

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 1. Uitslag Junioren C/B 1e 500 meter

| Pos | Naam                 | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|----------------------|-----|------|------|---------|------|--------|
| 1   | 44 Bjorn Koen        | HB1 | 6    | I    | 44.69   | PR   |        |
| 2   | 21 Gerianne Kromkamp | DC1 | 6    | O    | 46.23   | PR   |        |
| 3   | 66 Asia Berga        | DC1 | 5    | I    | 46.28   | PR   |        |
| 4   | 143 Jelly Hiemstra   | DB2 | 3    | O    | 47.39   | PR   |        |
| 5   | 39 Jeroen Langeegger | HC1 | 4    | I    | 47.98   |      |        |
| 6   | 55 Romke Jepma       | HC1 | 4    | O    | 50.96   | PR   |        |
| 7   | 45 Frouwkje Dijkstra | DC1 | 1    | I    | 55.51   |      |        |
| 8   | 40 Thijs de Wit      | HC1 | 3    | I    | 1:05.24 | FL   |        |
|     | 111 Sven Burghoorn   | HC2 | 5    | O    | DNF     |      |        |

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Thialf - Heerenveen

## 1. Rituitslag Junioren C/B 1e 500 meter

|   |          | Naam                        |       | Cat     |  | PR    | Tijd         | Info |
|---|----------|-----------------------------|-------|---------|--|-------|--------------|------|
| 1 | wt<br>rd | 45 <b>Frouwkje Dijkstra</b> |       | DC1     |  | 53.87 | <b>55.51</b> |      |
|   |          | <b>Frouwkje Dijkstra</b>    |       |         |  |       |              |      |
|   |          | 100m                        | 13.63 | (13.63) |  | m     |              |      |
|   |          | 500m                        | 55.51 | (41.88) |  |       |              |      |

|   |          | Naam |  | Cat |  | PR | Tijd | Info |
|---|----------|------|--|-----|--|----|------|------|
| 2 | gl<br>bl |      |  |     |  |    |      |      |
|   |          |      |  |     |  |    |      |      |
|   |          |      |  |     |  |    |      |      |

|   |          | Naam                      |         | Cat     |  | PR    | Tijd           | Info    |
|---|----------|---------------------------|---------|---------|--|-------|----------------|---------|
| 3 | wt<br>rd | 40 <b>Thijs de Wit</b>    |         | HC1     |  | 50.83 | <b>1:05.24</b> | FL      |
|   |          | 143 <b>Jelly Hiemstra</b> |         | DB2     |  | 47.43 | <b>47.39</b>   | PR      |
|   |          | <b>Thijs de Wit</b>       |         |         |  |       |                |         |
|   |          | 100m                      | 12.64   | (12.64) |  | 100m  | 13.20          | (13.20) |
|   |          | 500m                      | 1:05.24 | (52.60) |  | 500m  | 47.39          | (34.19) |
|   |          | <b>Jelly Hiemstra</b>     |         |         |  |       |                |         |
|   |          | 100m                      | 13.20   | (13.20) |  | 100m  | 13.20          | (13.20) |
|   |          | 500m                      | 47.39   | (34.19) |  | 500m  | 47.39          | (34.19) |

|   |          | Naam                        |       | Cat     |  | PR    | Tijd         | Info    |
|---|----------|-----------------------------|-------|---------|--|-------|--------------|---------|
| 4 | gl<br>bl | 39 <b>Jeroen Langeegger</b> |       | HC1     |  | 47.36 | <b>47.98</b> |         |
|   |          | 55 <b>Romke Jepma</b>       |       | HC1     |  | 51.90 | <b>50.96</b> | PR      |
|   |          | <b>Jeroen Langeegger</b>    |       |         |  |       |              |         |
|   |          | 100m                        | 13.06 | (13.06) |  | 100m  | 13.39        | (13.39) |
|   |          | 500m                        | 47.98 | (34.92) |  | 500m  | 50.96        | (37.57) |
|   |          | <b>Romke Jepma</b>          |       |         |  |       |              |         |
|   |          | 100m                        | 13.39 | (13.39) |  | 100m  | 13.39        | (13.39) |
|   |          | 500m                        | 50.96 | (37.57) |  | 500m  | 50.96        | (37.57) |

|   |          | Naam                      |       | Cat     |  | PR    | Tijd         | Info    |
|---|----------|---------------------------|-------|---------|--|-------|--------------|---------|
| 5 | wt<br>rd | 66 <b>Asia Berga</b>      |       | DC1     |  | 47.34 | <b>46.28</b> | PR      |
|   |          | 111 <b>Sven Burghoorn</b> |       | HC2     |  | 42.84 | <b>DNF</b>   |         |
|   |          | <b>Asia Berga</b>         |       |         |  |       |              |         |
|   |          | 100m                      | 12.39 | (12.39) |  | 100m  | 11.20        | (11.20) |
|   |          | 500m                      | 46.28 | (33.89) |  |       |              |         |
|   |          | <b>Sven Burghoorn</b>     |       |         |  |       |              |         |
|   |          | 100m                      | 11.20 | (11.20) |  | 100m  | 11.20        | (11.20) |
|   |          | 500m                      |       |         |  |       |              |         |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

|   |    | Naam                        |       |         | Cat                      | PR    | Tijd         | Info |
|---|----|-----------------------------|-------|---------|--------------------------|-------|--------------|------|
| 6 | gl | 44 <b>Bjorn Koen</b>        |       |         | HB1                      | 44.81 | <b>44.69</b> | PR   |
|   | bl | 21 <b>Gerianne Kromkamp</b> |       |         | DC1                      | 46.52 | <b>46.23</b> | PR   |
|   |    | <u>Bjorn Koen</u>           |       |         | <u>Gerianne Kromkamp</u> |       |              |      |
|   |    | 100m                        | 12.02 | (12.02) | 100m                     | 12.56 | (12.56)      |      |
|   |    | 500m                        | 44.69 | (32.67) | 500m                     | 46.23 | (33.67)      |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 2. Uitslag Pure sprint 100 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 104 Roel Regts        | HA1 | 12   | O    | 10.29 | PR   |        |
| 2   | 95 Jurjen Hiemstra    | HA2 | 12   | I    | 10.88 |      |        |
|     | 110 Sven Prins        | HSB | 11   | O    | 10.88 |      |        |
| 4   | 77 Ruud Willems       | H40 | 11   | I    | 11.30 |      |        |
| 5   | 88 Hessel Westra      | H45 | 9    | O    | 11.86 |      |        |
| 6   | 121 Selina de Jong    | DSA | 10   | O    | 12.02 | PR   |        |
| 7   | 115 Elvira bij de Weg | DN1 | 10   | I    | 12.14 |      |        |
| 8   | 84 Doede Wind         | H50 | 8    | I    | 12.35 |      |        |
| 9   | 92 Paulisca Groenhof  | DA2 | 8    | O    | 12.46 | PR   |        |
| 10  | 82 Sybrich Westra     | DA1 | 7    | I    | 12.79 | PR   |        |
| 11  | 91 Zoë Groen          | DSA | 9    | I    | 12.96 |      |        |

**FryslanCup 2 - Junioren C/B + Gewestelijke  
wedstr. A jun. en ouder, 11-12-2023**

Thialf - Heerenveen

**2. Rituitslag Pure sprint 100 meter**

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Scheidsrechter:

Assistent:

Starter:

Van 11-12-2023 18:30:00 tot 11-12-2023 18:41:28

Print: 23-1-2025 22:04:21

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

|    |    | Naam |                          |         | Cat                      | PR    | Tijd         | Info |
|----|----|------|--------------------------|---------|--------------------------|-------|--------------|------|
| 7  | wt | 82   | <b>Sybrich Westra</b>    |         | DA1                      | 12.81 | <b>12.79</b> | PR   |
|    | rd |      |                          |         |                          |       |              |      |
|    |    |      | <u>Sybrich Westra</u>    |         |                          |       |              |      |
|    |    | 100m | 12.79                    | (12.79) | m                        |       |              |      |
|    |    | Naam |                          |         | Cat                      | PR    | Tijd         | Info |
| 8  | gl | 84   | <b>Doede Wind</b>        |         | H50                      |       | <b>12.35</b> |      |
|    | bl | 92   | <b>Paulisca Groenhof</b> |         | DA2                      | 12.65 | <b>12.46</b> | PR   |
|    |    |      | <u>Doede Wind</u>        |         | <u>Paulisca Groenhof</u> |       |              |      |
|    |    | 100m | 12.35                    | (12.35) | 100m                     | 12.46 | (12.46)      |      |
|    |    | Naam |                          |         | Cat                      | PR    | Tijd         | Info |
| 9  | wt | 91   | <b>Zoë Groen</b>         |         | DSA                      | 12.10 | <b>12.96</b> |      |
|    | rd | 88   | <b>Hessel Westra</b>     |         | H45                      | 11.33 | <b>11.86</b> |      |
|    |    |      | <u>Zoë Groen</u>         |         | <u>Hessel Westra</u>     |       |              |      |
|    |    | 100m | 12.96                    | (12.96) | 100m                     | 11.86 | (11.86)      |      |
|    |    | Naam |                          |         | Cat                      | PR    | Tijd         | Info |
| 10 | gl | 115  | <b>Elvira bij de Weg</b> |         | DN1                      | 12.12 | <b>12.14</b> |      |
|    | bl | 121  | <b>Selina de Jong</b>    |         | DSA                      | 12.16 | <b>12.02</b> | PR   |
|    |    |      | <u>Elvira bij de Weg</u> |         | <u>Selina de Jong</u>    |       |              |      |
|    |    | 100m | 12.14                    | (12.14) | 100m                     | 12.02 | (12.02)      |      |
|    |    | Naam |                          |         | Cat                      | PR    | Tijd         | Info |
| 11 | wt | 77   | <b>Ruud Willems</b>      |         | H40                      | 11.19 | <b>11.30</b> |      |
|    | rd | 110  | <b>Sven Prins</b>        |         | HSB                      | 10.23 | <b>10.88</b> |      |
|    |    |      | <u>Ruud Willems</u>      |         | <u>Sven Prins</u>        |       |              |      |
|    |    | 100m | 11.30                    | (11.30) | 100m                     | 10.88 | (10.88)      |      |
|    |    | Naam |                          |         | Cat                      | PR    | Tijd         | Info |
| 12 | gl | 95   | <b>Jurjen Hiemstra</b>   |         | HA2                      | 10.82 | <b>10.88</b> |      |
|    | bl | 104  | <b>Roel Regts</b>        |         | HA1                      | 10.31 | <b>10.29</b> | PR   |
|    |    |      | <u>Jurjen Hiemstra</u>   |         | <u>Roel Regts</u>        |       |              |      |
|    |    | 100m | 10.88                    | (10.88) | 100m                     | 10.29 | (10.29)      |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 3. Uitslag Junioren C/B 500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd  | Info  | Punten |
|-----|--------------------------|-----|------|------|-------|-------|--------|
| 1   | 74 Berend Lange          | HB1 | 40   | I    | 38.21 | PR    |        |
| 2   | 73 Thijs Wiersma         | HB1 | 40   | O    | 38.64 | PR    |        |
| 3   | 47 Johannes Hoomans      | HC1 | 39   | I    | 39.65 |       |        |
| 4   | 8 Mart Sypersma          | HC2 | 39   | O    | 40.56 | PR    |        |
| 5   | 35 Jelte Hellinga        | HB1 | 37   | I    | 40.66 | PR    |        |
| 6   | 72 Lars Dijck            | HC1 | 35   | O    | 41.39 | PR    |        |
| 7   | 75 Christian Groenhof    | HB2 | 35   | I    | 41.46 | PR    |        |
| 8   | 6 Melle van der Zee      | HC2 | 37   | O    | 41.48 | PR    |        |
| 9   | 132 Jordy Kelderhuis     | HB2 | 38   | I    | 41.71 |       |        |
| 10  | 62 Lieke Hijlkema        | DB2 | 36   | O    | 41.91 |       |        |
| 11  | 126 Robbin de Jager      | HB2 | 38   | O    | 41.92 |       |        |
| 12  | 63 Martijn Westerhof     | HB2 | 34   | I    | 42.76 |       |        |
| 13  | 135 Atte de Haan         | HB1 | 34   | O    | 42.94 | PR FL |        |
| 14  | 50 Jente Kiwiet          | HC2 | 32   | O    | 42.97 | PR    |        |
| 15  | 16 Anouk Aalders         | DC2 | 36   | I    | 43.13 |       |        |
| 16  | 7 Kailey van der Veen    | DC1 | 33   | I    | 43.14 |       |        |
| 17  | 38 Rosa-Lynn Compagner   | DC2 | 27   | I    | 43.52 | PR    |        |
|     | 25 Eva-Sofie Elferink    | DC2 | 31   | I    | 43.52 |       |        |
| 19  | 71 Wester van der Heide  | HC2 | 32   | I    | 43.59 | PR    |        |
| 20  | 106 Lucien de Esch       | HC1 | 28   | O    | 43.86 | PR    |        |
| 21  | 10 Mariska Stegenga      | DC2 | 30   | I    | 43.94 |       |        |
| 22  | 22 Luca Stroetinga       | HC1 | 30   | O    | 44.05 | PR    |        |
| 23  | 3 Colin de Velde         | HC1 | 27   | O    | 44.07 | PR    |        |
| 24  | 34 Hannah de Vries       | DC1 | 31   | O    | 44.10 |       |        |
| 25  | 24 Silke Ludema          | DB2 | 28   | I    | 44.15 | PR    |        |
| 26  | 18 Kyra Kamstra          | DC1 | 25   | I    | 44.17 | PR    |        |
| 27  | 138 Sandra v/d Heide     | DB2 | 29   | O    | 44.33 | PR    |        |
| 28  | 37 Britt Steg            | DB1 | 23   | O    | 44.65 | PR    |        |
| 29  | 30 Stefan Huizinga       | HB2 | 23   | I    | 44.68 | PR    |        |
| 30  | 57 Wessel Jacobs-Monsees | HB2 | 19   | I    | 44.79 | PR    |        |
| 31  | 11 Maaïke Brouwer        | DC2 | 24   | I    | 44.83 | PR    |        |
| 32  | 15 Marrit Bosma          | DC1 | 25   | O    | 44.96 |       |        |
| 33  | 56 Nienke Valkenburg     | DB2 | 26   | O    | 44.97 |       |        |
| 34  | 19 Jelmer Tasma          | HC1 | 29   | I    | 45.19 |       |        |
| 35  | 109 Jim Bergkamp         | HC1 | 17   | O    | 45.27 | PR    |        |
| 36  | 53 Freya Goerres         | DB1 | 22   | I    | 45.38 |       |        |
| 37  | 28 Kaya Kolder           | DC1 | 26   | I    | 45.56 |       |        |
| 38  | 14 Lieke Visser          | DB1 | 20   | O    | 45.62 |       |        |

Scheidsrechter:

Assistent:

Starter:

Van 11-12-2023 18:30:00 tot 11-12-2023 19:54:43

Print: 23-1-2025 22:04:21

## FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

| Pos | Naam                          | Cat | Paar | Baan | Tijd Info | Punten |
|-----|-------------------------------|-----|------|------|-----------|--------|
| 39  | 33 Robine Lubbinge            | DC2 | 17   | I    | 45.63     |        |
| 40  | 41 Jade Zijlstra              | DC2 | 24   | O    | 45.65     |        |
| 41  | 2 Merel Vlug                  | DC1 | 18   | I    | 45.94     | PR     |
|     | 119 Sanne Brinksma            | DC1 | 22   | O    | 45.94     | PR     |
| 43  | 107 Mats Rabbinge             | HC2 | 21   | I    | 46.01     |        |
| 44  | 54 Else Marie Boersma         | DC1 | 18   | O    | 46.34     |        |
| 45  | 46 Hidde-Jan Poiesz           | HC1 | 21   | O    | 46.35     |        |
| 46  | 27 Sem de Vries               | HB1 | 16   | I    | 46.36     | PR     |
| 47  | 17 Amber Feller               | DC2 | 15   | I    | 46.50     | PR     |
| 48  | 51 Kim van der Graaf          | DC2 | 20   | I    | 46.57     |        |
| 49  | 31 Jorrit Kiestra             | HC2 | 14   | I    | 46.66     | PR     |
| 50  | 12 Marriët van der Tol        | DB2 | 15   | O    | 46.75     |        |
| 51  | 48 Rimer Tjoelker             | HC1 | 16   | O    | 46.78     | PR     |
| 52  | 140 Stijn Bakker              | HC2 | 19   | O    | 47.00     |        |
| 53  | 13 Jildau de Vries            | DC1 | 11   | O    | 47.06     | PR     |
| 54  | 64 Saida Gorte                | DB2 | 10   | I    | 47.09     | PR     |
| 55  | 141 Ties Buijert              | HC2 | 11   | I    | 47.37     | PR     |
| 56  | 9 Eline Teeninga              | DC1 | 9    | I    | 47.42     | PR     |
| 57  | 42 Janine Postma              | DB2 | 12   | I    | 47.82     |        |
| 58  | 113 Sophie Oostenbrink        | DC2 | 13   | I    | 47.83     | PR     |
| 59  | 68 Femke Boskma               | DB2 | 13   | O    | 47.88     | PR     |
| 60  | 137 Stijn Sloot               | HC2 | 10   | O    | 47.95     | PR     |
| 61  | 70 Marin Steegstra            | DC1 | 12   | O    | 48.19     | PR     |
| 62  | 61 Silke van der Wier         | DB2 | 14   | O    | 48.72     |        |
| 63  | 58 Maud Jubbega               | DC1 | 9    | O    | 49.17     |        |
| 64  | 43 Vera Nijboer               | DC1 | 8    | O    | 49.55     |        |
| 65  | 29 Tessa Tasma                | DB1 | 7    | O    | 49.67     |        |
| 66  | 36 Wiek Reen                  | HC1 | 5    | O    | 49.69     | PR     |
| 67  | 59 Daphne Marit van der Heide | DB1 | 4    | O    | 49.81     | PR     |
| 68  | 52 Alyne Goerres              | DC1 | 7    | I    | 49.89     |        |
| 69  | 133 Lianne Bloem              | DC1 | 8    | I    | 49.99     |        |
| 70  | 26 Foske Bouma                | DC2 | 6    | O    | 50.12     |        |
| 71  | 125 Sophie van der Zee        | DC2 | 3    | O    | 50.16     | PR     |
| 72  | 49 Else Sijtsema              | DC2 | 3    | I    | 51.06     | PR     |
| 73  | 23 Jildou de Haan             | DC1 | 6    | I    | 51.35     |        |
| 74  | 32 Esmee Soet                 | DC1 | 1    | I    | 53.08     | PR     |
| 75  | 149 Watse Westra              | HC2 | 2    | I    | 53.59     |        |
| 76  | 69 Nina Kuiken                | DB2 | 4    | I    | 54.99     |        |
| 77  | 130 Thomas Bekkema            | HC1 | 2    | O    | 1:00.95   | PR     |



# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

| Pos | Naam          | Cat | Paar | Baan | Tijd Info | Punten |
|-----|---------------|-----|------|------|-----------|--------|
| 65  | Zeger Berends | HC2 | 33   | 0    | DNF       |        |
| 60  | Mirte Kingma  | DC1 | 5    | 1    | DQ        |        |

Scheidsrechter:

Assistent:

Starter:

Van 11-12-2023 18:30:00 tot 11-12-2023 19:54:43

Print: 23-1-2025 22:04:21

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 3. Rituitslag Junioren C/B 500 meter

|   |    | Naam              |                   |         | Cat | PR    | Tijd         | Info |
|---|----|-------------------|-------------------|---------|-----|-------|--------------|------|
| 1 | wt | 32                | <b>Esmee Soet</b> |         | DC1 | 53.89 | <b>53.08</b> | PR   |
|   | rd |                   |                   |         |     |       |              |      |
|   |    | <u>Esmee Soet</u> |                   |         |     |       |              |      |
|   |    | 100m              | 13.56             | (13.56) | m   |       |              |      |
|   |    | 500m              | 53.08             | (39.52) |     |       |              |      |

|   |    | Naam                |                       |                       | Cat  | PR      | Tijd           | Info |
|---|----|---------------------|-----------------------|-----------------------|------|---------|----------------|------|
| 2 | gl | 149                 | <b>Watse Westra</b>   |                       | HC2  | 53.06   | <b>53.59</b>   |      |
|   | bl | 130                 | <b>Thomas Bekkema</b> |                       | HC1  | 1:10.49 | <b>1:00.95</b> | PR   |
|   |    | <u>Watse Westra</u> |                       | <u>Thomas Bekkema</u> |      |         |                |      |
|   |    | 100m                | 14.47                 | (14.47)               | 100m | 14.68   | (14.68)        |      |
|   |    | 500m                | 53.59                 | (39.12)               | 500m | 1:00.95 | (46.27)        |      |

|   |    | Naam                 |                           |                           | Cat  | PR    | Tijd         | Info |
|---|----|----------------------|---------------------------|---------------------------|------|-------|--------------|------|
| 3 | wt | 49                   | <b>Else Sijtsema</b>      |                           | DC2  | 51.09 | <b>51.06</b> | PR   |
|   | rd | 125                  | <b>Sophie van der Zee</b> |                           | DC2  | 51.45 | <b>50.16</b> | PR   |
|   |    | <u>Else Sijtsema</u> |                           | <u>Sophie van der Zee</u> |      |       |              |      |
|   |    | 100m                 | 13.52                     | (13.52)                   | 100m | 13.51 | (13.51)      |      |
|   |    | 500m                 | 51.06                     | (37.54)                   | 500m | 50.16 | (36.65)      |      |

|   |    | Naam               |                                   |                                   | Cat  | PR    | Tijd         | Info |
|---|----|--------------------|-----------------------------------|-----------------------------------|------|-------|--------------|------|
| 4 | gl | 69                 | <b>Nina Kuiken</b>                |                                   | DB2  | 49.57 | <b>54.99</b> |      |
|   | bl | 59                 | <b>Daphne Marit van der Heide</b> |                                   | DB1  | 50.51 | <b>49.81</b> | PR   |
|   |    | <u>Nina Kuiken</u> |                                   | <u>Daphne Marit van der Heide</u> |      |       |              |      |
|   |    | 100m               | 14.64                             | (14.64)                           | 100m | 12.89 | (12.89)      |      |
|   |    | 500m               | 54.99                             | (40.35)                           | 500m | 49.81 | (36.92)      |      |

|   |    | Naam                |                     |                  | Cat   | PR      | Tijd         | Info |
|---|----|---------------------|---------------------|------------------|-------|---------|--------------|------|
| 5 | wt | 60                  | <b>Mirte Kingma</b> |                  | DC1   | 49.79   | <b>DQ</b>    |      |
|   | rd | 36                  | <b>Wiek Reen</b>    |                  | HC1   | 49.99   | <b>49.69</b> | PR   |
|   |    | <u>Mirte Kingma</u> |                     | <u>Wiek Reen</u> |       |         |              |      |
|   |    |                     |                     | 100m             | 13.00 | (13.00) |              |      |
|   |    |                     |                     | 500m             | 49.69 | (36.69) |              |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|           |    | Naam                  |                       |         | Cat  |                     |         | PR    | Tijd         | Info |
|-----------|----|-----------------------|-----------------------|---------|------|---------------------|---------|-------|--------------|------|
| <b>6</b>  | gl | 23                    | <b>Jildou de Haan</b> |         | DC1  |                     |         | 49.99 | <b>51.35</b> |      |
|           | bl | 26                    | <b>Foske Bouma</b>    |         | DC2  |                     |         | 49.95 | <b>50.12</b> |      |
|           |    | <u>Jildou de Haan</u> |                       |         |      | <u>Foske Bouma</u>  |         |       |              |      |
|           |    | 100m                  | 13.72                 | (13.72) | 100m | 13.31               | (13.31) |       |              |      |
|           |    | 500m                  | 51.35                 | (37.63) | 500m | 50.12               | (36.81) |       |              |      |
|           |    | Naam                  |                       |         | Cat  |                     |         | PR    | Tijd         | Info |
| <b>7</b>  | wt | 52                    | <b>Alyne Goerres</b>  |         | DC1  |                     |         | 49.45 | <b>49.89</b> |      |
|           | rd | 29                    | <b>Tessa Tasma</b>    |         | DB1  |                     |         | 49.57 | <b>49.67</b> |      |
|           |    | <u>Alyne Goerres</u>  |                       |         |      | <u>Tessa Tasma</u>  |         |       |              |      |
|           |    | 100m                  | 13.54                 | (13.54) | 100m | 13.51               | (13.51) |       |              |      |
|           |    | 500m                  | 49.89                 | (36.35) | 500m | 49.67               | (36.16) |       |              |      |
|           |    | Naam                  |                       |         | Cat  |                     |         | PR    | Tijd         | Info |
| <b>8</b>  | gl | 133                   | <b>Lisanne Bloem</b>  |         | DC1  |                     |         | 49.71 | <b>49.99</b> |      |
|           | bl | 43                    | <b>Vera Nijboer</b>   |         | DC1  |                     |         | 49.00 | <b>49.55</b> |      |
|           |    | <u>Lisanne Bloem</u>  |                       |         |      | <u>Vera Nijboer</u> |         |       |              |      |
|           |    | 100m                  | 13.32                 | (13.32) | 100m | 13.34               | (13.34) |       |              |      |
|           |    | 500m                  | 49.99                 | (36.67) | 500m | 49.55               | (36.21) |       |              |      |
|           |    | Naam                  |                       |         | Cat  |                     |         | PR    | Tijd         | Info |
| <b>9</b>  | wt | 9                     | <b>Eline Teeninga</b> |         | DC1  |                     |         | 47.47 | <b>47.42</b> | PR   |
|           | rd | 58                    | <b>Maud Jubbega</b>   |         | DC1  |                     |         | 48.37 | <b>49.17</b> |      |
|           |    | <u>Eline Teeninga</u> |                       |         |      | <u>Maud Jubbega</u> |         |       |              |      |
|           |    | 100m                  | 12.38                 | (12.38) | 100m | 13.46               | (13.46) |       |              |      |
|           |    | 500m                  | 47.42                 | (35.04) | 500m | 49.17               | (35.71) |       |              |      |
|           |    | Naam                  |                       |         | Cat  |                     |         | PR    | Tijd         | Info |
| <b>10</b> | gl | 64                    | <b>Saida Gorte</b>    |         | DB2  |                     |         | 47.50 | <b>47.09</b> | PR   |
|           | bl | 137                   | <b>Stijn Sloot</b>    |         | HC2  |                     |         | 48.82 | <b>47.95</b> | PR   |
|           |    | <u>Saida Gorte</u>    |                       |         |      | <u>Stijn Sloot</u>  |         |       |              |      |
|           |    | 100m                  | 12.81                 | (12.81) | 100m | 13.00               | (13.00) |       |              |      |
|           |    | 500m                  | 47.09                 | (34.28) | 500m | 47.95               | (34.95) |       |              |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
|----|----|---------------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 11 | wt | 141                       | <b>Ties Buijert</b>        |         | HC2                        | 48.27 | <b>47.37</b> | PR   |
|    | rd | 13                        | <b>Jildau de Vries</b>     |         | DC1                        | 47.86 | <b>47.06</b> | PR   |
|    |    | <u>Ties Buijert</u>       |                            |         | <u>Jildau de Vries</u>     |       |              |      |
|    |    | 100m                      | 12.78                      | (12.78) | 100m                       | 12.80 | (12.80)      |      |
|    |    | 500m                      | 47.37                      | (34.59) | 500m                       | 47.06 | (34.26)      |      |
|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
| 12 | gl | 42                        | <b>Janine Postma</b>       |         | DB2                        | 47.82 | <b>47.82</b> |      |
|    | bl | 70                        | <b>Marin Steegstra</b>     |         | DC1                        | 48.25 | <b>48.19</b> | PR   |
|    |    | <u>Janine Postma</u>      |                            |         | <u>Marin Steegstra</u>     |       |              |      |
|    |    | 100m                      | 12.57                      | (12.57) | 100m                       | 13.17 | (13.17)      |      |
|    |    | 500m                      | 47.82                      | (35.25) | 500m                       | 48.19 | (35.02)      |      |
|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
| 13 | wt | 113                       | <b>Sophie Oostenbrink</b>  |         | DC2                        | 47.98 | <b>47.83</b> | PR   |
|    | rd | 68                        | <b>Femke Boskma</b>        |         | DB2                        | 48.13 | <b>47.88</b> | PR   |
|    |    | <u>Sophie Oostenbrink</u> |                            |         | <u>Femke Boskma</u>        |       |              |      |
|    |    | 100m                      | 12.47                      | (12.47) | 100m                       | 13.15 | (13.15)      |      |
|    |    | 500m                      | 47.83                      | (35.36) | 500m                       | 47.88 | (34.73)      |      |
|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
| 14 | gl | 31                        | <b>Jorrit Kiestra</b>      |         | HC2                        | 47.85 | <b>46.66</b> | PR   |
|    | bl | 61                        | <b>Silke van der Wier</b>  |         | DB2                        | 46.59 | <b>48.72</b> |      |
|    |    | <u>Jorrit Kiestra</u>     |                            |         | <u>Silke van der Wier</u>  |       |              |      |
|    |    | 100m                      | 12.32                      | (12.32) | 100m                       | 13.12 | (13.12)      |      |
|    |    | 500m                      | 46.66                      | (34.34) | 500m                       | 48.72 | (35.60)      |      |
|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
| 15 | wt | 17                        | <b>Amber Feller</b>        |         | DC2                        | 46.75 | <b>46.50</b> | PR   |
|    | rd | 12                        | <b>Marriët van der Tol</b> |         | DB2                        | 46.58 | <b>46.75</b> |      |
|    |    | <u>Amber Feller</u>       |                            |         | <u>Marriët van der Tol</u> |       |              |      |
|    |    | 100m                      | 12.62                      | (12.62) | 100m                       | 12.58 | (12.58)      |      |
|    |    | 500m                      | 46.50                      | (33.88) | 500m                       | 46.75 | (34.17)      |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|    |    | Naam                     | Cat   |         | PR                    | Tijd         | Info    |
|----|----|--------------------------|-------|---------|-----------------------|--------------|---------|
| 16 | gl | 27 <b>Sem de Vries</b>   | HB1   |         | 46.91                 | <b>46.36</b> | PR      |
|    | bl | 48 <b>Rimer Tjoelker</b> | HC1   |         | 47.34                 | <b>46.78</b> | PR      |
|    |    | <u>Sem de Vries</u>      |       |         | <u>Rimer Tjoelker</u> |              |         |
|    |    | 100m                     | 12.33 | (12.33) | 100m                  | 12.73        | (12.73) |
|    |    | 500m                     | 46.36 | (34.03) | 500m                  | 46.78        | (34.05) |

|    |    | Naam                      | Cat   |         | PR                  | Tijd         | Info    |
|----|----|---------------------------|-------|---------|---------------------|--------------|---------|
| 17 | wt | 33 <b>Robine Lubbinge</b> | DC2   |         | 45.53               | <b>45.63</b> |         |
|    | rd | 109 <b>Jim Bergkamp</b>   | HC1   |         | 46.63               | <b>45.27</b> | PR      |
|    |    | <u>Robine Lubbinge</u>    |       |         | <u>Jim Bergkamp</u> |              |         |
|    |    | 100m                      | 12.16 | (12.16) | 100m                | 12.14        | (12.14) |
|    |    | 500m                      | 45.63 | (33.47) | 500m                | 45.27        | (33.13) |

|    |    | Naam                         | Cat   |         | PR                        | Tijd         | Info    |
|----|----|------------------------------|-------|---------|---------------------------|--------------|---------|
| 18 | gl | 2 <b>Merel Vlug</b>          | DC1   |         | 46.30                     | <b>45.94</b> | PR      |
|    | bl | 54 <b>Else Marie Boersma</b> | DC1   |         | 46.29                     | <b>46.34</b> |         |
|    |    | <u>Merel Vlug</u>            |       |         | <u>Else Marie Boersma</u> |              |         |
|    |    | 100m                         | 12.67 | (12.67) | 100m                      | 12.43        | (12.43) |
|    |    | 500m                         | 45.94 | (33.27) | 500m                      | 46.34        | (33.91) |

|    |    | Naam                            | Cat   |         | PR                  | Tijd         | Info    |
|----|----|---------------------------------|-------|---------|---------------------|--------------|---------|
| 19 | wt | 57 <b>Wessel Jacobs-Monsees</b> | HB2   |         | 45.53               | <b>44.79</b> | PR      |
|    | rd | 140 <b>Stijn Bakker</b>         | HC2   |         | 46.28               | <b>47.00</b> |         |
|    |    | <u>Wessel Jacobs-Monsees</u>    |       |         | <u>Stijn Bakker</u> |              |         |
|    |    | 100m                            | 12.58 | (12.58) | 100m                | 12.86        | (12.86) |
|    |    | 500m                            | 44.79 | (32.21) | 500m                | 47.00        | (34.14) |

|    |    | Naam                        | Cat   |         | PR                  | Tijd         | Info    |
|----|----|-----------------------------|-------|---------|---------------------|--------------|---------|
| 20 | gl | 51 <b>Kim van der Graaf</b> | DC2   |         | 46.21               | <b>46.57</b> |         |
|    | bl | 14 <b>Lieke Visser</b>      | DB1   |         | 45.11               | <b>45.62</b> |         |
|    |    | <u>Kim van der Graaf</u>    |       |         | <u>Lieke Visser</u> |              |         |
|    |    | 100m                        | 12.47 | (12.47) | 100m                | 12.91        | (12.91) |
|    |    | 500m                        | 46.57 | (34.10) | 500m                | 45.62        | (32.71) |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|    |    | Naam                 |                         | Cat     |                         | PR    | Tijd         | Info |
|----|----|----------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 21 | wt | 107                  | <b>Mats Rabbinge</b>    |         | HC2                     | 45.88 | <b>46.01</b> |      |
|    | rd | 46                   | <b>Hidde-Jan Poiesz</b> |         | HC1                     | 46.09 | <b>46.35</b> |      |
|    |    | <b>Mats Rabbinge</b> |                         |         | <b>Hidde-Jan Poiesz</b> |       |              |      |
|    |    | 100m                 | 12.02                   | (12.02) | 100m                    | 12.51 | (12.51)      |      |
|    |    | 500m                 | 46.01                   | (33.99) | 500m                    | 46.35 | (33.84)      |      |

|    |    | Naam                 |                       | Cat     |                       | PR    | Tijd         | Info |
|----|----|----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 22 | gl | 53                   | <b>Freya Goerres</b>  |         | DB1                   | 45.03 | <b>45.38</b> |      |
|    | bl | 119                  | <b>Sanne Brinksma</b> |         | DC1                   | 46.05 | <b>45.94</b> | PR   |
|    |    | <b>Freya Goerres</b> |                       |         | <b>Sanne Brinksma</b> |       |              |      |
|    |    | 100m                 | 12.39                 | (12.39) | 100m                  | 12.37 | (12.37)      |      |
|    |    | 500m                 | 45.38                 | (32.99) | 500m                  | 45.94 | (33.57)      |      |

|    |    | Naam                   |                        | Cat     |                   | PR    | Tijd         | Info |
|----|----|------------------------|------------------------|---------|-------------------|-------|--------------|------|
| 23 | wt | 30                     | <b>Stefan Huizinga</b> |         | HB2               | 45.13 | <b>44.68</b> | PR   |
|    | rd | 37                     | <b>Britt Steg</b>      |         | DB1               | 45.42 | <b>44.65</b> | PR   |
|    |    | <b>Stefan Huizinga</b> |                        |         | <b>Britt Steg</b> |       |              |      |
|    |    | 100m                   | 12.09                  | (12.09) | 100m              | 12.28 | (12.28)      |      |
|    |    | 500m                   | 44.68                  | (32.59) | 500m              | 44.65 | (32.37)      |      |

|    |    | Naam                  |                       | Cat     |                      | PR    | Tijd         | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|-------|--------------|------|
| 24 | gl | 11                    | <b>Maaïke Brouwer</b> |         | DC2                  | 45.17 | <b>44.83</b> | PR   |
|    | bl | 41                    | <b>Jade Zijlstra</b>  |         | DC2                  | 45.64 | <b>45.65</b> |      |
|    |    | <b>Maaïke Brouwer</b> |                       |         | <b>Jade Zijlstra</b> |       |              |      |
|    |    | 100m                  | 12.41                 | (12.41) | 100m                 | 12.62 | (12.62)      |      |
|    |    | 500m                  | 44.83                 | (32.42) | 500m                 | 45.65 | (33.03)      |      |

|    |    | Naam                |                     | Cat     |                     | PR    | Tijd         | Info |
|----|----|---------------------|---------------------|---------|---------------------|-------|--------------|------|
| 25 | wt | 18                  | <b>Kyra Kamstra</b> |         | DC1                 | 44.99 | <b>44.17</b> | PR   |
|    | rd | 15                  | <b>Marrit Bosma</b> |         | DC1                 | 44.89 | <b>44.96</b> |      |
|    |    | <b>Kyra Kamstra</b> |                     |         | <b>Marrit Bosma</b> |       |              |      |
|    |    | 100m                | 12.08               | (12.08) | 100m                | 12.45 | (12.45)      |      |
|    |    | 500m                | 44.17               | (32.09) | 500m                | 44.96 | (32.51)      |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|    |    | Naam                       |                            |         | Cat                      | PR    | Tijd         | Info |
|----|----|----------------------------|----------------------------|---------|--------------------------|-------|--------------|------|
| 26 | gl | 28                         | <b>Kaya Kolder</b>         |         | DC1                      | 45.11 | <b>45.56</b> |      |
|    | bl | 56                         | <b>Nienke Valkenburg</b>   |         | DB2                      | 44.95 | <b>44.97</b> |      |
|    |    | <u>Kaya Kolder</u>         |                            |         | <u>Nienke Valkenburg</u> |       |              |      |
|    |    | 100m                       | 12.71                      | (12.71) | 100m                     | 12.29 | (12.29)      |      |
|    |    | 500m                       | 45.56                      | (32.85) | 500m                     | 44.97 | (32.68)      |      |
|    |    | Naam                       |                            |         | Cat                      | PR    | Tijd         | Info |
| 27 | wt | 38                         | <b>Rosa-Lynn Compagner</b> |         | DC2                      | 44.47 | <b>43.52</b> | PR   |
|    | rd | 3                          | <b>Colin de Velde</b>      |         | HC1                      | 44.60 | <b>44.07</b> | PR   |
|    |    | <u>Rosa-Lynn Compagner</u> |                            |         | <u>Colin de Velde</u>    |       |              |      |
|    |    | 100m                       | 12.01                      | (12.01) | 100m                     | 11.94 | (11.94)      |      |
|    |    | 500m                       | 43.52                      | (31.51) | 500m                     | 44.07 | (32.13)      |      |
|    |    | Naam                       |                            |         | Cat                      | PR    | Tijd         | Info |
| 28 | gl | 24                         | <b>Silke Ludema</b>        |         | DB2                      | 44.78 | <b>44.15</b> | PR   |
|    | bl | 106                        | <b>Lucien de Esch</b>      |         | HC1                      | 44.87 | <b>43.86</b> | PR   |
|    |    | <u>Silke Ludema</u>        |                            |         | <u>Lucien de Esch</u>    |       |              |      |
|    |    | 100m                       | 11.87                      | (11.87) | 100m                     | 12.17 | (12.17)      |      |
|    |    | 500m                       | 44.15                      | (32.28) | 500m                     | 43.86 | (31.69)      |      |
|    |    | Naam                       |                            |         | Cat                      | PR    | Tijd         | Info |
| 29 | wt | 19                         | <b>Jelmer Tasma</b>        |         | HC1                      | 44.44 | <b>45.19</b> |      |
|    | rd | 138                        | <b>Sandra v/d Heide</b>    |         | DB2                      | 44.39 | <b>44.33</b> | PR   |
|    |    | <u>Jelmer Tasma</u>        |                            |         | <u>Sandra v/d Heide</u>  |       |              |      |
|    |    | 100m                       | 12.45                      | (12.45) | 100m                     | 12.00 | (12.00)      |      |
|    |    | 500m                       | 45.19                      | (32.74) | 500m                     | 44.33 | (32.33)      |      |
|    |    | Naam                       |                            |         | Cat                      | PR    | Tijd         | Info |
| 30 | gl | 10                         | <b>Mariska Stegenga</b>    |         | DC2                      | 43.73 | <b>43.94</b> |      |
|    | bl | 22                         | <b>Luca Stroetinga</b>     |         | HC1                      | 44.22 | <b>44.05</b> | PR   |
|    |    | <u>Mariska Stegenga</u>    |                            |         | <u>Luca Stroetinga</u>   |       |              |      |
|    |    | 100m                       | 12.33                      | (12.33) | 100m                     | 12.05 | (12.05)      |      |
|    |    | 500m                       | 43.94                      | (31.61) | 500m                     | 44.05 | (32.00)      |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|    |    | Naam                      |                           |         | Cat  |                        |         | PR    | Tijd         | Info |
|----|----|---------------------------|---------------------------|---------|------|------------------------|---------|-------|--------------|------|
| 31 | wt | 25                        | <b>Eva-Sofie Elferink</b> |         | DC2  |                        |         | 43.13 | <b>43.52</b> |      |
|    | rd | 34                        | <b>Hannah de Vries</b>    |         | DC1  |                        |         | 44.07 | <b>44.10</b> |      |
|    |    | <u>Eva-Sofie Elferink</u> |                           |         |      | <u>Hannah de Vries</u> |         |       |              |      |
|    |    | 100m                      | 12.22                     | (12.22) | 100m | 12.03                  | (12.03) |       |              |      |
|    |    | 500m                      | 43.52                     | (31.30) | 500m | 44.10                  | (32.07) |       |              |      |

|    |    | Naam                        |                             |         | Cat  |                     |         | PR    | Tijd         | Info |
|----|----|-----------------------------|-----------------------------|---------|------|---------------------|---------|-------|--------------|------|
| 32 | gl | 71                          | <b>Wester van der Heide</b> |         | HC2  |                     |         | 43.89 | <b>43.59</b> | PR   |
|    | bl | 50                          | <b>Jente Kiwiet</b>         |         | HC2  |                     |         | 44.02 | <b>42.97</b> | PR   |
|    |    | <u>Wester van der Heide</u> |                             |         |      | <u>Jente Kiwiet</u> |         |       |              |      |
|    |    | 100m                        | 11.61                       | (11.61) | 100m | 11.60               | (11.60) |       |              |      |
|    |    | 500m                        | 43.59                       | (31.98) | 500m | 42.97               | (31.37) |       |              |      |

|    |    | Naam                       |                            |         | Cat  |                      |         | PR    | Tijd         | Info |
|----|----|----------------------------|----------------------------|---------|------|----------------------|---------|-------|--------------|------|
| 33 | wt | 7                          | <b>Kailey van der Veen</b> |         | DC1  |                      |         | 43.04 | <b>43.14</b> |      |
|    | rd | 65                         | <b>Zeger Berends</b>       |         | HC2  |                      |         | 42.96 | <b>DNF</b>   |      |
|    |    | <u>Kailey van der Veen</u> |                            |         |      | <u>Zeger Berends</u> |         |       |              |      |
|    |    | 100m                       | 12.02                      | (12.02) | 100m | 11.84                | (11.84) |       |              |      |
|    |    | 500m                       | 43.14                      | (31.12) |      |                      |         |       |              |      |

|    |    | Naam                     |                          |         | Cat  |                     |         | PR    | Tijd         | Info  |
|----|----|--------------------------|--------------------------|---------|------|---------------------|---------|-------|--------------|-------|
| 34 | gl | 63                       | <b>Martijn Westerhof</b> |         | HB2  |                     |         | 42.69 | <b>42.76</b> |       |
|    | bl | 135                      | <b>Atte de Haan</b>      |         | HB1  |                     |         | 43.04 | <b>42.94</b> | PR FL |
|    |    | <u>Martijn Westerhof</u> |                          |         |      | <u>Atte de Haan</u> |         |       |              |       |
|    |    | 100m                     | 11.47                    | (11.47) | 100m | 11.66               | (11.66) |       |              |       |
|    |    | 500m                     | 42.76                    | (31.29) | 500m | 42.94               | (31.28) |       |              |       |

|    |    | Naam                      |                           |         | Cat  |                   |         | PR    | Tijd         | Info |
|----|----|---------------------------|---------------------------|---------|------|-------------------|---------|-------|--------------|------|
| 35 | wt | 75                        | <b>Christian Groenhof</b> |         | HB2  |                   |         | 42.30 | <b>41.46</b> | PR   |
|    | rd | 72                        | <b>Lars Dijck</b>         |         | HC1  |                   |         | 42.24 | <b>41.39</b> | PR   |
|    |    | <u>Christian Groenhof</u> |                           |         |      | <u>Lars Dijck</u> |         |       |              |      |
|    |    | 100m                      | 11.23                     | (11.23) | 100m | 11.42             | (11.42) |       |              |      |
|    |    | 500m                      | 41.46                     | (30.23) | 500m | 41.39             | (29.97) |       |              |      |



# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|    |    | Naam                    |                          |         | Cat                      |       |         | PR    | Tijd         | Info |  |
|----|----|-------------------------|--------------------------|---------|--------------------------|-------|---------|-------|--------------|------|--|
| 36 | gl | 16                      | <b>Anouk Aalders</b>     |         | DC2                      |       |         | 42.30 | <b>43.13</b> |      |  |
|    | bl | 62                      | <b>Lieke Hijlkema</b>    |         | DB2                      |       |         | 41.73 | <b>41.91</b> |      |  |
|    |    | <u>Anouk Aalders</u>    |                          |         | <u>Lieke Hijlkema</u>    |       |         |       |              |      |  |
|    |    | 100m                    | 11.96                    | (11.96) | 100m                     | 11.69 | (11.69) |       |              |      |  |
|    |    | 500m                    | 43.13                    | (31.17) | 500m                     | 41.91 | (30.22) |       |              |      |  |
|    |    | Naam                    |                          |         | Cat                      |       |         | PR    | Tijd         | Info |  |
| 37 | wt | 35                      | <b>Jelte Hellinga</b>    |         | HB1                      |       |         | 40.80 | <b>40.66</b> | PR   |  |
|    | rd | 6                       | <b>Melle van der Zee</b> |         | HC2                      |       |         | 41.51 | <b>41.48</b> | PR   |  |
|    |    | <u>Jelte Hellinga</u>   |                          |         | <u>Melle van der Zee</u> |       |         |       |              |      |  |
|    |    | 100m                    | 11.46                    | (11.46) | 100m                     | 11.63 | (11.63) |       |              |      |  |
|    |    | 500m                    | 40.66                    | (29.20) | 500m                     | 41.48 | (29.85) |       |              |      |  |
|    |    | Naam                    |                          |         | Cat                      |       |         | PR    | Tijd         | Info |  |
| 38 | gl | 132                     | <b>Jordy Kelderhuis</b>  |         | HB2                      |       |         | 41.68 | <b>41.71</b> |      |  |
|    | bl | 126                     | <b>Robbin de Jager</b>   |         | HB2                      |       |         | 41.84 | <b>41.92</b> |      |  |
|    |    | <u>Jordy Kelderhuis</u> |                          |         | <u>Robbin de Jager</u>   |       |         |       |              |      |  |
|    |    | 100m                    | 11.34                    | (11.34) | 100m                     | 11.60 | (11.60) |       |              |      |  |
|    |    | 500m                    | 41.71                    | (30.37) | 500m                     | 41.92 | (30.32) |       |              |      |  |
|    |    | Naam                    |                          |         | Cat                      |       |         | PR    | Tijd         | Info |  |
| 39 | wt | 47                      | <b>Johannes Hoomans</b>  |         | HC1                      |       |         | 39.60 | <b>39.65</b> |      |  |
|    | rd | 8                       | <b>Mart Sypersma</b>     |         | HC2                      |       |         | 40.80 | <b>40.56</b> | PR   |  |
|    |    | <u>Johannes Hoomans</u> |                          |         | <u>Mart Sypersma</u>     |       |         |       |              |      |  |
|    |    | 100m                    | 11.09                    | (11.09) | 100m                     | 11.10 | (11.10) |       |              |      |  |
|    |    | 500m                    | 39.65                    | (28.56) | 500m                     | 40.56 | (29.46) |       |              |      |  |
|    |    | Naam                    |                          |         | Cat                      |       |         | PR    | Tijd         | Info |  |
| 40 | gl | 74                      | <b>Berend Lange</b>      |         | HB1                      |       |         | 38.59 | <b>38.21</b> | PR   |  |
|    | bl | 73                      | <b>Thijs Wiersma</b>     |         | HB1                      |       |         | 39.31 | <b>38.64</b> | PR   |  |
|    |    | <u>Berend Lange</u>     |                          |         | <u>Thijs Wiersma</u>     |       |         |       |              |      |  |
|    |    | 100m                    | 10.64                    | (10.64) | 100m                     | 10.92 | (10.92) |       |              |      |  |
|    |    | 500m                    | 38.21                    | (27.57) | 500m                     | 38.64 | (27.72) |       |              |      |  |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 4. Uitslag Junioren C/B 2e 500 meter

| Pos | Naam                 | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|----------------------|-----|------|------|-------|------|--------|
| 1   | 111 Sven Burghoorn   | HC2 | 55   | I    | 40.76 |      |        |
| 2   | 44 Bjorn Koen        | HB1 | 56   | O    | 44.40 | PR   |        |
| 3   | 21 Gerianne Kromkamp | DC1 | 56   | I    | 46.30 |      |        |
| 4   | 143 Jelly Hiemstra   | DB2 | 53   | I    | 46.88 | PR   |        |
| 5   | 66 Asia Berga        | DC1 | 55   | O    | 47.11 |      |        |
| 6   | 39 Jeroen Langeegger | HC1 | 54   | O    | 47.27 | PR   |        |
| 7   | 55 Romke Jepma       | HC1 | 54   | I    | 50.83 | PR   |        |
| 8   | 40 Thijs de Wit      | HC1 | 53   | O    | 51.69 |      |        |
| 9   | 45 Frouwkje Dijkstra | DC1 | 51   | O    | 54.64 |      |        |

Scheidsrechter:

Assistent:

Starter:

Van 11-12-2023 18:30:00 tot 11-12-2023 19:23:00

Print: 23-1-2025 22:04:21

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 4. Rituitslag Junioren C/B 2e 500 meter

|    |    | Naam                        | Cat | PR    | Tijd         | Info    |
|----|----|-----------------------------|-----|-------|--------------|---------|
| 51 | wt |                             |     |       |              |         |
|    | rd | 45 <b>Frouwkje Dijkstra</b> | DC1 | 53.87 | <b>54.64</b> |         |
|    |    | Frouwkje Dijkstra           |     |       |              |         |
|    |    | m                           |     | 100m  | 13.73        | (13.73) |
|    |    |                             |     | 500m  | 54.64        | (40.91) |

|    |    | Naam | Cat | PR | Tijd | Info |
|----|----|------|-----|----|------|------|
| 52 | gl |      |     |    |      |      |
|    | bl |      |     |    |      |      |
|    |    | m    |     | m  |      |      |

|    |    | Naam                      | Cat   | PR           | Tijd         | Info          |
|----|----|---------------------------|-------|--------------|--------------|---------------|
| 53 | wt | 143 <b>Jelly Hiemstra</b> | DB2   | 47.43        | <b>46.88</b> | PR            |
|    | rd | 40 <b>Thijs de Wit</b>    | HC1   | 50.83        | <b>51.69</b> |               |
|    |    | Jelly Hiemstra            |       | Thijs de Wit |              |               |
|    |    | 100m                      | 13.02 | (13.02)      | 100m         | 13.21 (13.21) |
|    |    | 500m                      | 46.88 | (33.86)      | 500m         | 51.69 (38.48) |

|    |    | Naam                       | Cat   | PR               | Tijd         | Info          |
|----|----|----------------------------|-------|------------------|--------------|---------------|
| 54 | gl | 55 <b>Romke Jepma</b>      | HC1   | 51.90            | <b>50.83</b> | PR            |
|    | bl | 39 <b>Jeroen Langegger</b> | HC1   | 47.36            | <b>47.27</b> | PR            |
|    |    | Romke Jepma                |       | Jeroen Langegger |              |               |
|    |    | 100m                       | 13.42 | (13.42)          | 100m         | 12.67 (12.67) |
|    |    | 500m                       | 50.83 | (37.41)          | 500m         | 47.27 (34.60) |

|    |    | Naam                      | Cat   | PR         | Tijd         | Info          |
|----|----|---------------------------|-------|------------|--------------|---------------|
| 55 | wt | 111 <b>Sven Burghoorn</b> | HC2   | 42.84      | <b>40.76</b> |               |
|    | rd | 66 <b>Asia Berga</b>      | DC1   | 47.34      | <b>47.11</b> |               |
|    |    | Sven Burghoorn            |       | Asia Berga |              |               |
|    |    | 100m                      | 10.90 | (10.90)    | 100m         | 12.63 (12.63) |
|    |    | 500m                      | 40.76 | (29.86)    | 500m         | 47.11 (34.48) |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

|    |    | Naam                        | Cat           | PR    | Tijd          | Info |
|----|----|-----------------------------|---------------|-------|---------------|------|
| 56 | gl | 21 <b>Gerianne Kromkamp</b> | DC1           | 46.52 | <b>46.30</b>  |      |
|    | bl | 44 <b>Bjorn Koen</b>        | HB1           | 44.81 | <b>44.40</b>  | PR   |
|    |    | <u>Gerianne Kromkamp</u>    |               |       |               |      |
|    |    | 100m                        | 12.55 (12.55) | 100m  | 11.71 (11.71) |      |
|    |    | 500m                        | 46.30 (33.75) | 500m  | 44.40 (32.69) |      |
|    |    | <u>Bjorn Koen</u>           |               |       |               |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 5. Uitslag Pure sprint 500 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 104 Roel Regts        | HA1 | 62   | O    | 38.34 |      |        |
| 2   | 95 Jurjen Hiemstra    | HA2 | 62   | I    | 39.84 |      |        |
| 3   | 88 Hessel Westra      | H45 | 59   | I    | 43.71 |      |        |
| 4   | 84 Doede Wind         | H50 | 59   | O    | 44.08 |      |        |
| 5   | 115 Elvira bij de Weg | DN1 | 60   | I    | 44.98 |      |        |
| 6   | 121 Selina de Jong    | DSA | 60   | O    | 45.16 |      |        |
| 7   | 92 Paulisca Groenhof  | DA2 | 57   | I    | 47.49 | PR   |        |
| 8   | 91 Zoë Groen          | DSA | 58   | I    | 48.12 |      |        |
| 9   | 82 Sybrich Westra     | DA1 | 58   | O    | 48.67 |      |        |
|     | 110 Sven Prins        | HSB | 61   | I    | DNF   |      |        |
|     | 77 Ruud Willems       | H40 | 61   | O    | DNF   |      |        |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 5. Rituitslag Pure sprint 500 meter

|       |    | Naam                         |       |         | Cat | PR    | Tijd         | Info    |
|-------|----|------------------------------|-------|---------|-----|-------|--------------|---------|
| 57    | wt | 92 <b>Paulisca Groenhof</b>  |       |         | DA2 | 47.93 | <b>47.49</b> | PR      |
|       | rd |                              |       |         |     |       |              |         |
|       |    | <b>Paulisca Groenhof</b>     |       |         |     |       |              |         |
|       |    | 100m                         | 12.60 | (12.60) |     | m     |              |         |
|       |    | 500m                         | 47.49 | (34.89) |     |       |              |         |
| <hr/> |    |                              |       |         |     |       |              |         |
|       |    | Naam                         |       |         | Cat | PR    | Tijd         | Info    |
| 58    | gl | 91 <b>Zoë Groen</b>          |       |         | DSA | 46.87 | <b>48.12</b> |         |
|       | bl | 82 <b>Sybrich Westra</b>     |       |         | DA1 | 47.04 | <b>48.67</b> |         |
|       |    | <b>Zoë Groen</b>             |       |         |     |       |              |         |
|       |    | 100m                         | 13.04 | (13.04) |     | 100m  | 12.84        | (12.84) |
|       |    | 500m                         | 48.12 | (35.08) |     | 500m  | 48.67        | (35.83) |
|       |    | <b>Sybrich Westra</b>        |       |         |     |       |              |         |
|       |    | 100m                         | 13.04 | (13.04) |     | 100m  | 12.84        | (12.84) |
|       |    | 500m                         | 48.12 | (35.08) |     | 500m  | 48.67        | (35.83) |
| <hr/> |    |                              |       |         |     |       |              |         |
|       |    | Naam                         |       |         | Cat | PR    | Tijd         | Info    |
| 59    | wt | 88 <b>Hessel Westra</b>      |       |         | H45 | 42.86 | <b>43.71</b> |         |
|       | rd | 84 <b>Doede Wind</b>         |       |         | H50 | 43.67 | <b>44.08</b> |         |
|       |    | <b>Hessel Westra</b>         |       |         |     |       |              |         |
|       |    | 100m                         | 11.69 | (11.69) |     | 100m  | 12.39        | (12.39) |
|       |    | 500m                         | 43.71 | (32.02) |     | 500m  | 44.08        | (31.69) |
|       |    | <b>Doede Wind</b>            |       |         |     |       |              |         |
|       |    | 100m                         | 11.69 | (11.69) |     | 100m  | 12.39        | (12.39) |
|       |    | 500m                         | 43.71 | (32.02) |     | 500m  | 44.08        | (31.69) |
| <hr/> |    |                              |       |         |     |       |              |         |
|       |    | Naam                         |       |         | Cat | PR    | Tijd         | Info    |
| 60    | gl | 115 <b>Elvira bij de Weg</b> |       |         | DN1 | 44.57 | <b>44.98</b> |         |
|       | bl | 121 <b>Selina de Jong</b>    |       |         | DSA | 44.67 | <b>45.16</b> |         |
|       |    | <b>Elvira bij de Weg</b>     |       |         |     |       |              |         |
|       |    | 100m                         | 12.26 | (12.26) |     | 100m  | 12.34        | (12.34) |
|       |    | 500m                         | 44.98 | (32.72) |     | 500m  | 45.16        | (32.82) |
|       |    | <b>Selina de Jong</b>        |       |         |     |       |              |         |
|       |    | 100m                         | 12.26 | (12.26) |     | 100m  | 12.34        | (12.34) |
|       |    | 500m                         | 44.98 | (32.72) |     | 500m  | 45.16        | (32.82) |
| <hr/> |    |                              |       |         |     |       |              |         |
|       |    | Naam                         |       |         | Cat | PR    | Tijd         | Info    |
| 61    | wt | 110 <b>Sven Prins</b>        |       |         | HSB | 37.88 | <b>DNF</b>   |         |
|       | rd | 77 <b>Ruud Willems</b>       |       |         | H40 | 41.32 | <b>DNF</b>   |         |
|       |    | <b>Sven Prins</b>            |       |         |     |       |              |         |
|       |    | 100m                         | 10.97 | (10.97) |     |       |              |         |
|       |    | <b>Ruud Willems</b>          |       |         |     |       |              |         |

## FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

|    |    | Naam                       | Cat | PR                         | Tijd         | Info |
|----|----|----------------------------|-----|----------------------------|--------------|------|
| 62 | gl | 95 <b>Jurjen Hiemstra</b>  | HA2 | 39.17                      | <b>39.84</b> |      |
|    | bl | 104 <b>Roel Regts</b>      | HA1 | 38.11                      | <b>38.34</b> |      |
|    |    | <b>Jurjen Hiemstra</b>     |     | <b>Roel Regts</b>          |              |      |
|    |    | 100m      11.01    (11.01) |     | 100m      10.46    (10.46) |              |      |
|    |    | 500m      39.84    (28.83) |     | 500m      38.34    (27.88) |              |      |

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# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 6. Uitslag Junioren A en ouder 500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|--------------------------|-----|------|------|-------|------|--------|
| 1   | 145 Willem Bekkema       | HN1 | 78   | I    | 36.88 | PR   |        |
| 2   | 142 Kevin Kuiper         | HN2 | 77   | O    | 37.50 |      |        |
| 3   | 98 Jesse de Lange        | HN3 | 77   | I    | 38.35 |      |        |
| 4   | 150 Eelke Westra         | HN1 | 75   | O    | 38.67 |      |        |
| 5   | 79 Jornt Dijk            | HN4 | 78   | O    | 38.74 |      |        |
| 6   | 89 Sietse de Vries       | HA1 | 75   | I    | 38.83 |      |        |
| 7   | 78 Johannes de Groot     | H45 | 76   | I    | 40.13 |      |        |
| 8   | 123 Wisse Slendebroek    | HA2 | 72   | I    | 41.08 | PR   |        |
| 9   | 118 Sanne Oosterwijk     | DA2 | 76   | O    | 41.28 |      |        |
| 10  | 144 Lianne van Gammeren  | DA1 | 73   | O    | 41.49 | PR   |        |
| 11  | 108 Hilde Noppert        | DN4 | 73   | I    | 41.75 |      |        |
| 12  | 83 Joas Woudstra         | HSB | 74   | O    | 42.63 |      |        |
| 13  | 122 Zenna Koopman        | DN3 | 72   | O    | 43.04 |      |        |
| 14  | 93 Wessel Wijnja         | HSB | 70   | O    | 43.08 | PR   |        |
| 15  | 80 Jan van der Stouwe    | H55 | 71   | O    | 43.34 |      |        |
| 16  | 101 Martin-Age Osinga    | HSB | 70   | I    | 43.81 | PR   |        |
| 17  | 94 Jenieke Kuiken        | DA2 | 68   | I    | 44.10 | PR   |        |
| 18  | 99 Piet Siemonsma        | H70 | 68   | O    | 44.30 |      |        |
| 19  | 127 Jasper Knulst        | H50 | 69   | O    | 44.54 |      |        |
| 20  | 105 Mettie de Vegt       | DSB | 67   | I    | 45.52 |      |        |
| 21  | 102 Gerbrich de Haan     | DA1 | 66   | O    | 45.93 |      |        |
|     | 146 Nykle Dijkstra       | HSB | 67   | O    | 45.93 |      |        |
| 23  | 112 Elbrich Kooistra     | DA1 | 65   | O    | 46.70 |      |        |
| 24  | 100 Ilse Calsbeek        | DA1 | 65   | I    | 46.97 |      |        |
| 25  | 76 Janette de Groot-Bron | D45 | 64   | O    | 47.28 |      |        |
| 26  | 129 Annamarie Boersma    | DSA | 66   | I    | 47.38 | PR   |        |
| 27  | 139 Tsjomme Dijkstra     | HSB | 63   | O    | 48.30 |      |        |
| 28  | 128 Rianne Gerritsen     | D40 | 64   | I    | 48.63 |      |        |
| 29  | 117 Susan Dijkshoorn     | DSA | 63   | I    | 51.56 |      |        |
|     | 97 Geert Fekken          | H45 | 71   | I    | DNF   |      |        |
|     | 81 Sam van der Monde     | DN1 | 69   | I    | DNS   |      |        |
|     | 103 Pieter-Jorn Gemser   | H40 | 74   | I    | DNS   |      |        |



# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 6. Rituitslag Junioren A en ouder 500 meter

|    |    | Naam |                         | Cat                     |      | PR                      | Tijd         | Info |
|----|----|------|-------------------------|-------------------------|------|-------------------------|--------------|------|
| 63 | wt | 117  | <b>Susan Dijkshoorn</b> |                         | DSA  | 50.96                   | <b>51.56</b> |      |
|    | rd | 139  | <b>Tsjomme Dijkstra</b> |                         | HSB  | 47.41                   | <b>48.30</b> |      |
|    |    |      |                         | <u>Susan Dijkshoorn</u> |      | <u>Tsjomme Dijkstra</u> |              |      |
|    |    | 100m | 13.82                   | (13.82)                 | 100m | 12.22                   | (12.22)      |      |
|    |    | 500m | 51.56                   | (37.74)                 | 500m | 48.30                   | (36.08)      |      |

|    |    | Naam |                              | Cat                     |      | PR                           | Tijd         | Info |
|----|----|------|------------------------------|-------------------------|------|------------------------------|--------------|------|
| 64 | gl | 128  | <b>Rianne Gerritsen</b>      |                         | D40  | 46.37                        | <b>48.63</b> |      |
|    | bl | 76   | <b>Janette de Groot-Bron</b> |                         | D45  | 44.96                        | <b>47.28</b> |      |
|    |    |      |                              | <u>Rianne Gerritsen</u> |      | <u>Janette de Groot-Bron</u> |              |      |
|    |    | 100m | 13.15                        | (13.15)                 | 100m | 13.35                        | (13.35)      |      |
|    |    | 500m | 48.63                        | (35.48)                 | 500m | 47.28                        | (33.93)      |      |

|    |    | Naam |                         | Cat                  |      | PR                      | Tijd         | Info |
|----|----|------|-------------------------|----------------------|------|-------------------------|--------------|------|
| 65 | wt | 100  | <b>Ilse Calsbeek</b>    |                      | DA1  | 46.38                   | <b>46.97</b> |      |
|    | rd | 112  | <b>Elbrich Kooistra</b> |                      | DA1  | 46.10                   | <b>46.70</b> |      |
|    |    |      |                         | <u>Ilse Calsbeek</u> |      | <u>Elbrich Kooistra</u> |              |      |
|    |    | 100m | 12.60                   | (12.60)              | 100m | 12.58                   | (12.58)      |      |
|    |    | 500m | 46.97                   | (34.37)              | 500m | 46.70                   | (34.12)      |      |

|    |    | Naam |                          | Cat                      |      | PR                      | Tijd         | Info |
|----|----|------|--------------------------|--------------------------|------|-------------------------|--------------|------|
| 66 | gl | 129  | <b>Annamarie Boersma</b> |                          | DSA  | 47.42                   | <b>47.38</b> | PR   |
|    | bl | 102  | <b>Gerbrich de Haan</b>  |                          | DA1  | 45.52                   | <b>45.93</b> |      |
|    |    |      |                          | <u>Annamarie Boersma</u> |      | <u>Gerbrich de Haan</u> |              |      |
|    |    | 100m | 13.20                    | (13.20)                  | 100m | 12.30                   | (12.30)      |      |
|    |    | 500m | 47.38                    | (34.18)                  | 500m | 45.93                   | (33.63)      |      |

|    |    | Naam |                       | Cat                   |      | PR                    | Tijd         | Info |
|----|----|------|-----------------------|-----------------------|------|-----------------------|--------------|------|
| 67 | wt | 105  | <b>Mettie de Vegt</b> |                       | DSB  | 44.72                 | <b>45.52</b> |      |
|    | rd | 146  | <b>Nykle Dijkstra</b> |                       | HSB  | 45.69                 | <b>45.93</b> |      |
|    |    |      |                       | <u>Mettie de Vegt</u> |      | <u>Nykle Dijkstra</u> |              |      |
|    |    | 100m | 12.76                 | (12.76)               | 100m | 12.33                 | (12.33)      |      |
|    |    | 500m | 45.52                 | (32.76)               | 500m | 45.93                 | (33.60)      |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|    |    | Naam                  |                       |         | Cat                   |       |         | PR    | Tijd         | Info |  |
|----|----|-----------------------|-----------------------|---------|-----------------------|-------|---------|-------|--------------|------|--|
| 68 | gl | 94                    | <b>Jenieke Kuiken</b> |         | DA2                   |       |         | 44.67 | <b>44.10</b> | PR   |  |
|    | bl | 99                    | <b>Piet Siemonsma</b> |         | H70                   |       |         | 42.05 | <b>44.30</b> |      |  |
|    |    | <u>Jenieke Kuiken</u> |                       |         | <u>Piet Siemonsma</u> |       |         |       |              |      |  |
|    |    | 100m                  | 12.02                 | (12.02) | 100m                  | 12.40 | (12.40) |       |              |      |  |
|    |    | 500m                  | 44.10                 | (32.08) | 500m                  | 44.30 | (31.90) |       |              |      |  |

|    |    | Naam                     |                          |      | Cat                  |         |  | PR    | Tijd         | Info |  |
|----|----|--------------------------|--------------------------|------|----------------------|---------|--|-------|--------------|------|--|
| 69 | wt | 81                       | <b>Sam van der Monde</b> |      | DN1                  |         |  | 42.78 | <b>DNS</b>   |      |  |
|    | rd | 127                      | <b>Jasper Knulst</b>     |      | H50                  |         |  | 43.46 | <b>44.54</b> |      |  |
|    |    | <u>Sam van der Monde</u> |                          |      | <u>Jasper Knulst</u> |         |  |       |              |      |  |
|    |    |                          |                          | 100m | 11.97                | (11.97) |  |       |              |      |  |
|    |    |                          |                          | 500m | 44.54                | (32.57) |  |       |              |      |  |

|    |    | Naam                     |                          |         | Cat                  |       |         | PR    | Tijd         | Info |  |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|---------|-------|--------------|------|--|
| 70 | gl | 101                      | <b>Martin-Age Osinga</b> |         | HSB                  |       |         | 44.15 | <b>43.81</b> | PR   |  |
|    | bl | 93                       | <b>Wessel Wijnja</b>     |         | HSB                  |       |         | 43.49 | <b>43.08</b> | PR   |  |
|    |    | <u>Martin-Age Osinga</u> |                          |         | <u>Wessel Wijnja</u> |       |         |       |              |      |  |
|    |    | 100m                     | 12.26                    | (12.26) | 100m                 | 12.06 | (12.06) |       |              |      |  |
|    |    | 500m                     | 43.81                    | (31.55) | 500m                 | 43.08 | (31.02) |       |              |      |  |

|    |    | Naam                |                           |      | Cat                       |         |  | PR    | Tijd         | Info |  |
|----|----|---------------------|---------------------------|------|---------------------------|---------|--|-------|--------------|------|--|
| 71 | wt | 97                  | <b>Geert Fekken</b>       |      | H45                       |         |  | 42.66 | <b>DNF</b>   |      |  |
|    | rd | 80                  | <b>Jan van der Stouwe</b> |      | H55                       |         |  | 39.24 | <b>43.34</b> |      |  |
|    |    | <u>Geert Fekken</u> |                           |      | <u>Jan van der Stouwe</u> |         |  |       |              |      |  |
|    |    |                     |                           | 100m | 11.70                     | (11.70) |  |       |              |      |  |
|    |    |                     |                           | 500m | 43.34                     | (31.64) |  |       |              |      |  |

|    |    | Naam                     |                          |         | Cat                  |       |         | PR    | Tijd         | Info |  |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|---------|-------|--------------|------|--|
| 72 | gl | 123                      | <b>Wisse Slendebroek</b> |         | HA2                  |       |         | 42.85 | <b>41.08</b> | PR   |  |
|    | bl | 122                      | <b>Zenna Koopman</b>     |         | DN3                  |       |         | 42.71 | <b>43.04</b> |      |  |
|    |    | <u>Wisse Slendebroek</u> |                          |         | <u>Zenna Koopman</u> |       |         |       |              |      |  |
|    |    | 100m                     | 11.59                    | (11.59) | 100m                 | 11.91 | (11.91) |       |              |      |  |
|    |    | 500m                     | 41.08                    | (29.49) | 500m                 | 43.04 | (31.13) |       |              |      |  |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
|----|----|---------------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 73 | wt | 108                       | <b>Hilde Noppert</b>       |         | DN4                        | 41.36 | <b>41.75</b> |      |
|    | rd | 144                       | <b>Lianne van Gammeren</b> |         | DA1                        | 41.69 | <b>41.49</b> | PR   |
|    |    | <u>Hilde Noppert</u>      |                            |         | <u>Lianne van Gammeren</u> |       |              |      |
|    |    | 100m                      | 11.88                      | (11.88) | 100m                       | 11.50 | (11.50)      |      |
|    |    | 500m                      | 41.75                      | (29.87) | 500m                       | 41.49 | (29.99)      |      |
|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
| 74 | gl | 103                       | <b>Pieter-Jorn Gemser</b>  |         | H40                        | 40.63 | <b>DNS</b>   |      |
|    | bl | 83                        | <b>Joas Woudstra</b>       |         | HSB                        | 41.86 | <b>42.63</b> |      |
|    |    | <u>Pieter-Jorn Gemser</u> |                            |         | <u>Joas Woudstra</u>       |       |              |      |
|    |    | 100m                      |                            |         | 100m                       | 11.63 | (11.63)      |      |
|    |    | 500m                      |                            |         | 500m                       | 42.63 | (31.00)      |      |
|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
| 75 | wt | 89                        | <b>Sietse de Vries</b>     |         | HA1                        | 38.76 | <b>38.83</b> |      |
|    | rd | 150                       | <b>Eelke Westra</b>        |         | HN1                        | 38.34 | <b>38.67</b> |      |
|    |    | <u>Sietse de Vries</u>    |                            |         | <u>Eelke Westra</u>        |       |              |      |
|    |    | 100m                      | 10.82                      | (10.82) | 100m                       | 10.89 | (10.89)      |      |
|    |    | 500m                      | 38.83                      | (28.01) | 500m                       | 38.67 | (27.78)      |      |
|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
| 76 | gl | 78                        | <b>Johannes de Groot</b>   |         | H45                        | 38.50 | <b>40.13</b> |      |
|    | bl | 118                       | <b>Sanne Oosterwijk</b>    |         | DA2                        | 41.23 | <b>41.28</b> |      |
|    |    | <u>Johannes de Groot</u>  |                            |         | <u>Sanne Oosterwijk</u>    |       |              |      |
|    |    | 100m                      | 11.04                      | (11.04) | 100m                       | 11.47 | (11.47)      |      |
|    |    | 500m                      | 40.13                      | (29.09) | 500m                       | 41.28 | (29.81)      |      |
|    |    | Naam                      |                            |         | Cat                        | PR    | Tijd         | Info |
| 77 | wt | 98                        | <b>Jesse de Lange</b>      |         | HN3                        | 37.90 | <b>38.35</b> |      |
|    | rd | 142                       | <b>Kevin Kuiper</b>        |         | HN2                        | 37.21 | <b>37.50</b> |      |
|    |    | <u>Jesse de Lange</u>     |                            |         | <u>Kevin Kuiper</u>        |       |              |      |
|    |    | 100m                      | 10.90                      | (10.90) | 100m                       | 10.50 | (10.50)      |      |
|    |    | 500m                      | 38.35                      | (27.45) | 500m                       | 37.50 | (27.00)      |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

|    |    | Naam                       |  | Cat                        |  | PR    | Tijd         | Info |
|----|----|----------------------------|--|----------------------------|--|-------|--------------|------|
| 78 | gl | 145 <b>Willem Bekkema</b>  |  | HN1                        |  | 37.05 | <b>36.88</b> | PR   |
|    | bl | 79 <b>Jornt Dijk</b>       |  | HN4                        |  | 37.70 | <b>38.74</b> |      |
|    |    | <b>Willem Bekkema</b>      |  | <b>Jornt Dijk</b>          |  |       |              |      |
|    |    | 100m      10.09    (10.09) |  | 100m      10.64    (10.64) |  |       |              |      |
|    |    | 500m      36.88    (26.79) |  | 500m      38.74    (28.10) |  |       |              |      |

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# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 7. Uitslag Pure sprint 300 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 104 Roel Regts        | HA1 | 84   | I    | 24.68 | PR   |        |
| 2   | 95 Jurjen Hiemstra    | HA2 | 83   | O    | 25.39 | PR   |        |
| 3   | 77 Ruud Willems       | H40 | 84   | O    | 26.66 |      |        |
| 4   | 88 Hessel Westra      | H45 | 82   | I    | 28.46 |      |        |
| 5   | 84 Doede Wind         | H50 | 80   | O    | 28.67 |      |        |
|     | 115 Elvira bij de Weg | DN1 | 81   | O    | 28.67 | PR   |        |
| 7   | 121 Selina de Jong    | DSA | 81   | I    | 28.74 |      |        |
| 8   | 92 Paulisca Groenhof  | DA2 | 80   | I    | 30.37 | PR   |        |
| 9   | 91 Zoë Groen          | DSA | 82   | O    | 30.58 |      |        |
| 10  | 82 Sybrich Westra     | DA1 | 79   | I    | 31.18 |      |        |
|     | 110 Sven Prins        | HSB |      |      | WDR   |      |        |

**FryslanCup 2 - Junioren C/B + Gewestelijke  
wedstr. A jun. en ouder, 11-12-2023**

Thialf - Heerenveen

**7. Rituitslag Pure sprint 300 meter**

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Scheidsrechter:

Assistent:

Starter:

Van 11-12-2023 18:30:00 tot 11-12-2023 20:17:06

Print: 23-1-2025 22:04:22

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

|    |    | Naam                         | Cat           | PR                       | Tijd          | Info |
|----|----|------------------------------|---------------|--------------------------|---------------|------|
| 79 | wt | 82 <b>Sybrich Westra</b>     | DA1           | 30.91                    | <b>31.18</b>  |      |
|    | rd |                              |               |                          |               |      |
|    |    | <u>Sybrich Westra</u>        |               |                          |               |      |
|    |    | 300m                         | 31.18 (31.18) | m                        |               |      |
|    |    | Naam                         | Cat           | PR                       | Tijd          | Info |
| 80 | gl | 92 <b>Paulisca Groenhof</b>  | DA2           | 31.43                    | <b>30.37</b>  | PR   |
|    | bl | 84 <b>Doede Wind</b>         | H50           |                          | <b>28.67</b>  |      |
|    |    | <u>Paulisca Groenhof</u>     |               | <u>Doede Wind</u>        |               |      |
|    |    | 300m                         | 30.37 (30.37) | 300m                     | 28.67 (28.67) |      |
|    |    | Naam                         | Cat           | PR                       | Tijd          | Info |
| 81 | wt | 121 <b>Selina de Jong</b>    | DSA           | 28.74                    | <b>28.74</b>  |      |
|    | rd | 115 <b>Elvira bij de Weg</b> | DN1           | 28.72                    | <b>28.67</b>  | PR   |
|    |    | <u>Selina de Jong</u>        |               | <u>Elvira bij de Weg</u> |               |      |
|    |    | 300m                         | 28.74 (28.74) | 300m                     | 28.67 (28.67) |      |
|    |    | Naam                         | Cat           | PR                       | Tijd          | Info |
| 82 | gl | 88 <b>Hessel Westra</b>      | H45           | 27.59                    | <b>28.46</b>  |      |
|    | bl | 91 <b>Zoë Groen</b>          | DSA           | 29.73                    | <b>30.58</b>  |      |
|    |    | <u>Hessel Westra</u>         |               | <u>Zoë Groen</u>         |               |      |
|    |    | 300m                         | 28.46 (28.46) | 300m                     | 30.58 (30.58) |      |
|    |    | Naam                         | Cat           | PR                       | Tijd          | Info |
| 83 | wt | 110 <b>Sven Prins</b>        | HSB           | 24.19                    | <b>WDR</b>    |      |
|    | rd | 95 <b>Jurjen Hiemstra</b>    | HA2           | 25.39                    | <b>25.39</b>  | PR   |
|    |    | <u>Sven Prins</u>            |               | <u>Jurjen Hiemstra</u>   |               |      |
|    |    |                              |               | 300m                     | 25.39 (25.39) |      |
|    |    | Naam                         | Cat           | PR                       | Tijd          | Info |
| 84 | gl | 104 <b>Roel Regts</b>        | HA1           | 25.11                    | <b>24.68</b>  | PR   |
|    | bl | 77 <b>Ruud Willems</b>       | H40           | 26.48                    | <b>26.66</b>  |      |
|    |    | <u>Roel Regts</u>            |               | <u>Ruud Willems</u>      |               |      |
|    |    | 300m                         | 24.68 (24.68) | 300m                     | 26.66 (26.66) |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 8. Uitslag Junioren C/B 1500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 74 Berend Lange          | HB1 | 99   | O    | 1:54.78 | PR   |        |
| 2   | 35 Jelte Hellinga        | HB1 | 100  | O    | 2:03.47 | PR   |        |
| 3   | 75 Christian Groenhof    | HB2 | 97   | I    | 2:04.39 | PR   |        |
| 4   | 6 Melle van der Zee      | HC2 | 97   | O    | 2:04.54 | PR   |        |
| 5   | 47 Johannes Hoomans      | HC1 | 100  | I    | 2:05.68 |      |        |
| 6   | 8 Mart Sypersma          | HC2 | 99   | I    | 2:05.78 |      |        |
| 7   | 72 Lars Dijck            | HC1 | 98   | I    | 2:08.71 | PR   |        |
| 8   | 65 Zeger Berends         | HC2 | 98   | O    | 2:09.00 | PR   |        |
| 9   | 132 Jordy Kelderhuis     | HB2 | 96   | I    | 2:09.04 | PR   |        |
| 10  | 57 Wessel Jacobs-Monsees | HB2 | 93   | I    | 2:12.38 | PR   |        |
| 11  | 106 Lucien de Esch       | HC1 | 95   | I    | 2:12.66 | PR   |        |
| 12  | 50 Jente Kiwiet          | HC2 | 91   | O    | 2:13.10 | PR   |        |
| 13  | 18 Kyra Kamstra          | DC1 | 96   | O    | 2:14.50 | PR   |        |
| 14  | 11 Maaike Brouwer        | DC2 | 93   | O    | 2:17.06 | PR   |        |
| 15  | 37 Britt Steg            | DB1 | 94   | I    | 2:17.36 | PR   |        |
| 16  | 140 Stijn Bakker         | HC2 | 91   | I    | 2:17.91 | PR   |        |
| 17  | 28 Kaya Kolder           | DC1 | 94   | O    | 2:19.42 |      |        |
| 18  | 27 Sem de Vries          | HB1 | 89   | O    | 2:20.70 | PR   |        |
| 19  | 119 Sanne Brinksma       | DC1 | 92   | I    | 2:22.51 |      |        |
| 20  | 68 Femke Boskma          | DB2 | 90   | I    | 2:23.29 | PR   |        |
| 21  | 141 Ties Buijert         | HC2 | 88   | O    | 2:23.65 | PR   |        |
| 22  | 137 Stijn Sloot          | HC2 | 88   | I    | 2:24.67 | PR   |        |
| 23  | 13 Jildau de Vries       | DC1 | 89   | I    | 2:24.89 | PR   |        |
| 24  | 109 Jim Bergkamp         | HC1 | 85   | I    | 2:25.08 |      |        |
| 25  | 61 Silke van der Wier    | DB2 | 92   | O    | 2:25.51 |      |        |
| 26  | 17 Amber Feller          | DC2 | 90   | O    | 2:26.15 | PR   |        |
| 27  | 64 Saida Gorte           | DB2 | 87   | I    | 2:30.53 | PR   |        |
| 28  | 26 Foske Bouma           | DC2 | 87   | O    | 2:32.79 | PR   |        |
| 29  | 107 Mats Rabbinge        | HC2 | 86   | O    | 3:00.46 | FL   |        |
|     | 54 Else Marie Boersma    | DC1 |      |      |         | WDR  |        |
|     | 19 Jelmer Tasma          | HC1 |      |      |         | WDR  |        |





# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|       |    | Naam                         | Cat     |         | PR                        | Tijd           | Info    |
|-------|----|------------------------------|---------|---------|---------------------------|----------------|---------|
| 89    | wt | 13 <b>Jildau de Vries</b>    | DC1     |         | 2:26.22                   | <b>2:24.89</b> | PR      |
|       | rd | 27 <b>Sem de Vries</b>       | HB1     |         | 2:26.25                   | <b>2:20.70</b> | PR      |
|       |    | <b>Jildau de Vries</b>       |         |         | <b>Sem de Vries</b>       |                |         |
|       |    | 300m                         | 30.87   | (30.87) | 300m                      | 30.41          | (30.41) |
|       |    | 700m                         | 1:07.17 | (36.30) | 700m                      | 1:05.92        | (35.51) |
|       |    | 1100m                        | 1:45.06 | (37.89) | 1100m                     | 1:43.34        | (37.42) |
|       |    | 1500m                        | 2:24.89 | (39.83) | 1500m                     | 2:20.70        | (37.36) |
| <hr/> |    |                              |         |         |                           |                |         |
|       |    | Naam                         | Cat     |         | PR                        | Tijd           | Info    |
| 90    | gl | 68 <b>Femke Boskma</b>       | DB2     |         | 2:26.09                   | <b>2:23.29</b> | PR      |
|       | bl | 17 <b>Amber Feller</b>       | DC2     |         | 2:28.11                   | <b>2:26.15</b> | PR      |
|       |    | <b>Femke Boskma</b>          |         |         | <b>Amber Feller</b>       |                |         |
|       |    | 300m                         | 31.66   | (31.66) | 300m                      | 30.90          | (30.90) |
|       |    | 700m                         | 1:07.82 | (36.16) | 700m                      | 1:06.62        | (35.72) |
|       |    | 1100m                        | 1:45.37 | (37.55) | 1100m                     | 1:45.09        | (38.47) |
|       |    | 1500m                        | 2:23.29 | (37.92) | 1500m                     | 2:26.15        | (41.06) |
| <hr/> |    |                              |         |         |                           |                |         |
|       |    | Naam                         | Cat     |         | PR                        | Tijd           | Info    |
| 91    | wt | 140 <b>Stijn Bakker</b>      | HC2     |         | 2:23.92                   | <b>2:17.91</b> | PR      |
|       | rd | 50 <b>Jente Kiwiet</b>       | HC2     |         | 2:23.61                   | <b>2:13.10</b> | PR      |
|       |    | <b>Stijn Bakker</b>          |         |         | <b>Jente Kiwiet</b>       |                |         |
|       |    | 300m                         | 30.33   | (30.33) | 300m                      | 28.72          | (28.72) |
|       |    | 700m                         | 1:05.10 | (34.77) | 700m                      | 1:02.42        | (33.70) |
|       |    | 1100m                        | 1:41.20 | (36.10) | 1100m                     | 1:37.52        | (35.10) |
|       |    | 1500m                        | 2:17.91 | (36.71) | 1500m                     | 2:13.10        | (35.58) |
| <hr/> |    |                              |         |         |                           |                |         |
|       |    | Naam                         | Cat     |         | PR                        | Tijd           | Info    |
| 92    | gl | 119 <b>Sanne Brinksma</b>    | DC1     |         | 2:21.00                   | <b>2:22.51</b> |         |
|       | bl | 61 <b>Silke van der Wier</b> | DB2     |         | 2:23.38                   | <b>2:25.51</b> |         |
|       |    | <b>Sanne Brinksma</b>        |         |         | <b>Silke van der Wier</b> |                |         |
|       |    | 300m                         | 31.29   | (31.29) | 300m                      | 31.27          | (31.27) |
|       |    | 700m                         | 1:07.74 | (36.45) | 700m                      | 1:07.07        | (35.80) |
|       |    | 1100m                        | 1:45.17 | (37.43) | 1100m                     | 1:45.14        | (38.07) |
|       |    | 1500m                        | 2:22.51 | (37.34) | 1500m                     | 2:25.51        | (40.37) |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|       |    | Naam                         |                              |         | Cat                   | PR      | Tijd           | Info |
|-------|----|------------------------------|------------------------------|---------|-----------------------|---------|----------------|------|
| 93    | wt | 57                           | <b>Wessel Jacobs-Monsees</b> |         | HB2                   | 2:15.19 | <b>2:12.38</b> | PR   |
|       | rd | 11                           | <b>Maaïke Brouwer</b>        |         | DC2                   | 2:19.18 | <b>2:17.06</b> | PR   |
|       |    | <u>Wessel Jacobs-Monsees</u> |                              |         | <u>Maaïke Brouwer</u> |         |                |      |
|       |    | 300m                         | 29.71                        | (29.71) | 300m                  | 29.87   | (29.87)        |      |
|       |    | 700m                         | 1:02.58                      | (32.87) | 700m                  | 1:04.42 | (34.55)        |      |
|       |    | 1100m                        | 1:37.21                      | (34.63) | 1100m                 | 1:40.66 | (36.24)        |      |
|       |    | 1500m                        | 2:12.38                      | (35.17) | 1500m                 | 2:17.06 | (36.40)        |      |
| <hr/> |    |                              |                              |         |                       |         |                |      |
|       |    | Naam                         |                              |         | Cat                   | PR      | Tijd           | Info |
| 94    | gl | 37                           | <b>Britt Steg</b>            |         | DB1                   | 2:19.92 | <b>2:17.36</b> | PR   |
|       | bl | 28                           | <b>Kaya Kolder</b>           |         | DC1                   | 2:18.46 | <b>2:19.42</b> |      |
|       |    | <u>Britt Steg</u>            |                              |         | <u>Kaya Kolder</u>    |         |                |      |
|       |    | 300m                         | 29.17                        | (29.17) | 300m                  | 30.34   | (30.34)        |      |
|       |    | 700m                         | 1:02.92                      | (33.75) | 700m                  | 1:04.27 | (33.93)        |      |
|       |    | 1100m                        | 1:39.51                      | (36.59) | 1100m                 | 1:41.16 | (36.89)        |      |
|       |    | 1500m                        | 2:17.36                      | (37.85) | 1500m                 | 2:19.42 | (38.26)        |      |
| <hr/> |    |                              |                              |         |                       |         |                |      |
|       |    | Naam                         |                              |         | Cat                   | PR      | Tijd           | Info |
| 95    | wt | 106                          | <b>Lucien de Esch</b>        |         | HC1                   | 2:14.24 | <b>2:12.66</b> | PR   |
|       | rd | 19                           | <b>Jelmer Tasma</b>          |         | HC1                   | 2:15.31 | <b>WDR</b>     |      |
|       |    | <u>Lucien de Esch</u>        |                              |         | <u>Jelmer Tasma</u>   |         |                |      |
|       |    | 300m                         | 29.14                        | (29.14) |                       |         |                |      |
|       |    | 700m                         | 1:01.75                      | (32.61) |                       |         |                |      |
|       |    | 1100m                        | 1:36.46                      | (34.71) |                       |         |                |      |
|       |    | 1500m                        | 2:12.66                      | (36.20) |                       |         |                |      |
| <hr/> |    |                              |                              |         |                       |         |                |      |
|       |    | Naam                         |                              |         | Cat                   | PR      | Tijd           | Info |
| 96    | gl | 132                          | <b>Jordy Kelderhuis</b>      |         | HB2                   | 2:12.21 | <b>2:09.04</b> | PR   |
|       | bl | 18                           | <b>Kyra Kamstra</b>          |         | DC1                   | 2:15.25 | <b>2:14.50</b> | PR   |
|       |    | <u>Jordy Kelderhuis</u>      |                              |         | <u>Kyra Kamstra</u>   |         |                |      |
|       |    | 300m                         | 26.93                        | (26.93) | 300m                  | 29.48   | (29.48)        |      |
|       |    | 700m                         | 58.77                        | (31.84) | 700m                  | 1:03.33 | (33.85)        |      |
|       |    | 1100m                        | 1:33.13                      | (34.36) | 1100m                 | 1:38.73 | (35.40)        |      |
|       |    | 1500m                        | 2:09.04                      | (35.91) | 1500m                 | 2:14.50 | (35.77)        |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|       |    | Naam                         | Cat     |                          | PR      | Tijd           | Info    |
|-------|----|------------------------------|---------|--------------------------|---------|----------------|---------|
| 97    | wt | 75 <b>Christian Groenhof</b> | HB2     |                          | 2:08.32 | <b>2:04.39</b> | PR      |
|       | rd | 6 <b>Melle van der Zee</b>   | HC2     |                          | 2:09.56 | <b>2:04.54</b> | PR      |
|       |    | <u>Christian Groenhof</u>    |         | <u>Melle van der Zee</u> |         |                |         |
|       |    | 300m                         | 26.83   | (26.83)                  | 300m    | 27.85          | (27.85) |
|       |    | 700m                         | 58.37   | (31.54)                  | 700m    | 58.82          | (30.97) |
|       |    | 1100m                        | 1:30.72 | (32.35)                  | 1100m   | 1:30.97        | (32.15) |
|       |    | 1500m                        | 2:04.39 | (33.67)                  | 1500m   | 2:04.54        | (33.57) |
| <hr/> |    |                              |         |                          |         |                |         |
|       |    | Naam                         | Cat     |                          | PR      | Tijd           | Info    |
| 98    | gl | 72 <b>Lars Dijck</b>         | HC1     |                          | 2:11.68 | <b>2:08.71</b> | PR      |
|       | bl | 65 <b>Zeger Berends</b>      | HC2     |                          | 2:09.11 | <b>2:09.00</b> | PR      |
|       |    | <u>Lars Dijck</u>            |         | <u>Zeger Berends</u>     |         |                |         |
|       |    | 300m                         | 27.89   | (27.89)                  | 300m    | 28.19          | (28.19) |
|       |    | 700m                         | 59.39   | (31.50)                  | 700m    | 1:00.35        | (32.16) |
|       |    | 1100m                        | 1:33.75 | (34.36)                  | 1100m   | 1:34.08        | (33.73) |
|       |    | 1500m                        | 2:08.71 | (34.96)                  | 1500m   | 2:09.00        | (34.92) |
| <hr/> |    |                              |         |                          |         |                |         |
|       |    | Naam                         | Cat     |                          | PR      | Tijd           | Info    |
| 99    | wt | 8 <b>Mart Sypersma</b>       | HC2     |                          | 2:05.54 | <b>2:05.78</b> |         |
|       | rd | 74 <b>Berend Lange</b>       | HB1     |                          | 1:57.48 | <b>1:54.78</b> | PR      |
|       |    | <u>Mart Sypersma</u>         |         | <u>Berend Lange</u>      |         |                |         |
|       |    | 300m                         | 26.87   | (26.87)                  | 300m    | 25.75          | (25.75) |
|       |    | 700m                         | 58.27   | (31.40)                  | 700m    | 53.93          | (28.18) |
|       |    | 1100m                        | 1:31.06 | (32.79)                  | 1100m   | 1:23.80        | (29.87) |
|       |    | 1500m                        | 2:05.78 | (34.72)                  | 1500m   | 1:54.78        | (30.98) |
| <hr/> |    |                              |         |                          |         |                |         |
|       |    | Naam                         | Cat     |                          | PR      | Tijd           | Info    |
| 100   | gl | 47 <b>Johannes Hoomans</b>   | HC1     |                          | 2:05.08 | <b>2:05.68</b> |         |
|       | bl | 35 <b>Jelte Hellinga</b>     | HB1     |                          | 2:05.21 | <b>2:03.47</b> | PR      |
|       |    | <u>Johannes Hoomans</u>      |         | <u>Jelte Hellinga</u>    |         |                |         |
|       |    | 300m                         | 26.56   | (26.56)                  | 300m    | 27.32          | (27.32) |
|       |    | 700m                         | 57.53   | (30.97)                  | 700m    | 58.57          | (31.25) |
|       |    | 1100m                        | 1:31.13 | (33.60)                  | 1100m   | 1:30.91        | (32.34) |
|       |    | 1500m                        | 2:05.68 | (34.55)                  | 1500m   | 2:03.47        | (32.56) |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 9. Uitslag Junioren A en ouder 1500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info  | Punten |
|-----|--------------------------|-----|------|------|---------|-------|--------|
| 1   | 142 Kevin Kuiper         | HN2 | 108  | I    | 1:56.79 | HT PR |        |
| 2   | 123 Wisse Slendebroek    | HA2 | 106  | I    | 1:58.18 | PR    |        |
| 3   | 150 Eelke Westra         | HN1 | 108  | O    | 1:59.06 | HT PR |        |
| 4   | 145 Willem Bekkema       | HN1 | 103  | I    | 2:03.90 | HT PR |        |
| 5   | 108 Hilde Noppert        | DN4 | 107  | I    | 2:07.68 | HT    |        |
| 6   | 93 Wessel Wijnja         | HSB | 105  | I    | 2:08.43 | PR    |        |
| 7   | 144 Lianne van Gammeren  | DA1 | 106  | O    | 2:10.12 | PR    |        |
| 8   | 101 Martin-Age Osinga    | HSB | 102  | I    | 2:13.26 |       |        |
| 9   | 105 Mettie de Vegt       | DSB | 104  | O    | 2:15.07 |       |        |
| 10  | 94 Jenieke Kuiken        | DA2 | 104  | I    | 2:17.64 | PR    |        |
| 11  | 112 Elbrich Kooistra     | DA1 | 102  | O    | 2:22.81 | PR    |        |
| 12  | 146 Nykle Dijkstra       | HSB | 101  | I    | 2:22.88 | PR    |        |
| 13  | 76 Janette de Groot-Bron | D45 | 103  | O    | 2:23.32 |       |        |
| 14  | 100 Ilse Calsbeek        | DA1 | 101  | O    | 2:27.77 | PR    |        |
|     | 81 Sam van der Monde     | DN1 | 105  | O    | DNS     |       |        |
|     | 103 Pieter-Jorn Gemser   | H40 | 107  | O    | DNS     |       |        |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 9. Rituitslag Junioren A en ouder 1500 meter

|     |    | Naam                      | Cat | PR      | Tijd           | Info |
|-----|----|---------------------------|-----|---------|----------------|------|
| 101 | wt | 146 <b>Nykle Dijkstra</b> | HSB | 2:26.11 | <b>2:22.88</b> | PR   |
|     | rd | 100 <b>Ilse Calsbeek</b>  | DA1 | 2:32.73 | <b>2:27.77</b> | PR   |

| Nykle Dijkstra |         |         | Ilse Calsbeek |         |         |
|----------------|---------|---------|---------------|---------|---------|
| 300m           | 30.73   | (30.73) | 300m          | 30.97   | (30.97) |
| 700m           | 1:06.79 | (36.06) | 700m          | 1:07.41 | (36.44) |
| 1100m          | 1:44.31 | (37.52) | 1100m         | 1:46.10 | (38.69) |
| 1500m          | 2:22.88 | (38.57) | 1500m         | 2:27.77 | (41.67) |

|     |    | Naam                         | Cat | PR      | Tijd           | Info |
|-----|----|------------------------------|-----|---------|----------------|------|
| 102 | gl | 101 <b>Martin-Age Osinga</b> | HSB |         | <b>2:13.26</b> |      |
|     | bl | 112 <b>Elbrich Kooistra</b>  | DA1 | 2:25.12 | <b>2:22.81</b> | PR   |

| Martin-Age Osinga |         |         | Elbrich Kooistra |         |         |
|-------------------|---------|---------|------------------|---------|---------|
| 300m              | 29.61   | (29.61) | 300m             | 30.64   | (30.64) |
| 700m              | 1:02.43 | (32.82) | 700m             | 1:06.70 | (36.06) |
| 1100m             | 1:37.13 | (34.70) | 1100m            | 1:44.62 | (37.92) |
| 1500m             | 2:13.26 | (36.13) | 1500m            | 2:22.81 | (38.19) |

|     |    | Naam                            | Cat | PR      | Tijd           | Info  |
|-----|----|---------------------------------|-----|---------|----------------|-------|
| 103 | wt | 145 <b>Willem Bekkema</b>       | HN1 | 2:18.19 | <b>2:03.90</b> | HT PR |
|     | rd | 76 <b>Janette de Groot-Bron</b> | D45 | 2:16.46 | <b>2:23.32</b> |       |

| Willem Bekkema |         |         | Janette de Groot-Bron |         |         |
|----------------|---------|---------|-----------------------|---------|---------|
| 300m           | 24.60   | (24.60) | 300m                  | 30.91   | (30.91) |
| 700m           | 54.62   | (30.02) | 700m                  | 1:06.62 | (35.71) |
| 1100m          | 1:28.11 | (33.49) | 1100m                 | 1:44.47 | (37.85) |
| 1500m          | 2:03.90 | (35.79) | 1500m                 | 2:23.32 | (38.85) |

|     |    | Naam                      | Cat | PR      | Tijd           | Info |
|-----|----|---------------------------|-----|---------|----------------|------|
| 104 | gl | 94 <b>Jenieke Kuiken</b>  | DA2 | 2:19.97 | <b>2:17.64</b> | PR   |
|     | bl | 105 <b>Mettie de Vegt</b> | DSB | 2:12.73 | <b>2:15.07</b> |      |

| Jenieke Kuiken |         |         | Mettie de Vegt |         |         |
|----------------|---------|---------|----------------|---------|---------|
| 300m           | 29.19   | (29.19) | 300m           | 30.21   | (30.21) |
| 700m           | 1:03.14 | (33.95) | 700m           | 1:04.12 | (33.91) |
| 1100m          | 1:39.47 | (36.33) | 1100m          | 1:39.36 | (35.24) |
| 1500m          | 2:17.64 | (38.17) | 1500m          | 2:15.07 | (35.71) |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|     |    | Naam                           | Cat     |         | PR                         | Tijd           | Info    |
|-----|----|--------------------------------|---------|---------|----------------------------|----------------|---------|
| 105 | wt | 93 <b>Wessel Wijnja</b>        | HSB     |         | 2:11.67                    | <b>2:08.43</b> | PR      |
|     | rd | 81 <b>Sam van der Monde</b>    | DN1     |         | 2:13.16                    | <b>DNS</b>     |         |
|     |    | <u>Wessel Wijnja</u>           |         |         | <u>Sam van der Monde</u>   |                |         |
|     |    | 300m                           | 28.66   | (28.66) |                            |                |         |
|     |    | 700m                           | 1:00.47 | (31.81) |                            |                |         |
|     |    | 1100m                          | 1:33.72 | (33.25) |                            |                |         |
|     |    | 1500m                          | 2:08.43 | (34.71) |                            |                |         |
|     |    | Naam                           | Cat     |         | PR                         | Tijd           | Info    |
| 106 | gl | 123 <b>Wisse Slendebroek</b>   | HA2     |         | 2:08.63                    | <b>1:58.18</b> | PR      |
|     | bl | 144 <b>Lianne van Gammeren</b> | DA1     |         | 2:11.68                    | <b>2:10.12</b> | PR      |
|     |    | <u>Wisse Slendebroek</u>       |         |         | <u>Lianne van Gammeren</u> |                |         |
|     |    | 300m                           | 26.92   | (26.92) | 300m                       | 28.07          | (28.07) |
|     |    | 700m                           | 56.48   | (29.56) | 700m                       | 1:01.15        | (33.08) |
|     |    | 1100m                          | 1:27.00 | (30.52) | 1100m                      | 1:35.40        | (34.25) |
|     |    | 1500m                          | 1:58.18 | (31.18) | 1500m                      | 2:10.12        | (34.72) |
|     |    | Naam                           | Cat     |         | PR                         | Tijd           | Info    |
| 107 | wt | 108 <b>Hilde Noppert</b>       | DN4     |         | 2:04.62                    | <b>2:07.68</b> | HT      |
|     | rd | 103 <b>Pieter-Jorn Gemser</b>  | H40     |         | 2:01.96                    | <b>DNS</b>     |         |
|     |    | <u>Hilde Noppert</u>           |         |         | <u>Pieter-Jorn Gemser</u>  |                |         |
|     |    | 300m                           | 27.72   | (27.72) | 300m                       | 25.56          | (25.56) |
|     |    | 700m                           | 58.72   | (31.00) | 700m                       | 53.73          | (28.17) |
|     |    | 1100m                          | 1:31.99 | (33.27) | 1100m                      | 1:24.76        | (31.03) |
|     |    | 1500m                          | 2:07.68 | (35.69) | 1500m                      | 1:59.00        | (34.24) |
|     |    | Naam                           | Cat     |         | PR                         | Tijd           | Info    |
| 108 | gl | 142 <b>Kevin Kuiper</b>        | HN2     |         | 1:57.42                    | <b>1:56.79</b> | HT PR   |
|     | bl | 150 <b>Eelke Westra</b>        | HN1     |         | 2:00.03                    | <b>1:59.06</b> | HT PR   |
|     |    | <u>Kevin Kuiper</u>            |         |         | <u>Eelke Westra</u>        |                |         |
|     |    | 300m                           | 25.03   | (25.03) | 300m                       | 25.56          | (25.56) |
|     |    | 700m                           | 53.73   | (28.70) | 700m                       | 53.73          | (28.17) |
|     |    | 1100m                          | 1:23.73 | (30.00) | 1100m                      | 1:24.70        | (30.97) |
|     |    | 1500m                          | 1:56.79 | (33.06) | 1500m                      | 1:59.06        | (34.36) |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 11. Uitslag Junioren C/B 1000 meter

| Pos | Naam                          | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------------|-----|------|------|---------|------|--------|
| 1   | 73 Thijs Wiersma              | HB1 | 131  | I    | 1:15.13 | PR   |        |
| 2   | 126 Robbin de Jager           | HB2 | 131  | O    | 1:21.70 | PR   |        |
| 3   | 62 Lieke Hijlkema             | DB2 | 129  | O    | 1:24.47 | PR   |        |
| 4   | 25 Eva-Sofie Elferink         | DC2 | 132  | I    | 1:24.69 | PR   |        |
| 5   | 63 Martijn Westerhof          | HB2 | 132  | O    | 1:25.52 | PR   |        |
| 6   | 16 Anouk Aalders              | DC2 | 128  | O    | 1:25.67 | PR   |        |
| 7   | 7 Kailey van der Veen         | DC1 | 128  | I    | 1:25.82 | PR   |        |
| 8   | 135 Atte de Haan              | HB1 | 129  | I    | 1:25.84 | PR   |        |
| 9   | 30 Stefan Huizinga            | HB2 | 126  | I    | 1:26.27 | PR   |        |
| 10  | 10 Mariska Stegenga           | DC2 | 130  | O    | 1:26.69 |      |        |
| 11  | 34 Hannah de Vries            | DC1 | 124  | I    | 1:27.65 | PR   |        |
| 12  | 71 Wester van der Heide       | HC2 | 130  | I    | 1:27.98 |      |        |
|     | 38 Rosa-Lynn Compagner        | DC2 | 124  | O    | 1:27.98 | PR   |        |
| 14  | 138 Sandra v/d Heide          | DB2 | 125  | O    | 1:28.43 | PR   |        |
| 15  | 3 Colin de Velde              | HC1 | 126  | O    | 1:28.55 | PR   |        |
| 16  | 22 Luca Stroetinga            | HC1 | 127  | I    | 1:28.67 |      |        |
| 17  | 14 Lieke Visser               | DB1 | 123  | I    | 1:29.11 | PR   |        |
| 18  | 15 Marrit Bosma               | DC1 | 127  | O    | 1:29.22 |      |        |
| 19  | 53 Freya Goerres              | DB1 | 122  | O    | 1:31.04 | PR   |        |
| 20  | 24 Silke Ludema               | DB2 | 121  | I    | 1:32.06 | PR   |        |
| 21  | 56 Nienke Valkenburg          | DB2 | 123  | O    | 1:33.41 |      |        |
| 22  | 33 Robine Lubbinge            | DC2 | 120  | O    | 1:33.60 |      |        |
| 23  | 46 Hidde-Jan Poiesz           | HC1 | 121  | O    | 1:33.88 | PR   |        |
| 24  | 12 Marriët van der Tol        | DB2 | 119  | O    | 1:33.98 | PR   |        |
| 25  | 2 Merel Vlug                  | DC1 | 122  | I    | 1:34.22 |      |        |
| 26  | 31 Jorrit Kiestra             | HC2 | 117  | I    | 1:34.49 | PR   |        |
| 27  | 48 Rimer Tjoelker             | HC1 | 119  | I    | 1:34.63 | PR   |        |
| 28  | 51 Kim van der Graaf          | DC2 | 120  | I    | 1:35.07 | PR   |        |
| 29  | 9 Eline Teeninga              | DC1 | 116  | I    | 1:35.92 | PR   |        |
| 30  | 52 Alyne Goerres              | DC1 | 118  | I    | 1:37.36 | PR   |        |
| 31  | 58 Maud Jubbega               | DC1 | 116  | O    | 1:37.91 | PR   |        |
| 32  | 42 Janine Postma              | DB2 | 118  | O    | 1:38.82 |      |        |
| 33  | 59 Daphne Marit van der Heide | DB1 | 115  | I    | 1:39.97 | PR   |        |
| 34  | 70 Marin Steegstra            | DC1 | 115  | O    | 1:40.41 | PR   |        |
| 35  | 43 Vera Nijboer               | DC1 | 117  | O    | 1:40.50 |      |        |
| 36  | 133 Lisanne Bloem             | DC1 | 114  | I    | 1:40.51 | PR   |        |
| 37  | 60 Mirte Kingma               | DC1 | 113  | I    | 1:40.63 | PR   |        |
| 38  | 113 Sophie Oostenbrink        | DC2 | 112  | O    | 1:41.08 | PR   |        |

Scheidsrechter:

Assistent:

Starter:

Van 11-12-2023 18:30:00 tot 11-12-2023 21:51:53

Print: 23-1-2025 22:04:22



## FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

### Thialf - Heerenveen

| Pos | Naam                          | Cat | Paar | Baan | Tijd Info            | Punten |
|-----|-------------------------------|-----|------|------|----------------------|--------|
| 39  | 36 <b>Wiek Reen</b>           | HC1 | 110  | O    | <b>1:41.16</b> HT    |        |
| 40  | 49 <b>Else Sijtsema</b>       | DC2 | 109  | I    | <b>1:43.18</b> HT PR |        |
| 41  | 29 <b>Tessa Tasma</b>         | DB1 | 113  | O    | <b>1:43.80</b>       |        |
| 42  | 125 <b>Sophie van der Zee</b> | DC2 | 111  | I    | <b>1:44.63</b> PR    |        |
| 43  | 23 <b>Jildou de Haan</b>      | DC1 | 112  | I    | <b>1:45.71</b>       |        |
| 44  | 149 <b>Watse Westra</b>       | HC2 | 110  | I    | <b>1:47.67</b> PR    |        |
| 45  | 32 <b>Esmee Soet</b>          | DC1 | 111  | O    | <b>1:48.50</b> PR    |        |
| 46  | 69 <b>Nina Kuiken</b>         | DB2 | 114  | O    | <b>1:49.37</b>       |        |
|     | 130 <b>Thomas Bekkema</b>     | HC1 | 109  | O    | <b>DQ</b>            |        |
|     | 41 <b>Jade Zijlstra</b>       | DC2 | 125  | I    | <b>DQ</b>            |        |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 11. Rituitslag Junioren C/B 1000 meter

|     |    | Naam |                       | Cat |     | PR      | Tijd           | Info      |
|-----|----|------|-----------------------|-----|-----|---------|----------------|-----------|
| 109 | wt | 49   | <b>Else Sijtsema</b>  |     | DC2 | 1:49.95 | <b>1:43.18</b> | HT PR     |
|     | rd | 130  | <b>Thomas Bekkema</b> |     | HC1 |         |                | <b>DQ</b> |

### Else Sijtsema

|       |         |         |
|-------|---------|---------|
| 200m  | 23.06   | (23.06) |
| 600m  | 1:01.28 | (38.22) |
| 1000m | 1:43.18 | (41.90) |

### Thomas Bekkema

|       |         |         |
|-------|---------|---------|
| 200m  | 27.81   | (27.81) |
| 600m  | 1:19.61 | (51.80) |
| 1000m | 2:12.03 | (52.42) |

|     |    | Naam |                     | Cat |     | PR      | Tijd           | Info              |
|-----|----|------|---------------------|-----|-----|---------|----------------|-------------------|
| 110 | gl | 149  | <b>Watse Westra</b> |     | HC2 | 1:50.82 | <b>1:47.67</b> | PR                |
|     | bl | 36   | <b>Wiek Reen</b>    |     | HC1 |         |                | <b>1:41.16</b> HT |

### Watse Westra

|       |         |         |
|-------|---------|---------|
| 200m  | 25.35   | (25.35) |
| 600m  | 1:05.16 | (39.81) |
| 1000m | 1:47.67 | (42.51) |

### Wiek Reen

|       |         |         |
|-------|---------|---------|
| 200m  | 22.83   | (22.83) |
| 600m  | 1:01.23 | (38.40) |
| 1000m | 1:41.16 | (39.93) |

|     |    | Naam |                           | Cat |     | PR      | Tijd           | Info |
|-----|----|------|---------------------------|-----|-----|---------|----------------|------|
| 111 | wt | 125  | <b>Sophie van der Zee</b> |     | DC2 | 1:48.55 | <b>1:44.63</b> | PR   |
|     | rd | 32   | <b>Esmee Soet</b>         |     | DC1 | 1:49.28 | <b>1:48.50</b> | PR   |

### Sophie van der Zee

|       |         |         |
|-------|---------|---------|
| 200m  | 24.18   | (24.18) |
| 600m  | 1:03.17 | (38.99) |
| 1000m | 1:44.63 | (41.46) |

### Esmee Soet

|       |         |         |
|-------|---------|---------|
| 200m  | 25.08   | (25.08) |
| 600m  | 1:05.96 | (40.88) |
| 1000m | 1:48.50 | (42.54) |

|     |    | Naam |                           | Cat |     | PR      | Tijd           | Info |
|-----|----|------|---------------------------|-----|-----|---------|----------------|------|
| 112 | gl | 23   | <b>Jildou de Haan</b>     |     | DC1 | 1:45.01 | <b>1:45.71</b> |      |
|     | bl | 113  | <b>Sophie Oostenbrink</b> |     | DC2 | 1:45.30 | <b>1:41.08</b> | PR   |

### Jildou de Haan

|       |         |         |
|-------|---------|---------|
| 200m  | 23.64   | (23.64) |
| 600m  | 1:02.64 | (39.00) |
| 1000m | 1:45.71 | (43.07) |

### Sophie Oostenbrink

|       |         |         |
|-------|---------|---------|
| 200m  | 22.47   | (22.47) |
| 600m  | 1:00.53 | (38.06) |
| 1000m | 1:41.08 | (40.55) |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|     |    | Naam                   |         |         | Cat                | PR      | Tijd           | Info |
|-----|----|------------------------|---------|---------|--------------------|---------|----------------|------|
| 113 | wt | 60 <b>Mirte Kingma</b> |         |         | DC1                | 1:42.93 | <b>1:40.63</b> | PR   |
|     | rd | 29 <b>Tessa Tasma</b>  |         |         | DB1                | 1:43.30 | <b>1:43.80</b> |      |
|     |    | <b>Mirte Kingma</b>    |         |         | <b>Tessa Tasma</b> |         |                |      |
|     |    | 200m                   | 23.32   | (23.32) | 200m               | 24.10   | (24.10)        |      |
|     |    | 600m                   | 1:00.92 | (37.60) | 600m               | 1:03.01 | (38.91)        |      |
|     |    | 1000m                  | 1:40.63 | (39.71) | 1000m              | 1:43.80 | (40.79)        |      |

|     |    | Naam                     |         |         | Cat                | PR      | Tijd           | Info |
|-----|----|--------------------------|---------|---------|--------------------|---------|----------------|------|
| 114 | gl | 133 <b>Lisanne Bloem</b> |         |         | DC1                | 1:42.14 | <b>1:40.51</b> | PR   |
|     | bl | 69 <b>Nina Kuiken</b>    |         |         | DB2                | 1:40.66 | <b>1:49.37</b> |      |
|     |    | <b>Lisanne Bloem</b>     |         |         | <b>Nina Kuiken</b> |         |                |      |
|     |    | 200m                     | 22.88   | (22.88) | 200m               | 25.80   | (25.80)        |      |
|     |    | 600m                     | 1:00.21 | (37.33) | 600m               | 1:06.15 | (40.35)        |      |
|     |    | 1000m                    | 1:40.51 | (40.30) | 1000m              | 1:49.37 | (43.22)        |      |

|     |    | Naam                                 |         |         | Cat                    | PR      | Tijd           | Info |
|-----|----|--------------------------------------|---------|---------|------------------------|---------|----------------|------|
| 115 | wt | 59 <b>Daphne Marit van der Heide</b> |         |         | DB1                    | 1:40.81 | <b>1:39.97</b> | PR   |
|     | rd | 70 <b>Marin Steegstra</b>            |         |         | DC1                    | 1:40.98 | <b>1:40.41</b> | PR   |
|     |    | <b>Daphne Marit van der Heide</b>    |         |         | <b>Marin Steegstra</b> |         |                |      |
|     |    | 200m                                 | 22.37   | (22.37) | 200m                   | 23.12   | (23.12)        |      |
|     |    | 600m                                 | 1:00.18 | (37.81) | 600m                   | 1:00.62 | (37.50)        |      |
|     |    | 1000m                                | 1:39.97 | (39.79) | 1000m                  | 1:40.41 | (39.79)        |      |

|     |    | Naam                    |         |         | Cat                 | PR      | Tijd           | Info |
|-----|----|-------------------------|---------|---------|---------------------|---------|----------------|------|
| 116 | gl | 9 <b>Eline Teeninga</b> |         |         | DC1                 | 1:39.18 | <b>1:35.92</b> | PR   |
|     | bl | 58 <b>Maud Jubbega</b>  |         |         | DC1                 | 1:40.43 | <b>1:37.91</b> | PR   |
|     |    | <b>Eline Teeninga</b>   |         |         | <b>Maud Jubbega</b> |         |                |      |
|     |    | 200m                    | 22.06   | (22.06) | 200m                | 22.99   | (22.99)        |      |
|     |    | 600m                    | 57.92   | (35.86) | 600m                | 59.66   | (36.67)        |      |
|     |    | 1000m                   | 1:35.92 | (38.00) | 1000m               | 1:37.91 | (38.25)        |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|     |    | Naam                     |                            |         |       | Cat                        |         |  |  | PR      | Tijd           | Info |
|-----|----|--------------------------|----------------------------|---------|-------|----------------------------|---------|--|--|---------|----------------|------|
| 117 | wt | 31                       | <b>Jorrit Kiestra</b>      |         |       | HC2                        |         |  |  | 1:40.30 | <b>1:34.49</b> | PR   |
|     | rd | 43                       | <b>Vera Nijboer</b>        |         |       | DC1                        |         |  |  | 1:39.60 | <b>1:40.50</b> |      |
|     |    | <u>Jorrit Kiestra</u>    |                            |         |       | <u>Vera Nijboer</u>        |         |  |  |         |                |      |
|     |    | 200m                     | 21.48                      | (21.48) | 200m  | 23.18                      | (23.18) |  |  |         |                |      |
|     |    | 600m                     | 56.94                      | (35.46) | 600m  | 1:00.30                    | (37.12) |  |  |         |                |      |
|     |    | 1000m                    | 1:34.49                    | (37.55) | 1000m | 1:40.50                    | (40.20) |  |  |         |                |      |
|     |    | Naam                     |                            |         |       | Cat                        |         |  |  | PR      | Tijd           | Info |
| 118 | gl | 52                       | <b>Alyne Goerres</b>       |         |       | DC1                        |         |  |  | 1:38.53 | <b>1:37.36</b> | PR   |
|     | bl | 42                       | <b>Janine Postma</b>       |         |       | DB2                        |         |  |  | 1:37.16 | <b>1:38.82</b> |      |
|     |    | <u>Alyne Goerres</u>     |                            |         |       | <u>Janine Postma</u>       |         |  |  |         |                |      |
|     |    | 200m                     | 23.06                      | (23.06) | 200m  | 22.46                      | (22.46) |  |  |         |                |      |
|     |    | 600m                     | 59.43                      | (36.37) | 600m  | 58.81                      | (36.35) |  |  |         |                |      |
|     |    | 1000m                    | 1:37.36                    | (37.93) | 1000m | 1:38.82                    | (40.01) |  |  |         |                |      |
|     |    | Naam                     |                            |         |       | Cat                        |         |  |  | PR      | Tijd           | Info |
| 119 | wt | 48                       | <b>Rimer Tjoelker</b>      |         |       | HC1                        |         |  |  | 1:37.46 | <b>1:34.63</b> | PR   |
|     | rd | 12                       | <b>Marriët van der Tol</b> |         |       | DB2                        |         |  |  | 1:34.88 | <b>1:33.98</b> | PR   |
|     |    | <u>Rimer Tjoelker</u>    |                            |         |       | <u>Marriët van der Tol</u> |         |  |  |         |                |      |
|     |    | 200m                     | 21.58                      | (21.58) | 200m  | 21.91                      | (21.91) |  |  |         |                |      |
|     |    | 600m                     | 56.57                      | (34.99) | 600m  | 57.03                      | (35.12) |  |  |         |                |      |
|     |    | 1000m                    | 1:34.63                    | (38.06) | 1000m | 1:33.98                    | (36.95) |  |  |         |                |      |
|     |    | Naam                     |                            |         |       | Cat                        |         |  |  | PR      | Tijd           | Info |
| 120 | gl | 51                       | <b>Kim van der Graaf</b>   |         |       | DC2                        |         |  |  | 1:35.99 | <b>1:35.07</b> | PR   |
|     | bl | 33                       | <b>Robine Lubbinge</b>     |         |       | DC2                        |         |  |  | 1:33.05 | <b>1:33.60</b> |      |
|     |    | <u>Kim van der Graaf</u> |                            |         |       | <u>Robine Lubbinge</u>     |         |  |  |         |                |      |
|     |    | 200m                     | 21.46                      | (21.46) | 200m  | 21.46                      | (21.46) |  |  |         |                |      |
|     |    | 600m                     | 56.51                      | (35.05) | 600m  | 56.68                      | (35.22) |  |  |         |                |      |
|     |    | 1000m                    | 1:35.07                    | (38.56) | 1000m | 1:33.60                    | (36.92) |  |  |         |                |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|     |    | Naam                |                         |         | Cat                     | PR      | Tijd           | Info |
|-----|----|---------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 121 | wt | 24                  | <b>Silke Ludema</b>     |         | DB2                     | 1:34.72 | <b>1:32.06</b> | PR   |
|     | rd | 46                  | <b>Hidde-Jan Poiesz</b> |         | HC1                     | 1:34.65 | <b>1:33.88</b> | PR   |
|     |    | <b>Silke Ludema</b> |                         |         | <b>Hidde-Jan Poiesz</b> |         |                |      |
|     |    | 200m                | 20.82                   | (20.82) | 200m                    | 21.95   | (21.95)        |      |
|     |    | 600m                | 53.83                   | (33.01) | 600m                    | 56.25   | (34.30)        |      |
|     |    | 1000m               | 1:32.06                 | (38.23) | 1000m                   | 1:33.88 | (37.63)        |      |

|     |    | Naam              |                      |         | Cat                  | PR      | Tijd           | Info |
|-----|----|-------------------|----------------------|---------|----------------------|---------|----------------|------|
| 122 | gl | 2                 | <b>Merel Vlug</b>    |         | DC1                  | 1:34.16 | <b>1:34.22</b> |      |
|     | bl | 53                | <b>Freya Goerres</b> |         | DB1                  | 1:31.19 | <b>1:31.04</b> | PR   |
|     |    | <b>Merel Vlug</b> |                      |         | <b>Freya Goerres</b> |         |                |      |
|     |    | 200m              | 21.60                | (21.60) | 200m                 | 21.19   | (21.19)        |      |
|     |    | 600m              | 55.97                | (34.37) | 600m                 | 55.13   | (33.94)        |      |
|     |    | 1000m             | 1:34.22              | (38.25) | 1000m                | 1:31.04 | (35.91)        |      |

|     |    | Naam                |                          |         | Cat                      | PR      | Tijd           | Info |
|-----|----|---------------------|--------------------------|---------|--------------------------|---------|----------------|------|
| 123 | wt | 14                  | <b>Lieke Visser</b>      |         | DB1                      | 1:30.74 | <b>1:29.11</b> | PR   |
|     | rd | 56                  | <b>Nienke Valkenburg</b> |         | DB2                      | 1:31.73 | <b>1:33.41</b> |      |
|     |    | <b>Lieke Visser</b> |                          |         | <b>Nienke Valkenburg</b> |         |                |      |
|     |    | 200m                | 21.57                    | (21.57) | 200m                     | 21.22   | (21.22)        |      |
|     |    | 600m                | 54.02                    | (32.45) | 600m                     | 55.58   | (34.36)        |      |
|     |    | 1000m               | 1:29.11                  | (35.09) | 1000m                    | 1:33.41 | (37.83)        |      |

|     |    | Naam                   |                            |         | Cat                        | PR      | Tijd           | Info |
|-----|----|------------------------|----------------------------|---------|----------------------------|---------|----------------|------|
| 124 | gl | 34                     | <b>Hannah de Vries</b>     |         | DC1                        | 1:31.28 | <b>1:27.65</b> | PR   |
|     | bl | 38                     | <b>Rosa-Lynn Compagner</b> |         | DC2                        | 1:29.75 | <b>1:27.98</b> | PR   |
|     |    | <b>Hannah de Vries</b> |                            |         | <b>Rosa-Lynn Compagner</b> |         |                |      |
|     |    | 200m                   | 20.61                      | (20.61) | 200m                       | 20.85   | (20.85)        |      |
|     |    | 600m                   | 53.39                      | (32.78) | 600m                       | 53.53   | (32.68)        |      |
|     |    | 1000m                  | 1:27.65                    | (34.26) | 1000m                      | 1:27.98 | (34.45)        |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|     |    | Naam                        | Cat     |         | PR                      | Tijd    | Info              |
|-----|----|-----------------------------|---------|---------|-------------------------|---------|-------------------|
| 125 | wt | 41 <b>Jade Zijlstra</b>     | DC2     |         | 1:29.56                 |         | <b>DQ</b>         |
|     | rd | 138 <b>Sandra v/d Heide</b> | DB2     |         | 1:30.87                 |         | <b>1:28.43</b> PR |
|     |    | <u>Jade Zijlstra</u>        |         |         | <u>Sandra v/d Heide</u> |         |                   |
|     |    | 200m                        | 21.19   | (21.19) | 200m                    | 20.43   | (20.43)           |
|     |    | 600m                        | 53.67   | (32.48) | 600m                    | 53.16   | (32.73)           |
|     |    | 1000m                       | 1:27.36 | (33.69) | 1000m                   | 1:28.43 | (35.27)           |

|     |    | Naam                      | Cat     |         | PR                    | Tijd    | Info              |
|-----|----|---------------------------|---------|---------|-----------------------|---------|-------------------|
| 126 | gl | 30 <b>Stefan Huizinga</b> | HB2     |         | 1:29.70               |         | <b>1:26.27</b> PR |
|     | bl | 3 <b>Colin de Velde</b>   | HC1     |         | 1:30.65               |         | <b>1:28.55</b> PR |
|     |    | <u>Stefan Huizinga</u>    |         |         | <u>Colin de Velde</u> |         |                   |
|     |    | 200m                      | 20.00   | (20.00) | 200m                  | 20.67   | (20.67)           |
|     |    | 600m                      | 52.14   | (32.14) | 600m                  | 53.48   | (32.81)           |
|     |    | 1000m                     | 1:26.27 | (34.13) | 1000m                 | 1:28.55 | (35.07)           |

|     |    | Naam                      | Cat     |         | PR                  | Tijd    | Info           |
|-----|----|---------------------------|---------|---------|---------------------|---------|----------------|
| 127 | wt | 22 <b>Luca Stroetinga</b> | HC1     |         | 1:28.08             |         | <b>1:28.67</b> |
|     | rd | 15 <b>Marrit Bosma</b>    | DC1     |         | 1:27.96             |         | <b>1:29.22</b> |
|     |    | <u>Luca Stroetinga</u>    |         |         | <u>Marrit Bosma</u> |         |                |
|     |    | 200m                      | 20.35   | (20.35) | 200m                | 21.52   | (21.52)        |
|     |    | 600m                      | 53.39   | (33.04) | 600m                | 54.53   | (33.01)        |
|     |    | 1000m                     | 1:28.67 | (35.28) | 1000m               | 1:29.22 | (34.69)        |

|     |    | Naam                         | Cat     |         | PR                   | Tijd    | Info              |
|-----|----|------------------------------|---------|---------|----------------------|---------|-------------------|
| 128 | gl | 7 <b>Kailey van der Veen</b> | DC1     |         | 1:28.30              |         | <b>1:25.82</b> PR |
|     | bl | 16 <b>Anouk Aalders</b>      | DC2     |         | 1:27.51              |         | <b>1:25.67</b> PR |
|     |    | <u>Kailey van der Veen</u>   |         |         | <u>Anouk Aalders</u> |         |                   |
|     |    | 200m                         | 20.38   | (20.38) | 200m                 | 20.46   | (20.46)           |
|     |    | 600m                         | 52.31   | (31.93) | 600m                 | 52.07   | (31.61)           |
|     |    | 1000m                        | 1:25.82 | (33.51) | 1000m                | 1:25.67 | (33.60)           |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|     |    | Naam                |                       |         | Cat                   | PR      | Tijd           | Info |
|-----|----|---------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 129 | wt | 135                 | <b>Atte de Haan</b>   |         | HB1                   | 1:27.40 | <b>1:25.84</b> | PR   |
|     | rd | 62                  | <b>Lieke Hijlkema</b> |         | DB2                   | 1:25.85 | <b>1:24.47</b> | PR   |
|     |    | <b>Atte de Haan</b> |                       |         | <b>Lieke Hijlkema</b> |         |                |      |
|     |    | 200m                | 19.81                 | (19.81) | 200m                  | 19.95   | (19.95)        |      |
|     |    | 600m                | 51.79                 | (31.98) | 600m                  | 50.56   | (30.61)        |      |
|     |    | 1000m               | 1:25.84               | (34.05) | 1000m                 | 1:24.47 | (33.91)        |      |

|     |    | Naam                        |                             |         | Cat                     | PR      | Tijd           | Info |
|-----|----|-----------------------------|-----------------------------|---------|-------------------------|---------|----------------|------|
| 130 | gl | 71                          | <b>Wester van der Heide</b> |         | HC2                     | 1:27.44 | <b>1:27.98</b> |      |
|     | bl | 10                          | <b>Mariska Stegenga</b>     |         | DC2                     | 1:26.50 | <b>1:26.69</b> |      |
|     |    | <b>Wester van der Heide</b> |                             |         | <b>Mariska Stegenga</b> |         |                |      |
|     |    | 200m                        | 20.40                       | (20.40) | 200m                    | 20.73   | (20.73)        |      |
|     |    | 600m                        | 52.86                       | (32.46) | 600m                    | 52.61   | (31.88)        |      |
|     |    | 1000m                       | 1:27.98                     | (35.12) | 1000m                   | 1:26.69 | (34.08)        |      |

|     |    | Naam                 |                        |         | Cat                    | PR      | Tijd           | Info |
|-----|----|----------------------|------------------------|---------|------------------------|---------|----------------|------|
| 131 | wt | 73                   | <b>Thijs Wiersma</b>   |         | HB1                    | 1:17.68 | <b>1:15.13</b> | PR   |
|     | rd | 126                  | <b>Robbin de Jager</b> |         | HB2                    | 1:22.46 | <b>1:21.70</b> | PR   |
|     |    | <b>Thijs Wiersma</b> |                        |         | <b>Robbin de Jager</b> |         |                |      |
|     |    | 200m                 | 18.44                  | (18.44) | 200m                   | 19.94   | (19.94)        |      |
|     |    | 600m                 | 46.26                  | (27.82) | 600m                   | 50.43   | (30.49)        |      |
|     |    | 1000m                | 1:15.13                | (28.87) | 1000m                  | 1:21.70 | (31.27)        |      |

|     |    | Naam                      |                           |         | Cat                      | PR      | Tijd           | Info |
|-----|----|---------------------------|---------------------------|---------|--------------------------|---------|----------------|------|
| 132 | gl | 25                        | <b>Eva-Sofie Elferink</b> |         | DC2                      | 1:25.46 | <b>1:24.69</b> | PR   |
|     | bl | 63                        | <b>Martijn Westerhof</b>  |         | HB2                      | 1:25.82 | <b>1:25.52</b> | PR   |
|     |    | <b>Eva-Sofie Elferink</b> |                           |         | <b>Martijn Westerhof</b> |         |                |      |
|     |    | 200m                      | 20.94                     | (20.94) | 200m                     | 20.00   | (20.00)        |      |
|     |    | 600m                      | 52.23                     | (31.29) | 600m                     | 52.08   | (32.08)        |      |
|     |    | 1000m                     | 1:24.69                   | (32.46) | 1000m                    | 1:25.52 | (33.44)        |      |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 12. Uitslag Junioren A en ouder 1000 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1   | 98 Jesse de Lange     | HN3 | 140  | I    | 1:13.88 |      |        |
| 2   | 89 Sietse de Vries    | HA1 | 140  | O    | 1:15.55 | PR   |        |
| 3   | 78 Johannes de Groot  | H45 | 139  | I    | 1:17.72 |      |        |
| 4   | 118 Sanne Oosterwijk  | DA2 | 138  | O    | 1:21.82 | PR   |        |
| 5   | 83 Joas Woudstra      | HSB | 138  | I    | 1:22.71 |      |        |
| 6   | 97 Geert Fekken       | H45 | 137  | I    | 1:24.40 |      |        |
| 7   | 122 Zenna Koopman     | DN3 | 137  | O    | 1:26.75 |      |        |
| 8   | 127 Jasper Knulst     | H50 | 136  | O    | 1:27.32 |      |        |
| 9   | 99 Piet Siemonsma     | H70 | 136  | I    | 1:28.39 |      |        |
| 10  | 80 Jan van der Stouwe | H55 | 135  | I    | 1:29.96 |      |        |
| 11  | 102 Gerbrich de Haan  | DA1 | 135  | O    | 1:31.81 |      |        |
| 12  | 129 Annamarie Boersma | DSA | 134  | O    | 1:35.46 |      |        |
| 13  | 128 Rianne Gerritsen  | D40 | 134  | I    | 1:35.84 |      |        |
| 14  | 139 Tsjomme Dijkstra  | HSB | 133  | O    | 1:35.89 | PR   |        |
| 15  | 117 Susan Dijkshoorn  | DSA | 133  | I    | 1:58.11 | FL   |        |
|     | 79 Jornt Dijk         | HN4 |      |      |         | WDR  |        |



# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

Thialf - Heerenveen

## 12. Rituitslag Junioren A en ouder 1000 meter

|     |    | Naam                        | Cat | PR      | Tijd           | Info |
|-----|----|-----------------------------|-----|---------|----------------|------|
| 133 | wt | 117 <b>Susan Dijkshoorn</b> | DSA | 1:47.49 | <b>1:58.11</b> | FL   |
|     | rd | 139 <b>Tsjomme Dijkstra</b> | HSB | 1:36.52 | <b>1:35.89</b> | PR   |

### Susan Dijkshoorn

|       |         |         |
|-------|---------|---------|
| 200m  | 32.55   | (32.55) |
| 600m  | 1:14.22 | (41.67) |
| 1000m | 1:58.11 | (43.89) |

### Tsjomme Dijkstra

|       |         |         |
|-------|---------|---------|
| 200m  | 23.45   | (23.45) |
| 600m  | 59.71   | (36.26) |
| 1000m | 1:35.89 | (36.18) |

|     |    | Naam                         | Cat | PR      | Tijd           | Info |
|-----|----|------------------------------|-----|---------|----------------|------|
| 134 | gl | 128 <b>Rianne Gerritsen</b>  | D40 | 1:33.86 | <b>1:35.84</b> |      |
|     | bl | 129 <b>Annamarie Boersma</b> | DSA | 1:32.53 | <b>1:35.46</b> |      |

### Rianne Gerritsen

|       |         |         |
|-------|---------|---------|
| 200m  | 22.78   | (22.78) |
| 600m  | 58.72   | (35.94) |
| 1000m | 1:35.84 | (37.12) |

### Annamarie Boersma

|       |         |         |
|-------|---------|---------|
| 200m  | 22.96   | (22.96) |
| 600m  | 57.80   | (34.84) |
| 1000m | 1:35.46 | (37.66) |

|     |    | Naam                         | Cat | PR      | Tijd           | Info |
|-----|----|------------------------------|-----|---------|----------------|------|
| 135 | wt | 80 <b>Jan van der Stouwe</b> | H55 | 1:17.12 | <b>1:29.96</b> |      |
|     | rd | 102 <b>Gerbrich de Haan</b>  | DA1 | 1:30.60 | <b>1:31.81</b> |      |

### Jan van der Stouwe

|       |         |         |
|-------|---------|---------|
| 200m  | 20.49   | (20.49) |
| 600m  | 54.00   | (33.51) |
| 1000m | 1:29.96 | (35.96) |

### Gerbrich de Haan

|       |         |         |
|-------|---------|---------|
| 200m  | 21.21   | (21.21) |
| 600m  | 55.57   | (34.36) |
| 1000m | 1:31.81 | (36.24) |

|     |    | Naam                     | Cat | PR      | Tijd           | Info |
|-----|----|--------------------------|-----|---------|----------------|------|
| 136 | gl | 99 <b>Piet Siemonsma</b> | H70 | 1:23.23 | <b>1:28.39</b> |      |
|     | bl | 127 <b>Jasper Knulst</b> | H50 | 1:26.15 | <b>1:27.32</b> |      |

### Piet Siemonsma

|       |         |         |
|-------|---------|---------|
| 200m  | 21.56   | (21.56) |
| 600m  | 54.16   | (32.60) |
| 1000m | 1:28.39 | (34.23) |

### Jasper Knulst

|       |         |         |
|-------|---------|---------|
| 200m  | 20.76   | (20.76) |
| 600m  | 52.91   | (32.15) |
| 1000m | 1:27.32 | (34.41) |

# FryslanCup 2 - Junioren C/B + Gewestelijke wedstr. A jun. en ouder, 11-12-2023

## Thialf - Heerenveen

|     |    | Naam                     | Cat             | PR                   | Tijd            | Info |
|-----|----|--------------------------|-----------------|----------------------|-----------------|------|
| 137 | wt | 97 <b>Geert Fekken</b>   | H45             | 1:23.93              | <b>1:24.40</b>  |      |
|     | rd | 122 <b>Zenna Koopman</b> | DN3             | 1:25.34              | <b>1:26.75</b>  |      |
|     |    | <u>Geert Fekken</u>      |                 | <u>Zenna Koopman</u> |                 |      |
|     |    | 200m                     | 20.04 (20.04)   | 200m                 | 20.47 (20.47)   |      |
|     |    | 600m                     | 51.48 (31.44)   | 600m                 | 52.30 (31.83)   |      |
|     |    | 1000m                    | 1:24.40 (32.92) | 1000m                | 1:26.75 (34.45) |      |

|     |    | Naam                        | Cat             | PR                      | Tijd            | Info |
|-----|----|-----------------------------|-----------------|-------------------------|-----------------|------|
| 138 | gl | 83 <b>Joas Woudstra</b>     | HSB             | 1:22.08                 | <b>1:22.71</b>  |      |
|     | bl | 118 <b>Sanne Oosterwijk</b> | DA2             | 1:22.04                 | <b>1:21.82</b>  | PR   |
|     |    | <u>Joas Woudstra</u>        |                 | <u>Sanne Oosterwijk</u> |                 |      |
|     |    | 200m                        | 20.08 (20.08)   | 200m                    | 19.64 (19.64)   |      |
|     |    | 600m                        | 50.94 (30.86)   | 600m                    | 49.68 (30.04)   |      |
|     |    | 1000m                       | 1:22.71 (31.77) | 1000m                   | 1:21.82 (32.14) |      |

|     |    | Naam                        | Cat             | PR                | Tijd           | Info |
|-----|----|-----------------------------|-----------------|-------------------|----------------|------|
| 139 | wt | 78 <b>Johannes de Groot</b> | H45             | 1:13.97           | <b>1:17.72</b> |      |
|     | rd | 79 <b>Jornt Dijk</b>        | HN4             | 1:14.20           | <b>WDR</b>     |      |
|     |    | <u>Johannes de Groot</u>    |                 | <u>Jornt Dijk</u> |                |      |
|     |    | 200m                        | 18.66 (18.66)   |                   |                |      |
|     |    | 600m                        | 47.60 (28.94)   |                   |                |      |
|     |    | 1000m                       | 1:17.72 (30.12) |                   |                |      |

|     |    | Naam                      | Cat             | PR                     | Tijd            | Info |
|-----|----|---------------------------|-----------------|------------------------|-----------------|------|
| 140 | gl | 98 <b>Jesse de Lange</b>  | HN3             | 1:12.97                | <b>1:13.88</b>  |      |
|     | bl | 89 <b>Sietse de Vries</b> | HA1             | 1:16.51                | <b>1:15.55</b>  | PR   |
|     |    | <u>Jesse de Lange</u>     |                 | <u>Sietse de Vries</u> |                 |      |
|     |    | 200m                      | 18.06 (18.06)   | 200m                   | 18.30 (18.30)   |      |
|     |    | 600m                      | 45.29 (27.23)   | 600m                   | 45.93 (27.63)   |      |
|     |    | 1000m                     | 1:13.88 (28.59) | 1000m                  | 1:15.55 (29.62) |      |