

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

1. Rituitslag Vrouwen 500 meter

		Naam		Cat		PR		Tijd	Info
1	wt	35	Lidia Tempert		DSA		41.91	43.81	
	rd	51	Nyncke Dijkstra		DN3		42.31	43.51	
		Lidia Tempert			Nyncke Dijkstra				
		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	Emma Noz		DN1		41.98	43.46	
	rd	40	Esmee Visser		DSA		41.42	43.40	
		Emma Noz			Esmee Visser				
		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	Emma Hulshof		DSA		41.78	42.89	
	rd	19	Sophie Kraaijeveld		DN2		41.69	43.69	
		Emma Hulshof			Sophie Kraaijeveld				
		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	Nynke Tinga		DA2		41.94	42.66	
	rd	44	Sylvia de Vries		DN1		42.07	43.12	
		Nynke Tinga			Sylvia de Vries				
		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	Eline van Voorden		DSA		40.80	42.72	
	rd	22	Lisan van der Linde		DN3		41.45	43.74	
		Eline van Voorden			Lisan van der Linde				
		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	Evelien Vijn		DN3		40.63	42.17	
	rd	26	Hilde Noppert		DSA		41.36	42.20	
		Evelien Vijn			Hilde Noppert				
		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	Reina Anema		DSB		40.20	41.48	
	rd	30	Susanne Prins		DN1		40.87	42.39	
		Reina Anema			Susanne Prins				
		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	Naomi van der Werf		DSA		40.41	41.99	
	rd	17	Patricia Koot		DN1		40.48	41.98	
		Naomi van der Werf			Patricia Koot				
		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	Kim Talsma		DSA		39.64	40.61	
	rd	10	Jade Groenewoud		DN2		40.18	41.31	
		Kim Talsma			Jade Groenewoud				
		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	Gioya Lancee		DSA		38.97	39.84	
	rd	11	Robin Groot		DSA		39.30	40.86	
		Gioya Lancee			Robin Groot				
		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	Menno Mudde		HSA		39.87	40.71
	rd	66	Niels Meijer		HN3		39.01	40.78
		Menno Mudde			Niels Meijer			
		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	Ole ten Hove		HSA		39.49	40.90
	rd	60	Finn ten Hove		HSA		40.10	41.63
		Ole ten Hove			Finn ten Hove			
		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	Johan Bouwhuis		HA2		38.70	39.34
	rd	25	Jasper Krommenhoek		HN2		38.48	39.72
		Johan Bouwhuis			Jasper Krommenhoek			
		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	Jeroen Janissen		HSA		37.64	39.78
	rd	42	Jasper Tinga		HN2		38.75	39.52
		Jeroen Janissen			Jasper Tinga			
		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	Jasper van der Marel		HN1		38.88	40.43
	rd	6	Chris Brommersma		HN1		38.87	39.58
		Jasper van der Marel			Chris Brommersma			
		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	Sille Hut		HN1		37.88	38.93	
	rd	57	Jornt Dijk		HSA		37.70	38.30	
		Sille Hut			Jornt Dijk				
		100m	10.93	(10.93)	100m	10.76	(10.76)		
		500m	38.93	(28.00)	500m	38.30	(27.54)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
7	wt	72	Dyon Talsma		HN4		38.37	39.89	
	rd	48	Olaf Vunderink		HA2		37.99	38.22	
		Dyon Talsma			Olaf Vunderink				
		100m	11.09	(11.09)	100m	10.63	(10.63)		
		500m	39.89	(28.80)	500m	38.22	(27.59)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
8	wt	7	Stijn van de Bunt		HN2		37.65	39.26	
	rd	70	Paddy Smit		HN3		38.54	39.46	
		Stijn van de Bunt			Paddy Smit				
		100m	11.41	(11.41)	100m	10.92	(10.92)		
		500m	39.26	(27.85)	500m	39.46	(28.54)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
9	wt	30	Niels van Reeuwijk		HN1		37.46	39.01	
	rd	50	Gert Wierda		HN3		36.92	38.62	
		Niels van Reeuwijk			Gert Wierda				
		100m	11.05	(11.05)	100m	10.91	(10.91)		
		500m	39.01	(27.96)	500m	38.62	(27.71)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
10	wt	11	Colin James Duivenvoorden		HN3		37.54	38.08	
	rd	22	Jelle Koeleman		HN2		37.64	38.49	
		Colin James Duivenvoorden			Jelle Koeleman				
		100m	10.74	(10.74)	100m	10.51	(10.51)		
		500m	38.08	(27.34)	500m	38.49	(27.98)		

Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen
23 en 24 november 2024

		Naam			Cat			PR	Tijd	Info
11	wt	14	Bram van Essen		HN4			36.67	38.20	
	rd	41	Remco Stam		HN2			37.80	38.69	
		Bram van Essen			Remco Stam					
		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	Freek van der Ham		HN1			37.31	38.41	
	rd	75	Tom Nijdam		HN2			37.17	38.53	
		Freek van der Ham			Tom Nijdam					
		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	Hidde Westra		HN2			37.22	37.39	
	rd	74	Yanick de Hoogd		HN1			37.01	38.08	
		Hidde Westra			Yanick de Hoogd					
		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	Jur Veenje		HSA			36.56	37.91	
	rd	46	Loek van Vilsteren		HN2			36.66	37.75	
		Jur Veenje			Loek van Vilsteren					
		100m	10.69	(10.69)	100m	10.57	(10.57)			
		500m	37.91	(27.22)	500m	37.75	(27.18)			

Holland Cup 2A / Gruno Bokaal

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		

Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

23 en 24 november 2024

3. Rituitslag Vrouwen 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	51	Nyncke Dijkstra		DN3		4:28.59	4:42.49	
	rd	64	Nynke Tinga		DA2		4:35.80	4:44.03	
		Nyncke Dijkstra			Nynke Tinga				
		200m	21.57	(21.57)	200m	21.20	(21.20)		
		600m	56.75	(35.18)	600m	56.81	(35.61)		
		1000m	1:33.19	(36.44)	1000m	1:33.42	(36.61)		
		1400m	2:10.52	(37.33)	1400m	2:10.83	(37.41)		
		1800m	2:47.88	(37.36)	1800m	2:49.02	(38.19)		
		2200m	3:25.74	(37.86)	2200m	3:27.20	(38.18)		
		2600m	4:03.92	(38.18)	2600m	4:05.65	(38.45)		
		3000m	4:42.49	(38.57)	3000m	4:44.03	(38.38)		

		Naam		Cat		PR		Tijd	Info
2	gl	30	Susanne Prins		DN1		4:25.25	4:36.68	
	bl	22	Lisan van der Linde		DN3		4:22.90	4:37.63	
		Susanne Prins			Lisan van der Linde				
		200m	21.46	(21.46)	200m	22.61	(22.61)		
		600m	55.55	(34.09)	600m	56.65	(34.04)		
		1000m	1:30.89	(35.34)	1000m	1:32.06	(35.41)		
		1400m	2:06.93	(36.04)	1400m	2:08.17	(36.11)		
		1800m	2:43.39	(36.46)	1800m	2:44.45	(36.28)		
		2200m	3:20.50	(37.11)	2200m	3:21.45	(37.00)		
		2600m	3:58.45	(37.95)	2600m	3:59.62	(38.17)		
		3000m	4:36.68	(38.23)	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	Emma Hulshof		DSA			4:29.33	4:39.82
	rd	44	Sylvia de Vries		DN1			4:20.40	4:29.56
		Emma Hulshof			Sylvia de Vries				
		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	Emma Noz		DN1			4:25.46	4:38.84
	bl	43	Eline van Voorden		DSA			4:14.19	4:28.60
		Emma Noz			Eline van Voorden				
		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	Hilde Noppert		DSA			4:19.64	4:28.59
	rd	35	Lidia Tempert		DSA			4:19.30	4:36.30
		Hilde Noppert			Lidia Tempert				
		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	Evelien Vijn		DN3			4:03.76	4:17.03
	bl	17	Patricia Koot		DN1			4:18.94	4:28.14
		Evelien Vijn			Patricia Koot				
		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	Naomi van der Werf		DSA			4:12.59	4:26.70
	rd	19	Sophie Kraaijeveld		DN2			4:10.39	4:19.54
		Naomi van der Werf			Sophie Kraaijeveld				
		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	Jade Groenewoud		DN2			4:07.07	4:16.71
	bl	11	Robin Groot		DSA			4:02.72	4:12.25
		Jade Groenewoud			Robin Groot				
		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	Reina Anema		DSB	4:01.12		4:15.42	
	rd	40	Esmee Visser		DSA	3:54.02		4:19.52	
		Reina Anema			Esmee Visser				
		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	Gioya Lancee		DSA	4:06.25		4:16.77	
	bl	34	Kim Talsma		DSA	4:09.64		4:19.10	
		Gioya Lancee			Kim Talsma				
		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 Silje 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	Menno Mudde		HSA		7:14.42	7:11.53	PR
	rd	74	Yanick de Hoogd		HN1		7:23.42	7:26.08	
		Menno Mudde			Yanick de Hoogd				
		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	Tom Nijdam		HN2		7:17.73	7:33.30	
	bl	70	Paddy Smit		HN3		7:23.64	7:24.33	
		Tom Nijdam			Paddy Smit				
		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	Jornt Dijk		HSA		7:04.23	7:04.12	PR
	rd	65	Jasper van der Marel		HN1		6:51.71	6:54.70	
		Jornt Dijk			Jasper van der Marel				
		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	Bram van Essen		HN4		6:57.83	7:07.76	
	bl	61	Ole ten Hove		HSA		7:00.55	7:18.56	
		Bram van Essen			Ole ten Hove				
		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	Niels Meijer		HN3			7:04.27	7:02.01	PR
	rd	62	Sille Hut		HN1			7:09.13	6:58.66	PR
		Niels Meijer			Sille Hut					
		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	Finn ten Hove		HSA			6:51.09	7:08.65	
	bl	72	Dyon Talsma		HN4			6:53.51	7:08.71	
		Finn ten Hove			Dyon Talsma					
		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	Johan Bouwhuis		HA2		6:54.24	7:04.46	
	rd	46	Loek van Vilsteren		HN2		6:50.03	7:02.58	
		Johan Bouwhuis			Loek van Vilsteren				
		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	Chris Brommersma		HN1		6:50.58	6:49.78	PR
	bl	48	Olaf Vunderink		HA2		6:50.67	6:57.63	
		Chris Brommersma			Olaf Vunderink				
		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	Niels van Reeuwijk		HN1			6:49.93	6:54.80
	rd	22	Jelle Koeleman		HN2			6:38.01	6:43.61
		Niels van Reeuwijk			Jelle Koeleman				
		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	Jeroen Janissen		HSA			6:28.64	6:37.32
	bl	44	Jur Veenje		HSA			6:44.72	6:51.04
		Jeroen Janissen			Jur Veenje				
		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	Jasper Tinga		HN2			6:41.29	6:49.29		
	rd	49	Hidde Westra		HN2			6:45.13	6:55.66		
		Jasper Tinga				Hidde Westra					
		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	Freek van der Ham		HN1			6:22.06	6:33.00		
	bl	50	Gert Wierda		HN3			6:17.75	6:36.05		
		Freek van der Ham				Gert Wierda					
		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	Jasper Krommenhoek		HN2			6:22.23	6:33.80
	rd	11	Colin James Duivenvoorden		HN3			6:26.10	6:38.73
		Jasper Krommenhoek			Colin James Duivenvoorden				
		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	Stijn van de Bunt		HN2			6:18.66	6:26.73
	bl	41	Remco Stam		HN2			6:17.89	6:28.20
		Stijn van de Bunt			Remco Stam				
		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	Nyncke Dijkstra		DN3		2:09.21	2:13.65	

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	Nynke Tinga		DA2		2:07.13	2:11.39	
		22	Lisan van der Linde		DN3		2:04.76	2:10.29	

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	Emma Hulshof		DSA		2:06.30	2:10.94	
		35	Lidia Tempert		DSA		2:04.71	2:08.68	

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	Sylvia de Vries		DN1		2:05.15	2:07.48	
		30	Susanne Prins		DN1		2:07.13	2:10.05	

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	Hilde Noppert		DSA			2:04.62	2:04.81
	rd	43	Eline van Voorden		DSA			2:02.92	2:06.47
		Hilde Noppert			Eline van Voorden				
		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	Patricia Koot		DN1			2:02.93	2:06.33
	bl	19	Sophie Kraaijeveld		DN2			2:01.73	2:04.69
		Patricia Koot			Sophie Kraaijeveld				
		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	Naomi van der Werf		DSA			2:00.52	2:04.43
	rd	40	Esmee Visser		DSA			1:57.69	2:04.19
		Naomi van der Werf			Esmee Visser				
		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	Jade Groenewoud		DN2			1:58.16	2:01.71
	bl	39	Evelien Vijn		DN3			1:57.52	2:02.57
		Jade Groenewoud			Evelien Vijn				
		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	Kim Talsma		DSA	1:57.33	2:01.83	
	rd	1	Reina Anema		DSB	1:55.74	DQ	
		Kim Talsma			Reina Anema			
		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	Gioya Lancee		DSA	1:56.15	1:59.02	
	bl	11	Robin Groot		DSA	1:56.54	2:00.30	
		Gioya Lancee			Robin Groot			
		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	60	Finn ten Hove		HSA		1:56.13	2:01.11	
	rd								
		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)					
<hr/>									
		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
			m					m	
<hr/>									
		Naam		Cat		PR		Tijd	Info
3	wt	75	Tom Nijdam		HN2		1:54.25	1:56.12	
	rd	70	Paddy Smit		HN3		1:57.89	2:01.62	
		Tom Nijdam							
		300m	25.20	(25.20)				300m	25.43 (25.43)
		700m	53.56	(28.36)				700m	54.85 (29.42)
		1100m	1:23.88	(30.32)				1100m	1:27.24 (32.39)
		1500m	1:56.12	(32.24)				1500m	2:01.62 (34.38)
<hr/>									
		Naam		Cat		PR		Tijd	Info
4	gl	74	Yanick de Hoogd		HN1		1:52.49	1:54.62	
	bl	66	Niels Meijer		HN3		1:54.83	1:57.17	
		Yanick de Hoogd							
		300m	25.01	(25.01)				300m	26.29 (26.29)
		700m	52.92	(27.91)				700m	55.45 (29.16)
		1100m	1:22.47	(29.55)				1100m	1:25.99 (30.54)
		1500m	1:54.62	(32.15)				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	Johan Bouwhuis		HA2		1:56.06	1:57.54	
	rd	65	Jasper van der Marel		HN1		1:53.35	1:56.23	
		Johan Bouwhuis			Jasper van der Marel				
		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	Sille Hut		HN1		1:52.56	1:53.78	
	bl	14	Bram van Essen		HN4		1:52.67	1:55.65	
		Sille Hut			Bram van Essen				
		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	Chris Brommersma		HN1		1:53.28	1:54.13	
	rd	57	Jornt Dijk		HSA		1:51.56	1:53.32	
		Chris Brommersma			Jornt Dijk				
		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	Jasper Tinga		HN2		1:52.86	1:53.81	
	bl	30	Niels van Reeuwijk		HN1		1:51.58	1:52.82	
		Jasper Tinga			Niels van Reeuwijk				
		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	Olaf Vunderink		HA2		1:52.44	1:53.26	
	rd	46	Loek van Vilsteren		HN2		1:50.11	1:52.19	
		Olaf Vunderink			Loek van Vilsteren				
		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)		

		Naam		Cat		PR		Tijd	Info
10	gl	25	Jasper Krommenhoek		HN2		1:49.34	1:51.77	
	bl	20	Jeroen Janissen		HSA		1:49.06	1:54.06	
		Jasper Krommenhoek			Jeroen Janissen				
		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)		

		Naam		Cat		PR		Tijd	Info
11	wt	49	Hidde Westra		HN2		1:48.43	1:50.04	
	rd	44	Jur Veenje		HSA		1:48.27	1:50.87	
		Hidde Westra			Jur Veenje				
		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)		

		Naam		Cat		PR		Tijd	Info
12	gl	50	Gert Wierda		HN3		1:46.38	1:50.35	
	bl	22	Jelle Koeleman		HN2		1:52.18	1:54.14	
		Gert Wierda			Jelle Koeleman				
		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	Stijn van de Bunt		HN2			1:49.30	1:51.27	
	rd	11	Colin James Duivenvoorden		HN3			1:48.57	1:50.90	
		Stijn van de Bunt			Colin James Duivenvoorden					
		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	Remco Stam		HN2			1:48.13	1:52.11	
	bl	17	Freek van der Ham		HN1			1:46.20	1:50.23	
		Remco Stam			Freek van der Ham					
		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	Eline van Voorden		DSA		7:24.91	7:40.27	
	rd	44	Sylvia de Vries		DN1		7:42.44	7:38.47	PR
		Eline van Voorden			Sylvia de Vries				
		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	Hilde Noppert		DSA		7:41.74	7:46.40	
	bl	17	Patricia Koot		DN1		7:53.56	7:42.21	PR
		Hilde Noppert			Patricia Koot				
		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	Esmee Visser		DSA			6:45.73	7:14.29
	rd	19	Sophie Kraaijeveld		DN2			7:31.18	7:21.08 PR
		Esmee Visser			Sophie Kraaijeveld				
		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	Evelien Vijn		DN3			7:05.29	7:11.82
	bl	30	Susanne Prins		DN1			7:51.13	8:01.33
		Evelien Vijn			Susanne Prins				
		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	Kim Talsma		DSA			7:26.00	7:26.73
	rd	10	Jade Groenewoud		DN2			7:20.17	7:32.03
		Kim Talsma			Jade Groenewoud				
		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	Gioya Lancee		DSA			7:32.50	7:24.52 PR
	bl	11	Robin Groot		DSA			7:00.56	7:11.31
		Gioya Lancee			Robin Groot				
		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	14:01.78	
	rd	42	Jasper Tinga		HN2	14:58.99	14:09.40	PR
		Jeroen Janissen			Jasper Tinga			
		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 Jelle Koeleman	HN2	14:09.32	13:46.02	PR
	bl	46 Loek van Vilsteren	HN2	14:50.76	14:36.08	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	Jur Veenje		HSA		14:26.36	14:15.61	PR
	rd	25	Jasper Krommenhoek		HN2		13:09.14	13:24.46	
		Jur Veenje			Jasper Krommenhoek				
		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 Stijn van de Bunt	HN2	13:17.90	13:20.23	
	bl	49 Hidde Westra	HN2	14:53.82	14:35.23	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	Colin James Duivenvoorden		HN3		13:47.54	13:55.76
	rd	50	Gert Wierda		HN3		13:18.82	13:42.42
		Colin James Duivenvoorden			Gert Wierda			
		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	Freek van der Ham	HN1	13:27.67	14:01.93
	bl 41	Remco Stam	HN2	13:03.01	13:33.48

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)