

1. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|-------|------|--------|
| 1 | 41 Nathan Pijl | HB1 | 2 | I | 38.77 | | |
| 2 | 32 Jelmer de Winter | HB2 | 2 | O | 39.86 | | |
| 3 | 64 Lucas Gresel | HN2 | 1 | I | 39.87 | | |
| 4 | 56 Ruben Kok | HN1 | 4 | I | 40.39 | | |
| 5 | 49 André Los | HSB | 1 | O | 40.55 | | |
| 6 | 58 Levi Kapp | HB1 | 3 | I | 41.11 | | |
| 7 | 12 Bas Verhoeff | HSA | 3 | O | 42.36 | | |
| 8 | 39 Jasper Simons | HSA | 5 | O | 43.38 | | |
| 9 | 1 Maaïke Koelewijn | DB1 | 8 | I | 43.55 | PR | |
| 10 | 65 Jasmijn Soet | DA2 | 5 | I | 43.73 | | |
| 11 | 40 Onne van Miltenburg | HC2 | 6 | I | 43.84 | | |
| 12 | 43 Lars van Ipenburg | HC2 | 6 | O | 43.88 | | |
| 13 | 28 Peter Paul Erdman | HSB | 9 | O | 43.90 | PR | |
| 14 | 36 Simon Eijrond | HC2 | 7 | O | 44.07 | | |
| 15 | 16 Wessel Lamme | HC2 | 10 | O | 44.14 | | |
| 16 | 26 Sara ter Hart | DB1 | 7 | I | 44.38 | | |
| 17 | 2 Milan Stam | HC1 | 10 | I | 44.47 | | |
| 18 | 8 Mats Boonstra | HB2 | 12 | O | 44.77 | PR | |
| 19 | 62 Klaas Koelewijn | H50 | 14 | O | 44.95 | | |
| 20 | 4 Janneke Hennipman | DSA | 9 | I | 46.02 | | |
| 21 | 50 Mats van Aanhold | HB1 | 11 | O | 46.18 | | |
| 22 | 46 Jarno Vos | HC1 | 16 | I | 46.67 | PR | |
| 23 | 63 Hans van Peperstraten | H65 | 8 | O | 46.76 | | |
| 24 | 52 Janine Timmer | DA1 | 14 | I | 46.80 | | |
| 25 | 23 Ties Veenstra | HA1 | 13 | O | 47.09 | | |
| 26 | 68 Nienke Meesters | DPA | 12 | I | 47.54 | | |
| 27 | 42 Sjaak de Boer | HC1 | 18 | I | 47.60 | PR | |
| 28 | 13 Renzo Wessels | HB1 | 13 | I | 47.72 | | |
| 29 | 67 Emma van Beek | DPA | 19 | I | 47.78 | PR | |
| 30 | 3 Tirza Blokland | DC2 | 15 | O | 48.12 | | |
| 31 | 60 Norah Smits | DN1 | 22 | O | 48.37 | | |
| 32 | 66 Miranda van den Akker | DC1 | 16 | O | 48.54 | | |
| 33 | 54 Nina Heethaar | DPA | 15 | I | 48.89 | | |
| 34 | 7 Sophie Rijnders | DSA | 18 | O | 49.13 | | |
| 35 | 47 Karel Margry | H65 | 17 | I | 49.17 | | |
| 36 | 25 Boris Petersen | HSA | 22 | I | 49.20 | | |
| 37 | 5 Marijke Rempe | DSA | 11 | I | 49.35 | | |
| 38 | 9 Jade Repko | DA1 | 20 | O | 49.49 | | |

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|-------|--------|
| 39 | 33 Fietje van Bochove | DSB | 19 | O | 49.63 | | |
| 40 | 21 Fleur Visser | DA1 | 20 | I | 49.64 | | |
| 41 | 20 Ben van Sligtenhorst | HC1 | 26 | O | 50.37 | PR | |
| 42 | 48 Merlinde de Bie | DA2 | 21 | O | 50.84 | | |
| 43 | 35 Mirte Verweij | DC1 | 28 | I | 51.22 | PR | |
| 44 | 27 Nanne Kabel | DC1 | 23 | O | 51.25 | PR | |
| 45 | 14 Joanna van der Vliet | DB2 | 28 | O | 51.39 | PR | |
| 46 | 22 Tirsa Hagoort | DC2 | 26 | I | 51.42 | PR | |
| 47 | 17 Katja Greve | DB2 | 23 | I | 51.73 | | |
| 48 | 19 Ella Boonstra | DC1 | 25 | I | 52.19 | | |
| 49 | 11 Linde Rijnders | DA2 | 21 | I | 52.46 | | |
| 50 | 55 Jan Heeres | H65 | 25 | O | 52.71 | | |
| 51 | 15 Maud Bloemendaal | DB1 | 27 | O | 53.96 | | |
| 52 | 37 Bram Kastelein | HC2 | 27 | I | 53.98 | | |
| 53 | 45 Esmée Vos | DB1 | 29 | I | 54.82 | PR | |
| 54 | 18 Clarine Bronkhorst | D55 | 24 | O | 56.26 | | |
| 55 | 29 Max Rozeboom | HB1 | 29 | O | 59.96 | PR | |
| 56 | 10 Annemee Gerritsen | DSA | 24 | I | 1:05.58 | HT FL | |
| | 6 Martijn Lauppe | HSA | | | WDR | | |
| | 61 Leoniek Anema | DN3 | | | WDR | | |
| | 59 Cornelis Boersma | H40 | | | WDR | | |

1. Rituitslag 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|---------------------|---------|------------------|-------|--------------|------|
| 1 | wt | 64 | Lucas Gresel | | HN2 | 38.68 | 39.87 | |
| | rd | 49 | André Los | | HSB | 38.48 | 40.55 | |
| | | <u>Lucas Gresel</u> | | | <u>André Los</u> | | | |
| | | 100m | 11.16 | (11.16) | 100m | 11.19 | (11.19) | |
| | | 500m | 39.87 | (28.71) | 500m | 40.55 | (29.36) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 2 | gl | 41 | Nathan Pijl | | HB1 | 38.77 | 38.77 | |
| | bl | 32 | Jelmer de Winter | | HB2 | 39.62 | 39.86 | |
| | | <u>Nathan Pijl</u> | | | <u>Jelmer de Winter</u> | | | |
| | | 100m | 10.63 | (10.63) | 100m | 11.07 | (11.07) | |
| | | 500m | 38.77 | (28.14) | 500m | 39.86 | (28.79) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------|---------------------|---------|---------------------|-------|--------------|------|
| 3 | wt | 58 | Levi Kapp | | HB1 | 40.49 | 41.11 | |
| | rd | 12 | Bas Verhoeff | | HSA | 39.97 | 42.36 | |
| | | <u>Levi Kapp</u> | | | <u>Bas Verhoeff</u> | | | |
| | | 100m | 11.28 | (11.28) | 100m | 11.65 | (11.65) | |
| | | 500m | 41.11 | (29.83) | 500m | 42.36 | (30.71) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 4 | gl | 56 | Ruben Kok | | HN1 | 39.89 | 40.39 | |
| | bl | 6 | Martijn Lauppe | | HSA | 38.25 | WDR | |
| | | <u>Ruben Kok</u> | | | <u>Martijn Lauppe</u> | | | |
| | | 100m | 11.33 | (11.33) | | | | |
| | | 500m | 40.39 | (29.06) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|----------------------|---------|----------------------|-------|--------------|------|
| 5 | wt | 65 | Jasmijn Soet | | DA2 | 42.61 | 43.73 | |
| | rd | 39 | Jasper Simons | | HSA | 42.27 | 43.38 | |
| | | <u>Jasmijn Soet</u> | | | <u>Jasper Simons</u> | | | |
| | | 100m | 11.83 | (11.83) | 100m | 11.76 | (11.76) | |
| | | 500m | 43.73 | (31.90) | 500m | 43.38 | (31.62) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-------|----|----------------------------|------------------------------|---------|------------------------------|-------|--------------|------|
| 6 | gl | 40 | Onne van Miltenburg | | HC2 | 42.77 | 43.84 | |
| | bl | 43 | Lars van Ipenburg | | HC2 | 42.89 | 43.88 | |
| | | Onne van Miltenburg | | | Lars van Ipenburg | | | |
| | | 100m | 12.20 | (12.20) | 100m | 12.08 | (12.08) | |
| | | 500m | 43.84 | (31.64) | 500m | 43.88 | (31.80) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 7 | wt | 26 | Sara ter Hart | | DB1 | 43.14 | 44.38 | |
| | rd | 36 | Simon Eijrond | | HC2 | 43.13 | 44.07 | |
| | | Sara ter Hart | | | Simon Eijrond | | | |
| | | 100m | 12.33 | (12.33) | 100m | 11.96 | (11.96) | |
| | | 500m | 44.38 | (32.05) | 500m | 44.07 | (32.11) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 8 | gl | 1 | Maaike Koelewijn | | DB1 | 43.59 | 43.55 | PR |
| | bl | 63 | Hans van Peperstraten | | H65 | 43.50 | 46.76 | |
| | | Maaike Koelewijn | | | Hans van Peperstraten | | | |
| | | 100m | 12.04 | (12.04) | 100m | 13.12 | (13.12) | |
| | | 500m | 43.55 | (31.51) | 500m | 46.76 | (33.64) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 9 | wt | 4 | Janneke Hennipman | | DSA | 44.40 | 46.02 | |
| | rd | 28 | Peter Paul Erdman | | HSB | 43.99 | 43.90 | PR |
| | | Janneke Hennipman | | | Peter Paul Erdman | | | |
| | | 100m | 12.21 | (12.21) | 100m | 12.27 | (12.27) | |
| | | 500m | 46.02 | (33.81) | 500m | 43.90 | (31.63) | |
| <hr/> | | | | | | | | |
| | | Naam | | Cat | | PR | Tijd | Info |
| 10 | gl | 2 | Milan Stam | | HC1 | 44.19 | 44.47 | |
| | bl | 16 | Wessel Lamme | | HC2 | 43.70 | 44.14 | |
| | | Milan Stam | | | Wessel Lamme | | | |
| | | 100m | 11.85 | (11.85) | 100m | 12.05 | (12.05) | |
| | | 500m | 44.47 | (32.62) | 500m | 44.14 | (32.09) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 11 | wt | 5 | Marijke Rempe | | DSA | 44.81 | 49.35 | |
| | rd | 50 | Mats van Aanhold | | HB1 | 44.03 | 46.18 | |
| | | Marijke Rempe | | | Mats van Aanhold | | | |
| | | 100m | 13.03 | (13.03) | 100m | 12.28 | (12.28) | |
| | | 500m | 49.35 | (36.32) | 500m | 46.18 | (33.90) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 12 | gl | 68 | Nienke Meesters | | DPA | 46.11 | 47.54 | |
| | bl | 8 | Mats Boonstra | | HB2 | 45.22 | 44.77 | PR |
| | | Nienke Meesters | | | Mats Boonstra | | | |
| | | 100m | 12.63 | (12.63) | 100m | 11.98 | (11.98) | |
| | | 500m | 47.54 | (34.91) | 500m | 44.77 | (32.79) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 13 | wt | 13 | Renzo Wessels | | HB1 | 46.93 | 47.72 | |
| | rd | 23 | Ties Veenstra | | HA1 | 46.46 | 47.09 | |
| | | Renzo Wessels | | | Ties Veenstra | | | |
| | | 100m | 12.69 | (12.69) | 100m | 12.55 | (12.55) | |
| | | 500m | 47.72 | (35.03) | 500m | 47.09 | (34.54) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 14 | gl | 52 | Janine Timmer | | DA1 | 45.80 | 46.80 | |
| | bl | 62 | Klaas Koelewijn | | H50 | 44.00 | 44.95 | |
| | | Janine Timmer | | | Klaas Koelewijn | | | |
| | | 100m | 12.41 | (12.41) | 100m | 12.58 | (12.58) | |
| | | 500m | 46.80 | (34.39) | 500m | 44.95 | (32.37) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 15 | wt | 54 | Nina Heethaar | | DPA | 47.59 | 48.89 | |
| | rd | 3 | Tirza Blokland | | DC2 | 47.52 | 48.12 | |
| | | Nina Heethaar | | | Tirza Blokland | | | |
| | | 100m | 13.14 | (13.14) | 100m | 13.03 | (13.03) | |
| | | 500m | 48.89 | (35.75) | 500m | 48.12 | (35.09) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|------------------------------|---------|------------------------------|-------|--------------|------|
| 16 | gl | 46 | Jarno Vos | | HC1 | 47.47 | 46.67 | PR |
| | bl | 66 | Miranda van den Akker | | DC1 | 47.81 | 48.54 | |
| | | <u>Jarno Vos</u> | | | <u>Miranda van den Akker</u> | | | |
| | | 100m | 12.51 | (12.51) | 100m | 13.18 | (13.18) | |
| | | 500m | 46.67 | (34.16) | 500m | 48.54 | (35.36) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 17 | wt | 47 | Karel Margry | | H65 | 41.14 | 49.17 | |
| | rd | 61 | Leoniek Anema | | DN3 | 47.67 | WDR | |
| | | <u>Karel Margry</u> | | | <u>Leoniek Anema</u> | | | |
| | | 100m | 13.32 | (13.32) | | | | |
| | | 500m | 49.17 | (35.85) | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 18 | gl | 42 | Sjaak de Boer | | HC1 | 48.28 | 47.60 | PR |
| | bl | 7 | Sophie Rijnders | | DSA | 45.28 | 49.13 | |
| | | <u>Sjaak de Boer</u> | | | <u>Sophie Rijnders</u> | | | |
| | | 100m | 12.08 | (12.08) | 100m | 13.46 | (13.46) | |
| | | 500m | 47.60 | (35.52) | 500m | 49.13 | (35.67) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 19 | wt | 67 | Emma van Beek | | DPA | 48.87 | 47.78 | PR |
| | rd | 33 | Fietje van Bochove | | DSB | 47.50 | 49.63 | |
| | | <u>Emma van Beek</u> | | | <u>Fietje van Bochove</u> | | | |
| | | 100m | 12.44 | (12.44) | 100m | 13.44 | (13.44) | |
| | | 500m | 47.78 | (35.34) | 500m | 49.63 | (36.19) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 20 | gl | 21 | Fleur Visser | | DA1 | 48.92 | 49.64 | |
| | bl | 9 | Jade Repko | | DA1 | 48.56 | 49.49 | |
| | | <u>Fleur Visser</u> | | | <u>Jade Repko</u> | | | |
| | | 100m | 13.39 | (13.39) | 100m | 13.51 | (13.51) | |
| | | 500m | 49.64 | (36.25) | 500m | 49.49 | (35.98) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------------------|---------|---------------------------|-------|----------------|-------|
| 21 | wt | 11 | Linde Rijnders | | DA2 | 50.23 | 52.46 | |
| | rd | 48 | Merlinde de Bie | | DA2 | 50.44 | 50.84 | |
| | | <u>Linde Rijnders</u> | | | <u>Merlinde de Bie</u> | | | |
| | | 100m | 13.43 | (13.43) | 100m | 14.00 | (14.00) | |
| | | 500m | 52.46 | (39.03) | 500m | 50.84 | (36.84) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 22 | gl | 25 | Boris Petersen | | HSA | 49.18 | 49.20 | |
| | bl | 60 | Norah Smits | | DN1 | 46.67 | 48.37 | |
| | | <u>Boris Petersen</u> | | | <u>Norah Smits</u> | | | |
| | | 100m | 13.10 | (13.10) | 100m | 12.53 | (12.53) | |
| | | 500m | 49.20 | (36.10) | 500m | 48.37 | (35.84) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 23 | wt | 17 | Katja Greve | | DB2 | 51.33 | 51.73 | |
| | rd | 27 | Nanne Kabel | | DC1 | 51.31 | 51.25 | PR |
| | | <u>Katja Greve</u> | | | <u>Nanne Kabel</u> | | | |
| | | 100m | 13.52 | (13.52) | 100m | 13.60 | (13.60) | |
| | | 500m | 51.73 | (38.21) | 500m | 51.25 | (37.65) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 24 | gl | 10 | Annemee Gerritsen | | DSA | 46.27 | 1:05.58 | HT FL |
| | bl | 18 | Clarine Bronkhorst | | D55 | 51.35 | 56.26 | |
| | | <u>Annemee Gerritsen</u> | | | <u>Clarine Bronkhorst</u> | | | |
| | | 100m | 1:05.58 | (65.58) | 100m | 14.94 | (14.94) | |
| | | | | | 500m | 56.26 | (41.32) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 25 | wt | 19 | Ella Boonstra | | DC1 | 51.49 | 52.19 | |
| | rd | 55 | Jan Heeres | | H65 | 45.83 | 52.71 | |
| | | <u>Ella Boonstra</u> | | | <u>Jan Heeres</u> | | | |
| | | 100m | 13.52 | (13.52) | 100m | 13.84 | (13.84) | |
| | | 500m | 52.19 | (38.67) | 500m | 52.71 | (38.87) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----------------------------|---------|-----------------------------|---------|--------------|------|
| 26 | gl | 22 | Tirsa Hagoort | | DC2 | 52.24 | 51.42 | PR |
| | bl | 20 | Ben van Sligtenhorst | | HC1 | 52.48 | 50.37 | PR |
| | | Tirsa Hagoort | | | Ben van Sligtenhorst | | | |
| | | 100m | 13.07 | (13.07) | 100m | 13.06 | (13.06) | |
| | | 500m | 51.42 | (38.35) | 500m | 50.37 | (37.31) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 27 | wt | 37 | Bram Kastelein | | HC2 | 53.72 | 53.98 | |
| | rd | 15 | Maud Bloemendaal | | DB1 | 53.34 | 53.96 | |
| | | Bram Kastelein | | | Maud Bloemendaal | | | |
| | | 100m | 13.43 | (13.43) | 100m | 13.81 | (13.81) | |
| | | 500m | 53.98 | (40.55) | 500m | 53.96 | (40.15) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 28 | gl | 35 | Mirte Verweij | | DC1 | 52.52 | 51.22 | PR |
| | bl | 14 | Joanna van der Vliet | | DB2 | 53.56 | 51.39 | PR |
| | | Mirte Verweij | | | Joanna van der Vliet | | | |
| | | 100m | 13.17 | (13.17) | 100m | 13.29 | (13.29) | |
| | | 500m | 51.22 | (38.05) | 500m | 51.39 | (38.10) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 29 | wt | 45 | Esmée Vos | | DB1 | 55.33 | 54.82 | PR |
| | rd | 29 | Max Rozeboom | | HB1 | 1:00.98 | 59.96 | PR |
| | | Esmée Vos | | | Max Rozeboom | | | |
| | | 100m | 14.02 | (14.02) | 100m | 14.54 | (14.54) | |
| | | 500m | 54.82 | (40.80) | 500m | 59.96 | (45.42) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 30 | gl | 59 | Cornelis Boersma | | H40 | | WDR | |
| | bl | | | | | | | |
| | | Cornelis Boersma | | | | | | |
| | | | | | m | | | |

2. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 41 Nathan Pijl | HB1 | 31 | I | 1:17.79 | | |
| 2 | 32 Jelmer de Winter | HB2 | 31 | O | 1:19.54 | | |
| 3 | 56 Ruben Kok | HN1 | 32 | O | 1:20.11 | | |
| 4 | 58 Levi Kapp | HB1 | 32 | I | 1:23.28 | | |
| 5 | 62 Klaas Koelewijn | H50 | 33 | O | 1:28.11 | | |
| 6 | 65 Jasmijn Soet | DA2 | 33 | I | 1:29.87 | | |
| 7 | 34 Silke Kabel | DC2 | 36 | I | 1:31.81 | PR | |
| 8 | 63 Hans van Peperstraten | H65 | 34 | O | 1:32.39 | | |
| 9 | 50 Mats van Aanhold | HB1 | 35 | I | 1:33.15 | | |
| 10 | 25 Boris Petersen | HSA | 37 | O | 1:37.37 | HT | |
| 11 | 52 Janine Timmer | DA1 | 40 | I | 1:38.49 | | |
| 12 | 68 Nienke Meesters | DPA | 38 | I | 1:39.45 | | |
| 13 | 67 Emma van Beek | DPA | 42 | I | 1:39.88 | PR | |
| 14 | 54 Nina Heethaar | DPA | 40 | O | 1:40.33 | PR | |
| 15 | 33 Fietje van Bochove | DSB | 38 | O | 1:42.38 | | |
| 16 | 60 Norah Smits | DN1 | 41 | O | 1:42.57 | | |
| 17 | 42 Sjaak de Boer | HC1 | 39 | I | 1:43.25 | PR | |
| 18 | 5 Marijke Rempe | DSA | 35 | O | 1:43.89 | | |
| 19 | 20 Ben van Sligtenhorst | HC1 | 45 | O | 1:43.91 | PR | |
| 20 | 48 Merlinde de Bie | DA2 | 43 | O | 1:44.37 | | |
| 21 | 22 Tirsa Hagoort | DC2 | 44 | O | 1:44.84 | PR | |
| 22 | 17 Katja Greve | DB2 | 44 | I | 1:45.56 | | |
| 23 | 55 Jan Heeres | H65 | 36 | O | 1:46.03 | | |
| 24 | 35 Mirte Verweij | DC1 | 45 | I | 1:46.59 | PR | |
| 25 | 10 Annemee Gerritsen | DSA | 43 | I | 1:47.42 | | |
| 26 | 19 Ella Boonstra | DC1 | 42 | O | 1:47.99 | | |
| 27 | 11 Linde Rijnders | DA2 | 41 | I | 1:49.10 | | |
| 28 | 45 Esmée Vos | DB1 | 46 | I | 1:52.30 | PR | |
| 29 | 18 Clarine Bronkhorst | D55 | 39 | O | 1:55.02 | | |
| 30 | 37 Bram Kastelein | HC2 | 46 | O | 2:04.28 | FL | |
| 31 | 29 Max Rozeboom | HB1 | 48 | I | 2:13.06 | FL | |
| | 21 Fleur Visser | DA1 | 37 | I | | DQ | |
| | 6 Martijn Lauppe | HSA | | | | WDR | |

2. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|------------------------------|---------|------------------------------|---------|---------|----------------|------|
| 31 | wt | 41 | Nathan Pijl | | HB1 | 1:16.71 | | 1:17.79 | |
| | rd | 32 | Jelmer de Winter | | HB2 | 1:18.60 | | 1:19.54 | |
| | | Nathan Pijl | | | Jelmer de Winter | | | | |
| | | 200m | 18.47 | (18.47) | 200m | 19.08 | (19.08) | | |
| | | 600m | 47.38 | (28.91) | 600m | 48.36 | (29.28) | | |
| | | 1000m | 1:17.79 | (30.41) | 1000m | 1:19.54 | (31.18) | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 32 | gl | 58 | Levi Kapp | | HB1 | 1:21.76 | | 1:23.28 | |
| | bl | 56 | Ruben Kok | | HN1 | 1:18.43 | | 1:20.11 | |
| | | Levi Kapp | | | Ruben Kok | | | | |
| | | 200m | 19.75 | (19.75) | 200m | 18.72 | (18.72) | | |
| | | 600m | 50.57 | (30.82) | 600m | 47.83 | (29.11) | | |
| | | 1000m | 1:23.28 | (32.71) | 1000m | 1:20.11 | (32.28) | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 33 | wt | 65 | Jasmijn Soet | | DA2 | 1:27.44 | | 1:29.87 | |
| | rd | 62 | Klaas Koelewijn | | H50 | 1:26.28 | | 1:28.11 | |
| | | Jasmijn Soet | | | Klaas Koelewijn | | | | |
| | | 200m | 20.56 | (20.56) | 200m | 21.90 | (21.90) | | |
| | | 600m | 53.00 | (32.44) | 600m | 54.79 | (32.89) | | |
| | | 1000m | 1:29.87 | (36.87) | 1000m | 1:28.11 | (33.32) | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 34 | gl | 6 | Martijn Lauppe | | HSA | 1:16.58 | | WDR | |
| | bl | 63 | Hans van Peperstraten | | H65 | 1:24.10 | | 1:32.39 | |
| | | Martijn Lauppe | | | Hans van Peperstraten | | | | |
| | | 200m | | | 200m | 22.81 | (22.81) | | |
| | | 600m | | | 600m | 57.35 | (34.54) | | |
| | | 1000m | | | 1000m | 1:32.39 | (35.04) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|---------|---------|-----------------------|----------------------|----------------|
| 35 | wt | 50 | Mats van Aanhold | | HB1 | | 1:30.36 | 1:33.15 |
| | rd | 5 | Marijke Rempe | | DSA | | 1:31.27 | 1:43.89 |
| | | | Mats van Aanhold | | | | Marijke Rempe | |
| | | | 200m | 21.44 | (21.44) | 200m 24.24 (24.24) | | |
| | | | 600m | 57.71 | (36.27) | 600m 1:03.36 (39.12) | | |
| | | | 1000m | 1:33.15 | (35.44) | 1000m 1:43.89 (40.53) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------|---------|---------|-----------------------|-------------------|-------------------|
| 36 | gl | 34 | Silke Kabel | | DC2 | | 1:33.92 | 1:31.81 PR |
| | bl | 55 | Jan Heeres | | H65 | | 1:31.14 | 1:46.03 |
| | | | Silke Kabel | | | | Jan Heeres | |
| | | | 200m | 21.10 | (21.10) | 200m 25.98 (25.98) | | |
| | | | 600m | 55.17 | (34.07) | 600m 1:05.50 (39.52) | | |
| | | | 1000m | 1:31.81 | (36.64) | 1000m 1:46.03 (40.53) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-----|-----|------|-----------------------|-------------------|
| 37 | wt | 21 | Fleur Visser | | DA1 | | 1:39.33 | DQ |
| | rd | 25 | Boris Petersen | | HSA | | 1:39.50 | 1:37.37 HT |
| | | | Fleur Visser | | | | Boris Petersen | |
| | | | | | | 200m | 1:37.37 | (97.37) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|---------|---------|-----------------------|---------------------------|----------------|
| 38 | gl | 68 | Nienke Meesters | | DPA | | 1:36.16 | 1:39.45 |
| | bl | 33 | Fietje van Bochove | | DSB | | 1:37.35 | 1:42.38 |
| | | | Nienke Meesters | | | | Fietje van Bochove | |
| | | | 200m | 23.01 | (23.01) | 200m 24.08 (24.08) | | |
| | | | 600m | 1:01.12 | (38.11) | 600m 1:02.59 (38.51) | | |
| | | | 1000m | 1:39.45 | (38.33) | 1000m 1:42.38 (39.79) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|---------|---------|-----------------------|---------------------------|-------------------|
| 39 | wt | 42 | Sjaak de Boer | | HC1 | | 1:43.60 | 1:43.25 PR |
| | rd | 18 | Clarine Bronkhorst | | D55 | | 1:43.27 | 1:55.02 |
| | | | Sjaak de Boer | | | | Clarine Bronkhorst | |
| | | | 200m | 22.45 | (22.45) | 200m 26.94 (26.94) | | |
| | | | 600m | 1:02.24 | (39.79) | 600m 1:10.33 (43.39) | | |
| | | | 1000m | 1:43.25 | (41.01) | 1000m 1:55.02 (44.69) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|---------|---------|-----------------------|----------------------|-------------------|
| 40 | gl | 52 | Janine Timmer | | DA1 | | 1:33.78 | 1:38.49 |
| | bl | 54 | Nina Heethaar | | DPA | | 1:40.93 | 1:40.33 PR |
| | | | Janine Timmer | | | | Nina Heethaar | |
| | | | 200m | 21.66 | (21.66) | 200m 23.25 (23.25) | | |
| | | | 600m | 57.52 | (35.86) | 600m 1:00.86 (37.61) | | |
| | | | 1000m | 1:38.49 | (40.97) | 1000m 1:40.33 (39.47) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|---------|---------|-----------------------|--------------------|----------------|
| 41 | wt | 11 | Linde Rijnders | | DA2 | | 1:42.50 | 1:49.10 |
| | rd | 60 | Norah Smits | | DN1 | | 1:38.16 | 1:42.57 |
| | | | Linde Rijnders | | | | Norah Smits | |
| | | | 200m | 24.09 | (24.09) | 200m 22.48 (22.48) | | |
| | | | 600m | 1:05.13 | (41.04) | 600m 1:01.14 (38.66) | | |
| | | | 1000m | 1:49.10 | (43.97) | 1000m 1:42.57 (41.43) | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|---------|---------|-----------------------|----------------------|-------------------|
| 42 | gl | 67 | Emma van Beek | | DPA | | 1:44.36 | 1:39.88 PR |
| | bl | 19 | Ella Boonstra | | DC1 | | 1:45.36 | 1:47.99 |
| | | | Emma van Beek | | | | Ella Boonstra | |
| | | | 200m | 22.51 | (22.51) | 200m 24.63 (24.63) | | |
| | | | 600m | 1:01.26 | (38.75) | 600m 1:05.19 (40.56) | | |
| | | | 1000m | 1:39.88 | (38.62) | 1000m 1:47.99 (42.80) | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------|---------|------------------------|---------|----------------|------|
| 43 | wt | 10 Annemee Gerritsen | | | DSA | 1:33.43 | 1:47.42 | |
| | rd | 48 Merlinde de Bie | | | DA2 | 1:40.44 | 1:44.37 | |
| | | Annemee Gerritsen | | | Merlinde de Bie | | | |
| | | 200m | 24.46 | (24.46) | 200m | 24.88 | (24.88) | |
| | | 600m | 1:04.44 | (39.98) | 600m | 1:04.10 | (39.22) | |
| | | 1000m | 1:47.42 | (42.98) | 1000m | 1:44.37 | (40.27) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------|---------|----------------------|---------|----------------|------|
| 44 | gl | 17 Katja Greve | | | DB2 | 1:45.35 | 1:45.56 | |
| | bl | 22 Tirsa Hagoort | | | DC2 | 1:48.31 | 1:44.84 | PR |
| | | Katja Greve | | | Tirsa Hagoort | | | |
| | | 200m | 23.63 | (23.63) | 200m | 24.46 | (24.46) | |
| | | 600m | 1:02.47 | (38.84) | 600m | 1:03.26 | (38.80) | |
| | | 1000m | 1:45.56 | (43.09) | 1000m | 1:44.84 | (41.58) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------------|---------|---------|-----------------------------|---------|----------------|------|
| 45 | wt | 35 Mirte Verweij | | | DC1 | 1:50.97 | 1:46.59 | PR |
| | rd | 20 Ben van Sligtenhorst | | | HC1 | 1:54.57 | 1:43.91 | PR |
| | | Mirte Verweij | | | Ben van Sligtenhorst | | | |
| | | 200m | 23.29 | (23.29) | 200m | 23.55 | (23.55) | |
| | | 600m | 1:04.26 | (40.97) | 600m | 1:02.84 | (39.29) | |
| | | 1000m | 1:46.59 | (42.33) | 1000m | 1:43.91 | (41.07) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------|---------|-----------------------|---------|----------------|------|
| 46 | gl | 45 Esmée Vos | | | DB1 | 2:02.90 | 1:52.30 | PR |
| | bl | 37 Bram Kastelein | | | HC2 | 1:51.78 | 2:04.28 | FL |
| | | Esmée Vos | | | Bram Kastelein | | | |
| | | 200m | 25.18 | (25.18) | 200m | 31.70 | (31.70) | |
| | | 600m | 1:07.59 | (42.41) | 600m | 1:17.23 | (45.53) | |
| | | 1000m | 1:52.30 | (44.71) | 1000m | 2:04.28 | (47.05) | |

| | Naam | Cat | PR | Tijd | Info |
|----|----------|-----|----|------|------|
| 47 | wt rd | | | | |
| | m | m | | | |

| | Naam | Cat | PR | Tijd | Info |
|----|---------------------|-----------------|-----|---------|------------|
| 48 | gl bl | 29 Max Rozeboom | HB1 | 2:06.64 | 2:13.06 FL |
| | Max Rozeboom | | | | |
| | 200m | 26.73 (26.73) | | m | |
| | 600m | 1:12.64 (45.91) | | | |
| | 1000m | 2:13.06 (60.42) | | | |

3. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 64 Lucas Gresel | HN2 | 50 | I | 2:03.29 | | |
| 2 | 49 André Los | HSB | 49 | O | 2:06.31 | | |
| 3 | 28 Peter Paul Erdman | HSB | 51 | I | 2:10.12 | PR | |
| 4 | 40 Onne van Miltenburg | HC2 | 50 | O | 2:12.05 | | |
| 5 | 12 Bas Verhoeff | HSA | 49 | I | 2:13.59 | | |
| 6 | 43 Lars van Ipenburg | HC2 | 54 | I | 2:14.27 | PR | |
| 7 | 36 Simon Eijrond | HC2 | 51 | O | 2:16.19 | | |
| 8 | 26 Sara ter Hart | DB1 | 52 | O | 2:16.61 | | |
| 9 | 39 Jasper Simons | HSA | 53 | I | 2:18.15 | | |
| 10 | 16 Wessel Lamme | HC2 | 53 | O | 2:19.27 | | |
| 11 | 8 Mats Boonstra | HB2 | 56 | I | 2:19.93 | PR | |
| 12 | 1 Maaïke Koelewijn | DB1 | 52 | I | 2:21.05 | | |
| 13 | 50 Mats van Aanhold | HB1 | 55 | I | 2:21.53 | | |
| 14 | 2 Milan Stam | HC1 | 57 | I | 2:23.20 | PR | |
| 15 | 47 Karel Margry | H65 | 57 | O | 2:23.86 | | |
| 16 | 4 Janneke Hennipman | DSA | 54 | O | 2:25.68 | | |
| 17 | 13 Renzo Wessels | HB1 | 56 | O | 2:26.37 | | |
| 18 | 23 Ties Veenstra | HA1 | 58 | I | 2:26.61 | PR | |
| 19 | 66 Miranda van den Akker | DC1 | 60 | O | 2:28.27 | PR | |
| 20 | 3 Tirza Blokland | DC2 | 58 | O | 2:28.52 | PR | |
| 21 | 7 Sophie Rijnders | DSA | 55 | O | 2:34.81 | | |
| 22 | 9 Jade Repko | DA1 | 59 | O | 2:37.91 | | |
| 23 | 27 Nanne Kabel | DC1 | 60 | I | 2:40.14 | PR | |
| 24 | 15 Maud Bloemendaal | DB1 | 61 | I | 2:50.77 | | |
| 25 | 14 Joanna van der Vliet | DB2 | 62 | I | 2:52.90 | HT | |
| | 61 Leoniek Anema | DN3 | | | | WDR | |
| | 59 Cornelis Boersma | H40 | | | | WDR | |

3. Rituitslag 1500 meter

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------------|----------------------------|---------|---------|----------------|---------|
| 49 | wt | 12 Bas Verhoeff | HSA | | 2:01.83 | 2:13.59 | |
| | rd | 49 André Los | HSB | | 1:53.46 | 2:06.31 | |
| | | Bas Verhoeff | André Los | | | | |
| | | 300m | 28.26 | (28.26) | 300m | 27.72 | (27.72) |
| | | 700m | 1:00.91 | (32.65) | 700m | 59.13 | (31.41) |
| | | 1100m | 1:36.02 | (35.11) | 1100m | 1:32.18 | (33.05) |
| | | 1500m | 2:13.59 | (37.57) | 1500m | 2:06.31 | (34.13) |
| | | Naam | Cat | | PR | Tijd | Info |
| 50 | gl | 64 Lucas Gresel | HN2 | | 1:58.96 | 2:03.29 | |
| | bl | 40 Onne van Miltenburg | HC2 | | 2:09.73 | 2:12.05 | |
| | | Lucas Gresel | Onne van Miltenburg | | | | |
| | | 300m | 26.70 | (26.70) | 300m | 29.43 | (29.43) |
| | | 700m | 57.59 | (30.89) | 700m | 1:02.97 | (33.54) |
| | | 1100m | 1:29.72 | (32.13) | 1100m | 1:37.45 | (34.48) |
| | | 1500m | 2:03.29 | (33.57) | 1500m | 2:12.05 | (34.60) |
| | | Naam | Cat | | PR | Tijd | Info |
| 51 | wt | 28 Peter Paul Erdman | HSB | | 2:13.20 | 2:10.12 | PR |
| | rd | 36 Simon Eijrond | HC2 | | 2:13.97 | 2:16.19 | |
| | | Peter Paul Erdman | Simon Eijrond | | | | |
| | | 300m | 28.79 | (28.79) | 300m | 28.99 | (28.99) |
| | | 700m | 1:00.79 | (32.00) | 700m | 1:02.92 | (33.93) |
| | | 1100m | 1:34.53 | (33.74) | 1100m | 1:38.69 | (35.77) |
| | | 1500m | 2:10.12 | (35.59) | 1500m | 2:16.19 | (37.50) |
| | | Naam | Cat | | PR | Tijd | Info |
| 52 | gl | 1 Maaïke Koelewijn | DB1 | | 2:14.82 | 2:21.05 | |
| | bl | 26 Sara ter Hart | DB1 | | 2:10.38 | 2:16.61 | |
| | | Maaïke Koelewijn | Sara ter Hart | | | | |
| | | 300m | 29.89 | (29.89) | 300m | 29.74 | (29.74) |
| | | 700m | 1:04.23 | (34.34) | 700m | 1:03.42 | (33.68) |
| | | 1100m | 1:41.68 | (37.45) | 1100m | 1:39.48 | (36.06) |
| | | 1500m | 2:21.05 | (39.37) | 1500m | 2:16.61 | (37.13) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----------------|--------------------------|-----------------|------|
| 53 | wt | 39 Jasper Simons | HSA | 2:15.14 | 2:18.15 | |
| | rd | 16 Wessel Lamme | HC2 | 2:17.61 | 2:19.27 | |
| | | Jasper Simons | | Wessel Lamme | | |
| | | 300m | 28.29 (28.29) | 300m | 29.39 (29.39) | |
| | | 700m | 1:02.09 (33.80) | 700m | 1:03.65 (34.26) | |
| | | 1100m | 1:38.53 (36.44) | 1100m | 1:40.35 (36.70) | |
| | | 1500m | 2:18.15 (39.62) | 1500m | 2:19.27 (38.92) | |
| | | Naam | Cat | PR | Tijd | Info |
| 54 | gl | 43 Lars van Ipenburg | HC2 | 2:15.22 | 2:14.27 | PR |
| | bl | 4 Janneke Hennipman | DSA | 2:18.00 | 2:25.68 | |
| | | Lars van Ipenburg | | Janneke Hennipman | | |
| | | 300m | 28.39 (28.39) | 300m | 30.37 (30.37) | |
| | | 700m | 1:02.32 (33.93) | 700m | 1:07.06 (36.69) | |
| | | 1100m | 1:37.96 (35.64) | 1100m | 1:45.61 (38.55) | |
| | | 1500m | 2:14.27 (36.31) | 1500m | 2:25.68 (40.07) | |
| | | Naam | Cat | PR | Tijd | Info |
| 55 | wt | 50 Mats van Aanhold | HB1 | 2:19.66 | 2:21.53 | |
| | rd | 7 Sophie Rijnders | DSA | 2:18.02 | 2:34.81 | |
| | | Mats van Aanhold | | Sophie Rijnders | | |
| | | 300m | 29.40 (29.40) | 300m | 32.91 (32.91) | |
| | | 700m | 1:05.16 (35.76) | 700m | 1:10.70 (37.79) | |
| | | 1100m | 1:43.44 (38.28) | 1100m | 1:52.08 (41.38) | |
| | | 1500m | 2:21.53 (38.09) | 1500m | 2:34.81 (42.73) | |
| | | Naam | Cat | PR | Tijd | Info |
| 56 | gl | 8 Mats Boonstra | HB2 | 2:25.80 | 2:19.93 | PR |
| | bl | 13 Renzo Wessels | HB1 | 2:25.55 | 2:26.37 | |
| | | Mats Boonstra | | Renzo Wessels | | |
| | | 300m | 29.45 (29.45) | 300m | 31.39 (31.39) | |
| | | 700m | 1:04.83 (35.38) | 700m | 1:09.24 (37.85) | |
| | | 1100m | 1:42.03 (37.20) | 1100m | 1:48.19 (38.95) | |
| | | 1500m | 2:19.93 (37.90) | 1500m | 2:26.37 (38.18) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|------------------------------|---------|------------------------------|---------|----------------|------|
| 57 | wt | 2 | Milan Stam | | HC1 | 2:30.10 | 2:23.20 | PR |
| | rd | 47 | Karel Margry | | H65 | 2:04.38 | 2:23.86 | |
| | | Milan Stam | | | Karel Margry | | | |
| | | 300m | 29.17 | (29.17) | 300m | 31.26 | (31.26) | |
| | | 700m | 1:05.96 | (36.79) | 700m | 1:07.09 | (35.83) | |
| | | 1100m | 1:44.85 | (38.89) | 1100m | 1:44.77 | (37.68) | |
| | | 1500m | 2:23.20 | (38.35) | 1500m | 2:23.86 | (39.09) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 58 | gl | 23 | Ties Veenstra | | HA1 | 2:28.01 | 2:26.61 | PR |
| | bl | 3 | Tirza Blokland | | DC2 | 2:29.55 | 2:28.52 | PR |
| | | Ties Veenstra | | | Tirza Blokland | | | |
| | | 300m | 31.87 | (31.87) | 300m | 31.75 | (31.75) | |
| | | 700m | 1:09.45 | (37.58) | 700m | 1:09.06 | (37.31) | |
| | | 1100m | 1:47.99 | (38.54) | 1100m | 1:48.51 | (39.45) | |
| | | 1500m | 2:26.61 | (38.62) | 1500m | 2:28.52 | (40.01) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 59 | wt | 61 | Leoniek Anema | | DN3 | 2:30.02 | WDR | |
| | rd | 9 | Jade Repko | | DA1 | 2:34.95 | 2:37.91 | |
| | | Leoniek Anema | | | Jade Repko | | | |
| | | 300m | | | 300m | 32.89 | (32.89) | |
| | | 700m | | | 700m | 1:11.31 | (38.42) | |
| | | 1100m | | | 1100m | 1:53.80 | (42.49) | |
| | | 1500m | | | 1500m | 2:37.91 | (44.11) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 60 | gl | 27 | Nanne Kabel | | DC1 | 2:40.32 | 2:40.14 | PR |
| | bl | 66 | Miranda van den Akker | | DC1 | 2:33.90 | 2:28.27 | PR |
| | | Nanne Kabel | | | Miranda van den Akker | | | |
| | | 300m | 33.13 | (33.13) | 300m | 32.25 | (32.25) | |
| | | 700m | 1:12.95 | (39.82) | 700m | 1:09.50 | (37.25) | |
| | | 1100m | 1:56.03 | (43.08) | 1100m | 1:48.46 | (38.96) | |
| | | 1500m | 2:40.14 | (44.11) | 1500m | 2:28.27 | (39.81) | |

| | | Naam | Cat | PR | Tijd Info |
|----|----|----------------------------|-----|---------|----------------|
| 61 | wt | 15 Maud Bloemendaal | DB1 | 2:46.91 | 2:50.77 |
| | rd | 59 Cornelis Boersma | H40 | | WDR |

Maud Bloemendaal

| | | |
|-------|---------|---------|
| 300m | 35.95 | (35.95) |
| 700m | 1:19.21 | (43.26) |
| 1100m | 2:04.52 | (45.31) |
| 1500m | 2:50.77 | (46.25) |

Cornelis Boersma

| | | Naam | Cat | PR | Tijd Info |
|----|----|--------------------------------|-----|---------|-------------------|
| 62 | gl | 14 Joanna van der Vliet | DB2 | 2:54.53 | 2:52.90 HT |
| | bl | | | | |

Joanna van der Vliet

| | | |
|------|---------|----------|
| 300m | 2:52.90 | (172.90) |
|------|---------|----------|

 m

4. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------|-----|------|------|---------|------|--------|
| 1 | 49 André Los | HSB | 64 | I | 4:24.47 | | |
| 2 | 57 Kaj Moorman | HSA | 64 | O | 4:27.87 | PR | |
| 3 | 51 Hans Spil | H55 | 63 | O | 4:40.66 | | |
| 4 | 44 Vincent Verburg | H50 | 63 | I | 4:48.26 | PR | |
| 5 | 39 Jasper Simons | HSA | 66 | O | 5:02.83 | | |
| 6 | 46 Jarno Vos | HC1 | 66 | I | 5:05.41 | | |
| 7 | 30 Johan Sonneveld | HSA | 65 | O | 5:15.56 | PR | |
| | 65 Jasmijn Soet | DA2 | 65 | I | DNS | | |

4. Rituitslag 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info | | |
|----|----|------|------------------------|---------|---------|----|------------------|----------------|-------|---------|---------|
| 63 | wt | 44 | Vincent Verburg | | H50 | | 4:52.73 | 4:48.26 | PR | | |
| | rd | 51 | Hans Spil | | H55 | | 4:23.96 | 4:40.66 | | | |
| | | | Vincent Verburg | | | | Hans Spil | | | | |
| | | | 200m | 23.27 | (23.27) | | | | 200m | 23.17 | (23.17) |
| | | | 600m | 1:00.92 | (37.65) | | | | 600m | 58.97 | (35.80) |
| | | | 1000m | 1:38.88 | (37.96) | | | | 1000m | 1:34.44 | (35.47) |
| | | | 1400m | 2:16.39 | (37.51) | | | | 1400m | 2:10.22 | (35.78) |
| | | | 1800m | 2:53.57 | (37.18) | | | | 1800m | 2:46.24 | (36.02) |
| | | | 2200m | 3:30.68 | (37.11) | | | | 2200m | 3:23.42 | (37.18) |
| | | | 2600m | 4:08.80 | (38.12) | | | | 2600m | 4:01.46 | (38.04) |
| | | | 3000m | 4:48.26 | (39.46) | | | | 3000m | 4:40.66 | (39.20) |

| | | Naam | | Cat | | PR | | Tijd | Info | | |
|----|----|------|--------------------|---------|---------|----|--------------------|----------------|-------|---------|---------|
| 64 | gl | 49 | André Los | | HSB | | 4:01.48 | 4:24.47 | | | |
| | bl | 57 | Kaj Moorman | | HSA | | 4:34.93 | 4:27.87 | PR | | |
| | | | André Los | | | | Kaj Moorman | | | | |
| | | | 200m | 21.57 | (21.57) | | | | 200m | 21.53 | (21.53) |
| | | | 600m | 55.65 | (34.08) | | | | 600m | 54.92 | (33.39) |
| | | | 1000m | 1:29.15 | (33.50) | | | | 1000m | 1:28.66 | (33.74) |
| | | | 1400m | 2:03.21 | (34.06) | | | | 1400m | 2:02.99 | (34.33) |
| | | | 1800m | 2:37.61 | (34.40) | | | | 1800m | 2:37.79 | (34.80) |
| | | | 2200m | 3:12.63 | (35.02) | | | | 2200m | 3:13.48 | (35.69) |
| | | | 2600m | 3:48.55 | (35.92) | | | | 2600m | 3:50.33 | (36.85) |
| | | | 3000m | 4:24.47 | (35.92) | | | | 3000m | 4:27.87 | (37.54) |

| | | Naam | Cat | PR | Tijd | Info |
|---------------------|----|---------------------------|------------------------|---------|----------------|------------|
| 65 | wt | 65 Jasmijn Soet | DA2 | | | DNS |
| | rd | 30 Johan Sonneveld | HSA | 5:21.23 | 5:15.56 | PR |
| <u>Jasmijn Soet</u> | | | <u>Johan Sonneveld</u> | | | |
| | | | 200m | 24.76 | (24.76) | |
| | | | 600m | 1:03.24 | (38.48) | |
| | | | 1000m | 1:43.07 | (39.83) | |
| | | | 1400m | 2:25.06 | (41.99) | |
| | | | 1800m | 3:07.88 | (42.82) | |
| | | | 2200m | 3:51.03 | (43.15) | |
| | | | 2600m | 4:33.52 | (42.49) | |
| | | | 3000m | 5:15.56 | (42.04) | |

| | | Naam | Cat | PR | Tijd | Info |
|------------------|----|-------------------------|----------------------|---------|----------------|----------------|
| 66 | gl | 46 Jarno Vos | HC1 | | | 5:05.41 |
| | bl | 39 Jasper Simons | HSA | 5:00.29 | 5:02.83 | |
| <u>Jarno Vos</u> | | | <u>Jasper Simons</u> | | | |
| | | 200m | 23.23 | (23.23) | | |
| | | 600m | 1:02.25 | (39.02) | | |
| | | 1000m | 1:42.33 | (40.08) | | |
| | | 1400m | 2:23.16 | (40.83) | | |
| | | 1800m | 3:04.28 | (41.12) | | |
| | | 2200m | 3:45.28 | (41.00) | | |
| | | 2600m | 4:26.28 | (41.00) | | |
| | | 3000m | 5:05.41 | (39.13) | | |
| | | 200m | 22.31 | (22.31) | | |
| | | 600m | 59.91 | (37.60) | | |
| | | 1000m | 1:39.16 | (39.25) | | |
| | | 1400m | 2:19.73 | (40.57) | | |
| | | 1800m | 3:00.60 | (40.87) | | |
| | | 2200m | 3:42.24 | (41.64) | | |
| | | 2600m | 4:23.77 | (41.53) | | |
| | | 3000m | 5:02.83 | (39.06) | | |