

## 1. Uitslag Dames 500 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 57 Henny de Vries       | DN3 | 19   | O    | 41.15   |      |        |
| 2   | 80 Julia de Vos         | DA1 | 18   | O    | 41.80   |      |        |
| 3   | 52 Lieke Hijlkema       | DB2 | 20   | I    | 42.61   |      |        |
| 4   | 19 Fleur Smits          | DB2 | 19   | I    | 42.79   |      |        |
| 5   | 44 Anke Jannie Landman  | D45 | 18   | I    | 44.02   |      |        |
| 6   | 9 Tes Leferink          | DB2 | 16   | O    | 44.08   | PR   |        |
| 7   | 71 Danique Happel       | DA2 | 17   | O    | 44.55   |      |        |
| 8   | 7 Bente Moller          | DA2 | 12   | O    | 44.57   | PR   |        |
| 9   | 11 Femke Assink         | DN4 | 17   | I    | 44.88   |      |        |
| 10  | 53 Mirjam Thomas        | DA1 | 13   | O    | 45.04   |      |        |
| 11  | 73 Mariska Stegenga     | DC2 | 15   | I    | 45.09   |      |        |
| 12  | 60 Noa Petitjean        | DC2 | 15   | O    | 45.16   |      |        |
| 13  | 37 Marleen Knol         | DB1 | 10   | O    | 45.49   | PR   |        |
| 14  | 61 Indy Veerman         | DB1 | 16   | I    | 45.57   |      |        |
| 15  | 70 Martha Trude Brehmer | DC1 | 11   | I    | 46.36   |      |        |
| 16  | 43 Zéfina de Bruin      | DN3 | 13   | I    | 46.42   |      |        |
| 17  | 26 Stefanie Koot        | DB1 | 12   | I    | 46.50   |      |        |
| 18  | 34 Lara Dingjan         | DA2 | 14   | O    | 46.60   | RS   |        |
| 19  | 3 Maureen van Seumeren  | DC1 | 11   | O    | 47.50   |      |        |
| 20  | 69 Youssra Pals         | DC2 | 10   | I    | 48.07   |      |        |
| 21  | 4 Sara de Wolf          | DC1 | 8    | O    | 48.11   | PR   |        |
| 22  | 18 Bregje Nagelmaeker   | DA1 | 9    | I    | 48.41   |      |        |
| 23  | 15 Marcella van de Weem | DN2 | 7    | O    | 48.67   |      |        |
| 24  | 45 Mette Verdoold       | DC2 | 7    | I    | 49.11   | PR   |        |
| 25  | 51 Eline Teeninga       | DC1 | 9    | O    | 49.45   |      |        |
|     | 31 Avery Heemskerk      | DN2 | 6    | I    | 49.45   |      |        |
| 27  | 33 Tessel Huizinga      | DC1 | 8    | I    | 49.50   | PR   |        |
| 28  | 81 Emilie Verberne      | DC2 | 5    | O    | 49.92   | PR   |        |
| 29  | 85 Milou Lammerts       | DN1 | 2    | O    | 50.29   | PR   |        |
| 30  | 38 Suzanne Atzema       | DB2 | 3    | O    | 51.79   | PR   |        |
| 31  | 27 Juul Kampschreur     | DB1 | 5    | I    | 52.45   | PR   |        |
| 32  | 17 Liss Phielix         | DC2 | 3    | I    | 53.97   |      |        |
| 33  | 25 Noor Ariens          | DC1 | 1    | I    | 57.40   |      |        |
| 34  | 89 Jasmijn Verdoold     | DC2 | 4    | I    | 1:09.36 | FL   |        |
|     | 59 Selene Dekker        | DC1 | 6    | O    | DNF     |      |        |
|     | 92 Lenthe Jansen        | DB2 | 14   | I    | DQ      |      |        |
|     | 94 Anne van Duuren      | DA1 | 20   | O    | DNS     |      |        |

## 1. Rituitslag Dames 500 meter

|   |          | Naam |                    | Cat   |         | PR | Tijd         | Info |
|---|----------|------|--------------------|-------|---------|----|--------------|------|
| 1 | wt<br>rd | 25   | <b>Noor Ariens</b> |       | DC1     |    | <b>57.40</b> |      |
|   |          |      | <b>Noor Ariens</b> |       |         |    |              |      |
|   |          |      | 100m               | 13.83 | (13.83) |    | m            |      |
|   |          |      | 500m               | 57.40 | (43.57) |    |              |      |

|   |          | Naam |                       | Cat  |       | PR      | Tijd         | Info |
|---|----------|------|-----------------------|------|-------|---------|--------------|------|
| 2 | gl<br>bl | 85   | <b>Milou Lammerts</b> |      | DN1   | 51.18   | <b>50.29</b> | PR   |
|   |          |      | <b>Milou Lammerts</b> |      |       |         |              |      |
|   |          |      | m                     | 100m | 13.38 | (13.38) |              |      |
|   |          |      |                       | 500m | 50.29 | (36.91) |              |      |

|   |          | Naam |                       | Cat   |         | PR    | Tijd         | Info |
|---|----------|------|-----------------------|-------|---------|-------|--------------|------|
| 3 | wt<br>rd | 17   | <b>Liss Phielix</b>   |       | DC2     | 51.62 | <b>53.97</b> |      |
|   |          | 38   | <b>Suzanne Atzema</b> |       | DB2     | 51.88 | <b>51.79</b> | PR   |
|   |          |      | <b>Liss Phielix</b>   |       |         |       |              |      |
|   |          |      | 100m                  | 13.72 | (13.72) |       |              |      |
|   |          |      | 500m                  | 53.97 | (40.25) |       |              |      |
|   |          |      | <b>Suzanne Atzema</b> |       |         |       |              |      |
|   |          |      | 100m                  | 13.85 | (13.85) |       |              |      |
|   |          |      | 500m                  | 51.79 | (37.94) |       |              |      |

|   |          | Naam |                         | Cat     |         | PR    | Tijd           | Info |
|---|----------|------|-------------------------|---------|---------|-------|----------------|------|
| 4 | gl<br>bl | 89   | <b>Jasmijn Verdoold</b> |         | DC2     | 53.57 | <b>1:09.36</b> | FL   |
|   |          |      | <b>Jasmijn Verdoold</b> |         |         |       |                |      |
|   |          |      | 100m                    | 13.95   | (13.95) |       | m              |      |
|   |          |      | 500m                    | 1:09.36 | (55.41) |       |                |      |

|   |          | Naam |                         | Cat   |         | PR    | Tijd         | Info |
|---|----------|------|-------------------------|-------|---------|-------|--------------|------|
| 5 | wt<br>rd | 27   | <b>Juul Kampschreur</b> |       | DB1     | 52.57 | <b>52.45</b> | PR   |
|   |          | 81   | <b>Emilie Verberne</b>  |       | DC2     | 52.01 | <b>49.92</b> | PR   |
|   |          |      | <b>Juul Kampschreur</b> |       |         |       |              |      |
|   |          |      | 100m                    | 13.90 | (13.90) |       |              |      |
|   |          |      | 500m                    | 52.45 | (38.55) |       |              |      |
|   |          |      | <b>Emilie Verberne</b>  |       |         |       |              |      |
|   |          |      | 100m                    | 13.57 | (13.57) |       |              |      |
|   |          |      | 500m                    | 49.92 | (36.35) |       |              |      |



# Reserves NK Clubs 2023

Thialf - Heerenveen  
30 september 2023



|       |    | Naam                      |                             | Cat     |                             | PR    |         | Tijd         | Info |
|-------|----|---------------------------|-----------------------------|---------|-----------------------------|-------|---------|--------------|------|
| 6     | gl | 31                        | <b>Avery Heemskerk</b>      |         | DN2                         |       | 46.27   | <b>49.45</b> |      |
|       | bl | 59                        | <b>Selene Dekker</b>        |         | DC1                         |       | 48.48   | <b>DNF</b>   |      |
|       |    | <b>Avery Heemskerk</b>    |                             |         | <b>Selene Dekker</b>        |       |         |              |      |
|       |    | 100m                      | 13.21                       | (13.21) | 100m                        | 12.75 | (12.75) |              |      |
|       |    | 500m                      | 49.45                       | (36.24) |                             |       |         |              |      |
| <hr/> |    |                           |                             |         |                             |       |         |              |      |
|       |    | Naam                      |                             | Cat     |                             | PR    |         | Tijd         | Info |
| 7     | wt | 45                        | <b>Mette Verdoold</b>       |         | DC2                         |       | 49.54   | <b>49.11</b> | PR   |
|       | rd | 15                        | <b>Marcella van de Weem</b> |         | DN2                         |       | 48.25   | <b>48.67</b> |      |
|       |    | <b>Mette Verdoold</b>     |                             |         | <b>Marcella van de Weem</b> |       |         |              |      |
|       |    | 100m                      | 13.01                       | (13.01) | 100m                        | 13.14 | (13.14) |              |      |
|       |    | 500m                      | 49.11                       | (36.10) | 500m                        | 48.67 | (35.53) |              |      |
| <hr/> |    |                           |                             |         |                             |       |         |              |      |
|       |    | Naam                      |                             | Cat     |                             | PR    |         | Tijd         | Info |
| 8     | gl | 33                        | <b>Tessel Huizinga</b>      |         | DC1                         |       | 49.61   | <b>49.50</b> | PR   |
|       | bl | 4                         | <b>Sara de Wolf</b>         |         | DC1                         |       | 49.90   | <b>48.11</b> | PR   |
|       |    | <b>Tessel Huizinga</b>    |                             |         | <b>Sara de Wolf</b>         |       |         |              |      |
|       |    | 100m                      | 13.33                       | (13.33) | 100m                        | 12.96 | (12.96) |              |      |
|       |    | 500m                      | 49.50                       | (36.17) | 500m                        | 48.11 | (35.15) |              |      |
| <hr/> |    |                           |                             |         |                             |       |         |              |      |
|       |    | Naam                      |                             | Cat     |                             | PR    |         | Tijd         | Info |
| 9     | wt | 18                        | <b>Bregje Nagelmaeker</b>   |         | DA1                         |       | 46.93   | <b>48.41</b> |      |
|       | rd | 51                        | <b>Eline Teeninga</b>       |         | DC1                         |       | 47.47   | <b>49.45</b> |      |
|       |    | <b>Bregje Nagelmaeker</b> |                             |         | <b>Eline Teeninga</b>       |       |         |              |      |
|       |    | 100m                      | 13.24                       | (13.24) | 100m                        | 12.82 | (12.82) |              |      |
|       |    | 500m                      | 48.41                       | (35.17) | 500m                        | 49.45 | (36.63) |              |      |
| <hr/> |    |                           |                             |         |                             |       |         |              |      |
|       |    | Naam                      |                             | Cat     |                             | PR    |         | Tijd         | Info |
| 10    | gl | 69                        | <b>Youssra Pals</b>         |         | DC2                         |       | 46.22   | <b>48.07</b> |      |
|       | bl | 37                        | <b>Marleen Knol</b>         |         | DB1                         |       | 45.86   | <b>45.49</b> | PR   |
|       |    | <b>Youssra Pals</b>       |                             |         | <b>Marleen Knol</b>         |       |         |              |      |
|       |    | 100m                      | 12.96                       | (12.96) | 100m                        | 12.21 | (12.21) |              |      |
|       |    | 500m                      | 48.07                       | (35.11) | 500m                        | 45.49 | (33.28) |              |      |

|    |    | Naam                        |                             |         | Cat                         | PR    | Tijd         | Info |
|----|----|-----------------------------|-----------------------------|---------|-----------------------------|-------|--------------|------|
| 11 | wt | 70                          | <b>Martha Trude Brehmer</b> |         | DC1                         | 46.26 | <b>46.36</b> |      |
|    | rd | 3                           | <b>Maureen van Seumeren</b> |         | DC1                         | 47.00 | <b>47.50</b> |      |
|    |    | <b>Martha Trude Brehmer</b> |                             |         | <b>Maureen van Seumeren</b> |       |              |      |
|    |    | 100m                        | 12.66                       | (12.66) | 100m                        | 12.60 | (12.60)      |      |
|    |    | 500m                        | 46.36                       | (33.70) | 500m                        | 47.50 | (34.90)      |      |
|    |    | Naam                        |                             |         | Cat                         | PR    | Tijd         | Info |
| 12 | gl | 26                          | <b>Stefanie Koot</b>        |         | DB1                         | 45.73 | <b>46.50</b> |      |
|    | bl | 7                           | <b>Bente Moller</b>         |         | DA2                         | 44.63 | <b>44.57</b> | PR   |
|    |    | <b>Stefanie Koot</b>        |                             |         | <b>Bente Moller</b>         |       |              |      |
|    |    | 100m                        | 12.93                       | (12.93) | 100m                        | 12.42 | (12.42)      |      |
|    |    | 500m                        | 46.50                       | (33.57) | 500m                        | 44.57 | (32.15)      |      |
|    |    | Naam                        |                             |         | Cat                         | PR    | Tijd         | Info |
| 13 | wt | 43                          | <b>Zéfina de Bruin</b>      |         | DN3                         | 44.39 | <b>46.42</b> |      |
|    | rd | 53                          | <b>Mirjam Thomas</b>        |         | DA1                         | 44.78 | <b>45.04</b> |      |
|    |    | <b>Zéfina de Bruin</b>      |                             |         | <b>Mirjam Thomas</b>        |       |              |      |
|    |    | 100m                        | 12.74                       | (12.74) | 100m                        | 12.21 | (12.21)      |      |
|    |    | 500m                        | 46.42                       | (33.68) | 500m                        | 45.04 | (32.83)      |      |
|    |    | Naam                        |                             |         | Cat                         | PR    | Tijd         | Info |
| 14 | gl | 92                          | <b>Lenthe Jansen</b>        |         | DB2                         | 45.33 | <b>DQ</b>    |      |
|    | bl | 34                          | <b>Lara Dingjan</b>         |         | DA2                         | 44.77 | <b>46.60</b> | RS   |
|    |    | <b>Lenthe Jansen</b>        |                             |         | <b>Lara Dingjan</b>         |       |              |      |
|    |    | 100m                        | 12.94                       | (12.94) | 100m                        | 12.52 | (12.52)      |      |
|    |    | 500m                        | 48.51                       | (35.57) | 500m                        | 46.60 | (34.08)      |      |
|    |    | Naam                        |                             |         | Cat                         | PR    | Tijd         | Info |
| 15 | wt | 73                          | <b>Mariska Stegenga</b>     |         | DC2                         | 43.73 | <b>45.09</b> |      |
|    | rd | 60                          | <b>Noa Petitjean</b>        |         | DC2                         | 44.35 | <b>45.16</b> |      |
|    |    | <b>Mariska Stegenga</b>     |                             |         | <b>Noa Petitjean</b>        |       |              |      |
|    |    | 100m                        | 12.58                       | (12.58) | 100m                        | 12.49 | (12.49)      |      |
|    |    | 500m                        | 45.09                       | (32.51) | 500m                        | 45.16 | (32.67)      |      |

|    |    | Naam                       |                            |         | Cat                    |       |         | PR    | Tijd         | Info |
|----|----|----------------------------|----------------------------|---------|------------------------|-------|---------|-------|--------------|------|
| 16 | gl | 61                         | <b>Indy Veerman</b>        |         | DB1                    |       |         | 44.54 | <b>45.57</b> |      |
|    | bl | 9                          | <b>Tes Leferink</b>        |         | DB2                    |       |         | 44.12 | <b>44.08</b> | PR   |
|    |    | <b>Indy Veerman</b>        |                            |         | <b>Tes Leferink</b>    |       |         |       |              |      |
|    |    | 100m                       | 12.75                      | (12.75) | 100m                   | 11.95 | (11.95) |       |              |      |
|    |    | 500m                       | 45.57                      | (32.82) | 500m                   | 44.08 | (32.13) |       |              |      |
|    |    | Naam                       |                            |         | Cat                    |       |         | PR    | Tijd         | Info |
| 17 | wt | 11                         | <b>Femke Assink</b>        |         | DN4                    |       |         | 43.48 | <b>44.88</b> |      |
|    | rd | 71                         | <b>Danique Happel</b>      |         | DA2                    |       |         | 43.33 | <b>44.55</b> |      |
|    |    | <b>Femke Assink</b>        |                            |         | <b>Danique Happel</b>  |       |         |       |              |      |
|    |    | 100m                       | 12.28                      | (12.28) | 100m                   | 12.03 | (12.03) |       |              |      |
|    |    | 500m                       | 44.88                      | (32.60) | 500m                   | 44.55 | (32.52) |       |              |      |
|    |    | Naam                       |                            |         | Cat                    |       |         | PR    | Tijd         | Info |
| 18 | gl | 44                         | <b>Anke Jannie Landman</b> |         | D45                    |       |         | 41.26 | <b>44.02</b> |      |
|    | bl | 80                         | <b>Julia de Vos</b>        |         | DA1                    |       |         | 41.71 | <b>41.80</b> |      |
|    |    | <b>Anke Jannie Landman</b> |                            |         | <b>Julia de Vos</b>    |       |         |       |              |      |
|    |    | 100m                       | 11.93                      | (11.93) | 100m                   | 11.41 | (11.41) |       |              |      |
|    |    | 500m                       | 44.02                      | (32.09) | 500m                   | 41.80 | (30.39) |       |              |      |
|    |    | Naam                       |                            |         | Cat                    |       |         | PR    | Tijd         | Info |
| 19 | wt | 19                         | <b>Fleur Smits</b>         |         | DB2                    |       |         | 42.14 | <b>42.79</b> |      |
|    | rd | 57                         | <b>Henny de Vries</b>      |         | DN3                    |       |         | 39.68 | <b>41.15</b> |      |
|    |    | <b>Fleur Smits</b>         |                            |         | <b>Henny de Vries</b>  |       |         |       |              |      |
|    |    | 100m                       | 11.80                      | (11.80) | 100m                   | 11.54 | (11.54) |       |              |      |
|    |    | 500m                       | 42.79                      | (30.99) | 500m                   | 41.15 | (29.61) |       |              |      |
|    |    | Naam                       |                            |         | Cat                    |       |         | PR    | Tijd         | Info |
| 20 | gl | 52                         | <b>Lieke Hijlkema</b>      |         | DB2                    |       |         | 41.73 | <b>42.61</b> |      |
|    | bl | 94                         | <b>Anne van Duuren</b>     |         | DA1                    |       |         | 45.55 | <b>DNS</b>   |      |
|    |    | <b>Lieke Hijlkema</b>      |                            |         | <b>Anne van Duuren</b> |       |         |       |              |      |
|    |    | 100m                       | 11.93                      | (11.93) |                        |       |         |       |              |      |
|    |    | 500m                       | 42.61                      | (30.68) |                        |       |         |       |              |      |

## 2. Uitslag Heren 500 meter

| Pos | Naam                      | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1   | 77 Willem Bekkema         | HN1 | 37   | I    | 37.87 |      |        |
| 2   | 23 Donald Stappenbelt     | HN1 | 36   | I    | 39.31 |      |        |
| 3   | 55 Mats Westra            | HB2 | 37   | O    | 39.62 |      |        |
| 4   | 82 Sjors Zautsen          | HB2 | 34   | I    | 40.02 | PR   |        |
| 5   | 95 Nathan Baas            | HB2 | 35   | I    | 40.99 |      |        |
| 6   | 16 Dong Yang Plugge       | HB2 | 31   | I    | 41.67 | PR   |        |
| 7   | 12 Rens Hiddink           | HN2 | 33   | I    | 41.86 |      |        |
| 8   | 6 Lars van Ipenburg       | HB1 | 32   | I    | 42.00 | PR   |        |
| 9   | 64 Pom Peerdeman          | HC1 | 34   | O    | 42.25 |      |        |
| 10  | 5 Lars Groenheiden        | HB1 | 30   | I    | 42.34 | PR   |        |
| 11  | 83 Hannes van de Wetering | HC1 | 30   | O    | 42.74 | PR   |        |
| 12  | 93 Anton van der Tol      | HC2 | 32   | O    | 43.08 |      |        |
| 13  | 20 Tijl de Vries          | HC2 | 31   | O    | 43.47 |      |        |
| 14  | 84 Benjamin van Nispen    | HC1 | 28   | I    | 43.55 | PR   |        |
| 15  | 28 Luc Hogenboom          | HC2 | 27   | O    | 43.60 | PR   |        |
| 16  | 90 Wester van der Heide   | HC2 | 28   | O    | 44.00 | PR   |        |
| 17  | 29 Kyenno Fredrikze       | HB2 | 29   | I    | 44.37 | PR   |        |
| 18  | 8 Martijn Jager           | H50 | 29   | O    | 46.16 |      |        |
| 19  | 13 Ties Moerman           | HC1 | 27   | I    | 47.02 | PR   |        |
| 20  | 47 Felix Harleman         | HB1 | 26   | O    | 48.66 |      |        |
| 21  | 67 Rick Kuijpers          | HC2 | 23   | I    | 49.68 | PR   |        |
| 22  | 35 Roan Portier           | HC1 | 25   | O    | 49.70 | PR   |        |
| 23  | 46 Loek Oudenes           | HC1 | 25   | I    | 50.22 | PR   |        |
| 24  | 48 Rens Uijttewaal        | HB1 | 26   | I    | 51.86 | PR   |        |
|     | 10 Noam van de Koppel     | HB1 | 35   | O    | DNF   |      |        |
|     | 21 Mats van der Heijden   | HA1 | 33   | O    | DNS   |      |        |
|     | 66 Wiebe Stassen          | HSA |      |      | WDR   |      |        |
|     | 72 Kenny de Leeuw         | HSA |      |      | WDR   |      |        |
|     | 36 Jesper van Mieghem     | HA2 |      |      | WDR   |      |        |

## 2. Rituitslag Heren 500 meter

|    |          | Naam |                      | Cat |     | PR |  | Tijd          | Info            |
|----|----------|------|----------------------|-----|-----|----|--|---------------|-----------------|
| 23 | wt<br>rd | 67   | <b>Rick Kuijpers</b> |     | HC2 |    |  | 52.01         | <b>49.68</b> PR |
|    |          |      | <b>Rick Kuijpers</b> |     |     |    |  |               |                 |
|    |          |      | 100m                 |     |     |    |  | 12.60 (12.60) | m               |
|    |          |      | 500m                 |     |     |    |  | 49.68 (37.08) |                 |

|    |          | Naam |  | Cat |  | PR |  | Tijd | Info |
|----|----------|------|--|-----|--|----|--|------|------|
| 24 | gl<br>bl |      |  |     |  |    |  |      |      |
|    |          |      |  |     |  |    |  |      |      |
|    |          |      |  |     |  |    |  |      |      |

|    |          | Naam |                     | Cat |     | PR |  | Tijd          | Info            |
|----|----------|------|---------------------|-----|-----|----|--|---------------|-----------------|
| 25 | wt<br>rd | 46   | <b>Loek Oudenes</b> |     | HC1 |    |  | 53.62         | <b>50.22</b> PR |
|    |          | 35   | <b>Roan Portier</b> |     | HC1 |    |  | 49.75         | <b>49.70</b> PR |
|    |          |      | <b>Loek Oudenes</b> |     |     |    |  |               |                 |
|    |          |      | 100m                |     |     |    |  | 13.01 (13.01) |                 |
|    |          |      | 500m                |     |     |    |  | 50.22 (37.21) |                 |
|    |          |      | <b>Roan Portier</b> |     |     |    |  |               |                 |
|    |          |      | 100m                |     |     |    |  | 12.82 (12.82) |                 |
|    |          |      | 500m                |     |     |    |  | 49.70 (36.88) |                 |

|    |          | Naam |                       | Cat |     | PR |  | Tijd          | Info            |
|----|----------|------|-----------------------|-----|-----|----|--|---------------|-----------------|
| 26 | gl<br>bl | 48   | <b>Rens Uijtewaal</b> |     | HB1 |    |  | 53.61         | <b>51.86</b> PR |
|    |          | 47   | <b>Felix Harleman</b> |     | HB1 |    |  | 48.34         | <b>48.66</b>    |
|    |          |      | <b>Rens Uijtewaal</b> |     |     |    |  |               |                 |
|    |          |      | 100m                  |     |     |    |  | 12.93 (12.93) |                 |
|    |          |      | 500m                  |     |     |    |  | 51.86 (38.93) |                 |
|    |          |      | <b>Felix Harleman</b> |     |     |    |  |               |                 |
|    |          |      | 100m                  |     |     |    |  | 12.56 (12.56) |                 |
|    |          |      | 500m                  |     |     |    |  | 48.66 (36.10) |                 |

|    |          | Naam |                      | Cat |     | PR |  | Tijd          | Info            |
|----|----------|------|----------------------|-----|-----|----|--|---------------|-----------------|
| 27 | wt<br>rd | 13   | <b>Ties Moerman</b>  |     | HC1 |    |  | 47.06         | <b>47.02</b> PR |
|    |          | 28   | <b>Luc Hogenboom</b> |     | HC2 |    |  | 44.73         | <b>43.60</b> PR |
|    |          |      | <b>Ties Moerman</b>  |     |     |    |  |               |                 |
|    |          |      | 100m                 |     |     |    |  | 12.36 (12.36) |                 |
|    |          |      | 500m                 |     |     |    |  | 47.02 (34.66) |                 |
|    |          |      | <b>Luc Hogenboom</b> |     |     |    |  |               |                 |
|    |          |      | 100m                 |     |     |    |  | 11.83 (11.83) |                 |
|    |          |      | 500m                 |     |     |    |  | 43.60 (31.77) |                 |

|    |    | Naam                       |                               |         | Cat                           | PR    | Tijd         | Info |
|----|----|----------------------------|-------------------------------|---------|-------------------------------|-------|--------------|------|
| 28 | gl | 84                         | <b>Benjamin van Nispen</b>    |         | HC1                           | 44.09 | <b>43.55</b> | PR   |
|    | bl | 90                         | <b>Wester van der Heide</b>   |         | HC2                           | 45.47 | <b>44.00</b> | PR   |
|    |    | <b>Benjamin van Nispen</b> |                               |         | <b>Wester van der Heide</b>   |       |              |      |
|    |    | 100m                       | 11.91                         | (11.91) | 100m                          | 11.91 | (11.91)      |      |
|    |    | 500m                       | 43.55                         | (31.64) | 500m                          | 44.00 | (32.09)      |      |
|    |    | Naam                       |                               |         | Cat                           | PR    | Tijd         | Info |
| 29 | wt | 29                         | <b>Kyenno Fredrikze</b>       |         | HB2                           | 45.15 | <b>44.37</b> | PR   |
|    | rd | 8                          | <b>Martijn Jager</b>          |         | H50                           | 44.01 | <b>46.16</b> |      |
|    |    | <b>Kyenno Fredrikze</b>    |                               |         | <b>Martijn Jager</b>          |       |              |      |
|    |    | 100m                       | 12.01                         | (12.01) | 100m                          | 12.61 | (12.61)      |      |
|    |    | 500m                       | 44.37                         | (32.36) | 500m                          | 46.16 | (33.55)      |      |
|    |    | Naam                       |                               |         | Cat                           | PR    | Tijd         | Info |
| 30 | gl | 5                          | <b>Lars Groenheiden</b>       |         | HB1                           | 43.75 | <b>42.34</b> | PR   |
|    | bl | 83                         | <b>Hannes van de Wetering</b> |         | HC1                           | 43.63 | <b>42.74</b> | PR   |
|    |    | <b>Lars Groenheiden</b>    |                               |         | <b>Hannes van de Wetering</b> |       |              |      |
|    |    | 100m                       | 11.80                         | (11.80) | 100m                          | 11.65 | (11.65)      |      |
|    |    | 500m                       | 42.34                         | (30.54) | 500m                          | 42.74 | (31.09)      |      |
|    |    | Naam                       |                               |         | Cat                           | PR    | Tijd         | Info |
| 31 | wt | 16                         | <b>Dong Yang Plugge</b>       |         | HB2                           | 42.83 | <b>41.67</b> | PR   |
|    | rd | 20                         | <b>Tijl de Vries</b>          |         | HC2                           | 42.96 | <b>43.47</b> |      |
|    |    | <b>Dong Yang Plugge</b>    |                               |         | <b>Tijl de Vries</b>          |       |              |      |
|    |    | 100m                       | 11.41                         | (11.41) | 100m                          | 11.70 | (11.70)      |      |
|    |    | 500m                       | 41.67                         | (30.26) | 500m                          | 43.47 | (31.77)      |      |
|    |    | Naam                       |                               |         | Cat                           | PR    | Tijd         | Info |
| 32 | gl | 6                          | <b>Lars van Ipenburg</b>      |         | HB1                           | 42.89 | <b>42.00</b> | PR   |
|    | bl | 93                         | <b>Anton van der Tol</b>      |         | HC2                           | 43.06 | <b>43.08</b> |      |
|    |    | <b>Lars van Ipenburg</b>   |                               |         | <b>Anton van der Tol</b>      |       |              |      |
|    |    | 100m                       | 11.74                         | (11.74) | 100m                          | 11.90 | (11.90)      |      |
|    |    | 500m                       | 42.00                         | (30.26) | 500m                          | 43.08 | (31.18)      |      |



|    |    | Naam                           | Cat   | PR      | Tijd         | Info                        |
|----|----|--------------------------------|-------|---------|--------------|-----------------------------|
| 33 | wt | 12 <b>Rens Hiddink</b>         | HN2   | 40.99   | <b>41.86</b> |                             |
|    | rd | 21 <b>Mats van der Heijden</b> | HA1   | 41.54   | <b>DNS</b>   |                             |
|    |    | <b>Rens Hiddink</b>            |       |         |              | <b>Mats van der Heijden</b> |
|    |    | 100m                           | 11.58 | (11.58) |              |                             |
|    |    | 500m                           | 41.86 | (30.28) |              |                             |
|    |    | Naam                           | Cat   | PR      | Tijd         | Info                        |
| 34 | gl | 82 <b>Sjors Zautsen</b>        | HB2   | 40.63   | <b>40.02</b> | PR                          |
|    | bl | 64 <b>Pom Peerdeman</b>        | HC1   | 42.05   | <b>42.25</b> |                             |
|    |    | <b>Sjors Zautsen</b>           |       |         |              | <b>Pom Peerdeman</b>        |
|    |    | 100m                           | 11.15 | (11.15) | 100m         | 11.66 (11.66)               |
|    |    | 500m                           | 40.02 | (28.87) | 500m         | 42.25 (30.59)               |
|    |    | Naam                           | Cat   | PR      | Tijd         | Info                        |
| 35 | wt | 95 <b>Nathan Baas</b>          | HB2   | 40.45   | <b>40.99</b> |                             |
|    | rd | 10 <b>Noam van de Koppel</b>   | HB1   | 42.19   | <b>DNF</b>   |                             |
|    |    | <b>Nathan Baas</b>             |       |         |              | <b>Noam van de Koppel</b>   |
|    |    | 100m                           | 11.08 | (11.08) | 100m         | 11.73 (11.73)               |
|    |    | 500m                           | 40.99 | (29.91) |              |                             |
|    |    | Naam                           | Cat   | PR      | Tijd         | Info                        |
| 36 | gl | 23 <b>Donald Stappenbelt</b>   | HN1   | 38.88   | <b>39.31</b> |                             |
|    | bl | 66 <b>Wiebe Stassen</b>        | HSA   | 38.08   | <b>WDR</b>   |                             |
|    |    | <b>Donald Stappenbelt</b>      |       |         |              | <b>Wiebe Stassen</b>        |
|    |    | 100m                           | 11.02 | (11.02) |              |                             |
|    |    | 500m                           | 39.31 | (28.29) |              |                             |
|    |    | Naam                           | Cat   | PR      | Tijd         | Info                        |
| 37 | wt | 77 <b>Willem Bekkema</b>       | HN1   | 37.64   | <b>37.87</b> |                             |
|    | rd | 55 <b>Mats Westra</b>          | HB2   | 39.47   | <b>39.62</b> |                             |
|    |    | <b>Willem Bekkema</b>          |       |         |              | <b>Mats Westra</b>          |
|    |    | 100m                           | 10.42 | (10.42) | 100m         | 10.83 (10.83)               |
|    |    | 500m                           | 37.87 | (27.45) | 500m         | 39.62 (28.79)               |



# Reserves NK Clubs 2023

Thialf - Heerenveen  
30 september 2023



|    |    | Naam                         | Cat | PR                        | Tijd Info  |
|----|----|------------------------------|-----|---------------------------|------------|
| 38 | gl | 72 <b>Kenny de Leeuw</b>     | HSA | 38.41                     | <b>WDR</b> |
|    | bl | 36 <b>Jesper van Mieghem</b> | HA2 | 37.43                     | <b>WDR</b> |
|    |    | <u>Kenny de Leeuw</u>        |     | <u>Jesper van Mieghem</u> |            |