

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

1. Uitslag (FC) jongste pupillen meisjes (300-300) 1e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------|-----|------|------|-------|------|--------|
| 1 | 55 Ilana Hokse | DPC | 13 | O | 32.09 | PR | |
| 2 | 151 Marrit Tichelaar | DPC | 14 | I | 32.18 | PR | |
| 3 | 41 Femke Hazeveld | DPC | 6 | I | 32.52 | HT | |
| 4 | 39 Renske Kromkamp | DPC | 11 | I | 32.60 | PR | |
| 5 | 22 Anna de Vegt | DPC | 13 | I | 32.94 | PR | |
| 6 | 19 Esra Alkema | DPC | 11 | O | 33.37 | PR | |
| 7 | 65 Afke Brouwer | DPC | 12 | I | 34.09 | PR | |
| 8 | 72 Leanne Visser | DPD | 9 | O | 35.79 | PR | |
| 9 | 43 Lauren De Jong | DPD | 12 | O | 36.00 | PR | |
| 10 | 120 Noémi Vlieg | DPC | 10 | I | 36.43 | PR | |
| 11 | 49 Aniek van der Tuuk | DPD | 7 | I | 36.72 | PR | |
| 12 | 85 Fenna Mozes | DPC | 14 | O | 36.84 | | |
| 13 | 9 Yfke Vries | DPC | 8 | O | 37.83 | | |
| 14 | 95 Trude Schoustra | DPD | 8 | I | 38.25 | PR | |
| 15 | 42 Renske Hut | DPD | 9 | I | 38.30 | | |
| 16 | 21 Jildou Poiesz | DPC | 5 | O | 38.82 | PR | |
| 17 | 31 Elske de Vries | DPD | 10 | O | 39.69 | | |
| 18 | 62 Lieke Brouwer | DPD | 5 | I | 39.72 | PR | |
| 19 | 126 Flow Ganzevoort | DPD | 1 | I | 40.20 | | |
| 20 | 132 Isabel Duits | DPD | 1 | O | 41.55 | | |
| 21 | 12 Michella De Jong | DPE | 6 | O | 42.00 | | |
| 22 | 118 Cato Nugteren | DPC | 4 | O | 42.20 | | |
| 23 | 123 Doutzen Geertje Ferbeek | DPE | 3 | I | 43.43 | PR | |
| 24 | 113 Senna Coleo | DPC | 2 | I | 43.47 | | |
| 25 | 80 Norah Müller | DPE | 2 | O | 43.55 | | |
| 26 | 105 Chantal Kingma | DPC | 7 | O | 47.09 | | |
| 27 | 20 Romy Gmelich Meijling | DPE | 3 | O | 47.13 | | |
| 28 | 37 Jeltje De Jong | DPD | 4 | I | 51.19 | PR | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

1. Rituitslag (FC) jongste pupillen meisjes (300-300) 1e 300 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|------------------------|---------|---------------------|-------|---------|--------------|------|
| 1 | wt | 126 | Flow Ganzevoort | | DPD | | | 40.20 | |
| | rd | 132 | Isabel Duits | | DPD | | | 41.55 | |
| | | Flow Ganzevoort | | | Isabel Duits | | | | |
| | | 300m | 40.20 | (40.20) | 300m | 41.55 | (41.55) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|---------------------|---------|---------------------|-------|---------|--------------|------|
| 2 | gl | 113 | Senna Coleo | | DPC | | | 43.47 | |
| | bl | 80 | Norah Müller | | DPE | | | 43.55 | |
| | | Senna Coleo | | | Norah Müller | | | | |
| | | 300m | 43.47 | (43.47) | 300m | 43.55 | (43.55) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------------|--------------------------------|---------|------------------------------|-------|---------|--------------|------|
| 3 | wt | 123 | Doutzen Geertje Ferbeek | | DPE | 47.46 | | 43.43 | PR |
| | rd | 20 | Romy Gmelich Meijling | | DPE | 46.99 | | 47.13 | |
| | | Doutzen Geertje Ferbeek | | | Romy Gmelich Meijling | | | | |
| | | 300m | 43.43 | (43.43) | 300m | 47.13 | (47.13) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----------------------|-------|---------|--------------|------|
| 4 | gl | 37 | Jeltje De Jong | | DPD | 54.69 | | 51.19 | PR |
| | bl | 118 | Catoo Nugteren | | DPC | | | 42.20 | |
| | | Jeltje De Jong | | | Catoo Nugteren | | | | |
| | | 300m | 51.19 | (51.19) | 300m | 42.20 | (42.20) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|----------------------|---------|----------------------|-------|---------|--------------|------|
| 5 | wt | 62 | Lieke Brouwer | | DPD | 40.61 | | 39.72 | PR |
| | rd | 21 | Jildou Poiesz | | DPC | 41.70 | | 38.82 | PR |
| | | Lieke Brouwer | | | Jildou Poiesz | | | | |
| | | 300m | 39.72 | (39.72) | 300m | 38.82 | (38.82) | | |

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Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info | |
|-------|----|---------------------------|-------|---------|-------------------------|-------|--------------|------|--|
| 6 | gl | 41 Femke Hazeveld | | DPC | | 34.53 | 32.52 | HT | |
| | bl | 12 Michella De Jong | | DPE | | 41.04 | 42.00 | | |
| | | <u>Femke Hazeveld</u> | | | <u>Michella De Jong</u> | | | | |
| | | 300m | 32.52 | (32.52) | 300m | 42.00 | (42.00) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info | |
| 7 | wt | 49 Aniek van der Tuuk | | DPD | | 39.05 | 36.72 | PR | |
| | rd | 105 Chantal Kingma | | DPC | | 39.66 | 47.09 | | |
| | | <u>Aniek van der Tuuk</u> | | | <u>Chantal Kingma</u> | | | | |
| | | 300m | 36.72 | (36.72) | 300m | 47.09 | (47.09) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info | |
| 8 | gl | 95 Trude Schoustra | | DPD | | 39.23 | 38.25 | PR | |
| | bl | 9 Yfke Vries | | DPC | | 37.75 | 37.83 | | |
| | | <u>Trude Schoustra</u> | | | <u>Yfke Vries</u> | | | | |
| | | 300m | 38.25 | (38.25) | 300m | 37.83 | (37.83) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info | |
| 9 | wt | 42 Renske Hut | | DPD | | 37.49 | 38.30 | | |
| | rd | 72 Leanne Visser | | DPD | | 36.95 | 35.79 | PR | |
| | | <u>Renske Hut</u> | | | <u>Leanne Visser</u> | | | | |
| | | 300m | 38.30 | (38.30) | 300m | 35.79 | (35.79) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info | |
| 10 | gl | 120 Noémi Vlieg | | DPC | | 37.52 | 36.43 | PR | |
| | bl | 31 Elske de Vries | | DPD | | 37.60 | 39.69 | | |
| | | <u>Noémi Vlieg</u> | | | <u>Elske de Vries</u> | | | | |
| | | 300m | 36.43 | (36.43) | 300m | 39.69 | (39.69) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info | |
| 11 | wt | 39 Renske Kromkamp | | DPC | | 34.21 | 32.60 | PR | |
| | rd | 19 Esra Alkema | | DPC | | 34.27 | 33.37 | PR | |
| | | <u>Renske Kromkamp</u> | | | <u>Esra Alkema</u> | | | | |
| | | 300m | 32.60 | (32.60) | 300m | 33.37 | (33.37) | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|-----------------------------|-------|---------|--------------|------|
| 12 | gl | 65 Afke Brouwer | DPC | 35.79 | 34.09 | PR |
| | bl | 43 Lauren De Jong | DPD | 36.42 | 36.00 | PR |
| | | <u>Afke Brouwer</u> | | | | |
| | | 300m | 34.09 | (34.09) | | |
| | | <u>Lauren De Jong</u> | | | | |
| | | 300m | 36.00 | (36.00) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 13 | wt | 22 Anna de Vegt | DPC | 32.95 | 32.94 | PR |
| | rd | 55 Ilana Hokse | DPC | 33.22 | 32.09 | PR |
| | | <u>Anna de Vegt</u> | | | | |
| | | 300m | 32.94 | (32.94) | | |
| | | <u>Ilana Hokse</u> | | | | |
| | | 300m | 32.09 | (32.09) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 14 | gl | 151 Marrit Tichelaar | DPC | 33.03 | 32.18 | PR |
| | bl | 85 Fenna Mozes | DPC | 33.02 | 36.84 | |
| | | <u>Marrit Tichelaar</u> | | | | |
| | | 300m | 32.18 | (32.18) | | |
| | | <u>Fenna Mozes</u> | | | | |
| | | 300m | 36.84 | (36.84) | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

2. Uitslag (FC) jongste pupillen jongens (300-300) 1e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 1 Idsart Hilarides | HPC | 23 | I | 32.04 | PR | |
| 2 | 91 Philip Aalberts | HPC | 23 | O | 32.16 | PR | |
| 3 | 64 Ties Wierda | HPD | 24 | I | 34.51 | PR | |
| 4 | 25 Brent Faber | HPD | 24 | O | 34.52 | PR | |
| 5 | 83 Arjen Zuur | HPC | 21 | I | 35.69 | PR | |
| 6 | 106 Jim Oosterhuis | HPC | 22 | I | 35.91 | PR | |
| 7 | 28 Pim de Vries | HPC | 21 | O | 36.06 | PR | |
| 8 | 57 Marijn ten Bloemendaal | HPD | 20 | O | 36.41 | PR | |
| 9 | 56 Tim Nijboer | HPE | 19 | I | 39.00 | PR | |
| 10 | 109 Bram Zijlstra | HPD | 20 | I | 39.42 | PR | |
| 11 | 117 Marijn Elling | HPD | 19 | O | 40.00 | PR | |
| 12 | 110 Thijs Zijlstra | HPF | 17 | I | 42.33 | PR | |
| 13 | 119 Cas van Westen | HPD | 17 | O | 42.50 | PR | |
| 14 | 54 Jitse Hamstra | HPE | 18 | I | 42.81 | PR | |
| 15 | 115 Jelte Hagedoorn | HPC | 22 | O | 44.39 | | |
| 16 | 104 Ethan Mook | HPD | 15 | I | 44.96 | | |
| 17 | 78 Hylke van der Heide | HPF | 18 | O | 45.12 | | |
| 18 | 96 Jimte Schoustra | HPD | 15 | O | 46.36 | PR | |

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Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|-------------------------|-------------------------------|---------|-------------------------------|-------|--------------|------|
| 20 | gl | 109 | Bram Zijlstra | | HPD | 40.33 | 39.42 | PR |
| | bl | 57 | Marijn ten Bloemendaal | | HPD | 38.31 | 36.41 | PR |
| | | Bram Zijlstra | | | Marijn ten Bloemendaal | | | |
| | | 300m | 39.42 | (39.42) | 300m | 36.41 | (36.41) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 21 | wt | 83 | Arjen Zuur | | HPC | 37.54 | 35.69 | PR |
| | rd | 28 | Pim de Vries | | HPC | 37.61 | 36.06 | PR |
| | | Arjen Zuur | | | Pim de Vries | | | |
| | | 300m | 35.69 | (35.69) | 300m | 36.06 | (36.06) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 22 | gl | 106 | Jim Oosterhuis | | HPC | 36.21 | 35.91 | PR |
| | bl | 115 | Jelte Hagedoorn | | HPC | 36.23 | 44.39 | |
| | | Jim Oosterhuis | | | Jelte Hagedoorn | | | |
| | | 300m | 35.91 | (35.91) | 300m | 44.39 | (44.39) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 23 | wt | 1 | Idsart Hilarides | | HPC | 32.96 | 32.04 | PR |
| | rd | 91 | Philip Aalberts | | HPC | 33.21 | 32.16 | PR |
| | | Idsart Hilarides | | | Philip Aalberts | | | |
| | | 300m | 32.04 | (32.04) | 300m | 32.16 | (32.16) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 24 | gl | 64 | Ties Wierda | | HPD | 35.32 | 34.51 | PR |
| | bl | 25 | Brent Faber | | HPD | 35.19 | 34.52 | PR |
| | | Ties Wierda | | | Brent Faber | | | |
| | | 300m | 34.51 | (34.51) | 300m | 34.52 | (34.52) | |

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Elfstedenhal - Leeuwarden

3. Uitslag (FC) oudste pupillen meisjes (300-500) 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 93 Charley Boekema | DPA | 35 | O | 27.29 | TRC | |
| 2 | 90 Sigrid van Es | DPA | 36 | I | 27.55 | PR | |
| 3 | 27 Nynke Krol | DPA | 35 | I | 29.10 | PR | |
| 4 | 66 Tirza Stojanovski | DPB | 36 | O | 29.87 | PR | |
| 5 | 108 Jolieke Zijlstra | DPB | 34 | O | 30.68 | PR | |
| 6 | 47 Bente Dam | DPA | 33 | I | 30.87 | PR | |
| 7 | 127 Ammarens Veldstra | DPB | 34 | I | 31.22 | PR | |
| 8 | 33 Jolien Hazeveld | DPA | 33 | O | 31.28 | PR | |
| 9 | 88 Miriam van Es | DPB | 31 | O | 31.36 | PR | |
| 10 | 32 Lynn van Baaren | DPA | 32 | O | 31.75 | PR | |
| 11 | 15 Djura Lubbinge | DPA | 31 | I | 32.38 | | |
| 12 | 59 Julia Boersma | DPB | 30 | O | 32.72 | PR | |
| 13 | 111 Fimke van der Wey | DPB | 27 | O | 32.99 | PR | |
| 14 | 52 Loes Pragt | DPB | 27 | I | 33.06 | PR | |
| 15 | 35 Myrthe Zwaagstra | DPB | 30 | I | 34.25 | PR | |
| 16 | 45 Froukje de Vries | DPA | 28 | I | 34.45 | PR | |
| 17 | 167 Lotte van der Woud | DPA | 29 | I | 34.54 | PR | |
| 18 | 30 Danique Leffertstra | DPB | 26 | I | 34.86 | | |
| 19 | 46 Amber Soet | DPA | 26 | O | 35.06 | PR | |
| 20 | 162 Lize Boons | DPB | 29 | O | 35.16 | | |
| 21 | 102 Meike Tea Douma | DPB | 25 | I | 35.29 | PR | |
| 22 | 94 Froucke Schoustra | DPA | 25 | O | 35.30 | PR | |
| 23 | 17 Norah Bijlsma | DPA | 28 | O | 35.42 | PR | |
| 24 | 68 Aniek Snijdelaar | DPB | 32 | I | 46.14 | | |

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Elfstedenhal - Leeuwarden

3. Rituitslag (FC) oudste pupillen meisjes (300-500) 300 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|--------------------------|---------|--------------------------|-------|---------|--------------|------|
| 25 | wt | 102 | Meike Tea Douma | | DPB | | 37.50 | 35.29 | PR |
| | rd | 94 | Froucke Schoustra | | DPA | | 39.42 | 35.30 | PR |
| | | Meike Tea Douma | | | Froucke Schoustra | | | | |
| | | 300m | 35.29 | (35.29) | 300m | 35.30 | (35.30) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|-------------------|-------|---------|--------------|------|
| 26 | gl | 30 | Danique Leffertstra | | DPB | | 34.69 | 34.86 | |
| | bl | 46 | Amber Soet | | DPA | | 36.85 | 35.06 | PR |
| | | Danique Leffertstra | | | Amber Soet | | | | |
| | | 300m | 34.86 | (34.86) | 300m | 35.06 | (35.06) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|--------------------------|---------|--------------------------|-------|---------|--------------|------|
| 27 | wt | 52 | Loes Pragt | | DPB | | 34.87 | 33.06 | PR |
| | rd | 111 | Fimke van der Wey | | DPB | | 35.60 | 32.99 | PR |
| | | Loes Pragt | | | Fimke van der Wey | | | | |
| | | 300m | 33.06 | (33.06) | 300m | 32.99 | (32.99) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|----------------------|-------|---------|--------------|------|
| 28 | gl | 45 | Froukje de Vries | | DPA | | 35.21 | 34.45 | PR |
| | bl | 17 | Norah Bijlsma | | DPA | | 36.74 | 35.42 | PR |
| | | Froukje de Vries | | | Norah Bijlsma | | | | |
| | | 300m | 34.45 | (34.45) | 300m | 35.42 | (35.42) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|-------------------|-------|---------|--------------|------|
| 29 | wt | 167 | Lotte van der Woud | | DPA | | 34.64 | 34.54 | PR |
| | rd | 162 | Lize Boons | | DPB | | 34.77 | 35.16 | |
| | | Lotte van der Woud | | | Lize Boons | | | | |
| | | 300m | 34.54 | (34.54) | 300m | 35.16 | (35.16) | | |

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| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|--------------------------|--------------------------|---------|-------------------------|-------|--------------|------|
| 30 | gl | 35 | Myrthe Zwaagstra | | DPB | 34.25 | 34.25 | PR |
| | bl | 59 | Julia Boersma | | DPB | 33.68 | 32.72 | PR |
| | | <u>Myrthe Zwaagstra</u> | | | <u>Julia Boersma</u> | | | |
| | | 300m | 34.25 | (34.25) | 300m | 32.72 | (32.72) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 31 | wt | 15 | Djura Lubbinge | | DPA | 32.35 | 32.38 | |
| | rd | 88 | Miriam van Es | | DPB | 32.80 | 31.36 | PR |
| | | <u>Djura Lubbinge</u> | | | <u>Miriam van Es</u> | | | |
| | | 300m | 32.38 | (32.38) | 300m | 31.36 | (31.36) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 32 | gl | 68 | Aniek Snijdelaar | | DPB | 33.94 | 46.14 | |
| | bl | 32 | Lynn van Baaren | | DPA | 32.56 | 31.75 | PR |
| | | <u>Aniek Snijdelaar</u> | | | <u>Lynn van Baaren</u> | | | |
| | | 300m | 46.14 | (46.14) | 300m | 31.75 | (31.75) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 33 | wt | 47 | Bente Dam | | DPA | 32.30 | 30.87 | PR |
| | rd | 33 | Jolien Hazeveld | | DPA | 32.06 | 31.28 | PR |
| | | <u>Bente Dam</u> | | | <u>Jolien Hazeveld</u> | | | |
| | | 300m | 30.87 | (30.87) | 300m | 31.28 | (31.28) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 34 | gl | 127 | Ammarens Veldstra | | DPB | 32.36 | 31.22 | PR |
| | bl | 108 | Jolieke Zijlstra | | DPB | 31.05 | 30.68 | PR |
| | | <u>Ammarens Veldstra</u> | | | <u>Jolieke Zijlstra</u> | | | |
| | | 300m | 31.22 | (31.22) | 300m | 30.68 | (30.68) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 35 | wt | 27 | Nynke Krol | | DPA | 29.19 | 29.10 | PR |
| | rd | 93 | Charley Boekema | | DPA | 27.07 | 27.29 | TRC |
| | | <u>Nynke Krol</u> | | | <u>Charley Boekema</u> | | | |
| | | 300m | 29.10 | (29.10) | 300m | 27.29 | (27.29) | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|--------------------------|---------|-----|----|--------------------------|--------------|---------|
| 36 | gl | 90 | Sigrid van Es | | DPA | | 28.45 | 27.55 | PR |
| | bl | 66 | Tirza Stojanovski | | DPB | | 30.44 | 29.87 | PR |
| | | <u>Sigrid van Es</u> | | | | | <u>Tirza Stojanovski</u> | | |
| | | 300m | 27.55 | (27.55) | | | 300m | 29.87 | (29.87) |

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Elfstedenhal - Leeuwarden

4. Uitslag (FC) oudste pupillen jongens (300-500) 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------|-----|------|------|-------|------|--------|
| 1 | 69 Stevin Visser | HPA | 47 | I | 29.24 | PR | |
| 2 | 71 Jurjen Kramer | HPA | 46 | I | 29.77 | PR | |
| 3 | 24 Sverre de Vegt | HPA | 48 | O | 30.00 | | |
| 4 | 13 Jurre Valkenburg | HPB | 48 | I | 31.14 | | |
| 5 | 74 Berend Zijlstra | HPA | 45 | I | 31.43 | PR | |
| 6 | 92 Maurits Aalberts | HPA | 45 | O | 31.54 | PR | |
| 7 | 48 Ingmar Jansen | HPB | 42 | O | 31.87 | PR | |
| 8 | 86 Bas van der Weij | HPB | 46 | O | 32.08 | PR | |
| 9 | 50 Derek Graansma | HPA | 43 | O | 32.21 | PR | |
| 10 | 10 Jurjen Dijkstra | HPA | 44 | I | 32.48 | PR | |
| 11 | 100 Ferry-Jan De Ruiter | HPA | 43 | I | 32.78 | PR | |
| 12 | 53 Jesper ten Bloemendaal | HPA | 44 | O | 33.19 | | |
| 13 | 51 Hidde Boskma | HPB | 41 | O | 33.45 | PR | |
| 14 | 18 Mylan Koeman | HPB | 42 | I | 33.93 | PR | |
| 15 | 112 Matthijs Jacobs-Monsees | HPB | 40 | I | 34.59 | PR | |
| 16 | 114 Hessel Hagedoorn | HPA | 39 | I | 35.00 | PR | |
| 17 | 101 Thies Kramer | HPB | 41 | I | 37.41 | FL | |
| 18 | 70 Jorik Ettema | HPA | 38 | I | 37.96 | | |
| 19 | 61 Sven Holwerda | HPB | 37 | I | 38.33 | PR | |
| 20 | 89 Jelmer Kok | HPB | 40 | O | 38.62 | PR | |
| 21 | 44 Djurre Zuidema | HPA | 39 | O | 39.50 | | |
| 22 | 38 Daan Jorritsma | HPB | 38 | O | 39.95 | PR | |
| | 87 Allard van der Ende | HPA | 47 | O | DNS | | |

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Elfstedenhal - Leeuwarden

4. Rituitslag (FC) oudste pupillen jongens (300-500) 300 meter

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|------------------------------------|---------------|-----------------------|---------------|------|
| 37 | wt | 61 Sven Holwerda | HPB | 40.28 | 38.33 | PR |
| | rd | | | | | |
| | | <u>Sven Holwerda</u> | | | | |
| | | 300m | 38.33 (38.33) | | m | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 38 | gl | 70 Jorik Ettema | HPA | | 37.96 | |
| | bl | 38 Daan Jorritsma | HPB | 40.40 | 39.95 | PR |
| | | <u>Jorik Ettema</u> | | <u>Daan Jorritsma</u> | | |
| | | 300m | 37.96 (37.96) | 300m | 39.95 (39.95) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 39 | wt | 114 Hessel Hagedoorn | HPA | 35.98 | 35.00 | PR |
| | rd | 44 Djurre Zuidema | HPA | 38.47 | 39.50 | |
| | | <u>Hessel Hagedoorn</u> | | <u>Djurre Zuidema</u> | | |
| | | 300m | 35.00 (35.00) | 300m | 39.50 (39.50) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 40 | gl | 112 Matthijs Jacobs-Monsees | HPB | 34.92 | 34.59 | PR |
| | bl | 89 Jelmer Kok | HPB | 38.73 | 38.62 | PR |
| | | <u>Matthijs Jacobs-Monsees</u> | | <u>Jelmer Kok</u> | | |
| | | 300m | 34.59 (34.59) | 300m | 38.62 (38.62) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 41 | wt | 101 Thies Kramer | HPB | 33.70 | 37.41 | FL |
| | rd | 51 Hidde Boskma | HPB | 33.89 | 33.45 | PR |
| | | <u>Thies Kramer</u> | | <u>Hidde Boskma</u> | | |
| | | 300m | 37.41 (37.41) | 300m | 33.45 (33.45) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------|-------|---------------|------|-------|--------------|------|
| 42 | gl | 18 Mylan Koeman | | HPB | | 34.50 | 33.93 | PR |
| | bl | 48 Ingmar Jansen | | HPB | | 33.90 | 31.87 | PR |
| | | Mylan Koeman | | Ingmar Jansen | | | | |
| | | 300m | 33.93 | (33.93) | 300m | 31.87 | (31.87) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------|----------------|------|-------|--------------|------|
| 43 | wt | 100 Ferry-Jan De Ruiter | | HPA | | 33.38 | 32.78 | PR |
| | rd | 50 Derek Graansma | | HPA | | 33.07 | 32.21 | PR |
| | | Ferry-Jan De Ruiter | | Derek Graansma | | | | |
| | | 300m | 32.78 | (32.78) | 300m | 32.21 | (32.21) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------------|-------|------------------------|------|-------|--------------|------|
| 44 | gl | 10 Jurjen Dijkstra | | HPA | | 32.99 | 32.48 | PR |
| | bl | 53 Jesper ten Bloemendaal | | HPA | | 33.02 | 33.19 | |
| | | Jurjen Dijkstra | | Jesper ten Bloemendaal | | | | |
| | | 300m | 32.48 | (32.48) | 300m | 33.19 | (33.19) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-------|------------------|------|-------|--------------|------|
| 45 | wt | 74 Berend Zijlstra | | HPA | | 32.05 | 31.43 | PR |
| | rd | 92 Maurits Aalberts | | HPA | | 32.50 | 31.54 | PR |
| | | Berend Zijlstra | | Maurits Aalberts | | | | |
| | | 300m | 31.43 | (31.43) | 300m | 31.54 | (31.54) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-------|------------------|------|-------|--------------|------|
| 46 | gl | 71 Jurjen Kramer | | HPA | | 31.00 | 29.77 | PR |
| | bl | 86 Bas van der Weij | | HPB | | 32.42 | 32.08 | PR |
| | | Jurjen Kramer | | Bas van der Weij | | | | |
| | | 300m | 29.77 | (29.77) | 300m | 32.08 | (32.08) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------|---------------------|--|-------|--------------|------|
| 47 | wt | 69 Stevin Visser | | HPA | | 29.54 | 29.24 | PR |
| | rd | 87 Allard van der Ende | | HPA | | 30.48 | DNS | |
| | | Stevin Visser | | Allard van der Ende | | | | |
| | | 300m | 29.24 | (29.24) | | | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|------------------|---------|------|-----------------------|---------|--------------|
| 48 | gl | 13 | Jurre Valkenburg | | HPB | | 30.85 | 31.14 |
| | bl | 24 | Sverre de Vegt | | HPA | | 29.51 | 30.00 |
| | | <u>Jurre Valkenburg</u> | | | | <u>Sverre de Vegt</u> | | |
| | | 300m | 31.14 | (31.14) | 300m | 30.00 | (30.00) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

5. Uitslag (FC) jongste pupillen meisjes (300-300) 2e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------|-----|------|------|---------|------|--------|
| 1 | 55 Ilana Hokse | DPC | 61 | I | 31.90 | PR | |
| 2 | 151 Marrit Tichelaar | DPC | 62 | O | 32.00 | PR | |
| 3 | 22 Anna de Vegt | DPC | 61 | O | 33.29 | | |
| 4 | 41 Femke Hazeveld | DPC | 54 | O | 33.36 | HT | |
| 5 | 85 Fenna Mozes | DPC | 62 | I | 33.59 | | |
| 6 | 39 Renske Kromkamp | DPC | 59 | O | 33.81 | | |
| 7 | 43 Lauren De Jong | DPD | 60 | I | 36.70 | HT | |
| 8 | 120 Noémi Vlieg | DPC | 58 | O | 37.05 | | |
| 9 | 31 Elske de Vries | DPD | 58 | I | 37.88 | | |
| 10 | 42 Renske Hut | DPD | 57 | O | 38.29 | | |
| 11 | 9 Yfke Vries | DPC | 56 | I | 38.36 | | |
| 12 | 49 Aniek van der Tuuk | DPD | 55 | O | 38.87 | | |
| 13 | 21 Jildou Poiesz | DPC | 53 | I | 39.12 | | |
| 14 | 118 Cato Nugteren | DPC | 52 | I | 39.20 | | |
| 15 | 95 Trude Schoustra | DPD | 56 | O | 39.34 | | |
| 16 | 126 Flow Ganzevoort | DPD | 49 | O | 40.20 | | |
| 17 | 132 Isabel Duits | DPD | 49 | I | 40.61 | | |
| 18 | 62 Lieke Brouwer | DPD | 53 | O | 41.34 | | |
| 19 | 123 Doutzen Geertje Ferbeek | DPE | 51 | O | 41.59 | PR | |
| 20 | 80 Norah Müller | DPE | 50 | I | 42.16 | | |
| 21 | 12 Michella De Jong | DPE | 54 | I | 42.21 | | |
| 22 | 37 Jeltje De Jong | DPD | 52 | O | 43.03 | HT | |
| 23 | 113 Senna Coleo | DPC | 50 | O | 44.47 | | |
| 24 | 20 Romy Gmelich Meijling | DPE | 51 | I | 45.57 | PR | |
| 25 | 65 Afke Brouwer | DPC | 60 | O | 46.21 | FL | |
| 26 | 105 Chantal Kingma | DPC | 55 | I | 52.35 | FL | |
| 27 | 19 Esra Alkema | DPC | 59 | I | 1:08.08 | HT | |
| | 72 Leanne Visser | DPD | 57 | I | DNF | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

5. Rituitslag (FC) jongste pupillen meisjes (300-300) 2e 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|------------------------|---------|------------------------|-------|--------------|------|
| 49 | wt | 132 | Isabel Duits | | DPD | | 40.61 | |
| | rd | 126 | Flow Ganzevoort | | DPD | | 40.20 | |
| | | <u>Isabel Duits</u> | | | <u>Flow Ganzevoort</u> | | | |
| | | 300m | 40.61 | (40.61) | 300m | 40.20 | (40.20) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|--------------------|-------|--------------|------|
| 50 | gl | 80 | Norah Müller | | DPE | | 42.16 | |
| | bl | 113 | Senna Coleo | | DPC | | 44.47 | |
| | | <u>Norah Müller</u> | | | <u>Senna Coleo</u> | | | |
| | | 300m | 42.16 | (42.16) | 300m | 44.47 | (44.47) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------------|--------------------------------|---------|--------------------------------|-------|--------------|------|
| 51 | wt | 20 | Romy Gmelich Meijling | | DPE | 46.99 | 45.57 | PR |
| | rd | 123 | Doutzen Geertje Ferbeek | | DPE | 47.46 | 41.59 | PR |
| | | <u>Romy Gmelich Meijling</u> | | | <u>Doutzen Geertje Ferbeek</u> | | | |
| | | 300m | 45.57 | (45.57) | 300m | 41.59 | (41.59) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 52 | gl | 118 | Catoo Nugteren | | DPC | | 39.20 | |
| | bl | 37 | Jeltje De Jong | | DPD | 54.69 | 43.03 | HT |
| | | <u>Catoo Nugteren</u> | | | <u>Jeltje De Jong</u> | | | |
| | | 300m | 39.20 | (39.20) | 300m | 43.03 | (43.03) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|----------------------|-------|--------------|------|
| 53 | wt | 21 | Jildou Poiesz | | DPC | 41.70 | 39.12 | |
| | rd | 62 | Lieke Brouwer | | DPD | 40.61 | 41.34 | |
| | | <u>Jildou Poiesz</u> | | | <u>Lieke Brouwer</u> | | | |
| | | 300m | 39.12 | (39.12) | 300m | 41.34 | (41.34) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|------|---------------------------|---------|---------|-------|---------------------------|---------|
| 54 | gl | 12 | Michella De Jong | | DPE | 41.04 | 42.21 | |
| | bl | 41 | Femke Hazeveld | | DPC | 34.53 | 33.36 | HT |
| | | | <u>Michella De Jong</u> | | | | <u>Femke Hazeveld</u> | |
| | | | 300m | 42.21 | (42.21) | 300m | 33.36 | (33.36) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 55 | wt | 105 | Chantal Kingma | | DPC | 39.66 | 52.35 | FL |
| | rd | 49 | Aniek van der Tuuk | | DPD | 39.05 | 38.87 | |
| | | | <u>Chantal Kingma</u> | | | | <u>Aniek van der Tuuk</u> | |
| | | | 300m | 52.35 | (52.35) | 300m | 38.87 | (38.87) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 56 | gl | 9 | Yfke Vries | | DPC | 37.75 | 38.36 | |
| | bl | 95 | Trude Schoustra | | DPD | 39.23 | 39.34 | |
| | | | <u>Yfke Vries</u> | | | | <u>Trude Schoustra</u> | |
| | | | 300m | 38.36 | (38.36) | 300m | 39.34 | (39.34) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 57 | wt | 72 | Leanne Visser | | DPD | 36.95 | DNF | |
| | rd | 42 | Renske Hut | | DPD | 37.49 | 38.29 | |
| | | | <u>Leanne Visser</u> | | | | <u>Renske Hut</u> | |
| | | | 300m | 57.16 | (57.16) | 300m | 38.29 | (38.29) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 58 | gl | 31 | Elske de Vries | | DPD | 37.60 | 37.88 | |
| | bl | 120 | Noémi Vlieg | | DPC | 37.52 | 37.05 | |
| | | | <u>Elske de Vries</u> | | | | <u>Noémi Vlieg</u> | |
| | | | 300m | 37.88 | (37.88) | 300m | 37.05 | (37.05) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 59 | wt | 19 | Esrá Alkema | | DPC | 34.27 | 1:08.08 | HT |
| | rd | 39 | Renske Kromkamp | | DPC | 34.21 | 33.81 | |
| | | | <u>Esrá Alkema</u> | | | | <u>Renske Kromkamp</u> | |
| | | | 300m | 1:08.08 | (68.08) | 300m | 33.81 | (33.81) |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------------|-------|---------|-------------------------|-------|--------------|------|
| 60 | gl | 43 Lauren De Jong | | DPD | | 36.42 | 36.70 | HT |
| | bl | 65 Afke Brouwer | | DPC | | 35.79 | 46.21 | FL |
| | | <u>Lauren De Jong</u> | | | <u>Afke Brouwer</u> | | | |
| | | 300m | 36.70 | (36.70) | 300m | 46.21 | (46.21) | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 61 | wt | 55 Ilana Hokse | | DPC | | 33.22 | 31.90 | PR |
| | rd | 22 Anna de Vegt | | DPC | | 32.95 | 33.29 | |
| | | <u>Ilana Hokse</u> | | | <u>Anna de Vegt</u> | | | |
| | | 300m | 31.90 | (31.90) | 300m | 33.29 | (33.29) | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 62 | gl | 85 Fenna Mozes | | DPC | | 33.02 | 33.59 | |
| | bl | 151 Marrit Tichelaar | | DPC | | 33.03 | 32.00 | PR |
| | | <u>Fenna Mozes</u> | | | <u>Marrit Tichelaar</u> | | | |
| | | 300m | 33.59 | (33.59) | 300m | 32.00 | (32.00) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

6. Uitslag (FC) jongste pupillen jongens (300-300) 2e 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 91 Philip Aalberts | HPC | 71 | I | 32.02 | PR | |
| 2 | 1 Idsart Hilarides | HPC | 71 | O | 32.03 | PR | |
| 3 | 25 Brent Faber | HPD | 72 | I | 34.84 | | |
| 4 | 64 Ties Wierda | HPD | 72 | O | 35.62 | | |
| 5 | 115 Jelte Hagedoorn | HPC | 70 | I | 36.03 | PR | |
| 6 | 57 Marijn ten Bloemendaal | HPD | 68 | I | 36.24 | PR | |
| 7 | 106 Jim Oosterhuis | HPC | 70 | O | 36.34 | | |
| 8 | 28 Pim de Vries | HPC | 69 | I | 36.46 | | |
| 9 | 83 Arjen Zuur | HPC | 69 | O | 36.65 | | |
| 10 | 109 Bram Zijlstra | HPD | 68 | O | 39.50 | | |
| 11 | 117 Marijn Elling | HPD | 67 | I | 39.79 | PR | |
| 12 | 104 Ethan Mook | HPD | 63 | O | 44.71 | | |
| 13 | 119 Cas van Westen | HPD | 65 | I | 44.73 | | |
| 14 | 78 Hylke van der Heide | HPF | 66 | I | 46.20 | | |
| 15 | 96 Jimte Schoustra | HPD | 63 | I | 46.74 | | |
| 16 | 56 Tim Nijboer | HPE | 67 | O | 48.87 | FL | |
| 17 | 54 Jitse Hamstra | HPE | 66 | O | 54.00 | FL | |
| 18 | 110 Thijs Zijlstra | HPF | 65 | O | 55.32 | FL | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

6. Rituitslag (FC) jongste pupillen jongens (300-300) 2e 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-------------------|-------|--------------|------|
| 63 | wt | 96 | Jimte Schoustra | | HPD | 46.83 | 46.74 | |
| | rd | 104 | Ethan Mook | | HPD | | 44.71 | |
| | | <u>Jimte Schoustra</u> | | | <u>Ethan Mook</u> | | | |
| | | 300m | 46.74 | (46.74) | 300m | 44.71 | (44.71) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------|--|-----|----------|----|------|------|
| 64 | gl | | | | | | | |
| | bl | | | | | | | |
| | | <u>m</u> | | | <u>m</u> | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 65 | wt | 119 | Cas van Westen | | HPD | 43.79 | 44.73 | |
| | rd | 110 | Thijs Zijlstra | | HPF | 45.26 | 55.32 | FL |
| | | <u>Cas van Westen</u> | | | <u>Thijs Zijlstra</u> | | | |
| | | 300m | 44.73 | (44.73) | 300m | 55.32 | (55.32) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|----------------------|-------|--------------|------|
| 66 | gl | 78 | Hylke van der Heide | | HPF | 44.84 | 46.20 | |
| | bl | 54 | Jitse Hamstra | | HPE | 43.58 | 54.00 | FL |
| | | <u>Hylke van der Heide</u> | | | <u>Jitse Hamstra</u> | | | |
| | | 300m | 46.20 | (46.20) | 300m | 54.00 | (54.00) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|--------------------|-------|--------------|------|
| 67 | wt | 117 | Marijn Elling | | HPD | 40.65 | 39.79 | PR |
| | rd | 56 | Tim Nijboer | | HPE | 40.50 | 48.87 | FL |
| | | <u>Marijn Elling</u> | | | <u>Tim Nijboer</u> | | | |
| | | 300m | 39.79 | (39.79) | 300m | 48.87 | (48.87) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|------|-------------------------------|-------|---------|-------------------------|--------------|---------|
| 68 | gl | 57 | Marijn ten Bloemendaal | | HPD | 38.31 | 36.24 | PR |
| | bl | 109 | Bram Zijlstra | | HPD | 40.33 | 39.50 | |
| | | | <u>Marijn ten Bloemendaal</u> | | | <u>Bram Zijlstra</u> | | |
| | | | 300m | 36.24 | (36.24) | 300m | 39.50 | (39.50) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 69 | wt | 28 | Pim de Vries | | HPC | 37.61 | 36.46 | |
| | rd | 83 | Arjen Zuur | | HPC | 37.54 | 36.65 | |
| | | | <u>Pim de Vries</u> | | | <u>Arjen Zuur</u> | | |
| | | | 300m | 36.46 | (36.46) | 300m | 36.65 | (36.65) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 70 | gl | 115 | Jelte Hagedoorn | | HPC | 36.23 | 36.03 | PR |
| | bl | 106 | Jim Oosterhuis | | HPC | 36.21 | 36.34 | |
| | | | <u>Jelte Hagedoorn</u> | | | <u>Jim Oosterhuis</u> | | |
| | | | 300m | 36.03 | (36.03) | 300m | 36.34 | (36.34) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 71 | wt | 91 | Philip Aalberts | | HPC | 33.21 | 32.02 | PR |
| | rd | 1 | Idsart Hilarides | | HPC | 32.96 | 32.03 | PR |
| | | | <u>Philip Aalberts</u> | | | <u>Idsart Hilarides</u> | | |
| | | | 300m | 32.02 | (32.02) | 300m | 32.03 | (32.03) |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 72 | gl | 25 | Brent Faber | | HPD | 35.19 | 34.84 | |
| | bl | 64 | Ties Wierda | | HPD | 35.32 | 35.62 | |
| | | | <u>Brent Faber</u> | | | <u>Ties Wierda</u> | | |
| | | | 300m | 34.84 | (34.84) | 300m | 35.62 | (35.62) |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

7. Uitslag (FC) oudste pupillen meisjes (300-500) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1 | 93 Charley Boekema | DPA | 83 | I | 42.78 | | |
| 2 | 90 Sigrid van Es | DPA | 84 | O | 42.98 | PR | |
| 3 | 27 Nynke Krol | DPA | 83 | O | 46.22 | | |
| 4 | 66 Tirza Stojanovski | DPB | 84 | I | 47.32 | PR | |
| 5 | 33 Jolien Hazeveld | DPA | 81 | I | 49.47 | | |
| 6 | 88 Miriam van Es | DPB | 79 | I | 49.80 | | |
| 7 | 47 Bente Dam | DPA | 81 | O | 49.89 | | |
| 8 | 127 Ammarens Veldstra | DPB | 82 | O | 50.45 | | |
| 9 | 32 Lynn van Baaren | DPA | 80 | I | 50.88 | | |
| 10 | 15 Djura Lubbinge | DPA | 79 | O | 51.29 | | |
| 11 | 59 Julia Boersma | DPB | 78 | I | 52.34 | | |
| 12 | 111 Fimke van der Wey | DPB | 75 | I | 52.99 | PR | |
| 13 | 68 Aniek Snijdelaar | DPB | 80 | O | 53.92 | PR | |
| 14 | 35 Myrthe Zwaagstra | DPB | 78 | O | 54.20 | | |
| 15 | 46 Amber Soet | DPA | 74 | I | 55.29 | | |
| 16 | 167 Lotte van der Woud | DPA | 77 | O | 55.56 | HT | |
| 17 | 162 Lize Boons | DPB | 77 | I | 55.77 | | |
| 18 | 52 Loes Pragt | DPB | 75 | O | 56.00 | | |
| 19 | 45 Froukje de Vries | DPA | 76 | O | 57.02 | | |
| 20 | 94 Froucke Schoustra | DPA | 73 | I | 57.68 | | |
| 21 | 17 Norah Bijlsma | DPA | 76 | I | 58.66 | | |
| 22 | 102 Meike Tea Douma | DPB | 73 | O | 58.71 | PR | |
| 23 | 30 Danique Leffertstra | DPB | 74 | O | 59.07 | | |
| | 108 Jolieke Zijlstra | DPB | 82 | I | DNF | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

7. Rituitslag (FC) oudste pupillen meisjes (300-500) 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-------|---------|-------|------------------------|---------|
| 73 | wt | 94 | Froucke Schoustra | | DPA | 56.89 | 57.68 | |
| | rd | 102 | Meike Tea Douma | | DPB | 59.21 | 58.71 | PR |
| | | | Froucke Schoustra | | | | Meike Tea Douma | |
| | | | 100m | 14.30 | (14.30) | 100m | 14.24 | (14.24) |
| | | | 500m | 57.68 | (43.38) | 500m | 58.71 | (44.47) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------------|-------|---------|-------|----------------------------|---------|
| 74 | gl | 46 | Amber Soet | | DPA | 55.10 | 55.29 | |
| | bl | 30 | Danique Leffertstra | | DPB | 55.84 | 59.07 | |
| | | | Amber Soet | | | | Danique Leffertstra | |
| | | | 100m | 14.01 | (14.01) | 100m | 13.98 | (13.98) |
| | | | 500m | 55.29 | (41.28) | 500m | 59.07 | (45.09) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-------|---------|-------|-------------------|---------|
| 75 | wt | 111 | Fimke van der Wey | | DPB | 56.21 | 52.99 | PR |
| | rd | 52 | Loes Pragt | | DPB | 53.87 | 56.00 | |
| | | | Fimke van der Wey | | | | Loes Pragt | |
| | | | 100m | 13.04 | (13.04) | 100m | 14.58 | (14.58) |
| | | | 500m | 52.99 | (39.95) | 500m | 56.00 | (41.42) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-------|---------|-------|-------------------------|---------|
| 76 | gl | 17 | Norah Bijlsma | | DPA | 57.27 | 58.66 | |
| | bl | 45 | Froukje de Vries | | DPA | 56.95 | 57.02 | |
| | | | Norah Bijlsma | | | | Froukje de Vries | |
| | | | 100m | 14.29 | (14.29) | 100m | 14.49 | (14.49) |
| | | | 500m | 58.66 | (44.37) | 500m | 57.02 | (42.53) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|-------|---------|-------|---------------------------|---------|
| 77 | wt | 162 | Lize Boons | | DPB | 55.32 | 55.77 | |
| | rd | 167 | Lotte van der Woud | | DPA | 55.37 | 55.56 | HT |
| | | | Lize Boons | | | | Lotte van der Woud | |
| | | | 100m | 14.02 | (14.02) | 100m | 13.75 | (13.75) |
| | | | 500m | 55.77 | (41.75) | 500m | 55.56 | (41.81) |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|-------------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 78 | gl | 59 | Julia Boersma | | DPB | 50.97 | 52.34 | |
| | bl | 35 | Myrthe Zwaagstra | | DPB | 53.27 | 54.20 | |
| | | <u>Julia Boersma</u> | | | <u>Myrthe Zwaagstra</u> | | | |
| | | 100m | 13.44 | (13.44) | 100m | 13.91 | (13.91) | |
| | | 500m | 52.34 | (38.90) | 500m | 54.20 | (40.29) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 79 | wt | 88 | Miriam van Es | | DPB | 49.72 | 49.80 | |
| | rd | 15 | Djura Lubbinge | | DPA | 49.82 | 51.29 | |
| | | <u>Miriam van Es</u> | | | <u>Djura Lubbinge</u> | | | |
| | | 100m | 13.07 | (13.07) | 100m | 13.51 | (13.51) | |
| | | 500m | 49.80 | (36.73) | 500m | 51.29 | (37.78) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 80 | gl | 32 | Lynn van Baaren | | DPA | 50.14 | 50.88 | |
| | bl | 68 | Aniek Snijdelaar | | DPB | 55.14 | 53.92 | PR |
| | | <u>Lynn van Baaren</u> | | | <u>Aniek Snijdelaar</u> | | | |
| | | 100m | 12.66 | (12.66) | 100m | 13.54 | (13.54) | |
| | | 500m | 50.88 | (38.22) | 500m | 53.92 | (40.38) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 81 | wt | 33 | Jolien Hazeveld | | DPA | 49.27 | 49.47 | |
| | rd | 47 | Bente Dam | | DPA | 49.37 | 49.89 | |
| | | <u>Jolien Hazeveld</u> | | | <u>Bente Dam</u> | | | |
| | | 100m | 13.11 | (13.11) | 100m | 12.89 | (12.89) | |
| | | 500m | 49.47 | (36.36) | 500m | 49.89 | (37.00) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 82 | gl | 108 | Jolieke Zijlstra | | DPB | 50.15 | DNF | |
| | bl | 127 | Ammarens Veldstra | | DPB | 50.12 | 50.45 | |
| | | <u>Jolieke Zijlstra</u> | | | <u>Ammarens Veldstra</u> | | | |
| | | 100m | 12.87 | (12.87) | 100m | 13.22 | (13.22) | |
| | | | | | 500m | 50.45 | (37.23) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | | Cat | PR | Tijd | Info |
|-----------|----|---------------------------|-------|---------|-------------------|-------|--------------|------|
| 83 | wt | 93 Charley Boekema | | | DPA | 41.65 | 42.78 | |
| | rd | 27 Nynke Krol | | | DPA | 45.07 | 46.22 | |
| | | <u>Charley Boekema</u> | | | <u>Nynke Krol</u> | | | |
| | | 100m | 11.62 | (11.62) | 100m | 12.48 | (12.48) | |
| | | 500m | 42.78 | (31.16) | 500m | 46.22 | (33.74) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----------|----|-----------------------------|-------|---------|----------------------|-------|--------------|------|
| 84 | gl | 66 Tirza Stojanovski | | | DPB | 47.38 | 47.32 | PR |
| | bl | 90 Sigrid van Es | | | DPA | 43.15 | 42.98 | PR |
| | | <u>Tirza Stojanovski</u> | | | <u>Sigrid van Es</u> | | | |
| | | 100m | 12.45 | (12.45) | 100m | 11.89 | (11.89) | |
| | | 500m | 47.32 | (34.87) | 500m | 42.98 | (31.09) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

8. Uitslag (FC) oudste pupillen jongens (300-500) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------|-----|------|------|---------|------|--------|
| 1 | 69 Stevin Visser | HPA | 95 | O | 46.89 | | |
| 2 | 71 Jurjen Kramer | HPA | 94 | O | 47.40 | PR | |
| 3 | 24 Sverre de Vegt | HPA | 96 | I | 47.78 | | |
| 4 | 92 Maurits Aalberts | HPA | 93 | I | 50.18 | PR | |
| 5 | 13 Jurre Valkenburg | HPB | 96 | O | 50.29 | | |
| 6 | 74 Berend Zijlstra | HPA | 93 | O | 50.67 | | |
| 7 | 50 Derek Graansma | HPA | 91 | I | 51.15 | | |
| 8 | 86 Bas van der Weij | HPB | 94 | I | 51.49 | PR | |
| | 10 Jurjen Dijkstra | HPA | 92 | O | 51.49 | PR | |
| 10 | 48 Ingmar Jansen | HPB | 90 | I | 52.06 | | |
| 11 | 100 Ferry-Jan De Ruiter | HPA | 91 | O | 52.16 | | |
| 12 | 53 Jesper ten Bloemendaal | HPA | 92 | I | 52.52 | | |
| 13 | 101 Thies Kramer | HPB | 89 | O | 54.03 | PR | |
| 14 | 112 Matthijs Jacobs-Monsees | HPB | 88 | O | 54.67 | PR | |
| 15 | 18 Mylan Koeman | HPB | 90 | O | 54.93 | PR | |
| 16 | 114 Hessel Hagedoorn | HPA | 87 | O | 55.18 | PR | |
| 17 | 51 Hidde Boskma | HPB | 89 | I | 55.56 | | |
| 18 | 61 Sven Holwerda | HPB | 85 | O | 1:00.76 | | |
| 19 | 44 Djurre Zuidema | HPA | 87 | I | 1:01.87 | PR | |
| 20 | 70 Jorik Ettema | HPA | 86 | O | 1:01.95 | PR | |
| 21 | 89 Jelmer Kok | HPB | 88 | I | 1:03.54 | | |
| 22 | 38 Daan Jorritsma | HPB | 86 | I | 1:06.52 | | |
| | 87 Allard van der Ende | HPA | 95 | I | DNS | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

8. Rituitslag (FC) oudste pupillen jongens (300-500) 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|----------------------|-----|------|---------|----------------|------|
| 85 | wt rd | 61 | Sven Holwerda | | HPB | | 1:00.76 | |
| | | | <u>Sven Holwerda</u> | | | | | |
| | | | m | | 100m | 14.36 | (14.36) | |
| | | | | | 500m | 1:00.76 | (46.40) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|-----------------------|-----|---------|---------|----------------|------|
| 86 | gl bl | 38 | Daan Jorritsma | | HPB | | 1:06.52 | |
| | | 70 | Jorik Ettema | | HPA | 1:04.27 | 1:01.95 | PR |
| | | | <u>Daan Jorritsma</u> | | | | | |
| | | | 100m | | 15.07 | (15.07) | | |
| | | | 500m | | 1:06.52 | (51.45) | | |
| | | | <u>Jorik Ettema</u> | | | | | |
| | | | 100m | | 14.75 | (14.75) | | |
| | | | 500m | | 1:01.95 | (47.20) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|-------------------------|-----|---------|---------|----------------|------|
| 87 | wt rd | 44 | Djurre Zuidema | | HPA | 1:04.08 | 1:01.87 | PR |
| | | 114 | Hessel Hagedoorn | | HPA | 56.63 | 55.18 | PR |
| | | | <u>Djurre Zuidema</u> | | | | | |
| | | | 100m | | 15.60 | (15.60) | | |
| | | | 500m | | 1:01.87 | (46.27) | | |
| | | | <u>Hessel Hagedoorn</u> | | | | | |
| | | | 100m | | 13.53 | (13.53) | | |
| | | | 500m | | 55.18 | (41.65) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|--------------------------------|-----|---------|---------|----------------|------|
| 88 | gl bl | 89 | Jelmer Kok | | HPB | | 1:03.54 | |
| | | 112 | Matthijs Jacobs-Monsees | | HPB | 55.68 | 54.67 | PR |
| | | | <u>Jelmer Kok</u> | | | | | |
| | | | 100m | | 14.53 | (14.53) | | |
| | | | 500m | | 1:03.54 | (49.01) | | |
| | | | <u>Matthijs Jacobs-Monsees</u> | | | | | |
| | | | 100m | | 13.81 | (13.81) | | |
| | | | 500m | | 54.67 | (40.86) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|---------------------|-----|-------|---------|--------------|------|
| 89 | wt rd | 51 | Hidde Boskma | | HPB | 54.27 | 55.56 | |
| | | 101 | Thies Kramer | | HPB | 54.05 | 54.03 | PR |
| | | | <u>Hidde Boskma</u> | | | | | |
| | | | 100m | | 13.21 | (13.21) | | |
| | | | 500m | | 55.56 | (42.35) | | |
| | | | <u>Thies Kramer</u> | | | | | |
| | | | 100m | | 12.90 | (12.90) | | |
| | | | 500m | | 54.03 | (41.13) | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|---------------------|-------|--------------|------|
| 90 | gl | 48 | Ingmar Jansen | | HPB | 51.98 | 52.06 | |
| | bl | 18 | Mylan Koeman | | HPB | 55.46 | 54.93 | PR |
| | | <u>Ingmar Jansen</u> | | | <u>Mylan Koeman</u> | | | |
| | | 100m | 13.76 | (13.76) | 100m | 13.56 | (13.56) | |
| | | 500m | 52.06 | (38.30) | 500m | 54.93 | (41.37) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 91 | wt | 50 | Derek Graansma | | HPA | 50.81 | 51.15 | |
| | rd | 100 | Ferry-Jan De Ruiter | | HPA | 51.91 | 52.16 | |
| | | <u>Derek Graansma</u> | | | <u>Ferry-Jan De Ruiter</u> | | | |
| | | 100m | 13.52 | (13.52) | 100m | 13.82 | (13.82) | |
| | | 500m | 51.15 | (37.63) | 500m | 52.16 | (38.34) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------------|-------------------------------|---------|------------------------|-------|--------------|------|
| 92 | gl | 53 | Jesper ten Bloemendaal | | HPA | 51.61 | 52.52 | |
| | bl | 10 | Jurjen Dijkstra | | HPA | 51.52 | 51.49 | PR |
| | | <u>Jesper ten Bloemendaal</u> | | | <u>Jurjen Dijkstra</u> | | | |
| | | 100m | 13.83 | (13.83) | 100m | 13.50 | (13.50) | |
| | | 500m | 52.52 | (38.69) | 500m | 51.49 | (37.99) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|------------------------|-------|--------------|------|
| 93 | wt | 92 | Maurits Aalberts | | HPA | 50.32 | 50.18 | PR |
| | rd | 74 | Berend Zijlstra | | HPA | 49.40 | 50.67 | |
| | | <u>Maurits Aalberts</u> | | | <u>Berend Zijlstra</u> | | | |
| | | 100m | 13.35 | (13.35) | 100m | 13.08 | (13.08) | |
| | | 500m | 50.18 | (36.83) | 500m | 50.67 | (37.59) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|----------------------|-------|--------------|------|
| 94 | gl | 86 | Bas van der Weij | | HPB | 52.90 | 51.49 | PR |
| | bl | 71 | Jurjen Kramer | | HPA | 49.04 | 47.40 | PR |
| | | <u>Bas van der Weij</u> | | | <u>Jurjen Kramer</u> | | | |
| | | 100m | 13.41 | (13.41) | 100m | 12.75 | (12.75) | |
| | | 500m | 51.49 | (38.08) | 500m | 47.40 | (34.65) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-------------------------|---------|---------|--------------|
| 95 | wt | 87 Allard van der Ende | HPA | 47.87 | | DNS |
| | rd | 69 Stevin Visser | HPA | 46.33 | | 46.89 |
| | | Allard van der Ende | | | | |
| | | | Stevin Visser | | | |
| | | | 100m | 12.55 | (12.55) | |
| | | | 500m | 46.89 | (34.34) | |
| | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 96 | gl | 24 Sverre de Vegt | HPA | 46.37 | | 47.78 |
| | bl | 13 Jurre Valkenburg | HPB | 48.07 | | 50.29 |
| | | Sverre de Vegt | | | | |
| | | | Jurre Valkenburg | | | |
| | | 100m | 12.52 | (12.52) | | |
| | | 500m | 47.78 | (35.26) | | |
| | | | 100m | 13.20 | (13.20) | |
| | | | 500m | 50.29 | (37.09) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

9. Uitslag Junioren B/C en ouder (500/1500) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|-------|------|--------|
| 1 | 122 Sandra v/d Heide | DA1 | 101 | O | 42.91 | | |
| 2 | 84 Hannah de Vries | DC2 | 101 | I | 43.29 | | |
| 3 | 107 Noortje Kappers | DC1 | 102 | O | 44.52 | | |
| 4 | 34 Hidde-Jan Poiesz | HC2 | 99 | I | 45.32 | | |
| 5 | 156 Grietsen Wijma | H60 | 102 | I | 45.45 | | |
| 6 | 121 Jenieke Kuiken | DN1 | 99 | O | 46.64 | | |
| 7 | 124 Mirte Kingma | DC2 | 100 | O | 46.80 | | |
| 8 | 130 Susan Dijkshoorn | DSA | 100 | I | 49.92 | | |
| 9 | 166 Bram Wimmenhove | HC2 | 97 | I | 50.42 | | |
| 10 | 128 Mika Kammeraat | HC1 | 98 | O | 50.73 | PR | |
| 11 | 36 Silke Vries | DC1 | 98 | I | 50.74 | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

9. Rituitslag Junioren B/C en ouder (500/1500) 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------------------------|------------------------|---------|-----|-------|--------------|------|
| 97 | wt rd | 166 | Bram Wimmenhove | | HC2 | 49.45 | 50.42 | |
| | | Bram Wimmenhove | | | | | | |
| | | 100m | 13.08 | (13.08) | m | | | |
| | | 500m | 50.42 | (37.34) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 98 | gl | 36 | Silke Vries | | DC1 | 50.53 | 50.74 | |
| | bl | 128 | Mika Kammeraat | | HC1 | 51.85 | 50.73 | PR |
| | | Silke Vries | | | Mika Kammeraat | | | |
| | | 100m | 13.69 | (13.69) | 100m | 13.39 | (13.39) | |
| | | 500m | 50.74 | (37.05) | 500m | 50.73 | (37.34) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-----------------------|-------|--------------|------|
| 99 | wt | 34 | Hidde-Jan Poiesz | | HC2 | 45.31 | 45.32 | |
| | rd | 121 | Jenieke Kuiken | | DN1 | 44.10 | 46.64 | |
| | | Hidde-Jan Poiesz | | | Jenieke Kuiken | | | |
| | | 100m | 12.23 | (12.23) | 100m | 12.74 | (12.74) | |
| | | 500m | 45.32 | (33.09) | 500m | 46.64 | (33.90) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|---------------------|-------|--------------|------|
| 100 | gl | 130 | Susan Dijkshoorn | | DSA | 49.15 | 49.92 | |
| | bl | 124 | Mirte Kingma | | DC2 | 46.72 | 46.80 | |
| | | Susan Dijkshoorn | | | Mirte Kingma | | | |
| | | 100m | 13.51 | (13.51) | 100m | 12.79 | (12.79) | |
| | | 500m | 49.92 | (36.41) | 500m | 46.80 | (34.01) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 101 | wt | 84 | Hannah de Vries | | DC2 | 42.60 | 43.29 | |
| | rd | 122 | Sandra v/d Heide | | DA1 | 42.50 | 42.91 | |
| | | Hannah de Vries | | | Sandra v/d Heide | | | |
| | | 100m | 12.03 | (12.03) | 100m | 11.62 | (11.62) | |
| | | 500m | 43.29 | (31.26) | 500m | 42.91 | (31.29) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------|-----------------|---------|------|------------------------|---------|--------------|
| 102 | gl | 156 | Grietsen Wijma | | H60 | | 40.97 | 45.45 |
| | bl | 107 | Noortje Kappers | | DC1 | | 44.06 | 44.52 |
| | | <u>Grietsen Wijma</u> | | | | <u>Noortje Kappers</u> | | |
| | | 100m | 12.62 | (12.62) | 100m | 12.32 | (12.32) | |
| | | 500m | 45.45 | (32.83) | 500m | 44.52 | (32.20) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

10. Uitslag Pupillen A en ouder (500/1000) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 145 Jack Boekema | HB1 | 123 | I | 37.80 | | |
| 2 | 142 Berend Lange | HB2 | 124 | I | 38.30 | | |
| 3 | 16 Jan-Hendrik Hoekstra | HB2 | 122 | I | 39.27 | PR | |
| 4 | 5 Pieter Zijlstra | HB2 | 122 | O | 39.29 | | |
| 5 | 157 Sven Burghoorn | HB1 | 124 | O | 39.52 | | |
| 6 | 3 Melle van der Zee | HB1 | 121 | I | 39.72 | PR | |
| 7 | 2 Jelte Hellinga | HB2 | 121 | O | 40.13 | | |
| 8 | 75 Huub Adema | HB2 | 119 | I | 40.93 | | |
| 9 | 77 Naomi Kammeraat | DB2 | 120 | I | 40.95 | | |
| 10 | 144 Elbrich Nicolay | DA2 | 117 | O | 41.55 | | |
| 11 | 133 Sterre van Schaik | DN1 | 119 | O | 41.59 | | |
| 12 | 147 Julia Pereira de Vos | DA2 | 118 | I | 41.60 | | |
| 13 | 143 Britt Breider | DA1 | 120 | O | 41.67 | | |
| 14 | 8 Jan Aesge van der Meer | HC1 | 115 | O | 42.40 | | |
| 15 | 148 Marika de Glee | DA1 | 118 | O | 42.62 | | |
| 16 | 159 Tyler Robertson | HN1 | 103 | I | 43.76 | | |
| 17 | 82 Ids Hellinga | HC1 | 116 | I | 43.91 | | |
| 18 | 116 Otte Hilarides | HPA | 116 | O | 44.10 | | |
| 19 | 7 Britt Steg | DB2 | 114 | I | 44.68 | | |
| 20 | 79 Maaike Brouwer | DB1 | 113 | I | 45.10 | | |
| 21 | 97 Rixt Bijlsma | DC1 | 114 | O | 45.41 | | |
| 22 | 131 Renske Winters | D45 | 111 | I | 45.46 | | |
| 23 | 26 Bernt Hut | HPA | 113 | O | 46.09 | | |
| 24 | 14 Niels Everts | HPA | 112 | I | 46.49 | | |
| 25 | 73 Thijs Jorritsma | HC2 | 112 | O | 46.89 | PR | |
| 26 | 67 Antje Ypma | DC1 | 111 | O | 47.21 | PR | |
| 27 | 29 Thijs de Wit | HC2 | 109 | O | 48.49 | PR | |
| 28 | 60 Wytse Hamstra | HC1 | 109 | I | 48.97 | | |
| 29 | 158 Leah Crisp | DA1 | 103 | O | 49.36 | | |
| 30 | 6 Maud de Vries | DC1 | 110 | I | 49.72 | | |
| 31 | 63 Doutzen Wierda | DPA | 108 | O | 50.52 | | |
| 32 | 99 Maarten van Achteren | HC1 | 107 | O | 50.97 | PR | |
| 33 | 40 Jurrian Kromkamp | HPA | 110 | O | 51.01 | | |
| 34 | 58 Lieke Nijboer | DPA | 108 | I | 51.22 | | |
| 35 | 98 Marije Nieman | DC1 | 107 | I | 53.38 | | |
| 36 | 160 Frouwkje Dijkstra | DC2 | 106 | I | 53.82 | | |
| 37 | 134 Tim Nijborg | HPA | 105 | I | 55.36 | | |
| 38 | 138 Isis Ratering | DPA | 106 | O | 1:13.55 | HT | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|---------|------|--------|
| 39 | 154 Louise Bouma | DC1 | 105 | O | 1:29.76 | FL | |
| | 150 Willeke Bouwhuis | DB2 | 117 | I | DNF | | |
| | 149 Sem Spruit | HB2 | 123 | O | DNF | | |
| | 23 Tim Postma | HC1 | 115 | I | DNS | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

10. Rituitslag Pupillen A en ouder (500/1000) 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|-------------------|-------|--------------|------|
| 103 | wt | 159 | Tyler Robertson | | HN1 | | 43.76 | |
| | rd | 158 | Leah Crisp | | DA1 | | 49.36 | |
| | | Tyler Robertson | | | Leah Crisp | | | |
| | | 100m | 12.60 | (12.60) | 100m | 13.42 | (13.42) | |
| | | 500m | 43.76 | (31.16) | 500m | 49.36 | (35.94) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--|-----|---|----|------|------|
| 104 | gl | | | | | | | |
| | bl | | | | | | | |
| | | m | | | m | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|--------------------|---------------------|---------|---------------------|---------|----------------|------|
| 105 | wt | 134 | Tim Nijborg | | HPA | 53.15 | 55.36 | |
| | rd | 154 | Louise Bouma | | DC1 | 54.93 | 1:29.76 | FL |
| | | Tim Nijborg | | | Louise Bouma | | | |
| | | 100m | 13.54 | (13.54) | 100m | 13.95 | (13.95) | |
| | | 500m | 55.36 | (41.82) | 500m | 1:29.76 | (75.81) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|--------------------------|--------------------------|---------|----------------------|---------|----------------|------|
| 106 | gl | 160 | Frouwkje Dijkstra | | DC2 | 52.29 | 53.82 | |
| | bl | 138 | Isis Ratering | | DPA | 1:02.52 | 1:13.55 | HT |
| | | Frouwkje Dijkstra | | | Isis Ratering | | | |
| | | 100m | 13.54 | (13.54) | 100m | 1:13.55 | (73.55) | |
| | | 500m | 53.82 | (40.28) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|----------------------|-----------------------------|---------|-----------------------------|-------|--------------|------|
| 107 | wt | 98 | Marije Nieman | | DC1 | 51.85 | 53.38 | |
| | rd | 99 | Maarten van Achteren | | HC1 | 51.96 | 50.97 | PR |
| | | Marije Nieman | | | Maarten van Achteren | | | |
| | | 100m | 14.07 | (14.07) | 100m | 12.91 | (12.91) | |
| | | 500m | 53.38 | (39.31) | 500m | 50.97 | (38.06) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 108 | gl | 58 | Lieke Nijboer | | DPA | 48.46 | 51.22 | |
| | bl | 63 | Doutzen Wierda | | DPA | 48.94 | 50.52 | |
| | | Lieke Nijboer | | | Doutzen Wierda | | | |
| | | 100m | 13.41 | (13.41) | 100m | 13.05 | (13.05) | |
| | | 500m | 51.22 | (37.81) | 500m | 50.52 | (37.47) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|----------------------|----------------------|---------|---------------------|-------|--------------|------|
| 109 | wt | 60 | Wytse Hamstra | | HC1 | 48.82 | 48.97 | |
| | rd | 29 | Thijs de Wit | | HC2 | 48.55 | 48.49 | PR |
| | | Wytse Hamstra | | | Thijs de Wit | | | |
| | | 100m | 13.18 | (13.18) | 100m | 12.48 | (12.48) | |
| | | 500m | 48.97 | (35.79) | 500m | 48.49 | (36.01) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|----------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 110 | gl | 6 | Maud de Vries | | DC1 | 48.64 | 49.72 | |
| | bl | 40 | Jurrian Kromkamp | | HPA | 47.57 | 51.01 | |
| | | Maud de Vries | | | Jurrian Kromkamp | | | |
| | | 100m | 13.34 | (13.34) | 100m | 14.47 | (14.47) | |
| | | 500m | 49.72 | (36.38) | 500m | 51.01 | (36.54) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|-------------------|-------|--------------|------|
| 111 | wt | 131 | Renske Winters | | D45 | 42.36 | 45.46 | |
| | rd | 67 | Antje Ypma | | DC1 | 47.44 | 47.21 | PR |
| | | Renske Winters | | | Antje Ypma | | | |
| | | 100m | 12.31 | (12.31) | 100m | 12.99 | (12.99) | |
| | | 500m | 45.46 | (33.15) | 500m | 47.21 | (34.22) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|---------------------|------------------------|---------|------------------------|-------|--------------|------|
| 112 | gl | 14 | Niels Everts | | HPA | 46.02 | 46.49 | |
| | bl | 73 | Thijs Jorritsma | | HC2 | 46.99 | 46.89 | PR |
| | | Niels Everts | | | Thijs Jorritsma | | | |
| | | 100m | 12.66 | (12.66) | 100m | 12.42 | (12.42) | |
| | | 500m | 46.49 | (33.83) | 500m | 46.89 | (34.47) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|------------------|-------|--------------|------|
| 113 | wt | 79 | Maaïke Brouwer | | DB1 | 44.83 | 45.10 | |
| | rd | 26 | Bernt Hut | | HPA | 44.85 | 46.09 | |
| | | Maaïke Brouwer | | | Bernt Hut | | | |
| | | 100m | 12.15 | (12.15) | 100m | 12.66 | (12.66) | |
| | | 500m | 45.10 | (32.95) | 500m | 46.09 | (33.43) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------|---------------------|---------|---------------------|-------|--------------|------|
| 114 | gl | 7 | Britt Steg | | DB2 | 44.20 | 44.68 | |
| | bl | 97 | Rixt Bijlsma | | DC1 | 44.26 | 45.41 | |
| | | Britt Steg | | | Rixt Bijlsma | | | |
| | | 100m | 12.32 | (12.32) | 100m | 12.08 | (12.08) | |
| | | 500m | 44.68 | (32.36) | 500m | 45.41 | (33.33) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------|-------------------------------|--|-------------------------------|-------|--------------|------|
| 115 | wt | 23 | Tim Postma | | HC1 | 44.12 | DNS | |
| | rd | 8 | Jan Aesge van der Meer | | HC1 | 42.05 | 42.40 | |
| | | Tim Postma | | | Jan Aesge van der Meer | | | |
| | | 100m | | | 100m | 11.73 | (11.73) | |
| | | 500m | | | 500m | 42.40 | (30.67) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 116 | gl | 82 | Ids Hellinga | | HC1 | 43.54 | 43.91 | |
| | bl | 116 | Otte Hilarides | | HPA | 43.05 | 44.10 | |
| | | Ids Hellinga | | | Otte Hilarides | | | |
| | | 100m | 11.95 | (11.95) | 100m | 11.88 | (11.88) | |
| | | 500m | 43.91 | (31.96) | 500m | 44.10 | (32.22) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|------------------------|-------|--------------|------|
| 117 | wt | 150 | Willeke Bouwhuis | | DB2 | 41.20 | DNF | |
| | rd | 144 | Elbrich Nicolay | | DA2 | 41.46 | 41.55 | |
| | | Willeke Bouwhuis | | | Elbrich Nicolay | | | |
| | | 100m | 11.49 | (11.49) | 100m | 11.56 | (11.56) | |
| | | | | | 500m | 41.55 | (29.99) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------------|-----------------------------|---------|-----------------------|-------|--------------|------|
| 118 | gl | 147 | Julia Pereira de Vos | | DA2 | 41.26 | 41.60 | |
| | bl | 148 | Marika de Glee | | DA1 | 40.79 | 42.62 | |
| | | <u>Julia Pereira de Vos</u> | | | <u>Marika de Glee</u> | | | |
| | | 100m | 11.31 | (11.31) | 100m | 11.54 | (11.54) | |
| | | 500m | 41.60 | (30.29) | 500m | 42.62 | (31.08) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 119 | wt | 75 | Huub Adema | | HB2 | 40.10 | 40.93 | |
| | rd | 133 | Sterre van Schaik | | DN1 | 40.65 | 41.59 | |
| | | <u>Huub Adema</u> | | | <u>Sterre van Schaik</u> | | | |
| | | 100m | 11.27 | (11.27) | 100m | 11.15 | (11.15) | |
| | | 500m | 40.93 | (29.66) | 500m | 41.59 | (30.44) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|----------------------|-------|--------------|------|
| 120 | gl | 77 | Naomi Kammeraat | | DB2 | 40.03 | 40.95 | |
| | bl | 143 | Britt Breider | | DA1 | 41.20 | 41.67 | |
| | | <u>Naomi Kammeraat</u> | | | <u>Britt Breider</u> | | | |
| | | 100m | 11.49 | (11.49) | 100m | 11.56 | (11.56) | |
| | | 500m | 40.95 | (29.46) | 500m | 41.67 | (30.11) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|--------------------------|--------------------------|---------|-----------------------|-------|--------------|------|
| 121 | wt | 3 | Melle van der Zee | | HB1 | 39.74 | 39.72 | PR |
| | rd | 2 | Jelte Hellinga | | HB2 | 39.88 | 40.13 | |
| | | <u>Melle van der Zee</u> | | | <u>Jelte Hellinga</u> | | | |
| | | 100m | 10.92 | (10.92) | 100m | 11.15 | (11.15) | |
| | | 500m | 39.72 | (28.80) | 500m | 40.13 | (28.98) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------------|-----------------------------|---------|------------------------|-------|--------------|------|
| 122 | gl | 16 | Jan-Hendrik Hoekstra | | HB2 | 39.39 | 39.27 | PR |
| | bl | 5 | Pieter Zijlstra | | HB2 | 38.94 | 39.29 | |
| | | <u>Jan-Hendrik Hoekstra</u> | | | <u>Pieter Zijlstra</u> | | | |
| | | 100m | 11.07 | (11.07) | 100m | 10.84 | (10.84) | |
| | | 500m | 39.27 | (28.20) | 500m | 39.29 | (28.45) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-------------------------|-------|-------------------|-------|--------------|---------|
| 123 | wt | 145 Jack Boekema | HB1 | | 36.91 | 37.80 | |
| | rd | 149 Sem Spruit | HB2 | | 37.55 | DNF | |
| | | Jack Boekema | | Sem Spruit | | | |
| | | 100m | 10.34 | (10.34) | 100m | 10.83 | (10.83) |
| | | 500m | 37.80 | (27.46) | | | |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|---------------------------|-------|-----------------------|-------|--------------|---------|
| 124 | gl | 142 Berend Lange | HB2 | | 37.87 | 38.30 | |
| | bl | 157 Sven Burghoorn | HB1 | | 38.90 | 39.52 | |
| | | Berend Lange | | Sven Burghoorn | | | |
| | | 100m | 10.69 | (10.69) | 100m | 10.54 | (10.54) |
| | | 500m | 38.30 | (27.61) | 500m | 39.52 | (28.98) |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

11. Uitslag Junioren B/C en ouder (500/1500) 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|---------|------|--------|
| 1 | 84 Hannah de Vries | DC2 | 129 | O | 2:15.30 | | |
| 2 | 122 Sandra v/d Heide | DA1 | 129 | I | 2:17.18 | PR | |
| 3 | 156 Grietsen Wijma | H60 | 130 | O | 2:21.84 | | |
| 4 | 107 Noortje Kappers | DC1 | 130 | I | 2:22.26 | | |
| 5 | 34 Hidde-Jan Poiesz | HC2 | 127 | O | 2:25.84 | PR | |
| 6 | 124 Mirte Kingma | DC2 | 128 | I | 2:27.75 | | |
| 7 | 121 Jenieke Kuiken | DN1 | 127 | I | 2:28.49 | | |
| 8 | 130 Susan Dijkshoorn | DSA | 128 | O | 2:34.65 | PR | |
| 9 | 166 Bram Wimmenhove | HC2 | 125 | O | 2:36.01 | | |
| 10 | 128 Mika Kammeraat | HC1 | 126 | I | 2:39.12 | PR | |
| 11 | 36 Silke Vries | DC1 | 126 | O | 2:39.19 | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

11. Rituitslag Junioren B/C en ouder (500/1500) 1500 meter

| | | Naam | Cat | PR | Tijd | Info | |
|-----|----|-----------------------------|---------|-------------------------|----------------|---------|---------|
| 125 | wt | 166 Bram Wimmenhove | HC2 | 2:35.52 | 2:36.01 | | |
| | rd | | | | | | |
| | | Bram Wimmenhove | | | | | |
| | | m | | 300m | 32.74 | (32.74) | |
| | | | | 700m | 1:11.96 | (39.22) | |
| | | | | 1100m | 1:53.54 | (41.58) | |
| | | | | 1500m | 2:36.01 | (42.47) | |
| | | Naam | Cat | PR | Tijd | Info | |
| 126 | gl | 128 Mika Kammeraat | HC1 | 2:44.43 | 2:39.12 | PR | |
| | bl | 36 Silke Vries | DC1 | 2:38.26 | 2:39.19 | | |
| | | Mika Kammeraat | | Silke Vries | | | |
| | | 300m | 33.29 | (33.29) | 300m | 33.94 | (33.94) |
| | | 700m | 1:13.70 | (40.41) | 700m | 1:14.56 | (40.62) |
| | | 1100m | 1:56.50 | (42.80) | 1100m | 1:56.59 | (42.03) |
| | | 1500m | 2:39.12 | (42.62) | 1500m | 2:39.19 | (42.60) |
| | | Naam | Cat | PR | Tijd | Info | |
| 127 | wt | 121 Jenieke Kuiken | DN1 | 2:17.64 | 2:28.49 | | |
| | rd | 34 Hidde-Jan Poiesz | HC2 | 2:28.64 | 2:25.84 | PR | |
| | | Jenieke Kuiken | | Hidde-Jan Poiesz | | | |
| | | 300m | 30.31 | (30.31) | 300m | 30.54 | (30.54) |
| | | 700m | 1:06.38 | (36.07) | 700m | 1:06.48 | (35.94) |
| | | 1100m | 1:45.98 | (39.60) | 1100m | 1:45.66 | (39.18) |
| | | 1500m | 2:28.49 | (42.51) | 1500m | 2:25.84 | (40.18) |
| | | Naam | Cat | PR | Tijd | Info | |
| 128 | gl | 124 Mirte Kingma | DC2 | 2:24.83 | 2:27.75 | | |
| | bl | 130 Susan Dijkshoorn | DSA | 2:42.10 | 2:34.65 | PR | |
| | | Mirte Kingma | | Susan Dijkshoorn | | | |
| | | 300m | 30.48 | (30.48) | 300m | 33.06 | (33.06) |
| | | 700m | 1:06.57 | (36.09) | 700m | 1:12.00 | (38.94) |
| | | 1100m | 1:46.21 | (39.64) | 1100m | 1:52.78 | (40.78) |
| | | 1500m | 2:27.75 | (41.54) | 1500m | 2:34.65 | (41.87) |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|------------------------|---------|----------------|------|
| 129 | wt | 122 | Sandra v/d Heide | | DA1 | 2:19.92 | 2:17.18 | PR |
| | rd | 84 | Hannah de Vries | | DC2 | 2:11.73 | 2:15.30 | |
| | | Sandra v/d Heide | | | Hannah de Vries | | | |
| | | 300m | 27.98 | (27.98) | 300m | 28.49 | (28.49) | |
| | | 700m | 1:01.60 | (33.62) | 700m | 1:01.42 | (32.93) | |
| | | 1100m | 1:38.07 | (36.47) | 1100m | 1:36.66 | (35.24) | |
| | | 1500m | 2:17.18 | (39.11) | 1500m | 2:15.30 | (38.64) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|-----------------------|---------|----------------|------|
| 130 | gl | 107 | Noortje Kappers | | DC1 | 2:19.07 | 2:22.26 | |
| | bl | 156 | Grietsen Wijma | | H60 | 2:05.45 | 2:21.84 | |
| | | Noortje Kappers | | | Grietsen Wijma | | | |
| | | 300m | 29.46 | (29.46) | 300m | 30.37 | (30.37) | |
| | | 700m | 1:03.54 | (34.08) | 700m | 1:05.56 | (35.19) | |
| | | 1100m | 1:41.78 | (38.24) | 1100m | 1:42.69 | (37.13) | |
| | | 1500m | 2:22.26 | (40.48) | 1500m | 2:21.84 | (39.15) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

12. Uitslag Pupillen A en ouder (500/1000) 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd Info | Punten |
|-----|--------------------------|-----|------|------|-----------|--------|
| 1 | 16 Jan-Hendrik Hoekstra | HB2 | 150 | O | 1:17.09 | |
| 2 | 5 Pieter Zijlstra | HB2 | 150 | I | 1:17.52 | |
| 3 | 3 Melle van der Zee | HB1 | 149 | O | 1:18.63 | |
| 4 | 2 Jelte Hellinga | HB2 | 149 | I | 1:19.48 | PR |
| 5 | 75 Huub Adema | HB2 | 147 | O | 1:21.63 | |
| 6 | 157 Sven Burghoorn | HB1 | 151 | I | 1:22.21 | |
| 7 | 77 Naomi Kammeraat | DB2 | 148 | O | 1:22.23 | |
| 8 | 143 Britt Breider | DA1 | 148 | I | 1:23.56 | |
| 9 | 144 Elbrich Nicolay | DA2 | 145 | I | 1:23.71 | |
| 10 | 8 Jan Aesge van der Meer | HC1 | 143 | I | 1:24.61 | HT |
| 11 | 147 Julia Pereira de Vos | DA2 | 146 | O | 1:25.00 | |
| 12 | 159 Tyler Robertson | HN1 | 131 | O | 1:26.18 | |
| 13 | 82 Ids Hellinga | HC1 | 144 | O | 1:26.94 | HT |
| 14 | 116 Otte Hilarides | HPA | 144 | I | 1:28.75 | HT |
| 15 | 7 Britt Steg | DB2 | 142 | O | 1:30.90 | |
| 16 | 79 Maaïke Brouwer | DB1 | 141 | O | 1:31.12 | |
| 17 | 131 Renske Winters | D45 | 139 | O | 1:31.73 | |
| 18 | 26 Bernt Hut | HPA | 141 | I | 1:33.05 | PR |
| 19 | 97 Rixt Bijlsma | DC1 | 142 | I | 1:34.30 | |
| 20 | 67 Antje Ypma | DC1 | 139 | I | 1:35.82 | PR |
| 21 | 73 Thijs Jorritsma | HC2 | 140 | I | 1:36.03 | PR |
| 22 | 14 Niels Everts | HPA | 140 | O | 1:36.18 | |
| 23 | 60 Wytse Hamstra | HC1 | 137 | O | 1:37.33 | |
| 24 | 158 Leah Crisp | DA1 | 131 | I | 1:37.49 | |
| 25 | 40 Jurrian Kromkamp | HPA | 138 | I | 1:38.72 | |
| 26 | 6 Maud de Vries | DC1 | 138 | O | 1:39.35 | |
| 27 | 29 Thijs de Wit | HC2 | 137 | I | 1:41.71 | |
| 28 | 63 Doutzen Wierda | DPA | 136 | I | 1:42.17 | PR |
| 29 | 58 Lieke Nijboer | DPA | 136 | O | 1:46.46 | |
| 30 | 160 Frouwkje Dijkstra | DC2 | 134 | O | 1:53.50 | |
| 31 | 134 Tim Nijborg | HPA | 133 | O | 1:55.72 | PR |
| 32 | 138 Isis Ratering | DPA | 134 | I | 2:06.21 | PR |
| 33 | 98 Marije Nieman | DC1 | 135 | O | 2:14.41 | FL |
| | 99 Maarten van Achteren | HC1 | 135 | I | DNF | |
| | 154 Louise Bouma | DC1 | | | WDR | |
| | 23 Tim Postma | HC1 | | | WDR | |
| | 150 Willeke Bouwhuis | DB2 | | | WDR | |
| | 148 Marika de Glee | DA1 | | | WDR | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------|-----|------|------|------|------|--------|
| 133 | Sterre van Schaik | DN1 | | | | WDR | |
| 145 | Jack Boekema | HB1 | | | | WDR | |
| 149 | Sem Spruit | HB2 | | | | WDR | |
| 142 | Berend Lange | HB2 | | | | WDR | |

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Elfstedenhal - Leeuwarden

12. Rituitslag Pupillen A en ouder (500/1000) 1000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|---------------------|---------|------------------------|-------|---------|----------------|------|
| 131 | wt | 158 Leah Crisp | | DA1 | | | 1:37.49 | |
| | rd | 159 Tyler Robertson | | HN1 | | | 1:26.18 | |
| | | <u>Leah Crisp</u> | | <u>Tyler Robertson</u> | | | | |
| | | 200m | 23.18 | (23.18) | 200m | 21.03 | (21.03) | |
| | | 600m | 58.43 | (35.25) | 600m | 52.64 | (31.61) | |
| | | 1000m | 1:37.49 | (39.06) | 1000m | 1:26.18 | (33.54) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|----------|--|----------|--|----|------|------|
| 132 | gl | | | | | | | |
| | bl | | | | | | | |
| | | <u>m</u> | | <u>m</u> | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|---------------------|--|--------------------|-------|---------|----------------|------------|
| 133 | wt | 154 Louise Bouma | | DC1 | | | | WDR |
| | rd | 134 Tim Nijborg | | HPA | | 2:00.89 | 1:55.72 | PR |
| | | <u>Louise Bouma</u> | | <u>Tim Nijborg</u> | | | | |
| | | | | | 200m | 25.28 | (25.28) | |
| | | | | | 600m | 1:10.68 | (45.40) | |
| | | | | | 1000m | 1:55.72 | (45.04) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------|---------|--------------------------|-------|---------|----------------|------|
| 134 | gl | 138 Isis Ratering | | DPA | | 2:11.72 | 2:06.21 | PR |
| | bl | 160 Frouwkje Dijkstra | | DC2 | | 1:48.57 | 1:53.50 | |
| | | <u>Isis Ratering</u> | | <u>Frouwkje Dijkstra</u> | | | | |
| | | 200m | 27.60 | (27.60) | 200m | 24.75 | (24.75) | |
| | | 600m | 1:15.79 | (48.19) | 600m | 1:08.17 | (43.42) | |
| | | 1000m | 2:06.21 | (50.42) | 1000m | 1:53.50 | (45.33) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|-----------------------------|-----------------------------|---------|----------------------|---------|---------|---------|----------------|------------|--|
| 135 | wt | 99 | Maarten van Achteren | | HC1 | | | | | DNF | |
| | rd | 98 | Marije Nieman | | DC1 | | | 1:50.74 | 2:14.41 | FL | |
| | | <u>Maarten van Achteren</u> | | | <u>Marije Nieman</u> | | | | | | |
| | | 200m | 40.34 | (40.34) | 200m | 26.46 | (26.46) | | | | |
| | | 600m | | | 600m | 1:26.34 | (59.88) | | | | |
| | | 1000m | | | 1000m | 2:14.41 | (48.07) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|-----------------------|-----------------------|---------|----------------------|---------|---------|---------|----------------|------|--|
| 136 | gl | 63 | Doutzen Wierda | | DPA | | | 1:43.30 | 1:42.17 | PR | |
| | bl | 58 | Lieke Nijboer | | DPA | | | 1:40.28 | 1:46.46 | | |
| | | <u>Doutzen Wierda</u> | | | <u>Lieke Nijboer</u> | | | | | | |
| | | 200m | 31.70 | (31.70) | 200m | 24.18 | (24.18) | | | | |
| | | 600m | 1:03.40 | (31.70) | 600m | 1:05.32 | (41.14) | | | | |
| | | 1000m | 1:42.17 | (38.77) | 1000m | 1:46.46 | (41.14) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|---------------------|----------------------|---------|----------------------|---------|---------|---------|----------------|------|--|
| 137 | wt | 29 | Thijs de Wit | | HC2 | | | 1:39.12 | 1:41.71 | | |
| | rd | 60 | Wytse Hamstra | | HC1 | | | 1:36.61 | 1:37.33 | | |
| | | <u>Thijs de Wit</u> | | | <u>Wytse Hamstra</u> | | | | | | |
| | | 200m | 22.39 | (22.39) | 200m | 22.87 | (22.87) | | | | |
| | | 600m | 1:00.03 | (37.64) | 600m | 59.23 | (36.36) | | | | |
| | | 1000m | 1:41.71 | (41.68) | 1000m | 1:37.33 | (38.10) | | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|-----|----|-------------------------|-------------------------|---------|----------------------|---------|---------|---------|----------------|------|--|
| 138 | gl | 40 | Jurrian Kromkamp | | HPA | | | 1:37.28 | 1:38.72 | | |
| | bl | 6 | Maud de Vries | | DC1 | | | 1:35.58 | 1:39.35 | | |
| | | <u>Jurrian Kromkamp</u> | | | <u>Maud de Vries</u> | | | | | | |
| | | 200m | 22.70 | (22.70) | 200m | 22.83 | (22.83) | | | | |
| | | 600m | 59.08 | (36.38) | 600m | 1:00.02 | (37.19) | | | | |
| | | 1000m | 1:38.72 | (39.64) | 1000m | 1:39.35 | (39.33) | | | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 139 | wt | 67 | Antje Ypma | | DC1 | 1:36.38 | 1:35.82 | PR |
| | rd | 131 | Renske Winters | | D45 | 1:23.17 | 1:31.73 | |
| | | Antje Ypma | | | Renske Winters | | | |
| | | 200m | 22.54 | (22.54) | 200m | 21.68 | (21.68) | |
| | | 600m | 58.41 | (35.87) | 600m | 55.92 | (34.24) | |
| | | 1000m | 1:35.82 | (37.41) | 1000m | 1:31.73 | (35.81) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|---------------------|---------|----------------|------|
| 140 | gl | 73 | Thijs Jorritsma | | HC2 | 1:37.33 | 1:36.03 | PR |
| | bl | 14 | Niels Everts | | HPA | 1:34.58 | 1:36.18 | |
| | | Thijs Jorritsma | | | Niels Everts | | | |
| | | 200m | 21.75 | (21.75) | 200m | 22.32 | (22.32) | |
| | | 600m | 57.86 | (36.11) | 600m | 57.94 | (35.62) | |
| | | 1000m | 1:36.03 | (38.17) | 1000m | 1:36.18 | (38.24) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 141 | wt | 26 | Bernt Hut | | HPA | 1:40.56 | 1:33.05 | PR |
| | rd | 79 | Maaïke Brouwer | | DB1 | 1:29.80 | 1:31.12 | |
| | | Bernt Hut | | | Maaïke Brouwer | | | |
| | | 200m | 21.53 | (21.53) | 200m | 21.37 | (21.37) | |
| | | 600m | 56.26 | (34.73) | 600m | 55.51 | (34.14) | |
| | | 1000m | 1:33.05 | (36.79) | 1000m | 1:31.12 | (35.61) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|---------------------|---------------------|---------|-------------------|---------|----------------|------|
| 142 | gl | 97 | Rixt Bijlsma | | DC1 | 1:31.37 | 1:34.30 | |
| | bl | 7 | Britt Steg | | DB2 | 1:27.41 | 1:30.90 | |
| | | Rixt Bijlsma | | | Britt Steg | | | |
| | | 200m | 21.18 | (21.18) | 200m | 21.04 | (21.04) | |
| | | 600m | 56.39 | (35.21) | 600m | 54.35 | (33.31) | |
| | | 1000m | 1:34.30 | (37.91) | 1000m | 1:30.90 | (36.55) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------------|-----------------|-------------------|----------------|------|
| 143 | wt | 8 Jan Aesge van der Meer | HC1 | 1:31.59 | 1:24.61 | HT |
| | rd | 23 Tim Postma | HC1 | 1:32.81 | WDR | |
| | | <u>Jan Aesge van der Meer</u> | | <u>Tim Postma</u> | | |
| | | 200m | 1:24.61 (84.61) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-----------------|---------------------|-----------------|------|
| 144 | gl | 116 Otte Hilarides | HPA | 1:29.25 | 1:28.75 | HT |
| | bl | 82 Ids Hellinga | HC1 | 1:27.28 | 1:26.94 | HT |
| | | <u>Otte Hilarides</u> | | <u>Ids Hellinga</u> | | |
| | | 200m | 1:28.75 (88.75) | 200m | 1:26.94 (86.94) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-----------------------------|-----------------|-------------------------|----------------|------|
| 145 | wt | 144 Elbrich Nicolay | DA2 | 1:22.61 | 1:23.71 | |
| | rd | 150 Willeke Bouwhuis | DB2 | 1:23.60 | WDR | |
| | | <u>Elbrich Nicolay</u> | | <u>Willeke Bouwhuis</u> | | |
| | | 200m | 19.82 (19.82) | | | |
| | | 600m | 50.58 (30.76) | | | |
| | | 1000m | 1:23.71 (33.13) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------------|-----|-----------------------------|-----------------|------|
| 146 | gl | 148 Marika de Glee | DA1 | 1:22.76 | WDR | |
| | bl | 147 Julia Pereira de Vos | DA2 | 1:23.44 | 1:25.00 | |
| | | <u>Marika de Glee</u> | | <u>Julia Pereira de Vos</u> | | |
| | | | | 200m | 19.70 (19.70) | |
| | | | | 600m | 50.84 (31.14) | |
| | | | | 1000m | 1:25.00 (34.16) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|------------------------------|-----|-------------------|-----------------|------|
| 147 | wt | 133 Sterre van Schaik | DN1 | 1:21.81 | WDR | |
| | rd | 75 Huib Adema | HB2 | 1:19.06 | 1:21.63 | |
| | | <u>Sterre van Schaik</u> | | <u>Huib Adema</u> | | |
| | | | | 200m | 19.24 (19.24) | |
| | | | | 600m | 49.17 (29.93) | |
| | | | | 1000m | 1:21.63 (32.46) | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|------------------------|---------|---------|-----------------------|------------------------|----------------|
| 148 | gl | 143 | Britt Breider | | DA1 | | 1:21.53 | 1:23.56 |
| | bl | 77 | Naomi Kammeraat | | DB2 | | 1:20.98 | 1:22.23 |
| | | | Britt Breider | | | | Naomi Kammeraat | |
| | | | 200m | 19.59 | (19.59) | 200m 19.55 (19.55) | | |
| | | | 600m | 49.95 | (30.36) | 600m 49.54 (29.99) | | |
| | | | 1000m | 1:23.56 | (33.61) | 1000m 1:22.23 (32.69) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------------|---------|---------|-----------------------|--------------------------|-------------------|
| 149 | wt | 2 | Jelte Hellinga | | HB2 | | 1:19.69 | 1:19.48 PR |
| | rd | 3 | Melle van der Zee | | HB1 | | 1:18.46 | 1:18.63 |
| | | | Jelte Hellinga | | | | Melle van der Zee | |
| | | | 200m | 18.92 | (18.92) | 200m 19.11 (19.11) | | |
| | | | 600m | 48.18 | (29.26) | 600m 48.33 (29.22) | | |
| | | | 1000m | 1:19.48 | (31.30) | 1000m 1:18.63 (30.30) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|-----------------------------|---------|---------|-----------------------|-----------------------------|----------------|
| 150 | gl | 5 | Pieter Zijlstra | | HB2 | | 1:17.12 | 1:17.52 |
| | bl | 16 | Jan-Hendrik Hoekstra | | HB2 | | 1:15.98 | 1:17.09 |
| | | | Pieter Zijlstra | | | | Jan-Hendrik Hoekstra | |
| | | | 200m | 18.91 | (18.91) | 200m 18.99 (18.99) | | |
| | | | 600m | 47.83 | (28.92) | 600m 47.55 (28.56) | | |
| | | | 1000m | 1:17.52 | (29.69) | 1000m 1:17.09 (29.54) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|-----------------------|---------|---------|----|---------------------|----------------|
| 151 | wt | 157 | Sven Burghoorn | | HB1 | | 1:20.90 | 1:22.21 |
| | rd | 145 | Jack Boekema | | HB1 | | 1:14.30 | WDR |
| | | | Sven Burghoorn | | | | Jack Boekema | |
| | | | 200m | 18.16 | (18.16) | | | |
| | | | 600m | 47.76 | (29.60) | | | |
| | | | 1000m | 1:22.21 | (34.45) | | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-----|---------|------|---------------------|
| 152 | gl | 149 Sem Spruit | HB2 | 1:13.23 | | WDR |
| | bl | 142 Berend Lange | HB2 | 1:13.82 | | WDR |
| | | <u>Sem Spruit</u> | | | | <u>Berend Lange</u> |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

13. Uitslag Junioren B en ouder (3000) 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------|-----|------|------|---------|------|--------|
| 1 | 103 Zeger Berends | HB1 | 153 | O | 4:28.15 | HT | |
| 2 | 136 Finn Zachrisson | HB1 | 154 | O | 4:34.56 | HT | |
| 3 | 4 Amber Feller | DB1 | 153 | I | 5:09.31 | | |

Fryslancup pupillen/ gewestelijke wedstrijd 10 november 2024

Elfstedenhal - Leeuwarden

13. Rituitslag Junioren B en ouder (3000) 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|---------------------|----------------------|---------|-----|----------------------|---------|----------------|------|
| 153 | wt | 4 | Amber Feller | | DB1 | | 5:08.90 | 5:09.31 | |
| | rd | 103 | Zeger Berends | | HB1 | | | 4:28.15 | HT |
| | | Amber Feller | | | | Zeger Berends | | | |
| | | 200m | 22.25 | (22.25) | | 200m | 4:28.15 | (268.15) | |
| | | 600m | 59.26 | (37.01) | | | | | |
| | | 1000m | 1:39.26 | (40.00) | | | | | |
| | | 1400m | 2:21.08 | (41.82) | | | | | |
| | | 1800m | 3:02.55 | (41.47) | | | | | |
| | | 2200m | 3:44.71 | (42.16) | | | | | |
| | | 2600m | 4:27.92 | (43.21) | | | | | |
| | | 3000m | 5:09.31 | (41.39) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|-----|----|------|------------------------|-----|-----|------------------------|---------|----------------|------|
| 154 | gl | | | | | | | | |
| | bl | 136 | Finn Zachrisson | | HB1 | | 4:47.00 | 4:34.56 | HT |
| | | | | | | Finn Zachrisson | | | |
| | | m | | | | 200m | 4:34.56 | (274.56) | |