

# District Kampioenschap afstanden

Thialf - Heerenveen

29 November 2024

## 1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	21 Tygo Kompier	HA2	29	O	37.69		
2	28 Rens Vergeer	HA1	29	I	37.82		
3	12 Quinten de Jong	HB2	30	O	39.73	PB	
4	26 Luc Hogenboom	HB1	30	I	40.27	PB	
5	7 Tygo Blom	HC2	28	I	40.89	PB	
6	38 Stan De Graaf	HB1	26	I	41.23	PB	
7	36 Rick Loos	HA1	25	I	41.37	PB	
8	27 Mara Vergeer	DB2	27	I	41.58	PB	
9	2 Fleur Hartveld	DC1	26	O	41.65	PB	
10	5 Boaz de Gast	HB1	21	O	41.82	PB	
11	22 Maarten Pennings	HA2	28	O	42.00		
12	11 Teije Hekkema	HB1	25	O	42.23	PB	
13	13 Mees Blaauw	HB1	22	O	42.52	PB	
14	37 Tom Loos	HA1	22	I	42.66	PB	
15	43 Kyenno Fredrikze	HA1	27	O	42.85		
16	3 Joep van Leeuwen	HB1	24	I	43.17	PB	
17	41 Max Barends	HB1	23	I	43.19	PB	
18	24 Stijn Vergeer	HC1	21	I	43.25	PB	
19	9 Esmee van Randerlaat	DC2	24	O	43.65		
20	45 Driek Tolk	HA1	20	I	43.73	PB	
21	29 Danique van Rooden	DA1	23	O	43.83		
22	55 Job van Dongen	HA1	19	I	44.03	PB	
23	42 Floris Wender	HB2	20	O	44.24	PB	
24	44 Stefanie Koot	DB2	16	I	44.68		
25	39 Sven Kompier	HB1	19	O	44.73	PB	
26	15 Lara Castro Nortier	DB1	15	I	44.76	PB	
27	47 Roos Bos	DPA	15	O	45.18	PB	
28	32 Sven de Mooij	HC1	13	I	45.31	PB	
29	25 Maud Moret	DC1	17	O	45.66		
30	54 Lars van Klink	HB2	16	O	45.72		
31	14 Bo Hoogvorst	DB1	18	I	45.88		
32	23 Anne Spruijt	DB2	13	O	45.92		
33	1 Elin Lamain	DC1	17	I	45.93		
34	17 Lieke van Ooij	DA1	18	O	46.16		
35	31 Ilse Veuger	DB1	14	O	46.41	PB	
36	56 Ravi de Jong	HA2	14	I	46.71	PB	
37	50 Fenne Valentijn	DPA	11	I	46.83	PB	
38	35 Lis uit den Boogaard	DC2	9	I	46.91	PB	

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	58 Stijn van der Wal	HB2	4	I	47.16	PB	
40	34 Sam van Dongen	HC1	6	I	47.24	PB	
41	18 Lois Elstgeest	DC2	11	O	47.41	PB	
42	6 Renske Ansink	DC2	10	I	47.64	PB	
43	51 Nienke Molleman	DPA	9	O	48.02	PB	
44	8 Lyam van der Neut	HC2	10	O	48.11		
45	48 Noa Halma	DPB	12	O	48.16	PB	
46	53 Imke van Dongen	DB1	8	O	49.06	PB	
47	19 Rinske Hogenboom	DC2	5	I	49.41	PB	
48	20 Sophie Ammerlaan	DC2	7	O	49.64		
49	52 Noor Ariens	DC2	5	O	49.78	PB	
50	62 Boaz Piek	HC2	3	O	50.28		
51	40 Anna Meulmeester	DC1	7	I	50.36	PB	
52	4 Sanne Mooijman	DC1	6	O	50.71		
53	63 Nikita Westerhoven	DB1	3	I	51.00		
54	49 Tessa Bos	DPB	8	I	51.21		
55	59 Kelsy Mulckhuyse	DC1	2	O	51.41	PB	
56	60 Lisa Meeuwissen	DC1	2	I	52.05	PB	
57	46 Danique Verhoeve	DB1	4	O	52.23		
58	10 Margot van Schie	DC2	1	O	52.59	PB	
59	61 Tess van der Salm	DPB	1	I	53.49	PB	
60	30 Fem Ferrari	DC1	12	I	1:01.57	FL	

# District Kampioenschap afstanden

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## 1. Race Result 500 meter

		Name		Cat		PB	Time	Info
1	wt	61	<b>Tess van der Salm</b>		DPB	54.30	<b>53.49</b>	PB
	rd	10	<b>Margot van Schie</b>		DC2	54.52	<b>52.59</b>	PB
		<b>Tess van der Salm</b>			<b>Margot van Schie</b>			
		100m	14.29	(14.29)	100m	14.08	(14.08)	
		500m	53.49	(39.20)	500m	52.59	(38.51)	

		Name		Cat		PB	Time	Info
2	yw	60	<b>Lisa Meeuwissen</b>		DC1	53.88	<b>52.05</b>	PB
	bl	59	<b>Kelsy Mulckhuysen</b>		DC1	53.43	<b>51.41</b>	PB
		<b>Lisa Meeuwissen</b>			<b>Kelsy Mulckhuysen</b>			
		100m	13.52	(13.52)	100m	13.07	(13.07)	
		500m	52.05	(38.53)	500m	51.41	(38.34)	

		Name		Cat		PB	Time	Info
3	wt	63	<b>Nikita Westerhoven</b>		DB1	50.42	<b>51.00</b>	
	rd	62	<b>Boaz Piek</b>		HC2	50.22	<b>50.28</b>	
		<b>Nikita Westerhoven</b>			<b>Boaz Piek</b>			
		100m	13.48	(13.48)	100m	12.62	(12.62)	
		500m	51.00	(37.52)	500m	50.28	(37.66)	

		Name		Cat		PB	Time	Info
4	yw	58	<b>Stijn van der Wal</b>		HB2	48.49	<b>47.16</b>	PB
	bl	46	<b>Danique Verhoeve</b>		DB1	50.81	<b>52.23</b>	
		<b>Stijn van der Wal</b>			<b>Danique Verhoeve</b>			
		100m	12.47	(12.47)	100m	13.08	(13.08)	
		500m	47.16	(34.69)	500m	52.23	(39.15)	

		Name		Cat		PB	Time	Info
5	wt	19	<b>Rinske Hogenboom</b>		DC2	50.66	<b>49.41</b>	PB
	rd	52	<b>Noor Ariens</b>		DC2	50.72	<b>49.78</b>	PB
		<b>Rinske Hogenboom</b>			<b>Noor Ariens</b>			
		100m	13.24	(13.24)	100m	13.02	(13.02)	
		500m	49.41	(36.17)	500m	49.78	(36.76)	

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		Name	Cat	PB	Time	Info
6	yw	34 <b>Sam van Dongen</b>	HC1	50.83	<b>47.24</b>	PB
	bl	4 <b>Sanne Mooijman</b>	DC1	50.23	<b>50.71</b>	
		<b>Sam van Dongen</b>		<b>Sanne Mooijman</b>		
		100m	12.29 (12.29)	100m	13.22 (13.22)	
		500m	47.24 (34.95)	500m	50.71 (37.49)	

		Name	Cat	PB	Time	Info
7	wt	40 <b>Anna Meulmeester</b>	DC1	50.41	<b>50.36</b>	PB
	rd	20 <b>Sophie Ammerlaan</b>	DC2	49.42	<b>49.64</b>	
		<b>Anna Meulmeester</b>		<b>Sophie Ammerlaan</b>		
		100m	13.23 (13.23)	100m	13.33 (13.33)	
		500m	50.36 (37.13)	500m	49.64 (36.31)	

		Name	Cat	PB	Time	Info
8	yw	49 <b>Tessa Bos</b>	DPB	48.95	<b>51.21</b>	
	bl	53 <b>Imke van Dongen</b>	DB1	50.44	<b>49.06</b>	PB
		<b>Tessa Bos</b>		<b>Imke van Dongen</b>		
		100m	13.36 (13.36)	100m	12.92 (12.92)	
		500m	51.21 (37.85)	500m	49.06 (36.14)	

		Name	Cat	PB	Time	Info
9	wt	35 <b>Lis uit den Boogaard</b>	DC2	49.73	<b>46.91</b>	PB
	rd	51 <b>Nienke Molleman</b>	DPA	49.61	<b>48.02</b>	PB
		<b>Lis uit den Boogaard</b>		<b>Nienke Molleman</b>		
		100m	12.84 (12.84)	100m	13.15 (13.15)	
		500m	46.91 (34.07)	500m	48.02 (34.87)	

		Name	Cat	PB	Time	Info
10	yw	6 <b>Renske Ansink</b>	DC2	49.68	<b>47.64</b>	PB
	bl	8 <b>Lyam van der Neut</b>	HC2	46.04	<b>48.11</b>	
		<b>Renske Ansink</b>		<b>Lyam van der Neut</b>		
		100m	13.09 (13.09)	100m	12.41 (12.41)	
		500m	47.64 (34.55)	500m	48.11 (35.70)	

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		Name			Cat			PB	Time	Info
11	wt	50	<b>Fenne Valentijn</b>		DPA			47.81	<b>46.83</b>	PB
	rd	18	<b>Lois Elstgeest</b>		DC2			48.68	<b>47.41</b>	PB
		<b>Fenne Valentijn</b>			<b>Lois Elstgeest</b>					
		100m	12.66	(12.66)	100m	12.73	(12.73)			
		500m	46.83	(34.17)	500m	47.41	(34.68)			

		Name			Cat			PB	Time	Info
12	yw	30	<b>Fem Ferrari</b>		DC1			48.78	<b>1:01.57</b>	FL
	bl	48	<b>Noa Halma</b>		DPB			48.23	<b>48.16</b>	PB
		<b>Fem Ferrari</b>			<b>Noa Halma</b>					
		100m	12.51	(12.51)	100m	12.61	(12.61)			
		500m	1:01.57	(49.06)	500m	48.16	(35.55)			

		Name			Cat			PB	Time	Info
13	wt	32	<b>Sven de Mooij</b>		HC1			46.69	<b>45.31</b>	PB
	rd	23	<b>Anne Spruijt</b>		DB2			45.74	<b>45.92</b>	
		<b>Sven de Mooij</b>			<b>Anne Spruijt</b>					
		100m	11.86	(11.86)	100m	12.24	(12.24)			
		500m	45.31	(33.45)	500m	45.92	(33.68)			

		Name			Cat			PB	Time	Info
14	yw	56	<b>Ravi de Jong</b>		HA2			47.19	<b>46.71</b>	PB
	bl	31	<b>Ilse Veuger</b>		DB1			47.08	<b>46.41</b>	PB
		<b>Ravi de Jong</b>			<b>Ilse Veuger</b>					
		100m	12.84	(12.84)	100m	12.22	(12.22)			
		500m	46.71	(33.87)	500m	46.41	(34.19)			

		Name			Cat			PB	Time	Info
15	wt	15	<b>Lara Castro Nortier</b>		DB1			45.44	<b>44.76</b>	PB
	rd	47	<b>Roos Bos</b>		DPA			45.57	<b>45.18</b>	PB
		<b>Lara Castro Nortier</b>			<b>Roos Bos</b>					
		100m	11.93	(11.93)	100m	12.26	(12.26)			
		500m	44.76	(32.83)	500m	45.18	(32.92)			

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		Name		Cat		PB		Time	Info
16	yw	44	<b>Stefanie Koot</b>		DB2	44.23		<b>44.68</b>	
	bl	54	<b>Lars van Klink</b>		HB2	45.32		<b>45.72</b>	
		<b>Stefanie Koot</b>			<b>Lars van Klink</b>				
		100m	12.22	(12.22)	100m	12.25	(12.25)		
		500m	44.68	(32.46)	500m	45.72	(33.47)		

		Name		Cat		PB		Time	Info
17	wt	1	<b>Elin Lamain</b>		DC1	45.60		<b>45.93</b>	
	rd	25	<b>Maud Moret</b>		DC1	45.24		<b>45.66</b>	
		<b>Elin Lamain</b>			<b>Maud Moret</b>				
		100m	12.65	(12.65)	100m	12.76	(12.76)		
		500m	45.93	(33.28)	500m	45.66	(32.90)		

		Name		Cat		PB		Time	Info
18	yw	14	<b>Bo Hoogvorst</b>		DB1	45.39		<b>45.88</b>	
	bl	17	<b>Lieke van Ooij</b>		DA1	45.98		<b>46.16</b>	
		<b>Bo Hoogvorst</b>			<b>Lieke van Ooij</b>				
		100m	12.46	(12.46)	100m	12.47	(12.47)		
		500m	45.88	(33.42)	500m	46.16	(33.69)		

		Name		Cat		PB		Time	Info
19	wt	55	<b>Job van Dongen</b>		HA1	45.06		<b>44.03</b>	PB
	rd	39	<b>Sven Kompier</b>		HB1	44.77		<b>44.73</b>	PB
		<b>Job van Dongen</b>			<b>Sven Kompier</b>				
		100m	11.56	(11.56)	100m	12.15	(12.15)		
		500m	44.03	(32.47)	500m	44.73	(32.58)		

		Name		Cat		PB		Time	Info
20	yw	45	<b>Driek Tolk</b>		HA1	43.89		<b>43.73</b>	PB
	bl	42	<b>Floris Wender</b>		HB2	45.19		<b>44.24</b>	PB
		<b>Driek Tolk</b>			<b>Floris Wender</b>				
		100m	11.82	(11.82)	100m	12.15	(12.15)		
		500m	43.73	(31.91)	500m	44.24	(32.09)		

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		Name	Cat	PB	Time	Info
21	wt	24 <b>Stijn Vergeer</b>	HC1	44.24	<b>43.25</b>	PB
	rd	5 <b>Boaz de Gast</b>	HB1	42.81	<b>41.82</b>	PB
		<b>Stijn Vergeer</b>		<b>Boaz de Gast</b>		
		100m	11.74 (11.74)	100m	11.49 (11.49)	
		500m	43.25 (31.51)	500m	41.82 (30.33)	

		Name	Cat	PB	Time	Info
22	yw	37 <b>Tom Loos</b>	HA1	43.78	<b>42.66</b>	PB
	bl	13 <b>Mees Blaauw</b>	HB1	44.15	<b>42.52</b>	PB
		<b>Tom Loos</b>		<b>Mees Blaauw</b>		
		100m	11.65 (11.65)	100m	11.47 (11.47)	
		500m	42.66 (31.01)	500m	42.52 (31.05)	

		Name	Cat	PB	Time	Info
23	wt	41 <b>Max Barends</b>	HB1	43.70	<b>43.19</b>	PB
	rd	29 <b>Danique van Rooden</b>	DA1	43.52	<b>43.83</b>	
		<b>Max Barends</b>		<b>Danique van Rooden</b>		
		100m	11.50 (11.50)	100m	12.04 (12.04)	
		500m	43.19 (31.69)	500m	43.83 (31.79)	

		Name	Cat	PB	Time	Info
24	yw	3 <b>Joep van Leeuwen</b>	HB1	43.23	<b>43.17</b>	PB
	bl	9 <b>Esmee van Randerat</b>	DC2	42.91	<b>43.65</b>	
		<b>Joep van Leeuwen</b>		<b>Esmee van Randerat</b>		
		100m	11.89 (11.89)	100m	11.89 (11.89)	
		500m	43.17 (31.28)	500m	43.65 (31.76)	

		Name	Cat	PB	Time	Info
25	wt	36 <b>Rick Loos</b>	HA1	41.81	<b>41.37</b>	PB
	rd	11 <b>Teije Hekkema</b>	HB1	42.23	<b>42.23</b>	PB
		<b>Rick Loos</b>		<b>Teije Hekkema</b>		
		100m	11.37 (11.37)	100m	11.30 (11.30)	
		500m	41.37 (30.00)	500m	42.23 (30.93)	

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		Name	Cat	PB	Time	Info
26	yw	38 <b>Stan De Graaf</b>	HB1	42.55	<b>41.23</b>	PB
	bl	2 <b>Fleur Hartveld</b>	DC1	41.97	<b>41.65</b>	PB
		<b>Stan De Graaf</b>		<b>Fleur Hartveld</b>		
		100m	11.51 (11.51)	100m	11.70 (11.70)	
		500m	41.23 (29.72)	500m	41.65 (29.95)	
		Name	Cat	PB	Time	Info
27	wt	27 <b>Mara Vergeer</b>	DB2	41.64	<b>41.58</b>	PB
	rd	43 <b>Kyenno Fredrikze</b>	HA1	41.13	<b>42.85</b>	
		<b>Mara Vergeer</b>		<b>Kyenno Fredrikze</b>		
		100m	11.27 (11.27)	100m	11.84 (11.84)	
		500m	41.58 (30.31)	500m	42.85 (31.01)	
		Name	Cat	PB	Time	Info
28	yw	7 <b>Tygo Blom</b>	HC2	41.77	<b>40.89</b>	PB
	bl	22 <b>Maarten Pennings</b>	HA2	41.59	<b>42.00</b>	
		<b>Tygo Blom</b>		<b>Maarten Pennings</b>		
		100m	11.21 (11.21)	100m	11.22 (11.22)	
		500m	40.89 (29.68)	500m	42.00 (30.78)	
		Name	Cat	PB	Time	Info
29	wt	28 <b>Rens Vergeer</b>	HA1	37.78	<b>37.82</b>	
	rd	21 <b>Tygo Kompier</b>	HA2	36.99	<b>37.69</b>	
		<b>Rens Vergeer</b>		<b>Tygo Kompier</b>		
		100m	10.64 (10.64)	100m	10.39 (10.39)	
		500m	37.82 (27.18)	500m	37.69 (27.30)	
		Name	Cat	PB	Time	Info
30	yw	26 <b>Luc Hogenboom</b>	HB1	40.45	<b>40.27</b>	PB
	bl	12 <b>Quinten de Jong</b>	HB2	39.81	<b>39.73</b>	PB
		<b>Luc Hogenboom</b>		<b>Quinten de Jong</b>		
		100m	10.95 (10.95)	100m	10.87 (10.87)	
		500m	40.27 (29.32)	500m	39.73 (28.86)	



# District Kampioenschap afstanden

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## 2. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	28 Rens Vergeer	HA1	59	O	1:53.81	PB	
2	21 Tygo Kompier	HA2	60	O	1:56.97		
3	38 Stan De Graaf	HB1	59	I	2:01.25	PB	
4	12 Quinten de Jong	HB2	60	I	2:01.53		
5	26 Luc Hogenboom	HB1	58	O	2:05.14	PB	
6	36 Rick Loos	HA1	55	I	2:05.73		
7	7 Tygo Blom	HC2	57	I	2:06.76	PB	
8	27 Mara Vergeer	DB2	55	O	2:08.77	PB	
9	45 Driek Tolk	HA1	54	I	2:09.11	PB	
10	22 Maarten Pennings	HA2	58	I	2:09.18		
11	13 Mees Blaauw	HB1	54	O	2:09.73	PB	
12	11 Teije Hekkema	HB1	49	O	2:09.83	PB	
13	5 Boaz de Gast	HB1	47	O	2:09.85	PB	
14	42 Floris Wender	HB2	52	I	2:10.45	PB	
15	2 Fleur Hartveld	DC1	56	O	2:10.82	PB	
16	41 Max Barends	HB1	51	O	2:11.12	PB	
17	43 Kyenno Fredrikze	HA1	57	O	2:11.82		
18	3 Joep van Leeuwen	HB1	51	I	2:12.15	PB	
19	37 Tom Loos	HA1	52	O	2:12.54	PB	
20	29 Danique van Rooden	DA1	53	I	2:13.17		
21	9 Esmee van Randerlaat	DC2	53	O	2:15.52		
22	54 Lars van Klink	HB2	47	I	2:17.47	PB	
23	55 Job van Dongen	HA1	48	I	2:18.15	PB	
24	25 Maud Moret	DC1	50	I	2:18.48		
25	1 Elin Lamain	DC1	48	O	2:19.62	PB	
26	24 Stijn Vergeer	HC1	45	O	2:19.69	PB	
27	15 Lara Castro Nortier	DB1	46	I	2:19.91	PB	
28	39 Sven Kompier	HB1	56	I	2:20.58		
29	58 Stijn van der Wal	HB2	45	I	2:21.01	PB	
30	14 Bo Hoogvorst	DB1	50	O	2:21.38		
31	44 Stefanie Koot	DB2	49	I	2:21.67		
32	47 Roos Bos	DPA	41	O	2:21.84	PB	
33	23 Anne Spruijt	DB2	46	O	2:22.97		
34	34 Sam van Dongen	HC1	42	I	2:24.06	PB	
35	31 Ilse Veuger	DB1	43	O	2:24.30	PB	
36	17 Lieke van Ooij	DA1	43	I	2:24.62	PB	
37	56 Ravi de Jong	HA2	44	I	2:25.28	PB	
38	32 Sven de Mooij	HC1	40	I	2:25.37	PB	

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Pos	Name	Cat	Pair	Lane	Time	Info	Points
39	35 Lis uit den Boogaard	DC2	40	O	2:26.44	PB	
40	20 Sophie Ammerlaan	DC2	41	I	2:31.14	PB	
41	6 Renske Ansink	DC2	39	O	2:31.45	PB	
42	51 Nienke Molleman	DPA	32	O	2:32.39		
43	19 Rinske Hogenboom	DC2	38	I	2:33.98	PB	
44	53 Imke van Dongen	DB1	38	O	2:34.25	PB	
45	30 Fem Ferrari	DC1	37	I	2:35.14	PB	
46	46 Danique Verhoeve	DB1	39	I	2:36.56	PB	
47	48 Noa Halma	DPB	31	I	2:37.96		
48	8 Lyam van der Neut	HC2	44	O	2:38.56		
49	40 Anna Meulmeester	DC1	32	I	2:39.07		
50	49 Tessa Bos	DPB	31	O	2:39.53		
51	63 Nikita Westerhoven	DB1	35	O	2:42.67	PB	
52	60 Lisa Meeuwissen	DC1	36	O	2:43.43	PB	
53	62 Boaz Piek	HC2	36	I	2:43.50	PB	
54	59 Kelsy Mulckhuyse	DC1	35	I	2:44.30	PB	
55	10 Margot van Schie	DC2	34	I	2:45.23	PB	
56	4 Sanne Mooijman	DC1	34	O	2:46.47		
57	52 Noor Ariens	DC2	33	O	2:48.65	PB	
58	61 Tess van der Salm	DPB	33	I	2:49.99		
59	50 Fenne Valentijn	DPA	37	O	2:55.09	FL	
	18 Lois Elstgeest	DC2	42	O	DNF		

# District Kampioenschap afstanden

Thialf - Heerenveen

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## 2. Race Result 1500 meter

		Name		Cat		PB	Time	Info
31	wt	48	<b>Noa Halma</b>		DPB		<b>2:37.96</b>	
	rd	49	<b>Tessa Bos</b>		DPB		<b>2:39.53</b>	
		<b>Noa Halma</b>			<b>Tessa Bos</b>			
		300m	32.25	(32.25)	300m	32.50	(32.50)	
		700m	1:13.17	(40.92)	700m	1:13.41	(40.91)	
		1100m	1:56.21	(43.04)	1100m	1:56.88	(43.47)	
		1500m	2:37.96	(41.75)	1500m	2:39.53	(42.65)	
<hr/>								
		Name		Cat		PB	Time	Info
32	yw	40	<b>Anna Meulmeester</b>		DC1		<b>2:39.07</b>	
	bl	51	<b>Nienke Molleman</b>		DPA		<b>2:32.39</b>	
		<b>Anna Meulmeester</b>			<b>Nienke Molleman</b>			
		300m	32.23	(32.23)	300m	31.96	(31.96)	
		700m	1:12.26	(40.03)	700m	1:09.88	(37.92)	
		1100m	1:55.87	(43.61)	1100m	1:51.11	(41.23)	
		1500m	2:39.07	(43.20)	1500m	2:32.39	(41.28)	
<hr/>								
		Name		Cat		PB	Time	Info
33	wt	61	<b>Tess van der Salm</b>		DPB		<b>2:49.99</b>	
	rd	52	<b>Noor Ariens</b>		DC2	2:50.66	<b>2:48.65</b>	PB
		<b>Tess van der Salm</b>			<b>Noor Ariens</b>			
		300m	34.86	(34.86)	300m	33.78	(33.78)	
		700m	1:17.19	(42.33)	700m	1:16.47	(42.69)	
		1100m	2:01.14	(43.95)	1100m	2:01.83	(45.36)	
		1500m	2:49.99	(48.85)	1500m	2:48.65	(46.82)	
<hr/>								
		Name		Cat		PB	Time	Info
34	yw	10	<b>Margot van Schie</b>		DC2	2:52.17	<b>2:45.23</b>	PB
	bl	4	<b>Sanne Mooijman</b>		DC1		<b>2:46.47</b>	
		<b>Margot van Schie</b>			<b>Sanne Mooijman</b>			
		300m	35.63	(35.63)	300m	34.22	(34.22)	
		700m	1:17.94	(42.31)	700m	1:16.35	(42.13)	
		1100m	2:02.08	(44.14)	1100m	2:01.67	(45.32)	
		1500m	2:45.23	(43.15)	1500m	2:46.47	(44.80)	

# District Kampioenschap afstanden

Thialf - Heerenveen

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		Name	Cat	PB	Time	Info
35	wt	59 <b>Kelsy Mulckhuysse</b>	DC1	2:52.95	<b>2:44.30</b>	PB
	rd	63 <b>Nikita Westerhoven</b>	DB1	2:47.12	<b>2:42.67</b>	PB
		<b>Kelsy Mulckhuysse</b>		<b>Nikita Westerhoven</b>		
		300m 34.11 (34.11)		300m 33.94 (33.94)		
		700m 1:16.76 (42.65)		700m 1:14.46 (40.52)		
		1100m 2:00.72 (43.96)		1100m 1:57.70 (43.24)		
		1500m 2:44.30 (43.58)		1500m 2:42.67 (44.97)		
		Name	Cat	PB	Time	Info
36	yw	62 <b>Boaz Piek</b>	HC2	2:54.04	<b>2:43.50</b>	PB
	bl	60 <b>Lisa Meeuwissen</b>	DC1	2:49.65	<b>2:43.43</b>	PB
		<b>Boaz Piek</b>		<b>Lisa Meeuwissen</b>		
		300m 32.78 (32.78)		300m 33.73 (33.73)		
		700m 1:14.71 (41.93)		700m 1:15.22 (41.49)		
		1100m 1:58.39 (43.68)		1100m 1:59.28 (44.06)		
		1500m 2:43.50 (45.11)		1500m 2:43.43 (44.15)		
		Name	Cat	PB	Time	Info
37	wt	30 <b>Fem Ferrari</b>	DC1	2:41.67	<b>2:35.14</b>	PB
	rd	50 <b>Fenne Valentijn</b>	DPA	2:45.44	<b>2:55.09</b>	FL
		<b>Fem Ferrari</b>		<b>Fenne Valentijn</b>		
		300m 31.10 (31.10)		300m 31.63 (31.63)		
		700m 1:09.22 (38.12)		700m 1:08.80 (37.17)		
		1100m 1:51.56 (42.34)		1100m 2:08.36 (59.56)		
		1500m 2:35.14 (43.58)		1500m 2:55.09 (46.73)		
		Name	Cat	PB	Time	Info
38	yw	19 <b>Rinske Hogenboom</b>	DC2	2:38.68	<b>2:33.98</b>	PB
	bl	53 <b>Imke van Dongen</b>	DB1	2:39.75	<b>2:34.25</b>	PB
		<b>Rinske Hogenboom</b>		<b>Imke van Dongen</b>		
		300m 31.99 (31.99)		300m 31.73 (31.73)		
		700m 1:10.55 (38.56)		700m 1:09.65 (37.92)		
		1100m 1:52.60 (42.05)		1100m 1:51.47 (41.82)		
		1500m 2:33.98 (41.38)		1500m 2:34.25 (42.78)		

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		Name	Cat	PB	Time	Info
39	wt	46 <b>Danique Verhoeve</b>	DB1	2:39.50	<b>2:36.56</b>	PB
	rd	6 <b>Renske Ansink</b>	DC2	2:38.18	<b>2:31.45</b>	PB
		<b>Danique Verhoeve</b>		<b>Renske Ansink</b>		
		300m 32.91 (32.91)		300m 31.76 (31.76)		
		700m 1:13.04 (40.13)		700m 1:09.44 (37.68)		
		1100m 1:54.55 (41.51)		1100m 1:50.72 (41.28)		
		1500m 2:36.56 (42.01)		1500m 2:31.45 (40.73)		
		Name	Cat	PB	Time	Info
40	yw	32 <b>Sven de Mooij</b>	HC1	2:40.21	<b>2:25.37</b>	PB
	bl	35 <b>Lis uit den Boogaard</b>	DC2	2:35.55	<b>2:26.44</b>	PB
		<b>Sven de Mooij</b>		<b>Lis uit den Boogaard</b>		
		300m 30.51 (30.51)		300m 30.33 (30.33)		
		700m 1:06.62 (36.11)		700m 1:06.14 (35.81)		
		1100m 1:45.42 (38.80)		1100m 1:45.45 (39.31)		
		1500m 2:25.37 (39.95)		1500m 2:26.44 (40.99)		
		Name	Cat	PB	Time	Info
41	wt	20 <b>Sophie Ammerlaan</b>	DC2	2:33.97	<b>2:31.14</b>	PB
	rd	47 <b>Roos Bos</b>	DPA	2:34.38	<b>2:21.84</b>	PB
		<b>Sophie Ammerlaan</b>		<b>Roos Bos</b>		
		300m 31.81 (31.81)		300m 29.49 (29.49)		
		700m 1:09.86 (38.05)		700m 1:04.95 (35.46)		
		1100m 1:49.76 (39.90)		1100m 1:42.79 (37.84)		
		1500m 2:31.14 (41.38)		1500m 2:21.84 (39.05)		
		Name	Cat	PB	Time	Info
42	yw	34 <b>Sam van Dongen</b>	HC1	2:35.16	<b>2:24.06</b>	PB
	bl	18 <b>Lois Elstgeest</b>	DC2	2:33.83	<b>DNF</b>	
		<b>Sam van Dongen</b>		<b>Lois Elstgeest</b>		
		300m 29.75 (29.75)		300m 31.95 (31.95)		
		700m 1:05.64 (35.89)		700m 1:09.18 (37.23)		
		1100m 1:44.30 (38.66)				
		1500m 2:24.06 (39.76)				

# District Kampioenschap afstanden

Thialf - Heerenveen

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		Name	Cat		PB	Time	Info
43	wt	17 <b>Lieke van Ooij</b>	DA1		2:25.08	<b>2:24.62</b>	PB
	rd	31 <b>Ilse Veuger</b>	DB1		2:29.50	<b>2:24.30</b>	PB
		<b>Lieke van Ooij</b>			<b>Ilse Veuger</b>		
		300m	31.04	(31.04)	300m	30.85	(30.85)
		700m	1:08.00	(36.96)	700m	1:08.10	(37.25)
		1100m	1:46.23	(38.23)	1100m	1:46.64	(38.54)
		1500m	2:24.62	(38.39)	1500m	2:24.30	(37.66)
		Name	Cat		PB	Time	Info
44	yw	56 <b>Ravi de Jong</b>	HA2		2:29.85	<b>2:25.28</b>	PB
	bl	8 <b>Lyam van der Neut</b>	HC2		2:33.77	<b>2:38.56</b>	
		<b>Ravi de Jong</b>			<b>Lyam van der Neut</b>		
		300m	31.17	(31.17)	300m	31.75	(31.75)
		700m	1:08.49	(37.32)	700m	1:11.04	(39.29)
		1100m	1:47.66	(39.17)	1100m	1:53.43	(42.39)
		1500m	2:25.28	(37.62)	1500m	2:38.56	(45.13)
		Name	Cat		PB	Time	Info
45	wt	58 <b>Stijn van der Wal</b>	HB2		2:28.73	<b>2:21.01</b>	PB
	rd	24 <b>Stijn Vergeer</b>	HC1		2:24.70	<b>2:19.69</b>	PB
		<b>Stijn van der Wal</b>			<b>Stijn Vergeer</b>		
		300m	31.03	(31.03)	300m	29.40	(29.40)
		700m	1:07.06	(36.03)	700m	1:04.64	(35.24)
		1100m	1:43.91	(36.85)	1100m	1:42.47	(37.83)
		1500m	2:21.01	(37.10)	1500m	2:19.69	(37.22)
		Name	Cat		PB	Time	Info
46	yw	15 <b>Lara Castro Nortier</b>	DB1		2:25.92	<b>2:19.91</b>	PB
	bl	23 <b>Anne Spruijt</b>	DB2		2:22.70	<b>2:22.97</b>	
		<b>Lara Castro Nortier</b>			<b>Anne Spruijt</b>		
		300m	29.08	(29.08)	300m	29.72	(29.72)
		700m	1:04.20	(35.12)	700m	1:04.84	(35.12)
		1100m	1:41.68	(37.48)	1100m	1:43.03	(38.19)
		1500m	2:19.91	(38.23)	1500m	2:22.97	(39.94)

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Thialf - Heerenveen

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		Name	Cat	PB	Time	Info
47	wt	54 <b>Lars van Klink</b>	HB2	2:22.20	<b>2:17.47</b>	PB
	rd	5 <b>Boaz de Gast</b>	HB1	2:17.55	<b>2:09.85</b>	PB
		<b>Lars van Klink</b>				
		300m	29.88 (29.88)	300m	27.75 (27.75)	
		700m	1:05.07 (35.19)	700m	1:00.65 (32.90)	
		1100m	1:41.03 (35.96)	1100m	1:34.79 (34.14)	
		1500m	2:17.47 (36.44)	1500m	2:09.85 (35.06)	

		Name	Cat	PB	Time	Info
48	yw	55 <b>Job van Dongen</b>	HA1	2:20.68	<b>2:18.15</b>	PB
	bl	1 <b>Elin Lamain</b>	DC1	2:23.59	<b>2:19.62</b>	PB
		<b>Job van Dongen</b>				
		300m	28.98 (28.98)	300m	30.49 (30.49)	
		700m	1:03.51 (34.53)	700m	1:05.25 (34.76)	
		1100m	1:40.62 (37.11)	1100m	1:41.85 (36.60)	
		1500m	2:18.15 (37.53)	1500m	2:19.62 (37.77)	

		Name	Cat	PB	Time	Info
49	wt	44 <b>Stefanie Koot</b>	DB2	2:19.28	<b>2:21.67</b>	
	rd	11 <b>Teije Hekkema</b>	HB1	2:19.66	<b>2:09.83</b>	PB
		<b>Stefanie Koot</b>				
		300m	30.53 (30.53)	300m	27.82 (27.82)	
		700m	1:06.52 (35.99)	700m	59.70 (31.88)	
		1100m	1:44.21 (37.69)	1100m	1:33.91 (34.21)	
		1500m	2:21.67 (37.46)	1500m	2:09.83 (35.92)	

		Name	Cat	PB	Time	Info
50	yw	25 <b>Maud Moret</b>	DC1	2:18.39	<b>2:18.48</b>	
	bl	14 <b>Bo Hoogvorst</b>	DB1	2:19.36	<b>2:21.38</b>	
		<b>Maud Moret</b>				
		300m	30.54 (30.54)	300m	29.90 (29.90)	
		700m	1:05.15 (34.61)	700m	1:04.34 (34.44)	
		1100m	1:41.12 (35.97)	1100m	1:41.66 (37.32)	
		1500m	2:18.48 (37.36)	1500m	2:21.38 (39.72)	

# District Kampioenschap afstanden

Thialf - Heerenveen

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		Name	Cat	PB	Time	Info
51	wt	3 <b>Joep van Leeuwen</b>	HB1	2:17.30	<b>2:12.15</b>	PB
	rd	41 <b>Max Barends</b>	HB1	2:17.16	<b>2:11.12</b>	PB
		<b>Joep van Leeuwen</b>		<b>Max Barends</b>		
		300m 28.16 (28.16)		300m 28.50 (28.50)		
		700m 1:00.90 (32.74)		700m 1:00.66 (32.16)		
		1100m 1:35.63 (34.73)		1100m 1:35.38 (34.72)		
		1500m 2:12.15 (36.52)		1500m 2:11.12 (35.74)		
<hr/>						
		Name	Cat	PB	Time	Info
52	yw	42 <b>Floris Wender</b>	HB2	2:17.27	<b>2:10.45</b>	PB
	bl	37 <b>Tom Loos</b>	HA1	2:14.78	<b>2:12.54</b>	PB
		<b>Floris Wender</b>		<b>Tom Loos</b>		
		300m 29.20 (29.20)		300m 27.94 (27.94)		
		700m 1:01.72 (32.52)		700m 1:00.93 (32.99)		
		1100m 1:35.69 (33.97)		1100m 1:36.28 (35.35)		
		1500m 2:10.45 (34.76)		1500m 2:12.54 (36.26)		
<hr/>						
		Name	Cat	PB	Time	Info
53	wt	29 <b>Danique van Rooden</b>	DA1	2:12.34	<b>2:13.17</b>	
	rd	9 <b>Esmee van Randeraat</b>	DC2	2:14.04	<b>2:15.52</b>	
		<b>Danique van Rooden</b>		<b>Esmee van Randeraat</b>		
		300m 29.53 (29.53)		300m 29.75 (29.75)		
		700m 1:02.66 (33.13)		700m 1:04.10 (34.35)		
		1100m 1:37.29 (34.63)		1100m 1:39.29 (35.19)		
		1500m 2:13.17 (35.88)		1500m 2:15.52 (36.23)		
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		Name	Cat	PB	Time	Info
54	yw	45 <b>Driek Tolk</b>	HA1	2:12.81	<b>2:09.11</b>	PB
	bl	13 <b>Mees Blaauw</b>	HB1	2:13.13	<b>2:09.73</b>	PB
		<b>Driek Tolk</b>		<b>Mees Blaauw</b>		
		300m 28.10 (28.10)		300m 28.00 (28.00)		
		700m 1:00.76 (32.66)		700m 1:00.58 (32.58)		
		1100m 1:34.46 (33.70)		1100m 1:35.21 (34.63)		
		1500m 2:09.11 (34.65)		1500m 2:09.73 (34.52)		



# District Kampioenschap afstanden

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		Name		Cat		PB	Time	Info
55	wt	36	<b>Rick Loos</b>		HA1	2:05.02	<b>2:05.73</b>	
	rd	27	<b>Mara Vergeer</b>		DB2	2:11.07	<b>2:08.77</b>	PB
		<b>Rick Loos</b>			<b>Mara Vergeer</b>			
		300m	27.30	(27.30)	300m	27.46	(27.46)	
		700m	58.77	(31.47)	700m	59.15	(31.69)	
		1100m	1:31.78	(33.01)	1100m	1:32.92	(33.77)	
		1500m	2:05.73	(33.95)	1500m	2:08.77	(35.85)	
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		Name		Cat		PB	Time	Info
56	yw	39	<b>Sven Kompier</b>		HB1	2:11.42	<b>2:20.58</b>	
	bl	2	<b>Fleur Hartveld</b>		DC1	2:12.56	<b>2:10.82</b>	PB
		<b>Sven Kompier</b>			<b>Fleur Hartveld</b>			
		300m	28.89	(28.89)	300m	28.09	(28.09)	
		700m	1:03.07	(34.18)	700m	1:00.13	(32.04)	
		1100m	1:39.86	(36.79)	1100m	1:34.88	(34.75)	
		1500m	2:20.58	(40.72)	1500m	2:10.82	(35.94)	
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		Name		Cat		PB	Time	Info
57	wt	7	<b>Tygo Blom</b>		HC2	2:08.80	<b>2:06.76</b>	PB
	rd	43	<b>Kyenno Fredrikze</b>		HA1	2:08.24	<b>2:11.82</b>	
		<b>Tygo Blom</b>			<b>Kyenno Fredrikze</b>			
		300m	27.67	(27.67)	300m	28.06	(28.06)	
		700m	59.29	(31.62)	700m	1:00.01	(31.95)	
		1100m	1:32.83	(33.54)	1100m	1:35.48	(35.47)	
		1500m	2:06.76	(33.93)	1500m	2:11.82	(36.34)	
<hr/>								
		Name		Cat		PB	Time	Info
58	yw	22	<b>Maarten Pennings</b>		HA2	2:08.57	<b>2:09.18</b>	
	bl	26	<b>Luc Hogenboom</b>		HB1	2:09.01	<b>2:05.14</b>	PB
		<b>Maarten Pennings</b>			<b>Luc Hogenboom</b>			
		300m	27.35	(27.35)	300m	26.56	(26.56)	
		700m	59.35	(32.00)	700m	57.57	(31.01)	
		1100m	1:33.57	(34.22)	1100m	1:30.32	(32.75)	
		1500m	2:09.18	(35.61)	1500m	2:05.14	(34.82)	

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		Name			Cat			PB	Time	Info
59	wt	38	<b>Stan De Graaf</b>		HB1			2:07.69	<b>2:01.25</b>	PB
	rd	28	<b>Rens Vergeer</b>		HA1			1:54.64	<b>1:53.81</b>	PB
		<b>Stan De Graaf</b>			<b>Rens Vergeer</b>					
		300m	27.41	(27.41)	300m	24.74	(24.74)			
		700m	58.04	(30.63)	700m	52.74	(28.00)			
		1100m	1:29.57	(31.53)	1100m	1:22.20	(29.46)			
		1500m	2:01.25	(31.68)	1500m	1:53.81	(31.61)			

		Name			Cat			PB	Time	Info
60	yw	12	<b>Quinten de Jong</b>		HB2			1:59.41	<b>2:01.53</b>	
	bl	21	<b>Tygo Kompier</b>		HA2			1:52.74	<b>1:56.97</b>	
		<b>Quinten de Jong</b>			<b>Tygo Kompier</b>					
		300m	26.20	(26.20)	300m	24.85	(24.85)			
		700m	56.51	(30.31)	700m	53.76	(28.91)			
		1100m	1:28.41	(31.90)	1100m	1:24.48	(30.72)			
		1500m	2:01.53	(33.12)	1500m	1:56.97	(32.49)			