

1. Uitslag 500 bij 500 meter - omloop 1

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52 Seb van Schelven	HN2	4	I	39.37		
2	62 Tijmen Hupkens	HSB	4	O	42.98		
3	50 Leon van Asten	H40	3	I	43.51		
4	60 Annette Laarhoven	DB2	3	O	48.93		
5	57 Sylvie van den Heuvel	DA2	1	O	51.16		
6	51 Roxanne Boers	DSA	1	I	57.26		

1. Rituitslag 500 bij 500 meter - omloop 1

		Naam		Cat		PR	Tijd	Info
1	wt	51 Roxanne Boers		DSA		50.60	57.26	
	rd	57 Sylvie van den Heuvel		DA2		48.46	51.16	
		Roxanne Boers		Sylvie van den Heuvel				
		100m	14.23	(14.23)	100m	13.29	(13.29)	
		500m	57.26	(43.03)	500m	51.16	(37.87)	

		Naam		Cat		PR	Tijd	Info
2	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
3	wt	50 Leon van Asten		H40		38.44	43.51	
	rd	60 Annette Laarhoven		DB2		48.14	48.93	
		Leon van Asten		Annette Laarhoven				
		100m	11.25	(11.25)	100m	12.94	(12.94)	
		500m	43.51	(32.26)	500m	48.93	(35.99)	

		Naam		Cat		PR	Tijd	Info
4	gl	52 Seb van Schelven		HN2		38.07	39.37	
	bl	62 Tijmen Hupkens		HSB		40.07	42.98	
		Seb van Schelven		Tijmen Hupkens				
		100m	10.40	(10.40)	100m	11.54	(11.54)	
		500m	39.37	(28.97)	500m	42.98	(31.44)	

2. Uitslag 500 bij 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	55 Sybren Berkhout	HB2	13	I	43.47		
2	10 Marcel Huismans	H50	14	I	43.51		
3	43 Bas Schrage	HSB	14	O	44.19		
4	3 Bert Nijman	H40	13	O	44.20		
5	25 Ruben Molenaar	HB1	11	O	45.42		
6	29 Job van Dongen	HB2	11	I	45.47		
7	6 Evert Jan van Dijk	H45	12	I	45.92		
8	31 Pim Braak	HB1	12	O	46.16		
9	30 Lars van Klink	HB1	9	O	46.38		
10	24 Leanne Molenaar	DN2	10	I	48.11		
11	9 Ravi de Jong	HA1	9	I	48.43		
12	39 Jan Willem Dijkstra	H55	8	I	49.51		
13	42 Charline Kwadrin	DB2	10	O	50.11		
14	7 Pieter van Dijk	HA1	8	O	50.22		
15	37 Eveline Krom	DA1	7	O	54.36		
16	16 Mark Peters	H65	7	I	57.44		
17	5 Carla van Zantvliet	D55	5	O	58.07		
18	38 Lou Hoogewerf	H70	5	I	59.20		

2. Rituitslag 500 bij 1500 meter

		Naam		Cat		PR	Tijd	Info
5	wt	38	Lou Hoogewerf		H70	46.75	59.20	
	rd	5	Carla van Zantvliet		D55	49.32	58.07	
		<u>Lou Hoogewerf</u>			<u>Carla van Zantvliet</u>			
		100m	14.94	(14.94)	100m	15.49	(15.49)	
		500m	59.20	(44.26)	500m	58.07	(42.58)	

		Naam		Cat		PR	Tijd	Info
6	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
7	wt	16	Mark Peters		H65	50.12	57.44	
	rd	37	Eveline Krom		DA1	53.32	54.36	
		<u>Mark Peters</u>			<u>Eveline Krom</u>			
		100m	14.53	(14.53)	100m	14.50	(14.50)	
		500m	57.44	(42.91)	500m	54.36	(39.86)	

		Naam		Cat		PR	Tijd	Info
8	gl	39	Jan Willem Dijkstra		H55	47.12	49.51	
	bl	7	Pieter van Dijk		HA1	49.16	50.22	
		<u>Jan Willem Dijkstra</u>			<u>Pieter van Dijk</u>			
		100m	13.12	(13.12)	100m	13.41	(13.41)	
		500m	49.51	(36.39)	500m	50.22	(36.81)	

		Naam		Cat		PR	Tijd	Info
9	wt	9	Ravi de Jong		HA1	47.19	48.43	
	rd	30	Lars van Klink		HB1	45.93	46.38	
		<u>Ravi de Jong</u>			<u>Lars van Klink</u>			
		100m	13.17	(13.17)	100m	12.45	(12.45)	
		500m	48.43	(35.26)	500m	46.38	(33.93)	

		Naam			Cat	PR	Tijd	Info
10	gl	24	Leanne Molenaar		DN2	46.71	48.11	
	bl	42	Charline Kwadrin		DB2	48.40	50.11	
		Leanne Molenaar			Charline Kwadrin			
		100m	12.91	(12.91)	100m	13.42	(13.42)	
		500m	48.11	(35.20)	500m	50.11	(36.69)	
		Naam			Cat	PR	Tijd	Info
11	wt	29	Job van Dongen		HB2	45.06	45.47	
	rd	25	Ruben Molenaar		HB1	43.61	45.42	
		Job van Dongen			Ruben Molenaar			
		100m	11.67	(11.67)	100m	12.30	(12.30)	
		500m	45.47	(33.80)	500m	45.42	(33.12)	
		Naam			Cat	PR	Tijd	Info
12	gl	6	Evert Jan van Dijk		H45	42.65	45.92	
	bl	31	Pim Braak		HB1	45.39	46.16	
		Evert Jan van Dijk			Pim Braak			
		100m	12.26	(12.26)	100m	12.40	(12.40)	
		500m	45.92	(33.66)	500m	46.16	(33.76)	
		Naam			Cat	PR	Tijd	Info
13	wt	55	Sybren Berkhout		HB2	41.58	43.47	
	rd	3	Bert Nijman		H40	43.14	44.20	
		Sybren Berkhout			Bert Nijman			
		100m	11.40	(11.40)	100m	11.92	(11.92)	
		500m	43.47	(32.07)	500m	44.20	(32.28)	
		Naam			Cat	PR	Tijd	Info
14	gl	10	Marcel Huismans		H50	39.80	43.51	
	bl	43	Bas Schrage		HSB	42.51	44.19	
		Marcel Huismans			Bas Schrage			
		100m	11.74	(11.74)	100m	11.72	(11.72)	
		500m	43.51	(31.77)	500m	44.19	(32.47)	

3. Uitslag 500 bij 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Arjen Boersma	HB2	20	O	38.24		
2	56 Vigo Nederstigt	HN1	20	I	41.52		
3	61 Danny Witkamp	H55	19	O	45.21		
4	33 Renske van der Veer	DN2	19	I	47.04		
5	4 Aranka Keur	D40	17	O	48.56		
6	28 Evy van Duijn	DB1	18	O	49.55		
7	49 Sanne Ganzinga	DA1	17	I	50.40		
8	53 Caroline Broekhuizen	DA1	18	I	52.02		
9	8 Ramona van Leeuwen- van Noort	D50	15	I	1:00.94		

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Kennemercup 15

IJsbaan Haarlem - Haarlem

18 februari 2024



		Naam		Cat		PR	Tijd	Info
20	gl	56	Vigo Nederstigt		HN1		41.46	41.52
	bl	15	Arjen Boersma		HB2		37.27	38.24
		Vigo Nederstigt			Arjen Boersma			
		100m	11.32	(11.32)	100m	10.36	(10.36)	
		500m	41.52	(30.20)	500m	38.24	(27.88)	

4. Uitslag 500 bij 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Kai van Bennekom	HB1	25	O	40.80		
2	54 Tjebbe Berkhout	HB2	25	I	41.52		
3	19 Joeke van Mulligen	HN3	26	O	42.15		
4	1 Driek Tolk	HB2	26	I	45.51		
5	34 Marino Godwaldt	HB2	23	O	45.91		
6	35 Wende Heeremans	DB1	23	I	48.95		
7	14 Xander Terstal	HN1	24	O	49.47		
8	13 Sander Nederstigt	HSA	24	I	50.38		
9	26 Valerie Nijman	DA1	21	I	52.49		

4. Rituitslag 500 bij 3000 meter

		Naam			Cat	PR	Tijd	Info	
21	wt	26	Valerie Nijman		DA1	50.28	52.49		
	rd								
		Valerie Nijman							
		100m	14.00	(14.00)			m		
		500m	52.49	(38.49)					
		Naam			Cat	PR	Tijd	Info	
22	gl								
	bl								
			m				m		
		Naam			Cat	PR	Tijd	Info	
23	wt	35	Wende Heeremans		DB1	48.07	48.95		
	rd	34	Marino Godwaldt		HB2	43.58	45.91		
		Wende Heeremans				Marino Godwaldt			
		100m	13.14	(13.14)	100m	12.28	(12.28)		
		500m	48.95	(35.81)	500m	45.91	(33.63)		
		Naam			Cat	PR	Tijd	Info	
24	gl	13	Sander Nederstigt		HSA	50.27	50.38		
	bl	14	Xander Terstal		HN1	47.68	49.47		
		Sander Nederstigt				Xander Terstal			
		100m	12.77	(12.77)	100m	12.62	(12.62)		
		500m	50.38	(37.61)	500m	49.47	(36.85)		
		Naam			Cat	PR	Tijd	Info	
25	wt	54	Tjebbe Berkhout		HB2	39.78	41.52		
	rd	12	Kai van Bennekom		HB1	39.93	40.80		
		Tjebbe Berkhout				Kai van Bennekom			
		100m	10.99	(10.99)	100m	11.04	(11.04)		
		500m	41.52	(30.53)	500m	40.80	(29.76)		



Kennemercup 15

IJsbahn Haarlem - Haarlem

18 februari 2024



		Naam		Cat		PR		Tijd	Info
26	gl	1	Driek Tolk		HB2			43.89	45.51
	bl	19	Joeke van Mulligen		HN3			40.73	42.15
		Driek Tolk			Joeke van Mulligen				
		100m	12.06	(12.06)	100m	11.42	(11.42)		
		500m	45.51	(33.45)	500m	42.15	(30.73)		

5. Uitslag 500 bij 500 meter - omloop 2

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52 Seb van Schelven	HN2	30	O	39.74		
2	50 Leon van Asten	H40	29	O	43.55		
3	62 Tijmen Hupkens	HSB	30	I	43.59		
4	60 Annette Laarhoven	DB2	29	I	50.43		
5	57 Sylvie van den Heuvel	DA2	27	I	51.86		
6	51 Roxanne Boers	DSA	27	O	55.61		

5. Rituitslag 500 bij 500 meter - omloop 2

		Naam		Cat		PR	Tijd	Info
27	wt	57 Sylvie van den Heuvel		DA2		48.46	51.86	
	rd	51 Roxanne Boers		DSA		50.60	55.61	
		Sylvie van den Heuvel		Roxanne Boers				
		100m	13.34	(13.34)	100m	14.08	(14.08)	
		500m	51.86	(38.52)	500m	55.61	(41.53)	

		Naam		Cat		PR	Tijd	Info
28	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
29	wt	60 Annette Laarhoven		DB2		48.14	50.43	
	rd	50 Leon van Asten		H40		38.44	43.55	
		Annette Laarhoven		Leon van Asten				
		100m	13.37	(13.37)	100m	11.25	(11.25)	
		500m	50.43	(37.06)	500m	43.55	(32.30)	

		Naam		Cat		PR	Tijd	Info
30	gl	62 Tijmen Hupkens		HSB		40.07	43.59	
	bl	52 Seb van Schelven		HN2		38.07	39.74	
		Tijmen Hupkens		Seb van Schelven				
		100m	11.54	(11.54)	100m	10.72	(10.72)	
		500m	43.59	(32.05)	500m	39.74	(29.02)	

6. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	10 Marcel Huismans	H50	40	I	2:15.82		
2	3 Bert Nijman	H40	40	O	2:17.34		
3	6 Evert Jan van Dijk	H45	39	I	2:17.40		
4	43 Bas Schrage	HSB	38	I	2:17.74		
5	55 Sybren Berkhout	HB2	39	O	2:19.49		
6	25 Ruben Molenaar	HB1	36	I	2:22.42	PR	
7	30 Lars van Klink	HB1	37	O	2:24.31		
8	31 Pim Braak	HB1	38	O	2:28.90		
9	9 Ravi de Jong	HA1	33	O	2:32.13		
10	29 Job van Dongen	HB2	37	I	2:32.37		
11	39 Jan Willem Dijkstra	H55	35	O	2:32.86		
12	7 Pieter van Dijk	HA1	36	O	2:36.96		
13	24 Leanne Molenaar	DN2	35	I	2:38.97		
14	37 Eveline Krom	DA1	34	I	2:46.47		
15	16 Mark Peters	H65	33	I	2:52.64		
16	5 Carla van Zantvliet	D55	31	O	2:57.56		
17	42 Charline Kwadrin	DB2	34	O	3:03.10	FL	
18	38 Lou Hoogewerf	H70	31	I	3:03.13		

6. Rituitslag 1500 meter

		Naam		Cat		PR	Tijd	Info
31	wt	38	Lou Hoogewerf		H70	2:22.22	3:03.13	
	rd	5	Carla van Zantvliet		D55	2:34.28	2:57.56	
		Lou Hoogewerf			Carla van Zantvliet			
		300m	36.79	(36.79)	300m	38.19	(38.19)	
		700m	1:21.99	(45.20)	700m	1:21.98	(43.79)	
		1100m	2:09.97	(47.98)	1100m	2:09.22	(47.24)	
		1500m	3:03.13	(53.16)	1500m	2:57.56	(48.34)	

		Naam		Cat		PR	Tijd	Info
32	gl							
	bl							
		m			m			

		Naam		Cat		PR	Tijd	Info
33	wt	16	Mark Peters		H65	2:27.09	2:52.64	
	rd	9	Ravi de Jong		HA1	2:30.05	2:32.13	
		Mark Peters			Ravi de Jong			
		300m	35.71	(35.71)	300m	33.47	(33.47)	
		700m	1:19.01	(43.30)	700m	1:11.55	(38.08)	
		1100m	2:04.56	(45.55)	1100m	1:51.44	(39.89)	
		1500m	2:52.64	(48.08)	1500m	2:32.13	(40.69)	

		Naam		Cat		PR	Tijd	Info
34	gl	37	Eveline Krom		DA1	2:38.92	2:46.47	
	bl	42	Charline Kwadrin		DB2	2:35.03	3:03.10	FL
		Eveline Krom			Charline Kwadrin			
		300m	35.00	(35.00)	300m	34.34	(34.34)	
		700m	1:16.82	(41.82)	700m	1:15.16	(40.82)	
		1100m	2:01.38	(44.56)	1100m	2:00.23	(45.07)	
		1500m	2:46.47	(45.09)	1500m	3:03.10	(62.87)	

		Naam	Cat	PR	Tijd	Info
35	wt	24 Leanne Molenaar	DN2	2:23.05	2:38.97	
	rd	39 Jan Willem Dijkstra	H55	2:22.88	2:32.86	
		Leanne Molenaar		Jan Willem Dijkstra		
		300m 32.77 (32.77)		300m 32.80 (32.80)		
		700m 1:13.18 (40.41)		700m 1:11.00 (38.20)		
		1100m 1:56.28 (43.10)		1100m 1:51.69 (40.69)		
		1500m 2:38.97 (42.69)		1500m 2:32.86 (41.17)		
		Naam	Cat	PR	Tijd	Info
36	gl	25 Ruben Molenaar	HB1	2:22.58	2:22.42	PR
	bl	7 Pieter van Dijk	HA1	2:25.73	2:36.96	
		Ruben Molenaar		Pieter van Dijk		
		300m 30.10 (30.10)		300m 33.61 (33.61)		
		700m 1:05.67 (35.57)		700m 1:12.88 (39.27)		
		1100m 1:43.68 (38.01)		1100m 1:54.27 (41.39)		
		1500m 2:22.42 (38.74)		1500m 2:36.96 (42.69)		
		Naam	Cat	PR	Tijd	Info
37	wt	29 Job van Dongen	HB2	2:20.68	2:32.37	
	rd	30 Lars van Klink	HB1	2:22.20	2:24.31	
		Job van Dongen		Lars van Klink		
		300m 30.12 (30.12)		300m 30.86 (30.86)		
		700m 1:08.31 (38.19)		700m 1:07.19 (36.33)		
		1100m 1:49.80 (41.49)		1100m 1:45.58 (38.39)		
		1500m 2:32.37 (42.57)		1500m 2:24.31 (38.73)		
		Naam	Cat	PR	Tijd	Info
38	gl	43 Bas Schrage	HSB	2:08.62	2:17.74	
	bl	31 Pim Braak	HB1	2:21.42	2:28.90	
		Bas Schrage		Pim Braak		
		300m 28.32 (28.32)		300m 30.83 (30.83)		
		700m 1:02.34 (34.02)		700m 1:07.47 (36.64)		
		1100m 1:38.89 (36.55)		1100m 1:47.63 (40.16)		
		1500m 2:17.74 (38.85)		1500m 2:28.90 (41.27)		

		Naam			Cat	PR	Tijd	Info
39	wt	6	Evert Jan van Dijk		H45	2:09.93	2:17.40	
	rd	55	Sybren Berkhout		HB2	2:12.55	2:19.49	
		Evert Jan van Dijk			Sybren Berkhout			
		300m	29.66	(29.66)	300m	28.55	(28.55)	
		700m	1:04.36	(34.70)	700m	1:02.36	(33.81)	
		1100m	1:40.26	(35.90)	1100m	1:40.08	(37.72)	
		1500m	2:17.40	(37.14)	1500m	2:19.49	(39.41)	
		Naam			Cat	PR	Tijd	Info
40	gl	10	Marcel Huismans		H50	2:03.77	2:15.82	
	bl	3	Bert Nijman		H40	2:08.91	2:17.34	
		Marcel Huismans			Bert Nijman			
		300m	28.97	(28.97)	300m	28.45	(28.45)	
		700m	1:03.03	(34.06)	700m	1:02.36	(33.91)	
		1100m	1:38.99	(35.96)	1100m	1:38.82	(36.46)	
		1500m	2:15.82	(36.83)	1500m	2:17.34	(38.52)	

7. Uitslag 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Arjen Boersma	HB2	46	O	1:19.62		
2	56 Vigo Nederstigt	HN1	46	I	1:28.76		
3	61 Danny Witkamp	H55	45	O	1:31.79		
4	33 Renske van der Veer	DN2	45	I	1:35.81		
5	28 Evy van Duijn	DB1	43	O	1:42.99		
6	4 Aranka Keur	D40	41	I	1:43.06		
7	49 Sanne Ganzinga	DA1	44	O	1:48.51		
8	53 Caroline Broekhuizen	DA1	44	I	1:49.24		
9	8 Ramona van Leeuwen- van Noort	D50	43	I	2:03.41		

7. Rituitslag 1000 meter

		Naam		Cat		PR	Tijd	Info
41	wt rd	4	Aranka Keur		D40	1:33.04	1:43.06	

Aranka Keur

200m	22.68	(22.68)	m
600m	1:01.07	(38.39)	
1000m	1:43.06	(41.99)	

		Naam		Cat		PR	Tijd	Info
42	gl bl							

m

m

		Naam		Cat		PR	Tijd	Info
43	wt	8	Ramona van Leeuwen- van Noort		D50	1:50.84	2:03.41	
	rd	28	Evy van Duijn		DB1	1:39.14	1:42.99	

Ramona van Leeuwen- van Noort

200m	29.49	(29.49)
600m	1:15.74	(46.25)
1000m	2:03.41	(47.67)

Evy van Duijn

200m	24.37	(24.37)
600m	1:02.51	(38.14)
1000m	1:42.99	(40.48)

		Naam		Cat		PR	Tijd	Info
44	gl	53	Caroline Broekhuizen		DA1	1:45.75	1:49.24	
	bl	49	Sanne Ganzinga		DA1	1:41.17	1:48.51	

Caroline Broekhuizen

200m	24.82	(24.82)
600m	1:06.21	(41.39)
1000m	1:49.24	(43.03)

Sanne Ganzinga

200m	23.71	(23.71)
600m	1:03.43	(39.72)
1000m	1:48.51	(45.08)

		Naam	Cat	PR	Tijd	Info
45	wt	33 Renske van der Veer	DN2	1:31.47	1:35.81	
	rd	61 Danny Witkamp	H55	1:20.37	1:31.79	
		Renske van der Veer		Danny Witkamp		
		200m	22.57 (22.57)	200m	22.01 (22.01)	
		600m	57.77 (35.20)	600m	56.21 (34.20)	
		1000m	1:35.81 (38.04)	1000m	1:31.79 (35.58)	
		Naam	Cat	PR	Tijd	Info
46	gl	56 Vigo Nederstigt	HN1	1:25.05	1:28.76	
	bl	15 Arjen Boersma	HB2	1:13.88	1:19.62	
		Vigo Nederstigt		Arjen Boersma		
		200m	19.82 (19.82)	200m	18.33 (18.33)	
		600m	52.22 (32.40)	600m	47.63 (29.30)	
		1000m	1:28.76 (36.54)	1000m	1:19.62 (31.99)	

8. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	19 Joeke van Mulligen	HN3	51	I	4:57.08		
2	54 Tjebbe Berkhout	HB2	52	O	4:58.21		
3	12 Kai van Bennekom	HB1	51	O	5:02.10		
4	1 Driek Tolk	HB2	49	O	5:02.12		
5	34 Marino Godwaldt	HB2	52	I	5:07.25		
6	35 Wende Heeremans	DB1	49	I	5:15.73	PR	
7	14 Xander Terstal	HN1	50	O	5:39.79		
8	26 Valerie Nijman	DA1	50	I	5:43.35	PR	
9	13 Sander Nederstigt	HSA	47	I	5:48.04	PR	

8. Rituitslag 3000 meter

	Naam	Cat	PR	Tijd Info
47	wt rd	13 Sander Nederstigt	HSA	5:57.49 5:48.04 PR

Sander Nederstigt

200m	24.16	(24.16)	m
600m	1:04.54	(40.38)	
1000m	1:48.07	(43.53)	
1400m	2:34.40	(46.33)	
1800m	3:21.31	(46.91)	
2200m	4:10.70	(49.39)	
2600m	4:59.15	(48.45)	
3000m	5:48.04	(48.89)	

	Naam	Cat	PR	Tijd Info
48	gl bl			
				m

	Naam	Cat	PR	Tijd Info
49	wt rd	35 Wende Heeremans	DB1	5:29.99 5:15.73 PR
		1 Driek Tolk	HB2	4:57.63 5:02.12
		Wende Heeremans	Driek Tolk	
	200m	22.97	(22.97)	200m 23.19 (23.19)
	600m	1:00.69	(37.72)	600m 59.81 (36.62)
	1000m	1:41.29	(40.60)	1000m 1:38.69 (38.88)
	1400m	2:24.26	(42.97)	1400m 2:18.65 (39.96)
	1800m	3:06.92	(42.66)	1800m 2:58.99 (40.34)
	2200m	3:49.66	(42.74)	2200m 3:39.55 (40.56)
	2600m	4:33.32	(43.66)	2600m 4:21.04 (41.49)
	3000m	5:15.73	(42.41)	3000m 5:02.12 (41.08)

		Naam			Cat	PR	Tijd	Info
50	gl	26 Valerie Nijman			DA1	5:43.67	5:43.35	PR
	bl	14 Xander Terstal			HN1	5:23.64	5:39.79	
		Valerie Nijman			Xander Terstal			
		200m	25.79	(25.79)	200m	24.15	(24.15)	
		600m	1:08.05	(42.26)	600m	1:03.67	(39.52)	
		1000m	1:52.46	(44.41)	1000m	1:46.57	(42.90)	
		1400m	2:38.17	(45.71)	1400m	2:30.65	(44.08)	
		1800m	3:24.14	(45.97)	1800m	3:16.72	(46.07)	
		2200m	4:11.19	(47.05)	2200m	4:03.10	(46.38)	
		2600m	4:57.69	(46.50)	2600m	4:51.67	(48.57)	
		3000m	5:43.35	(45.66)	3000m	5:39.79	(48.12)	

		Naam			Cat	PR	Tijd	Info
51	wt	19 Joeke van Mulligen			HN3	4:53.10	4:57.08	
	rd	12 Kai van Bennekom			HB1	4:52.96	5:02.10	
		Joeke van Mulligen			Kai van Bennekom			
		200m	22.22	(22.22)	200m	22.40	(22.40)	
		600m	59.31	(37.09)	600m	59.46	(37.06)	
		1000m	1:37.34	(38.03)	1000m	1:38.42	(38.96)	
		1400m	2:15.99	(38.65)	1400m	2:17.06	(38.64)	
		1800m	2:54.96	(38.97)	1800m	2:56.26	(39.20)	
		2200m	3:34.89	(39.93)	2200m	3:37.11	(40.85)	
		2600m	4:15.19	(40.30)	2600m	4:19.25	(42.14)	
		3000m	4:57.08	(41.89)	3000m	5:02.10	(42.85)	



Kennemercup 15

Ijsbaan Haarlem - Haarlem

18 februari 2024



		Naam	Cat	PR	Tijd	Info
52	gl	34 Marino Godwaldt	HB2	4:46.93	5:07.25	
	bl	54 Tjebbe Berkhout	HB2	4:32.78	4:58.21	

Marino Godwaldt

200m	21.87	(21.87)
600m	58.31	(36.44)
1000m	1:36.75	(38.44)
1400m	2:17.17	(40.42)
1800m	2:59.08	(41.91)
2200m	3:42.23	(43.15)
2600m	4:24.36	(42.13)
3000m	5:07.25	(42.89)

Tjebbe Berkhout

200m	23.75	(23.75)
600m	1:00.05	(36.30)
1000m	1:37.49	(37.44)
1400m	2:15.46	(37.97)
1800m	2:54.93	(39.47)
2200m	3:35.32	(40.39)
2600m	4:16.63	(41.31)
3000m	4:58.21	(41.58)