

# Holland Cup 2d / Kraantje Lek

IJsbahn Haarlem - Haarlem

12 en 13 november 2022

## 1. Uitslag Dames 500 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1   | 5 Elisa Dul            | DSA | 11   | I    | 40.27 |      |        |
| 2   | 3 Myrthe de Boer       | DN2 | 11   | O    | 40.40 |      |        |
| 3   | 27 Amy van der Meer    | DN2 | 13   | O    | 40.88 |      |        |
| 4   | 10 Robin Groot         | DN3 | 12   | O    | 40.94 |      |        |
| 5   | 45 Melissa Wijffe      | DSA | 9    | I    | 40.95 |      |        |
| 6   | 41 Ju-Lin de Visser    | DN3 | 12   | I    | 40.96 |      |        |
| 7   | 38 Paulien Verhaar     | DN4 | 13   | I    | 41.22 |      |        |
| 8   | 12 Aveline Hijlkema    | DSA | 7    | I    | 41.42 |      |        |
|     | 19 Esther Kiel         | DSA | 1    | O    | 41.42 |      |        |
| 10  | 35 Kim Talsma          | DN3 | 2    | I    | 41.76 |      |        |
| 11  | 44 Sanne Westra        | DN1 | 8    | I    | 41.87 |      |        |
|     | 6 Romée Ebbinge        | DSA | 8    | O    | 41.87 |      |        |
| 13  | 21 Patricia Koot       | DA1 | 9    | O    | 42.03 |      |        |
| 14  | 40 Evelien Vijn        | DN1 | 4    | O    | 42.40 |      |        |
| 15  | 52 Silke Hijma         | DA2 | 7    | O    | 42.45 |      |        |
| 16  | 43 Naomi van der Werf  | DSA | 10   | O    | 42.47 |      |        |
| 17  | 25 Lisan van der Linde | DN1 | 5    | O    | 42.94 |      |        |
| 18  | 36 Lidia Tempert       | DN3 | 6    | I    | 42.95 |      |        |
| 19  | 17 Sterre Jonkers      | DSA | 6    | O    | 43.20 |      |        |
| 20  | 55 Mayke Koster        | DN2 | 5    | I    | 43.29 |      |        |
|     | 2 Fenna de Boer        | DN1 | 10   | I    | 43.29 |      |        |
| 22  | 56 Tosca Mulder        | DA2 | 4    | I    | 43.58 |      |        |
| 23  | 14 Sanne in 't Hof     | DSA | 1    | I    | 43.84 |      |        |
| 24  | 33 Liotte Smits        | DN3 | 3    | O    | 44.01 |      |        |
| 25  | 49 Nyncke Dijkstra     | DN1 | 3    | I    | 44.03 |      |        |
| 26  | 54 Quinty van Klink    | DN3 | 2    | O    | 44.95 |      |        |

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## 1. Rituitslag Dames 500 meter

|   |    | Naam                   |                        | Cat     |                    | PR    | Tijd         | Info |
|---|----|------------------------|------------------------|---------|--------------------|-------|--------------|------|
| 1 | wt | 14                     | <b>Sanne in 't Hof</b> |         | DSA                | 40.54 | <b>43.84</b> |      |
|   | rd | 19                     | <b>Esther Kiel</b>     |         | DSA                | 39.75 | <b>41.42</b> |      |
|   |    | <b>Sanne in 't Hof</b> |                        |         | <b>Esther Kiel</b> |       |              |      |
|   |    | 100m                   | 12.24                  | (12.24) | 100m               | 11.45 | (11.45)      |      |
|   |    | 500m                   | 43.84                  | (31.60) | 500m               | 41.42 | (29.97)      |      |

|   |    | Naam              |                         | Cat     |                         | PR    | Tijd         | Info |
|---|----|-------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 2 | wt | 35                | <b>Kim Talsma</b>       |         | DN3                     | 40.35 | <b>41.76</b> |      |
|   | rd | 54                | <b>Quinty van Klink</b> |         | DN3                     | 44.81 | <b>44.95</b> |      |
|   |    | <b>Kim Talsma</b> |                         |         | <b>Quinty van Klink</b> |       |              |      |
|   |    | 100m              | 11.62                   | (11.62) | 100m                    | 12.59 | (12.59)      |      |
|   |    | 500m              | 41.76                   | (30.14) | 500m                    | 44.95 | (32.36)      |      |

|   |    | Naam                   |                        | Cat     |                     | PR    | Tijd         | Info |
|---|----|------------------------|------------------------|---------|---------------------|-------|--------------|------|
| 3 | wt | 49                     | <b>Nyncke Dijkstra</b> |         | DN1                 | 42.97 | <b>44.03</b> |      |
|   | rd | 33                     | <b>Liotte Smits</b>    |         | DN3                 | 42.17 | <b>44.01</b> |      |
|   |    | <b>Nyncke Dijkstra</b> |                        |         | <b>Liotte Smits</b> |       |              |      |
|   |    | 100m                   | 12.02                  | (12.02) | 100m                | 12.03 | (12.03)      |      |
|   |    | 500m                   | 44.03                  | (32.01) | 500m                | 44.01 | (31.98)      |      |

|   |    | Naam                |                     | Cat     |                     | PR    | Tijd         | Info |
|---|----|---------------------|---------------------|---------|---------------------|-------|--------------|------|
| 4 | wt | 56                  | <b>Tosca Mulder</b> |         | DA2                 | 42.56 | <b>43.58</b> |      |
|   | rd | 40                  | <b>Evelien Vijn</b> |         | DN1                 | 40.63 | <b>42.40</b> |      |
|   |    | <b>Tosca Mulder</b> |                     |         | <b>Evelien Vijn</b> |       |              |      |
|   |    | 100m                | 12.15               | (12.15) | 100m                | 11.73 | (11.73)      |      |
|   |    | 500m                | 43.58               | (31.43) | 500m                | 42.40 | (30.67)      |      |

|   |    | Naam                |                            | Cat     |                            | PR    | Tijd         | Info |
|---|----|---------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 5 | wt | 55                  | <b>Mayke Koster</b>        |         | DN2                        | 42.56 | <b>43.29</b> |      |
|   | rd | 25                  | <b>Lisan van der Linde</b> |         | DN1                        | 41.91 | <b>42.94</b> |      |
|   |    | <b>Mayke Koster</b> |                            |         | <b>Lisan van der Linde</b> |       |              |      |
|   |    | 100m                | 11.79                      | (11.79) | 100m                       | 12.00 | (12.00)      |      |
|   |    | 500m                | 43.29                      | (31.50) | 500m                       | 42.94 | (30.94)      |      |

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|       |    | Naam                    |                           | Cat     |                           | PR    |         | Tijd         | Info |
|-------|----|-------------------------|---------------------------|---------|---------------------------|-------|---------|--------------|------|
| 6     | wt | 36                      | <b>Lidia Tempert</b>      |         | DN3                       |       | 42.13   | <b>42.95</b> |      |
|       | rd | 17                      | <b>Sterre Jonkers</b>     |         | DSA                       |       | 41.95   | <b>43.20</b> |      |
|       |    | <b>Lidia Tempert</b>    |                           |         | <b>Sterre Jonkers</b>     |       |         |              |      |
|       |    | 100m                    | 11.82                     | (11.82) | 100m                      | 12.09 | (12.09) |              |      |
|       |    | 500m                    | 42.95                     | (31.13) | 500m                      | 43.20 | (31.11) |              |      |
| <hr/> |    |                         |                           |         |                           |       |         |              |      |
|       |    | Naam                    |                           | Cat     |                           | PR    |         | Tijd         | Info |
| 7     | wt | 12                      | <b>Aveline Hijlkema</b>   |         | DSA                       |       | 39.78   | <b>41.42</b> |      |
|       | rd | 52                      | <b>Silke Hijma</b>        |         | DA2                       |       | 41.52   | <b>42.45</b> |      |
|       |    | <b>Aveline Hijlkema</b> |                           |         | <b>Silke Hijma</b>        |       |         |              |      |
|       |    | 100m                    | 11.38                     | (11.38) | 100m                      | 11.75 | (11.75) |              |      |
|       |    | 500m                    | 41.42                     | (30.04) | 500m                      | 42.45 | (30.70) |              |      |
| <hr/> |    |                         |                           |         |                           |       |         |              |      |
|       |    | Naam                    |                           | Cat     |                           | PR    |         | Tijd         | Info |
| 8     | wt | 44                      | <b>Sanne Westra</b>       |         | DN1                       |       | 40.97   | <b>41.87</b> |      |
|       | rd | 6                       | <b>Romée Ebbinge</b>      |         | DSA                       |       | 40.97   | <b>41.87</b> |      |
|       |    | <b>Sanne Westra</b>     |                           |         | <b>Romée Ebbinge</b>      |       |         |              |      |
|       |    | 100m                    | 11.68                     | (11.68) | 100m                      | 11.57 | (11.57) |              |      |
|       |    | 500m                    | 41.87                     | (30.19) | 500m                      | 41.87 | (30.30) |              |      |
| <hr/> |    |                         |                           |         |                           |       |         |              |      |
|       |    | Naam                    |                           | Cat     |                           | PR    |         | Tijd         | Info |
| 9     | wt | 45                      | <b>Melissa Wijfje</b>     |         | DSA                       |       | 38.83   | <b>40.95</b> |      |
|       | rd | 21                      | <b>Patricia Koot</b>      |         | DA1                       |       | 41.24   | <b>42.03</b> |      |
|       |    | <b>Melissa Wijfje</b>   |                           |         | <b>Patricia Koot</b>      |       |         |              |      |
|       |    | 100m                    | 11.62                     | (11.62) | 100m                      | 11.71 | (11.71) |              |      |
|       |    | 500m                    | 40.95                     | (29.33) | 500m                      | 42.03 | (30.32) |              |      |
| <hr/> |    |                         |                           |         |                           |       |         |              |      |
|       |    | Naam                    |                           | Cat     |                           | PR    |         | Tijd         | Info |
| 10    | wt | 2                       | <b>Fenna de Boer</b>      |         | DN1                       |       | 41.81   | <b>43.29</b> |      |
|       | rd | 43                      | <b>Naomi van der Werf</b> |         | DSA                       |       | 40.41   | <b>42.47</b> |      |
|       |    | <b>Fenna de Boer</b>    |                           |         | <b>Naomi van der Werf</b> |       |         |              |      |
|       |    | 100m                    | 11.73                     | (11.73) | 100m                      | 11.54 | (11.54) |              |      |
|       |    | 500m                    | 43.29                     | (31.56) | 500m                      | 42.47 | (30.93) |              |      |

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|       |    | Naam                    |                         |         | Cat                     |       |         | PR    | Tijd         | Info |
|-------|----|-------------------------|-------------------------|---------|-------------------------|-------|---------|-------|--------------|------|
| 11    | wt | 5                       | <b>Elisa Dul</b>        |         | DSA                     |       |         | 38.66 | <b>40.27</b> |      |
|       | rd | 3                       | <b>Myrthe de Boer</b>   |         | DN2                     |       |         | 38.82 | <b>40.40</b> |      |
|       |    | <b>Elisa Dul</b>        |                         |         | <b>Myrthe de Boer</b>   |       |         |       |              |      |
|       |    | 100m                    | 11.12                   | (11.12) | 100m                    | 11.16 | (11.16) |       |              |      |
|       |    | 500m                    | 40.27                   | (29.15) | 500m                    | 40.40 | (29.24) |       |              |      |
| <hr/> |    |                         |                         |         |                         |       |         |       |              |      |
|       |    | Naam                    |                         |         | Cat                     |       |         | PR    | Tijd         | Info |
| 12    | wt | 41                      | <b>Ju-Lin de Visser</b> |         | DN3                     |       |         | 40.15 | <b>40.96</b> |      |
|       | rd | 10                      | <b>Robin Groot</b>      |         | DN3                     |       |         | 39.36 | <b>40.94</b> |      |
|       |    | <b>Ju-Lin de Visser</b> |                         |         | <b>Robin Groot</b>      |       |         |       |              |      |
|       |    | 100m                    | 11.23                   | (11.23) | 100m                    | 11.37 | (11.37) |       |              |      |
|       |    | 500m                    | 40.96                   | (29.73) | 500m                    | 40.94 | (29.57) |       |              |      |
| <hr/> |    |                         |                         |         |                         |       |         |       |              |      |
|       |    | Naam                    |                         |         | Cat                     |       |         | PR    | Tijd         | Info |
| 13    | wt | 38                      | <b>Paulien Verhaar</b>  |         | DN4                     |       |         | 39.85 | <b>41.22</b> |      |
|       | rd | 27                      | <b>Amy van der Meer</b> |         | DN2                     |       |         | 40.03 | <b>40.88</b> |      |
|       |    | <b>Paulien Verhaar</b>  |                         |         | <b>Amy van der Meer</b> |       |         |       |              |      |
|       |    | 100m                    | 11.19                   | (11.19) | 100m                    | 11.19 | (11.19) |       |              |      |
|       |    | 500m                    | 41.22                   | (30.03) | 500m                    | 40.88 | (29.69) |       |              |      |

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## 2. Uitslag Dames 1500 meter

| Pos | Naam                          | Cat | Paar | Baan | Tijd           | Info       | Punten |
|-----|-------------------------------|-----|------|------|----------------|------------|--------|
| 1   | 45 <b>Melissa Wijffe</b>      | DSA | 13   | I    | <b>2:01.40</b> |            |        |
| 2   | 5 <b>Elisa Dul</b>            | DSA | 14   | O    | <b>2:01.95</b> |            |        |
| 3   | 3 <b>Myrthe de Boer</b>       | DN2 | 12   | I    | <b>2:02.48</b> |            |        |
| 4   | 19 <b>Esther Kiel</b>         | DSA | 14   | I    | <b>2:02.53</b> |            |        |
| 5   | 10 <b>Robin Groot</b>         | DN3 | 13   | O    | <b>2:03.41</b> |            |        |
| 6   | 12 <b>Aveline Hijlkema</b>    | DSA | 12   | O    | <b>2:03.84</b> |            |        |
| 7   | 38 <b>Paulien Verhaar</b>     | DN4 | 9    | O    | <b>2:05.06</b> |            |        |
| 8   | 41 <b>Ju-Lin de Visser</b>    | DN3 | 8    | O    | <b>2:07.04</b> |            |        |
| 9   | 35 <b>Kim Talsma</b>          | DN3 | 11   | I    | <b>2:07.35</b> |            |        |
| 10  | 43 <b>Naomi van der Werf</b>  | DSA | 10   | O    | <b>2:07.69</b> |            |        |
| 11  | 6 <b>Romée Ebbinge</b>        | DSA | 8    | I    | <b>2:08.15</b> |            |        |
| 12  | 40 <b>Evelien Vijn</b>        | DN1 | 3    | O    | <b>2:08.33</b> |            |        |
| 13  | 44 <b>Sanne Westra</b>        | DN1 | 9    | I    | <b>2:08.60</b> |            |        |
| 14  | 21 <b>Patricia Koot</b>       | DA1 | 11   | O    | <b>2:09.11</b> |            |        |
| 15  | 36 <b>Lidia Tempert</b>       | DN3 | 6    | I    | <b>2:09.75</b> |            |        |
| 16  | 25 <b>Lisan van der Linde</b> | DN1 | 6    | O    | <b>2:10.19</b> |            |        |
| 17  | 27 <b>Amy van der Meer</b>    | DN2 | 7    | O    | <b>2:10.93</b> |            |        |
| 18  | 17 <b>Sterre Jonkers</b>      | DSA | 10   | I    | <b>2:11.01</b> |            |        |
| 19  | 52 <b>Silke Hijma</b>         | DA2 | 5    | O    | <b>2:12.81</b> |            |        |
| 20  | 33 <b>Liotte Smits</b>        | DN3 | 5    | I    | <b>2:13.11</b> |            |        |
| 21  | 49 <b>Nyncke Dijkstra</b>     | DN1 | 4    | O    | <b>2:16.66</b> |            |        |
| 22  | 56 <b>Tosca Mulder</b>        | DA2 | 3    | I    | <b>2:16.68</b> |            |        |
| 23  | 55 <b>Mayke Koster</b>        | DN2 | 4    | I    | <b>2:17.87</b> |            |        |
| 24  | 54 <b>Quinty van Klink</b>    | DN3 | 1    | O    | <b>2:18.00</b> |            |        |
| 25  | 2 <b>Fenna de Boer</b>        | DN1 | 7    | I    | <b>2:19.09</b> |            |        |
|     | 14 <b>Sanne in 't Hof</b>     | DSA |      |      |                | <b>WDR</b> |        |

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## 2. Rituitslag Dames 1500 meter

|       |    | Naam                       | Cat     | PR      | Tijd    | Info                    |
|-------|----|----------------------------|---------|---------|---------|-------------------------|
| 1     | wt | 14 <b>Sanne in 't Hof</b>  | DSA     | 1:58.83 |         | <b>WDR</b>              |
|       | rd | 54 <b>Quinty van Klink</b> | DN3     | 2:12.25 |         | <b>2:18.00</b>          |
|       |    | <u>Sanne in 't Hof</u>     |         |         |         | <u>Quinty van Klink</u> |
|       |    |                            |         | 300m    | 29.75   | (29.75)                 |
|       |    |                            |         | 700m    | 1:03.65 | (33.90)                 |
|       |    |                            |         | 1100m   | 1:39.89 | (36.24)                 |
|       |    |                            |         | 1500m   | 2:18.00 | (38.11)                 |
| <hr/> |    |                            |         |         |         |                         |
|       |    | Naam                       | Cat     | PR      | Tijd    | Info                    |
| 2     | gl |                            |         |         |         |                         |
|       | bl |                            |         |         |         |                         |
|       |    | <u>m</u>                   |         |         |         | <u>m</u>                |
| <hr/> |    |                            |         |         |         |                         |
|       |    | Naam                       | Cat     | PR      | Tijd    | Info                    |
| 3     | wt | 56 <b>Tosca Mulder</b>     | DA2     | 2:09.68 |         | <b>2:16.68</b>          |
|       | rd | 40 <b>Evelien Vijn</b>     | DN1     | 1:57.52 |         | <b>2:08.33</b>          |
|       |    | <u>Tosca Mulder</u>        |         |         |         | <u>Evelien Vijn</u>     |
|       |    | 300m                       | 28.68   | (28.68) | 300m    | 28.03 (28.03)           |
|       |    | 700m                       | 1:01.75 | (33.07) | 700m    | 59.74 (31.71)           |
|       |    | 1100m                      | 1:37.86 | (36.11) | 1100m   | 1:33.07 (33.33)         |
|       |    | 1500m                      | 2:16.68 | (38.82) | 1500m   | 2:08.33 (35.26)         |
| <hr/> |    |                            |         |         |         |                         |
|       |    | Naam                       | Cat     | PR      | Tijd    | Info                    |
| 4     | gl | 55 <b>Mayke Koster</b>     | DN2     | 2:08.79 |         | <b>2:17.87</b>          |
|       | bl | 49 <b>Nyncke Dijkstra</b>  | DN1     | 2:09.47 |         | <b>2:16.66</b>          |
|       |    | <u>Mayke Koster</u>        |         |         |         | <u>Nyncke Dijkstra</u>  |
|       |    | 300m                       | 29.23   | (29.23) | 300m    | 28.88 (28.88)           |
|       |    | 700m                       | 1:03.46 | (34.23) | 700m    | 1:02.20 (33.32)         |
|       |    | 1100m                      | 1:40.14 | (36.68) | 1100m   | 1:38.27 (36.07)         |
|       |    | 1500m                      | 2:17.87 | (37.73) | 1500m   | 2:16.66 (38.39)         |

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|---|----|---------------------|---------------------|---------|-----|--------------------|---------|----------------|------|
| 5 | wt | 33                  | <b>Liotte Smits</b> |         | DN3 |                    | 2:07.04 | <b>2:13.11</b> |      |
|   | rd | 52                  | <b>Silke Hijma</b>  |         | DA2 |                    | 2:08.55 | <b>2:12.81</b> |      |
|   |    | <b>Liotte Smits</b> |                     |         |     | <b>Silke Hijma</b> |         |                |      |
|   |    | 300m                | 28.77               | (28.77) |     | 300m               | 27.88   | (27.88)        |      |
|   |    | 700m                | 1:01.54             | (32.77) |     | 700m               | 59.79   | (31.91)        |      |
|   |    | 1100m               | 1:36.70             | (35.16) |     | 1100m              | 1:34.90 | (35.11)        |      |
|   |    | 1500m               | 2:13.11             | (36.41) |     | 1500m              | 2:12.81 | (37.91)        |      |

|   |    | Naam                 |                            | Cat     |     | PR                         |         | Tijd           | Info |
|---|----|----------------------|----------------------------|---------|-----|----------------------------|---------|----------------|------|
| 6 | gl | 36                   | <b>Lidia Tempert</b>       |         | DN3 |                            | 2:05.05 | <b>2:09.75</b> |      |
|   | bl | 25                   | <b>Lisan van der Linde</b> |         | DN1 |                            | 2:06.50 | <b>2:10.19</b> |      |
|   |    | <b>Lidia Tempert</b> |                            |         |     | <b>Lisan van der Linde</b> |         |                |      |
|   |    | 300m                 | 28.01                      | (28.01) |     | 300m                       | 28.17   | (28.17)        |      |
|   |    | 700m                 | 1:00.32                    | (32.31) |     | 700m                       | 1:00.12 | (31.95)        |      |
|   |    | 1100m                | 1:34.21                    | (33.89) |     | 1100m                      | 1:34.35 | (34.23)        |      |
|   |    | 1500m                | 2:09.75                    | (35.54) |     | 1500m                      | 2:10.19 | (35.84)        |      |

|   |    | Naam                 |                         | Cat     |     | PR                      |         | Tijd           | Info |
|---|----|----------------------|-------------------------|---------|-----|-------------------------|---------|----------------|------|
| 7 | wt | 2                    | <b>Fenna de Boer</b>    |         | DN1 |                         | 2:06.77 | <b>2:19.09</b> |      |
|   | rd | 27                   | <b>Amy van der Meer</b> |         | DN2 |                         | 2:05.91 | <b>2:10.93</b> |      |
|   |    | <b>Fenna de Boer</b> |                         |         |     | <b>Amy van der Meer</b> |         |                |      |
|   |    | 300m                 | 28.04                   | (28.04) |     | 300m                    | 27.36   | (27.36)        |      |
|   |    | 700m                 | 1:02.46                 | (34.42) |     | 700m                    | 59.33   | (31.97)        |      |
|   |    | 1100m                | 1:40.53                 | (38.07) |     | 1100m                   | 1:33.50 | (34.17)        |      |
|   |    | 1500m                | 2:19.09                 | (38.56) |     | 1500m                   | 2:10.93 | (37.43)        |      |

|   |    | Naam                 |                         | Cat     |     | PR                      |         | Tijd           | Info |
|---|----|----------------------|-------------------------|---------|-----|-------------------------|---------|----------------|------|
| 8 | gl | 6                    | <b>Romée Ebbinge</b>    |         | DSA |                         | 2:05.69 | <b>2:08.15</b> |      |
|   | bl | 41                   | <b>Ju-Lin de Visser</b> |         | DN3 |                         | 2:03.94 | <b>2:07.04</b> |      |
|   |    | <b>Romée Ebbinge</b> |                         |         |     | <b>Ju-Lin de Visser</b> |         |                |      |
|   |    | 300m                 | 27.28                   | (27.28) |     | 300m                    | 26.73   | (26.73)        |      |
|   |    | 700m                 | 58.64                   | (31.36) |     | 700m                    | 57.24   | (30.51)        |      |
|   |    | 1100m                | 1:32.28                 | (33.64) |     | 1100m                   | 1:30.92 | (33.68)        |      |
|   |    | 1500m                | 2:08.15                 | (35.87) |     | 1500m                   | 2:07.04 | (36.12)        |      |

# Holland Cup 2d / Kraantje Lek

IJsbahn Haarlem - Haarlem

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|       |    | Naam                  |                           | Cat     |     | PR                        |         | Tijd           | Info |
|-------|----|-----------------------|---------------------------|---------|-----|---------------------------|---------|----------------|------|
| 9     | wt | 44                    | <b>Sanne Westra</b>       |         | DN1 |                           | 2:01.40 | <b>2:08.60</b> |      |
|       | rd | 38                    | <b>Paulien Verhaar</b>    |         | DN4 |                           | 1:59.73 | <b>2:05.06</b> |      |
|       |    | <b>Sanne Westra</b>   |                           |         |     | <b>Paulien Verhaar</b>    |         |                |      |
|       |    | 300m                  | 27.72                     | (27.72) |     | 300m                      | 27.23   | (27.23)        |      |
|       |    | 700m                  | 58.93                     | (31.21) |     | 700m                      | 58.08   | (30.85)        |      |
|       |    | 1100m                 | 1:32.46                   | (33.53) |     | 1100m                     | 1:30.77 | (32.69)        |      |
|       |    | 1500m                 | 2:08.60                   | (36.14) |     | 1500m                     | 2:05.06 | (34.29)        |      |
| <hr/> |    |                       |                           |         |     |                           |         |                |      |
|       |    | Naam                  |                           | Cat     |     | PR                        |         | Tijd           | Info |
| 10    | gl | 17                    | <b>Sterre Jonkers</b>     |         | DSA |                           | 2:00.85 | <b>2:11.01</b> |      |
|       | bl | 43                    | <b>Naomi van der Werf</b> |         | DSA |                           | 2:01.20 | <b>2:07.69</b> |      |
|       |    | <b>Sterre Jonkers</b> |                           |         |     | <b>Naomi van der Werf</b> |         |                |      |
|       |    | 300m                  | 28.94                     | (28.94) |     | 300m                      | 27.80   | (27.80)        |      |
|       |    | 700m                  | 1:01.48                   | (32.54) |     | 700m                      | 59.66   | (31.86)        |      |
|       |    | 1100m                 | 1:35.46                   | (33.98) |     | 1100m                     | 1:32.91 | (33.25)        |      |
|       |    | 1500m                 | 2:11.01                   | (35.55) |     | 1500m                     | 2:07.69 | (34.78)        |      |
| <hr/> |    |                       |                           |         |     |                           |         |                |      |
|       |    | Naam                  |                           | Cat     |     | PR                        |         | Tijd           | Info |
| 11    | wt | 35                    | <b>Kim Talsma</b>         |         | DN3 |                           | 1:57.33 | <b>2:07.35</b> |      |
|       | rd | 21                    | <b>Patricia Koot</b>      |         | DA1 |                           | 2:03.26 | <b>2:09.11</b> |      |
|       |    | <b>Kim Talsma</b>     |                           |         |     | <b>Patricia Koot</b>      |         |                |      |
|       |    | 300m                  | 27.93                     | (27.93) |     | 300m                      | 27.89   | (27.89)        |      |
|       |    | 700m                  | 59.77                     | (31.84) |     | 700m                      | 59.66   | (31.77)        |      |
|       |    | 1100m                 | 1:32.81                   | (33.04) |     | 1100m                     | 1:33.28 | (33.62)        |      |
|       |    | 1500m                 | 2:07.35                   | (34.54) |     | 1500m                     | 2:09.11 | (35.83)        |      |
| <hr/> |    |                       |                           |         |     |                           |         |                |      |
|       |    | Naam                  |                           | Cat     |     | PR                        |         | Tijd           | Info |
| 12    | gl | 3                     | <b>Myrthe de Boer</b>     |         | DN2 |                           | 1:56.76 | <b>2:02.48</b> |      |
|       | bl | 12                    | <b>Aveline Hijlkema</b>   |         | DSA |                           | 1:57.78 | <b>2:03.84</b> |      |
|       |    | <b>Myrthe de Boer</b> |                           |         |     | <b>Aveline Hijlkema</b>   |         |                |      |
|       |    | 300m                  | 26.51                     | (26.51) |     | 300m                      | 27.23   | (27.23)        |      |
|       |    | 700m                  | 56.36                     | (29.85) |     | 700m                      | 58.08   | (30.85)        |      |
|       |    | 1100m                 | 1:28.11                   | (31.75) |     | 1100m                     | 1:30.29 | (32.21)        |      |
|       |    | 1500m                 | 2:02.48                   | (34.37) |     | 1500m                     | 2:03.84 | (33.55)        |      |



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|       |    | Naam                  |                       |         | Cat                |         |         | PR      | Tijd           | Info |
|-------|----|-----------------------|-----------------------|---------|--------------------|---------|---------|---------|----------------|------|
| 13    | wt | 45                    | <b>Melissa Wijffe</b> |         | DSA                |         |         | 1:51.78 | <b>2:01.40</b> |      |
|       | rd | 10                    | <b>Robin Groot</b>    |         | DN3                |         |         | 1:57.14 | <b>2:03.41</b> |      |
|       |    | <b>Melissa Wijffe</b> |                       |         | <b>Robin Groot</b> |         |         |         |                |      |
|       |    | 300m                  | 26.87                 | (26.87) | 300m               | 27.24   | (27.24) |         |                |      |
|       |    | 700m                  | 56.82                 | (29.95) | 700m               | 57.89   | (30.65) |         |                |      |
|       |    | 1100m                 | 1:27.98               | (31.16) | 1100m              | 1:30.05 | (32.16) |         |                |      |
|       |    | 1500m                 | 2:01.40               | (33.42) | 1500m              | 2:03.41 | (33.36) |         |                |      |
| <hr/> |    |                       |                       |         |                    |         |         |         |                |      |
|       |    | Naam                  |                       |         | Cat                |         |         | PR      | Tijd           | Info |
| 14    | gl | 19                    | <b>Esther Kiel</b>    |         | DSA                |         |         | 1:57.76 | <b>2:02.53</b> |      |
|       | bl | 5                     | <b>Elisa Dul</b>      |         | DSA                |         |         | 1:54.68 | <b>2:01.95</b> |      |
|       |    | <b>Esther Kiel</b>    |                       |         | <b>Elisa Dul</b>   |         |         |         |                |      |
|       |    | 300m                  | 26.87                 | (26.87) | 300m               | 26.52   | (26.52) |         |                |      |
|       |    | 700m                  | 57.09                 | (30.22) | 700m               | 56.84   | (30.32) |         |                |      |
|       |    | 1100m                 | 1:29.24               | (32.15) | 1100m              | 1:28.89 | (32.05) |         |                |      |
|       |    | 1500m                 | 2:02.53               | (33.29) | 1500m              | 2:01.95 | (33.06) |         |                |      |

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## 3. Uitslag Dames 1000 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 5 Elisa Dul            | DSA | 14   | I    | 1:18.53 | TR   |        |
| 2   | 45 Melissa Wijffe      | DSA | 13   | I    | 1:18.67 |      |        |
| 3   | 3 Myrthe de Boer       | DN2 | 14   | O    | 1:18.90 | TRC  |        |
| 4   | 19 Esther Kiel         | DSA | 12   | I    | 1:19.47 |      |        |
| 5   | 10 Robin Groot         | DN3 | 13   | O    | 1:19.80 |      |        |
| 6   | 35 Kim Talsma          | DN3 | 10   | I    | 1:21.51 |      |        |
| 7   | 38 Paulien Verhaar     | DN4 | 11   | I    | 1:21.95 |      |        |
| 8   | 41 Ju-Lin de Visser    | DN3 | 11   | O    | 1:22.06 |      |        |
| 9   | 12 Aveline Hijlkema    | DSA | 12   | O    | 1:22.10 |      |        |
| 10  | 6 Romée Ebbinge        | DSA | 9    | I    | 1:22.20 |      |        |
| 11  | 43 Naomi van der Werf  | DSA | 8    | I    | 1:22.28 |      |        |
| 12  | 27 Amy van der Meer    | DN2 | 10   | O    | 1:22.65 |      |        |
| 13  | 21 Patricia Koot       | DA1 | 8    | O    | 1:22.74 |      |        |
| 14  | 44 Sanne Westra        | DN1 | 9    | O    | 1:22.96 |      |        |
| 15  | 25 Lisan van der Linde | DN1 | 6    | I    | 1:23.30 | PR   |        |
| 16  | 40 Evelien Vijn        | DN1 | 7    | I    | 1:23.35 |      |        |
| 17  | 52 Silke Hijma         | DA2 | 6    | O    | 1:23.38 |      |        |
| 18  | 17 Sterre Jonkers      | DSA | 5    | I    | 1:24.22 |      |        |
| 19  | 36 Lidia Tempert       | DN3 | 7    | O    | 1:24.54 |      |        |
| 20  | 33 Liotte Smits        | DN3 | 5    | O    | 1:26.42 |      |        |
| 21  | 49 Nyncke Dijkstra     | DN1 | 3    | I    | 1:26.49 |      |        |
| 22  | 56 Tosca Mulder        | DA2 | 4    | I    | 1:26.95 |      |        |
| 23  | 55 Mayke Koster        | DN2 | 4    | O    | 1:27.86 |      |        |
| 24  | 54 Quinty van Klink    | DN3 | 1    | I    | 1:28.15 | PR   |        |
| 25  | 2 Fenna de Boer        | DN1 | 3    | O    | 1:28.38 |      |        |

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## 3. Rituitslag Dames 1000 meter

|   |          | Naam |                         | Cat |     | PR |         | Tijd           | Info |
|---|----------|------|-------------------------|-----|-----|----|---------|----------------|------|
| 1 | wt<br>rd | 54   | <b>Quinty van Klink</b> |     | DN3 |    | 1:28.51 | <b>1:28.15</b> | PR   |

### Quinty van Klink

|       |         |         |   |
|-------|---------|---------|---|
| 200m  | 21.04   | (21.04) | m |
| 600m  | 53.45   | (32.41) |   |
| 1000m | 1:28.15 | (34.70) |   |

|   |          | Naam |  | Cat |  | PR |  | Tijd | Info |
|---|----------|------|--|-----|--|----|--|------|------|
| 2 | gl<br>bl |      |  |     |  |    |  |      |      |

m m

|   |          | Naam |                        | Cat |     | PR |         | Tijd           | Info |
|---|----------|------|------------------------|-----|-----|----|---------|----------------|------|
| 3 | wt<br>rd | 49   | <b>Nyncke Dijkstra</b> |     | DN1 |    | 1:23.22 | <b>1:26.49</b> |      |
|   |          | 2    | <b>Fenna de Boer</b>   |     | DN1 |    | 1:23.79 | <b>1:28.38</b> |      |

### Nyncke Dijkstra

|       |         |         |
|-------|---------|---------|
| 200m  | 20.51   | (20.51) |
| 600m  | 52.34   | (31.83) |
| 1000m | 1:26.49 | (34.15) |

### Fenna de Boer

|       |         |         |
|-------|---------|---------|
| 200m  | 20.60   | (20.60) |
| 600m  | 53.24   | (32.64) |
| 1000m | 1:28.38 | (35.14) |

|   |          | Naam |                     | Cat |     | PR |         | Tijd           | Info |
|---|----------|------|---------------------|-----|-----|----|---------|----------------|------|
| 4 | gl<br>bl | 56   | <b>Tosca Mulder</b> |     | DA2 |    | 1:24.97 | <b>1:26.95</b> |      |
|   |          | 55   | <b>Mayke Koster</b> |     | DN2 |    | 1:25.78 | <b>1:27.86</b> |      |

### Tosca Mulder

|       |         |         |
|-------|---------|---------|
| 200m  | 20.33   | (20.33) |
| 600m  | 52.12   | (31.79) |
| 1000m | 1:26.95 | (34.83) |

### Mayke Koster

|       |         |         |
|-------|---------|---------|
| 200m  | 20.44   | (20.44) |
| 600m  | 52.02   | (31.58) |
| 1000m | 1:27.86 | (35.84) |

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|   |    | Naam                  |                       | Cat     |                     | PR      |         | Tijd           | Info |
|---|----|-----------------------|-----------------------|---------|---------------------|---------|---------|----------------|------|
| 5 | wt | 17                    | <b>Sterre Jonkers</b> |         | DSA                 |         | 1:21.64 | <b>1:24.22</b> |      |
|   | rd | 33                    | <b>Liotte Smits</b>   |         | DN3                 |         | 1:25.60 | <b>1:26.42</b> |      |
|   |    | <b>Sterre Jonkers</b> |                       |         | <b>Liotte Smits</b> |         |         |                |      |
|   |    | 200m                  | 20.56                 | (20.56) | 200m                | 20.59   | (20.59) |                |      |
|   |    | 600m                  | 51.57                 | (31.01) | 600m                | 52.27   | (31.68) |                |      |
|   |    | 1000m                 | 1:24.22               | (32.65) | 1000m               | 1:26.42 | (34.15) |                |      |

|   |    | Naam                       |                            | Cat     |                    | PR      |         | Tijd           | Info |
|---|----|----------------------------|----------------------------|---------|--------------------|---------|---------|----------------|------|
| 6 | gl | 25                         | <b>Lisan van der Linde</b> |         | DN1                |         | 1:23.46 | <b>1:23.30</b> | PR   |
|   | bl | 52                         | <b>Silke Hijma</b>         |         | DA2                |         | 1:23.38 | <b>1:23.38</b> |      |
|   |    | <b>Lisan van der Linde</b> |                            |         | <b>Silke Hijma</b> |         |         |                |      |
|   |    | 200m                       | 20.01                      | (20.01) | 200m               | 19.94   | (19.94) |                |      |
|   |    | 600m                       | 50.66                      | (30.65) | 600m               | 50.11   | (30.17) |                |      |
|   |    | 1000m                      | 1:23.30                    | (32.64) | 1000m              | 1:23.38 | (33.27) |                |      |

|   |    | Naam                |                      | Cat     |                      | PR      |         | Tijd           | Info |
|---|----|---------------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 7 | wt | 40                  | <b>Evelien Vijn</b>  |         | DN1                  |         | 1:19.59 | <b>1:23.35</b> |      |
|   | rd | 36                  | <b>Lidia Tempert</b> |         | DN3                  |         | 1:23.05 | <b>1:24.54</b> |      |
|   |    | <b>Evelien Vijn</b> |                      |         | <b>Lidia Tempert</b> |         |         |                |      |
|   |    | 200m                | 20.08                | (20.08) | 200m                 | 20.07   | (20.07) |                |      |
|   |    | 600m                | 50.72                | (30.64) | 600m                 | 51.30   | (31.23) |                |      |
|   |    | 1000m               | 1:23.35              | (32.63) | 1000m                | 1:24.54 | (33.24) |                |      |

|   |    | Naam                      |                           | Cat     |                      | PR      |         | Tijd           | Info |
|---|----|---------------------------|---------------------------|---------|----------------------|---------|---------|----------------|------|
| 8 | gl | 43                        | <b>Naomi van der Werf</b> |         | DSA                  |         | 1:20.13 | <b>1:22.28</b> |      |
|   | bl | 21                        | <b>Patricia Koot</b>      |         | DA1                  |         | 1:21.17 | <b>1:22.74</b> |      |
|   |    | <b>Naomi van der Werf</b> |                           |         | <b>Patricia Koot</b> |         |         |                |      |
|   |    | 200m                      | 19.37                     | (19.37) | 200m                 | 19.72   | (19.72) |                |      |
|   |    | 600m                      | 49.57                     | (30.20) | 600m                 | 50.13   | (30.41) |                |      |
|   |    | 1000m                     | 1:22.28                   | (32.71) | 1000m                | 1:22.74 | (32.61) |                |      |

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|   |    | Naam                 |                      |         | Cat                 |         |         | PR      | Tijd           | Info |
|---|----|----------------------|----------------------|---------|---------------------|---------|---------|---------|----------------|------|
| 9 | wt | 6                    | <b>Romée Ebbinge</b> |         | DSA                 |         |         | 1:20.73 | <b>1:22.20</b> |      |
|   | rd | 44                   | <b>Sanne Westra</b>  |         | DN1                 |         |         | 1:19.86 | <b>1:22.96</b> |      |
|   |    | <b>Romée Ebbinge</b> |                      |         | <b>Sanne Westra</b> |         |         |         |                |      |
|   |    | 200m                 | 19.58                | (19.58) | 200m                | 19.69   | (19.69) |         |                |      |
|   |    | 600m                 | 50.03                | (30.45) | 600m                | 50.09   | (30.40) |         |                |      |
|   |    | 1000m                | 1:22.20              | (32.17) | 1000m               | 1:22.96 | (32.87) |         |                |      |

|    |    | Naam              |                         |         | Cat                     |         |         | PR      | Tijd           | Info |
|----|----|-------------------|-------------------------|---------|-------------------------|---------|---------|---------|----------------|------|
| 10 | gl | 35                | <b>Kim Talsma</b>       |         | DN3                     |         |         | 1:17.24 | <b>1:21.51</b> |      |
|    | bl | 27                | <b>Amy van der Meer</b> |         | DN2                     |         |         | 1:21.18 | <b>1:22.65</b> |      |
|    |    | <b>Kim Talsma</b> |                         |         | <b>Amy van der Meer</b> |         |         |         |                |      |
|    |    | 200m              | 19.66                   | (19.66) | 200m                    | 19.51   | (19.51) |         |                |      |
|    |    | 600m              | 50.05                   | (30.39) | 600m                    | 49.66   | (30.15) |         |                |      |
|    |    | 1000m             | 1:21.51                 | (31.46) | 1000m                   | 1:22.65 | (32.99) |         |                |      |

|    |    | Naam                   |                         |         | Cat                     |         |         | PR      | Tijd           | Info |
|----|----|------------------------|-------------------------|---------|-------------------------|---------|---------|---------|----------------|------|
| 11 | wt | 38                     | <b>Paulien Verhaar</b>  |         | DN4                     |         |         | 1:18.55 | <b>1:21.95</b> |      |
|    | rd | 41                     | <b>Ju-Lin de Visser</b> |         | DN3                     |         |         | 1:20.85 | <b>1:22.06</b> |      |
|    |    | <b>Paulien Verhaar</b> |                         |         | <b>Ju-Lin de Visser</b> |         |         |         |                |      |
|    |    | 200m                   | 19.42                   | (19.42) | 200m                    | 19.30   | (19.30) |         |                |      |
|    |    | 600m                   | 49.47                   | (30.05) | 600m                    | 49.32   | (30.02) |         |                |      |
|    |    | 1000m                  | 1:21.95                 | (32.48) | 1000m                   | 1:22.06 | (32.74) |         |                |      |

|    |    | Naam               |                         |         | Cat                     |         |         | PR      | Tijd           | Info |
|----|----|--------------------|-------------------------|---------|-------------------------|---------|---------|---------|----------------|------|
| 12 | gl | 19                 | <b>Esther Kiel</b>      |         | DSA                     |         |         | 1:17.54 | <b>1:19.47</b> |      |
|    | bl | 12                 | <b>Aveline Hijlkema</b> |         | DSA                     |         |         | 1:18.12 | <b>1:22.10</b> |      |
|    |    | <b>Esther Kiel</b> |                         |         | <b>Aveline Hijlkema</b> |         |         |         |                |      |
|    |    | 200m               | 19.09                   | (19.09) | 200m                    | 19.79   | (19.79) |         |                |      |
|    |    | 600m               | 48.43                   | (29.34) | 600m                    | 49.89   | (30.10) |         |                |      |
|    |    | 1000m              | 1:19.47                 | (31.04) | 1000m                   | 1:22.10 | (32.21) |         |                |      |

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|       |    | Naam                  |                       |         | Cat                   |         |         | PR      | Tijd           | Info |
|-------|----|-----------------------|-----------------------|---------|-----------------------|---------|---------|---------|----------------|------|
| 13    | wt | 45                    | <b>Melissa Wijffe</b> |         | DSA                   |         |         | 1:15.05 | <b>1:18.67</b> |      |
|       | rd | 10                    | <b>Robin Groot</b>    |         | DN3                   |         |         | 1:17.39 | <b>1:19.80</b> |      |
|       |    | <b>Melissa Wijffe</b> |                       |         | <b>Robin Groot</b>    |         |         |         |                |      |
|       |    | 200m                  | 19.22                 | (19.22) | 200m                  | 19.15   | (19.15) |         |                |      |
|       |    | 600m                  | 48.38                 | (29.16) | 600m                  | 48.37   | (29.22) |         |                |      |
|       |    | 1000m                 | 1:18.67               | (30.29) | 1000m                 | 1:19.80 | (31.43) |         |                |      |
| <hr/> |    |                       |                       |         |                       |         |         |         |                |      |
|       |    | Naam                  |                       |         | Cat                   |         |         | PR      | Tijd           | Info |
| 14    | gl | 5                     | <b>Elisa Dul</b>      |         | DSA                   |         |         | 1:15.19 | <b>1:18.53</b> | TR   |
|       | bl | 3                     | <b>Myrthe de Boer</b> |         | DN2                   |         |         | 1:15.51 | <b>1:18.90</b> | TRC  |
|       |    | <b>Elisa Dul</b>      |                       |         | <b>Myrthe de Boer</b> |         |         |         |                |      |
|       |    | 200m                  | 18.75                 | (18.75) | 200m                  | 18.81   | (18.81) |         |                |      |
|       |    | 600m                  | 47.75                 | (29.00) | 600m                  | 47.75   | (28.94) |         |                |      |
|       |    | 1000m                 | 1:18.53               | (30.78) | 1000m                 | 1:18.90 | (31.15) |         |                |      |

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## 4. Uitslag Dames 3000 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 19 Esther Kiel         | DSA | 12   | I    | 4:14.88 |      |        |
| 2   | 5 Elisa Dul            | DSA | 14   | I    | 4:15.22 |      |        |
| 3   | 45 Melissa Wijffe      | DSA | 13   | I    | 4:17.00 |      |        |
| 4   | 10 Robin Groot         | DN3 | 13   | O    | 4:20.57 |      |        |
| 5   | 12 Aveline Hijlkema    | DSA | 12   | O    | 4:21.92 | HT   |        |
| 6   | 3 Myrthe de Boer       | DN2 | 14   | O    | 4:23.33 |      |        |
| 7   | 40 Evelien Vijn        | DN1 | 7    | I    | 4:26.67 |      |        |
| 8   | 16 Eline Jansen        | DN2 | 1    | I    | 4:27.36 |      |        |
| 9   | 38 Paulien Verhaar     | DN4 | 11   | I    | 4:28.42 |      |        |
| 10  | 43 Naomi van der Werf  | DSA | 9    | O    | 4:28.57 |      |        |
| 11  | 35 Kim Talsma          | DN3 | 10   | I    | 4:31.26 |      |        |
| 12  | 21 Patricia Koot       | DA1 | 8    | O    | 4:33.83 |      |        |
| 13  | 36 Lidia Tempert       | DN3 | 6    | O    | 4:33.91 |      |        |
| 14  | 17 Sterre Jonkers      | DSA | 5    | I    | 4:33.97 |      |        |
| 15  | 49 Nyncke Dijkstra     | DN1 | 4    | O    | 4:37.28 |      |        |
| 16  | 33 Liotte Smits        | DN3 | 5    | O    | 4:38.83 |      |        |
| 17  | 41 Ju-Lin de Visser    | DN3 | 11   | O    | 4:39.28 | PR   |        |
| 18  | 6 Romée Ebbinge        | DSA | 10   | O    | 4:39.37 |      |        |
| 19  | 25 Lisan van der Linde | DN1 | 7    | O    | 4:39.93 |      |        |
| 20  | 27 Amy van der Meer    | DN2 | 9    | I    | 4:41.86 |      |        |
| 21  | 44 Sanne Westra        | DN1 | 8    | I    | 4:44.90 |      |        |
| 22  | 52 Silke Hijma         | DA2 | 6    | I    | 4:45.73 |      |        |
| 23  | 54 Quinty van Klink    | DN3 | 2    | I    | 4:45.94 |      |        |
| 24  | 55 Mayke Koster        | DN2 | 3    | I    | 4:51.24 |      |        |
| 25  | 56 Tosca Mulder        | DA2 | 4    | I    | 4:51.68 |      |        |
| 26  | 2 Fenna de Boer        | DN1 | 3    | O    | 4:55.89 | HT   |        |

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## 4. Rituitslag Dames 3000 meter

|   | Naam     | Cat                    | PR  | Tijd    | Info           |
|---|----------|------------------------|-----|---------|----------------|
| 1 | wt<br>rd | 16 <b>Eline Jansen</b> | DN2 | 4:15.81 | <b>4:27.36</b> |

### Eline Jansen

|       |         |         |   |
|-------|---------|---------|---|
| 200m  | 21.40   | (21.40) | m |
| 600m  | 55.36   | (33.96) |   |
| 1000m | 1:30.74 | (35.38) |   |
| 1400m | 2:05.89 | (35.15) |   |
| 1800m | 2:40.97 | (35.08) |   |
| 2200m | 3:16.19 | (35.22) |   |
| 2600m | 3:51.64 | (35.45) |   |
| 3000m | 4:27.36 | (35.72) |   |

|   | Naam     | Cat                        | PR  | Tijd    | Info           |
|---|----------|----------------------------|-----|---------|----------------|
| 2 | gl<br>bl | 54 <b>Quinty van Klink</b> | DN3 | 4:35.51 | <b>4:45.94</b> |

### Quinty van Klink

|       |         |         |   |
|-------|---------|---------|---|
| 200m  | 21.99   | (21.99) | m |
| 600m  | 56.83   | (34.84) |   |
| 1000m | 1:33.47 | (36.64) |   |
| 1400m | 2:10.93 | (37.46) |   |
| 1800m | 2:48.92 | (37.99) |   |
| 2200m | 3:27.48 | (38.56) |   |
| 2600m | 4:06.44 | (38.96) |   |
| 3000m | 4:45.94 | (39.50) |   |



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|   |    | Naam                |                      | Cat     |     | PR                   |         | Tijd           | Info |
|---|----|---------------------|----------------------|---------|-----|----------------------|---------|----------------|------|
| 3 | wt | 55                  | <b>Mayke Koster</b>  |         | DN2 |                      | 4:32.40 | <b>4:51.24</b> |      |
|   | rd | 2                   | <b>Fenna de Boer</b> |         | DN1 |                      | 4:35.90 | <b>4:55.89</b> | HT   |
|   |    | <b>Mayke Koster</b> |                      |         |     | <b>Fenna de Boer</b> |         |                |      |
|   |    | 200m                | 23.01                | (23.01) |     | 200m                 | 23.40   | (23.40)        |      |
|   |    | 600m                | 1:00.45              | (37.44) |     | 600m                 | 1:02.24 | (38.84)        |      |
|   |    | 1000m               | 1:38.17              | (37.72) |     | 1000m                | 1:41.54 | (39.30)        |      |
|   |    | 1400m               | 2:16.10              | (37.93) |     | 1400m                | 2:20.05 | (38.51)        |      |
|   |    | 1800m               | 2:54.46              | (38.36) |     | 1800m                | 2:58.67 | (38.62)        |      |
|   |    | 2200m               | 3:33.15              | (38.69) |     | 2200m                | 3:37.76 | (39.09)        |      |
|   |    | 2600m               | 4:11.63              | (38.48) |     | 2600m                | 4:17.10 | (39.34)        |      |
|   |    | 3000m               | 4:51.24              | (39.61) |     | 3000m                | 4:55.89 | (38.79)        |      |

|   |    | Naam                |                        | Cat     |     | PR                     |         | Tijd           | Info |
|---|----|---------------------|------------------------|---------|-----|------------------------|---------|----------------|------|
| 4 | gl | 56                  | <b>Tosca Mulder</b>    |         | DA2 |                        | 4:37.20 | <b>4:51.68</b> |      |
|   | bl | 49                  | <b>Nyncke Dijkstra</b> |         | DN1 |                        | 4:28.59 | <b>4:37.28</b> |      |
|   |    | <b>Tosca Mulder</b> |                        |         |     | <b>Nyncke Dijkstra</b> |         |                |      |
|   |    | 200m                | 21.76                  | (21.76) |     | 200m                   | 22.21   | (22.21)        |      |
|   |    | 600m                | 57.39                  | (35.63) |     | 600m                   | 57.46   | (35.25)        |      |
|   |    | 1000m               | 1:34.35                | (36.96) |     | 1000m                  | 1:33.67 | (36.21)        |      |
|   |    | 1400m               | 2:11.92                | (37.57) |     | 1400m                  | 2:10.03 | (36.36)        |      |
|   |    | 1800m               | 2:50.89                | (38.97) |     | 1800m                  | 2:46.48 | (36.45)        |      |
|   |    | 2200m               | 3:30.84                | (39.95) |     | 2200m                  | 3:23.00 | (36.52)        |      |
|   |    | 2600m               | 4:11.10                | (40.26) |     | 2600m                  | 4:00.02 | (37.02)        |      |
|   |    | 3000m               | 4:51.68                | (40.58) |     | 3000m                  | 4:37.28 | (37.26)        |      |

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|   |    | Naam                  |                       | Cat     |                     | PR      | Tijd    | Info           |
|---|----|-----------------------|-----------------------|---------|---------------------|---------|---------|----------------|
| 5 | wt | 17                    | <b>Sterre Jonkers</b> |         | DSA                 |         | 4:07.69 | <b>4:33.97</b> |
|   | rd | 33                    | <b>Liotte Smits</b>   |         | DN3                 |         | 4:27.32 | <b>4:38.83</b> |
|   |    | <b>Sterre Jonkers</b> |                       |         | <b>Liotte Smits</b> |         |         |                |
|   |    | 200m                  | 21.99                 | (21.99) | 200m                | 22.06   | (22.06) |                |
|   |    | 600m                  | 55.92                 | (33.93) | 600m                | 56.98   | (34.92) |                |
|   |    | 1000m                 | 1:30.84               | (34.92) | 1000m               | 1:32.67 | (35.69) |                |
|   |    | 1400m                 | 2:06.40               | (35.56) | 1400m               | 2:09.03 | (36.36) |                |
|   |    | 1800m                 | 2:42.23               | (35.83) | 1800m               | 2:45.68 | (36.65) |                |
|   |    | 2200m                 | 3:18.66               | (36.43) | 2200m               | 3:22.84 | (37.16) |                |
|   |    | 2600m                 | 3:55.94               | (37.28) | 2600m               | 4:00.48 | (37.64) |                |
|   |    | 3000m                 | 4:33.97               | (38.03) | 3000m               | 4:38.83 | (38.35) |                |

|   |    | Naam               |                      | Cat     |                      | PR      | Tijd    | Info           |
|---|----|--------------------|----------------------|---------|----------------------|---------|---------|----------------|
| 6 | gl | 52                 | <b>Silke Hijma</b>   |         | DA2                  |         | 4:38.26 | <b>4:45.73</b> |
|   | bl | 36                 | <b>Lidia Tempert</b> |         | DN3                  |         | 4:23.86 | <b>4:33.91</b> |
|   |    | <b>Silke Hijma</b> |                      |         | <b>Lidia Tempert</b> |         |         |                |
|   |    | 200m               | 21.48                | (21.48) | 200m                 | 21.51   | (21.51) |                |
|   |    | 600m               | 56.44                | (34.96) | 600m                 | 56.33   | (34.82) |                |
|   |    | 1000m              | 1:32.11              | (35.67) | 1000m                | 1:32.11 | (35.78) |                |
|   |    | 1400m              | 2:08.72              | (36.61) | 1400m                | 2:07.94 | (35.83) |                |
|   |    | 1800m              | 2:45.79              | (37.07) | 1800m                | 2:44.03 | (36.09) |                |
|   |    | 2200m              | 3:24.25              | (38.46) | 2200m                | 3:20.30 | (36.27) |                |
|   |    | 2600m              | 4:04.15              | (39.90) | 2600m                | 3:56.84 | (36.54) |                |
|   |    | 3000m              | 4:45.73              | (41.58) | 3000m                | 4:33.91 | (37.07) |                |

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|   |    | Naam                |                            |         | Cat                        |         |         | PR      | Tijd           | Info |
|---|----|---------------------|----------------------------|---------|----------------------------|---------|---------|---------|----------------|------|
| 7 | wt | 40                  | <b>Evelien Vijn</b>        |         | DN1                        |         |         | 4:03.76 | <b>4:26.67</b> |      |
|   | rd | 25                  | <b>Lisan van der Linde</b> |         | DN1                        |         |         | 4:33.69 | <b>4:39.93</b> |      |
|   |    | <b>Evelien Vijn</b> |                            |         | <b>Lisan van der Linde</b> |         |         |         |                |      |
|   |    | 200m                | 21.22                      | (21.22) | 200m                       | 21.84   | (21.84) |         |                |      |
|   |    | 600m                | 54.82                      | (33.60) | 600m                       | 55.17   | (33.33) |         |                |      |
|   |    | 1000m               | 1:29.04                    | (34.22) | 1000m                      | 1:30.10 | (34.93) |         |                |      |
|   |    | 1400m               | 2:04.13                    | (35.09) | 1400m                      | 2:06.00 | (35.90) |         |                |      |
|   |    | 1800m               | 2:39.41                    | (35.28) | 1800m                      | 2:43.19 | (37.19) |         |                |      |
|   |    | 2200m               | 3:14.83                    | (35.42) | 2200m                      | 3:21.54 | (38.35) |         |                |      |
|   |    | 2600m               | 3:50.69                    | (35.86) | 2600m                      | 4:00.62 | (39.08) |         |                |      |
|   |    | 3000m               | 4:26.67                    | (35.98) | 3000m                      | 4:39.93 | (39.31) |         |                |      |

|   |    | Naam                |                      |         | Cat                  |         |         | PR      | Tijd           | Info |
|---|----|---------------------|----------------------|---------|----------------------|---------|---------|---------|----------------|------|
| 8 | gl | 44                  | <b>Sanne Westra</b>  |         | DN1                  |         |         | 4:27.29 | <b>4:44.90</b> |      |
|   | bl | 21                  | <b>Patricia Koot</b> |         | DA1                  |         |         | 4:23.37 | <b>4:33.83</b> |      |
|   |    | <b>Sanne Westra</b> |                      |         | <b>Patricia Koot</b> |         |         |         |                |      |
|   |    | 200m                | 21.42                | (21.42) | 200m                 | 21.02   | (21.02) |         |                |      |
|   |    | 600m                | 54.96                | (33.54) | 600m                 | 54.71   | (33.69) |         |                |      |
|   |    | 1000m               | 1:30.24              | (35.28) | 1000m                | 1:30.33 | (35.62) |         |                |      |
|   |    | 1400m               | 2:07.51              | (37.27) | 1400m                | 2:06.27 | (35.94) |         |                |      |
|   |    | 1800m               | 2:46.60              | (39.09) | 1800m                | 2:42.77 | (36.50) |         |                |      |
|   |    | 2200m               | 3:25.94              | (39.34) | 2200m                | 3:19.64 | (36.87) |         |                |      |
|   |    | 2600m               | 4:05.41              | (39.47) | 2600m                | 3:56.75 | (37.11) |         |                |      |
|   |    | 3000m               | 4:44.90              | (39.49) | 3000m                | 4:33.83 | (37.08) |         |                |      |

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|   |    | Naam                    |                           |         | Cat                       |         |         | PR      | Tijd           | Info |
|---|----|-------------------------|---------------------------|---------|---------------------------|---------|---------|---------|----------------|------|
| 9 | wt | 27                      | <b>Amy van der Meer</b>   |         | DN2                       |         |         | 4:31.77 | <b>4:41.86</b> |      |
|   | rd | 43                      | <b>Naomi van der Werf</b> |         | DSA                       |         |         | 4:16.33 | <b>4:28.57</b> |      |
|   |    | <b>Amy van der Meer</b> |                           |         | <b>Naomi van der Werf</b> |         |         |         |                |      |
|   |    | 200m                    | 21.13                     | (21.13) | 200m                      | 21.23   | (21.23) |         |                |      |
|   |    | 600m                    | 57.18                     | (36.05) | 600m                      | 55.99   | (34.76) |         |                |      |
|   |    | 1000m                   | 1:33.56                   | (36.38) | 1000m                     | 1:30.77 | (34.78) |         |                |      |
|   |    | 1400m                   | 2:10.27                   | (36.71) | 1400m                     | 2:05.60 | (34.83) |         |                |      |
|   |    | 1800m                   | 2:47.39                   | (37.12) | 1800m                     | 2:40.83 | (35.23) |         |                |      |
|   |    | 2200m                   | 3:25.23                   | (37.84) | 2200m                     | 3:16.61 | (35.78) |         |                |      |
|   |    | 2600m                   | 4:03.43                   | (38.20) | 2600m                     | 3:52.61 | (36.00) |         |                |      |
|   |    | 3000m                   | 4:41.86                   | (38.43) | 3000m                     | 4:28.57 | (35.96) |         |                |      |

|    |    | Naam              |                      |         | Cat                  |         |         | PR      | Tijd           | Info |
|----|----|-------------------|----------------------|---------|----------------------|---------|---------|---------|----------------|------|
| 10 | gl | 35                | <b>Kim Talsma</b>    |         | DN3                  |         |         | 4:13.49 | <b>4:31.26</b> |      |
|    | bl | 6                 | <b>Roméé Ebbinge</b> |         | DSA                  |         |         | 4:28.50 | <b>4:39.37</b> |      |
|    |    | <b>Kim Talsma</b> |                      |         | <b>Roméé Ebbinge</b> |         |         |         |                |      |
|    |    | 200m              | 21.36                | (21.36) | 200m                 | 22.21   | (22.21) |         |                |      |
|    |    | 600m              | 56.22                | (34.86) | 600m                 | 57.87   | (35.66) |         |                |      |
|    |    | 1000m             | 1:32.04              | (35.82) | 1000m                | 1:34.86 | (36.99) |         |                |      |
|    |    | 1400m             | 2:07.89              | (35.85) | 1400m                | 2:11.61 | (36.75) |         |                |      |
|    |    | 1800m             | 2:43.82              | (35.93) | 1800m                | 2:48.13 | (36.52) |         |                |      |
|    |    | 2200m             | 3:19.17              | (35.35) | 2200m                | 3:24.61 | (36.48) |         |                |      |
|    |    | 2600m             | 3:55.03              | (35.86) | 2600m                | 4:01.69 | (37.08) |         |                |      |
|    |    | 3000m             | 4:31.26              | (36.23) | 3000m                | 4:39.37 | (37.68) |         |                |      |

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|    |    | Naam                   |                         |         | Cat                     |         |         | PR      | Tijd           | Info |
|----|----|------------------------|-------------------------|---------|-------------------------|---------|---------|---------|----------------|------|
| 11 | wt | 38                     | <b>Paulien Verhaar</b>  |         | DN4                     |         |         | 4:12.07 | <b>4:28.42</b> |      |
|    | rd | 41                     | <b>Ju-Lin de Visser</b> |         | DN3                     |         |         | 4:45.73 | <b>4:39.28</b> | PR   |
|    |    | <b>Paulien Verhaar</b> |                         |         | <b>Ju-Lin de Visser</b> |         |         |         |                |      |
|    |    | 200m                   | 20.78                   | (20.78) | 200m                    | 21.13   | (21.13) |         |                |      |
|    |    | 600m                   | 54.33                   | (33.55) | 600m                    | 53.76   | (32.63) |         |                |      |
|    |    | 1000m                  | 1:28.69                 | (34.36) | 1000m                   | 1:29.98 | (36.22) |         |                |      |
|    |    | 1400m                  | 2:03.95                 | (35.26) | 1400m                   | 2:07.57 | (37.59) |         |                |      |
|    |    | 1800m                  | 2:39.35                 | (35.40) | 1800m                   | 2:45.65 | (38.08) |         |                |      |
|    |    | 2200m                  | 3:15.47                 | (36.12) | 2200m                   | 3:23.88 | (38.23) |         |                |      |
|    |    | 2600m                  | 3:51.90                 | (36.43) | 2600m                   | 4:01.71 | (37.83) |         |                |      |
|    |    | 3000m                  | 4:28.42                 | (36.52) | 3000m                   | 4:39.28 | (37.57) |         |                |      |

|    |    | Naam               |                         |         | Cat                     |         |         | PR      | Tijd           | Info |
|----|----|--------------------|-------------------------|---------|-------------------------|---------|---------|---------|----------------|------|
| 12 | gl | 19                 | <b>Esther Kiel</b>      |         | DSA                     |         |         | 4:07.88 | <b>4:14.88</b> |      |
|    | bl | 12                 | <b>Aveline Hijlkema</b> |         | DSA                     |         |         | 4:06.70 | <b>4:21.92</b> | HT   |
|    |    | <b>Esther Kiel</b> |                         |         | <b>Aveline Hijlkema</b> |         |         |         |                |      |
|    |    | 200m               | 20.52                   | (20.52) | 200m                    | 20.93   | (20.93) |         |                |      |
|    |    | 600m               | 52.87                   | (32.35) | 600m                    | 54.30   | (33.37) |         |                |      |
|    |    | 1000m              | 1:25.80                 | (32.93) | 1000m                   | 1:28.04 | (33.74) |         |                |      |
|    |    | 1400m              | 1:59.15                 | (33.35) | 1400m                   | 2:01.54 | (33.50) |         |                |      |
|    |    | 1800m              | 2:32.52                 | (33.37) | 1800m                   | 2:35.59 | (34.05) |         |                |      |
|    |    | 2200m              | 3:06.31                 | (33.79) | 2200m                   | 3:10.42 | (34.83) |         |                |      |
|    |    | 2600m              | 3:40.41                 | (34.10) | 2600m                   | 3:45.69 | (35.27) |         |                |      |
|    |    | 3000m              | 4:14.88                 | (34.47) | 3000m                   | 4:21.92 | (36.23) |         |                |      |

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|    |    | Naam                  |                       |         | Cat                |         |         | PR      | Tijd           | Info |
|----|----|-----------------------|-----------------------|---------|--------------------|---------|---------|---------|----------------|------|
| 13 | wt | 45                    | <b>Melissa Wijffe</b> |         | DSA                |         |         | 4:01.07 | <b>4:17.00</b> |      |
|    | rd | 10                    | <b>Robin Groot</b>    |         | DN3                |         |         | 4:05.93 | <b>4:20.57</b> |      |
|    |    | <b>Melissa Wijffe</b> |                       |         | <b>Robin Groot</b> |         |         |         |                |      |
|    |    | 200m                  | 20.72                 | (20.72) | 200m               | 21.11   | (21.11) |         |                |      |
|    |    | 600m                  | 53.67                 | (32.95) | 600m               | 54.90   | (33.79) |         |                |      |
|    |    | 1000m                 | 1:26.91               | (33.24) | 1000m              | 1:29.07 | (34.17) |         |                |      |
|    |    | 1400m                 | 2:00.23               | (33.32) | 1400m              | 2:02.77 | (33.70) |         |                |      |
|    |    | 1800m                 | 2:33.74               | (33.51) | 1800m              | 2:36.76 | (33.99) |         |                |      |
|    |    | 2200m                 | 3:07.20               | (33.46) | 2200m              | 3:10.93 | (34.17) |         |                |      |
|    |    | 2600m                 | 3:41.23               | (34.03) | 2600m              | 3:45.56 | (34.63) |         |                |      |
|    |    | 3000m                 | 4:17.00               | (35.77) | 3000m              | 4:20.57 | (35.01) |         |                |      |

|    |    | Naam             |                       |         | Cat                   |         |         | PR      | Tijd           | Info |
|----|----|------------------|-----------------------|---------|-----------------------|---------|---------|---------|----------------|------|
| 14 | gl | 5                | <b>Elisa Dul</b>      |         | DSA                   |         |         | 4:08.24 | <b>4:15.22</b> |      |
|    | bl | 3                | <b>Myrthe de Boer</b> |         | DN2                   |         |         | 4:14.78 | <b>4:23.33</b> |      |
|    |    | <b>Elisa Dul</b> |                       |         | <b>Myrthe de Boer</b> |         |         |         |                |      |
|    |    | 200m             | 20.24                 | (20.24) | 200m                  | 20.59   | (20.59) |         |                |      |
|    |    | 600m             | 53.07                 | (32.83) | 600m                  | 53.90   | (33.31) |         |                |      |
|    |    | 1000m            | 1:26.54               | (33.47) | 1000m                 | 1:27.70 | (33.80) |         |                |      |
|    |    | 1400m            | 2:00.17               | (33.63) | 1400m                 | 2:02.12 | (34.42) |         |                |      |
|    |    | 1800m            | 2:33.65               | (33.48) | 1800m                 | 2:36.83 | (34.71) |         |                |      |
|    |    | 2200m            | 3:07.28               | (33.63) | 2200m                 | 3:11.63 | (34.80) |         |                |      |
|    |    | 2600m            | 3:41.15               | (33.87) | 2600m                 | 3:47.01 | (35.38) |         |                |      |
|    |    | 3000m            | 4:15.22               | (34.07) | 3000m                 | 4:23.33 | (36.32) |         |                |      |