

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
		<u>Chris Huizinga</u>			<u>Kars Jansman</u>			
		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
		<u>Marwin Talsma</u>			<u>Beau Snellink</u>			
		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
		<u>Jan Hamers</u>			<u>Colin James Duivenvoorden</u>			
		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
		<u>Hidde Westra</u>			<u>Jelle Koeleman</u>			
		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
		<u>Jasper Krommenhoek</u>			<u>Stijn van de Bunt</u>			
		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 Wijffe	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			Romée Ebbinge		
		200m	20.24	(20.24)	200m	20.62	(20.62)	
		600m	52.44	(32.20)	600m	52.68	(32.06)	
		1000m	1:24.86	(32.42)	1000m	1:25.81	(33.13)	
		1400m	1:58.02	(33.16)	1400m	1:59.12	(33.31)	
		1800m	2:31.92	(33.90)	1800m	2:33.80	(34.68)	
		2200m	3:06.09	(34.17)	2200m	3:08.99	(35.19)	
		2600m	3:41.11	(35.02)	2600m	3:44.95	(35.96)	
		3000m	4:17.14	(36.03)	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			Lieke Hoogendoorn		
		200m	20.46	(20.46)	200m	20.99	(20.99)	
		600m	53.04	(32.58)	600m	53.26	(32.27)	
		1000m	1:26.18	(33.14)	1000m	1:26.30	(33.04)	
		1400m	1:59.71	(33.53)	1400m	1:59.86	(33.56)	
		1800m	2:33.84	(34.13)	1800m	2:34.15	(34.29)	
		2200m	3:08.94	(35.10)	2200m	3:08.89	(34.74)	
		2600m	3:44.95	(36.01)	2600m	3:44.16	(35.27)	
		3000m	4:21.92	(36.97)	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				
		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				
		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	
		<u>Chris Huizinga</u>			<u>Remo Slotegraaf</u>			
		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	
		<u>Beau Snellink</u>			<u>Lex Dijkstra</u>			
		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 Romée Ebbinge	DSA	2:01.63	2:00.68 PR
	rd	62 Lieke Hoogendoorn	DA1	2:04.29	2:04.17 PR

Romée 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)		200m	21.55	(21.55)
		600m	55.06	(34.11)		600m	54.90	(33.35)
		1000m	1:29.63	(34.57)		1000m	1:28.69	(33.79)
		1400m	2:04.17	(34.54)		1400m	2:02.98	(34.29)
		1800m	2:38.76	(34.59)		1800m	2:37.06	(34.08)
		2200m	3:13.64	(34.88)		2200m	3:11.64	(34.58)
		2600m	3:48.91	(35.27)		2600m	3:47.15	(35.51)
		3000m	4:24.33	(35.42)		3000m	4:23.82	(36.67)
		3400m	4:59.84	(35.51)		3400m	5:01.33	(37.51)
		3800m	5:35.67	(35.83)		3800m	5:39.65	(38.32)
		4200m	6:11.90	(36.23)		4200m	6:18.64	(38.99)
		4600m	6:48.68	(36.78)		4600m	6:57.69	(39.05)
		5000m	7:26.00	(37.32)		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)		200m	21.10	(21.10)
		600m	52.86	(32.29)		600m	53.65	(32.55)
		1000m	1:25.23	(32.37)		1000m	1:26.91	(33.26)
		1400m	1:58.14	(32.91)		1400m	2:00.29	(33.38)
		1800m	2:31.28	(33.14)		1800m	2:33.91	(33.62)
		2200m	3:04.82	(33.54)		2200m	3:07.73	(33.82)
		2600m	3:39.16	(34.34)		2600m	3:41.64	(33.91)
		3000m	4:14.38	(35.22)		3000m	4:15.84	(34.20)
		3400m	4:49.59	(35.21)		3400m	4:49.90	(34.06)
		3800m	5:24.66	(35.07)		3800m	5:23.68	(33.78)
		4200m	6:00.19	(35.53)		4200m	5:58.03	(34.35)
		4600m	6:35.73	(35.54)		4600m	6:32.72	(34.69)
		5000m	7:11.27	(35.54)		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	
		<u>Melissa Wijffe</u>			<u>Merel Conijn</u>			
		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	
		<u>Antoinette Rijpma - de Jong</u>			<u>Elisa Dul</u>			
		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)