

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

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3 March 2024

1. Race Result 500 meter

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

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

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

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

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

Referee:

Assistant:

Starter:

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Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

		Name		Cat		PB		Time	Info
6	yw	14	Marit Noordman		DB1		51.25	49.21	PB
	bl	21	Noor Klunder		DPB		51.37	50.55	PB
		Marit Noordman			Noor Klunder				
		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	Isa van der Weerd		DPA		49.45	49.58	
	rd	46	Lena Wisselink		DPA		50.10	51.44	
		Isa van der Weerd			Lena Wisselink				
		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	Emma van der Velde		DPB		50.76	52.34	
	bl	32	Joëlle van Drimmelen		DPB		51.01	49.85	PB
		Emma van der Velde			Joëlle van Drimmelen				
		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	Just Klunder		HPA		47.75	48.69	
	rd	8	Marthe Schalkwijk		DC2		47.66	47.94	
		Just Klunder			Marthe Schalkwijk				
		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	Paul de Leeuw		HC1		46.04	45.75	PB
	bl	4	Monique de Groot		DC1		46.66	47.19	
		Paul de Leeuw			Monique de Groot				
		100m	11.60	(11.60)	100m	12.36	(12.36)		
		500m	45.75	(34.15)	500m	47.19	(34.83)		

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Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

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	Famke Aukema		DC1		53.50	52.62	PB
	rd	5	Thea de Groot		DB2		57.39	57.12	PB
		Famke Aukema			Thea de Groot				
		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	Sil Wisselink		HB1		48.75	DNF	
	rd	16	Demi Bartelds		DN3		48.16	48.80	
		Sil Wisselink			Demi Bartelds				
		100m	12.74	(12.74)	100m	12.94	(12.94)		
					500m	48.80	(35.86)		

		Name		Cat		PB		Time	Info
14	yw	15	Jasmijn Egers		DSA		47.66	49.15	
	bl	41	Remco Wisselink		H45		49.77	50.37	
		Jasmijn Egers			Remco Wisselink				
		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	Sjoerd de Haan		HC1		46.11	46.60	
	rd	6	Lenneke Groot Koerkamp		DA1		46.98	46.70	PB
		Sjoerd de Haan			Lenneke Groot Koerkamp				
		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	Tristan Swenne		HB2		47.02	46.78	PB
	bl	3	Joachim van Laar		HC2		44.03	44.63	
		Tristan Swenne			Joachim van Laar				
		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	Evan Leeuwis		HA1		41.06	41.89	
	rd	12	Niels Hiddink		HC2		41.64	43.45	
		Evan Leeuwis			Niels Hiddink				
		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	Niels Teunissen		HB2		40.50	41.20	
	bl	2	Mees Klunder		HC2		42.04	42.37	
		Niels Teunissen			Mees Klunder				
		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:

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Sport- en Recreatiecentrum de Scheg - Deventer

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3. Race Result 100 meter

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

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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:

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Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

4. Race Result 500 meter

		Name	Cat	PB	Time	Info
25	wt	44 Waldo van Veen	H50	55.69	56.06	
	rd					
		Waldo van Veen				
		m	100m	14.61	(14.61)	
			500m	56.06	(41.45)	
<hr/>						
		Name	Cat	PB	Time	Info
26	yw	7 Tessa Bosman	DC2	58.38	57.41	PB
	bl	45 Hilbert ter Kulve	HSB	51.07	51.20	
		Tessa Bosman		Hilbert ter Kulve		
		100m	14.07	(14.07)	100m	13.26 (13.26)
		500m	57.41	(43.34)	500m	51.20 (37.94)
<hr/>						
		Name	Cat	PB	Time	Info
27	wt	23 Iris Noordman	DPA	52.21	52.42	
	rd	22 Olle Klunder	HPD	53.01	51.07	PB
		Iris Noordman		Olle Klunder		
		100m	13.62	(13.62)	100m	13.35 (13.35)
		500m	52.42	(38.80)	500m	51.07 (37.72)
<hr/>						
		Name	Cat	PB	Time	Info
28	yw	18 Mireille van der Weerd	DC2	52.34	52.54	
	bl	10 Mirjam Hulsebos	D55	50.18	51.65	
		Mireille van der Weerd		Mirjam Hulsebos		
		100m	13.78	(13.78)	100m	13.91 (13.91)
		500m	52.54	(38.76)	500m	51.65 (37.74)
<hr/>						
		Name	Cat	PB	Time	Info
29	wt	25 Danique Stout	DPB	51.97	51.76	
	rd	31 Wietze de Haan	HPA	51.62	51.41	
		Danique Stout		Wietze de Haan		
		100m	13.55	(13.55)	100m	13.92 (13.92)
		500m	51.76	(38.21)	500m	51.41 (37.49)

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		Name		Cat		PB		Time	Info
30	yw	21	Noor Klunder		DPB	51.37		49.84	PB
	bl	14	Marit Noordman		DB1	51.25		49.92	
		Noor Klunder			Marit Noordman				
		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	Lena Wisselink		DPA	50.10		51.86	
	rd	19	Isa van der Weerd		DPA	49.45		50.15	
		Lena Wisselink			Isa van der Weerd				
		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	Joëlle van Drimmelen		DPB	51.01		51.07	
	bl	26	Emma van der Velde		DPB	50.76		54.23	
		Joëlle van Drimmelen			Emma van der Velde				
		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	Marthe Schalkwijk		DC2	47.66		48.08	
	rd	20	Just Klunder		HPA	47.75		49.85	
		Marthe Schalkwijk			Just Klunder				
		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	Monique de Groot		DC1	46.66		47.58	
	bl	17	Paul de Leeuw		HC1	46.04		45.41	PB
		Monique de Groot			Paul de Leeuw				
		100m	12.39	(12.39)	100m	11.65	(11.65)		
		500m	47.58	(35.19)	500m	45.41	(33.76)		

Referee:

Assistant:

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jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

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	

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Sport- en Recreatiecentrum de Scheg - Deventer

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5. Race Result 500 meter

		Name		Cat		PB		Time	Info
35	wt	43	Jildau ter Laak		DPC		59.02	58.55	PB
	rd	33	Fajah Lugtenberg		DPD		1:01.10	1:02.29	
		Jildau ter Laak				Fajah Lugtenberg			
		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	Elysa ter Kulve		DPC		1:07.22	1:01.45	PB
	bl	34	Jasper van Gelder		HPD		1:00.05	59.47	PB
		Elysa ter Kulve				Jasper van Gelder			
		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	Fedde ter Laak		HPD		55.49	54.76	PB
	rd	27	Lotte van Veen		DPD		57.06	1:03.50	FL
		Fedde ter Laak				Lotte van Veen			
		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	Miquel Stout		HPE		58.41	58.89	
	bl	37	Jesse van Velde		HPC		58.60	57.64	PB
		Miquel Stout				Jesse van Velde			
		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	Abe van Laar		HPA		46.99	48.87	
	rd	36	Justin van Velde		HPA		44.49	44.94	
		Abe van Laar				Justin van Velde			
		100m	12.94	(12.94)	100m	11.82	(11.82)		
		500m	48.87	(35.93)	500m	44.94	(33.12)		

Referee:

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

Referee:

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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:

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

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

jun.C t/m master plus pup

Sport- en Recreatiecentrum de Scheg - Deventer

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		Name		Cat		PB		Time	Info
43	wt	2	Mees Klunder		HC2		4:43.50	4:33.64	PB
	rd	9	Sjoerd de Haan		HC1		5:02.63	4:57.98	PB
		Mees Klunder			Sjoerd de Haan				
		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	Demi Bartelds		DN3		5:35.23	5:25.20	PB
	bl	28	Tristan Swenne		HB2		5:16.77	4:58.18	PB
		Demi Bartelds			Tristan Swenne				
		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)		

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Sport- en Recreatiecentrum de Scheg - Deventer

3 March 2024

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:

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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 Jasmijn Egers	DSA	8:49.42	8:43.07	PB
	rd	41 Remco Wisselink	H45		9:26.57	
		Jasmijn Egers		Remco Wisselink		
		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 Joachim van Laar	HC2		8:04.88	
	bl	11 Evan Leeuwis	HA1		7:20.78	
		Joachim van Laar		Evan Leeuwis		
		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)	

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