

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

1. Uitslag 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|-------|------|--------|
| 1 | 77 Erik van Hooft | H45 | 9 | O | 11.49 | | |
| 2 | 31 Tobi Raams | HB2 | 9 | I | 11.65 | PR | |
| 3 | 40 Ryan Brina | HC1 | 7 | O | 11.98 | PR | |
| 4 | 1 Ralph Mostert | HPA | 7 | I | 12.01 | PR | |
| 5 | 54 Lars Peute | HPA | 8 | I | 12.09 | PR | |
| 6 | 41 Florine Hehewerth | DN3 | 10 | I | 12.17 | | |
| 7 | 36 Sterre Pikaar | DN1 | 10 | O | 12.35 | | |
| 8 | 46 Amanda van Vugt | DC1 | 8 | O | 12.49 | PR | |
| 9 | 65 Bram Morel | HC1 | 6 | I | 12.85 | PR | |
| 10 | 16 Ziva Samson | DC1 | 6 | O | 12.91 | PR | |
| 11 | 66 Noa Halma | DPC | 5 | O | 13.16 | | |
| 12 | 7 Art Uithoven | HPE | 4 | O | 13.83 | PR | |
| 13 | 19 Aukje Bogers | DA1 | 1 | I | 13.84 | | |
| 14 | 50 Tijmen Korevaar | HPA | 3 | I | 14.31 | PR | |
| 15 | 76 Nienke de Graaf | DPA | 5 | I | 14.55 | PR | |
| 16 | 14 Ties Uithoven | HPE | 4 | I | 14.73 | | |
| 17 | 52 Kiek Hoekstra | DPE | 3 | O | 14.93 | PR | |
| 18 | 20 Sofie Antonissen | DPF | 2 | I | 15.61 | PR | |
| 19 | 13 Siep Uithoven | HPF | 2 | O | 18.03 | PR | |

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1. Rituitslag 100 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|-------------------------|-------------------------|---------|-----|-------|---|--------------|------|
| 1 | wt | 19 | Aukje Bogers | | DA1 | | | 13.84 | |
| | rd | | | | | | | | |
| | | <u>Aukje Bogers</u> | | | | | | | |
| | | 100m | 13.84 | (13.84) | | | m | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 2 | gl | 20 | Sofie Antonissen | | DPF | 15.87 | | 15.61 | PR |
| | bl | 13 | Siep Uithoven | | HPF | 18.46 | | 18.03 | PR |
| | | <u>Sofie Antonissen</u> | | | | | | | |
| | | 100m | 15.61 | (15.61) | | | | | |
| | | <u>Siep Uithoven</u> | | | | | | | |
| | | 100m | 18.03 | (18.03) | | | | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 3 | wt | 50 | Tijmen Korevaar | | HPA | 15.39 | | 14.31 | PR |
| | rd | 52 | Kiek Hoekstra | | DPE | 15.23 | | 14.93 | PR |
| | | <u>Tijmen Korevaar</u> | | | | | | | |
| | | 100m | 14.31 | (14.31) | | | | | |
| | | <u>Kiek Hoekstra</u> | | | | | | | |
| | | 100m | 14.93 | (14.93) | | | | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 4 | gl | 14 | Ties Uithoven | | HPE | 14.65 | | 14.73 | |
| | bl | 7 | Art Uithoven | | HPE | 14.87 | | 13.83 | PR |
| | | <u>Ties Uithoven</u> | | | | | | | |
| | | 100m | 14.73 | (14.73) | | | | | |
| | | <u>Art Uithoven</u> | | | | | | | |
| | | 100m | 13.83 | (13.83) | | | | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 5 | wt | 76 | Nienke de Graaf | | DPA | 14.58 | | 14.55 | PR |
| | rd | 66 | Noa Halma | | DPC | 13.08 | | 13.16 | |
| | | <u>Nienke de Graaf</u> | | | | | | | |
| | | 100m | 14.55 | (14.55) | | | | | |
| | | <u>Noa Halma</u> | | | | | | | |
| | | 100m | 13.16 | (13.16) | | | | | |

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| | | Naam | Cat | PR | Tijd | Info |
|-------|----|-----------------------------|-----|------------------------|--------------|------|
| 6 | gl | 65 Bram Morel | HC1 | 13.36 | 12.85 | PR |
| | bl | 16 Ziva Samson | DC1 | 13.34 | 12.91 | PR |
| | | Bram Morel | | Ziva Samson | | |
| | | 100m 12.85 (12.85) | | 100m 12.91 (12.91) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 7 | wt | 1 Ralph Mostert | HPA | 12.22 | 12.01 | PR |
| | rd | 40 Ryan Brina | HC1 | 12.48 | 11.98 | PR |
| | | Ralph Mostert | | Ryan Brina | | |
| | | 100m 12.01 (12.01) | | 100m 11.98 (11.98) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 8 | gl | 54 Lars Peute | HPA | 12.21 | 12.09 | PR |
| | bl | 46 Amanda van Vugt | DC1 | 12.93 | 12.49 | PR |
| | | Lars Peute | | Amanda van Vugt | | |
| | | 100m 12.09 (12.09) | | 100m 12.49 (12.49) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 9 | wt | 31 Tobi Raams | HB2 | 11.74 | 11.65 | PR |
| | rd | 77 Erik van Hooft | H45 | 10.09 | 11.49 | |
| | | Tobi Raams | | Erik van Hooft | | |
| | | 100m 11.65 (11.65) | | 100m 11.49 (11.49) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 10 | gl | 41 Florine Hehewerth | DN3 | 12.01 | 12.17 | |
| | bl | 36 Sterre Pikaar | DN1 | 11.93 | 12.35 | |
| | | Florine Hehewerth | | Sterre Pikaar | | |
| | | 100m 12.17 (12.17) | | 100m 12.35 (12.35) | | |

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2. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 56 Tim Broere | HSB | 22 | I | 37.77 | | |
| 2 | 64 Rutger Verhoeff | HA1 | 21 | I | 38.79 | | |
| 3 | 15 Jochem Uithoven | HSB | 19 | O | 40.61 | | |
| 4 | 24 Jeroen de Heer | HN1 | 21 | O | 40.64 | | |
| 5 | 22 Ruud Broere | HSB | 19 | I | 40.85 | | |
| 6 | 62 Ibe Hoedeman | HA1 | 22 | O | 41.11 | | |
| 7 | 47 Leander Korevaar | HC2 | 20 | I | 43.12 | | |
| 8 | 70 Willem Leeuwenburgh | HSB | 20 | O | 43.42 | | |
| 9 | 49 Wessel Schut | HB2 | 18 | I | 45.12 | PR | |
| 10 | 55 Cas van der Zijden | HC2 | 17 | I | 45.27 | | |
| 11 | 9 Ruben Zeiderveld | HSA | 17 | O | 47.60 | | |
| 12 | 35 Boris Pieneman | HC2 | 18 | O | 49.31 | | |
| 13 | 68 Bram Luttk | HSA | 14 | O | 49.61 | PR | |
| 14 | 23 Rick Kuijpers | HC2 | 16 | I | 50.22 | | |
| 15 | 67 Boaz Damminga | HPA | 15 | O | 50.77 | | |
| 16 | 57 Ilse van Ipenburg | DSA | 15 | I | 51.05 | | |
| 17 | 73 Lorenzo Klop | HSA | 13 | I | 51.34 | PR | |
| 18 | 37 Ruben Spithoven | HC2 | 12 | I | 51.67 | | |
| 19 | 4 Saskia van Muijlwijk | DN3 | 12 | O | 52.77 | | |
| 20 | 6 Corne de Lange | H40 | 11 | O | 52.83 | | |
| 21 | 38 Bauke de Winter | HB1 | 13 | O | 52.89 | | |
| 22 | 59 Anouk Naalden | DN1 | 16 | O | 53.32 | | |
| 23 | 3 Lisa Schreuders | DC2 | 14 | I | 56.44 | PR | |
| 24 | 63 Fenne van Heist | DC2 | 11 | I | 1:01.33 | | |

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2. Rituitslag 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|---------|----------------|------|
| 11 | wt | 63 | Fenne van Heist | | DC2 | | 1:00.16 | 1:01.33 | |
| | rd | 6 | Corne de Lange | | H40 | | | 52.83 | |
| | | Fenne van Heist | | | Corne de Lange | | | | |
| | | 100m | 15.06 | (15.06) | 100m | 13.64 | (13.64) | | |
| | | 500m | 1:01.33 | (46.27) | 500m | 52.83 | (39.19) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|-----------------------------|---------|-----------------------------|-------|---------|--------------|------|
| 12 | gl | 37 | Ruben Spithoven | | HC2 | | | 51.67 | |
| | bl | 4 | Saskia van Muijlwijk | | DN3 | | | 52.77 | |
| | | Ruben Spithoven | | | Saskia van Muijlwijk | | | | |
| | | 100m | 13.29 | (13.29) | 100m | 13.79 | (13.79) | | |
| | | 500m | 51.67 | (38.38) | 500m | 52.77 | (38.98) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|------------------------|---------|------------------------|-------|---------|--------------|------|
| 13 | wt | 73 | Lorenzo Klop | | HSA | 54.12 | | 51.34 | PR |
| | rd | 38 | Bauke de Winter | | HB1 | 51.75 | | 52.89 | |
| | | Lorenzo Klop | | | Bauke de Winter | | | | |
| | | 100m | 13.56 | (13.56) | 100m | 13.72 | (13.72) | | |
| | | 500m | 51.34 | (37.78) | 500m | 52.89 | (39.17) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|-------------------|-------|---------|--------------|------|
| 14 | gl | 3 | Lisa Schreuders | | DC2 | 58.10 | | 56.44 | PR |
| | bl | 68 | Bram Luttk | | HSA | 52.54 | | 49.61 | PR |
| | | Lisa Schreuders | | | Bram Luttk | | | | |
| | | 100m | 14.19 | (14.19) | 100m | 13.14 | (13.14) | | |
| | | 500m | 56.44 | (42.25) | 500m | 49.61 | (36.47) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|---------|--------------|------|
| 15 | wt | 57 | Ilse van Ipenburg | | DSA | 49.90 | | 51.05 | |
| | rd | 67 | Boaz Damminga | | HPA | 50.06 | | 50.77 | |
| | | Ilse van Ipenburg | | | Boaz Damminga | | | | |
| | | 100m | 14.01 | (14.01) | 100m | 12.71 | (12.71) | | |
| | | 500m | 51.05 | (37.04) | 500m | 50.77 | (38.06) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|---------------------------|----------------------------|---------|----------------------------|-------|---------|--------------|------|
| 16 | gl | 23 | Rick Kuijpers | | HC2 | | 48.88 | 50.22 | |
| | bl | 59 | Anouk Naalden | | DN1 | | 50.72 | 53.32 | |
| | | Rick Kuijpers | | | Anouk Naalden | | | | |
| | | 100m | 12.75 | (12.75) | 100m | 14.06 | (14.06) | | |
| | | 500m | 50.22 | (37.47) | 500m | 53.32 | (39.26) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 17 | wt | 55 | Cas van der Zijden | | HC2 | | 43.83 | 45.27 | |
| | rd | 9 | Ruben Zeiderveld | | HSA | | 46.29 | 47.60 | |
| | | Cas van der Zijden | | | Ruben Zeiderveld | | | | |
| | | 100m | 11.53 | (11.53) | 100m | 12.43 | (12.43) | | |
| | | 500m | 45.27 | (33.74) | 500m | 47.60 | (35.17) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 18 | gl | 49 | Wessel Schut | | HB2 | | 46.44 | 45.12 | PR |
| | bl | 35 | Boris Pieneman | | HC2 | | 48.43 | 49.31 | |
| | | Wessel Schut | | | Boris Pieneman | | | | |
| | | 100m | 11.83 | (11.83) | 100m | 12.73 | (12.73) | | |
| | | 500m | 45.12 | (33.29) | 500m | 49.31 | (36.58) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 19 | wt | 22 | Ruud Broere | | HSB | | 39.31 | 40.85 | |
| | rd | 15 | Jochem Uithoven | | HSB | | 38.15 | 40.61 | |
| | | Ruud Broere | | | Jochem Uithoven | | | | |
| | | 100m | 10.95 | (10.95) | 100m | 11.44 | (11.44) | | |
| | | 500m | 40.85 | (29.90) | 500m | 40.61 | (29.17) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 20 | gl | 47 | Leander Korevaar | | HC2 | | 42.73 | 43.12 | |
| | bl | 70 | Willem Leeuwenburgh | | HSB | | 42.61 | 43.42 | |
| | | Leander Korevaar | | | Willem Leeuwenburgh | | | | |
| | | 100m | 11.99 | (11.99) | 100m | 11.90 | (11.90) | | |
| | | 500m | 43.12 | (31.13) | 500m | 43.42 | (31.52) | | |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|---------|-------|--------------|------|
| 21 | wt | 64 | Rutger Verhoeff | | HA1 | | | 38.35 | 38.79 | |
| | rd | 24 | Jeroen de Heer | | HN1 | | | 39.37 | 40.64 | |
| | | Rutger Verhoeff | | | Jeroen de Heer | | | | | |
| | | 100m | 10.55 | (10.55) | 100m | 10.92 | (10.92) | | | |
| | | 500m | 38.79 | (28.24) | 500m | 40.64 | (29.72) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|-------------------|---------------------|---------|---------------------|-------|---------|-------|--------------|------|
| 22 | gl | 56 | Tim Broere | | HSB | | | 37.42 | 37.77 | |
| | bl | 62 | Ibe Hoedeman | | HA1 | | | 39.55 | 41.11 | |
| | | Tim Broere | | | Ibe Hoedeman | | | | | |
| | | 100m | 10.10 | (10.10) | 100m | 10.95 | (10.95) | | | |
| | | 500m | 37.77 | (27.67) | 500m | 41.11 | (30.16) | | | |

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3. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------|-----|------|------|-------|------|--------|
| 1 | 53 Marvin Muijs | HSA | 28 | I | 39.40 | | |
| 2 | 32 Paul Hermans | HSA | 28 | O | 40.63 | | |
| 3 | 71 Daan Brokking | HB2 | 27 | O | 42.03 | | |
| 4 | 33 Casper de Munck | HSB | 27 | I | 44.34 | | |
| 5 | 60 Lonneke Merckx | DB1 | 25 | I | 47.31 | | |
| 6 | 29 Rens van Horen | HPA | 26 | I | 48.21 | | |
| 7 | 39 Elise Kortleve | DB2 | 25 | O | 48.39 | | |
| 8 | 42 Hiba Pals | DPA | 26 | O | 50.27 | | |
| 9 | 45 Johan van Buuren | H60 | 23 | I | 50.69 | | |

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3. Rituitslag 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------|-------------------------|-------|---------|----|-------|--------------|------|
| 23 | wt | 45 | Johan van Buuren | | H60 | | 46.20 | 50.69 | |
| | rd | | | | | | | | |
| | | Johan van Buuren | | | | | | | |
| | | | 100m | 13.39 | (13.39) | | | m | |
| | | | 500m | 50.69 | (37.30) | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|---|-----|--|----|--|------|------|
| 24 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | | m | | | | | m | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------|-----------------------|-------|---------|----------------|-------|--------------|---------|
| 25 | wt | 60 | Lonneke Merkx | | DB1 | | 45.24 | 47.31 | |
| | rd | 39 | Elise Kortleve | | DB2 | | 47.01 | 48.39 | |
| | | Lonneke Merkx | | | | Elise Kortleve | | | |
| | | | 100m | 12.61 | (12.61) | | 100m | 12.99 | (12.99) |
| | | | 500m | 47.31 | (34.70) | | 500m | 48.39 | (35.40) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------|-----------------------|-------|---------|-----------|-------|--------------|---------|
| 26 | gl | 29 | Rens van Horen | | HPA | | 47.66 | 48.21 | |
| | bl | 42 | Hiba Pals | | DPA | | 48.31 | 50.27 | |
| | | Rens van Horen | | | | Hiba Pals | | | |
| | | | 100m | 12.61 | (12.61) | | 100m | 13.60 | (13.60) |
| | | | 500m | 48.21 | (35.60) | | 500m | 50.27 | (36.67) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------|------------------------|-------|---------|---------------|-------|--------------|---------|
| 27 | wt | 33 | Casper de Munck | | HSB | | 41.17 | 44.34 | |
| | rd | 71 | Daan Brokking | | HB2 | | 41.24 | 42.03 | |
| | | Casper de Munck | | | | Daan Brokking | | | |
| | | | 100m | 11.94 | (11.94) | | 100m | 11.04 | (11.04) |
| | | | 500m | 44.34 | (32.40) | | 500m | 42.03 | (30.99) |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|---------------------|---------|-----|---------------------|-------|--------------|------|
| 28 | gl | 53 | Marvin Muijs | | HSA | | 37.81 | 39.40 | |
| | bl | 32 | Paul Hermans | | HSA | | 40.14 | 40.63 | |
| | | Marvin Muijs | | | | Paul Hermans | | | |
| | | 100m | 10.49 | (10.49) | | 100m | 11.09 | (11.09) | |
| | | 500m | 39.40 | (28.91) | | 500m | 40.63 | (29.54) | |

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4. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|---------|------|--------|
| 1 | 77 Erik van Hooft | H45 | 37 | I | 43.23 | | |
| 2 | 40 Ryan Brina | HC1 | 37 | O | 43.58 | | |
| 3 | 31 Tobi Raams | HB2 | 38 | O | 44.41 | | |
| 4 | 41 Florine Hehewerth | DN3 | 35 | I | 45.51 | | |
| 5 | 54 Lars Peute | HPA | 36 | O | 46.59 | | |
| 6 | 46 Amanda van Vugt | DC1 | 35 | O | 46.76 | | |
| 7 | 36 Sterre Pikaar | DN1 | 38 | I | 47.09 | | |
| 8 | 16 Ziva Samson | DC1 | 36 | I | 48.37 | PR | |
| 9 | 66 Noa Halma | DPC | 33 | O | 51.68 | PR | |
| 10 | 65 Bram Morel | HC1 | 33 | I | 51.83 | | |
| 11 | 76 Nienke de Graaf | DPA | 34 | O | 57.77 | | |
| 12 | 19 Aukje Bogers | DA1 | 29 | I | 57.92 | | |
| 13 | 7 Art Uithoven | HPE | 32 | I | 1:02.27 | | |
| 14 | 1 Ralph Mostert | HPA | 34 | I | 1:02.47 | FL | |
| 15 | 14 Ties Uithoven | HPE | 32 | O | 1:03.72 | PR | |
| 16 | 50 Tijmen Korevaar | HPA | 31 | O | 1:07.89 | PR | |
| 17 | 52 Kiek Hoekstra | DPE | 31 | I | 1:08.49 | PR | |
| 18 | 20 Sofie Antonissen | DPF | 30 | O | 1:11.46 | PR | |
| 19 | 13 Siep Uithoven | HPF | 30 | I | 1:27.41 | | |

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4. Rituitslag 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|---------------------|-------|---------|----|---|--------------|------|
| 29 | wt rd | 19 | Aukje Bogers | | DA1 | | | 57.92 | |
| | | | Aukje Bogers | | | | | | |
| | | | 100m | 14.04 | (14.04) | | m | | |
| | | | 500m | 57.92 | (43.88) | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|-------------------------|---------|---------|---------|------|----------------|---------|
| 30 | gl bl | 13 | Siep Uithoven | | HPF | | | 1:27.41 | |
| | | 20 | Sofie Antonissen | | DPF | 1:17.57 | | 1:11.46 | PR |
| | | | Siep Uithoven | | | | | | |
| | | | 100m | 18.42 | (18.42) | | 100m | 15.90 | (15.90) |
| | | | 500m | 1:27.41 | (68.99) | | 500m | 1:11.46 | (55.56) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|------------------------|---------|---------|---------|------|----------------|---------|
| 31 | wt rd | 52 | Kiek Hoekstra | | DPE | 1:12.07 | | 1:08.49 | PR |
| | | 50 | Tijmen Korevaar | | HPA | 1:11.23 | | 1:07.89 | PR |
| | | | Kiek Hoekstra | | | | | | |
| | | | 100m | 15.13 | (15.13) | | 100m | 15.32 | (15.32) |
| | | | 500m | 1:08.49 | (53.36) | | 500m | 1:07.89 | (52.57) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|----------------------|---------|---------|---------|------|----------------|---------|
| 32 | gl bl | 7 | Art Uithoven | | HPE | | | 1:02.27 | |
| | | 14 | Ties Uithoven | | HPE | 1:06.44 | | 1:03.72 | PR |
| | | | Art Uithoven | | | | | | |
| | | | 100m | 14.14 | (14.14) | | 100m | 15.09 | (15.09) |
| | | | 500m | 1:02.27 | (48.13) | | 500m | 1:03.72 | (48.63) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|-------------------|-------|---------|-------|------|--------------|---------|
| 33 | wt rd | 65 | Bram Morel | | HC1 | 51.80 | | 51.83 | |
| | | 66 | Noa Halma | | DPC | 54.01 | | 51.68 | PR |
| | | | Bram Morel | | | | | | |
| | | | 100m | 13.17 | (13.17) | | 100m | 13.23 | (13.23) |
| | | | 500m | 51.83 | (38.66) | | 500m | 51.68 | (38.45) |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|--------------------------|--------------------------|---------|------------------------|-------|---------|-------|----------------|------|
| 34 | gl | 1 | Ralph Mostert | | HPA | | | 50.72 | 1:02.47 | FL |
| | bl | 76 | Nienke de Graaf | | DPA | | | 57.42 | 57.77 | |
| | | Ralph Mostert | | | Nienke de Graaf | | | | | |
| | | 100m | 12.62 | (12.62) | 100m | 14.87 | (14.87) | | | |
| | | 500m | 1:02.47 | (49.85) | 500m | 57.77 | (42.90) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 35 | wt | 41 | Florine Hehewerth | | DN3 | | | 44.72 | 45.51 | |
| | rd | 46 | Amanda van Vugt | | DC1 | | | 45.87 | 46.76 | |
| | | Florine Hehewerth | | | Amanda van Vugt | | | | | |
| | | 100m | 12.26 | (12.26) | 100m | 12.66 | (12.66) | | | |
| | | 500m | 45.51 | (33.25) | 500m | 46.76 | (34.10) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 36 | gl | 16 | Ziva Samson | | DC1 | | | 50.58 | 48.37 | PR |
| | bl | 54 | Lars Peute | | HPA | | | 45.28 | 46.59 | |
| | | Ziva Samson | | | Lars Peute | | | | | |
| | | 100m | 13.05 | (13.05) | 100m | 12.56 | (12.56) | | | |
| | | 500m | 48.37 | (35.32) | 500m | 46.59 | (34.03) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 37 | wt | 77 | Erik van Hooft | | H45 | | | 38.72 | 43.23 | |
| | rd | 40 | Ryan Brina | | HC1 | | | 42.93 | 43.58 | |
| | | Erik van Hooft | | | Ryan Brina | | | | | |
| | | 100m | 11.49 | (11.49) | 100m | 12.17 | (12.17) | | | |
| | | 500m | 43.23 | (31.74) | 500m | 43.58 | (31.41) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 38 | gl | 36 | Sterre Pikaar | | DN1 | | | 44.56 | 47.09 | |
| | bl | 31 | Tobi Raams | | HB2 | | | 43.58 | 44.41 | |
| | | Sterre Pikaar | | | Tobi Raams | | | | | |
| | | 100m | 12.31 | (12.31) | 100m | 11.73 | (11.73) | | | |
| | | 500m | 47.09 | (34.78) | 500m | 44.41 | (32.68) | | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

5. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 64 Rutger Verhoeff | HA1 | 50 | O | 1:18.20 | | |
| 2 | 15 Jochem Uithoven | HSB | 49 | O | 1:19.13 | | |
| 3 | 24 Jeroen de Heer | HN1 | 49 | I | 1:22.83 | | |
| 4 | 62 Ibe Hoedeman | HA1 | 47 | I | 1:23.38 | | |
| 5 | 22 Ruud Broere | HSB | 48 | I | 1:24.71 | | |
| 6 | 47 Leander Korevaar | HC2 | 47 | O | 1:25.12 | PR | |
| 7 | 70 Willem Leeuwenburgh | HSB | 48 | O | 1:25.98 | | |
| 8 | 55 Cas van der Zijden | HC2 | 45 | I | 1:32.35 | PR | |
| 9 | 49 Wessel Schut | HB2 | 46 | O | 1:37.31 | PR | |
| 10 | 68 Bram Luttk | HSA | 41 | O | 1:38.06 | PR | |
| 11 | 9 Ruben Zeiderveld | HSA | 46 | I | 1:38.19 | PR | |
| 12 | 35 Boris Pieneman | HC2 | 45 | O | 1:40.17 | | |
| 13 | 57 Ilse van Ipenburg | DSA | 43 | I | 1:43.31 | | |
| 14 | 67 Boaz Damminga | HPA | 42 | O | 1:44.12 | PR | |
| 15 | 73 Lorenzo Klop | HSA | 42 | I | 1:44.69 | PR | |
| 16 | 37 Ruben Spithoven | HC2 | 39 | I | 1:46.86 | | |
| 17 | 6 Corne de Lange | H40 | 39 | O | 1:47.22 | | |
| 18 | 23 Rick Kuijpers | HC2 | 44 | O | 1:47.39 | | |
| 19 | 38 Bauke de Winter | HB1 | 44 | I | 1:48.95 | | |
| 20 | 4 Saskia van Muijlwijk | DN3 | 40 | O | 1:52.02 | | |
| 21 | 59 Anouk Naalden | DN1 | 43 | O | 1:53.35 | | |
| 22 | 3 Lisa Schreuders | DC2 | 41 | I | 2:00.18 | PR | |
| 23 | 63 Fenne van Heist | DC2 | 40 | I | 2:09.99 | | |
| | 56 Tim Broere | HSB | 50 | I | DNS | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

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5. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|------------------------|-----------------------------|---------|-----------------------------|---------|---------|----------------|------|
| 39 | wt | 37 | Ruben Spithoven | | HC2 | | | 1:46.86 | |
| | rd | 6 | Corne de Lange | | H40 | | | 1:47.22 | |
| | | Ruben Spithoven | | | Corne de Lange | | | | |
| | | 200m | 23.60 | (23.60) | 200m | 24.70 | (24.70) | | |
| | | 600m | 1:03.66 | (40.06) | 600m | 1:05.19 | (40.49) | | |
| | | 1000m | 1:46.86 | (43.20) | 1000m | 1:47.22 | (42.03) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 40 | gl | 63 | Fenne van Heist | | DC2 | 2:06.91 | | 2:09.99 | |
| | bl | 4 | Saskia van Muijlwijk | | DN3 | | | 1:52.02 | |
| | | Fenne van Heist | | | Saskia van Muijlwijk | | | | |
| | | 200m | 27.49 | (27.49) | 200m | 24.49 | (24.49) | | |
| | | 600m | 1:16.81 | (49.32) | 600m | 1:05.42 | (40.93) | | |
| | | 1000m | 2:09.99 | (53.18) | 1000m | 1:52.02 | (46.60) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 41 | wt | 3 | Lisa Schreuders | | DC2 | 2:04.37 | | 2:00.18 | PR |
| | rd | 68 | Bram Luttk | | HSA | 1:53.73 | | 1:38.06 | PR |
| | | Lisa Schreuders | | | Bram Luttk | | | | |
| | | 200m | 25.66 | (25.66) | 200m | 22.65 | (22.65) | | |
| | | 600m | 1:11.00 | (45.34) | 600m | 59.50 | (36.85) | | |
| | | 1000m | 2:00.18 | (49.18) | 1000m | 1:38.06 | (38.56) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 42 | gl | 73 | Lorenzo Klop | | HSA | 1:51.99 | | 1:44.69 | PR |
| | bl | 67 | Boaz Damminga | | HPA | 1:51.08 | | 1:44.12 | PR |
| | | Lorenzo Klop | | | Boaz Damminga | | | | |
| | | 200m | 24.14 | (24.14) | 200m | 23.26 | (23.26) | | |
| | | 600m | 1:03.15 | (39.01) | 600m | 1:03.49 | (40.23) | | |
| | | 1000m | 1:44.69 | (41.54) | 1000m | 1:44.12 | (40.63) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|---------|---------|---------|----------------|
| 43 | wt | 57 | Ilse van Ipenburg | | DSA | | | 1:40.16 | 1:43.31 |
| | rd | 59 | Anouk Naalden | | DN1 | | | 1:45.33 | 1:53.35 |
| | | Ilse van Ipenburg | | | Anouk Naalden | | | | |
| | | 200m | 25.18 | (25.18) | 200m | 25.39 | (25.39) | | |
| | | 600m | 1:03.81 | (38.63) | 600m | 1:07.18 | (41.79) | | |
| | | 1000m | 1:43.31 | (39.50) | 1000m | 1:53.35 | (46.17) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|----------------------|---------|---------|---------|----------------|
| 44 | gl | 38 | Bauke de Winter | | HB1 | | | 1:46.43 | 1:48.95 |
| | bl | 23 | Rick Kuijpers | | HC2 | | | 1:44.70 | 1:47.39 |
| | | Bauke de Winter | | | Rick Kuijpers | | | | |
| | | 200m | 24.46 | (24.46) | 200m | 23.34 | (23.34) | | |
| | | 600m | 1:05.44 | (40.98) | 600m | 1:03.41 | (40.07) | | |
| | | 1000m | 1:48.95 | (43.51) | 1000m | 1:47.39 | (43.98) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|-----------------------|---------|---------|---------|-------------------|
| 45 | wt | 55 | Cas van der Zijden | | HC2 | | | 1:33.75 | 1:32.35 PR |
| | rd | 35 | Boris Pieneman | | HC2 | | | 1:38.22 | 1:40.17 |
| | | Cas van der Zijden | | | Boris Pieneman | | | | |
| | | 200m | 20.86 | (20.86) | 200m | 22.68 | (22.68) | | |
| | | 600m | 55.41 | (34.55) | 600m | 1:00.15 | (37.47) | | |
| | | 1000m | 1:32.35 | (36.94) | 1000m | 1:40.17 | (40.02) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|---------------------|---------|---------|---------|-------------------|
| 46 | gl | 9 | Ruben Zeiderveld | | HSA | | | 1:38.64 | 1:38.19 PR |
| | bl | 49 | Wessel Schut | | HB2 | | | 1:40.52 | 1:37.31 PR |
| | | Ruben Zeiderveld | | | Wessel Schut | | | | |
| | | 200m | 22.00 | (22.00) | 200m | 22.20 | (22.20) | | |
| | | 600m | 59.07 | (37.07) | 600m | 58.41 | (36.21) | | |
| | | 1000m | 1:38.19 | (39.12) | 1000m | 1:37.31 | (38.90) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|-------------------------|---------|-------------------------|---------|---------|---------|-------------------|
| 47 | wt | 62 | Ibe Hoedeman | | HA1 | | | 1:20.37 | 1:23.38 |
| | rd | 47 | Leander Korevaar | | HC2 | | | 1:28.42 | 1:25.12 PR |
| | | Ibe Hoedeman | | | Leander Korevaar | | | | |
| | | 200m | 18.81 | (18.81) | 200m | 20.52 | (20.52) | | |
| | | 600m | 49.84 | (31.03) | 600m | 52.16 | (31.64) | | |
| | | 1000m | 1:23.38 | (33.54) | 1000m | 1:25.12 | (32.96) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|----------------------------|---------|----------------------------|---------|---------|---------|----------------|
| 48 | gl | 22 | Ruud Broere | | HSB | | | 1:20.07 | 1:24.71 |
| | bl | 70 | Willem Leeuwenburgh | | HSB | | | 1:23.71 | 1:25.98 |
| | | Ruud Broere | | | Willem Leeuwenburgh | | | | |
| | | 200m | 19.03 | (19.03) | 200m | 20.63 | (20.63) | | |
| | | 600m | 50.58 | (31.55) | 600m | 52.17 | (31.54) | | |
| | | 1000m | 1:24.71 | (34.13) | 1000m | 1:25.98 | (33.81) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|------------------------|---------|------------------------|---------|---------|---------|----------------|
| 49 | wt | 24 | Jeroen de Heer | | HN1 | | | 1:19.31 | 1:22.83 |
| | rd | 15 | Jochem Uithoven | | HSB | | | 1:14.43 | 1:19.13 |
| | | Jeroen de Heer | | | Jochem Uithoven | | | | |
| | | 200m | 19.01 | (19.01) | 200m | 19.01 | (19.01) | | |
| | | 600m | 49.94 | (30.93) | 600m | 48.11 | (29.10) | | |
| | | 1000m | 1:22.83 | (32.89) | 1000m | 1:19.13 | (31.02) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|------------------------|-----|------------------------|---------|---------|---------|----------------|
| 50 | gl | 56 | Tim Broere | | HSB | | | 1:15.94 | DNS |
| | bl | 64 | Rutger Verhoeff | | HA1 | | | 1:16.53 | 1:18.20 |
| | | Tim Broere | | | Rutger Verhoeff | | | | |
| | | 200m | | | 200m | 18.23 | (18.23) | | |
| | | 600m | | | 600m | 46.85 | (28.62) | | |
| | | 1000m | | | 1000m | 1:18.20 | (31.35) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

6. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------|-----|------|------|---------|------|--------|
| 1 | 32 Paul Hermans | HSA | 55 | I | 2:05.43 | | |
| 2 | 53 Marvin Muijs | HSA | 55 | O | 2:09.46 | | |
| 3 | 33 Casper de Munck | HSB | 54 | I | 2:21.72 | | |
| 4 | 60 Lonneke Merckx | DB1 | 56 | O | 2:26.97 | | |
| 5 | 45 Johan van Buuren | H60 | 53 | I | 2:27.28 | | |
| 6 | 39 Elise Kortleve | DB2 | 54 | O | 2:29.66 | PR | |
| 7 | 29 Rens van Horen | HPA | 51 | I | 2:30.75 | | |
| 8 | 42 Hiba Pals | DPA | 53 | O | 2:31.08 | PR | |
| 9 | 56 Tim Broere | HSB | 51 | O | 2:31.78 | | |
| 10 | 71 Daan Brokking | HB2 | 56 | I | 2:44.02 | FL | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

6. Rituitslag 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-------------------|---------|---------|----------------|------|
| 51 | wt | 29 | Rens van Horen | | HPA | | | 2:30.75 | |
| | rd | 56 | Tim Broere | | HSB | 2:02.68 | | 2:31.78 | |
| | | Rens van Horen | | | Tim Broere | | | | |
| | | 300m | 31.89 | (31.89) | 300m | 31.32 | (31.32) | | |
| | | 700m | 1:10.00 | (38.11) | 700m | 1:10.01 | (38.69) | | |
| | | 1100m | 1:50.43 | (40.43) | 1100m | 1:49.58 | (39.57) | | |
| | | 1500m | 2:30.75 | (40.32) | 1500m | 2:31.78 | (42.20) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|--|-----|---|----|--|------|------|
| 52 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | m | | | m | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|------------------|---------|---------|----------------|------|
| 53 | wt | 45 | Johan van Buuren | | H60 | 2:18.72 | | 2:27.28 | |
| | rd | 42 | Hiba Pals | | DPA | 2:56.22 | | 2:31.08 | PR |
| | | Johan van Buuren | | | Hiba Pals | | | | |
| | | 300m | 32.09 | (32.09) | 300m | 32.15 | (32.15) | | |
| | | 700m | 1:08.75 | (36.66) | 700m | 1:09.35 | (37.20) | | |
| | | 1100m | 1:47.19 | (38.44) | 1100m | 1:49.95 | (40.60) | | |
| | | 1500m | 2:27.28 | (40.09) | 1500m | 2:31.08 | (41.13) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|---------|---------|----------------|------|
| 54 | gl | 33 | Casper de Munck | | HSB | 2:07.30 | | 2:21.72 | |
| | bl | 39 | Elise Kortleve | | DB2 | 2:33.47 | | 2:29.66 | PR |
| | | Casper de Munck | | | Elise Kortleve | | | | |
| | | 300m | 29.71 | (29.71) | 300m | 31.55 | (31.55) | | |
| | | 700m | 1:04.89 | (35.18) | 700m | 1:09.37 | (37.82) | | |
| | | 1100m | 1:42.16 | (37.27) | 1100m | 1:49.13 | (39.76) | | |
| | | 1500m | 2:21.72 | (39.56) | 1500m | 2:29.66 | (40.53) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|----------------------|-----------------------|---------|-----------------------|---------|---------|---------|----------------|------|
| 55 | wt | 32 | Paul Hermans | | HSA | | | 2:04.44 | 2:05.43 | |
| | rd | 53 | Marvin Muijs | | HSA | | | 2:05.48 | 2:09.46 | |
| | | Paul Hermans | | | Marvin Muijs | | | | | |
| | | 300m | 26.57 | (26.57) | 300m | 26.15 | (26.15) | | | |
| | | 700m | 56.98 | (30.41) | 700m | 57.35 | (31.20) | | | |
| | | 1100m | 1:29.80 | (32.82) | 1100m | 1:32.34 | (34.99) | | | |
| | | 1500m | 2:05.43 | (35.63) | 1500m | 2:09.46 | (37.12) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 56 | gl | 71 | Daan Brokking | | HB2 | | | 2:19.30 | 2:44.02 | FL |
| | bl | 60 | Lonneke Merckx | | DB1 | | | 2:19.43 | 2:26.97 | |
| | | Daan Brokking | | | Lonneke Merckx | | | | | |
| | | 300m | 27.22 | (27.22) | 300m | 30.48 | (30.48) | | | |
| | | 700m | 59.44 | (32.22) | 700m | 1:06.82 | (36.34) | | | |
| | | 1100m | 2:03.13 | (63.69) | 1100m | 1:46.13 | (39.31) | | | |
| | | 1500m | 2:44.02 | (40.89) | 1500m | 2:26.97 | (40.84) | | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

7. Uitslag 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|-------|------|--------|
| 1 | 77 Erik van Hooft | H45 | 65 | I | 27.54 | | |
| 2 | 31 Tobi Raams | HB2 | 65 | O | 27.89 | PR | |
| 3 | 40 Ryan Brina | HC1 | 64 | I | 28.28 | PR | |
| 4 | 41 Florine Hehewerth | DN3 | 66 | I | 29.18 | | |
| 5 | 54 Lars Peute | HPA | 63 | I | 29.19 | PR | |
| 6 | 46 Amanda van Vugt | DC1 | 63 | O | 29.49 | PR | |
| 7 | 36 Sterre Pikaar | DN1 | 66 | O | 29.59 | | |
| 8 | 1 Ralph Mostert | HPA | 64 | O | 30.32 | PR | |
| 9 | 16 Ziva Samson | DC1 | 61 | O | 31.93 | PR | |
| 10 | 66 Noa Halma | DPC | 62 | I | 32.03 | PR | |
| 11 | 65 Bram Morel | HC1 | 62 | O | 32.44 | PR | |
| 12 | 76 Nienke de Graaf | DPA | 61 | I | 36.38 | PR | |
| 13 | 7 Art Uithoven | HPE | 57 | I | 37.19 | | |
| 14 | 14 Ties Uithoven | HPE | 60 | I | 38.10 | PR | |
| 15 | 50 Tijmen Korevaar | HPA | 60 | O | 39.86 | PR | |
| 16 | 52 Kiek Hoekstra | DPE | 59 | O | 40.96 | PR | |
| 17 | 20 Sofie Antonissen | DPF | 59 | I | 41.46 | PR | |
| 18 | 13 Siep Uithoven | HPF | 58 | O | 54.12 | | |
| | 19 Aukje Bogers | DA1 | 58 | I | DNS | | |

Trainingswedstrijd

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7. Rituitslag 300 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|---------------------|---------|-----|----|---|--------------|------|
| 57 | wt | 7 | Art Uithoven | | HPE | | | 37.19 | |
| | rd | | | | | | | | |
| | | <u>Art Uithoven</u> | | | | | | | |
| | | 300m | 37.19 | (37.19) | | | m | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|----------------------|---------|-----|----|--|--------------|------|
| 58 | gl | 19 | Aukje Bogers | | DA1 | | | DNS | |
| | bl | 13 | Siep Uithoven | | HPF | | | 54.12 | |
| | | <u>Aukje Bogers</u> | | | | | | | |
| | | <u>Siep Uithoven</u> | | | | | | | |
| | | 300m | 54.12 | (54.12) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-----|-------|------|--------------|---------|
| 59 | wt | 20 | Sofie Antonissen | | DPF | 42.53 | | 41.46 | PR |
| | rd | 52 | Kiek Hoekstra | | DPE | 42.73 | | 40.96 | PR |
| | | <u>Sofie Antonissen</u> | | | | | | | |
| | | <u>Kiek Hoekstra</u> | | | | | | | |
| | | 300m | 41.46 | (41.46) | | | 300m | 40.96 | (40.96) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----|-------|------|--------------|---------|
| 60 | gl | 14 | Ties Uithoven | | HPE | 39.29 | | 38.10 | PR |
| | bl | 50 | Tijmen Korevaar | | HPA | 42.58 | | 39.86 | PR |
| | | <u>Ties Uithoven</u> | | | | | | | |
| | | <u>Tijmen Korevaar</u> | | | | | | | |
| | | 300m | 38.10 | (38.10) | | | 300m | 39.86 | (39.86) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----|-------|------|--------------|---------|
| 61 | wt | 76 | Nienke de Graaf | | DPA | 36.72 | | 36.38 | PR |
| | rd | 16 | Ziva Samson | | DC1 | 32.62 | | 31.93 | PR |
| | | <u>Nienke de Graaf</u> | | | | | | | |
| | | <u>Ziva Samson</u> | | | | | | | |
| | | 300m | 36.38 | (36.38) | | | 300m | 31.93 | (31.93) |

Trainingswedstrijd

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| | | Naam | Cat | PR | Tijd | Info |
|-------|----|-----------------------------|-----|------------------------|--------------|------|
| 62 | gl | 66 Noa Halma | DPC | 32.57 | 32.03 | PR |
| | bl | 65 Bram Morel | HC1 | 33.19 | 32.44 | PR |
| | | <u>Noa Halma</u> | | <u>Bram Morel</u> | | |
| | | 300m 32.03 (32.03) | | 300m 32.44 (32.44) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 63 | wt | 54 Lars Peute | HPA | 29.53 | 29.19 | PR |
| | rd | 46 Amanda van Vugt | DC1 | 31.07 | 29.49 | PR |
| | | <u>Lars Peute</u> | | <u>Amanda van Vugt</u> | | |
| | | 300m 29.19 (29.19) | | 300m 29.49 (29.49) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 64 | gl | 40 Ryan Brina | HC1 | 29.37 | 28.28 | PR |
| | bl | 1 Ralph Mostert | HPA | 31.28 | 30.32 | PR |
| | | <u>Ryan Brina</u> | | <u>Ralph Mostert</u> | | |
| | | 300m 28.28 (28.28) | | 300m 30.32 (30.32) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 65 | wt | 77 Erik van Hooft | H45 | 25.30 | 27.54 | |
| | rd | 31 Tobi Raams | HB2 | 28.08 | 27.89 | PR |
| | | <u>Erik van Hooft</u> | | <u>Tobi Raams</u> | | |
| | | 300m 27.54 (27.54) | | 300m 27.89 (27.89) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 66 | gl | 41 Florine Hehewerth | DN3 | 28.53 | 29.18 | |
| | bl | 36 Sterre Pikaar | DN1 | 28.54 | 29.59 | |
| | | <u>Florine Hehewerth</u> | | <u>Sterre Pikaar</u> | | |
| | | 300m 29.18 (29.18) | | 300m 29.59 (29.59) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

8. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 43 Laurens de Putter | HC2 | 74 | I | 4:32.22 | PR | |
| 2 | 72 Tom van Loon | HN2 | 73 | I | 4:34.67 | | |
| 3 | 75 Lars Mans | HB1 | 73 | O | 4:36.29 | | |
| 4 | 74 Thomas Ros | HN3 | 74 | O | 4:53.16 | | |
| 5 | 30 Luuk van der Vlerk | HN2 | 71 | O | 4:58.45 | PR | |
| 6 | 2 Jarno de Laat | HN3 | 71 | I | 5:14.01 | | |
| 7 | 28 Johan Sonneveld | HSA | 72 | O | 5:15.01 | | |
| 8 | 48 Yasmine Pals | DC2 | 70 | O | 5:25.12 | | |
| 9 | 27 Meike Wagemakers | DN2 | 70 | I | 5:28.96 | | |
| 10 | 51 Sarina van Dijk | DN4 | 72 | I | 5:33.24 | | |
| 11 | 21 Nina de Kruijk | DSB | 69 | I | 5:41.32 | | |
| 12 | 12 Yara van Klaveren | DB1 | 69 | O | 5:49.24 | PR | |
| | 44 Yousra Pals | DC2 | 67 | I | DNF | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

8. Rituitslag 3000 meter

| | Naam | Cat | PR | Tijd | Info |
|----|----------|-----------------|-----|------|------|
| 67 | wt rd | 44 Youssra Pals | DC2 | | DNF |

Youssra Pals

| | | | |
|-------|---------|---------|---|
| 200m | 22.90 | (22.90) | m |
| 600m | 59.60 | (36.70) | |
| 1000m | 1:40.27 | (40.67) | |
| 1400m | 2:23.13 | (42.86) | |
| 1800m | 3:08.07 | (44.94) | |
| 2200m | 3:54.49 | (46.42) | |

| | Naam | Cat | PR | Tijd | Info |
|----|----------|-----|----|------|------|
| 68 | gl bl | | | | |

m

m

| | Naam | Cat | PR | Tijd | Info |
|----|----------|----------------------|-----|---------|------------|
| 69 | wt rd | 21 Nina de Kruijk | DSB | 5:10.76 | 5:41.32 |
| | | 12 Yara van Klaveren | DB1 | 5:57.01 | 5:49.24 PR |

Nina de Kruijk

| | | |
|-------|---------|---------|
| 200m | 25.63 | (25.63) |
| 600m | 1:09.52 | (43.89) |
| 1000m | 1:55.10 | (45.58) |
| 1400m | 2:40.94 | (45.84) |
| 1800m | 3:26.34 | (45.40) |
| 2200m | 4:11.47 | (45.13) |
| 2600m | 4:56.66 | (45.19) |
| 3000m | 5:41.32 | (44.66) |

Yara van Klaveren

| | | |
|-------|---------|---------|
| 200m | 25.35 | (25.35) |
| 600m | 1:07.91 | (42.56) |
| 1000m | 1:51.64 | (43.73) |
| 1400m | 2:37.07 | (45.43) |
| 1800m | 3:23.93 | (46.86) |
| 2200m | 4:11.84 | (47.91) |
| 2600m | 5:00.33 | (48.49) |
| 3000m | 5:49.24 | (48.91) |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-----|---------------------|---------|----------------|------|
| 70 | gl | 27 | Meike Wagemakers | | DN2 | | 5:25.25 | 5:28.96 | |
| | bl | 48 | Yasmine Pals | | DC2 | | | 5:25.12 | |
| | | Meike Wagemakers | | | | Yasmine Pals | | | |
| | | 200m | 24.38 | (24.38) | | 200m | 23.48 | (23.48) | |
| | | 600m | 1:03.57 | (39.19) | | 600m | 1:02.76 | (39.28) | |
| | | 1000m | 1:45.08 | (41.51) | | 1000m | 1:44.81 | (42.05) | |
| | | 1400m | 2:28.19 | (43.11) | | 1400m | 2:27.10 | (42.29) | |
| | | 1800m | 3:12.63 | (44.44) | | 1800m | 3:11.76 | (44.66) | |
| | | 2200m | 3:57.68 | (45.05) | | 2200m | 3:55.98 | (44.22) | |
| | | 2600m | 4:44.09 | (46.41) | | 2600m | 4:40.70 | (44.72) | |
| | | 3000m | 5:28.96 | (44.87) | | 3000m | 5:25.12 | (44.42) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|---------------------------|---------|-----|---------------------------|---------|----------------|------|
| 71 | wt | 2 | Jarno de Laat | | HN3 | | 5:07.99 | 5:14.01 | |
| | rd | 30 | Luuk van der Vlerk | | HN2 | | 5:04.85 | 4:58.45 | PR |
| | | Jarno de Laat | | | | Luuk van der Vlerk | | | |
| | | 200m | 22.78 | (22.78) | | 200m | 23.12 | (23.12) | |
| | | 600m | 1:01.63 | (38.85) | | 600m | 1:00.31 | (37.19) | |
| | | 1000m | 1:42.18 | (40.55) | | 1000m | 1:39.52 | (39.21) | |
| | | 1400m | 2:23.77 | (41.59) | | 1400m | 2:19.64 | (40.12) | |
| | | 1800m | 3:06.45 | (42.68) | | 1800m | 2:59.43 | (39.79) | |
| | | 2200m | 3:49.73 | (43.28) | | 2200m | 3:39.30 | (39.87) | |
| | | 2600m | 4:33.21 | (43.48) | | 2600m | 4:19.32 | (40.02) | |
| | | 3000m | 5:14.01 | (40.80) | | 3000m | 4:58.45 | (39.13) | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|------------------------|---------|---------|---------|----------------|------|
| 72 | gl | 51 | Sarina van Dijk | | DN4 | | | 5:15.12 | 5:33.24 | |
| | bl | 28 | Johan Sonneveld | | HSA | | | 5:05.54 | 5:15.01 | |
| | | Sarina van Dijk | | | Johan Sonneveld | | | | | |
| | | 200m | 24.15 | (24.15) | 200m | 24.30 | (24.30) | | | |
| | | 600m | 1:06.37 | (42.22) | 600m | 1:03.43 | (39.13) | | | |
| | | 1000m | 1:50.01 | (43.64) | 1000m | 1:43.90 | (40.47) | | | |
| | | 1400m | 2:34.84 | (44.83) | 1400m | 2:25.79 | (41.89) | | | |
| | | 1800m | 3:19.45 | (44.61) | 1800m | 3:07.64 | (41.85) | | | |
| | | 2200m | 4:04.60 | (45.15) | 2200m | 3:50.36 | (42.72) | | | |
| | | 2600m | 4:49.30 | (44.70) | 2600m | 4:32.63 | (42.27) | | | |
| | | 3000m | 5:33.24 | (43.94) | 3000m | 5:15.01 | (42.38) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|------------------|---------|---------|---------|----------------|------|
| 73 | wt | 72 | Tom van Loon | | HN2 | | | | 4:34.67 | |
| | rd | 75 | Lars Mans | | HB1 | | | 4:29.10 | 4:36.29 | |
| | | Tom van Loon | | | Lars Mans | | | | | |
| | | 200m | 21.89 | (21.89) | 200m | 20.37 | (20.37) | | | |
| | | 600m | 56.99 | (35.10) | 600m | 53.53 | (33.16) | | | |
| | | 1000m | 1:32.90 | (35.91) | 1000m | 1:28.65 | (35.12) | | | |
| | | 1400m | 2:09.45 | (36.55) | 1400m | 2:04.92 | (36.27) | | | |
| | | 1800m | 2:46.28 | (36.83) | 1800m | 2:41.67 | (36.75) | | | |
| | | 2200m | 3:23.33 | (37.05) | 2200m | 3:19.63 | (37.96) | | | |
| | | 2600m | 4:00.13 | (36.80) | 2600m | 3:58.12 | (38.49) | | | |
| | | 3000m | 4:34.67 | (34.54) | 3000m | 4:36.29 | (38.17) | | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

3 maart 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-----|-------------------|---------|----------------|------|
| 74 | gl | 43 | Laurens de Putter | | HC2 | | 4:39.83 | 4:32.22 | PR |
| | bl | 74 | Thomas Ros | | HN3 | | 4:37.15 | 4:53.16 | |
| | | Laurens de Putter | | | | Thomas Ros | | | |
| | | 200m | 21.21 | (21.21) | | 200m | 21.67 | (21.67) | |
| | | 600m | 56.35 | (35.14) | | 600m | 56.92 | (35.25) | |
| | | 1000m | 1:31.58 | (35.23) | | 1000m | 1:33.56 | (36.64) | |
| | | 1400m | 2:06.99 | (35.41) | | 1400m | 2:11.68 | (38.12) | |
| | | 1800m | 2:42.18 | (35.19) | | 1800m | 2:51.70 | (40.02) | |
| | | 2200m | 3:18.21 | (36.03) | | 2200m | 3:32.01 | (40.31) | |
| | | 2600m | 3:55.05 | (36.84) | | 2600m | 4:13.00 | (40.99) | |
| | | 3000m | 4:32.22 | (37.17) | | 3000m | 4:53.16 | (40.16) | |