

Trainingswedstrijd NK-deelnemers

Thialf - Heerenveen

24 October 2025

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	42 Joep Wennemars	HN4	14	O	34.93		
2	43 Merijn Scheperkamp	HSA	13	O	35.12		
3	49 Kayo Vos	HN4	11	I	35.34		
4	55 Kai In t Veld	HSA	8	I	35.94	PB	
5	15 Ted Dalrymple	HN3	10	I	35.99		
	36 Sijmen Egberts	HN3	12	O	35.99		
7	33 Jasper Sinke	HN4	11	O	36.16		
8	34 Mathias Vosté	HSB	13	I	36.39		
9	18 Stein de Wit	HN3	12	I	36.51		
10	8 Bryant Boogert	HN2	9	I	36.60		
11	10 Jur Veenje	HSA	10	O	36.69		
12	12 Loek van Vilsteren	HN3	9	O	37.56		
13	40 Chloé Hoogendoorn	DN3	7	I	38.32		
14	45 Angel Daleman	DA2	5	I	38.41		
15	6 Jildou Hoekstra	DN3	4	I	38.95		
16	4 Helga Drost	DSA	5	O	39.03		
17	56 Dyon Talsma	HSA	8	O	39.19		
18	21 Marijke Groenewoud	DSA	7	O	39.58		
19	35 Meike Veen	DN2	2	I	39.60		
20	5 Jillian Knook	DN2	3	I	39.72		
21	7 Lotte Groenen	DN2	2	O	40.36		
22	29 Merel Conijn	DSA	4	O	40.41		
23	57 Kim Talsma	DSA	6	O	40.66		
24	24 Sofia Schilder	DN1	3	O	42.00		
	48 Sebas Diniz	HSA	14	I	DNF		

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1. Race Result 500 meter

		Name	Cat	PB	Time	Info
1	wt					
	rd					
		m			m	
		Name	Cat	PB	Time	Info
2	yw	35 Meike Veen	DN2	38.91	39.60	
	bl	7 Lotte Groenen	DN2	39.18	40.36	
		Meike Veen		Lotte Groenen		
		100m 11.36 (11.36)		100m 11.19 (11.19)		
		500m 39.60 (28.24)		500m 40.36 (29.17)		
		Name	Cat	PB	Time	Info
3	wt	5 Jillian Knook	DN2	39.19	39.72	
	rd	24 Sofia Schilder	DN1	41.83	42.00	
		Jillian Knook		Sofia Schilder		
		100m 11.02 (11.02)		100m 11.87 (11.87)		
		500m 39.72 (28.70)		500m 42.00 (30.13)		
		Name	Cat	PB	Time	Info
4	yw	6 Jildou Hoekstra	DN3	38.58	38.95	
	bl	29 Merel Conijn	DSA	39.17	40.41	
		Jildou Hoekstra		Merel Conijn		
		100m 10.68 (10.68)		100m 11.34 (11.34)		
		500m 38.95 (28.27)		500m 40.41 (29.07)		
		Name	Cat	PB	Time	Info
5	wt	45 Angel Daleman	DA2	37.56	38.41	
	rd	4 Helga Drost	DSA	38.00	39.03	
		Angel Daleman		Helga Drost		
		100m 10.91 (10.91)		100m 10.93 (10.93)		
		500m 38.41 (27.50)		500m 39.03 (28.10)		

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		Name	Cat	PB	Time	Info
6	yw					
	bl	57 Kim Talsma	DSA	39.64	40.66	
		Kim Talsma				
		m	100m	11.55	(11.55)	
			500m	40.66	(29.11)	
		Name	Cat	PB	Time	Info
7	wt	40 Chloé Hoogendoorn	DN3	37.88	38.32	
	rd	21 Marijke Groenewoud	DSA	38.57	39.58	
		Chloé Hoogendoorn				
		100m	10.81	(10.81)		
		500m	38.32	(27.51)		
		Marijke Groenewoud				
		100m	11.27	(11.27)		
		500m	39.58	(28.31)		
		Name	Cat	PB	Time	Info
8	yw	55 Kai In t Veld	HSA	36.07	35.94	PB
	bl	56 Dyon Talsma	HSA	38.37	39.19	
		Kai In t Veld				
		100m	10.31	(10.31)		
		500m	35.94	(25.63)		
		Dyon Talsma				
		100m	11.00	(11.00)		
		500m	39.19	(28.19)		
		Name	Cat	PB	Time	Info
9	wt	8 Bryant Boogert	HN2	35.68	36.60	
	rd	12 Loek van Vilsteren	HN3	36.66	37.56	
		Bryant Boogert				
		100m	10.24	(10.24)		
		500m	36.60	(26.36)		
		Loek van Vilsteren				
		100m	10.49	(10.49)		
		500m	37.56	(27.07)		
		Name	Cat	PB	Time	Info
10	yw	15 Ted Dalrymple	HN3	35.79	35.99	
	bl	10 Jur Veenje	HSA	36.56	36.69	
		Ted Dalrymple				
		100m	10.06	(10.06)		
		500m	35.99	(25.93)		
		Jur Veenje				
		100m	10.39	(10.39)		
		500m	36.69	(26.30)		

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		Name			Cat		PB		Time		Info
11	wt	49	Kayo Vos			HN4		34.78		35.34	
		33	Jasper Sinke			HN4		35.97		36.16	
	rd	Kayo Vos				Jasper Sinke					
		100m	10.02	(10.02)		100m	9.98	(9.98)			
		500m	35.34	(25.32)		500m	36.16	(26.18)			
		Name			Cat		PB		Time		Info
12	yw	18	Stein de Wit			HN3		36.28		36.51	
		36	Sijmen Egberts			HN3		35.68		35.99	
	bl	Stein de Wit				Sijmen Egberts					
		100m	10.20	(10.20)		100m	10.06	(10.06)			
		500m	36.51	(26.31)		500m	35.99	(25.93)			
		Name			Cat		PB		Time		Info
13	wt	34	Mathias Vosté			HSB		34.92		36.39	
		43	Merijn Scheperkamp			HSA		34.41		35.12	
	rd	Mathias Vosté				Merijn Scheperkamp					
		100m	10.26	(10.26)		100m	9.79	(9.79)			
		500m	36.39	(26.13)		500m	35.12	(25.33)			
		Name			Cat		PB		Time		Info
14	yw	48	Sebas Diniz			HSA		34.41		DNF	
		42	Joep Wennemars			HN4		34.76		34.93	
	bl	Sebas Diniz				Joep Wennemars					
		100m	9.75	(9.75)		100m	9.90	(9.90)			
						500m	34.93	(25.03)			

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2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	46 Stijn van de Bunt	HN3	2	I	6:19.09		
2	53 Michiel de Groot	HN2	1	O	6:44.46		
3	39 Sanne in 't Hof	DSA	1	I	7:00.58		
	47 Bart Swings	HSB	2	O	DNF		

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Thialf - Heerenveen
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2. Race Result 5000 meter

		Name	Cat			PB	Time	Info
1	wt	39	Sanne in 't Hof			DSA	6:47.28	7:00.58
	rd	53	Michiel de Groot			HN2	6:42.97	6:44.46
		Sanne in 't Hof			Michiel de Groot			
		200m	20.82	(20.82)	200m	20.09	(20.09)	
		600m	53.13	(32.31)	600m	51.56	(31.47)	
		1000m	1:26.30	(33.17)	1000m	1:22.82	(31.26)	
		1400m	1:59.44	(33.14)	1400m	1:53.89	(31.07)	
		1800m	2:32.42	(32.98)	1800m	2:25.25	(31.36)	
		2200m	3:05.71	(33.29)	2200m	2:56.83	(31.58)	
		2600m	3:38.91	(33.20)	2600m	3:28.55	(31.72)	
		3000m	4:12.42	(33.51)	3000m	4:00.40	(31.85)	
		3400m	4:45.34	(32.92)	3400m	4:32.46	(32.06)	
		3800m	5:18.45	(33.11)	3800m	5:04.78	(32.32)	
		4200m	5:51.77	(33.32)	4200m	5:37.61	(32.83)	
		4600m	6:25.85	(34.08)	4600m	6:11.30	(33.69)	
		5000m	7:00.58	(34.73)	5000m	6:44.46	(33.16)	

		Name	Cat			PB	Time	Info
2	yw	46	Stijn van de Bunt			HN3	6:18.66	6:19.09
	bl	47	Bart Swings			HSB	6:08.76	DNF
		Stijn van de Bunt			Bart Swings			
		200m	19.36	(19.36)	200m	19.04	(19.04)	
		600m	48.71	(29.35)	600m	48.39	(29.35)	
		1000m	1:18.49	(29.78)	1000m	1:18.16	(29.77)	
		1400m	1:48.40	(29.91)	1400m	1:47.90	(29.74)	
		1800m	2:18.20	(29.80)	1800m	2:17.87	(29.97)	
		2200m	2:48.11	(29.91)	2200m	2:47.57	(29.70)	
		2600m	3:18.02	(29.91)	2600m	3:17.48	(29.91)	
		3000m	3:47.97	(29.95)	3000m	3:47.42	(29.94)	
		3400m	4:17.90	(29.93)	3400m	4:17.67	(30.25)	
		3800m	4:47.98	(30.08)	3800m	4:47.85	(30.18)	
		4200m	5:17.89	(29.91)				
		4600m	5:48.15	(30.26)				
		5000m	6:19.09	(30.94)				

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3. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	30 Jorrit Bergsma	H40	5	O	3:42.75		
2	38 Beau Snellink	HSA	5	I	3:43.07		
3	25 Daan Gelling	HSA	3	I	3:44.69	PB	
4	22 Tjerk de Boer	HSA	6	O	3:46.12		
5	23 Sjoerd den Hertog	HSB	6	I	3:49.00		
6	27 Hylke de Boer	HN3	3	O	3:49.04	PB	
7	32 Chris de Velde	HN1	4	I	3:52.21	PB	
8	1 Friso van Vliet	HA1	2	O	3:56.97	PB	
9	28 Bente Kerkhoff	DSA	2	I	4:02.69		
10	54 Hilde Noppert	DSA	1	I	4:26.26		

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3. Race Result 3000 meter

		Name	Cat		PB		Time	Info		
1	wt rd	54	Hilde Noppert		DSA		4:19.64	4:26.26		
		Hilde Noppert								
		200m	20.98	(20.98)	m					
		600m	55.09	(34.11)						
		1000m	1:30.04	(34.95)						
		1400m	2:04.61	(34.57)						
		1800m	2:39.28	(34.67)						
		2200m	3:14.50	(35.22)						
		2600m	3:50.23	(35.73)						
		3000m	4:26.26	(36.03)						
		Name	Cat		PB		Time	Info		
2	yw bl	28	Bente Kerkhoff		DSA		4:02.54	4:02.69		
		1	Friso van Vliet		HA1		4:00.52	3:56.97 PB		
		Bente Kerkhoff							Friso van Vliet	
		200m	20.88	(20.88)	200m	19.61	(19.61)			
		600m	52.21	(31.33)	600m	49.91	(30.30)			
		1000m	1:23.89	(31.68)	1000m	1:20.41	(30.50)			
		1400m	1:55.75	(31.86)	1400m	1:51.15	(30.74)			
		1800m	2:27.49	(31.74)	1800m	2:21.94	(30.79)			
		2200m	2:59.03	(31.54)	2200m	2:53.14	(31.20)			
		2600m	3:30.65	(31.62)	2600m	3:24.76	(31.62)			
3000m	4:02.69	(32.04)	3000m	3:56.97	(32.21)					

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		Name	Cat			PB	Time	Info
3	wt	25	Daan Gelling			HSA	3:47.41	3:44.69 PB
	rd	27	Hylke de Boer			HN3	3:53.31	3:49.04 PB
		Daan Gelling			Hylke de Boer			
		200m	19.24	(19.24)	200m	19.70	(19.70)	
		600m	48.90	(29.66)	600m	49.31	(29.61)	
		1000m	1:18.21	(29.31)	1000m	1:18.85	(29.54)	
		1400m	1:47.48	(29.27)	1400m	1:48.46	(29.61)	
		1800m	2:16.68	(29.20)	1800m	2:18.22	(29.76)	
		2200m	2:45.73	(29.05)	2200m	2:48.24	(30.02)	
		2600m	3:14.97	(29.24)	2600m	3:18.51	(30.27)	
		3000m	3:44.69	(29.72)	3000m	3:49.04	(30.53)	

		Name	Cat			PB	Time	Info
4	yw bl	32	Chris de Velde			HN1	3:57.55	3:52.21 PB
		Chris de Velde						
		200m	19.38	(19.38)	m			
		600m	49.64	(30.26)				
		1000m	1:20.13	(30.49)				
		1400m	1:50.51	(30.38)				
		1800m	2:20.86	(30.35)				
		2200m	2:51.00	(30.14)				
		2600m	3:21.56	(30.56)				
		3000m	3:52.21	(30.65)				

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		Name	Cat	PB	Time	Info
5	wt	38 Beau Snellink	HSA	3:39.91	3:43.07	
	rd	30 Jorrit Bergsma	H40	3:39.79	3:42.75	
		Beau Snellink		Jorrit Bergsma		
		200m	19.22 (19.22)	200m	19.36 (19.36)	
		600m	47.96 (28.74)	600m	48.32 (28.96)	
		1000m	1:16.46 (28.50)	1000m	1:17.35 (29.03)	
		1400m	1:45.31 (28.85)	1400m	1:46.74 (29.39)	
		1800m	2:14.35 (29.04)	1800m	2:16.10 (29.36)	
		2200m	2:43.57 (29.22)	2200m	2:45.35 (29.25)	
		2600m	3:13.08 (29.51)	2600m	3:14.19 (28.84)	
		3000m	3:43.07 (29.99)	3000m	3:42.75 (28.56)	

		Name	Cat	PB	Time	Info
6	yw	23 Sjoerd den Hertog	HSB	3:45.88	3:49.00	
	bl	22 Tjerk de Boer	HSA	3:43.34	3:46.12	
		Sjoerd den Hertog		Tjerk de Boer		
		200m	19.37 (19.37)	200m	18.64 (18.64)	
		600m	48.71 (29.34)	600m	47.17 (28.53)	
		1000m	1:18.45 (29.74)	1000m	1:16.16 (28.99)	
		1400m	1:48.43 (29.98)	1400m	1:45.13 (28.97)	
		1800m	2:18.35 (29.92)	1800m	2:14.52 (29.39)	
		2200m	2:48.53 (30.18)	2200m	2:44.39 (29.87)	
		2600m	3:18.65 (30.12)	2600m	3:14.99 (30.60)	
		3000m	3:49.00 (30.35)	3000m	3:46.12 (31.13)	

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4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	52 Niels van Reeuwijk	HN2	4	I	1:52.44		
2	56 Dyon Talsma	HSA	3	I	1:56.02		
3	57 Kim Talsma	DSA	2	I	2:00.40		
4	51 Reina Anema	DSB	2	O	2:02.60		
	13 Yves Vergeer	HSA	4	O	DNF		

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4. Race Result 1500 meter

		Name	Cat	PB	Time	Info
1	wt					
	rd					
		m	m			
		Name	Cat	PB	Time	Info
2	yw	57 Kim Talsma	DSA	1:57.33	2:00.40	
	bl	51 Reina Anema	DSB	1:55.74	2:02.60	
		Kim Talsma	Reina Anema			
		300m	27.07 (27.07)	300m	27.55 (27.55)	
		700m	56.98 (29.91)	700m	59.14 (31.59)	
		1100m	1:27.94 (30.96)	1100m	1:31.08 (31.94)	
		1500m	2:00.40 (32.46)	1500m	2:02.60 (31.52)	
		Name	Cat	PB	Time	Info
3	wt	56 Dyon Talsma	HSA	1:54.46	1:56.02	
	rd					
		Dyon Talsma				
		300m	26.44 (26.44)	m		
		700m	55.25 (28.81)			
		1100m	1:24.84 (29.59)			
		1500m	1:56.02 (31.18)			
		Name	Cat	PB	Time	Info
4	yw	52 Niels van Reeuwijk	HN2	1:50.25	1:52.44	
	bl	13 Yves Vergeer	HSA	1:47.25	DNF	
		Niels van Reeuwijk	Yves Vergeer			
		300m	25.08 (25.08)	300m	24.31 (24.31)	
		700m	52.58 (27.50)	700m	50.97 (26.66)	
		1100m	1:21.49 (28.91)			
		1500m	1:52.44 (30.95)			

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	41 Tijmen Snel	HSA	9	I	1:09.11		
2	50 Marten Liiv	HSA	9	O	1:09.35		
3	2 Bart Hoolwerf	HSA	8	I	1:10.36	PB	
4	34 Mathias Vosté	HSB	10	O	1:10.96		
5	37 Freek van der Ham	HN2	6	I	1:11.58	PB	
6	9 Hidde Westra	HN3	7	I	1:12.09		
7	8 Bryant Boogert	HN2	7	O	1:12.51		
8	44 Suzanne Schulting	DSA	6	O	1:15.55		
9	21 Marijke Groenewoud	DSA	3	I	1:15.74		
10	11 Myrthe de Boer	DSA	5	I	1:16.96		
11	20 Elisa Dul	DSA	3	O	1:17.25		
12	29 Merel Conijn	DSA	5	O	1:18.02		
13	24 Sofia Schilder	DN1	4	I	1:21.77	PB	
	16 Jutta Leerdam	DSA	2	I	DNF		
	3 Pien Smit	DN3	4	O	DNF		
	14 Kai Verbij	HSB	8	O	DNF		
	17 Serge Yoro	HSA	10	I	DNF		

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5. Race Result 1000 meter

		Name	Cat	PB	Time	Info
1	wt					
	rd					
		m		m		
		Name	Cat	PB	Time	Info
2	yw	16 Jutta Leerdam	DSA	1:11.84	DNF	
	bl					
		Jutta Leerdam				
		200m	18.00 (18.00)	m		
		600m	45.23 (27.23)			
		Name	Cat	PB	Time	Info
3	wt	21 Marijke Groenewoud	DSA	1:13.73	1:15.74	
	rd	20 Elisa Dul	DSA	1:14.48	1:17.25	
		Marijke Groenewoud	Elisa Dul			
		200m	18.94 (18.94)	200m	19.13 (19.13)	
		600m	47.10 (28.16)	600m	47.63 (28.50)	
		1000m	1:15.74 (28.64)	1000m	1:17.25 (29.62)	
		Name	Cat	PB	Time	Info
4	yw	24 Sofia Schilder	DN1	1:22.62	1:21.77	PB
	bl	3 Pien Smit	DN3	1:15.60	DNF	
		Sofia Schilder	Pien Smit			
		200m	19.91 (19.91)	200m	18.22 (18.22)	
		600m	50.08 (30.17)	600m	45.86 (27.64)	
		1000m	1:21.77 (31.69)			

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		Name	Cat	PB	Time	Info
5	wt	11 Myrthe de Boer	DSA	1:15.51	1:16.96	
	rd	29 Merel Conijn	DSA	1:16.66	1:18.02	
		Myrthe de Boer		Merel Conijn		
		200m	18.84 (18.84)	200m	19.42 (19.42)	
		600m	46.83 (27.99)	600m	48.36 (28.94)	
		1000m	1:16.96 (30.13)	1000m	1:18.02 (29.66)	
		Name	Cat	PB	Time	Info
6	yw	37 Freek van der Ham	HN2	1:12.52	1:11.58	pB
	bl	44 Suzanne Schulting	DSA	1:13.97	1:15.55	
		Freek van der Ham		Suzanne Schulting		
		200m	17.77 (17.77)	200m	17.93 (17.93)	
		600m	44.37 (26.60)	600m	45.27 (27.34)	
		1000m	1:11.58 (27.21)	1000m	1:15.55 (30.28)	
		Name	Cat	PB	Time	Info
7	wt	9 Hidde Westra	HN3	1:11.96	1:12.09	
	rd	8 Bryant Boogert	HN2	1:10.77	1:12.51	
		Hidde Westra		Bryant Boogert		
		200m	17.85 (17.85)	200m	17.15 (17.15)	
		600m	44.36 (26.51)	600m	43.40 (26.25)	
		1000m	1:12.09 (27.73)	1000m	1:12.51 (29.11)	
		Name	Cat	PB	Time	Info
8	yw	2 Bart Hoolwerf	HSA	1:33.05	1:10.36	pB
	bl	14 Kai Verbij	HSB	1:06.34	DNF	
		Bart Hoolwerf		Kai Verbij		
		200m	17.72 (17.72)	200m	16.64 (16.64)	
		600m	43.69 (25.97)	600m	41.92 (25.28)	
		1000m	1:10.36 (26.67)			

Trainingswedstrijd NK-deelnemers

Thialf - Heerenveen
24 October 2025

		Name			Cat	PB			Time	Info
9	wt	41	Tijmen Snel			HSA	1:08.09			1:09.11
	rd	50	Marten Liiv			HSA	1:07.10			1:09.35
	Tijmen Snel			Marten Liiv						
	200m			16.96	(16.96)	200m			16.65	(16.65)
	600m			42.49	(25.53)	600m			41.98	(25.33)
1000m			1:09.11	(26.62)	1000m			1:09.35	(27.37)	
		Name			Cat	PB			Time	Info
10	yw	17	Serge Yoro			HSA	1:08.29			DNF
	bl	34	Mathias Vosté			HSB	1:07.46			1:10.96
	Serge Yoro			Mathias Vosté						
	200m			16.84	(16.84)	200m			17.23	(17.23)
	600m			41.94	(25.10)	600m			42.99	(25.76)
1000m					1000m			1:10.96	(27.97)	