

# ZHK Jun-C

De Uithof - Den Haag

15 december 2024

## 1. Uitslag Dames Jun-C 500 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 16 Fleur Hartveld      | DC1 | 11   | O    | 43.06   |      |        |
| 2   | 2 Fleur Alkemade       | DC2 | 12   | I    | 44.12   |      |        |
| 3   | 42 Esmee van Randeraat | DC2 | 12   | O    | 44.86   |      |        |
| 4   | 7 Nanette de Boon      | DC1 | 11   | I    | 44.97   |      |        |
| 5   | 29 Elin Lamain         | DC1 | 10   | O    | 46.16   |      |        |
| 6   | 35 Maud Moret          | DC1 | 9    | O    | 46.18   |      |        |
| 7   | 24 Augustine Kaper     | DC1 | 10   | I    | 46.31   |      |        |
| 8   | 27 Fiore Koutstaal     | DC2 | 9    | I    | 47.26   |      |        |
| 9   | 18 Maaike Helleman     | DC2 | 7    | O    | 47.37   |      |        |
| 10  | 45 Jolijn Solleveld    | DC1 | 6    | O    | 48.00   |      |        |
| 11  | 13 Mare Damsma         | DC2 | 8    | I    | 48.39   |      |        |
| 12  | 48 Nouschka Steenks    | DC2 | 5    | I    | 48.42   |      |        |
| 13  | 11 Maren de Bruin      | DC1 | 7    | I    | 48.43   |      |        |
| 14  | 10 Francis de Bruijn   | DC1 | 4    | I    | 48.49   |      |        |
| 15  | 26 Sanne Kool          | DC1 | 5    | O    | 48.50   |      |        |
| 16  | 21 Fien Hummel         | DC1 | 4    | O    | 48.66   |      |        |
| 17  | 3 Renske Ansink        | DC2 | 6    | I    | 49.56   |      |        |
| 18  | 23 Mijntje Juffermans  | DC1 | 1    | I    | 49.81   |      |        |
|     | 52 Tippi Verbree       | DC2 | 1    | O    | 49.81   |      |        |
| 20  | 22 Lotte Janssen       | DC1 | 3    | I    | 49.99   |      |        |
| 21  | 4 Luna Beks            | DC2 | 8    | O    | 50.49   |      |        |
|     | 19 Rinske Hogenboom    | DC2 | 2    | I    | 50.49   |      |        |
| 23  | 28 Kim Lagraauw        | DC1 | 2    | O    | 52.53   |      |        |
| 24  | 44 Cato Slegtenhorst   | DC2 | 3    | O    | 1:05.94 | FL   |        |

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|   |    | Naam                      |                           | Cat     |                      | PR    |         | Tijd         | Info |
|---|----|---------------------------|---------------------------|---------|----------------------|-------|---------|--------------|------|
| 1 | wt | 23                        | <b>Mijntje Juffermans</b> |         | DC1                  |       | 49.55   | <b>49.81</b> |      |
|   | rd | 52                        | <b>Tippi Verbree</b>      |         | DC2                  |       | 48.40   | <b>49.81</b> |      |
|   |    | <b>Mijntje Juffermans</b> |                           |         | <b>Tippi Verbree</b> |       |         |              |      |
|   |    | 100m                      | 12.89                     | (12.89) | 100m                 | 12.73 | (12.73) |              |      |
|   |    | 500m                      | 49.81                     | (36.92) | 500m                 | 49.81 | (37.08) |              |      |

|   |    | Naam                    |                         | Cat     |                     | PR    |         | Tijd         | Info |
|---|----|-------------------------|-------------------------|---------|---------------------|-------|---------|--------------|------|
| 2 | gl | 19                      | <b>Rinske Hogenboom</b> |         | DC2                 |       | 49.41   | <b>50.49</b> |      |
|   | bl | 28                      | <b>Kim Lagraauw</b>     |         | DC1                 |       | 51.03   | <b>52.53</b> |      |
|   |    | <b>Rinske Hogenboom</b> |                         |         | <b>Kim Lagraauw</b> |       |         |              |      |
|   |    | 100m                    | 13.37                   | (13.37) | 100m                | 13.76 | (13.76) |              |      |
|   |    | 500m                    | 50.49                   | (37.12) | 500m                | 52.53 | (38.77) |              |      |

|   |    | Naam                 |                          | Cat     |                          | PR      |         | Tijd           | Info |
|---|----|----------------------|--------------------------|---------|--------------------------|---------|---------|----------------|------|
| 3 | wt | 22                   | <b>Lotte Janssen</b>     |         | DC1                      |         | 48.95   | <b>49.99</b>   |      |
|   | rd | 44                   | <b>Cato Slegtenhorst</b> |         | DC2                      |         | 48.39   | <b>1:05.94</b> | FL   |
|   |    | <b>Lotte Janssen</b> |                          |         | <b>Cato Slegtenhorst</b> |         |         |                |      |
|   |    | 100m                 | 13.11                    | (13.11) | 100m                     | 12.97   | (12.97) |                |      |
|   |    | 500m                 | 49.99                    | (36.88) | 500m                     | 1:05.94 | (52.97) |                |      |

|   |    | Naam                     |                          | Cat     |                    | PR    |         | Tijd         | Info |
|---|----|--------------------------|--------------------------|---------|--------------------|-------|---------|--------------|------|
| 4 | gl | 10                       | <b>Francis de Bruijn</b> |         | DC1                |       | 46.81   | <b>48.49</b> |      |
|   | bl | 21                       | <b>Fien Hummel</b>       |         | DC1                |       | 47.24   | <b>48.66</b> |      |
|   |    | <b>Francis de Bruijn</b> |                          |         | <b>Fien Hummel</b> |       |         |              |      |
|   |    | 100m                     | 12.73                    | (12.73) | 100m               | 12.78 | (12.78) |              |      |
|   |    | 500m                     | 48.49                    | (35.76) | 500m               | 48.66 | (35.88) |              |      |

|   |    | Naam                    |                         | Cat     |                   | PR    |         | Tijd         | Info |
|---|----|-------------------------|-------------------------|---------|-------------------|-------|---------|--------------|------|
| 5 | wt | 48                      | <b>Nouschka Steenks</b> |         | DC2               |       | 46.96   | <b>48.42</b> |      |
|   | rd | 26                      | <b>Sanne Kool</b>       |         | DC1               |       | 47.23   | <b>48.50</b> |      |
|   |    | <b>Nouschka Steenks</b> |                         |         | <b>Sanne Kool</b> |       |         |              |      |
|   |    | 100m                    | 12.57                   | (12.57) | 100m              | 13.15 | (13.15) |              |      |
|   |    | 500m                    | 48.42                   | (35.85) | 500m              | 48.50 | (35.35) |              |      |

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|       |    | Naam                   |                         | Cat     |                         | PR    |         | Tijd         | Info |
|-------|----|------------------------|-------------------------|---------|-------------------------|-------|---------|--------------|------|
| 6     | gl | 3                      | <b>Renske Ansink</b>    |         | DC2                     |       | 47.64   | <b>49.56</b> |      |
|       | bl | 45                     | <b>Jolijn Solleveld</b> |         | DC1                     |       | 46.91   | <b>48.00</b> |      |
|       |    | <b>Renske Ansink</b>   |                         |         | <b>Jolijn Solleveld</b> |       |         |              |      |
|       |    | 100m                   | 13.49                   | (13.49) | 100m                    | 12.49 | (12.49) |              |      |
|       |    | 500m                   | 49.56                   | (36.07) | 500m                    | 48.00 | (35.51) |              |      |
| <hr/> |    |                        |                         |         |                         |       |         |              |      |
|       |    | Naam                   |                         | Cat     |                         | PR    |         | Tijd         | Info |
| 7     | wt | 11                     | <b>Maren de Bruin</b>   |         | DC1                     |       | 46.46   | <b>48.43</b> |      |
|       | rd | 18                     | <b>Maaike Helleman</b>  |         | DC2                     |       | 45.72   | <b>47.37</b> |      |
|       |    | <b>Maren de Bruin</b>  |                         |         | <b>Maaike Helleman</b>  |       |         |              |      |
|       |    | 100m                   | 13.19                   | (13.19) | 100m                    | 12.68 | (12.68) |              |      |
|       |    | 500m                   | 48.43                   | (35.24) | 500m                    | 47.37 | (34.69) |              |      |
| <hr/> |    |                        |                         |         |                         |       |         |              |      |
|       |    | Naam                   |                         | Cat     |                         | PR    |         | Tijd         | Info |
| 8     | gl | 13                     | <b>Mare Damsma</b>      |         | DC2                     |       | 46.95   | <b>48.39</b> |      |
|       | bl | 4                      | <b>Luna Beks</b>        |         | DC2                     |       | 45.95   | <b>50.49</b> |      |
|       |    | <b>Mare Damsma</b>     |                         |         | <b>Luna Beks</b>        |       |         |              |      |
|       |    | 100m                   | 12.76                   | (12.76) | 100m                    | 13.14 | (13.14) |              |      |
|       |    | 500m                   | 48.39                   | (35.63) | 500m                    | 50.49 | (37.35) |              |      |
| <hr/> |    |                        |                         |         |                         |       |         |              |      |
|       |    | Naam                   |                         | Cat     |                         | PR    |         | Tijd         | Info |
| 9     | wt | 27                     | <b>Fiore Koutstaal</b>  |         | DC2                     |       | 43.87   | <b>47.26</b> |      |
|       | rd | 35                     | <b>Maud Moret</b>       |         | DC1                     |       | 45.24   | <b>46.18</b> |      |
|       |    | <b>Fiore Koutstaal</b> |                         |         | <b>Maud Moret</b>       |       |         |              |      |
|       |    | 100m                   | 12.64                   | (12.64) | 100m                    | 12.79 | (12.79) |              |      |
|       |    | 500m                   | 47.26                   | (34.62) | 500m                    | 46.18 | (33.39) |              |      |
| <hr/> |    |                        |                         |         |                         |       |         |              |      |
|       |    | Naam                   |                         | Cat     |                         | PR    |         | Tijd         | Info |
| 10    | gl | 24                     | <b>Augustine Kaper</b>  |         | DC1                     |       | 45.23   | <b>46.31</b> |      |
|       | bl | 29                     | <b>Elin Lamain</b>      |         | DC1                     |       | 45.42   | <b>46.16</b> |      |
|       |    | <b>Augustine Kaper</b> |                         |         | <b>Elin Lamain</b>      |       |         |              |      |
|       |    | 100m                   | 12.23                   | (12.23) | 100m                    | 12.72 | (12.72) |              |      |
|       |    | 500m                   | 46.31                   | (34.08) | 500m                    | 46.16 | (33.44) |              |      |

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|----|----|------------------------|----------------------------|---------|----------------------------|-------|---------|-------|--------------|------|
| 11 | wt | 7                      | <b>Nanette de Boon</b>     |         | DC1                        |       |         | 42.51 | <b>44.97</b> |      |
|    | rd | 16                     | <b>Fleur Hartveld</b>      |         | DC1                        |       |         | 41.58 | <b>43.06</b> |      |
|    |    | <b>Nanette de Boon</b> |                            |         | <b>Fleur Hartveld</b>      |       |         |       |              |      |
|    |    | 100m                   | 11.86                      | (11.86) | 100m                       | 11.71 | (11.71) |       |              |      |
|    |    | 500m                   | 44.97                      | (33.11) | 500m                       | 43.06 | (31.35) |       |              |      |
|    |    | Naam                   |                            |         | Cat                        |       |         | PR    | Tijd         | Info |
| 12 | gl | 2                      | <b>Fleur Alkemade</b>      |         | DC2                        |       |         | 41.83 | <b>44.12</b> |      |
|    | bl | 42                     | <b>Esmee van Randeraat</b> |         | DC2                        |       |         | 42.91 | <b>44.86</b> |      |
|    |    | <b>Fleur Alkemade</b>  |                            |         | <b>Esmee van Randeraat</b> |       |         |       |              |      |
|    |    | 100m                   | 11.78                      | (11.78) | 100m                       | 12.25 | (12.25) |       |              |      |
|    |    | 500m                   | 44.12                      | (32.34) | 500m                       | 44.86 | (32.61) |       |              |      |

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## 2. Uitslag Heren Jun-C 500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|--------------------------|-----|------|------|-------|------|--------|
| 1   | 5 Bjarne den Besten      | HC1 | 24   | I    | 41.18 |      |        |
| 2   | 6 Tygo Blom              | HC2 | 24   | O    | 41.76 |      |        |
| 3   | 14 Twan van Duuren       | HC1 | 23   | O    | 42.05 |      |        |
| 4   | 33 Ties Moerman          | HC2 | 23   | I    | 42.26 |      |        |
| 5   | 49 Rune Stoel            | HC2 | 22   | I    | 42.42 |      |        |
| 6   | 12 Peter de Bruin        | HC2 | 22   | O    | 43.44 |      |        |
| 7   | 43 Julian Ras            | HC2 | 20   | O    | 43.57 | PR   |        |
| 8   | 46 Ruben Star            | HC2 | 21   | I    | 43.64 |      |        |
| 9   | 20 Mathieu van der Horst | HC2 | 21   | O    | 43.90 |      |        |
| 10  | 31 Leander Maas          | HC1 | 18   | I    | 45.11 |      |        |
| 11  | 9 Thijs Breugem          | HC2 | 19   | I    | 45.46 | PR   |        |
| 12  | 53 Olivier Wennekes      | HC2 | 20   | I    | 45.81 |      |        |
| 13  | 34 Sven de Mooij         | HC1 | 19   | O    | 46.64 |      |        |
| 14  | 41 Tycho Petri           | HC2 | 17   | I    | 47.46 |      |        |
| 15  | 40 Zino Van Os           | HC2 | 16   | O    | 47.91 | PR   |        |
| 16  | 55 Melle Zweers          | HC2 | 17   | O    | 47.92 | PR   |        |
| 17  | 36 Lyam van der Neut     | HC2 | 18   | O    | 47.96 |      |        |
| 18  | 51 Robin Verboom         | HC1 | 15   | O    | 48.23 | PR   |        |
| 19  | 1 Merijn Abrahamse       | HC1 | 16   | I    | 48.61 | PR   |        |
| 20  | 38 Kian Van Nierop       | HC2 | 15   | I    | 49.64 |      |        |
| 21  | 54 Seppe Wiersema        | HC1 | 13   | I    | 50.72 |      |        |
| 22  | 47 Thomas Steele         | HC2 | 14   | I    | 51.68 | PR   |        |
| 23  | 8 Tristan Boon           | HC1 | 14   | O    | 51.93 |      |        |
| 24  | 15 Luuk Gareman          | HC1 | 13   | O    | 59.42 | FL   |        |

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|    |    | Naam                  |                       | Cat     |                     | PR    |         | Tijd  | Info            |
|----|----|-----------------------|-----------------------|---------|---------------------|-------|---------|-------|-----------------|
| 13 | wt | 54                    | <b>Seppe Wiersema</b> |         | HC1                 |       |         | 50.28 | <b>50.72</b>    |
|    | rd | 15                    | <b>Luuk Gareman</b>   |         | HC1                 |       |         | 50.81 | <b>59.42</b> FL |
|    |    | <b>Seppe Wiersema</b> |                       |         | <b>Luuk Gareman</b> |       |         |       |                 |
|    |    | 100m                  | 13.23                 | (13.23) | 100m                | 13.32 | (13.32) |       |                 |
|    |    | 500m                  | 50.72                 | (37.49) | 500m                | 59.42 | (46.10) |       |                 |

|    |    | Naam                 |                      | Cat     |                     | PR    |         | Tijd  | Info            |
|----|----|----------------------|----------------------|---------|---------------------|-------|---------|-------|-----------------|
| 14 | gl | 47                   | <b>Thomas Steele</b> |         | HC2                 |       |         | 55.61 | <b>51.68</b> PR |
|    | bl | 8                    | <b>Tristan Boon</b>  |         | HC1                 |       |         | 51.76 | <b>51.93</b>    |
|    |    | <b>Thomas Steele</b> |                      |         | <b>Tristan Boon</b> |       |         |       |                 |
|    |    | 100m                 | 13.54                | (13.54) | 100m                | 13.49 | (13.49) |       |                 |
|    |    | 500m                 | 51.68                | (38.14) | 500m                | 51.93 | (38.44) |       |                 |

|    |    | Naam                   |                        | Cat     |                      | PR    |         | Tijd  | Info            |
|----|----|------------------------|------------------------|---------|----------------------|-------|---------|-------|-----------------|
| 15 | wt | 38                     | <b>Kian Van Nierop</b> |         | HC2                  |       |         | 49.26 | <b>49.64</b>    |
|    | rd | 51                     | <b>Robin Verboom</b>   |         | HC1                  |       |         | 49.47 | <b>48.23</b> PR |
|    |    | <b>Kian Van Nierop</b> |                        |         | <b>Robin Verboom</b> |       |         |       |                 |
|    |    | 100m                   | 12.66                  | (12.66) | 100m                 | 12.84 | (12.84) |       |                 |
|    |    | 500m                   | 49.64                  | (36.98) | 500m                 | 48.23 | (35.39) |       |                 |

|    |    | Naam                    |                         | Cat     |                    | PR    |         | Tijd  | Info            |
|----|----|-------------------------|-------------------------|---------|--------------------|-------|---------|-------|-----------------|
| 16 | gl | 1                       | <b>Merijn Abrahamse</b> |         | HC1                |       |         | 49.39 | <b>48.61</b> PR |
|    | bl | 40                      | <b>Zino Van Os</b>      |         | HC2                |       |         | 49.15 | <b>47.91</b> PR |
|    |    | <b>Merijn Abrahamse</b> |                         |         | <b>Zino Van Os</b> |       |         |       |                 |
|    |    | 100m                    | 11.95                   | (11.95) | 100m               | 12.17 | (12.17) |       |                 |
|    |    | 500m                    | 48.61                   | (36.66) | 500m               | 47.91 | (35.74) |       |                 |

|    |    | Naam               |                     | Cat     |                     | PR    |         | Tijd  | Info            |
|----|----|--------------------|---------------------|---------|---------------------|-------|---------|-------|-----------------|
| 17 | wt | 41                 | <b>Tycho Petri</b>  |         | HC2                 |       |         | 46.21 | <b>47.46</b>    |
|    | rd | 55                 | <b>Melle Zweers</b> |         | HC2                 |       |         | 48.30 | <b>47.92</b> PR |
|    |    | <b>Tycho Petri</b> |                     |         | <b>Melle Zweers</b> |       |         |       |                 |
|    |    | 100m               | 12.93               | (12.93) | 100m                | 12.49 | (12.49) |       |                 |
|    |    | 500m               | 47.46               | (34.53) | 500m                | 47.92 | (35.43) |       |                 |

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|----|----|---------------------|--------------------------|---------|--------------------------|-------|---------|-------|--------------|
| 18 | gl | 31                  | <b>Leander Maas</b>      |         | HC1                      |       |         | 44.82 | <b>45.11</b> |
|    | bl | 36                  | <b>Lyam van der Neut</b> |         | HC2                      |       |         | 46.04 | <b>47.96</b> |
|    |    | <b>Leander Maas</b> |                          |         | <b>Lyam van der Neut</b> |       |         |       |              |
|    |    | 100m                | 12.01                    | (12.01) | 100m                     | 12.34 | (12.34) |       |              |
|    |    | 500m                | 45.11                    | (33.10) | 500m                     | 47.96 | (35.62) |       |              |

|    |    | Naam                 |                      | Cat     |                      | PR    |         | Tijd  | Info            |
|----|----|----------------------|----------------------|---------|----------------------|-------|---------|-------|-----------------|
| 19 | wt | 9                    | <b>Thijs Breugem</b> |         | HC2                  |       |         | 45.85 | <b>45.46</b> PR |
|    | rd | 34                   | <b>Sven de Mooij</b> |         | HC1                  |       |         | 45.31 | <b>46.64</b>    |
|    |    | <b>Thijs Breugem</b> |                      |         | <b>Sven de Mooij</b> |       |         |       |                 |
|    |    | 100m                 | 11.97                | (11.97) | 100m                 | 12.26 | (12.26) |       |                 |
|    |    | 500m                 | 45.46                | (33.49) | 500m                 | 46.64 | (34.38) |       |                 |

|    |    | Naam                    |                         | Cat     |                   | PR    |         | Tijd  | Info            |
|----|----|-------------------------|-------------------------|---------|-------------------|-------|---------|-------|-----------------|
| 20 | gl | 53                      | <b>Olivier Wennekes</b> |         | HC2               |       |         | 44.59 | <b>45.81</b>    |
|    | bl | 43                      | <b>Julian Ras</b>       |         | HC2               |       |         | 43.92 | <b>43.57</b> PR |
|    |    | <b>Olivier Wennekes</b> |                         |         | <b>Julian Ras</b> |       |         |       |                 |
|    |    | 100m                    | 12.38                   | (12.38) | 100m              | 11.64 | (11.64) |       |                 |
|    |    | 500m                    | 45.81                   | (33.43) | 500m              | 43.57 | (31.93) |       |                 |

|    |    | Naam              |                              | Cat     |                              | PR    |         | Tijd  | Info         |
|----|----|-------------------|------------------------------|---------|------------------------------|-------|---------|-------|--------------|
| 21 | wt | 46                | <b>Ruben Star</b>            |         | HC2                          |       |         | 42.53 | <b>43.64</b> |
|    | rd | 20                | <b>Mathieu van der Horst</b> |         | HC2                          |       |         | 43.67 | <b>43.90</b> |
|    |    | <b>Ruben Star</b> |                              |         | <b>Mathieu van der Horst</b> |       |         |       |              |
|    |    | 100m              | 11.73                        | (11.73) | 100m                         | 11.95 | (11.95) |       |              |
|    |    | 500m              | 43.64                        | (31.91) | 500m                         | 43.90 | (31.95) |       |              |

|    |    | Naam              |                       | Cat     |                       | PR    |         | Tijd  | Info         |
|----|----|-------------------|-----------------------|---------|-----------------------|-------|---------|-------|--------------|
| 22 | gl | 49                | <b>Rune Stoel</b>     |         | HC2                   |       |         | 41.89 | <b>42.42</b> |
|    | bl | 12                | <b>Peter de Bruin</b> |         | HC2                   |       |         | 42.92 | <b>43.44</b> |
|    |    | <b>Rune Stoel</b> |                       |         | <b>Peter de Bruin</b> |       |         |       |              |
|    |    | 100m              | 11.38                 | (11.38) | 100m                  | 11.70 | (11.70) |       |              |
|    |    | 500m              | 42.42                 | (31.04) | 500m                  | 43.44 | (31.74) |       |              |

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|----|----|---------------------|------------------------|---------|------------------------|-------|---------|-------|--------------|
| 23 | wt | 33                  | <b>Ties Moerman</b>    |         | HC2                    |       |         | 41.15 | <b>42.26</b> |
|    | rd | 14                  | <b>Twan van Duuren</b> |         | HC1                    |       |         | 40.86 | <b>42.05</b> |
|    |    | <b>Ties Moerman</b> |                        |         | <b>Twan van Duuren</b> |       |         |       |              |
|    |    | 100m                | 11.34                  | (11.34) | 100m                   | 11.48 | (11.48) |       |              |
|    |    | 500m                | 42.26                  | (30.92) | 500m                   | 42.05 | (30.57) |       |              |

|    |    | Naam                     |                          | Cat     |                  | PR    |         | Tijd  | Info         |
|----|----|--------------------------|--------------------------|---------|------------------|-------|---------|-------|--------------|
| 24 | gl | 5                        | <b>Bjarne den Besten</b> |         | HC1              |       |         | 39.82 | <b>41.18</b> |
|    | bl | 6                        | <b>Tygo Blom</b>         |         | HC2              |       |         | 40.89 | <b>41.76</b> |
|    |    | <b>Bjarne den Besten</b> |                          |         | <b>Tygo Blom</b> |       |         |       |              |
|    |    | 100m                     | 11.30                    | (11.30) | 100m             | 11.34 | (11.34) |       |              |
|    |    | 500m                     | 41.18                    | (29.88) | 500m             | 41.76 | (30.42) |       |              |

# ZHK Jun-C

De Uithof - Den Haag

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## 3. Uitslag Dames Jun-C 1500 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 16 Fleur Hartveld      | DC1 | 35   | O    | 2:16.70 |      |        |
| 2   | 42 Esmee van Randeraat | DC2 | 35   | I    | 2:19.84 |      |        |
| 3   | 2 Fleur Alkemade       | DC2 | 36   | O    | 2:20.25 |      |        |
| 4   | 35 Maud Moret          | DC1 | 33   | O    | 2:20.60 |      |        |
| 5   | 27 Fiore Koutstaal     | DC2 | 34   | O    | 2:21.28 |      |        |
| 6   | 29 Elin Lamain         | DC1 | 34   | I    | 2:23.58 |      |        |
| 7   | 18 Maaïke Helleman     | DC2 | 33   | I    | 2:23.91 |      |        |
| 8   | 7 Nanette de Boon      | DC1 | 36   | I    | 2:27.36 |      |        |
| 9   | 48 Nouschka Steenks    | DC2 | 31   | O    | 2:29.19 |      |        |
| 10  | 45 Jolijn Solleveld    | DC1 | 30   | O    | 2:29.61 |      |        |
| 11  | 11 Maren de Bruin      | DC1 | 31   | I    | 2:30.32 |      |        |
| 12  | 22 Lotte Janssen       | DC1 | 29   | I    | 2:32.15 |      |        |
| 13  | 26 Sanne Kool          | DC1 | 29   | O    | 2:32.23 |      |        |
| 14  | 21 Fien Hummel         | DC1 | 27   | O    | 2:34.09 |      |        |
| 15  | 23 Mijntje Juffermans  | DC1 | 25   | O    | 2:34.15 |      |        |
| 16  | 10 Francis de Bruijn   | DC1 | 28   | O    | 2:34.61 |      |        |
| 17  | 24 Augustine Kaper     | DC1 | 32   | I    | 2:36.15 | FL   |        |
| 18  | 52 Tippi Verbree       | DC2 | 27   | I    | 2:36.57 |      |        |
| 19  | 13 Mare Damsma         | DC2 | 25   | I    | 2:36.81 |      |        |
| 20  | 3 Renske Ansink        | DC2 | 30   | I    | 2:36.91 |      |        |
| 21  | 19 Rinske Hogenboom    | DC2 | 28   | I    | 2:38.23 |      |        |
| 22  | 4 Luna Beks            | DC2 | 26   | I    | 2:46.78 |      |        |
| 23  | 28 Kim Lagraauw        | DC1 | 26   | O    | 2:47.17 |      |        |
| 24  | 30 Noa van Leeuwen     | DC2 | 32   | O    | 2:48.09 |      |        |

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## 3. Rituitslag Dames Jun-C 1500 meter

|    |    | Naam                         | Cat | PR      | Tijd           | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 25 | wt | 13 <b>Mare Damsma</b>        | DC2 | 2:34.53 | <b>2:36.81</b> |      |
|    | rd | 23 <b>Mijntje Juffermans</b> | DC1 | 2:34.09 | <b>2:34.15</b> |      |

### Mare Damsma

|       |         |         |
|-------|---------|---------|
| 300m  | 32.34   | (32.34) |
| 700m  | 1:11.99 | (39.65) |
| 1100m | 1:54.06 | (42.07) |
| 1500m | 2:36.81 | (42.75) |

### Mijntje Juffermans

|       |         |         |
|-------|---------|---------|
| 300m  | 31.91   | (31.91) |
| 700m  | 1:10.52 | (38.61) |
| 1100m | 1:51.77 | (41.25) |
| 1500m | 2:34.15 | (42.38) |

|    |    | Naam                   | Cat | PR      | Tijd           | Info |
|----|----|------------------------|-----|---------|----------------|------|
| 26 | gl | 4 <b>Luna Beks</b>     | DC2 | 2:25.38 | <b>2:46.78</b> |      |
|    | bl | 28 <b>Kim Lagraauw</b> | DC1 | 2:42.34 | <b>2:47.17</b> |      |

### Luna Beks

|       |         |         |
|-------|---------|---------|
| 300m  | 33.63   | (33.63) |
| 700m  | 1:15.52 | (41.89) |
| 1100m | 2:01.71 | (46.19) |
| 1500m | 2:46.78 | (45.07) |

### Kim Lagraauw

|       |         |         |
|-------|---------|---------|
| 300m  | 34.40   | (34.40) |
| 700m  | 1:16.74 | (42.34) |
| 1100m | 2:02.87 | (46.13) |
| 1500m | 2:47.17 | (44.30) |

|    |    | Naam                    | Cat | PR      | Tijd           | Info |
|----|----|-------------------------|-----|---------|----------------|------|
| 27 | wt | 52 <b>Tippi Verbree</b> | DC2 | 2:33.33 | <b>2:36.57</b> |      |
|    | rd | 21 <b>Fien Hummel</b>   | DC1 | 2:32.64 | <b>2:34.09</b> |      |

### Tippi Verbree

|       |         |         |
|-------|---------|---------|
| 300m  | 32.59   | (32.59) |
| 700m  | 1:12.76 | (40.17) |
| 1100m | 1:54.64 | (41.88) |
| 1500m | 2:36.57 | (41.93) |

### Fien Hummel

|       |         |         |
|-------|---------|---------|
| 300m  | 31.87   | (31.87) |
| 700m  | 1:10.66 | (38.79) |
| 1100m | 1:52.36 | (41.70) |
| 1500m | 2:34.09 | (41.73) |

|    |    | Naam                        | Cat | PR      | Tijd           | Info |
|----|----|-----------------------------|-----|---------|----------------|------|
| 28 | gl | 19 <b>Rinske Hogenboom</b>  | DC2 | 2:33.98 | <b>2:38.23</b> |      |
|    | bl | 10 <b>Francis de Bruijn</b> | DC1 | 2:32.98 | <b>2:34.61</b> |      |

### Rinske Hogenboom

|       |         |         |
|-------|---------|---------|
| 300m  | 32.82   | (32.82) |
| 700m  | 1:13.02 | (40.20) |
| 1100m | 1:55.68 | (42.66) |
| 1500m | 2:38.23 | (42.55) |

### Francis de Bruijn

|       |         |         |
|-------|---------|---------|
| 300m  | 31.50   | (31.50) |
| 700m  | 1:09.41 | (37.91) |
| 1100m | 1:51.27 | (41.86) |
| 1500m | 2:34.61 | (43.34) |

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|       |    | Naam                   |                         |         | Cat                     |         |         | PR      | Tijd           | Info |
|-------|----|------------------------|-------------------------|---------|-------------------------|---------|---------|---------|----------------|------|
| 29    | wt | 22                     | <b>Lotte Janssen</b>    |         | DC1                     |         |         | 2:31.48 | <b>2:32.15</b> |      |
|       | rd | 26                     | <b>Sanne Kool</b>       |         | DC1                     |         |         | 2:30.64 | <b>2:32.23</b> |      |
|       |    | <b>Lotte Janssen</b>   |                         |         | <b>Sanne Kool</b>       |         |         |         |                |      |
|       |    | 300m                   | 32.74                   | (32.74) | 300m                    | 32.32   | (32.32) |         |                |      |
|       |    | 700m                   | 1:11.71                 | (38.97) | 700m                    | 1:10.70 | (38.38) |         |                |      |
|       |    | 1100m                  | 1:53.03                 | (41.32) | 1100m                   | 1:52.44 | (41.74) |         |                |      |
|       |    | 1500m                  | 2:32.15                 | (39.12) | 1500m                   | 2:32.23 | (39.79) |         |                |      |
| <hr/> |    |                        |                         |         |                         |         |         |         |                |      |
|       |    | Naam                   |                         |         | Cat                     |         |         | PR      | Tijd           | Info |
| 30    | gl | 3                      | <b>Renske Ansink</b>    |         | DC2                     |         |         | 2:31.45 | <b>2:36.91</b> |      |
|       | bl | 45                     | <b>Jolijn Solleveld</b> |         | DC1                     |         |         | 2:26.57 | <b>2:29.61</b> |      |
|       |    | <b>Renske Ansink</b>   |                         |         | <b>Jolijn Solleveld</b> |         |         |         |                |      |
|       |    | 300m                   | 32.64                   | (32.64) | 300m                    | 31.61   | (31.61) |         |                |      |
|       |    | 700m                   | 1:11.72                 | (39.08) | 700m                    | 1:09.43 | (37.82) |         |                |      |
|       |    | 1100m                  | 1:53.98                 | (42.26) | 1100m                   | 1:49.47 | (40.04) |         |                |      |
|       |    | 1500m                  | 2:36.91                 | (42.93) | 1500m                   | 2:29.61 | (40.14) |         |                |      |
| <hr/> |    |                        |                         |         |                         |         |         |         |                |      |
|       |    | Naam                   |                         |         | Cat                     |         |         | PR      | Tijd           | Info |
| 31    | wt | 11                     | <b>Maren de Bruin</b>   |         | DC1                     |         |         | 2:20.42 | <b>2:30.32</b> |      |
|       | rd | 48                     | <b>Nouschka Steenks</b> |         | DC2                     |         |         | 2:24.29 | <b>2:29.19</b> |      |
|       |    | <b>Maren de Bruin</b>  |                         |         | <b>Nouschka Steenks</b> |         |         |         |                |      |
|       |    | 300m                   | 32.27                   | (32.27) | 300m                    | 31.96   | (31.96) |         |                |      |
|       |    | 700m                   | 1:10.40                 | (38.13) | 700m                    | 1:10.36 | (38.40) |         |                |      |
|       |    | 1100m                  | 1:50.19                 | (39.79) | 1100m                   | 1:50.43 | (40.07) |         |                |      |
|       |    | 1500m                  | 2:30.32                 | (40.13) | 1500m                   | 2:29.19 | (38.76) |         |                |      |
| <hr/> |    |                        |                         |         |                         |         |         |         |                |      |
|       |    | Naam                   |                         |         | Cat                     |         |         | PR      | Tijd           | Info |
| 32    | gl | 24                     | <b>Augustine Kaper</b>  |         | DC1                     |         |         | 2:21.71 | <b>2:36.15</b> | FL   |
|       | bl | 30                     | <b>Noa van Leeuwen</b>  |         | DC2                     |         |         | 2:42.30 | <b>2:48.09</b> |      |
|       |    | <b>Augustine Kaper</b> |                         |         | <b>Noa van Leeuwen</b>  |         |         |         |                |      |
|       |    | 300m                   | 30.28                   | (30.28) | 300m                    | 33.61   | (33.61) |         |                |      |
|       |    | 700m                   | 1:06.74                 | (36.46) | 700m                    | 1:16.25 | (42.64) |         |                |      |
|       |    | 1100m                  | 1:45.51                 | (38.77) | 1100m                   | 2:02.67 | (46.42) |         |                |      |
|       |    | 1500m                  | 2:36.15                 | (50.64) | 1500m                   | 2:48.09 | (45.42) |         |                |      |

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|       |    | Naam                          | Cat | PR                     | Tijd           | Info |
|-------|----|-------------------------------|-----|------------------------|----------------|------|
| 33    | wt | 18 <b>Maaike Helleman</b>     | DC2 | 2:19.67                | <b>2:23.91</b> |      |
|       | rd | 35 <b>Maud Moret</b>          | DC1 | 2:18.39                | <b>2:20.60</b> |      |
|       |    | <b>Maaike Helleman</b>        |     | <b>Maud Moret</b>      |                |      |
|       |    | 300m 30.79 (30.79)            |     | 300m 30.80 (30.80)     |                |      |
|       |    | 700m 1:07.12 (36.33)          |     | 700m 1:05.75 (34.95)   |                |      |
|       |    | 1100m 1:45.29 (38.17)         |     | 1100m 1:42.75 (37.00)  |                |      |
|       |    | 1500m 2:23.91 (38.62)         |     | 1500m 2:20.60 (37.85)  |                |      |
| <hr/> |    |                               |     |                        |                |      |
|       |    | Naam                          | Cat | PR                     | Tijd           | Info |
| 34    | gl | 29 <b>Elin Lamain</b>         | DC1 | 2:14.97                | <b>2:23.58</b> |      |
|       | bl | 27 <b>Fiore Koutstaal</b>     | DC2 | 2:14.54                | <b>2:21.28</b> |      |
|       |    | <b>Elin Lamain</b>            |     | <b>Fiore Koutstaal</b> |                |      |
|       |    | 300m 30.52 (30.52)            |     | 300m 30.61 (30.61)     |                |      |
|       |    | 700m 1:05.97 (35.45)          |     | 700m 1:05.21 (34.60)   |                |      |
|       |    | 1100m 1:43.81 (37.84)         |     | 1100m 1:41.99 (36.78)  |                |      |
|       |    | 1500m 2:23.58 (39.77)         |     | 1500m 2:21.28 (39.29)  |                |      |
| <hr/> |    |                               |     |                        |                |      |
|       |    | Naam                          | Cat | PR                     | Tijd           | Info |
| 35    | wt | 42 <b>Esmee van Randeraat</b> | DC2 | 2:12.78                | <b>2:19.84</b> |      |
|       | rd | 16 <b>Fleur Hartveld</b>      | DC1 | 2:09.61                | <b>2:16.70</b> |      |
|       |    | <b>Esmee van Randeraat</b>    |     | <b>Fleur Hartveld</b>  |                |      |
|       |    | 300m 30.57 (30.57)            |     | 300m 28.72 (28.72)     |                |      |
|       |    | 700m 1:06.37 (35.80)          |     | 700m 1:02.25 (33.53)   |                |      |
|       |    | 1100m 1:42.75 (36.38)         |     | 1100m 1:38.57 (36.32)  |                |      |
|       |    | 1500m 2:19.84 (37.09)         |     | 1500m 2:16.70 (38.13)  |                |      |
| <hr/> |    |                               |     |                        |                |      |
|       |    | Naam                          | Cat | PR                     | Tijd           | Info |
| 36    | gl | 7 <b>Nanette de Boon</b>      | DC1 | 2:13.63                | <b>2:27.36</b> |      |
|       | bl | 2 <b>Fleur Alkemade</b>       | DC2 | 2:08.84                | <b>2:20.25</b> |      |
|       |    | <b>Nanette de Boon</b>        |     | <b>Fleur Alkemade</b>  |                |      |
|       |    | 300m 29.73 (29.73)            |     | 300m 29.06 (29.06)     |                |      |
|       |    | 700m 1:05.98 (36.25)          |     | 700m 1:03.22 (34.16)   |                |      |
|       |    | 1100m 1:44.96 (38.98)         |     | 1100m 1:40.29 (37.07)  |                |      |
|       |    | 1500m 2:27.36 (42.40)         |     | 1500m 2:20.25 (39.96)  |                |      |

# ZHK Jun-C

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## 4. Uitslag Heren Jun-C 1500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 5 Bjarne den Besten      | HC1 | 47   | I    | 2:06.27 |      |        |
| 2   | 14 Twan van Duuren       | HC1 | 48   | O    | 2:08.39 |      |        |
| 3   | 33 Ties Moerman          | HC2 | 47   | O    | 2:09.22 |      |        |
| 4   | 12 Peter de Bruin        | HC2 | 46   | I    | 2:10.76 |      |        |
| 5   | 6 Tygo Blom              | HC2 | 48   | I    | 2:10.84 |      |        |
| 6   | 20 Mathieu van der Horst | HC2 | 46   | O    | 2:16.24 |      |        |
| 7   | 49 Rune Stoel            | HC2 | 45   | O    | 2:16.95 |      |        |
| 8   | 46 Ruben Star            | HC2 | 45   | I    | 2:17.23 |      |        |
| 9   | 31 Leander Maas          | HC1 | 43   | O    | 2:18.14 | PR   |        |
| 10  | 43 Julian Ras            | HC2 | 44   | O    | 2:18.22 | PR   |        |
| 11  | 53 Olivier Wennekes      | HC2 | 44   | I    | 2:19.48 |      |        |
| 12  | 9 Thijs Breugem          | HC2 | 41   | O    | 2:24.23 | PR   |        |
| 13  | 55 Melle Zweers          | HC2 | 42   | O    | 2:27.99 |      |        |
| 14  | 51 Robin Verboom         | HC1 | 42   | I    | 2:29.89 | PR   |        |
| 15  | 41 Tycho Petri           | HC2 | 41   | I    | 2:29.96 |      |        |
| 16  | 40 Zino Van Os           | HC2 | 40   | I    | 2:31.47 | PR   |        |
| 17  | 34 Sven de Mooij         | HC1 | 43   | I    | 2:32.43 |      |        |
| 18  | 38 Kian Van Nierop       | HC2 | 38   | I    | 2:34.95 | PR   |        |
| 19  | 1 Merijn Abrahamse       | HC1 | 38   | O    | 2:36.83 | PR   |        |
| 20  | 36 Lyam van der Neut     | HC2 | 40   | O    | 2:39.68 |      |        |
| 21  | 15 Luuk Gareman          | HC1 | 37   | I    | 2:49.40 |      |        |
| 22  | 8 Tristan Boon           | HC1 | 39   | I    | 2:50.09 |      |        |
| 23  | 47 Thomas Steele         | HC2 | 37   | O    | 2:51.54 | PR   |        |
|     | 54 Seppe Wiersema        | HC1 |      |      |         | WDR  |        |

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## 4. Rituitslag Heren Jun-C 1500 meter

|    |    | Naam                        | Cat | PR                    | Tijd                     | Info |
|----|----|-----------------------------|-----|-----------------------|--------------------------|------|
| 37 | wt | 15 <b>Luuk Gareman</b>      | HC1 |                       | <b>2:49.40</b>           |      |
|    | rd | 47 <b>Thomas Steele</b>     | HC2 | 3:18.01               | <b>2:51.54</b>           | PR   |
|    |    | <b>Luuk Gareman</b>         |     |                       | <b>Thomas Steele</b>     |      |
|    |    | 300m 32.71 (32.71)          |     | 300m 33.96 (33.96)    |                          |      |
|    |    | 700m 1:11.33 (38.62)        |     | 700m 1:15.78 (41.82)  |                          |      |
|    |    | 1100m 1:53.55 (42.22)       |     | 1100m 2:02.50 (46.72) |                          |      |
|    |    | 1500m 2:49.40 (55.85)       |     | 1500m 2:51.54 (49.04) |                          |      |
|    |    |                             |     |                       |                          |      |
|    |    | Naam                        | Cat | PR                    | Tijd                     | Info |
| 38 | gl | 38 <b>Kian Van Nierop</b>   | HC2 | 2:44.62               | <b>2:34.95</b>           | PR   |
|    | bl | 1 <b>Merijn Abrahamse</b>   | HC1 | 2:42.82               | <b>2:36.83</b>           | PR   |
|    |    | <b>Kian Van Nierop</b>      |     |                       | <b>Merijn Abrahamse</b>  |      |
|    |    | 300m 32.22 (32.22)          |     | 300m 32.59 (32.59)    |                          |      |
|    |    | 700m 1:11.79 (39.57)        |     | 700m 1:12.71 (40.12)  |                          |      |
|    |    | 1100m 1:53.14 (41.35)       |     | 1100m 1:54.83 (42.12) |                          |      |
|    |    | 1500m 2:34.95 (41.81)       |     | 1500m 2:36.83 (42.00) |                          |      |
|    |    |                             |     |                       |                          |      |
|    |    | Naam                        | Cat | PR                    | Tijd                     | Info |
| 39 | wt | 8 <b>Tristan Boon</b>       | HC1 | 2:41.15               | <b>2:50.09</b>           |      |
|    | rd | 54 <b>Seppe Wiersema</b>    | HC1 | 2:40.89               | <b>WDR</b>               |      |
|    |    | <b>Tristan Boon</b>         |     |                       | <b>Seppe Wiersema</b>    |      |
|    |    | 300m 34.82 (34.82)          |     |                       |                          |      |
|    |    | 700m 1:19.14 (44.32)        |     |                       |                          |      |
|    |    | 1100m 2:04.50 (45.36)       |     |                       |                          |      |
|    |    | 1500m 2:50.09 (45.59)       |     |                       |                          |      |
|    |    |                             |     |                       |                          |      |
|    |    | Naam                        | Cat | PR                    | Tijd                     | Info |
| 40 | gl | 40 <b>Zino Van Os</b>       | HC2 | 2:38.34               | <b>2:31.47</b>           | PR   |
|    | bl | 36 <b>Lyam van der Neut</b> | HC2 | 2:33.77               | <b>2:39.68</b>           |      |
|    |    | <b>Zino Van Os</b>          |     |                       | <b>Lyam van der Neut</b> |      |
|    |    | 300m 31.32 (31.32)          |     | 300m 31.60 (31.60)    |                          |      |
|    |    | 700m 1:10.36 (39.04)        |     | 700m 1:10.63 (39.03)  |                          |      |
|    |    | 1100m 1:50.42 (40.06)       |     | 1100m 1:53.26 (42.63) |                          |      |
|    |    | 1500m 2:31.47 (41.05)       |     | 1500m 2:39.68 (46.42) |                          |      |
|    |    |                             |     |                       |                          |      |

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|       |    | Naam                    |                         | Cat     |                      | PR      |         | Tijd           | Info |
|-------|----|-------------------------|-------------------------|---------|----------------------|---------|---------|----------------|------|
| 41    | wt | 41                      | <b>Tycho Petri</b>      |         | HC2                  |         | 2:25.55 | <b>2:29.96</b> |      |
|       | rd | 9                       | <b>Thijs Breugem</b>    |         | HC2                  |         | 2:26.79 | <b>2:24.23</b> | PR   |
|       |    | <b>Tycho Petri</b>      |                         |         | <b>Thijs Breugem</b> |         |         |                |      |
|       |    | 300m                    | 31.15                   | (31.15) | 300m                 | 29.26   | (29.26) |                |      |
|       |    | 700m                    | 1:08.26                 | (37.11) | 700m                 | 1:04.32 | (35.06) |                |      |
|       |    | 1100m                   | 1:48.29                 | (40.03) | 1100m                | 1:43.49 | (39.17) |                |      |
|       |    | 1500m                   | 2:29.96                 | (41.67) | 1500m                | 2:24.23 | (40.74) |                |      |
| <hr/> |    |                         |                         |         |                      |         |         |                |      |
|       |    | Naam                    |                         | Cat     |                      | PR      |         | Tijd           | Info |
| 42    | gl | 51                      | <b>Robin Verboom</b>    |         | HC1                  |         | 2:37.78 | <b>2:29.89</b> | PR   |
|       | bl | 55                      | <b>Melle Zweers</b>     |         | HC2                  |         | 2:26.46 | <b>2:27.99</b> |      |
|       |    | <b>Robin Verboom</b>    |                         |         | <b>Melle Zweers</b>  |         |         |                |      |
|       |    | 300m                    | 31.99                   | (31.99) | 300m                 | 31.25   | (31.25) |                |      |
|       |    | 700m                    | 1:09.43                 | (37.44) | 700m                 | 1:08.33 | (37.08) |                |      |
|       |    | 1100m                   | 1:50.04                 | (40.61) | 1100m                | 1:48.47 | (40.14) |                |      |
|       |    | 1500m                   | 2:29.89                 | (39.85) | 1500m                | 2:27.99 | (39.52) |                |      |
| <hr/> |    |                         |                         |         |                      |         |         |                |      |
|       |    | Naam                    |                         | Cat     |                      | PR      |         | Tijd           | Info |
| 43    | wt | 34                      | <b>Sven de Mooij</b>    |         | HC1                  |         | 2:25.37 | <b>2:32.43</b> |      |
|       | rd | 31                      | <b>Leander Maas</b>     |         | HC1                  |         | 2:20.54 | <b>2:18.14</b> | PR   |
|       |    | <b>Sven de Mooij</b>    |                         |         | <b>Leander Maas</b>  |         |         |                |      |
|       |    | 300m                    | 30.79                   | (30.79) | 300m                 | 29.60   | (29.60) |                |      |
|       |    | 700m                    | 1:08.30                 | (37.51) | 700m                 | 1:04.35 | (34.75) |                |      |
|       |    | 1100m                   | 1:49.03                 | (40.73) | 1100m                | 1:41.29 | (36.94) |                |      |
|       |    | 1500m                   | 2:32.43                 | (43.40) | 1500m                | 2:18.14 | (36.85) |                |      |
| <hr/> |    |                         |                         |         |                      |         |         |                |      |
|       |    | Naam                    |                         | Cat     |                      | PR      |         | Tijd           | Info |
| 44    | gl | 53                      | <b>Olivier Wennekes</b> |         | HC2                  |         | 2:17.82 | <b>2:19.48</b> |      |
|       | bl | 43                      | <b>Julian Ras</b>       |         | HC2                  |         | 2:20.02 | <b>2:18.22</b> | PR   |
|       |    | <b>Olivier Wennekes</b> |                         |         | <b>Julian Ras</b>    |         |         |                |      |
|       |    | 300m                    | 29.41                   | (29.41) | 300m                 | 28.92   | (28.92) |                |      |
|       |    | 700m                    | 1:03.80                 | (34.39) | 700m                 | 1:03.39 | (34.47) |                |      |
|       |    | 1100m                   | 1:40.89                 | (37.09) | 1100m                | 1:40.37 | (36.98) |                |      |
|       |    | 1500m                   | 2:19.48                 | (38.59) | 1500m                | 2:18.22 | (37.85) |                |      |

# ZHK Jun-C

De Uithof - Den Haag

15 december 2024

|       |    | Naam                     |                              | Cat     |                              | PR      |         | Tijd    | Info           |
|-------|----|--------------------------|------------------------------|---------|------------------------------|---------|---------|---------|----------------|
| 45    | wt | 46                       | <b>Ruben Star</b>            |         | HC2                          |         |         | 2:12.76 | <b>2:17.23</b> |
|       | rd | 49                       | <b>Rune Stoel</b>            |         | HC2                          |         |         | 2:14.32 | <b>2:16.95</b> |
|       |    | <b>Ruben Star</b>        |                              |         | <b>Rune Stoel</b>            |         |         |         |                |
|       |    | 300m                     | 28.82                        | (28.82) | 300m                         | 28.25   | (28.25) |         |                |
|       |    | 700m                     | 1:02.45                      | (33.63) | 700m                         | 1:01.67 | (33.42) |         |                |
|       |    | 1100m                    | 1:38.87                      | (36.42) | 1100m                        | 1:38.84 | (37.17) |         |                |
|       |    | 1500m                    | 2:17.23                      | (38.36) | 1500m                        | 2:16.95 | (38.11) |         |                |
| <hr/> |    |                          |                              |         |                              |         |         |         |                |
|       |    | Naam                     |                              | Cat     |                              | PR      |         | Tijd    | Info           |
| 46    | gl | 12                       | <b>Peter de Bruin</b>        |         | HC2                          |         |         | 2:10.31 | <b>2:10.76</b> |
|       | bl | 20                       | <b>Mathieu van der Horst</b> |         | HC2                          |         |         | 2:15.58 | <b>2:16.24</b> |
|       |    | <b>Peter de Bruin</b>    |                              |         | <b>Mathieu van der Horst</b> |         |         |         |                |
|       |    | 300m                     | 28.41                        | (28.41) | 300m                         | 28.67   | (28.67) |         |                |
|       |    | 700m                     | 1:01.56                      | (33.15) | 700m                         | 1:01.65 | (32.98) |         |                |
|       |    | 1100m                    | 1:35.60                      | (34.04) | 1100m                        | 1:37.89 | (36.24) |         |                |
|       |    | 1500m                    | 2:10.76                      | (35.16) | 1500m                        | 2:16.24 | (38.35) |         |                |
| <hr/> |    |                          |                              |         |                              |         |         |         |                |
|       |    | Naam                     |                              | Cat     |                              | PR      |         | Tijd    | Info           |
| 47    | wt | 5                        | <b>Bjarne den Besten</b>     |         | HC1                          |         |         | 2:00.89 | <b>2:06.27</b> |
|       | rd | 33                       | <b>Ties Moerman</b>          |         | HC2                          |         |         | 2:05.87 | <b>2:09.22</b> |
|       |    | <b>Bjarne den Besten</b> |                              |         | <b>Ties Moerman</b>          |         |         |         |                |
|       |    | 300m                     | 27.50                        | (27.50) | 300m                         | 27.60   | (27.60) |         |                |
|       |    | 700m                     | 59.08                        | (31.58) | 700m                         | 59.34   | (31.74) |         |                |
|       |    | 1100m                    | 1:32.37                      | (33.29) | 1100m                        | 1:33.74 | (34.40) |         |                |
|       |    | 1500m                    | 2:06.27                      | (33.90) | 1500m                        | 2:09.22 | (35.48) |         |                |
| <hr/> |    |                          |                              |         |                              |         |         |         |                |
|       |    | Naam                     |                              | Cat     |                              | PR      |         | Tijd    | Info           |
| 48    | gl | 6                        | <b>Tygo Blom</b>             |         | HC2                          |         |         | 2:06.76 | <b>2:10.84</b> |
|       | bl | 14                       | <b>Twan van Duuren</b>       |         | HC1                          |         |         | 2:05.50 | <b>2:08.39</b> |
|       |    | <b>Tygo Blom</b>         |                              |         | <b>Twan van Duuren</b>       |         |         |         |                |
|       |    | 300m                     | 27.42                        | (27.42) | 300m                         | 27.72   | (27.72) |         |                |
|       |    | 700m                     | 59.71                        | (32.29) | 700m                         | 59.55   | (31.83) |         |                |
|       |    | 1100m                    | 1:34.12                      | (34.41) | 1100m                        | 1:33.31 | (33.76) |         |                |
|       |    | 1500m                    | 2:10.84                      | (36.72) | 1500m                        | 2:08.39 | (35.08) |         |                |