

# Kennemercup 3

IJsbaan Haarlem - Haarlem

22 oktober 2023

## 1. Uitslag 500 meter - omloop 1

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 64 Niels van der Meulen | HN2 | 6    | O    | 40.54   | PR   |        |
| 2   | 60 Bob van Nobelen      | HSB | 5    | I    | 41.65   |      |        |
| 3   | 62 Zeb van der Slot     | HN2 | 6    | I    | 42.76   |      |        |
| 4   | 57 Tijmen Hupkens       | HSB | 5    | O    | 43.02   |      |        |
| 5   | 50 Leon van Asten       | H40 | 3    | I    | 44.06   |      |        |
| 6   | 17 Jelle de Bock        | HB1 | 4    | I    | 44.64   |      |        |
| 7   | 18 Lotte de Bock        | DA1 | 4    | O    | 45.73   |      |        |
| 8   | 8 Milou van Leeuwen     | DN2 | 3    | O    | 45.80   |      |        |
| 9   | 33 Dana de Bruin        | DB1 | 1    | I    | 56.45   |      |        |
| 10  | 65 Dimitri van Bakel    | HB1 | 2    | O    | 57.89   |      |        |
| 11  | 14 Tjitske Kikstra      | DN2 | 2    | I    | 1:01.10 |      |        |

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|   |    | Naam                 |                      | Cat     |     | PR |       | Tijd         | Info |
|---|----|----------------------|----------------------|---------|-----|----|-------|--------------|------|
| 1 | wt | 33                   | <b>Dana de Bruin</b> |         | DB1 |    | 55.45 | <b>56.45</b> |      |
|   | rd |                      |                      |         |     |    |       |              |      |
|   |    | <b>Dana de Bruin</b> |                      |         |     |    |       |              |      |
|   |    | 100m                 | 13.81                | (13.81) |     | m  |       |              |      |
|   |    | 500m                 | 56.45                | (42.64) |     |    |       |              |      |

|   |    | Naam                   |                          | Cat     |     | PR   |       | Tijd           | Info |
|---|----|------------------------|--------------------------|---------|-----|------|-------|----------------|------|
| 2 | gl | 14                     | <b>Tjitske Kikstra</b>   |         | DN2 |      | 52.11 | <b>1:01.10</b> |      |
|   | bl | 65                     | <b>Dimitri van Bakel</b> |         | HB1 |      | 57.53 | <b>57.89</b>   |      |
|   |    | <b>Tjitske Kikstra</b> |                          |         |     |      |       |                |      |
|   |    | 100m                   | 15.73                    | (15.73) |     | 100m | 14.39 | (14.39)        |      |
|   |    | 500m                   | 1:01.10                  | (45.37) |     | 500m | 57.89 | (43.50)        |      |

|   |    | Naam                  |                          | Cat     |     | PR   |       | Tijd         | Info |
|---|----|-----------------------|--------------------------|---------|-----|------|-------|--------------|------|
| 3 | wt | 50                    | <b>Leon van Asten</b>    |         | H40 |      | 38.44 | <b>44.06</b> |      |
|   | rd | 8                     | <b>Milou van Leeuwen</b> |         | DN2 |      | 44.17 | <b>45.80</b> |      |
|   |    | <b>Leon van Asten</b> |                          |         |     |      |       |              |      |
|   |    | 100m                  | 11.58                    | (11.58) |     | 100m | 12.41 | (12.41)      |      |
|   |    | 500m                  | 44.06                    | (32.48) |     | 500m | 45.80 | (33.39)      |      |

|   |    | Naam                 |                      | Cat     |     | PR   |       | Tijd         | Info |
|---|----|----------------------|----------------------|---------|-----|------|-------|--------------|------|
| 4 | gl | 17                   | <b>Jelle de Bock</b> |         | HB1 |      | 43.97 | <b>44.64</b> |      |
|   | bl | 18                   | <b>Lotte de Bock</b> |         | DA1 |      | 45.45 | <b>45.73</b> |      |
|   |    | <b>Jelle de Bock</b> |                      |         |     |      |       |              |      |
|   |    | 100m                 | 11.96                | (11.96) |     | 100m | 12.14 | (12.14)      |      |
|   |    | 500m                 | 44.64                | (32.68) |     | 500m | 45.73 | (33.59)      |      |

|   |    | Naam                   |                        | Cat     |     | PR   |       | Tijd         | Info |
|---|----|------------------------|------------------------|---------|-----|------|-------|--------------|------|
| 5 | wt | 60                     | <b>Bob van Nobelen</b> |         | HSB |      | 40.43 | <b>41.65</b> |      |
|   | rd | 57                     | <b>Tijmen Hupkens</b>  |         | HSB |      | 40.07 | <b>43.02</b> |      |
|   |    | <b>Bob van Nobelen</b> |                        |         |     |      |       |              |      |
|   |    | 100m                   | 11.27                  | (11.27) |     | 100m | 11.70 | (11.70)      |      |
|   |    | 500m                   | 41.65                  | (30.38) |     | 500m | 43.02 | (31.32)      |      |

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|   |    | Naam                    |                             | Cat     |     | PR                          |       | Tijd         | Info |
|---|----|-------------------------|-----------------------------|---------|-----|-----------------------------|-------|--------------|------|
| 6 | gl | 62                      | <b>Zeb van der Slot</b>     |         | HN2 |                             | 42.08 | <b>42.76</b> |      |
|   | bl | 64                      | <b>Niels van der Meulen</b> |         | HN2 |                             | 41.23 | <b>40.54</b> | PR   |
|   |    | <b>Zeb van der Slot</b> |                             |         |     | <b>Niels van der Meulen</b> |       |              |      |
|   |    | 100m                    | 11.72                       | (11.72) |     | 100m                        | 11.03 | (11.03)      |      |
|   |    | 500m                    | 42.76                       | (31.04) |     | 500m                        | 40.54 | (29.51)      |      |

# Kennemercup 3

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22 oktober 2023

## 2. Uitslag 500 bij 3000 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1   | 45 Marcel Huismans      | H50 | 13   | O    | 44.51 |      |        |
| 2   | 21 Ruben Molenaar       | HB1 | 13   | I    | 44.80 | PR   |        |
| 3   | 1 Lara Dingjan          | DA2 | 14   | O    | 45.70 |      |        |
| 4   | 63 Kristel van Abswoude | DSA | 14   | I    | 47.45 |      |        |
| 5   | 11 Milan Kracht         | H50 | 11   | I    | 47.60 |      |        |
| 6   | 3 Xander Terstal        | HN1 | 12   | O    | 47.68 | PR   |        |
| 7   | 22 Leanne Molenaar      | DN2 | 11   | O    | 47.72 |      |        |
| 8   | 46 Bram Braak           | HA1 | 12   | I    | 47.81 |      |        |
| 9   | 44 Iris Meerhoff        | DSA | 10   | I    | 48.90 |      |        |
| 10  | 41 Annette Laarhoven    | DB2 | 9    | I    | 50.03 |      |        |
| 11  | 19 Emma Hartveld        | DA2 | 10   | O    | 50.30 | PR   |        |
| 12  | 32 Pieter van Dijk      | HA1 | 7    | O    | 50.75 |      |        |
| 13  | 37 Melanie van der Zalm | DN3 | 9    | O    | 52.80 |      |        |
| 14  | 28 Mark Peters          | H65 | 7    | I    | 54.28 |      |        |

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## 2. Rituitslag 500 bij 3000 meter

|   |    | Naam               |                        | Cat     |                        | PR    |         | Tijd         | Info |
|---|----|--------------------|------------------------|---------|------------------------|-------|---------|--------------|------|
| 7 | wt | 28                 | <b>Mark Peters</b>     |         | H65                    |       | 50.12   | <b>54.28</b> |      |
|   | rd | 32                 | <b>Pieter van Dijk</b> |         | HA1                    |       | 50.15   | <b>50.75</b> |      |
|   |    | <b>Mark Peters</b> |                        |         | <b>Pieter van Dijk</b> |       |         |              |      |
|   |    | 100m               | 14.30                  | (14.30) | 100m                   | 13.09 | (13.09) |              |      |
|   |    | 500m               | 54.28                  | (39.98) | 500m                   | 50.75 | (37.66) |              |      |

|   |    | Naam |  | Cat |   | PR |  | Tijd | Info |
|---|----|------|--|-----|---|----|--|------|------|
| 8 | gl |      |  |     |   |    |  |      |      |
|   | bl |      |  |     |   |    |  |      |      |
|   |    | m    |  |     | m |    |  |      |      |

|   |    | Naam                     |                             | Cat     |                             | PR    |         | Tijd         | Info |
|---|----|--------------------------|-----------------------------|---------|-----------------------------|-------|---------|--------------|------|
| 9 | wt | 41                       | <b>Annette Laarhoven</b>    |         | DB2                         |       | 49.62   | <b>50.03</b> |      |
|   | rd | 37                       | <b>Melanie van der Zalm</b> |         | DN3                         |       | 49.07   | <b>52.80</b> |      |
|   |    | <b>Annette Laarhoven</b> |                             |         | <b>Melanie van der Zalm</b> |       |         |              |      |
|   |    | 100m                     | 13.15                       | (13.15) | 100m                        | 14.20 | (14.20) |              |      |
|   |    | 500m                     | 50.03                       | (36.88) | 500m                        | 52.80 | (38.60) |              |      |

|    |    | Naam                 |                      | Cat     |                      | PR    |         | Tijd         | Info |
|----|----|----------------------|----------------------|---------|----------------------|-------|---------|--------------|------|
| 10 | gl | 44                   | <b>Iris Meerhoff</b> |         | DSA                  |       | 48.14   | <b>48.90</b> |      |
|    | bl | 19                   | <b>Emma Hartveld</b> |         | DA2                  |       | 50.80   | <b>50.30</b> | PR   |
|    |    | <b>Iris Meerhoff</b> |                      |         | <b>Emma Hartveld</b> |       |         |              |      |
|    |    | 100m                 | 13.43                | (13.43) | 100m                 | 13.76 | (13.76) |              |      |
|    |    | 500m                 | 48.90                | (35.47) | 500m                 | 50.30 | (36.54) |              |      |

|    |    | Naam                |                        | Cat     |                        | PR    |         | Tijd         | Info |
|----|----|---------------------|------------------------|---------|------------------------|-------|---------|--------------|------|
| 11 | wt | 11                  | <b>Milan Kracht</b>    |         | H50                    |       | 47.23   | <b>47.60</b> |      |
|    | rd | 22                  | <b>Leanne Molenaar</b> |         | DN2                    |       | 47.14   | <b>47.72</b> |      |
|    |    | <b>Milan Kracht</b> |                        |         | <b>Leanne Molenaar</b> |       |         |              |      |
|    |    | 100m                | 13.26                  | (13.26) | 100m                   | 13.03 | (13.03) |              |      |
|    |    | 500m                | 47.60                  | (34.34) | 500m                   | 47.72 | (34.69) |              |      |

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|       |    | Naam                        |                             |         | Cat                    |       |         | PR    | Tijd         | Info |
|-------|----|-----------------------------|-----------------------------|---------|------------------------|-------|---------|-------|--------------|------|
| 12    | gl | 46                          | <b>Bram Braak</b>           |         | HA1                    |       |         | 46.72 | <b>47.81</b> |      |
|       | bl | 3                           | <b>Xander Terstal</b>       |         | HN1                    |       |         | 47.82 | <b>47.68</b> | PR   |
|       |    | <b>Bram Braak</b>           |                             |         | <b>Xander Terstal</b>  |       |         |       |              |      |
|       |    | 100m                        | 12.61                       | (12.61) | 100m                   | 12.47 | (12.47) |       |              |      |
|       |    | 500m                        | 47.81                       | (35.20) | 500m                   | 47.68 | (35.21) |       |              |      |
| <hr/> |    |                             |                             |         |                        |       |         |       |              |      |
|       |    | Naam                        |                             |         | Cat                    |       |         | PR    | Tijd         | Info |
| 13    | wt | 21                          | <b>Ruben Molenaar</b>       |         | HB1                    |       |         | 45.49 | <b>44.80</b> | PR   |
|       | rd | 45                          | <b>Marcel Huismans</b>      |         | H50                    |       |         | 39.80 | <b>44.51</b> |      |
|       |    | <b>Ruben Molenaar</b>       |                             |         | <b>Marcel Huismans</b> |       |         |       |              |      |
|       |    | 100m                        | 12.12                       | (12.12) | 100m                   | 11.74 | (11.74) |       |              |      |
|       |    | 500m                        | 44.80                       | (32.68) | 500m                   | 44.51 | (32.77) |       |              |      |
| <hr/> |    |                             |                             |         |                        |       |         |       |              |      |
|       |    | Naam                        |                             |         | Cat                    |       |         | PR    | Tijd         | Info |
| 14    | gl | 63                          | <b>Kristel van Abswoude</b> |         | DSA                    |       |         | 45.88 | <b>47.45</b> |      |
|       | bl | 1                           | <b>Lara Dingjan</b>         |         | DA2                    |       |         | 44.77 | <b>45.70</b> |      |
|       |    | <b>Kristel van Abswoude</b> |                             |         | <b>Lara Dingjan</b>    |       |         |       |              |      |
|       |    | 100m                        | 12.79                       | (12.79) | 100m                   | 12.34 | (12.34) |       |              |      |
|       |    | 500m                        | 47.45                       | (34.66) | 500m                   | 45.70 | (33.36) |       |              |      |

# Kennemercup 3

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## 3. Uitslag 500 bij 1500 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 49 Stan Zirkzee       | HSA | 18   | I    | 42.22 |      |        |
| 2   | 7 Driek Tolk          | HB2 | 18   | O    | 43.89 | PR   |        |
| 3   | 34 Maureen Hagen      | DA1 | 16   | O    | 46.20 |      |        |
| 4   | 12 Charline Kwadrin   | DB2 | 17   | O    | 49.21 |      |        |
| 5   | 54 Kersty Heeremans   | DA2 | 17   | I    | 49.69 | PR   |        |
| 6   | 55 Silvijn Vastenhout | HB2 | 15   | I    | 51.55 | PR   |        |
| 7   | 70 Mirthe Visser      | DB1 | 16   | I    | 57.62 |      |        |

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## 3. Rituitslag 500 bij 1500 meter

|    |    | Naam                      |                           | Cat     |     | PR |       | Tijd         | Info |
|----|----|---------------------------|---------------------------|---------|-----|----|-------|--------------|------|
| 15 | wt | 55                        | <b>Silvijn Vastenhout</b> |         | HB2 |    | 53.40 | <b>51.55</b> | PR   |
|    | rd |                           |                           |         |     |    |       |              |      |
|    |    | <b>Silvijn Vastenhout</b> |                           |         |     |    |       |              |      |
|    |    | 100m                      | 13.04                     | (13.04) |     | m  |       |              |      |
|    |    | 500m                      | 51.55                     | (38.51) |     |    |       |              |      |

|    |    | Naam                 |                      | Cat     |     | PR   |       | Tijd         | Info |
|----|----|----------------------|----------------------|---------|-----|------|-------|--------------|------|
| 16 | gl | 70                   | <b>Mirthe Visser</b> |         | DB1 |      | 57.48 | <b>57.62</b> |      |
|    | bl | 34                   | <b>Maureen Hagen</b> |         | DA1 |      | 44.89 | <b>46.20</b> |      |
|    |    | <b>Mirthe Visser</b> |                      |         |     |      |       |              |      |
|    |    | 100m                 | 14.67                | (14.67) |     | 100m | 12.77 | (12.77)      |      |
|    |    | 500m                 | 57.62                | (42.95) |     | 500m | 46.20 | (33.43)      |      |
|    |    | <b>Maureen Hagen</b> |                      |         |     |      |       |              |      |
|    |    | 100m                 | 14.67                | (14.67) |     | 100m | 12.77 | (12.77)      |      |
|    |    | 500m                 | 57.62                | (42.95) |     | 500m | 46.20 | (33.43)      |      |

|    |    | Naam                    |                         | Cat     |     | PR   |       | Tijd         | Info |
|----|----|-------------------------|-------------------------|---------|-----|------|-------|--------------|------|
| 17 | wt | 54                      | <b>Kersty Heeremans</b> |         | DA2 |      | 49.84 | <b>49.69</b> | PR   |
|    | rd | 12                      | <b>Charline Kwadrin</b> |         | DB2 |      | 48.40 | <b>49.21</b> |      |
|    |    | <b>Kersty Heeremans</b> |                         |         |     |      |       |              |      |
|    |    | 100m                    | 13.63                   | (13.63) |     | 100m | 13.28 | (13.28)      |      |
|    |    | 500m                    | 49.69                   | (36.06) |     | 500m | 49.21 | (35.93)      |      |
|    |    | <b>Charline Kwadrin</b> |                         |         |     |      |       |              |      |
|    |    | 100m                    | 13.63                   | (13.63) |     | 100m | 13.28 | (13.28)      |      |
|    |    | 500m                    | 49.69                   | (36.06) |     | 500m | 49.21 | (35.93)      |      |

|    |    | Naam                |                     | Cat     |     | PR   |       | Tijd         | Info |
|----|----|---------------------|---------------------|---------|-----|------|-------|--------------|------|
| 18 | gl | 49                  | <b>Stan Zirkzee</b> |         | HSA |      | 40.80 | <b>42.22</b> |      |
|    | bl | 7                   | <b>Driek Tolk</b>   |         | HB2 |      | 44.25 | <b>43.89</b> | PR   |
|    |    | <b>Stan Zirkzee</b> |                     |         |     |      |       |              |      |
|    |    | 100m                | 11.49               | (11.49) |     | 100m | 11.82 | (11.82)      |      |
|    |    | 500m                | 42.22               | (30.73) |     | 500m | 43.89 | (32.07)      |      |
|    |    | <b>Driek Tolk</b>   |                     |         |     |      |       |              |      |
|    |    | 100m                | 11.49               | (11.49) |     | 100m | 11.82 | (11.82)      |      |
|    |    | 500m                | 42.22               | (30.73) |     | 500m | 43.89 | (32.07)      |      |



# Kennemercup 3

IJsbahn Haarlem - Haarlem

22 oktober 2023

## 4. Uitslag 500 bij 1000 meter

| Pos | Naam                            | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|---------------------------------|-----|------|------|---------|------|--------|
| 1   | 73 Jesper van Mieghem           | HA2 | 35   | O    | 37.77   |      |        |
| 2   | 39 Seb van Schelven             | HN2 | 36   | O    | 39.64   | PR   |        |
| 3   | 31 Duco Jansen                  | HA2 | 36   | I    | 40.82   |      |        |
| 4   | 53 Tristan Hagen                | HSA | 33   | O    | 41.26   |      |        |
| 5   | 38 Joeke van Mulligen           | HN3 | 34   | I    | 44.12   |      |        |
| 6   | 43 Martijn Laarhoven            | H50 | 35   | I    | 44.36   |      |        |
| 7   | 61 Tim van der Zalm             | HA2 | 32   | I    | 44.94   |      |        |
| 8   | 40 Marino Godwaldt              | HB2 | 31   | I    | 45.23   |      |        |
| 9   | 56 Stefanie Koot                | DB1 | 29   | I    | 45.46   | PR   |        |
| 10  | 47 Jonah Zwaan                  | HB1 | 29   | O    | 45.53   |      |        |
| 11  | 29 Milou Butter                 | DN3 | 30   | O    | 45.86   |      |        |
| 12  | 67 Shelley Blaauw               | DA2 | 33   | I    | 46.08   |      |        |
| 13  | 51 Bert Nijman                  | H40 | 19   | O    | 46.94   |      |        |
| 14  | 66 Toine van Bakel              | HA1 | 28   | I    | 47.08   |      |        |
| 15  | 69 Pim Braak                    | HB1 | 27   | O    | 47.40   | PR   |        |
| 16  | 36 Merit de Bruin               | DA1 | 25   | O    | 47.84   |      |        |
| 17  | 23 Monique Boerema              | D60 | 34   | O    | 48.00   |      |        |
| 18  | 15 Erwin Dekker                 | H60 | 27   | I    | 48.24   |      |        |
| 19  | 2 Aranka Keur                   | D40 | 26   | O    | 48.53   |      |        |
| 20  | 74 Carlos Godwaldt              | HC1 | 25   | I    | 49.00   | PR   |        |
| 21  | 68 Jamy Blaauw                  | DB2 | 28   | O    | 49.27   |      |        |
| 22  | 25 Evy van Duijn                | DB1 | 26   | I    | 49.60   |      |        |
| 23  | 72 Wende Heeremans              | DB1 | 24   | I    | 50.84   | PR   |        |
| 24  | 58 Amy Valentijn                | DB1 | 24   | O    | 51.64   |      |        |
| 25  | 30 Sylvie van den Heuvel        | DA2 | 21   | I    | 51.97   |      |        |
| 26  | 9 Erwin Henskes                 | H65 | 23   | I    | 51.98   |      |        |
| 27  | 10 Roxanne Boers                | DSA | 21   | O    | 53.79   |      |        |
| 28  | 13 Maïté Stoete                 | D50 | 22   | I    | 54.67   |      |        |
| 29  | 20 Pien Lodder                  | DN1 | 22   | O    | 55.10   |      |        |
| 30  | 4 Ramona van Leeuwen- van Noort | D50 | 19   | I    | 1:00.46 |      |        |
|     | 71 Kai van Bennekom             | HB1 | 32   | O    | DNF     |      |        |
|     | 26 Nadine Blienkendaal          | DB2 | 23   | O    | DNS     |      |        |
|     | 27 Bruno Bonetti                | HB1 | 30   | I    | DNS     |      |        |

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## 4. Rituitslag 500 bij 1000 meter

|    |    | Naam                                 |                                      | Cat     |                    | PR    |         | Tijd           | Info |
|----|----|--------------------------------------|--------------------------------------|---------|--------------------|-------|---------|----------------|------|
| 19 | wt | 4                                    | <b>Ramona van Leeuwen- van Noort</b> |         | D50                |       | 55.33   | <b>1:00.46</b> |      |
|    | rd | 51                                   | <b>Bert Nijman</b>                   |         | H40                |       |         | <b>46.94</b>   |      |
|    |    | <b>Ramona van Leeuwen- van Noort</b> |                                      |         | <b>Bert Nijman</b> |       |         |                |      |
|    |    | 100m                                 | 16.23                                | (16.23) | 100m               | 12.65 | (12.65) |                |      |
|    |    | 500m                                 | 1:00.46                              | (44.23) | 500m               | 46.94 | (34.29) |                |      |

|    |    | Naam |   | Cat |  | PR |  | Tijd | Info |
|----|----|------|---|-----|--|----|--|------|------|
| 20 | gl |      |   |     |  |    |  |      |      |
|    | bl |      |   |     |  |    |  |      |      |
|    |    |      | m |     |  |    |  |      |      |
|    |    |      |   |     |  |    |  |      |      |
|    |    |      | m |     |  |    |  |      |      |

|    |    | Naam                         |                              | Cat     |                      | PR    |         | Tijd         | Info |
|----|----|------------------------------|------------------------------|---------|----------------------|-------|---------|--------------|------|
| 21 | wt | 30                           | <b>Sylvie van den Heuvel</b> |         | DA2                  |       | 50.49   | <b>51.97</b> |      |
|    | rd | 10                           | <b>Roxanne Boers</b>         |         | DSA                  |       | 50.60   | <b>53.79</b> |      |
|    |    | <b>Sylvie van den Heuvel</b> |                              |         | <b>Roxanne Boers</b> |       |         |              |      |
|    |    | 100m                         | 13.28                        | (13.28) | 100m                 | 13.76 | (13.76) |              |      |
|    |    | 500m                         | 51.97                        | (38.69) | 500m                 | 53.79 | (40.03) |              |      |

|    |    | Naam                |                     | Cat     |                    | PR    |         | Tijd         | Info |
|----|----|---------------------|---------------------|---------|--------------------|-------|---------|--------------|------|
| 22 | gl | 13                  | <b>Maité Stoete</b> |         | D50                |       | 49.49   | <b>54.67</b> |      |
|    | bl | 20                  | <b>Pien Lodder</b>  |         | DN1                |       | 53.32   | <b>55.10</b> |      |
|    |    | <b>Maité Stoete</b> |                     |         | <b>Pien Lodder</b> |       |         |              |      |
|    |    | 100m                | 15.38               | (15.38) | 100m               | 15.06 | (15.06) |              |      |
|    |    | 500m                | 54.67               | (39.29) | 500m               | 55.10 | (40.04) |              |      |

|    |    | Naam                 |                            | Cat     |                            | PR |       | Tijd         | Info |
|----|----|----------------------|----------------------------|---------|----------------------------|----|-------|--------------|------|
| 23 | wt | 9                    | <b>Erwin Henskes</b>       |         | H65                        |    | 45.20 | <b>51.98</b> |      |
|    | rd | 26                   | <b>Nadine Blienkendaal</b> |         | DB2                        |    | 52.05 | <b>DNS</b>   |      |
|    |    | <b>Erwin Henskes</b> |                            |         | <b>Nadine Blienkendaal</b> |    |       |              |      |
|    |    | 100m                 | 14.64                      | (14.64) |                            |    |       |              |      |
|    |    | 500m                 | 51.98                      | (37.34) |                            |    |       |              |      |

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|       |    | Naam                   |                        | Cat     |                       | PR    |         | Tijd         | Info |
|-------|----|------------------------|------------------------|---------|-----------------------|-------|---------|--------------|------|
| 24    | gl | 72                     | <b>Wende Heeremans</b> |         | DB1                   |       | 52.80   | <b>50.84</b> | PR   |
|       | bl | 58                     | <b>Amy Valentijn</b>   |         | DB1                   |       | 50.11   | <b>51.64</b> |      |
|       |    | <b>Wende Heeremans</b> |                        |         | <b>Amy Valentijn</b>  |       |         |              |      |
|       |    | 100m                   | 13.63                  | (13.63) | 100m                  | 13.62 | (13.62) |              |      |
|       |    | 500m                   | 50.84                  | (37.21) | 500m                  | 51.64 | (38.02) |              |      |
| <hr/> |    |                        |                        |         |                       |       |         |              |      |
|       |    | Naam                   |                        | Cat     |                       | PR    |         | Tijd         | Info |
| 25    | wt | 74                     | <b>Carlos Godwaldt</b> |         | HC1                   |       | 50.47   | <b>49.00</b> | PR   |
|       | rd | 36                     | <b>Merit de Bruin</b>  |         | DA1                   |       | 47.57   | <b>47.84</b> |      |
|       |    | <b>Carlos Godwaldt</b> |                        |         | <b>Merit de Bruin</b> |       |         |              |      |
|       |    | 100m                   | 12.94                  | (12.94) | 100m                  | 12.94 | (12.94) |              |      |
|       |    | 500m                   | 49.00                  | (36.06) | 500m                  | 47.84 | (34.90) |              |      |
| <hr/> |    |                        |                        |         |                       |       |         |              |      |
|       |    | Naam                   |                        | Cat     |                       | PR    |         | Tijd         | Info |
| 26    | gl | 25                     | <b>Evy van Duijn</b>   |         | DB1                   |       | 48.95   | <b>49.60</b> |      |
|       | bl | 2                      | <b>Aranka Keur</b>     |         | D40                   |       | 45.04   | <b>48.53</b> |      |
|       |    | <b>Evy van Duijn</b>   |                        |         | <b>Aranka Keur</b>    |       |         |              |      |
|       |    | 100m                   | 13.34                  | (13.34) | 100m                  | 12.59 | (12.59) |              |      |
|       |    | 500m                   | 49.60                  | (36.26) | 500m                  | 48.53 | (35.94) |              |      |
| <hr/> |    |                        |                        |         |                       |       |         |              |      |
|       |    | Naam                   |                        | Cat     |                       | PR    |         | Tijd         | Info |
| 27    | wt | 15                     | <b>Erwin Dekker</b>    |         | H60                   |       | 42.79   | <b>48.24</b> |      |
|       | rd | 69                     | <b>Pim Braak</b>       |         | HB1                   |       | 47.59   | <b>47.40</b> | PR   |
|       |    | <b>Erwin Dekker</b>    |                        |         | <b>Pim Braak</b>      |       |         |              |      |
|       |    | 100m                   | 12.79                  | (12.79) | 100m                  | 12.53 | (12.53) |              |      |
|       |    | 500m                   | 48.24                  | (35.45) | 500m                  | 47.40 | (34.87) |              |      |
| <hr/> |    |                        |                        |         |                       |       |         |              |      |
|       |    | Naam                   |                        | Cat     |                       | PR    |         | Tijd         | Info |
| 28    | gl | 66                     | <b>Toine van Bakel</b> |         | HA1                   |       | 46.51   | <b>47.08</b> |      |
|       | bl | 68                     | <b>Jamy Blaauw</b>     |         | DB2                   |       | 47.77   | <b>49.27</b> |      |
|       |    | <b>Toine van Bakel</b> |                        |         | <b>Jamy Blaauw</b>    |       |         |              |      |
|       |    | 100m                   | 12.09                  | (12.09) | 100m                  | 13.30 | (13.30) |              |      |
|       |    | 500m                   | 47.08                  | (34.99) | 500m                  | 49.27 | (35.97) |              |      |

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|    |    | Naam                 |                      | Cat     |                    | PR    |         | Tijd         | Info |
|----|----|----------------------|----------------------|---------|--------------------|-------|---------|--------------|------|
| 29 | wt | 56                   | <b>Stefanie Koot</b> |         | DB1                |       | 45.73   | <b>45.46</b> | PR   |
|    | rd | 47                   | <b>Jonah Zwaan</b>   |         | HB1                |       | 45.39   | <b>45.53</b> |      |
|    |    | <b>Stefanie Koot</b> |                      |         | <b>Jonah Zwaan</b> |       |         |              |      |
|    |    | 100m                 | 12.52                | (12.52) | 100m               | 12.54 | (12.54) |              |      |
|    |    | 500m                 | 45.46                | (32.94) | 500m               | 45.53 | (32.99) |              |      |

|    |    | Naam                 |                      | Cat |                     | PR    |         | Tijd         | Info |
|----|----|----------------------|----------------------|-----|---------------------|-------|---------|--------------|------|
| 30 | gl | 27                   | <b>Bruno Bonetti</b> |     | HB1                 |       | 45.45   | <b>DNS</b>   |      |
|    | bl | 29                   | <b>Milou Butter</b>  |     | DN3                 |       | 43.44   | <b>45.86</b> |      |
|    |    | <b>Bruno Bonetti</b> |                      |     | <b>Milou Butter</b> |       |         |              |      |
|    |    | 100m                 |                      |     | 100m                | 12.57 | (12.57) |              |      |
|    |    | 500m                 |                      |     | 500m                | 45.86 | (33.29) |              |      |

|    |    | Naam                   |                        | Cat     |     | PR |       | Tijd         | Info |
|----|----|------------------------|------------------------|---------|-----|----|-------|--------------|------|
| 31 | wt | 40                     | <b>Marino Godwaldt</b> |         | HB2 |    | 43.58 | <b>45.23</b> |      |
|    | rd |                        |                        |         |     |    |       |              |      |
|    |    | <b>Marino Godwaldt</b> |                        |         |     |    |       |              |      |
|    |    | 100m                   | 12.08                  | (12.08) | m   |    |       |              |      |
|    |    | 500m                   | 45.23                  | (33.15) |     |    |       |              |      |

|    |    | Naam                    |                         | Cat     |                         | PR    |         | Tijd         | Info |
|----|----|-------------------------|-------------------------|---------|-------------------------|-------|---------|--------------|------|
| 32 | gl | 61                      | <b>Tim van der Zalm</b> |         | HA2                     |       | 44.39   | <b>44.94</b> |      |
|    | bl | 71                      | <b>Kai van Bennekom</b> |         | HB1                     |       | 43.65   | <b>DNF</b>   |      |
|    |    | <b>Tim van der Zalm</b> |                         |         | <b>Kai van Bennekom</b> |       |         |              |      |
|    |    | 100m                    | 12.61                   | (12.61) | 100m                    | 11.62 | (11.62) |              |      |
|    |    | 500m                    | 44.94                   | (32.33) |                         |       |         |              |      |

|    |    | Naam                  |                       | Cat     |                      | PR    |         | Tijd         | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|-------|---------|--------------|------|
| 33 | wt | 67                    | <b>Shelley Blaauw</b> |         | DA2                  |       | 43.50   | <b>46.08</b> |      |
|    | rd | 53                    | <b>Tristan Hagen</b>  |         | HSA                  |       | 40.55   | <b>41.26</b> |      |
|    |    | <b>Shelley Blaauw</b> |                       |         | <b>Tristan Hagen</b> |       |         |              |      |
|    |    | 100m                  | 12.30                 | (12.30) | 100m                 | 11.59 | (11.59) |              |      |
|    |    | 500m                  | 46.08                 | (33.78) | 500m                 | 41.26 | (29.67) |              |      |

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|       |    | Naam                      |                           |         | Cat                       |       |         | PR    | Tijd         | Info |
|-------|----|---------------------------|---------------------------|---------|---------------------------|-------|---------|-------|--------------|------|
| 34    | gl | 38                        | <b>Joeke van Mulligen</b> |         | HN3                       |       |         | 42.30 | <b>44.12</b> |      |
|       | bl | 23                        | <b>Monique Boerema</b>    |         | D60                       |       |         | 43.58 | <b>48.00</b> |      |
|       |    | <b>Joeke van Mulligen</b> |                           |         | <b>Monique Boerema</b>    |       |         |       |              |      |
|       |    | 100m                      | 11.97                     | (11.97) | 100m                      | 13.29 | (13.29) |       |              |      |
|       |    | 500m                      | 44.12                     | (32.15) | 500m                      | 48.00 | (34.71) |       |              |      |
| <hr/> |    |                           |                           |         |                           |       |         |       |              |      |
|       |    | Naam                      |                           |         | Cat                       |       |         | PR    | Tijd         | Info |
| 35    | wt | 43                        | <b>Martijn Laarhoven</b>  |         | H50                       |       |         | 39.96 | <b>44.36</b> |      |
|       | rd | 73                        | <b>Jesper van Mieghem</b> |         | HA2                       |       |         | 36.91 | <b>37.77</b> |      |
|       |    | <b>Martijn Laarhoven</b>  |                           |         | <b>Jesper van Mieghem</b> |       |         |       |              |      |
|       |    | 100m                      | 11.87                     | (11.87) | 100m                      | 10.47 | (10.47) |       |              |      |
|       |    | 500m                      | 44.36                     | (32.49) | 500m                      | 37.77 | (27.30) |       |              |      |
| <hr/> |    |                           |                           |         |                           |       |         |       |              |      |
|       |    | Naam                      |                           |         | Cat                       |       |         | PR    | Tijd         | Info |
| 36    | gl | 31                        | <b>Duco Jansen</b>        |         | HA2                       |       |         | 40.15 | <b>40.82</b> |      |
|       | bl | 39                        | <b>Seb van Schelven</b>   |         | HN2                       |       |         | 39.69 | <b>39.64</b> | PR   |
|       |    | <b>Duco Jansen</b>        |                           |         | <b>Seb van Schelven</b>   |       |         |       |              |      |
|       |    | 100m                      | 11.16                     | (11.16) | 100m                      | 10.69 | (10.69) |       |              |      |
|       |    | 500m                      | 40.82                     | (29.66) | 500m                      | 39.64 | (28.95) |       |              |      |

# Kennemercup 3

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## 5. Uitslag 500 meter - omloop 2

| Pos | Naam                    | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1   | 64 Niels van der Meulen | HN2 | 41   | I    | 41.36 |      |        |
| 2   | 60 Bob van Nobelen      | HSB | 42   | O    | 41.63 |      |        |
| 3   | 62 Zeb van der Slot     | HN2 | 42   | I    | 42.53 |      |        |
| 4   | 57 Tijmen Hupkens       | HSB | 41   | O    | 43.07 |      |        |
| 5   | 17 Jelle de Bock        | HB1 | 39   | O    | 45.14 |      |        |
| 6   | 18 Lotte de Bock        | DA1 | 40   | O    | 46.16 |      |        |
| 7   | 8 Milou van Leeuwen     | DN2 | 40   | I    | 46.74 |      |        |
| 8   | 33 Dana de Bruin        | DB1 | 38   | I    | 55.78 |      |        |
| 9   | 65 Dimitri van Bakel    | HB1 | 37   | I    | 57.59 |      |        |
| 10  | 14 Tjitske Kikstra      | DN2 | 38   | O    | 58.10 |      |        |
|     | 50 Leon van Asten       | H40 |      |      |       | WDR  |        |

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## 5. Rituitslag 500 meter - omloop 2

|    |    | Naam                     |                          | Cat     |     | PR |       | Tijd         | Info |
|----|----|--------------------------|--------------------------|---------|-----|----|-------|--------------|------|
| 37 | wt | 65                       | <b>Dimitri van Bakel</b> |         | HB1 |    | 57.53 | <b>57.59</b> |      |
|    | rd |                          |                          |         |     |    |       |              |      |
|    |    | <b>Dimitri van Bakel</b> |                          |         |     |    |       |              |      |
|    |    | 100m                     | 14.48                    | (14.48) |     | m  |       |              |      |
|    |    | 500m                     | 57.59                    | (43.11) |     |    |       |              |      |

|    |    | Naam                   |                        | Cat     |     | PR   |       | Tijd         | Info |
|----|----|------------------------|------------------------|---------|-----|------|-------|--------------|------|
| 38 | gl | 33                     | <b>Dana de Bruin</b>   |         | DB1 |      | 55.45 | <b>55.78</b> |      |
|    | bl | 14                     | <b>Tjitske Kikstra</b> |         | DN2 |      | 52.11 | <b>58.10</b> |      |
|    |    | <b>Dana de Bruin</b>   |                        |         |     |      |       |              |      |
|    |    | 100m                   | 13.78                  | (13.78) |     | 100m | 15.45 | (15.45)      |      |
|    |    | 500m                   | 55.78                  | (42.00) |     | 500m | 58.10 | (42.65)      |      |
|    |    | <b>Tjitske Kikstra</b> |                        |         |     |      |       |              |      |
|    |    | 100m                   | 13.78                  | (13.78) |     | 100m | 15.45 | (15.45)      |      |
|    |    | 500m                   | 55.78                  | (42.00) |     | 500m | 58.10 | (42.65)      |      |

|    |    | Naam                  |                       | Cat                  |     | PR    |         | Tijd         | Info |
|----|----|-----------------------|-----------------------|----------------------|-----|-------|---------|--------------|------|
| 39 | wt | 50                    | <b>Leon van Asten</b> |                      | H40 |       | 38.44   | <b>WDR</b>   |      |
|    | rd | 17                    | <b>Jelle de Bock</b>  |                      | HB1 |       | 43.97   | <b>45.14</b> |      |
|    |    | <b>Leon van Asten</b> |                       |                      |     |       |         |              |      |
|    |    |                       |                       | <b>Jelle de Bock</b> |     |       |         |              |      |
|    |    |                       |                       | 100m                 |     | 12.04 | (12.04) |              |      |
|    |    |                       |                       | 500m                 |     | 45.14 | (33.10) |              |      |

|    |    | Naam                     |                          | Cat     |     | PR   |       | Tijd         | Info |
|----|----|--------------------------|--------------------------|---------|-----|------|-------|--------------|------|
| 40 | gl | 8                        | <b>Milou van Leeuwen</b> |         | DN2 |      | 44.17 | <b>46.74</b> |      |
|    | bl | 18                       | <b>Lotte de Bock</b>     |         | DA1 |      | 45.45 | <b>46.16</b> |      |
|    |    | <b>Milou van Leeuwen</b> |                          |         |     |      |       |              |      |
|    |    | 100m                     | 12.73                    | (12.73) |     | 100m | 12.25 | (12.25)      |      |
|    |    | 500m                     | 46.74                    | (34.01) |     | 500m | 46.16 | (33.91)      |      |
|    |    | <b>Lotte de Bock</b>     |                          |         |     |      |       |              |      |
|    |    | 100m                     | 12.73                    | (12.73) |     | 100m | 12.25 | (12.25)      |      |
|    |    | 500m                     | 46.74                    | (34.01) |     | 500m | 46.16 | (33.91)      |      |

|    |    | Naam                        |                             | Cat     |     | PR   |       | Tijd         | Info |
|----|----|-----------------------------|-----------------------------|---------|-----|------|-------|--------------|------|
| 41 | wt | 64                          | <b>Niels van der Meulen</b> |         | HN2 |      | 41.23 | <b>41.36</b> |      |
|    | rd | 57                          | <b>Tijmen Hupkens</b>       |         | HSB |      | 40.07 | <b>43.07</b> |      |
|    |    | <b>Niels van der Meulen</b> |                             |         |     |      |       |              |      |
|    |    | 100m                        | 11.15                       | (11.15) |     | 100m | 11.64 | (11.64)      |      |
|    |    | 500m                        | 41.36                       | (30.21) |     | 500m | 43.07 | (31.43)      |      |
|    |    | <b>Tijmen Hupkens</b>       |                             |         |     |      |       |              |      |
|    |    | 100m                        | 11.15                       | (11.15) |     | 100m | 11.64 | (11.64)      |      |
|    |    | 500m                        | 41.36                       | (30.21) |     | 500m | 43.07 | (31.43)      |      |

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|    |    | Naam                    |                         | Cat     |                        | PR    |         | Tijd         | Info |
|----|----|-------------------------|-------------------------|---------|------------------------|-------|---------|--------------|------|
| 42 | gl | 62                      | <b>Zeb van der Slot</b> |         | HN2                    |       | 42.08   | <b>42.53</b> |      |
|    | bl | 60                      | <b>Bob van Nobelen</b>  |         | HSB                    |       | 40.43   | <b>41.63</b> |      |
|    |    | <b>Zeb van der Slot</b> |                         |         | <b>Bob van Nobelen</b> |       |         |              |      |
|    |    | 100m                    | 11.87                   | (11.87) | 100m                   | 11.28 | (11.28) |              |      |
|    |    | 500m                    | 42.53                   | (30.66) | 500m                   | 41.63 | (30.35) |              |      |



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## 6. Uitslag 3000 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 52 Stefan Huizenga      | HA1 | 50   | I    | 4:15.92 |      |        |
| 2   | 45 Marcel Huismans      | H50 | 50   | O    | 4:55.43 |      |        |
| 3   | 11 Milan Kracht         | H50 | 49   | I    | 4:55.48 |      |        |
| 4   | 1 Lara Dingjan          | DA2 | 49   | O    | 4:56.89 |      |        |
| 5   | 46 Bram Braak           | HA1 | 48   | O    | 4:59.23 |      |        |
| 6   | 21 Ruben Molenaar       | HB1 | 47   | I    | 5:00.76 | PR   |        |
| 7   | 44 Iris Meerhoff        | DSA | 47   | O    | 5:11.72 | PR   |        |
| 8   | 22 Leanne Molenaar      | DN2 | 45   | O    | 5:21.52 |      |        |
| 9   | 5 Daniel Brouwer        | HB2 | 43   | O    | 5:27.89 |      |        |
| 10  | 3 Xander Terstal        | HN1 | 43   | I    | 5:30.15 | PR   |        |
| 11  | 37 Melanie van der Zalm | DN3 | 45   | I    | 5:34.99 |      |        |
| 12  | 28 Mark Peters          | H65 | 44   | O    | 5:38.08 |      |        |
| 13  | 19 Emma Hartveld        | DA2 | 46   | O    | 5:39.19 |      |        |
| 14  | 32 Pieter van Dijk      | HA1 | 46   | I    | 5:49.18 |      |        |
| 15  | 41 Annette Laarhoven    | DB2 | 44   | I    | 6:00.09 |      |        |
|     | 63 Kristel van Abswoude | DSA | 48   | I    |         | DQ   |        |

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## 6. Rituitslag 3000 meter

|    |    | Naam                  |                       | Cat     |                       | PR      |         | Tijd           | Info |
|----|----|-----------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 43 | wt | 3                     | <b>Xander Terstal</b> |         | HN1                   | 5:36.65 |         | <b>5:30.15</b> | PR   |
|    | rd | 5                     | <b>Daniel Brouwer</b> |         | HB2                   |         |         | <b>5:27.89</b> |      |
|    |    | <b>Xander Terstal</b> |                       |         | <b>Daniel Brouwer</b> |         |         |                |      |
|    |    | 200m                  | 23.27                 | (23.27) | 200m                  | 21.23   | (21.23) |                |      |
|    |    | 600m                  | 1:01.20               | (37.93) | 600m                  | 1:02.13 | (40.90) |                |      |
|    |    | 1000m                 | 1:42.21               | (41.01) | 1000m                 | 1:44.14 | (42.01) |                |      |
|    |    | 1400m                 | 2:26.09               | (43.88) | 1400m                 | 2:29.23 | (45.09) |                |      |
|    |    | 1800m                 | 3:11.20               | (45.11) | 1800m                 | 3:14.28 | (45.05) |                |      |
|    |    | 2200m                 | 3:57.21               | (46.01) | 2200m                 | 3:58.98 | (44.70) |                |      |
|    |    | 2600m                 | 4:42.85               | (45.64) | 2600m                 | 4:44.06 | (45.08) |                |      |
|    |    | 3000m                 | 5:30.15               | (47.30) | 3000m                 | 5:27.89 | (43.83) |                |      |

|    |    | Naam                     |                          | Cat     |                    | PR      |         | Tijd           | Info |
|----|----|--------------------------|--------------------------|---------|--------------------|---------|---------|----------------|------|
| 44 | gl | 41                       | <b>Annette Laarhoven</b> |         | DB2                | 5:54.77 |         | <b>6:00.09</b> |      |
|    | bl | 28                       | <b>Mark Peters</b>       |         | H65                | 5:07.45 |         | <b>5:38.08</b> |      |
|    |    | <b>Annette Laarhoven</b> |                          |         | <b>Mark Peters</b> |         |         |                |      |
|    |    | 200m                     | 25.60                    | (25.60) | 200m               | 26.61   | (26.61) |                |      |
|    |    | 600m                     | 1:08.95                  | (43.35) | 600m               | 1:08.35 | (41.74) |                |      |
|    |    | 1000m                    | 1:52.79                  | (43.84) | 1000m              | 1:51.07 | (42.72) |                |      |
|    |    | 1400m                    | 2:40.17                  | (47.38) | 1400m              | 2:35.27 | (44.20) |                |      |
|    |    | 1800m                    | 3:28.63                  | (48.46) | 1800m              | 3:19.96 | (44.69) |                |      |
|    |    | 2200m                    | 4:18.78                  | (50.15) | 2200m              | 4:05.59 | (45.63) |                |      |
|    |    | 2600m                    | 5:09.76                  | (50.98) | 2600m              | 4:51.84 | (46.25) |                |      |
|    |    | 3000m                    | 6:00.09                  | (50.33) | 3000m              | 5:38.08 | (46.24) |                |      |

# Kennemercup 3

IJsbahn Haarlem - Haarlem

22 oktober 2023

|    |    | Naam                        |                             | Cat     |     | PR                     |         | Tijd    | Info           |
|----|----|-----------------------------|-----------------------------|---------|-----|------------------------|---------|---------|----------------|
| 45 | wt | 37                          | <b>Melanie van der Zalm</b> |         | DN3 |                        |         | 5:29.45 | <b>5:34.99</b> |
|    | rd | 22                          | <b>Leanne Molenaar</b>      |         | DN2 |                        |         | 5:13.96 | <b>5:21.52</b> |
|    |    | <b>Melanie van der Zalm</b> |                             |         |     | <b>Leanne Molenaar</b> |         |         |                |
|    |    | 200m                        | 26.85                       | (26.85) |     | 200m                   | 25.03   | (25.03) |                |
|    |    | 600m                        | 1:09.62                     | (42.77) |     | 600m                   | 1:06.22 | (41.19) |                |
|    |    | 1000m                       | 1:52.83                     | (43.21) |     | 1000m                  | 1:47.97 | (41.75) |                |
|    |    | 1400m                       | 2:36.40                     | (43.57) |     | 1400m                  | 2:30.38 | (42.41) |                |
|    |    | 1800m                       | 3:20.64                     | (44.24) |     | 1800m                  | 3:13.35 | (42.97) |                |
|    |    | 2200m                       | 4:05.01                     | (44.37) |     | 2200m                  | 3:56.55 | (43.20) |                |
|    |    | 2600m                       | 4:49.95                     | (44.94) |     | 2600m                  | 4:39.39 | (42.84) |                |
|    |    | 3000m                       | 5:34.99                     | (45.04) |     | 3000m                  | 5:21.52 | (42.13) |                |

|    |    | Naam                   |                        | Cat     |     | PR                   |         | Tijd    | Info           |
|----|----|------------------------|------------------------|---------|-----|----------------------|---------|---------|----------------|
| 46 | gl | 32                     | <b>Pieter van Dijk</b> |         | HA1 |                      |         | 5:41.14 | <b>5:49.18</b> |
|    | bl | 19                     | <b>Emma Hartveld</b>   |         | DA2 |                      |         | 5:31.59 | <b>5:39.19</b> |
|    |    | <b>Pieter van Dijk</b> |                        |         |     | <b>Emma Hartveld</b> |         |         |                |
|    |    | 200m                   | 25.48                  | (25.48) |     | 200m                 | 26.96   | (26.96) |                |
|    |    | 600m                   | 1:10.37                | (44.89) |     | 600m                 | 1:09.13 | (42.17) |                |
|    |    | 1000m                  | 1:55.14                | (44.77) |     | 1000m                | 1:52.80 | (43.67) |                |
|    |    | 1400m                  | 2:41.04                | (45.90) |     | 1400m                | 2:37.56 | (44.76) |                |
|    |    | 1800m                  | 3:28.67                | (47.63) |     | 1800m                | 3:23.27 | (45.71) |                |
|    |    | 2200m                  | 4:15.16                | (46.49) |     | 2200m                | 4:09.60 | (46.33) |                |
|    |    | 2600m                  | 5:01.83                | (46.67) |     | 2600m                | 4:54.82 | (45.22) |                |
|    |    | 3000m                  | 5:49.18                | (47.35) |     | 3000m                | 5:39.19 | (44.37) |                |

# Kennemercup 3

IJsbahn Haarlem - Haarlem

22 oktober 2023

|    |    | Naam                  |                       |         | Cat                  |         |         | PR      | Tijd           | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|---------|---------|---------|----------------|------|
| 47 | wt | 21                    | <b>Ruben Molenaar</b> |         | HB1                  |         |         | 5:03.18 | <b>5:00.76</b> | PR   |
|    | rd | 44                    | <b>Iris Meerhoff</b>  |         | DSA                  |         |         | 5:18.28 | <b>5:11.72</b> | PR   |
|    |    | <b>Ruben Molenaar</b> |                       |         | <b>Iris Meerhoff</b> |         |         |         |                |      |
|    |    | 200m                  | 22.18                 | (22.18) | 200m                 | 24.69   | (24.69) |         |                |      |
|    |    | 600m                  | 1:00.30               | (38.12) | 600m                 | 1:05.15 | (40.46) |         |                |      |
|    |    | 1000m                 | 1:40.06               | (39.76) | 1000m                | 1:45.81 | (40.66) |         |                |      |
|    |    | 1400m                 | 2:19.38               | (39.32) | 1400m                | 2:26.62 | (40.81) |         |                |      |
|    |    | 1800m                 | 3:00.02               | (40.64) | 1800m                | 3:07.41 | (40.79) |         |                |      |
|    |    | 2200m                 | 3:41.22               | (41.20) | 2200m                | 3:48.66 | (41.25) |         |                |      |
|    |    | 2600m                 | 4:22.32               | (41.10) | 2600m                | 4:30.20 | (41.54) |         |                |      |
|    |    | 3000m                 | 5:00.76               | (38.44) | 3000m                | 5:11.72 | (41.52) |         |                |      |

|    |    | Naam                        |                             |         | Cat               |         |         | PR      | Tijd           | Info |
|----|----|-----------------------------|-----------------------------|---------|-------------------|---------|---------|---------|----------------|------|
| 48 | gl | 63                          | <b>Kristel van Abswoude</b> |         | DSA               |         |         | 4:57.99 | <b>DQ</b>      |      |
|    | bl | 46                          | <b>Bram Braak</b>           |         | HA1               |         |         | 4:53.22 | <b>4:59.23</b> |      |
|    |    | <b>Kristel van Abswoude</b> |                             |         | <b>Bram Braak</b> |         |         |         |                |      |
|    |    | 200m                        | 24.07                       | (24.07) | 200m              | 23.92   | (23.92) |         |                |      |
|    |    | 600m                        | 1:02.88                     | (38.81) | 600m              | 1:01.77 | (37.85) |         |                |      |
|    |    | 1000m                       | 1:42.28                     | (39.40) | 1000m             | 1:40.99 | (39.22) |         |                |      |
|    |    | 1400m                       | 2:22.07                     | (39.79) | 1400m             | 2:20.12 | (39.13) |         |                |      |
|    |    | 1800m                       | 3:03.36                     | (41.29) | 1800m             | 2:59.89 | (39.77) |         |                |      |
|    |    | 2200m                       | 3:45.23                     | (41.87) | 2200m             | 3:39.81 | (39.92) |         |                |      |
|    |    | 2600m                       | 4:27.70                     | (42.47) | 2600m             | 4:19.66 | (39.85) |         |                |      |
|    |    | 3000m                       | 5:10.69                     | (42.99) | 3000m             | 4:59.23 | (39.57) |         |                |      |

# Kennemercup 3

IJsbaan Haarlem - Haarlem

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|    |    | Naam                |                     |         | Cat   |         |         | PR                  | Tijd           | Info |
|----|----|---------------------|---------------------|---------|-------|---------|---------|---------------------|----------------|------|
| 49 | wt | 11                  | <b>Milan Kracht</b> |         | H50   |         |         | 4:50.48             | <b>4:55.48</b> |      |
|    | rd | 1                   | <b>Lara Dingjan</b> |         | DA2   |         |         | 4:49.57             | <b>4:56.89</b> |      |
|    |    | <b>Milan Kracht</b> |                     |         |       |         |         | <b>Lara Dingjan</b> |                |      |
|    |    | 200m                | 23.68               | (23.68) | 200m  | 23.41   | (23.41) |                     |                |      |
|    |    | 600m                | 1:01.73             | (38.05) | 600m  | 1:00.07 | (36.66) |                     |                |      |
|    |    | 1000m               | 1:40.08             | (38.35) | 1000m | 1:38.50 | (38.43) |                     |                |      |
|    |    | 1400m               | 2:18.78             | (38.70) | 1400m | 2:17.43 | (38.93) |                     |                |      |
|    |    | 1800m               | 2:57.40             | (38.62) | 1800m | 2:56.42 | (38.99) |                     |                |      |
|    |    | 2200m               | 3:36.62             | (39.22) | 2200m | 3:35.93 | (39.51) |                     |                |      |
|    |    | 2600m               | 4:16.07             | (39.45) | 2600m | 4:16.40 | (40.47) |                     |                |      |
|    |    | 3000m               | 4:55.48             | (39.41) | 3000m | 4:56.89 | (40.49) |                     |                |      |

|    |    | Naam                   |                        |         | Cat   |         |         | PR                     | Tijd           | Info |
|----|----|------------------------|------------------------|---------|-------|---------|---------|------------------------|----------------|------|
| 50 | gl | 52                     | <b>Stefan Huizenga</b> |         | HA1   |         |         | 4:14.36                | <b>4:15.92</b> |      |
|    | bl | 45                     | <b>Marcel Huismans</b> |         | H50   |         |         | 4:40.66                | <b>4:55.43</b> |      |
|    |    | <b>Stefan Huizenga</b> |                        |         |       |         |         | <b>Marcel Huismans</b> |                |      |
|    |    | 200m                   | 20.30                  | (20.30) | 200m  | 22.16   | (22.16) |                        |                |      |
|    |    | 600m                   | 52.23                  | (31.93) | 600m  | 59.74   | (37.58) |                        |                |      |
|    |    | 1000m                  | 1:25.06                | (32.83) | 1000m | 1:39.02 | (39.28) |                        |                |      |
|    |    | 1400m                  | 1:58.65                | (33.59) | 1400m | 2:18.86 | (39.84) |                        |                |      |
|    |    | 1800m                  | 2:32.51                | (33.86) | 1800m | 2:58.32 | (39.46) |                        |                |      |
|    |    | 2200m                  | 3:06.95                | (34.44) | 2200m | 3:37.81 | (39.49) |                        |                |      |
|    |    | 2600m                  | 3:41.55                | (34.60) | 2600m | 4:16.68 | (38.87) |                        |                |      |
|    |    | 3000m                  | 4:15.92                | (34.37) | 3000m | 4:55.43 | (38.75) |                        |                |      |

# Kennemercup 3

IJsbaan Haarlem - Haarlem

22 oktober 2023

## 7. Uitslag 1500 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1   | 49 Stan Zirkzee       | HSA | 54   | I    | 2:13.21 |      |        |
| 2   | 7 Driek Tolk          | HB2 | 53   | I    | 2:16.60 |      |        |
| 3   | 34 Maureen Hagen      | DA1 | 53   | O    | 2:22.18 |      |        |
| 4   | 54 Kersty Heeremans   | DA2 | 54   | O    | 2:33.83 | PR   |        |
| 5   | 12 Charline Kwadrin   | DB2 | 51   | I    | 2:39.67 |      |        |
| 6   | 75 Bente Adema        | DC2 | 51   | O    | 2:41.65 | PR   |        |
| 7   | 55 Silvijn Vastenhout | HB2 | 52   | O    | 2:55.65 |      |        |
|     | 70 Mirthe Visser      | DB1 | 52   | I    | DNS     |      |        |

# Kennemercup 3

IJsbaan Haarlem - Haarlem

22 oktober 2023

## 7. Rituitslag 1500 meter

|       |    | Naam                    |                           | Cat     |                           | PR      |         | Tijd           | Info |
|-------|----|-------------------------|---------------------------|---------|---------------------------|---------|---------|----------------|------|
| 51    | wt | 12                      | <b>Charline Kwadrin</b>   |         | DB2                       |         | 2:39.65 | <b>2:39.67</b> |      |
|       | rd | 75                      | <b>Bente Adema</b>        |         | DC2                       |         | 2:45.23 | <b>2:41.65</b> | PR   |
|       |    | <b>Charline Kwadrin</b> |                           |         | <b>Bente Adema</b>        |         |         |                |      |
|       |    | 300m                    | 32.12                     | (32.12) | 300m                      | 33.09   | (33.09) |                |      |
|       |    | 700m                    | 1:11.62                   | (39.50) | 700m                      | 1:14.47 | (41.38) |                |      |
|       |    | 1100m                   | 1:54.91                   | (43.29) | 1100m                     | 1:58.27 | (43.80) |                |      |
|       |    | 1500m                   | 2:39.67                   | (44.76) | 1500m                     | 2:41.65 | (43.38) |                |      |
| <hr/> |    |                         |                           |         |                           |         |         |                |      |
|       |    | Naam                    |                           | Cat     |                           | PR      |         | Tijd           | Info |
| 52    | gl | 70                      | <b>Mirthe Visser</b>      |         | DB1                       |         | 3:02.54 | <b>DNS</b>     |      |
|       | bl | 55                      | <b>Silvijn Vastenhout</b> |         | HB2                       |         |         | <b>2:55.65</b> |      |
|       |    | <b>Mirthe Visser</b>    |                           |         | <b>Silvijn Vastenhout</b> |         |         |                |      |
|       |    | 300m                    |                           |         | 300m                      | 35.01   | (35.01) |                |      |
|       |    | 700m                    |                           |         | 700m                      | 1:19.26 | (44.25) |                |      |
|       |    | 1100m                   |                           |         | 1100m                     | 2:06.23 | (46.97) |                |      |
|       |    | 1500m                   |                           |         | 1500m                     | 2:55.65 | (49.42) |                |      |
| <hr/> |    |                         |                           |         |                           |         |         |                |      |
|       |    | Naam                    |                           | Cat     |                           | PR      |         | Tijd           | Info |
| 53    | wt | 7                       | <b>Driek Tolk</b>         |         | HB2                       |         | 2:14.70 | <b>2:16.60</b> |      |
|       | rd | 34                      | <b>Maureen Hagen</b>      |         | DA1                       |         | 2:15.30 | <b>2:22.18</b> |      |
|       |    | <b>Driek Tolk</b>       |                           |         | <b>Maureen Hagen</b>      |         |         |                |      |
|       |    | 300m                    | 28.94                     | (28.94) | 300m                      | 30.41   | (30.41) |                |      |
|       |    | 700m                    | 1:03.15                   | (34.21) | 700m                      | 1:05.95 | (35.54) |                |      |
|       |    | 1100m                   | 1:39.37                   | (36.22) | 1100m                     | 1:43.75 | (37.80) |                |      |
|       |    | 1500m                   | 2:16.60                   | (37.23) | 1500m                     | 2:22.18 | (38.43) |                |      |
| <hr/> |    |                         |                           |         |                           |         |         |                |      |
|       |    | Naam                    |                           | Cat     |                           | PR      |         | Tijd           | Info |
| 54    | gl | 49                      | <b>Stan Zirkzee</b>       |         | HSA                       |         | 2:01.18 | <b>2:13.21</b> |      |
|       | bl | 54                      | <b>Kersty Heeremans</b>   |         | DA2                       |         | 2:38.03 | <b>2:33.83</b> | PR   |
|       |    | <b>Stan Zirkzee</b>     |                           |         | <b>Kersty Heeremans</b>   |         |         |                |      |
|       |    | 300m                    | 28.52                     | (28.52) | 300m                      | 32.83   | (32.83) |                |      |
|       |    | 700m                    | 1:01.37                   | (32.85) | 700m                      | 1:10.79 | (37.96) |                |      |
|       |    | 1100m                   | 1:35.93                   | (34.56) | 1100m                     | 1:51.31 | (40.52) |                |      |
|       |    | 1500m                   | 2:13.21                   | (37.28) | 1500m                     | 2:33.83 | (42.52) |                |      |

# Kennemercup 3

IJsbahn Haarlem - Haarlem

22 oktober 2023

## 8. Uitslag 1000 meter

| Pos | Naam                            | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|---------------------------------|-----|------|------|---------|------|--------|
| 1   | 73 Jesper van Mieghem           | HA2 | 71   | O    | 1:14.99 | TRC  |        |
| 2   | 39 Seb van Schelven             | HN2 | 71   | I    | 1:19.32 |      |        |
| 3   | 53 Tristan Hagen                | HSA | 72   | O    | 1:20.12 | PR   |        |
| 4   | 31 Duco Jansen                  | HA2 | 72   | I    | 1:24.52 |      |        |
| 5   | 61 Tim van der Zalm             | HA2 | 68   | I    | 1:27.06 | PR   |        |
| 6   | 38 Joeke van Mulligen           | HN3 | 69   | I    | 1:28.02 |      |        |
| 7   | 71 Kai van Bennekom             | HB1 | 65   | I    | 1:28.90 | PR   |        |
| 8   | 27 Bruno Bonetti                | HB1 | 65   | O    | 1:30.65 | PR   |        |
| 9   | 40 Marino Godwaldt              | HB2 | 66   | O    | 1:30.68 |      |        |
| 10  | 43 Martijn Laarhoven            | H50 | 70   | O    | 1:30.71 |      |        |
| 11  | 47 Jonah Zwaan                  | HB1 | 63   | O    | 1:31.09 | PR   |        |
| 12  | 29 Milou Butter                 | DN3 | 68   | O    | 1:31.47 |      |        |
| 13  | 56 Stefanie Koot                | DB1 | 64   | I    | 1:32.56 |      |        |
| 14  | 67 Shelley Blaauw               | DA2 | 67   | I    | 1:34.21 |      |        |
| 15  | 36 Merit de Bruin               | DA1 | 60   | I    | 1:34.48 | PR   |        |
| 16  | 51 Bert Nijman                  | H40 | 55   | I    | 1:34.54 |      |        |
| 17  | 69 Pim Braak                    | HB1 | 60   | O    | 1:35.28 | PR   |        |
| 18  | 23 Monique Boerema              | D60 | 70   | I    | 1:36.83 |      |        |
| 19  | 15 Erwin Dekker                 | H60 | 69   | O    | 1:37.10 |      |        |
| 20  | 74 Carlos Godwaldt              | HC1 | 61   | I    | 1:37.72 | PR   |        |
| 21  | 66 Toine van Bakel              | HA1 | 64   | O    | 1:37.87 | PR   |        |
| 22  | 25 Evy van Duijn                | DB1 | 61   | O    | 1:39.68 |      |        |
| 23  | 72 Wende Heeremans              | DB1 | 57   | I    | 1:41.49 | PR   |        |
| 24  | 2 Aranka Keur                   | D40 | 58   | I    | 1:41.56 |      |        |
| 25  | 68 Jamy Blaauw                  | DB2 | 63   | I    | 1:42.52 |      |        |
| 26  | 9 Erwin Henskes                 | H65 | 67   | O    | 1:44.54 |      |        |
| 27  | 58 Amy Valentijn                | DB1 | 62   | I    | 1:47.53 |      |        |
| 28  | 13 Maïté Stoete                 | D50 | 62   | O    | 1:48.46 |      |        |
| 29  | 30 Sylvie van den Heuvel        | DA2 | 59   | O    | 1:49.30 |      |        |
| 30  | 10 Roxanne Boers                | DSA | 59   | I    | 1:50.45 |      |        |
| 31  | 20 Pien Lodder                  | DN1 | 55   | O    | 1:51.98 |      |        |
| 32  | 4 Ramona van Leeuwen- van Noort | D50 | 58   | O    | 2:04.56 |      |        |
|     | 26 Nadine Blikendaal            | DB2 | 57   | O    | DNS     |      |        |



# Kennemercup 3

IJsbaan Haarlem - Haarlem

22 oktober 2023

## 8. Rituitslag 1000 meter

|    |    | Naam               |                    | Cat     |                    | PR      |         | Tijd           | Info |
|----|----|--------------------|--------------------|---------|--------------------|---------|---------|----------------|------|
| 55 | wt | 51                 | <b>Bert Nijman</b> |         | H40                |         |         | <b>1:34.54</b> |      |
|    | rd | 20                 | <b>Pien Lodder</b> |         | DN1                | 1:51.67 |         | <b>1:51.98</b> |      |
|    |    | <b>Bert Nijman</b> |                    |         | <b>Pien Lodder</b> |         |         |                |      |
|    |    | 200m               | 21.90              | (21.90) | 200m               | 26.32   | (26.32) |                |      |
|    |    | 600m               | 57.67              | (35.77) | 600m               | 1:07.82 | (41.50) |                |      |
|    |    | 1000m              | 1:34.54            | (36.87) | 1000m              | 1:51.98 | (44.16) |                |      |

|    |    | Naam |  | Cat |   | PR |  | Tijd | Info |
|----|----|------|--|-----|---|----|--|------|------|
| 56 | gl |      |  |     |   |    |  |      |      |
|    | bl |      |  |     |   |    |  |      |      |
|    |    | m    |  |     | m |    |  |      |      |

|    |    | Naam                   |                           | Cat     |                           | PR      |  | Tijd           | Info |
|----|----|------------------------|---------------------------|---------|---------------------------|---------|--|----------------|------|
| 57 | wt | 72                     | <b>Wende Heeremans</b>    |         | DB1                       | 1:47.87 |  | <b>1:41.49</b> | PR   |
|    | rd | 26                     | <b>Nadine Bliekendaal</b> |         | DB2                       | 1:49.38 |  | <b>DNS</b>     |      |
|    |    | <b>Wende Heeremans</b> |                           |         | <b>Nadine Bliekendaal</b> |         |  |                |      |
|    |    | 200m                   | 23.90                     | (23.90) |                           |         |  |                |      |
|    |    | 600m                   | 1:02.02                   | (38.12) |                           |         |  |                |      |
|    |    | 1000m                  | 1:41.49                   | (39.47) |                           |         |  |                |      |

|    |    | Naam               |                                      | Cat     |                                      | PR      |         | Tijd           | Info |
|----|----|--------------------|--------------------------------------|---------|--------------------------------------|---------|---------|----------------|------|
| 58 | gl | 2                  | <b>Aranka Keur</b>                   |         | D40                                  | 1:33.04 |         | <b>1:41.56</b> |      |
|    | bl | 4                  | <b>Ramona van Leeuwen- van Noort</b> |         | D50                                  | 1:50.84 |         | <b>2:04.56</b> |      |
|    |    | <b>Aranka Keur</b> |                                      |         | <b>Ramona van Leeuwen- van Noort</b> |         |         |                |      |
|    |    | 200m               | 22.28                                | (22.28) | 200m                                 | 29.35   | (29.35) |                |      |
|    |    | 600m               | 1:00.27                              | (37.99) | 600m                                 | 1:15.52 | (46.17) |                |      |
|    |    | 1000m              | 1:41.56                              | (41.29) | 1000m                                | 2:04.56 | (49.04) |                |      |

# Kennemercup 3

IJsbahn Haarlem - Haarlem

22 oktober 2023

|    |    | Naam                            | Cat             | PR      | Tijd                         | Info |
|----|----|---------------------------------|-----------------|---------|------------------------------|------|
| 59 | wt | 10 <b>Roxanne Boers</b>         | DSA             | 1:44.10 | <b>1:50.45</b>               |      |
|    | rd | 30 <b>Sylvie van den Heuvel</b> | DA2             | 1:46.19 | <b>1:49.30</b>               |      |
|    |    | <b>Roxanne Boers</b>            |                 |         | <b>Sylvie van den Heuvel</b> |      |
|    |    | 200m                            | 23.67 (23.67)   | 200m    | 24.31 (24.31)                |      |
|    |    | 600m                            | 1:04.94 (41.27) | 600m    | 1:05.83 (41.52)              |      |
|    |    | 1000m                           | 1:50.45 (45.51) | 1000m   | 1:49.30 (43.47)              |      |

|    |    | Naam                     | Cat             | PR      | Tijd             | Info |
|----|----|--------------------------|-----------------|---------|------------------|------|
| 60 | gl | 36 <b>Merit de Bruin</b> | DA1             | 1:35.17 | <b>1:34.48</b>   | PR   |
|    | bl | 69 <b>Pim Braak</b>      | HB1             | 1:38.47 | <b>1:35.28</b>   | PR   |
|    |    | <b>Merit de Bruin</b>    |                 |         | <b>Pim Braak</b> |      |
|    |    | 200m                     | 22.22 (22.22)   | 200m    | 21.72 (21.72)    |      |
|    |    | 600m                     | 57.31 (35.09)   | 600m    | 57.09 (35.37)    |      |
|    |    | 1000m                    | 1:34.48 (37.17) | 1000m   | 1:35.28 (38.19)  |      |

|    |    | Naam                      | Cat             | PR      | Tijd                 | Info |
|----|----|---------------------------|-----------------|---------|----------------------|------|
| 61 | wt | 74 <b>Carlos Godwaldt</b> | HC1             | 1:40.93 | <b>1:37.72</b>       | PR   |
|    | rd | 25 <b>Evy van Duijn</b>   | DB1             | 1:39.51 | <b>1:39.68</b>       |      |
|    |    | <b>Carlos Godwaldt</b>    |                 |         | <b>Evy van Duijn</b> |      |
|    |    | 200m                      | 23.06 (23.06)   | 200m    | 23.31 (23.31)        |      |
|    |    | 600m                      | 1:00.31 (37.25) | 600m    | 1:00.71 (37.40)      |      |
|    |    | 1000m                     | 1:37.72 (37.41) | 1000m   | 1:39.68 (38.97)      |      |

|    |    | Naam                    | Cat             | PR      | Tijd                | Info |
|----|----|-------------------------|-----------------|---------|---------------------|------|
| 62 | gl | 58 <b>Amy Valentijn</b> | DB1             | 1:39.26 | <b>1:47.53</b>      |      |
|    | bl | 13 <b>Maïté Stoete</b>  | D50             | 1:38.47 | <b>1:48.46</b>      |      |
|    |    | <b>Amy Valentijn</b>    |                 |         | <b>Maïté Stoete</b> |      |
|    |    | 200m                    | 24.82 (24.82)   | 200m    | 26.72 (26.72)       |      |
|    |    | 600m                    | 1:06.10 (41.28) | 600m    | 1:06.78 (40.06)     |      |
|    |    | 1000m                   | 1:47.53 (41.43) | 1000m   | 1:48.46 (41.68)     |      |

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|----|----|--------------------|--------------------|---------|--------------------|---------|---------|----------------|------|
| 63 | wt | 68                 | <b>Jamy Blaauw</b> |         | DB2                |         | 1:35.97 | <b>1:42.52</b> |      |
|    | rd | 47                 | <b>Jonah Zwaan</b> |         | HB1                |         | 1:32.99 | <b>1:31.09</b> | PR   |
|    |    | <b>Jamy Blaauw</b> |                    |         | <b>Jonah Zwaan</b> |         |         |                |      |
|    |    | 200m               | 23.32              | (23.32) | 200m               | 21.78   | (21.78) |                |      |
|    |    | 600m               | 1:01.54            | (38.22) | 600m               | 55.93   | (34.15) |                |      |
|    |    | 1000m              | 1:42.52            | (40.98) | 1000m              | 1:31.09 | (35.16) |                |      |

|    |    | Naam                 |                        | Cat     |                        | PR      |         | Tijd           | Info |
|----|----|----------------------|------------------------|---------|------------------------|---------|---------|----------------|------|
| 64 | gl | 56                   | <b>Stefanie Koot</b>   |         | DB1                    |         | 1:32.47 | <b>1:32.56</b> |      |
|    | bl | 66                   | <b>Toine van Bakel</b> |         | HA1                    |         | 1:38.04 | <b>1:37.87</b> | PR   |
|    |    | <b>Stefanie Koot</b> |                        |         | <b>Toine van Bakel</b> |         |         |                |      |
|    |    | 200m                 | 21.52                  | (21.52) | 200m                   | 21.93   | (21.93) |                |      |
|    |    | 600m                 | 55.65                  | (34.13) | 600m                   | 58.55   | (36.62) |                |      |
|    |    | 1000m                | 1:32.56                | (36.91) | 1000m                  | 1:37.87 | (39.32) |                |      |

|    |    | Naam                    |                         | Cat     |                      | PR      |         | Tijd           | Info |
|----|----|-------------------------|-------------------------|---------|----------------------|---------|---------|----------------|------|
| 65 | wt | 71                      | <b>Kai van Bennekom</b> |         | HB1                  |         | 1:31.06 | <b>1:28.90</b> | PR   |
|    | rd | 27                      | <b>Bruno Bonetti</b>    |         | HB1                  |         | 1:32.39 | <b>1:30.65</b> | PR   |
|    |    | <b>Kai van Bennekom</b> |                         |         | <b>Bruno Bonetti</b> |         |         |                |      |
|    |    | 200m                    | 19.91                   | (19.91) | 200m                 | 20.87   | (20.87) |                |      |
|    |    | 600m                    | 52.84                   | (32.93) | 600m                 | 54.26   | (33.39) |                |      |
|    |    | 1000m                   | 1:28.90                 | (36.06) | 1000m                | 1:30.65 | (36.39) |                |      |

|    |    | Naam                   |                        | Cat |       | PR      |         | Tijd           | Info |
|----|----|------------------------|------------------------|-----|-------|---------|---------|----------------|------|
| 66 | gl |                        |                        |     |       |         |         |                |      |
|    | bl | 40                     | <b>Marino Godwaldt</b> |     | HB2   |         | 1:27.88 | <b>1:30.68</b> |      |
|    |    | <b>Marino Godwaldt</b> |                        |     |       |         |         |                |      |
|    |    | m                      |                        |     | 200m  | 20.82   | (20.82) |                |      |
|    |    |                        |                        |     | 600m  | 54.49   | (33.67) |                |      |
|    |    |                        |                        |     | 1000m | 1:30.68 | (36.19) |                |      |

# Kennemercup 3

IJsbaan Haarlem - Haarlem

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|    |    | Naam                  |                       | Cat     |                      | PR      |         | Tijd           | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|---------|---------|----------------|------|
| 67 | wt | 67                    | <b>Shelley Blaauw</b> |         | DA2                  |         | 1:28.87 | <b>1:34.21</b> |      |
|    | rd | 9                     | <b>Erwin Henskes</b>  |         | H65                  |         | 1:29.19 | <b>1:44.54</b> |      |
|    |    | <b>Shelley Blaauw</b> |                       |         | <b>Erwin Henskes</b> |         |         |                |      |
|    |    | 200m                  | 21.46                 | (21.46) | 200m                 | 25.45   | (25.45) |                |      |
|    |    | 600m                  | 56.44                 | (34.98) | 600m                 | 1:04.58 | (39.13) |                |      |
|    |    | 1000m                 | 1:34.21               | (37.77) | 1000m                | 1:44.54 | (39.96) |                |      |

|    |    | Naam                    |                         | Cat     |                     | PR      |         | Tijd           | Info |
|----|----|-------------------------|-------------------------|---------|---------------------|---------|---------|----------------|------|
| 68 | gl | 61                      | <b>Tim van der Zalm</b> |         | HA2                 |         | 1:29.03 | <b>1:27.06</b> | PR   |
|    | bl | 29                      | <b>Milou Butter</b>     |         | DN3                 |         | 1:29.26 | <b>1:31.47</b> |      |
|    |    | <b>Tim van der Zalm</b> |                         |         | <b>Milou Butter</b> |         |         |                |      |
|    |    | 200m                    | 20.93                   | (20.93) | 200m                | 21.28   | (21.28) |                |      |
|    |    | 600m                    | 52.99                   | (32.06) | 600m                | 54.82   | (33.54) |                |      |
|    |    | 1000m                   | 1:27.06                 | (34.07) | 1000m               | 1:31.47 | (36.65) |                |      |

|    |    | Naam                      |                           | Cat     |                     | PR      |         | Tijd           | Info |
|----|----|---------------------------|---------------------------|---------|---------------------|---------|---------|----------------|------|
| 69 | wt | 38                        | <b>Joeke van Mulligen</b> |         | HN3                 |         | 1:24.59 | <b>1:28.02</b> |      |
|    | rd | 15                        | <b>Erwin Dekker</b>       |         | H60                 |         | 1:27.03 | <b>1:37.10</b> |      |
|    |    | <b>Joeke van Mulligen</b> |                           |         | <b>Erwin Dekker</b> |         |         |                |      |
|    |    | 200m                      | 20.27                     | (20.27) | 200m                | 22.53   | (22.53) |                |      |
|    |    | 600m                      | 52.89                     | (32.62) | 600m                | 58.59   | (36.06) |                |      |
|    |    | 1000m                     | 1:28.02                   | (35.13) | 1000m               | 1:37.10 | (38.51) |                |      |

|    |    | Naam                   |                          | Cat     |                          | PR      |         | Tijd           | Info |
|----|----|------------------------|--------------------------|---------|--------------------------|---------|---------|----------------|------|
| 70 | gl | 23                     | <b>Monique Boerema</b>   |         | D60                      |         | 1:25.09 | <b>1:36.83</b> |      |
|    | bl | 43                     | <b>Martijn Laarhoven</b> |         | H50                      |         | 1:25.87 | <b>1:30.71</b> |      |
|    |    | <b>Monique Boerema</b> |                          |         | <b>Martijn Laarhoven</b> |         |         |                |      |
|    |    | 200m                   | 22.44                    | (22.44) | 200m                     | 20.97   | (20.97) |                |      |
|    |    | 600m                   | 58.17                    | (35.73) | 600m                     | 55.02   | (34.05) |                |      |
|    |    | 1000m                  | 1:36.83                  | (38.66) | 1000m                    | 1:30.71 | (35.69) |                |      |

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|-------|----|-------------------------|---------------------------|---------|---------------------------|---------|---------|----------------|------|
| 71    | wt | 39                      | <b>Seb van Schelven</b>   |         | HN2                       |         | 1:18.99 | <b>1:19.32</b> |      |
|       | rd | 73                      | <b>Jesper van Mieghem</b> |         | HA2                       |         | 1:12.98 | <b>1:14.99</b> | TRC  |
|       |    | <b>Seb van Schelven</b> |                           |         | <b>Jesper van Mieghem</b> |         |         |                |      |
|       |    | 200m                    | 18.46                     | (18.46) | 200m                      | 17.89   | (17.89) |                |      |
|       |    | 600m                    | 47.98                     | (29.52) | 600m                      | 45.32   | (27.43) |                |      |
|       |    | 1000m                   | 1:19.32                   | (31.34) | 1000m                     | 1:14.99 | (29.67) |                |      |
| <hr/> |    |                         |                           |         |                           |         |         |                |      |
|       |    | Naam                    |                           | Cat     |                           | PR      |         | Tijd           | Info |
| 72    | gl | 31                      | <b>Duco Jansen</b>        |         | HA2                       |         | 1:23.21 | <b>1:24.52</b> |      |
|       | bl | 53                      | <b>Tristan Hagen</b>      |         | HSA                       |         | 1:22.77 | <b>1:20.12</b> | PR   |
|       |    | <b>Duco Jansen</b>      |                           |         | <b>Tristan Hagen</b>      |         |         |                |      |
|       |    | 200m                    | 19.27                     | (19.27) | 200m                      | 19.91   | (19.91) |                |      |
|       |    | 600m                    | 50.75                     | (31.48) | 600m                      | 49.12   | (29.21) |                |      |
|       |    | 1000m                   | 1:24.52                   | (33.77) | 1000m                     | 1:20.12 | (31.00) |                |      |