

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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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 |
| | <u>Driek Tolk</u> | | <u>Lara Dingjan</u> | | |
| | 400m | 45.81 (45.81) | 400m | 43.80 (43.80) | |
| | 800m | 1:27.93 (42.12) | 800m | 1:23.72 (39.92) | |
| | 1200m | 2:10.62 (42.69) | 1200m | 2:04.09 (40.37) | |
| | 1600m | 2:54.10 (43.48) | 1600m | 2:45.03 (40.94) | |
| | 2000m | 3:37.53 (43.43) | 2000m | 3:26.98 (41.95) | |
| | 2400m | 4:21.15 (43.62) | 2400m | 4:08.91 (41.93) | |
| | 2800m | 5:04.76 (43.61) | 2800m | 4:51.10 (42.19) | |
| | 3200m | 5:48.76 (44.00) | 3200m | 5:34.06 (42.96) | |
| | 3600m | 6:33.05 (44.29) | 3600m | 6:16.61 (42.55) | |
| | 4000m | 7:17.79 (44.74) | 4000m | 6:58.76 (42.15) | |
| | 4400m | 8:01.71 (43.92) | 4400m | 7:41.43 (42.67) | |
| | 4800m | 8:46.19 (44.48) | 4800m | 8:24.46 (43.03) | |
| | 5200m | 9:30.89 (44.70) | 5200m | 9:07.21 (42.75) | |
| | 5600m | 10:15.22 (44.33) | 5600m | 9:50.28 (43.07) | |
| | 6000m | 10:59.81 (44.59) | 6000m | 10:33.61 (43.33) | |
| | 6400m | 11:44.91 (45.10) | 6400m | 11:16.17 (42.56) | |
| | 6800m | 12:28.31 (43.40) | 6800m | 11:58.54 (42.37) | |
| | 7200m | 13:12.04 (43.73) | 7200m | 12:40.42 (41.88) | |
| | 7600m | 13:56.34 (44.30) | 7600m | 13:22.75 (42.33) | |
| | 8000m | 14:41.10 (44.76) | 8000m | 14:05.23 (42.48) | |
| | 8400m | 15:24.11 (43.01) | 8400m | 14:47.57 (42.34) | |
| | 8800m | 16:08.30 (44.19) | 8800m | 15:29.53 (41.96) | |
| | 9200m | 16:52.14 (43.84) | 9200m | 16:11.01 (41.48) | |
| | 9600m | 17:34.29 (42.15) | 9600m | 16:51.06 (40.05) | |
| | 10000m | 18:15.09 (40.80) | 10000m | 17:30.01 (38.95) | |

| | Naam | Cat | PR | Tijd | Info |
|---|----------|-----|----------|------|------|
| 2 | gl | | | | |
| | bl | | | | |
| | <u>m</u> | | <u>m</u> | | |

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| | | 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) |

Kennemercup 9: Langeafstandsavond

IJsbahn Haarlem - Haarlem

10 december 2023

| | | 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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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) | | |

Kennemercup 9: Langeafstandsavond

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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 | | | | |
| | | 200m | 23.39 (23.39) | | | |
| | | 600m | 1:03.91 (40.52) | | | |
| | | 1000m | 1:46.02 (42.11) | | | |
| | | 1400m | 2:28.76 (42.74) | | | |
| | | 1800m | 3:12.29 (43.53) | | | |
| | | 2200m | 3:56.15 (43.86) | | | |
| | | 2600m | 4:41.22 (45.07) | | | |
| | | 3000m | 5:25.46 (44.24) | | | |
| | | 3400m | 6:09.76 (44.30) | | | |
| | | 3800m | 6:54.50 (44.74) | | | |
| | | 4200m | 7:38.59 (44.09) | | | |
| | | 4600m | 8:22.01 (43.42) | | | |
| | | 5000m | 9:01.80 (39.79) | | | |
| | | Ruben Molenaar | | | | |
| | | 200m | 22.99 (22.99) | | | |
| | | 600m | 1:01.79 (38.80) | | | |
| | | 1000m | 1:42.94 (41.15) | | | |
| | | 1400m | 2:24.76 (41.82) | | | |
| | | 1800m | 3:07.21 (42.45) | | | |
| | | 2200m | 3:49.38 (42.17) | | | |
| | | 2600m | 4:33.18 (43.80) | | | |
| | | 3000m | 5:16.11 (42.93) | | | |
| | | 3400m | 5:59.78 (43.67) | | | |
| | | 3800m | 6:42.97 (43.19) | | | |
| | | 4200m | 7:27.49 (44.52) | | | |
| | | 4600m | 8:10.09 (42.60) | | | |
| | | 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 | | | | |
| | | 200m | 22.43 (22.43) | | | |
| | | 600m | 1:01.03 (38.60) | | | |
| | | 1000m | 1:40.82 (39.79) | | | |
| | | 1400m | 2:21.05 (40.23) | | | |
| | | 1800m | 3:00.89 (39.84) | | | |
| | | 2200m | 3:39.80 (38.91) | | | |
| | | 2600m | 4:19.11 (39.31) | | | |
| | | 3000m | 4:58.11 (39.00) | | | |
| | | 3400m | 5:36.75 (38.64) | | | |
| | | 3800m | 6:16.15 (39.40) | | | |
| | | 4200m | 6:55.93 (39.78) | | | |
| | | 4600m | 7:35.27 (39.34) | | | |
| | | 5000m | 8:14.33 (39.06) | | | |
| | | Lars van Klink | | | | |
| | | 200m | 24.32 (24.32) | | | |
| | | 600m | 1:04.28 (39.96) | | | |
| | | 1000m | 1:44.79 (40.51) | | | |
| | | 1400m | 2:25.36 (40.57) | | | |
| | | 1800m | 3:07.58 (42.22) | | | |
| | | 2200m | 3:48.22 (40.64) | | | |
| | | 2600m | 4:29.74 (41.52) | | | |
| | | 3000m | 5:10.88 (41.14) | | | |
| | | 3400m | 5:52.83 (41.95) | | | |
| | | 3800m | 6:34.64 (41.81) | | | |
| | | 4200m | 7:17.81 (43.17) | | | |
| | | 4600m | 8:00.22 (42.41) | | | |
| | | 5000m | 8:40.13 (39.91) | | | |

Kennemercup 9: Langeafstandsavond

IJsbahn Haarlem - Haarlem

10 december 2023

| | | 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) | | | |

Kennemercup 9: Langeafstandsavond

IJsbahn Haarlem - Haarlem

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

IJsbahn 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

IJsbahn 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

10 december 2023

| | | 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

IJsbahn 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) | |