

1. Uitslag 500 meter voor 100m/300m/500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|---------|------|--------|
| 1 | 38 Dennis Schaap | HN2 | 6 | O | 38.72 | PR | |
| 2 | 111 Luuk van de Pol | HA1 | 6 | I | 39.32 | PR | |
| 3 | 21 Evy van Zoest | DA1 | 5 | O | 41.64 | PR | |
| 4 | 98 Erik Jeurig | H45 | 4 | I | 44.96 | | |
| 5 | 73 Niels Everts | HPA | 3 | O | 45.63 | PR | |
| 6 | 105 Eva Weultjes | DB2 | 4 | O | 45.73 | | |
| 7 | 65 Anne-Fleur van der Liet | DA1 | 3 | I | 46.60 | | |
| 8 | 77 Keira Wind | DC1 | 2 | I | 51.20 | | |
| 9 | 110 Maud Miedema | DPA | 1 | I | 51.50 | PR | |
| 10 | 26 Johan Smit | H65 | 2 | O | 51.99 | | |
| 11 | 106 Luca Batterink | HC2 | 5 | I | 1:23.65 | FL | |

1. Rituitslag 500 meter voor 100m/300m/500m

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|--------------------------------|--------------------------------|----------------------|------|-------|----------------|------|
| 1 | wt | 110 | Maud Miedema | | DPA | 52.92 | 51.50 | PR |
| | rd | | | | | | | |
| | | Maud Miedema | | | | | | |
| | | 100m | 13.21 | (13.21) | m | | | |
| | | 500m | 51.50 | (38.29) | | | | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 2 | gl | 77 | Keira Wind | | DC1 | 48.12 | 51.20 | |
| | bl | 26 | Johan Smit | | H65 | 47.45 | 51.99 | |
| | | Keira Wind | | Johan Smit | | | | |
| | | 100m | 13.67 | (13.67) | 100m | 13.86 | (13.86) | |
| | | 500m | 51.20 | (37.53) | 500m | 51.99 | (38.13) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 3 | wt | 65 | Anne-Fleur van der Liet | | DA1 | 46.29 | 46.60 | |
| | rd | 73 | Niels Everts | | HPA | 46.02 | 45.63 | PR |
| | | Anne-Fleur van der Liet | | Niels Everts | | | | |
| | | 100m | 12.61 | (12.61) | 100m | 12.38 | (12.38) | |
| | | 500m | 46.60 | (33.99) | 500m | 45.63 | (33.25) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 4 | gl | 98 | Erik Jeuring | | H45 | 41.78 | 44.96 | |
| | bl | 105 | Eva Weultjes | | DB2 | 44.68 | 45.73 | |
| | | Erik Jeuring | | Eva Weultjes | | | | |
| | | 100m | 11.87 | (11.87) | 100m | 12.46 | (12.46) | |
| | | 500m | 44.96 | (33.09) | 500m | 45.73 | (33.27) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 5 | wt | 106 | Luca Batterink | | HC2 | 42.08 | 1:23.65 | FL |
| | rd | 21 | Evy van Zoest | | DA1 | 41.71 | 41.64 | PR |
| | | Luca Batterink | | Evy van Zoest | | | | |
| | | 100m | 10.98 | (10.98) | 100m | 11.40 | (11.40) | |
| | | 500m | 1:23.65 | (72.67) | 500m | 41.64 | (30.24) | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|----------------------------|-------|---------|----------------------|-------|--------------|------|
| 6 | gl | 111 Luuk van de Pol | | | HA1 | 39.47 | 39.32 | PR |
| | bl | 38 Dennis Schaap | | | HN2 | 38.74 | 38.72 | PR |
| | | Luuk van de Pol | | | Dennis Schaap | | | |
| | | 100m | 10.71 | (10.71) | 100m | 10.45 | (10.45) | |
| | | 500m | 39.32 | (28.61) | 500m | 38.72 | (28.27) | |

2. Uitslag 500 meter voor 500m/1500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 97 Jasper Sinke | HN3 | 32 | O | 36.34 | PR | |
| 2 | 100 Willem Bekkema | HN2 | 32 | I | 36.74 | | |
| 3 | 5 Danny Heijkoop | HN4 | 31 | I | 37.97 | PR | |
| 4 | 4 Sylvian Hoogeveen | HN1 | 31 | O | 38.15 | | |
| 5 | 37 Julian de Boer | HA1 | 30 | O | 38.41 | PR | |
| 6 | 80 Bart Seffinga | H40 | 30 | I | 39.08 | | |
| 7 | 13 Thomas Selles | HN3 | 29 | I | 39.52 | | |
| 8 | 103 Mette ten Cate | DB2 | 28 | I | 39.95 | PR | |
| 9 | 101 Peng Shen Plugge | HB1 | 29 | O | 40.24 | | |
| 10 | 68 Floris Verploeg | HB2 | 26 | I | 41.06 | PR | |
| 11 | 22 Twan van de Poppe | HC2 | 27 | O | 41.91 | | |
| 12 | 36 Jeroen Schoppink | H40 | 28 | O | 41.95 | | |
| 13 | 47 Marloes Westerhof | D40 | 27 | I | 42.64 | | |
| | 112 Veerle Friso | DB1 | 25 | I | 42.64 | | |
| 15 | 74 Fabienne Maarse | DB2 | 24 | I | 43.06 | PR | |
| 16 | 89 Paul Robijn | H55 | 22 | I | 43.47 | | |
| 17 | 12 Thijs van Tol | HN4 | 26 | O | 43.80 | | |
| 18 | 61 Mark Veenstra | HSB | 21 | I | 43.94 | | |
| 19 | 55 Doede Wind | H50 | 25 | O | 44.09 | | |
| 20 | 17 Maaike Haveman | DB1 | 23 | O | 44.27 | | |
| 21 | 52 Evelien van der Kist | DSB | 20 | I | 44.36 | | |
| 22 | 51 Mike Egberts | H45 | 23 | I | 44.66 | | |
| 23 | 86 Herbert Boender | H45 | 20 | O | 45.04 | | |
| 24 | 41 Piet Siemonsma | H70 | 21 | O | 45.70 | | |
| 25 | 70 Freek Smits | H45 | 19 | I | 45.89 | | |
| 26 | 76 Jim Verdurmen | H60 | 17 | O | 46.29 | | |
| 27 | 15 Eelco Nap | H60 | 16 | O | 46.79 | PR | |
| 28 | 24 Marco Roos | H60 | 19 | O | 47.18 | | |
| 29 | 35 Wendy van der Ham | D50 | 18 | I | 47.35 | | |
| 30 | 3 Jildau de Vries | DC2 | 18 | O | 47.37 | | |
| 31 | 30 Kees Bollaart | H60 | 17 | I | 47.56 | | |
| 32 | 54 Ab Nederlof | H70 | 13 | I | 48.10 | | |
| 33 | 40 Esther Bouman | DSB | 13 | O | 48.17 | | |
| | 19 Henriëtte Goede | D55 | 15 | O | 48.17 | | |
| 35 | 27 Anja Bollaart | D55 | 16 | I | 48.34 | | |
| 36 | 20 Jaap van Kouterik | H70 | 12 | I | 48.53 | | |
| | 58 Anna Van der Stok | D50 | 15 | I | 48.53 | | |
| 38 | 32 André Kusters | H45 | 12 | O | 49.65 | | |

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 39 | 8 Hugo Huitema | HC1 | 14 | I | 49.77 | | |
| 40 | 49 Andre van Zaane | H60 | 9 | O | 50.06 | | |
| 41 | 33 Anita Smit-Groot | D60 | 10 | I | 50.32 | | |
| 42 | 104 Adriaan Provoost | H65 | 11 | I | 51.08 | | |
| 43 | 94 Erwin Henskes | H65 | 11 | O | 51.28 | | |
| 44 | 56 Bauke Meijer | H75 | 10 | O | 51.32 | | |
| 45 | 66 Daniëlle Frijters | DSB | 8 | O | 53.04 | | |
| 46 | 71 Grietje Hoogerkamp-Heeg | D55 | 9 | I | 53.27 | | |
| 47 | 67 Tialda Gerritsma | D55 | 7 | I | 56.98 | | |
| 48 | 48 Thea Kroontje | D80 | 8 | I | 59.20 | | |
| | 6 Noor Kortschot | DB1 | 22 | O | DNS | | |
| | 59 Yfke Raadveld | DC2 | 24 | O | DNS | | |

2. Rituitslag 500 meter voor 500m/1500m

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|-----|-------|--------------|------|
| 7 | wt | 67 | Tialda Gerritsma | | D55 | 49.94 | 56.98 | |
| | rd | | | | | | | |
| | | Tialda Gerritsma | | | | | | |
| | | 100m | 15.63 | (15.63) | m | | | |
| | | 500m | 56.98 | (41.35) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|------|-------|--------------|------|
| 8 | gl | 48 | Thea Kroontje | | D80 | 47.51 | 59.20 | |
| | bl | 66 | Daniëlle Frijters | | DSB | 51.87 | 53.04 | |
| | | Thea Kroontje | | | | | | |
| | | 100m | 15.84 | (15.84) | 100m | 14.53 | (14.53) | |
| | | 500m | 59.20 | (43.36) | 500m | 53.04 | (38.51) | |
| | | Daniëlle Frijters | | | | | | |
| | | 100m | 14.53 | (14.53) | 500m | 53.04 | (38.51) | |
| | | 500m | 53.04 | (38.51) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------------|--------------------------------|---------|------|-------|--------------|------|
| 9 | wt | 71 | Grietje Hoogerkamp-Heeg | | D55 | 49.23 | 53.27 | |
| | rd | 49 | Andre van Zaane | | H60 | 44.22 | 50.06 | |
| | | Grietje Hoogerkamp-Heeg | | | | | | |
| | | 100m | 14.86 | (14.86) | 100m | 13.49 | (13.49) | |
| | | 500m | 53.27 | (38.41) | 500m | 50.06 | (36.57) | |
| | | Andre van Zaane | | | | | | |
| | | 100m | 13.49 | (13.49) | 500m | 50.06 | (36.57) | |
| | | 500m | 50.06 | (36.57) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|------|-------|--------------|------|
| 10 | gl | 33 | Anita Smit-Groot | | D60 | 46.86 | 50.32 | |
| | bl | 56 | Bauke Meijer | | H75 | 45.35 | 51.32 | |
| | | Anita Smit-Groot | | | | | | |
| | | 100m | 13.86 | (13.86) | 100m | 13.61 | (13.61) | |
| | | 500m | 50.32 | (36.46) | 500m | 51.32 | (37.71) | |
| | | Bauke Meijer | | | | | | |
| | | 100m | 13.61 | (13.61) | 500m | 51.32 | (37.71) | |
| | | 500m | 51.32 | (37.71) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|------|-------|--------------|------|
| 11 | wt | 104 | Adriaan Provoost | | H65 | 43.19 | 51.08 | |
| | rd | 94 | Erwin Henskes | | H65 | 45.20 | 51.28 | |
| | | Adriaan Provoost | | | | | | |
| | | 100m | 13.79 | (13.79) | 100m | 14.08 | (14.08) | |
| | | 500m | 51.08 | (37.29) | 500m | 51.28 | (37.20) | |
| | | Erwin Henskes | | | | | | |
| | | 100m | 14.08 | (14.08) | 500m | 51.28 | (37.20) | |
| | | 500m | 51.28 | (37.20) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|------|----------------------|---------|-------|--------------|------|
| 12 | gl | 20 | Jaap van Kouterik | | H70 | | | 42.40 | 48.53 | |
| | bl | 32 | André Kusters | | H45 | | | 44.51 | 49.65 | |
| | | Jaap van Kouterik | | | | André Kusters | | | | |
| | | 100m | 13.51 | (13.51) | 100m | 13.51 | (13.51) | | | |
| | | 500m | 48.53 | (35.02) | 500m | 49.65 | (36.14) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|--------------------|----------------------|---------|------|----------------------|---------|-------|--------------|------|
| 13 | wt | 54 | Ab Nederlof | | H70 | | | 43.00 | 48.10 | |
| | rd | 40 | Esther Bouman | | DSB | | | 45.73 | 48.17 | |
| | | Ab Nederlof | | | | Esther Bouman | | | | |
| | | 100m | 13.33 | (13.33) | 100m | 13.21 | (13.21) | | | |
| | | 500m | 48.10 | (34.77) | 500m | 48.17 | (34.96) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|-----|--|--|-------|--------------|------|
| 14 | gl | 8 | Hugo Huitema | | HC1 | | | 48.11 | 49.77 | |
| | bl | | | | | | | | | |
| | | Hugo Huitema | | | | | | | | |
| | | 100m | 13.41 | (13.41) | m | | | | | |
| | | 500m | 49.77 | (36.36) | | | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|------|------------------------|---------|-------|--------------|------|
| 15 | wt | 58 | Anna Van der Stok | | D50 | | | 47.19 | 48.53 | |
| | rd | 19 | Henriëtte Goede | | D55 | | | 43.73 | 48.17 | |
| | | Anna Van der Stok | | | | Henriëtte Goede | | | | |
| | | 100m | 12.78 | (12.78) | 100m | 13.06 | (13.06) | | | |
| | | 500m | 48.53 | (35.75) | 500m | 48.17 | (35.11) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|------|------------------|---------|-------|--------------|------|
| 16 | gl | 27 | Anja Bollaart | | D55 | | | 41.31 | 48.34 | |
| | bl | 15 | Eelco Nap | | H60 | | | 47.39 | 46.79 | PR |
| | | Anja Bollaart | | | | Eelco Nap | | | | |
| | | 100m | 13.23 | (13.23) | 100m | 12.55 | (12.55) | | | |
| | | 500m | 48.34 | (35.11) | 500m | 46.79 | (34.24) | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|----------------------|-------|--------------|------|
| 17 | wt | 30 | Kees Bollaart | | H60 | 43.55 | 47.56 | |
| | rd | 76 | Jim Verdurmen | | H60 | 42.98 | 46.29 | |
| | | Kees Bollaart | | | Jim Verdurmen | | | |
| | | 100m | 13.27 | (13.27) | 100m | 12.89 | (12.89) | |
| | | 500m | 47.56 | (34.29) | 500m | 46.29 | (33.40) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|------------------------|-------|--------------|------|
| 18 | gl | 35 | Wendy van der Ham | | D50 | 45.90 | 47.35 | |
| | bl | 3 | Jildau de Vries | | DC2 | 45.84 | 47.37 | |
| | | Wendy van der Ham | | | Jildau de Vries | | | |
| | | 100m | 12.66 | (12.66) | 100m | 12.96 | (12.96) | |
| | | 500m | 47.35 | (34.69) | 500m | 47.37 | (34.41) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------|--------------------|---------|-------------------|-------|--------------|------|
| 19 | wt | 70 | Freek Smits | | H45 | 42.50 | 45.89 | |
| | rd | 24 | Marco Roos | | H60 | 43.41 | 47.18 | |
| | | Freek Smits | | | Marco Roos | | | |
| | | 100m | 12.26 | (12.26) | 100m | 12.75 | (12.75) | |
| | | 500m | 45.89 | (33.63) | 500m | 47.18 | (34.43) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----------------------------|---------|------------------------|-------|--------------|------|
| 20 | gl | 52 | Evelien van der Kist | | DSB | 43.03 | 44.36 | |
| | bl | 86 | Herbert Boender | | H45 | 44.54 | 45.04 | |
| | | Evelien van der Kist | | | Herbert Boender | | | |
| | | 100m | 12.07 | (12.07) | 100m | 12.43 | (12.43) | |
| | | 500m | 44.36 | (32.29) | 500m | 45.04 | (32.61) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 21 | wt | 61 | Mark Veenstra | | HSB | 43.11 | 43.94 | |
| | rd | 41 | Piet Siemonsma | | H70 | 42.05 | 45.70 | |
| | | Mark Veenstra | | | Piet Siemonsma | | | |
| | | 100m | 12.22 | (12.22) | 100m | 12.71 | (12.71) | |
| | | 500m | 43.94 | (31.72) | 500m | 45.70 | (32.99) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------------|-----------------------|--------------|------|
| 22 | gl | 89 Paul Robijn | H55 | 40.89 | 43.47 | |
| | bl | 6 Noor Kortschot | DB1 | 44.66 | DNS | |
| | | Paul Robijn | | Noor Kortschot | | |
| | | 100m | 12.23 (12.23) | | | |
| | | 500m | 43.47 (31.24) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------|-----------------------|---------------|------|
| 23 | wt | 51 Mike Egberts | H45 | 42.60 | 44.66 | |
| | rd | 17 Maaïke Haveman | DB1 | 44.24 | 44.27 | |
| | | Mike Egberts | | Maaïke Haveman | | |
| | | 100m | 12.45 (12.45) | 100m | 12.22 (12.22) | |
| | | 500m | 44.66 (32.21) | 500m | 44.27 (32.05) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------|----------------------|--------------|------|
| 24 | gl | 74 Fabienne Maarse | DB2 | 43.55 | 43.06 | PR |
| | bl | 59 Yfke Raadveld | DC2 | 43.98 | DNS | |
| | | Fabienne Maarse | | Yfke Raadveld | | |
| | | 100m | 11.80 (11.80) | | | |
| | | 500m | 43.06 (31.26) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------------|-------------------|---------------|------|
| 25 | wt | 112 Veerle Friso | DB1 | 42.22 | 42.64 | |
| | rd | 55 Doede Wind | H50 | 43.56 | 44.09 | |
| | | Veerle Friso | | Doede Wind | | |
| | | 100m | 11.85 (11.85) | 100m | 12.18 (12.18) | |
| | | 500m | 42.64 (30.79) | 500m | 44.09 (31.91) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------|----------------------|---------------|------|
| 26 | gl | 68 Floris Verploeg | HB2 | 41.81 | 41.06 | PR |
| | bl | 12 Thijs van Tol | HN4 | 42.45 | 43.80 | |
| | | Floris Verploeg | | Thijs van Tol | | |
| | | 100m | 11.73 (11.73) | 100m | 11.65 (11.65) | |
| | | 500m | 41.06 (29.33) | 500m | 43.80 (32.15) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------------|--------------------------|---------------|------|
| 27 | wt | 47 Marloes Westerhof | D40 | 41.87 | 42.64 | |
| | rd | 22 Twan van de Poppe | HC2 | 41.00 | 41.91 | |
| | | Marloes Westerhof | | Twan van de Poppe | | |
| | | 100m | 11.70 (11.70) | 100m | 11.39 (11.39) | |
| | | 500m | 42.64 (30.94) | 500m | 41.91 (30.52) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------------|-------------------------|---------------|------|
| 28 | gl | 103 Mette ten Cate | DB2 | 40.04 | 39.95 | PR |
| | bl | 36 Jeroen Schoppink | H40 | 37.66 | 41.95 | |
| | | Mette ten Cate | | Jeroen Schoppink | | |
| | | 100m | 11.14 (11.14) | 100m | 11.81 (11.81) | |
| | | 500m | 39.95 (28.81) | 500m | 41.95 (30.14) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------------|-------------------------|---------------|------|
| 29 | wt | 13 Thomas Selles | HN3 | 39.25 | 39.52 | |
| | rd | 101 Peng Shen Plugge | HB1 | 39.78 | 40.24 | |
| | | Thomas Selles | | Peng Shen Plugge | | |
| | | 100m | 10.79 (10.79) | 100m | 10.97 (10.97) | |
| | | 500m | 39.52 (28.73) | 500m | 40.24 (29.27) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------|-----------------------|---------------|------|
| 30 | gl | 80 Bart Seffinga | H40 | 37.10 | 39.08 | |
| | bl | 37 Julian de Boer | HA1 | 38.42 | 38.41 | PR |
| | | Bart Seffinga | | Julian de Boer | | |
| | | 100m | 11.02 (11.02) | 100m | 10.79 (10.79) | |
| | | 500m | 39.08 (28.06) | 500m | 38.41 (27.62) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------------|--------------------------|---------------|------|
| 31 | wt | 5 Danny Heijkoop | HN4 | 38.16 | 37.97 | PR |
| | rd | 4 Sylvian Hoogeveen | HN1 | 38.04 | 38.15 | |
| | | Danny Heijkoop | | Sylvian Hoogeveen | | |
| | | 100m | 10.44 (10.44) | 100m | 10.66 (10.66) | |
| | | 500m | 37.97 (27.53) | 500m | 38.15 (27.49) | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|-------|---------|---------------------|-------|--------------|------|
| 32 | gl | 100 Willem Bekkema | | | HN2 | 36.66 | 36.74 | |
| | bl | 97 Jasper Sinke | | | HN3 | 36.40 | 36.34 | PR |
| | | <u>Willem Bekkema</u> | | | <u>Jasper Sinke</u> | | | |
| | | 100m | 9.93 | (9.93) | 100m | 9.95 | (9.95) | |
| | | 500m | 36.74 | (26.81) | 500m | 36.34 | (26.39) | |

3. Uitslag 500 meter voor 500m/1000m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|-------|------|--------|
| 1 | 11 Jonas Bakker | HA1 | 44 | I | 38.69 | | |
| 2 | 9 Bodhi Smeele | HA1 | 43 | O | 39.11 | | |
| 3 | 43 Joeke van Mulligen | HN4 | 42 | I | 40.75 | | |
| 4 | 28 Quinten de Jong | HB2 | 43 | I | 40.88 | | |
| 5 | 2 Liam Schroten | HC1 | 42 | O | 41.38 | | |
| 6 | 113 Elise Favre | DB2 | 41 | I | 41.57 | PR | |
| 7 | 16 Charley Boekema | DPA | 41 | O | 42.01 | | |
| 8 | 88 Justin Wenker | HSB | 40 | O | 42.47 | | |
| 9 | 60 Sigrid van Es | DPA | 39 | I | 42.73 | | |
| 10 | 46 Azamat Ismailov | H45 | 38 | O | 42.74 | | |
| 11 | 114 Lauren van den Brink | DPA | 40 | I | 43.09 | | |
| 12 | 81 Gerben Hettinga | H55 | 39 | O | 43.51 | | |
| 13 | 91 Talisha Renes | DA1 | 38 | I | 43.92 | | |
| 14 | 78 Adão Buiten | HN1 | 37 | O | 44.71 | | |
| 15 | 108 Feline Scholten | DPA | 37 | I | 44.73 | PR | |
| 16 | 53 Gerdien Verweij | D60 | 36 | I | 46.02 | | |
| 17 | 84 Kay de Ruijter | HPA | 36 | O | 47.07 | | |
| 18 | 25 Meike Ketelaars | DPA | 35 | I | 49.93 | | |
| 19 | 44 Jann van Benthem | H65 | 35 | O | 49.98 | | |
| 20 | 50 Evelyn Mein-Klok | D50 | 34 | I | 52.47 | PR | |
| 21 | 69 Twan den Braber | H70 | 33 | O | 52.87 | | |
| 22 | 31 Joke Wittenberg | D70 | 33 | I | 58.17 | | |
| | 39 Astrid Janssen | D60 | 34 | O | DQ | | |

3. Rituitslag 500 meter voor 500m/1000m

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|------------------------|------|-------|--------------|------|
| 33 | wt | 31 | Joke Wittenberg | | D70 | 49.30 | 58.17 | |
| | rd | 69 | Twan den Braber | | H70 | 43.00 | 52.87 | |
| | | | | Joke Wittenberg | | | | |
| | | | | Twan den Braber | | | | |
| | | 100m | 15.76 | (15.76) | 100m | 14.56 | (14.56) | |
| | | 500m | 58.17 | (42.41) | 500m | 52.87 | (38.31) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-------------------------|------|-------|--------------|------|
| 34 | gl | 50 | Evelyn Mein-Klok | | D50 | 53.02 | 52.47 | PR |
| | bl | 39 | Astrid Janssen | | D60 | 46.77 | DQ | |
| | | | | Evelyn Mein-Klok | | | | |
| | | | | Astrid Janssen | | | | |
| | | 100m | 14.34 | (14.34) | 100m | 13.86 | (13.86) | |
| | | 500m | 52.47 | (38.13) | 500m | 51.04 | (37.18) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-------------------------|------|-------|--------------|------|
| 35 | wt | 25 | Meike Ketelaars | | DPA | 49.18 | 49.93 | |
| | rd | 44 | Jann van Benthem | | H65 | 43.87 | 49.98 | |
| | | | | Meike Ketelaars | | | | |
| | | | | Jann van Benthem | | | | |
| | | 100m | 12.90 | (12.90) | 100m | 13.87 | (13.87) | |
| | | 500m | 49.93 | (37.03) | 500m | 49.98 | (36.11) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|------------------------|------|-------|--------------|------|
| 36 | gl | 53 | Gerdien Verweij | | D60 | 42.35 | 46.02 | |
| | bl | 84 | Kay de Ruijter | | HPA | 46.40 | 47.07 | |
| | | | | Gerdien Verweij | | | | |
| | | | | Kay de Ruijter | | | | |
| | | 100m | 12.69 | (12.69) | 100m | 12.80 | (12.80) | |
| | | 500m | 46.02 | (33.33) | 500m | 47.07 | (34.27) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|------------------------|------|-------|--------------|------|
| 37 | wt | 108 | Feline Scholten | | DPA | 45.67 | 44.73 | PR |
| | rd | 78 | Adão Buiten | | HN1 | 43.30 | 44.71 | |
| | | | | Feline Scholten | | | | |
| | | | | Adão Buiten | | | | |
| | | 100m | 12.25 | (12.25) | 100m | 12.47 | (12.47) | |
| | | 500m | 44.73 | (32.48) | 500m | 44.71 | (32.24) | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|----------------------|------------------------|---------|------------------------|-------|---------|-------|--------------|------|--|
| 38 | gl | 91 | Talisha Renes | | DA1 | | | 43.32 | 43.92 | | |
| | bl | 46 | Azamat Ismailov | | H45 | | | 41.64 | 42.74 | | |
| | | Talisha Renes | | | Azamat Ismailov | | | | | | |
| | | 100m | 11.84 | (11.84) | 100m | 11.66 | (11.66) | | | | |
| | | 500m | 43.92 | (32.08) | 500m | 42.74 | (31.08) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|----------------------|------------------------|---------|------------------------|-------|---------|-------|--------------|------|--|
| 39 | wt | 60 | Sigrid van Es | | DPA | | | 42.66 | 42.73 | | |
| | rd | 81 | Gerben Hettinga | | H55 | | | 41.52 | 43.51 | | |
| | | Sigrid van Es | | | Gerben Hettinga | | | | | | |
| | | 100m | 11.79 | (11.79) | 100m | 12.34 | (12.34) | | | | |
| | | 500m | 42.73 | (30.94) | 500m | 43.51 | (31.17) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|-----------------------------|-----------------------------|---------|----------------------|-------|---------|-------|--------------|------|--|
| 40 | gl | 114 | Lauren van den Brink | | DPA | | | 42.41 | 43.09 | | |
| | bl | 88 | Justin Wenker | | HSB | | | 41.92 | 42.47 | | |
| | | Lauren van den Brink | | | Justin Wenker | | | | | | |
| | | 100m | 11.90 | (11.90) | 100m | 11.65 | (11.65) | | | | |
| | | 500m | 43.09 | (31.19) | 500m | 42.47 | (30.82) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|--------------------|------------------------|---------|------------------------|-------|---------|-------|--------------|------|--|
| 41 | wt | 113 | Elise Favre | | DB2 | | | 41.62 | 41.57 | PR | |
| | rd | 16 | Charley Boekema | | DPA | | | 41.65 | 42.01 | | |
| | | Elise Favre | | | Charley Boekema | | | | | | |
| | | 100m | 11.51 | (11.51) | 100m | 11.45 | (11.45) | | | | |
| | | 500m | 41.57 | (30.06) | 500m | 42.01 | (30.56) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|---------------------------|---------------------------|---------|-----------------------|-------|---------|-------|--------------|------|--|
| 42 | gl | 43 | Joeke van Mulligen | | HN4 | | | 40.36 | 40.75 | | |
| | bl | 2 | Liam Schrotten | | HC1 | | | 41.26 | 41.38 | | |
| | | Joeke van Mulligen | | | Liam Schrotten | | | | | | |
| | | 100m | 11.22 | (11.22) | 100m | 11.34 | (11.34) | | | | |
| | | 500m | 40.75 | (29.53) | 500m | 41.38 | (30.04) | | | | |

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| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|-----------------|-----------------|---------|--------------|-------|---------|-------|--------------|------|--|
| 43 | wt | 28 | Quinten de Jong | | HB2 | | | 39.73 | 40.88 | | |
| | rd | 9 | Bodhi Smeele | | HA1 | | | 38.61 | 39.11 | | |
| | | Quinten de Jong | | | Bodhi Smeele | | | | | | |
| | | 100m | 11.48 | (11.48) | 100m | 10.86 | (10.86) | | | | |
| | | 500m | 40.88 | (29.40) | 500m | 39.11 | (28.25) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|--------------|--------------|---------|-----|--|--|-------|--------------|------|--|
| 44 | gl | 11 | Jonas Bakker | | HA1 | | | 37.91 | 38.69 | | |
| | bl | | | | | | | | | | |
| | | Jonas Bakker | | | | | | | | | |
| | | 100m | 10.65 | (10.65) | m | | | | | | |
| | | 500m | 38.69 | (28.04) | | | | | | | |

4. Uitslag 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 38 Dennis Schaap | HN2 | 50 | I | 10.56 | PR | |
| 2 | 106 Luca Batterink | HC2 | 50 | O | 10.93 | | |
| 3 | 111 Luuk van de Pol | HA1 | 49 | I | 11.07 | HT | |
| 4 | 21 Evy van Zoest | DA1 | 49 | O | 11.33 | PR | |
| 5 | 98 Erik Jeurig | H45 | 48 | I | 11.73 | | |
| 6 | 73 Niels Everts | HPA | 48 | O | 12.36 | PR | |
| 7 | 65 Anne-Fleur van der Liet | DA1 | 47 | O | 12.44 | PR | |
| 8 | 105 Eva Weultjes | DB2 | 47 | I | 12.50 | | |
| 9 | 77 Keira Wind | DC1 | 45 | I | 13.56 | | |
| 10 | 26 Johan Smit | H65 | 46 | O | 14.07 | | |
| | 110 Maud Miedema | DPA | 46 | I | DNS | | |

4. Rituitslag 100 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------------|--------------------------------|---------------|--------------|--------------------|
| 45 | wt | 77 Keira Wind | DC1 | 12.88 | 13.56 | |
| | rd | | | | | |
| | | <u>Keira Wind</u> | | | | |
| | | 100m | 13.56 (13.56) | | | m |
| | | Naam | Cat | PR | Tijd | Info |
| 46 | gl | 110 Maud Miedema | DPA | 13.03 | DNS | |
| | bl | 26 Johan Smit | H65 | 12.75 | 14.07 | |
| | | <u>Maud Miedema</u> | | | | |
| | | | <u>Johan Smit</u> | | | |
| | | | 100m | 14.07 (14.07) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 47 | wt | 105 Eva Weultjes | DB2 | 12.10 | 12.50 | |
| | rd | 65 Anne-Fleur van der Liet | DA1 | 12.61 | 12.44 | PR |
| | | <u>Eva Weultjes</u> | | | | |
| | | | <u>Anne-Fleur van der Liet</u> | | | |
| | | 100m | 12.50 (12.50) | | | 100m 12.44 (12.44) |
| | | Naam | Cat | PR | Tijd | Info |
| 48 | gl | 98 Erik Jeuring | H45 | 10.93 | 11.73 | |
| | bl | 73 Niels Everts | HPA | 12.41 | 12.36 | PR |
| | | <u>Erik Jeuring</u> | | | | |
| | | | <u>Niels Everts</u> | | | |
| | | 100m | 11.73 (11.73) | | | 100m 12.36 (12.36) |
| | | Naam | Cat | PR | Tijd | Info |
| 49 | wt | 111 Luuk van de Pol | HA1 | 11.14 | 11.07 | HT |
| | rd | 21 Evy van Zoest | DA1 | 11.54 | 11.33 | PR |
| | | <u>Luuk van de Pol</u> | | | | |
| | | | <u>Evy van Zoest</u> | | | |
| | | 100m | 11.07 (11.07) | | | 100m 11.33 (11.33) |
| | | Naam | Cat | PR | Tijd | Info |
| 50 | gl | 38 Dennis Schaap | HN2 | 10.64 | 10.56 | PR |
| | bl | 106 Luca Batterink | HC2 | 10.87 | 10.93 | |
| | | <u>Dennis Schaap</u> | | | | |
| | | | <u>Luca Batterink</u> | | | |
| | | 100m | 10.56 (10.56) | | | 100m 10.93 (10.93) |

5. Uitslag 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 38 Dennis Schaap | HN2 | 56 | I | 24.91 | PR | |
| 2 | 111 Luuk van de Pol | HA1 | 56 | O | 25.18 | PR | |
| 3 | 21 Evy van Zoest | DA1 | 55 | O | 26.65 | PR | |
| 4 | 98 Erik Jeurig | H45 | 54 | O | 28.13 | | |
| 5 | 105 Eva Weultjes | DB2 | 53 | O | 29.31 | | |
| 6 | 65 Anne-Fleur van der Liet | DA1 | 54 | I | 29.47 | | |
| 7 | 73 Niels Everts | HPA | 53 | I | 29.55 | PR | |
| 8 | 77 Keira Wind | DC1 | 52 | I | 32.51 | | |
| 9 | 110 Maud Miedema | DPA | 52 | O | 33.71 | | |
| 10 | 26 Johan Smit | H65 | 51 | I | 34.16 | | |
| | 106 Luca Batterink | HC2 | 55 | I | DNF | | |

5. Rituitslag 300 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------|---------------|-------|--------------|------|
| 51 | wt | 26 Johan Smit | H65 | 30.96 | 34.16 | |
| | rd | | | | | |
| | | <u>Johan Smit</u> | | | | |
| | | 300m | 34.16 (34.16) | | m | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------------|---------------------|---------------|------|
| 52 | gl | 77 Keira Wind | DC1 | 30.99 | 32.51 | |
| | bl | 110 Maud Miedema | DPA | 31.79 | 33.71 | |
| | | <u>Keira Wind</u> | | <u>Maud Miedema</u> | | |
| | | 300m | 32.51 (32.51) | 300m | 33.71 (33.71) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------------|---------------------|---------------|------|
| 53 | wt | 73 Niels Everts | HPA | 30.28 | 29.55 | PR |
| | rd | 105 Eva Weultjes | DB2 | 28.45 | 29.31 | |
| | | <u>Niels Everts</u> | | <u>Eva Weultjes</u> | | |
| | | 300m | 29.55 (29.55) | 300m | 29.31 (29.31) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------------|---------------|---------------------|---------------|------|
| 54 | gl | 65 Anne-Fleur van der Liet | DA1 | 28.99 | 29.47 | |
| | bl | 98 Erik Jeuring | H45 | 27.12 | 28.13 | |
| | | <u>Anne-Fleur van der Liet</u> | | <u>Erik Jeuring</u> | | |
| | | 300m | 29.47 (29.47) | 300m | 28.13 (28.13) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|----------------------|---------------|------|
| 55 | wt | 106 Luca Batterink | HC2 | 26.45 | DNF | |
| | rd | 21 Evy van Zoest | DA1 | 27.47 | 26.65 | PR |
| | | <u>Luca Batterink</u> | | <u>Evy van Zoest</u> | | |
| | | | | 300m | 26.65 (26.65) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------------|------------------------|---------------|------|
| 56 | gl | 38 Dennis Schaap | HN2 | 25.36 | 24.91 | PR |
| | bl | 111 Luuk van de Pol | HA1 | 26.22 | 25.18 | PR |
| | | <u>Dennis Schaap</u> | | <u>Luuk van de Pol</u> | | |
| | | 300m | 24.91 (24.91) | 300m | 25.18 (25.18) | |

6. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 97 Jasper Sinke | HN3 | 82 | I | 1:53.97 | PR | |
| 2 | 37 Julian de Boer | HA1 | 82 | O | 1:54.95 | | |
| 3 | 4 Sylvian Hoogeveen | HN1 | 81 | I | 1:57.18 | | |
| 4 | 5 Danny Heijkoop | HN4 | 81 | O | 1:59.06 | | |
| 5 | 103 Mette ten Cate | DB2 | 78 | O | 2:02.33 | PR | |
| 6 | 68 Floris Verploeg | HB2 | 77 | I | 2:02.67 | PR | |
| 7 | 80 Bart Seffinga | H40 | 80 | I | 2:03.16 | | |
| 8 | 36 Jeroen Schoppink | H40 | 79 | I | 2:04.37 | | |
| 9 | 101 Peng Shen Plugge | HB1 | 80 | O | 2:04.62 | | |
| 10 | 22 Twan van de Poppe | HC2 | 77 | O | 2:05.20 | PR | |
| 11 | 13 Thomas Selles | HN3 | 78 | I | 2:06.48 | | |
| 12 | 61 Mark Veenstra | HSB | 75 | I | 2:08.02 | | |
| 13 | 89 Paul Robijn | H55 | 73 | O | 2:08.64 | | |
| 14 | 112 Veerle Friso | DB1 | 75 | O | 2:09.60 | | |
| 15 | 55 Doede Wind | H50 | 76 | I | 2:10.38 | | |
| 16 | 74 Fabienne Maarse | DB2 | 74 | I | 2:12.66 | PR | |
| 17 | 12 Thijs van Tol | HN4 | 76 | O | 2:13.11 | | |
| 18 | 86 Herbert Boender | H45 | 69 | I | 2:15.61 | | |
| 19 | 47 Marloes Westerhof | D40 | 73 | I | 2:15.63 | | |
| 20 | 51 Mike Egberts | H45 | 74 | O | 2:16.89 | | |
| 21 | 76 Jim Verdurmen | H60 | 68 | O | 2:18.61 | | |
| 22 | 24 Marco Roos | H60 | 72 | O | 2:20.78 | | |
| 23 | 17 Maaïke Haveman | DB1 | 72 | I | 2:21.95 | | |
| 24 | 40 Esther Bouman | DSB | 68 | I | 2:22.32 | | |
| 25 | 52 Evelien van der Kist | DSB | 66 | O | 2:23.31 | | |
| 26 | 70 Freek Smits | H45 | 70 | I | 2:23.43 | | |
| 27 | 3 Jildau de Vries | DC2 | 70 | O | 2:23.57 | | |
| 28 | 15 Eelco Nap | H60 | 67 | O | 2:25.48 | | |
| 29 | 54 Ab Nederlof | H70 | 62 | I | 2:26.11 | | |
| 30 | 41 Piet Siemonsma | H70 | 71 | I | 2:26.36 | | |
| 31 | 20 Jaap van Kouterik | H70 | 63 | O | 2:26.47 | | |
| 32 | 104 Adriaan Provoost | H65 | 66 | I | 2:27.14 | | |
| 33 | 35 Wendy van der Ham | D50 | 63 | I | 2:28.01 | | |
| 34 | 30 Kees Bollaart | H60 | 65 | O | 2:28.59 | | |
| 35 | 19 Henriëtte Goede | D55 | 64 | I | 2:29.00 | | |
| 36 | 49 Andre van Zaane | H60 | 59 | O | 2:29.12 | | |
| 37 | 32 André Kusters | H45 | 65 | I | 2:30.04 | | |
| 38 | 27 Anja Bollaart | D55 | 64 | O | 2:30.90 | | |

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|---------|------|--------|
| 39 | 58 Anna Van der Stok | D50 | 61 | I | 2:32.27 | | |
| 40 | 71 Grietje Hoogerkamp-Heeg | D55 | 61 | O | 2:34.28 | | |
| 41 | 8 Hugo Huitema | HC1 | 62 | O | 2:35.70 | | |
| 42 | 94 Erwin Henskes | H65 | 60 | O | 2:35.93 | | |
| 43 | 56 Bauke Meijer | H75 | 60 | I | 2:40.36 | | |
| 44 | 33 Anita Smit-Groot | D60 | 59 | I | 2:40.74 | | |
| 45 | 66 Daniëlle Frijters | DSB | 58 | O | 2:42.15 | | |
| 46 | 67 Tialda Gerritsma | D55 | 58 | I | 2:45.00 | | |
| 47 | 48 Thea Kroontje | D80 | 57 | I | 2:54.22 | | |
| | 6 Noor Kortschot | DB1 | 67 | I | DNS | | |
| | 59 Yfke Raadveld | DC2 | 71 | O | DNS | | |
| 100 | Willem Bekkema | HN2 | | | WDR | | |

6. Rituitslag 1500 meter

| | | Naam | | | Cat | PR | Tijd | Info |
|-------|----|-------------------------|--------------------------|---------|--------------------------|---------|----------------|------|
| 57 | wt | 48 | Thea Kroontje | | D80 | 2:20.69 | 2:54.22 | |
| | rd | | | | | | | |
| | | Thea Kroontje | | | | | | |
| | | 300m | 38.72 | (38.72) | | | m | |
| | | 700m | 1:23.24 | (44.52) | | | | |
| | | 1100m | 2:08.66 | (45.42) | | | | |
| | | 1500m | 2:54.22 | (45.56) | | | | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 58 | gl | 67 | Tialda Gerritsma | | D55 | 2:25.51 | 2:45.00 | |
| | bl | 66 | Daniëlle Frijters | | DSB | 2:36.50 | 2:42.15 | |
| | | Tialda Gerritsma | | | Daniëlle Frijters | | | |
| | | 300m | 37.84 | (37.84) | 300m | 34.73 | (34.73) | |
| | | 700m | 1:19.81 | (41.97) | 700m | 1:15.24 | (40.51) | |
| | | 1100m | 2:02.67 | (42.86) | 1100m | 1:58.55 | (43.31) | |
| | | 1500m | 2:45.00 | (42.33) | 1500m | 2:42.15 | (43.60) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 59 | wt | 33 | Anita Smit-Groot | | D60 | 2:24.50 | 2:40.74 | |
| | rd | 49 | Andre van Zaane | | H60 | 2:12.22 | 2:29.12 | |
| | | Anita Smit-Groot | | | Andre van Zaane | | | |
| | | 300m | 33.55 | (33.55) | 300m | 32.47 | (32.47) | |
| | | 700m | 1:12.30 | (38.75) | 700m | 1:09.52 | (37.05) | |
| | | 1100m | 1:54.70 | (42.40) | 1100m | 1:48.82 | (39.30) | |
| | | 1500m | 2:40.74 | (46.04) | 1500m | 2:29.12 | (40.30) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 60 | gl | 56 | Bauke Meijer | | H75 | 2:15.66 | 2:40.36 | |
| | bl | 94 | Erwin Henskes | | H65 | 2:17.61 | 2:35.93 | |
| | | Bauke Meijer | | | Erwin Henskes | | | |
| | | 300m | 34.69 | (34.69) | 300m | 34.80 | (34.80) | |
| | | 700m | 1:16.16 | (41.47) | 700m | 1:14.46 | (39.66) | |
| | | 1100m | 1:58.49 | (42.33) | 1100m | 1:55.41 | (40.95) | |
| | | 1500m | 2:40.36 | (41.87) | 1500m | 2:35.93 | (40.52) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------------|-----------------|--------------------------------|-----------------|------|
| 61 | wt | 58 Anna Van der Stok | D50 | 2:30.10 | 2:32.27 | |
| | rd | 71 Grietje Hoogerkamp-Heeg | D55 | 2:29.97 | 2:34.28 | |
| | | Anna Van der Stok | | Grietje Hoogerkamp-Heeg | | |
| | | 300m | 31.46 (31.46) | 300m | 35.41 (35.41) | |
| | | 700m | 1:09.38 (37.92) | 700m | 1:14.27 (38.86) | |
| | | 1100m | 1:50.37 (40.99) | 1100m | 1:54.11 (39.84) | |
| | | 1500m | 2:32.27 (41.90) | 1500m | 2:34.28 (40.17) | |
| | | Naam | Cat | PR | Tijd | Info |
| 62 | gl | 54 Ab Nederlof | H70 | 2:22.40 | 2:26.11 | |
| | bl | 8 Hugo Huitema | HC1 | 2:33.41 | 2:35.70 | |
| | | Ab Nederlof | | Hugo Huitema | | |
| | | 300m | 31.78 (31.78) | 300m | 32.95 (32.95) | |
| | | 700m | 1:08.37 (36.59) | 700m | 1:12.53 (39.58) | |
| | | 1100m | 1:46.71 (38.34) | 1100m | 1:53.79 (41.26) | |
| | | 1500m | 2:26.11 (39.40) | 1500m | 2:35.70 (41.91) | |
| | | Naam | Cat | PR | Tijd | Info |
| 63 | wt | 35 Wendy van der Ham | D50 | 2:22.81 | 2:28.01 | |
| | rd | 20 Jaap van Kouterik | H70 | 2:08.00 | 2:26.47 | |
| | | Wendy van der Ham | | Jaap van Kouterik | | |
| | | 300m | 31.04 (31.04) | 300m | 32.48 (32.48) | |
| | | 700m | 1:08.35 (37.31) | 700m | 1:08.19 (35.71) | |
| | | 1100m | 1:47.40 (39.05) | 1100m | 1:46.37 (38.18) | |
| | | 1500m | 2:28.01 (40.61) | 1500m | 2:26.47 (40.10) | |
| | | Naam | Cat | PR | Tijd | Info |
| 64 | gl | 19 Henriëtte Goede | D55 | 2:10.43 | 2:29.00 | |
| | bl | 27 Anja Bollaart | D55 | 2:06.76 | 2:30.90 | |
| | | Henriëtte Goede | | Anja Bollaart | | |
| | | 300m | 31.41 (31.41) | 300m | 32.48 (32.48) | |
| | | 700m | 1:08.80 (37.39) | 700m | 1:10.00 (37.52) | |
| | | 1100m | 1:48.13 (39.33) | 1100m | 1:49.58 (39.58) | |
| | | 1500m | 2:29.00 (40.87) | 1500m | 2:30.90 (41.32) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|-----------------------|----------------------|------|
| 65 | wt | 32 André Kusters | H45 | 2:17.26 | 2:30.04 | |
| | rd | 30 Kees Bollaart | H60 | 2:12.40 | 2:28.59 | |
| | | André Kusters | | | Kees Bollaart | |
| | | 300m 31.95 (31.95) | | 300m 32.31 (32.31) | | |
| | | 700m 1:09.18 (37.23) | | 700m 1:09.86 (37.55) | | |
| | | 1100m 1:48.81 (39.63) | | 1100m 1:48.47 (38.61) | | |
| | | 1500m 2:30.04 (41.23) | | 1500m 2:28.59 (40.12) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|-----|-----------------------|-----------------------------|------|
| 66 | gl | 104 Adriaan Provoost | H65 | 2:05.91 | 2:27.14 | |
| | bl | 52 Evelien van der Kist | DSB | 2:17.16 | 2:23.31 | |
| | | Adriaan Provoost | | | Evelien van der Kist | |
| | | 300m 32.96 (32.96) | | 300m 29.20 (29.20) | | |
| | | 700m 1:09.85 (36.89) | | 700m 1:05.48 (36.28) | | |
| | | 1100m 1:48.10 (38.25) | | 1100m 1:44.07 (38.59) | | |
| | | 1500m 2:27.14 (39.04) | | 1500m 2:23.31 (39.24) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|-----------------------|------------------|------|
| 67 | wt | 6 Noor Kortschot | DB1 | 2:17.09 | DNS | |
| | rd | 15 Eelco Nap | H60 | 2:19.41 | 2:25.48 | |
| | | Noor Kortschot | | | Eelco Nap | |
| | | | | 300m 30.74 (30.74) | | |
| | | | | 700m 1:06.92 (36.18) | | |
| | | | | 1100m 1:45.39 (38.47) | | |
| | | | | 1500m 2:25.48 (40.09) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|-----------------------|----------------------|------|
| 68 | gl | 40 Esther Bouman | DSB | 2:16.32 | 2:22.32 | |
| | bl | 76 Jim Verdurmen | H60 | 2:06.03 | 2:18.61 | |
| | | Esther Bouman | | | Jim Verdurmen | |
| | | 300m 31.38 (31.38) | | 300m 31.04 (31.04) | | |
| | | 700m 1:06.58 (35.20) | | 700m 1:05.95 (34.91) | | |
| | | 1100m 1:43.60 (37.02) | | 1100m 1:41.62 (35.67) | | |
| | | 1500m 2:22.32 (38.72) | | 1500m 2:18.61 (36.99) | | |

| | | Naam | Cat | PR | Tijd | Info |
|-------|-----------------------|---------------------------|------------------------|-----------------|-----------------|------|
| 69 | wt rd | 86 Herbert Boender | H45 | 2:14.58 | 2:15.61 | |
| | | Herbert Boender | | | | |
| | | 300m | 29.74 (29.74) | m | | |
| | | 700m | 1:03.36 (33.62) | | | |
| | | 1100m | 1:38.88 (35.52) | | | |
| | | 1500m | 2:15.61 (36.73) | | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 70 | gl bl | 70 Freek Smits | H45 | 2:13.39 | 2:23.43 | |
| | | 3 Jildau de Vries | DC2 | 2:21.36 | 2:23.57 | |
| | Freek Smits | | Jildau de Vries | | | |
| | | 300m | 29.95 (29.95) | 300m | 30.87 (30.87) | |
| | | 700m | 1:06.30 (36.35) | 700m | 1:06.24 (35.37) | |
| | 1100m | 1:44.51 (38.21) | 1100m | 1:44.07 (37.83) | | |
| | | 1500m | 2:23.43 (38.92) | 1500m | 2:23.57 (39.50) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 71 | wt rd | 41 Piet Siemonsma | H70 | 2:05.11 | 2:26.36 | |
| | | 59 Yfke Raadveld | DC2 | 2:20.69 | DNS | |
| | Piet Siemonsma | | Yfke Raadveld | | | |
| | | 300m | 31.61 (31.61) | | | |
| | | 700m | 1:07.79 (36.18) | | | |
| | 1100m | 1:46.20 (38.41) | | | | |
| | | 1500m | 2:26.36 (40.16) | | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 72 | gl bl | 17 Maaïke Haveman | DB1 | 2:17.15 | 2:21.95 | |
| | | 24 Marco Roos | H60 | 2:09.92 | 2:20.78 | |
| | Maaïke Haveman | | Marco Roos | | | |
| | | 300m | 30.38 (30.38) | 300m | 30.91 (30.91) | |
| | | 700m | 1:06.20 (35.82) | 700m | 1:05.93 (35.02) | |
| | 1100m | 1:44.02 (37.82) | 1100m | 1:42.69 (36.76) | | |
| | | 1500m | 2:21.95 (37.93) | 1500m | 2:20.78 (38.09) | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-----------------------------|---------|---------|----------------------|----------------|---------|
| 73 | wt | 47 Marloes Westerhof | D40 | | 2:12.81 | 2:15.63 | |
| | rd | 89 Paul Robijn | H55 | | 2:02.28 | 2:08.64 | |
| | | Marloes Westerhof | | | Paul Robijn | | |
| | | 300m | 28.88 | (28.88) | 300m | 28.97 | (28.97) |
| | | 700m | 1:02.08 | (33.20) | 700m | 1:00.84 | (31.87) |
| | | 1100m | 1:37.66 | (35.58) | 1100m | 1:34.31 | (33.47) |
| | | 1500m | 2:15.63 | (37.97) | 1500m | 2:08.64 | (34.33) |
| | | Naam | Cat | | PR | Tijd | Info |
| 74 | gl | 74 Fabienne Maarse | DB2 | | 2:14.29 | 2:12.66 | PR |
| | bl | 51 Mike Egberts | H45 | | 2:10.55 | 2:16.89 | |
| | | Fabienne Maarse | | | Mike Egberts | | |
| | | 300m | 28.41 | (28.41) | 300m | 30.29 | (30.29) |
| | | 700m | 1:00.59 | (32.18) | 700m | 1:03.94 | (33.65) |
| | | 1100m | 1:35.21 | (34.62) | 1100m | 1:39.95 | (36.01) |
| | | 1500m | 2:12.66 | (37.45) | 1500m | 2:16.89 | (36.94) |
| | | Naam | Cat | | PR | Tijd | Info |
| 75 | wt | 61 Mark Veenstra | HSB | | 2:07.99 | 2:08.02 | |
| | rd | 112 Veerle Friso | DB1 | | 2:08.78 | 2:09.60 | |
| | | Mark Veenstra | | | Veerle Friso | | |
| | | 300m | 28.88 | (28.88) | 300m | 27.89 | (27.89) |
| | | 700m | 1:01.19 | (32.31) | 700m | 1:00.42 | (32.53) |
| | | 1100m | 1:34.28 | (33.09) | 1100m | 1:34.58 | (34.16) |
| | | 1500m | 2:08.02 | (33.74) | 1500m | 2:09.60 | (35.02) |
| | | Naam | Cat | | PR | Tijd | Info |
| 76 | gl | 55 Doede Wind | H50 | | 2:08.93 | 2:10.38 | |
| | bl | 12 Thijs van Tol | HN4 | | 2:09.12 | 2:13.11 | |
| | | Doede Wind | | | Thijs van Tol | | |
| | | 300m | 29.01 | (29.01) | 300m | 28.21 | (28.21) |
| | | 700m | 1:00.93 | (31.92) | 700m | 1:01.04 | (32.83) |
| | | 1100m | 1:35.00 | (34.07) | 1100m | 1:35.93 | (34.89) |
| | | 1500m | 2:10.38 | (35.38) | 1500m | 2:13.11 | (37.18) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-----------------------------|---------|---------|--------------------------|----------------|---------|
| 77 | wt | 68 Floris Verploeg | HB2 | | 2:03.48 | 2:02.67 | PR |
| | rd | 22 Twan van de Poppe | HC2 | | 2:06.95 | 2:05.20 | PR |
| | | Floris Verploeg | | | Twan van de Poppe | | |
| | | 300m | 28.06 | (28.06) | 300m | 27.26 | (27.26) |
| | | 700m | 58.49 | (30.43) | 700m | 58.19 | (30.93) |
| | | 1100m | 1:30.25 | (31.76) | 1100m | 1:30.44 | (32.25) |
| | | 1500m | 2:02.67 | (32.42) | 1500m | 2:05.20 | (34.76) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------------|---------|---------|-----------------------|----------------|---------|
| 78 | gl | 13 Thomas Selles | HN3 | | 2:00.39 | 2:06.48 | |
| | bl | 103 Mette ten Cate | DB2 | | 2:04.51 | 2:02.33 | PR |
| | | Thomas Selles | | | Mette ten Cate | | |
| | | 300m | 25.89 | (25.89) | 300m | 26.26 | (26.26) |
| | | 700m | 56.31 | (30.42) | 700m | 56.33 | (30.07) |
| | | 1100m | 1:29.74 | (33.43) | 1100m | 1:28.71 | (32.38) |
| | | 1500m | 2:06.48 | (36.74) | 1500m | 2:02.33 | (33.62) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------------|---------|---------|-----------------------|----------------|------|
| 79 | wt | 36 Jeroen Schoppink | H40 | | 1:52.70 | 2:04.37 | |
| | rd | 100 Willem Bekkema | HN2 | | 2:03.90 | WDR | |
| | | Jeroen Schoppink | | | Willem Bekkema | | |
| | | 300m | 27.23 | (27.23) | | | |
| | | 700m | 57.67 | (30.44) | | | |
| | | 1100m | 1:29.93 | (32.26) | | | |
| | | 1500m | 2:04.37 | (34.44) | | | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-----------------------------|---------|---------|-------------------------|----------------|---------|
| 80 | gl | 80 Bart Seffinga | H40 | | 1:50.31 | 2:03.16 | |
| | bl | 101 Peng Shen Plugge | HB1 | | 2:02.69 | 2:04.62 | |
| | | Bart Seffinga | | | Peng Shen Plugge | | |
| | | 300m | 25.95 | (25.95) | 300m | 26.59 | (26.59) |
| | | 700m | 55.68 | (29.73) | 700m | 57.13 | (30.54) |
| | | 1100m | 1:27.98 | (32.30) | 1100m | 1:30.19 | (33.06) |
| | | 1500m | 2:03.16 | (35.18) | 1500m | 2:04.62 | (34.43) |

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Thialf - Heerenveen

12 december 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------|---------|-----------------------|---------|----------------|------|
| 81 | wt | 4 Sylvian Hoogeveen | | | HN1 | 1:56.83 | 1:57.18 | |
| | rd | 5 Danny Heijkoop | | | HN4 | 1:58.07 | 1:59.06 | |
| | | Sylvian Hoogeveen | | | Danny Heijkoop | | | |
| | | 300m | 25.57 | (25.57) | 300m | 25.59 | (25.59) | |
| | | 700m | 54.42 | (28.85) | 700m | 55.19 | (29.60) | |
| | | 1100m | 1:24.95 | (30.53) | 1100m | 1:26.50 | (31.31) | |
| | | 1500m | 1:57.18 | (32.23) | 1500m | 1:59.06 | (32.56) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------|---------|-----------------------|---------|----------------|------|
| 82 | gl | 97 Jasper Sinke | | | HN3 | 1:54.52 | 1:53.97 | PR |
| | bl | 37 Julian de Boer | | | HA1 | 1:54.42 | 1:54.95 | |
| | | Jasper Sinke | | | Julian de Boer | | | |
| | | 300m | 24.35 | (24.35) | 300m | 25.30 | (25.30) | |
| | | 700m | 52.35 | (28.00) | 700m | 53.51 | (28.21) | |
| | | 1100m | 1:21.99 | (29.64) | 1100m | 1:23.65 | (30.14) | |
| | | 1500m | 1:53.97 | (31.98) | 1500m | 1:54.95 | (31.30) | |

7. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 9 Bodhi Smeele | HA1 | 94 | O | 1:15.69 | | |
| 2 | 11 Jonas Bakker | HA1 | 94 | I | 1:16.93 | | |
| 3 | 28 Quinten de Jong | HB2 | 93 | O | 1:19.74 | PR | |
| 4 | 43 Joeke van Mulligen | HN4 | 92 | O | 1:23.31 | | |
| 5 | 114 Lauren van den Brink | DPA | 91 | I | 1:23.61 | PR | |
| 6 | 113 Elise Favre | DB2 | 90 | I | 1:23.74 | PR | |
| 7 | 16 Charley Boekema | DPA | 91 | O | 1:24.00 | PR | |
| 8 | 46 Azamat Ismailov | H45 | 88 | I | 1:24.43 | | |
| 9 | 2 Liam Schroten | HC1 | 90 | O | 1:24.45 | PR | |
| 10 | 60 Sigrid van Es | DPA | 92 | I | 1:24.89 | | |
| 11 | 81 Gerben Hettinga | H55 | 89 | I | 1:25.21 | | |
| 12 | 88 Justin Wenker | HSB | 89 | O | 1:26.36 | | |
| 13 | 108 Feline Scholten | DPA | 87 | O | 1:29.19 | PR | |
| 14 | 91 Talisha Renes | DA1 | 88 | O | 1:31.15 | | |
| 15 | 78 Adão Buiten | HN1 | 87 | I | 1:31.72 | | |
| 16 | 84 Kay de Ruijter | HPA | 86 | O | 1:32.39 | PR | |
| 17 | 53 Gerdien Verweij | D60 | 86 | I | 1:32.92 | | |
| 18 | 44 Jann van Benthem | H65 | 85 | O | 1:37.86 | | |
| 19 | 25 Meike Ketelaars | DPA | 85 | I | 1:38.47 | | |
| 20 | 39 Astrid Janssen | D60 | 84 | O | 1:42.00 | | |
| 21 | 50 Evelyn Mein-Klok | D50 | 84 | I | 1:43.65 | PR | |
| 22 | 69 Twan den Braber | H70 | 83 | O | 1:44.53 | | |
| 23 | 31 Joke Wittenberg | D70 | 83 | I | 1:58.44 | | |

7. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-----|-----|---------|----------------|------|
| 83 | wt | 31 | Joke Wittenberg | | D70 | 1:39.07 | 1:58.44 | |
| | rd | 69 | Twan den Braber | | H70 | 1:24.53 | 1:44.53 | |

Joke Wittenberg

| | | |
|-------|---------|---------|
| 200m | 28.35 | (28.35) |
| 600m | 1:12.84 | (44.49) |
| 1000m | 1:58.44 | (45.60) |

Twan den Braber

| | | |
|-------|---------|---------|
| 200m | 26.13 | (26.13) |
| 600m | 1:04.65 | (38.52) |
| 1000m | 1:44.53 | (39.88) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-----|-----|---------|----------------|------|
| 84 | gl | 50 | Evelyn Mein-Klok | | D50 | 1:44.64 | 1:43.65 | PR |
| | bl | 39 | Astrid Janssen | | D60 | 1:31.53 | 1:42.00 | |

Evelyn Mein-Klok

| | | |
|-------|---------|---------|
| 200m | 24.76 | (24.76) |
| 600m | 1:02.84 | (38.08) |
| 1000m | 1:43.65 | (40.81) |

Astrid Janssen

| | | |
|-------|---------|---------|
| 200m | 24.45 | (24.45) |
| 600m | 1:01.93 | (37.48) |
| 1000m | 1:42.00 | (40.07) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-----|-----|---------|----------------|------|
| 85 | wt | 25 | Meike Ketelaars | | DPA | 1:38.37 | 1:38.47 | |
| | rd | 44 | Jann van Benthem | | H65 | 1:25.26 | 1:37.86 | |

Meike Ketelaars

| | | |
|-------|---------|---------|
| 200m | 23.15 | (23.15) |
| 600m | 1:00.41 | (37.26) |
| 1000m | 1:38.47 | (38.06) |

Jann van Benthem

| | | |
|-------|---------|---------|
| 200m | 23.54 | (23.54) |
| 600m | 59.61 | (36.07) |
| 1000m | 1:37.86 | (38.25) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-----|-----|---------|----------------|------|
| 86 | gl | 53 | Gerdien Verweij | | D60 | 1:23.76 | 1:32.92 | |
| | bl | 84 | Kay de Ruijter | | HPA | 1:33.61 | 1:32.39 | PR |

Gerdien Verweij

| | | |
|-------|---------|---------|
| 200m | 21.78 | (21.78) |
| 600m | 55.65 | (33.87) |
| 1000m | 1:32.92 | (37.27) |

Kay de Ruijter

| | | |
|-------|---------|---------|
| 200m | 21.65 | (21.65) |
| 600m | 56.04 | (34.39) |
| 1000m | 1:32.39 | (36.35) |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------|------------------------|---------|------------------------|---------|----------------|------|
| 87 | wt | 78 | Adão Buiten | | HN1 | 1:27.49 | 1:31.72 | |
| | rd | 108 | Feline Scholten | | DPA | 1:32.11 | 1:29.19 | PR |
| | | Adão Buiten | | | Feline Scholten | | | |
| | | 200m | 21.22 | (21.22) | 200m | 21.15 | (21.15) | |
| | | 600m | 54.89 | (33.67) | 600m | 54.24 | (33.09) | |
| | | 1000m | 1:31.72 | (36.83) | 1000m | 1:29.19 | (34.95) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|----------------------|---------|----------------|------|
| 88 | gl | 46 | Azamat Ismailov | | H45 | 1:22.71 | 1:24.43 | |
| | bl | 91 | Talisha Renes | | DA1 | 1:28.09 | 1:31.15 | |
| | | Azamat Ismailov | | | Talisha Renes | | | |
| | | 200m | 19.81 | (19.81) | 200m | 20.10 | (20.10) | |
| | | 600m | 51.02 | (31.21) | 600m | 53.73 | (33.63) | |
| | | 1000m | 1:24.43 | (33.41) | 1000m | 1:31.15 | (37.42) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|----------------------|---------|----------------|------|
| 89 | wt | 81 | Gerben Hettinga | | H55 | 1:21.59 | 1:25.21 | |
| | rd | 88 | Justin Wenker | | HSB | 1:22.66 | 1:26.36 | |
| | | Gerben Hettinga | | | Justin Wenker | | | |
| | | 200m | 20.73 | (20.73) | 200m | 20.26 | (20.26) | |
| | | 600m | 52.17 | (31.44) | 600m | 51.68 | (31.42) | |
| | | 1000m | 1:25.21 | (33.04) | 1000m | 1:26.36 | (34.68) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 90 | gl | 113 | Elise Favre | | DB2 | 1:25.11 | 1:23.74 | PR |
| | bl | 2 | Liam Schrotten | | HC1 | 1:25.58 | 1:24.45 | PR |
| | | Elise Favre | | | Liam Schrotten | | | |
| | | 200m | 19.67 | (19.67) | 200m | 19.67 | (19.67) | |
| | | 600m | 50.31 | (30.64) | 600m | 50.53 | (30.86) | |
| | | 1000m | 1:23.74 | (33.43) | 1000m | 1:24.45 | (33.92) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----------------------------|---------|------------------------|---------|----------------|------|
| 91 | wt | 114 | Lauren van den Brink | | DPA | 1:24.00 | 1:23.61 | PR |
| | rd | 16 | Charley Boekema | | DPA | 1:24.19 | 1:24.00 | PR |
| | | Lauren van den Brink | | | Charley Boekema | | | |
| | | 200m | 19.95 | (19.95) | 200m | 19.64 | (19.64) | |
| | | 600m | 50.91 | (30.96) | 600m | 50.41 | (30.77) | |
| | | 1000m | 1:23.61 | (32.70) | 1000m | 1:24.00 | (33.59) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|---------------------------|---------|---------------------------|---------|----------------|------|
| 92 | gl | 60 | Sigrid van Es | | DPA | 1:23.66 | 1:24.89 | |
| | bl | 43 | Joeke van Mulligen | | HN4 | 1:20.53 | 1:23.31 | |
| | | Sigrid van Es | | | Joeke van Mulligen | | | |
| | | 200m | 20.00 | (20.00) | 200m | 19.26 | (19.26) | |
| | | 600m | 51.33 | (31.33) | 600m | 50.40 | (31.14) | |
| | | 1000m | 1:24.89 | (33.56) | 1000m | 1:23.31 | (32.91) | |

| | | Naam | | | Cat | PR | Tijd | Info | |
|----|----|------------------------|-------|------------------------|---------|-------|---------|----------------|----|
| 93 | wt | 28 | | Quinten de Jong | | HB2 | 1:20.39 | 1:19.74 | PR |
| | rd | | | | | | | | |
| | | Quinten de Jong | | | | | | | |
| | | m | 200m | 19.08 | (19.08) | 200m | 19.08 | (19.08) | |
| | | | 600m | 48.85 | (29.77) | 600m | 48.85 | (29.77) | |
| | | | 1000m | 1:19.74 | (30.89) | 1000m | 1:19.74 | (30.89) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|---------------------|---------|----------------|------|
| 94 | gl | 11 | Jonas Bakker | | HA1 | 1:15.47 | 1:16.93 | |
| | bl | 9 | Bodhi Smeele | | HA1 | 1:15.34 | 1:15.69 | |
| | | Jonas Bakker | | | Bodhi Smeele | | | |
| | | 200m | 18.30 | (18.30) | 200m | 18.14 | (18.14) | |
| | | 600m | 46.53 | (28.23) | 600m | 46.24 | (28.10) | |
| | | 1000m | 1:16.93 | (30.40) | 1000m | 1:15.69 | (29.45) | |

8. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 92 Niels Meijer | HN3 | 102 | O | 4:07.19 | | |
| 2 | 72 Vigo Veenis | HA2 | 102 | I | 4:07.89 | PR | |
| 3 | 85 Simon Wiegman | HB2 | 100 | I | 4:14.71 | PR | |
| 4 | 18 Robert Wierds | H50 | 101 | O | 4:20.11 | | |
| 5 | 29 Isaac Immerzeel | HA2 | 101 | I | 4:20.66 | | |
| 6 | 10 Djem Smeele | HB1 | 98 | I | 4:30.64 | PR | |
| 7 | 79 Koen Veerman | HB1 | 100 | O | 4:32.86 | | |
| 8 | 63 Emma van der Liet | DN2 | 97 | I | 4:37.88 | | |
| 9 | 57 Tijmen Smit | H50 | 98 | O | 4:38.96 | | |
| 10 | 42 Bert Nijman | H40 | 99 | I | 4:41.14 | | |
| 11 | 7 Christiaan Smit | HSB | 97 | O | 4:44.90 | | |
| 12 | 64 Valentijn van der Liet | HB1 | 99 | O | 4:46.20 | | |
| 13 | 34 Chris van der Plaats | H60 | 95 | I | 4:50.06 | | |
| 14 | 83 Bo Meijer | DN2 | 95 | O | 5:01.97 | | |

8. Rituitslag 3000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------|-----------------------------|-----------------------------|-----|---------|----------------|-----------------|
| 95 | wt | 34 | Chris van der Plaats | | H60 | 4:35.80 | 4:50.06 | |
| | rd | 83 | Bo Meijer | | DN2 | 4:54.04 | 5:01.97 | |
| | | | | Chris van der Plaats | | | | |
| | | | | Bo Meijer | | | | |
| | | 200m | 22.92 | (22.92) | | | 200m | 22.23 (22.23) |
| | | 600m | 57.94 | (35.02) | | | 600m | 58.23 (36.00) |
| | | 1000m | 1:34.56 | (36.62) | | | 1000m | 1:36.34 (38.11) |
| | | 1400m | 2:13.13 | (38.57) | | | 1400m | 2:16.24 (39.90) |
| | | 1800m | 2:51.76 | (38.63) | | | 1800m | 2:56.95 (40.71) |
| | | 2200m | 3:30.10 | (38.34) | | | 2200m | 3:38.53 (41.58) |
| | | 2600m | 4:09.39 | (39.29) | | | 2600m | 4:20.14 (41.61) |
| | | 3000m | 4:50.06 | (40.67) | | | 3000m | 5:01.97 (41.83) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--|-----|--|----|------|------|
| 96 | gl | | | | | | | |
| | bl | | | | | | | |
| | | m | | | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------|--------------------------|--------------------------|-----|---------|----------------|-----------------|
| 97 | wt | 63 | Emma van der Liet | | DN2 | 4:37.87 | 4:37.88 | |
| | rd | 7 | Christiaan Smit | | HSB | 4:42.45 | 4:44.90 | |
| | | | | Emma van der Liet | | | | |
| | | | | Christiaan Smit | | | | |
| | | 200m | 22.00 | (22.00) | | | 200m | 22.43 (22.43) |
| | | 600m | 55.65 | (33.65) | | | 600m | 57.75 (35.32) |
| | | 1000m | 1:30.41 | (34.76) | | | 1000m | 1:33.68 (35.93) |
| | | 1400m | 2:06.71 | (36.30) | | | 1400m | 2:10.06 (36.38) |
| | | 1800m | 2:43.83 | (37.12) | | | 1800m | 2:46.99 (36.93) |
| | | 2200m | 3:21.35 | (37.52) | | | 2200m | 3:25.28 (38.29) |
| | | 2600m | 3:59.51 | (38.16) | | | 2600m | 4:04.63 (39.35) |
| | | 3000m | 4:37.88 | (38.37) | | | 3000m | 4:44.90 (40.27) |

Schaatscircuit.nl - 20241212

Thialf - Heerenveen

12 december 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|---------|---------|--------------------|---------|----------------|------|
| 98 | gl | 10 Djem Smeele | | | HB1 | 4:41.67 | 4:30.64 | PR |
| | bl | 57 Tijmen Smit | | | H50 | 4:38.09 | 4:38.96 | |
| | | Djem Smeele | | | Tijmen Smit | | | |
| | | 200m | 20.11 | (20.11) | 200m | 21.09 | (21.09) | |
| | | 600m | 52.81 | (32.70) | 600m | 55.23 | (34.14) | |
| | | 1000m | 1:26.95 | (34.14) | 1000m | 1:31.31 | (36.08) | |
| | | 1400m | 2:02.26 | (35.31) | 1400m | 2:08.03 | (36.72) | |
| | | 1800m | 2:38.53 | (36.27) | 1800m | 2:45.20 | (37.17) | |
| | | 2200m | 3:15.38 | (36.85) | 2200m | 3:22.75 | (37.55) | |
| | | 2600m | 3:52.89 | (37.51) | 2600m | 4:00.85 | (38.10) | |
| | | 3000m | 4:30.64 | (37.75) | 3000m | 4:38.96 | (38.11) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------------------|---------|---------|-------------------------------|---------|----------------|------|
| 99 | wt | 42 Bert Nijman | | | H40 | 4:40.73 | 4:41.14 | |
| | rd | 64 Valentijn van der Liet | | | HB1 | 4:39.82 | 4:46.20 | |
| | | Bert Nijman | | | Valentijn van der Liet | | | |
| | | 200m | 22.15 | (22.15) | 200m | 22.65 | (22.65) | |
| | | 600m | 56.46 | (34.31) | 600m | 56.92 | (34.27) | |
| | | 1000m | 1:31.39 | (34.93) | 1000m | 1:32.56 | (35.64) | |
| | | 1400m | 2:07.76 | (36.37) | 1400m | 2:09.61 | (37.05) | |
| | | 1800m | 2:45.09 | (37.33) | 1800m | 2:47.76 | (38.15) | |
| | | 2200m | 3:23.00 | (37.91) | 2200m | 3:26.81 | (39.05) | |
| | | 2600m | 4:01.71 | (38.71) | 2600m | 4:06.29 | (39.48) | |
| | | 3000m | 4:41.14 | (39.43) | 3000m | 4:46.20 | (39.91) | |

Schaatscircuit.nl - 20241212

Thialf - Heerenveen

12 december 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|---------|---------|---------------------|---------|----------------|------|
| 100 | gl | 85 Simon Wiegman | | | HB2 | 4:17.99 | 4:14.71 | PR |
| | bl | 79 Koen Veerman | | | HB1 | 4:20.12 | 4:32.86 | |
| | | Simon Wiegman | | | Koen Veerman | | | |
| | | 200m | 20.10 | (20.10) | 200m | 20.81 | (20.81) | |
| | | 600m | 52.57 | (32.47) | 600m | 53.90 | (33.09) | |
| | | 1000m | 1:25.75 | (33.18) | 1000m | 1:27.80 | (33.90) | |
| | | 1400m | 1:59.34 | (33.59) | 1400m | 2:02.52 | (34.72) | |
| | | 1800m | 2:33.38 | (34.04) | 1800m | 2:38.25 | (35.73) | |
| | | 2200m | 3:07.41 | (34.03) | 2200m | 3:15.29 | (37.04) | |
| | | 2600m | 3:41.06 | (33.65) | 2600m | 3:54.09 | (38.80) | |
| | | 3000m | 4:14.71 | (33.65) | 3000m | 4:32.86 | (38.77) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------------|---------|---------|----------------------|---------|----------------|------|
| 101 | wt | 29 Isaac Immerzeel | | | HA2 | 4:15.74 | 4:20.66 | |
| | rd | 18 Robert Wierts | | | H50 | 4:12.25 | 4:20.11 | |
| | | Isaac Immerzeel | | | Robert Wierts | | | |
| | | 200m | 21.09 | (21.09) | 200m | 22.03 | (22.03) | |
| | | 600m | 52.89 | (31.80) | 600m | 54.44 | (32.41) | |
| | | 1000m | 1:24.49 | (31.60) | 1000m | 1:27.52 | (33.08) | |
| | | 1400m | 1:57.17 | (32.68) | 1400m | 2:01.23 | (33.71) | |
| | | 1800m | 2:30.61 | (33.44) | 1800m | 2:35.45 | (34.22) | |
| | | 2200m | 3:05.46 | (34.85) | 2200m | 3:10.21 | (34.76) | |
| | | 2600m | 3:42.19 | (36.73) | 2600m | 3:45.42 | (35.21) | |
| | | 3000m | 4:20.66 | (38.47) | 3000m | 4:20.11 | (34.69) | |

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Thialf - Heerenveen

12 december 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|---------|---------|---------------------|---------|----------------|------|
| 102 | gl | 72 Vigo Veenis | | | HA2 | 4:07.98 | 4:07.89 | PR |
| | bl | 92 Niels Meijer | | | HN3 | 4:02.79 | 4:07.19 | |
| | | Vigo Veenis | | | Niels Meijer | | | |
| | | 200m | 20.91 | (20.91) | 200m | 20.25 | (20.25) | |
| | | 600m | 52.55 | (31.64) | 600m | 51.49 | (31.24) | |
| | | 1000m | 1:24.48 | (31.93) | 1000m | 1:22.95 | (31.46) | |
| | | 1400m | 1:56.88 | (32.40) | 1400m | 1:54.97 | (32.02) | |
| | | 1800m | 2:29.43 | (32.55) | 1800m | 2:27.47 | (32.50) | |
| | | 2200m | 3:02.17 | (32.74) | 2200m | 3:00.49 | (33.02) | |
| | | 2600m | 3:34.86 | (32.69) | 2600m | 3:33.55 | (33.06) | |
| | | 3000m | 4:07.89 | (33.03) | 3000m | 4:07.19 | (33.64) | |