

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	4 Janno Botman	HSA	10	I	35.23		
2	3 Mats van den Bos	HN2	9	I	35.45		
	5 Johan Talsma	HN2	9	O	35.45		
4	7 Mats Siemons	HN4	10	O	35.56		
5	61 Sven Kemp	HSA	3	I	35.85		
6	57 Mika van Essen	HSA	8	I	35.92		
7	18 Niels de Kruijk	HN1	7	I	36.46		
8	14 Bryant Boogert	HN2	7	O	36.47		
9	34 Daan van Zwienen	HA2	8	O	36.93		
10	48 Jack Boekema	HB2	6	I	37.57		
11	52 Jens Halfweeg	HA2	6	O	37.59		
12	40 Jort de Gans	HN2	5	I	37.79		
13	20 Ramzi Coenraad	HB1	5	O	38.00	PB	
14	1 Pien Hersman	DN3	4	O	38.22		
15	19 Lucas Fabrie	HA1	4	I	38.38	PB	
16	10 Helga Drost	DSA	1	I	38.97		
17	58 Amber Duizendstraal	DN4	3	O	39.33		
18	29 Elanne de Vries	DN1	2	I	40.32	PB	
19	47 Elise Favre	DA1	1	O	41.43		
20	50 Julia Pereira de Vos	DN1	2	O	41.76		

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

1. Race Result 500 meter

		Name	Cat	PB	Time	Info
1	wt	10 Helga Drost	DSA	38.00	38.97	
	rd	47 Elise Favre	DA1	40.89	41.43	
		Helga Drost		Elise Favre		
		100m	10.92 (10.92)	100m	11.55 (11.55)	
		500m	38.97 (28.05)	500m	41.43 (29.88)	

		Name	Cat	PB	Time	Info
2	yw	29 Elanne de Vries	DN1	40.45	40.32	PB
	bl	50 Julia Pereira de Vos	DN1	41.03	41.76	
		Elanne de Vries		Julia Pereira de Vos		
		100m	11.36 (11.36)	100m	11.28 (11.28)	
		500m	40.32 (28.96)	500m	41.76 (30.48)	

		Name	Cat	PB	Time	Info
3	wt	61 Sven Kemp	HSA	35.10	35.85	
	rd	58 Amber Duizendstraal	DN4	38.49	39.33	
		Sven Kemp		Amber Duizendstraal		
		100m	9.90 (9.90)	100m	10.87 (10.87)	
		500m	35.85 (25.95)	500m	39.33 (28.46)	

		Name	Cat	PB	Time	Info
4	yw	19 Lucas Fabrie	HA1	38.48	38.38	PB
	bl	1 Pien Hersman	DN3	37.76	38.22	
		Lucas Fabrie		Pien Hersman		
		100m	10.36 (10.36)	100m	10.59 (10.59)	
		500m	38.38 (28.02)	500m	38.22 (27.63)	

		Name	Cat	PB	Time	Info
5	wt	40 Jort de Gans	HN2	37.10	37.79	
	rd	20 Ramzi Coenraad	HB1	38.06	38.00	PB
		Jort de Gans		Ramzi Coenraad		
		100m	10.62 (10.62)	100m	10.57 (10.57)	
		500m	37.79 (27.17)	500m	38.00 (27.43)	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

		Name	Cat	PB	Time	Info
6	yw	48 Jack Boekema	HB2	36.75	37.57	
	bl	52 Jens Halfweeg	HA2	37.23	37.59	
		Jack Boekema		Jens Halfweeg		
		100m	11.05 (11.05)	100m	10.45 (10.45)	
		500m	37.57 (26.52)	500m	37.59 (27.14)	
		Name	Cat	PB	Time	Info
7	wt	18 Niels de Kruijk	HN1	35.77	36.46	
	rd	14 Bryant Boogert	HN2	35.68	36.47	
		Niels de Kruijk		Bryant Boogert		
		100m	10.24 (10.24)	100m	10.20 (10.20)	
		500m	36.46 (26.22)	500m	36.47 (26.27)	
		Name	Cat	PB	Time	Info
8	yw	57 Mika van Essen	HSA	35.25	35.92	
	bl	34 Daan van Zwienen	HA2	36.63	36.93	
		Mika van Essen		Daan van Zwienen		
		100m	10.12 (10.12)	100m	10.23 (10.23)	
		500m	35.92 (25.80)	500m	36.93 (26.70)	
		Name	Cat	PB	Time	Info
9	wt	3 Mats van den Bos	HN2	34.58	35.45	
	rd	5 Johan Talsma	HN2	34.83	35.45	
		Mats van den Bos		Johan Talsma		
		100m	9.89 (9.89)	100m	9.80 (9.80)	
		500m	35.45 (25.56)	500m	35.45 (25.65)	
		Name	Cat	PB	Time	Info
10	yw	4 Janno Botman	HSA	34.35	35.23	
	bl	7 Mats Siemons	HN4	35.01	35.56	
		Janno Botman		Mats Siemons		
		100m	9.86 (9.86)	100m	10.11 (10.11)	
		500m	35.23 (25.37)	500m	35.56 (25.45)	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	8 Louis Hollaar	HSA	4	O	6:24.36	PB	
2	38 Friso van Vliet	HA1	3	I	6:37.70	PB	
3	41 Sietse de Vries	HN1	3	O	6:44.26		
4	39 Sophie Exterkate	DA2	1	O	7:29.36		
	42 Sem Spruit	HA1			WDR		
	37 Bodhi Smeele	HA2			WDR		

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

2. Race Result 5000 meter

	Name	Cat	PB	Time	Info
1	wt rd 39 Sophie Exterkate	DA2	7:27.84	7:29.36	

Sophie Exterkate

m	200m	21.05	(21.05)
	600m	53.92	(32.87)
	1000m	1:28.21	(34.29)
	1400m	2:02.61	(34.40)
	1800m	2:37.75	(35.14)
	2200m	3:13.02	(35.27)
	2600m	3:48.89	(35.87)
	3000m	4:25.15	(36.26)
	3400m	5:01.62	(36.47)
	3800m	5:38.28	(36.66)
	4200m	6:15.27	(36.99)
	4600m	6:52.31	(37.04)
	5000m	7:29.36	(37.05)

	Name	Cat	PB	Time	Info
2	yw 42 Sem Spruit	HA1			WDR
	bl 37 Bodhi Smeele	HA2			WDR
	Sem Spruit	Bodhi Smeele			

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen
22 November 2025

		Name	Cat			PB	Time	Info
3	wt	38 Friso van Vliet	HA1			6:49.34	6:37.70	PB
	rd	41 Sietse de Vries	HN1			6:42.46	6:44.26	
		Friso van Vliet			Sietse de Vries			
		200m	19.76	(19.76)	200m	19.85	(19.85)	
		600m	51.10	(31.34)	600m	51.56	(31.71)	
		1000m	1:22.67	(31.57)	1000m	1:23.85	(32.29)	
		1400m	1:54.16	(31.49)	1400m	1:56.10	(32.25)	
		1800m	2:25.53	(31.37)	1800m	2:28.29	(32.19)	
		2200m	2:57.16	(31.63)	2200m	3:00.49	(32.20)	
		2600m	3:28.61	(31.45)	2600m	3:32.70	(32.21)	
		3000m	3:59.69	(31.08)	3000m	4:04.78	(32.08)	
		3400m	4:30.77	(31.08)	3400m	4:36.85	(32.07)	
		3800m	5:02.32	(31.55)	3800m	5:08.64	(31.79)	
		4200m	5:33.97	(31.65)	4200m	5:40.67	(32.03)	
		4600m	6:05.75	(31.78)	4600m	6:12.57	(31.90)	
		5000m	6:37.70	(31.95)	5000m	6:44.26	(31.69)	

		Name	Cat			PB	Time	Info
4	yw	8 Louis Hollaar	HSA			6:32.49	6:24.36	PB
	bl							
		m			Louis Hollaar			
		200m	18.86	(18.86)	200m	18.86	(18.86)	
		600m	48.69	(29.83)	600m	48.69	(29.83)	
		1000m	1:19.69	(31.00)	1000m	1:19.69	(31.00)	
		1400m	1:50.42	(30.73)	1400m	1:50.42	(30.73)	
		1800m	2:20.92	(30.50)	1800m	2:20.92	(30.50)	
		2200m	2:51.63	(30.71)	2200m	2:51.63	(30.71)	
		2600m	3:22.23	(30.60)	2600m	3:22.23	(30.60)	
		3000m	3:52.86	(30.63)	3000m	3:52.86	(30.63)	
		3400m	4:23.25	(30.39)	3400m	4:23.25	(30.39)	
		3800m	4:53.86	(30.61)	3800m	4:53.86	(30.61)	
		4200m	5:24.29	(30.43)	4200m	5:24.29	(30.43)	
		4600m	5:54.40	(30.11)	4600m	5:54.40	(30.11)	
		5000m	6:24.36	(29.96)	5000m	6:24.36	(29.96)	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

3. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	63 Jesper van Mieghem	HN2	11	O	1:51.44	PB	
2	54 Jan Mooijman	HA2	12	O	1:51.51	PB	
3	48 Jack Boekema	HB2	9	I	1:53.29		
4	45 Rutger Jansma	HA1	10	I	1:54.99		
5	55 Sven Huizinga	HA1	11	I	1:55.01		
6	32 Taeke Jongbloed	HA1	7	I	1:55.71	PB	
7	31 Nick Barendse	HA1	7	O	1:57.06	PB	
8	51 Sjors Zautsen	HA2	8	I	1:57.24		
9	24 Quinten de Jong	HA1	8	O	1:58.22		
10	9 Pien Smit	DN3	6	I	1:58.59	PB	
11	43 Niek Bijma	HA1	9	O	1:59.31		
12	11 Sylke Kas	DSA	3	O	2:01.11	PB	
13	10 Helga Drost	DSA	5	O	2:01.72		
14	13 Lotte Groenen	DN2	5	I	2:04.41		
15	53 Mara Vergeer	DA1	4	O	2:08.75		
16	49 Jade Zijlstra	DB2	4	I	2:08.85	PB	
17	26 Ymke Wubben	DA1	2	O	2:11.02		
18	33 Amber Koetsier	DA1	1	I	2:11.08	PB	
19	30 Isa Oudenes	DA1	1	O	2:12.64		
20	25 Scarlett de Bruijn	DB2	2	I	2:12.92		
	23 Luke Bavius	HA1	6	O	DNF		
	15 Ties van Seumeren	HN2	12	I	DNF		
	47 Elise Favre	DA1			WDR		
	40 Jort de Gans	HN2			WDR		

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

3. Race Result 1500 meter

		Name	Cat	PB	Time	Info
1	wt	33 Amber Koetsier	DA1	2:12.48	2:11.08	PB
	rd	30 Isa Oudenes	DA1	2:11.82	2:12.64	
		Amber Koetsier		Isa Oudenes		
		300m 28.88 (28.88)		300m 28.35 (28.35)		
		700m 1:00.57 (31.69)		700m 1:00.30 (31.95)		
		1100m 1:34.71 (34.14)		1100m 1:35.28 (34.98)		
		1500m 2:11.08 (36.37)		1500m 2:12.64 (37.36)		

		Name	Cat	PB	Time	Info
2	yw	25 Scarlett de Bruijn	DB2	2:10.82	2:12.92	
	bl	26 Ymke Wubben	DA1	2:08.28	2:11.02	
		Scarlett de Bruijn		Ymke Wubben		
		300m 28.49 (28.49)		300m 28.55 (28.55)		
		700m 1:01.02 (32.53)		700m 1:00.11 (31.56)		
		1100m 1:35.91 (34.89)		1100m 1:34.39 (34.28)		
		1500m 2:12.92 (37.01)		1500m 2:11.02 (36.63)		

		Name	Cat	PB	Time	Info
3	wt	47 Elise Favre	DA1	2:08.27	WDR	
	rd	11 Sylke Kas	DSA	2:04.45	2:01.11	PB
		Elise Favre		Sylke Kas		
				300m 25.72 (25.72)		
				700m 55.08 (29.36)		
				1100m 1:26.74 (31.66)		
				1500m 2:01.11 (34.37)		

		Name	Cat	PB	Time	Info
4	yw	49 Jade Zijlstra	DB2	2:09.07	2:08.85	PB
	bl	53 Mara Vergeer	DA1	2:06.53	2:08.75	
		Jade Zijlstra		Mara Vergeer		
		300m 28.82 (28.82)		300m 26.97 (26.97)		
		700m 1:00.37 (31.55)		700m 58.61 (31.64)		
		1100m 1:33.91 (33.54)		1100m 1:32.98 (34.37)		
		1500m 2:08.85 (34.94)		1500m 2:08.75 (35.77)		

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

		Name	Cat	PB	Time	Info
5	wt	13 Lotte Groenen	DN2	2:03.30	2:04.41	
	rd	10 Helga Drost	DSA	1:59.76	2:01.72	
		Lotte Groenen		Helga Drost		
		300m	25.92 (25.92)	300m	25.66 (25.66)	
		700m	55.72 (29.80)	700m	54.52 (28.86)	
		1100m	1:28.22 (32.50)	1100m	1:26.38 (31.86)	
		1500m	2:04.41 (36.19)	1500m	2:01.72 (35.34)	

		Name	Cat	PB	Time	Info
6	yw	9 Pien Smit	DN3	2:00.11	1:58.59	PB
	bl	23 Luke Bavius	HA1	1:58.62	DNF	
		Pien Smit		Luke Bavius		
		300m	25.63 (25.63)	300m	25.60 (25.60)	
		700m	54.72 (29.09)			
		1100m	1:25.77 (31.05)			
		1500m	1:58.59 (32.82)			

		Name	Cat	PB	Time	Info
7	wt	32 Taeke Jongbloed	HA1	1:56.43	1:55.71	PB
	rd	31 Nick Barendse	HA1	1:58.05	1:57.06	PB
		Taeke Jongbloed		Nick Barendse		
		300m	25.77 (25.77)	300m	24.92 (24.92)	
		700m	54.36 (28.59)	700m	53.32 (28.40)	
		1100m	1:24.07 (29.71)	1100m	1:23.91 (30.59)	
		1500m	1:55.71 (31.64)	1500m	1:57.06 (33.15)	

		Name	Cat	PB	Time	Info
8	yw	51 Sjors Zautsen	HA2	1:55.17	1:57.24	
	bl	24 Quinten de Jong	HA1	1:57.38	1:58.22	
		Sjors Zautsen		Quinten de Jong		
		300m	25.83 (25.83)	300m	25.35 (25.35)	
		700m	54.52 (28.69)	700m	54.42 (29.07)	
		1100m	1:24.75 (30.23)	1100m	1:25.71 (31.29)	
		1500m	1:57.24 (32.49)	1500m	1:58.22 (32.51)	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

		Name	Cat	PB	Time	Info
9	wt	48 Jack Boekema	HB2	1:53.02	1:53.29	
	rd	43 Niek Bijma	HA1	1:55.70	1:59.31	
		Jack Boekema		Niek Bijma		
		300m	24.67 (24.67)	300m	25.03 (25.03)	
		700m	52.82 (28.15)	700m	53.50 (28.47)	
		1100m	1:22.20 (29.38)	1100m	1:24.66 (31.16)	
		1500m	1:53.29 (31.09)	1500m	1:59.31 (34.65)	

		Name	Cat	PB	Time	Info
10	yw	45 Rutger Jansma	HA1	1:54.63	1:54.99	
	bl	40 Jort de Gans	HN2	1:52.38	WDR	
		Rutger Jansma		Jort de Gans		
		300m	25.24 (25.24)			
		700m	53.37 (28.13)			
		1100m	1:23.31 (29.94)			
		1500m	1:54.99 (31.68)			

		Name	Cat	PB	Time	Info
11	wt	55 Sven Huizinga	HA1	1:52.46	1:55.01	
	rd	63 Jesper van Mieghem	HN2	1:51.93	1:51.44	PB
		Sven Huizinga		Jesper van Mieghem		
		300m	25.67 (25.67)	300m	23.91 (23.91)	
		700m	53.78 (28.11)	700m	50.95 (27.04)	
		1100m	1:23.35 (29.57)	1100m	1:19.65 (28.70)	
		1500m	1:55.01 (31.66)	1500m	1:51.44 (31.79)	

		Name	Cat	PB	Time	Info
12	yw	15 Ties van Seumeren	HN2	1:47.50	DNF	
	bl	54 Jan Mooijman	HA2	1:53.50	1:51.51	PB
		Ties van Seumeren		Jan Mooijman		
				300m	24.62 (24.62)	
				700m	51.68 (27.06)	
				1100m	1:20.44 (28.76)	
				1500m	1:51.51 (31.07)	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

4. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	7 Mats Siemons	HN4	8	I	1:09.57		
2	4 Janno Botman	HSA	7	O	1:09.91		
3	2 Kayo Vos	HN4	7	I	1:10.56		
4	5 Johan Talsma	HN2	8	O	1:11.78		
5	27 Tygo Kompier	HN1	6	I	1:14.73		
6	28 Yoeri van Bostelen	HN2	5	O	1:15.16		
7	56 Rens Vergeer	HN1	5	I	1:15.38	PB	
8	16 Myrthe de Boer	DSA	3	O	1:17.23		
9	36 Matteo van Schajik	HN1	4	O	1:17.29		
10	46 Elbrich Nicolay	DN1	2	O	1:21.10	PB	
11	12 Jildou Hoekstra	DN3	3	I	1:21.14		
12	60 Isa Leroy	DN1	4	I	1:21.18		
13	44 Marika de Glee	DA2	1	I	1:21.90	PB	
14	22 Maud Groenen	DB2	2	I	1:24.80	PB	
15	21 Naomi Wessels	DB2	1	O	1:25.08	PB	
	18 Niels de Kruijk	HN1				WDR	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

4. Race Result 1000 meter

		Name	Cat	PB	Time	Info
1	wt	44 Marika de Glee	DA2	1:22.31	1:21.90	PB
	rd	21 Naomi Wessels	DB2	1:25.28	1:25.08	PB
		Marika de Glee		Naomi Wessels		
		200m	19.18 (19.18)	200m	20.18 (20.18)	
		600m	49.25 (30.07)	600m	50.94 (30.76)	
		1000m	1:21.90 (32.65)	1000m	1:25.08 (34.14)	

		Name	Cat	PB	Time	Info
2	yw	22 Maud Groenen	DB2	1:26.05	1:24.80	PB
	bl	46 Elbrich Nicolay	DN1	1:22.22	1:21.10	PB
		Maud Groenen		Elbrich Nicolay		
		200m	19.84 (19.84)	200m	19.19 (19.19)	
		600m	51.32 (31.48)	600m	49.02 (29.83)	
		1000m	1:24.80 (33.48)	1000m	1:21.10 (32.08)	

		Name	Cat	PB	Time	Info
3	wt	12 Jildou Hoekstra	DN3	1:19.18	1:21.14	
	rd	16 Myrthe de Boer	DSA	1:15.51	1:17.23	
		Jildou Hoekstra		Myrthe de Boer		
		200m	17.99 (17.99)	200m	18.60 (18.60)	
		600m	46.89 (28.90)	600m	46.64 (28.04)	
		1000m	1:21.14 (34.25)	1000m	1:17.23 (30.59)	

		Name	Cat	PB	Time	Info
4	yw	60 Isa Leroy	DN1	1:19.50	1:21.18	
	bl	36 Matteo van Schajik	HN1	1:15.87	1:17.29	
		Isa Leroy		Matteo van Schajik		
		200m	19.22 (19.22)	200m	18.44 (18.44)	
		600m	48.94 (29.72)	600m	46.87 (28.43)	
		1000m	1:21.18 (32.24)	1000m	1:17.29 (30.42)	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

		Name	Cat	PB	Time	Info
5	wt	56 Rens Vergeer	HN1	1:16.05	1:15.38	PB
	rd	28 Yoeri van Bostelen	HN2	1:11.87	1:15.16	
		Rens Vergeer		Yoeri van Bostelen		
		200m	17.68 (17.68)	200m	17.32 (17.32)	
		600m	45.22 (27.54)	600m	44.82 (27.50)	
		1000m	1:15.38 (30.16)	1000m	1:15.16 (30.34)	

		Name	Cat	PB	Time	Info
6	yw	27 Tygo Kompier	HN1	1:12.70	1:14.73	
	bl	18 Niels de Kruijk	HN1	1:11.41	WDR	
		Tygo Kompier		Niels de Kruijk		
		200m	17.72 (17.72)			
		600m	45.17 (27.45)			
		1000m	1:14.73 (29.56)			

		Name	Cat	PB	Time	Info
7	wt	2 Kayo Vos	HN4	1:08.70	1:10.56	
	rd	4 Janno Botman	HSA	1:08.06	1:09.91	
		Kayo Vos		Janno Botman		
		200m	16.77 (16.77)	200m	16.60 (16.60)	
		600m	42.54 (25.77)	600m	41.93 (25.33)	
		1000m	1:10.56 (28.02)	1000m	1:09.91 (27.98)	

		Name	Cat	PB	Time	Info
8	yw	7 Mats Siemons	HN4	1:08.84	1:09.57	
	bl	5 Johan Talsma	HN2	1:10.75	1:11.78	
		Mats Siemons		Johan Talsma		
		200m	16.62 (16.62)	200m	16.73 (16.73)	
		600m	42.15 (25.53)	600m	42.67 (25.94)	
		1000m	1:09.57 (27.42)	1000m	1:11.78 (29.11)	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

5. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	6 Patrick Roest	HSA	10	I	3:41.79		
2	62 Romée Ebbinge	DSA	9	I	4:36.10		

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

22 November 2025

5. Race Result 3000 meter

		Name	Cat	PB	Time Info
9	wt rd	62 Romée Ebbinge	DSA	4:20.70	4:36.10

Romée Ebbinge

200m	20.62	(20.62)	m
600m	53.87	(33.25)	
1000m	1:28.06	(34.19)	
1400m	2:03.59	(35.53)	
1800m	2:40.25	(36.66)	
2200m	3:18.01	(37.76)	
2600m	3:56.63	(38.62)	
3000m	4:36.10	(39.47)	

		Name	Cat	PB	Time Info
10	yw bl	6 Patrick Roest	HSA	3:35.49	3:41.79

Patrick Roest

200m	18.68	(18.68)	m
600m	47.55	(28.87)	
1000m	1:16.66	(29.11)	
1400m	1:45.80	(29.14)	
1800m	2:14.73	(28.93)	
2200m	2:43.69	(28.96)	
2600m	3:12.61	(28.92)	
3000m	3:41.79	(29.18)	