

## 1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Stefan Huizenga	HA1	12	I	7:40.02		
2	73 Joep Aben	HB2	12	O	7:41.14	PR	
3	86 Rens Vergeer	HA1	1	I	7:48.00		
4	19 Rick Loos	HB2	11	O	8:09.48	PR	
5	39 Bram Braak	HA1	10	O	8:24.33	PR	
6	48 Floris Wender	HB1	4	O	8:26.22		
7	13 Lars van Klink	HB1	10	I	8:30.02	PR	
8	37 Evert Jan van Dijk	H45	9	I	8:31.53		
9	7 Lara Dingjan	DA2	9	O	8:33.60	PR	
10	26 Jonah Zwaan	HB1	3	I	8:38.70		
11	28 Ruben Molenaar	HB1	7	I	8:39.45	PR	
12	79 David Peyrot	H40	11	I	8:43.24	RW	
13	1 Tessa Dijkman	DSA	8	I	8:46.47		
14	87 Jack van Dongen	H45	1	O	8:58.34		
15	35 Driek Tolk	HB2	5	I	8:59.72	PR	
16	15 Job van Dongen	HB2	8	O	9:02.62		
17	61 Ciska de Ree	DSB	5	O	9:21.15		
18	24 Xander Terstal	HN1	2	I	9:33.86		
19	27 Leanne Molenaar	DN2	6	I	9:56.66		
20	36 Pieter van Dijk	HA1	3	O	10:03.02		
21	63 Melanie van der Zalm	DN3	6	O	10:19.36		
22	44 Charline Kwadrin	DB2	4	I	10:57.37	FL	
	3 Joost Ruissen	H40	2	O	DQ		
	88 Gerard Ypma	H45			WDR		

## 1. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	86	<b>Rens Vergeer</b>		HA1		<b>7:48.00</b>	
	rd	87	<b>Jack van Dongen</b>		H45		<b>8:58.34</b>	
		<b>Rens Vergeer</b>			<b>Jack van Dongen</b>			
		200m	21.62	(21.62)	200m	24.68	(24.68)	
		600m	57.94	(36.32)	600m	1:03.98	(39.30)	
		1000m	1:35.10	(37.16)	1000m	1:44.71	(40.73)	
		1400m	2:12.38	(37.28)	1400m	2:26.69	(41.98)	
		1800m	2:49.25	(36.87)	1800m	3:09.60	(42.91)	
		2200m	3:26.85	(37.60)	2200m	3:52.88	(43.28)	
		2600m	4:04.17	(37.32)	2600m	4:36.51	(43.63)	
		3000m	4:41.33	(37.16)	3000m	5:20.23	(43.72)	
		3400m	5:18.32	(36.99)	3400m	6:03.75	(43.52)	
		3800m	5:55.12	(36.80)	3800m	6:47.47	(43.72)	
		4200m	6:32.10	(36.98)	4200m	7:31.13	(43.66)	
		4600m	7:09.99	(37.89)	4600m	8:14.63	(43.50)	
		5000m	7:48.00	(38.01)	5000m	8:58.34	(43.71)	

		Naam		Cat		PR	Tijd	Info
2	gl	24	<b>Xander Terstal</b>		HN1		<b>9:33.86</b>	
	bl	3	<b>Joost Ruissen</b>		H40		<b>DQ</b>	
		<b>Xander Terstal</b>			<b>Joost Ruissen</b>			
		200m	23.85	(23.85)				
		600m	1:03.71	(39.86)				
		1000m	1:44.06	(40.35)				
		1400m	2:27.46	(43.40)				
		1800m	3:12.08	(44.62)				
		2200m	3:58.35	(46.27)				
		2600m	4:45.12	(46.77)				
		3000m	5:33.31	(48.19)				
		3400m	6:20.64	(47.33)				
		3800m	7:08.39	(47.75)				
		4200m	7:56.96	(48.57)				
		4600m	8:45.32	(48.36)				
		5000m	9:33.86	(48.54)				

		Naam			Cat	PR	Tijd	Info
3	wt	26	<b>Jonah Zwaan</b>		HB1		<b>8:38.70</b>	
	rd	36	<b>Pieter van Dijk</b>		HA1		<b>10:03.02</b>	
		<b>Jonah Zwaan</b>			<b>Pieter van Dijk</b>			
		200m	23.41	(23.41)	200m	25.39	(25.39)	
		600m	1:01.66	(38.25)	600m	1:08.21	(42.82)	
		1000m	1:40.96	(39.30)	1000m	1:54.89	(46.68)	
		1400m	2:21.00	(40.04)	1400m	2:42.73	(47.84)	
		1800m	3:01.97	(40.97)	1800m	3:29.97	(47.24)	
		2200m	3:42.44	(40.47)	2200m	4:19.09	(49.12)	
		2600m	4:24.23	(41.79)	2600m	5:09.40	(50.31)	
		3000m	5:06.50	(42.27)	3000m	5:59.93	(50.53)	
		3400m	5:49.30	(42.80)	3400m	6:51.94	(52.01)	
		3800m	6:33.10	(43.80)	3800m	7:41.73	(49.79)	
		4200m	7:16.95	(43.85)	4200m	8:30.22	(48.49)	
		4600m	7:58.85	(41.90)	4600m	9:17.88	(47.66)	
		5000m	8:38.70	(39.85)	5000m	10:03.02	(45.14)	

		Naam			Cat	PR	Tijd	Info
4	gl	44	<b>Charline Kwadrin</b>		DB2	10:05.90	<b>10:57.37</b>	FL
	bl	48	<b>Floris Wender</b>		HB1		<b>8:26.22</b>	
		<b>Charline Kwadrin</b>			<b>Floris Wender</b>			
		200m	32.27	(32.27)	200m	24.06	(24.06)	
		600m	1:14.88	(42.61)	600m	1:03.30	(39.24)	
		1000m	2:01.23	(46.35)	1000m	1:42.75	(39.45)	
		1400m	2:51.55	(50.32)	1400m	2:21.44	(38.69)	
		1800m	3:41.63	(50.08)	1800m	3:01.07	(39.63)	
		2200m	4:33.15	(51.52)	2200m	3:40.70	(39.63)	
		2600m	5:26.05	(52.90)	2600m	4:20.96	(40.26)	
		3000m	6:21.39	(55.34)	3000m	5:02.04	(41.08)	
		3400m	7:16.15	(54.76)	3400m	5:43.37	(41.33)	
		3800m	8:12.86	(56.71)	3800m	6:24.36	(40.99)	
		4200m	9:08.14	(55.28)	4200m	7:05.76	(41.40)	
		4600m	10:05.31	(57.17)	4600m	7:45.87	(40.11)	
		5000m	10:57.37	(52.06)	5000m	8:26.22	(40.35)	

		Naam	Cat		PR	Tijd	Info
5	wt	35 <b>Driek Tolk</b>	HB2		9:02.20	<b>8:59.72</b>	PR
	rd	61 <b>Ciska de Ree</b>	DSB		9:17.39	<b>9:21.15</b>	
		<b>Driek Tolk</b>			<b>Ciska de Ree</b>		
		200m	23.43	(23.43)	200m	24.25	(24.25)
		600m	1:03.44	(40.01)	600m	1:04.95	(40.70)
		1000m	1:43.87	(40.43)	1000m	1:47.53	(42.58)
		1400m	2:24.67	(40.80)	1400m	2:30.90	(43.37)
		1800m	3:05.43	(40.76)	1800m	3:15.55	(44.65)
		2200m	3:47.45	(42.02)	2200m	4:00.44	(44.89)
		2600m	4:30.06	(42.61)	2600m	4:45.57	(45.13)
		3000m	5:13.76	(43.70)	3000m	5:31.00	(45.43)
		3400m	5:57.77	(44.01)	3400m	6:17.92	(46.92)
		3800m	6:43.17	(45.40)	3800m	7:04.12	(46.20)
		4200m	7:28.76	(45.59)	4200m	7:50.35	(46.23)
		4600m	8:14.88	(46.12)	4600m	8:35.65	(45.30)
		5000m	8:59.72	(44.84)	5000m	9:21.15	(45.50)

		Naam	Cat		PR	Tijd	Info
6	gl	27 <b>Leanne Molenaar</b>	DN2		8:54.25	<b>9:56.66</b>	
	bl	63 <b>Melanie van der Zalm</b>	DN3		9:36.37	<b>10:19.36</b>	
		<b>Leanne Molenaar</b>			<b>Melanie van der Zalm</b>		
		200m	24.75	(24.75)	200m	26.88	(26.88)
		600m	1:05.79	(41.04)	600m	1:10.39	(43.51)
		1000m	1:48.95	(43.16)	1000m	1:55.45	(45.06)
		1400m	2:34.83	(45.88)	1400m	2:40.76	(45.31)
		1800m	3:21.21	(46.38)	1800m	3:27.92	(47.16)
		2200m	4:09.69	(48.48)	2200m	4:15.75	(47.83)
		2600m	4:59.09	(49.40)	2600m	5:05.24	(49.49)
		3000m	5:49.33	(50.24)	3000m	5:56.44	(51.20)
		3400m	6:38.89	(49.56)	3400m	6:50.33	(53.89)
		3800m	7:30.27	(51.38)	3800m	7:45.59	(55.26)
		4200m	8:20.48	(50.21)	4200m	8:37.90	(52.31)
		4600m	9:08.77	(48.29)	4600m	9:28.75	(50.85)
		5000m	9:56.66	(47.89)	5000m	10:19.36	(50.61)

		Naam	Cat	PR	Tijd Info
7	wt	28 <b>Ruben Molenaar</b>	HB1	8:49.71	<b>8:39.45</b> PR
	rd	88 <b>Gerard Ypma</b>	H45	8:59.30	<b>WDR</b>
		<b>Ruben Molenaar</b>		<b>Gerard Ypma</b>	
		200m	21.88 (21.88)		
		600m	1:00.58 (38.70)		
		1000m	1:40.42 (39.84)		
		1400m	2:20.85 (40.43)		
		1800m	3:01.96 (41.11)		
		2200m	3:44.01 (42.05)		
		2600m	4:26.51 (42.50)		
		3000m	5:09.56 (43.05)		
		3400m	5:53.08 (43.52)		
		3800m	6:36.09 (43.01)		
		4200m	7:19.31 (43.22)		
		4600m	8:00.40 (41.09)		
		5000m	8:39.45 (39.05)		

		Naam	Cat	PR	Tijd Info
8	gl	1 <b>Tessa Dijkman</b>	DSA	8:20.97	<b>8:46.47</b>
	bl	15 <b>Job van Dongen</b>	HB2	8:49.71	<b>9:02.62</b>
		<b>Tessa Dijkman</b>		<b>Job van Dongen</b>	
		200m	24.62 (24.62)	200m	22.55 (22.55)
		600m	1:03.98 (39.36)	600m	1:01.74 (39.19)
		1000m	1:44.29 (40.31)	1000m	1:42.79 (41.05)
		1400m	2:25.16 (40.87)	1400m	2:23.98 (41.19)
		1800m	3:05.28 (40.12)	1800m	3:06.88 (42.90)
		2200m	3:45.85 (40.57)	2200m	3:49.70 (42.82)
		2600m	4:26.91 (41.06)	2600m	4:33.99 (44.29)
		3000m	5:08.23 (41.32)	3000m	5:17.05 (43.06)
		3400m	5:50.15 (41.92)	3400m	6:01.50 (44.45)
		3800m	6:32.37 (42.22)	3800m	6:46.24 (44.74)
		4200m	7:15.66 (43.29)	4200m	7:32.11 (45.87)
		4600m	8:00.39 (44.73)	4600m	8:17.90 (45.79)
		5000m	8:46.47 (46.08)	5000m	9:02.62 (44.72)

		Naam			Cat	PR	Tijd	Info
9	wt	37 <b>Evert Jan van Dijk</b>			H45	7:52.76	<b>8:31.53</b>	
	rd	7 <b>Lara Dingjan</b>			DA2	8:39.23	<b>8:33.60</b>	PR
		<b>Evert Jan van Dijk</b>			<b>Lara Dingjan</b>			
		200m	23.16	(23.16)	200m	22.84	(22.84)	
		600m	1:01.25	(38.09)	600m	59.76	(36.92)	
		1000m	1:40.64	(39.39)	1000m	1:39.26	(39.50)	
		1400m	2:20.92	(40.28)	1400m	2:19.48	(40.22)	
		1800m	3:00.61	(39.69)	1800m	3:00.52	(41.04)	
		2200m	3:41.11	(40.50)	2200m	3:40.57	(40.05)	
		2600m	4:21.36	(40.25)	2600m	4:21.67	(41.10)	
		3000m	5:02.28	(40.92)	3000m	5:02.44	(40.77)	
		3400m	5:43.56	(41.28)	3400m	5:44.65	(42.21)	
		3800m	6:25.45	(41.89)	3800m	6:26.78	(42.13)	
		4200m	7:07.70	(42.25)	4200m	7:08.98	(42.20)	
		4600m	7:49.68	(41.98)	4600m	7:51.29	(42.31)	
		5000m	8:31.53	(41.85)	5000m	8:33.60	(42.31)	

		Naam			Cat	PR	Tijd	Info
10	gl	13 <b>Lars van Klink</b>			HB1	8:40.13	<b>8:30.02</b>	PR
	bl	39 <b>Bram Braak</b>			HA1	8:41.14	<b>8:24.33</b>	PR
		<b>Lars van Klink</b>			<b>Bram Braak</b>			
		200m	23.35	(23.35)	200m	23.70	(23.70)	
		600m	1:02.00	(38.65)	600m	1:01.11	(37.41)	
		1000m	1:41.26	(39.26)	1000m	1:40.38	(39.27)	
		1400m	2:22.25	(40.99)	1400m	2:20.20	(39.82)	
		1800m	3:02.93	(40.68)	1800m	3:00.73	(40.53)	
		2200m	3:44.03	(41.10)	2200m	3:40.88	(40.15)	
		2600m	4:24.16	(40.13)	2600m	4:21.67	(40.79)	
		3000m	5:05.42	(41.26)	3000m	5:02.12	(40.45)	
		3400m	5:46.24	(40.82)	3400m	5:43.02	(40.90)	
		3800m	6:27.26	(41.02)	3800m	6:23.43	(40.41)	
		4200m	7:08.44	(41.18)	4200m	7:03.84	(40.41)	
		4600m	7:49.91	(41.47)	4600m	7:44.10	(40.26)	
		5000m	8:30.02	(40.11)	5000m	8:24.33	(40.23)	

		Naam			Cat	PR	Tijd	Info
11	wt	79	<b>David Peyrot</b>		H40	8:12.03	<b>8:43.24</b>	RW
	rd	19	<b>Rick Loos</b>		HB2	8:14.33	<b>8:09.48</b>	PR
			<b>David Peyrot</b>			<b>Rick Loos</b>		
			200m	23.23	(23.23)	200m	23.03	(23.03)
			600m	1:01.87	(38.64)	600m	1:00.61	(37.58)
			1000m	1:41.67	(39.80)	1000m	1:40.18	(39.57)
			1400m	2:22.32	(40.65)	1400m	2:19.79	(39.61)
			1800m	3:02.70	(40.38)	1800m	2:58.79	(39.00)
			2200m	3:43.89	(41.19)	2200m	3:38.16	(39.37)
			2600m	4:25.51	(41.62)	2600m	4:17.60	(39.44)
			3000m	5:08.03	(42.52)	3000m	4:56.43	(38.83)
			3400m	5:50.95	(42.92)	3400m	5:35.53	(39.10)
			3800m	6:34.20	(43.25)	3800m	6:14.12	(38.59)
			4200m	7:17.32	(43.12)	4200m	6:52.79	(38.67)
			4600m	8:00.28	(42.96)	4600m	7:31.34	(38.55)
			5000m	8:43.24	(42.96)	5000m	8:09.48	(38.14)

		Naam			Cat	PR	Tijd	Info
12	gl	8	<b>Stefan Huizenga</b>		HA1	7:33.41	<b>7:40.02</b>	
	bl	73	<b>Joep Aben</b>		HB2	7:45.81	<b>7:41.14</b>	PR
			<b>Stefan Huizenga</b>			<b>Joep Aben</b>		
			200m	20.54	(20.54)	200m	21.81	(21.81)
			600m	53.55	(33.01)	600m	57.23	(35.42)
			1000m	1:27.53	(33.98)	1000m	1:33.40	(36.17)
			1400m	2:03.37	(35.84)	1400m	2:09.79	(36.39)
			1800m	2:40.54	(37.17)	1800m	2:46.28	(36.49)
			2200m	3:19.42	(38.88)	2200m	3:22.33	(36.05)
			2600m	3:57.32	(37.90)	2600m	3:58.75	(36.42)
			3000m	4:34.86	(37.54)	3000m	4:35.62	(36.87)
			3400m	5:11.42	(36.56)	3400m	5:12.74	(37.12)
			3800m	5:50.08	(38.66)	3800m	5:50.00	(37.26)
			4200m	6:28.32	(38.24)	4200m	6:27.30	(37.30)
			4600m	7:03.70	(35.38)	4600m	7:04.06	(36.76)
			5000m	7:40.02	(36.32)	5000m	7:41.14	(37.08)

## 2. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	75 Fred Schouwenaar	HA1	24	O	4:31.80		
2	21 Rob Visser	H45	22	I	4:47.18		
3	29 Marcel Huismans	H50	22	O	4:51.58		
4	57 Danny Witkamp	H55	24	I	4:52.47		
5	11 Bert Nijman	H40	23	I	4:56.63		
6	56 Bas Schrage	HSB	21	O	4:58.74		
7	62 Jim Verdurmen	H60	20	I	5:10.14		
8	84 Milou Butter	DN3	21	I	5:16.03		
9	66 Pim Braak	HB1	19	I	5:29.85		
10	58 Toine van Bakel	HA1	19	O	5:34.91		
11	77 Kees Voorhoeve	H65	20	O	5:35.27		
12	4 Evy van Duijn	DB1	18	O	5:36.83		
13	49 Emma Hartveld	DA2	17	I	5:37.69		
14	45 Cock Baas	H60	23	O	5:41.99		
15	12 Ravi de Jong	HA1	18	I	5:47.56		
16	46 Amy Valentijn	DB1	13	I	5:49.88		
17	71 Laurens Dam	HB1	16	I	5:54.80		
18	64 Sander Nederstigt	HSA	13	O	5:57.49		
19	85 Bente Adema	DC2	17	O	6:11.21	RW	
20	34 Mieke Heine	D50	16	O	6:13.99		
21	68 Pien Lodder	DN1	15	I	6:27.02		
	53 Britt van Hameren	DB1	15	O		DQ	



## 2. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
13	wt	46	<b>Amy Valentijn</b>		DB1			<b>5:49.88</b>	
	rd	64	<b>Sander Nederstigt</b>		HSA			<b>5:57.49</b>	
		<b>Amy Valentijn</b>			<b>Sander Nederstigt</b>				
		200m	25.68	(25.68)	200m	25.66	(25.66)		
		600m	1:08.95	(43.27)	600m	1:07.74	(42.08)		
		1000m	1:52.99	(44.04)	1000m	1:52.61	(44.87)		
		1400m	2:39.23	(46.24)	1400m	2:39.06	(46.45)		
		1800m	3:25.91	(46.68)	1800m	3:27.51	(48.45)		
		2200m	4:14.13	(48.22)	2200m	4:17.14	(49.63)		
		2600m	5:02.36	(48.23)	2600m	5:07.32	(50.18)		
		3000m	5:49.88	(47.52)	3000m	5:57.49	(50.17)		

		Naam		Cat		PR		Tijd	Info
14	gl								
	bl								

		Naam		Cat		PR		Tijd	Info
15	wt	68	<b>Pien Lodder</b>		DN1	5:55.95		<b>6:27.02</b>	
	rd	53	<b>Britt van Hameren</b>		DB1			<b>DQ</b>	
		<b>Pien Lodder</b>			<b>Britt van Hameren</b>				
		200m	27.40	(27.40)	200m	28.27	(28.27)		
		600m	1:15.35	(47.95)	600m	1:17.70	(49.43)		
		1000m	2:05.18	(49.83)	1000m	2:10.31	(52.61)		
		1400m	2:56.45	(51.27)	1400m	3:00.77	(50.46)		
		1800m	3:49.02	(52.57)	1800m	3:52.09	(51.32)		
		2200m	4:41.06	(52.04)	2200m	4:45.04	(52.95)		
		2600m	5:33.93	(52.87)	2600m	5:37.92	(52.88)		
		3000m	6:27.02	(53.09)	3000m	6:25.52	(47.60)		

		Naam			Cat	PR	Tijd	Info
16	gl	71 <b>Laurens Dam</b>			HB1	5:43.03	<b>5:54.80</b>	
	bl	34 <b>Mieke Heine</b>			D50	5:26.38	<b>6:13.99</b>	
			<b>Laurens Dam</b>		<b>Mieke Heine</b>			
			200m	25.22 (25.22)			200m	27.76 (27.76)
			600m	1:10.51 (45.29)			600m	1:12.12 (44.36)
			1000m	1:55.58 (45.07)			1000m	1:58.84 (46.72)
			1400m	2:42.20 (46.62)			1400m	2:46.07 (47.23)
			1800m	3:29.00 (46.80)			1800m	3:35.28 (49.21)
			2200m	4:17.07 (48.07)			2200m	4:26.07 (50.79)
			2600m	5:06.02 (48.95)			2600m	5:18.94 (52.87)
			3000m	5:54.80 (48.78)			3000m	6:13.99 (55.05)

		Naam			Cat	PR	Tijd	Info
17	wt	49 <b>Emma Hartveld</b>			DA2	5:31.59	<b>5:37.69</b>	
	rd	85 <b>Bente Adema</b>			DC2	5:36.87	<b>6:11.21</b>	RW
			<b>Emma Hartveld</b>		<b>Bente Adema</b>			
			200m	25.63 (25.63)			200m	24.96 (24.96)
			600m	1:07.32 (41.69)			600m	1:07.99 (43.03)
			1000m	1:51.56 (44.24)			1000m	1:55.18 (47.19)
			1400m	2:37.03 (45.47)			1400m	2:44.40 (49.22)
			1800m	3:22.89 (45.86)			1800m	3:35.24 (50.84)
			2200m	4:08.47 (45.58)			2200m	4:26.82 (51.58)
			2600m	4:53.63 (45.16)			2600m	5:18.87 (52.05)
			3000m	5:37.69 (44.06)			3000m	6:11.21 (52.34)

		Naam			Cat	PR	Tijd	Info
18	gl	12 <b>Ravi de Jong</b>			HA1	5:26.76	<b>5:47.56</b>	
	bl	4 <b>Evy van Duijn</b>			DB1	5:27.00	<b>5:36.83</b>	
		<b>Ravi de Jong</b>			<b>Evy van Duijn</b>			
		200m	24.17	(24.17)	200m	24.24	(24.24)	
		600m	1:05.05	(40.88)	600m	1:04.60	(40.36)	
		1000m	1:47.86	(42.81)	1000m	1:47.86	(43.26)	
		1400m	2:33.56	(45.70)	1400m	2:32.19	(44.33)	
		1800m	3:23.24	(49.68)	1800m	3:17.75	(45.56)	
		2200m	4:11.33	(48.09)	2200m	4:03.85	(46.10)	
		2600m	5:01.01	(49.68)	2600m	4:50.74	(46.89)	
		3000m	5:47.56	(46.55)	3000m	5:36.83	(46.09)	

		Naam			Cat	PR	Tijd	Info
19	wt	66 <b>Pim Braak</b>			HB1	5:19.19	<b>5:29.85</b>	
	rd	58 <b>Toine van Bakel</b>			HA1	5:19.13	<b>5:34.91</b>	
		<b>Pim Braak</b>			<b>Toine van Bakel</b>			
		200m	23.85	(23.85)	200m	23.76	(23.76)	
		600m	1:03.81	(39.96)	600m	1:02.96	(39.20)	
		1000m	1:44.59	(40.78)	1000m	1:44.97	(42.01)	
		1400m	2:27.55	(42.96)	1400m	2:28.46	(43.49)	
		1800m	3:11.57	(44.02)	1800m	3:14.15	(45.69)	
		2200m	3:58.41	(46.84)	2200m	3:59.99	(45.84)	
		2600m	4:43.78	(45.37)	2600m	4:48.22	(48.23)	
		3000m	5:29.85	(46.07)	3000m	5:34.91	(46.69)	

		Naam	Cat	PR	Tijd	Info
20	gl	62 <b>Jim Verdurmen</b>	H60	4:18.75	<b>5:10.14</b>	
	bl	77 <b>Kees Voorhoeve</b>	H65	4:56.21	<b>5:35.27</b>	

**Jim Verdurmen**

200m	24.48	(24.48)
600m	1:04.53	(40.05)
1000m	1:44.92	(40.39)
1400m	2:25.70	(40.78)
1800m	3:06.54	(40.84)
2200m	3:47.63	(41.09)
2600m	4:28.55	(40.92)
3000m	5:10.14	(41.59)

**Kees Voorhoeve**

200m	25.95	(25.95)
600m	1:07.48	(41.53)
1000m	1:50.39	(42.91)
1400m	2:33.82	(43.43)
1800m	3:18.15	(44.33)
2200m	4:02.83	(44.68)
2600m	4:48.69	(45.86)
3000m	5:35.27	(46.58)

		Naam	Cat	PR	Tijd	Info
21	wt	84 <b>Milou Butter</b>	DN3	4:53.39	<b>5:16.03</b>	
	rd	56 <b>Bas Schrage</b>	HSB	4:47.29	<b>4:58.74</b>	

**Milou Butter**

200m	22.56	(22.56)
600m	59.60	(37.04)
1000m	1:39.13	(39.53)
1400m	2:20.64	(41.51)
1800m	3:03.67	(43.03)
2200m	3:47.44	(43.77)
2600m	4:31.30	(43.86)
3000m	5:16.03	(44.73)

**Bas Schrage**

200m	22.16	(22.16)
600m	59.22	(37.06)
1000m	1:38.14	(38.92)
1400m	2:17.42	(39.28)
1800m	2:57.40	(39.98)
2200m	3:37.21	(39.81)
2600m	4:17.86	(40.65)
3000m	4:58.74	(40.88)

		Naam			Cat	PR	Tijd	Info
22	gl	21 <b>Rob Visser</b>			H45	4:29.41	<b>4:47.18</b>	
	bl	29 <b>Marcel Huismans</b>			H50	4:22.51	<b>4:51.58</b>	
		<b>Rob Visser</b>			<b>Marcel Huismans</b>			
		200m	22.06	(22.06)	200m	22.11	(22.11)	
		600m	56.57	(34.51)	600m	57.76	(35.65)	
		1000m	1:32.91	(36.34)	1000m	1:34.98	(37.22)	
		1400m	2:10.28	(37.37)	1400m	2:13.22	(38.24)	
		1800m	2:48.08	(37.80)	1800m	2:52.28	(39.06)	
		2200m	3:26.97	(38.89)	2200m	3:31.79	(39.51)	
		2600m	4:06.31	(39.34)	2600m	4:11.71	(39.92)	
		3000m	4:47.18	(40.87)	3000m	4:51.58	(39.87)	

		Naam			Cat	PR	Tijd	Info
23	wt	11 <b>Bert Nijman</b>			H40	4:49.69	<b>4:56.63</b>	
	rd	45 <b>Cock Baas</b>			H60	4:28.66	<b>5:41.99</b>	
		<b>Bert Nijman</b>			<b>Cock Baas</b>			
		200m	22.45	(22.45)	200m	24.40	(24.40)	
		600m	59.95	(37.50)	600m	1:05.48	(41.08)	
		1000m	1:38.28	(38.33)	1000m	1:48.86	(43.38)	
		1400m	2:17.09	(38.81)	1400m	2:32.82	(43.96)	
		1800m	2:56.18	(39.09)	1800m	3:18.67	(45.85)	
		2200m	3:36.47	(40.29)	2200m	4:05.44	(46.77)	
		2600m	4:16.43	(39.96)	2600m	4:53.67	(48.23)	
		3000m	4:56.63	(40.20)	3000m	5:41.99	(48.32)	



# Kennemercup 11

Ijsbaan Haarlem - Haarlem

7 januari 2024



		Naam		Cat		PR		Tijd	Info
24	gl	57	<b>Danny Witkamp</b>		H55		4:10.68	<b>4:52.47</b>	
	bl	75	<b>Fred Schouwenaar</b>		HA1		4:25.07	<b>4:31.80</b>	
		<b>Danny Witkamp</b>			<b>Fred Schouwenaar</b>				
		200m	23.04	(23.04)	200m	21.34	(21.34)		
		600m	59.23	(36.19)	600m	55.02	(33.68)		
		1000m	1:37.14	(37.91)	1000m	1:28.89	(33.87)		
		1400m	2:16.33	(39.19)	1400m	2:03.70	(34.81)		
		1800m	2:55.75	(39.42)	1800m	2:39.49	(35.79)		
		2200m	3:34.80	(39.05)	2200m	3:16.50	(37.01)		
		2600m	4:13.66	(38.86)	2600m	3:54.17	(37.67)		
		3000m	4:52.47	(38.81)	3000m	4:31.80	(37.63)		

## 3. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	32 Mik de Groot	HA1	33	I	2:17.62		
2	40 Vigo Nederstigt	HN1	34	I	2:19.19		
3	51 Bruno Bonetti	HB1	32	I	2:23.96		
4	78 Koen Bocxe	HB2	32	O	2:26.93		
5	70 Marino Godwaldt	HB2	31	O	2:28.19		
6	33 Fabienne Maarse	DB1	34	O	2:30.41		
7	18 Merit de Bruin	DA1	29	O	2:31.48		
8	10 Kersty Heeremans	DA2	30	I	2:32.97		
9	55 Job van Eek	HA1	31	I	2:33.32		
10	2 Anouk Rodenburg	DB1	29	I	2:35.93		
11	42 Daniel Brouwer	HB2	30	O	2:37.21		
12	5 Aranka Keur	D40	28	O	2:39.33		
13	38 Nadine Blienkendaal	DB2	27	O	2:54.17		
14	80 Lou Hoogewerf	H70	28	I	2:59.98		
15	59 Dimitri van Bakel	HB1	25	O	3:06.33		
16	16 Dana de Bruin	DB1	27	I	3:08.12		
17	22 Mirthe Visser	DB1	25	I	3:13.28		
	47 Kai van Bennekom	HB1	33	O	DNS		

## 3. Rituitslag 1500 meter

		Naam	Cat	PR	Tijd	Info
25	wt	22 <b>Mirthe Visser</b>	DB1	3:02.34	<b>3:13.28</b>	
	rd	59 <b>Dimitri van Bakel</b>	HB1	2:59.08	<b>3:06.33</b>	

### Mirthe Visser

300m	37.33	(37.33)
700m	1:25.89	(48.56)
1100m	2:19.10	(53.21)
1500m	3:13.28	(54.18)

### Dimitri van Bakel

300m	36.83	(36.83)
700m	1:23.56	(46.73)
1100m	2:15.25	(51.69)
1500m	3:06.33	(51.08)

		Naam	Cat	PR	Tijd	Info
26	gl					
	bl					

m

m

		Naam	Cat	PR	Tijd	Info
27	wt	16 <b>Dana de Bruin</b>	DB1	2:55.53	<b>3:08.12</b>	
	rd	38 <b>Nadine Bliekendaal</b>	DB2	2:53.54	<b>2:54.17</b>	

### Dana de Bruin

300m	36.46	(36.46)
700m	1:23.99	(47.53)
1100m	2:14.61	(50.62)
1500m	3:08.12	(53.51)

### Nadine Bliekendaal

300m	34.94	(34.94)
700m	1:18.67	(43.73)
1100m	2:05.67	(47.00)
1500m	2:54.17	(48.50)

		Naam	Cat	PR	Tijd	Info
28	gl	80 <b>Lou Hoogewerf</b>	H70	2:22.22	<b>2:59.98</b>	
	bl	5 <b>Aranka Keur</b>	D40	2:23.86	<b>2:39.33</b>	

### Lou Hoogewerf

300m	36.18	(36.18)
700m	1:20.47	(44.29)
1100m	2:08.24	(47.77)
1500m	2:59.98	(51.74)

### Aranka Keur

300m	32.12	(32.12)
700m	1:11.43	(39.31)
1100m	1:54.48	(43.05)
1500m	2:39.33	(44.85)



		Naam			Cat	PR	Tijd	Info
29	wt	2	<b>Anouk Rodenburg</b>		DB1	2:25.93	<b>2:35.93</b>	
	rd	18	<b>Merit de Bruin</b>		DA1	2:24.13	<b>2:31.48</b>	
		<b>Anouk Rodenburg</b>			<b>Merit de Bruin</b>			
		300m	33.01	(33.01)	300m	32.57	(32.57)	
		700m	1:13.65	(40.64)	700m	1:10.45	(37.88)	
		1100m	1:55.59	(41.94)	1100m	1:50.43	(39.98)	
		1500m	2:35.93	(40.34)	1500m	2:31.48	(41.05)	
		Naam			Cat	PR	Tijd	Info
30	gl	10	<b>Kersty Heeremans</b>		DA2	2:28.75	<b>2:32.97</b>	
	bl	42	<b>Daniel Brouwer</b>		HB2	2:34.62	<b>2:37.21</b>	
		<b>Kersty Heeremans</b>			<b>Daniel Brouwer</b>			
		300m	31.98	(31.98)	300m	31.34	(31.34)	
		700m	1:09.65	(37.67)	700m	1:11.17	(39.83)	
		1100m	1:50.12	(40.47)	1100m	1:53.35	(42.18)	
		1500m	2:32.97	(42.85)	1500m	2:37.21	(43.86)	
		Naam			Cat	PR	Tijd	Info
31	wt	55	<b>Job van Eek</b>		HA1	2:20.16	<b>2:33.32</b>	
	rd	70	<b>Marino Godwaldt</b>		HB2	2:11.87	<b>2:28.19</b>	
		<b>Job van Eek</b>			<b>Marino Godwaldt</b>			
		300m	30.41	(30.41)	300m	30.05	(30.05)	
		700m	1:08.49	(38.08)	700m	1:06.25	(36.20)	
		1100m	1:49.34	(40.85)	1100m	1:46.24	(39.99)	
		1500m	2:33.32	(43.98)	1500m	2:28.19	(41.95)	
		Naam			Cat	PR	Tijd	Info
32	gl	51	<b>Bruno Bonetti</b>		HB1	2:19.14	<b>2:23.96</b>	
	bl	78	<b>Koen Bocxe</b>		HB2	2:18.49	<b>2:26.93</b>	
		<b>Bruno Bonetti</b>			<b>Koen Bocxe</b>			
		300m	28.91	(28.91)	300m	30.58	(30.58)	
		700m	1:03.90	(34.99)	700m	1:07.85	(37.27)	
		1100m	1:42.22	(38.32)	1100m	1:46.86	(39.01)	
		1500m	2:23.96	(41.74)	1500m	2:26.93	(40.07)	

		Naam	Cat	PR	Tijd	Info
33	wt	32 <b>Mik de Groot</b>	HA1	2:15.51	<b>2:17.62</b>	
	rd	47 <b>Kai van Bennekom</b>	HB1	2:09.18	<b>DNS</b>	
		<b>Mik de Groot</b>				<b>Kai van Bennekom</b>
		300m	28.47 (28.47)			
		700m	1:02.33 (33.86)			
		1100m	1:38.76 (36.43)			
		1500m	2:17.62 (38.86)			
		Naam	Cat	PR	Tijd	Info
34	gl	40 <b>Vigo Nederstigt</b>	HN1	2:16.17	<b>2:19.19</b>	
	bl	33 <b>Fabienne Maarse</b>	DB1	2:15.23	<b>2:30.41</b>	
		<b>Vigo Nederstigt</b>				<b>Fabienne Maarse</b>
		300m	28.78 (28.78)	300m	30.76 (30.76)	
		700m	1:02.34 (33.56)	700m	1:06.51 (35.75)	
		1100m	1:40.08 (37.74)	1100m	1:46.65 (40.14)	
		1500m	2:19.19 (39.11)	1500m	2:30.41 (43.76)	