

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

21 January 2023

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	11 Sebas Diniz	HN2	11	I	35.22		
2	10 Gijs Esders	HSB	12	I	35.50		
3	6 Dai Dai N'tab	HSA	11	O	35.65		
4	3 Tijmen Snel	HSA	12	O	35.83		
5	12 Armand Broos	HN3	8	I	35.98		
6	16 Matthieu Hollaar	HN1	7	O	36.90		
7	29 Elwin Jongman	HN4	10	O	36.92		
8	32 Jelle Rieff	HN1	9	I	37.80		
9	34 Gert Wierda	HN1	8	O	38.12		
10	14 Colin James Duivenvoorden	HN1	6	O	38.44		
11	23 Bart Valentijn	HSA	6	I	38.50		
12	17 Ramona Westerhuis	DN1	4	I	39.43		
13	30 Sacha vander Weide	DN2	5	O	40.12		
14	15 Yael Prenger	DN1	5	I	41.18		
15	28 Naomi van der Werf	DSA	4	O	41.50		
16	22 Isa Leroy	DB2	3	O	42.20		
17	27 Esmée Brommer	DA2	1	O	42.93		
18	19 David Koroknai	HSA	1	I	43.21	PB	
19	21 Quinty van Klink	DN3	3	I	44.66		
	5 Jarle Gerrits	HN2	10	I	DQ		

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1. Race Result 500 meter

		Name		Cat		PB		Time	Info
1	wt	19	David Koroknai		HSA	43.41		43.21	PB
	rd	27	Esmée Brommer		DA2	42.78		42.93	
		David Koroknai			Esmée Brommer				
		100m	12.00	(12.00)	100m	11.84	(11.84)		
		500m	43.21	(31.21)	500m	42.93	(31.09)		

		Name		Cat		PB		Time	Info
2	yw								
	bl								
		m			m				

		Name		Cat		PB		Time	Info
3	wt	21	Quinty van Klink		DN3	44.60		44.66	
	rd	22	Isa Leroy		DB2	41.83		42.20	
		Quinty van Klink			Isa Leroy				
		100m	12.60	(12.60)	100m	11.59	(11.59)		
		500m	44.66	(32.06)	500m	42.20	(30.61)		

		Name		Cat		PB		Time	Info
4	yw	17	Ramona Westerhuis		DN1	38.56		39.43	
	bl	28	Naomi van der Werf		DSA	40.41		41.50	
		Ramona Westerhuis			Naomi van der Werf				
		100m	10.95	(10.95)	100m	11.47	(11.47)		
		500m	39.43	(28.48)	500m	41.50	(30.03)		

		Name		Cat		PB		Time	Info
5	wt	15	Yael Prenger		DN1	40.46		41.18	
	rd	30	Sacha vander Weide		DN2	38.99		40.12	
		Yael Prenger			Sacha vander Weide				
		100m	11.46	(11.46)	100m	10.80	(10.80)		
		500m	41.18	(29.72)	500m	40.12	(29.32)		

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		Name	Cat	PB	Time	Info
6	yw	23 Bart Valentijn	HSA	37.84	38.50	
	bl	14 Colin James Duivenvoorden	HN1	38.15	38.44	
		Bart Valentijn		Colin James Duivenvoorden		
		100m	10.59 (10.59)	100m	10.76 (10.76)	
		500m	38.50 (27.91)	500m	38.44 (27.68)	

		Name	Cat	PB	Time	Info
7	wt	16 Matthieu Hollaar	HN1	36.75	36.90	
	rd					
		Matthieu Hollaar				
		m		100m	10.36 (10.36)	
				500m	36.90 (26.54)	

		Name	Cat	PB	Time	Info
8	yw	12 Armand Broos	HN3	35.33	35.98	
	bl	34 Gert Wierda	HN1	36.92	38.12	
		Armand Broos		Gert Wierda		
		100m	10.12 (10.12)	100m	10.59 (10.59)	
		500m	35.98 (25.86)	500m	38.12 (27.53)	

		Name	Cat	PB	Time	Info
9	wt	32 Jelle Rieff	HN1	36.67	37.80	
	rd					
		Jelle Rieff				
		100m	10.55 (10.55)	m		
		500m	37.80 (27.25)			

		Name	Cat	PB	Time	Info
10	yw	5 Jarle Gerrits	HN2	36.01	DQ	
	bl	29 Elwin Jongman	HN4	35.62	36.92	
		Jarle Gerrits		Elwin Jongman		
				100m	10.22 (10.22)	
				500m	36.92 (26.70)	

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		Name			Cat			PB	Time	Info
11	wt	11	Sebas Diniz		HN2			34.84	35.22	
	rd	6	Dai Dai N'tab		HSA			34.15	35.65	
		Sebas Diniz			Dai Dai N'tab					
		100m	9.90	(9.90)	100m	9.87	(9.87)			
		500m	35.22	(25.32)	500m	35.65	(25.78)			

		Name			Cat			PB	Time	Info
12	yw	10	Gijs Esders		HSB			34.99	35.50	
	bl	3	Tijmen Snel		HSA			34.82	35.83	
		Gijs Esders			Tijmen Snel					
		100m	10.00	(10.00)	100m	9.89	(9.89)			
		500m	35.50	(25.50)	500m	35.83	(25.94)			

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21 January 2023

2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	18 Arjen van Damme	HN1	1	O	6:48.69	PB	
2	27 Esmée Brommer	DA2	1	I	7:42.73	PB	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

21 January 2023

2. Race Result 5000 meter

	Name	Cat	PB	Time	Info
1	wt 27 Esmée Brommer	DA2	7:59.99	7:42.73	PB
	rd 18 Arjen van Damme	HN1	6:50.64	6:48.69	PB

Esmée Brommer

200m	22.54	(22.54)
600m	58.52	(35.98)
1000m	1:35.41	(36.89)
1400m	2:12.57	(37.16)
1800m	2:49.67	(37.10)
2200m	3:26.78	(37.11)
2600m	4:04.02	(37.24)
3000m	4:40.54	(36.52)
3400m	5:17.04	(36.50)
3800m	5:53.60	(36.56)
4200m	6:30.11	(36.51)
4600m	7:06.52	(36.41)
5000m	7:42.73	(36.21)

Arjen van Damme

200m	21.28	(21.28)
600m	53.12	(31.84)
1000m	1:24.96	(31.84)
1400m	1:57.13	(32.17)
1800m	2:29.00	(31.87)
2200m	3:00.83	(31.83)
2600m	3:32.84	(32.01)
3000m	4:04.99	(32.15)
3400m	4:37.62	(32.63)
3800m	5:10.26	(32.64)
4200m	5:43.29	(33.03)
4600m	6:16.19	(32.90)
5000m	6:48.69	(32.50)

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3. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	34 Gert Wierda	HN1	2	I	3:44.43		
2	1 Jorrit Bergsma	HSB	4	I	3:44.54		
3	33 Ids Bouma	HN3	3	O	3:58.91		
4	7 Reina Anema	DSA	2	O	4:08.95	MT	
5	25 Anna Marit Sybrandi	DA2	1	I	4:20.53	PB	
6	26 Lidia Tempert	DN3	1	O	4:27.93		
7	35 Luke Zelif	HB2	3	I	4:34.08		

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Thialf - Heerenveen

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3. Race Result 3000 meter

	Name	Cat	PB	Time	Info
1	wt 25 Anna Marit Sybrandi	DA2	4:30.85	4:20.53	PB
	rd 26 Lidia Tempert	DN3	4:23.86	4:27.93	
	Anna Marit Sybrandi			Lidia Tempert	
	200m 20.64 (20.64)		200m 20.84 (20.84)		
	600m 53.79 (33.15)		600m 53.91 (33.07)		
	1000m 1:27.29 (33.50)		1000m 1:28.04 (34.13)		
	1400m 2:01.75 (34.46)		1400m 2:02.70 (34.66)		
	1800m 2:36.40 (34.65)		1800m 2:38.09 (35.39)		
	2200m 3:10.83 (34.43)		2200m 3:14.16 (36.07)		
	2600m 3:45.46 (34.63)		2600m 3:50.58 (36.42)		
	3000m 4:20.53 (35.07)		3000m 4:27.93 (37.35)		

	Name	Cat	PB	Time	Info
2	yw 34 Gert Wierda	HN1	3:42.63	3:44.43	
	bl 7 Reina Anema	DSA	4:01.12	4:08.95	MT
	Gert Wierda			Reina Anema	
	200m 19.41 (19.41)		200m 20.35 (20.35)		
	600m 48.74 (29.33)		600m 51.56 (31.21)		
	1000m 1:17.43 (28.69)		1000m 1:23.68 (32.12)		
	1400m 1:46.36 (28.93)		1400m 1:56.18 (32.50)		
	1800m 2:15.40 (29.04)		1800m 2:28.88 (32.70)		
	2200m 2:44.75 (29.35)		2200m 3:01.91 (33.03)		
	2600m 3:14.44 (29.69)		2600m 3:35.51 (33.60)		
	3000m 3:44.43 (29.99)		3000m 4:08.95 (33.44)		

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		Name		Cat		PB	Time	Info
3	wt	35	Luke Zeliff		HB2			4:34.08
	rd	33	Ids Bouma		HN3	3:51.65		3:58.91
		Luke Zeliff			Ids Bouma			
		200m	20.29	(20.29)	200m	20.11	(20.11)	
		600m	52.08	(31.79)	600m	50.68	(30.57)	
		1000m	1:26.09	(34.01)	1000m	1:21.19	(30.51)	
		1400m	2:02.15	(36.06)	1400m	1:52.07	(30.88)	
		1800m	2:39.20	(37.05)	1800m	2:23.26	(31.19)	
		2200m	3:17.08	(37.88)	2200m	2:54.98	(31.72)	
		2600m	3:55.63	(38.55)	2600m	3:26.83	(31.85)	
		3000m	4:34.08	(38.45)	3000m	3:58.91	(32.08)	

		Name		Cat		PB	Time	Info
4	yw	1	Jorrit Bergsma		HSB	3:39.79		3:44.54
	bl							
		Jorrit Bergsma						
		200m	19.11	(19.11)	m			
		600m	48.25	(29.14)				
		1000m	1:17.59	(29.34)				
		1400m	1:47.02	(29.43)				
		1800m	2:16.39	(29.37)				
		2200m	2:45.85	(29.46)				
		2600m	3:15.13	(29.28)				
		3000m	3:44.54	(29.41)				

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4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	4 Joep Wennemars	HN1	4	I	1:47.29	
2	31 Mathijs van Zwieten	HN2	3	I	1:53.01	
3	14 Colin James Duivenvoorden	HN1	4	O	1:53.19	
4	24 Mitchell Cullen Ross	HN4	1	I	1:57.28 PB	
5	32 Jelle Rieff	HN1	3	O	1:58.01	
6	20 Isabelle van Elst	DSA	2	O	2:01.01	
7	19 David Koroknai	HSA	1	O	2:10.05	
8	21 Quinty van Klink	DN3	2	I	2:14.05	

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4. Race Result 1500 meter

		Name	Cat	PB	Time	Info
1	wt	24 Mitchell Cullen Ross	HN4	1:58.97	1:57.28	PB
	rd	19 David Koroknai	HSA		2:10.05	
		Mitchell Cullen Ross				
		300m	26.82 (26.82)			
		700m	55.48 (28.66)			
		1100m	1:25.25 (29.77)			
		1500m	1:57.28 (32.03)			
		David Koroknai				
		300m	28.67 (28.67)			
		700m	1:00.79 (32.12)			
		1100m	1:34.58 (33.79)			
		1500m	2:10.05 (35.47)			
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		Name	Cat	PB	Time	Info
2	yw	21 Quinty van Klink	DN3	2:11.62	2:14.05	
	bl	20 Isabelle van Elst	DSA	1:57.63	2:01.01	
		Quinty van Klink				
		300m	29.36 (29.36)			
		700m	1:02.17 (32.81)			
		1100m	1:37.03 (34.86)			
		1500m	2:14.05 (37.02)			
		Isabelle van Elst				
		300m	25.81 (25.81)			
		700m	55.10 (29.29)			
		1100m	1:26.73 (31.63)			
		1500m	2:01.01 (34.28)			
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		Name	Cat	PB	Time	Info
3	wt	31 Mathijs van Zwieten	HN2	1:51.81	1:53.01	
	rd	32 Jelle Rieff	HN1	1:54.23	1:58.01	
		Mathijs van Zwieten				
		300m	25.26 (25.26)			
		700m	52.97 (27.71)			
		1100m	1:22.41 (29.44)			
		1500m	1:53.01 (30.60)			
		Jelle Rieff				
		300m	24.85 (24.85)			
		700m	53.54 (28.69)			
		1100m	1:24.84 (31.30)			
		1500m	1:58.01 (33.17)			
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		Name	Cat	PB	Time	Info
4	yw	4 Joep Wennemars	HN1	1:46.30	1:47.29	
	bl	14 Colin James Duivenvoorden	HN1	1:52.12	1:53.19	
		Joep Wennemars				
		300m	23.50 (23.50)			
		700m	49.64 (26.14)			
		1100m	1:17.41 (27.77)			
		1500m	1:47.29 (29.88)			
		Colin James Duivenvoorden				
		300m	25.19 (25.19)			
		700m	53.03 (27.84)			
		1100m	1:22.62 (29.59)			
		1500m	1:53.19 (30.57)			

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	2 Jordy van Workum	HN3	4	I	1:11.48	PB	
2	29 Elwin Jongman	HN4	3	O	1:13.51		
3	23 Bart Valentijn	HSA	4	O	1:15.50	PB	
4	8 Merel Conijn	DN2	2	O	1:20.53		
5	15 Yael Prenger	DN1	1	I	1:21.85		
6	30 Sacha vander Weide	DN2	2	I	1:21.89		
7	22 Isa Leroy	DB2	3	I	1:23.82		
	28 Naomi van der Werf	DSA				WDR	

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5. Race Result 1000 meter

		Name	Cat	PB	Time Info
1	wt	15 Yael Prenger	DN1	1:20.64	1:21.85
	rd	28 Naomi van der Werf	DSA	1:20.13	WDR

Yael Prenger

200m	19.65	(19.65)
600m	49.55	(29.90)
1000m	1:21.85	(32.30)

Naomi van der Werf

		Name	Cat	PB	Time Info
2	yw	30 Sacha vander Weide	DN2	1:19.23	1:21.89
	bl	8 Merel Conijn	DN2	1:16.66	1:20.53

Sacha vander Weide

200m	18.36	(18.36)
600m	48.06	(29.70)
1000m	1:21.89	(33.83)

Merel Conijn

200m	19.46	(19.46)
600m	49.44	(29.98)
1000m	1:20.53	(31.09)

		Name	Cat	PB	Time Info
3	wt	22 Isa Leroy	DB2	1:23.29	1:23.82
	rd	29 Elwin Jongman	HN4	1:10.39	1:13.51

Isa Leroy

200m	19.71	(19.71)
600m	50.43	(30.72)
1000m	1:23.82	(33.39)

Elwin Jongman

200m	17.30	(17.30)
600m	44.24	(26.94)
1000m	1:13.51	(29.27)

		Name	Cat	PB	Time Info
4	yw	2 Jordy van Workum	HN3	1:11.56	1:11.48 PB
	bl	23 Bart Valentijn	HSA	1:15.54	1:15.50 PB

Jordy van Workum

200m	17.94	(17.94)
600m	44.44	(26.50)
1000m	1:11.48	(27.04)

Bart Valentijn

200m	18.01	(18.01)
600m	45.81	(27.80)
1000m	1:15.50	(29.69)