

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	

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1. Race Result 500 meter

		Name		Cat		PB	Time	Info
1	wt	61	Tess van der Salm		DPB	54.30	53.49	PB
	rd	10	Margot van Schie		DC2	54.52	52.59	PB
		Tess van der Salm			Margot van Schie			
		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	Lisa Meeuwissen		DC1	53.88	52.05	PB
	bl	59	Kelsy Mulckhuys		DC1	53.43	51.41	PB
		Lisa Meeuwissen			Kelsy Mulckhuys			
		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	Nikita Westerhoven		DB1	50.42	51.00	
	rd	62	Boaz Piek		HC2	50.22	50.28	
		Nikita Westerhoven			Boaz Piek			
		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	Stijn van der Wal		HB2	48.49	47.16	PB
	bl	46	Danique Verhoeve		DB1	50.81	52.23	
		Stijn van der Wal			Danique Verhoeve			
		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	Rinske Hogenboom		DC2	50.66	49.41	PB
	rd	52	Noor Ariens		DC2	50.72	49.78	PB
		Rinske Hogenboom			Noor Ariens			
		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	Sam van Dongen		HC1	50.83	47.24	PB
	bl	4	Sanne Mooijman		DC1	50.23	50.71	
		Sam van Dongen			Sanne Mooijman			
		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	Anna Meulmeester		DC1	50.41	50.36	PB
	rd	20	Sophie Ammerlaan		DC2	49.42	49.64	
		Anna Meulmeester			Sophie Ammerlaan			
		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	Tessa Bos		DPB	48.95	51.21	
	bl	53	Imke van Dongen		DB1	50.44	49.06	PB
		Tessa Bos			Imke van Dongen			
		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	Lis uit den Boogaard		DC2	49.73	46.91	PB
	rd	51	Nienke Molleman		DPA	49.61	48.02	PB
		Lis uit den Boogaard			Nienke Molleman			
		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	Renske Ansink		DC2	49.68	47.64	PB
	bl	8	Lyam van der Neut		HC2	46.04	48.11	
		Renske Ansink			Lyam van der Neut			
		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	Fenne Valentijn		DPA			47.81	46.83	PB	
	rd	18	Lois Elstgeest		DC2			48.68	47.41	PB	
		Fenne Valentijn			Lois Elstgeest						
		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	Fem Ferrari		DC1			48.78	1:01.57	FL	
	bl	48	Noa Halma		DPB			48.23	48.16	PB	
		Fem Ferrari			Noa Halma						
		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	Sven de Mooij		HC1			46.69	45.31	PB	
	rd	23	Anne Spruijt		DB2			45.74	45.92		
		Sven de Mooij			Anne Spruijt						
		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	Ravi de Jong		HA2			47.19	46.71	PB	
	bl	31	Ilse Veuger		DB1			47.08	46.41	PB	
		Ravi de Jong			Ilse Veuger						
		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	Lara Castro Nortier		DB1			45.44	44.76	PB	
	rd	47	Roos Bos		DPA			45.57	45.18	PB	
		Lara Castro Nortier			Roos Bos						
		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 Stefanie Koot	DB2	44.23	44.68	
	bl	54 Lars van Klink	HB2	45.32	45.72	
		Stefanie Koot		Lars van Klink		
		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 Elin Lamain	DC1	45.60	45.93	
	rd	25 Maud Moret	DC1	45.24	45.66	
		Elin Lamain		Maud Moret		
		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 Bo Hoogvorst	DB1	45.39	45.88	
	bl	17 Lieke van Ooij	DA1	45.98	46.16	
		Bo Hoogvorst		Lieke van Ooij		
		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 Job van Dongen	HA1	45.06	44.03	PB
	rd	39 Sven Kompier	HB1	44.77	44.73	PB
		Job van Dongen		Sven Kompier		
		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 Driek Tolk	HA1	43.89	43.73	PB
	bl	42 Floris Wender	HB2	45.19	44.24	PB
		Driek Tolk		Floris Wender		
		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 Stijn Vergeer	HC1	44.24	43.25	PB
	rd	5 Boaz de Gast	HB1	42.81	41.82	PB
		Stijn Vergeer		Boaz de Gast		
		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 Tom Loos	HA1	43.78	42.66	PB
	bl	13 Mees Blaauw	HB1	44.15	42.52	PB
		Tom Loos		Mees Blaauw		
		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 Max Barends	HB1	43.70	43.19	PB
	rd	29 Danique van Rooden	DA1	43.52	43.83	
		Max Barends		Danique van Rooden		
		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 Joep van Leeuwen	HB1	43.23	43.17	PB
	bl	9 Esmee van Randerat	DC2	42.91	43.65	
		Joep van Leeuwen		Esmee van Randerat		
		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 Rick Loos	HA1	41.81	41.37	PB
	rd	11 Teije Hekkema	HB1	42.23	42.23	PB
		Rick Loos		Teije Hekkema		
		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	Stan De Graaf		HB1		42.55	41.23	PB
	bl	2	Fleur Hartveld		DC1		41.97	41.65	PB
		Stan De Graaf			Fleur Hartveld				
		100m	11.51	(11.51)	100m	11.70	(11.70)		
		500m	41.23	(29.72)	500m	41.65	(29.95)		
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		Name		Cat		PB		Time	Info
27	wt	27	Mara Vergeer		DB2		41.64	41.58	PB
	rd	43	Kyenno Fredrikze		HA1		41.13	42.85	
		Mara Vergeer			Kyenno Fredrikze				
		100m	11.27	(11.27)	100m	11.84	(11.84)		
		500m	41.58	(30.31)	500m	42.85	(31.01)		
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		Name		Cat		PB		Time	Info
28	yw	7	Tygo Blom		HC2		41.77	40.89	PB
	bl	22	Maarten Pennings		HA2		41.59	42.00	
		Tygo Blom			Maarten Pennings				
		100m	11.21	(11.21)	100m	11.22	(11.22)		
		500m	40.89	(29.68)	500m	42.00	(30.78)		
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		Name		Cat		PB		Time	Info
29	wt	28	Rens Vergeer		HA1		37.78	37.82	
	rd	21	Tygo Kompier		HA2		36.99	37.69	
		Rens Vergeer			Tygo Kompier				
		100m	10.64	(10.64)	100m	10.39	(10.39)		
		500m	37.82	(27.18)	500m	37.69	(27.30)		
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		Name		Cat		PB		Time	Info
30	yw	26	Luc Hogenboom		HB1		40.45	40.27	PB
	bl	12	Quinten de Jong		HB2		39.81	39.73	PB
		Luc Hogenboom			Quinten de Jong				
		100m	10.95	(10.95)	100m	10.87	(10.87)		
		500m	40.27	(29.32)	500m	39.73	(28.86)		

District Kampioenschap afstanden

Thialf - Heerenveen

29 November 2024

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		

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2. Race Result 1500 meter

		Name		Cat		PB	Time	Info
31	wt	48	Noa Halma		DPB		2:37.96	
	rd	49	Tessa Bos		DPB		2:39.53	
		Noa Halma			Tessa Bos			
		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)	
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		Name		Cat		PB	Time	Info
32	yw	40	Anna Meulmeester		DC1		2:39.07	
	bl	51	Nienke Molleman		DPA		2:32.39	
		Anna Meulmeester			Nienke Molleman			
		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)	
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		Name		Cat		PB	Time	Info
33	wt	61	Tess van der Salm		DPB		2:49.99	
	rd	52	Noor Ariens		DC2	2:50.66	2:48.65	PB
		Tess van der Salm			Noor Ariens			
		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	Margot van Schie		DC2	2:52.17	2:45.23	PB
	bl	4	Sanne Mooijman		DC1		2:46.47	
		Margot van Schie			Sanne Mooijman			
		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)	

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		Name	Cat	PB	Time	Info
35	wt	59 Kelsy Mulckhuysen	DC1	2:52.95	2:44.30	PB
	rd	63 Nikita Westerveld	DB1	2:47.12	2:42.67	PB
		Kelsy Mulckhuysen				
		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)	
		Nikita Westerveld				
		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 Boaz Piek	HC2	2:54.04	2:43.50	PB
	bl	60 Lisa Meeuwissen	DC1	2:49.65	2:43.43	PB
		Boaz Piek				
		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)	
		Lisa Meeuwissen				
		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 Fem Ferrari	DC1	2:41.67	2:35.14	PB
	rd	50 Fenne Valentijn	DPA	2:45.44	2:55.09	FL
		Fem Ferrari				
		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)	
		Fenne Valentijn				
		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 Rinske Hogenboom	DC2	2:38.68	2:33.98	PB
	bl	53 Imke van Dongen	DB1	2:39.75	2:34.25	PB
		Rinske Hogenboom				
		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)	
		Imke van Dongen				
		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	Danique Verhoeve		DB1		2:39.50	2:36.56	PB
	rd	6	Renske Ansink		DC2		2:38.18	2:31.45	PB
		Danique Verhoeve			Renske Ansink				
		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)		
<hr/>									
		Name		Cat		PB		Time	Info
40	yw	32	Sven de Mooij		HC1		2:40.21	2:25.37	PB
	bl	35	Lis uit den Boogaard		DC2		2:35.55	2:26.44	PB
		Sven de Mooij			Lis uit den Boogaard				
		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)		
<hr/>									
		Name		Cat		PB		Time	Info
41	wt	20	Sophie Ammerlaan		DC2		2:33.97	2:31.14	PB
	rd	47	Roos Bos		DPA		2:34.38	2:21.84	PB
		Sophie Ammerlaan			Roos Bos				
		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)		
<hr/>									
		Name		Cat		PB		Time	Info
42	yw	34	Sam van Dongen		HC1		2:35.16	2:24.06	PB
	bl	18	Lois Elstgeest		DC2		2:33.83	DNF	
		Sam van Dongen			Lois Elstgeest				
		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)					

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		Name	Cat		PB	Time	Info
43	wt	17 Lieke van Ooij	DA1		2:25.08	2:24.62	PB
	rd	31 Ilse Veuger	DB1		2:29.50	2:24.30	PB
		<u>Lieke van Ooij</u>	<u>Ilse Veuger</u>				
		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 Ravi de Jong	HA2		2:29.85	2:25.28	PB
	bl	8 Lyam van der Neut	HC2		2:33.77	2:38.56	
		<u>Ravi de Jong</u>	<u>Lyam van der Neut</u>				
		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 Stijn van der Wal	HB2		2:28.73	2:21.01	PB
	rd	24 Stijn Vergeer	HC1		2:24.70	2:19.69	PB
		<u>Stijn van der Wal</u>	<u>Stijn Vergeer</u>				
		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 Lara Castro Nortier	DB1		2:25.92	2:19.91	PB
	bl	23 Anne Spruijt	DB2		2:22.70	2:22.97	
		<u>Lara Castro Nortier</u>	<u>Anne Spruijt</u>				
		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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		Name		Cat		PB	Time	Info
47	wt	54	Lars van Klink		HB2	2:22.20	2:17.47	PB
	rd	5	Boaz de Gast		HB1	2:17.55	2:09.85	PB
		Lars van Klink			Boaz de Gast			
		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	Job van Dongen		HA1	2:20.68	2:18.15	PB
	bl	1	Elin Lamain		DC1	2:23.59	2:19.62	PB
		Job van Dongen			Elin Lamain			
		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	Stefanie Koot		DB2	2:19.28	2:21.67	
	rd	11	Teije Hekkema		HB1	2:19.66	2:09.83	PB
		Stefanie Koot			Teije Hekkema			
		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	Maud Moret		DC1	2:18.39	2:18.48	
	bl	14	Bo Hoogvorst		DB1	2:19.36	2:21.38	
		Maud Moret			Bo Hoogvorst			
		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)	

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		Name		Cat		PB		Time	Info
51	wt	3	Joep van Leeuwen		HB1		2:17.30	2:12.15	PB
	rd	41	Max Barends		HB1		2:17.16	2:11.12	PB
		Joep van Leeuwen			Max Barends				
		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)		
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		Name		Cat		PB		Time	Info
52	yw	42	Floris Wender		HB2		2:17.27	2:10.45	PB
	bl	37	Tom Loos		HA1		2:14.78	2:12.54	PB
		Floris Wender			Tom Loos				
		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	Danique van Rooden		DA1		2:12.34	2:13.17	
	rd	9	Esmee van Randeraat		DC2		2:14.04	2:15.52	
		Danique van Rooden			Esmee van Randeraat				
		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)		
<hr/>									
		Name		Cat		PB		Time	Info
54	yw	45	Driek Tolk		HA1		2:12.81	2:09.11	PB
	bl	13	Mees Blaauw		HB1		2:13.13	2:09.73	PB
		Driek Tolk			Mees Blaauw				
		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)		

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		Name	Cat	PB	Time	Info
55	wt	36 Rick Loos	HA1	2:05.02	2:05.73	
	rd	27 Mara Vergeer	DB2	2:11.07	2:08.77	PB
		Rick Loos				Mara Vergeer
		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)	

		Name	Cat	PB	Time	Info
56	yw	39 Sven Kompier	HB1	2:11.42	2:20.58	
	bl	2 Fleur Hartveld	DC1	2:12.56	2:10.82	PB
		Sven Kompier				Fleur Hartveld
		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)	

		Name	Cat	PB	Time	Info
57	wt	7 Tygo Blom	HC2	2:08.80	2:06.76	PB
	rd	43 Kyenno Fredrikze	HA1	2:08.24	2:11.82	
		Tygo Blom				Kyenno Fredrikze
		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)	

		Name	Cat	PB	Time	Info
58	yw	22 Maarten Pennings	HA2	2:08.57	2:09.18	
	bl	26 Luc Hogenboom	HB1	2:09.01	2:05.14	PB
		Maarten Pennings				Luc Hogenboom
		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	Stan De Graaf		HB1	2:07.69	2:01.25	PB
	rd	28	Rens Vergeer		HA1	1:54.64	1:53.81	PB
		Stan De Graaf			Rens Vergeer			
		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	Quinten de Jong		HB2	1:59.41	2:01.53	
	bl	21	Tygo Kompier		HA2	1:52.74	1:56.97	
		Quinten de Jong			Tygo Kompier			
		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)	