

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

## 1. Uitslag Vrouwen 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Gioya Lancee	DSA	10	I	39.84		
2	34 Kim Talsma	DSA	9	I	40.61		
3	11 Robin Groot	DSA	10	O	40.86		
4	10 Jade Groenewoud	DN2	9	O	41.31		
5	1 Reina Anema	DSB	7	I	41.48		
6	17 Patricia Koot	DN1	8	O	41.98		
7	45 Naomi van der Werf	DSA	8	I	41.99		
8	39 Evelien Vijn	DN3	6	I	42.17		
9	26 Hilde Noppert	DSA	6	O	42.20		
10	30 Susanne Prins	DN1	7	O	42.39		
11	64 Nynke Tinga	DA2	4	I	42.66		
12	43 Eline van Voorden	DSA	5	I	42.72		
13	56 Emma Hulshof	DSA	3	I	42.89		
14	44 Sylvia de Vries	DN1	4	O	43.12		
15	40 Esmee Visser	DSA	2	O	43.40		
16	27 Emma Noz	DN1	2	I	43.46		
17	51 Nyncke Dijkstra	DN3	1	O	43.51		
18	19 Sophie Kraaijeveld	DN2	3	O	43.69		
19	22 Lisan van der Linde	DN3	5	O	43.74		
20	35 Lidia Tempert	DSA	1	I	43.81		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

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		Naam		Cat		PR		Tijd	Info
1	wt	35	<b>Lidia Tempert</b>		DSA		41.91	<b>43.81</b>	
	rd	51	<b>Nyncke Dijkstra</b>		DN3		42.31	<b>43.51</b>	
		<b>Lidia Tempert</b>			<b>Nyncke Dijkstra</b>				
		100m	12.16	(12.16)	100m	12.02	(12.02)		
		500m	43.81	(31.65)	500m	43.51	(31.49)		

		Naam		Cat		PR		Tijd	Info
2	wt	27	<b>Emma Noz</b>		DN1		41.98	<b>43.46</b>	
	rd	40	<b>Esmee Visser</b>		DSA		41.42	<b>43.40</b>	
		<b>Emma Noz</b>			<b>Esmee Visser</b>				
		100m	11.98	(11.98)	100m	11.95	(11.95)		
		500m	43.46	(31.48)	500m	43.40	(31.45)		

		Naam		Cat		PR		Tijd	Info
3	wt	56	<b>Emma Hulshof</b>		DSA		41.78	<b>42.89</b>	
	rd	19	<b>Sophie Kraaijeveld</b>		DN2		41.69	<b>43.69</b>	
		<b>Emma Hulshof</b>			<b>Sophie Kraaijeveld</b>				
		100m	11.84	(11.84)	100m	12.26	(12.26)		
		500m	42.89	(31.05)	500m	43.69	(31.43)		

		Naam		Cat		PR		Tijd	Info
4	wt	64	<b>Nynke Tinga</b>		DA2		41.94	<b>42.66</b>	
	rd	44	<b>Sylvia de Vries</b>		DN1		42.07	<b>43.12</b>	
		<b>Nynke Tinga</b>			<b>Sylvia de Vries</b>				
		100m	11.63	(11.63)	100m	12.14	(12.14)		
		500m	42.66	(31.03)	500m	43.12	(30.98)		

		Naam		Cat		PR		Tijd	Info
5	wt	43	<b>Eline van Voorden</b>		DSA		40.80	<b>42.72</b>	
	rd	22	<b>Lisan van der Linde</b>		DN3		41.45	<b>43.74</b>	
		<b>Eline van Voorden</b>			<b>Lisan van der Linde</b>				
		100m	11.88	(11.88)	100m	12.25	(12.25)		
		500m	42.72	(30.84)	500m	43.74	(31.49)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
6	wt	39	<b>Evelien Vijn</b>		DN3		40.63	<b>42.17</b>	
	rd	26	<b>Hilde Noppert</b>		DSA		41.36	<b>42.20</b>	
		<b>Evelien Vijn</b>			<b>Hilde Noppert</b>				
		100m	11.71	(11.71)	100m	11.90	(11.90)		
		500m	42.17	(30.46)	500m	42.20	(30.30)		

		Naam		Cat		PR		Tijd	Info
7	wt	1	<b>Reina Anema</b>		DSB		40.20	<b>41.48</b>	
	rd	30	<b>Susanne Prins</b>		DN1		40.87	<b>42.39</b>	
		<b>Reina Anema</b>			<b>Susanne Prins</b>				
		100m	11.56	(11.56)	100m	11.83	(11.83)		
		500m	41.48	(29.92)	500m	42.39	(30.56)		

		Naam		Cat		PR		Tijd	Info
8	wt	45	<b>Naomi van der Werf</b>		DSA		40.41	<b>41.99</b>	
	rd	17	<b>Patricia Koot</b>		DN1		40.48	<b>41.98</b>	
		<b>Naomi van der Werf</b>			<b>Patricia Koot</b>				
		100m	11.60	(11.60)	100m	11.86	(11.86)		
		500m	41.99	(30.39)	500m	41.98	(30.12)		

		Naam		Cat		PR		Tijd	Info
9	wt	34	<b>Kim Talsma</b>		DSA		39.64	<b>40.61</b>	
	rd	10	<b>Jade Groenewoud</b>		DN2		40.18	<b>41.31</b>	
		<b>Kim Talsma</b>			<b>Jade Groenewoud</b>				
		100m	11.27	(11.27)	100m	11.77	(11.77)		
		500m	40.61	(29.34)	500m	41.31	(29.54)		

		Naam		Cat		PR		Tijd	Info
10	wt	20	<b>Gioya Lancee</b>		DSA		38.97	<b>39.84</b>	
	rd	11	<b>Robin Groot</b>		DSA		39.30	<b>40.86</b>	
		<b>Gioya Lancee</b>			<b>Robin Groot</b>				
		100m	11.25	(11.25)	100m	11.41	(11.41)		
		500m	39.84	(28.59)	500m	40.86	(29.45)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

## 2. Uitslag Mannen 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	49 Hidde Westra	HN2	13	I	37.39		
2	46 Loek van Vilsteren	HN2	14	O	37.75		
3	44 Jur Veenje	HSA	14	I	37.91		
4	11 Colin James Duivenvoorden	HN3	10	I	38.08		
	74 Yanick de Hoogd	HN1	13	O	38.08		
6	14 Bram van Essen	HN4	11	I	38.20		
7	48 Olaf Vunderink	HA2	7	O	38.22		
8	57 Jornt Dijk	HSA	6	O	38.30		
9	17 Freek van der Ham	HN1	12	I	38.41		
10	22 Jelle Koeleman	HN2	10	O	38.49		
11	75 Tom Nijdam	HN2	12	O	38.53		
12	50 Gert Wierda	HN3	9	O	38.62		
13	41 Remco Stam	HN2	11	O	38.69		
14	62 Sille Hut	HN1	6	I	38.93		
15	30 Niels van Reeuwijk	HN1	9	I	39.01		
16	7 Stijn van de Bunt	HN2	8	I	39.26		
17	55 Johan Bouwhuis	HA2	3	I	39.34		
18	70 Paddy Smit	HN3	8	O	39.46		
19	42 Jasper Tinga	HN2	4	O	39.52		
20	6 Chris Brommersma	HN1	5	O	39.58		
21	25 Jasper Krommenhoek	HN2	3	O	39.72		
22	20 Jeroen Janissen	HSA	4	I	39.78		
23	72 Dyon Talsma	HN4	7	I	39.89		
24	65 Jasper van der Marel	HN1	5	I	40.43		
25	67 Menno Mudde	HSA	1	I	40.71		
26	66 Niels Meijer	HN3	1	O	40.78		
27	61 Ole ten Hove	HSA	2	I	40.90		
28	60 Finn ten Hove	HSA	2	O	41.63		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

## 2. Rituitslag Mannen 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	67	<b>Menno Mudde</b>		HSA		39.87	<b>40.71</b>
	rd	66	<b>Niels Meijer</b>		HN3		39.01	<b>40.78</b>
		<u>Menno Mudde</u>			<u>Niels Meijer</u>			
		100m	11.61	(11.61)	100m	11.25	(11.25)	
		500m	40.71	(29.10)	500m	40.78	(29.53)	

		Naam		Cat		PR	Tijd	Info
2	wt	61	<b>Ole ten Hove</b>		HSA		39.49	<b>40.90</b>
	rd	60	<b>Finn ten Hove</b>		HSA		40.10	<b>41.63</b>
		<u>Ole ten Hove</u>			<u>Finn ten Hove</u>			
		100m	11.20	(11.20)	100m	11.46	(11.46)	
		500m	40.90	(29.70)	500m	41.63	(30.17)	

		Naam		Cat		PR	Tijd	Info
3	wt	55	<b>Johan Bouwhuis</b>		HA2		38.70	<b>39.34</b>
	rd	25	<b>Jasper Krommenhoek</b>		HN2		38.48	<b>39.72</b>
		<u>Johan Bouwhuis</u>			<u>Jasper Krommenhoek</u>			
		100m	10.79	(10.79)	100m	11.29	(11.29)	
		500m	39.34	(28.55)	500m	39.72	(28.43)	

		Naam		Cat		PR	Tijd	Info
4	wt	20	<b>Jeroen Janissen</b>		HSA		37.64	<b>39.78</b>
	rd	42	<b>Jasper Tinga</b>		HN2		38.75	<b>39.52</b>
		<u>Jeroen Janissen</u>			<u>Jasper Tinga</u>			
		100m	11.30	(11.30)	100m	11.31	(11.31)	
		500m	39.78	(28.48)	500m	39.52	(28.21)	

		Naam		Cat		PR	Tijd	Info
5	wt	65	<b>Jasper van der Marel</b>		HN1		38.88	<b>40.43</b>
	rd	6	<b>Chris Brommersma</b>		HN1		38.87	<b>39.58</b>
		<u>Jasper van der Marel</u>			<u>Chris Brommersma</u>			
		100m	11.55	(11.55)	100m	11.19	(11.19)	
		500m	40.43	(28.88)	500m	39.58	(28.39)	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
6	wt	62	<b>Sille Hut</b>		HN1			37.88	<b>38.93</b>
	rd	57	<b>Jornt Dijk</b>		HSA			37.70	<b>38.30</b>
		<b>Sille Hut</b>			<b>Jornt Dijk</b>				
		100m	10.93	(10.93)	100m	10.76	(10.76)		
		500m	38.93	(28.00)	500m	38.30	(27.54)		

		Naam		Cat		PR		Tijd	Info
7	wt	72	<b>Dyon Talsma</b>		HN4			38.37	<b>39.89</b>
	rd	48	<b>Olaf Vunderink</b>		HA2			37.99	<b>38.22</b>
		<b>Dyon Talsma</b>			<b>Olaf Vunderink</b>				
		100m	11.09	(11.09)	100m	10.63	(10.63)		
		500m	39.89	(28.80)	500m	38.22	(27.59)		

		Naam		Cat		PR		Tijd	Info
8	wt	7	<b>Stijn van de Bunt</b>		HN2			37.65	<b>39.26</b>
	rd	70	<b>Paddy Smit</b>		HN3			38.54	<b>39.46</b>
		<b>Stijn van de Bunt</b>			<b>Paddy Smit</b>				
		100m	11.41	(11.41)	100m	10.92	(10.92)		
		500m	39.26	(27.85)	500m	39.46	(28.54)		

		Naam		Cat		PR		Tijd	Info
9	wt	30	<b>Niels van Reeuwijk</b>		HN1			37.46	<b>39.01</b>
	rd	50	<b>Gert Wierda</b>		HN3			36.92	<b>38.62</b>
		<b>Niels van Reeuwijk</b>			<b>Gert Wierda</b>				
		100m	11.05	(11.05)	100m	10.91	(10.91)		
		500m	39.01	(27.96)	500m	38.62	(27.71)		

		Naam		Cat		PR		Tijd	Info
10	wt	11	<b>Colin James Duivenvoorden</b>		HN3			37.54	<b>38.08</b>
	rd	22	<b>Jelle Koeleman</b>		HN2			37.64	<b>38.49</b>
		<b>Colin James Duivenvoorden</b>			<b>Jelle Koeleman</b>				
		100m	10.74	(10.74)	100m	10.51	(10.51)		
		500m	38.08	(27.34)	500m	38.49	(27.98)		

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23 en 24 november 2024

		Naam			Cat			PR	Tijd	Info
11	wt	14	<b>Bram van Essen</b>		HN4			36.67	<b>38.20</b>	
	rd	41	<b>Remco Stam</b>		HN2			37.80	<b>38.69</b>	
		<b>Bram van Essen</b>			<b>Remco Stam</b>					
		100m	10.78	(10.78)	100m	11.14	(11.14)			
		500m	38.20	(27.42)	500m	38.69	(27.55)			

		Naam			Cat			PR	Tijd	Info
12	wt	17	<b>Freek van der Ham</b>		HN1			37.31	<b>38.41</b>	
	rd	75	<b>Tom Nijdam</b>		HN2			37.17	<b>38.53</b>	
		<b>Freek van der Ham</b>			<b>Tom Nijdam</b>					
		100m	10.82	(10.82)	100m	10.70	(10.70)			
		500m	38.41	(27.59)	500m	38.53	(27.83)			

		Naam			Cat			PR	Tijd	Info
13	wt	49	<b>Hidde Westra</b>		HN2			37.22	<b>37.39</b>	
	rd	74	<b>Yanick de Hoogd</b>		HN1			37.01	<b>38.08</b>	
		<b>Hidde Westra</b>			<b>Yanick de Hoogd</b>					
		100m	10.63	(10.63)	100m	10.62	(10.62)			
		500m	37.39	(26.76)	500m	38.08	(27.46)			

		Naam			Cat			PR	Tijd	Info
14	wt	44	<b>Jur Veenje</b>		HSA			36.56	<b>37.91</b>	
	rd	46	<b>Loek van Vilsteren</b>		HN2			36.66	<b>37.75</b>	
		<b>Jur Veenje</b>			<b>Loek van Vilsteren</b>					
		100m	10.69	(10.69)	100m	10.57	(10.57)			
		500m	37.91	(27.22)	500m	37.75	(27.18)			

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Kardinge - Groningen  
23 en 24 november 2024

## 3. Uitslag Vrouwen 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Robin Groot	DSA	8	O	4:12.25		
2	1 Reina Anema	DSB	9	I	4:15.42		
3	10 Jade Groenewoud	DN2	8	I	4:16.71		
4	20 Gioya Lancee	DSA	10	I	4:16.77		
5	39 Evelien Vijn	DN3	6	I	4:17.03		
6	34 Kim Talsma	DSA	10	O	4:19.10		
7	40 Esmee Visser	DSA	9	O	4:19.52		
8	19 Sophie Kraaijeveld	DN2	7	O	4:19.54		
9	45 Naomi van der Werf	DSA	7	I	4:26.70		
10	17 Patricia Koot	DN1	6	O	4:28.14		
11	26 Hilde Noppert	DSA	5	I	4:28.59		
12	43 Eline van Voorden	DSA	4	O	4:28.60		
13	44 Sylvia de Vries	DN1	3	O	4:29.56		
14	35 Lidia Tempert	DSA	5	O	4:36.30		
15	30 Susanne Prins	DN1	2	I	4:36.68		
16	22 Lisan van der Linde	DN3	2	O	4:37.63		
17	27 Emma Noz	DN1	4	I	4:38.84		
18	56 Emma Hulshof	DSA	3	I	4:39.82		
19	51 Nyncke Dijkstra	DN3	1	I	4:42.49		
20	64 Nynke Tinga	DA2	1	O	4:44.03		



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Kardinge - Groningen

23 en 24 november 2024

## 3. Rituitslag Vrouwen 3000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	51 <b>Nyncke Dijkstra</b>	DN3	4:28.59	<b>4:42.49</b>	
	rd	64 <b>Nynke Tinga</b>	DA2	4:35.80	<b>4:44.03</b>	

### Nyncke Dijkstra

200m	21.57	(21.57)
600m	56.75	(35.18)
1000m	1:33.19	(36.44)
1400m	2:10.52	(37.33)
1800m	2:47.88	(37.36)
2200m	3:25.74	(37.86)
2600m	4:03.92	(38.18)
3000m	4:42.49	(38.57)

### Nynke Tinga

200m	21.20	(21.20)
600m	56.81	(35.61)
1000m	1:33.42	(36.61)
1400m	2:10.83	(37.41)
1800m	2:49.02	(38.19)
2200m	3:27.20	(38.18)
2600m	4:05.65	(38.45)
3000m	4:44.03	(38.38)

		Naam	Cat	PR	Tijd	Info
2	gl	30 <b>Susanne Prins</b>	DN1	4:25.25	<b>4:36.68</b>	
	bl	22 <b>Lisan van der Linde</b>	DN3	4:22.90	<b>4:37.63</b>	

### Susanne Prins

200m	21.46	(21.46)
600m	55.55	(34.09)
1000m	1:30.89	(35.34)
1400m	2:06.93	(36.04)
1800m	2:43.39	(36.46)
2200m	3:20.50	(37.11)
2600m	3:58.45	(37.95)
3000m	4:36.68	(38.23)

### Lisan van der Linde

200m	22.61	(22.61)
600m	56.65	(34.04)
1000m	1:32.06	(35.41)
1400m	2:08.17	(36.11)
1800m	2:44.45	(36.28)
2200m	3:21.45	(37.00)
2600m	3:59.62	(38.17)
3000m	4:37.63	(38.01)

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR	Tijd	Info
3	wt	56	<b>Emma Hulshof</b>		DSA		4:29.33	<b>4:39.82</b>
	rd	44	<b>Sylvia de Vries</b>		DN1		4:20.40	<b>4:29.56</b>
		<b>Emma Hulshof</b>			<b>Sylvia de Vries</b>			
		200m	21.44	(21.44)	200m	21.57	(21.57)	
		600m	55.47	(34.03)	600m	55.41	(33.84)	
		1000m	1:31.07	(35.60)	1000m	1:30.67	(35.26)	
		1400m	2:07.64	(36.57)	1400m	2:06.05	(35.38)	
		1800m	2:44.65	(37.01)	1800m	2:41.73	(35.68)	
		2200m	3:22.68	(38.03)	2200m	3:17.81	(36.08)	
		2600m	4:01.51	(38.83)	2600m	3:53.66	(35.85)	
		3000m	4:39.82	(38.31)	3000m	4:29.56	(35.90)	

		Naam		Cat		PR	Tijd	Info
4	gl	27	<b>Emma Noz</b>		DN1		4:25.46	<b>4:38.84</b>
	bl	43	<b>Eline van Voorden</b>		DSA		4:14.19	<b>4:28.60</b>
		<b>Emma Noz</b>			<b>Eline van Voorden</b>			
		200m	21.29	(21.29)	200m	22.26	(22.26)	
		600m	54.50	(33.21)	600m	54.84	(32.58)	
		1000m	1:28.80	(34.30)	1000m	1:28.78	(33.94)	
		1400m	2:04.80	(36.00)	1400m	2:03.47	(34.69)	
		1800m	2:42.03	(37.23)	1800m	2:38.92	(35.45)	
		2200m	3:20.32	(38.29)	2200m	3:14.86	(35.94)	
		2600m	3:59.31	(38.99)	2600m	3:51.37	(36.51)	
		3000m	4:38.84	(39.53)	3000m	4:28.60	(37.23)	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
5	wt	26	<b>Hilde Noppert</b>		DSA		4:19.64	<b>4:28.59</b>	
	rd	35	<b>Lidia Tempert</b>		DSA		4:19.30	<b>4:36.30</b>	
		<b>Hilde Noppert</b>			<b>Lidia Tempert</b>				
		200m	21.01	(21.01)	200m	21.78	(21.78)		
		600m	54.60	(33.59)	600m	55.44	(33.66)		
		1000m	1:29.10	(34.50)	1000m	1:30.46	(35.02)		
		1400m	2:04.06	(34.96)	1400m	2:06.53	(36.07)		
		1800m	2:39.35	(35.29)	1800m	2:42.96	(36.43)		
		2200m	3:15.14	(35.79)	2200m	3:19.94	(36.98)		
		2600m	3:51.55	(36.41)	2600m	3:57.85	(37.91)		
		3000m	4:28.59	(37.04)	3000m	4:36.30	(38.45)		

		Naam		Cat		PR		Tijd	Info
6	gl	39	<b>Evelien Vijn</b>		DN3		4:03.76	<b>4:17.03</b>	
	bl	17	<b>Patricia Koot</b>		DN1		4:18.94	<b>4:28.14</b>	
		<b>Evelien Vijn</b>			<b>Patricia Koot</b>				
		200m	20.84	(20.84)	200m	21.24	(21.24)		
		600m	53.25	(32.41)	600m	54.35	(33.11)		
		1000m	1:26.82	(33.57)	1000m	1:28.44	(34.09)		
		1400m	2:00.62	(33.80)	1400m	2:03.16	(34.72)		
		1800m	2:34.45	(33.83)	1800m	2:38.15	(34.99)		
		2200m	3:08.66	(34.21)	2200m	3:14.04	(35.89)		
		2600m	3:42.88	(34.22)	2600m	3:50.86	(36.82)		
		3000m	4:17.03	(34.15)	3000m	4:28.14	(37.28)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
7	wt	45	<b>Naomi van der Werf</b>		DSA			4:12.59	<b>4:26.70</b>
	rd	19	<b>Sophie Kraaijeveld</b>		DN2			4:10.39	<b>4:19.54</b>
		<b>Naomi van der Werf</b>			<b>Sophie Kraaijeveld</b>				
		200m	21.37	(21.37)	200m	22.58	(22.58)		
		600m	54.65	(33.28)	600m	56.26	(33.68)		
		1000m	1:28.58	(33.93)	1000m	1:29.81	(33.55)		
		1400m	2:03.04	(34.46)	1400m	2:03.16	(33.35)		
		1800m	2:37.63	(34.59)	1800m	2:36.70	(33.54)		
		2200m	3:13.13	(35.50)	2200m	3:10.49	(33.79)		
		2600m	3:49.55	(36.42)	2600m	3:44.73	(34.24)		
		3000m	4:26.70	(37.15)	3000m	4:19.54	(34.81)		

		Naam		Cat		PR		Tijd	Info
8	gl	10	<b>Jade Groenewoud</b>		DN2			4:07.07	<b>4:16.71</b>
	bl	11	<b>Robin Groot</b>		DSA			4:02.72	<b>4:12.25</b>
		<b>Jade Groenewoud</b>			<b>Robin Groot</b>				
		200m	20.56	(20.56)	200m	20.90	(20.90)		
		600m	52.30	(31.74)	600m	52.42	(31.52)		
		1000m	1:24.48	(32.18)	1000m	1:24.06	(31.64)		
		1400m	1:57.27	(32.79)	1400m	1:56.15	(32.09)		
		1800m	2:30.81	(33.54)	1800m	2:28.89	(32.74)		
		2200m	3:05.11	(34.30)	2200m	3:02.62	(33.73)		
		2600m	3:40.48	(35.37)	2600m	3:37.14	(34.52)		
		3000m	4:16.71	(36.23)	3000m	4:12.25	(35.11)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
9	wt	1	<b>Reina Anema</b>		DSB			4:01.12	<b>4:15.42</b>
	rd	40	<b>Esmee Visser</b>		DSA			3:54.02	<b>4:19.52</b>
		<b>Reina Anema</b>			<b>Esmee Visser</b>				
		200m	20.99	(20.99)	200m	21.73	(21.73)		
		600m	54.56	(33.57)	600m	55.04	(33.31)		
		1000m	1:28.26	(33.70)	1000m	1:28.82	(33.78)		
		1400m	2:01.81	(33.55)	1400m	2:02.52	(33.70)		
		1800m	2:35.12	(33.31)	1800m	2:36.91	(34.39)		
		2200m	3:08.30	(33.18)	2200m	3:11.10	(34.19)		
		2600m	3:41.78	(33.48)	2600m	3:45.18	(34.08)		
		3000m	4:15.42	(33.64)	3000m	4:19.52	(34.34)		

		Naam		Cat		PR		Tijd	Info
10	gl	20	<b>Gioya Lancee</b>		DSA			4:06.25	<b>4:16.77</b>
	bl	34	<b>Kim Talsma</b>		DSA			4:09.64	<b>4:19.10</b>
		<b>Gioya Lancee</b>			<b>Kim Talsma</b>				
		200m	20.64	(20.64)	200m	20.66	(20.66)		
		600m	53.03	(32.39)	600m	53.17	(32.51)		
		1000m	1:26.26	(33.23)	1000m	1:26.40	(33.23)		
		1400m	2:00.13	(33.87)	1400m	2:00.23	(33.83)		
		1800m	2:33.99	(33.86)	1800m	2:34.61	(34.38)		
		2200m	3:08.18	(34.19)	2200m	3:09.04	(34.43)		
		2600m	3:42.50	(34.32)	2600m	3:43.89	(34.85)		
		3000m	4:16.77	(34.27)	3000m	4:19.10	(35.21)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

## 4. Uitslag Mannen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Stijn van de Bunt	HN2	14	I	6:26.73		
2	41 Remco Stam	HN2	14	O	6:28.20		
3	17 Freek van der Ham	HN1	12	I	6:33.00		
4	25 Jasper Krommenhoek	HN2	13	I	6:33.80		
5	50 Gert Wierda	HN3	12	O	6:36.05		
6	20 Jeroen Janissen	HSA	10	I	6:37.32		
7	11 Colin James Duivenvoorden	HN3	13	O	6:38.73		
8	22 Jelle Koeleman	HN2	9	O	6:43.61		
9	42 Jasper Tinga	HN2	11	I	6:49.29		
10	6 Chris Brommersma	HN1	8	I	6:49.78	PR	
11	44 Jur Veenje	HSA	10	O	6:51.04		
12	65 Jasper van der Marel	HN1	3	O	6:54.70		
13	30 Niels van Reeuwijk	HN1	9	I	6:54.80		
14	49 Hidde Westra	HN2	11	O	6:55.66		
15	48 Olaf Vunderink	HA2	8	O	6:57.63		
16	62 Sille Hut	HN1	5	O	6:58.66	PR	
17	66 Niels Meijer	HN3	5	I	7:02.01	PR	
18	46 Loek van Vilsteren	HN2	7	O	7:02.58		
19	57 Jornt Dijk	HSA	3	I	7:04.12	PR	
20	55 Johan Bouwhuis	HA2	7	I	7:04.46		
21	14 Bram van Essen	HN4	4	I	7:07.76		
22	60 Finn ten Hove	HSA	6	I	7:08.65		
23	72 Dyon Talsma	HN4	6	O	7:08.71		
24	67 Menno Mudde	HSA	1	I	7:11.53	PR	
25	61 Ole ten Hove	HSA	4	O	7:18.56		
26	70 Paddy Smit	HN3	2	O	7:24.33		
27	74 Yanick de Hoogd	HN1	1	O	7:26.08		
28	75 Tom Nijdam	HN2	2	I	7:33.30		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

## 4. Rituitslag Mannen 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	67	<b>Menno Mudde</b>		HSA		7:14.42	<b>7:11.53</b>	PR
	rd	74	<b>Yanick de Hoogd</b>		HN1		7:23.42	<b>7:26.08</b>	
		<b>Menno Mudde</b>			<b>Yanick de Hoogd</b>				
		200m	20.77	(20.77)	200m	20.25	(20.25)		
		600m	53.22	(32.45)	600m	53.30	(33.05)		
		1000m	1:26.58	(33.36)	1000m	1:27.42	(34.12)		
		1400m	2:00.66	(34.08)	1400m	2:01.45	(34.03)		
		1800m	2:34.64	(33.98)	1800m	2:36.34	(34.89)		
		2200m	3:08.77	(34.13)	2200m	3:11.04	(34.70)		
		2600m	3:43.27	(34.50)	2600m	3:46.35	(35.31)		
		3000m	4:17.88	(34.61)	3000m	4:22.02	(35.67)		
		3400m	4:52.77	(34.89)	3400m	4:58.12	(36.10)		
		3800m	5:27.67	(34.90)	3800m	5:34.65	(36.53)		
		4200m	6:02.50	(34.83)	4200m	6:11.65	(37.00)		
		4600m	6:37.09	(34.59)	4600m	6:49.08	(37.43)		
		5000m	7:11.53	(34.44)	5000m	7:26.08	(37.00)		

		Naam		Cat		PR		Tijd	Info
2	gl	75	<b>Tom Nijdam</b>		HN2		7:17.73	<b>7:33.30</b>	
	bl	70	<b>Paddy Smit</b>		HN3		7:23.64	<b>7:24.33</b>	
		<b>Tom Nijdam</b>			<b>Paddy Smit</b>				
		200m	20.14	(20.14)	200m	20.01	(20.01)		
		600m	53.30	(33.16)	600m	53.45	(33.44)		
		1000m	1:27.33	(34.03)	1000m	1:27.78	(34.33)		
		1400m	2:01.50	(34.17)	1400m	2:02.29	(34.51)		
		1800m	2:35.78	(34.28)	1800m	2:37.05	(34.76)		
		2200m	3:10.42	(34.64)	2200m	3:12.24	(35.19)		
		2600m	3:45.24	(34.82)	2600m	3:47.63	(35.39)		
		3000m	4:20.89	(35.65)	3000m	4:23.69	(36.06)		
		3400m	4:57.88	(36.99)	3400m	4:59.79	(36.10)		
		3800m	5:35.75	(37.87)	3800m	5:35.96	(36.17)		
		4200m	6:14.95	(39.20)	4200m	6:12.31	(36.35)		
		4600m	6:54.24	(39.29)	4600m	6:48.72	(36.41)		
		5000m	7:33.30	(39.06)	5000m	7:24.33	(35.61)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
3	wt	57	<b>Jornt Dijk</b>		HSA		7:04.23	<b>7:04.12</b>	PR
	rd	65	<b>Jasper van der Marel</b>		HN1		6:51.71	<b>6:54.70</b>	
		<b>Jornt Dijk</b>			<b>Jasper van der Marel</b>				
		200m	20.41	(20.41)	200m	20.29	(20.29)		
		600m	53.33	(32.92)	600m	52.22	(31.93)		
		1000m	1:26.18	(32.85)	1000m	1:24.05	(31.83)		
		1400m	1:59.90	(33.72)	1400m	1:55.99	(31.94)		
		1800m	2:33.49	(33.59)	1800m	2:28.15	(32.16)		
		2200m	3:06.87	(33.38)	2200m	3:00.91	(32.76)		
		2600m	3:40.56	(33.69)	2600m	3:33.85	(32.94)		
		3000m	4:14.32	(33.76)	3000m	4:06.94	(33.09)		
		3400m	4:47.97	(33.65)	3400m	4:39.96	(33.02)		
		3800m	5:21.87	(33.90)	3800m	5:13.47	(33.51)		
		4200m	5:55.92	(34.05)	4200m	5:47.22	(33.75)		
		4600m	6:29.88	(33.96)	4600m	6:20.98	(33.76)		
		5000m	7:04.12	(34.24)	5000m	6:54.70	(33.72)		

		Naam		Cat		PR		Tijd	Info
4	gl	14	<b>Bram van Essen</b>		HN4		6:57.83	<b>7:07.76</b>	
	bl	61	<b>Ole ten Hove</b>		HSA		7:00.55	<b>7:18.56</b>	
		<b>Bram van Essen</b>			<b>Ole ten Hove</b>				
		200m	19.47	(19.47)	200m	20.13	(20.13)		
		600m	50.94	(31.47)	600m	52.03	(31.90)		
		1000m	1:24.03	(33.09)	1000m	1:24.89	(32.86)		
		1400m	1:57.65	(33.62)	1400m	1:58.21	(33.32)		
		1800m	2:31.14	(33.49)	1800m	2:32.41	(34.20)		
		2200m	3:05.13	(33.99)	2200m	3:06.98	(34.57)		
		2600m	3:39.37	(34.24)	2600m	3:42.01	(35.03)		
		3000m	4:13.55	(34.18)	3000m	4:17.30	(35.29)		
		3400m	4:47.94	(34.39)	3400m	4:53.02	(35.72)		
		3800m	5:22.52	(34.58)	3800m	5:29.19	(36.17)		
		4200m	5:57.90	(35.38)	4200m	6:05.70	(36.51)		
		4600m	6:33.04	(35.14)	4600m	6:42.11	(36.41)		
		5000m	7:07.76	(34.72)	5000m	7:18.56	(36.45)		



# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
5	wt	66	<b>Niels Meijer</b>		HN3			7:04.27	<b>7:02.01</b> PR
	rd	62	<b>Sille Hut</b>		HN1			7:09.13	<b>6:58.66</b> PR
		<b>Niels Meijer</b>			<b>Sille Hut</b>				
		200m	20.05	(20.05)	200m	20.12	(20.12)		
		600m	52.97	(32.92)	600m	52.82	(32.70)		
		1000m	1:26.10	(33.13)	1000m	1:25.78	(32.96)		
		1400m	1:59.44	(33.34)	1400m	1:58.71	(32.93)		
		1800m	2:32.51	(33.07)	1800m	2:31.74	(33.03)		
		2200m	3:05.85	(33.34)	2200m	3:04.69	(32.95)		
		2600m	3:39.15	(33.30)	2600m	3:37.14	(32.45)		
		3000m	4:12.53	(33.38)	3000m	4:09.56	(32.42)		
		3400m	4:46.13	(33.60)	3400m	4:42.14	(32.58)		
		3800m	5:20.25	(34.12)	3800m	5:15.12	(32.98)		
		4200m	5:54.23	(33.98)	4200m	5:48.82	(33.70)		
		4600m	6:28.20	(33.97)	4600m	6:23.31	(34.49)		
		5000m	7:02.01	(33.81)	5000m	6:58.66	(35.35)		

		Naam		Cat		PR		Tijd	Info
6	gl	60	<b>Finn ten Hove</b>		HSA			6:51.09	<b>7:08.65</b>
	bl	72	<b>Dyon Talsma</b>		HN4			6:53.51	<b>7:08.71</b>
		<b>Finn ten Hove</b>			<b>Dyon Talsma</b>				
		200m	20.47	(20.47)	200m	20.18	(20.18)		
		600m	52.39	(31.92)	600m	53.34	(33.16)		
		1000m	1:24.73	(32.34)	1000m	1:27.90	(34.56)		
		1400m	1:57.60	(32.87)	1400m	2:02.32	(34.42)		
		1800m	2:30.73	(33.13)	1800m	2:36.49	(34.17)		
		2200m	3:04.22	(33.49)	2200m	3:10.55	(34.06)		
		2600m	3:38.26	(34.04)	2600m	3:44.67	(34.12)		
		3000m	4:12.69	(34.43)	3000m	4:18.86	(34.19)		
		3400m	4:47.48	(34.79)	3400m	4:52.63	(33.77)		
		3800m	5:22.61	(35.13)	3800m	5:26.13	(33.50)		
		4200m	5:57.88	(35.27)	4200m	5:59.59	(33.46)		
		4600m	6:33.55	(35.67)	4600m	6:34.24	(34.65)		
		5000m	7:08.65	(35.10)	5000m	7:08.71	(34.47)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
7	wt	55	<b>Johan Bouwhuis</b>		HA2		6:54.24	<b>7:04.46</b>	
	rd	46	<b>Loek van Vilsteren</b>		HN2		6:50.03	<b>7:02.58</b>	
		<b>Johan Bouwhuis</b>			<b>Loek van Vilsteren</b>				
		200m	19.92	(19.92)	200m	19.66	(19.66)		
		600m	52.54	(32.62)	600m	51.61	(31.95)		
		1000m	1:25.70	(33.16)	1000m	1:24.94	(33.33)		
		1400m	1:59.04	(33.34)	1400m	1:58.11	(33.17)		
		1800m	2:32.16	(33.12)	1800m	2:31.41	(33.30)		
		2200m	3:05.58	(33.42)	2200m	3:04.67	(33.26)		
		2600m	3:39.20	(33.62)	2600m	3:38.20	(33.53)		
		3000m	4:12.90	(33.70)	3000m	4:11.90	(33.70)		
		3400m	4:46.58	(33.68)	3400m	4:45.91	(34.01)		
		3800m	5:20.66	(34.08)	3800m	5:19.37	(33.46)		
		4200m	5:54.93	(34.27)	4200m	5:53.39	(34.02)		
		4600m	6:29.70	(34.77)	4600m	6:27.67	(34.28)		
		5000m	7:04.46	(34.76)	5000m	7:02.58	(34.91)		

		Naam		Cat		PR		Tijd	Info
8	gl	6	<b>Chris Brommersma</b>		HN1		6:50.58	<b>6:49.78</b>	PR
	bl	48	<b>Olaf Vunderink</b>		HA2		6:50.67	<b>6:57.63</b>	
		<b>Chris Brommersma</b>			<b>Olaf Vunderink</b>				
		200m	20.66	(20.66)	200m	20.63	(20.63)		
		600m	53.21	(32.55)	600m	52.64	(32.01)		
		1000m	1:25.76	(32.55)	1000m	1:25.09	(32.45)		
		1400m	1:58.47	(32.71)	1400m	1:57.66	(32.57)		
		1800m	2:31.20	(32.73)	1800m	2:30.45	(32.79)		
		2200m	3:04.23	(33.03)	2200m	3:03.24	(32.79)		
		2600m	3:36.79	(32.56)	2600m	3:36.13	(32.89)		
		3000m	4:09.50	(32.71)	3000m	4:09.07	(32.94)		
		3400m	4:41.71	(32.21)	3400m	4:42.32	(33.25)		
		3800m	5:13.71	(32.00)	3800m	5:15.63	(33.31)		
		4200m	5:45.50	(31.79)	4200m	5:49.31	(33.68)		
		4600m	6:17.46	(31.96)	4600m	6:23.32	(34.01)		
		5000m	6:49.78	(32.32)	5000m	6:57.63	(34.31)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
9	wt	30	<b>Niels van Reeuwijk</b>		HN1		6:49.93	<b>6:54.80</b>	
	rd	22	<b>Jelle Koeleman</b>		HN2		6:38.01	<b>6:43.61</b>	
		<b>Niels van Reeuwijk</b>			<b>Jelle Koeleman</b>				
		200m	19.91	(19.91)	200m	19.67	(19.67)		
		600m	51.56	(31.65)	600m	51.53	(31.86)		
		1000m	1:23.12	(31.56)	1000m	1:23.18	(31.65)		
		1400m	1:55.43	(32.31)	1400m	1:54.83	(31.65)		
		1800m	2:27.47	(32.04)	1800m	2:26.35	(31.52)		
		2200m	2:59.79	(32.32)	2200m	2:57.86	(31.51)		
		2600m	3:32.31	(32.52)	2600m	3:29.44	(31.58)		
		3000m	4:05.24	(32.93)	3000m	4:00.99	(31.55)		
		3400m	4:38.39	(33.15)	3400m	4:32.64	(31.65)		
		3800m	5:11.94	(33.55)	3800m	5:04.83	(32.19)		
		4200m	5:45.92	(33.98)	4200m	5:37.46	(32.63)		
		4600m	6:20.63	(34.71)	4600m	6:10.32	(32.86)		
		5000m	6:54.80	(34.17)	5000m	6:43.61	(33.29)		

		Naam		Cat		PR		Tijd	Info
10	gl	20	<b>Jeroen Janissen</b>		HSA		6:28.64	<b>6:37.32</b>	
	bl	44	<b>Jur Veenje</b>		HSA		6:44.72	<b>6:51.04</b>	
		<b>Jeroen Janissen</b>			<b>Jur Veenje</b>				
		200m	19.85	(19.85)	200m	20.22	(20.22)		
		600m	50.61	(30.76)	600m	51.20	(30.98)		
		1000m	1:21.71	(31.10)	1000m	1:22.85	(31.65)		
		1400m	1:52.89	(31.18)	1400m	1:54.65	(31.80)		
		1800m	2:24.26	(31.37)	1800m	2:26.98	(32.33)		
		2200m	2:55.89	(31.63)	2200m	2:59.33	(32.35)		
		2600m	3:27.56	(31.67)	2600m	3:31.86	(32.53)		
		3000m	3:59.40	(31.84)	3000m	4:04.80	(32.94)		
		3400m	4:31.04	(31.64)	3400m	4:37.76	(32.96)		
		3800m	5:02.54	(31.50)	3800m	5:10.91	(33.15)		
		4200m	5:34.07	(31.53)	4200m	5:44.11	(33.20)		
		4600m	6:05.36	(31.29)	4600m	6:17.56	(33.45)		
		5000m	6:37.32	(31.96)	5000m	6:51.04	(33.48)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

		Naam		Cat		PR	Tijd	Info
11	wt	42	<b>Jasper Tinga</b>		HN2	6:41.29	<b>6:49.29</b>	
	rd	49	<b>Hidde Westra</b>		HN2	6:45.13	<b>6:55.66</b>	
		<b>Jasper Tinga</b>			<b>Hidde Westra</b>			
		200m	19.60	(19.60)	200m	20.10	(20.10)	
		600m	51.09	(31.49)	600m	50.89	(30.79)	
		1000m	1:23.03	(31.94)	1000m	1:23.10	(32.21)	
		1400m	1:55.47	(32.44)	1400m	1:55.38	(32.28)	
		1800m	2:27.92	(32.45)	1800m	2:28.00	(32.62)	
		2200m	3:00.44	(32.52)	2200m	3:00.38	(32.38)	
		2600m	3:32.98	(32.54)	2600m	3:33.29	(32.91)	
		3000m	4:06.05	(33.07)	3000m	4:06.51	(33.22)	
		3400m	4:38.38	(32.33)	3400m	4:39.66	(33.15)	
		3800m	5:10.43	(32.05)	3800m	5:13.09	(33.43)	
		4200m	5:43.00	(32.57)	4200m	5:47.46	(34.37)	
		4600m	6:16.04	(33.04)	4600m	6:21.98	(34.52)	
		5000m	6:49.29	(33.25)	5000m	6:55.66	(33.68)	

		Naam		Cat		PR	Tijd	Info
12	gl	17	<b>Freek van der Ham</b>		HN1	6:22.06	<b>6:33.00</b>	
	bl	50	<b>Gert Wierda</b>		HN3	6:17.75	<b>6:36.05</b>	
		<b>Freek van der Ham</b>			<b>Gert Wierda</b>			
		200m	19.64	(19.64)	200m	20.10	(20.10)	
		600m	50.28	(30.64)	600m	50.49	(30.39)	
		1000m	1:20.95	(30.67)	1000m	1:21.28	(30.79)	
		1400m	1:52.30	(31.35)	1400m	1:52.39	(31.11)	
		1800m	2:23.58	(31.28)	1800m	2:23.69	(31.30)	
		2200m	2:54.88	(31.30)	2200m	2:54.91	(31.22)	
		2600m	3:25.88	(31.00)	2600m	3:26.19	(31.28)	
		3000m	3:57.03	(31.15)	3000m	3:57.54	(31.35)	
		3400m	4:27.94	(30.91)	3400m	4:29.10	(31.56)	
		3800m	4:59.06	(31.12)	3800m	5:00.68	(31.58)	
		4200m	5:30.35	(31.29)	4200m	5:32.35	(31.67)	
		4600m	6:01.65	(31.30)	4600m	6:03.97	(31.62)	
		5000m	6:33.00	(31.35)	5000m	6:36.05	(32.08)	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
13	wt	25	<b>Jasper Krommenhoek</b>		HN2			6:22.23	<b>6:33.80</b>
	rd	11	<b>Colin James Duivenvoorden</b>		HN3			6:26.10	<b>6:38.73</b>
		<b>Jasper Krommenhoek</b>			<b>Colin James Duivenvoorden</b>				
		200m	19.61	(19.61)	200m	19.65	(19.65)		
		600m	50.79	(31.18)	600m	49.77	(30.12)		
		1000m	1:22.37	(31.58)	1000m	1:21.01	(31.24)		
		1400m	1:53.56	(31.19)	1400m	1:52.12	(31.11)		
		1800m	2:24.59	(31.03)	1800m	2:23.11	(30.99)		
		2200m	2:55.63	(31.04)	2200m	2:54.22	(31.11)		
		2600m	3:26.73	(31.10)	2600m	3:25.68	(31.46)		
		3000m	3:58.19	(31.46)	3000m	3:57.55	(31.87)		
		3400m	4:29.21	(31.02)	3400m	4:29.01	(31.46)		
		3800m	5:00.16	(30.95)	3800m	5:00.55	(31.54)		
		4200m	5:31.42	(31.26)	4200m	5:33.24	(32.69)		
		4600m	6:02.63	(31.21)	4600m	6:06.49	(33.25)		
		5000m	6:33.80	(31.17)	5000m	6:38.73	(32.24)		

		Naam		Cat		PR		Tijd	Info
14	gl	7	<b>Stijn van de Bunt</b>		HN2			6:18.66	<b>6:26.73</b>
	bl	41	<b>Remco Stam</b>		HN2			6:17.89	<b>6:28.20</b>
		<b>Stijn van de Bunt</b>			<b>Remco Stam</b>				
		200m	19.76	(19.76)	200m	19.78	(19.78)		
		600m	50.17	(30.41)	600m	49.75	(29.97)		
		1000m	1:20.84	(30.67)	1000m	1:20.39	(30.64)		
		1400m	1:51.85	(31.01)	1400m	1:50.94	(30.55)		
		1800m	2:23.01	(31.16)	1800m	2:21.87	(30.93)		
		2200m	2:54.03	(31.02)	2200m	2:52.66	(30.79)		
		2600m	3:24.81	(30.78)	2600m	3:23.32	(30.66)		
		3000m	3:55.66	(30.85)	3000m	3:54.16	(30.84)		
		3400m	4:26.20	(30.54)	3400m	4:24.88	(30.72)		
		3800m	4:56.52	(30.32)	3800m	4:55.27	(30.39)		
		4200m	5:26.78	(30.26)	4200m	5:26.06	(30.79)		
		4600m	5:56.64	(29.86)	4600m	5:56.75	(30.69)		
		5000m	6:26.73	(30.09)	5000m	6:28.20	(31.45)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

## 5. Uitslag Vrouwen 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Gioya Lancee	DSA	10	I	1:59.02		
2	11 Robin Groot	DSA	10	O	2:00.30		
3	10 Jade Groenewoud	DN2	8	I	2:01.71		
4	34 Kim Talsma	DSA	9	I	2:01.83		
5	39 Evelien Vijn	DN3	8	O	2:02.57		
6	40 Esmee Visser	DSA	7	O	2:04.19		
7	45 Naomi van der Werf	DSA	7	I	2:04.43		
8	19 Sophie Kraaijeveld	DN2	6	O	2:04.69		
9	26 Hilde Noppert	DSA	5	I	2:04.81		
10	17 Patricia Koot	DN1	6	I	2:06.33		
11	43 Eline van Voorden	DSA	5	O	2:06.47		
12	44 Sylvia de Vries	DN1	4	I	2:07.48		
13	35 Lidia Tempert	DSA	3	O	2:08.68		
14	30 Susanne Prins	DN1	4	O	2:10.05		
15	22 Lisan van der Linde	DN3	2	O	2:10.29		
16	56 Emma Hulshof	DSA	3	I	2:10.94		
17	64 Nynke Tinga	DA2	2	I	2:11.39		
18	51 Nyncke Dijkstra	DN3	1	I	2:13.65		
	1 Reina Anema	DSB	9	O		DQ	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

## 5. Rituitslag Vrouwen 1500 meter

		Naam		Cat		PR		Tijd	Info
1	wt rd	51	<b>Nyncke Dijkstra</b>		DN3		2:09.21	<b>2:13.65</b>	

### Nyncke Dijkstra

300m	28.43	(28.43)	m
700m	1:00.73	(32.30)	
1100m	1:36.07	(35.34)	
1500m	2:13.65	(37.58)	

		Naam		Cat		PR		Tijd	Info
2	gl bl	64	<b>Nynke Tinga</b>		DA2		2:07.13	<b>2:11.39</b>	
		22	<b>Lisan van der Linde</b>		DN3		2:04.76	<b>2:10.29</b>	

### Nynke Tinga

300m	27.97	(27.97)
700m	1:01.05	(33.08)
1100m	1:35.37	(34.32)
1500m	2:11.39	(36.02)

### Lisan van der Linde

300m	28.53	(28.53)
700m	1:00.79	(32.26)
1100m	1:34.94	(34.15)
1500m	2:10.29	(35.35)

		Naam		Cat		PR		Tijd	Info
3	wt rd	56	<b>Emma Hulshof</b>		DSA		2:06.30	<b>2:10.94</b>	
		35	<b>Lidia Tempert</b>		DSA		2:04.71	<b>2:08.68</b>	

### Emma Hulshof

300m	28.03	(28.03)
700m	1:00.15	(32.12)
1100m	1:34.27	(34.12)
1500m	2:10.94	(36.67)

### Lidia Tempert

300m	27.89	(27.89)
700m	59.49	(31.60)
1100m	1:33.33	(33.84)
1500m	2:08.68	(35.35)

		Naam		Cat		PR		Tijd	Info
4	gl bl	44	<b>Sylvia de Vries</b>		DN1		2:05.15	<b>2:07.48</b>	
		30	<b>Susanne Prins</b>		DN1		2:07.13	<b>2:10.05</b>	

### Sylvia de Vries

300m	28.14	(28.14)
700m	59.48	(31.34)
1100m	1:32.08	(32.60)
1500m	2:07.48	(35.40)

### Susanne Prins

300m	27.88	(27.88)
700m	59.51	(31.63)
1100m	1:33.90	(34.39)
1500m	2:10.05	(36.15)

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
5	wt	26	<b>Hilde Noppert</b>		DSA			2:04.62	<b>2:04.81</b>
	rd	43	<b>Eline van Voorden</b>		DSA			2:02.92	<b>2:06.47</b>
		<b>Hilde Noppert</b>			<b>Eline van Voorden</b>				
		300m	27.52	(27.52)	300m	27.75	(27.75)		
		700m	58.21	(30.69)	700m	58.85	(31.10)		
		1100m	1:30.57	(32.36)	1100m	1:31.64	(32.79)		
		1500m	2:04.81	(34.24)	1500m	2:06.47	(34.83)		

		Naam		Cat		PR		Tijd	Info
6	gl	17	<b>Patricia Koot</b>		DN1			2:02.93	<b>2:06.33</b>
	bl	19	<b>Sophie Kraaijeveld</b>		DN2			2:01.73	<b>2:04.69</b>
		<b>Patricia Koot</b>			<b>Sophie Kraaijeveld</b>				
		300m	27.41	(27.41)	300m	28.68	(28.68)		
		700m	57.96	(30.55)	700m	59.91	(31.23)		
		1100m	1:30.91	(32.95)	1100m	1:32.22	(32.31)		
		1500m	2:06.33	(35.42)	1500m	2:04.69	(32.47)		

		Naam		Cat		PR		Tijd	Info
7	wt	45	<b>Naomi van der Werf</b>		DSA			2:00.52	<b>2:04.43</b>
	rd	40	<b>Esmee Visser</b>		DSA			1:57.69	<b>2:04.19</b>
		<b>Naomi van der Werf</b>			<b>Esmee Visser</b>				
		300m	27.44	(27.44)	300m	28.27	(28.27)		
		700m	58.51	(31.07)	700m	59.67	(31.40)		
		1100m	1:30.73	(32.22)	1100m	1:31.44	(31.77)		
		1500m	2:04.43	(33.70)	1500m	2:04.19	(32.75)		

		Naam		Cat		PR		Tijd	Info
8	gl	10	<b>Jade Groenewoud</b>		DN2			1:58.16	<b>2:01.71</b>
	bl	39	<b>Evelien Vijn</b>		DN3			1:57.52	<b>2:02.57</b>
		<b>Jade Groenewoud</b>			<b>Evelien Vijn</b>				
		300m	26.79	(26.79)	300m	27.41	(27.41)		
		700m	56.69	(29.90)	700m	58.02	(30.61)		
		1100m	1:28.21	(31.52)	1100m	1:29.72	(31.70)		
		1500m	2:01.71	(33.50)	1500m	2:02.57	(32.85)		



# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam	Cat	PR	Tijd	Info
9	wt	34 <b>Kim Talsma</b>	DSA	1:57.33	<b>2:01.83</b>	
	rd	1 <b>Reina Anema</b>	DSB	1:55.74	<b>DQ</b>	
		<b>Kim Talsma</b>		<b>Reina Anema</b>		
		300m	26.41 (26.41)			
		700m	56.07 (29.66)			
		1100m	1:27.92 (31.85)			
		1500m	2:01.83 (33.91)			
<hr/>						
		Naam	Cat	PR	Tijd	Info
10	gl	20 <b>Gioya Lancee</b>	DSA	1:56.15	<b>1:59.02</b>	
	bl	11 <b>Robin Groot</b>	DSA	1:56.54	<b>2:00.30</b>	
		<b>Gioya Lancee</b>		<b>Robin Groot</b>		
		300m	26.34 (26.34)	300m	26.71 (26.71)	
		700m	55.65 (29.31)	700m	56.38 (29.67)	
		1100m	1:26.66 (31.01)	1100m	1:27.47 (31.09)	
		1500m	1:59.02 (32.36)	1500m	2:00.30 (32.83)	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

## 6. Uitslag Mannen 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	49 Hidde Westra	HN2	11	I	1:50.04		
2	17 Freek van der Ham	HN1	14	O	1:50.23		
3	50 Gert Wierda	HN3	12	I	1:50.35		
4	44 Jur Veenje	HSA	11	O	1:50.87		
5	11 Colin James Duivenvoorden	HN3	13	O	1:50.90		
6	7 Stijn van de Bunt	HN2	13	I	1:51.27		
7	25 Jasper Krommenhoek	HN2	10	I	1:51.77		
8	41 Remco Stam	HN2	14	I	1:52.11		
9	46 Loek van Vilsteren	HN2	9	O	1:52.19		
10	30 Niels van Reeuwijk	HN1	8	O	1:52.82		
11	48 Olaf Vunderink	HA2	9	I	1:53.26		
12	57 Jornt Dijk	HSA	7	O	1:53.32		
13	62 Sille Hut	HN1	6	I	1:53.78		
14	42 Jasper Tinga	HN2	8	I	1:53.81		
15	20 Jeroen Janissen	HSA	10	O	1:54.06		
16	6 Chris Brommersma	HN1	7	I	1:54.13		
17	22 Jelle Koeleman	HN2	12	O	1:54.14		
18	74 Yanick de Hoogd	HN1	4	I	1:54.62		
19	14 Bram van Essen	HN4	6	O	1:55.65		
20	75 Tom Nijdam	HN2	3	I	1:56.12		
21	65 Jasper van der Marel	HN1	5	O	1:56.23		
22	66 Niels Meijer	HN3	4	O	1:57.17		
23	55 Johan Bouwhuis	HA2	5	I	1:57.54		
24	60 Finn ten Hove	HSA	1	I	2:01.11		
25	70 Paddy Smit	HN3	3	O	2:01.62		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

## 6. Rituitslag Mannen 1500 meter

		Naam		Cat		PR		Tijd	Info
1	wt rd	60	<b>Finn ten Hove</b>		HSA		1:56.13	<b>2:01.11</b>	

### Finn ten Hove

300m	26.67	(26.67)	m
700m	56.84	(30.17)	
1100m	1:28.21	(31.37)	
1500m	2:01.11	(32.90)	

		Naam		Cat		PR		Tijd	Info
2	gl bl								

m

m

		Naam		Cat		PR		Tijd	Info
3	wt rd	75	<b>Tom Nijdam</b>		HN2		1:54.25	<b>1:56.12</b>	
		70	<b>Paddy Smit</b>		HN3		1:57.89	<b>2:01.62</b>	

### Tom Nijdam

300m	25.20	(25.20)
700m	53.56	(28.36)
1100m	1:23.88	(30.32)
1500m	1:56.12	(32.24)

### Paddy Smit

300m	25.43	(25.43)
700m	54.85	(29.42)
1100m	1:27.24	(32.39)
1500m	2:01.62	(34.38)

		Naam		Cat		PR		Tijd	Info
4	gl bl	74	<b>Yanick de Hoogd</b>		HN1		1:52.49	<b>1:54.62</b>	
		66	<b>Niels Meijer</b>		HN3		1:54.83	<b>1:57.17</b>	

### Yanick de Hoogd

300m	25.01	(25.01)
700m	52.92	(27.91)
1100m	1:22.47	(29.55)
1500m	1:54.62	(32.15)

### Niels Meijer

300m	26.29	(26.29)
700m	55.45	(29.16)
1100m	1:25.99	(30.54)
1500m	1:57.17	(31.18)

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
5	wt	55	<b>Johan Bouwhuis</b>		HA2		1:56.06	<b>1:57.54</b>	
	rd	65	<b>Jasper van der Marel</b>		HN1		1:53.35	<b>1:56.23</b>	
		<b>Johan Bouwhuis</b>			<b>Jasper van der Marel</b>				
		300m	25.63	(25.63)	300m	26.24	(26.24)		
		700m	54.59	(28.96)	700m	55.09	(28.85)		
		1100m	1:25.13	(30.54)	1100m	1:25.34	(30.25)		
		1500m	1:57.54	(32.41)	1500m	1:56.23	(30.89)		

		Naam		Cat		PR		Tijd	Info
6	gl	62	<b>Sille Hut</b>		HN1		1:52.56	<b>1:53.78</b>	
	bl	14	<b>Bram van Essen</b>		HN4		1:52.67	<b>1:55.65</b>	
		<b>Sille Hut</b>			<b>Bram van Essen</b>				
		300m	25.33	(25.33)	300m	25.06	(25.06)		
		700m	53.23	(27.90)	700m	53.14	(28.08)		
		1100m	1:22.30	(29.07)	1100m	1:23.35	(30.21)		
		1500m	1:53.78	(31.48)	1500m	1:55.65	(32.30)		

		Naam		Cat		PR		Tijd	Info
7	wt	6	<b>Chris Brommersma</b>		HN1		1:53.28	<b>1:54.13</b>	
	rd	57	<b>Jornt Dijk</b>		HSA		1:51.56	<b>1:53.32</b>	
		<b>Chris Brommersma</b>			<b>Jornt Dijk</b>				
		300m	25.98	(25.98)	300m	25.12	(25.12)		
		700m	54.14	(28.16)	700m	52.96	(27.84)		
		1100m	1:23.30	(29.16)	1100m	1:22.11	(29.15)		
		1500m	1:54.13	(30.83)	1500m	1:53.32	(31.21)		

		Naam		Cat		PR		Tijd	Info
8	gl	42	<b>Jasper Tinga</b>		HN2		1:52.86	<b>1:53.81</b>	
	bl	30	<b>Niels van Reeuwijk</b>		HN1		1:51.58	<b>1:52.82</b>	
		<b>Jasper Tinga</b>			<b>Niels van Reeuwijk</b>				
		300m	26.01	(26.01)	300m	24.88	(24.88)		
		700m	54.08	(28.07)	700m	52.67	(27.79)		
		1100m	1:23.29	(29.21)	1100m	1:22.03	(29.36)		
		1500m	1:53.81	(30.52)	1500m	1:52.82	(30.79)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
9	wt	48	<b>Olaf Vunderink</b>		HA2		1:52.44	<b>1:53.26</b>	
	rd	46	<b>Loek van Vilsteren</b>		HN2		1:50.11	<b>1:52.19</b>	
		<b>Olaf Vunderink</b>			<b>Loek van Vilsteren</b>				
		300m	24.94	(24.94)	300m	24.61	(24.61)		
		700m	52.78	(27.84)	700m	52.25	(27.64)		
		1100m	1:22.23	(29.45)	1100m	1:21.18	(28.93)		
		1500m	1:53.26	(31.03)	1500m	1:52.19	(31.01)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
10	gl	25	<b>Jasper Krommenhoek</b>		HN2		1:49.34	<b>1:51.77</b>	
	bl	20	<b>Jeroen Janissen</b>		HSA		1:49.06	<b>1:54.06</b>	
		<b>Jasper Krommenhoek</b>			<b>Jeroen Janissen</b>				
		300m	25.93	(25.93)	300m	25.84	(25.84)		
		700m	53.59	(27.66)	700m	53.89	(28.05)		
		1100m	1:22.07	(28.48)	1100m	1:23.29	(29.40)		
		1500m	1:51.77	(29.70)	1500m	1:54.06	(30.77)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
11	wt	49	<b>Hidde Westra</b>		HN2		1:48.43	<b>1:50.04</b>	
	rd	44	<b>Jur Veenje</b>		HSA		1:48.27	<b>1:50.87</b>	
		<b>Hidde Westra</b>			<b>Jur Veenje</b>				
		300m	24.88	(24.88)	300m	25.05	(25.05)		
		700m	51.95	(27.07)	700m	51.92	(26.87)		
		1100m	1:20.27	(28.32)	1100m	1:20.62	(28.70)		
		1500m	1:50.04	(29.77)	1500m	1:50.87	(30.25)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
12	gl	50	<b>Gert Wierda</b>		HN3		1:46.38	<b>1:50.35</b>	
	bl	22	<b>Jelle Koeleman</b>		HN2		1:52.18	<b>1:54.14</b>	
		<b>Gert Wierda</b>			<b>Jelle Koeleman</b>				
		300m	25.28	(25.28)	300m	25.22	(25.22)		
		700m	52.65	(27.37)	700m	53.94	(28.72)		
		1100m	1:20.84	(28.19)	1100m	1:23.42	(29.48)		
		1500m	1:50.35	(29.51)	1500m	1:54.14	(30.72)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

		Naam			Cat			PR	Tijd	Info
13	wt	7	<b>Stijn van de Bunt</b>		HN2			1:49.30	<b>1:51.27</b>	
	rd	11	<b>Colin James Duivenvoorden</b>		HN3			1:48.57	<b>1:50.90</b>	
		<b>Stijn van de Bunt</b>			<b>Colin James Duivenvoorden</b>					
		300m	25.87	(25.87)	300m	25.11	(25.11)			
		700m	53.57	(27.70)	700m	53.07	(27.96)			
		1100m	1:21.85	(28.28)	1100m	1:21.66	(28.59)			
		1500m	1:51.27	(29.42)	1500m	1:50.90	(29.24)			
<hr/>										
		Naam			Cat			PR	Tijd	Info
14	gl	41	<b>Remco Stam</b>		HN2			1:48.13	<b>1:52.11</b>	
	bl	17	<b>Freek van der Ham</b>		HN1			1:46.20	<b>1:50.23</b>	
		<b>Remco Stam</b>			<b>Freek van der Ham</b>					
		300m	25.42	(25.42)	300m	24.98	(24.98)			
		700m	52.82	(27.40)	700m	52.05	(27.07)			
		1100m	1:21.79	(28.97)	1100m	1:20.42	(28.37)			
		1500m	1:52.11	(30.32)	1500m	1:50.23	(29.81)			

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

## 7. Uitslag Vrouwen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	11 Robin Groot	DSA	6	O	7:11.31		
2	39 Evelien Vijn	DN3	4	I	7:11.82		
3	40 Esmee Visser	DSA	3	I	7:14.29		
4	19 Sophie Kraaijeveld	DN2	3	O	7:21.08	PR	
5	20 Gioya Lancee	DSA	6	I	7:24.52	PR	
6	34 Kim Talsma	DSA	5	I	7:26.73		
7	10 Jade Groenewoud	DN2	5	O	7:32.03		
8	44 Sylvia de Vries	DN1	1	O	7:38.47	PR	
9	43 Eline van Voorden	DSA	1	I	7:40.27		
10	17 Patricia Koot	DN1	2	O	7:42.21	PR	
11	26 Hilde Noppert	DSA	2	I	7:46.40		
12	30 Susanne Prins	DN1	4	O	8:01.33		
	45 Naomi van der Werf	DSA				WDR	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

## 7. Rituitslag Vrouwen 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	43	<b>Eline van Voorden</b>		DSA		7:24.91	<b>7:40.27</b>	
	rd	44	<b>Sylvia de Vries</b>		DN1		7:42.44	<b>7:38.47</b>	PR
		<b>Eline van Voorden</b>			<b>Sylvia de Vries</b>				
		200m	21.95	(21.95)	200m	22.34	(22.34)		
		600m	56.55	(34.60)	600m	57.75	(35.41)		
		1000m	1:32.52	(35.97)	1000m	1:33.86	(36.11)		
		1400m	2:08.41	(35.89)	1400m	2:09.36	(35.50)		
		1800m	2:44.61	(36.20)	1800m	2:45.45	(36.09)		
		2200m	3:21.21	(36.60)	2200m	3:21.80	(36.35)		
		2600m	3:57.67	(36.46)	2600m	3:58.63	(36.83)		
		3000m	4:34.36	(36.69)	3000m	4:35.38	(36.75)		
		3400m	5:11.39	(37.03)	3400m	5:12.11	(36.73)		
		3800m	5:48.57	(37.18)	3800m	5:48.91	(36.80)		
		4200m	6:25.47	(36.90)	4200m	6:25.74	(36.83)		
		4600m	7:02.91	(37.44)	4600m	7:02.25	(36.51)		
		5000m	7:40.27	(37.36)	5000m	7:38.47	(36.22)		

		Naam		Cat		PR		Tijd	Info
2	gl	26	<b>Hilde Noppert</b>		DSA		7:41.74	<b>7:46.40</b>	
	bl	17	<b>Patricia Koot</b>		DN1		7:53.56	<b>7:42.21</b>	PR
		<b>Hilde Noppert</b>			<b>Patricia Koot</b>				
		200m	21.73	(21.73)	200m	21.71	(21.71)		
		600m	57.44	(35.71)	600m	57.78	(36.07)		
		1000m	1:33.19	(35.75)	1000m	1:33.77	(35.99)		
		1400m	2:09.12	(35.93)	1400m	2:09.52	(35.75)		
		1800m	2:45.03	(35.91)	1800m	2:45.75	(36.23)		
		2200m	3:21.12	(36.09)	2200m	3:22.31	(36.56)		
		2600m	3:57.60	(36.48)	2600m	3:58.76	(36.45)		
		3000m	4:34.62	(37.02)	3000m	4:35.70	(36.94)		
		3400m	5:11.87	(37.25)	3400m	5:12.93	(37.23)		
		3800m	5:49.93	(38.06)	3800m	5:50.24	(37.31)		
		4200m	6:28.62	(38.69)	4200m	6:27.75	(37.51)		
		4600m	7:07.32	(38.70)	4600m	7:05.19	(37.44)		
		5000m	7:46.40	(39.08)	5000m	7:42.21	(37.02)		



# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
3	wt	40	<b>Esmee Visser</b>		DSA			6:45.73	<b>7:14.29</b>
	rd	19	<b>Sophie Kraaijeveld</b>		DN2			7:31.18	<b>7:21.08</b> PR
		<b>Esmee Visser</b>			<b>Sophie Kraaijeveld</b>				
		200m	21.20	(21.20)	200m	22.78	(22.78)		
		600m	55.27	(34.07)	600m	58.14	(35.36)		
		1000m	1:29.95	(34.68)	1000m	1:33.29	(35.15)		
		1400m	2:04.63	(34.68)	1400m	2:08.16	(34.87)		
		1800m	2:39.22	(34.59)	1800m	2:42.78	(34.62)		
		2200m	3:13.81	(34.59)	2200m	3:17.28	(34.50)		
		2600m	3:48.32	(34.51)	2600m	3:51.97	(34.69)		
		3000m	4:22.64	(34.32)	3000m	4:26.81	(34.84)		
		3400m	4:56.90	(34.26)	3400m	5:01.62	(34.81)		
		3800m	5:31.31	(34.41)	3800m	5:36.52	(34.90)		
		4200m	6:05.75	(34.44)	4200m	6:11.65	(35.13)		
		4600m	6:40.06	(34.31)	4600m	6:46.67	(35.02)		
		5000m	7:14.29	(34.23)	5000m	7:21.08	(34.41)		

		Naam		Cat		PR		Tijd	Info
4	gl	39	<b>Evelien Vijn</b>		DN3			7:05.29	<b>7:11.82</b>
	bl	30	<b>Susanne Prins</b>		DN1			7:51.13	<b>8:01.33</b>
		<b>Evelien Vijn</b>			<b>Susanne Prins</b>				
		200m	20.66	(20.66)	200m	21.27	(21.27)		
		600m	53.75	(33.09)	600m	55.08	(33.81)		
		1000m	1:28.07	(34.32)	1000m	1:31.38	(36.30)		
		1400m	2:02.30	(34.23)	1400m	2:08.49	(37.11)		
		1800m	2:36.89	(34.59)	1800m	2:45.83	(37.34)		
		2200m	3:11.42	(34.53)	2200m	3:24.10	(38.27)		
		2600m	3:45.99	(34.57)	2600m	4:02.62	(38.52)		
		3000m	4:20.49	(34.50)	3000m	4:41.87	(39.25)		
		3400m	4:54.98	(34.49)	3400m	5:21.13	(39.26)		
		3800m	5:29.43	(34.45)	3800m	6:01.01	(39.88)		
		4200m	6:03.70	(34.27)	4200m	6:41.00	(39.99)		
		4600m	6:37.63	(33.93)	4600m	7:21.43	(40.43)		
		5000m	7:11.82	(34.19)	5000m	8:01.33	(39.90)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
5	wt	34	<b>Kim Talsma</b>		DSA			7:26.00	<b>7:26.73</b>
	rd	10	<b>Jade Groenewoud</b>		DN2			7:20.17	<b>7:32.03</b>
		<b>Kim Talsma</b>			<b>Jade Groenewoud</b>				
		200m	20.81	(20.81)	200m	21.08	(21.08)		
		600m	54.99	(34.18)	600m	54.68	(33.60)		
		1000m	1:29.47	(34.48)	1000m	1:29.56	(34.88)		
		1400m	2:04.59	(35.12)	1400m	2:04.46	(34.90)		
		1800m	2:39.54	(34.95)	1800m	2:39.55	(35.09)		
		2200m	3:14.75	(35.21)	2200m	3:14.49	(34.94)		
		2600m	3:49.90	(35.15)	2600m	3:50.06	(35.57)		
		3000m	4:25.16	(35.26)	3000m	4:25.23	(35.17)		
		3400m	5:00.72	(35.56)	3400m	5:01.16	(35.93)		
		3800m	5:36.31	(35.59)	3800m	5:37.85	(36.69)		
		4200m	6:12.45	(36.14)	4200m	6:15.87	(38.02)		
		4600m	6:48.99	(36.54)	4600m	6:53.94	(38.07)		
		5000m	7:26.73	(37.74)	5000m	7:32.03	(38.09)		

		Naam		Cat		PR		Tijd	Info
6	gl	20	<b>Gioya Lancee</b>		DSA			7:32.50	<b>7:24.52</b> PR
	bl	11	<b>Robin Groot</b>		DSA			7:00.56	<b>7:11.31</b>
		<b>Gioya Lancee</b>			<b>Robin Groot</b>				
		200m	21.05	(21.05)	200m	20.88	(20.88)		
		600m	54.53	(33.48)	600m	53.67	(32.79)		
		1000m	1:28.55	(34.02)	1000m	1:26.85	(33.18)		
		1400m	2:02.92	(34.37)	1400m	1:59.82	(32.97)		
		1800m	2:37.48	(34.56)	1800m	2:32.91	(33.09)		
		2200m	3:11.88	(34.40)	2200m	3:06.53	(33.62)		
		2600m	3:46.32	(34.44)	2600m	3:40.69	(34.16)		
		3000m	4:21.37	(35.05)	3000m	4:15.25	(34.56)		
		3400m	4:56.82	(35.45)	3400m	4:50.23	(34.98)		
		3800m	5:32.90	(36.08)	3800m	5:25.23	(35.00)		
		4200m	6:09.88	(36.98)	4200m	6:00.30	(35.07)		
		4600m	6:47.11	(37.23)	4600m	6:35.28	(34.98)		
		5000m	7:24.52	(37.41)	5000m	7:11.31	(36.03)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam	Cat	PR	Tijd Info
7	wt rd	45 Naomi van der Werf	DSA	7:19.01	WDR
		Naomi van der Werf			
				m	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

## 8. Uitslag Mannen 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Stijn van de Bunt	HN2	4	I	13:20.23		
2	25 Jasper Krommenhoek	HN2	3	O	13:24.46		
3	41 Remco Stam	HN2	6	O	13:33.48		
4	50 Gert Wierda	HN3	5	O	13:42.42		
5	22 Jelle Koeleman	HN2	2	I	13:46.02	PR	
6	11 Colin James Duivenvoorden	HN3	5	I	13:55.76		
7	20 Jeroen Janissen	HSA	1	I	14:01.78		
8	17 Freek van der Ham	HN1	6	I	14:01.93		
9	42 Jasper Tinga	HN2	1	O	14:09.40	PR	
10	44 Jur Veenje	HSA	3	I	14:15.61	PR	
11	49 Hidde Westra	HN2	4	O	14:35.23	PR	
12	46 Loek van Vilsteren	HN2	2	O	14:36.08	PR	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

## 8. Rituitslag Mannen 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 20 Jeroen Janissen	HSA	13:33.03	<b>14:01.78</b>	
	rd 42 Jasper Tinga	HN2	14:58.99	<b>14:09.40</b>	PR
	<b>Jeroen Janissen</b>		<b>Jasper Tinga</b>		
	400m	37.14 (37.14)	400m	36.91 (36.91)	
	800m	1:09.10 (31.96)	800m	1:10.26 (33.35)	
	1200m	1:41.91 (32.81)	1200m	1:43.94 (33.68)	
	1600m	2:14.58 (32.67)	1600m	2:17.57 (33.63)	
	2000m	2:47.49 (32.91)	2000m	2:50.95 (33.38)	
	2400m	3:20.15 (32.66)	2400m	3:24.75 (33.80)	
	2800m	3:53.19 (33.04)	2800m	3:58.90 (34.15)	
	3200m	4:26.14 (32.95)	3200m	4:32.76 (33.86)	
	3600m	4:59.19 (33.05)	3600m	5:07.09 (34.33)	
	4000m	5:32.11 (32.92)	4000m	5:40.93 (33.84)	
	4400m	6:05.14 (33.03)	4400m	6:15.06 (34.13)	
	4800m	6:38.22 (33.08)	4800m	6:49.49 (34.43)	
	5200m	7:11.02 (32.80)	5200m	7:24.02 (34.53)	
	5600m	7:44.46 (33.44)	5600m	7:58.86 (34.84)	
	6000m	8:18.02 (33.56)	6000m	8:33.10 (34.24)	
	6400m	8:51.64 (33.62)	6400m	9:07.17 (34.07)	
	6800m	9:25.27 (33.63)	6800m	9:41.15 (33.98)	
	7200m	9:59.40 (34.13)	7200m	10:15.29 (34.14)	
	7600m	10:33.86 (34.46)	7600m	10:49.18 (33.89)	
	8000m	11:08.56 (34.70)	8000m	11:23.20 (34.02)	
	8400m	11:43.32 (34.76)	8400m	11:56.46 (33.26)	
	8800m	12:18.10 (34.78)	8800m	12:29.68 (33.22)	
	9200m	12:53.39 (35.29)	9200m	13:02.93 (33.25)	
	9600m	13:27.52 (34.13)	9600m	13:36.04 (33.11)	
	10000m	14:01.78 (34.26)	10000m	14:09.40 (33.36)	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam	Cat	PR	Tijd	Info
2	gl	22 <b>Jelle Koeleman</b>	HN2	14:09.32	<b>13:46.02</b>	PR
	bl	46 <b>Loek van Vilsteren</b>	HN2	14:50.76	<b>14:36.08</b>	PR

## Jelle Koeleman

400m	36.11	(36.11)
800m	1:08.91	(32.80)
1200m	1:42.55	(33.64)
1600m	2:16.08	(33.53)
2000m	2:49.28	(33.20)
2400m	3:22.23	(32.95)
2800m	3:55.20	(32.97)
3200m	4:27.85	(32.65)
3600m	5:00.88	(33.03)
4000m	5:34.04	(33.16)
4400m	6:06.99	(32.95)
4800m	6:39.78	(32.79)
5200m	7:12.41	(32.63)
5600m	7:45.40	(32.99)
6000m	8:18.57	(33.17)
6400m	8:51.45	(32.88)
6800m	9:24.08	(32.63)
7200m	9:56.69	(32.61)
7600m	10:29.12	(32.43)
8000m	11:01.53	(32.41)
8400m	11:34.04	(32.51)
8800m	12:06.84	(32.80)
9200m	12:39.69	(32.85)
9600m	13:12.65	(32.96)
10000m	13:46.02	(33.37)

## Loek van Vilsteren

400m	36.17	(36.17)
800m	1:09.63	(33.46)
1200m	1:43.67	(34.04)
1600m	2:18.41	(34.74)
2000m	2:52.94	(34.53)
2400m	3:27.53	(34.59)
2800m	4:02.39	(34.86)
3200m	4:37.60	(35.21)
3600m	5:12.83	(35.23)
4000m	5:48.12	(35.29)
4400m	6:23.43	(35.31)
4800m	6:58.36	(34.93)
5200m	7:32.96	(34.60)
5600m	8:07.84	(34.88)
6000m	8:42.87	(35.03)
6400m	9:17.97	(35.10)
6800m	9:53.16	(35.19)
7200m	10:28.55	(35.39)
7600m	11:03.73	(35.18)
8000m	11:38.80	(35.07)
8400m	12:14.55	(35.75)
8800m	12:50.21	(35.66)
9200m	13:25.68	(35.47)
9600m	14:01.15	(35.47)
10000m	14:36.08	(34.93)

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR		Tijd	Info
3	wt	44	<b>Jur Veenje</b>		HSA		14:26.36	<b>14:15.61</b>	PR
	rd	25	<b>Jasper Krommenhoek</b>		HN2		13:09.14	<b>13:24.46</b>	
		<b>Jur Veenje</b>			<b>Jasper Krommenhoek</b>				
		400m	36.76	(36.76)	400m	36.09	(36.09)		
		800m	1:08.75	(31.99)	800m	1:08.23	(32.14)		
		1200m	1:41.89	(33.14)	1200m	1:40.78	(32.55)		
		1600m	2:15.20	(33.31)	1600m	2:13.09	(32.31)		
		2000m	2:48.78	(33.58)	2000m	2:45.14	(32.05)		
		2400m	3:22.32	(33.54)	2400m	3:17.56	(32.42)		
		2800m	3:56.25	(33.93)	2800m	3:49.91	(32.35)		
		3200m	4:30.15	(33.90)	3200m	4:22.25	(32.34)		
		3600m	5:04.38	(34.23)	3600m	4:54.59	(32.34)		
		4000m	5:38.70	(34.32)	4000m	5:27.01	(32.42)		
		4400m	6:13.01	(34.31)	4400m	5:59.34	(32.33)		
		4800m	6:47.70	(34.69)	4800m	6:31.50	(32.16)		
		5200m	7:22.20	(34.50)	5200m	7:03.70	(32.20)		
		5600m	7:56.20	(34.00)	5600m	7:36.05	(32.35)		
		6000m	8:30.64	(34.44)	6000m	8:08.24	(32.19)		
		6400m	9:05.17	(34.53)	6400m	8:40.19	(31.95)		
		6800m	9:39.84	(34.67)	6800m	9:11.90	(31.71)		
		7200m	10:14.47	(34.63)	7200m	9:43.57	(31.67)		
		7600m	10:48.84	(34.37)	7600m	10:15.16	(31.59)		
		8000m	11:23.18	(34.34)	8000m	10:47.00	(31.84)		
		8400m	11:57.64	(34.46)	8400m	11:18.38	(31.38)		
		8800m	12:32.39	(34.75)	8800m	11:49.70	(31.32)		
		9200m	13:07.01	(34.62)	9200m	12:21.11	(31.41)		
		9600m	13:41.61	(34.60)	9600m	12:52.68	(31.57)		
		10000m	14:15.61	(34.00)	10000m	13:24.46	(31.78)		

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

		Naam	Cat	PR	Tijd	Info
4	gl	7 <b>Stijn van de Bunt</b>	HN2	13:17.90	<b>13:20.23</b>	
	bl	49 <b>Hidde Westra</b>	HN2	14:53.82	<b>14:35.23</b>	PR

## Stijn van de Bunt

400m	36.04	(36.04)
800m	1:07.51	(31.47)
1200m	1:39.87	(32.36)
1600m	2:12.50	(32.63)
2000m	2:44.91	(32.41)
2400m	3:17.22	(32.31)
2800m	3:49.63	(32.41)
3200m	4:21.97	(32.34)
3600m	4:54.29	(32.32)
4000m	5:26.48	(32.19)
4400m	5:58.63	(32.15)
4800m	6:30.60	(31.97)
5200m	7:02.71	(32.11)
5600m	7:34.93	(32.22)
6000m	8:07.00	(32.07)
6400m	8:38.75	(31.75)
6800m	9:10.27	(31.52)
7200m	9:42.13	(31.86)
7600m	10:13.57	(31.44)
8000m	10:44.59	(31.02)
8400m	11:15.50	(30.91)
8800m	11:46.83	(31.33)
9200m	12:17.96	(31.13)
9600m	12:49.03	(31.07)
10000m	13:20.23	(31.20)

## Hidde Westra

400m	36.65	(36.65)
800m	1:08.74	(32.09)
1200m	1:42.49	(33.75)
1600m	2:16.51	(34.02)
2000m	2:50.14	(33.63)
2400m	3:24.27	(34.13)
2800m	3:58.78	(34.51)
3200m	4:33.17	(34.39)
3600m	5:07.80	(34.63)
4000m	5:42.23	(34.43)
4400m	6:16.93	(34.70)
4800m	6:52.16	(35.23)
5200m	7:27.14	(34.98)
5600m	8:02.30	(35.16)
6000m	8:37.33	(35.03)
6400m	9:12.23	(34.90)
6800m	9:46.95	(34.72)
7200m	10:22.08	(35.13)
7600m	10:58.03	(35.95)
8000m	11:31.82	(33.79)
8400m	12:10.25	(38.43)
8800m	12:46.67	(36.42)
9200m	13:23.13	(36.46)
9600m	13:59.41	(36.28)
10000m	14:35.23	(35.82)



# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
23 en 24 november 2024

		Naam		Cat		PR	Tijd	Info
5	wt	11	<b>Colin James Duivenvoorden</b>		HN3		13:47.54	<b>13:55.76</b>
	rd	50	<b>Gert Wierda</b>		HN3		13:18.82	<b>13:42.42</b>
		<b>Colin James Duivenvoorden</b>			<b>Gert Wierda</b>			
		400m	36.86	(36.86)	400m	36.16	(36.16)	
		800m	1:08.31	(31.45)	800m	1:07.99	(31.83)	
		1200m	1:40.03	(31.72)	1200m	1:39.85	(31.86)	
		1600m	2:11.65	(31.62)	1600m	2:11.92	(32.07)	
		2000m	2:43.76	(32.11)	2000m	2:44.09	(32.17)	
		2400m	3:15.68	(31.92)	2400m	3:16.42	(32.33)	
		2800m	3:48.41	(32.73)	2800m	3:48.70	(32.28)	
		3200m	4:21.01	(32.60)	3200m	4:21.20	(32.50)	
		3600m	4:54.13	(33.12)	3600m	4:53.90	(32.70)	
		4000m	5:27.55	(33.42)	4000m	5:26.71	(32.81)	
		4400m	6:01.64	(34.09)	4400m	5:59.51	(32.80)	
		4800m	6:35.75	(34.11)	4800m	6:32.21	(32.70)	
		5200m	7:10.45	(34.70)	5200m	7:05.12	(32.91)	
		5600m	7:44.80	(34.35)	5600m	7:37.65	(32.53)	
		6000m	8:19.12	(34.32)	6000m	8:10.15	(32.50)	
		6400m	8:54.04	(34.92)	6400m	8:42.50	(32.35)	
		6800m	9:28.27	(34.23)	6800m	9:15.38	(32.88)	
		7200m	10:02.15	(33.88)	7200m	9:48.60	(33.22)	
		7600m	10:35.96	(33.81)	7600m	10:21.87	(33.27)	
		8000m	11:09.64	(33.68)	8000m	10:55.38	(33.51)	
		8400m	11:43.07	(33.43)	8400m	11:29.04	(33.66)	
		8800m	12:16.58	(33.51)	8800m	12:02.54	(33.50)	
		9200m	12:50.04	(33.46)	9200m	12:35.96	(33.42)	
		9600m	13:23.40	(33.36)	9600m	13:09.41	(33.45)	
		10000m	13:55.76	(32.36)	10000m	13:42.42	(33.01)	

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

	Naam	Cat	PR	Tijd	Info
6	gl 17	<b>Freek van der Ham</b>	HN1	13:27.67	<b>14:01.93</b>
	bl 41	<b>Remco Stam</b>	HN2	13:03.01	<b>13:33.48</b>

## Freek van der Ham

400m	38.17	(38.17)
800m	1:11.77	(33.60)
1200m	1:45.43	(33.66)
1600m	2:19.21	(33.78)
2000m	2:52.81	(33.60)
2400m	3:26.22	(33.41)
2800m	3:59.65	(33.43)
3200m	4:33.03	(33.38)
3600m	5:06.45	(33.42)
4000m	5:39.74	(33.29)
4400m	6:13.21	(33.47)
4800m	6:46.73	(33.52)
5200m	7:20.29	(33.56)
5600m	7:53.94	(33.65)
6000m	8:27.36	(33.42)
6400m	9:00.64	(33.28)
6800m	9:33.85	(33.21)
7200m	10:06.95	(33.10)
7600m	10:40.32	(33.37)
8000m	11:14.59	(34.27)
8400m	11:48.25	(33.66)
8800m	12:21.72	(33.47)
9200m	12:55.28	(33.56)
9600m	13:28.75	(33.47)
10000m	14:01.93	(33.18)

## Remco Stam

400m	37.06	(37.06)
800m	1:09.51	(32.45)
1200m	1:41.90	(32.39)
1600m	2:14.12	(32.22)
2000m	2:46.28	(32.16)
2400m	3:18.37	(32.09)
2800m	3:50.53	(32.16)
3200m	4:22.75	(32.22)
3600m	4:55.03	(32.28)
4000m	5:27.36	(32.33)
4400m	5:59.61	(32.25)
4800m	6:31.83	(32.22)
5200m	7:04.02	(32.19)
5600m	7:36.24	(32.22)
6000m	8:08.43	(32.19)
6400m	8:40.59	(32.16)
6800m	9:12.71	(32.12)
7200m	9:45.01	(32.30)
7600m	10:17.25	(32.24)
8000m	10:49.55	(32.30)
8400m	11:22.28	(32.73)
8800m	11:55.16	(32.88)
9200m	12:27.93	(32.77)
9600m	13:00.51	(32.58)
10000m	13:33.48	(32.97)