

# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

## 1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	17 Paul de Leeuw	HC1	10	I	45.75	PB	
2	4 Monique de Groot	DC1	10	O	47.19		
3	8 Marthe Schalkwijk	DC2	9	O	47.94		
4	20 Just Klunder	HPA	9	I	48.69		
5	14 Marit Noordman	DB1	6	I	49.21	PB	
6	19 Isa van der Weerd	DPA	7	I	49.58		
7	32 Joëlle van Drimmelen	DPB	8	O	49.85	PB	
8	25 Danique Stout	DPB	5	O	50.51	PB	
9	21 Noor Klunder	DPB	6	O	50.55	PB	
10	31 Wietze de Haan	HPA	5	I	51.25	PB	
11	46 Lena Wisselink	DPA	7	O	51.44		
12	18 Mireille van der Weerd	DC2	4	O	51.83	PB	
13	23 Iris Noordman	DPA	3	O	51.95	PB	
14	10 Mirjam Hulsebos	D55	4	I	52.02		
15	45 Hilbert ter Kulve	HSB	1	I	52.28		
16	26 Emma van der Velde	DPB	8	I	52.34		
17	44 Waldo van Veen	H50	2	I	55.71		
18	7 Tessa Bosman	DC2	2	O	58.45		
19	22 Olle Klunder	HPD	3	I	1:05.46	FL	

Referee:

Assistant:

Starter:

From 3/3/2024 5:30:00 PM to 3/3/2024 5:39:40 PM

Print: 3/31/2025 7:28:03 AM

# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

## 1. Race Result 500 meter

		Name		Cat		PB		Time	Info
1	wt	45	<b>Hilbert ter Kulve</b>		HSB		51.07	<b>52.28</b>	
	rd								
		<b>Hilbert ter Kulve</b>							
		100m	13.54	(13.54)		m			
		500m	52.28	(38.74)					

		Name		Cat		PB		Time	Info
2	yw	44	<b>Waldo van Veen</b>		H50		55.69	<b>55.71</b>	
	bl	7	<b>Tessa Bosman</b>		DC2		58.38	<b>58.45</b>	
		<b>Waldo van Veen</b>							
		100m	14.14	(14.14)		100m	14.51	(14.51)	
		500m	55.71	(41.57)		500m	58.45	(43.94)	

		Name		Cat		PB		Time	Info
3	wt	22	<b>Olle Klunder</b>		HPD		53.01	<b>1:05.46</b>	FL
	rd	23	<b>Iris Noordman</b>		DPA		52.21	<b>51.95</b>	PB
		<b>Olle Klunder</b>							
		100m	13.23	(13.23)		100m	13.47	(13.47)	
		500m	1:05.46	(52.23)		500m	51.95	(38.48)	

		Name		Cat		PB		Time	Info
4	yw	10	<b>Mirjam Hulsebos</b>		D55		50.18	<b>52.02</b>	
	bl	18	<b>Mireille van der Weerd</b>		DC2		52.34	<b>51.83</b>	PB
		<b>Mirjam Hulsebos</b>							
		100m	14.08	(14.08)		100m	13.68	(13.68)	
		500m	52.02	(37.94)		500m	51.83	(38.15)	

		Name		Cat		PB		Time	Info
5	wt	31	<b>Wietze de Haan</b>		HPA		51.62	<b>51.25</b>	PB
	rd	25	<b>Danique Stout</b>		DPB		51.97	<b>50.51</b>	PB
		<b>Wietze de Haan</b>							
		100m	13.73	(13.73)		100m	13.48	(13.48)	
		500m	51.25	(37.52)		500m	50.51	(37.03)	

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		Name		Cat		PB		Time	Info
6	yw	14	<b>Marit Noordman</b>		DB1		51.25	<b>49.21</b>	PB
	bl	21	<b>Noor Klunder</b>		DPB		51.37	<b>50.55</b>	PB
		<b>Marit Noordman</b>			<b>Noor Klunder</b>				
		100m	13.27	(13.27)	100m	13.32	(13.32)		
		500m	49.21	(35.94)	500m	50.55	(37.23)		
<hr/>									
		Name		Cat		PB		Time	Info
7	wt	19	<b>Isa van der Weerd</b>		DPA		49.45	<b>49.58</b>	
	rd	46	<b>Lena Wisselink</b>		DPA		50.10	<b>51.44</b>	
		<b>Isa van der Weerd</b>			<b>Lena Wisselink</b>				
		100m	13.05	(13.05)	100m	13.36	(13.36)		
		500m	49.58	(36.53)	500m	51.44	(38.08)		
<hr/>									
		Name		Cat		PB		Time	Info
8	yw	26	<b>Emma van der Velde</b>		DPB		50.76	<b>52.34</b>	
	bl	32	<b>Joëlle van Drimmelen</b>		DPB		51.01	<b>49.85</b>	PB
		<b>Emma van der Velde</b>			<b>Joëlle van Drimmelen</b>				
		100m	13.25	(13.25)	100m	12.96	(12.96)		
		500m	52.34	(39.09)	500m	49.85	(36.89)		
<hr/>									
		Name		Cat		PB		Time	Info
9	wt	20	<b>Just Klunder</b>		HPA		47.75	<b>48.69</b>	
	rd	8	<b>Marthe Schalkwijk</b>		DC2		47.66	<b>47.94</b>	
		<b>Just Klunder</b>			<b>Marthe Schalkwijk</b>				
		100m	12.72	(12.72)	100m	12.92	(12.92)		
		500m	48.69	(35.97)	500m	47.94	(35.02)		
<hr/>									
		Name		Cat		PB		Time	Info
10	yw	17	<b>Paul de Leeuw</b>		HC1		46.04	<b>45.75</b>	PB
	bl	4	<b>Monique de Groot</b>		DC1		46.66	<b>47.19</b>	
		<b>Paul de Leeuw</b>			<b>Monique de Groot</b>				
		100m	11.60	(11.60)	100m	12.36	(12.36)		
		500m	45.75	(34.15)	500m	47.19	(34.83)		

Referee:

Assistant:

Starter:

From 3/3/2024 5:30:00 PM to 3/3/2024 5:39:40 PM

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Sport- en Recreatiecentrum de Scheg - Deventer

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## 2. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	1 Niels Teunissen	HB2	18	I	41.20		
2	11 Evan Leeuwis	HA1	17	I	41.89		
3	2 Mees Klunder	HC2	18	O	42.37		
4	12 Niels Hiddink	HC2	17	O	43.45		
5	3 Joachim van Laar	HC2	16	O	44.63		
6	9 Sjoerd de Haan	HC1	15	I	46.60		
7	6 Lenneke Groot Koerkamp	DA1	15	O	46.70	PB	
8	28 Tristan Swenne	HB2	16	I	46.78	PB	
9	16 Demi Bartelds	DN3	13	O	48.80		
10	15 Jasmijn Egers	DSA	14	I	49.15		
11	41 Remco Wisselink	H45	14	O	50.37		
12	29 Famke Aukema	DC1	11	I	52.62	PB	
13	5 Thea de Groot	DB2	11	O	57.12	PB	
	40 Sil Wisselink	HB1	13	I	DNF		

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Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

## 2. Race Result 500 meter

		Name		Cat		PB		Time	Info
11	wt	29	<b>Famke Aukema</b>		DC1		53.50	<b>52.62</b>	PB
	rd	5	<b>Thea de Groot</b>		DB2		57.39	<b>57.12</b>	PB
		<b>Famke Aukema</b>			<b>Thea de Groot</b>				
		100m	13.75	(13.75)	100m	14.83	(14.83)		
		500m	52.62	(38.87)	500m	57.12	(42.29)		

		Name		Cat		PB		Time	Info
12	yw								
	bl								
			m				m		

		Name		Cat		PB		Time	Info
13	wt	40	<b>Sil Wisselink</b>		HB1		48.75	<b>DNF</b>	
	rd	16	<b>Demi Bartelds</b>		DN3		48.16	<b>48.80</b>	
		<b>Sil Wisselink</b>			<b>Demi Bartelds</b>				
		100m	12.74	(12.74)	100m	12.94	(12.94)		
					500m	48.80	(35.86)		

		Name		Cat		PB		Time	Info
14	yw	15	<b>Jasmijn Egers</b>		DSA		47.66	<b>49.15</b>	
	bl	41	<b>Remco Wisselink</b>		H45		49.77	<b>50.37</b>	
		<b>Jasmijn Egers</b>			<b>Remco Wisselink</b>				
		100m	13.13	(13.13)	100m	13.54	(13.54)		
		500m	49.15	(36.02)	500m	50.37	(36.83)		

		Name		Cat		PB		Time	Info
15	wt	9	<b>Sjoerd de Haan</b>		HC1		46.11	<b>46.60</b>	
	rd	6	<b>Lenneke Groot Koerkamp</b>		DA1		46.98	<b>46.70</b>	PB
		<b>Sjoerd de Haan</b>			<b>Lenneke Groot Koerkamp</b>				
		100m	12.46	(12.46)	100m	12.26	(12.26)		
		500m	46.60	(34.14)	500m	46.70	(34.44)		

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		Name		Cat		PB		Time	Info
16	yw	28	<b>Tristan Swenne</b>		HB2		47.02	<b>46.78</b>	PB
	bl	3	<b>Joachim van Laar</b>		HC2		44.03	<b>44.63</b>	
		<b>Tristan Swenne</b>			<b>Joachim van Laar</b>				
		100m	12.56	(12.56)	100m	12.18	(12.18)		
		500m	46.78	(34.22)	500m	44.63	(32.45)		

		Name		Cat		PB		Time	Info
17	wt	11	<b>Evan Leeuwis</b>		HA1		41.06	<b>41.89</b>	
	rd	12	<b>Niels Hiddink</b>		HC2		41.64	<b>43.45</b>	
		<b>Evan Leeuwis</b>			<b>Niels Hiddink</b>				
		100m	11.56	(11.56)	100m	11.74	(11.74)		
		500m	41.89	(30.33)	500m	43.45	(31.71)		

		Name		Cat		PB		Time	Info
18	yw	1	<b>Niels Teunissen</b>		HB2		40.50	<b>41.20</b>	
	bl	2	<b>Mees Klunder</b>		HC2		42.04	<b>42.37</b>	
		<b>Niels Teunissen</b>			<b>Mees Klunder</b>				
		100m	11.26	(11.26)	100m	11.59	(11.59)		
		500m	41.20	(29.94)	500m	42.37	(30.78)		

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## 3. Result 100 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	36 Justin van Velde	HPA	24	I	11.80	PB	
2	35 Femke Lindeboom	DPA	23	I	12.04	PB	
3	38 Huub Smeets	HB2	24	O	12.28		
4	39 Abe van Laar	HPA	23	O	12.76		
5	37 Jesse van Velde	HPC	21	O	13.19	PB	
6	34 Jasper van Gelder	HPD	21	I	13.55	PB	
7	42 Fedde ter Laak	HPD	22	O	13.57	PB	
8	27 Lotte van Veen	DPD	19	O	13.67	PB	
9	47 Elysa ter Kulve	DPC	19	I	13.82	PB	
10	43 Jildau ter Laak	DPC	20	I	13.83	PB	
11	24 Miquel Stout	HPE	20	O	13.97	PB	
12	33 Fajah Lugtenberg	DPD	22	I	14.29		

Referee:

Assistant:

Starter:

From 3/3/2024 5:30:00 PM to 3/3/2024 5:51:07 PM

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3 March 2024

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## 3. Race Result 100 meter

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Referee:

Assistant:

Starter:

From 3/3/2024 5:30:00 PM to 3/3/2024 5:51:07 PM

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# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

		Name		Cat		PB		Time	Info
19	wt	47	<b>Elysa ter Kulve</b>		DPC	15.37		<b>13.82</b>	PB
	rd	27	<b>Lotte van Veen</b>		DPD	15.11		<b>13.67</b>	PB
		<u>Elysa ter Kulve</u>			<u>Lotte van Veen</u>				
		100m	13.82	(13.82)	100m	13.67	(13.67)		
<hr/>									
		Name		Cat		PB		Time	Info
20	yw	43	<b>Jildau ter Laak</b>		DPC	14.05		<b>13.83</b>	PB
	bl	24	<b>Miquel Stout</b>		HPE	14.08		<b>13.97</b>	PB
		<u>Jildau ter Laak</u>			<u>Miquel Stout</u>				
		100m	13.83	(13.83)	100m	13.97	(13.97)		
<hr/>									
		Name		Cat		PB		Time	Info
21	wt	34	<b>Jasper van Gelder</b>		HPD	13.91		<b>13.55</b>	PB
	rd	37	<b>Jesse van Velde</b>		HPC	13.38		<b>13.19</b>	PB
		<u>Jasper van Gelder</u>			<u>Jesse van Velde</u>				
		100m	13.55	(13.55)	100m	13.19	(13.19)		
<hr/>									
		Name		Cat		PB		Time	Info
22	yw	33	<b>Fajah Lugtenberg</b>		DPD	13.64		<b>14.29</b>	
	bl	42	<b>Fedde ter Laak</b>		HPD	13.64		<b>13.57</b>	PB
		<u>Fajah Lugtenberg</u>			<u>Fedde ter Laak</u>				
		100m	14.29	(14.29)	100m	13.57	(13.57)		
<hr/>									
		Name		Cat		PB		Time	Info
23	wt	35	<b>Femke Lindeboom</b>		DPA	12.54		<b>12.04</b>	PB
	rd	39	<b>Abe van Laar</b>		HPA	12.76		<b>12.76</b>	
		<u>Femke Lindeboom</u>			<u>Abe van Laar</u>				
		100m	12.04	(12.04)	100m	12.76	(12.76)		
<hr/>									
		Name		Cat		PB		Time	Info
24	yw	36	<b>Justin van Velde</b>		HPA	12.24		<b>11.80</b>	PB
	bl	38	<b>Huib Smeets</b>		HB2	12.03		<b>12.28</b>	
		<u>Justin van Velde</u>			<u>Huib Smeets</u>				
		100m	11.80	(11.80)	100m	12.28	(12.28)		

Referee:

Assistant:

Starter:

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## 4. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	17 Paul de Leeuw	HC1	34	O	45.41	PB	
2	4 Monique de Groot	DC1	34	I	47.58		
3	8 Marthe Schalkwijk	DC2	33	I	48.08		
4	21 Noor Klunder	DPB	30	I	49.84	PB	
5	20 Just Klunder	HPA	33	O	49.85		
6	14 Marit Noordman	DB1	30	O	49.92		
7	19 Isa van der Weerd	DPA	31	O	50.15		
8	32 Joëlle van Drimmelen	DPB	32	I	51.07		
	22 Olle Klunder	HPD	27	O	51.07	PB	
10	45 Hilbert ter Kulve	HSB	26	O	51.20		
11	31 Wietze de Haan	HPA	29	O	51.41		
12	10 Mirjam Hulsebos	D55	28	O	51.65		
13	25 Danique Stout	DPB	29	I	51.76		
14	46 Lena Wisselink	DPA	31	I	51.86		
15	23 Iris Noordman	DPA	27	I	52.42		
16	18 Mireille van der Weerd	DC2	28	I	52.54		
17	26 Emma van der Velde	DPB	32	O	54.23		
18	44 Waldo van Veen	H50	25	O	56.06		
19	7 Tessa Bosman	DC2	26	I	57.41	PB	

Referee:

Assistant:

Starter:

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# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

		Name		Cat		PB		Time	Info
30	yw	21	<b>Noor Klunder</b>		DPB	51.37		<b>49.84</b>	PB
	bl	14	<b>Marit Noordman</b>		DB1	51.25		<b>49.92</b>	
		<b>Noor Klunder</b>			<b>Marit Noordman</b>				
		100m	13.10	(13.10)	100m	13.35	(13.35)		
		500m	49.84	(36.74)	500m	49.92	(36.57)		
<hr/>									
		Name		Cat		PB		Time	Info
31	wt	46	<b>Lena Wisselink</b>		DPA	50.10		<b>51.86</b>	
	rd	19	<b>Isa van der Weerd</b>		DPA	49.45		<b>50.15</b>	
		<b>Lena Wisselink</b>			<b>Isa van der Weerd</b>				
		100m	13.50	(13.50)	100m	13.09	(13.09)		
		500m	51.86	(38.36)	500m	50.15	(37.06)		
<hr/>									
		Name		Cat		PB		Time	Info
32	yw	32	<b>Joëlle van Drimmelen</b>		DPB	51.01		<b>51.07</b>	
	bl	26	<b>Emma van der Velde</b>		DPB	50.76		<b>54.23</b>	
		<b>Joëlle van Drimmelen</b>			<b>Emma van der Velde</b>				
		100m	13.06	(13.06)	100m	13.53	(13.53)		
		500m	51.07	(38.01)	500m	54.23	(40.70)		
<hr/>									
		Name		Cat		PB		Time	Info
33	wt	8	<b>Marthe Schalkwijk</b>		DC2	47.66		<b>48.08</b>	
	rd	20	<b>Just Klunder</b>		HPA	47.75		<b>49.85</b>	
		<b>Marthe Schalkwijk</b>			<b>Just Klunder</b>				
		100m	12.91	(12.91)	100m	13.03	(13.03)		
		500m	48.08	(35.17)	500m	49.85	(36.82)		
<hr/>									
		Name		Cat		PB		Time	Info
34	yw	4	<b>Monique de Groot</b>		DC1	46.66		<b>47.58</b>	
	bl	17	<b>Paul de Leeuw</b>		HC1	46.04		<b>45.41</b>	PB
		<b>Monique de Groot</b>			<b>Paul de Leeuw</b>				
		100m	12.39	(12.39)	100m	11.65	(11.65)		
		500m	47.58	(35.19)	500m	45.41	(33.76)		

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3 March 2024

## 5. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	36 Justin van Velde	HPA	39	O	44.94		
2	38 Huub Smeets	HB2	40	O	46.57		
3	39 Abe van Laar	HPA	39	I	48.87		
	35 Femke Lindeboom	DPA	40	I	48.87		
5	42 Fedde ter Laak	HPD	37	I	54.76	PB	
6	37 Jesse van Velde	HPC	38	O	57.64	PB	
7	43 Jildau ter Laak	DPC	35	I	58.55	PB	
8	24 Miquel Stout	HPE	38	I	58.89		
9	34 Jasper van Gelder	HPD	36	O	59.47	PB	
10	47 Elysa ter Kulve	DPC	36	I	1:01.45	PB	
11	33 Fajah Lugtenberg	DPD	35	O	1:02.29		
12	27 Lotte van Veen	DPD	37	O	1:03.50	FL	

Referee:

Assistant:

Starter:

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Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

## 5. Race Result 500 meter

		Name		Cat		PB		Time	Info
35	wt	43	<b>Jildau ter Laak</b>		DPC		59.02	<b>58.55</b>	PB
	rd	33	<b>Fajah Lugtenberg</b>		DPD		1:01.10	<b>1:02.29</b>	
		<u>Jildau ter Laak</u>				<u>Fajah Lugtenberg</u>			
		100m	14.27	(14.27)		100m	15.36	(15.36)	
		500m	58.55	(44.28)		500m	1:02.29	(46.93)	

		Name		Cat		PB		Time	Info
36	yw	47	<b>Elysa ter Kulve</b>		DPC		1:07.22	<b>1:01.45</b>	PB
	bl	34	<b>Jasper van Gelder</b>		HPD		1:00.05	<b>59.47</b>	PB
		<u>Elysa ter Kulve</u>				<u>Jasper van Gelder</u>			
		100m	14.61	(14.61)		100m	14.27	(14.27)	
		500m	1:01.45	(46.84)		500m	59.47	(45.20)	

		Name		Cat		PB		Time	Info
37	wt	42	<b>Fedde ter Laak</b>		HPD		55.49	<b>54.76</b>	PB
	rd	27	<b>Lotte van Veen</b>		DPD		57.06	<b>1:03.50</b>	FL
		<u>Fedde ter Laak</u>				<u>Lotte van Veen</u>			
		100m	14.10	(14.10)		100m	13.94	(13.94)	
		500m	54.76	(40.66)		500m	1:03.50	(49.56)	

		Name		Cat		PB		Time	Info
38	yw	24	<b>Miquel Stout</b>		HPE		58.41	<b>58.89</b>	
	bl	37	<b>Jesse van Velde</b>		HPC		58.60	<b>57.64</b>	PB
		<u>Miquel Stout</u>				<u>Jesse van Velde</u>			
		100m	14.24	(14.24)		100m	13.35	(13.35)	
		500m	58.89	(44.65)		500m	57.64	(44.29)	

		Name		Cat		PB		Time	Info
39	wt	39	<b>Abe van Laar</b>		HPA		46.99	<b>48.87</b>	
	rd	36	<b>Justin van Velde</b>		HPA		44.49	<b>44.94</b>	
		<u>Abe van Laar</u>				<u>Justin van Velde</u>			
		100m	12.94	(12.94)		100m	11.82	(11.82)	
		500m	48.87	(35.93)		500m	44.94	(33.12)	

Referee:

Assistant:

Starter:

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# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

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		Name		Cat		PB		Time	Info
40	yw	35	<b>Femke Lindeboom</b>		DPA		48.45	<b>48.87</b>	
	bl	38	<b>Huub Smeets</b>		HB2		46.17	<b>46.57</b>	
		<b>Femke Lindeboom</b>			<b>Huub Smeets</b>				
		100m	12.52	(12.52)	100m	12.35	(12.35)		
		500m	48.87	(36.35)	500m	46.57	(34.22)		

Referee:

Assistant:

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# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

## 6. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	2 Mees Klunder	HC2	43	I	4:33.64	PB	
2	9 Sjoerd de Haan	HC1	43	O	4:57.98	PB	
3	28 Tristan Swenne	HB2	44	O	4:58.18	PB	
4	6 Lenneke Groot Koerkamp	DA1	41	I	5:12.96	PB	
5	16 Demi Bartelds	DN3	44	I	5:25.20	PB	
6	29 Famke Aukema	DC1	42	O	5:46.86	PB	
7	5 Thea de Groot	DB2	42	I	5:51.26	PB	
	40 Sil Wisselink	HB1	41	O		DNF	

Referee:

Assistant:

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# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

## 6. Race Result 3000 meter

		Name	Cat	PB	Time	Info
41	wt	6 <b>Lenneke Groot Koerkamp</b>	DA1	5:55.65	<b>5:12.96</b>	PB
	rd	40 <b>Sil Wisselink</b>	HB1	5:51.13	<b>DNF</b>	
		<b>Lenneke Groot Koerkamp</b>				
		200m	23.88	(23.88)		
		600m	1:05.55	(41.67)		
		1000m	1:47.51	(41.96)		
		1400m	2:29.25	(41.74)		
		1800m	3:10.89	(41.64)		
		2200m	3:52.28	(41.39)		
		2600m	4:33.11	(40.83)		
		3000m	5:12.96	(39.85)		
		<b>Sil Wisselink</b>				
		200m	25.08	(25.08)		
		600m	1:08.68	(43.60)		
		1000m	1:52.74	(44.06)		
		1400m	2:37.34	(44.60)		

		Name	Cat	PB	Time	Info
42	yw	5 <b>Thea de Groot</b>	DB2	5:55.16	<b>5:51.26</b>	PB
	bl	29 <b>Famke Aukema</b>	DC1	6:09.25	<b>5:46.86</b>	PB
		<b>Thea de Groot</b>				
		200m	26.76	(26.76)		
		600m	1:09.94	(43.18)		
		1000m	1:55.92	(45.98)		
		1400m	2:43.78	(47.86)		
		1800m	3:31.54	(47.76)		
		2200m	4:19.57	(48.03)		
		2600m	5:06.61	(47.04)		
		3000m	5:51.26	(44.65)		
		<b>Famke Aukema</b>				
		200m	25.76	(25.76)		
		600m	1:07.95	(42.19)		
		1000m	1:53.33	(45.38)		
		1400m	2:40.32	(46.99)		
		1800m	3:27.80	(47.48)		
		2200m	4:15.37	(47.57)		
		2600m	5:01.62	(46.25)		
		3000m	5:46.86	(45.24)		

# jun.C t/m master plus pup

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		Name		Cat		PB		Time	Info
43	wt	2	<b>Mees Klunder</b>		HC2		4:43.50	<b>4:33.64</b>	PB
	rd	9	<b>Sjoerd de Haan</b>		HC1		5:02.63	<b>4:57.98</b>	PB
		<b>Mees Klunder</b>			<b>Sjoerd de Haan</b>				
		200m	20.59	(20.59)	200m	22.54	(22.54)		
		600m	53.52	(32.93)	600m	58.25	(35.71)		
		1000m	1:27.83	(34.31)	1000m	1:36.09	(37.84)		
		1400m	2:03.40	(35.57)	1400m	2:15.39	(39.30)		
		1800m	2:39.96	(36.56)	1800m	2:55.48	(40.09)		
		2200m	3:17.26	(37.30)	2200m	3:36.25	(40.77)		
		2600m	3:54.98	(37.72)	2600m	4:17.30	(41.05)		
		3000m	4:33.64	(38.66)	3000m	4:57.98	(40.68)		

		Name		Cat		PB		Time	Info
44	yw	16	<b>Demi Bartelds</b>		DN3		5:35.23	<b>5:25.20</b>	PB
	bl	28	<b>Tristan Swenne</b>		HB2		5:16.77	<b>4:58.18</b>	PB
		<b>Demi Bartelds</b>			<b>Tristan Swenne</b>				
		200m	24.08	(24.08)	200m	23.08	(23.08)		
		600m	1:04.31	(40.23)	600m	59.92	(36.84)		
		1000m	1:46.59	(42.28)	1000m	1:38.34	(38.42)		
		1400m	2:30.21	(43.62)	1400m	2:18.23	(39.89)		
		1800m	3:13.84	(43.63)	1800m	2:58.80	(40.57)		
		2200m	3:57.87	(44.03)	2200m	3:39.27	(40.47)		
		2600m	4:42.15	(44.28)	2600m	4:18.62	(39.35)		
		3000m	5:25.20	(43.05)	3000m	4:58.18	(39.56)		

Referee:

Assistant:

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# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

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## 7. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	11 Evan Leeuwis	HA1	48	O	7:20.78		
2	1 Niels Teunissen	HB2	45	I	7:27.54		
3	12 Niels Hiddink	HC2	45	O	7:59.34		
4	3 Joachim van Laar	HC2	48	I	8:04.88		
5	15 Jasmijn Egers	DSA	47	I	8:43.07	PB	
6	41 Remco Wisselink	H45	47	O	9:26.57		

Referee:

Assistant:

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# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

## 7. Race Result 5000 meter

		Name		Cat		PB	Time	Info
45	wt	1	Niels Teunissen		HB2		7:27.54	
	rd	12	Niels Hiddink		HC2		7:59.34	
		Niels Teunissen			Niels Hiddink			
		200m	20.84	(20.84)	200m	21.12	(21.12)	
		600m	55.83	(34.99)	600m	58.34	(37.22)	
		1000m	1:31.07	(35.24)	1000m	1:36.99	(38.65)	
		1400m	2:06.62	(35.55)	1400m	2:15.19	(38.20)	
		1800m	2:41.99	(35.37)	1800m	2:53.20	(38.01)	
		2200m	3:17.93	(35.94)	2200m	3:31.44	(38.24)	
		2600m	3:53.42	(35.49)	2600m	4:09.70	(38.26)	
		3000m	4:29.32	(35.90)	3000m	4:47.74	(38.04)	
		3400m	5:05.08	(35.76)	3400m	5:25.79	(38.05)	
		3800m	5:41.05	(35.97)	3800m	6:03.89	(38.10)	
		4200m	6:17.28	(36.23)	4200m	6:42.30	(38.41)	
		4600m	6:52.51	(35.23)	4600m	7:20.72	(38.42)	
		5000m	7:27.54	(35.03)	5000m	7:59.34	(38.62)	

		Name		Cat		PB	Time	Info
46	yw							
	bl							
		m			m			

# jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

		Name	Cat	PB	Time	Info	
47	wt	15 <b>Jasmijn Egers</b>	DSA	8:49.42	<b>8:43.07</b>	PB	
	rd	41 <b>Remco Wisselink</b>	H45		<b>9:26.57</b>		
		<b>Jasmijn Egers</b>			<b>Remco Wisselink</b>		
		200m	24.12 (24.12)	200m	25.13 (25.13)		
		600m	1:04.36 (40.24)	600m	1:04.84 (39.71)		
		1000m	1:44.85 (40.49)	1000m	1:45.98 (41.14)		
		1400m	2:26.44 (41.59)	1400m	2:28.00 (42.02)		
		1800m	3:07.95 (41.51)	1800m	3:10.94 (42.94)		
		2200m	3:49.84 (41.89)	2200m	3:55.11 (44.17)		
		2600m	4:30.48 (40.64)	2600m	4:39.87 (44.76)		
		3000m	5:11.89 (41.41)	3000m	5:25.25 (45.38)		
		3400m	5:53.65 (41.76)	3400m	6:11.68 (46.43)		
		3800m	6:35.62 (41.97)	3800m	7:00.26 (48.58)		
		4200m	7:17.81 (42.19)	4200m	7:49.96 (49.70)		
		4600m	8:00.83 (43.02)	4600m	8:38.47 (48.51)		
		5000m	8:43.07 (42.24)	5000m	9:26.57 (48.10)		

		Name	Cat	PB	Time	Info	
48	yw	3 <b>Joachim van Laar</b>	HC2		<b>8:04.88</b>		
	bl	11 <b>Evan Leeuwis</b>	HA1		<b>7:20.78</b>		
		<b>Joachim van Laar</b>			<b>Evan Leeuwis</b>		
		200m	22.24 (22.24)	200m	21.13 (21.13)		
		600m	57.59 (35.35)	600m	53.55 (32.42)		
		1000m	1:34.82 (37.23)	1000m	1:26.55 (33.00)		
		1400m	2:13.35 (38.53)	1400m	2:00.20 (33.65)		
		1800m	2:52.09 (38.74)	1800m	2:34.40 (34.20)		
		2200m	3:30.29 (38.20)	2200m	3:09.32 (34.92)		
		2600m	4:09.27 (38.98)	2600m	3:44.96 (35.64)		
		3000m	4:49.12 (39.85)	3000m	4:20.77 (35.81)		
		3400m	5:28.40 (39.28)	3400m	4:56.70 (35.93)		
		3800m	6:07.82 (39.42)	3800m	5:32.73 (36.03)		
		4200m	6:46.58 (38.76)	4200m	6:08.82 (36.09)		
		4600m	7:25.72 (39.14)	4600m	6:45.15 (36.33)		
		5000m	8:04.88 (39.16)	5000m	7:20.78 (35.63)		

Referee:

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