

## 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	<b>Sophie Kraaijeveld</b>		DN1	41.91	<b>41.69</b>	PR
	rd	75	<b>Evelien Vijn</b>		DN2	40.63	<b>41.28</b>	
		<b>Sophie Kraaijeveld</b>			<b>Evelien Vijn</b>			
		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	<b>Sanne in 't Hof</b>		DSA	40.54	<b>42.84</b>	
	rd	76	<b>Esmee Visser</b>		DSA	41.42	<b>42.04</b>	
		<b>Sanne in 't Hof</b>			<b>Esmee Visser</b>			
		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	<b>Lieke Hoogendoorn</b>		DA1	40.59	<b>40.98</b>	
	rd	60	<b>Aveline Hijlkema</b>		DSA	39.78	<b>41.01</b>	
		<b>Lieke Hoogendoorn</b>			<b>Aveline Hijlkema</b>			
		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	<b>Melissa Wijfje</b>		DSA	38.83	<b>39.25</b>	
	rd	52	<b>Reina Anema</b>		DSA	40.20	<b>40.71</b>	
		<b>Melissa Wijfje</b>			<b>Reina Anema</b>			
		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	<b>Naomi van der Werf</b>		DSA	40.41	<b>40.54</b>	
	rd	67	<b>Gioya Lancee</b>		DSA	38.97	<b>40.04</b>	
		<b>Naomi van der Werf</b>			<b>Gioya Lancee</b>			
		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 <b>Jade Groenewoud</b>			DN1	40.18	<b>40.42</b>	
	rd	63 <b>Bente Kerkhoff</b>			DN3	40.77	<b>40.84</b>	
		<b>Jade Groenewoud</b>			<b>Bente Kerkhoff</b>			
		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 <b>Romée Ebbinge</b>			DSA	40.30	<b>40.26</b>	PR
	rd	65 <b>Patricia Koot</b>			DA2	40.48	<b>40.57</b>	
		<b>Romée Ebbinge</b>			<b>Patricia Koot</b>			
		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 <b>Merel Conijn</b>			DN3	39.17	<b>39.88</b>	
	rd	72 <b>Kim Talsma</b>			DN4	40.12	<b>39.64</b>	PR
		<b>Merel Conijn</b>			<b>Kim Talsma</b>			
		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 <b>Antoinette Rijpma - de Jong</b>			DSA	38.38	<b>38.22</b>	PR
	rd	59 <b>Robin Groot</b>			DN4	39.30	<b>39.37</b>	
		<b>Antoinette Rijpma - de Jong</b>			<b>Robin Groot</b>			
		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 <b>Meike Veen</b>			DA2	39.11	<b>39.35</b>	
	rd	55 <b>Elisa Dul</b>			DSA	38.66	<b>38.76</b>	
		<b>Meike Veen</b>			<b>Elisa Dul</b>			
		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	<b>Chris Huizinga</b>		HSA	37.00	<b>37.25</b>	
	rd	12	<b>Kars Jansman</b>		HSA	37.67	<b>37.88</b>	
		<b>Chris Huizinga</b>			<b>Kars Jansman</b>			
		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	<b>Marwin Talsma</b>		HSA	37.96	<b>39.18</b>	
	rd	20	<b>Beau Snellink</b>		HN4	37.67	<b>37.61</b>	PR
		<b>Marwin Talsma</b>			<b>Beau Snellink</b>			
		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	<b>Jan Hamers</b>		HSA	37.28	<b>37.85</b>	
	rd	5	<b>Colin James Duivenvoorden</b>		HN2	38.15	<b>37.54</b>	PR
		<b>Jan Hamers</b>			<b>Colin James Duivenvoorden</b>			
		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	<b>Hidde Westra</b>		HN1	37.53	<b>37.22</b>	PR
	rd	13	<b>Jelle Koeleman</b>		HN1	37.70	<b>37.64</b>	PR
		<b>Hidde Westra</b>			<b>Jelle Koeleman</b>			
		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	<b>Jasper Krommenhoek</b>		HN1	38.48	<b>39.04</b>	
	rd	3	<b>Stijn van de Bunt</b>		HN1	37.65	<b>38.18</b>	
		<b>Jasper Krommenhoek</b>			<b>Stijn van de Bunt</b>			
		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	<b>Jesse de Lange</b>		HN3	37.90	<b>37.84</b>	PR
	rd	2	<b>Marcel Bosker</b>		HSA	36.39	<b>36.92</b>	
		<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	<b>Sijmen Egberts</b>		HN1	36.70	<b>37.02</b>	
	rd	24	<b>Jur Veenje</b>		HN4	36.73	<b>36.56</b>	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	<b>Freek van der Ham</b>		HA2	37.31	<b>37.84</b>	
	rd	27	<b>Gert Wierda</b>		HN2	36.92	<b>37.43</b>	
		<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	<b>Remo Slotegraaf</b>		HN3	37.10	<b>37.65</b>	
	rd	4	<b>Lex Dijkstra</b>		HSA	37.37	<b>37.67</b>	
		<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	<b>Thomas de Lange</b>		HN2	36.63	<b>36.91</b>	
	rd	25	<b>Loek van Vilsteren</b>		HN1	36.66	<b>36.89</b>	
		<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 <b>Naomi van der Werf</b>	DSA	4:12.59	<b>4:17.14</b>	
	rd	56 <b>Romée Ebbinge</b>	DSA	4:20.70	<b>4:21.79</b>	

### 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 <b>Patricia Koot</b>	DA2	4:18.94	<b>4:21.92</b>	
	rd	62 <b>Lieke Hoogendoorn</b>	DA1	4:20.39	<b>4:20.20</b>	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	<b>Jade Groenewoud</b>		DN1	4:07.07	<b>4:10.32</b>	
	rd	75	<b>Evelien Vijn</b>		DN2	4:03.76	<b>4:10.03</b>	
		<b>Jade Groenewoud</b>			<b>Evelien Vijn</b>			
		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	<b>Meike Veen</b>		DA2	4:14.41	<b>4:18.38</b>	
	rd	60	<b>Aveline Hijlkema</b>		DSA	4:06.70	<b>4:23.63</b>	
		<b>Meike Veen</b>			<b>Aveline Hijlkema</b>			
		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	<b>Gioya Lancee</b>		DSA		4:06.25	<b>4:14.90</b>
	rd	72	<b>Kim Talsma</b>		DN4		4:09.64	<b>4:15.13</b>
		<b>Gioya Lancee</b>			<b>Kim Talsma</b>			
		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	<b>Esmee Visser</b>		DSA		3:54.02	<b>4:08.53</b>
	rd	66	<b>Sophie Kraaijeveld</b>		DN1		4:10.39	<b>DQ</b>
		<b>Esmee Visser</b>			<b>Sophie Kraaijeveld</b>			
		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	<b>Sanne in 't Hof</b>		DSA	4:01.03	<b>4:06.47</b>	
	rd	54	<b>Merel Conijn</b>		DN3	3:59.21	<b>4:01.55</b>	
		<b>Sanne in 't Hof</b>			<b>Merel Conijn</b>			
		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	<b>Melissa Wijffe</b>		DSA	4:01.07	<b>4:05.20</b>	
	rd	59	<b>Robin Groot</b>		DN4	4:02.72	<b>4:04.29</b>	
		<b>Melissa Wijffe</b>			<b>Robin Groot</b>			
		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	<b>Bente Kerkhoff</b>		DN3	4:06.67	<b>4:10.67</b>	
	rd	52	<b>Reina Anema</b>		DSA	4:01.12	<b>4:07.15</b>	
		<b>Bente Kerkhoff</b>			<b>Reina Anema</b>			
		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	<b>Antoinette Rijpma - de Jong</b>		DSA	3:55.19	<b>3:59.20</b>	
	rd	55	<b>Elisa Dul</b>		DSA	3:59.30	<b>3:58.45</b>	PR
		<b>Antoinette Rijpma - de Jong</b>			<b>Elisa Dul</b>			
		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	<b>Thomas de Lange</b>		HN2	6:46.24	<b>6:51.15</b>	
	rd	24	<b>Jur Veenje</b>		HN4	6:44.91	<b>6:44.72</b>	PR
		<b>Thomas de Lange</b>			<b>Jur Veenje</b>			
		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	<b>Jesse de Lange</b>		HN3	6:48.35	<b>6:57.15</b>	
	rd	25	<b>Loek van Vilsteren</b>		HN1	6:50.03	<b>7:00.51</b>	
		<b>Jesse de Lange</b>			<b>Loek van Vilsteren</b>			
		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 <b>Colin James Duivenvoorden</b>	HN2	6:26.10	<b>6:30.99</b>	
	rd	8 <b>Freek van der Ham</b>	HA2	6:37.29	<b>6:31.40</b>	PR
		<b>Colin James Duivenvoorden</b>			<b>Freek van der Ham</b>	
		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 <b>Sijmen Egberts</b>	HN1	6:34.98	<b>6:55.40</b>	
	rd	26 <b>Hidde Westra</b>	HN1	6:46.51	<b>6:45.13</b>	PR
		<b>Sijmen Egberts</b>			<b>Hidde Westra</b>	
		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 <b>Stijn van de Bunt</b>	HN1		6:27.81	<b>6:45.91</b>	
	rd	9 <b>Jan Hamers</b>	HSA		6:32.67	<b>6:40.84</b>	
		<b>Stijn van de Bunt</b>			<b>Jan Hamers</b>		
		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 <b>Jelle Koeleman</b>	HN1		6:39.28	<b>6:43.43</b>	
	rd	15 <b>Jasper Krommenhoek</b>	HN1		6:27.47	<b>6:29.74</b>	
		<b>Jelle Koeleman</b>			<b>Jasper Krommenhoek</b>		
		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	<b>Chris Huizinga</b>		HSA	6:09.14	<b>6:11.98</b>	
	rd	19	<b>Remo Slotegraaf</b>		HN3	6:21.99	<b>6:26.73</b>	
		<b>Chris Huizinga</b>			<b>Remo Slotegraaf</b>			
		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	<b>Beau Snellink</b>		HN4	6:09.58	<b>6:17.63</b>	
	rd	4	<b>Lex Dijkstra</b>		HSA	6:19.79	<b>6:26.59</b>	
		<b>Beau Snellink</b>			<b>Lex Dijkstra</b>			
		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 <b>Marwin Talsma</b>	HSA	6:13.18	<b>6:23.88</b>	
	rd	12 <b>Kars Jansman</b>	HSA	6:15.14	<b>6:14.95</b>	PR
		<b>Marwin Talsma</b>				<b>Kars Jansman</b>
		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 <b>Marcel Bosker</b>	HSA	6:08.90	<b>6:22.86</b>	
	rd	27 <b>Gert Wierda</b>	HN2	6:17.75	<b>6:25.41</b>	
		<b>Marcel Bosker</b>				<b>Gert Wierda</b>
		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 <b>Aveline Hijlkema</b>	DSA	1:57.78	<b>2:03.03</b>	
	rd	61 <b>Sanne in 't Hof</b>	DSA	1:58.83	<b>WDR</b>	

### 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 <b>Patricia Koot</b>	DA2	2:02.93	<b>2:04.70</b>	
	rd	66 <b>Sophie Kraaijeveld</b>	DN1	2:01.85	<b>2:01.73</b>	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 <b>Romée Ebbinge</b>	DSA	2:01.63	<b>2:00.68</b>	PR
	rd	62 <b>Lieke Hoogendoorn</b>	DA1	2:04.29	<b>2:04.17</b>	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 <b>Naomi van der Werf</b>	DSA	2:01.20	<b>2:01.36</b>	
	rd	76 <b>Esmee Visser</b>	DSA	1:57.69	<b>2:00.24</b>	

### 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	<b>Bente Kerkhoff</b>		DN3	1:59.64	<b>2:00.50</b>	
	rd	75	<b>Evelien Vijn</b>		DN2	1:57.52	<b>2:00.47</b>	
		<b>Bente Kerkhoff</b>			<b>Evelien Vijn</b>			
		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	<b>Meike Veen</b>		DA2	1:59.02	<b>1:59.14</b>	
	rd	67	<b>Gioya Lancee</b>		DSA	1:56.15	<b>2:03.46</b>	
		<b>Meike Veen</b>			<b>Gioya Lancee</b>			
		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	<b>Jade Groenewoud</b>		DN1	1:58.16	<b>1:58.99</b>	
	rd	72	<b>Kim Talsma</b>		DN4	1:57.33	<b>1:58.51</b>	
		<b>Jade Groenewoud</b>			<b>Kim Talsma</b>			
		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	<b>Merel Conijn</b>		DN3	1:56.24	<b>1:55.95</b>	PR
	rd	52	<b>Reina Anema</b>		DSA	1:55.74	<b>1:57.92</b>	
		<b>Merel Conijn</b>			<b>Reina Anema</b>			
		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	<b>Robin Groot</b>		DN4	1:56.59	<b>1:56.54</b>	PR
	rd	79	<b>Melissa Wijffe</b>		DSA	1:51.78	<b>1:55.49</b>	
		<b>Robin Groot</b>			<b>Melissa Wijffe</b>			
		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	<b>Antoinette Rijpma - de Jong</b>		DSA	1:51.72	<b>1:53.47</b>	
	rd	55	<b>Elisa Dul</b>		DSA	1:54.68	<b>1:54.41</b>	PR
		<b>Antoinette Rijpma - de Jong</b>			<b>Elisa Dul</b>			
		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 <b>Loek van Vilsteren</b>	HN1	1:51.18	<b>1:51.20</b>	
	rd	2 <b>Marcel Bosker</b>	HSA	1:44.12	<b>WDR</b>	
		<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 <b>Sijmen Egberts</b>	HN1	1:47.27	<b>1:48.65</b>	
	rd	16 <b>Jesse de Lange</b>	HN3	1:51.54	<b>1:53.10</b>	
		<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 <b>Jasper Krommenhoek</b>	HN1	1:50.23	<b>1:51.78</b>	
	rd	3 <b>Stijn van de Bunt</b>	HN1	1:49.30	<b>1:49.68</b>	
		<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 <b>Jan Hamers</b>	HSA	1:49.90	<b>1:51.23</b>	
	rd	17 <b>Thomas de Lange</b>	HN2	1:48.34	<b>1:50.19</b>	
		<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	<b>Marwin Talsma</b>		HSA	1:46.20	<b>1:50.18</b>	
	rd	13	<b>Jelle Koeleman</b>		HN1	1:52.37	<b>1:52.18</b>	PR
		<b>Marwin Talsma</b>			<b>Jelle Koeleman</b>			
		300m	25.53	(25.53)	300m	24.60	(24.60)	
		700m	53.00	(27.47)	700m	52.26	(27.66)	
		1100m	1:21.21	(28.21)	1100m	1:21.39	(29.13)	
		1500m	1:50.18	(28.97)	1500m	1:52.18	(30.79)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
6	wt	8	<b>Freek van der Ham</b>		HA2	1:49.48	<b>1:48.74</b>	PR
	rd	26	<b>Hidde Westra</b>		HN1	1:51.12	<b>1:48.43</b>	PR
		<b>Freek van der Ham</b>			<b>Hidde Westra</b>			
		300m	24.89	(24.89)	300m	24.64	(24.64)	
		700m	51.82	(26.93)	700m	51.29	(26.65)	
		1100m	1:19.72	(27.90)	1100m	1:19.32	(28.03)	
		1500m	1:48.74	(29.02)	1500m	1:48.43	(29.11)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
7	wt	4	<b>Lex Dijkstra</b>		HSA	1:46.50	<b>1:48.08</b>	
	rd	24	<b>Jur Veenje</b>		HN4	1:48.27	<b>1:49.37</b>	
		<b>Lex Dijkstra</b>			<b>Jur Veenje</b>			
		300m	25.24	(25.24)	300m	24.54	(24.54)	
		700m	52.23	(26.99)	700m	51.15	(26.61)	
		1100m	1:19.69	(27.46)	1100m	1:19.55	(28.40)	
		1500m	1:48.08	(28.39)	1500m	1:49.37	(29.82)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
8	wt	27	<b>Gert Wierda</b>		HN2	1:46.38	<b>1:49.09</b>	
	rd	5	<b>Colin James Duivenvoorden</b>		HN2	1:48.86	<b>1:48.57</b>	PR
		<b>Gert Wierda</b>			<b>Colin James Duivenvoorden</b>			
		300m	24.53	(24.53)	300m	24.76	(24.76)	
		700m	51.31	(26.78)	700m	51.82	(27.06)	
		1100m	1:19.52	(28.21)	1100m	1:19.67	(27.85)	
		1500m	1:49.09	(29.57)	1500m	1:48.57	(28.90)	

		Naam	Cat		PR	Tijd	Info
9	wt	20 <b>Beau Snellink</b>	HN4		1:47.22	<b>1:47.04</b>	PR
	rd	19 <b>Remo Slotegraaf</b>	HN3		1:46.73	<b>1:47.42</b>	
		<b>Beau Snellink</b>			<b>Remo Slotegraaf</b>		
		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 <b>Chris Huizinga</b>	HSA		1:44.60	<b>1:47.53</b>	
	rd	12 <b>Kars Jansman</b>	HSA		1:47.31	<b>1:48.08</b>	
		<b>Chris Huizinga</b>			<b>Kars Jansman</b>		
		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 <b>Kim Talsma</b>	DN4	7:33.34	<b>7:26.00</b>	PR
	rd	57 <b>Jade Groenewoud</b>	DN1	7:20.17	<b>7:35.98</b>	

### 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 <b>Robin Groot</b>	DN4	7:00.56	<b>7:11.27</b>	
	rd	52 <b>Reina Anema</b>	DSA	6:57.58	<b>7:07.59</b>	

### 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 <b>Melissa Wijffe</b>			DSA	6:58.80	<b>7:08.18</b>	
	rd	54 <b>Merel Conijn</b>			DN3	6:55.27	<b>6:55.72</b>	
		<b>Melissa Wijffe</b>			<b>Merel Conijn</b>			
		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 <b>Antoinette Rijpma - de Jong</b>			DSA	6:56.26	<b>7:00.09</b>	
	rd	55 <b>Elisa Dul</b>			DSA	6:58.35	<b>7:01.70</b>	
		<b>Antoinette Rijpma - de Jong</b>			<b>Elisa Dul</b>			
		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 <b>Colin James Duivenvoorden</b>	HN2	13:54.58	<b>13:47.54</b>	PR
	rd 22 <b>Marwin Talsma</b>	HSA	12:50.91	<b>13:10.01</b>	
<b>Colin James Duivenvoorden</b>			<b>Marwin Talsma</b>		
	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 <b>Gert Wierda</b>	HN2	13:18.82	<b>13:34.17</b>	
	rd	4 <b>Lex Dijkstra</b>	HSA	13:15.13	<b>DNF</b>	

### 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 <b>Kars Jansman</b>	HSA	12:58.77	<b>12:51.05</b>	PR
	rd	19 <b>Remo Slotegraaf</b>	HN3	13:19.39	<b>13:29.22</b>	

### 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	<b>Chris Huizinga</b>		HSA	13:06.20	<b>12:56.92</b>	PR
	rd	20	<b>Beau Snellink</b>		HN4	12:52.51	<b>13:10.72</b>	
		<b>Chris Huizinga</b>			<b>Beau Snellink</b>			
		400m	36.37	(36.37)	400m	35.99	(35.99)	
		800m	1:07.62	(31.25)	800m	1:07.25	(31.26)	
		1200m	1:38.60	(30.98)	1200m	1:38.41	(31.16)	
		1600m	2:09.49	(30.89)	1600m	2:09.42	(31.01)	
		2000m	2:40.50	(31.01)	2000m	2:40.38	(30.96)	
		2400m	3:11.57	(31.07)	2400m	3:11.53	(31.15)	
		2800m	3:42.44	(30.87)	2800m	3:42.64	(31.11)	
		3200m	4:13.33	(30.89)	3200m	4:13.96	(31.32)	
		3600m	4:44.35	(31.02)	3600m	4:45.20	(31.24)	
		4000m	5:15.45	(31.10)	4000m	5:16.65	(31.45)	
		4400m	5:46.40	(30.95)	4400m	5:47.83	(31.18)	
		4800m	6:17.40	(31.00)	4800m	6:19.31	(31.48)	
		5200m	6:48.33	(30.93)	5200m	6:50.79	(31.48)	
		5600m	7:19.31	(30.98)	5600m	7:22.29	(31.50)	
		6000m	7:50.29	(30.98)	6000m	7:53.71	(31.42)	
		6400m	8:21.07	(30.78)	6400m	8:25.03	(31.32)	
		6800m	8:51.97	(30.90)	6800m	8:56.43	(31.40)	
		7200m	9:22.76	(30.79)	7200m	9:27.78	(31.35)	
		7600m	9:53.33	(30.57)	7600m	9:59.20	(31.42)	
		8000m	10:23.73	(30.40)	8000m	10:30.71	(31.51)	
		8400m	10:53.95	(30.22)	8400m	11:02.34	(31.63)	
		8800m	11:24.12	(30.17)	8800m	11:34.33	(31.99)	
		9200m	11:54.39	(30.27)	9200m	12:06.58	(32.25)	
		9600m	12:24.96	(30.57)	9600m	12:38.84	(32.26)	
		10000m	12:56.92	(31.96)	10000m	13:10.72	(31.88)	