

1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	34 Remo Slotegraaf	HN2	1	I	37.78		
2	26 Thomas de Lange	HN1	12	I	37.79		
3	35 Jesse Speijers	HN2	2	I	37.90		
4	42 Jur Veenje	HN3	14	I	37.91		
5	50 Victor Ramler	HSA	2	O	38.14		
6	11 Sijmen Egberts	HA2	10	O	38.33		
7	9 Max Douma	HN4	12	O	38.37		
8	48 Mathijs van Zwieten	HN2	8	O	38.43		
9	44 Stan van Vliet	HN1	13	I	38.44		
10	41 Bart Valentijn	HSA	11	O	38.46		
11	31 Colin Schrijver	HN3	9	O	38.55		
12	49 Lex Dijkstra	HSA	1	O	38.59		
13	5 Yoeri van Bostelen	HA1	13	O	38.66		
14	38 Dyon Talsma	HN2	11	I	38.68		
15	25 Jesse de Lange	HN2	9	I	38.71		
16	14 Luc Heine	HSA	14	O	38.79		
17	4 Joël Bom	HA1	6	O	39.04		
18	7 Nino van Dijk	HSA	6	I	39.28		
19	39 Marwin Talsma	HSA	7	O	39.43		
20	24 Jasper Krommenhoek	HA2	8	I	39.68		
21	2 Hylke de Boer	HA2	7	I	39.79		
22	40 Jasper Tinga	HA2	3	I	40.30		
23	52 Bart van der Heijden	HSA	4	I	40.72		
24	63 Michiel Wienese	H40	5	O	42.75		
25	57 Mark Ooijevaar	HSB	3	O	43.28		
26	54 Sybe van Hijum	HSB	5	I	44.30		
27	61 Marc Nieuwenhuijse	H40	4	O	45.90	PR	
28	46 Gert Wierda	HN1	10	I	55.56	FL	

1. Rituitslag 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	34	Remo Slotegraaf		HN2	37.38	37.78	
	rd	49	Lex Dijkstra		HSA	37.37	38.59	
		<u>Remo Slotegraaf</u>			<u>Lex Dijkstra</u>			
		100m	10.78	(10.78)	100m	10.82	(10.82)	
		500m	37.78	(27.00)	500m	38.59	(27.77)	

		Naam		Cat		PR	Tijd	Info
2	wt	35	Jesse Speijers		HN2	37.13	37.90	
	rd	50	Victor Ramler		HSA	37.43	38.14	
		<u>Jesse Speijers</u>			<u>Victor Ramler</u>			
		100m	10.79	(10.79)	100m	10.59	(10.59)	
		500m	37.90	(27.11)	500m	38.14	(27.55)	

		Naam		Cat		PR	Tijd	Info
3	wt	40	Jasper Tinga		HA2	39.14	40.30	
	rd	57	Mark Ooijevaar		HSB	40.42	43.28	
		<u>Jasper Tinga</u>			<u>Mark Ooijevaar</u>			
		100m	11.55	(11.55)	100m	12.16	(12.16)	
		500m	40.30	(28.75)	500m	43.28	(31.12)	

		Naam		Cat		PR	Tijd	Info
4	wt	52	Bart van der Heijden		HSA	38.38	40.72	
	rd	61	Marc Nieuwenhuijse		H40	46.96	45.90	PR
		<u>Bart van der Heijden</u>			<u>Marc Nieuwenhuijse</u>			
		100m	11.31	(11.31)	100m	12.98	(12.98)	
		500m	40.72	(29.41)	500m	45.90	(32.92)	

		Naam		Cat		PR	Tijd	Info
5	wt	54	Sybe van Hijum		HSB	42.80	44.30	
	rd	63	Michiel Wienese		H40	39.40	42.75	
		<u>Sybe van Hijum</u>			<u>Michiel Wienese</u>			
		100m	12.19	(12.19)	100m	11.56	(11.56)	
		500m	44.30	(32.11)	500m	42.75	(31.19)	

		Naam	Cat		PR	Tijd	Info
6	wt	7 Nino van Dijk	HSA		38.43	39.28	
	rd	4 Joël Bom	HA1		38.74	39.04	
		Nino van Dijk		Joël Bom			
		100m	11.00	(11.00)	100m	11.02	(11.02)
		500m	39.28	(28.28)	500m	39.04	(28.02)

		Naam	Cat		PR	Tijd	Info
7	wt	2 Hylke de Boer	HA2		39.33	39.79	
	rd	39 Marwin Talsma	HSA		37.96	39.43	
		Hylke de Boer		Marwin Talsma			
		100m	11.00	(11.00)	100m	11.13	(11.13)
		500m	39.79	(28.79)	500m	39.43	(28.30)

		Naam	Cat		PR	Tijd	Info
8	wt	24 Jasper Krommenhoek	HA2		38.79	39.68	
	rd	48 Mathijs van Zwieten	HN2		38.23	38.43	
		Jasper Krommenhoek		Mathijs van Zwieten			
		100m	11.36	(11.36)	100m	10.98	(10.98)
		500m	39.68	(28.32)	500m	38.43	(27.45)

		Naam	Cat		PR	Tijd	Info
9	wt	25 Jesse de Lange	HN2		37.90	38.71	
	rd	31 Colin Schrijver	HN3		37.53	38.55	
		Jesse de Lange		Colin Schrijver			
		100m	10.82	(10.82)	100m	10.66	(10.66)
		500m	38.71	(27.89)	500m	38.55	(27.89)

		Naam	Cat		PR	Tijd	Info
10	wt	46 Gert Wierda	HN1		36.92	55.56	FL
	rd	11 Sijmen Egberts	HA2		37.34	38.33	
		Gert Wierda		Sijmen Egberts			
		100m	10.69	(10.69)	100m	10.64	(10.64)
		500m	55.56	(44.87)	500m	38.33	(27.69)

		Naam			Cat	PR	Tijd	Info
11	wt	38	Dyon Talsma		HN2	38.37	38.68	
	rd	41	Bart Valentijn		HSA	37.84	38.46	
		Dyon Talsma			Bart Valentijn			
		100m	10.72	(10.72)	100m	10.54	(10.54)	
		500m	38.68	(27.96)	500m	38.46	(27.92)	

		Naam			Cat	PR	Tijd	Info
12	wt	26	Thomas de Lange		HN1	36.94	37.79	
	rd	9	Max Douma		HN4	37.34	38.37	
		Thomas de Lange			Max Douma			
		100m	10.67	(10.67)	100m	10.69	(10.69)	
		500m	37.79	(27.12)	500m	38.37	(27.68)	

		Naam			Cat	PR	Tijd	Info
13	wt	44	Stan van Vliet		HN1	37.48	38.44	
	rd	5	Yoeri van Bostelen		HA1	37.90	38.66	
		Stan van Vliet			Yoeri van Bostelen			
		100m	10.81	(10.81)	100m	10.78	(10.78)	
		500m	38.44	(27.63)	500m	38.66	(27.88)	

		Naam			Cat	PR	Tijd	Info
14	wt	42	Jur Veenje		HN3	36.73	37.91	
	rd	14	Luc Heine		HSA	37.86	38.79	
		Jur Veenje			Luc Heine			
		100m	10.64	(10.64)	100m	10.73	(10.73)	
		500m	37.91	(27.27)	500m	38.79	(28.06)	

2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	39 Marwin Talsma	HSA	27	I	6:38.94		
2	34 Remo Slotegraaf	HN2	28	O	6:41.68		
3	35 Jesse Speijers	HN2	26	O	6:42.45		
4	49 Lex Dijkstra	HSA	28	I	6:43.86		
5	24 Jasper Krommenhoek	HA2	25	O	6:46.15		
6	48 Mathijs van Zwieten	HN2	26	I	6:46.35		
7	50 Victor Ramler	HSA	24	I	6:47.66		
8	11 Sijmen Egberts	HA2	21	O	6:50.24		
9	41 Bart Valentijn	HSA	18	I	6:54.10		
10	25 Jesse de Lange	HN2	20	I	6:56.40		
11	42 Jur Veenje	HN3	15	I	6:57.90		
12	2 Hylke de Boer	HA2	25	I	6:58.11		
13	7 Nino van Dijk	HSA	20	O	6:59.74		
14	4 Joël Bom	HA1	24	O	7:00.01		
15	14 Luc Heine	HSA	22	O	7:01.95		
16	26 Thomas de Lange	HN1	23	O	7:03.36		
17	38 Dyon Talsma	HN2	23	I	7:03.96		
18	57 Mark Ooijevaar	HSB	22	I	7:07.12		
19	40 Jasper Tinga	HA2	21	I	7:07.72		
20	44 Stan van Vliet	HN1	17	O	7:10.78		
21	9 Max Douma	HN4	17	I	7:13.98		
22	5 Yoeri van Bostelen	HA1	19	O	7:28.61		
23	31 Colin Schrijver	HN3	19	I	7:29.77		
24	52 Bart van der Heijden	HSA	18	O	7:31.38		
25	61 Marc Nieuwenhuijse	H40	16	I	7:37.88	PR	
26	63 Michiel Wienese	H40	15	O	7:43.97		
27	54 Sybe van Hijum	HSB	16	O	7:44.44		
	46 Gert Wierda	HN1				WDR	

2. Rituitslag 5000 meter

		Naam	Cat		PR	Tijd	Info
15	wt	42 Jur Veenje	HN3		6:45.21	6:57.90	
	rd	63 Michiel Wienese	H40		7:13.77	7:43.97	
		Jur Veenje			Michiel Wienese		
		200m	19.77	(19.77)	200m	21.42	(21.42)
		600m	51.83	(32.06)	600m	56.02	(34.60)
		1000m	1:24.26	(32.43)	1000m	1:31.62	(35.60)
		1400m	1:56.50	(32.24)	1400m	2:07.49	(35.87)
		1800m	2:28.87	(32.37)	1800m	2:43.66	(36.17)
		2200m	3:01.96	(33.09)	2200m	3:20.05	(36.39)
		2600m	3:34.99	(33.03)	2600m	3:56.87	(36.82)
		3000m	4:08.13	(33.14)	3000m	4:33.89	(37.02)
		3400m	4:41.63	(33.50)	3400m	5:11.09	(37.20)
		3800m	5:15.38	(33.75)	3800m	5:49.03	(37.94)
		4200m	5:49.03	(33.65)	4200m	6:27.16	(38.13)
		4600m	6:23.31	(34.28)	4600m	7:05.38	(38.22)
		5000m	6:57.90	(34.59)	5000m	7:43.97	(38.59)

		Naam	Cat		PR	Tijd	Info
16	gl	61 Marc Nieuwenhuijse	H40		7:41.42	7:37.88	PR
	bl	54 Sybe van Hijum	HSB		7:31.95	7:44.44	
		Marc Nieuwenhuijse			Sybe van Hijum		
		200m	23.26	(23.26)	200m	22.88	(22.88)
		600m	58.87	(35.61)	600m	59.14	(36.26)
		1000m	1:34.48	(35.61)	1000m	1:36.07	(36.93)
		1400m	2:10.32	(35.84)	1400m	2:12.82	(36.75)
		1800m	2:46.34	(36.02)	1800m	2:48.98	(36.16)
		2200m	3:22.44	(36.10)	2200m	3:25.33	(36.35)
		2600m	3:58.68	(36.24)	2600m	4:01.94	(36.61)
		3000m	4:34.85	(36.17)	3000m	4:38.74	(36.80)
		3400m	5:11.27	(36.42)	3400m	5:15.40	(36.66)
		3800m	5:47.83	(36.56)	3800m	5:52.37	(36.97)
		4200m	6:24.50	(36.67)	4200m	6:29.62	(37.25)
		4600m	7:01.27	(36.77)	4600m	7:07.13	(37.51)
		5000m	7:37.88	(36.61)	5000m	7:44.44	(37.31)

		Naam			Cat	PR	Tijd	Info
17	wt	9	Max Douma		HN4	7:00.53	7:13.98	
	rd	44	Stan van Vliet		HN1	6:57.03	7:10.78	
		Max Douma			Stan van Vliet			
		200m	19.68	(19.68)	200m	20.11	(20.11)	
		600m	52.95	(33.27)	600m	53.96	(33.85)	
		1000m	1:26.66	(33.71)	1000m	1:27.69	(33.73)	
		1400m	2:00.08	(33.42)	1400m	2:01.39	(33.70)	
		1800m	2:33.43	(33.35)	1800m	2:34.39	(33.00)	
		2200m	3:06.96	(33.53)	2200m	3:08.15	(33.76)	
		2600m	3:41.06	(34.10)	2600m	3:42.34	(34.19)	
		3000m	4:15.72	(34.66)	3000m	4:16.76	(34.42)	
		3400m	4:50.73	(35.01)	3400m	4:51.79	(35.03)	
		3800m	5:25.81	(35.08)	3800m	5:26.02	(34.23)	
		4200m	6:01.37	(35.56)	4200m	6:00.71	(34.69)	
		4600m	6:37.66	(36.29)	4600m	6:35.81	(35.10)	
		5000m	7:13.98	(36.32)	5000m	7:10.78	(34.97)	

		Naam			Cat	PR	Tijd	Info
18	gl	41	Bart Valentijn		HSA	6:46.03	6:54.10	
	bl	52	Bart van der Heijden		HSA	6:57.80	7:31.38	
		Bart Valentijn			Bart van der Heijden			
		200m	19.24	(19.24)	200m	20.76	(20.76)	
		600m	50.28	(31.04)	600m	54.51	(33.75)	
		1000m	1:21.78	(31.50)	1000m	1:29.38	(34.87)	
		1400m	1:53.28	(31.50)	1400m	2:04.61	(35.23)	
		1800m	2:25.18	(31.90)	1800m	2:39.68	(35.07)	
		2200m	2:57.59	(32.41)	2200m	3:15.33	(35.65)	
		2600m	3:30.69	(33.10)	2600m	3:51.36	(36.03)	
		3000m	4:04.24	(33.55)	3000m	4:27.88	(36.52)	
		3400m	4:37.96	(33.72)	3400m	5:04.59	(36.71)	
		3800m	5:11.75	(33.79)	3800m	5:41.59	(37.00)	
		4200m	5:45.77	(34.02)	4200m	6:18.08	(36.49)	
		4600m	6:19.86	(34.09)	4600m	6:54.72	(36.64)	
		5000m	6:54.10	(34.24)	5000m	7:31.38	(36.66)	

		Naam			Cat	PR	Tijd	Info
19	wt	31	Colin Schrijver		HN3	7:14.24	7:29.77	
	rd	5	Yoeri van Bostelen		HA1	7:26.56	7:28.61	
		Colin Schrijver			Yoeri van Bostelen			
		200m	19.96	(19.96)	200m	19.82	(19.82)	
		600m	53.71	(33.75)	600m	52.38	(32.56)	
		1000m	1:28.30	(34.59)	1000m	1:27.26	(34.88)	
		1400m	2:03.77	(35.47)	1400m	2:02.58	(35.32)	
		1800m	2:39.39	(35.62)	1800m	2:38.00	(35.42)	
		2200m	3:15.18	(35.79)	2200m	3:13.43	(35.43)	
		2600m	3:50.97	(35.79)	2600m	3:49.37	(35.94)	
		3000m	4:26.99	(36.02)	3000m	4:25.76	(36.39)	
		3400m	5:02.84	(35.85)	3400m	5:02.87	(37.11)	
		3800m	5:38.53	(35.69)	3800m	5:38.67	(35.80)	
		4200m	6:14.63	(36.10)	4200m	6:15.20	(36.53)	
		4600m	6:51.61	(36.98)	4600m	6:51.91	(36.71)	
		5000m	7:29.77	(38.16)	5000m	7:28.61	(36.70)	

		Naam			Cat	PR	Tijd	Info
20	gl	25	Jesse de Lange		HN2	6:55.05	6:56.40	
	bl	7	Nino van Dijk		HSA	6:42.12	6:59.74	
		Jesse de Lange			Nino van Dijk			
		200m	19.50	(19.50)	200m	19.54	(19.54)	
		600m	51.55	(32.05)	600m	50.90	(31.36)	
		1000m	1:23.95	(32.40)	1000m	1:23.16	(32.26)	
		1400m	1:57.30	(33.35)	1400m	1:56.02	(32.86)	
		1800m	2:30.08	(32.78)	1800m	2:28.92	(32.90)	
		2200m	3:02.99	(32.91)	2200m	3:02.03	(33.11)	
		2600m	3:35.53	(32.54)	2600m	3:35.44	(33.41)	
		3000m	4:08.07	(32.54)	3000m	4:08.84	(33.40)	
		3400m	4:40.66	(32.59)	3400m	4:42.57	(33.73)	
		3800m	5:13.50	(32.84)	3800m	5:16.45	(33.88)	
		4200m	5:47.12	(33.62)	4200m	5:50.43	(33.98)	
		4600m	6:21.27	(34.15)	4600m	6:24.80	(34.37)	
		5000m	6:56.40	(35.13)	5000m	6:59.74	(34.94)	

		Naam	Cat		PR	Tijd	Info
21	wt	40 Jasper Tinga	HA2		6:51.48	7:07.72	
	rd	11 Sijmen Egberts	HA2		6:36.57	6:50.24	
		<u>Jasper Tinga</u>			<u>Sijmen Egberts</u>		
		200m	20.10	(20.10)	200m	20.29	(20.29)
		600m	53.30	(33.20)	600m	52.68	(32.39)
		1000m	1:27.21	(33.91)	1000m	1:25.49	(32.81)
		1400m	2:00.75	(33.54)	1400m	1:58.26	(32.77)
		1800m	2:34.26	(33.51)	1800m	2:30.54	(32.28)
		2200m	3:08.14	(33.88)	2200m	3:02.66	(32.12)
		2600m	3:41.98	(33.84)	2600m	3:34.54	(31.88)
		3000m	4:16.22	(34.24)	3000m	4:06.60	(32.06)
		3400m	4:50.59	(34.37)	3400m	4:38.34	(31.74)
		3800m	5:25.38	(34.79)	3800m	5:10.37	(32.03)
		4200m	5:59.83	(34.45)	4200m	5:42.90	(32.53)
		4600m	6:33.82	(33.99)	4600m	6:16.20	(33.30)
		5000m	7:07.72	(33.90)	5000m	6:50.24	(34.04)

		Naam	Cat		PR	Tijd	Info
22	gl	57 Mark Ooijevaar	HSB		6:24.56	7:07.12	
	bl	14 Luc Heine	HSA		6:54.75	7:01.95	
		<u>Mark Ooijevaar</u>			<u>Luc Heine</u>		
		200m	21.05	(21.05)	200m	19.81	(19.81)
		600m	53.35	(32.30)	600m	52.35	(32.54)
		1000m	1:26.50	(33.15)	1000m	1:25.47	(33.12)
		1400m	2:00.12	(33.62)	1400m	1:58.59	(33.12)
		1800m	2:33.91	(33.79)	1800m	2:31.84	(33.25)
		2200m	3:07.94	(34.03)	2200m	3:05.11	(33.27)
		2600m	3:42.01	(34.07)	2600m	3:38.50	(33.39)
		3000m	4:16.18	(34.17)	3000m	4:11.62	(33.12)
		3400m	4:50.30	(34.12)	3400m	4:45.01	(33.39)
		3800m	5:24.36	(34.06)	3800m	5:18.56	(33.55)
		4200m	5:58.53	(34.17)	4200m	5:52.58	(34.02)
		4600m	6:32.75	(34.22)	4600m	6:26.89	(34.31)
		5000m	7:07.12	(34.37)	5000m	7:01.95	(35.06)

		Naam			Cat	PR	Tijd	Info
23	wt	38	Dyon Talsma		HN2	6:54.03	7:03.96	
	rd	26	Thomas de Lange		HN1	6:50.31	7:03.36	
		Dyon Talsma			Thomas de Lange			
		200m	20.15	(20.15)	200m	19.99	(19.99)	
		600m	53.23	(33.08)	600m	51.87	(31.88)	
		1000m	1:26.59	(33.36)	1000m	1:24.76	(32.89)	
		1400m	1:59.75	(33.16)	1400m	1:58.04	(33.28)	
		1800m	2:32.81	(33.06)	1800m	2:30.75	(32.71)	
		2200m	3:05.74	(32.93)	2200m	3:03.73	(32.98)	
		2600m	3:38.99	(33.25)	2600m	3:36.74	(33.01)	
		3000m	4:12.56	(33.57)	3000m	4:10.05	(33.31)	
		3400m	4:45.73	(33.17)	3400m	4:43.59	(33.54)	
		3800m	5:19.41	(33.68)	3800m	5:17.63	(34.04)	
		4200m	5:54.00	(34.59)	4200m	5:52.11	(34.48)	
		4600m	6:28.97	(34.97)	4600m	6:27.46	(35.35)	
		5000m	7:03.96	(34.99)	5000m	7:03.36	(35.90)	

		Naam			Cat	PR	Tijd	Info
24	gl	50	Victor Ramler		HSA	6:18.30	6:47.66	
	bl	4	Joël Bom		HA1	6:47.05	7:00.01	
		Victor Ramler			Joël Bom			
		200m	19.87	(19.87)	200m	20.01	(20.01)	
		600m	51.11	(31.24)	600m	51.17	(31.16)	
		1000m	1:23.02	(31.91)	1000m	1:23.19	(32.02)	
		1400m	1:55.15	(32.13)	1400m	1:55.38	(32.19)	
		1800m	2:27.36	(32.21)	1800m	2:27.91	(32.53)	
		2200m	2:59.83	(32.47)	2200m	3:00.86	(32.95)	
		2600m	3:32.59	(32.76)	2600m	3:34.55	(33.69)	
		3000m	4:05.39	(32.80)	3000m	4:08.11	(33.56)	
		3400m	4:38.16	(32.77)	3400m	4:41.99	(33.88)	
		3800m	5:10.57	(32.41)	3800m	5:16.18	(34.19)	
		4200m	5:42.76	(32.19)	4200m	5:50.42	(34.24)	
		4600m	6:15.13	(32.37)	4600m	6:25.04	(34.62)	
		5000m	6:47.66	(32.53)	5000m	7:00.01	(34.97)	

		Naam	Cat	PR	Tijd	Info
25	wt	2 Hylke de Boer	HA2	6:51.93	6:58.11	
	rd	24 Jasper Krommenhoek	HA2	6:41.49	6:46.15	
		Hylke de Boer		Jasper Krommenhoek		
		200m	19.75 (19.75)	200m	19.99 (19.99)	
		600m	52.00 (32.25)	600m	51.11 (31.12)	
		1000m	1:24.35 (32.35)	1000m	1:22.41 (31.30)	
		1400m	1:56.83 (32.48)	1400m	1:53.80 (31.39)	
		1800m	2:29.34 (32.51)	1800m	2:24.98 (31.18)	
		2200m	3:01.82 (32.48)	2200m	2:56.29 (31.31)	
		2600m	3:34.56 (32.74)	2600m	3:28.03 (31.74)	
		3000m	4:07.67 (33.11)	3000m	4:00.17 (32.14)	
		3400m	4:40.84 (33.17)	3400m	4:33.00 (32.83)	
		3800m	5:14.65 (33.81)	3800m	5:06.06 (33.06)	
		4200m	5:48.86 (34.21)	4200m	5:39.30 (33.24)	
		4600m	6:23.42 (34.56)	4600m	6:12.95 (33.65)	
		5000m	6:58.11 (34.69)	5000m	6:46.15 (33.20)	

		Naam	Cat	PR	Tijd	Info
26	gl	48 Mathijs van Zwieten	HN2	6:40.49	6:46.35	
	bl	35 Jesse Speijers	HN2	6:25.47	6:42.45	
		Mathijs van Zwieten		Jesse Speijers		
		200m	19.23 (19.23)	200m	19.54 (19.54)	
		600m	49.88 (30.65)	600m	50.00 (30.46)	
		1000m	1:21.30 (31.42)	1000m	1:21.52 (31.52)	
		1400m	1:53.61 (32.31)	1400m	1:53.10 (31.58)	
		1800m	2:25.60 (31.99)	1800m	2:24.93 (31.83)	
		2200m	2:57.71 (32.11)	2200m	2:56.86 (31.93)	
		2600m	3:29.84 (32.13)	2600m	3:28.95 (32.09)	
		3000m	4:01.66 (31.82)	3000m	4:01.09 (32.14)	
		3400m	4:33.95 (32.29)	3400m	4:33.42 (32.33)	
		3800m	5:07.08 (33.13)	3800m	5:05.87 (32.45)	
		4200m	5:39.84 (32.76)	4200m	5:38.22 (32.35)	
		4600m	6:13.20 (33.36)	4600m	6:10.48 (32.26)	
		5000m	6:46.35 (33.15)	5000m	6:42.45 (31.97)	

		Naam	Cat	PR	Tijd	Info
27	wt	39 Marwin Talsma	HSA	6:13.18	6:38.94	
	rd	46 Gert Wierda	HN1	6:21.14	WDR	
		Marwin Talsma				Gert Wierda
		200m	20.09 (20.09)			
		600m	51.70 (31.61)			
		1000m	1:22.95 (31.25)			
		1400m	1:54.48 (31.53)			
		1800m	2:25.84 (31.36)			
		2200m	2:57.53 (31.69)			
		2600m	3:29.11 (31.58)			
		3000m	4:00.70 (31.59)			
		3400m	4:32.14 (31.44)			
		3800m	5:03.69 (31.55)			
		4200m	5:35.67 (31.98)			
		4600m	6:07.38 (31.71)			
		5000m	6:38.94 (31.56)			

		Naam	Cat	PR	Tijd	Info
28	gl	49 Lex Dijkstra	HSA	6:19.79	6:43.86	
	bl	34 Remo Slotegraaf	HN2	6:23.11	6:41.68	
		Lex Dijkstra				Remo Slotegraaf
		200m	19.53 (19.53)	200m	20.05 (20.05)	
		600m	50.51 (30.98)	600m	50.92 (30.87)	
		1000m	1:21.32 (30.81)	1000m	1:21.96 (31.04)	
		1400m	1:52.39 (31.07)	1400m	1:53.22 (31.26)	
		1800m	2:23.73 (31.34)	1800m	2:24.60 (31.38)	
		2200m	2:55.40 (31.67)	2200m	2:55.98 (31.38)	
		2600m	3:27.12 (31.72)	2600m	3:27.53 (31.55)	
		3000m	3:59.14 (32.02)	3000m	3:58.94 (31.41)	
		3400m	4:31.49 (32.35)	3400m	4:30.63 (31.69)	
		3800m	5:04.40 (32.91)	3800m	5:02.73 (32.10)	
		4200m	5:37.54 (33.14)	4200m	5:34.99 (32.26)	
		4600m	6:10.80 (33.26)	4600m	6:07.75 (32.76)	
		5000m	6:43.86 (33.06)	5000m	6:41.68 (33.93)	

3. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	35 Jesse Speijers	HN2	40	O	1:50.93		
2	49 Lex Dijkstra	HSA	39	O	1:51.23		
3	34 Remo Slotegraaf	HN2	40	I	1:51.70		
4	32 Mats Siemons	HN1	26	I	1:52.03		
5	39 Marwin Talsma	HSA	38	O	1:52.06		
6	11 Sijmen Egberts	HA2	37	I	1:52.15		
7	42 Jur Veenje	HN3	37	O	1:52.60		
8	43 Yves Vergeer	HN3	25	I	1:53.31		
9	26 Thomas de Lange	HN1	36	O	1:53.67		
10	21 Joep Kalverdijk	HSA	25	O	1:53.79		
11	48 Mathijs van Zwieten	HN2	38	I	1:53.88		
12	41 Bart Valentijn	HSA	36	I	1:54.74		
13	8 Joost van Dobbenburgh	HSA	26	O	1:55.48		
14	25 Jesse de Lange	HN2	35	O	1:55.54		
15	9 Max Douma	HN4	32	O	1:56.50		
	44 Stan van Vliet	HN1	33	O	1:56.50		
17	14 Luc Heine	HSA	34	I	1:56.76		
18	2 Hylke de Boer	HA2	32	I	1:56.85		
19	38 Dyon Talsma	HN2	34	O	1:57.06		
20	5 Yoeri van Bostelen	HA1	31	O	1:57.61		
21	7 Nino van Dijk	HSA	33	I	1:57.67		
22	31 Colin Schrijver	HN3	30	I	1:59.62		
23	57 Mark Ooijevaar	HSB	29	I	2:03.46		
24	52 Bart van der Heijden	HSA	30	O	2:04.75		
25	63 Michiel Wienese	H40	29	O	2:08.53		
26	54 Sybe van Hijum	HSB	27	I	2:09.63		
27	61 Marc Nieuwenhuijse	H40	27	O	2:12.52	PR	
	40 Jasper Tinga	HA2	31	I	DNF		
	24 Jasper Krommenhoek	HA2	35	I	DQ		
	50 Victor Ramler	HSA	39	I	DQ		

3. Rituitslag 1500 meter

		Naam	Cat	PR	Tijd	Info
25	wt	43 Yves Vergeer	HN3	1:47.25	1:53.31	
	rd	21 Joep Kalverdijk	HSA	1:47.78	1:53.79	

Yves Vergeer

300m	26.21	(26.21)
700m	54.54	(28.33)
1100m	1:23.66	(29.12)
1500m	1:53.31	(29.65)

Joep Kalverdijk

300m	24.31	(24.31)
700m	52.05	(27.74)
1100m	1:22.30	(30.25)
1500m	1:53.79	(31.49)

		Naam	Cat	PR	Tijd	Info
26	gl	32 Mats Siemons	HN1	1:47.76	1:52.03	
	bl	8 Joost van Dobbenburgh	HSA	1:47.16	1:55.48	

Mats Siemons

300m	24.24	(24.24)
700m	51.77	(27.53)
1100m	1:20.96	(29.19)
1500m	1:52.03	(31.07)

Joost van Dobbenburgh

300m	24.52	(24.52)
700m	52.36	(27.84)
1100m	1:22.92	(30.56)
1500m	1:55.48	(32.56)

		Naam	Cat	PR	Tijd	Info
27	wt	54 Sybe van Hijum	HSB	2:06.35	2:09.63	
	rd	61 Marc Nieuwenhuijse	H40	2:13.28	2:12.52	PR

Sybe van Hijum

300m	28.84	(28.84)
700m	1:01.13	(32.29)
1100m	1:34.79	(33.66)
1500m	2:09.63	(34.84)

Marc Nieuwenhuijse

300m	30.49	(30.49)
700m	1:03.78	(33.29)
1100m	1:37.92	(34.14)
1500m	2:12.52	(34.60)

		Naam	Cat	PR	Tijd	Info
28	gl					
	bl					

m

m

		Naam			Cat	PR	Tijd	Info
29	wt	57	Mark Ooijevaar		HSB	1:50.34	2:03.46	
	rd	63	Michiel Wienese		H40	1:57.24	2:08.53	
		Mark Ooijevaar			Michiel Wienese			
		300m	28.78	(28.78)	300m	27.79	(27.79)	
		700m	59.54	(30.76)	700m	59.22	(31.43)	
		1100m	1:31.02	(31.48)	1100m	1:32.60	(33.38)	
		1500m	2:03.46	(32.44)	1500m	2:08.53	(35.93)	
		Naam			Cat	PR	Tijd	Info
30	gl	31	Colin Schrijver		HN3	1:54.93	1:59.62	
	bl	52	Bart van der Heijden		HSA	1:56.16	2:04.75	
		Colin Schrijver			Bart van der Heijden			
		300m	25.76	(25.76)	300m	26.65	(26.65)	
		700m	55.38	(29.62)	700m	57.05	(30.40)	
		1100m	1:26.46	(31.08)	1100m	1:29.88	(32.83)	
		1500m	1:59.62	(33.16)	1500m	2:04.75	(34.87)	
		Naam			Cat	PR	Tijd	Info
31	wt	40	Jasper Tinga		HA2	1:53.99	DNF	
	rd	5	Yoeri van Bostelen		HA1	1:55.57	1:57.61	
		Jasper Tinga			Yoeri van Bostelen			
		300m	26.62	(26.62)	300m	25.38	(25.38)	
		700m			700m	54.37	(28.99)	
		1100m			1100m	1:25.30	(30.93)	
		1500m			1500m	1:57.61	(32.31)	
		Naam			Cat	PR	Tijd	Info
32	gl	2	Hylke de Boer		HA2	1:54.06	1:56.85	
	bl	9	Max Douma		HN4	1:51.36	1:56.50	
		Hylke de Boer			Max Douma			
		300m	26.30	(26.30)	300m	25.16	(25.16)	
		700m	55.60	(29.30)	700m	53.61	(28.45)	
		1100m	1:25.82	(30.22)	1100m	1:24.02	(30.41)	
		1500m	1:56.85	(31.03)	1500m	1:56.50	(32.48)	

		Naam	Cat		PR	Tijd	Info
33	wt	7 Nino van Dijk	HSA		1:51.37	1:57.67	
	rd	44 Stan van Vliet	HN1		1:51.91	1:56.50	
		Nino van Dijk			Stan van Vliet		
		300m	25.80	(25.80)	300m	25.13	(25.13)
		700m	55.41	(29.61)	700m	53.86	(28.73)
		1100m	1:25.75	(30.34)	1100m	1:24.09	(30.23)
		1500m	1:57.67	(31.92)	1500m	1:56.50	(32.41)
		Naam	Cat		PR	Tijd	Info
34	gl	14 Luc Heine	HSA		1:52.79	1:56.76	
	bl	38 Dyon Talsma	HN2		1:54.78	1:57.06	
		Luc Heine			Dyon Talsma		
		300m	25.51	(25.51)	300m	25.99	(25.99)
		700m	54.69	(29.18)	700m	55.16	(29.17)
		1100m	1:24.76	(30.07)	1100m	1:25.31	(30.15)
		1500m	1:56.76	(32.00)	1500m	1:57.06	(31.75)
		Naam	Cat		PR	Tijd	Info
35	wt	24 Jasper Krommenhoek	HA2		1:51.46	DQ	
	rd	25 Jesse de Lange	HN2		1:51.59	1:55.54	
		Jasper Krommenhoek			Jesse de Lange		
					300m	25.68	(25.68)
					700m	53.71	(28.03)
					1100m	1:23.95	(30.24)
					1500m	1:55.54	(31.59)
		Naam	Cat		PR	Tijd	Info
36	gl	41 Bart Valentijn	HSA		1:50.66	1:54.74	
	bl	26 Thomas de Lange	HN1		1:50.14	1:53.67	
		Bart Valentijn			Thomas de Lange		
		300m	25.31	(25.31)	300m	24.75	(24.75)
		700m	53.75	(28.44)	700m	52.54	(27.79)
		1100m	1:23.61	(29.86)	1100m	1:22.04	(29.50)
		1500m	1:54.74	(31.13)	1500m	1:53.67	(31.63)

		Naam		Cat		PR	Tijd	Info
37	wt	11	Sijmen Egberts		HA2		1:48.29	1:52.15
	rd	42	Jur Veenje		HN3		1:48.27	1:52.60

Sijmen Egberts

300m	24.92	(24.92)
700m	52.63	(27.71)
1100m	1:21.47	(28.84)
1500m	1:52.15	(30.68)

Jur Veenje

300m	25.01	(25.01)
700m	52.39	(27.38)
1100m	1:21.61	(29.22)
1500m	1:52.60	(30.99)

		Naam		Cat		PR	Tijd	Info
38	gl	48	Mathijs van Zwieten		HN2		1:51.81	1:53.88
	bl	39	Marwin Talsma		HSA		1:46.20	1:52.06

Mathijs van Zwieten

300m	25.13	(25.13)
700m	52.90	(27.77)
1100m	1:22.58	(29.68)
1500m	1:53.88	(31.30)

Marwin Talsma

300m	25.89	(25.89)
700m	54.29	(28.40)
1100m	1:22.85	(28.56)
1500m	1:52.06	(29.21)

		Naam		Cat		PR	Tijd	Info
39	wt	50	Victor Ramler		HSA		1:48.78	DQ
	rd	49	Lex Dijkstra		HSA		1:46.50	1:51.23

Victor Ramler

Lex Dijkstra

300m	25.63	(25.63)
700m	53.29	(27.66)
1100m	1:21.79	(28.50)
1500m	1:51.23	(29.44)

		Naam		Cat		PR	Tijd	Info
40	gl	34	Remo Slotegraaf		HN2		1:47.32	1:51.70
	bl	35	Jesse Speijers		HN2		1:47.74	1:50.93

Remo Slotegraaf

300m	25.12	(25.12)
700m	52.61	(27.49)
1100m	1:21.41	(28.80)
1500m	1:51.70	(30.29)

Jesse Speijers

300m	24.81	(24.81)
700m	52.16	(27.35)
1100m	1:20.92	(28.76)
1500m	1:50.93	(30.01)

4. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	39 Marwin Talsma	HSA	49	O	3:51.69		
2	34 Remo Slotegraaf	HN2	50	O	3:51.83		
3	49 Lex Dijkstra	HSA	49	I	3:54.14		
4	48 Mathijs van Zwieten	HN2	48	O	3:55.67	PR	
5	11 Sijmen Egberts	HA2	48	I	3:56.16		
6	26 Thomas de Lange	HN1	47	O	4:01.65		
7	2 Hylke de Boer	HA2	43	I	4:03.32		
8	25 Jesse de Lange	HN2	46	O	4:03.36		
9	41 Bart Valentijn	HSA	46	I	4:03.99		
10	42 Jur Veenje	HN3	47	I	4:04.90		
11	7 Nino van Dijk	HSA	44	O	4:05.35		
12	14 Luc Heine	HSA	45	I	4:05.95		
13	38 Dyon Talsma	HN2	45	O	4:06.28		
14	44 Stan van Vliet	HN1	44	I	4:08.06		
15	57 Mark Ooijevaar	HSB	41	I	4:12.28		
	9 Max Douma	HN4	43	O	4:12.28		
17	31 Colin Schrijver	HN3	42	O	4:16.28		
18	5 Yoeri van Bostelen	HA1	42	I	4:17.29		
19	52 Bart van der Heijden	HSA	41	O	4:21.41		
20	54 Sybe van Hijum	HSB	40	O	4:28.73		
21	63 Michiel Wienese	H40	40	I	4:29.95		
22	61 Marc Nieuwenhuijse	H40	39	I	4:30.63	PR	
	35 Jesse Speijers	HN2	50	I	DQ		

4. Rituitslag 3000 meter

		Naam	Cat	PR	Tijd Info
39	wt rd	61 Marc Nieuwenhuijse	H40	4:32.65	4:30.63 PR

Marc Nieuwenhuijse

Distance	Time	PR	Info
200m	22.66	(22.66)	m
600m	56.65	(33.99)	
1000m	1:31.10	(34.45)	
1400m	2:06.46	(35.36)	
1800m	2:42.00	(35.54)	
2200m	3:18.00	(36.00)	
2600m	3:54.13	(36.13)	
3000m	4:30.63	(36.50)	

		Naam	Cat	PR	Tijd Info
40	gl	63 Michiel Wienese	H40	4:04.06	4:29.95
	bl	54 Sybe van Hijum	HSB	4:23.78	4:28.73

Michiel Wienese

Distance	Time	PR	Info
200m	20.89	(20.89)	
600m	54.25	(33.36)	
1000m	1:28.82	(34.57)	
1400m	2:04.06	(35.24)	
1800m	2:39.79	(35.73)	
2200m	3:16.36	(36.57)	
2600m	3:52.80	(36.44)	
3000m	4:29.95	(37.15)	

Sybe van Hijum

Distance	Time	PR	Info
200m	22.64	(22.64)	
600m	56.94	(34.30)	
1000m	1:31.58	(34.64)	
1400m	2:06.62	(35.04)	
1800m	2:41.96	(35.34)	
2200m	3:17.56	(35.60)	
2600m	3:53.08	(35.52)	
3000m	4:28.73	(35.65)	

		Naam			Cat	PR	Tijd	Info
41	wt	57	Mark Ooijevaar		HSB	3:46.94	4:12.28	
	rd	52	Bart van der Heijden		HSA	4:07.52	4:21.41	
		Mark Ooijevaar			Bart van der Heijden			
		200m	21.01	(21.01)	200m	20.44	(20.44)	
		600m	53.11	(32.10)	600m	52.20	(31.76)	
		1000m	1:25.79	(32.68)	1000m	1:25.76	(33.56)	
		1400m	1:58.65	(32.86)	1400m	1:59.62	(33.86)	
		1800m	2:31.73	(33.08)	1800m	2:33.92	(34.30)	
		2200m	3:05.04	(33.31)	2200m	3:08.97	(35.05)	
		2600m	3:38.66	(33.62)	2600m	3:44.74	(35.77)	
		3000m	4:12.28	(33.62)	3000m	4:21.41	(36.67)	

		Naam			Cat	PR	Tijd	Info
42	gl	5	Yoeri van Bostelen		HA1	4:05.97	4:17.29	
	bl	31	Colin Schrijver		HN3	4:13.00	4:16.28	
		Yoeri van Bostelen			Colin Schrijver			
		200m	19.41	(19.41)	200m	20.26	(20.26)	
		600m	51.76	(32.35)	600m	52.47	(32.21)	
		1000m	1:24.99	(33.23)	1000m	1:25.83	(33.36)	
		1400m	1:59.00	(34.01)	1400m	1:59.56	(33.73)	
		1800m	2:33.12	(34.12)	1800m	2:33.61	(34.05)	
		2200m	3:07.42	(34.30)	2200m	3:07.67	(34.06)	
		2600m	3:42.05	(34.63)	2600m	3:41.84	(34.17)	
		3000m	4:17.29	(35.24)	3000m	4:16.28	(34.44)	

		Naam			Cat	PR	Tijd	Info
43	wt	2	Hylke de Boer		HA2	3:54.85	4:03.32	
	rd	9	Max Douma		HN4	4:10.90	4:12.28	
		Hylke de Boer			Max Douma			
		200m	19.81	(19.81)	200m	19.60	(19.60)	
		600m	50.97	(31.16)	600m	49.91	(30.31)	
		1000m	1:22.22	(31.25)	1000m	1:21.03	(31.12)	
		1400m	1:54.00	(31.78)	1400m	1:52.99	(31.96)	
		1800m	2:25.79	(31.79)	1800m	2:26.44	(33.45)	
		2200m	2:57.85	(32.06)	2200m	3:00.96	(34.52)	
		2600m	3:30.37	(32.52)	2600m	3:36.57	(35.61)	
		3000m	4:03.32	(32.95)	3000m	4:12.28	(35.71)	

		Naam			Cat	PR	Tijd	Info
44	gl	44	Stan van Vliet		HN1	3:56.47	4:08.06	
	bl	7	Nino van Dijk		HSA	3:55.68	4:05.35	
		Stan van Vliet			Nino van Dijk			
		200m	19.36	(19.36)	200m	19.52	(19.52)	
		600m	51.61	(32.25)	600m	50.15	(30.63)	
		1000m	1:23.95	(32.34)	1000m	1:21.16	(31.01)	
		1400m	1:56.15	(32.20)	1400m	1:52.89	(31.73)	
		1800m	2:28.29	(32.14)	1800m	2:25.20	(32.31)	
		2200m	3:00.86	(32.57)	2200m	2:57.90	(32.70)	
		2600m	3:33.99	(33.13)	2600m	3:31.50	(33.60)	
		3000m	4:08.06	(34.07)	3000m	4:05.35	(33.85)	

		Naam			Cat	PR	Tijd	Info
45	wt	14 Luc Heine			HSA	3:57.88	4:05.95	
	rd	38 Dyon Talsma			HN2	4:04.67	4:06.28	
		Luc Heine			Dyon Talsma			
		200m	19.27	(19.27)	200m	20.03	(20.03)	
		600m	51.31	(32.04)	600m	51.55	(31.52)	
		1000m	1:23.91	(32.60)	1000m	1:23.91	(32.36)	
		1400m	1:56.55	(32.64)	1400m	1:56.19	(32.28)	
		1800m	2:28.56	(32.01)	1800m	2:28.20	(32.01)	
		2200m	3:00.73	(32.17)	2200m	3:00.23	(32.03)	
		2600m	3:32.79	(32.06)	2600m	3:32.85	(32.62)	
		3000m	4:05.95	(33.16)	3000m	4:06.28	(33.43)	

		Naam			Cat	PR	Tijd	Info
46	gl	41 Bart Valentijn			HSA	3:55.24	4:03.99	
	bl	25 Jesse de Lange			HN2	4:01.67	4:03.36	
		Bart Valentijn			Jesse de Lange			
		200m	19.25	(19.25)	200m	19.85	(19.85)	
		600m	50.10	(30.85)	600m	51.21	(31.36)	
		1000m	1:21.22	(31.12)	1000m	1:22.47	(31.26)	
		1400m	1:52.69	(31.47)	1400m	1:54.03	(31.56)	
		1800m	2:24.61	(31.92)	1800m	2:26.02	(31.99)	
		2200m	2:57.00	(32.39)	2200m	2:58.38	(32.36)	
		2600m	3:30.22	(33.22)	2600m	3:30.77	(32.39)	
		3000m	4:03.99	(33.77)	3000m	4:03.36	(32.59)	

		Naam			Cat	PR	Tijd	Info
47	wt	42	Jur Veenje		HN3	3:54.92	4:04.90	
	rd	26	Thomas de Lange		HN1	3:52.55	4:01.65	
		<u>Jur Veenje</u>			<u>Thomas de Lange</u>			
		200m	19.27	(19.27)	200m	19.32	(19.32)	
		600m	49.78	(30.51)	600m	49.85	(30.53)	
		1000m	1:21.14	(31.36)	1000m	1:21.06	(31.21)	
		1400m	1:53.32	(32.18)	1400m	1:52.39	(31.33)	
		1800m	2:25.72	(32.40)	1800m	2:24.19	(31.80)	
		2200m	2:58.62	(32.90)	2200m	2:55.96	(31.77)	
		2600m	3:31.62	(33.00)	2600m	3:28.32	(32.36)	
		3000m	4:04.90	(33.28)	3000m	4:01.65	(33.33)	

		Naam			Cat	PR	Tijd	Info
48	gl	11	Sijmen Egberts		HA2	3:45.17	3:56.16	
	bl	48	Mathijs van Zwieten		HN2	3:57.99	3:55.67	PR
		<u>Sijmen Egberts</u>			<u>Mathijs van Zwieten</u>			
		200m	19.49	(19.49)	200m	19.21	(19.21)	
		600m	50.24	(30.75)	600m	49.52	(30.31)	
		1000m	1:21.39	(31.15)	1000m	1:20.42	(30.90)	
		1400m	1:52.63	(31.24)	1400m	1:51.24	(30.82)	
		1800m	2:22.86	(30.23)	1800m	2:21.87	(30.63)	
		2200m	2:53.63	(30.77)	2200m	2:52.92	(31.05)	
		2600m	3:24.53	(30.90)	2600m	3:24.30	(31.38)	
		3000m	3:56.16	(31.63)	3000m	3:55.67	(31.37)	

		Naam		Cat		PR	Tijd	Info
49	wt	49	Lex Dijkstra		HSA	3:43.67	3:54.14	
	rd	39	Marwin Talsma		HSA	3:44.51	3:51.69	
		Lex Dijkstra			Marwin Talsma			
		200m	19.02	(19.02)	200m	19.95	(19.95)	
		600m	49.03	(30.01)	600m	50.35	(30.40)	
		1000m	1:19.27	(30.24)	1000m	1:20.21	(29.86)	
		1400m	1:49.78	(30.51)	1400m	1:50.29	(30.08)	
		1800m	2:20.33	(30.55)	1800m	2:20.76	(30.47)	
		2200m	2:51.46	(31.13)	2200m	2:51.09	(30.33)	
		2600m	3:22.59	(31.13)	2600m	3:21.35	(30.26)	
		3000m	3:54.14	(31.55)	3000m	3:51.69	(30.34)	

		Naam		Cat		PR	Tijd	Info
50	gl	35	Jesse Speijers		HN2	3:46.51	DQ	
	bl	34	Remo Slotegraaf		HN2	3:50.56	3:51.83	
		Jesse Speijers			Remo Slotegraaf			
		200m	19.50	(19.50)	200m	19.50	(19.50)	
		600m	49.76	(30.26)	600m	49.76	(30.26)	
		1000m	1:20.01	(30.25)	1000m	1:20.01	(30.25)	
		1400m	1:50.43	(30.42)	1400m	1:50.43	(30.42)	
		1800m	2:20.80	(30.37)	1800m	2:20.80	(30.37)	
		2200m	2:50.88	(30.08)	2200m	2:50.88	(30.08)	
		2600m	3:21.45	(30.57)	2600m	3:21.45	(30.57)	
		3000m	3:51.83	(30.38)	3000m	3:51.83	(30.38)	