

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	7 Sebas Diniz	HN2	13	I	35.08	PB	
2	6 Gijs Esders	HSB	14	O	35.55		
3	19 Jenning de Boo	HA2	14	I	35.82	PB	
4	29 Sven Kemp	HN3	13	O	36.05		
5	20 Ted Dalrymple	HA2	12	I	36.63	PB	
6	26 Tjerk de Boer	HSA	12	O	36.64		
7	28 Joep Kalverdijk	HSA	11	I	36.89		
8	2 Jesse Speijers	HN2	10	O	37.60		
9	22 Gert Wierda	HN1	10	I	37.77		
10	9 Zeno de Ponti	HN2	8	O	37.91		
11	18 Mathijs van Zwieten	HN2	9	I	38.35		
12	11 Pien Hersman	DA2	9	O	38.43	PB	
13	24 Marwin Talsma	HSA	8	I	38.66		
14	16 Anna Boersma	DN3	6	O	39.00	PB	
15	14 Sylke Kas	DN2	7	O	39.61		
16	3 Robin Groot	DN3	6	I	39.68		
17	31 Sacha Vd Vd Weide	DN2	7	I	39.93		
18	23 Ids Bouma	HN3	5	I	40.35		
19	15 Paulien Verhaar	DN4	3	O	40.67		
20	13 Bente Kerkhoff	DN2	3	I	40.96	PB	
21	4 Kim Talsma	DN3	4	O	41.00		
22	27 Naomi van der Werf	DSA	4	I	41.27		
23	17 Anna Marit Sybrandi	DA2	1	I	42.85	PB	

1. Race Result 500 meter

		Name		Cat		PB	Time	Info																											
1	wt	17 Anna Marit Sybrandi		DA2		43.24	42.85	PB																											
	rd																																		
<table border="0" style="width: 100%;"> <tr> <td colspan="9" style="text-align: center;">Anna Marit Sybrandi</td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>11.96</td> <td>(11.96)</td> <td></td> <td>m</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>42.85</td> <td>(30.89)</td> <td></td> <td></td> <td></td> <td></td> </tr> </table>									Anna Marit Sybrandi											100m	11.96	(11.96)		m					500m	42.85	(30.89)				
Anna Marit Sybrandi																																			
		100m	11.96	(11.96)		m																													
		500m	42.85	(30.89)																															
		Name		Cat		PB	Time	Info																											
2	yw																																		
	bl																																		
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		m				m																													
		Name		Cat		PB	Time	Info																											
3	wt	13 Bente Kerkhoff		DN2		41.06	40.96	PB																											
	rd	15 Paulien Verhaar		DN4		39.85	40.67																												
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Bente Kerkhoff				Paulien Verhaar																															
		100m	11.58	(11.58)	100m	11.30	(11.30)																												
		500m	40.96	(29.38)	500m	40.67	(29.37)																												
		Name		Cat		PB	Time	Info																											
4	yw	27 Naomi van der Werf		DSA		40.41	41.27																												
	bl	4 Kim Talsma		DN3		40.35	41.00																												
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Naomi van der Werf				Kim Talsma																															
		100m	11.43	(11.43)	100m	11.53	(11.53)																												
		500m	41.27	(29.84)	500m	41.00	(29.47)																												
		Name		Cat		PB	Time	Info																											
5	wt	23 Ids Bouma		HN3		39.00	40.35																												
	rd																																		
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		500m	40.35	(28.81)																															

Thialf - Heerenveen

		Name	Cat	PB	Time	Info
6	yw	3 Robin Groot	DN3	39.36	39.68	
	bl	16 Anna Boersma	DN3	39.14	39.00	PB
		Robin Groot		Anna Boersma		
		100m 11.18 (11.18)		100m 10.68 (10.68)		
		500m 39.68 (28.50)		500m 39.00 (28.32)		
<hr/>						
		Name	Cat	PB	Time	Info
7	wt	31 Sacha Vd Vd Weide	DN2	38.99	39.93	
	rd	14 Sylke Kas	DN2	38.88	39.61	
		Sacha Vd Vd Weide		Sylke Kas		
		100m 10.92 (10.92)		100m 11.05 (11.05)		
		500m 39.93 (29.01)		500m 39.61 (28.56)		
<hr/>						
		Name	Cat	PB	Time	Info
8	yw	24 Marwin Talsma	HSA	37.96	38.66	
	bl	9 Zeno de Ponti	HN2	37.66	37.91	
		Marwin Talsma		Zeno de Ponti		
		100m 10.97 (10.97)		100m 10.82 (10.82)		
		500m 38.66 (27.69)		500m 37.91 (27.09)		
<hr/>						
		Name	Cat	PB	Time	Info
9	wt	18 Mathijs van Zwieten	HN2	37.90	38.35	
	rd	11 Pien Hersman	DA2	38.77	38.43	PB
		Mathijs van Zwieten		Pien Hersman		
		100m 11.16 (11.16)		100m 10.80 (10.80)		
		500m 38.35 (27.19)		500m 38.43 (27.63)		
<hr/>						
		Name	Cat	PB	Time	Info
10	yw	22 Gert Wierda	HN1	36.92	37.77	
	bl	2 Jesse Speijers	HN2	37.13	37.60	
		Gert Wierda		Jesse Speijers		
		100m 10.52 (10.52)		100m 10.68 (10.68)		
		500m 37.77 (27.25)		500m 37.60 (26.92)		

Thialf - Heerenveen

		Name		Cat		PB	Time	Info
11	wt	28	Joep Kalverdijk		HSA	36.02	36.89	
	rd							

Joep Kalverdijk

100m	10.33	(10.33)	m
500m	36.89	(26.56)	

		Name		Cat		PB	Time	Info
12	yw	20	Ted Dalrymple		HA2	36.91	36.63	PB
	bl	26	Tjerk de Boer		HSA	36.17	36.64	

Ted Dalrymple

100m	10.29	(10.29)
500m	36.63	(26.34)

Tjerk de Boer

100m	10.24	(10.24)
500m	36.64	(26.40)

		Name		Cat		PB	Time	Info
13	wt	7	Sebas Diniz		HN2	35.10	35.08	PB
	rd	29	Sven Kemp		HN3	36.02	36.05	

Sebas Diniz

100m	9.85	(9.85)
500m	35.08	(25.23)

Sven Kemp

100m	10.10	(10.10)
500m	36.05	(25.95)

		Name		Cat		PB	Time	Info
14	yw	19	Jenning de Boo		HA2	36.03	35.82	PB
	bl	6	Gijs Esders		HSB	34.99	35.55	

Jenning de Boo

100m	10.16	(10.16)
500m	35.82	(25.66)

Gijs Esders

100m	10.05	(10.05)
500m	35.55	(25.50)

Thialf - Heerenveen

2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	38 Daan Berkhout	HN1	15	I	6:46.07		
2	25 Maaïke Verweij	DN3	16	O	7:01.47	PB	
3	35 Eline Jansen	DN2	16	I	7:19.74	PB	

2. Race Result 5000 meter

	Name	Cat	PB	Time Info
15	wt rd	38 Daan Berkhout	HN1	6:46.07
Daan Berkhout				
	200m	19.32 (19.32)	m	
	600m	50.60 (31.28)		
	1000m	1:21.63 (31.03)		
	1400m	1:52.56 (30.93)		
	1800m	2:23.54 (30.98)		
	2200m	2:54.71 (31.17)		
	2600m	3:26.09 (31.38)		
	3000m	3:58.36 (32.27)		
	3400m	4:31.08 (32.72)		
	3800m	5:04.25 (33.17)		
	4200m	5:37.88 (33.63)		
	4600m	6:11.99 (34.11)		
	5000m	6:46.07 (34.08)		

	Name	Cat	PB	Time Info
16	yw	35 Eline Jansen	DN2	7:37.95 7:19.74 PB
	bl	25 Maaïke Verweij	DN3	7:09.35 7:01.47 PB
Eline Jansen				
	200m	21.93 (21.93)		
	600m	55.58 (33.65)		
	1000m	1:29.70 (34.12)		
	1400m	2:03.78 (34.08)		
	1800m	2:37.55 (33.77)		
	2200m	3:11.81 (34.26)		
	2600m	3:46.36 (34.55)		
	3000m	4:21.06 (34.70)		
	3400m	4:56.06 (35.00)		
	3800m	5:31.43 (35.37)		
	4200m	6:07.15 (35.72)		
	4600m	6:43.49 (36.34)		
	5000m	7:19.74 (36.25)		
Maaïke Verweij				
	200m	21.63 (21.63)		
	600m	54.87 (33.24)		
	1000m	1:28.36 (33.49)		
	1400m	2:01.53 (33.17)		
	1800m	2:34.72 (33.19)		
	2200m	3:07.87 (33.15)		
	2600m	3:40.36 (32.49)		
	3000m	4:13.37 (33.01)		
	3400m	4:46.44 (33.07)		
	3800m	5:19.73 (33.29)		
	4200m	5:53.38 (33.65)		
	4600m	6:27.42 (34.04)		
	5000m	7:01.47 (34.05)		

3. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	23 Ids Bouma	HN3	19	I	3:54.63		
2	34 Lisan van der Linde	DN1	22	O	4:28.20	PB	
3	40 Sofia Schilder	DB2	22	I	4:30.37	PB	
4	42 Bo Mengerink	DA1	21	I	4:49.51		
	39 Janne Berkhout	DA1	21	O		DQ	

3. Race Result 3000 meter

		Name		Cat		PB	Time	Info
19	wt rd	23	Ids Bouma		HN3	3:51.65	3:54.63	
		Ids Bouma						
		200m	20.09	(20.09)			m	
		600m	50.55	(30.46)				
		1000m	1:21.05	(30.50)				
		1400m	1:51.50	(30.45)				
		1800m	2:21.89	(30.39)				
		2200m	2:52.42	(30.53)				
		2600m	3:23.23	(30.81)				
		3000m	3:54.63	(31.40)				

		Name		Cat		PB	Time	Info
20	yw bl							
							m	
							m	

		Name		Cat		PB	Time	Info
21	wt rd	42	Bo Mengerink		DA1	4:45.18	4:49.51	
		39	Janne Berkhout		DA1	4:36.23	DQ	
		Bo Mengerink			Janne Berkhout			
		200m	21.92	(21.92)	200m	20.97	(20.97)	
		600m	57.93	(36.01)	600m	55.04	(34.07)	
		1000m	1:35.21	(37.28)	1000m	1:30.13	(35.09)	
		1400m	2:12.99	(37.78)	1400m	2:05.74	(35.61)	
		1800m	2:50.81	(37.82)	1800m	2:41.90	(36.16)	
		2200m	3:29.12	(38.31)	2200m	3:33.42	(51.52)	
		2600m	4:09.97	(40.85)	2600m	3:57.35	(23.93)	
		3000m	4:49.51	(39.54)	3000m	4:36.15	(38.80)	

Thialf - Heerenveen

	Name	Cat	PB	Time	Info
22	yw 40 Sofia Schilder	DB2	4:34.00	4:30.37	PB
	bl 34 Lisan van der Linde	DN1	4:30.55	4:28.20	PB

Sofia Schilder

200m	21.64	(21.64)
600m	55.37	(33.73)
1000m	1:29.30	(33.93)
1400m	2:04.76	(35.46)
1800m	2:40.30	(35.54)
2200m	3:17.17	(36.87)
2600m	3:54.35	(37.18)
3000m	4:30.37	(36.02)

Lisan van der Linde

200m	21.75	(21.75)
600m	54.97	(33.22)
1000m	1:28.99	(34.02)
1400m	2:03.63	(34.64)
1800m	2:38.48	(34.85)
2200m	3:15.05	(36.57)
2600m	3:51.62	(36.57)
3000m	4:28.20	(36.58)

Thialf - Heerenveen

4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	26 Tjerk de Boer	HSA	27	I	1:48.52	
2	24 Marwin Talsma	HSA	28	I	1:51.09	
3	9 Zeno de Ponti	HN2	27	O	1:51.70	
4	33 Max Douma	HN4	28	O	1:53.96	
5	11 Pien Hersman	DA2	23	I	2:08.31	
6	17 Anna Marit Sybrandi	DA2	23	O	2:10.31	
	14 Sylke Kas	DN2	26	I	DNF	
	27 Naomi van der Werf	DSA			WDR	

4. Race Result 1500 meter

		Name	Cat	PB	Time	Info
23	wt	11 Pien Hersman	DA2	2:06.24	2:08.31	
	rd	17 Anna Marit Sybrandi	DA2	2:07.81	2:10.31	

Pien Hersman

300m	25.74	(25.74)
700m	56.16	(30.42)
1100m	1:30.09	(33.93)
1500m	2:08.31	(38.22)

Anna Marit Sybrandi

300m	28.37	(28.37)
700m	1:00.45	(32.08)
1100m	1:34.64	(34.19)
1500m	2:10.31	(35.67)

		Name	Cat	PB	Time	Info
24	yw					
	bl					
			m			
			m			

		Name	Cat	PB	Time	Info
25	wt					
	rd					
			m			
			m			

		Name	Cat	PB	Time	Info
26	yw	14 Sylke Kas	DN2	2:04.45	DNF	
	bl	27 Naomi van der Werf	DSA	2:01.20	WDR	
		Sylke Kas				
		300m	25.61	(25.61)		
		Naomi van der Werf				

Thialf - Heerenveen

		Name		Cat		PB	Time	Info
27	wt	26	Tjerk de Boer		HSA	1:46.51	1:48.52	
	rd	9	Zeno de Ponti		HN2	1:49.60	1:51.70	
		Tjerk de Boer			Zeno de Ponti			
		300m	24.08	(24.08)	300m	25.19	(25.19)	
		700m	50.90	(26.82)	700m	52.53	(27.34)	
		1100m	1:18.95	(28.05)	1100m	1:21.34	(28.81)	
		1500m	1:48.52	(29.57)	1500m	1:51.70	(30.36)	

		Name		Cat		PB	Time	Info
28	yw	24	Marwin Talsma		HSA	1:46.20	1:51.09	
	bl	33	Max Douma		HN4	1:51.36	1:53.96	
		Marwin Talsma			Max Douma			
		300m	25.59	(25.59)	300m	24.91	(24.91)	
		700m	53.44	(27.85)	700m	52.68	(27.77)	
		1100m	1:21.75	(28.31)	1100m	1:22.25	(29.57)	
		1500m	1:51.09	(29.34)	1500m	1:53.96	(31.71)	

5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	5 Kayo Vos	HN1	33	O	1:10.04	MT	
2	8 Armand Broos	HN3	33	I	1:11.40	MT	
3	2 Jesse Speijers	HN2	31	O	1:11.92	MT	
4	32 Niels d'Huy	HN2	34	I	1:12.57	MT	
5	18 Mathijs van Zwieten	HN2	29	O	1:14.44	MT	
6	3 Robin Groot	DN3	32	I	1:17.29	MT	
7	16 Anna Boersma	DN3	30	I	1:18.54	MT PB	
8	15 Paulien Verhaar	DN4	29	I	1:19.33		
9	13 Bente Kerkhoff	DN2	30	O	1:20.45	MT	
10	4 Kim Talsma	DN3	35	I	1:20.98	MT	
	21 Naomi Verkerk	DN4	31	I	DNF		
	10 Sanneke de Neeling	DSA	32	O	DNS		
	1 Mats Siemons	HN1	34	O	DNS		

5. Race Result 1000 meter

		Name	Cat	PB	Time	Info
29	wt	15 Paulien Verhaar	DN4	1:18.55	1:19.33	
	rd	18 Mathijs van Zwieten	HN2	1:18.94	1:14.44	MT

Paulien Verhaar

200m	19.26	(19.26)
600m	48.55	(29.29)
1000m	1:19.33	(30.78)

Mathijs van Zwieten

200m	18.36	(18.36)
600m	45.64	(27.28)
1000m	1:14.44	(28.80)

		Name	Cat	PB	Time	Info
30	yw	16 Anna Boersma	DN3	1:18.60	1:18.54	MT PB
	bl	13 Bente Kerkhoff	DN2	1:20.83	1:20.45	MT

Anna Boersma

200m	18.50	(18.50)
600m	47.43	(28.93)
1000m	1:18.54	(31.11)

Bente Kerkhoff

200m	19.68	(19.68)
600m	1:20.45	(60.77)

		Name	Cat	PB	Time	Info
31	wt	21 Naomi Verkerk	DN4	1:16.05	DNF	
	rd	2 Jesse Speijers	HN2	1:12.12	1:11.92	MT

Naomi Verkerk

200m	18.09	(18.09)
600m	18.12	(.03)
1000m	45.96	(27.84)

Jesse Speijers

200m	17.73	(17.73)
600m	44.29	(26.56)
1000m	1:11.92	(27.63)

		Name	Cat	PB	Time	Info
32	yw	3 Robin Groot	DN3	1:17.39	1:17.29	MT
	bl	10 Sanneke de Neeling	DSA	1:13.74	DNS	

Robin Groot

200m	18.98	(18.98)
600m	47.43	(28.45)
1000m	1:17.29	(29.86)

Sanneke de Neeling

Thialf - Heerenveen

		Name		Cat		PB	Time	Info
33	wt	8	Armand Broos		HN3	1:09.86	1:11.40	MT
	rd	5	Kayo Vos		HN1	1:09.51	1:10.04	MT
			Armand Broos				Kayo Vos	
			200m	16.88	(16.88)	200m	16.95	(16.95)
			600m	42.68	(25.80)	600m	42.68	(25.73)
			1000m	1:11.40	(28.72)	1000m	1:10.04	(27.36)

		Name		Cat		PB	Time	Info
34	yw	32	Niels d'Huy		HN2	1:10.99	1:12.57	MT
	bl	1	Mats Siemons		HN1	1:09.78	DNS	
			Niels d'Huy				Mats Siemons	
			200m	17.25	(17.25)			
			600m	43.66	(26.41)			
			1000m	1:12.57	(28.91)			

		Name		Cat		PB	Time	Info
35	wt	4	Kim Talsma		DN3	1:17.24	1:20.98	MT
	rd							
			Kim Talsma					
			200m	19.40	(19.40)			m
			600m	49.11	(29.71)			
			1000m	1:20.98	(31.87)			



Trainingswedstrijd KNSB- en topteams/Deelnemers NK



Thialf - Heerenveen
6. Result 300 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	14 Sylke Kas	DN2	36	I	25.61	

6. Race Result 300 meter

		Name	Cat	PB	Time	Info
36	wt rd	14 Sylke Kas	DN2	26.50	25.61	
		Sylke Kas				
		300m	25.61 (25.61)			m