

1. Uitslag Iedereen 500-300

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 49 Thomas van Berkel | HA2 | 14 | O | 39.04 | | |
| 2 | 58 Ramzi Coenraad | HC1 | 13 | I | 40.69 | | |
| 3 | 57 Karlijn Schellekens | DA1 | 14 | I | 42.76 | | |
| 4 | 59 Stijn Kroon | HB2 | 12 | I | 43.13 | PR | |
| 5 | 6 Anouk Cosijn | DA2 | 12 | O | 46.01 | | |
| 6 | 38 Quinty Breij | DN1 | 11 | I | 46.61 | | |
| 7 | 41 Sterre Pikaar | DN1 | 10 | O | 46.64 | | |
| 8 | 23 Maud Mastenbroek | DB1 | 10 | I | 47.16 | PR | |
| 9 | 42 Tudor Prisada | HN2 | 13 | O | 47.95 | | |
| 10 | 11 Amber Kerst | DN3 | 9 | O | 49.81 | | |
| 11 | 18 Marieke de Bruin | DB2 | 2 | O | 50.07 | PR | |
| 12 | 39 Naomi Segers | DPB | 9 | I | 50.69 | | |
| 13 | 8 Bram Morel | HC1 | 8 | I | 51.25 | PR | |
| 14 | 60 Djim Spierings | HPB | 8 | O | 51.49 | PR | |
| 15 | 50 Aline van Lieshout | DPC | 7 | I | 51.58 | | |
| 16 | 13 Loïs Mijland | DPC | 7 | O | 52.26 | PR | |
| 17 | 20 Jensynn Hovingh | HB1 | 6 | O | 55.19 | PR | |
| 18 | 19 Lena Westra | DPC | 5 | O | 55.35 | PR | |
| 19 | 52 Mats Kremers | HPB | 5 | I | 56.46 | | |
| 20 | 15 Zoé van de Laar | DPA | 6 | I | 58.76 | | |
| 21 | 5 Neel Geurts | DPC | 3 | O | 59.11 | PR | |
| 22 | 9 Floor Vogelaar | DPC | 2 | I | 59.69 | PR | |
| 23 | 25 Damla Cakar | DPB | 4 | O | 1:00.36 | PR | |
| 24 | 51 Sep Wijten | HC1 | 4 | I | 1:01.09 | PR | |
| 25 | 22 Grete Svea Brehmer | DPA | 3 | I | 1:01.75 | PR | |
| 26 | 29 Malin Rongen | DPC | 1 | O | 1:03.60 | PR | |
| 27 | 45 Saar Koks | DPB | 1 | I | 1:08.98 | PR | |
| | 30 Wenzel Zeegers | H50 | 11 | O | DNF | | |

1. Rituitslag Iedereen 500-300

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------|---------|---------------------|---------|---------|----------------|------|
| 1 | wt | 45 Saar Koks | | DPB | | | 1:08.98 | PR |
| | rd | 29 Malin Rongen | | DPC | 1:05.06 | | 1:03.60 | PR |
| | | <u>Saar Koks</u> | | <u>Malin Rongen</u> | | | | |
| | | 100m | 15.69 | (15.69) | 100m | 15.13 | (15.13) | |
| | | 500m | 1:08.98 | (53.29) | 500m | 1:03.60 | (48.47) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-------|-------------------------|---------|-------|--------------|------|
| 2 | gl | 9 Floor Vogelaar | | DPC | 1:05.78 | | 59.69 | PR |
| | bl | 18 Marieke de Bruin | | DB2 | | | 50.07 | PR |
| | | <u>Floor Vogelaar</u> | | <u>Marieke de Bruin</u> | | | | |
| | | 100m | 14.31 | (14.31) | 100m | 13.03 | (13.03) | |
| | | 500m | 59.69 | (45.38) | 500m | 50.07 | (37.04) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------------|---------|--------------------|---------|-------|----------------|------|
| 3 | wt | 22 Grete Svea Brehmer | | DPA | 1:03.46 | | 1:01.75 | PR |
| | rd | 5 Neel Geurts | | DPC | 1:01.97 | | 59.11 | PR |
| | | <u>Grete Svea Brehmer</u> | | <u>Neel Geurts</u> | | | | |
| | | 100m | 14.78 | (14.78) | 100m | 14.12 | (14.12) | |
| | | 500m | 1:01.75 | (46.97) | 500m | 59.11 | (44.99) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------|---------|--------------------|---------|---------|----------------|------|
| 4 | gl | 51 Sep Wijten | | HC1 | 1:02.74 | | 1:01.09 | PR |
| | bl | 25 Damla Cakar | | DPB | 1:03.07 | | 1:00.36 | PR |
| | | <u>Sep Wijten</u> | | <u>Damla Cakar</u> | | | | |
| | | 100m | 14.81 | (14.81) | 100m | 14.17 | (14.17) | |
| | | 500m | 1:01.09 | (46.28) | 500m | 1:00.36 | (46.19) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|-------|--------------------|-------|-------|--------------|------|
| 5 | wt | 52 Mats Kremers | | HPB | 54.18 | | 56.46 | |
| | rd | 19 Lena Westra | | DPC | 59.71 | | 55.35 | PR |
| | | <u>Mats Kremers</u> | | <u>Lena Westra</u> | | | | |
| | | 100m | 13.47 | (13.47) | 100m | 14.01 | (14.01) | |
| | | 500m | 56.46 | (42.99) | 500m | 55.35 | (41.34) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|------------------------|-------|--------------|------|
| 6 | gl | 15 | Zoé van de Laar | | DPA | 58.11 | 58.76 | |
| | bl | 20 | Jensynn Hovingh | | HB1 | 56.29 | 55.19 | PR |
| | | Zoé van de Laar | | | Jensynn Hovingh | | | |
| | | 100m | 14.91 | (14.91) | 100m | 13.76 | (13.76) | |
| | | 500m | 58.76 | (43.85) | 500m | 55.19 | (41.43) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 7 | wt | 50 | Aline van Lieshout | | DPC | 51.12 | 51.58 | |
| | rd | 13 | Loïs Mijland | | DPC | 53.40 | 52.26 | PR |
| | | Aline van Lieshout | | | Loïs Mijland | | | |
| | | 100m | 13.50 | (13.50) | 100m | 13.66 | (13.66) | |
| | | 500m | 51.58 | (38.08) | 500m | 52.26 | (38.60) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 8 | gl | 8 | Bram Morel | | HC1 | 51.80 | 51.25 | PR |
| | bl | 60 | Djim Spierings | | HPB | 52.54 | 51.49 | PR |
| | | Bram Morel | | | Djim Spierings | | | |
| | | 100m | 13.10 | (13.10) | 100m | 13.81 | (13.81) | |
| | | 500m | 51.25 | (38.15) | 500m | 51.49 | (37.68) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 9 | wt | 39 | Naomi Segers | | DPB | 49.61 | 50.69 | |
| | rd | 11 | Amber Kerst | | DN3 | 45.58 | 49.81 | |
| | | Naomi Segers | | | Amber Kerst | | | |
| | | 100m | 13.29 | (13.29) | 100m | 13.27 | (13.27) | |
| | | 500m | 50.69 | (37.40) | 500m | 49.81 | (36.54) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 10 | gl | 23 | Maud Mastenbroek | | DB1 | 47.52 | 47.16 | PR |
| | bl | 41 | Sterre Pikaar | | DN1 | 44.56 | 46.64 | |
| | | Maud Mastenbroek | | | Sterre Pikaar | | | |
| | | 100m | 13.22 | (13.22) | 100m | 12.37 | (12.37) | |
| | | 500m | 47.16 | (33.94) | 500m | 46.64 | (34.27) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----------------------|---------|--------------|------|
| 11 | wt | 38 Quinty Breij | DN1 | 46.14 | 46.61 | |
| | rd | 30 Wenzel Zeegers | H50 | 44.08 | DNF | |
| | | Quinty Breij | Wenzel Zeegers | | | |
| | | 100m | 12.36 | (12.36) | | |
| | | 500m | 46.61 | (34.25) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------|---------------------|---------|--------------|---------------|
| 12 | gl | 59 Stijn Kroon | HB2 | 44.18 | 43.13 | PR |
| | bl | 6 Anouk Cosijn | DA2 | 46.02 | 46.01 | |
| | | Stijn Kroon | Anouk Cosijn | | | |
| | | 100m | 11.66 | (11.66) | 100m | 12.49 (12.49) |
| | | 500m | 43.13 | (31.47) | 500m | 46.01 (33.52) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|----------------------|---------|--------------|---------------|
| 13 | wt | 58 Ramzi Coenraad | HC1 | 40.12 | 40.69 | |
| | rd | 42 Tudor Prisada | HN2 | 41.19 | 47.95 | |
| | | Ramzi Coenraad | Tudor Prisada | | | |
| | | 100m | 10.96 | (10.96) | 100m | 11.48 (11.48) |
| | | 500m | 40.69 | (29.73) | 500m | 47.95 (36.47) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|--------------------------|---------|--------------|---------------|
| 14 | gl | 57 Karlijn Schellekens | DA1 | 41.58 | 42.76 | |
| | bl | 49 Thomas van Berkel | HA2 | 38.70 | 39.04 | |
| | | Karlijn Schellekens | Thomas van Berkel | | | |
| | | 100m | 11.78 | (11.78) | 100m | 10.75 (10.75) |
| | | 500m | 42.76 | (30.98) | 500m | 39.04 (28.29) |

2. Uitslag Iedereen 500-1500

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|-------|------|--------|
| 1 | 16 Peter Paul Erdman | HSB | 21 | I | 43.14 | | |
| 2 | 27 Sep de Kraker | HPA | 22 | I | 43.31 | | |
| 3 | 26 Sander van Holland | H45 | 21 | O | 44.44 | | |
| 4 | 36 Lena de Groot | DC2 | 22 | O | 44.64 | PR | |
| 5 | 48 Marco Schouten | H50 | 20 | I | 45.82 | | |
| 6 | 35 Carlijn Oude Vrielink | DN1 | 20 | O | 46.59 | | |
| 7 | 28 Carlijn te Poele | DPA | 19 | I | 46.92 | PR | |
| 8 | 24 Arnold van Mersbergen | HSB | 17 | I | 48.05 | PR | |
| 9 | 34 Hiba Pals | DPA | 19 | O | 48.55 | | |
| 10 | 47 Maartje van Dijck | DC1 | 18 | I | 49.95 | PR | |
| 11 | 53 Tamar Wolters | DC1 | 18 | O | 50.46 | PR | |
| 12 | 32 Sven de Waijer | H55 | 15 | O | 51.11 | | |
| 13 | 17 Gerard Adolfse | H55 | 17 | O | 51.13 | | |
| 14 | 12 Hans Bakker | H60 | 16 | I | 51.29 | | |
| 15 | 14 Jip van Deijck | DC2 | 16 | O | 57.28 | PR | |
| 16 | 37 Lucia de Groot | D45 | 15 | I | 57.45 | PR | |

2. Rituitslag Iedereen 500-1500

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----------------------|-------|---------|--------------|------|
| 15 | wt | 37 | Lucia de Groot | | D45 | | | 57.45 | PR |
| | rd | 32 | Sven de Waijer | | H55 | 49.56 | | 51.11 | |
| | | <u>Lucia de Groot</u> | | | <u>Sven de Waijer</u> | | | | |
| | | 100m | 15.22 | (15.22) | 100m | 13.99 | (13.99) | | |
| | | 500m | 57.45 | (42.23) | 500m | 51.11 | (37.12) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|-----------------------|---------|-----------------------|-------|---------|--------------|------|
| 16 | gl | 12 | Hans Bakker | | H60 | 50.71 | | 51.29 | |
| | bl | 14 | Jip van Deijck | | DC2 | 57.57 | | 57.28 | PR |
| | | <u>Hans Bakker</u> | | | <u>Jip van Deijck</u> | | | | |
| | | 100m | 13.98 | (13.98) | 100m | 14.77 | (14.77) | | |
| | | 500m | 51.29 | (37.31) | 500m | 57.28 | (42.51) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------------|------------------------------|---------|-----------------------|-------|---------|--------------|------|
| 17 | wt | 24 | Arnold van Mersbergen | | HSB | 49.54 | | 48.05 | PR |
| | rd | 17 | Gerard Adolfse | | H55 | 47.34 | | 51.13 | |
| | | <u>Arnold van Mersbergen</u> | | | <u>Gerard Adolfse</u> | | | | |
| | | 100m | 12.62 | (12.62) | 100m | 13.61 | (13.61) | | |
| | | 500m | 48.05 | (35.43) | 500m | 51.13 | (37.52) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|---------|--------------|------|
| 18 | gl | 47 | Maartje van Dijck | | DC1 | 50.22 | | 49.95 | PR |
| | bl | 53 | Tamar Wolters | | DC1 | 50.50 | | 50.46 | PR |
| | | <u>Maartje van Dijck</u> | | | <u>Tamar Wolters</u> | | | | |
| | | 100m | 13.19 | (13.19) | 100m | 14.09 | (14.09) | | |
| | | 500m | 49.95 | (36.76) | 500m | 50.46 | (36.37) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|------------------|-------|---------|--------------|------|
| 19 | wt | 28 | Carlijn te Poele | | DPA | 48.00 | | 46.92 | PR |
| | rd | 34 | Hiba Pals | | DPA | 48.31 | | 48.55 | |
| | | <u>Carlijn te Poele</u> | | | <u>Hiba Pals</u> | | | | |
| | | 100m | 12.20 | (12.20) | 100m | 13.11 | (13.11) | | |
| | | 500m | 46.92 | (34.72) | 500m | 48.55 | (35.44) | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|------------------------------|---------|------------------------------|-------|--------------|------|
| 20 | gl | 48 | Marco Schouten | | H50 | 44.65 | 45.82 | |
| | bl | 35 | Carlijn Oude Vrielink | | DN1 | 45.99 | 46.59 | |
| | | Marco Schouten | | | Carlijn Oude Vrielink | | | |
| | | 100m | 12.39 | (12.39) | 100m | 12.33 | (12.33) | |
| | | 500m | 45.82 | (33.43) | 500m | 46.59 | (34.26) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 21 | wt | 16 | Peter Paul Erdman | | HSB | 42.53 | 43.14 | |
| | rd | 26 | Sander van Holland | | H45 | 44.13 | 44.44 | |
| | | Peter Paul Erdman | | | Sander van Holland | | | |
| | | 100m | 11.97 | (11.97) | 100m | 12.10 | (12.10) | |
| | | 500m | 43.14 | (31.17) | 500m | 44.44 | (32.34) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 22 | gl | 27 | Sep de Kraker | | HPA | 42.50 | 43.31 | |
| | bl | 36 | Lena de Groot | | DC2 | 45.03 | 44.64 | PR |
| | | Sep de Kraker | | | Lena de Groot | | | |
| | | 100m | 11.77 | (11.77) | 100m | 12.22 | (12.22) | |
| | | 500m | 43.31 | (31.54) | 500m | 44.64 | (32.42) | |

3. Uitslag Selectie 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------|-----|------|------|---------|------|--------|
| 1 | 2 Maud Groenen | DC2 | 24 | I | 4:56.62 | PR | |
| 2 | 1 Amina Dillmann | DC2 | 24 | O | 4:59.10 | PR | |
| 3 | 3 Youssra Pals | DC2 | 23 | I | 5:26.36 | PR | |
| | 55 Yasmine Pals | DC2 | 23 | O | | DQ | |

3. Rituitslag Selectie 3000 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------|-----|---------|----------------|------|
| 23 | wt | 3 Youssra Pals | DC2 | | 5:26.36 | PR |
| | rd | 55 Yasmine Pals | DC2 | 5:25.12 | | DQ |

Youssra Pals

| | | |
|-------|---------|---------|
| 200m | 22.52 | (22.52) |
| 600m | 1:00.41 | (37.89) |
| 1000m | 1:40.50 | (40.09) |
| 1400m | 2:22.22 | (41.72) |
| 1800m | 3:06.31 | (44.09) |
| 2200m | 3:55.56 | (49.25) |
| 2600m | 4:39.42 | (43.86) |
| 3000m | 5:26.36 | (46.94) |

Yasmine Pals

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|----|----------------|------|
| 24 | gl | 2 Maud Groenen | DC2 | | 4:56.62 | PR |
| | bl | 1 Amina Dillmann | DC2 | | 4:59.10 | PR |

Maud Groenen

| | | |
|-------|---------|---------|
| 200m | 21.62 | (21.62) |
| 600m | 57.55 | (35.93) |
| 1000m | 1:35.85 | (38.30) |
| 1400m | 2:15.05 | (39.20) |
| 1800m | 2:54.52 | (39.47) |
| 2200m | 3:34.93 | (40.41) |
| 2600m | 4:15.90 | (40.97) |
| 3000m | 4:56.62 | (40.72) |

Amina Dillmann

| | | |
|-------|---------|---------|
| 200m | 22.51 | (22.51) |
| 600m | 1:00.00 | (37.49) |
| 1000m | 1:39.79 | (39.79) |
| 1400m | 2:19.43 | (39.64) |
| 1800m | 2:59.92 | (40.49) |
| 2200m | 3:40.05 | (40.13) |
| 2600m | 4:20.09 | (40.04) |
| 3000m | 4:59.10 | (39.01) |

4. Uitslag ledereen 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 43 Joost Hermans | HSA | 28 | I | 7:37.19 | | |
| 2 | 56 Daan Segers | HB1 | 26 | I | 7:40.09 | PR | |
| 3 | 44 Pim Boere | HB1 | 26 | O | 7:41.15 | PR | |
| 4 | 54 Erik Agterdenbos | HSB | 28 | O | 7:42.45 | | |
| 5 | 33 Geert Antonis | HSB | 27 | O | 7:43.66 | PR | |
| 6 | 46 Tom van Dijck | HA1 | 27 | I | 8:04.25 | PR | |
| 7 | 10 Luuk van der Vlerk | HN2 | 25 | I | 8:29.53 | PR | |

4. Rituitslag Iedereen 5000 meter

| | | Naam | Cat | PR | Tijd | Info |
|--------------------|----------|-----------------------|-----------------|----|---------|------|
| 25 | wt rd | 10 Luuk van der Vlerk | HN2 | | 8:29.53 | PR |
| Luuk van der Vlerk | | | | | | |
| | | 200m | 23.81 (23.81) | | m | |
| | | 600m | 1:04.18 (40.37) | | | |
| | | 1000m | 1:45.37 (41.19) | | | |
| | | 1400m | 2:26.11 (40.74) | | | |
| | | 1800m | 3:06.99 (40.88) | | | |
| | | 2200m | 3:46.97 (39.98) | | | |
| | | 2600m | 4:27.06 (40.09) | | | |
| | | 3000m | 5:07.34 (40.28) | | | |
| | | 3400m | 5:47.45 (40.11) | | | |
| | | 3800m | 6:28.51 (41.06) | | | |
| | | 4200m | 7:09.14 (40.63) | | | |
| | | 4600m | 7:49.62 (40.48) | | | |
| | | 5000m | 8:29.53 (39.91) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|-------------|----|----------------|-----------------|----|---------|------|
| 26 | gl | 56 Daan Segers | HB1 | | 7:40.09 | PR |
| | bl | 44 Pim Boere | HB1 | | 7:41.15 | PR |
| Daan Segers | | | | | | |
| | | 200m | 21.09 (21.09) | | | |
| | | 600m | 56.07 (34.98) | | | |
| | | 1000m | 1:32.35 (36.28) | | | |
| | | 1400m | 2:08.81 (36.46) | | | |
| | | 1800m | 2:44.92 (36.11) | | | |
| | | 2200m | 3:21.79 (36.87) | | | |
| | | 2600m | 3:58.61 (36.82) | | | |
| | | 3000m | 4:35.82 (37.21) | | | |
| | | 3400m | 5:12.72 (36.90) | | | |
| | | 3800m | 5:50.33 (37.61) | | | |
| | | 4200m | 6:27.19 (36.86) | | | |
| | | 4600m | 7:04.45 (37.26) | | | |
| | | 5000m | 7:40.09 (35.64) | | | |
| Pim Boere | | | | | | |
| | | 200m | 21.82 (21.82) | | | |
| | | 600m | 55.94 (34.12) | | | |
| | | 1000m | 1:31.39 (35.45) | | | |
| | | 1400m | 2:08.52 (37.13) | | | |
| | | 1800m | 2:45.70 (37.18) | | | |
| | | 2200m | 3:22.07 (36.37) | | | |
| | | 2600m | 3:58.65 (36.58) | | | |
| | | 3000m | 4:35.24 (36.59) | | | |
| | | 3400m | 5:12.88 (37.64) | | | |
| | | 3800m | 5:50.29 (37.41) | | | |
| | | 4200m | 6:27.81 (37.52) | | | |
| | | 4600m | 7:05.10 (37.29) | | | |
| | | 5000m | 7:41.15 (36.05) | | | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------|---------|---------|----------------------|----------------|---------|
| 27 | wt | 46 Tom van Dijck | HA1 | | 8:41.05 | 8:04.25 | PR |
| | rd | 33 Geert Antonis | HSB | | 8:02.87 | 7:43.66 | PR |
| | | Tom van Dijck | | | Geert Antonis | | |
| | | 200m | 21.87 | (21.87) | 200m | 21.92 | (21.92) |
| | | 600m | 57.09 | (35.22) | 600m | 56.00 | (34.08) |
| | | 1000m | 1:33.02 | (35.93) | 1000m | 1:32.12 | (36.12) |
| | | 1400m | 2:09.99 | (36.97) | 1400m | 2:08.48 | (36.36) |
| | | 1800m | 2:47.77 | (37.78) | 1800m | 2:45.21 | (36.73) |
| | | 2200m | 3:25.80 | (38.03) | 2200m | 3:22.00 | (36.79) |
| | | 2600m | 4:04.40 | (38.60) | 2600m | 3:58.93 | (36.93) |
| | | 3000m | 4:43.18 | (38.78) | 3000m | 4:36.20 | (37.27) |
| | | 3400m | 5:22.62 | (39.44) | 3400m | 5:13.63 | (37.43) |
| | | 3800m | 6:02.36 | (39.74) | 3800m | 5:50.93 | (37.30) |
| | | 4200m | 6:42.94 | (40.58) | 4200m | 6:28.21 | (37.28) |
| | | 4600m | 7:23.75 | (40.81) | 4600m | 7:05.82 | (37.61) |
| | | 5000m | 8:04.25 | (40.50) | 5000m | 7:43.66 | (37.84) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------------|---------|---------|-------------------------|----------------|---------|
| 28 | gl | 43 Joost Hermans | HSA | | 7:25.36 | 7:37.19 | |
| | bl | 54 Erik Agterdenbos | HSB | | 7:37.96 | 7:42.45 | |
| | | Joost Hermans | | | Erik Agterdenbos | | |
| | | 200m | 21.96 | (21.96) | 200m | 21.38 | (21.38) |
| | | 600m | 57.96 | (36.00) | 600m | 56.43 | (35.05) |
| | | 1000m | 1:34.98 | (37.02) | 1000m | 1:33.14 | (36.71) |
| | | 1400m | 2:11.28 | (36.30) | 1400m | 2:09.73 | (36.59) |
| | | 1800m | 2:48.01 | (36.73) | 1800m | 2:46.65 | (36.92) |
| | | 2200m | 3:24.30 | (36.29) | 2200m | 3:23.19 | (36.54) |
| | | 2600m | 4:00.45 | (36.15) | 2600m | 4:00.48 | (37.29) |
| | | 3000m | 4:36.96 | (36.51) | 3000m | 4:37.42 | (36.94) |
| | | 3400m | 5:13.33 | (36.37) | 3400m | 5:14.67 | (37.25) |
| | | 3800m | 5:49.61 | (36.28) | 3800m | 5:51.99 | (37.32) |
| | | 4200m | 6:25.53 | (35.92) | 4200m | 6:29.59 | (37.60) |
| | | 4600m | 7:01.44 | (35.91) | 4600m | 7:06.31 | (36.72) |
| | | 5000m | 7:37.19 | (35.75) | 5000m | 7:42.45 | (36.14) |

5. Uitslag Iedereen 300m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 49 Thomas van Berkel | HA2 | 42 | I | 24.77 | PR | |
| 2 | 58 Ramzi Coenraad | HC1 | 42 | O | 25.08 | PR | |
| 3 | 57 Karlijn Schellekens | DA1 | 41 | I | 27.21 | PR | |
| 4 | 59 Stijn Kroon | HB2 | 39 | I | 27.34 | PR | |
| 5 | 6 Anouk Cosijn | DA2 | 39 | O | 28.83 | PR | |
| 6 | 38 Quinty Breij | DN1 | 40 | I | 29.12 | PR | |
| 7 | 41 Sterre Pikaar | DN1 | 40 | O | 29.55 | | |
| 8 | 23 Maud Mastenbroek | DB1 | 37 | I | 30.40 | PR | |
| 9 | 11 Amber Kerst | DN3 | 37 | O | 31.10 | | |
| 10 | 8 Bram Morel | HC1 | 36 | I | 31.60 | PR | |
| 11 | 39 Naomi Segers | DPB | 38 | I | 31.97 | | |
| 12 | 50 Aline van Lieshout | DPC | 35 | O | 32.74 | | |
| 13 | 60 Djim Spierings | HPB | 36 | O | 32.83 | PR | |
| 14 | 13 Loïs Mijland | DPC | 33 | I | 32.91 | PR | |
| 15 | 20 Jensynn Hovingh | HB1 | 34 | O | 33.75 | PR | |
| 16 | 52 Mats Kremers | HPB | 35 | I | 34.21 | | |
| 17 | 19 Lena Westra | DPC | 34 | I | 35.10 | PR | |
| 18 | 15 Zoé van de Laar | DPA | 31 | I | 36.33 | PR | |
| 19 | 5 Neel Geurts | DPC | 31 | O | 36.45 | PR | |
| 20 | 25 Damla Cakar | DPB | 33 | O | 36.56 | PR | |
| 21 | 9 Floor Vogelaar | DPC | 29 | O | 37.18 | PR | |
| 22 | 51 Sep Wijten | HC1 | 30 | O | 38.04 | PR | |
| 23 | 22 Grete Svea Brehmer | DPA | 32 | O | 38.50 | PR | |
| 24 | 29 Malin Rongen | DPC | 32 | I | 39.58 | | |
| 25 | 45 Saar Koks | DPB | 30 | I | 40.90 | PR | |
| | 18 Marieke de Bruin | DB2 | 29 | I | DNF | | |
| | 42 Tudor Prisada | HN2 | 38 | O | DNS | | |
| | 30 Wenzel Zeegers | H50 | | | WDR | | |

5. Rituitslag Iedereen 300m

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-------|-----------------------|-----------------|
| 29 | wt | 18 Marieke de Bruin | DB2 | | | DNF |
| | rd | 9 Floor Vogelaar | DPC | 39.52 | | 37.18 PR |
| | | <u>Marieke de Bruin</u> | | | <u>Floor Vogelaar</u> | |
| | | | | | 300m | 37.18 (37.18) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------|-----|-------|-------------------|-----------------|
| 30 | gl | 45 Saar Koks | DPB | 42.10 | | 40.90 PR |
| | bl | 51 Sep Wijten | HC1 | 38.99 | | 38.04 PR |
| | | <u>Saar Koks</u> | | | <u>Sep Wijten</u> | |
| | | | | | 300m | 40.90 (40.90) |
| | | | | | 300m | 38.04 (38.04) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|-------|--------------------|-----------------|
| 31 | wt | 15 Zoé van de Laar | DPA | 38.48 | | 36.33 PR |
| | rd | 5 Neel Geurts | DPC | 39.28 | | 36.45 PR |
| | | <u>Zoé van de Laar</u> | | | <u>Neel Geurts</u> | |
| | | | | | 300m | 36.33 (36.33) |
| | | | | | 300m | 36.45 (36.45) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|-------|---------------------------|-----------------|
| 32 | gl | 29 Malin Rongen | DPC | 39.30 | | 39.58 |
| | bl | 22 Grete Svea Brehmer | DPA | 38.79 | | 38.50 PR |
| | | <u>Malin Rongen</u> | | | <u>Grete Svea Brehmer</u> | |
| | | | | | 300m | 39.58 (39.58) |
| | | | | | 300m | 38.50 (38.50) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------|-----|-------|--------------------|-----------------|
| 33 | wt | 13 Loïs Mijland | DPC | 34.51 | | 32.91 PR |
| | rd | 25 Damla Cakar | DPB | 38.43 | | 36.56 PR |
| | | <u>Loïs Mijland</u> | | | <u>Damla Cakar</u> | |
| | | | | | 300m | 32.91 (32.91) |
| | | | | | 300m | 36.56 (36.56) |

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|------------------------------|-----|-------|---------------------------|------|
| 34 | gl | 19 Lena Westra | DPC | 36.53 | 35.10 | PR |
| | bl | 20 Jensynn Hovingh | HB1 | 36.24 | 33.75 | PR |
| | | <u>Lena Westra</u> | | | <u>Jensynn Hovingh</u> | |
| | | 300m 35.10 (35.10) | | | 300m 33.75 (33.75) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 35 | wt | 52 Mats Kremers | HPB | 32.41 | 34.21 | |
| | rd | 50 Aline van Lieshout | DPC | 32.03 | 32.74 | |
| | | <u>Mats Kremers</u> | | | <u>Aline van Lieshout</u> | |
| | | 300m 34.21 (34.21) | | | 300m 32.74 (32.74) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 36 | gl | 8 Bram Morel | HC1 | 32.44 | 31.60 | PR |
| | bl | 60 Djim Spierings | HPB | 33.28 | 32.83 | PR |
| | | <u>Bram Morel</u> | | | <u>Djim Spierings</u> | |
| | | 300m 31.60 (31.60) | | | 300m 32.83 (32.83) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 37 | wt | 23 Maud Mastenbroek | DB1 | 31.53 | 30.40 | PR |
| | rd | 11 Amber Kerst | DN3 | 29.37 | 31.10 | |
| | | <u>Maud Mastenbroek</u> | | | <u>Amber Kerst</u> | |
| | | 300m 30.40 (30.40) | | | 300m 31.10 (31.10) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 38 | gl | 39 Naomi Segers | DPB | 31.81 | 31.97 | |
| | bl | 42 Tudor Prisada | HN2 | 30.54 | DNS | |
| | | <u>Naomi Segers</u> | | | <u>Tudor Prisada</u> | |
| | | 300m 31.97 (31.97) | | | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 39 | wt | 59 Stijn Kroon | HB2 | 28.62 | 27.34 | PR |
| | rd | 6 Anouk Cosijn | DA2 | 29.64 | 28.83 | PR |
| | | <u>Stijn Kroon</u> | | | <u>Anouk Cosijn</u> | |
| | | 300m 27.34 (27.34) | | | 300m 28.83 (28.83) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------------|-------|--------------|------|
| 40 | gl | 38 Quinty Breij | DN1 | 29.45 | 29.12 | PR |
| | bl | 41 Sterre Pikaar | DN1 | 28.54 | 29.55 | |
| | | Quinty Breij | | | | |
| | | 300m | 29.12 (29.12) | | | |
| | | Sterre Pikaar | | | | |
| | | 300m | 29.55 (29.55) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|---------------|-------|--------------|------|
| 41 | wt | 57 Karlijn Schellekens | DA1 | 27.73 | 27.21 | PR |
| | rd | 30 Wenzel Zeegers | H50 | 28.37 | WDR | |
| | | Karlijn Schellekens | | | | |
| | | 300m | 27.21 (27.21) | | | |
| | | Wenzel Zeegers | | | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------------|-------|--------------|------|
| 42 | gl | 49 Thomas van Berkel | HA2 | 27.05 | 24.77 | PR |
| | bl | 58 Ramzi Coenraad | HC1 | 25.64 | 25.08 | PR |
| | | Thomas van Berkel | | | | |
| | | 300m | 24.77 (24.77) | | | |
| | | Ramzi Coenraad | | | | |
| | | 300m | 25.08 (25.08) | | | |

6. Uitslag Iedereen 1500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 16 Peter Paul Erdman | HSB | 49 | O | 2:08.02 | | |
| 2 | 27 Sep de Kraker | HPA | 49 | I | 2:11.96 | TRC | |
| 3 | 36 Lena de Groot | DC2 | 50 | I | 2:16.06 | PR | |
| 4 | 48 Marco Schouten | H50 | 47 | O | 2:21.08 | | |
| 5 | 17 Gerard Adolfse | H55 | 48 | I | 2:28.86 | | |
| 6 | 12 Hans Bakker | H60 | 45 | O | 2:30.19 | PR | |
| 7 | 24 Arnold van Mersbergen | HSB | 45 | I | 2:30.76 | PR | |
| 8 | 34 Hiba Pals | DPA | 47 | I | 2:31.12 | | |
| 9 | 32 Sven de Waijer | H55 | 48 | O | 2:31.37 | | |
| 10 | 28 Carlijn te Poele | DPA | 43 | O | 2:34.23 | PR | |
| 11 | 53 Tamar Wolters | DC1 | 46 | O | 2:35.23 | PR | |
| 12 | 47 Maartje van Dijck | DC1 | 46 | I | 2:36.55 | PR | |
| 13 | 35 Carlijn Oude Vrielink | DN1 | 44 | O | 2:39.15 | PR | |
| 14 | 37 Lucia de Groot | D45 | 44 | I | 2:48.93 | PR | |
| 15 | 14 Jip van Deijck | DC2 | 43 | I | 2:51.70 | PR | |
| | 26 Sander van Holland | H45 | | | | WDR | |

6. Rituitslag Iedereen 1500m

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 43 | wt | 14 Jip van Deijck | DC2 | 3:03.27 | 2:51.70 | PR |
| | rd | 28 Carlijn te Poele | DPA | | 2:34.23 | PR |

| Jip van Deijck | | | Carlijn te Poele | | |
|----------------|---------|---------|------------------|---------|---------|
| 300m | 36.87 | (36.87) | 300m | 30.85 | (30.85) |
| 700m | 1:20.94 | (44.07) | 700m | 1:10.69 | (39.84) |
| 1100m | 2:06.36 | (45.42) | 1100m | 1:52.39 | (41.70) |
| 1500m | 2:51.70 | (45.34) | 1500m | 2:34.23 | (41.84) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|-----|----|----------------|------|
| 44 | gl | 37 Lucia de Groot | D45 | | 2:48.93 | PR |
| | bl | 35 Carlijn Oude Vrielink | DN1 | | 2:39.15 | PR |

| Lucia de Groot | | | Carlijn Oude Vrielink | | |
|----------------|---------|---------|-----------------------|---------|---------|
| 300m | 37.49 | (37.49) | 300m | 32.86 | (32.86) |
| 700m | 1:19.93 | (42.44) | 700m | 1:12.85 | (39.99) |
| 1100m | 2:04.26 | (44.33) | 1100m | 1:55.90 | (43.05) |
| 1500m | 2:48.93 | (44.67) | 1500m | 2:39.15 | (43.25) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|-----|---------|----------------|------|
| 45 | wt | 24 Arnold van Mersbergen | HSB | 2:43.86 | 2:30.76 | PR |
| | rd | 12 Hans Bakker | H60 | 2:31.25 | 2:30.19 | PR |

| Arnold van Mersbergen | | | Hans Bakker | | |
|-----------------------|---------|---------|-------------|---------|---------|
| 300m | 31.12 | (31.12) | 300m | 33.56 | (33.56) |
| 700m | 1:09.28 | (38.16) | 700m | 1:11.40 | (37.84) |
| 1100m | 1:48.86 | (39.58) | 1100m | 1:50.22 | (38.82) |
| 1500m | 2:30.76 | (41.90) | 1500m | 2:30.19 | (39.97) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|---------|----------------|------|
| 46 | gl | 47 Maartje van Dijck | DC1 | 2:44.52 | 2:36.55 | PR |
| | bl | 53 Tamar Wolters | DC1 | 2:42.01 | 2:35.23 | PR |

| Maartje van Dijck | | | Tamar Wolters | | |
|-------------------|---------|---------|---------------|---------|---------|
| 300m | 32.97 | (32.97) | 300m | 33.90 | (33.90) |
| 700m | 1:13.18 | (40.21) | 700m | 1:13.28 | (39.38) |
| 1100m | 1:54.47 | (41.29) | 1100m | 1:53.73 | (40.45) |
| 1500m | 2:36.55 | (42.08) | 1500m | 2:35.23 | (41.50) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------------|---------|---------|---------------------------|----------------|---------|
| 47 | wt | 34 Hiba Pals | DPA | | 2:31.08 | 2:31.12 | |
| | rd | 48 Marco Schouten | H50 | | 2:15.00 | 2:21.08 | |
| | | Hiba Pals | | | Marco Schouten | | |
| | | 300m | 31.76 | (31.76) | 300m | 30.07 | (30.07) |
| | | 700m | 1:09.83 | (38.07) | 700m | 1:05.22 | (35.15) |
| | | 1100m | 1:50.07 | (40.24) | 1100m | 1:42.39 | (37.17) |
| | | 1500m | 2:31.12 | (41.05) | 1500m | 2:21.08 | (38.69) |
| | | Naam | Cat | | PR | Tijd | Info |
| 48 | gl | 17 Gerard Adolfse | H55 | | 2:23.63 | 2:28.86 | |
| | bl | 32 Sven de Waijer | H55 | | 2:27.30 | 2:31.37 | |
| | | Gerard Adolfse | | | Sven de Waijer | | |
| | | 300m | 33.49 | (33.49) | 300m | 33.21 | (33.21) |
| | | 700m | 1:11.57 | (38.08) | 700m | 1:11.14 | (37.93) |
| | | 1100m | 1:50.09 | (38.52) | 1100m | 1:50.60 | (39.46) |
| | | 1500m | 2:28.86 | (38.77) | 1500m | 2:31.37 | (40.77) |
| | | Naam | Cat | | PR | Tijd | Info |
| 49 | wt | 27 Sep de Kraker | HPA | | 2:11.11 | 2:11.96 | TRC |
| | rd | 16 Peter Paul Erdman | HSB | | 2:03.80 | 2:08.02 | |
| | | Sep de Kraker | | | Peter Paul Erdman | | |
| | | 300m | 27.92 | (27.92) | 300m | 28.29 | (28.29) |
| | | 700m | 1:00.63 | (32.71) | 700m | 59.52 | (31.23) |
| | | 1100m | 1:35.42 | (34.79) | 1100m | 1:32.98 | (33.46) |
| | | 1500m | 2:11.96 | (36.54) | 1500m | 2:08.02 | (35.04) |
| | | Naam | Cat | | PR | Tijd | Info |
| 50 | gl | 36 Lena de Groot | DC2 | | 2:21.09 | 2:16.06 | PR |
| | bl | 26 Sander van Holland | H45 | | 2:16.06 | WDR | |
| | | Lena de Groot | | | Sander van Holland | | |
| | | 300m | 29.09 | (29.09) | | | |
| | | 700m | 1:03.29 | (34.20) | | | |
| | | 1100m | 1:38.96 | (35.67) | | | |
| | | 1500m | 2:16.06 | (37.10) | | | |