

1. Uitslag Vrouwen 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	70 Antoinette Rijpma - de Jong	DSA	9	I	38.22	PR	
2	55 Elisa Dul	DSA	10	O	38.76		
3	79 Melissa Wijffe	DSA	4	I	39.25		
4	73 Meike Veen	DA2	10	I	39.35		
5	59 Robin Groot	DN4	9	O	39.37		
6	72 Kim Talsma	DN4	8	O	39.64	PR	
7	54 Merel Conijn	DN3	8	I	39.88		
8	67 Gioya Lancee	DSA	5	O	40.04		
9	56 Romée Ebbinge	DSA	7	I	40.26	PR	
10	57 Jade Groenewoud	DN1	6	I	40.42		
11	78 Naomi van der Werf	DSA	5	I	40.54		
12	65 Patricia Koot	DA2	7	O	40.57		
13	52 Reina Anema	DSA	4	O	40.71		
14	63 Bente Kerkhoff	DN3	6	O	40.84		
15	62 Lieke Hoogendoorn	DA1	3	I	40.98		
16	60 Aveline Hijlkema	DSA	3	O	41.01		
17	75 Evelien Vijn	DN2	1	O	41.28		
18	66 Sophie Kraaijeveld	DN1	1	I	41.69	PR	
19	76 Esmee Visser	DSA	2	O	42.04		
20	61 Sanne in 't Hof	DSA	2	I	42.84		

1. Rituitslag Vrouwen 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	66	Sophie Kraaijeveld		DN1	41.91	41.69	PR
	rd	75	Evelien Vijn		DN2	40.63	41.28	
		Sophie Kraaijeveld			Evelien Vijn			
		100m	11.77	(11.77)	100m	11.73	(11.73)	
		500m	41.69	(29.92)	500m	41.28	(29.55)	

		Naam		Cat		PR	Tijd	Info
2	wt	61	Sanne in 't Hof		DSA	40.54	42.84	
	rd	76	Esmee Visser		DSA	41.42	42.04	
		Sanne in 't Hof			Esmee Visser			
		100m	12.15	(12.15)	100m	11.84	(11.84)	
		500m	42.84	(30.69)	500m	42.04	(30.20)	

		Naam		Cat		PR	Tijd	Info
3	wt	62	Lieke Hoogendoorn		DA1	40.59	40.98	
	rd	60	Aveline Hijlkema		DSA	39.78	41.01	
		Lieke Hoogendoorn			Aveline Hijlkema			
		100m	11.30	(11.30)	100m	11.33	(11.33)	
		500m	40.98	(29.68)	500m	41.01	(29.68)	

		Naam		Cat		PR	Tijd	Info
4	wt	79	Melissa Wijfje		DSA	38.83	39.25	
	rd	52	Reina Anema		DSA	40.20	40.71	
		Melissa Wijfje			Reina Anema			
		100m	11.13	(11.13)	100m	11.45	(11.45)	
		500m	39.25	(28.12)	500m	40.71	(29.26)	

		Naam		Cat		PR	Tijd	Info
5	wt	78	Naomi van der Werf		DSA	40.41	40.54	
	rd	67	Gioya Lancee		DSA	38.97	40.04	
		Naomi van der Werf			Gioya Lancee			
		100m	11.28	(11.28)	100m	11.38	(11.38)	
		500m	40.54	(29.26)	500m	40.04	(28.66)	

		Naam			Cat	PR	Tijd	Info
6	wt	57	Jade Groenewoud		DN1	40.18	40.42	
	rd	63	Bente Kerkhoff		DN3	40.77	40.84	
		Jade Groenewoud			Bente Kerkhoff			
		100m	11.52	(11.52)	100m	11.62	(11.62)	
		500m	40.42	(28.90)	500m	40.84	(29.22)	

		Naam			Cat	PR	Tijd	Info
7	wt	56	Romée Ebbinge		DSA	40.30	40.26	PR
	rd	65	Patricia Koot		DA2	40.48	40.57	
		Romée Ebbinge			Patricia Koot			
		100m	11.43	(11.43)	100m	11.44	(11.44)	
		500m	40.26	(28.83)	500m	40.57	(29.13)	

		Naam			Cat	PR	Tijd	Info
8	wt	54	Merel Conijn		DN3	39.17	39.88	
	rd	72	Kim Talsma		DN4	40.12	39.64	PR
		Merel Conijn			Kim Talsma			
		100m	11.31	(11.31)	100m	11.26	(11.26)	
		500m	39.88	(28.57)	500m	39.64	(28.38)	

		Naam			Cat	PR	Tijd	Info
9	wt	70	Antoinette Rijpma - de Jong		DSA	38.38	38.22	PR
	rd	59	Robin Groot		DN4	39.30	39.37	
		Antoinette Rijpma - de Jong			Robin Groot			
		100m	10.85	(10.85)	100m	11.26	(11.26)	
		500m	38.22	(27.37)	500m	39.37	(28.11)	

		Naam			Cat	PR	Tijd	Info
10	wt	73	Meike Veen		DA2	39.11	39.35	
	rd	55	Elisa Dul		DSA	38.66	38.76	
		Meike Veen			Elisa Dul			
		100m	11.15	(11.15)	100m	10.97	(10.97)	
		500m	39.35	(28.20)	500m	38.76	(27.79)	

2. Uitslag Mannen 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	24 Jur Veenje	HN4	7	O	36.56	PR	
2	25 Loek van Vilsteren	HN1	10	O	36.89		
3	17 Thomas de Lange	HN2	10	I	36.91		
4	2 Marcel Bosker	HSA	6	O	36.92		
5	6 Sijmen Egberts	HN1	7	I	37.02		
6	26 Hidde Westra	HN1	4	I	37.22	PR	
7	10 Chris Huizinga	HSA	1	I	37.25		
8	27 Gert Wierda	HN2	8	O	37.43		
9	5 Colin James Duivenvoorden	HN2	3	O	37.54	PR	
10	20 Beau Snellink	HN4	2	O	37.61	PR	
11	13 Jelle Koeleman	HN1	4	O	37.64	PR	
12	19 Remo Slotegraaf	HN3	9	I	37.65		
13	4 Lex Dijkstra	HSA	9	O	37.67		
14	8 Freek van der Ham	HA2	8	I	37.84		
	16 Jesse de Lange	HN3	6	I	37.84	PR	
16	9 Jan Hamers	HSA	3	I	37.85		
17	12 Kars Jansman	HSA	1	O	37.88		
18	3 Stijn van de Bunt	HN1	5	O	38.18		
19	15 Jasper Krommenhoek	HN1	5	I	39.04		
20	22 Marwin Talsma	HSA	2	I	39.18		

2. Rituitslag Mannen 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	10	Chris Huizinga		HSA	37.00	37.25	
	rd	12	Kars Jansman		HSA	37.67	37.88	
		Chris Huizinga			Kars Jansman			
		100m	10.79	(10.79)	100m	10.86	(10.86)	
		500m	37.25	(26.46)	500m	37.88	(27.02)	

		Naam		Cat		PR	Tijd	Info
2	wt	22	Marwin Talsma		HSA	37.96	39.18	
	rd	20	Beau Snellink		HN4	37.67	37.61	PR
		Marwin Talsma			Beau Snellink			
		100m	11.07	(11.07)	100m	10.66	(10.66)	
		500m	39.18	(28.11)	500m	37.61	(26.95)	

		Naam		Cat		PR	Tijd	Info
3	wt	9	Jan Hamers		HSA	37.28	37.85	
	rd	5	Colin James Duivenvoorden		HN2	38.15	37.54	PR
		Jan Hamers			Colin James Duivenvoorden			
		100m	10.84	(10.84)	100m	10.66	(10.66)	
		500m	37.85	(27.01)	500m	37.54	(26.88)	

		Naam		Cat		PR	Tijd	Info
4	wt	26	Hidde Westra		HN1	37.53	37.22	PR
	rd	13	Jelle Koeleman		HN1	37.70	37.64	PR
		Hidde Westra			Jelle Koeleman			
		100m	10.65	(10.65)	100m	10.25	(10.25)	
		500m	37.22	(26.57)	500m	37.64	(27.39)	

		Naam		Cat		PR	Tijd	Info
5	wt	15	Jasper Krommenhoek		HN1	38.48	39.04	
	rd	3	Stijn van de Bunt		HN1	37.65	38.18	
		Jasper Krommenhoek			Stijn van de Bunt			
		100m	11.30	(11.30)	100m	10.98	(10.98)	
		500m	39.04	(27.74)	500m	38.18	(27.20)	

		Naam			Cat	PR	Tijd	Info
6	wt	16	Jesse de Lange		HN3	37.90	37.84	PR
	rd	2	Marcel Bosker		HSA	36.39	36.92	
		<u>Jesse de Lange</u>			<u>Marcel Bosker</u>			
		100m	10.59	(10.59)	100m	10.39	(10.39)	
		500m	37.84	(27.25)	500m	36.92	(26.53)	

		Naam			Cat	PR	Tijd	Info
7	wt	6	Sijmen Egberts		HN1	36.70	37.02	
	rd	24	Jur Veenje		HN4	36.73	36.56	PR
		<u>Sijmen Egberts</u>			<u>Jur Veenje</u>			
		100m	10.44	(10.44)	100m	10.35	(10.35)	
		500m	37.02	(26.58)	500m	36.56	(26.21)	

		Naam			Cat	PR	Tijd	Info
8	wt	8	Freek van der Ham		HA2	37.31	37.84	
	rd	27	Gert Wierda		HN2	36.92	37.43	
		<u>Freek van der Ham</u>			<u>Gert Wierda</u>			
		100m	10.65	(10.65)	100m	10.51	(10.51)	
		500m	37.84	(27.19)	500m	37.43	(26.92)	

		Naam			Cat	PR	Tijd	Info
9	wt	19	Remo Slotegraaf		HN3	37.10	37.65	
	rd	4	Lex Dijkstra		HSA	37.37	37.67	
		<u>Remo Slotegraaf</u>			<u>Lex Dijkstra</u>			
		100m	10.77	(10.77)	100m	10.81	(10.81)	
		500m	37.65	(26.88)	500m	37.67	(26.86)	

		Naam			Cat	PR	Tijd	Info
10	wt	17	Thomas de Lange		HN2	36.63	36.91	
	rd	25	Loek van Vilsteren		HN1	36.66	36.89	
		<u>Thomas de Lange</u>			<u>Loek van Vilsteren</u>			
		100m	10.40	(10.40)	100m	10.39	(10.39)	
		500m	36.91	(26.51)	500m	36.89	(26.50)	

3. Uitslag Vrouwen 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	55 Elisa Dul	DSA	10	O	3:58.45	PR	
2	70 Antoinette Rijpma - de Jong	DSA	10	I	3:59.20		
3	54 Merel Conijn	DN3	7	O	4:01.55		
4	59 Robin Groot	DN4	8	O	4:04.29		
5	79 Melissa Wijfje	DSA	8	I	4:05.20		
6	61 Sanne in 't Hof	DSA	7	I	4:06.47		
7	52 Reina Anema	DSA	9	O	4:07.15		
8	76 Esmee Visser	DSA	6	I	4:08.53		
9	75 Evelien Vijn	DN2	3	O	4:10.03		
10	57 Jade Groenewoud	DN1	3	I	4:10.32		
11	63 Bente Kerkhoff	DN3	9	I	4:10.67		
12	67 Gioya Lancee	DSA	5	I	4:14.90		
13	72 Kim Talsma	DN4	5	O	4:15.13		
14	78 Naomi van der Werf	DSA	1	I	4:17.14		
15	73 Meike Veen	DA2	4	I	4:18.38		
16	62 Lieke Hoogendoorn	DA1	2	O	4:20.20	PR	
17	56 Romée Ebbinge	DSA	1	O	4:21.79		
18	65 Patricia Koot	DA2	2	I	4:21.92		
19	60 Aveline Hijlkema	DSA	4	O	4:23.63		
	66 Sophie Kraaijeveld	DN1	6	O		DQ	

3. Rituitslag Vrouwen 3000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	78 Naomi van der Werf	DSA	4:12.59	4:17.14	
	rd	56 Romée Ebbinge	DSA	4:20.70	4:21.79	

Naomi van der Werf

200m	20.24	(20.24)
600m	52.44	(32.20)
1000m	1:24.86	(32.42)
1400m	1:58.02	(33.16)
1800m	2:31.92	(33.90)
2200m	3:06.09	(34.17)
2600m	3:41.11	(35.02)
3000m	4:17.14	(36.03)

Romée Ebbinge

200m	20.62	(20.62)
600m	52.68	(32.06)
1000m	1:25.81	(33.13)
1400m	1:59.12	(33.31)
1800m	2:33.80	(34.68)
2200m	3:08.99	(35.19)
2600m	3:44.95	(35.96)
3000m	4:21.79	(36.84)

		Naam	Cat	PR	Tijd	Info
2	wt	65 Patricia Koot	DA2	4:18.94	4:21.92	
	rd	62 Lieke Hoogendoorn	DA1	4:20.39	4:20.20	PR

Patricia Koot

200m	20.46	(20.46)
600m	53.04	(32.58)
1000m	1:26.18	(33.14)
1400m	1:59.71	(33.53)
1800m	2:33.84	(34.13)
2200m	3:08.94	(35.10)
2600m	3:44.95	(36.01)
3000m	4:21.92	(36.97)

Lieke Hoogendoorn

200m	20.99	(20.99)
600m	53.26	(32.27)
1000m	1:26.30	(33.04)
1400m	1:59.86	(33.56)
1800m	2:34.15	(34.29)
2200m	3:08.89	(34.74)
2600m	3:44.16	(35.27)
3000m	4:20.20	(36.04)

		Naam			Cat	PR	Tijd	Info
3	wt	57	Jade Groenewoud		DN1	4:07.07	4:10.32	
	rd	75	Evelien Vijn		DN2	4:03.76	4:10.03	
		Jade Groenewoud			Evelien Vijn			
		200m	20.23	(20.23)	200m	20.52	(20.52)	
		600m	51.64	(31.41)	600m	51.54	(31.02)	
		1000m	1:23.31	(31.67)	1000m	1:23.49	(31.95)	
		1400m	1:55.43	(32.12)	1400m	1:55.87	(32.38)	
		1800m	2:28.12	(32.69)	1800m	2:29.08	(33.21)	
		2200m	3:01.71	(33.59)	2200m	3:02.59	(33.51)	
		2600m	3:35.60	(33.89)	2600m	3:36.46	(33.87)	
		3000m	4:10.32	(34.72)	3000m	4:10.03	(33.57)	

		Naam			Cat	PR	Tijd	Info
4	wt	73	Meike Veen		DA2	4:14.41	4:18.38	
	rd	60	Aveline Hijlkema		DSA	4:06.70	4:23.63	
		Meike Veen			Aveline Hijlkema			
		200m	20.17	(20.17)	200m	21.02	(21.02)	
		600m	51.81	(31.64)	600m	53.88	(32.86)	
		1000m	1:24.50	(32.69)	1000m	1:27.47	(33.59)	
		1400m	1:58.36	(33.86)	1400m	2:00.85	(33.38)	
		1800m	2:32.69	(34.33)	1800m	2:34.60	(33.75)	
		2200m	3:07.58	(34.89)	2200m	3:09.10	(34.50)	
		2600m	3:43.17	(35.59)	2600m	3:45.28	(36.18)	
		3000m	4:18.38	(35.21)	3000m	4:23.63	(38.35)	

		Naam		Cat		PR	Tijd	Info
5	wt	67	Gioya Lancee		DSA	4:06.25	4:14.90	
	rd	72	Kim Talsma		DN4	4:09.64	4:15.13	
			Gioya Lancee				Kim Talsma	
			200m	20.95	(20.95)	200m	20.73	(20.73)
			600m	53.62	(32.67)	600m	53.11	(32.38)
			1000m	1:26.93	(33.31)	1000m	1:25.74	(32.63)
			1400m	2:00.71	(33.78)	1400m	1:58.75	(33.01)
			1800m	2:34.01	(33.30)	1800m	2:32.12	(33.37)
			2200m	3:07.52	(33.51)	2200m	3:05.87	(33.75)
			2600m	3:41.48	(33.96)	2600m	3:40.51	(34.64)
			3000m	4:14.90	(33.42)	3000m	4:15.13	(34.62)

		Naam		Cat		PR	Tijd	Info
6	wt	76	Esmee Visser		DSA	3:54.02	4:08.53	
	rd	66	Sophie Kraaijeveld		DN1	4:10.39	DQ	
			Esmee Visser				Sophie Kraaijeveld	
			200m	21.11	(21.11)			
			600m	53.49	(32.38)			
			1000m	1:25.96	(32.47)			
			1400m	1:58.38	(32.42)			
			1800m	2:30.55	(32.17)			
			2200m	3:02.80	(32.25)			
			2600m	3:35.64	(32.84)			
			3000m	4:08.53	(32.89)			

		Naam			Cat	PR	Tijd	Info
7	wt	61	Sanne in 't Hof		DSA	4:01.03	4:06.47	
	rd	54	Merel Conijn		DN3	3:59.21	4:01.55	
		Sanne in 't Hof			Merel Conijn			
		200m	20.70	(20.70)	200m	20.43	(20.43)	
		600m	52.12	(31.42)	600m	52.49	(32.06)	
		1000m	1:23.97	(31.85)	1000m	1:24.59	(32.10)	
		1400m	1:56.35	(32.38)	1400m	1:56.52	(31.93)	
		1800m	2:28.32	(31.97)	1800m	2:28.24	(31.72)	
		2200m	3:00.62	(32.30)	2200m	2:59.55	(31.31)	
		2600m	3:33.33	(32.71)	2600m	3:30.88	(31.33)	
		3000m	4:06.47	(33.14)	3000m	4:01.55	(30.67)	

		Naam			Cat	PR	Tijd	Info
8	wt	79	Melissa Wijffe		DSA	4:01.07	4:05.20	
	rd	59	Robin Groot		DN4	4:02.72	4:04.29	
		Melissa Wijffe			Robin Groot			
		200m	19.66	(19.66)	200m	20.30	(20.30)	
		600m	51.04	(31.38)	600m	51.42	(31.12)	
		1000m	1:22.02	(30.98)	1000m	1:22.94	(31.52)	
		1400m	1:53.70	(31.68)	1400m	1:54.91	(31.97)	
		1800m	2:25.80	(32.10)	1800m	2:27.00	(32.09)	
		2200m	2:58.15	(32.35)	2200m	2:59.08	(32.08)	
		2600m	3:30.85	(32.70)	2600m	3:31.43	(32.35)	
		3000m	4:05.20	(34.35)	3000m	4:04.29	(32.86)	

		Naam			Cat	PR	Tijd	Info
9	wt	63	Bente Kerkhoff		DN3	4:06.67	4:10.67	
	rd	52	Reina Anema		DSA	4:01.12	4:07.15	
		Bente Kerkhoff			Reina Anema			
		200m	20.35	(20.35)	200m	20.61	(20.61)	
		600m	51.57	(31.22)	600m	51.84	(31.23)	
		1000m	1:23.27	(31.70)	1000m	1:23.27	(31.43)	
		1400m	1:55.84	(32.57)	1400m	1:54.78	(31.51)	
		1800m	2:28.85	(33.01)	1800m	2:26.95	(32.17)	
		2200m	3:02.15	(33.30)	2200m	2:59.87	(32.92)	
		2600m	3:36.07	(33.92)	2600m	3:33.25	(33.38)	
		3000m	4:10.67	(34.60)	3000m	4:07.15	(33.90)	

		Naam			Cat	PR	Tijd	Info
10	wt	70	Antoinette Rijpma - de Jong		DSA	3:55.19	3:59.20	
	rd	55	Elisa Dul		DSA	3:59.30	3:58.45	PR
		Antoinette Rijpma - de Jong			Elisa Dul			
		200m	19.53	(19.53)	200m	19.76	(19.76)	
		600m	49.24	(29.71)	600m	50.40	(30.64)	
		1000m	1:19.48	(30.24)	1000m	1:21.74	(31.34)	
		1400m	1:50.45	(30.97)	1400m	1:53.27	(31.53)	
		1800m	2:21.98	(31.53)	1800m	2:24.89	(31.62)	
		2200m	2:53.99	(32.01)	2200m	2:56.22	(31.33)	
		2600m	3:26.27	(32.28)	2600m	3:27.27	(31.05)	
		3000m	3:59.20	(32.93)	3000m	3:58.45	(31.18)	

4. Uitslag Mannen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	10 Chris Huizinga	HSA	7	I	6:11.98		
2	12 Kars Jansman	HSA	9	O	6:14.95	PR	
3	20 Beau Snellink	HN4	8	I	6:17.63		
4	2 Marcel Bosker	HSA	10	I	6:22.86		
5	22 Marwin Talsma	HSA	9	I	6:23.88		
6	27 Gert Wierda	HN2	10	O	6:25.41		
7	4 Lex Dijkstra	HSA	8	O	6:26.59		
8	19 Remo Slotegraaf	HN3	7	O	6:26.73		
9	15 Jasper Krommenhoek	HN1	6	O	6:29.74		
10	5 Colin James Duivenvoorden	HN2	3	I	6:30.99		
11	8 Freek van der Ham	HA2	3	O	6:31.40	PR	
12	9 Jan Hamers	HSA	5	O	6:40.84		
13	13 Jelle Koeleman	HN1	6	I	6:43.43		
14	24 Jur Veenje	HN4	1	O	6:44.72	PR	
15	26 Hidde Westra	HN1	4	O	6:45.13	PR	
16	3 Stijn van de Bunt	HN1	5	I	6:45.91		
17	17 Thomas de Lange	HN2	1	I	6:51.15		
18	6 Sijmen Egberts	HN1	4	I	6:55.40		
19	16 Jesse de Lange	HN3	2	I	6:57.15		
20	25 Loek van Vilsteren	HN1	2	O	7:00.51		

4. Rituitslag Mannen 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	17	Thomas de Lange		HN2	6:46.24	6:51.15	
	rd	24	Jur Veenje		HN4	6:44.91	6:44.72	PR
		Thomas de Lange			Jur Veenje			
		200m	20.05	(20.05)	200m	20.12	(20.12)	
		600m	51.66	(31.61)	600m	51.85	(31.73)	
		1000m	1:23.44	(31.78)	1000m	1:24.09	(32.24)	
		1400m	1:54.91	(31.47)	1400m	1:55.59	(31.50)	
		1800m	2:26.50	(31.59)	1800m	2:27.04	(31.45)	
		2200m	2:58.14	(31.64)	2200m	2:58.51	(31.47)	
		2600m	3:29.88	(31.74)	2600m	3:30.42	(31.91)	
		3000m	4:02.05	(32.17)	3000m	4:02.28	(31.86)	
		3400m	4:34.34	(32.29)	3400m	4:34.63	(32.35)	
		3800m	5:07.36	(33.02)	3800m	5:06.89	(32.26)	
		4200m	5:40.77	(33.41)	4200m	5:39.25	(32.36)	
		4600m	6:15.26	(34.49)	4600m	6:11.78	(32.53)	
		5000m	6:51.15	(35.89)	5000m	6:44.72	(32.94)	

		Naam		Cat		PR	Tijd	Info
2	wt	16	Jesse de Lange		HN3	6:48.35	6:57.15	
	rd	25	Loek van Vilsteren		HN1	6:50.03	7:00.51	
		Jesse de Lange			Loek van Vilsteren			
		200m	19.19	(19.19)	200m	19.47	(19.47)	
		600m	51.34	(32.15)	600m	51.25	(31.78)	
		1000m	1:23.51	(32.17)	1000m	1:23.39	(32.14)	
		1400m	1:55.73	(32.22)	1400m	1:55.36	(31.97)	
		1800m	2:27.63	(31.90)	1800m	2:27.57	(32.21)	
		2200m	2:59.65	(32.02)	2200m	2:59.64	(32.07)	
		2600m	3:31.78	(32.13)	2600m	3:32.14	(32.50)	
		3000m	4:04.49	(32.71)	3000m	4:05.29	(33.15)	
		3400m	4:37.41	(32.92)	3400m	4:39.80	(34.51)	
		3800m	5:10.90	(33.49)	3800m	5:14.31	(34.51)	
		4200m	5:45.04	(34.14)	4200m	5:49.75	(35.44)	
		4600m	6:20.56	(35.52)	4600m	6:25.04	(35.29)	
		5000m	6:57.15	(36.59)	5000m	7:00.51	(35.47)	

		Naam		Cat		PR	Tijd	Info
3	wt	5	Colin James Duivenvoorden		HN2	6:26.10	6:30.99	
	rd	8	Freek van der Ham		HA2	6:37.29	6:31.40	PR
			Colin James Duivenvoorden				Freek van der Ham	
		200m	19.34	(19.34)		200m	19.67	(19.67)
		600m	50.67	(31.33)		600m	50.23	(30.56)
		1000m	1:20.76	(30.09)		1000m	1:21.08	(30.85)
		1400m	1:51.42	(30.66)		1400m	1:51.97	(30.89)
		1800m	2:21.94	(30.52)		1800m	2:22.88	(30.91)
		2200m	2:52.57	(30.63)		2200m	2:53.72	(30.84)
		2600m	3:23.35	(30.78)		2600m	3:24.75	(31.03)
		3000m	3:54.26	(30.91)		3000m	3:55.51	(30.76)
		3400m	4:25.26	(31.00)		3400m	4:26.15	(30.64)
		3800m	4:56.12	(30.86)		3800m	4:56.80	(30.65)
		4200m	5:27.18	(31.06)		4200m	5:27.81	(31.01)
		4600m	5:59.34	(32.16)		4600m	5:59.44	(31.63)
		5000m	6:30.99	(31.65)		5000m	6:31.40	(31.96)

		Naam		Cat		PR	Tijd	Info
4	wt	6	Sijmen Egberts		HN1	6:34.98	6:55.40	
	rd	26	Hidde Westra		HN1	6:46.51	6:45.13	PR
			Sijmen Egberts				Hidde Westra	
		200m	19.76	(19.76)		200m	19.95	(19.95)
		600m	50.82	(31.06)		600m	50.68	(30.73)
		1000m	1:21.59	(30.77)		1000m	1:21.89	(31.21)
		1400m	1:52.25	(30.66)		1400m	1:53.18	(31.29)
		1800m	2:22.82	(30.57)		1800m	2:24.22	(31.04)
		2200m	2:53.38	(30.56)		2200m	2:55.56	(31.34)
		2600m	3:24.42	(31.04)		2600m	3:27.62	(32.06)
		3000m	3:56.42	(32.00)		3000m	3:59.65	(32.03)
		3400m	4:29.29	(32.87)		3400m	4:31.92	(32.27)
		3800m	5:02.57	(33.28)		3800m	5:04.69	(32.77)
		4200m	5:37.80	(35.23)		4200m	5:38.22	(33.53)
		4600m	6:15.65	(37.85)		4600m	6:11.85	(33.63)
		5000m	6:55.40	(39.75)		5000m	6:45.13	(33.28)

		Naam	Cat		PR	Tijd	Info
5	wt	3 Stijn van de Bunt	HN1		6:27.81	6:45.91	
	rd	9 Jan Hamers	HSA		6:32.67	6:40.84	
		Stijn van de Bunt			Jan Hamers		
		200m	18.92	(18.92)	200m	19.57	(19.57)
		600m	47.90	(28.98)	600m	49.40	(29.83)
		1000m	1:17.61	(29.71)	1000m	1:20.17	(30.77)
		1400m	1:47.73	(30.12)	1400m	1:51.38	(31.21)
		1800m	2:18.00	(30.27)	1800m	2:22.33	(30.95)
		2200m	2:48.46	(30.46)	2200m	2:53.21	(30.88)
		2600m	3:19.41	(30.95)	2600m	3:24.46	(31.25)
		3000m	3:51.21	(31.80)	3000m	3:55.90	(31.44)
		3400m	4:24.37	(33.16)	3400m	4:27.89	(31.99)
		3800m	4:58.62	(34.25)	3800m	5:00.24	(32.35)
		4200m	5:33.82	(35.20)	4200m	5:33.33	(33.09)
		4600m	6:09.77	(35.95)	4600m	6:06.63	(33.30)
		5000m	6:45.91	(36.14)	5000m	6:40.84	(34.21)

		Naam	Cat		PR	Tijd	Info
6	wt	13 Jelle Koeleman	HN1		6:39.28	6:43.43	
	rd	15 Jasper Krommenhoek	HN1		6:27.47	6:29.74	
		Jelle Koeleman			Jasper Krommenhoek		
		200m	19.40	(19.40)	200m	20.15	(20.15)
		600m	50.22	(30.82)	600m	51.47	(31.32)
		1000m	1:21.06	(30.84)	1000m	1:22.35	(30.88)
		1400m	1:51.76	(30.70)	1400m	1:52.76	(30.41)
		1800m	2:22.67	(30.91)	1800m	2:22.79	(30.03)
		2200m	2:53.73	(31.06)	2200m	2:52.93	(30.14)
		2600m	3:24.98	(31.25)	2600m	3:23.53	(30.60)
		3000m	3:56.58	(31.60)	3000m	3:54.06	(30.53)
		3400m	4:29.06	(32.48)	3400m	4:24.62	(30.56)
		3800m	5:01.98	(32.92)	3800m	4:55.21	(30.59)
		4200m	5:35.35	(33.37)	4200m	5:26.17	(30.96)
		4600m	6:09.21	(33.86)	4600m	5:57.54	(31.37)
		5000m	6:43.43	(34.22)	5000m	6:29.74	(32.20)

		Naam			Cat	PR	Tijd	Info
7	wt	10	Chris Huizinga		HSA	6:09.14	6:11.98	
	rd	19	Remo Slotegraaf		HN3	6:21.99	6:26.73	
		Chris Huizinga			Remo Slotegraaf			
		200m	19.02	(19.02)	200m	19.48	(19.48)	
		600m	48.30	(29.28)	600m	49.52	(30.04)	
		1000m	1:17.46	(29.16)	1000m	1:19.79	(30.27)	
		1400m	1:46.88	(29.42)	1400m	1:50.25	(30.46)	
		1800m	2:16.17	(29.29)	1800m	2:20.66	(30.41)	
		2200m	2:45.35	(29.18)	2200m	2:51.02	(30.36)	
		2600m	3:14.69	(29.34)	2600m	3:21.46	(30.44)	
		3000m	3:43.92	(29.23)	3000m	3:52.05	(30.59)	
		3400m	4:13.27	(29.35)	3400m	4:22.98	(30.93)	
		3800m	4:42.62	(29.35)	3800m	4:54.30	(31.32)	
		4200m	5:12.07	(29.45)	4200m	5:25.27	(30.97)	
		4600m	5:41.92	(29.85)	4600m	5:55.89	(30.62)	
		5000m	6:11.98	(30.06)	5000m	6:26.73	(30.84)	

		Naam			Cat	PR	Tijd	Info
8	wt	20	Beau Snellink		HN4	6:09.58	6:17.63	
	rd	4	Lex Dijkstra		HSA	6:19.79	6:26.59	
		Beau Snellink			Lex Dijkstra			
		200m	19.35	(19.35)	200m	19.60	(19.60)	
		600m	48.82	(29.47)	600m	50.15	(30.55)	
		1000m	1:17.83	(29.01)	1000m	1:20.55	(30.40)	
		1400m	1:47.32	(29.49)	1400m	1:50.80	(30.25)	
		1800m	2:16.88	(29.56)	1800m	2:21.12	(30.32)	
		2200m	2:46.47	(29.59)	2200m	2:51.58	(30.46)	
		2600m	3:16.02	(29.55)	2600m	3:21.97	(30.39)	
		3000m	3:45.82	(29.80)	3000m	3:52.37	(30.40)	
		3400m	4:15.67	(29.85)	3400m	4:22.76	(30.39)	
		3800m	4:45.71	(30.04)	3800m	4:53.24	(30.48)	
		4200m	5:15.93	(30.22)	4200m	5:24.00	(30.76)	
		4600m	5:46.49	(30.56)	4600m	5:55.09	(31.09)	
		5000m	6:17.63	(31.14)	5000m	6:26.59	(31.50)	

		Naam	Cat	PR	Tijd	Info
9	wt	22 Marwin Talsma	HSA	6:13.18	6:23.88	
	rd	12 Kars Jansman	HSA	6:15.14	6:14.95	PR
		Marwin Talsma				Kars Jansman
		200m	19.71 (19.71)	200m	19.67 (19.67)	
		600m	50.07 (30.36)	600m	49.44 (29.77)	
		1000m	1:20.21 (30.14)	1000m	1:19.45 (30.01)	
		1400m	1:51.32 (31.11)	1400m	1:49.28 (29.83)	
		1800m	2:21.92 (30.60)	1800m	2:18.94 (29.66)	
		2200m	2:52.13 (30.21)	2200m	2:48.59 (29.65)	
		2600m	3:22.39 (30.26)	2600m	3:18.29 (29.70)	
		3000m	3:52.46 (30.07)	3000m	3:47.76 (29.47)	
		3400m	4:22.38 (29.92)	3400m	4:17.09 (29.33)	
		3800m	4:52.27 (29.89)	3800m	4:46.48 (29.39)	
		4200m	5:22.29 (30.02)	4200m	5:16.02 (29.54)	
		4600m	5:52.78 (30.49)	4600m	5:45.49 (29.47)	
		5000m	6:23.88 (31.10)	5000m	6:14.95 (29.46)	

		Naam	Cat	PR	Tijd	Info
10	wt	2 Marcel Bosker	HSA	6:08.90	6:22.86	
	rd	27 Gert Wierda	HN2	6:17.75	6:25.41	
		Marcel Bosker				Gert Wierda
		200m	19.53 (19.53)	200m	19.05 (19.05)	
		600m	49.65 (30.12)	600m	48.73 (29.68)	
		1000m	1:20.00 (30.35)	1000m	1:18.80 (30.07)	
		1400m	1:50.45 (30.45)	1400m	1:49.09 (30.29)	
		1800m	2:20.78 (30.33)	1800m	2:19.57 (30.48)	
		2200m	2:51.20 (30.42)	2200m	2:50.12 (30.55)	
		2600m	3:21.50 (30.30)	2600m	3:20.54 (30.42)	
		3000m	3:51.55 (30.05)	3000m	3:50.96 (30.42)	
		3400m	4:21.95 (30.40)	3400m	4:21.56 (30.60)	
		3800m	4:52.34 (30.39)	3800m	4:51.85 (30.29)	
		4200m	5:22.48 (30.14)	4200m	5:22.68 (30.83)	
		4600m	5:52.72 (30.24)	4600m	5:53.61 (30.93)	
		5000m	6:22.86 (30.14)	5000m	6:25.41 (31.80)	

5. Uitslag Vrouwen 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	70 Antoinette Rijpma - de Jong	DSA	10	I	1:53.47		
2	55 Elisa Dul	DSA	10	O	1:54.41	PR	
3	79 Melissa Wijfje	DSA	9	O	1:55.49		
4	54 Merel Conijn	DN3	8	I	1:55.95	PR	
5	59 Robin Groot	DN4	9	I	1:56.54	PR	
6	52 Reina Anema	DSA	8	O	1:57.92		
7	72 Kim Talsma	DN4	7	O	1:58.51		
8	57 Jade Groenewoud	DN1	7	I	1:58.99		
9	73 Meike Veen	DA2	6	I	1:59.14		
10	76 Esmee Visser	DSA	4	O	2:00.24		
11	75 Evelien Vijn	DN2	5	O	2:00.47		
12	63 Bente Kerkhoff	DN3	5	I	2:00.50		
13	56 Romée Ebbinge	DSA	3	I	2:00.68	PR	
14	78 Naomi van der Werf	DSA	4	I	2:01.36		
15	66 Sophie Kraaijeveld	DN1	2	O	2:01.73	PR	
16	60 Aveline Hijlkema	DSA	1	I	2:03.03		
17	67 Gioya Lancee	DSA	6	O	2:03.46		
18	62 Lieke Hoogendoorn	DA1	3	O	2:04.17	PR	
19	65 Patricia Koot	DA2	2	I	2:04.70		
	61 Sanne in 't Hof	DSA				WDR	

5. Rituitslag Vrouwen 1500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	60 Aveline Hijlkema	DSA	1:57.78	2:03.03	
	rd	61 Sanne in 't Hof	DSA	1:58.83	WDR	

Aveline Hijlkema

300m	26.66	(26.66)
700m	56.68	(30.02)
1100m	1:28.55	(31.87)
1500m	2:03.03	(34.48)

Sanne in 't Hof

		Naam	Cat	PR	Tijd	Info
2	wt	65 Patricia Koot	DA2	2:02.93	2:04.70	
	rd	66 Sophie Kraaijeveld	DN1	2:01.85	2:01.73	PR

Patricia Koot

300m	27.09	(27.09)
700m	56.90	(29.81)
1100m	1:29.28	(32.38)
1500m	2:04.70	(35.42)

Sophie Kraaijeveld

300m	27.79	(27.79)
700m	57.87	(30.08)
1100m	1:29.21	(31.34)
1500m	2:01.73	(32.52)

		Naam	Cat	PR	Tijd	Info
3	wt	56 Roméé Ebbinge	DSA	2:01.63	2:00.68	PR
	rd	62 Lieke Hoogendoorn	DA1	2:04.29	2:04.17	PR

Roméé Ebbinge

300m	26.55	(26.55)
700m	55.70	(29.15)
1100m	1:27.05	(31.35)
1500m	2:00.68	(33.63)

Lieke Hoogendoorn

300m	27.19	(27.19)
700m	57.42	(30.23)
1100m	1:29.95	(32.53)
1500m	2:04.17	(34.22)

		Naam	Cat	PR	Tijd	Info
4	wt	78 Naomi van der Werf	DSA	2:01.20	2:01.36	
	rd	76 Esmee Visser	DSA	1:57.69	2:00.24	

Naomi van der Werf

300m	26.69	(26.69)
700m	56.47	(29.78)
1100m	1:27.80	(31.33)
1500m	2:01.36	(33.56)

Esmee Visser

300m	27.81	(27.81)
700m	58.05	(30.24)
1100m	1:28.80	(30.75)
1500m	2:00.24	(31.44)

		Naam			Cat	PR	Tijd	Info
5	wt	63	Bente Kerkhoff		DN3	1:59.64	2:00.50	
	rd	75	Evelien Vijn		DN2	1:57.52	2:00.47	
		Bente Kerkhoff			Evelien Vijn			
		300m	26.82	(26.82)	300m	27.39	(27.39)	
		700m	55.99	(29.17)	700m	57.23	(29.84)	
		1100m	1:27.37	(31.38)	1100m	1:28.23	(31.00)	
		1500m	2:00.50	(33.13)	1500m	2:00.47	(32.24)	
		Naam			Cat	PR	Tijd	Info
6	wt	73	Meike Veen		DA2	1:59.02	1:59.14	
	rd	67	Gioya Lancee		DSA	1:56.15	2:03.46	
		Meike Veen			Gioya Lancee			
		300m	26.07	(26.07)	300m	26.70	(26.70)	
		700m	55.16	(29.09)	700m	56.55	(29.85)	
		1100m	1:26.20	(31.04)	1100m	1:28.79	(32.24)	
		1500m	1:59.14	(32.94)	1500m	2:03.46	(34.67)	
		Naam			Cat	PR	Tijd	Info
7	wt	57	Jade Groenewoud		DN1	1:58.16	1:58.99	
	rd	72	Kim Talsma		DN4	1:57.33	1:58.51	
		Jade Groenewoud			Kim Talsma			
		300m	26.59	(26.59)	300m	26.71	(26.71)	
		700m	55.62	(29.03)	700m	55.98	(29.27)	
		1100m	1:26.39	(30.77)	1100m	1:26.59	(30.61)	
		1500m	1:58.99	(32.60)	1500m	1:58.51	(31.92)	
		Naam			Cat	PR	Tijd	Info
8	wt	54	Merel Conijn		DN3	1:56.24	1:55.95	PR
	rd	52	Reina Anema		DSA	1:55.74	1:57.92	
		Merel Conijn			Reina Anema			
		300m	26.75	(26.75)	300m	26.79	(26.79)	
		700m	55.91	(29.16)	700m	55.92	(29.13)	
		1100m	1:25.78	(29.87)	1100m	1:26.17	(30.25)	
		1500m	1:55.95	(30.17)	1500m	1:57.92	(31.75)	

		Naam			Cat	PR	Tijd	Info
9	wt	59	Robin Groot		DN4	1:56.59	1:56.54	PR
	rd	79	Melissa Wijffe		DSA	1:51.78	1:55.49	
		Robin Groot			Melissa Wijffe			
		300m	26.29	(26.29)	300m	26.10	(26.10)	
		700m	55.24	(28.95)	700m	54.36	(28.26)	
		1100m	1:25.23	(29.99)	1100m	1:23.92	(29.56)	
		1500m	1:56.54	(31.31)	1500m	1:55.49	(31.57)	
		Naam			Cat	PR	Tijd	Info
10	wt	70	Antoinette Rijpma - de Jong		DSA	1:51.72	1:53.47	
	rd	55	Elisa Dul		DSA	1:54.68	1:54.41	PR
		Antoinette Rijpma - de Jong			Elisa Dul			
		300m	25.35	(25.35)	300m	25.33	(25.33)	
		700m	53.25	(27.90)	700m	53.04	(27.71)	
		1100m	1:22.59	(29.34)	1100m	1:22.80	(29.76)	
		1500m	1:53.47	(30.88)	1500m	1:54.41	(31.61)	

6. Uitslag Mannen 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	20 Beau Snellink	HN4	9	I	1:47.04	PR	
2	19 Remo Slotegraaf	HN3	9	O	1:47.42		
3	10 Chris Huizinga	HSA	10	I	1:47.53		
4	12 Kars Jansman	HSA	10	O	1:48.08		
	4 Lex Dijkstra	HSA	7	I	1:48.08		
6	26 Hidde Westra	HN1	6	O	1:48.43	PR	
7	5 Colin James Duivenvoorden	HN2	8	O	1:48.57	PR	
8	6 Sijmen Egberts	HN1	2	I	1:48.65		
9	8 Freek van der Ham	HA2	6	I	1:48.74	PR	
10	27 Gert Wierda	HN2	8	I	1:49.09		
11	24 Jur Veenje	HN4	7	O	1:49.37		
12	3 Stijn van de Bunt	HN1	3	O	1:49.68		
13	22 Marwin Talsma	HSA	5	I	1:50.18		
14	17 Thomas de Lange	HN2	4	O	1:50.19		
15	25 Loek van Vilsteren	HN1	1	I	1:51.20		
16	9 Jan Hamers	HSA	4	I	1:51.23		
17	15 Jasper Krommenhoek	HN1	3	I	1:51.78		
18	13 Jelle Koeleman	HN1	5	O	1:52.18	PR	
19	16 Jesse de Lange	HN3	2	O	1:53.10		
	2 Marcel Bosker	HSA				WDR	

6. Rituitslag Mannen 1500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	25 Loek van Vilsteren	HN1	1:51.18	1:51.20	
	rd	2 Marcel Bosker	HSA	1:44.12	WDR	
		<u>Loek van Vilsteren</u>				<u>Marcel Bosker</u>
		300m 24.38 (24.38)				
		700m 51.65 (27.27)				
		1100m 1:20.57 (28.92)				
		1500m 1:51.20 (30.63)				
<hr/>						
		Naam	Cat	PR	Tijd	Info
2	wt	6 Sijmen Egberts	HN1	1:47.27	1:48.65	
	rd	16 Jesse de Lange	HN3	1:51.54	1:53.10	
		<u>Sijmen Egberts</u>				<u>Jesse de Lange</u>
		300m 24.31 (24.31)		300m 24.81 (24.81)		
		700m 50.95 (26.64)		700m 52.13 (27.32)		
		1100m 1:18.87 (27.92)		1100m 1:21.50 (29.37)		
		1500m 1:48.65 (29.78)		1500m 1:53.10 (31.60)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
3	wt	15 Jasper Krommenhoek	HN1	1:50.23	1:51.78	
	rd	3 Stijn van de Bunt	HN1	1:49.30	1:49.68	
		<u>Jasper Krommenhoek</u>				<u>Stijn van de Bunt</u>
		300m 25.58 (25.58)		300m 25.15 (25.15)		
		700m 53.01 (27.43)		700m 52.28 (27.13)		
		1100m 1:21.63 (28.62)		1100m 1:20.34 (28.06)		
		1500m 1:51.78 (30.15)		1500m 1:49.68 (29.34)		
<hr/>						
		Naam	Cat	PR	Tijd	Info
4	wt	9 Jan Hamers	HSA	1:49.90	1:51.23	
	rd	17 Thomas de Lange	HN2	1:48.34	1:50.19	
		<u>Jan Hamers</u>				<u>Thomas de Lange</u>
		300m 25.03 (25.03)		300m 24.44 (24.44)		
		700m 52.06 (27.03)		700m 51.30 (26.86)		
		1100m 1:20.83 (28.77)		1100m 1:19.61 (28.31)		
		1500m 1:51.23 (30.40)		1500m 1:50.19 (30.58)		

		Naam		Cat		PR	Tijd	Info
5	wt	22	Marwin Talsma		HSA		1:46.20	1:50.18
	rd	13	Jelle Koeleman		HN1		1:52.37	1:52.18 PR

Marwin Talsma

300m	25.53	(25.53)
700m	53.00	(27.47)
1100m	1:21.21	(28.21)
1500m	1:50.18	(28.97)

Jelle Koeleman

300m	24.60	(24.60)
700m	52.26	(27.66)
1100m	1:21.39	(29.13)
1500m	1:52.18	(30.79)

		Naam		Cat		PR	Tijd	Info
6	wt	8	Freek van der Ham		HA2		1:49.48	1:48.74 PR
	rd	26	Hidde Westra		HN1		1:51.12	1:48.43 PR

Freek van der Ham

300m	24.89	(24.89)
700m	51.82	(26.93)
1100m	1:19.72	(27.90)
1500m	1:48.74	(29.02)

Hidde Westra

300m	24.64	(24.64)
700m	51.29	(26.65)
1100m	1:19.32	(28.03)
1500m	1:48.43	(29.11)

		Naam		Cat		PR	Tijd	Info
7	wt	4	Lex Dijkstra		HSA		1:46.50	1:48.08
	rd	24	Jur Veenje		HN4		1:48.27	1:49.37

Lex Dijkstra

300m	25.24	(25.24)
700m	52.23	(26.99)
1100m	1:19.69	(27.46)
1500m	1:48.08	(28.39)

Jur Veenje

300m	24.54	(24.54)
700m	51.15	(26.61)
1100m	1:19.55	(28.40)
1500m	1:49.37	(29.82)

		Naam		Cat		PR	Tijd	Info
8	wt	27	Gert Wierda		HN2		1:46.38	1:49.09
	rd	5	Colin James Duivenvoorden		HN2		1:48.86	1:48.57 PR

Gert Wierda

300m	24.53	(24.53)
700m	51.31	(26.78)
1100m	1:19.52	(28.21)
1500m	1:49.09	(29.57)

Colin James Duivenvoorden

300m	24.76	(24.76)
700m	51.82	(27.06)
1100m	1:19.67	(27.85)
1500m	1:48.57	(28.90)

		Naam			Cat	PR	Tijd	Info
9	wt	20	Beau Snellink		HN4	1:47.22	1:47.04	PR
	rd	19	Remo Slotegraaf		HN3	1:46.73	1:47.42	
		Beau Snellink			Remo Slotegraaf			
		300m	25.13	(25.13)	300m	24.74	(24.74)	
		700m	51.84	(26.71)	700m	51.09	(26.35)	
		1100m	1:19.11	(27.27)	1100m	1:18.67	(27.58)	
		1500m	1:47.04	(27.93)	1500m	1:47.42	(28.75)	
		Naam			Cat	PR	Tijd	Info
10	wt	10	Chris Huizinga		HSA	1:44.60	1:47.53	
	rd	12	Kars Jansman		HSA	1:47.31	1:48.08	
		Chris Huizinga			Kars Jansman			
		300m	24.84	(24.84)	300m	25.03	(25.03)	
		700m	51.53	(26.69)	700m	51.92	(26.89)	
		1100m	1:18.93	(27.40)	1100m	1:19.67	(27.75)	
		1500m	1:47.53	(28.60)	1500m	1:48.08	(28.41)	

7. Uitslag Vrouwen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	54 Merel Conijn	DN3	3	O	6:55.72		
2	70 Antoinette Rijpma - de Jong	DSA	4	I	7:00.09		
3	55 Elisa Dul	DSA	4	O	7:01.70		
4	52 Reina Anema	DSA	2	O	7:07.59		
5	79 Melissa Wijffe	DSA	3	I	7:08.18		
6	59 Robin Groot	DN4	2	I	7:11.27		
7	72 Kim Talsma	DN4	1	I	7:26.00	PR	
8	57 Jade Groenewoud	DN1	1	O	7:35.98		

7. Rituitslag Vrouwen 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	72 Kim Talsma	DN4	7:33.34	7:26.00	PR
	rd	57 Jade Groenewoud	DN1	7:20.17	7:35.98	

Kim Talsma

200m	20.95	(20.95)
600m	55.06	(34.11)
1000m	1:29.63	(34.57)
1400m	2:04.17	(34.54)
1800m	2:38.76	(34.59)
2200m	3:13.64	(34.88)
2600m	3:48.91	(35.27)
3000m	4:24.33	(35.42)
3400m	4:59.84	(35.51)
3800m	5:35.67	(35.83)
4200m	6:11.90	(36.23)
4600m	6:48.68	(36.78)
5000m	7:26.00	(37.32)

Jade Groenewoud

200m	21.55	(21.55)
600m	54.90	(33.35)
1000m	1:28.69	(33.79)
1400m	2:02.98	(34.29)
1800m	2:37.06	(34.08)
2200m	3:11.64	(34.58)
2600m	3:47.15	(35.51)
3000m	4:23.82	(36.67)
3400m	5:01.33	(37.51)
3800m	5:39.65	(38.32)
4200m	6:18.64	(38.99)
4600m	6:57.69	(39.05)
5000m	7:35.98	(38.29)

		Naam	Cat	PR	Tijd	Info
2	wt	59 Robin Groot	DN4	7:00.56	7:11.27	
	rd	52 Reina Anema	DSA	6:57.58	7:07.59	

Robin Groot

200m	20.57	(20.57)
600m	52.86	(32.29)
1000m	1:25.23	(32.37)
1400m	1:58.14	(32.91)
1800m	2:31.28	(33.14)
2200m	3:04.82	(33.54)
2600m	3:39.16	(34.34)
3000m	4:14.38	(35.22)
3400m	4:49.59	(35.21)
3800m	5:24.66	(35.07)
4200m	6:00.19	(35.53)
4600m	6:35.73	(35.54)
5000m	7:11.27	(35.54)

Reina Anema

200m	21.10	(21.10)
600m	53.65	(32.55)
1000m	1:26.91	(33.26)
1400m	2:00.29	(33.38)
1800m	2:33.91	(33.62)
2200m	3:07.73	(33.82)
2600m	3:41.64	(33.91)
3000m	4:15.84	(34.20)
3400m	4:49.90	(34.06)
3800m	5:23.68	(33.78)
4200m	5:58.03	(34.35)
4600m	6:32.72	(34.69)
5000m	7:07.59	(34.87)

		Naam			Cat	PR	Tijd	Info
3	wt	79	Melissa Wijffe		DSA	6:58.80	7:08.18	
	rd	54	Merel Conijn		DN3	6:55.27	6:55.72	
		Melissa Wijffe			Merel Conijn			
		200m	21.05	(21.05)	200m	21.16	(21.16)	
		600m	54.72	(33.67)	600m	54.18	(33.02)	
		1000m	1:28.04	(33.32)	1000m	1:27.49	(33.31)	
		1400m	2:01.43	(33.39)	1400m	2:00.28	(32.79)	
		1800m	2:34.97	(33.54)	1800m	2:33.33	(33.05)	
		2200m	3:08.84	(33.87)	2200m	3:06.78	(33.45)	
		2600m	3:42.84	(34.00)	2600m	3:40.30	(33.52)	
		3000m	4:16.84	(34.00)	3000m	4:13.76	(33.46)	
		3400m	4:51.04	(34.20)	3400m	4:46.96	(33.20)	
		3800m	5:25.23	(34.19)	3800m	5:19.64	(32.68)	
		4200m	5:59.36	(34.13)	4200m	5:52.52	(32.88)	
		4600m	6:33.45	(34.09)	4600m	6:24.88	(32.36)	
		5000m	7:08.18	(34.73)	5000m	6:55.72	(30.84)	

		Naam			Cat	PR	Tijd	Info
4	wt	70	Antoinette Rijpma - de Jong		DSA	6:56.26	7:00.09	
	rd	55	Elisa Dul		DSA	6:58.35	7:01.70	
		Antoinette Rijpma - de Jong			Elisa Dul			
		200m	20.42	(20.42)	200m	20.43	(20.43)	
		600m	52.69	(32.27)	600m	52.87	(32.44)	
		1000m	1:25.02	(32.33)	1000m	1:25.63	(32.76)	
		1400m	1:58.00	(32.98)	1400m	1:58.41	(32.78)	
		1800m	2:31.14	(33.14)	1800m	2:31.24	(32.83)	
		2200m	3:04.54	(33.40)	2200m	3:03.89	(32.65)	
		2600m	3:37.73	(33.19)	2600m	3:37.24	(33.35)	
		3000m	4:11.28	(33.55)	3000m	4:10.55	(33.31)	
		3400m	4:44.44	(33.16)	3400m	4:44.31	(33.76)	
		3800m	5:18.01	(33.57)	3800m	5:18.08	(33.77)	
		4200m	5:51.75	(33.74)	4200m	5:52.44	(34.36)	
		4600m	6:25.96	(34.21)	4600m	6:26.75	(34.31)	
		5000m	7:00.09	(34.13)	5000m	7:01.70	(34.95)	

8. Uitslag Mannen 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Kars Jansman	HSA	3	I	12:51.05	PR	
2	10 Chris Huizinga	HSA	4	I	12:56.92	PR	
3	22 Marwin Talsma	HSA	1	O	13:10.01		
4	20 Beau Snellink	HN4	4	O	13:10.72		
5	19 Remo Slotegraaf	HN3	3	O	13:29.22		
6	27 Gert Wierda	HN2	2	I	13:34.17		
7	5 Colin James Duivenvoorden	HN2	1	I	13:47.54	PR	
	4 Lex Dijkstra	HSA	2	O	DNF		

8. Rituitslag Mannen 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 5 Colin James Duivenvoorden	HN2	13:54.58	13:47.54	PR
	rd 22 Marwin Talsma	HSA	12:50.91	13:10.01	
Colin James Duivenvoorden			Marwin Talsma		
	400m	36.26 (36.26)	400m	36.27 (36.27)	
	800m	1:07.48 (31.22)	800m	1:07.57 (31.30)	
	1200m	1:40.07 (32.59)	1200m	1:39.06 (31.49)	
	1600m	2:12.10 (32.03)	1600m	2:10.64 (31.58)	
	2000m	2:44.27 (32.17)	2000m	2:42.00 (31.36)	
	2400m	3:16.62 (32.35)	2400m	3:13.47 (31.47)	
	2800m	3:49.34 (32.72)	2800m	3:45.21 (31.74)	
	3200m	4:22.23 (32.89)	3200m	4:17.37 (32.16)	
	3600m	4:55.02 (32.79)	3600m	4:49.38 (32.01)	
	4000m	5:28.13 (33.11)	4000m	5:21.01 (31.63)	
	4400m	6:01.50 (33.37)	4400m	5:52.69 (31.68)	
	4800m	6:34.93 (33.43)	4800m	6:24.61 (31.92)	
	5200m	7:08.45 (33.52)	5200m	6:56.81 (32.20)	
	5600m	7:42.02 (33.57)	5600m	7:28.81 (32.00)	
	6000m	8:15.34 (33.32)	6000m	8:00.82 (32.01)	
	6400m	8:48.61 (33.27)	6400m	8:32.90 (32.08)	
	6800m	9:22.12 (33.51)	6800m	9:05.03 (32.13)	
	7200m	9:56.16 (34.04)	7200m	9:36.81 (31.78)	
	7600m	10:30.23 (34.07)	7600m	10:08.22 (31.41)	
	8000m	11:04.11 (33.88)	8000m	10:39.18 (30.96)	
	8400m	11:37.87 (33.76)	8400m	11:09.79 (30.61)	
	8800m	12:11.25 (33.38)	8800m	11:40.11 (30.32)	
	9200m	12:43.51 (32.26)	9200m	12:10.22 (30.11)	
	9600m	13:15.86 (32.35)	9600m	12:40.12 (29.90)	
	10000m	13:47.54 (31.68)	10000m	13:10.01 (29.89)	

		Naam	Cat	PR	Tijd	Info
2	wt	27 Gert Wierda	HN2	13:18.82	13:34.17	
	rd	4 Lex Dijkstra	HSA	13:15.13	DNF	

Gert Wierda

400m	35.31	(35.31)
800m	1:06.38	(31.07)
1200m	1:37.87	(31.49)
1600m	2:09.62	(31.75)
2000m	2:41.50	(31.88)
2400m	3:13.44	(31.94)
2800m	3:45.58	(32.14)
3200m	4:17.89	(32.31)
3600m	4:50.18	(32.29)
4000m	5:22.66	(32.48)
4400m	5:55.24	(32.58)
4800m	6:27.89	(32.65)
5200m	7:00.69	(32.80)
5600m	7:33.67	(32.98)
6000m	8:06.46	(32.79)
6400m	8:38.99	(32.53)
6800m	9:11.43	(32.44)
7200m	9:43.85	(32.42)
7600m	10:16.44	(32.59)
8000m	10:49.10	(32.66)
8400m	11:21.88	(32.78)
8800m	11:54.96	(33.08)
9200m	12:28.11	(33.15)
9600m	13:01.09	(32.98)
10000m	13:34.17	(33.08)

Lex Dijkstra

400m	36.02	(36.02)
800m	1:07.75	(31.73)
1200m	1:39.97	(32.22)
1600m	2:12.33	(32.36)
2000m	2:44.51	(32.18)
2400m	3:16.85	(32.34)
2800m	3:49.17	(32.32)
3200m	4:21.52	(32.35)
3600m	4:53.79	(32.27)
4000m	5:26.21	(32.42)
4400m	5:58.60	(32.39)
4800m	6:31.04	(32.44)
5200m	7:03.59	(32.55)
5600m	7:36.24	(32.65)
6000m	8:08.93	(32.69)
6400m	8:41.46	(32.53)

		Naam	Cat	PR	Tijd	Info
3	wt	12 Kars Jansman	HSA	12:58.77	12:51.05	PR
	rd	19 Remo Slotegraaf	HN3	13:19.39	13:29.22	

Kars Jansman

400m	36.27	(36.27)
800m	1:07.54	(31.27)
1200m	1:38.67	(31.13)
1600m	2:09.68	(31.01)
2000m	2:40.80	(31.12)
2400m	3:11.75	(30.95)
2800m	3:42.81	(31.06)
3200m	4:13.85	(31.04)
3600m	4:44.96	(31.11)
4000m	5:15.90	(30.94)
4400m	5:46.66	(30.76)
4800m	6:17.25	(30.59)
5200m	6:47.87	(30.62)
5600m	7:18.39	(30.52)
6000m	7:48.77	(30.38)
6400m	8:19.18	(30.41)
6800m	8:49.50	(30.32)
7200m	9:19.69	(30.19)
7600m	9:49.86	(30.17)
8000m	10:19.95	(30.09)
8400m	10:50.10	(30.15)
8800m	11:20.35	(30.25)
9200m	11:50.73	(30.38)
9600m	12:20.94	(30.21)
10000m	12:51.05	(30.11)

Remo Slotegraaf

400m	36.86	(36.86)
800m	1:08.70	(31.84)
1200m	1:41.41	(32.71)
1600m	2:13.64	(32.23)
2000m	2:45.98	(32.34)
2400m	3:18.22	(32.24)
2800m	3:50.56	(32.34)
3200m	4:22.71	(32.15)
3600m	4:54.74	(32.03)
4000m	5:26.79	(32.05)
4400m	5:58.88	(32.09)
4800m	6:31.01	(32.13)
5200m	7:03.20	(32.19)
5600m	7:35.45	(32.25)
6000m	8:07.92	(32.47)
6400m	8:40.25	(32.33)
6800m	9:12.67	(32.42)
7200m	9:44.94	(32.27)
7600m	10:17.23	(32.29)
8000m	10:49.35	(32.12)
8400m	11:21.91	(32.56)
8800m	11:53.81	(31.90)
9200m	12:25.63	(31.82)
9600m	12:57.58	(31.95)
10000m	13:29.22	(31.64)

		Naam	Cat	PR	Tijd	Info
4	wt	10 Chris Huizinga	HSA	13:06.20	12:56.92	PR
	rd	20 Beau Snellink	HN4	12:52.51	13:10.72	

Chris Huizinga

400m	36.37	(36.37)
800m	1:07.62	(31.25)
1200m	1:38.60	(30.98)
1600m	2:09.49	(30.89)
2000m	2:40.50	(31.01)
2400m	3:11.57	(31.07)
2800m	3:42.44	(30.87)
3200m	4:13.33	(30.89)
3600m	4:44.35	(31.02)
4000m	5:15.45	(31.10)
4400m	5:46.40	(30.95)
4800m	6:17.40	(31.00)
5200m	6:48.33	(30.93)
5600m	7:19.31	(30.98)
6000m	7:50.29	(30.98)
6400m	8:21.07	(30.78)
6800m	8:51.97	(30.90)
7200m	9:22.76	(30.79)
7600m	9:53.33	(30.57)
8000m	10:23.73	(30.40)
8400m	10:53.95	(30.22)
8800m	11:24.12	(30.17)
9200m	11:54.39	(30.27)
9600m	12:24.96	(30.57)
10000m	12:56.92	(31.96)

Beau Snellink

400m	35.99	(35.99)
800m	1:07.25	(31.26)
1200m	1:38.41	(31.16)
1600m	2:09.42	(31.01)
2000m	2:40.38	(30.96)
2400m	3:11.53	(31.15)
2800m	3:42.64	(31.11)
3200m	4:13.96	(31.32)
3600m	4:45.20	(31.24)
4000m	5:16.65	(31.45)
4400m	5:47.83	(31.18)
4800m	6:19.31	(31.48)
5200m	6:50.79	(31.48)
5600m	7:22.29	(31.50)
6000m	7:53.71	(31.42)
6400m	8:25.03	(31.32)
6800m	8:56.43	(31.40)
7200m	9:27.78	(31.35)
7600m	9:59.20	(31.42)
8000m	10:30.71	(31.51)
8400m	11:02.34	(31.63)
8800m	11:34.33	(31.99)
9200m	12:06.58	(32.25)
9600m	12:38.84	(32.26)
10000m	13:10.72	(31.88)