

1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	25 Jarno Baars	HC2	8	O	41.00		
2	27 Frank Bouman	HB2	7	O	41.32		
3	9 Jan Meester	HA2	7	I	42.31		
4	26 Lotte Welboren	DB1	5	O	44.87		
5	13 Kasper Rooks	HC2	6	I	45.11		
6	17 Nathan van der Meulen	HB2	5	I	45.51		
7	4 Luuk van Waggendorff van Ryn	HB1	6	O	46.22		
8	2 Arjen Bosma	HSB	4	I	52.29		
9	18 Anita Smit-Groot	D60	3	O	53.70		
10	10 Sterre Hoekstra	DC2	3	I	53.91		
11	24 Maud Miedema	DPA	4	O	54.50		
12	32 Marijn Zwaneveld	DC1	1	I	56.35		
	30 Teun Kwant	HC1	8	I	DQ		

1. Rituitslag 500 meter

		Naam	Cat	PR	Tijd	Info
1	wt rd	32 Marijn Zwaneveld	DC1	52.78	56.35	

Marijn Zwaneveld

100m	14.78	(14.78)	m
500m	56.35	(41.57)	

		Naam	Cat	PR	Tijd	Info
2	gl bl					

m			m
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		Naam	Cat	PR	Tijd	Info
3	wt rd	10 Sterre Hoekstra	DC2	52.74	53.91	
		18 Anita Smit-Groot	D60	46.86	53.70	

Sterre Hoekstra

100m	14.16	(14.16)
500m	53.91	(39.75)

Anita Smit-Groot

100m	14.10	(14.10)
500m	53.70	(39.60)

		Naam	Cat	PR	Tijd	Info
4	gl bl	2 Arjen Bosma	HSB	43.76	52.29	
		24 Maud Miedema	DPA	51.50	54.50	

Arjen Bosma

100m	13.78	(13.78)
500m	52.29	(38.51)

Maud Miedema

100m	13.92	(13.92)
500m	54.50	(40.58)

		Naam	Cat	PR	Tijd	Info
5	wt rd	17 Nathan van der Meulen	HB2	44.80	45.51	
		26 Lotte Welboren	DB1	43.14	44.87	

Nathan van der Meulen

100m	12.25	(12.25)
500m	45.51	(33.26)

Lotte Welboren

100m	12.38	(12.38)
500m	44.87	(32.49)

		Naam		Cat		PR	Tijd	Info
6	gl	13	Kasper Rooks		HC2	42.56	45.11	
	bl	4	Luuk van Waggendorff van Ryn		HB1	44.47	46.22	
			Kasper Rooks					
					Luuk van Waggendorff van Ryn			
			100m	12.07	(12.07)	100m	12.19	(12.19)
			500m	45.11	(33.04)	500m	46.22	(34.03)

		Naam		Cat		PR	Tijd	Info
7	wt	9	Jan Meester		HA2	40.24	42.31	
	rd	27	Frank Bouman		HB2	39.58	41.32	
			Jan Meester					
					Frank Bouman			
			100m	11.73	(11.73)	100m	11.14	(11.14)
			500m	42.31	(30.58)	500m	41.32	(30.18)

		Naam		Cat		PR	Tijd	Info
8	gl	30	Teun Kwant		HC1	40.34	DQ	
	bl	25	Jarno Baars		HC2	39.27	41.00	
			Teun Kwant					
					Jarno Baars			
			100m	11.65	(11.65)	100m	11.19	(11.19)
			500m	41.34	(29.69)	500m	41.00	(29.81)

2. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	22 Siebren Bruijn	HC2	12	O	46.36		
2	16 Dennis van Dok	H50	12	I	46.46		
3	29 Renske Kramer	DSA	11	O	48.49		
4	20 Senna Miedema	DB1	11	I	48.93		
5	6 Koen van Egmond	H40	10	I	49.63		
6	5 Jordy Jak	H45	10	O	50.24		
7	7 Jan Zijp	H75	9	I	52.67		

2. Rituitslag 500 meter

		Naam		Cat		PR		Tijd	Info
9	wt	7	Jan Zijp		H75			42.62	52.67
	rd								
		Jan Zijp							
			100m		13.73	(13.73)		m	
			500m		52.67	(38.94)			

		Naam		Cat		PR		Tijd	Info
10	gl	6	Koen van Egmond		H40			45.56	49.63
	bl	5	Jordy Jak		H45			49.37	50.24
		Koen van Egmond							
			100m		13.20	(13.20)			
			500m		49.63	(36.43)			
		Jordy Jak							
			100m		13.79	(13.79)			
			500m		50.24	(36.45)			

		Naam		Cat		PR		Tijd	Info
11	wt	20	Senna Miedema		DB1			48.78	48.93
	rd	29	Renske Kramer		DSA			45.79	48.49
		Senna Miedema							
			100m		12.72	(12.72)			
			500m		48.93	(36.21)			
		Renske Kramer							
			100m		13.19	(13.19)			
			500m		48.49	(35.30)			

		Naam		Cat		PR		Tijd	Info
12	gl	16	Dennis van Dok		H50			41.68	46.46
	bl	22	Siebren Bruijn		HC2			45.76	46.36
		Dennis van Dok							
			100m		12.70	(12.70)			
			500m		46.46	(33.76)			
		Siebren Bruijn							
			100m		12.34	(12.34)			
			500m		46.36	(34.02)			

3. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Jan Gunneweg	H40	13	O	46.18		
2	11 Casper Schut	HA1	13	I	47.49		
3	1 Jan Hopman	H55	14	O	47.81		
4	28 Floris Naber	HSA	14	I	49.66		

3. Rituitslag 500 meter

		Naam	Cat	PR	Tijd	Info
13	wt	11 Casper Schut	HA1	45.17	47.49	
	rd	12 Jan Gunneweg	H40	37.56	46.18	
		Casper Schut		Jan Gunneweg		
		100m	12.81 (12.81)	100m	12.46 (12.46)	
		500m	47.49 (34.68)	500m	46.18 (33.72)	

		Naam	Cat	PR	Tijd	Info
14	gl	28 Floris Naber	HSA	48.74	49.66	
	bl	1 Jan Hopman	H55	44.75	47.81	
		Floris Naber		Jan Hopman		
		100m	13.54 (13.54)	100m	13.17 (13.17)	
		500m	49.66 (36.12)	500m	47.81 (34.64)	

4. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	30 Teun Kwant	HC1	21	O	4:20.76	PR	
2	9 Jan Meester	HA2	22	O	4:37.60		
3	25 Jarno Baars	HC2	21	I	4:43.28		
4	27 Frank Bouman	HB2	22	I	4:47.77		
5	26 Lotte Welboren	DB1	19	O	4:56.07		
6	13 Kasper Rooks	HC2	20	O	5:02.66		
7	4 Luuk van Waggendorff van Ryn	HB1	20	I	5:05.42	PR	
8	17 Nathan van der Meulen	HB2	19	I	5:24.57		
9	18 Anita Smit-Groot	D60	18	O	5:48.50		
10	2 Arjen Bosma	HSB	17	O	5:48.62		
11	24 Maud Miedema	DPA	15	I	5:59.55		
12	10 Sterre Hoekstra	DC2	18	I	6:02.67		
13	32 Marijn Zwaneveld	DC1	17	I	6:13.69		

4. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd	Info
15	wt rd	24 Maud Miedema	DPA		5:59.55	
Maud Miedema						
		200m	26.36 (26.36)			m
		600m	1:10.78 (44.42)			
		1000m	1:56.89 (46.11)			
		1400m	2:44.21 (47.32)			
		1800m	3:32.42 (48.21)			
		2200m	4:21.00 (48.58)			
		2600m	5:10.60 (49.60)			
		3000m	5:59.55 (48.95)			

		Naam	Cat	PR	Tijd	Info
16	gl bl					
						m
						m

		Naam	Cat	PR	Tijd	Info
17	wt rd	32 Marijn Zwaneveld	DC1	6:12.32	6:13.69	
		2 Arjen Bosma	HSB	5:08.85	5:48.62	
Marijn Zwaneveld			Arjen Bosma			
		200m	26.58 (26.58)	200m	24.92 (24.92)	
		600m	1:12.67 (46.09)	600m	1:09.23 (44.31)	
		1000m	2:02.33 (49.66)	1000m	1:54.42 (45.19)	
		1400m	2:51.84 (49.51)	1400m	2:40.71 (46.29)	
		1800m	3:42.92 (51.08)	1800m	3:27.39 (46.68)	
		2200m	4:33.14 (50.22)	2200m	4:13.79 (46.40)	
		2600m	5:25.16 (52.02)	2600m	5:00.02 (46.23)	
		3000m	6:13.69 (48.53)	3000m	5:48.62 (48.60)	

		Naam	Cat	PR	Tijd	Info
18	gl	10 Sterre Hoekstra	DC2		6:02.67	
	bl	18 Anita Smit-Groot	D60	5:08.76	5:48.50	

Sterre Hoekstra

200m	25.85	(25.85)
600m	1:10.58	(44.73)
1000m	1:58.02	(47.44)
1400m	2:44.55	(46.53)
1800m	3:34.36	(49.81)
2200m	4:22.91	(48.55)
2600m	5:13.26	(50.35)
3000m	6:02.67	(49.41)

Anita Smit-Groot

200m	25.22	(25.22)
600m	1:07.55	(42.33)
1000m	1:51.29	(43.74)
1400m	2:36.99	(45.70)
1800m	3:24.11	(47.12)
2200m	4:11.63	(47.52)
2600m	4:59.95	(48.32)
3000m	5:48.50	(48.55)

		Naam	Cat	PR	Tijd	Info
19	wt	17 Nathan van der Meulen	HB2	5:13.74	5:24.57	
	rd	26 Lotte Welboren	DB1	4:46.33	4:56.07	

Nathan van der Meulen

200m	23.06	(23.06)
600m	1:00.84	(37.78)
1000m	1:41.55	(40.71)
1400m	2:24.41	(42.86)
1800m	3:08.97	(44.56)
2200m	3:54.87	(45.90)
2600m	4:41.89	(47.02)
3000m	5:24.57	(42.68)

Lotte Welboren

200m	22.75	(22.75)
600m	58.51	(35.76)
1000m	1:35.13	(36.62)
1400m	2:13.94	(38.81)
1800m	2:52.84	(38.90)
2200m	3:33.09	(40.25)
2600m	4:13.35	(40.26)
3000m	4:56.07	(42.72)

		Naam	Cat	PR	Tijd	Info
20	gl	4 Luuk van Wagendorff van Ryn	HB1	5:07.10	5:05.42	PR
	bl	13 Kasper Rooks	HC2		5:02.66	
		Luuk van Wagendorff van Ryn			Kasper Rooks	
		200m	22.49 (22.49)	200m	21.96 (21.96)	
		600m	59.75 (37.26)	600m	59.04 (37.08)	
		1000m	1:39.25 (39.50)	1000m	1:38.57 (39.53)	
		1400m	2:19.02 (39.77)	1400m	2:18.56 (39.99)	
		1800m	2:58.99 (39.97)	1800m	2:58.52 (39.96)	
		2200m	3:40.12 (41.13)	2200m	3:39.34 (40.82)	
		2600m	4:22.39 (42.27)	2600m	4:21.23 (41.89)	
		3000m	5:05.42 (43.03)	3000m	5:02.66 (41.43)	

		Naam	Cat	PR	Tijd	Info
21	wt	25 Jarno Baars	HC2	4:33.00	4:43.28	
	rd	30 Teun Kwant	HC1	4:38.76	4:20.76	PR
		Jarno Baars			Teun Kwant	
		200m	19.65 (19.65)	200m	20.05 (20.05)	
		600m	53.29 (33.64)	600m	51.96 (31.91)	
		1000m	1:29.87 (36.58)	1000m	1:25.20 (33.24)	
		1400m	2:08.19 (38.32)	1400m	1:59.46 (34.26)	
		1800m	2:45.98 (37.79)	1800m	2:33.96 (34.50)	
		2200m	3:24.39 (38.41)	2200m	3:09.24 (35.28)	
		2600m	4:03.83 (39.44)	2600m	3:44.87 (35.63)	
		3000m	4:43.28 (39.45)	3000m	4:20.76 (35.89)	

		Naam	Cat	PR	Tijd	Info
22	gl	27 Frank Bouman	HB2	4:27.63	4:47.77	
	bl	9 Jan Meester	HA2	4:17.41	4:37.60	

Frank Bouman

200m	21.17	(21.17)
600m	56.32	(35.15)
1000m	1:33.01	(36.69)
1400m	2:10.46	(37.45)
1800m	2:48.77	(38.31)
2200m	3:27.24	(38.47)
2600m	4:06.36	(39.12)
3000m	4:47.77	(41.41)

Jan Meester

200m	20.86	(20.86)
600m	54.43	(33.57)
1000m	1:28.91	(34.48)
1400m	2:05.24	(36.33)
1800m	2:42.32	(37.08)
2200m	3:19.91	(37.59)
2600m	3:57.96	(38.05)
3000m	4:37.60	(39.64)

5. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	16 Dennis van Dok	H50	25	O	8:32.69		
2	22 Siebren Bruijn	HC2	23	I	8:33.50		
3	29 Renske Kramer	DSA	24	I	8:46.65		
4	5 Jordy Jak	H45	26	I	8:49.25	PR	
5	6 Koen van Egmond	H40	25	I	9:02.42		
6	7 Jan Zijp	H75	26	O	9:29.44		
7	20 Senna Miedema	DB1	24	O	9:46.78		

5. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
23	wt rd	22 Siebren Bruijn		HC2			8:33.50	
		Siebren Bruijn						
		200m	22.66	(22.66)			m	
		600m	1:00.91	(38.25)				
		1000m	1:41.35	(40.44)				
		1400m	2:22.32	(40.97)				
		1800m	3:04.36	(42.04)				
		2200m	3:45.62	(41.26)				
		2600m	4:26.71	(41.09)				
		3000m	5:07.03	(40.32)				
		3400m	5:48.63	(41.60)				
		3800m	6:29.68	(41.05)				
		4200m	7:11.64	(41.96)				
		4600m	7:52.82	(41.18)				
		5000m	8:33.50	(40.68)				

		Naam		Cat		PR	Tijd	Info	
24	gl	29 Renske Kramer		DSA		8:35.74	8:46.65		
	bl	20 Senna Miedema		DB1			9:46.78		
		Renske Kramer				Senna Miedema			
		200m	24.13	(24.13)	200m	24.81	(24.81)		
		600m	1:04.95	(40.82)	600m	1:06.78	(41.97)		
		1000m	1:46.84	(41.89)	1000m	1:50.96	(44.18)		
		1400m	2:28.82	(41.98)	1400m	2:37.80	(46.84)		
		1800m	3:10.61	(41.79)	1800m	3:24.30	(46.50)		
		2200m	3:52.56	(41.95)	2200m	4:11.54	(47.24)		
		2600m	4:34.84	(42.28)	2600m	4:58.21	(46.67)		
		3000m	5:16.47	(41.63)	3000m	5:46.69	(48.48)		
		3400m	5:58.57	(42.10)	3400m	6:34.11	(47.42)		
		3800m	6:40.48	(41.91)	3800m	7:22.44	(48.33)		
		4200m	7:22.85	(42.37)	4200m	8:11.51	(49.07)		
		4600m	8:05.32	(42.47)	4600m	8:59.41	(47.90)		
		5000m	8:46.65	(41.33)	5000m	9:46.78	(47.37)		

		Naam			Cat	PR	Tijd	Info
25	wt	6	Koen van Egmond		H40	8:18.64	9:02.42	
	rd	16	Dennis van Dok		H50	7:45.80	8:32.69	
		Koen van Egmond			Dennis van Dok			
		200m	24.88	(24.88)	200m	23.44	(23.44)	
		600m	1:06.82	(41.94)	600m	1:02.97	(39.53)	
		1000m	1:49.60	(42.78)	1000m	1:44.21	(41.24)	
		1400m	2:31.30	(41.70)	1400m	2:25.11	(40.90)	
		1800m	3:14.17	(42.87)	1800m	3:06.00	(40.89)	
		2200m	3:55.61	(41.44)	2200m	3:46.16	(40.16)	
		2600m	4:39.46	(43.85)	2600m	4:28.14	(41.98)	
		3000m	5:22.02	(42.56)	3000m	5:09.53	(41.39)	
		3400m	6:05.18	(43.16)	3400m	5:50.11	(40.58)	
		3800m	6:48.28	(43.10)	3800m	6:30.92	(40.81)	
		4200m	7:33.91	(45.63)	4200m	7:10.96	(40.04)	
		4600m	8:18.31	(44.40)	4600m	7:51.92	(40.96)	
		5000m	9:02.42	(44.11)	5000m	8:32.69	(40.77)	

		Naam			Cat	PR	Tijd	Info
26	gl	5	Jordy Jak		H45	8:51.15	8:49.25	PR
	bl	7	Jan Zijp		H75	7:34.20	9:29.44	
		Jordy Jak			Jan Zijp			
		200m	24.71	(24.71)	200m	26.65	(26.65)	
		600m	1:03.31	(38.60)	600m	1:10.97	(44.32)	
		1000m	1:43.04	(39.73)	1000m	1:54.52	(43.55)	
		1400m	2:23.11	(40.07)	1400m	2:40.40	(45.88)	
		1800m	3:04.81	(41.70)	1800m	3:24.20	(43.80)	
		2200m	3:46.81	(42.00)	2200m	4:11.98	(47.78)	
		2600m	4:29.84	(43.03)	2600m	4:56.62	(44.64)	
		3000m	5:11.64	(41.80)	3000m	5:42.77	(46.15)	
		3400m	5:54.44	(42.80)	3400m	6:27.95	(45.18)	
		3800m	6:37.43	(42.99)	3800m	7:13.69	(45.74)	
		4200m	7:21.84	(44.41)	4200m	7:59.43	(45.74)	
		4600m	8:05.44	(43.60)	4600m	8:44.89	(45.46)	
		5000m	8:49.25	(43.81)	5000m	9:29.44	(44.55)	

6. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Casper Schut	HA1	28	I	17:06.68	PR	
2	1 Jan Hopman	H55	28	O	17:23.74		
3	12 Jan Gunneweg	H40	27	I	17:36.54		
4	28 Floris Naber	HSA	27	O	18:54.24	FL	

6. Rituitslag 10000 meter

		Naam		Cat		PR	Tijd	Info
27	wt	12	Jan Gunneweg		H40		17:36.54	
	rd	28	Floris Naber		HSA		18:54.24	FL
Jan Gunneweg				Floris Naber				
		400m	42.01	(42.01)	400m	46.28	(46.28)	
		800m	1:21.59	(39.58)	800m	1:27.70	(41.42)	
		1200m	2:02.78	(41.19)	1200m	2:10.66	(42.96)	
		1600m	2:44.76	(41.98)	1600m	2:52.85	(42.19)	
		2000m	3:26.06	(41.30)	2000m	3:36.55	(43.70)	
		2400m	4:08.12	(42.06)	2400m	4:20.64	(44.09)	
		2800m	4:49.43	(41.31)	2800m	5:05.79	(45.15)	
		3200m	5:30.99	(41.56)	3200m	5:49.94	(44.15)	
		3600m	6:12.32	(41.33)	3600m	6:34.64	(44.70)	
		4000m	6:53.29	(40.97)	4000m	7:19.11	(44.47)	
		4400m	7:33.88	(40.59)	4400m	8:05.73	(46.62)	
		4800m	8:16.21	(42.33)	4800m	8:51.44	(45.71)	
		5200m	8:58.01	(41.80)	5200m	9:36.95	(45.51)	
		5600m	9:39.76	(41.75)	5600m	10:20.86	(43.91)	
		6000m	10:20.21	(40.45)	6000m	11:04.81	(43.95)	
		6400m	11:01.38	(41.17)	6400m	11:49.85	(45.04)	
		6800m	11:44.21	(42.83)	6800m	12:48.79	(58.94)	
		7200m	12:28.11	(43.90)	7200m	13:35.13	(46.34)	
		7600m	13:11.98	(43.87)	7600m	14:20.79	(45.66)	
		8000m	13:55.41	(43.43)	8000m	15:05.86	(45.07)	
		8400m	14:39.64	(44.23)	8400m	15:52.21	(46.35)	
		8800m	15:24.12	(44.48)	8800m	16:38.29	(46.08)	
		9200m	16:08.80	(44.68)	9200m	17:24.97	(46.68)	
		9600m	16:53.39	(44.59)	9600m	18:10.23	(45.26)	
		10000m	17:36.54	(43.15)	10000m	18:54.24	(44.01)	

		Naam	Cat	PR	Tijd	Info
28	gl	11 Casper Schut	HA1	17:17.52	17:06.68	PR
	bl	1 Jan Hopman	H55	16:44.09	17:23.74	

Casper Schut

400m	40.29	(40.29)
800m	1:18.10	(37.81)
1200m	1:57.41	(39.31)
1600m	2:38.40	(40.99)
2000m	3:19.05	(40.65)
2400m	4:00.34	(41.29)
2800m	4:41.69	(41.35)
3200m	5:23.06	(41.37)
3600m	6:03.97	(40.91)
4000m	6:45.14	(41.17)
4400m	7:26.73	(41.59)
4800m	8:09.48	(42.75)
5200m	8:51.31	(41.83)
5600m	9:32.67	(41.36)
6000m	10:13.28	(40.61)
6400m	10:54.17	(40.89)
6800m	11:35.84	(41.67)
7200m	12:17.86	(42.02)
7600m	12:58.71	(40.85)
8000m	13:39.61	(40.90)
8400m	14:21.20	(41.59)
8800m	15:02.72	(41.52)
9200m	15:44.33	(41.61)
9600m	16:26.35	(42.02)
10000m	17:06.68	(40.33)

Jan Hopman

400m	42.08	(42.08)
800m	1:20.47	(38.39)
1200m	2:00.54	(40.07)
1600m	2:41.50	(40.96)
2000m	3:22.59	(41.09)
2400m	4:03.34	(40.75)
2800m	4:44.32	(40.98)
3200m	5:25.51	(41.19)
3600m	6:07.19	(41.68)
4000m	6:48.05	(40.86)
4400m	7:30.49	(42.44)
4800m	8:13.54	(43.05)
5200m	8:56.66	(43.12)
5600m	9:38.34	(41.68)
6000m	10:20.16	(41.82)
6400m	11:01.49	(41.33)
6800m	11:44.49	(43.00)
7200m	12:26.23	(41.74)
7600m	13:09.42	(43.19)
8000m	13:50.91	(41.49)
8400m	14:33.85	(42.94)
8800m	15:16.44	(42.59)
9200m	15:59.68	(43.24)
9600m	16:41.50	(41.82)
10000m	17:23.74	(42.24)