

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

1. Uitslag FC Junioren C/B 1e 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 31 Wester van der Heide | HB1 | 4 | O | 41.68 | | |
| 2 | 55 Jelka Kootstra | DC2 | 4 | I | 46.99 | PR | |
| 3 | 29 Keira Wind | DC1 | 3 | O | 49.77 | | |
| 4 | 19 Rimar Kaper | HC1 | 3 | I | 50.37 | | |
| 5 | 61 Maarten van Achteren | HC1 | 2 | I | 50.90 | | |
| | 72 Senna Van der Kooi | DC1 | 1 | I | DQ | | |
| | 59 Christian Kramer | HC1 | 2 | O | DNS | | |

1. Rituitslag FC Junioren C/B 1e 500 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----|------------------------------|-----|-------|------|-----------|
| 1 | wt | 72 Senna Van der Kooi | DC1 | 54.22 | | DQ |
| | rd | | | | | |
| | | <u>Senna Van der Kooi</u> | | | | |
| | | | | m | | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------------|---------------|-------------------------|------|--------------|
| 2 | gl | 61 Maarten van Achteren | HC1 | 49.52 | | 50.90 |
| | bl | 59 Christian Kramer | HC1 | 57.15 | | DNS |
| | | <u>Maarten van Achteren</u> | | <u>Christian Kramer</u> | | |
| | | 100m | 12.91 (12.91) | | | |
| | | 500m | 50.90 (37.99) | | | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------|---------------|-------------------|---------------|--------------|
| 3 | wt | 19 Rimar Kaper | HC1 | 49.09 | | 50.37 |
| | rd | 29 Keira Wind | DC1 | 48.12 | | 49.77 |
| | | <u>Rimar Kaper</u> | | <u>Keira Wind</u> | | |
| | | 100m | 12.70 (12.70) | 100m | 13.26 (13.26) | |
| | | 500m | 50.37 (37.67) | 500m | 49.77 (36.51) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------------|---------------|-----------------------------|---------------|-----------------|
| 4 | gl | 55 Jelka Kootstra | DC2 | 47.01 | | 46.99 PR |
| | bl | 31 Wester van der Heide | HB1 | 41.13 | | 41.68 |
| | | <u>Jelka Kootstra</u> | | <u>Wester van der Heide</u> | | |
| | | 100m | 12.54 (12.54) | 100m | 10.90 (10.90) | |
| | | 500m | 46.99 (34.45) | 500m | 41.68 (30.78) | |

2. Uitslag FC Junioren C/B en ouder (500/1000) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|-------|------|--------|
| 1 | 9 Tobias Pleij | HC1 | 11 | I | 44.03 | | |
| 2 | 22 Sverre Jens Wolters | HC1 | 11 | O | 44.58 | | |
| 3 | 66 Daan Westra | HC1 | 10 | I | 45.43 | PR | |
| 4 | 28 Kim van der Graaf | DB1 | 12 | O | 45.46 | | |
| 5 | 13 Thijs de Wit | HC2 | 9 | I | 46.85 | PR | |
| 6 | 39 Daphne Marit van der Heide | DB2 | 9 | O | 47.11 | | |
| 7 | 58 Lotte de Jong | DB2 | 10 | O | 47.59 | | |
| 8 | 76 Sybren Altenburg | HB1 | 7 | O | 47.76 | | |
| 9 | 11 Silke Vries | DC1 | 8 | I | 49.85 | | |
| 10 | 10 Frouwkje Dijkstra | DC2 | 8 | O | 50.82 | PR | |
| 11 | 52 Annet de Boer | DC1 | 7 | I | 51.14 | PR | |
| 12 | 45 Karlijn Westra | DC1 | 6 | O | 51.82 | | |
| 13 | 38 Jildau Sietsma | DC1 | 6 | I | 52.77 | | |
| 14 | 75 Tooske Schrama | DC1 | 5 | I | 54.38 | | |
| | 56 Taylor Bork | DB1 | 12 | I | | DQ | |

2. Rituitslag FC Junioren C/B en ouder (500/1000) 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----|-------|--|--------------|------|
| 5 | wt | 75 | Tooske Schrama | | DC1 | 52.37 | | 54.38 | |
| | rd | | | | | | | | |
| | | Tooske Schrama | | | | | | | |
| | | 100m | 13.60 | (13.60) | m | | | | |
| | | 500m | 54.38 | (40.78) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----------------------|-------|---------|--------------|------|
| 6 | gl | 38 | Jildau Sietsma | | DC1 | 52.23 | | 52.77 | |
| | bl | 45 | Karlijn Westra | | DC1 | 51.38 | | 51.82 | |
| | | Jildau Sietsma | | | | | | | |
| | | 100m | 13.34 | (13.34) | Karlijn Westra | | | | |
| | | 500m | 52.77 | (39.43) | 100m | 13.53 | (13.53) | | |
| | | | | | 500m | 51.82 | (38.29) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|-------------------------|---------|-------------------------|-------|---------|--------------|------|
| 7 | wt | 52 | Annet de Boer | | DC1 | 51.79 | | 51.14 | PR |
| | rd | 76 | Sybren Altenburg | | HB1 | 47.60 | | 47.76 | |
| | | Annet de Boer | | | | | | | |
| | | 100m | 13.85 | (13.85) | Sybren Altenburg | | | | |
| | | 500m | 51.14 | (37.29) | 100m | 12.27 | (12.27) | | |
| | | | | | 500m | 47.76 | (35.49) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------------|---------|--------------------------|-------|---------|--------------|------|
| 8 | gl | 11 | Silke Vries | | DC1 | 49.56 | | 49.85 | |
| | bl | 10 | Frouwkje Dijkstra | | DC2 | 50.93 | | 50.82 | PR |
| | | Silke Vries | | | | | | | |
| | | 100m | 13.56 | (13.56) | Frouwkje Dijkstra | | | | |
| | | 500m | 49.85 | (36.29) | 100m | 13.15 | (13.15) | | |
| | | | | | 500m | 50.82 | (37.67) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|-----------------------------------|---------|-----------------------------------|-------|---------|--------------|------|
| 9 | wt | 13 | Thijs de Wit | | HC2 | 46.88 | | 46.85 | PR |
| | rd | 39 | Daphne Marit van der Heide | | DB2 | 46.84 | | 47.11 | |
| | | Thijs de Wit | | | | | | | |
| | | 100m | 12.25 | (12.25) | Daphne Marit van der Heide | | | | |
| | | 500m | 46.85 | (34.60) | 100m | 12.39 | (12.39) | | |
| | | | | | 500m | 47.11 | (34.72) | | |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------|----------------------|---------|----------------------|-------|--------------|------|--|
| 10 | gl | 66 | Daan Westra | | HC1 | 45.87 | 45.43 | PR | |
| | bl | 58 | Lotte de Jong | | DB2 | 47.31 | 47.59 | | |
| | | Daan Westra | | | Lotte de Jong | | | | |
| | | 100m | 12.74 | (12.74) | 100m | 12.67 | (12.67) | | |
| | | 500m | 45.43 | (32.69) | 500m | 47.59 | (34.92) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|---------------------|----------------------------|---------|----------------------------|-------|--------------|------|--|
| 11 | wt | 9 | Tobias Pleij | | HC1 | 42.61 | 44.03 | | |
| | rd | 22 | Sverre Jens Wolters | | HC1 | 43.45 | 44.58 | | |
| | | Tobias Pleij | | | Sverre Jens Wolters | | | | |
| | | 100m | 12.10 | (12.10) | 100m | 11.67 | (11.67) | | |
| | | 500m | 44.03 | (31.93) | 500m | 44.58 | (32.91) | | |

| | | Naam | | Cat | | PR | Tijd | Info | |
|----|----|--------------------|--------------------------|-----|--------------------------|-------|--------------|------|--|
| 12 | gl | 56 | Taylor Bork | | DB1 | 45.35 | DQ | | |
| | bl | 28 | Kim van der Graaf | | DB1 | 44.63 | 45.46 | | |
| | | Taylor Bork | | | Kim van der Graaf | | | | |
| | | | | | 100m | 12.04 | (12.04) | | |
| | | | | | 500m | 45.46 | (33.42) | | |

3. Uitslag FC Junioren C/B en ouder (500/1500) 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------|-----|------|------|---------|------|--------|
| 1 | 14 Sem de Vries | HB2 | 18 | I | 44.91 | | |
| 2 | 21 Amber Feller | DB1 | 17 | I | 46.00 | | |
| 3 | 51 Stijn Sloot | HB1 | 17 | O | 46.05 | | |
| 4 | 18 Wytse Hamstra | HC1 | 18 | O | 47.43 | | |
| 5 | 26 Foske Bouma | DB1 | 15 | O | 48.35 | | |
| 6 | 37 Romke Jepma | HC2 | 16 | O | 49.24 | | |
| 7 | 24 Welmoed de Boer | DC2 | 15 | I | 49.73 | | |
| 8 | 27 Feya Hollak | DC1 | 13 | I | 51.00 | | |
| 9 | 65 Mika Kammeraat | HC1 | 16 | I | 1:08.00 | FL | |

3. Rituitslag FC Junioren C/B en ouder (500/1500) 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|--------------------|---------|-----|-------|--|--------------|------|
| 13 | wt | 27 | Feya Hollak | | DC1 | 50.81 | | 51.00 | |
| | rd | | | | | | | | |
| | | Feya Hollak | | | | | | | |
| | | 100m | 13.19 | (13.19) | | m | | | |
| | | 500m | 51.00 | (37.81) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|---|-----|--|----|--|------|------|
| 14 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | | m | | | m | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----|-------|-------|--------------|------|
| 15 | wt | 24 | Welmoed de Boer | | DC2 | 48.53 | | 49.73 | |
| | rd | 26 | Foske Bouma | | DB1 | 47.27 | | 48.35 | |
| | | Welmoed de Boer | | | | | | | |
| | | 100m | 13.24 | (13.24) | | 100m | 13.02 | (13.02) | |
| | | 500m | 49.73 | (36.49) | | 500m | 48.35 | (35.33) | |
| | | Foske Bouma | | | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----|-------|-------|----------------|------|
| 16 | gl | 65 | Mika Kammeraat | | HC1 | 49.78 | | 1:08.00 | FL |
| | bl | 37 | Romke Jepma | | HC2 | 48.49 | | 49.24 | |
| | | Mika Kammeraat | | | | | | | |
| | | 100m | 13.21 | (13.21) | | 100m | 12.79 | (12.79) | |
| | | 500m | 1:08.00 | (54.79) | | 500m | 49.24 | (36.45) | |
| | | Romke Jepma | | | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|---------------------|---------|-----|-------|-------|--------------|------|
| 17 | wt | 21 | Amber Feller | | DB1 | 44.54 | | 46.00 | |
| | rd | 51 | Stijn Sloot | | HB1 | 45.16 | | 46.05 | |
| | | Amber Feller | | | | | | | |
| | | 100m | 12.28 | (12.28) | | 100m | 12.62 | (12.62) | |
| | | 500m | 46.00 | (33.72) | | 500m | 46.05 | (33.43) | |
| | | Stijn Sloot | | | | | | | |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|----------------------|------|-------|--------------|------|
| 18 | gl | 14 | Sem de Vries | | HB2 | 43.46 | 44.91 | |
| | bl | 18 | Wytse Hamstra | | HC1 | 46.71 | 47.43 | |
| | | | | Sem de Vries | | | | |
| | | | | Wytse Hamstra | | | | |
| | | 100m | 12.17 | (12.17) | 100m | 12.94 | (12.94) | |
| | | 500m | 44.91 | (32.74) | 500m | 47.43 | (34.49) | |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

4. Uitslag PR Pure sprint 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|--------------|------|--------|
| 1 | 77 Vigo Nederstigt | HN2 | 19 | I | 10.79 | PR | |
| 2 | 53 Tudor Prisada | HN3 | 20 | O | 11.42 | | |
| 3 | 78 Pyter Douwe Bootsma | HSA | 20 | I | 12.16 | | |

Elfstedenhal - Leeuwarden

4. Rituitslag PR Pure sprint 100 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------------------------|------------------------|---------|-----|----|-------|--------------|------|
| 19 | wt rd | 77 | Vigo Nederstigt | | HN2 | | 14.78 | 10.79 | PR |
| | | Vigo Nederstigt | | | | | | | |
| | | 100m | 10.79 | (10.79) | m | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|----------------------------|----------------------------|---------|----------------------|----|-------|--------------|---------|
| 20 | gl bl | 78 | Pyter Douwe Bootsma | | HSA | | 12.01 | 12.16 | |
| | | 53 | Tudor Prisada | | HN3 | | 10.77 | 11.42 | |
| | | Pyter Douwe Bootsma | | | | | | | |
| | | 100m | 12.16 | (12.16) | Tudor Prisada | | 100m | 11.42 | (11.42) |

5. Uitslag PR Pupillen A en ouder 500/1000 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 74 Jules van Winden | HA1 | 28 | I | 38.78 | PR | |
| 2 | 1 Frank Bouman | HB2 | 27 | I | 40.00 | | |
| 3 | 41 Mathe Toonen | HSA | 27 | O | 40.59 | PR | |
| 4 | 33 Fleur Hartveld | DC1 | 28 | O | 41.70 | | |
| 5 | 62 Wobbe Krijnen | HC1 | 26 | I | 43.87 | | |
| 6 | 34 Dan Nastas | HB2 | 26 | O | 44.49 | PR | |
| 7 | 64 Renske Molenaar | DA2 | 25 | I | 46.12 | | |
| 8 | 35 Lisa Konst | DC1 | 25 | O | 46.30 | | |
| 9 | 3 Sara Pruiksma | DC1 | 24 | I | 48.67 | PR | |
| 10 | 69 Julia Onderdelinden | DC1 | 24 | O | 49.59 | | |
| 11 | 4 Yenthe Zutt | DC1 | 23 | O | 50.06 | | |
| 12 | 36 Susan Dijkshoorn | DSA | 23 | I | 51.60 | | |
| 13 | 49 Dexter Brouwer | HC2 | 21 | O | 55.79 | | |
| 14 | 2 Richtje Taal | D75 | 21 | I | 1:17.12 | | |

5. Rituitslag PR Pupillen A en ouder 500/1000 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 21 | wt | 2 | Richtje Taal | | D75 | 1:06.60 | | 1:17.12 | |
| | rd | 49 | Dexter Brouwer | | HC2 | 54.95 | | 55.79 | |
| | | <u>Richtje Taal</u> | | | <u>Dexter Brouwer</u> | | | | |
| | | 100m | 18.63 | (18.63) | 100m | 13.79 | (13.79) | | |
| | | 500m | 1:17.12 | (58.49) | 500m | 55.79 | (42.00) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------|--|-----|----------|----|--|------|------|
| 22 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | <u>m</u> | | | <u>m</u> | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|--------------------|-------|---------|--------------|------|
| 23 | wt | 36 | Susan Dijkshoorn | | DSA | 49.15 | | 51.60 | |
| | rd | 4 | Yenthe Zutt | | DC1 | 49.76 | | 50.06 | |
| | | <u>Susan Dijkshoorn</u> | | | <u>Yenthe Zutt</u> | | | | |
| | | 100m | 13.73 | (13.73) | 100m | 13.12 | (13.12) | | |
| | | 500m | 51.60 | (37.87) | 500m | 50.06 | (36.94) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|----------------------------|---------|----------------------------|-------|---------|--------------|------|
| 24 | gl | 3 | Sara Pruiksmā | | DC1 | 51.13 | | 48.67 | PR |
| | bl | 69 | Julia Onderdelinden | | DC1 | 49.34 | | 49.59 | |
| | | <u>Sara Pruiksmā</u> | | | <u>Julia Onderdelinden</u> | | | | |
| | | 100m | 13.00 | (13.00) | 100m | 13.38 | (13.38) | | |
| | | 500m | 48.67 | (35.67) | 500m | 49.59 | (36.21) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|-------------------|-------|---------|--------------|------|
| 25 | wt | 64 | Renske Molenaar | | DA2 | 45.59 | | 46.12 | |
| | rd | 35 | Lisa Konst | | DC1 | 45.76 | | 46.30 | |
| | | <u>Renske Molenaar</u> | | | <u>Lisa Konst</u> | | | | |
| | | 100m | 12.39 | (12.39) | 100m | 12.45 | (12.45) | | |
| | | 500m | 46.12 | (33.73) | 500m | 46.30 | (33.85) | | |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|-------------------|-------|--------------|------|
| 26 | gl | 62 | Wobbe Krijnen | | HC1 | 43.65 | 43.87 | |
| | bl | 34 | Dan Nastas | | HB2 | 45.39 | 44.49 | PR |
| | | Wobbe Krijnen | | | Dan Nastas | | | |
| | | 100m | 11.66 | (11.66) | 100m | 11.51 | (11.51) | |
| | | 500m | 43.87 | (32.21) | 500m | 44.49 | (32.98) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|---------------------|-------|--------------|------|
| 27 | wt | 1 | Frank Bouman | | HB2 | 39.58 | 40.00 | |
| | rd | 41 | Mathe Toonen | | HSA | 41.06 | 40.59 | PR |
| | | Frank Bouman | | | Mathe Toonen | | | |
| | | 100m | 10.84 | (10.84) | 100m | 11.27 | (11.27) | |
| | | 500m | 40.00 | (29.16) | 500m | 40.59 | (29.32) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-----------------------|-------|--------------|------|
| 28 | gl | 74 | Jules van Winden | | HA1 | 39.92 | 38.78 | PR |
| | bl | 33 | Fleur Hartveld | | DC1 | 41.42 | 41.70 | |
| | | Jules van Winden | | | Fleur Hartveld | | | |
| | | 100m | 10.53 | (10.53) | 100m | 11.62 | (11.62) | |
| | | 500m | 38.78 | (28.25) | 500m | 41.70 | (30.08) | |

6. Uitslag PR Junioren C en ouder 500/1500 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------|-----|------|------|---------|------|--------|
| 1 | 50 Mathijs Kwakman | HN1 | 36 | I | 39.68 | | |
| 2 | 23 Stefan Huizinga | HA1 | 35 | O | 43.58 | | |
| 3 | 46 Coen Boersma | HC1 | 33 | O | 43.77 | PR | |
| 4 | 73 Bente Moller | DN1 | 36 | O | 43.83 | | |
| 5 | 60 Martijn Fokker | HC1 | 33 | I | 44.14 | | |
| 6 | 20 Emilie Fransen | DB2 | 35 | I | 44.15 | HT | |
| 7 | 57 Sverre Slenema | HC1 | 34 | O | 44.66 | | |
| 8 | 48 Casper Kerkhoff | HC1 | 31 | I | 44.78 | PR | |
| 9 | 8 Dennis van Dok | H50 | 32 | I | 44.81 | | |
| 10 | 47 Jort Lion | HC2 | 32 | O | 45.55 | PR | |
| 11 | 40 Johan Sonneveld | HSA | 30 | I | 46.64 | | |
| 12 | 7 Digna Josse | DB1 | 29 | I | 50.25 | PR | |
| 13 | 5 Jim van Elst | H60 | 30 | O | 1:05.26 | | |
| | 54 Anniek Heethaar | DB2 | 31 | O | DNS | | |
| | 15 Floris Fransen | HC2 | | | WDR | | |

6. Rituitslag PR Junioren C en ouder 500/1500 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|----------------------|-------|---------|---|-------|--------------|------|
| 29 | wt rd | 7 Digna Josse | | DB1 | | 50.93 | 50.25 | PR |
| | | Digna Josse | | | | | | |
| | | 100m | 13.23 | (13.23) | m | | | |
| | | 500m | 50.25 | (37.02) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|---------------------------|-------|---------------------|------|---------|----------------|------|
| 30 | gl bl | 40 Johan Sonneveld | | HSA | | 46.62 | 46.64 | |
| | | 5 Jim van Elst | | H60 | | 57.91 | 1:05.26 | |
| | | Johan Sonneveld | | Jim van Elst | | | | |
| | | 100m | 12.62 | (12.62) | 100m | 16.87 | (16.87) | |
| | | 500m | 46.64 | (34.02) | 500m | 1:05.26 | (48.39) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|---------------------------|-------|------------------------|--|-------|--------------|------|
| 31 | wt rd | 48 Casper Kerkhoff | | HC1 | | 45.30 | 44.78 | PR |
| | | 54 Anniek Heethaar | | DB2 | | 45.11 | DNS | |
| | | Casper Kerkhoff | | Anniek Heethaar | | | | |
| | | 100m | 11.85 | (11.85) | | | | |
| | | 500m | 44.78 | (32.93) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|-------------------------|-------|------------------|------|-------|--------------|------|
| 32 | gl bl | 8 Dennis van Dok | | H50 | | 41.68 | 44.81 | |
| | | 47 Jort Lion | | HC2 | | 45.55 | 45.55 | PR |
| | | Dennis van Dok | | Jort Lion | | | | |
| | | 100m | 12.27 | (12.27) | 100m | 12.34 | (12.34) | |
| | | 500m | 44.81 | (32.54) | 500m | 45.55 | (33.21) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|--------------------------|-------|---------------------|------|-------|--------------|------|
| 33 | wt rd | 60 Martijn Fokker | | HC1 | | 43.65 | 44.14 | |
| | | 46 Coen Boersma | | HC1 | | 43.95 | 43.77 | PR |
| | | Martijn Fokker | | Coen Boersma | | | | |
| | | 100m | 12.13 | (12.13) | 100m | 12.23 | (12.23) | |
| | | 500m | 44.14 | (32.01) | 500m | 43.77 | (31.54) | |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|------------------------|------------------------|-----|------------------------|----|--|-------|-----------------|
| 34 | gl | 15 | Floris Fransen | | HC2 | | | 45.15 | WDR |
| | bl | 57 | Sverre Slenema | | HC1 | | | 43.50 | 44.66 |
| | | <u>Floris Fransen</u> | | | <u>Sverre Slenema</u> | | | | |
| | | | | | 100m | | | 11.81 | (11.81) |
| | | | | | 500m | | | 44.66 | (32.85) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 35 | wt | 20 | Emilie Fransen | | DB2 | | | 43.05 | 44.15 HT |
| | rd | 23 | Stefan Huizinga | | HA1 | | | 42.81 | 43.58 |
| | | <u>Emilie Fransen</u> | | | <u>Stefan Huizinga</u> | | | | |
| | | | | | 100m | | | 44.15 | (44.15) |
| | | | | | 500m | | | 43.58 | (31.99) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 36 | gl | 50 | Mathijs Kwakman | | HN1 | | | 38.86 | 39.68 |
| | bl | 73 | Bente Moller | | DN1 | | | 42.98 | 43.83 |
| | | <u>Mathijs Kwakman</u> | | | <u>Bente Moller</u> | | | | |
| | | | | | 100m | | | 10.64 | (10.64) |
| | | | | | 500m | | | 39.68 | (29.04) |
| | | | | | 100m | | | 12.13 | (12.13) |
| | | | | | 500m | | | 43.83 | (31.70) |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedehal - Leeuwarden

7. Uitslag PR Pure sprint 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|--------------|------|--------|
| 1 | 77 Vigo Nederstigt | HN2 | 38 | O | 39.43 | | |
| 2 | 78 Pyter Douwe Bootsma | HSA | 37 | I | 45.81 | | |
| | 53 Tudor Prisada | HN3 | | | WDR | | |

7. Rituitslag PR Pure sprint 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|-------------------------------|-------|---------|--|-------|---|--------------|------|
| 37 | wt rd | 78 Pyter Douwe Bootsma | | HSA | | 45.07 | | 45.81 | |
| | | Pyter Douwe Bootsma | | | | | | | |
| | | 100m | 12.46 | (12.46) | | | m | | |
| | | 500m | 45.81 | (33.35) | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 38 | gl | 53 Tudor Prisada | | HN3 | | 41.19 | | WDR | |
| | bl | 77 Vigo Nederstigt | | HN2 | | 39.12 | | 39.43 | |
| | | Tudor Prisada | | | | | | | |
| | | Vigo Nederstigt | | | | | | | |
| | | 100m | 10.82 | (10.82) | | | | | |
| | | 500m | 39.43 | (28.61) | | | | | |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

8. Uitslag FC Junioren C/B 2e 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------------|-----|------|------|--------------|------|--------|
| 1 | 31 Wester van der Heide | HB1 | 42 | I | 41.84 | | |
| 2 | 19 Rimar Kaper | HC1 | 41 | O | 50.20 | | |
| 3 | 61 Maarten van Achteren | HC1 | 40 | O | 50.42 | | |
| 4 | 29 Keira Wind | DC1 | 41 | I | 51.27 | | |
| 5 | 72 Senna Van der Kooi | DC1 | 39 | O | 53.49 | | |
| | 55 Jelka Kootstra | DC2 | 42 | O | DNF | | |
| | 59 Christian Kramer | HC1 | 40 | I | DNS | | |

8. Rituitslag FC Junioren C/B 2e 500 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|------|-------|--------------|------|
| 39 | wt | 72 Senna Van der Kooi | DC1 | 54.22 | 53.49 | |
| | rd | | | | | |
| | | <u>Senna Van der Kooi</u> | | | | |
| | | m | 100m | 13.60 | (13.60) | |
| | | | 500m | 53.49 | (39.89) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|------|-------|--------------|------|
| 40 | gl | 59 Christian Kramer | HC1 | 57.15 | DNS | |
| | bl | 61 Maarten van Achteren | HC1 | 49.52 | 50.42 | |
| | | <u>Christian Kramer</u> | | | | |
| | | <u>Maarten van Achteren</u> | | | | |
| | | | 100m | 12.92 | (12.92) | |
| | | | 500m | 50.42 | (37.50) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------|-------|---------|--------------|------|
| 41 | wt | 29 Keira Wind | DC1 | 48.12 | 51.27 | |
| | rd | 19 Rimar Kaper | HC1 | 49.09 | 50.20 | |
| | | <u>Keira Wind</u> | | | | |
| | | <u>Rimar Kaper</u> | | | | |
| | | 100m | 13.56 | (13.56) | | |
| | | 500m | 51.27 | (37.71) | | |
| | | 100m | 12.68 | (12.68) | | |
| | | 500m | 50.20 | (37.52) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|-------|---------|--------------|------|
| 42 | gl | 31 Wester van der Heide | HB1 | 41.13 | 41.84 | |
| | bl | 55 Jelka Kootstra | DC2 | 47.01 | DNF | |
| | | <u>Wester van der Heide</u> | | | | |
| | | <u>Jelka Kootstra</u> | | | | |
| | | 100m | 11.25 | (11.25) | | |
| | | 500m | 41.84 | (30.59) | | |

9. Uitslag FC Junioren C/B en ouder 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|---------|------|--------|
| 1 | 66 Daan Westra | HC1 | 51 | I | 1:31.72 | | |
| 2 | 22 Sverre Jens Wolters | HC1 | 51 | O | 1:31.74 | | |
| 3 | 9 Tobias Pleij | HC1 | 50 | O | 1:32.81 | | |
| 4 | 56 Taylor Bork | DB1 | 49 | I | 1:33.79 | | |
| 5 | 28 Kim van der Graaf | DB1 | 50 | I | 1:35.04 | | |
| 6 | 58 Lotte de Jong | DB2 | 48 | I | 1:37.02 | | |
| 7 | 39 Daphne Marit van der Heide | DB2 | 48 | O | 1:37.60 | | |
| 8 | 76 Sybren Altenburg | HB1 | 46 | O | 1:40.49 | | |
| 9 | 11 Silke Vries | DC1 | 46 | I | 1:42.43 | | |
| 10 | 52 Annet de Boer | DC1 | 47 | O | 1:45.01 | | |
| 11 | 13 Thijs de Wit | HC2 | 49 | O | 1:45.65 | FL | |
| 12 | 10 Frouwkje Dijkstra | DC2 | 47 | I | 1:45.71 | | |
| 13 | 45 Karlijn Westra | DC1 | 45 | O | 1:47.90 | | |
| 14 | 38 Jildau Sietsma | DC1 | 45 | I | 1:49.02 | PR | |
| 15 | 75 Tooske Schrama | DC1 | 44 | I | 1:52.17 | | |

9. Rituitslag FC Junioren C/B en ouder 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|------|--------------------------|---------|---------|---------|-------|----------------|---------|
| 44 | wt | 75 | Tooske Schrama | | DC1 | 1:48.90 | | 1:52.17 | |
| | rd | | | | | | | | |
| | | | Tooske Schrama | | | | | | |
| | | | 200m | 25.44 | (25.44) | | m | | |
| | | | 600m | 1:08.49 | (43.05) | | | | |
| | | | 1000m | 1:52.17 | (43.68) | | | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 45 | gl | 38 | Jildau Sietsma | | DC1 | 1:50.08 | | 1:49.02 | PR |
| | bl | 45 | Karlijn Westra | | DC1 | 1:46.63 | | 1:47.90 | |
| | | | Jildau Sietsma | | | | | | |
| | | | 200m | 24.62 | (24.62) | | 200m | 24.73 | (24.73) |
| | | | 600m | 1:05.55 | (40.93) | | 600m | 1:05.60 | (40.87) |
| | | | 1000m | 1:49.02 | (43.47) | | 1000m | 1:47.90 | (42.30) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 46 | wt | 11 | Silke Vries | | DC1 | 1:39.70 | | 1:42.43 | |
| | rd | 76 | Sybren Altenburg | | HB1 | 1:38.76 | | 1:40.49 | |
| | | | Silke Vries | | | | | | |
| | | | 200m | 23.84 | (23.84) | | 200m | 21.99 | (21.99) |
| | | | 600m | 1:02.02 | (38.18) | | 600m | 59.64 | (37.65) |
| | | | 1000m | 1:42.43 | (40.41) | | 1000m | 1:40.49 | (40.85) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 47 | gl | 10 | Frouwkje Dijkstra | | DC2 | 1:44.35 | | 1:45.71 | |
| | bl | 52 | Annet de Boer | | DC1 | 1:44.05 | | 1:45.01 | |
| | | | Frouwkje Dijkstra | | | | | | |
| | | | 200m | 23.44 | (23.44) | | 200m | 24.65 | (24.65) |
| | | | 600m | 1:03.29 | (39.85) | | 600m | 1:03.96 | (39.31) |
| | | | 1000m | 1:45.71 | (42.42) | | 1000m | 1:45.01 | (41.05) |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------------------|---------|---------|-----------------------------------|----------------|---------|
| 48 | wt | 58 Lotte de Jong | DB2 | | 1:35.65 | 1:37.02 | |
| | rd | 39 Daphne Marit van der Heide | DB2 | | 1:35.04 | 1:37.60 | |
| | | Lotte de Jong | | | Daphne Marit van der Heide | | |
| | | 200m | 22.52 | (22.52) | 200m | 22.43 | (22.43) |
| | | 600m | 58.94 | (36.42) | 600m | 58.34 | (35.91) |
| | | 1000m | 1:37.02 | (38.08) | 1000m | 1:37.60 | (39.26) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------|---------|---------|---------------------|----------------|---------|
| 49 | gl | 56 Taylor Bork | DB1 | | 1:31.05 | 1:33.79 | |
| | bl | 13 Thijs de Wit | HC2 | | 1:35.08 | 1:45.65 | FL |
| | | Taylor Bork | | | Thijs de Wit | | |
| | | 200m | 21.93 | (21.93) | 200m | 21.62 | (21.62) |
| | | 600m | 56.76 | (34.83) | 600m | 57.15 | (35.53) |
| | | 1000m | 1:33.79 | (37.03) | 1000m | 1:45.65 | (48.50) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-----------------------------|---------|---------|---------------------|----------------|---------|
| 50 | wt | 28 Kim van der Graaf | DB1 | | 1:31.95 | 1:35.04 | |
| | rd | 9 Tobias Pleij | HC1 | | 1:28.51 | 1:32.81 | |
| | | Kim van der Graaf | | | Tobias Pleij | | |
| | | 200m | 20.92 | (20.92) | 200m | 21.41 | (21.41) |
| | | 600m | 55.51 | (34.59) | 600m | 56.16 | (34.75) |
| | | 1000m | 1:35.04 | (39.53) | 1000m | 1:32.81 | (36.65) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------------|---------|---------|----------------------------|----------------|---------|
| 51 | gl | 66 Daan Westra | HC1 | | 1:30.60 | 1:31.72 | |
| | bl | 22 Sverre Jens Wolters | HC1 | | 1:28.77 | 1:31.74 | |
| | | Daan Westra | | | Sverre Jens Wolters | | |
| | | 200m | 21.62 | (21.62) | 200m | 21.07 | (21.07) |
| | | 600m | 55.04 | (33.42) | 600m | 55.03 | (33.96) |
| | | 1000m | 1:31.72 | (36.68) | 1000m | 1:31.74 | (36.71) |

10. Uitslag PR Pupillen A en ouder 500/1000 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 74 Jules van Winden | HA1 | 58 | I | 1:18.26 | PR | |
| 2 | 1 Frank Bouman | HB2 | 59 | O | 1:20.41 | PR | |
| 3 | 41 Mathe Toonen | HSA | 59 | I | 1:20.50 | PR | |
| 4 | 33 Fleur Hartveld | DC1 | 58 | O | 1:23.94 | TRC | |
| 5 | 62 Wobbe Krijnen | HC1 | 57 | O | 1:28.23 | PR | |
| 6 | 64 Renske Molenaar | DA2 | 57 | I | 1:34.79 | | |
| 7 | 35 Lisa Konst | DC1 | 56 | I | 1:35.54 | | |
| 8 | 34 Dan Nastas | HB2 | 56 | O | 1:35.76 | | |
| 9 | 69 Julia Onderdelinden | DC1 | 55 | O | 1:42.08 | | |
| 10 | 3 Sara Pruiksma | DC1 | 54 | O | 1:42.36 | PR | |
| 11 | 4 Yenthe Zutt | DC1 | 54 | I | 1:43.57 | | |
| 12 | 49 Dexter Brouwer | HC2 | 52 | O | 1:53.82 | PR | |
| 13 | 2 Richtje Taal | D75 | 52 | I | 2:33.26 | | |
| | 36 Susan Dijkshoorn | DSA | 55 | I | | DNF | |

10. Rituitslag PR Pupillen A en ouder 500/1000 1000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 52 | wt | 2 | Richtje Taal | | D75 | 2:09.05 | 2:33.26 | |
| | rd | 49 | Dexter Brouwer | | HC2 | 1:57.64 | 1:53.82 | PR |
| | | Richtje Taal | | | Dexter Brouwer | | | |
| | | 200m | 33.17 | (33.17) | 200m | 24.58 | (24.58) | |
| | | 600m | 1:31.45 | (58.28) | 600m | 1:07.13 | (42.55) | |
| | | 1000m | 2:33.26 | (61.81) | 1000m | 1:53.82 | (46.69) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--|-----|---|----|------|------|
| 53 | gl | | | | | | | |
| | bl | | | | | | | |
| | | m | | | m | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|----------------------|---------|----------------------|---------|----------------|------|
| 54 | wt | 4 | Yenthe Zutt | | DC1 | 1:40.90 | 1:43.57 | |
| | rd | 3 | Sara Pruiksma | | DC1 | 1:45.86 | 1:42.36 | PR |
| | | Yenthe Zutt | | | Sara Pruiksma | | | |
| | | 200m | 23.37 | (23.37) | 200m | 22.97 | (22.97) | |
| | | 600m | 1:02.11 | (38.74) | 600m | 1:01.01 | (38.04) | |
| | | 1000m | 1:43.57 | (41.46) | 1000m | 1:42.36 | (41.35) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|----------------------------|---------|----------------------------|---------|----------------|------|
| 55 | gl | 36 | Susan Dijkshoorn | | DSA | 1:38.50 | DNF | |
| | bl | 69 | Julia Onderdelinden | | DC1 | 1:40.17 | 1:42.08 | |
| | | Susan Dijkshoorn | | | Julia Onderdelinden | | | |
| | | 200m | 23.61 | (23.61) | 200m | 23.81 | (23.81) | |
| | | | | | 600m | 1:01.34 | (37.53) | |
| | | | | | 1000m | 1:42.08 | (40.74) | |

Elfstedenhal - Leeuwarden

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------|---------|---------|-------------------|----------------|---------|
| 56 | wt | 35 Lisa Konst | DC1 | | 1:31.82 | 1:35.54 | |
| | rd | 34 Dan Nastas | HB2 | | 1:34.49 | 1:35.76 | |
| | | Lisa Konst | | | Dan Nastas | | |
| | | 200m | 21.83 | (21.83) | 200m | 20.82 | (20.82) |
| | | 600m | 57.43 | (35.60) | 600m | 56.68 | (35.86) |
| | | 1000m | 1:35.54 | (38.11) | 1000m | 1:35.76 | (39.08) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------------|---------|---------|----------------------|----------------|---------|
| 57 | gl | 64 Renske Molenaar | DA2 | | 1:33.65 | 1:34.79 | |
| | bl | 62 Wobbe Krijnen | HC1 | | 1:29.68 | 1:28.23 | PR |
| | | Renske Molenaar | | | Wobbe Krijnen | | |
| | | 200m | 21.54 | (21.54) | 200m | 20.57 | (20.57) |
| | | 600m | 55.99 | (34.45) | 600m | 53.85 | (33.28) |
| | | 1000m | 1:34.79 | (38.80) | 1000m | 1:28.23 | (34.38) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------------|---------|---------|-----------------------|----------------|---------|
| 58 | wt | 74 Jules van Winden | HA1 | | 1:18.93 | 1:18.26 | PR |
| | rd | 33 Fleur Hartveld | DC1 | | 1:22.98 | 1:23.94 | TRC |
| | | Jules van Winden | | | Fleur Hartveld | | |
| | | 200m | 18.14 | (18.14) | 200m | 19.68 | (19.68) |
| | | 600m | 47.11 | (28.97) | 600m | 50.50 | (30.82) |
| | | 1000m | 1:18.26 | (31.15) | 1000m | 1:23.94 | (33.44) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------|---------|---------|---------------------|----------------|---------|
| 59 | gl | 41 Mathe Toonen | HSA | | 1:23.28 | 1:20.50 | PR |
| | bl | 1 Frank Bouman | HB2 | | 1:21.04 | 1:20.41 | PR |
| | | Mathe Toonen | | | Frank Bouman | | |
| | | 200m | 18.97 | (18.97) | 200m | 18.79 | (18.79) |
| | | 600m | 48.29 | (29.32) | 600m | 48.58 | (29.79) |
| | | 1000m | 1:20.50 | (32.21) | 1000m | 1:20.41 | (31.83) |

11. Uitslag PR Pure sprint 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------|-----|------|------|------|------|--------|
| 77 | Vigo Nederstigt | HN2 | 60 | I | | DNS | |
| 53 | Tudor Prisada | HN3 | | | | WDR | |
| 78 | Pyter Douwe Bootsma | HSA | | | | WDR | |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

11. Rituitslag PR Pure sprint 300 meter

| | | Naam | Cat | PR | Tijd Info |
|----|----------|---------------------------|-----|-------|------------|
| 60 | wt rd | 77 Vigo Nederstigt | HN2 | 38.24 | DNS |
| | | <u>Vigo Nederstigt</u> | | | |
| | | | | m | |

| | | Naam | Cat | PR | Tijd Info |
|----|----------|-------------------------------|-----|----------------------------|------------|
| 61 | gl bl | 53 Tudor Prisada | HN3 | 30.54 | WDR |
| | | 78 Pyter Douwe Bootsma | HSA | 45.50 | WDR |
| | | <u>Tudor Prisada</u> | | | |
| | | | | <u>Pyter Douwe Bootsma</u> | |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

12. Uitslag FC Junioren C/B en ouder 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------|-----|------|------|---------|------|--------|
| 1 | 51 Stijn Sloot | HB1 | 67 | O | 2:15.86 | | |
| 2 | 14 Sem de Vries | HB2 | 67 | I | 2:16.75 | | |
| 3 | 18 Wytse Hamstra | HC1 | 66 | O | 2:24.05 | | |
| 4 | 21 Amber Feller | DB1 | 66 | I | 2:25.09 | | |
| 5 | 26 Foske Bouma | DB1 | 65 | O | 2:30.60 | | |
| 6 | 37 Romke Jepma | HC2 | 62 | I | 2:31.04 | | |
| 7 | 65 Mika Kammeraat | HC1 | 65 | I | 2:40.10 | | |
| 8 | 24 Welmoed de Boer | DC2 | 64 | I | 2:42.76 | | |
| 9 | 27 Feya Hollak | DC1 | 64 | O | 2:47.36 | | |

12. Rituitslag FC Junioren C/B en ouder 1500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|-----------------------|---------|---------|--|----|----------------|------|
| 62 | wt rd | 37 Romke Jepma | | HC2 | | | 2:31.04 | |
| | | Romke Jepma | | | | | | |
| | | 300m | 31.56 | (31.56) | | | m | |
| | | 700m | 1:09.84 | (38.28) | | | | |
| | | 1100m | 1:49.75 | (39.91) | | | | |
| | | 1500m | 2:31.04 | (41.29) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|--|-----|--|----|------|------|
| 63 | gl bl | | | | | | | |
| | | | | | | | m | |
| | | | | | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------------|---------|---------|--------------------|---------|----------------|------|
| 64 | wt | 24 Welmoed de Boer | | DC2 | | 2:35.69 | 2:42.76 | |
| | rd | 27 Feya Hollak | | DC1 | | 2:41.73 | 2:47.36 | |
| | | Welmoed de Boer | | | Feya Hollak | | | |
| | | 300m | 32.85 | (32.85) | 300m | 35.01 | (35.01) | |
| | | 700m | 1:13.46 | (40.61) | 700m | 1:17.63 | (42.62) | |
| | | 1100m | 1:57.55 | (44.09) | 1100m | 2:02.45 | (44.82) | |
| | | 1500m | 2:42.76 | (45.21) | 1500m | 2:47.36 | (44.91) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|---------|---------|--------------------|---------|----------------|------|
| 65 | gl | 65 Mika Kammeraat | | HC1 | | 2:38.95 | 2:40.10 | |
| | bl | 26 Foske Bouma | | DB1 | | 2:24.04 | 2:30.60 | |
| | | Mika Kammeraat | | | Foske Bouma | | | |
| | | 300m | 32.32 | (32.32) | 300m | 31.84 | (31.84) | |
| | | 700m | 1:12.44 | (40.12) | 700m | 1:08.97 | (37.13) | |
| | | 1100m | 1:56.08 | (43.64) | 1100m | 1:49.04 | (40.07) | |
| | | 1500m | 2:40.10 | (44.02) | 1500m | 2:30.60 | (41.56) | |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|---------|---------|----------------------|---------|----------------|------|
| 66 | wt | 21 Amber Feller | | DB1 | | 2:20.85 | 2:25.09 | |
| | rd | 18 Wytse Hamstra | | HC1 | | 2:22.91 | 2:24.05 | |
| | | Amber Feller | | | Wytse Hamstra | | | |
| | | 300m | 30.41 | (30.41) | 300m | 30.87 | (30.87) | |
| | | 700m | 1:06.90 | (36.49) | 700m | 1:07.32 | (36.45) | |
| | | 1100m | 1:45.39 | (38.49) | 1100m | 1:45.54 | (38.22) | |
| | | 1500m | 2:25.09 | (39.70) | 1500m | 2:24.05 | (38.51) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|---------|---------|--------------------|---------|----------------|------|
| 67 | gl | 14 Sem de Vries | | HB2 | | 2:15.27 | 2:16.75 | |
| | bl | 51 Stijn Sloot | | HB1 | | 2:12.95 | 2:15.86 | |
| | | Sem de Vries | | | Stijn Sloot | | | |
| | | 300m | 29.61 | (29.61) | 300m | 30.20 | (30.20) | |
| | | 700m | 1:04.28 | (34.67) | 700m | 1:03.84 | (33.64) | |
| | | 1100m | 1:40.67 | (36.39) | 1100m | 1:39.10 | (35.26) | |
| | | 1500m | 2:16.75 | (36.08) | 1500m | 2:15.86 | (36.76) | |

13. Uitslag PR Junioren C en ouder 500/1500 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------|-----|------|------|---------|------|--------|
| 1 | 50 Mathijs Kwakman | HN1 | 75 | O | 2:03.15 | PR | |
| 2 | 73 Bente Moller | DN1 | 74 | O | 2:12.21 | | |
| 3 | 46 Coen Boersma | HC1 | 75 | I | 2:12.55 | | |
| 4 | 23 Stefan Huizinga | HA1 | 73 | O | 2:13.40 | | |
| 5 | 60 Martijn Fokker | HC1 | 72 | I | 2:15.72 | | |
| 6 | 8 Dennis van Dok | H50 | 69 | O | 2:17.09 | | |
| 7 | 48 Casper Kerkhoff | HC1 | 72 | O | 2:18.34 | | |
| 8 | 47 Jort Lion | HC2 | 73 | I | 2:20.40 | | |
| 9 | 40 Johan Sonneveld | HSA | 70 | I | 2:22.13 | PR | |
| 10 | 54 Anniek Heethaar | DB2 | 71 | O | 2:30.26 | | |
| 11 | 7 Digna Joesse | DB1 | 69 | I | 2:39.11 | | |
| 12 | 5 Jim van Elst | H60 | 68 | I | 3:13.90 | | |
| | 20 Emilie Fransen | DB2 | 74 | I | DNS | | |
| | 57 Sverre Slenema | HC1 | | | WDR | | |
| | 15 Floris Fransen | HC2 | | | WDR | | |

13. Rituitslag PR Junioren C en ouder 500/1500 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|---------------------------|-----------------|---------|----------------|-----------------|
| 68 | wt | 5 Jim van Elst | H60 | 2:58.27 | 3:13.90 | |
| | rd | | | | | |
| | | <u>Jim van Elst</u> | | | | |
| | | 300m | 42.11 (42.11) | | m | |
| | | 700m | 1:31.75 (49.64) | | | |
| | | 1100m | 2:22.31 (50.56) | | | |
| | | 1500m | 3:13.90 (51.59) | | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 69 | gl | 7 Digna Joesse | DB1 | 2:38.39 | 2:39.11 | |
| | bl | 8 Dennis van Dok | H50 | 2:08.71 | 2:17.09 | |
| | | <u>Digna Joesse</u> | | | | |
| | | 300m | 32.80 (32.80) | | 300m | 29.60 (29.60) |
| | | 700m | 1:12.90 (40.10) | | 700m | 1:03.76 (34.16) |
| | | 1100m | 1:55.56 (42.66) | | 1100m | 1:39.87 (36.11) |
| | | 1500m | 2:39.11 (43.55) | | 1500m | 2:17.09 (37.22) |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 70 | wt | 40 Johan Sonneveld | HSA | 2:24.82 | 2:22.13 | PR |
| | rd | 57 Sverre Slenema | HC1 | 2:19.94 | WDR | |
| | | <u>Johan Sonneveld</u> | | | | |
| | | 300m | 30.78 (30.78) | | | |
| | | 700m | 1:06.64 (35.86) | | | |
| | | 1100m | 1:44.10 (37.46) | | | |
| | | 1500m | 2:22.13 (38.03) | | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 71 | gl | 15 Floris Fransen | HC2 | 2:19.38 | WDR | |
| | bl | 54 Anniek Heethaar | DB2 | 2:20.08 | 2:30.26 | |
| | | <u>Floris Fransen</u> | | | | |
| | | <u>Anniek Heethaar</u> | | | | |
| | | 300m | 30.67 (30.67) | | 300m | 30.67 (30.67) |
| | | 700m | 1:07.96 (37.29) | | 700m | 1:07.96 (37.29) |
| | | 1100m | 1:48.52 (40.56) | | 1100m | 1:48.52 (40.56) |
| | | 1500m | 2:30.26 (41.74) | | 1500m | 2:30.26 (41.74) |

FryslanCup Junioren C/B + PR wedstrijd [Pure sprint] 2 februari 2025

Elfstedenhal - Leeuwarden

| | | Naam | Cat | PR | Tijd | Info |
|-----------------------|----|---------------------------|------------------------|---------|-----------------|------|
| 72 | wt | 60 Martijn Fokker | HC1 | 2:11.92 | 2:15.72 | |
| | rd | 48 Casper Kerkhoff | HC1 | 2:15.63 | 2:18.34 | |
| Martijn Fokker | | | Casper Kerkhoff | | | |
| | | 300m | 29.06 (29.06) | 300m | 29.44 (29.44) | |
| | | 700m | 1:03.66 (34.60) | 700m | 1:04.33 (34.89) | |
| | | 1100m | 1:39.35 (35.69) | 1100m | 1:41.08 (36.75) | |
| | | 1500m | 2:15.72 (36.37) | 1500m | 2:18.34 (37.26) | |

| | | Naam | Cat | PR | Tijd | Info |
|------------------|----|---------------------------|------------------------|---------|-----------------|------|
| 73 | gl | 47 Jort Lion | HC2 | 2:17.70 | 2:20.40 | |
| | bl | 23 Stefan Huizinga | HA1 | 2:12.08 | 2:13.40 | |
| Jort Lion | | | Stefan Huizinga | | | |
| | | 300m | 29.45 (29.45) | 300m | 27.74 (27.74) | |
| | | 700m | 1:04.16 (34.71) | 700m | 1:00.80 (33.06) | |
| | | 1100m | 1:41.58 (37.42) | 1100m | 1:36.26 (35.46) | |
| | | 1500m | 2:20.40 (38.82) | 1500m | 2:13.40 (37.14) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----------------------|----|--------------------------|---------------------|---------|-----------------|------|
| 74 | wt | 20 Emilie Fransen | DB2 | 2:11.85 | DNS | |
| | rd | 73 Bente Moller | DN1 | 2:09.96 | 2:12.21 | |
| Emilie Fransen | | | Bente Moller | | | |
| | | 300m | | 300m | 28.30 (28.30) | |
| | | 700m | | 700m | 1:00.84 (32.54) | |
| | | 1100m | | 1100m | 1:35.37 (34.53) | |
| | | 1500m | | 1500m | 2:12.21 (36.84) | |

| | | Naam | Cat | PR | Tijd | Info |
|---------------------|----|---------------------------|------------------------|---------|-----------------|------|
| 75 | gl | 46 Coen Boersma | HC1 | 2:11.61 | 2:12.55 | |
| | bl | 50 Mathijs Kwakman | HN1 | 2:04.79 | 2:03.15 | PR |
| Coen Boersma | | | Mathijs Kwakman | | | |
| | | 300m | 28.84 (28.84) | 300m | 25.55 (25.55) | |
| | | 700m | 1:01.31 (32.47) | 700m | 55.22 (29.67) | |
| | | 1100m | 1:35.71 (34.40) | 1100m | 1:27.74 (32.52) | |
| | | 1500m | 2:12.55 (36.84) | 1500m | 2:03.15 (35.41) | |

Elfstedehal - Leeuwarden

14. Uitslag PR Junioren A en ouder 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 70 Minze Elgersma | HA1 | 76 | I | 5:00.37 | | |
| 2 | 68 Maartje Onderdelinden | DB1 | 76 | O | 5:10.67 | | |

14. Rituitslag PR Junioren A en ouder 3000 meter

| | | Naam | Cat | PR | Tijd | Info |
|-----------------------|----|---------------------------------|------------------------------|----|----------------|-----------------|
| 76 | wt | 70 Minze Elgersma | HA1 | | 5:00.37 | |
| | rd | 68 Maartje Onderdelinden | DB1 | | 5:10.67 | |
| Minze Elgersma | | | Maartje Onderdelinden | | | |
| | | 200m | 21.94 (21.94) | | 200m | 23.59 (23.59) |
| | | 600m | 59.68 (37.74) | | 600m | 1:04.60 (41.01) |
| | | 1000m | 1:38.80 (39.12) | | 1000m | 1:46.77 (42.17) |
| | | 1400m | 2:18.06 (39.26) | | 1400m | 2:28.94 (42.17) |
| | | 1800m | 2:58.38 (40.32) | | 1800m | 3:10.06 (41.12) |
| | | 2200m | 3:39.30 (40.92) | | 2200m | 3:52.09 (42.03) |
| | | 2600m | 4:20.48 (41.18) | | 2600m | 4:32.26 (40.17) |
| | | 3000m | 5:00.37 (39.89) | | 3000m | 5:10.67 (38.41) |

15. Uitslag PR Junioren B2 en ouder 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 71 Jan-Hendrik Hoekstra | HB2 | 77 | I | 7:08.19 | TRC | |
| 2 | 67 Nynke Tinga | DA2 | 77 | O | 8:16.34 | PR | |

15. Rituitslag PR Junioren B2 en ouder 5000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|----------------------|---------|--|-------------|---------|----------------|------|
| 77 | wt | 71 | Jan-Hendrik Hoekstra | | | 6:53.52 | | 7:08.19 | TRC |
| | rd | 67 | Nynke Tinga | | | 8:21.81 | | 8:16.34 | PR |
| | | Jan-Hendrik Hoekstra | | | | Nynke Tinga | | | |
| | | 200m | 20.07 | (20.07) | | 200m | 21.15 | (21.15) | |
| | | 600m | 51.79 | (31.72) | | 600m | 56.79 | (35.64) | |
| | | 1000m | 1:23.76 | (31.97) | | 1000m | 1:34.36 | (37.57) | |
| | | 1400m | 1:55.90 | (32.14) | | 1400m | 2:12.54 | (38.18) | |
| | | 1800m | 2:28.47 | (32.57) | | 1800m | 2:51.48 | (38.94) | |
| | | 2200m | 3:01.35 | (32.88) | | 2200m | 3:31.29 | (39.81) | |
| | | 2600m | 3:34.86 | (33.51) | | 2600m | 4:11.18 | (39.89) | |
| | | 3000m | 4:09.25 | (34.39) | | 3000m | 4:51.18 | (40.00) | |
| | | 3400m | 4:44.27 | (35.02) | | 3400m | 5:31.36 | (40.18) | |
| | | 3800m | 5:19.60 | (35.33) | | 3800m | 6:12.19 | (40.83) | |
| | | 4200m | 5:55.48 | (35.88) | | 4200m | 6:53.42 | (41.23) | |
| | | 4600m | 6:31.89 | (36.41) | | 4600m | 7:34.71 | (41.29) | |
| | | 5000m | 7:08.19 | (36.30) | | 5000m | 8:16.34 | (41.63) | |