

1. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	59 Twan van Duuren	HC2	34	O	4:13.48		
2	79 Berto Anker	HN2	33	I	4:21.23		
3	32 Mees Blaauw	HB2	33	O	4:24.47		
4	66 Hugo de Jonge	HN3	32	O	4:31.07	PR	
5	67 Jordy Krap	HSA	30	I	4:31.92	PR	
6	20 Olivier Wennekes	HB1	34	I	4:32.38		
7	63 Liam Tap	HN2	32	I	4:33.89	PR	
8	13 Rune Stoel	HB1	31	O	4:34.45	PR	
9	4 Zino Van Os	HB1	31	I	4:34.65	PR	
10	72 Boaz de Gast	HB2	29	O	4:35.23	PR	
11	65 Martijn Cox	HN3	29	I	4:38.54	PR	
12	25 Augustine Kaper	DC2	26	I	4:51.85	PR	
13	30 Sven de Mooij	HC2	26	O	4:53.45	HT PR	
14	3 Gio Kromokario	HA1	28	O	4:55.36		
15	9 Robin Verboom	HC2	23	O	4:57.81	PR	
16	2 Feline Scholten	DC1	8	O	4:58.91		
17	1 Roos Bos	DC1	5	O	4:59.03		
18	50 Maren de Bruin	DC2	30	O	4:59.44		
19	24 Nouschka Steenks	DB1	25	O	5:00.85	HT	
20	18 Emma Boon	DB2	28	I	5:01.24		
21	22 Jolijn Solleveld	DC2	21	I	5:01.41	PR	
22	46 Seppe Wiersema	HC2	6	I	5:02.98		
23	56 Wende Linnenbank	DC1	22	I	5:03.43	PR	
24	76 Sietse Post	HB2	22	O	5:04.04	PR	
25	45 Matthias Tam	HC2	6	O	5:04.87		
26	10 Kian Van Nierop	HB1	24	I	5:06.31		
27	36 Mariska van Zon	DSA	27	O	5:07.60		
28	34 Puk Moerman	DC1	8	I	5:09.53		
29	27 Francis de Bruijn	DC2	19	I	5:09.88	PR	
30	35 Emma Rimmelzwaan	DC1	23	I	5:11.09	PR	
31	17 Sanne Kool	DC2	18	I	5:11.54	PR	
32	23 Jelte Petri	HC1	1	O	5:12.66		
33	57 Vivienne Bodijn	DC1	1	I	5:13.26		
34	48 Isolde de Koster	DB2	14	O	5:17.50	PR	
35	54 Annika Korpershoek	DB2	20	O	5:18.50		
36	12 Boaz Piek	HB1	21	O	5:19.86		
37	47 Lauren de Kool	DC2	3	I	5:22.18		
38	55 Floortje Korpershoek	DB2	20	I	5:22.72	PR	

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	49 Eva Hogendoorn	DB2	15	I	5:22.82	PR	
40	44 Anne-Lotte Köhler	DB2	13	O	5:22.90	PR	
41	29 Fem Ferrari	DC2	12	O	5:25.72		
42	19 Lisa de Koster	DB2	16	I	5:26.43	PR	
43	6 Julia van Schie	DC1	7	I	5:26.77		
44	31 Edwin van Leeuwen	H45	18	O	5:26.92	PR	
45	11 Rutger van Gerven	HB2	17	I	5:28.58		
46	39 Rinske Hogenboom	DB1	11	I	5:28.60	PR	
47	8 Yara Lagerwerf	DC1	7	O	5:28.82		
48	16 Tristan Boon	HC2	14	I	5:29.63	PR FL	
49	26 Noa van Leeuwen	DB1	19	O	5:30.44		
50	37 Laura Zeemeijer	DC2	9	I	5:34.62	PR	
51	5 Lindsey Eijgermans	DB2	15	O	5:35.20		
52	78 Suze Verschoor	DC2	5	I	5:37.01		
53	62 Sophie Ammerlaan	DB1	4	I	5:37.72		
54	14 Wouter Kok	HC2	3	O	5:39.09		
55	77 Oona Alleblas	DB1	12	I	5:39.67	PR	
56	71 Renske Ansink	DB1	17	O	5:50.01		
57	15 Mirthe Wijnakker	DB2	10	O	5:50.04		
58	60 Jasmijn Verdoold	DB2	11	O	5:51.15	PR	
59	28 Annika Kaper	DA1	10	I	5:53.49		
60	58 Malaika Bevelander	DC2	4	O	5:56.95		
61	81 Arjan de Jong	HSB	9	O	6:01.63		
62	75 Leon van Bohemen	H60	24	O	6:03.62		
	41 Noortje Valkenburg	DC2	13	I		DNF	
	73 Indy Kromokario	HN1	25	I		DNF	
	40 Julian Broos	HA1	27	I		DNS	

1. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	57	Vivienne Bodijn		DC1		5:13.26	
	rd	23	Jelte Petri		HC1		5:12.66	
		Vivienne Bodijn			Jelte Petri			
		200m	23.20	(23.20)	200m	23.04	(23.04)	
		600m	1:01.74	(38.54)	600m	1:01.95	(38.91)	
		1000m	1:42.32	(40.58)	1000m	1:42.66	(40.71)	
		1400m	2:24.21	(41.89)	1400m	2:24.28	(41.62)	
		1800m	3:06.65	(42.44)	1800m	3:07.02	(42.74)	
		2200m	3:49.59	(42.94)	2200m	3:49.28	(42.26)	
		2600m	4:32.18	(42.59)	2600m	4:32.20	(42.92)	
		3000m	5:13.26	(41.08)	3000m	5:12.66	(40.46)	

		Naam		Cat		PR	Tijd	Info
2	gl							
	bl							
		m			m			

		Naam		Cat		PR	Tijd	Info
3	wt	47	Lauren de Kool		DC2		5:22.18	
	rd	14	Wouter Kok		HC2		5:39.09	
		Lauren de Kool			Wouter Kok			
		200m	23.18	(23.18)	200m	24.59	(24.59)	
		600m	1:01.25	(38.07)	600m	1:06.22	(41.63)	
		1000m	1:42.50	(41.25)	1000m	1:49.61	(43.39)	
		1400m	2:25.51	(43.01)	1400m	2:33.95	(44.34)	
		1800m	3:09.80	(44.29)	1800m	3:19.59	(45.64)	
		2200m	3:54.66	(44.86)	2200m	4:06.98	(47.39)	
		2600m	4:38.99	(44.33)	2600m	4:54.97	(47.99)	
		3000m	5:22.18	(43.19)	3000m	5:39.09	(44.12)	

		Naam	Cat	PR	Tijd	Info
4	gl	62 Sophie Ammerlaan	DB1		5:37.72	
	bl	58 Malaika Bevelander	DC2		5:56.95	

Sophie Ammerlaan

200m	26.41	(26.41)
600m	1:14.38	(47.97)
1000m	2:00.44	(46.06)
1400m	2:45.87	(45.43)
1800m	3:30.85	(44.98)
2200m	4:13.86	(43.01)
2600m	4:56.03	(42.17)
3000m	5:37.72	(41.69)

Malaika Bevelander

200m	27.43	(27.43)
600m	1:14.22	(46.79)
1000m	2:01.49	(47.27)
1400m	2:47.73	(46.24)
1800m	3:34.52	(46.79)
2200m	4:21.82	(47.30)
2600m	5:09.34	(47.52)
3000m	5:56.95	(47.61)

		Naam	Cat	PR	Tijd	Info
5	wt	78 Suze Verschoor	DC2		5:37.01	
	rd	1 Roos Bos	DC1		4:59.03	

Suze Verschoor

200m	24.17	(24.17)
600m	1:04.23	(40.06)
1000m	1:45.87	(41.64)
1400m	2:30.70	(44.83)
1800m	3:17.45	(46.75)
2200m	4:04.26	(46.81)
2600m	4:51.01	(46.75)
3000m	5:37.01	(46.00)

Roos Bos

200m	23.52	(23.52)
600m	1:01.51	(37.99)
1000m	1:42.15	(40.64)
1400m	2:22.18	(40.03)
1800m	3:01.92	(39.74)
2200m	3:42.01	(40.09)
2600m	4:21.57	(39.56)
3000m	4:59.03	(37.46)

		Naam	Cat	PR	Tijd	Info
6	gl	46 Seppe Wiersema	HC2		5:02.98	
	bl	45 Matthias Tam	HC2		5:04.87	

Seppe Wiersema

200m	22.52	(22.52)
600m	59.84	(37.32)
1000m	1:39.36	(39.52)
1400m	2:20.00	(40.64)
1800m	3:00.72	(40.72)
2200m	3:41.47	(40.75)
2600m	4:22.58	(41.11)
3000m	5:02.98	(40.40)

Matthias Tam

200m	22.87	(22.87)
600m	59.62	(36.75)
1000m	1:39.61	(39.99)
1400m	2:20.08	(40.47)
1800m	3:01.43	(41.35)
2200m	3:42.66	(41.23)
2600m	4:23.62	(40.96)
3000m	5:04.87	(41.25)

		Naam	Cat	PR	Tijd	Info
7	wt	6 Julia van Schie	DC1		5:26.77	
	rd	8 Yara Lagerwerf	DC1		5:28.82	

Julia van Schie

200m	23.99	(23.99)
600m	1:07.46	(43.47)
1000m	1:50.37	(42.91)
1400m	2:35.36	(44.99)
1800m	3:19.01	(43.65)
2200m	4:02.56	(43.55)
2600m	4:45.97	(43.41)
3000m	5:26.77	(40.80)

Yara Lagerwerf

200m	24.22	(24.22)
600m	1:06.62	(42.40)
1000m	1:51.35	(44.73)
1400m	2:35.37	(44.02)
1800m	3:19.20	(43.83)
2200m	4:02.74	(43.54)
2600m	4:46.57	(43.83)
3000m	5:28.82	(42.25)

		Naam	Cat	PR	Tijd	Info
8	gl	34 Puk Moerman	DC1		5:09.53	
	bl	2 Feline Scholten	DC1		4:58.91	

Puk Moerman

200m	21.99	(21.99)
600m	58.67	(36.68)
1000m	1:38.16	(39.49)
1400m	2:19.23	(41.07)
1800m	3:01.54	(42.31)
2200m	3:43.85	(42.31)
2600m	4:27.88	(44.03)
3000m	5:09.53	(41.65)

Feline Scholten

200m	21.93	(21.93)
600m	57.96	(36.03)
1000m	1:36.98	(39.02)
1400m	2:16.44	(39.46)
1800m	2:56.21	(39.77)
2200m	3:37.12	(40.91)
2600m	4:18.12	(41.00)
3000m	4:58.91	(40.79)

		Naam	Cat	PR	Tijd	Info
9	wt	37 Laura Zeemeijer	DC2	6:13.33	5:34.62	PR
	rd	81 Arjan de Jong	HSB	5:54.53	6:01.63	

Laura Zeemeijer

200m	24.29	(24.29)
600m	1:07.00	(42.71)
1000m	1:51.95	(44.95)
1400m	2:36.20	(44.25)
1800m	3:20.08	(43.88)
2200m	4:04.04	(43.96)
2600m	4:48.88	(44.84)
3000m	5:34.62	(45.74)

Arjan de Jong

200m	27.32	(27.32)
600m	1:11.09	(43.77)
1000m	1:56.60	(45.51)
1400m	2:43.15	(46.55)
1800m	3:31.13	(47.98)
2200m	4:20.53	(49.40)
2600m	5:11.16	(50.63)
3000m	6:01.63	(50.47)

		Naam	Cat	PR	Tijd	Info
10	gl	28 Annika Kaper	DA1	5:43.28	5:53.49	
	bl	15 Mirthe Wijnakker	DB2	5:38.35	5:50.04	
		Annika Kaper			Mirthe Wijnakker	
		200m	25.26 (25.26)	200m	25.39 (25.39)	
		600m	1:09.08 (43.82)	600m	1:08.79 (43.40)	
		1000m	1:54.90 (45.82)	1000m	1:54.83 (46.04)	
		1400m	2:42.12 (47.22)	1400m	2:41.63 (46.80)	
		1800m	3:29.33 (47.21)	1800m	3:29.56 (47.93)	
		2200m	4:17.44 (48.11)	2200m	4:16.49 (46.93)	
		2600m	5:05.84 (48.40)	2600m	5:04.51 (48.02)	
		3000m	5:53.49 (47.65)	3000m	5:50.04 (45.53)	

		Naam	Cat	PR	Tijd	Info
11	wt	39 Rinske Hogenboom	DB1	5:38.07	5:28.60	PR
	rd	60 Jasmijn Verdoold	DB2	6:00.12	5:51.15	PR
		Rinske Hogenboom			Jasmijn Verdoold	
		200m	24.26 (24.26)	200m	25.45 (25.45)	
		600m	1:04.56 (40.30)	600m	1:07.53 (42.08)	
		1000m	1:46.35 (41.79)	1000m	1:51.66 (44.13)	
		1400m	2:29.18 (42.83)	1400m	2:37.84 (46.18)	
		1800m	3:13.21 (44.03)	1800m	3:25.35 (47.51)	
		2200m	3:57.51 (44.30)	2200m	4:13.82 (48.47)	
		2600m	4:42.82 (45.31)	2600m	5:03.03 (49.21)	
		3000m	5:28.60 (45.78)	3000m	5:51.15 (48.12)	

		Naam	Cat	PR	Tijd	Info
12	gl	77 Oona Alleblas	DB1	5:48.46	5:39.67	PR
	bl	29 Fem Ferrari	DC2	5:24.42	5:25.72	

Oona Alleblas

200m	24.58	(24.58)
600m	1:04.68	(40.10)
1000m	1:48.53	(43.85)
1400m	2:33.91	(45.38)
1800m	3:19.33	(45.42)
2200m	4:06.31	(46.98)
2600m	4:54.17	(47.86)
3000m	5:39.67	(45.50)

Fem Ferrari

200m	23.27	(23.27)
600m	1:01.15	(37.88)
1000m	1:41.76	(40.61)
1400m	2:24.74	(42.98)
1800m	3:09.03	(44.29)
2200m	3:53.93	(44.90)
2600m	4:39.49	(45.56)
3000m	5:25.72	(46.23)

		Naam	Cat	PR	Tijd	Info
13	wt	41 Noortje Valkenburg	DC2	5:41.97	DNF	
	rd	44 Anne-Lotte Köhler	DB2	5:38.51	5:22.90	PR

Noortje Valkenburg

200m	24.54	(24.54)
600m	1:06.57	(42.03)

Anne-Lotte Köhler

200m	24.93	(24.93)
600m	1:04.54	(39.61)
1000m	1:47.29	(42.75)
1400m	2:30.17	(42.88)
1800m	3:13.05	(42.88)
2200m	3:56.57	(43.52)
2600m	4:40.04	(43.47)
3000m	5:22.90	(42.86)

		Naam	Cat	PR	Tijd	Info
14	gl	16 Tristan Boon	HC2	5:33.43	5:29.63	PR FL
	bl	48 Isolde de Koster	DB2	5:19.75	5:17.50	PR

Tristan Boon

200m	31.79	(31.79)
600m	1:13.78	(41.99)
1000m	1:55.03	(41.25)
1400m	2:37.78	(42.75)
1800m	3:20.91	(43.13)
2200m	4:04.04	(43.13)
2600m	4:47.14	(43.10)
3000m	5:29.63	(42.49)

Isolde de Koster

200m	22.80	(22.80)
600m	59.63	(36.83)
1000m	1:39.47	(39.84)
1400m	2:21.78	(42.31)
1800m	3:05.38	(43.60)
2200m	3:50.05	(44.67)
2600m	4:34.90	(44.85)
3000m	5:17.50	(42.60)

		Naam	Cat	PR	Tijd	Info
15	wt	49 Eva Hogendoorn	DB2	5:30.42	5:22.82	PR
	rd	5 Lindsey Eijgermans	DB2	5:28.31	5:35.20	

Eva Hogendoorn

200m	23.86	(23.86)
600m	1:04.55	(40.69)
1000m	1:47.10	(42.55)
1400m	2:29.51	(42.41)
1800m	3:11.81	(42.30)
2200m	3:54.78	(42.97)
2600m	4:38.94	(44.16)
3000m	5:22.82	(43.88)

Lindsey Eijgermans

200m	23.79	(23.79)
600m	1:03.59	(39.80)
1000m	1:46.58	(42.99)
1400m	2:31.31	(44.73)
1800m	3:17.22	(45.91)
2200m	4:03.72	(46.50)
2600m	4:49.88	(46.16)
3000m	5:35.20	(45.32)

		Naam	Cat	PR	Tijd	Info
16	gl bl	19 Lisa de Koster	DB2	5:34.42	5:26.43	PR

Lisa de Koster

200m	23.38	(23.38)	m
600m	1:02.64	(39.26)	
1000m	1:44.36	(41.72)	
1400m	2:27.68	(43.32)	
1800m	3:12.06	(44.38)	
2200m	3:57.15	(45.09)	
2600m	4:42.33	(45.18)	
3000m	5:26.43	(44.10)	

		Naam	Cat	PR	Tijd	Info
17	wt	11 Rutger van Gerven	HB2	5:27.08	5:28.58	
	rd	71 Renske Ansink	DB1	5:26.60	5:50.01	

Rutger van Gerven

200m	22.14	(22.14)
600m	59.24	(37.10)
1000m	1:39.35	(40.11)
1400m	2:22.60	(43.25)
1800m	3:07.38	(44.78)
2200m	3:54.19	(46.81)
2600m	4:41.89	(47.70)
3000m	5:28.58	(46.69)

Renske Ansink

200m	23.41	(23.41)
600m	1:01.95	(38.54)
1000m	1:44.93	(42.98)
1400m	2:29.69	(44.76)
1800m	3:28.09	(58.40)
2200m	4:16.36	(48.27)
2600m	5:04.45	(48.09)
3000m	5:50.01	(45.56)

		Naam	Cat	PR	Tijd	Info
18	gl	17 Sanne Kool	DC2	5:20.81	5:11.54	PR
	bl	31 Edwin van Leeuwen	H45	5:29.56	5:26.92	PR

Sanne Kool

200m	22.99	(22.99)
600m	1:00.48	(37.49)
1000m	1:39.96	(39.48)
1400m	2:21.02	(41.06)
1800m	3:03.15	(42.13)
2200m	3:46.30	(43.15)
2600m	4:28.99	(42.69)
3000m	5:11.54	(42.55)

Edwin van Leeuwen

200m	26.02	(26.02)
600m	1:06.25	(40.23)
1000m	1:47.32	(41.07)
1400m	2:30.21	(42.89)
1800m	3:14.02	(43.81)
2200m	3:58.16	(44.14)
2600m	4:42.77	(44.61)
3000m	5:26.92	(44.15)

		Naam	Cat	PR	Tijd	Info
19	wt	27 Francis de Bruijn	DC2	5:17.65	5:09.88	PR
	rd	26 Noa van Leeuwen	DB1	5:25.28	5:30.44	

Francis de Bruijn

200m	24.42	(24.42)
600m	1:01.77	(37.35)
1000m	1:40.46	(38.69)
1400m	2:21.24	(40.78)
1800m	3:02.90	(41.66)
2200m	3:44.75	(41.85)
2600m	4:27.13	(42.38)
3000m	5:09.88	(42.75)

Noa van Leeuwen

200m	23.41	(23.41)
600m	1:00.80	(37.39)
1000m	1:42.87	(42.07)
1400m	2:26.90	(44.03)
1800m	3:12.31	(45.41)
2200m	3:58.76	(46.45)
2600m	4:45.07	(46.31)
3000m	5:30.44	(45.37)

		Naam	Cat	PR	Tijd	Info
20	gl	55 Floortje Korpershoek	DB2	5:23.80	5:22.72	PR
	bl	54 Annika Korpershoek	DB2	5:17.50	5:18.50	

Floortje Korpershoek

200m	22.87	(22.87)
600m	1:00.96	(38.09)
1000m	1:42.79	(41.83)
1400m	2:26.30	(43.51)
1800m	3:09.99	(43.69)
2200m	3:54.24	(44.25)
2600m	4:38.96	(44.72)
3000m	5:22.72	(43.76)

Annika Korpershoek

200m	23.26	(23.26)
600m	1:01.05	(37.79)
1000m	1:42.19	(41.14)
1400m	2:24.71	(42.52)
1800m	3:08.17	(43.46)
2200m	3:52.18	(44.01)
2600m	4:36.46	(44.28)
3000m	5:18.50	(42.04)

		Naam	Cat	PR	Tijd	Info
21	wt	22 Jolijn Solleveld	DC2	5:16.91	5:01.41	PR
	rd	12 Boaz Piek	HB1	5:17.20	5:19.86	

Jolijn Solleveld

200m	21.54	(21.54)
600m	58.15	(36.61)
1000m	1:37.27	(39.12)
1400m	2:17.29	(40.02)
1800m	2:57.12	(39.83)
2200m	3:38.26	(41.14)
2600m	4:19.90	(41.64)
3000m	5:01.41	(41.51)

Boaz Piek

200m	22.85	(22.85)
600m	1:02.32	(39.47)
1000m	1:44.10	(41.78)
1400m	2:27.64	(43.54)
1800m	3:10.62	(42.98)
2200m	3:54.11	(43.49)
2600m	4:37.97	(43.86)
3000m	5:19.86	(41.89)

		Naam	Cat	PR	Tijd	Info
22	gl	56 Wende Linnenbank	DC1	5:15.38	5:03.43	PR
	bl	76 Sietse Post	HB2	5:13.63	5:04.04	PR

Wende Linnenbank

200m	22.47	(22.47)
600m	58.59	(36.12)
1000m	1:37.23	(38.64)
1400m	2:17.89	(40.66)
1800m	2:58.76	(40.87)
2200m	3:40.63	(41.87)
2600m	4:22.19	(41.56)
3000m	5:03.43	(41.24)

Sietse Post

200m	22.24	(22.24)
600m	58.49	(36.25)
1000m	1:37.21	(38.72)
1400m	2:17.86	(40.65)
1800m	2:59.31	(41.45)
2200m	3:41.41	(42.10)
2600m	4:24.14	(42.73)
3000m	5:04.04	(39.90)

		Naam	Cat	PR	Tijd	Info
23	wt	35 Emma Rimmelzwaan	DC1	5:12.56	5:11.09	PR
	rd	9 Robin Verboom	HC2	5:00.75	4:57.81	PR

Emma Rimmelzwaan

200m	23.43	(23.43)
600m	1:01.61	(38.18)
1000m	1:42.55	(40.94)
1400m	2:24.02	(41.47)
1800m	3:05.07	(41.05)
2200m	3:47.20	(42.13)
2600m	4:29.50	(42.30)
3000m	5:11.09	(41.59)

Robin Verboom

200m	22.44	(22.44)
600m	59.36	(36.92)
1000m	1:38.93	(39.57)
1400m	2:19.15	(40.22)
1800m	2:59.15	(40.00)
2200m	3:39.85	(40.70)
2600m	4:20.03	(40.18)
3000m	4:57.81	(37.78)

		Naam	Cat	PR	Tijd	Info
24	gl	10 Kian Van Nierop	HB1	5:03.33	5:06.31	
	bl	75 Leon van Bohemen	H60	5:09.15	6:03.62	

Kian Van Nierop

200m	22.79	(22.79)
600m	1:02.61	(39.82)
1000m	1:43.49	(40.88)
1400m	2:24.47	(40.98)
1800m	3:05.10	(40.63)
2200m	3:46.01	(40.91)
2600m	4:26.61	(40.60)
3000m	5:06.31	(39.70)

Leon van Bohemen

200m	29.37	(29.37)
600m	1:14.65	(45.28)
1000m	2:01.47	(46.82)
1400m	2:49.35	(47.88)
1800m	3:37.42	(48.07)
2200m	4:26.04	(48.62)
2600m	5:14.83	(48.79)
3000m	6:03.62	(48.79)

		Naam	Cat	PR	Tijd	Info
25	wt	73 Indy Kromokario	HN1	4:58.07	DNF	
	rd	24 Nouschka Steenks	DB1	4:54.90	5:00.85	HT

Indy Kromokario

200m	21.77	(21.77)
600m	59.87	(38.10)
1000m	1:39.57	(39.70)
1400m	2:22.03	(42.46)
1800m	3:11.06	(49.03)

Nouschka Steenks

200m	22.31	(22.31)
600m	1:00.68	(38.37)
1000m	1:40.01	(39.33)
1400m	2:19.14	(39.13)
1800m	2:59.03	(39.89)
2200m	3:50.60	(51.57)
2600m	4:20.44	(29.84)
3000m	5:00.85	(40.41)

		Naam	Cat	PR	Tijd	Info
26	gl	25 Augustine Kaper	DC2	5:02.31	4:51.85	PR
	bl	30 Sven de Mooij	HC2	5:01.46	4:53.45	HT PR

Augustine Kaper

200m	20.91	(20.91)
600m	56.72	(35.81)
1000m	1:34.91	(38.19)
1400m	2:14.25	(39.34)
1800m	3:22.23	(67.98)
2200m	3:33.63	(11.40)
2600m	4:13.33	(39.70)
3000m	4:51.85	(38.52)

Sven de Mooij

200m	20.95	(20.95)
600m	56.97	(36.02)
1000m	1:35.84	(38.87)
1400m	2:14.27	(38.43)
1800m	2:53.62	(39.35)
2200m	3:33.53	(39.91)
2600m	4:13.44	(39.91)
3000m	4:53.45	(40.01)

		Naam	Cat	PR	Tijd	Info
27	wt	40 Julian Broos	HA1	4:51.99		DNS
	rd	36 Mariska van Zon	DSA	4:52.57	5:07.60	

Julian Broos

Mariska van Zon

200m	22.86	(22.86)
600m	59.71	(36.85)
1000m	1:39.01	(39.30)
1400m	2:19.42	(40.41)
1800m	3:00.39	(40.97)
2200m	3:42.44	(42.05)
2600m	4:25.08	(42.64)
3000m	5:07.60	(42.52)

		Naam	Cat	PR	Tijd	Info
28	gl	18 Emma Boon	DB2	4:56.15	5:01.24	
	bl	3 Gio Kromokario	HA1	4:48.74	4:55.36	

Emma Boon

200m	22.63	(22.63)
600m	59.38	(36.75)
1000m	1:38.27	(38.89)
1400m	2:18.26	(39.99)
1800m	2:58.63	(40.37)
2200m	3:39.48	(40.85)
2600m	4:20.61	(41.13)
3000m	5:01.24	(40.63)

Gio Kromokario

200m	20.46	(20.46)
600m	54.17	(33.71)
1000m	1:29.44	(35.27)
1400m	2:07.81	(38.37)
1800m	2:47.34	(39.53)
2200m	3:28.75	(41.41)
2600m	4:11.55	(42.80)
3000m	4:55.36	(43.81)

		Naam	Cat	PR	Tijd	Info
29	wt	65 Martijn Cox	HN3	4:39.46	4:38.54	PR
	rd	72 Boaz de Gast	HB2	4:45.03	4:35.23	PR

Martijn Cox

200m	21.01	(21.01)
600m	55.80	(34.79)
1000m	1:32.00	(36.20)
1400m	2:09.26	(37.26)
1800m	2:46.69	(37.43)
2200m	3:24.33	(37.64)
2600m	4:01.85	(37.52)
3000m	4:38.54	(36.69)

Boaz de Gast

200m	20.49	(20.49)
600m	54.95	(34.46)
1000m	1:31.42	(36.47)
1400m	2:07.69	(36.27)
1800m	2:44.57	(36.88)
2200m	3:21.70	(37.13)
2600m	3:59.07	(37.37)
3000m	4:35.23	(36.16)

		Naam	Cat	PR	Tijd	Info
30	gl	67 Jordy Krap	HSA	4:38.89	4:31.92	PR
	bl	50 Maren de Bruin	DC2	4:48.37	4:59.44	

Jordy Krap

200m	21.83	(21.83)
600m	55.12	(33.29)
1000m	1:29.34	(34.22)
1400m	2:05.18	(35.84)
1800m	2:41.09	(35.91)
2200m	3:17.51	(36.42)
2600m	3:54.81	(37.30)
3000m	4:31.92	(37.11)

Maren de Bruin

200m	23.05	(23.05)
600m	59.78	(36.73)
1000m	1:38.63	(38.85)
1400m	2:17.95	(39.32)
1800m	2:57.93	(39.98)
2200m	3:38.61	(40.68)
2600m	4:19.47	(40.86)
3000m	4:59.44	(39.97)

		Naam	Cat	PR	Tijd	Info
31	wt	4 Zino Van Os	HB1	4:39.86	4:34.65	PR
	rd	13 Rune Stoel	HB1	4:35.70	4:34.45	PR

Zino Van Os

200m	20.90	(20.90)
600m	54.57	(33.67)
1000m	1:29.78	(35.21)
1400m	2:05.98	(36.20)
1800m	2:42.48	(36.50)
2200m	3:19.61	(37.13)
2600m	3:57.15	(37.54)
3000m	4:34.65	(37.50)

Rune Stoel

200m	20.74	(20.74)
600m	53.48	(32.74)
1000m	1:28.49	(35.01)
1400m	2:03.72	(35.23)
1800m	2:39.95	(36.23)
2200m	3:17.01	(37.06)
2600m	3:55.95	(38.94)
3000m	4:34.45	(38.50)

		Naam	Cat	PR	Tijd	Info
32	gl	63 Liam Tap	HN2	4:34.31	4:33.89	PR
	bl	66 Hugo de Jonge	HN3	4:34.12	4:31.07	PR

Liam Tap

200m	21.08	(21.08)
600m	54.97	(33.89)
1000m	1:30.01	(35.04)
1400m	2:06.43	(36.42)
1800m	2:42.06	(35.63)
2200m	3:17.91	(35.85)
2600m	3:55.56	(37.65)
3000m	4:33.89	(38.33)

Hugo de Jonge

200m	20.96	(20.96)
600m	53.94	(32.98)
1000m	1:28.92	(34.98)
1400m	2:04.63	(35.71)
1800m	2:40.76	(36.13)
2200m	3:16.72	(35.96)
2600m	3:53.57	(36.85)
3000m	4:31.07	(37.50)

		Naam	Cat	PR	Tijd	Info
33	wt	79 Berto Anker	HN2	4:20.78	4:21.23	
	rd	32 Mees Blaauw	HB2	4:23.99	4:24.47	

Berto Anker

200m	19.97	(19.97)
600m	52.61	(32.64)
1000m	1:26.26	(33.65)
1400m	2:00.57	(34.31)
1800m	2:34.94	(34.37)
2200m	3:10.00	(35.06)
2600m	3:45.63	(35.63)
3000m	4:21.23	(35.60)

Mees Blaauw

200m	20.07	(20.07)
600m	52.60	(32.53)
1000m	1:27.32	(34.72)
1400m	2:02.25	(34.93)
1800m	2:37.23	(34.98)
2200m	3:12.86	(35.63)
2600m	3:48.63	(35.77)
3000m	4:24.47	(35.84)

		Naam	Cat	PR	Tijd	Info
34	gl	20 Olivier Wennekes	HB1	4:31.15	4:32.38	
	bl	59 Twan van Duuren	HC2	4:03.80	4:13.48	

Olivier Wennekes

200m	21.28	(21.28)
600m	55.11	(33.83)
1000m	1:29.85	(34.74)
1400m	2:04.99	(35.14)
1800m	2:40.75	(35.76)
2200m	3:17.02	(36.27)
2600m	3:54.19	(37.17)
3000m	4:32.38	(38.19)

Twan van Duuren

200m	20.26	(20.26)
600m	51.59	(31.33)
1000m	1:24.67	(33.08)
1400m	1:58.69	(34.02)
1800m	2:32.48	(33.79)
2200m	3:06.28	(33.80)
2600m	3:39.93	(33.65)
3000m	4:13.48	(33.55)