.78)	
		1400m	2:38.88	(45.55)	1400m	2:22.20	(40.37)	
		1800m	3:25.50	(46.62)	1800m	3:03.77	(41.57)	
		2200m	4:12.40	(46.90)	2200m	3:45.47	(41.70)	
		2600m	4:57.00	(44.60)	2600m	4:27.76	(42.29)	
		3000m	5:38.28	(41.28)	3000m	5:09.63	(41.87)	

		Naam			Cat	PR	Tijd	Info
7	wt	75 Eijze Bakker			HC2	5:25.65	5:06.44	PR
	rd	26 Floris Wender			HC2	4:54.92	4:59.12	
		Eijze Bakker			Floris Wender			
		200m	22.64	(22.64)	200m	23.16	(23.16)	
		600m	1:00.46	(37.82)	600m	1:00.46	(37.30)	
		1000m	1:39.33	(38.87)	1000m	1:39.31	(38.85)	
		1400m	2:19.69	(40.36)	1400m	2:18.19	(38.88)	
		1800m	3:00.82	(41.13)	1800m	2:58.30	(40.11)	
		2200m	3:43.64	(42.82)	2200m	3:38.59	(40.29)	
		2600m	4:26.22	(42.58)	2600m	4:19.06	(40.47)	
		3000m	5:06.44	(40.22)	3000m	4:59.12	(40.06)	

		Naam			Cat	PR	Tijd	Info
8	gl	42 Jelle de Bock			HC2	5:26.34	5:08.33	PR
	bl	19 Ruben Molenaar			HC2	5:21.27	5:20.66	PR
		Jelle de Bock			Ruben Molenaar			
		200m	22.14	(22.14)	200m	22.93	(22.93)	
		600m	1:00.20	(38.06)	600m	1:01.89	(38.96)	
		1000m	1:40.71	(40.51)	1000m	1:43.01	(41.12)	
		1400m	2:22.38	(41.67)	1400m	2:26.25	(43.24)	
		1800m	3:03.10	(40.72)	1800m	3:10.04	(43.79)	
		2200m	3:44.83	(41.73)	2200m	3:53.81	(43.77)	
		2600m	4:26.93	(42.10)	2600m	4:38.22	(44.41)	
		3000m	5:08.33	(41.40)	3000m	5:20.66	(42.44)	

2. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	18 Mike van Dijk	HN3	19	I	4:35.99		
2	25 Marino Godwaldt	HB1	20	O	4:54.71		
3	11 Tessa Dijksman	DSA	18	I	4:55.58		
4	53 Bram Braak	HB2	19	O	4:57.42		
5	28 Maartje Heine	DSA	20	I	5:00.66		
6	48 Lara Dingjan	DA1	17	I	5:04.48		
7	31 Danique van Rooden	DB1	17	O	5:05.29		
8	77 Lianne van Assema	DC1	16	I	5:06.54	PR	
9	29 Tjebbe Berkhout	HB1	18	O	5:08.60		
10	30 Sybren Berkhout	HB1	15	O	5:09.66	PR	
11	40 Leanne Molenaar	DN1	15	I	5:21.01		
12	24 Renske van der Veer	DN1	16	O	5:23.44		
13	15 Roosmarijn Meinsma	DB1	14	I	5:23.68	PR	
14	76 John van Assema	H50	13	O	5:34.00		
15	66 Maerle Huizinga	DA1	11	I	5:40.15		
16	45 Eveline Krom	DB2	10	I	5:42.90	PR	
17	51 Emma Hartveld	DA1	12	O	5:43.68		
18	57 Sanne Roos	DA2	14	O	5:45.63		
19	10 Mark Peters	H65	12	I	5:50.03		
20	21 Charlie Kwadrin	DB1	9	O	5:52.39		
21	60 Judith van Hesseligen	D50	11	O	6:06.91		
22	22 Mieke Heine	D50	9	I	6:09.86		
23	69 Wieke Eikelenboom	DB1	13	I	6:14.09		
24	17 Kelly Tromp	DSA	10	O	6:40.19	PR	

2. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
9	wt	22	Mieke Heine		D50	5:26.38	6:09.86	
	rd	21	Charlie Kwadrin		DB1	5:48.96	5:52.39	
			Mieke Heine				Charlie Kwadrin	
		200m	28.04	(28.04)	200m	24.98	(24.98)	
		600m	1:12.33	(44.29)	600m	1:06.84	(41.86)	
		1000m	1:58.28	(45.95)	1000m	1:51.19	(44.35)	
		1400m	2:45.42	(47.14)	1400m	2:37.66	(46.47)	
		1800m	3:34.75	(49.33)	1800m	3:25.70	(48.04)	
		2200m	4:25.43	(50.68)	2200m	4:15.18	(49.48)	
		2600m	5:17.16	(51.73)	2600m	5:04.70	(49.52)	
		3000m	6:09.86	(52.70)	3000m	5:52.39	(47.69)	

		Naam		Cat		PR	Tijd	Info
10	gl	45	Eveline Krom		DB2	6:18.81	5:42.90	PR
	bl	17	Kelly Tromp		DSA	7:23.76	6:40.19	PR
			Eveline Krom				Kelly Tromp	
		200m	26.75	(26.75)	200m	29.52	(29.52)	
		600m	1:10.57	(43.82)	600m	1:17.90	(48.38)	
		1000m	1:55.57	(45.00)	1000m	2:09.74	(51.84)	
		1400m	2:40.99	(45.42)	1400m	3:01.93	(52.19)	
		1800m	3:25.97	(44.98)	1800m	3:55.32	(53.39)	
		2200m	4:11.54	(45.57)	2200m	4:50.33	(55.01)	
		2600m	4:57.10	(45.56)	2600m	5:45.49	(55.16)	
		3000m	5:42.90	(45.80)	3000m	6:40.19	(54.70)	

		Naam			Cat	PR	Tijd	Info
11	wt	66	Maerle Huizinga		DA1	5:39.95	5:40.15	
	rd	60	Judith van Hesselingen		D50	5:14.98	6:06.91	
		Maerle Huizinga			Judith van Hesselingen			
		200m	26.32	(26.32)	200m	28.44	(28.44)	
		600m	1:08.75	(42.43)	600m	1:14.69	(46.25)	
		1000m	1:52.45	(43.70)	1000m	2:02.63	(47.94)	
		1400m	2:36.81	(44.36)	1400m	2:49.98	(47.35)	
		1800m	3:21.70	(44.89)	1800m	3:38.32	(48.34)	
		2200m	4:07.90	(46.20)	2200m	4:27.45	(49.13)	
		2600m	4:54.78	(46.88)	2600m	5:17.51	(50.06)	
		3000m	5:40.15	(45.37)	3000m	6:06.91	(49.40)	

		Naam			Cat	PR	Tijd	Info
12	gl	10	Mark Peters		H65	5:07.45	5:50.03	
	bl	51	Emma Hartveld		DA1	5:31.59	5:43.68	
		Mark Peters			Emma Hartveld			
		200m	27.25	(27.25)	200m	26.89	(26.89)	
		600m	1:10.07	(42.82)	600m	1:10.02	(43.13)	
		1000m	1:55.15	(45.08)	1000m	1:55.65	(45.63)	
		1400m	2:41.19	(46.04)	1400m	2:40.92	(45.27)	
		1800m	3:27.56	(46.37)	1800m	3:26.82	(45.90)	
		2200m	4:14.76	(47.20)	2200m	4:12.68	(45.86)	
		2600m	5:02.39	(47.63)	2600m	4:59.44	(46.76)	
		3000m	5:50.03	(47.64)	3000m	5:43.68	(44.24)	

		Naam			Cat	PR	Tijd	Info
13	wt	69	Wieke Eikelenboom		DB1	5:31.15	6:14.09	
	rd	76	John van Assema		H50	5:05.49	5:34.00	
		Wieke Eikelenboom			John van Assema			
		200m	25.90	(25.90)	200m	26.42	(26.42)	
		600m	1:10.35	(44.45)	600m	1:08.14	(41.72)	
		1000m	1:57.31	(46.96)	1000m	1:50.53	(42.39)	
		1400m	2:46.66	(49.35)	1400m	2:34.05	(43.52)	
		1800m	3:38.67	(52.01)	1800m	3:18.60	(44.55)	
		2200m	4:31.76	(53.09)	2200m	4:03.73	(45.13)	
		2600m	5:22.50	(50.74)	2600m	4:49.17	(45.44)	
		3000m	6:14.09	(51.59)	3000m	5:34.00	(44.83)	

		Naam			Cat	PR	Tijd	Info
14	gl	15	Roosmarijn Meinsma		DB1	5:26.40	5:23.68	PR
	bl	57	Sanne Roos		DA2	5:20.42	5:45.63	
		Roosmarijn Meinsma			Sanne Roos			
		200m	22.92	(22.92)	200m	25.08	(25.08)	
		600m	1:03.54	(40.62)	600m	1:08.20	(43.12)	
		1000m	1:45.71	(42.17)	1000m	1:54.27	(46.07)	
		1400m	2:28.77	(43.06)	1400m	2:40.54	(46.27)	
		1800m	3:12.03	(43.26)	1800m	3:26.85	(46.31)	
		2200m	3:56.23	(44.20)	2200m	4:13.45	(46.60)	
		2600m	4:40.74	(44.51)	2600m	5:00.07	(46.62)	
		3000m	5:23.68	(42.94)	3000m	5:45.63	(45.56)	



Ijsbeercup 9 en Kennemercup 10

Ijsbaan Haarlem - Haarlem

5 februari 2023



		Naam			Cat	PR	Tijd	Info
15	wt	40	Leanne Molenaar		DN1	5:16.22	5:21.01	
	rd	30	Sybren Berkhout		HB1	5:22.95	5:09.66	PR
		Leanne Molenaar			Sybren Berkhout			
		200m	23.97	(23.97)	200m	23.71	(23.71)	
		600m	1:03.53	(39.56)	600m	1:01.95	(38.24)	
		1000m	1:44.08	(40.55)	1000m	1:41.10	(39.15)	
		1400m	2:27.18	(43.10)	1400m	2:21.29	(40.19)	
		1800m	3:11.03	(43.85)	1800m	3:02.10	(40.81)	
		2200m	3:54.46	(43.43)	2200m	3:44.11	(42.01)	
		2600m	4:38.14	(43.68)	2600m	4:27.58	(43.47)	
		3000m	5:21.01	(42.87)	3000m	5:09.66	(42.08)	
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		Naam			Cat	PR	Tijd	Info
16	gl	77	Lianne van Assema		DC1	5:11.92	5:06.54	PR
	bl	24	Renske van der Veer		DN1	5:14.37	5:23.44	
		Lianne van Assema			Renske van der Veer			
		200m	24.08	(24.08)	200m	24.87	(24.87)	
		600m	1:02.57	(38.49)	600m	1:02.85	(37.98)	
		1000m	1:42.32	(39.75)	1000m	1:42.77	(39.92)	
		1400m	2:23.69	(41.37)	1400m	2:23.84	(41.07)	
		1800m	3:05.53	(41.84)	1800m	3:07.27	(43.43)	
		2200m	3:46.66	(41.13)	2200m	3:52.04	(44.77)	
		2600m	4:27.30	(40.64)	2600m	4:37.79	(45.75)	
		3000m	5:06.54	(39.24)	3000m	5:23.44	(45.65)	



Ijsbeercup 9 en Kennemercup 10

Ijsbaan Haarlem - Haarlem

5 februari 2023



		Naam		Cat		PR		Tijd	Info
17	wt	48	Lara Dingjan		DA1		4:49.57	5:04.48	
	rd	31	Danique van Rooden		DB1		5:04.46	5:05.29	
			Lara Dingjan				Danique van Rooden		
			200m	22.86	(22.86)	200m			24.25 (24.25)
			600m	1:00.60	(37.74)	600m			1:02.78 (38.53)
			1000m	1:39.63	(39.03)	1000m			1:41.15 (38.37)
			1400m	2:20.01	(40.38)	1400m			2:21.09 (39.94)
			1800m	3:00.44	(40.43)	1800m			3:01.97 (40.88)
			2200m	3:42.19	(41.75)	2200m			3:42.92 (40.95)
			2600m	4:23.21	(41.02)	2600m			4:24.32 (41.40)
			3000m	5:04.48	(41.27)	3000m			5:05.29 (40.97)

		Naam		Cat		PR		Tijd	Info
18	gl	11	Tessa Dijkman		DSA		4:52.37	4:55.58	
	bl	29	Tjebbe Berkhout		HB1		5:07.59	5:08.60	
			Tessa Dijkman				Tjebbe Berkhout		
			200m	22.97	(22.97)	200m			23.05 (23.05)
			600m	59.91	(36.94)	600m			59.34 (36.29)
			1000m	1:38.25	(38.34)	1000m			1:37.88 (38.54)
			1400m	2:17.66	(39.41)	1400m			2:17.92 (40.04)
			1800m	2:56.83	(39.17)	1800m			2:59.01 (41.09)
			2200m	3:36.02	(39.19)	2200m			3:42.01 (43.00)
			2600m	4:15.70	(39.68)	2600m			4:25.92 (43.91)
			3000m	4:55.58	(39.88)	3000m			5:08.60 (42.68)

		Naam			Cat	PR	Tijd	Info
19	wt	18	Mike van Dijk		HN3	4:23.83	4:35.99	
	rd	53	Bram Braak		HB2	4:53.22	4:57.42	
		Mike van Dijk			Bram Braak			
		200m	20.30	(20.30)	200m	24.65	(24.65)	
		600m	55.44	(35.14)	600m	1:02.97	(38.32)	
		1000m	1:31.20	(35.76)	1000m	1:42.05	(39.08)	
		1400m	2:07.05	(35.85)	1400m	2:21.34	(39.29)	
		1800m	2:43.15	(36.10)	1800m	3:00.14	(38.80)	
		2200m	3:19.54	(36.39)	2200m	3:39.26	(39.12)	
		2600m	3:56.86	(37.32)	2600m	4:18.53	(39.27)	
		3000m	4:35.99	(39.13)	3000m	4:57.42	(38.89)	

		Naam			Cat	PR	Tijd	Info
20	gl	28	Maartje Heine		DSA	4:47.74	5:00.66	
	bl	25	Marino Godwaldt		HB1	4:53.66	4:54.71	
		Maartje Heine			Marino Godwaldt			
		200m	22.54	(22.54)	200m	21.47	(21.47)	
		600m	1:00.25	(37.71)	600m	57.25	(35.78)	
		1000m	1:39.86	(39.61)	1000m	1:35.41	(38.16)	
		1400m	2:19.68	(39.82)	1400m	2:13.49	(38.08)	
		1800m	2:59.16	(39.48)	1800m	2:52.40	(38.91)	
		2200m	3:39.71	(40.55)	2200m	3:32.32	(39.92)	
		2600m	4:20.03	(40.32)	2600m	4:13.55	(41.23)	
		3000m	5:00.66	(40.63)	3000m	4:54.71	(41.16)	

3. Uitslag 500 bij 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	61 Arjen Boersma	HB1	34	I	39.02		
2	55 Wessel Wouda	HSA	33	I	40.45		
3	62 Seb van Schelven	HN1	33	O	40.49		
4	41 Nick Bontrop	HB1	34	O	41.09		
5	63 Ole de Jong	HB2	31	I	44.32		
6	1 Laura Linssen	DA1	32	O	44.42		
7	44 Driek Tolk	HB1	32	I	44.59		
8	64 Olav Huizinga	HB1	29	O	44.68	PR	
9	54 Job van Eek	HB2	30	I	45.39		
10	33 Evert Jan van Dijk	H40	29	I	45.80		
11	47 Lotte de Bock	DB2	30	O	46.92		
12	49 Merit de Bruin	DB2	27	O	49.22		
13	12 Erwin Dekker	H60	28	O	49.23		
14	58 Leendert Schoenmaker	H50	25	O	49.58	PR	
15	7 Xander Terstal	HA2	28	I	49.62		
16	2 Aranka Keur	D40	27	I	50.22		
17	67 Clément Torre	H50	26	I	50.52		
18	70 Annette Laarhoven	DB1	25	I	51.11		
19	35 Valerie Nijman	DB2	24	O	52.04		
20	34 Pieter van Dijk	HB2	26	O	52.45		
21	14 Roxanne Boers	DN4	23	O	54.47		
22	50 Pien Lodder	DA2	24	I	54.68		
23	68 Tjitske Kikstra	DN1	23	I	55.55		
24	36 Lou Hoogewerf	H70	22	O	56.94	HT	
25	46 Jette Heck	DA1	21	I	1:00.17	HT	
26	56 Maroushka Boers	DSA	22	I	1:05.79	HT	
	74 Bas Schrage	HSB	31	O	DNF		

3. Rituitslag 500 bij 1000 meter

		Naam			Cat	PR	Tijd	Info
21	wt	46 Jette Heck			DA1	59.14	1:00.17	HT
	rd							
		Jette Heck						
		100m	14.56	(14.56)		m		
		500m	1:00.17	(45.61)				

		Naam			Cat	PR	Tijd	Info
22	gl	56 Maroushka Boers			DSA	55.86	1:05.79	HT
	bl	36 Lou Hoogewerf			H70	46.75	56.94	HT
		Maroushka Boers						
		100m	15.76	(15.76)		100m	56.94	(56.94)
		500m	1:05.79	(50.03)				
		Lou Hoogewerf						

		Naam			Cat	PR	Tijd	Info
23	wt	68 Tjitske Kikstra			DN1	52.11	55.55	
	rd	14 Roxanne Boers			DN4	50.60	54.47	
		Tjitske Kikstra						
		100m	14.40	(14.40)		100m	13.65	(13.65)
		500m	55.55	(41.15)		500m	54.47	(40.82)
		Roxanne Boers						

		Naam			Cat	PR	Tijd	Info
24	gl	50 Pien Lodder			DA2	53.32	54.68	
	bl	35 Valerie Nijman			DB2	50.31	52.04	
		Pien Lodder						
		100m	14.59	(14.59)		100m	13.72	(13.72)
		500m	54.68	(40.09)		500m	52.04	(38.32)
		Valerie Nijman						

		Naam			Cat	PR	Tijd	Info
25	wt	70 Annette Laarhoven			DB1	49.62	51.11	
	rd	58 Leendert Schoenmaker			H50	49.69	49.58	PR
		Annette Laarhoven						
		100m	13.28	(13.28)		100m	13.14	(13.14)
		500m	51.11	(37.83)		500m	49.58	(36.44)
		Leendert Schoenmaker						

		Naam			Cat	PR	Tijd	Info
26	gl	67	Clément Torre		H50	48.42	50.52	
	bl	34	Pieter van Dijk		HB2	50.15	52.45	
		Clément Torre			Pieter van Dijk			
		100m	13.58	(13.58)	100m	13.55	(13.55)	
		500m	50.52	(36.94)	500m	52.45	(38.90)	
		Naam			Cat	PR	Tijd	Info
27	wt	2	Aranka Keur		D40	45.04	50.22	
	rd	49	Merit de Bruin		DB2	47.57	49.22	
		Aranka Keur			Merit de Bruin			
		100m	13.52	(13.52)	100m	13.21	(13.21)	
		500m	50.22	(36.70)	500m	49.22	(36.01)	
		Naam			Cat	PR	Tijd	Info
28	gl	7	Xander Terstal		HA2	47.82	49.62	
	bl	12	Erwin Dekker		H60	42.79	49.23	
		Xander Terstal			Erwin Dekker			
		100m	12.77	(12.77)	100m	13.02	(13.02)	
		500m	49.62	(36.85)	500m	49.23	(36.21)	
		Naam			Cat	PR	Tijd	Info
29	wt	33	Evert Jan van Dijk		H40	42.65	45.80	
	rd	64	Olav Huizinga		HB1	45.22	44.68	PR
		Evert Jan van Dijk			Olav Huizinga			
		100m	12.10	(12.10)	100m	11.94	(11.94)	
		500m	45.80	(33.70)	500m	44.68	(32.74)	
		Naam			Cat	PR	Tijd	Info
30	gl	54	Job van Eek		HB2	44.68	45.39	
	bl	47	Lotte de Bock		DB2	45.45	46.92	
		Job van Eek			Lotte de Bock			
		100m	11.77	(11.77)	100m	12.17	(12.17)	
		500m	45.39	(33.62)	500m	46.92	(34.75)	

		Naam			Cat			PR	Tijd	Info
31	wt	63	Ole de Jong		HB2			43.68	44.32	
	rd	74	Bas Schrage		HSB			42.51	DNF	
		Ole de Jong			Bas Schrage					
		100m	12.19	(12.19)	100m	12.14	(12.14)			
		500m	44.32	(32.13)						

		Naam			Cat			PR	Tijd	Info
32	gl	44	Driek Tolk		HB1			44.32	44.59	
	bl	1	Laura Linssen		DA1			43.08	44.42	
		Driek Tolk			Laura Linssen					
		100m	11.97	(11.97)	100m	11.91	(11.91)			
		500m	44.59	(32.62)	500m	44.42	(32.51)			

		Naam			Cat			PR	Tijd	Info
33	wt	55	Wessel Wouda		HSA			38.84	40.45	
	rd	62	Seb van Schelven		HN1			39.69	40.49	
		Wessel Wouda			Seb van Schelven					
		100m	10.98	(10.98)	100m	10.76	(10.76)			
		500m	40.45	(29.47)	500m	40.49	(29.73)			

		Naam			Cat			PR	Tijd	Info
34	gl	61	Arjen Boersma		HB1			38.15	39.02	
	bl	41	Nick Bontrop		HB1			39.54	41.09	
		Arjen Boersma			Nick Bontrop					
		100m	10.59	(10.59)	100m	11.12	(11.12)			
		500m	39.02	(28.43)	500m	41.09	(29.97)			

4. Uitslag 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	55 Wessel Wouda	HSA	48	I	1:21.76	HT	
2	62 Seb van Schelven	HN1	48	O	1:26.15	HT	
3	61 Arjen Boersma	HB1	46	O	1:27.18	HT	
4	41 Nick Bontrop	HB1	47	I	1:28.39	HT	
5	44 Driek Tolk	HB1	46	I	1:29.58	HT PR	
6	33 Evert Jan van Dijk	H40	45	O	1:30.05	HT	
7	64 Olav Huizinga	HB1	44	I	1:30.07	HT PR	
8	63 Ole de Jong	HB2	45	I	1:30.17	HT	
9	49 Merit de Bruin	DB2	43	I	1:35.17	HT PR	
10	47 Lotte de Bock	DB2	43	O	1:36.67	HT	
11	12 Erwin Dekker	H60	41	I	1:37.21	HT	
12	54 Job van Eek	HB2	42	O	1:37.63	HT	
13	58 Leendert Schoenmaker	H50	41	O	1:39.08	HT PR	
14	67 Clément Torre	H50	39	O	1:39.73	HT PR	
15	7 Xander Terstal	HA2	40	O	1:41.03	HT	
16	2 Aranka Keur	D40	42	I	1:42.88	HT	
17	35 Valerie Nijman	DB2	40	I	1:44.73	HT	
18	70 Annette Laarhoven	DB1	39	I	1:46.75	HT	
19	14 Roxanne Boers	DN4	37	I	1:51.81	HT	
20	50 Pien Lodder	DA2	38	O	1:52.50	HT	
21	34 Pieter van Dijk	HB2	38	I	1:54.48	HT	
22	36 Lou Hoogewerf	H70	35	I	1:57.18	HT	
23	68 Tjitske Kikstra	DN1	37	O	2:06.89	HT	
24	46 Jette Heck	DA1	36	I	2:06.98	HT	
25	56 Maroushka Boers	DSA	36	O	2:14.56	HT	
	74 Bas Schrage	HSB	47	O		DNS	
	1 Laura Linssen	DA1				WDR	

4. Rituitslag 1000 meter

		Naam	Cat	PR	Tijd	Info
35	wt rd	36 Lou Hoogewerf	H70	1:33.90	1:57.18	HT

Lou Hoogewerf

200m	26.01	(26.01)	m
600m	1:09.84	(43.83)	
1000m	1:57.18	(47.34)	

		Naam	Cat	PR	Tijd	Info
36	gl	46 Jette Heck	DA1	2:02.51	2:06.98	HT
	bl	56 Maroushka Boers	DSA	1:58.84	2:14.56	HT

Jette Heck

200m	27.38	(27.38)
600m	1:16.31	(48.93)
1000m	2:06.98	(50.67)

Maroushka Boers

200m	29.04	(29.04)
600m	1:19.99	(50.95)
1000m	2:14.56	(54.57)

		Naam	Cat	PR	Tijd	Info
37	wt	14 Roxanne Boers	DN4	1:44.10	1:51.81	HT
	rd	68 Tjitske Kikstra	DN1	1:52.02	2:06.89	HT

Roxanne Boers

200m	23.68	(23.68)
600m	1:05.36	(41.68)
1000m	1:51.81	(46.45)

Tjitske Kikstra

200m	27.59	(27.59)
600m	1:14.02	(46.43)
1000m	2:06.89	(52.87)

		Naam	Cat	PR	Tijd	Info
38	gl	34 Pieter van Dijk	HB2	1:45.45	1:54.48	HT
	bl	50 Pien Lodder	DA2	1:51.67	1:52.50	HT

Pieter van Dijk

200m	25.38	(25.38)
600m	1:09.56	(44.18)
1000m	1:54.48	(44.92)

Pien Lodder

200m	26.29	(26.29)
600m	1:08.42	(42.13)
1000m	1:52.50	(44.08)

		Naam	Cat		PR	Tijd	Info
39	wt	70 Annette Laarhoven	DB1		1:43.33	1:46.75	HT
	rd	67 Clément Torre	H50		1:41.87	1:39.73	HT PR
		Annette Laarhoven			Clément Torre		
		200m	23.80	(23.80)	200m	24.18	(24.18)
		600m	1:03.92	(40.12)	600m	1:01.29	(37.11)
		1000m	1:46.75	(42.83)	1000m	1:39.73	(38.44)
		Naam	Cat		PR	Tijd	Info
40	gl	35 Valerie Nijman	DB2		1:42.83	1:44.73	HT
	bl	7 Xander Terstal	HA2		1:40.98	1:41.03	HT
		Valerie Nijman			Xander Terstal		
		200m	24.06	(24.06)	200m	22.39	(22.39)
		600m	1:03.06	(39.00)	600m	1:00.36	(37.97)
		1000m	1:44.73	(41.67)	1000m	1:41.03	(40.67)
		Naam	Cat		PR	Tijd	Info
41	wt	12 Erwin Dekker	H60		1:27.03	1:37.21	HT
	rd	58 Leendert Schoenmaker	H50		1:39.41	1:39.08	HT PR
		Erwin Dekker			Leendert Schoenmaker		
		200m	22.79	(22.79)	200m	23.45	(23.45)
		600m	58.75	(35.96)	600m	1:00.20	(36.75)
		1000m	1:37.21	(38.46)	1000m	1:39.08	(38.88)
		Naam	Cat		PR	Tijd	Info
42	gl	2 Aranka Keur	D40		1:33.04	1:42.88	HT
	bl	54 Job van Eek	HB2		1:35.88	1:37.63	HT
		Aranka Keur			Job van Eek		
		200m	23.23	(23.23)	200m	21.71	(21.71)
		600m	1:01.48	(38.25)	600m	58.51	(36.80)
		1000m	1:42.88	(41.40)	1000m	1:37.63	(39.12)



Ijsbeercup 9 en Kennemercup 10

Ijsbaan Haarlem - Haarlem

5 februari 2023



		Naam			Cat	PR	Tijd	Info
43	wt	49	Merit de Bruin		DB2	1:35.52	1:35.17	HT PR
	rd	47	Lotte de Bock		DB2	1:33.83	1:36.67	HT
		Merit de Bruin			Lotte de Bock			
		200m	22.69	(22.69)	200m	21.73	(21.73)	
		600m	58.19	(35.50)	600m	57.63	(35.90)	
		1000m	1:35.17	(36.98)	1000m	1:36.67	(39.04)	
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		Naam			Cat	PR	Tijd	Info
44	gl	64	Olav Huizinga		HB1	1:32.95	1:30.07	HT PR
	bl	1	Laura Linssen		DA1	1:28.00	WDR	
		Olav Huizinga			Laura Linssen			
		200m	20.83	(20.83)				
		600m	54.18	(33.35)				
		1000m	1:30.07	(35.89)				
<hr/>								
		Naam			Cat	PR	Tijd	Info
45	wt	63	Ole de Jong		HB2	1:28.79	1:30.17	HT
	rd	33	Evert Jan van Dijk		H40	1:27.29	1:30.05	HT
		Ole de Jong			Evert Jan van Dijk			
		200m	20.78	(20.78)	200m	21.54	(21.54)	
		600m	54.28	(33.50)	600m	55.07	(33.53)	
		1000m	1:30.17	(35.89)	1000m	1:30.05	(34.98)	
<hr/>								
		Naam			Cat	PR	Tijd	Info
46	gl	44	Driek Tolk		HB1	1:30.43	1:29.58	HT PR
	bl	61	Arjen Boersma		HB1	1:17.12	1:27.18	HT
		Driek Tolk			Arjen Boersma			
		200m	20.70	(20.70)	200m	17.98	(17.98)	
		600m	53.92	(33.22)	600m	46.98	(29.00)	
		1000m	1:29.58	(35.66)	1000m	1:27.18	(40.20)	



IJsbeercup 9 en Kennemercup 10

IJsbaan Haarlem - Haarlem

5 februari 2023



		Naam		Cat		PR		Tijd	Info
47	wt	41	Nick Bontrop		HB1		1:18.94	1:28.39	HT
	rd	74	Bas Schrage		HSB		1:26.52	DNS	
		Nick Bontrop			Bas Schrage				
		200m	19.48	(19.48)					
		600m	49.73	(30.25)					
		1000m	1:28.39	(38.66)					
<hr/>									
		Naam		Cat		PR		Tijd	Info
48	gl	55	Wessel Wouda		HSA		1:18.45	1:21.76	HT
	bl	62	Seb van Schelven		HN1		1:18.99	1:26.15	HT
		Wessel Wouda			Seb van Schelven				
		200m	18.76	(18.76)	200m	19.72	(19.72)		
		600m	48.81	(30.05)	600m	58.05	(38.33)		
		1000m	1:21.76	(32.95)	1000m	1:26.15	(28.10)		