

Kennemercup 9: Langeafstandsavond

IJsbaan Haarlem - Haarlem

10 december 2023

1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Bob van Nobelen	HSB	4	O	16:03.93	PR	
2	57 Bram Braak	HA1	3	O	16:50.28		
3	34 Lara Dingjan	DA2	1	O	17:30.01	TRC	
4	83 Jan Willem Dijkstra	H55	4	I	18:12.05		
5	5 Driek Tolk	HB2	1	I	18:15.09		
	62 Tim van der Zalm	HA2	3	I	DNS		

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IJsbahn Haarlem - Haarlem

10 december 2023

1. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 5 Driek Tolk	HB2		18:15.09	
	rd 34 Lara Dingjan	DA2		17:30.01	TRC

Driek Tolk

400m	45.81	(45.81)
800m	1:27.93	(42.12)
1200m	2:10.62	(42.69)
1600m	2:54.10	(43.48)
2000m	3:37.53	(43.43)
2400m	4:21.15	(43.62)
2800m	5:04.76	(43.61)
3200m	5:48.76	(44.00)
3600m	6:33.05	(44.29)
4000m	7:17.79	(44.74)
4400m	8:01.71	(43.92)
4800m	8:46.19	(44.48)
5200m	9:30.89	(44.70)
5600m	10:15.22	(44.33)
6000m	10:59.81	(44.59)
6400m	11:44.91	(45.10)
6800m	12:28.31	(43.40)
7200m	13:12.04	(43.73)
7600m	13:56.34	(44.30)
8000m	14:41.10	(44.76)
8400m	15:24.11	(43.01)
8800m	16:08.30	(44.19)
9200m	16:52.14	(43.84)
9600m	17:34.29	(42.15)
10000m	18:15.09	(40.80)

Lara Dingjan

400m	43.80	(43.80)
800m	1:23.72	(39.92)
1200m	2:04.09	(40.37)
1600m	2:45.03	(40.94)
2000m	3:26.98	(41.95)
2400m	4:08.91	(41.93)
2800m	4:51.10	(42.19)
3200m	5:34.06	(42.96)
3600m	6:16.61	(42.55)
4000m	6:58.76	(42.15)
4400m	7:41.43	(42.67)
4800m	8:24.46	(43.03)
5200m	9:07.21	(42.75)
5600m	9:50.28	(43.07)
6000m	10:33.61	(43.33)
6400m	11:16.17	(42.56)
6800m	11:58.54	(42.37)
7200m	12:40.42	(41.88)
7600m	13:22.75	(42.33)
8000m	14:05.23	(42.48)
8400m	14:47.57	(42.34)
8800m	15:29.53	(41.96)
9200m	16:11.01	(41.48)
9600m	16:51.06	(40.05)
10000m	17:30.01	(38.95)

	Naam	Cat	PR	Tijd	Info
2	gl				
	bl				

m

m

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10 december 2023

		Naam	Cat	PR	Tijd	Info
3	wt	62 Tim van der Zalm	HA2			DNS
	rd	57 Bram Braak	HA1			16:50.28
		<u>Tim van der Zalm</u>		<u>Bram Braak</u>		
				400m	43.40	(43.40)
				800m	1:22.16	(38.76)
				1200m	2:01.29	(39.13)
				1600m	2:41.12	(39.83)
				2000m	3:20.46	(39.34)
				2400m	3:55.73	(35.27)
				2800m	4:39.74	(44.01)
				3200m	5:19.52	(39.78)
				3600m	5:59.29	(39.77)
				4000m	6:38.66	(39.37)
				4400m	7:18.24	(39.58)
				4800m	7:57.89	(39.65)
				5200m	8:37.86	(39.97)
				5600m	9:18.73	(40.87)
				6000m	9:59.75	(41.02)
				6400m	10:41.01	(41.26)
				6800m	11:21.84	(40.83)
				7200m	12:02.45	(40.61)
				7600m	12:43.17	(40.72)
				8000m	13:24.14	(40.97)
				8400m	14:05.39	(41.25)
				8800m	14:46.92	(41.53)
				9200m	15:28.59	(41.67)
				9600m	16:09.95	(41.36)
				10000m	16:50.28	(40.33)

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IJsbahn Haarlem - Haarlem

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		Naam	Cat	PR	Tijd	Info
4	gl	83 Jan Willem Dijkstra	H55	17:34.55	18:12.05	
	bl	7 Bob van Nobelen	HSB	16:51.64	16:03.93	PR

Jan Willem Dijkstra

400m	44.77	(44.77)
800m	1:25.79	(41.02)
1200m	2:07.74	(41.95)
1600m	2:49.94	(42.20)
2000m	3:31.90	(41.96)
2400m	4:15.16	(43.26)
2800m	4:57.84	(42.68)
3200m	5:40.72	(42.88)
3600m	6:22.91	(42.19)
4000m	7:06.05	(43.14)
4400m	7:49.73	(43.68)
4800m	8:33.29	(43.56)
5200m	9:16.59	(43.30)
5600m	10:01.93	(45.34)
6000m	10:46.64	(44.71)
6400m	11:31.76	(45.12)
6800m	12:16.07	(44.31)
7200m	13:01.77	(45.70)
7600m	13:46.84	(45.07)
8000m	14:32.29	(45.45)
8400m	15:17.77	(45.48)
8800m	16:03.02	(45.25)
9200m	16:46.70	(43.68)
9600m	17:30.29	(43.59)
10000m	18:12.05	(41.76)

Bob van Nobelen

400m	38.86	(38.86)
800m	1:14.44	(35.58)
1200m	1:41.06	(26.62)
1600m	2:07.68	(26.62)
2000m	2:49.87	(42.19)
2400m	3:35.88	(46.01)
2800m	4:15.16	(39.28)
3200m	4:56.79	(41.63)
3600m	5:33.90	(37.11)
4000m	6:10.55	(36.65)
4400m	6:47.34	(36.79)
4800m	7:24.92	(37.58)
5200m	8:02.94	(38.02)
5600m	8:41.60	(38.66)
6000m	9:20.95	(39.35)
6400m	10:00.61	(39.66)
6800m	10:40.63	(40.02)
7200m	11:19.58	(38.95)
7600m	11:59.92	(40.34)
8000m	12:39.66	(39.74)
8400m	13:20.31	(40.65)
8800m	14:01.31	(41.00)
9200m	14:42.90	(41.59)
9600m	15:24.07	(41.17)
10000m	16:03.93	(39.86)

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2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	45 Mike van Dijk	HN4	16	I	8:03.72		
2	65 Rick Loos	HB2	10	I	8:14.33		
3	15 Evert Jan van Dijk	H45	16	O	8:14.43		
4	14 Rob Visser	H45	15	I	8:14.74		
5	38 Marino Godwaldt	HB2	8	O	8:27.68		
6	17 Bas Schrage	HSB	14	I	8:33.01		
7	47 Joeke van Mulligen	HN3	11	O	8:37.45	PR	
8	9 Maureen Hagen	DA1	13	I	8:39.05	PR	
9	56 Lars van Klink	HB1	10	O	8:40.13		
10	43 Sandra Könst	D50	7	I	8:40.80		
11	31 Tessa Dijksman	DSA	15	O	8:41.66		
12	46 Job van Dongen	HB2	6	I	8:49.71		
	23 Ruben Molenaar	HB1	9	O	8:49.71		
14	67 Cas Middelkoop	HB1	9	I	9:01.80		
15	21 Anouk Rodenburg	DB1	5	O	9:19.61		
16	24 Leanne Molenaar	DN2	13	O	9:22.38		
17	49 Emma Hartveld	DA2	6	O	9:28.12		
18	12 Ravi de Jong	HA1	8	I	9:31.94		
19	10 Merit de Bruin	DA1	11	I	9:49.71		
20	68 Hein Smit	HB1	12	I	9:57.18		
21	22 Charline Kwadrin	DB2	5	I	10:05.90		
22	13 Mark Peters	H65	12	O	10:22.07		
	76 Floris Wender	HB1	7	O	DQ		
	66 Kristel van Abswoude	DSA	14	O	DNS		

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IJsbaan Haarlem - Haarlem

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2. Rituitslag 5000 meter

		Naam		Cat		PR		Tijd	Info
5	wt	22	Charline Kwadrin		DB2			10:05.90	
	rd	21	Anouk Rodenburg		DB1			9:19.61	
		Charline Kwadrin				Anouk Rodenburg			
		200m	26.70	(26.70)		200m	26.49	(26.49)	
		600m	1:11.04	(44.34)		600m	1:08.75	(42.26)	
		1000m	1:57.67	(46.63)		1000m	1:53.13	(44.38)	
		1400m	2:46.56	(48.89)		1400m	2:38.14	(45.01)	
		1800m	3:35.04	(48.48)		1800m	3:23.21	(45.07)	
		2200m	4:23.83	(48.79)		2200m	4:08.69	(45.48)	
		2600m	5:13.15	(49.32)		2600m	4:55.45	(46.76)	
		3000m	6:02.34	(49.19)		3000m	5:40.44	(44.99)	
		3400m	6:51.90	(49.56)		3400m	6:25.95	(45.51)	
		3800m	7:41.99	(50.09)		3800m	7:10.74	(44.79)	
		4200m	8:31.43	(49.44)		4200m	7:55.24	(44.50)	
		4600m	9:19.61	(48.18)		4600m	8:39.24	(44.00)	
		5000m	10:05.90	(46.29)		5000m	9:19.61	(40.37)	

		Naam		Cat		PR		Tijd	Info
6	gl	46	Job van Dongen		HB2			8:49.71	
	bl	49	Emma Hartveld		DA2			9:28.12	
		Job van Dongen				Emma Hartveld			
		200m	22.78	(22.78)		200m	27.67	(27.67)	
		600m	1:01.08	(38.30)		600m	1:11.09	(43.42)	
		1000m	1:41.20	(40.12)		1000m	1:54.88	(43.79)	
		1400m	2:22.97	(41.77)		1400m	2:39.76	(44.88)	
		1800m	3:04.73	(41.76)		1800m	3:24.53	(44.77)	
		2200m	3:47.42	(42.69)		2200m	4:09.96	(45.43)	
		2600m	4:30.59	(43.17)		2600m	4:56.68	(46.72)	
		3000m	5:14.86	(44.27)		3000m	5:41.55	(44.87)	
		3400m	5:58.69	(43.83)		3400m	6:27.20	(45.65)	
		3800m	6:42.70	(44.01)		3800m	7:12.89	(45.69)	
		4200m	7:26.71	(44.01)		4200m	7:58.06	(45.17)	
		4600m	8:10.18	(43.47)		4600m	8:43.89	(45.83)	
		5000m	8:49.71	(39.53)		5000m	9:28.12	(44.23)	

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		Naam		Cat		PR		Tijd	Info
7	wt	43	Sandra Könst		D50			8:40.80	
	rd	76	Floris Wender		HB1				DQ
		Sandra Könst				Floris Wender			
		200m	25.30	(25.30)		200m	23.47	(23.47)	
		600m	1:03.75	(38.45)		600m	1:01.14	(37.67)	
		1000m	1:42.99	(39.24)		1000m	1:39.69	(38.55)	
		1400m	2:23.00	(40.01)		1400m	2:17.18	(37.49)	
		1800m	3:03.56	(40.56)		1800m	2:54.57	(37.39)	
		2200m	3:44.49	(40.93)		2200m	3:32.07	(37.50)	
		2600m	4:25.45	(40.96)		2600m	4:09.89	(37.82)	
		3000m	5:07.16	(41.71)		3000m	4:48.07	(38.18)	
		3400m	5:49.42	(42.26)		3400m	5:26.52	(38.45)	
		3800m	6:31.85	(42.43)		3800m	6:05.07	(38.55)	
		4200m	7:15.01	(43.16)		4200m	6:43.48	(38.41)	
		4600m	7:58.53	(43.52)		4600m	7:21.54	(38.06)	
		5000m	8:40.80	(42.27)		5000m	7:58.69	(37.15)	

		Naam		Cat		PR		Tijd	Info
8	gl	12	Ravi de Jong		HA1			9:31.94	
	bl	38	Marino Godwaldt		HB2			8:27.68	
		Ravi de Jong				Marino Godwaldt			
		200m	24.23	(24.23)		200m	22.54	(22.54)	
		600m	1:04.24	(40.01)		600m	58.90	(36.36)	
		1000m	1:46.19	(41.95)		1000m	1:36.18	(37.28)	
		1400m	2:29.92	(43.73)		1400m	2:13.48	(37.30)	
		1800m	3:13.65	(43.73)		1800m	2:52.00	(38.52)	
		2200m	3:58.20	(44.55)		2200m	3:30.97	(38.97)	
		2600m	4:44.70	(46.50)		2600m	4:11.15	(40.18)	
		3000m	5:31.77	(47.07)		3000m	4:52.57	(41.42)	
		3400m	6:19.14	(47.37)		3400m	5:34.86	(42.29)	
		3800m	7:08.38	(49.24)		3800m	6:16.16	(41.30)	
		4200m	7:56.71	(48.33)		4200m	6:59.88	(43.72)	
		4600m	8:45.98	(49.27)		4600m	7:43.24	(43.36)	
		5000m	9:31.94	(45.96)		5000m	8:27.68	(44.44)	

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		Naam		Cat		PR		Tijd	Info
9	wt	67	Cas Middelkoop		HB1			9:01.80	
	rd	23	Ruben Molenaar		HB1			8:49.71	
		Cas Middelkoop			Ruben Molenaar				
		200m	23.39	(23.39)	200m	22.99	(22.99)		
		600m	1:03.91	(40.52)	600m	1:01.79	(38.80)		
		1000m	1:46.02	(42.11)	1000m	1:42.94	(41.15)		
		1400m	2:28.76	(42.74)	1400m	2:24.76	(41.82)		
		1800m	3:12.29	(43.53)	1800m	3:07.21	(42.45)		
		2200m	3:56.15	(43.86)	2200m	3:49.38	(42.17)		
		2600m	4:41.22	(45.07)	2600m	4:33.18	(43.80)		
		3000m	5:25.46	(44.24)	3000m	5:16.11	(42.93)		
		3400m	6:09.76	(44.30)	3400m	5:59.78	(43.67)		
		3800m	6:54.50	(44.74)	3800m	6:42.97	(43.19)		
		4200m	7:38.59	(44.09)	4200m	7:27.49	(44.52)		
		4600m	8:22.01	(43.42)	4600m	8:10.09	(42.60)		
		5000m	9:01.80	(39.79)	5000m	8:49.71	(39.62)		

		Naam		Cat		PR		Tijd	Info
10	gl	65	Rick Loos		HB2			8:14.33	
	bl	56	Lars van Klink		HB1			8:40.13	
		Rick Loos			Lars van Klink				
		200m	22.43	(22.43)	200m	24.32	(24.32)		
		600m	1:01.03	(38.60)	600m	1:04.28	(39.96)		
		1000m	1:40.82	(39.79)	1000m	1:44.79	(40.51)		
		1400m	2:21.05	(40.23)	1400m	2:25.36	(40.57)		
		1800m	3:00.89	(39.84)	1800m	3:07.58	(42.22)		
		2200m	3:39.80	(38.91)	2200m	3:48.22	(40.64)		
		2600m	4:19.11	(39.31)	2600m	4:29.74	(41.52)		
		3000m	4:58.11	(39.00)	3000m	5:10.88	(41.14)		
		3400m	5:36.75	(38.64)	3400m	5:52.83	(41.95)		
		3800m	6:16.15	(39.40)	3800m	6:34.64	(41.81)		
		4200m	6:55.93	(39.78)	4200m	7:17.81	(43.17)		
		4600m	7:35.27	(39.34)	4600m	8:00.22	(42.41)		
		5000m	8:14.33	(39.06)	5000m	8:40.13	(39.91)		

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		Naam			Cat			PR	Tijd	Info
11	wt	10	Merit de Bruin		DA1			9:34.24	9:49.71	
	rd	47	Joeke van Mulligen		HN3			9:22.81	8:37.45	PR
		Merit de Bruin			Joeke van Mulligen					
		200m	24.66	(24.66)	200m	23.35	(23.35)			
		600m	1:04.43	(39.77)	600m	1:02.67	(39.32)			
		1000m	1:46.74	(42.31)	1000m	1:43.18	(40.51)			
		1400m	2:30.27	(43.53)	1400m	2:23.59	(40.41)			
		1800m	3:15.21	(44.94)	1800m	3:03.10	(39.51)			
		2200m	4:01.35	(46.14)	2200m	3:43.28	(40.18)			
		2600m	4:49.10	(47.75)	2600m	4:23.28	(40.00)			
		3000m	5:38.13	(49.03)	3000m	5:03.80	(40.52)			
		3400m	6:29.07	(50.94)	3400m	5:45.37	(41.57)			
		3800m	7:19.19	(50.12)	3800m	6:27.56	(42.19)			
		4200m	8:08.96	(49.77)	4200m	7:10.39	(42.83)			
		4600m	9:00.52	(51.56)	4600m	7:53.21	(42.82)			
		5000m	9:49.71	(49.19)	5000m	8:37.45	(44.24)			

		Naam			Cat			PR	Tijd	Info
12	gl	68	Hein Smit		HB1				9:57.18	
	bl	13	Mark Peters		H65			8:56.64	10:22.07	
		Hein Smit			Mark Peters					
		200m	27.03	(27.03)	200m	28.46	(28.46)			
		600m	1:12.53	(45.50)	600m	1:11.94	(43.48)			
		1000m	1:57.93	(45.40)	1000m	1:57.88	(45.94)			
		1400m	2:44.70	(46.77)	1400m	2:44.48	(46.60)			
		1800m	3:31.59	(46.89)	1800m	3:33.13	(48.65)			
		2200m	4:19.98	(48.39)	2200m	4:22.18	(49.05)			
		2600m	5:07.12	(47.14)	2600m	5:11.98	(49.80)			
		3000m	5:54.67	(47.55)	3000m	6:02.75	(50.77)			
		3400m	6:42.96	(48.29)	3400m	6:54.36	(51.61)			
		3800m	7:31.93	(48.97)	3800m	7:45.09	(50.73)			
		4200m	8:19.70	(47.77)	4200m	8:37.61	(52.52)			
		4600m	9:07.10	(47.40)	4600m	9:30.22	(52.61)			
		5000m	9:57.18	(50.08)	5000m	10:22.07	(51.85)			

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10 december 2023

		Naam			Cat			PR	Tijd	Info
13	wt	9	Maureen Hagen		DA1			8:48.13	8:39.05	PR
	rd	24	Leanne Molenaar		DN2			8:54.25	9:22.38	
		Maureen Hagen			Leanne Molenaar					
		200m	23.62	(23.62)	200m	24.91	(24.91)			
		600m	1:03.22	(39.60)	600m	1:04.51	(39.60)			
		1000m	1:43.06	(39.84)	1000m	1:45.53	(41.02)			
		1400m	2:23.98	(40.92)	1400m	2:28.67	(43.14)			
		1800m	3:05.23	(41.25)	1800m	3:13.04	(44.37)			
		2200m	3:46.19	(40.96)	2200m	3:57.62	(44.58)			
		2600m	4:27.23	(41.04)	2600m	4:43.70	(46.08)			
		3000m	5:09.38	(42.15)	3000m	5:30.11	(46.41)			
		3400m	5:51.38	(42.00)	3400m	6:17.16	(47.05)			
		3800m	6:34.26	(42.88)	3800m	7:03.72	(46.56)			
		4200m	7:16.69	(42.43)	4200m	7:50.47	(46.75)			
		4600m	7:59.10	(42.41)	4600m	8:36.29	(45.82)			
		5000m	8:39.05	(39.95)	5000m	9:22.38	(46.09)			

		Naam			Cat			PR	Tijd	Info
14	gl	17	Bas Schrage		HSB			8:32.73	8:33.01	
	bl	66	Kristel van Abswoude		DSA			8:50.96	DNS	
		Bas Schrage			Kristel van Abswoude					
		200m	21.80	(21.80)						
		600m	57.92	(36.12)						
		1000m	1:36.03	(38.11)						
		1400m	2:16.42	(40.39)						
		1800m	2:56.43	(40.01)						
		2200m	3:37.37	(40.94)						
		2600m	4:18.58	(41.21)						
		3000m	5:00.01	(41.43)						
		3400m	5:41.61	(41.60)						
		3800m	6:23.96	(42.35)						
		4200m	7:06.76	(42.80)						
		4600m	7:49.83	(43.07)						
		5000m	8:33.01	(43.18)						

Kennemercup 9: Langeafstandsavond

IJsbahn Haarlem - Haarlem

10 december 2023

		Naam	Cat	PR	Tijd	Info
15	wt	14 Rob Visser	H45	7:50.88	8:14.74	
	rd	31 Tessa Dijksman	DSA	8:20.97	8:41.66	
		Rob Visser				Tessa Dijksman
		200m	22.77 (22.77)	200m	24.27 (24.27)	
		600m	59.96 (37.19)	600m	1:02.44 (38.17)	
		1000m	1:38.81 (38.85)	1000m	1:42.58 (40.14)	
		1400m	2:18.23 (39.42)	1400m	2:23.11 (40.53)	
		1800m	2:57.11 (38.88)	1800m	3:02.83 (39.72)	
		2200m	3:36.06 (38.95)	2200m	3:43.21 (40.38)	
		2600m	4:15.42 (39.36)	2600m	4:24.14 (40.93)	
		3000m	4:55.34 (39.92)	3000m	5:05.74 (41.60)	
		3400m	5:35.74 (40.40)	3400m	5:48.23 (42.49)	
		3800m	6:15.28 (39.54)	3800m	6:31.76 (43.53)	
		4200m	6:54.69 (39.41)	4200m	7:15.22 (43.46)	
		4600m	7:34.75 (40.06)	4600m	7:58.10 (42.88)	
		5000m	8:14.74 (39.99)	5000m	8:41.66 (43.56)	

		Naam	Cat	PR	Tijd	Info
16	gl	45 Mike van Dijk	HN4	7:51.17	8:03.72	
	bl	15 Evert Jan van Dijk	H45	7:52.76	8:14.43	
		Mike van Dijk				Evert Jan van Dijk
		200m	21.48 (21.48)	200m	23.66 (23.66)	
		600m	57.64 (36.16)	600m	1:00.94 (37.28)	
		1000m	1:35.22 (37.58)	1000m	1:40.42 (39.48)	
		1400m	2:12.07 (36.85)	1400m	2:19.10 (38.68)	
		1800m	2:49.24 (37.17)	1800m	2:58.27 (39.17)	
		2200m	3:27.05 (37.81)	2200m	3:36.88 (38.61)	
		2600m	4:05.03 (37.98)	2600m	4:16.19 (39.31)	
		3000m	4:43.38 (38.35)	3000m	4:54.89 (38.70)	
		3400m	5:23.08 (39.70)	3400m	5:34.52 (39.63)	
		3800m	6:03.15 (40.07)	3800m	6:14.35 (39.83)	
		4200m	6:43.20 (40.05)	4200m	6:54.01 (39.66)	
		4600m	7:23.31 (40.11)	4600m	7:33.85 (39.84)	
		5000m	8:03.72 (40.41)	5000m	8:14.43 (40.58)	

Kennemercup 9: Langeafstandsavond

IJsbaan Haarlem - Haarlem

10 december 2023

3. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	4 Bert Nijman	H40	28	I	4:49.69	PR	
2	42 Kai van Bennekom	HB1	25	I	4:52.96	PR	
3	39 Jonah Zwaan	HB1	26	O	4:53.69	PR	
4	32 Sybren Berkhout	HB2	30	O	4:54.38		
5	72 Joost Ruissen	H40	19	O	4:58.08		
6	55 Bruno Bonetti	HB1	28	O	5:00.91		
7	30 Job van Eek	HA1	20	O	5:08.34		
8	71 Erwin Dekker	H60	25	O	5:09.20		
9	74 Jim Verdurmen	H60	30	I	5:09.96		
10	63 Kees Langeveld	H65	29	I	5:13.53		
11	61 Masja Keesman	DA2	29	O	5:13.79		
12	80 Eva Peters	DSB	27	I	5:14.89		
13	19 Toine van Bakel	HA1	23	O	5:19.13	PR	
14	82 Pim Braak	HB1	24	I	5:19.19	PR	
15	37 Leendert Schoenmaker	H50	17	O	5:25.88		
16	35 Kersty Heeremans	DA2	17	I	5:29.10		
17	41 Evy van Duijn	DB1	26	I	5:33.23		
18	18 Noa Bierens	DB1	22	I	5:41.28	PR	
19	27 Valerie Nijman	DA1	19	I	5:43.67	PR	
20	16 Pieter van Dijk	HA1	21	I	5:44.40		
21	2 Britt van Wijk	DB1	24	O	5:44.80		
22	79 Carla van Zantvliet	D55	23	I	5:52.07		
23	70 Annette Laarhoven	DB2	22	O	5:57.23		
24	48 Pien Lodder	DN1	21	O	6:04.97		
	40 Roxanne Boers	DSA	20	I	DNF		
	60 Iris Meerhoff	DSA			WDR		

Kennemercup 9: Langeafstandsavond

Ijsbaan Haarlem - Haarlem

10 december 2023

3. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
17	wt	35	Kersty Heeremans		DA2			5:29.10	
	rd	37	Leendert Schoenmaker		H50			5:25.88	
		Kersty Heeremans			Leendert Schoenmaker				
		200m	24.61	(24.61)	200m	25.90	(25.90)		
		600m	1:04.32	(39.71)	600m	1:05.06	(39.16)		
		1000m	1:45.53	(41.21)	1000m	1:45.43	(40.37)		
		1400m	2:28.82	(43.29)	1400m	2:27.33	(41.90)		
		1800m	3:12.34	(43.52)	1800m	3:10.59	(43.26)		
		2200m	3:57.44	(45.10)	2200m	3:55.89	(45.30)		
		2600m	4:42.71	(45.27)	2600m	4:40.47	(44.58)		
		3000m	5:29.10	(46.39)	3000m	5:25.88	(45.41)		

		Naam		Cat		PR		Tijd	Info
18	gl								
	bl								
		m			m				

		Naam		Cat		PR		Tijd	Info
19	wt	27	Valerie Nijman		DA1	5:44.08		5:43.67	PR
	rd	72	Joost Ruissen		H40			4:58.08	
		Valerie Nijman			Joost Ruissen				
		200m	26.08	(26.08)	200m	26.54	(26.54)		
		600m	1:07.87	(41.79)	600m	1:04.77	(38.23)		
		1000m	1:51.26	(43.39)	1000m	1:44.09	(39.32)		
		1400m	2:37.53	(46.27)	1400m	2:23.97	(39.88)		
		1800m	3:24.55	(47.02)	1800m	3:02.63	(38.66)		
		2200m	4:12.20	(47.65)	2200m	3:41.53	(38.90)		
		2600m	4:58.75	(46.55)	2600m	4:20.68	(39.15)		
		3000m	5:43.67	(44.92)	3000m	4:58.08	(37.40)		

Kennemercup 9: Langeafstandsavond

IJsbaan Haarlem - Haarlem

10 december 2023

		Naam		Cat		PR		Tijd	Info
20	gl	40	Roxanne Boers		DSA			6:18.80	DNF
	bl	30	Job van Eek		HA1				5:08.34
		Roxanne Boers			Job van Eek				
		200m	26.09	(26.09)	200m	23.59	(23.59)		
		600m	1:13.92	(47.83)	600m	1:02.04	(38.45)		
		1000m	2:05.14	(51.22)	1000m	1:42.12	(40.08)		
		1400m	3:01.60	(56.46)	1400m	2:22.38	(40.26)		
		1800m	3:59.94	(58.34)	1800m	3:02.85	(40.47)		
					2200m	3:44.42	(41.57)		
					2600m	4:26.79	(42.37)		
					3000m	5:08.34	(41.55)		

		Naam		Cat		PR		Tijd	Info
21	wt	16	Pieter van Dijk		HA1			5:41.14	5:44.40
	rd	48	Pien Lodder		DN1			5:55.95	6:04.97
		Pieter van Dijk			Pien Lodder				
		200m	25.69	(25.69)	200m	26.73	(26.73)		
		600m	1:08.05	(42.36)	600m	1:10.40	(43.67)		
		1000m	1:51.17	(43.12)	1000m	1:57.35	(46.95)		
		1400m	2:36.55	(45.38)	1400m	2:44.87	(47.52)		
		1800m	3:23.16	(46.61)	1800m	3:33.42	(48.55)		
		2200m	4:10.14	(46.98)	2200m	4:23.32	(49.90)		
		2600m	4:58.03	(47.89)	2600m	5:14.76	(51.44)		
		3000m	5:44.40	(46.37)	3000m	6:04.97	(50.21)		

Kennemercup 9: Langeafstandsavond

IJsbaan Haarlem - Haarlem

10 december 2023

		Naam		Cat		PR		Tijd	Info
22	gl	18	Noa Bierens		DB1		5:49.27	5:41.28	PR
	bl	70	Annette Laarhoven		DB2		5:54.77	5:57.23	
		Noa Bierens			Annette Laarhoven				
		200m	25.74	(25.74)	200m	26.54	(26.54)		
		600m	1:07.10	(41.36)	600m	1:08.13	(41.59)		
		1000m	1:49.13	(42.03)	1000m	1:51.43	(43.30)		
		1400m	2:33.27	(44.14)	1400m	2:37.43	(46.00)		
		1800m	3:18.12	(44.85)	1800m	3:25.56	(48.13)		
		2200m	4:05.06	(46.94)	2200m	4:15.19	(49.63)		
		2600m	4:53.42	(48.36)	2600m	5:05.94	(50.75)		
		3000m	5:41.28	(47.86)	3000m	5:57.23	(51.29)		

		Naam		Cat		PR		Tijd	Info
23	wt	79	Carla van Zantvliet		D55		5:29.24	5:52.07	
	rd	19	Toine van Bakel		HA1		5:44.71	5:19.13	PR
		Carla van Zantvliet			Toine van Bakel				
		200m	28.16	(28.16)	200m	23.58	(23.58)		
		600m	1:11.57	(43.41)	600m	1:01.73	(38.15)		
		1000m	1:55.64	(44.07)	1000m	1:42.19	(40.46)		
		1400m	2:41.39	(45.75)	1400m	2:24.00	(41.81)		
		1800m	3:27.99	(46.60)	1800m	3:07.30	(43.30)		
		2200m	4:15.16	(47.17)	2200m	3:51.49	(44.19)		
		2600m	5:02.95	(47.79)	2600m	4:35.87	(44.38)		
		3000m	5:52.07	(49.12)	3000m	5:19.13	(43.26)		

Kennemercup 9: Langeafstandsavond

IJsbaan Haarlem - Haarlem

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		Naam		Cat		PR		Tijd	Info
24	gl	82	Pim Braak		HB1		5:27.13	5:19.19	PR
	bl	2	Britt van Wijk		DB1		5:38.85	5:44.80	
		Pim Braak			Britt van Wijk				
		200m	23.76	(23.76)	200m	25.90	(25.90)		
		600m	1:02.92	(39.16)	600m	1:07.49	(41.59)		
		1000m	1:44.66	(41.74)	1000m	1:51.76	(44.27)		
		1400m	2:26.51	(41.85)	1400m	2:36.71	(44.95)		
		1800m	3:08.73	(42.22)	1800m	3:22.78	(46.07)		
		2200m	3:51.24	(42.51)	2200m	4:09.74	(46.96)		
		2600m	4:35.17	(43.93)	2600m	4:57.25	(47.51)		
		3000m	5:19.19	(44.02)	3000m	5:44.80	(47.55)		

		Naam		Cat		PR		Tijd	Info
25	wt	42	Kai van Bennekom		HB1		5:13.70	4:52.96	PR
	rd	71	Erwin Dekker		H60		4:35.85	5:09.20	
		Kai van Bennekom			Erwin Dekker				
		200m	23.33	(23.33)	200m	24.87	(24.87)		
		600m	1:02.11	(38.78)	600m	1:03.44	(38.57)		
		1000m	1:40.73	(38.62)	1000m	1:43.57	(40.13)		
		1400m	2:19.53	(38.80)	1400m	2:23.51	(39.94)		
		1800m	2:57.66	(38.13)	1800m	3:04.00	(40.49)		
		2200m	3:35.52	(37.86)	2200m	3:44.72	(40.72)		
		2600m	4:12.90	(37.38)	2600m	4:26.71	(41.99)		
		3000m	4:52.96	(40.06)	3000m	5:09.20	(42.49)		

Kennemercup 9: Langeafstandsavond

IJsbaan Haarlem - Haarlem

10 december 2023

		Naam		Cat		PR		Tijd	Info
26	gl	41	Evy van Duijn		DB1		5:27.00	5:33.23	
	bl	39	Jonah Zwaan		HB1		5:21.17	4:53.69	PR
		Evy van Duijn			Jonah Zwaan				
		200m	24.35	(24.35)	200m	23.13	(23.13)		
		600m	1:05.13	(40.78)	600m	59.40	(36.27)		
		1000m	1:47.87	(42.74)	1000m	1:37.53	(38.13)		
		1400m	2:32.02	(44.15)	1400m	2:16.43	(38.90)		
		1800m	3:16.14	(44.12)	1800m	2:55.50	(39.07)		
		2200m	4:01.12	(44.98)	2200m	3:34.72	(39.22)		
		2600m	4:47.59	(46.47)	2600m	4:15.07	(40.35)		
		3000m	5:33.23	(45.64)	3000m	4:53.69	(38.62)		

		Naam		Cat		PR		Tijd	Info
27	wt	80	Eva Peters		DSB		4:53.19	5:14.89	
	rd	60	Iris Meerhoff		DSA		5:11.72	WDR	
		Eva Peters			Iris Meerhoff				
		200m	25.11	(25.11)					
		600m	1:04.58	(39.47)					
		1000m	1:46.22	(41.64)					
		1400m	2:28.13	(41.91)					
		1800m	3:09.78	(41.65)					
		2200m	3:51.03	(41.25)					
		2600m	4:32.99	(41.96)					
		3000m	5:14.89	(41.90)					

Kennemercup 9: Langeafstandsavond

IJsbaan Haarlem - Haarlem

10 december 2023

		Naam		Cat		PR		Tijd	Info
28	gl	4	Bert Nijman		H40		5:07.21	4:49.69	PR
	bl	55	Bruno Bonetti		HB1		5:00.62	5:00.91	
		Bert Nijman			Bruno Bonetti				
		200m	22.21	(22.21)	200m	23.59	(23.59)		
		600m	57.42	(35.21)	600m	1:00.57	(36.98)		
		1000m	1:33.72	(36.30)	1000m	1:39.40	(38.83)		
		1400m	2:11.56	(37.84)	1400m	2:18.26	(38.86)		
		1800m	2:49.80	(38.24)	1800m	2:58.21	(39.95)		
		2200m	3:28.57	(38.77)	2200m	3:38.39	(40.18)		
		2600m	4:08.65	(40.08)	2600m	4:19.61	(41.22)		
		3000m	4:49.69	(41.04)	3000m	5:00.91	(41.30)		

		Naam		Cat		PR		Tijd	Info
29	wt	63	Kees Langeveld		H65		4:30.83	5:13.53	
	rd	61	Masja Keesman		DA2		4:50.51	5:13.79	
		Kees Langeveld			Masja Keesman				
		200m	24.57	(24.57)	200m	24.27	(24.27)		
		600m	1:03.50	(38.93)	600m	1:03.34	(39.07)		
		1000m	1:43.83	(40.33)	1000m	1:43.64	(40.30)		
		1400m	2:25.75	(41.92)	1400m	2:24.36	(40.72)		
		1800m	3:07.98	(42.23)	1800m	3:05.78	(41.42)		
		2200m	3:50.37	(42.39)	2200m	3:47.79	(42.01)		
		2600m	4:32.49	(42.12)	2600m	4:30.97	(43.18)		
		3000m	5:13.53	(41.04)	3000m	5:13.79	(42.82)		

Kennemercup 9: Langeafstandsavond

IJsbahn Haarlem - Haarlem

10 december 2023

		Naam		Cat		PR		Tijd	Info
30	gl	74	Jim Verdurmen		H60		4:18.75	5:09.96	
	bl	32	Sybren Berkhout		HB2		4:50.04	4:54.38	
		Jim Verdurmen				Sybren Berkhout			
		200m	24.40	(24.40)		200m	22.48	(22.48)	
		600m	1:03.04	(38.64)		600m	56.89	(34.41)	
		1000m	1:42.98	(39.94)		1000m	1:32.97	(36.08)	
		1400m	2:23.07	(40.09)		1400m	2:11.01	(38.04)	
		1800m	3:03.66	(40.59)		1800m	2:51.21	(40.20)	
		2200m	3:44.86	(41.20)		2200m	3:31.71	(40.50)	
		2600m	4:27.09	(42.23)		2600m	4:13.12	(41.41)	
		3000m	5:09.96	(42.87)		3000m	4:54.38	(41.26)	