

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

1. Uitslag Vrouwen 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 35 Maud Lugters | DN3 | 7 | I | 38.82 | | |
| 2 | 9 Helga Drost | DSA | 7 | O | 38.83 | | |
| 3 | 14 Isabel Grevelt | DN2 | 4 | O | 38.89 | | |
| 4 | 5 Anna Boersma | DN3 | 6 | O | 38.96 | | |
| 5 | 45 Esme Stollenga | DSA | 8 | I | 39.10 | | |
| 6 | 27 Sylke Kas | DN2 | 6 | I | 39.46 | | |
| 7 | 2 Marit van Beijnum | DN3 | 8 | O | 39.52 | | |
| 8 | 55 Sacha vander Weide | DN2 | 5 | O | 39.58 | | |
| 9 | 39 Sanneke de Neeling | DSA | 5 | I | 39.90 | | |
| 10 | 10 Amber Duizendstraal | DN1 | 4 | I | 39.96 | | |
| 11 | 41 Anne Plat | DN4 | 3 | I | 40.45 | | |
| 12 | 36 Amy van der Meer | DN2 | 2 | I | 40.94 | | |
| 13 | 37 Sietske van der Meer | DA2 | 2 | O | 41.83 | PR | |
| 14 | 22 Ameer Hollanders | DN1 | 3 | O | 42.09 | | |
| 15 | 40 Tessa Oudman | DN4 | 1 | I | 42.21 | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

1. Rituitslag Vrouwen 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|-----|----|-------|--------------|------|
| 1 | wt | 40 | Tessa Oudman | | DN4 | | 41.02 | 42.21 | |
| | rd | | | | | | | | |
| | | Tessa Oudman | | | | | | | |
| | | 100m | 11.86 | (11.86) | | | | | m |
| | | 500m | 42.21 | (30.35) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------------|-----------------------------|---------|-----|----|-------|--------------|---------|
| 2 | wt | 36 | Amy van der Meer | | DN2 | | 40.03 | 40.94 | |
| | rd | 37 | Sietske van der Meer | | DA2 | | 41.92 | 41.83 | PR |
| | | Amy van der Meer | | | | | | | |
| | | 100m | 11.21 | (11.21) | | | 100m | 11.56 | (11.56) |
| | | 500m | 40.94 | (29.73) | | | 500m | 41.83 | (30.27) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------|------------------------|---------|-----|----|-------|--------------|---------|
| 3 | wt | 41 | Anne Plat | | DN4 | | 40.31 | 40.45 | |
| | rd | 22 | Amee Hollanders | | DN1 | | 41.03 | 42.09 | |
| | | Anne Plat | | | | | | | |
| | | 100m | 11.05 | (11.05) | | | 100m | 11.45 | (11.45) |
| | | 500m | 40.45 | (29.40) | | | 500m | 42.09 | (30.64) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|-----|----|-------|--------------|---------|
| 4 | wt | 10 | Amber Duizendstraal | | DN1 | | 39.17 | 39.96 | |
| | rd | 14 | Isabel Grevelt | | DN2 | | 37.87 | 38.89 | |
| | | Amber Duizendstraal | | | | | | | |
| | | 100m | 11.04 | (11.04) | | | 100m | 10.97 | (10.97) |
| | | 500m | 39.96 | (28.92) | | | 500m | 38.89 | (27.92) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|-----|----|-------|--------------|---------|
| 5 | wt | 39 | Sanneke de Neeling | | DSA | | 37.66 | 39.90 | |
| | rd | 55 | Sacha vander Weide | | DN2 | | 38.99 | 39.58 | |
| | | Sanneke de Neeling | | | | | | | |
| | | 100m | 11.13 | (11.13) | | | 100m | 10.80 | (10.80) |
| | | 500m | 39.90 | (28.77) | | | 500m | 39.58 | (28.78) |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|-----------------------|--------------------------|---------|--------------------------|-------|---------|--------------|------|
| 6 | wt | 27 | Sylke Kas | | DN2 | | 38.88 | 39.46 | |
| | rd | 5 | Anna Boersma | | DN3 | | 38.70 | 38.96 | |
| | | Sylke Kas | | | Anna Boersma | | | | |
| | | 100m | 10.92 | (10.92) | 100m | 10.64 | (10.64) | | |
| | | 500m | 39.46 | (28.54) | 500m | 38.96 | (28.32) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 7 | wt | 35 | Maud Lugters | | DN3 | | 38.35 | 38.82 | |
| | rd | 9 | Helga Drost | | DSA | | 38.00 | 38.83 | |
| | | Maud Lugters | | | Helga Drost | | | | |
| | | 100m | 10.82 | (10.82) | 100m | 10.74 | (10.74) | | |
| | | 500m | 38.82 | (28.00) | 500m | 38.83 | (28.09) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 8 | wt | 45 | Esme Stollenga | | DSA | | 37.92 | 39.10 | |
| | rd | 2 | Marit van Beijnum | | DN3 | | 38.40 | 39.52 | |
| | | Esme Stollenga | | | Marit van Beijnum | | | | |
| | | 100m | 10.93 | (10.93) | 100m | 10.75 | (10.75) | | |
| | | 500m | 39.10 | (28.17) | 500m | 39.52 | (28.77) | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

2. Uitslag Mannen 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 160 Stefan Westenbroek | HN2 | 1 | O | 35.47 | | |
| 2 | 159 Joep Wennemars | HN1 | 7 | I | 35.63 | | |
| 3 | 147 Tijmen Snel | HSA | 6 | O | 35.71 | | |
| 4 | 112 Sebas Diniz | HN2 | 10 | I | 35.75 | | |
| 5 | 145 Mats Siemons | HN1 | 9 | I | 35.95 | | |
| 6 | 165 Serge Yoro | HN4 | 9 | O | 35.98 | | |
| 7 | 122 Jarle Gerrits | HN2 | 5 | I | 35.99 | PR | |
| 8 | 135 Sven Kemp | HN3 | 7 | O | 36.08 | | |
| 9 | 107 Armand Broos | HN3 | 10 | O | 36.12 | | |
| 10 | 119 Mika van Essen | HN4 | 5 | O | 36.16 | | |
| 11 | 125 Rem de Hair | HN3 | 8 | I | 36.19 | | |
| 12 | 108 Jim Dhore | HSA | 3 | O | 36.39 | | |
| 13 | 113 Joost van Dobbenburgh | HSA | 6 | I | 36.47 | | |
| 14 | 132 Elwin Jongman | HN4 | 3 | I | 36.60 | | |
| 15 | 110 Ward Dielissen | HA1 | 2 | I | 36.67 | PR | |
| 16 | 120 Chris Fredriks | HN1 | 4 | O | 36.70 | | |
| 17 | 152 Pim Stuij | HN1 | 4 | I | 36.76 | | |
| 18 | 123 Thijs Govers | HSA | 2 | O | 36.91 | | |
| 19 | 109 Niels d'Huy | HN2 | 8 | O | 36.98 | | |
| | 106 Janno Botman | HN4 | 1 | I | DNF | | |
| | 118 Gijs Esders | HSB | | | WDR | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

2. Rituitslag Mannen 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|---------------------------|--------|---------------------------|-------|---------|--------------|
| 1 | wt | 106 | Janno Botman | | HN4 | | 34.61 | DNF |
| | rd | 160 | Stefan Westenbroek | | HN2 | | 34.72 | 35.47 |
| | | <u>Janno Botman</u> | | | <u>Stefan Westenbroek</u> | | | |
| | | 100m | 9.85 | (9.85) | 100m | 9.77 | (9.77) | |
| | | | | | 500m | 35.47 | (25.70) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|---------------------|-------|---------|-----------------|
| 2 | wt | 110 | Ward Dielissen | | HA1 | | 36.73 | 36.67 PR |
| | rd | 123 | Thijs Govers | | HSA | | 35.43 | 36.91 |
| | | <u>Ward Dielissen</u> | | | <u>Thijs Govers</u> | | | |
| | | 100m | 10.13 | (10.13) | 100m | 10.23 | (10.23) | |
| | | 500m | 36.67 | (26.54) | 500m | 36.91 | (26.68) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|----------------------|---------|------------------|-------|---------|--------------|
| 3 | wt | 132 | Elwin Jongman | | HN4 | | 35.62 | 36.60 |
| | rd | 108 | Jim Dhore | | HSA | | 35.79 | 36.39 |
| | | <u>Elwin Jongman</u> | | | <u>Jim Dhore</u> | | | |
| | | 100m | 10.39 | (10.39) | 100m | 9.85 | (9.85) | |
| | | 500m | 36.60 | (26.21) | 500m | 36.39 | (26.54) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------|-----------------------|---------|-----------------------|-------|---------|--------------|
| 4 | wt | 152 | Pim Stuij | | HN1 | | 35.70 | 36.76 |
| | rd | 120 | Chris Fredriks | | HN1 | | 36.16 | 36.70 |
| | | <u>Pim Stuij</u> | | | <u>Chris Fredriks</u> | | | |
| | | 100m | 10.14 | (10.14) | 100m | 10.20 | (10.20) | |
| | | 500m | 36.76 | (26.62) | 500m | 36.70 | (26.50) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|-----------------------|---------|-----------------------|-------|---------|-----------------|
| 5 | wt | 122 | Jarle Gerrits | | HN2 | | 36.01 | 35.99 PR |
| | rd | 119 | Mika van Essen | | HN4 | | 35.33 | 36.16 |
| | | <u>Jarle Gerrits</u> | | | <u>Mika van Essen</u> | | | |
| | | 100m | 10.08 | (10.08) | 100m | 10.18 | (10.18) | |
| | | 500m | 35.99 | (25.91) | 500m | 36.16 | (25.98) | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|------------------------------|------------------------------|---------|---------------------|-------|---------|--------------|------|
| 6 | wt | 113 | Joost van Dobbenburgh | | HSA | | 35.49 | 36.47 | |
| | rd | 147 | Tijmen Snel | | HSA | | 34.82 | 35.71 | |
| | | Joost van Dobbenburgh | | | Tijmen Snel | | | | |
| | | 100m | 10.23 | (10.23) | 100m | 9.88 | (9.88) | | |
| | | 500m | 36.47 | (26.24) | 500m | 35.71 | (25.83) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 7 | wt | 159 | Joep Wennemars | | HN1 | | 35.11 | 35.63 | |
| | rd | 135 | Sven Kemp | | HN3 | | 35.82 | 36.08 | |
| | | Joep Wennemars | | | Sven Kemp | | | | |
| | | 100m | 10.03 | (10.03) | 100m | 9.93 | (9.93) | | |
| | | 500m | 35.63 | (25.60) | 500m | 36.08 | (26.15) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 8 | wt | 125 | Rem de Hair | | HN3 | | 35.46 | 36.19 | |
| | rd | 109 | Niels d'Huy | | HN2 | | 36.04 | 36.98 | |
| | | Rem de Hair | | | Niels d'Huy | | | | |
| | | 100m | 9.99 | (9.99) | 100m | 10.36 | (10.36) | | |
| | | 500m | 36.19 | (26.20) | 500m | 36.98 | (26.62) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 9 | wt | 145 | Mats Siemons | | HN1 | | 35.51 | 35.95 | |
| | rd | 165 | Serge Yoro | | HN4 | | 34.98 | 35.98 | |
| | | Mats Siemons | | | Serge Yoro | | | | |
| | | 100m | 9.92 | (9.92) | 100m | 10.18 | (10.18) | | |
| | | 500m | 35.95 | (26.03) | 500m | 35.98 | (25.80) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 10 | wt | 112 | Sebas Diniz | | HN2 | | 34.84 | 35.75 | |
| | rd | 107 | Armand Broos | | HN3 | | 35.33 | 36.12 | |
| | | Sebas Diniz | | | Armand Broos | | | | |
| | | 100m | 9.93 | (9.93) | 100m | 10.08 | (10.08) | | |
| | | 500m | 35.75 | (25.82) | 500m | 36.12 | (26.04) | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

| | | Naam | Cat | PR | Tijd Info |
|----|----------|------------------------|-----|-------|------------|
| 11 | wt rd | 118 Gijs Esders | HSB | 34.99 | WDR |
| | | <u>Gijs Esders</u> | | | |
| | | | | | m |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

3. Uitslag Vrouwen 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 29 Esther Kiel | DSA | 7 | O | 2:00.63 | | |
| 2 | 20 Aveline Hijlkema | DSA | 8 | I | 2:02.38 | | |
| 3 | 4 Myrthe de Boer | DN2 | 6 | O | 2:02.53 | | |
| 4 | 59 Paulien Verhaar | DN4 | 8 | O | 2:05.05 | | |
| 5 | 51 Evelien Vijn | DN1 | 5 | O | 2:05.51 | | |
| 6 | 39 Sanneke de Neeling | DSA | 4 | I | 2:06.00 | | |
| 7 | 53 Eline van Voorden | DN3 | 6 | I | 2:06.48 | | |
| 8 | 57 Sanne Westra | DN1 | 5 | I | 2:07.16 | | |
| 9 | 36 Amy van der Meer | DN2 | 3 | O | 2:08.23 | | |
| 10 | 46 Kim Talsma | DN3 | 7 | I | 2:09.11 | | |
| 11 | 47 Lidia Tempert | DN3 | 3 | I | 2:09.66 | | |
| 12 | 34 Lisan van der Linde | DN1 | 4 | O | 2:10.28 | | |
| 13 | 8 Vera van Ditshuizen | DN1 | 1 | I | 2:12.14 | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

3. Rituitslag Vrouwen 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|----------------------------|-----|-----|----|--|---------|----------------|
| 1 | wt rd | 8 | Vera van Ditshuizen | | DN1 | | | 2:06.68 | 2:12.14 |

Vera van Ditshuizen

| | | | |
|-------|---------|---------|---|
| 300m | 27.97 | (27.97) | m |
| 700m | 1:00.48 | (32.51) | |
| 1100m | 1:35.48 | (35.00) | |
| 1500m | 2:12.14 | (36.66) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|--|-----|--|----|--|------|------|
| 2 | gl bl | | | | | | | | |

m

m

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|-------------------------|-----|-----|----|--|---------|----------------|
| 3 | wt rd | 47 | Lidia Tempert | | DN3 | | | 2:04.71 | 2:09.66 |
| | | 36 | Amy van der Meer | | DN2 | | | 2:05.91 | 2:08.23 |

Lidia Tempert

| | | |
|-------|---------|---------|
| 300m | 27.60 | (27.60) |
| 700m | 59.31 | (31.71) |
| 1100m | 1:33.22 | (33.91) |
| 1500m | 2:09.66 | (36.44) |

Amy van der Meer

| | | |
|-------|---------|---------|
| 300m | 27.15 | (27.15) |
| 700m | 58.96 | (31.81) |
| 1100m | 1:32.72 | (33.76) |
| 1500m | 2:08.23 | (35.51) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|----------------------------|-----|-----|----|--|---------|----------------|
| 4 | gl bl | 39 | Sanneke de Neeling | | DSA | | | 1:55.27 | 2:06.00 |
| | | 34 | Lisan van der Linde | | DN1 | | | 2:04.76 | 2:10.28 |

Sanneke de Neeling

| | | |
|-------|---------|---------|
| 300m | 27.19 | (27.19) |
| 700m | 57.92 | (30.73) |
| 1100m | 1:30.97 | (33.05) |
| 1500m | 2:06.00 | (35.03) |

Lisan van der Linde

| | | |
|-------|---------|---------|
| 300m | 28.71 | (28.71) |
| 700m | 1:00.67 | (31.96) |
| 1100m | 1:34.56 | (33.89) |
| 1500m | 2:10.28 | (35.72) |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|--------------------------|--------------------------|---------|-----|------------------------|---------|---------|----------------|
| 5 | wt | 57 | Sanne Westra | | DN1 | | | 2:01.40 | 2:07.16 |
| | rd | 51 | Evelien Vijn | | DN1 | | | 1:57.52 | 2:05.51 |
| | | Sanne Westra | | | | Evelien Vijn | | | |
| | | 300m | 27.38 | (27.38) | | 300m | 27.55 | (27.55) | |
| | | 700m | 58.22 | (30.84) | | 700m | 58.36 | (30.81) | |
| | | 1100m | 1:31.25 | (33.03) | | 1100m | 1:31.13 | (32.77) | |
| | | 1500m | 2:07.16 | (35.91) | | 1500m | 2:05.51 | (34.38) | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 6 | gl | 53 | Eline van Voorden | | DN3 | | | 2:02.92 | 2:06.48 |
| | bl | 4 | Myrthe de Boer | | DN2 | | | 1:56.76 | 2:02.53 |
| | | Eline van Voorden | | | | Myrthe de Boer | | | |
| | | 300m | 27.57 | (27.57) | | 300m | 26.38 | (26.38) | |
| | | 700m | 58.71 | (31.14) | | 700m | 55.69 | (29.31) | |
| | | 1100m | 1:31.44 | (32.73) | | 1100m | 1:27.53 | (31.84) | |
| | | 1500m | 2:06.48 | (35.04) | | 1500m | 2:02.53 | (35.00) | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 7 | wt | 46 | Kim Talsma | | DN3 | | | 1:57.33 | 2:09.11 |
| | rd | 29 | Esther Kiel | | DSA | | | 1:57.69 | 2:00.63 |
| | | Kim Talsma | | | | Esther Kiel | | | |
| | | 300m | 27.54 | (27.54) | | 300m | 26.64 | (26.64) | |
| | | 700m | 58.89 | (31.35) | | 700m | 56.37 | (29.73) | |
| | | 1100m | 1:32.86 | (33.97) | | 1100m | 1:27.70 | (31.33) | |
| | | 1500m | 2:09.11 | (36.25) | | 1500m | 2:00.63 | (32.93) | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 8 | gl | 20 | Aveline Hijlkema | | DSA | | | 1:57.78 | 2:02.38 |
| | bl | 59 | Paulien Verhaar | | DN4 | | | 1:58.69 | 2:05.05 |
| | | Aveline Hijlkema | | | | Paulien Verhaar | | | |
| | | 300m | 26.78 | (26.78) | | 300m | 26.70 | (26.70) | |
| | | 700m | 56.94 | (30.16) | | 700m | 57.16 | (30.46) | |
| | | 1100m | 1:28.72 | (31.78) | | 1100m | 1:30.16 | (33.00) | |
| | | 1500m | 2:02.38 | (33.66) | | 1500m | 2:05.05 | (34.89) | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

4. Uitslag Mannen 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 111 Lex Dijkstra | HSA | 10 | O | 1:49.82 | | |
| 2 | 159 Joep Wennemars | HN1 | 7 | I | 1:49.86 | | |
| 3 | 164 Jordy van Workum | HN3 | 1 | I | 1:50.26 | | |
| 4 | 116 Sijmen Egberts | HA2 | 5 | I | 1:51.52 | | |
| 5 | 142 Zeno de Ponti | HN2 | 3 | O | 1:51.82 | | |
| 6 | 149 Jesse Speijers | HN2 | 10 | I | 1:51.99 | | |
| 7 | 156 Jur Veenje | HN3 | 8 | I | 1:52.38 | | |
| 8 | 129 Matthieu Hollaar | HN1 | 7 | O | 1:52.96 | | |
| 9 | 140 Thomas de Lange | HN1 | 8 | O | 1:53.02 | | |
| 10 | 154 Marwin Talsma | HSA | 6 | O | 1:53.09 | | |
| 11 | 146 Remo Slotegraaf | HN2 | 9 | I | 1:53.10 | | |
| 12 | 166 Mathijs van Zwieten | HN2 | 4 | I | 1:53.12 | | |
| 13 | 139 Jesse de Lange | HN2 | 4 | O | 1:53.75 | | |
| 14 | 120 Chris Fredriks | HN1 | 6 | I | 1:54.25 | | |
| 15 | 136 Adriaan de Kluiver | HSA | 5 | O | 1:54.57 | | |
| 16 | 114 Max Douma | HN4 | 3 | I | 1:55.72 | | |
| | 145 Mats Siemons | HN1 | | | | WDR | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

4. Rituitslag Mannen 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|-------------------------|-----|-----|----|---------|----------------|------|
| 1 | wt rd | 164 | Jordy van Workum | | HN3 | | 1:45.37 | 1:50.26 | |

Jordy van Workum

| | | | |
|-------|---------|---------|---|
| 300m | 24.50 | (24.50) | m |
| 700m | 51.58 | (27.08) | |
| 1100m | 1:20.10 | (28.52) | |
| 1500m | 1:50.26 | (30.16) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|--|-----|--|----|--|------|------|
| 2 | gl bl | | | | | | | | |

m

m

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|----------------------|-----|-----|----|---------|----------------|------|
| 3 | wt rd | 114 | Max Douma | | HN4 | | 1:51.36 | 1:55.72 | |
| | | 142 | Zeno de Ponti | | HN2 | | 1:49.60 | 1:51.82 | |

Max Douma

| | | |
|-------|---------|---------|
| 300m | 25.04 | (25.04) |
| 700m | 52.98 | (27.94) |
| 1100m | 1:22.80 | (29.82) |
| 1500m | 1:55.72 | (32.92) |

Zeno de Ponti

| | | |
|-------|---------|---------|
| 300m | 25.03 | (25.03) |
| 700m | 52.57 | (27.54) |
| 1100m | 1:21.52 | (28.95) |
| 1500m | 1:51.82 | (30.30) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|----------------------------|-----|-----|----|---------|----------------|------|
| 4 | gl bl | 166 | Mathijs van Zwieten | | HN2 | | 1:51.81 | 1:53.12 | |
| | | 139 | Jesse de Lange | | HN2 | | 1:51.59 | 1:53.75 | |

Mathijs van Zwieten

| | | |
|-------|---------|---------|
| 300m | 25.46 | (25.46) |
| 700m | 53.91 | (28.45) |
| 1100m | 1:23.18 | (29.27) |
| 1500m | 1:53.12 | (29.94) |

Jesse de Lange

| | | |
|-------|---------|---------|
| 300m | 25.43 | (25.43) |
| 700m | 53.74 | (28.31) |
| 1100m | 1:23.06 | (29.32) |
| 1500m | 1:53.75 | (30.69) |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|-----------------------|---------------------------|---------|---------------------------|---------|---------|----------------|------|
| 5 | wt | 116 | Sijmen Egberts | | HA2 | | 1:48.29 | 1:51.52 | |
| | rd | 136 | Adriaan de Kluiver | | HSA | | 1:50.51 | 1:54.57 | |
| | | Sijmen Egberts | | | Adriaan de Kluiver | | | | |
| | | 300m | 24.76 | (24.76) | 300m | 25.12 | (25.12) | | |
| | | 700m | 52.41 | (27.65) | 700m | 53.19 | (28.07) | | |
| | | 1100m | 1:21.05 | (28.64) | 1100m | 1:22.77 | (29.58) | | |
| | | 1500m | 1:51.52 | (30.47) | 1500m | 1:54.57 | (31.80) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 6 | gl | 120 | Chris Fredriks | | HN1 | | 1:49.07 | 1:54.25 | |
| | bl | 154 | Marwin Talsma | | HSA | | 1:46.20 | 1:53.09 | |
| | | Chris Fredriks | | | Marwin Talsma | | | | |
| | | 300m | 24.77 | (24.77) | 300m | 25.87 | (25.87) | | |
| | | 700m | 52.52 | (27.75) | 700m | 54.08 | (28.21) | | |
| | | 1100m | 1:22.01 | (29.49) | 1100m | 1:23.21 | (29.13) | | |
| | | 1500m | 1:54.25 | (32.24) | 1500m | 1:53.09 | (29.88) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 7 | wt | 159 | Joep Wennemars | | HN1 | | 1:46.30 | 1:49.86 | |
| | rd | 129 | Matthieu Hollaar | | HN1 | | 1:50.73 | 1:52.96 | |
| | | Joep Wennemars | | | Matthieu Hollaar | | | | |
| | | 300m | 23.72 | (23.72) | 300m | 24.61 | (24.61) | | |
| | | 700m | 50.43 | (26.71) | 700m | 52.36 | (27.75) | | |
| | | 1100m | 1:19.04 | (28.61) | 1100m | 1:21.39 | (29.03) | | |
| | | 1500m | 1:49.86 | (30.82) | 1500m | 1:52.96 | (31.57) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 8 | gl | 156 | Jur Veenje | | HN3 | | 1:48.27 | 1:52.38 | |
| | bl | 140 | Thomas de Lange | | HN1 | | 1:48.82 | 1:53.02 | |
| | | Jur Veenje | | | Thomas de Lange | | | | |
| | | 300m | 24.83 | (24.83) | 300m | 24.46 | (24.46) | | |
| | | 700m | 52.35 | (27.52) | 700m | 51.99 | (27.53) | | |
| | | 1100m | 1:21.64 | (29.29) | 1100m | 1:21.43 | (29.44) | | |
| | | 1500m | 1:52.38 | (30.74) | 1500m | 1:53.02 | (31.59) | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|------------------------|------------------------|---------|---------------------|---------|---------|----------------|------|
| 9 | wt | 146 | Remo Slotegraaf | | HN2 | 1:47.15 | | 1:53.10 | |
| | rd | 145 | Mats Siemons | | HN1 | 1:47.76 | | WDR | |
| | | Remo Slotegraaf | | | Mats Siemons | | | | |
| | | 300m | 25.08 | (25.08) | | | | | |
| | | 700m | 52.51 | (27.43) | | | | | |
| | | 1100m | 1:21.62 | (29.11) | | | | | |
| | | 1500m | 1:53.10 | (31.48) | | | | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 10 | gl | 149 | Jesse Speijers | | HN2 | 1:47.74 | | 1:51.99 | |
| | bl | 111 | Lex Dijkstra | | HSA | 1:46.50 | | 1:49.82 | |
| | | Jesse Speijers | | | Lex Dijkstra | | | | |
| | | 300m | 24.83 | (24.83) | 300m | 25.16 | (25.16) | | |
| | | 700m | 52.27 | (27.44) | 700m | 52.49 | (27.33) | | |
| | | 1100m | 1:20.94 | (28.67) | 1100m | 1:20.69 | (28.20) | | |
| | | 1500m | 1:51.99 | (31.05) | 1500m | 1:49.82 | (29.13) | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

5. Uitslag Vrouwen 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 14 Isabel Grevelt | DN2 | 4 | O | 1:18.03 | | |
| 2 | 35 Maud Lugters | DN3 | 8 | O | 1:18.26 | | |
| 3 | 9 Helga Drost | DSA | 7 | O | 1:18.29 | | |
| 4 | 39 Sanneke de Neeling | DSA | 5 | I | 1:18.50 | | |
| 5 | 4 Myrthe de Boer | DN2 | 5 | O | 1:18.51 | | |
| 6 | 5 Anna Boersma | DN3 | 6 | O | 1:18.83 | | |
| 7 | 11 Elisa Dul | DSA | 8 | I | 1:19.15 | | |
| 8 | 45 Esme Stollenga | DSA | 7 | I | 1:19.32 | | |
| 9 | 27 Sylke Kas | DN2 | 6 | I | 1:19.92 | | |
| 10 | 55 Sacha vander Weide | DN2 | 4 | I | 1:20.81 | | |
| 11 | 57 Sanne Westra | DN1 | 2 | I | 1:21.10 | | |
| 12 | 10 Amber Duizendstraat | DN1 | 3 | I | 1:21.60 | | |
| 13 | 41 Anne Plat | DN4 | 2 | O | 1:22.69 | | |
| 14 | 12 Romée Ebbinge | DSA | 3 | O | 1:23.17 | | |
| 15 | 36 Amy van der Meer | DN2 | 1 | I | 1:24.13 | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

5. Rituitslag Vrouwen 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|-------|----------------------------|---------|---------|----|-------|---------|----------------|
| 1 | wt | 36 | Amy van der Meer | | DN2 | | | 1:21.18 | 1:24.13 |
| | rd | | | | | | | | |
| | | | Amy van der Meer | | | | | | |
| | | | 200m | 19.34 | (19.34) | | | m | |
| | | 600m | 50.27 | (30.93) | | | | | |
| | | 1000m | 1:24.13 | (33.86) | | | | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 2 | wt | 57 | Sanne Westra | | DN1 | | | 1:19.07 | 1:21.10 |
| | rd | 41 | Anne Plat | | DN4 | | | 1:20.60 | 1:22.69 |
| | | | Sanne Westra | | | | | | |
| | | | 200m | 19.36 | (19.36) | | | 200m | 19.17 |
| | | 600m | 48.89 | (29.53) | | | 600m | 49.07 | (29.90) |
| | | 1000m | 1:21.10 | (32.21) | | | 1000m | 1:22.69 | (33.62) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 3 | wt | 10 | Amber Duizendstraal | | DN1 | | | 1:19.24 | 1:21.60 |
| | rd | 12 | Romée Ebbinge | | DSA | | | 1:20.69 | 1:23.17 |
| | | | Amber Duizendstraal | | | | | | |
| | | | 200m | 19.07 | (19.07) | | | 200m | 19.99 |
| | | 600m | 49.33 | (30.26) | | | 600m | 50.32 | (30.33) |
| | | 1000m | 1:21.60 | (32.27) | | | 1000m | 1:23.17 | (32.85) |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 4 | wt | 55 | Sacha vander Weide | | DN2 | | | 1:19.23 | 1:20.81 |
| | rd | 14 | Isabel Grevelt | | DN2 | | | 1:14.17 | 1:18.03 |
| | | | Sacha vander Weide | | | | | | |
| | | | 200m | 18.33 | (18.33) | | | 200m | 18.45 |
| | | 600m | 47.49 | (29.16) | | | 600m | 46.53 | (28.08) |
| | | 1000m | 1:20.81 | (33.32) | | | 1000m | 1:18.03 | (31.50) |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|-----------------------|---------|----------------|------|
| 5 | wt | 39 | Sanneke de Neeling | | DSA | 1:13.74 | 1:18.50 | |
| | rd | 4 | Myrthe de Boer | | DN2 | 1:15.51 | 1:18.51 | |
| | | Sanneke de Neeling | | | Myrthe de Boer | | | |
| | | 200m | 18.82 | (18.82) | 200m | 18.90 | (18.90) | |
| | | 600m | 47.66 | (28.84) | 600m | 47.43 | (28.53) | |
| | | 1000m | 1:18.50 | (30.84) | 1000m | 1:18.51 | (31.08) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|------------------|---------------------|---------|---------------------|---------|----------------|------|
| 6 | wt | 27 | Sylke Kas | | DN2 | 1:18.13 | 1:19.92 | |
| | rd | 5 | Anna Boersma | | DN3 | 1:17.50 | 1:18.83 | |
| | | Sylke Kas | | | Anna Boersma | | | |
| | | 200m | 18.61 | (18.61) | 200m | 18.14 | (18.14) | |
| | | 600m | 47.52 | (28.91) | 600m | 46.87 | (28.73) | |
| | | 1000m | 1:19.92 | (32.40) | 1000m | 1:18.83 | (31.96) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|--------------------|---------|----------------|------|
| 7 | wt | 45 | Esme Stollenga | | DSA | 1:15.70 | 1:19.32 | |
| | rd | 9 | Helga Drost | | DSA | 1:15.36 | 1:18.29 | |
| | | Esme Stollenga | | | Helga Drost | | | |
| | | 200m | 18.59 | (18.59) | 200m | 18.20 | (18.20) | |
| | | 600m | 47.12 | (28.53) | 600m | 46.45 | (28.25) | |
| | | 1000m | 1:19.32 | (32.20) | 1000m | 1:18.29 | (31.84) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|------------------|---------------------|---------|---------------------|---------|----------------|------|
| 8 | wt | 11 | Elisa Dul | | DSA | 1:15.19 | 1:19.15 | |
| | rd | 35 | Maud Lugters | | DN3 | 1:17.16 | 1:18.26 | |
| | | Elisa Dul | | | Maud Lugters | | | |
| | | 200m | 18.45 | (18.45) | 200m | 18.34 | (18.34) | |
| | | 600m | 47.52 | (29.07) | 600m | 46.35 | (28.01) | |
| | | 1000m | 1:19.15 | (31.63) | 1000m | 1:18.26 | (31.91) | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

6. Uitslag Mannen 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 159 Joep Wennemars | HN1 | 4 | O | 1:09.98 | | |
| 2 | 128 Louis Hollaar | HSA | 5 | O | 1:10.64 | | |
| 3 | 147 Tijmen Snel | HSA | 5 | I | 1:10.99 | | |
| 4 | 106 Janno Botman | HN4 | 1 | I | 1:11.13 | | |
| 5 | 145 Mats Siemons | HN1 | 8 | O | 1:11.19 | | |
| 6 | 122 Jarle Gerrits | HN2 | 6 | I | 1:11.76 | | |
| 7 | 165 Serge Yoro | HN4 | 7 | I | 1:12.07 | | |
| 8 | 119 Mika van Essen | HN4 | 4 | I | 1:12.17 | | |
| 9 | 156 Jur Veenje | HN3 | 3 | O | 1:12.24 | | |
| 10 | 113 Joost van Dobbenburgh | HSA | 7 | O | 1:12.82 | | |
| 11 | 120 Chris Fredriks | HN1 | 6 | O | 1:13.33 | | |
| 12 | 141 Mervin Maatman | HN2 | 2 | O | 1:13.34 | | |
| 13 | 140 Thomas de Lange | HN1 | 2 | I | 1:13.47 | | |
| 14 | 118 Gijs Esders | HSB | 8 | I | 1:14.31 | | |
| | 135 Sven Kemp | HN3 | 3 | I | DNF | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

6. Rituitslag Mannen 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 106 | Janno Botman | | HN4 | | 1:08.06 | 1:11.13 | |
| | rd | | | | | | | | |

Janno Botman

| | | | | | |
|-------|---------|---------|---|--|--|
| 200m | 16.81 | (16.81) | m | | |
| 600m | 42.86 | (26.05) | | | |
| 1000m | 1:11.13 | (28.27) | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|------------------------|-----|-----|----|---------|----------------|------|
| 2 | wt | 140 | Thomas de Lange | | HN1 | | 1:11.60 | 1:13.47 | |
| | rd | 141 | Mervin Maatman | | HN2 | | 1:11.86 | 1:13.34 | |

Thomas de Lange

| | | | | | |
|-------|---------|---------|--|--|--|
| 200m | 17.69 | (17.69) | | | |
| 600m | 44.45 | (26.76) | | | |
| 1000m | 1:13.47 | (29.02) | | | |

Mervin Maatman

| | | | | | |
|-------|---------|---------|--|--|--|
| 200m | 17.35 | (17.35) | | | |
| 600m | 44.05 | (26.70) | | | |
| 1000m | 1:13.34 | (29.29) | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-------------------|-----|-----|----|---------|----------------|------|
| 3 | wt | 135 | Sven Kemp | | HN3 | | 1:11.55 | DNF | |
| | rd | 156 | Jur Veenje | | HN3 | | 1:10.87 | 1:12.24 | |

Sven Kemp

| | | | | | |
|------|-------|---------|--|--|--|
| 200m | 17.07 | (17.07) | | | |
|------|-------|---------|--|--|--|

Jur Veenje

| | | | | | |
|-------|---------|---------|--|--|--|
| 200m | 17.54 | (17.54) | | | |
| 600m | 43.96 | (26.42) | | | |
| 1000m | 1:12.24 | (28.28) | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 4 | wt | 119 | Mika van Essen | | HN4 | | 1:09.91 | 1:12.17 | |
| | rd | 159 | Joep Wennemars | | HN1 | | 1:08.08 | 1:09.98 | |

Mika van Essen

| | | | | | |
|-------|---------|---------|--|--|--|
| 200m | 16.77 | (16.77) | | | |
| 600m | 42.90 | (26.13) | | | |
| 1000m | 1:12.17 | (29.27) | | | |

Joep Wennemars

| | | | | | |
|-------|---------|---------|--|--|--|
| 200m | 16.78 | (16.78) | | | |
| 600m | 42.21 | (25.43) | | | |
| 1000m | 1:09.98 | (27.77) | | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 5 | wt | 147 | Tijmen Snel | | HSA | | 1:08.10 | 1:10.99 | |
| | rd | 128 | Louis Hollaar | | HSA | | 1:08.43 | 1:10.64 | |
| | | Tijmen Snel | | | Louis Hollaar | | | | |
| | | 200m | 16.97 | (16.97) | 200m | 17.06 | (17.06) | | |
| | | 600m | 43.25 | (26.28) | 600m | 43.10 | (26.04) | | |
| | | 1000m | 1:10.99 | (27.74) | 1000m | 1:10.64 | (27.54) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 6 | wt | 122 | Jarle Gerrits | | HN2 | | 1:11.28 | 1:11.76 | |
| | rd | 120 | Chris Fredriks | | HN1 | | 1:10.53 | 1:13.33 | |
| | | Jarle Gerrits | | | Chris Fredriks | | | | |
| | | 200m | 16.92 | (16.92) | 200m | 17.32 | (17.32) | | |
| | | 600m | 43.23 | (26.31) | 600m | 43.80 | (26.48) | | |
| | | 1000m | 1:11.76 | (28.53) | 1000m | 1:13.33 | (29.53) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------|------------------------------|---------|------------------------------|---------|---------|----------------|------|
| 7 | wt | 165 | Serge Yoro | | HN4 | | 1:08.37 | 1:12.07 | |
| | rd | 113 | Joost van Dobbenburgh | | HSA | | 1:09.35 | 1:12.82 | |
| | | Serge Yoro | | | Joost van Dobbenburgh | | | | |
| | | 200m | 17.13 | (17.13) | 200m | 17.20 | (17.20) | | |
| | | 600m | 43.38 | (26.25) | 600m | 43.73 | (26.53) | | |
| | | 1000m | 1:12.07 | (28.69) | 1000m | 1:12.82 | (29.09) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|---------------------|---------|---------------------|---------|---------|----------------|------|
| 8 | wt | 118 | Gijs Esders | | HSB | | 1:08.67 | 1:14.31 | |
| | rd | 145 | Mats Siemons | | HN1 | | 1:09.45 | 1:11.19 | |
| | | Gijs Esders | | | Mats Siemons | | | | |
| | | 200m | 17.64 | (17.64) | 200m | 16.59 | (16.59) | | |
| | | 600m | 44.61 | (26.97) | 600m | 42.49 | (25.90) | | |
| | | 1000m | 1:14.31 | (29.70) | 1000m | 1:11.19 | (28.70) | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

7. Uitslag Vrouwen 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 29 Esther Kiel | DSA | 8 | I | 4:14.61 | | |
| 2 | 20 Aveline Hijlkema | DSA | 8 | O | 4:16.69 | | |
| 3 | 51 Evelien Vijn | DN1 | 7 | O | 4:20.01 | | |
| 4 | 53 Eline van Voorden | DN3 | 6 | I | 4:24.56 | | |
| 5 | 59 Paulien Verhaar | DN4 | 7 | I | 4:24.78 | | |
| 6 | 60 Esmee Visser | DSA | 1 | O | 4:25.81 | | |
| 7 | 25 Luna Jonkers | DN4 | 5 | O | 4:30.84 | | |
| 8 | 31 Patricia Koot | DA1 | 3 | O | 4:31.21 | | |
| 9 | 47 Lidia Tempert | DN3 | 5 | I | 4:32.23 | | |
| 10 | 7 Nyncke Dijkstra | DN1 | 4 | O | 4:32.63 | | |
| 11 | 34 Lisan van der Linde | DN1 | 4 | I | 4:33.70 | | |
| 12 | 44 Liotte Smits | DN3 | 3 | I | 4:35.68 | | |
| 13 | 8 Vera van Ditshuizen | DN1 | 1 | I | 4:38.27 | | |
| 14 | 26 Sterre Jonkers | DSA | 6 | O | 4:42.69 | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

7. Rituitslag Vrouwen 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|---------------------|-------|---------|----------------|------|
| 1 | wt | 8 | Vera van Ditshuizen | | DN1 | | 4:23.56 | 4:38.27 | |
| | rd | 60 | Esmee Visser | | DSA | | 3:54.02 | 4:25.81 | |
| | | Vera van Ditshuizen | | | Esmee Visser | | | | |
| | | 200m | 21.45 | (21.45) | | 200m | 22.10 | (22.10) | |
| | | 600m | 56.45 | (35.00) | | 600m | 56.41 | (34.31) | |
| | | 1000m | 1:31.58 | (35.13) | | 1000m | 1:30.87 | (34.46) | |
| | | 1400m | 2:07.93 | (36.35) | | 1400m | 2:05.29 | (34.42) | |
| | | 1800m | 2:44.66 | (36.73) | | 1800m | 2:39.89 | (34.60) | |
| | | 2200m | 3:22.26 | (37.60) | | 2200m | 3:14.66 | (34.77) | |
| | | 2600m | 4:00.24 | (37.98) | | 2600m | 3:49.81 | (35.15) | |
| | | 3000m | 4:38.27 | (38.03) | | 3000m | 4:25.81 | (36.00) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|--|-----|---|----|--|------|------|
| 2 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | m | | | m | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|----------------------|---------|----------------------|-------|---------|----------------|------|
| 3 | wt | 44 | Liotte Smits | | DN3 | | 4:24.14 | 4:35.68 | |
| | rd | 31 | Patricia Koot | | DA1 | | 4:22.29 | 4:31.21 | |
| | | Liotte Smits | | | Patricia Koot | | | | |
| | | 200m | 21.42 | (21.42) | | 200m | 21.00 | (21.00) | |
| | | 600m | 55.20 | (33.78) | | 600m | 54.45 | (33.45) | |
| | | 1000m | 1:29.47 | (34.27) | | 1000m | 1:28.85 | (34.40) | |
| | | 1400m | 2:04.76 | (35.29) | | 1400m | 2:04.06 | (35.21) | |
| | | 1800m | 2:40.97 | (36.21) | | 1800m | 2:39.73 | (35.67) | |
| | | 2200m | 3:18.15 | (37.18) | | 2200m | 3:16.31 | (36.58) | |
| | | 2600m | 3:56.36 | (38.21) | | 2600m | 3:53.50 | (37.19) | |
| | | 3000m | 4:35.68 | (39.32) | | 3000m | 4:31.21 | (37.71) | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|------------------------|---------|---------|---------|----------------|
| 4 | gl | 34 | Lisan van der Linde | | DN1 | | | 4:28.20 | 4:33.70 |
| | bl | 7 | Nyncke Dijkstra | | DN1 | | | 4:28.59 | 4:32.63 |
| | | Lisan van der Linde | | | Nyncke Dijkstra | | | | |
| | | 200m | 22.32 | (22.32) | 200m | 21.37 | (21.37) | | |
| | | 600m | 56.67 | (34.35) | 600m | 55.08 | (33.71) | | |
| | | 1000m | 1:31.86 | (35.19) | 1000m | 1:29.72 | (34.64) | | |
| | | 1400m | 2:07.28 | (35.42) | 1400m | 2:05.11 | (35.39) | | |
| | | 1800m | 2:42.81 | (35.53) | 1800m | 2:41.14 | (36.03) | | |
| | | 2200m | 3:19.00 | (36.19) | 2200m | 3:18.28 | (37.14) | | |
| | | 2600m | 3:55.87 | (36.87) | 2600m | 3:55.58 | (37.30) | | |
| | | 3000m | 4:33.70 | (37.83) | 3000m | 4:32.63 | (37.05) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|----------------------|---------|---------------------|---------|---------|---------|----------------|
| 5 | wt | 47 | Lidia Tempert | | DN3 | | | 4:23.86 | 4:32.23 |
| | rd | 25 | Luna Jonkers | | DN4 | | | 4:21.09 | 4:30.84 |
| | | Lidia Tempert | | | Luna Jonkers | | | | |
| | | 200m | 20.99 | (20.99) | 200m | 22.56 | (22.56) | | |
| | | 600m | 55.37 | (34.38) | 600m | 56.88 | (34.32) | | |
| | | 1000m | 1:30.80 | (35.43) | 1000m | 1:31.88 | (35.00) | | |
| | | 1400m | 2:06.56 | (35.76) | 1400m | 2:07.14 | (35.26) | | |
| | | 1800m | 2:42.37 | (35.81) | 1800m | 2:42.69 | (35.55) | | |
| | | 2200m | 3:18.72 | (36.35) | 2200m | 3:18.66 | (35.97) | | |
| | | 2600m | 3:55.20 | (36.48) | 2600m | 3:55.04 | (36.38) | | |
| | | 3000m | 4:32.23 | (37.03) | 3000m | 4:30.84 | (35.80) | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|-----|-----------------------|---------|----------------|------|
| 6 | gl | 53 | Eline van Voorden | | DN3 | | 4:14.19 | 4:24.56 | |
| | bl | 26 | Sterre Jonkers | | DSA | | 4:07.69 | 4:42.69 | |
| | | Eline van Voorden | | | | Sterre Jonkers | | | |
| | | 200m | 21.72 | (21.72) | | 200m | 22.00 | (22.00) | |
| | | 600m | 55.08 | (33.36) | | 600m | 56.28 | (34.28) | |
| | | 1000m | 1:28.61 | (33.53) | | 1000m | 1:32.03 | (35.75) | |
| | | 1400m | 2:02.84 | (34.23) | | 1400m | 2:09.04 | (37.01) | |
| | | 1800m | 2:37.49 | (34.65) | | 1800m | 2:46.86 | (37.82) | |
| | | 2200m | 3:12.45 | (34.96) | | 2200m | 3:24.68 | (37.82) | |
| | | 2600m | 3:48.21 | (35.76) | | 2600m | 4:03.08 | (38.40) | |
| | | 3000m | 4:24.56 | (36.35) | | 3000m | 4:42.69 | (39.61) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|------------------------|---------|-----|---------------------|---------|----------------|------|
| 7 | wt | 59 | Paulien Verhaar | | DN4 | | 4:11.75 | 4:24.78 | |
| | rd | 51 | Evelien Vijn | | DN1 | | 4:03.76 | 4:20.01 | |
| | | Paulien Verhaar | | | | Evelien Vijn | | | |
| | | 200m | 20.68 | (20.68) | | 200m | 20.82 | (20.82) | |
| | | 600m | 53.95 | (33.27) | | 600m | 53.59 | (32.77) | |
| | | 1000m | 1:27.42 | (33.47) | | 1000m | 1:27.26 | (33.67) | |
| | | 1400m | 2:01.78 | (34.36) | | 1400m | 2:01.09 | (33.83) | |
| | | 1800m | 2:36.27 | (34.49) | | 1800m | 2:35.53 | (34.44) | |
| | | 2200m | 3:10.91 | (34.64) | | 2200m | 3:10.13 | (34.60) | |
| | | 2600m | 3:47.16 | (36.25) | | 2600m | 3:44.79 | (34.66) | |
| | | 3000m | 4:24.78 | (37.62) | | 3000m | 4:20.01 | (35.22) | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|-------------------------|---------|-------------------------|---------|---------|----------------|------|
| 8 | gl | 29 | Esther Kiel | | DSA | | 4:06.44 | 4:14.61 | |
| | bl | 20 | Aveline Hijlkema | | DSA | | 4:06.70 | 4:16.69 | |
| | | Esther Kiel | | | Aveline Hijlkema | | | | |
| | | 200m | 20.14 | (20.14) | 200m | 20.67 | (20.67) | | |
| | | 600m | 51.74 | (31.60) | 600m | 53.11 | (32.44) | | |
| | | 1000m | 1:24.22 | (32.48) | 1000m | 1:26.46 | (33.35) | | |
| | | 1400m | 1:57.04 | (32.82) | 1400m | 1:59.84 | (33.38) | | |
| | | 1800m | 2:30.53 | (33.49) | 1800m | 2:33.47 | (33.63) | | |
| | | 2200m | 3:04.78 | (34.25) | 2200m | 3:07.22 | (33.75) | | |
| | | 2600m | 3:39.51 | (34.73) | 2600m | 3:41.61 | (34.39) | | |
| | | 3000m | 4:14.61 | (35.10) | 3000m | 4:16.69 | (35.08) | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

8. Uitslag Mannen 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------------|-----|------|------|---------|------|--------|
| 1 | 148 Beau Snellink | HN3 | 1 | I | 6:28.57 | | |
| 2 | 111 Lex Dijkstra | HSA | 7 | I | 6:33.00 | | |
| 3 | 154 Marwin Talsma | HSA | 8 | I | 6:36.64 | | |
| 4 | 166 Mathijs van Zwieten | HN2 | 6 | I | 6:39.83 | PR | |
| 5 | 164 Jordy van Workum | HN3 | 1 | O | 6:42.46 | | |
| 6 | 124 Homme Jan de Groot | HSA | 3 | I | 6:45.07 | | |
| 7 | 102 Daan Berkhout | HN1 | 5 | I | 6:45.48 | PR | |
| 8 | 137 Jelle Koeleman | HA2 | 3 | O | 6:45.88 | | |
| 9 | 163 Lars Woelders | HN2 | 5 | O | 6:45.99 | | |
| 10 | 138 Jasper Krommenhoek | HA2 | 7 | O | 6:46.63 | | |
| 11 | 115 Colin James Duivenvoorden | HN1 | 6 | O | 6:46.90 | | |
| 12 | 144 Victor Ramler | HSA | 8 | O | 6:48.86 | | |
| 13 | 142 Zeno de Ponti | HN2 | 4 | O | 6:50.04 | | |
| 14 | 139 Jesse de Lange | HN2 | 4 | I | 7:04.42 | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

8. Rituitslag Mannen 5000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|-------------------------|---------|-------------------------|---------|---------|----------------|------|
| 1 | wt | 148 | Beau Snellink | | HN3 | 6:09.58 | | 6:28.57 | |
| | rd | 164 | Jordy van Workum | | HN3 | 6:20.62 | | 6:42.46 | |
| | | Beau Snellink | | | Jordy van Workum | | | | |
| | | 200m | 19.60 | (19.60) | 200m | 19.19 | (19.19) | | |
| | | 600m | 49.57 | (29.97) | 600m | 49.28 | (30.09) | | |
| | | 1000m | 1:19.07 | (29.50) | 1000m | 1:19.95 | (30.67) | | |
| | | 1400m | 1:49.07 | (30.00) | 1400m | 1:50.53 | (30.58) | | |
| | | 1800m | 2:19.29 | (30.22) | 1800m | 2:21.69 | (31.16) | | |
| | | 2200m | 2:49.61 | (30.32) | 2200m | 2:52.95 | (31.26) | | |
| | | 2600m | 3:20.16 | (30.55) | 2600m | 3:24.57 | (31.62) | | |
| | | 3000m | 3:50.84 | (30.68) | 3000m | 3:56.78 | (32.21) | | |
| | | 3400m | 4:21.53 | (30.69) | 3400m | 4:29.21 | (32.43) | | |
| | | 3800m | 4:52.60 | (31.07) | 3800m | 5:01.84 | (32.63) | | |
| | | 4200m | 5:24.10 | (31.50) | 4200m | 5:35.06 | (33.22) | | |
| | | 4600m | 5:56.05 | (31.95) | 4600m | 6:08.66 | (33.60) | | |
| | | 5000m | 6:28.57 | (32.52) | 5000m | 6:42.46 | (33.80) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|--|-----|---|----|--|------|------|
| 2 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | m | | | m | | | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbaan Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|-----------------------|---------|---------|----------------|
| 3 | wt | 124 | Homme Jan de Groot | | HSA | | 6:34.37 | 6:45.07 |
| | rd | 137 | Jelle Koeleman | | HA2 | | 6:41.91 | 6:45.88 |
| | | Homme Jan de Groot | | | Jelle Koeleman | | | |
| | | 200m | 19.73 | (19.73) | 200m | 19.99 | (19.99) | |
| | | 600m | 50.82 | (31.09) | 600m | 51.08 | (31.09) | |
| | | 1000m | 1:22.11 | (31.29) | 1000m | 1:22.18 | (31.10) | |
| | | 1400m | 1:53.94 | (31.83) | 1400m | 1:53.38 | (31.20) | |
| | | 1800m | 2:25.62 | (31.68) | 1800m | 2:24.84 | (31.46) | |
| | | 2200m | 2:57.17 | (31.55) | 2200m | 2:56.11 | (31.27) | |
| | | 2600m | 3:29.54 | (32.37) | 2600m | 3:27.70 | (31.59) | |
| | | 3000m | 4:02.18 | (32.64) | 3000m | 3:59.75 | (32.05) | |
| | | 3400m | 4:34.88 | (32.70) | 3400m | 4:32.06 | (32.31) | |
| | | 3800m | 5:07.92 | (33.04) | 3800m | 5:04.90 | (32.84) | |
| | | 4200m | 5:40.20 | (32.28) | 4200m | 5:38.25 | (33.35) | |
| | | 4600m | 6:12.82 | (32.62) | 4600m | 6:12.09 | (33.84) | |
| | | 5000m | 6:45.07 | (32.25) | 5000m | 6:45.88 | (33.79) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|----------------------|---------|---------|----------------|
| 4 | gl | 139 | Jesse de Lange | | HN2 | | 6:48.35 | 7:04.42 |
| | bl | 142 | Zeno de Ponti | | HN2 | | 6:35.87 | 6:50.04 |
| | | Jesse de Lange | | | Zeno de Ponti | | | |
| | | 200m | 19.83 | (19.83) | 200m | 19.76 | (19.76) | |
| | | 600m | 51.89 | (32.06) | 600m | 50.87 | (31.11) | |
| | | 1000m | 1:24.14 | (32.25) | 1000m | 1:22.98 | (32.11) | |
| | | 1400m | 1:56.02 | (31.88) | 1400m | 1:55.07 | (32.09) | |
| | | 1800m | 2:28.58 | (32.56) | 1800m | 2:27.31 | (32.24) | |
| | | 2200m | 3:00.76 | (32.18) | 2200m | 2:59.69 | (32.38) | |
| | | 2600m | 3:33.85 | (33.09) | 2600m | 3:32.20 | (32.51) | |
| | | 3000m | 4:07.56 | (33.71) | 3000m | 4:04.75 | (32.55) | |
| | | 3400m | 4:42.04 | (34.48) | 3400m | 4:37.59 | (32.84) | |
| | | 3800m | 5:17.07 | (35.03) | 3800m | 5:10.35 | (32.76) | |
| | | 4200m | 5:52.84 | (35.77) | 4200m | 5:43.40 | (33.05) | |
| | | 4600m | 6:28.63 | (35.79) | 4600m | 6:16.86 | (33.46) | |
| | | 5000m | 7:04.42 | (35.79) | 5000m | 6:50.04 | (33.18) | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|----------------------|---------|----------------------|---------|---------|---------|-------------------|
| 5 | wt | 102 | Daan Berkhout | | HN1 | | | 6:46.07 | 6:45.48 PR |
| | rd | 163 | Lars Woelders | | HN2 | | | 6:37.70 | 6:45.99 |
| | | Daan Berkhout | | | Lars Woelders | | | | |
| | | 200m | 19.31 | (19.31) | 200m | 19.54 | (19.54) | | |
| | | 600m | 50.72 | (31.41) | 600m | 49.83 | (30.29) | | |
| | | 1000m | 1:23.02 | (32.30) | 1000m | 1:20.76 | (30.93) | | |
| | | 1400m | 1:54.99 | (31.97) | 1400m | 1:52.18 | (31.42) | | |
| | | 1800m | 2:26.92 | (31.93) | 1800m | 2:23.97 | (31.79) | | |
| | | 2200m | 2:58.89 | (31.97) | 2200m | 2:55.89 | (31.92) | | |
| | | 2600m | 3:30.97 | (32.08) | 2600m | 3:28.24 | (32.35) | | |
| | | 3000m | 4:03.08 | (32.11) | 3000m | 4:00.41 | (32.17) | | |
| | | 3400m | 4:35.36 | (32.28) | 3400m | 4:32.89 | (32.48) | | |
| | | 3800m | 5:07.51 | (32.15) | 3800m | 5:05.88 | (32.99) | | |
| | | 4200m | 5:40.22 | (32.71) | 4200m | 5:39.64 | (33.76) | | |
| | | 4600m | 6:12.90 | (32.68) | 4600m | 6:12.86 | (33.22) | | |
| | | 5000m | 6:45.48 | (32.58) | 5000m | 6:45.99 | (33.13) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------------|---------|----------------------------------|---------|---------|---------|-------------------|
| 6 | gl | 166 | Mathijs van Zwieten | | HN2 | | | 6:40.49 | 6:39.83 PR |
| | bl | 115 | Colin James Duivenvoorden | | HN1 | | | 6:33.99 | 6:46.90 |
| | | Mathijs van Zwieten | | | Colin James Duivenvoorden | | | | |
| | | 200m | 19.25 | (19.25) | 200m | 19.50 | (19.50) | | |
| | | 600m | 50.25 | (31.00) | 600m | 50.10 | (30.60) | | |
| | | 1000m | 1:22.22 | (31.97) | 1000m | 1:21.51 | (31.41) | | |
| | | 1400m | 1:54.23 | (32.01) | 1400m | 1:53.11 | (31.60) | | |
| | | 1800m | 2:26.33 | (32.10) | 1800m | 2:24.98 | (31.87) | | |
| | | 2200m | 2:57.88 | (31.55) | 2200m | 2:57.04 | (32.06) | | |
| | | 2600m | 3:29.90 | (32.02) | 2600m | 3:29.33 | (32.29) | | |
| | | 3000m | 4:02.47 | (32.57) | 3000m | 4:01.26 | (31.93) | | |
| | | 3400m | 4:34.08 | (31.61) | 3400m | 4:33.35 | (32.09) | | |
| | | 3800m | 5:05.05 | (30.97) | 3800m | 5:05.68 | (32.33) | | |
| | | 4200m | 5:36.29 | (31.24) | 4200m | 5:39.09 | (33.41) | | |
| | | 4600m | 6:08.20 | (31.91) | 4600m | 6:13.11 | (34.02) | | |
| | | 5000m | 6:39.83 | (31.63) | 5000m | 6:46.90 | (33.79) | | |

Holland Cup Finale/NK Afstanden Neo-senioren

IJsbahn Twente - Enschede

4 en 5 maart 2023

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|---------------------|---------------------------|---------|---------------------------|---------|----------------|------|
| 7 | wt | 111 | Lex Dijkstra | | HSA | 6:19.79 | 6:33.00 | |
| | rd | 138 | Jasper Krommenhoek | | HA2 | 6:33.06 | 6:46.63 | |
| | | Lex Dijkstra | | | Jasper Krommenhoek | | | |
| | | 200m | 19.11 | (19.11) | 200m | 19.99 | (19.99) | |
| | | 600m | 49.75 | (30.64) | 600m | 50.90 | (30.91) | |
| | | 1000m | 1:20.81 | (31.06) | 1000m | 1:22.13 | (31.23) | |
| | | 1400m | 1:51.63 | (30.82) | 1400m | 1:53.04 | (30.91) | |
| | | 1800m | 2:22.26 | (30.63) | 1800m | 2:24.36 | (31.32) | |
| | | 2200m | 2:52.90 | (30.64) | 2200m | 2:55.57 | (31.21) | |
| | | 2600m | 3:23.63 | (30.73) | 2600m | 3:27.31 | (31.74) | |
| | | 3000m | 3:54.61 | (30.98) | 3000m | 3:59.43 | (32.12) | |
| | | 3400m | 4:25.96 | (31.35) | 3400m | 4:32.11 | (32.68) | |
| | | 3800m | 4:57.62 | (31.66) | 3800m | 5:05.41 | (33.30) | |
| | | 4200m | 5:29.37 | (31.75) | 4200m | 5:38.95 | (33.54) | |
| | | 4600m | 6:01.34 | (31.97) | 4600m | 6:12.96 | (34.01) | |
| | | 5000m | 6:33.00 | (31.66) | 5000m | 6:46.63 | (33.67) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|----------------------|----------------------|---------|----------------------|---------|----------------|------|
| 8 | gl | 154 | Marwin Talsma | | HSA | 6:13.18 | 6:36.64 | |
| | bl | 144 | Victor Ramler | | HSA | 6:18.30 | 6:48.86 | |
| | | Marwin Talsma | | | Victor Ramler | | | |
| | | 200m | 19.46 | (19.46) | 200m | 19.77 | (19.77) | |
| | | 600m | 49.40 | (29.94) | 600m | 50.82 | (31.05) | |
| | | 1000m | 1:19.65 | (30.25) | 1000m | 1:22.16 | (31.34) | |
| | | 1400m | 1:50.55 | (30.90) | 1400m | 1:53.70 | (31.54) | |
| | | 1800m | 2:21.66 | (31.11) | 1800m | 2:25.43 | (31.73) | |
| | | 2200m | 2:52.79 | (31.13) | 2200m | 2:57.41 | (31.98) | |
| | | 2600m | 3:24.14 | (31.35) | 2600m | 3:29.74 | (32.33) | |
| | | 3000m | 3:55.77 | (31.63) | 3000m | 4:02.40 | (32.66) | |
| | | 3400m | 4:27.60 | (31.83) | 3400m | 4:35.33 | (32.93) | |
| | | 3800m | 4:59.76 | (32.16) | 3800m | 5:08.31 | (32.98) | |
| | | 4200m | 5:32.27 | (32.51) | 4200m | 5:41.64 | (33.33) | |
| | | 4600m | 6:04.46 | (32.19) | 4600m | 6:14.73 | (33.09) | |
| | | 5000m | 6:36.64 | (32.18) | 5000m | 6:48.86 | (34.13) | |