

Holland Cup 1/ IJsselcup

Sport- en Recreatiecentrum de Scheg - Deventer

26 en 27 oktober 2024

1. Uitslag Vrouwen 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 50 Pien Smit | DN2 | 7 | I | 38.88 | TRC | |
| 2 | 21 Pien Hersman | DN2 | 9 | I | 39.18 | | |
| 3 | 24 Chloé Hoogendoorn | DN1 | 8 | I | 39.25 | | |
| 4 | 67 Sacha van der Weide | DN4 | 7 | O | 39.31 | | |
| 5 | 28 Sylke Kas | DN4 | 8 | O | 39.46 | | |
| 6 | 11 Amber Duizendstraal | DN3 | 4 | I | 39.83 | | |
| 7 | 17 Lotte Groenen | DN1 | 6 | O | 39.84 | | |
| 8 | 30 Jillian Knook | DN1 | 6 | I | 39.90 | | |
| 9 | 65 Henny de Vries | DN4 | 3 | I | 39.93 | | |
| 10 | 10 Helga Drost | DSA | 9 | O | 39.98 | | |
| 11 | 4 Myrthe de Boer | DN4 | 5 | I | 40.25 | | |
| 12 | 6 Yasmine Bouaziz | DN2 | 5 | O | 40.44 | | |
| 13 | 55 Meike Veen | DN1 | 4 | O | 40.58 | | |
| 14 | 69 Sanne Westra | DN3 | 2 | O | 40.90 | | |
| 15 | 2 Leonie Bats | DN4 | 1 | O | 41.20 | | |
| 16 | 56 Jasmijn Veenhuis | DA1 | 2 | I | 41.24 | | |
| | 40 Sietske van der Meer | DN2 | 3 | O | 41.24 | | |
| 18 | 14 Janine Garretsen | DA1 | 1 | I | 42.21 | | |

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1. Rituitslag Vrouwen 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|--------------------|-------|---------|--------------|------|
| 1 | wt | 14 | Janine Garretsen | | DA1 | | 41.03 | 42.21 | |
| | rd | 2 | Leonie Bats | | DN4 | | 39.69 | 41.20 | |
| | | Janine Garretsen | | | Leonie Bats | | | | |
| | | 100m | 11.54 | (11.54) | 100m | 11.59 | (11.59) | | |
| | | 500m | 42.21 | (30.67) | 500m | 41.20 | (29.61) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|---------------------|-------|---------|--------------|------|
| 2 | wt | 56 | Jasmijn Veenhuis | | DA1 | | 40.32 | 41.24 | |
| | rd | 69 | Sanne Westra | | DN3 | | 39.68 | 40.90 | |
| | | Jasmijn Veenhuis | | | Sanne Westra | | | | |
| | | 100m | 11.45 | (11.45) | 100m | 11.46 | (11.46) | | |
| | | 500m | 41.24 | (29.79) | 500m | 40.90 | (29.44) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------------|---------|-----------------------------|-------|---------|--------------|------|
| 3 | wt | 65 | Henny de Vries | | DN4 | | 39.68 | 39.93 | |
| | rd | 40 | Sietske van der Meer | | DN2 | | 40.13 | 41.24 | |
| | | Henny de Vries | | | Sietske van der Meer | | | | |
| | | 100m | 11.12 | (11.12) | 100m | 11.42 | (11.42) | | |
| | | 500m | 39.93 | (28.81) | 500m | 41.24 | (29.82) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|-------------------|-------|---------|--------------|------|
| 4 | wt | 11 | Amber Duizendstraal | | DN3 | | 38.81 | 39.83 | |
| | rd | 55 | Meike Veen | | DN1 | | 39.11 | 40.58 | |
| | | Amber Duizendstraal | | | Meike Veen | | | | |
| | | 100m | 10.88 | (10.88) | 100m | 11.36 | (11.36) | | |
| | | 500m | 39.83 | (28.95) | 500m | 40.58 | (29.22) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|------------------------|---------|------------------------|-------|---------|--------------|------|
| 5 | wt | 4 | Myrthe de Boer | | DN4 | | 38.82 | 40.25 | |
| | rd | 6 | Yasmine Bouaziz | | DN2 | | 39.15 | 40.44 | |
| | | Myrthe de Boer | | | Yasmine Bouaziz | | | | |
| | | 100m | 11.17 | (11.17) | 100m | 10.91 | (10.91) | | |
| | | 500m | 40.25 | (29.08) | 500m | 40.44 | (29.53) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|----------------------|---------|----------------------|-------|---------|-------|--------------|
| 6 | wt | 30 | Jillian Knook | | DN1 | | | 39.19 | 39.90 |
| | rd | 17 | Lotte Groenen | | DN1 | | | 39.49 | 39.84 |
| | | Jillian Knook | | | Lotte Groenen | | | | |
| | | 100m | 11.02 | (11.02) | 100m | 11.03 | (11.03) | | |
| | | 500m | 39.90 | (28.88) | 500m | 39.84 | (28.81) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------|----------------------------|---------|----------------------------|-------|---------|-------|------------------|
| 7 | wt | 50 | Pien Smit | | DN2 | | | 38.46 | 38.88 TRC |
| | rd | 67 | Sacha van der Weide | | DN4 | | | 38.70 | 39.31 |
| | | Pien Smit | | | Sacha van der Weide | | | | |
| | | 100m | 10.85 | (10.85) | 100m | 10.79 | (10.79) | | |
| | | 500m | 38.88 | (28.03) | 500m | 39.31 | (28.52) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|------------------|-------|---------|-------|--------------|
| 8 | wt | 24 | Chloé Hoogendoorn | | DN1 | | | 38.25 | 39.25 |
| | rd | 28 | Sylke Kas | | DN4 | | | 38.71 | 39.46 |
| | | Chloé Hoogendoorn | | | Sylke Kas | | | | |
| | | 100m | 10.85 | (10.85) | 100m | 10.99 | (10.99) | | |
| | | 500m | 39.25 | (28.40) | 500m | 39.46 | (28.47) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|--------------------|-------|---------|-------|--------------|
| 9 | wt | 21 | Pien Hersman | | DN2 | | | 38.15 | 39.18 |
| | rd | 10 | Helga Drost | | DSA | | | 38.00 | 39.98 |
| | | Pien Hersman | | | Helga Drost | | | | |
| | | 100m | 10.71 | (10.71) | 100m | 10.96 | (10.96) | | |
| | | 500m | 39.18 | (28.47) | 500m | 39.98 | (29.02) | | |

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2. Uitslag Mannen 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|--------------|------|--------|
| 1 | 7 Jenning de Boo | HN2 | 15 | I | 35.07 | TRC | |
| 2 | 58 Tim Prins | HN2 | 14 | I | 35.29 | | |
| 3 | 85 Stefan Westenbroek | HN4 | 16 | O | 35.51 | | |
| 4 | 83 Kayo Vos | HN3 | 15 | O | 35.63 | | |
| 5 | 68 Tijmen Snel | HSA | 16 | I | 35.77 | | |
| 6 | 93 Serge Yoro | HSA | 13 | O | 35.85 | | |
| 7 | 10 Mats van den Bos | HN1 | 8 | O | 35.95 | | |
| 8 | 34 Rem de Hair | HSA | 11 | O | 35.97 | | |
| 9 | 25 Gijs Esders | HSB | 11 | I | 36.02 | | |
| 10 | 63 Mats Siemons | HN3 | 13 | I | 36.03 | | |
| 11 | 26 Mika van Essen | HSA | 12 | O | 36.24 | | |
| 12 | 53 Jesper van Mieghem | HN1 | 7 | I | 36.38 | | |
| 13 | 15 Ted Dalrymple | HN2 | 6 | O | 36.44 | | |
| | 30 Jarle Gerrits | HN4 | 14 | O | 36.44 | | |
| 15 | 49 Niels de Kruijk | HA2 | 8 | I | 36.45 | | |
| | 45 Sven Kemp | HSA | 12 | I | 36.45 | | |
| 17 | 74 Pim Stuij | HN3 | 10 | O | 36.49 | | |
| 18 | 75 Johan Talsma | HN1 | 6 | I | 36.54 | | |
| | 2 Max Bergsma | HN2 | 5 | I | 36.54 | | |
| 20 | 8 Bryant Boogert | HN1 | 9 | O | 36.59 | | |
| 21 | 64 Jasper Sinke | HN3 | 4 | O | 36.93 | | |
| | 16 Jim Dhore | HSA | 10 | I | 36.93 | | |
| 23 | 14 Geophrey Coenraad | HA1 | 5 | O | 36.99 | | |
| 24 | 44 Gijs Kamp | HN2 | 9 | I | 37.06 | | |
| 25 | 23 Sijmen Egberts | HN2 | 2 | I | 37.11 | | |
| 26 | 35 Swen Halferkamps | HN1 | 3 | I | 37.30 | | |
| 27 | 88 Stein de Wit | HN2 | 4 | I | 37.45 | | |
| 28 | 29 Tijs van Gennip | HA2 | 2 | O | 37.51 | | |
| 29 | 11 Marcel Bosker | HSA | 1 | O | 37.89 | | |
| | 87 Gert Wierda | HN3 | 1 | I | 37.89 | | |
| 31 | 57 Nathan Pijl | HA1 | 3 | O | 37.96 | | |
| | 31 Rinze Bart de Glee | HN2 | 7 | O | DNF | | |

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2. Rituitslag Mannen 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|----------------------|---------|----------------------|-------|---------|--------------|------|
| 1 | wt | 87 | Gert Wierda | | HN3 | | 36.92 | 37.89 | |
| | rd | 11 | Marcel Bosker | | HSA | | 36.39 | 37.89 | |
| | | Gert Wierda | | | Marcel Bosker | | | | |
| | | 100m | 10.56 | (10.56) | 100m | 10.66 | (10.66) | | |
| | | 500m | 37.89 | (27.33) | 500m | 37.89 | (27.23) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|------------------------|---------|------------------------|-------|---------|--------------|------|
| 2 | wt | 23 | Sijmen Egberts | | HN2 | | 36.59 | 37.11 | |
| | rd | 29 | Tijs van Gennip | | HA2 | | 36.31 | 37.51 | |
| | | Sijmen Egberts | | | Tijs van Gennip | | | | |
| | | 100m | 10.26 | (10.26) | 100m | 10.58 | (10.58) | | |
| | | 500m | 37.11 | (26.85) | 500m | 37.51 | (26.93) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|--------------------|-------|---------|--------------|------|
| 3 | wt | 35 | Swen Halferkamps | | HN1 | | 36.33 | 37.30 | |
| | rd | 57 | Nathan Pijl | | HA1 | | 36.32 | 37.96 | |
| | | Swen Halferkamps | | | Nathan Pijl | | | | |
| | | 100m | 10.24 | (10.24) | 100m | 10.32 | (10.32) | | |
| | | 500m | 37.30 | (27.06) | 500m | 37.96 | (27.64) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|---------------------|-------|---------|--------------|------|
| 4 | wt | 88 | Stein de Wit | | HN2 | | 36.28 | 37.45 | |
| | rd | 64 | Jasper Sinke | | HN3 | | 36.40 | 36.93 | |
| | | Stein de Wit | | | Jasper Sinke | | | | |
| | | 100m | 10.40 | (10.40) | 100m | 10.08 | (10.08) | | |
| | | 500m | 37.45 | (27.05) | 500m | 36.93 | (26.85) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------------|---------|--------------------------|-------|---------|--------------|------|
| 5 | wt | 2 | Max Bergsma | | HN2 | | 35.96 | 36.54 | |
| | rd | 14 | Geophrey Coenraad | | HA1 | | 36.12 | 36.99 | |
| | | Max Bergsma | | | Geophrey Coenraad | | | | |
| | | 100m | 10.12 | (10.12) | 100m | 10.14 | (10.14) | | |
| | | 500m | 36.54 | (26.42) | 500m | 36.99 | (26.85) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|---------------------------|---------------------------|---------|---------------------------|-------|---------|--------------|------|
| 6 | wt | 75 | Johan Talsma | | HN1 | | 36.04 | 36.54 | |
| | rd | 15 | Ted Dalrymple | | HN2 | | 36.21 | 36.44 | |
| | | Johan Talsma | | | Ted Dalrymple | | | | |
| | | 100m | 10.08 | (10.08) | 100m | 10.27 | (10.27) | | |
| | | 500m | 36.54 | (26.46) | 500m | 36.44 | (26.17) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 7 | wt | 53 | Jesper van Mieghem | | HN1 | | 36.13 | 36.38 | |
| | rd | 31 | Rinze Bart de Glee | | HN2 | | 36.21 | DNF | |
| | | Jesper van Mieghem | | | Rinze Bart de Glee | | | | |
| | | 100m | 10.09 | (10.09) | 100m | 10.20 | (10.20) | | |
| | | 500m | 36.38 | (26.29) | | | | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 8 | wt | 49 | Niels de Kruijk | | HA2 | | 35.78 | 36.45 | |
| | rd | 10 | Mats van den Bos | | HN1 | | 35.53 | 35.95 | |
| | | Niels de Kruijk | | | Mats van den Bos | | | | |
| | | 100m | 10.04 | (10.04) | 100m | 10.03 | (10.03) | | |
| | | 500m | 36.45 | (26.41) | 500m | 35.95 | (25.92) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 9 | wt | 44 | Gijs Kamp | | HN2 | | 35.75 | 37.06 | |
| | rd | 8 | Bryant Boogert | | HN1 | | 35.68 | 36.59 | |
| | | Gijs Kamp | | | Bryant Boogert | | | | |
| | | 100m | 10.08 | (10.08) | 100m | 10.20 | (10.20) | | |
| | | 500m | 37.06 | (26.98) | 500m | 36.59 | (26.39) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 10 | wt | 16 | Jim Dhore | | HSA | | 35.79 | 36.93 | |
| | rd | 74 | Pim Stuij | | HN3 | | 35.70 | 36.49 | |
| | | Jim Dhore | | | Pim Stuij | | | | |
| | | 100m | 9.94 | (9.94) | 100m | 10.25 | (10.25) | | |
| | | 500m | 36.93 | (26.99) | 500m | 36.49 | (26.24) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|------|-----------------------|-----|-----|-------|---------|--------------|------|
| 11 | wt | 25 | Gijs Esders | | HSB | | 34.99 | 36.02 | |
| | rd | 34 | Rem de Hair | | HSA | | 35.26 | 35.97 | |
| | | | Gijs Esders | | | | | | |
| | | | 100m | | | 10.13 | (10.13) | | |
| | | | 500m | | | 36.02 | (25.89) | | |
| | | | Rem de Hair | | | | | | |
| | | | 100m | | | 9.89 | (9.89) | | |
| | | | 500m | | | 35.97 | (26.08) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 12 | wt | 45 | Sven Kemp | | HSA | | 35.45 | 36.45 | |
| | rd | 26 | Mika van Essen | | HSA | | 35.33 | 36.24 | |
| | | | Sven Kemp | | | | | | |
| | | | 100m | | | 10.03 | (10.03) | | |
| | | | 500m | | | 36.45 | (26.42) | | |
| | | | Mika van Essen | | | | | | |
| | | | 100m | | | 10.02 | (10.02) | | |
| | | | 500m | | | 36.24 | (26.22) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 13 | wt | 63 | Mats Siemons | | HN3 | | 35.24 | 36.03 | |
| | rd | 93 | Serge Yoro | | HSA | | 34.98 | 35.85 | |
| | | | Mats Siemons | | | | | | |
| | | | 100m | | | 10.10 | (10.10) | | |
| | | | 500m | | | 36.03 | (25.93) | | |
| | | | Serge Yoro | | | | | | |
| | | | 100m | | | 10.10 | (10.10) | | |
| | | | 500m | | | 35.85 | (25.75) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 14 | wt | 58 | Tim Prins | | HN2 | | 34.76 | 35.29 | |
| | rd | 30 | Jarle Gerrits | | HN4 | | 35.13 | 36.44 | |
| | | | Tim Prins | | | | | | |
| | | | 100m | | | 9.84 | (9.84) | | |
| | | | 500m | | | 35.29 | (25.45) | | |
| | | | Jarle Gerrits | | | | | | |
| | | | 100m | | | 10.09 | (10.09) | | |
| | | | 500m | | | 36.44 | (26.35) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 15 | wt | 7 | Jenning de Boo | | HN2 | | 34.21 | 35.07 | TRC |
| | rd | 83 | Kayo Vos | | HN3 | | 35.07 | 35.63 | |
| | | | Jenning de Boo | | | | | | |
| | | | 100m | | | 9.89 | (9.89) | | |
| | | | 500m | | | 35.07 | (25.18) | | |
| | | | Kayo Vos | | | | | | |
| | | | 100m | | | 9.85 | (9.85) | | |
| | | | 500m | | | 35.63 | (25.78) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|---------------------------|---------|---------------------------|-------|---------|--------------|------|
| 16 | wt | 68 | Tijmen Snel | | HSA | | 34.82 | 35.77 | |
| | rd | 85 | Stefan Westenbroek | | HN4 | | 34.39 | 35.51 | |
| | | Tijmen Snel | | | Stefan Westenbroek | | | | |
| | | 100m | 9.95 | (9.95) | 100m | 9.75 | (9.75) | | |
| | | 500m | 35.77 | (25.82) | 500m | 35.51 | (25.76) | | |

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3. Uitslag Vrouwen 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 36 Gioya Lancee | DSA | 11 | O | 2:02.28 | | |
| 2 | 1 Reina Anema | DSB | 9 | I | 2:03.14 | | |
| 3 | 53 Kim Talsma | DSA | 11 | I | 2:03.74 | | |
| | 24 Chloé Hoogendoorn | DN1 | 12 | I | 2:03.74 | | |
| 5 | 62 Rosalie van Vliet | DA2 | 5 | I | 2:03.93 | | |
| 6 | 18 Jade Groenewoud | DN2 | 10 | O | 2:04.67 | | |
| 7 | 2 Leonie Bats | DN4 | 7 | I | 2:04.73 | | |
| 8 | 69 Sanne Westra | DN3 | 8 | O | 2:04.80 | | |
| 9 | 55 Meike Veen | DN1 | 12 | O | 2:04.85 | | |
| 10 | 56 Jasmijn Veenhuis | DA1 | 6 | O | 2:05.33 | | |
| 11 | 66 Sylvia de Vries | DN1 | 3 | I | 2:05.72 | | |
| 12 | 59 Evelien Vijn | DN3 | 8 | I | 2:05.77 | | |
| 13 | 25 Lieke Hoogendoorn | DA2 | 2 | I | 2:05.83 | | |
| 14 | 68 Naomi van der Werf | DSA | 5 | O | 2:06.32 | | |
| 15 | 17 Lotte Groenen | DN1 | 3 | O | 2:06.40 | | |
| 16 | 13 Romée Ebbinge | DSA | 7 | O | 2:06.56 | | |
| 17 | 65 Henny de Vries | DN4 | 1 | O | 2:06.68 | | |
| 18 | 60 Esmee Visser | DSA | 10 | I | 2:06.90 | | |
| 19 | 41 Hilde Noppert | DSA | 4 | O | 2:06.93 | | |
| 20 | 33 Patricia Koot | DN1 | 6 | I | 2:07.23 | | |
| 21 | 47 Jildou Schaaf | DN2 | 2 | O | 2:07.45 | | |
| 22 | 71 Isa Leroy | DA2 | 4 | I | 2:08.44 | | |
| 23 | 44 Yael Prenger | DN3 | 1 | I | 2:10.14 | | |
| 24 | 22 Aveline Hijlkema | DSA | 9 | O | 2:10.23 | | |

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3. Rituitslag Vrouwen 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 44 | Yael Prenger | | DN3 | | 2:03.50 | 2:10.14 | |
| | rd | 65 | Henny de Vries | | DN4 | | 2:04.36 | 2:06.68 | |

Yael Prenger

| | | |
|-------|---------|---------|
| 300m | 27.48 | (27.48) |
| 700m | 58.63 | (31.15) |
| 1100m | 1:32.73 | (34.10) |
| 1500m | 2:10.14 | (37.41) |

Henny de Vries

| | | |
|-------|---------|---------|
| 300m | 26.90 | (26.90) |
| 700m | 57.67 | (30.77) |
| 1100m | 1:31.16 | (33.49) |
| 1500m | 2:06.68 | (35.52) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|--------------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 25 | Lieke Hoogendoorn | | DA2 | | 2:04.17 | 2:05.83 | |
| | bl | 47 | Jildou Schaaf | | DN2 | | 2:03.90 | 2:07.45 | |

Lieke Hoogendoorn

| | | |
|-------|---------|---------|
| 300m | 27.61 | (27.61) |
| 700m | 58.76 | (31.15) |
| 1100m | 1:31.38 | (32.62) |
| 1500m | 2:05.83 | (34.45) |

Jildou Schaaf

| | | |
|-------|---------|---------|
| 300m | 27.62 | (27.62) |
| 700m | 58.41 | (30.79) |
| 1100m | 1:31.83 | (33.42) |
| 1500m | 2:07.45 | (35.62) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|------------------------|-----|-----|----|---------|----------------|------|
| 3 | wt | 66 | Sylvia de Vries | | DN1 | | 2:05.15 | 2:05.72 | |
| | rd | 17 | Lotte Groenen | | DN1 | | 2:03.30 | 2:06.40 | |

Sylvia de Vries

| | | |
|-------|---------|---------|
| 300m | 28.13 | (28.13) |
| 700m | 59.44 | (31.31) |
| 1100m | 1:31.60 | (32.16) |
| 1500m | 2:05.72 | (34.12) |

Lotte Groenen

| | | |
|-------|---------|---------|
| 300m | 26.15 | (26.15) |
| 700m | 56.53 | (30.38) |
| 1100m | 1:30.18 | (33.65) |
| 1500m | 2:06.40 | (36.22) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|----------------------|-----|-----|----|---------|----------------|------|
| 4 | gl | 71 | Isa Leroy | | DA2 | | 2:04.93 | 2:08.44 | |
| | bl | 41 | Hilde Noppert | | DSA | | 2:04.62 | 2:06.93 | |

Isa Leroy

| | | |
|-------|---------|---------|
| 300m | 26.98 | (26.98) |
| 700m | 58.08 | (31.10) |
| 1100m | 1:31.59 | (33.51) |
| 1500m | 2:08.44 | (36.85) |

Hilde Noppert

| | | |
|-------|---------|---------|
| 300m | 27.95 | (27.95) |
| 700m | 58.85 | (30.90) |
| 1100m | 1:32.05 | (33.20) |
| 1500m | 2:06.93 | (34.88) |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|---------------------------|---------|---------------------------|---------|---------|---------|----------------|
| 5 | wt | 62 | Rosalie van Vliet | | DA2 | | | 2:03.15 | 2:03.93 |
| | rd | 68 | Naomi van der Werf | | DSA | | | 2:00.52 | 2:06.32 |
| | | Rosalie van Vliet | | | Naomi van der Werf | | | | |
| | | 300m | 26.99 | (26.99) | 300m | 27.48 | (27.48) | | |
| | | 700m | 57.45 | (30.46) | 700m | 58.43 | (30.95) | | |
| | | 1100m | 1:29.64 | (32.19) | 1100m | 1:31.35 | (32.92) | | |
| | | 1500m | 2:03.93 | (34.29) | 1500m | 2:06.32 | (34.97) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|-------------------------|---------|-------------------------|---------|---------|---------|----------------|
| 6 | gl | 33 | Patricia Koot | | DN1 | | | 2:02.93 | 2:07.23 |
| | bl | 56 | Jasmijn Veenhuis | | DA1 | | | 2:03.09 | 2:05.33 |
| | | Patricia Koot | | | Jasmijn Veenhuis | | | | |
| | | 300m | 27.35 | (27.35) | 300m | 27.35 | (27.35) | | |
| | | 700m | 58.05 | (30.70) | 700m | 58.21 | (30.86) | | |
| | | 1100m | 1:31.16 | (33.11) | 1100m | 1:31.27 | (33.06) | | |
| | | 1500m | 2:07.23 | (36.07) | 1500m | 2:05.33 | (34.06) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|----------------------|---------|----------------------|---------|---------|---------|----------------|
| 7 | wt | 2 | Leonie Bats | | DN4 | | | 1:59.09 | 2:04.73 |
| | rd | 13 | Roméé Ebbinge | | DSA | | | 2:00.68 | 2:06.56 |
| | | Leonie Bats | | | Roméé Ebbinge | | | | |
| | | 300m | 26.87 | (26.87) | 300m | 26.82 | (26.82) | | |
| | | 700m | 57.24 | (30.37) | 700m | 57.29 | (30.47) | | |
| | | 1100m | 1:29.48 | (32.24) | 1100m | 1:30.57 | (33.28) | | |
| | | 1500m | 2:04.73 | (35.25) | 1500m | 2:06.56 | (35.99) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|---------------------|---------|---------|---------|----------------|
| 8 | gl | 59 | Evelien Vijn | | DN3 | | | 1:57.52 | 2:05.77 |
| | bl | 69 | Sanne Westra | | DN3 | | | 2:00.84 | 2:04.80 |
| | | Evelien Vijn | | | Sanne Westra | | | | |
| | | 300m | 27.92 | (27.92) | 300m | 26.93 | (26.93) | | |
| | | 700m | 59.46 | (31.54) | 700m | 57.31 | (30.38) | | |
| | | 1100m | 1:32.06 | (32.60) | 1100m | 1:29.88 | (32.57) | | |
| | | 1500m | 2:05.77 | (33.71) | 1500m | 2:04.80 | (34.92) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|-------------------------|---------|-------------------------|---------|---------|----------------|------|
| 9 | wt | 1 | Reina Anema | | DSB | | 1:55.74 | 2:03.14 | |
| | rd | 22 | Aveline Hijlkema | | DSA | | 1:57.78 | 2:10.23 | |
| | | Reina Anema | | | Aveline Hijlkema | | | | |
| | | 300m | 27.36 | (27.36) | 300m | 27.44 | (27.44) | | |
| | | 700m | 58.10 | (30.74) | 700m | 58.86 | (31.42) | | |
| | | 1100m | 1:30.14 | (32.04) | 1100m | 1:33.14 | (34.28) | | |
| | | 1500m | 2:03.14 | (33.00) | 1500m | 2:10.23 | (37.09) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|------------------------|---------|------------------------|---------|---------|----------------|------|
| 10 | gl | 60 | Esmee Visser | | DSA | | 1:57.69 | 2:06.90 | |
| | bl | 18 | Jade Groenewoud | | DN2 | | 1:58.16 | 2:04.67 | |
| | | Esmee Visser | | | Jade Groenewoud | | | | |
| | | 300m | 29.09 | (29.09) | 300m | 27.19 | (27.19) | | |
| | | 700m | 1:01.13 | (32.04) | 700m | 57.95 | (30.76) | | |
| | | 1100m | 1:33.50 | (32.37) | 1100m | 1:30.74 | (32.79) | | |
| | | 1500m | 2:06.90 | (33.40) | 1500m | 2:04.67 | (33.93) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|---------------------|---------|---------------------|---------|---------|----------------|------|
| 11 | wt | 53 | Kim Talsma | | DSA | | 1:57.33 | 2:03.74 | |
| | rd | 36 | Gioya Lancee | | DSA | | 1:56.15 | 2:02.28 | |
| | | Kim Talsma | | | Gioya Lancee | | | | |
| | | 300m | 27.16 | (27.16) | 300m | 26.59 | (26.59) | | |
| | | 700m | 57.73 | (30.57) | 700m | 56.63 | (30.04) | | |
| | | 1100m | 1:29.66 | (31.93) | 1100m | 1:28.60 | (31.97) | | |
| | | 1500m | 2:03.74 | (34.08) | 1500m | 2:02.28 | (33.68) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-------------------|---------|---------|----------------|------|
| 12 | gl | 24 | Chloé Hoogendoorn | | DN1 | | 1:59.28 | 2:03.74 | |
| | bl | 55 | Meike Veen | | DN1 | | 1:59.02 | 2:04.85 | |
| | | Chloé Hoogendoorn | | | Meike Veen | | | | |
| | | 300m | 25.92 | (25.92) | 300m | 27.35 | (27.35) | | |
| | | 700m | 55.80 | (29.88) | 700m | 57.87 | (30.52) | | |
| | | 1100m | 1:28.30 | (32.50) | 1100m | 1:30.49 | (32.62) | | |
| | | 1500m | 2:03.74 | (35.44) | 1500m | 2:04.85 | (34.36) | | |

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4. Uitslag Mannen 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 11 Marcel Bosker | HSA | 9 | O | 1:49.04 | | |
| 2 | 58 Tim Prins | HN2 | 10 | I | 1:49.63 | | |
| 3 | 63 Mats Siemons | HN3 | 11 | I | 1:50.08 | | |
| 4 | 87 Gert Wierda | HN3 | 9 | I | 1:50.13 | | |
| 5 | 1 Mats Bendijk | HA2 | 5 | O | 1:50.23 | TRC | |
| 6 | 93 Serge Yoro | HSA | 11 | O | 1:50.54 | | |
| 7 | 79 Jur Veenje | HSA | 6 | O | 1:50.64 | | |
| 8 | 60 Willard Reinders | HN3 | 8 | I | 1:50.68 | | |
| 9 | 23 Sijmen Egberts | HN2 | 12 | I | 1:50.73 | | |
| 10 | 15 Ted Dalrymple | HN2 | 3 | I | 1:50.79 | | |
| 11 | 25 Gijs Esders | HSB | 6 | I | 1:51.03 | | |
| 12 | 22 Colin James Duivenvoorden | HN3 | 7 | O | 1:51.20 | | |
| 13 | 80 Yves Vergeer | HSA | 12 | O | 1:52.15 | | |
| 14 | 5 Pelle Bolsius | HA1 | 8 | O | 1:52.25 | | |
| 15 | 62 Ties van Seumeren | HN1 | 3 | O | 1:52.26 | | |
| 16 | 86 Hidde Westra | HN2 | 5 | I | 1:52.27 | | |
| 17 | 81 Loek van Vilsteren | HN2 | 2 | O | 1:52.28 | | |
| 18 | 13 Stijn van de Bunt | HN2 | 7 | I | 1:52.32 | | |
| 19 | 31 Rinze Bart de Glee | HN2 | 4 | O | 1:52.37 | | |
| 20 | 47 Mika Kolder | HA2 | 4 | I | 1:52.72 | | |
| 21 | 83 Kayo Vos | HN3 | 10 | O | 1:52.84 | | |
| 22 | 76 Marwin Talsma | HSA | 1 | O | 1:53.39 | | |
| 23 | 89 Teun de Wit | HSA | 2 | I | 1:54.17 | | |
| 24 | 32 Michiel de Groot | HN1 | 1 | I | 1:58.61 | | |

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4. Rituitslag Mannen 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-------------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 32 | Michiel de Groot | | HN1 | | 1:50.40 | 1:58.61 | |
| | rd | 76 | Marwin Talsma | | HSA | | 1:46.20 | 1:53.39 | |

Michiel de Groot

| | | |
|-------|---------|---------|
| 300m | 26.00 | (26.00) |
| 700m | 55.75 | (29.75) |
| 1100m | 1:26.50 | (30.75) |
| 1500m | 1:58.61 | (32.11) |

Marwin Talsma

| | | |
|-------|---------|---------|
| 300m | 26.49 | (26.49) |
| 700m | 55.34 | (28.85) |
| 1100m | 1:24.27 | (28.93) |
| 1500m | 1:53.39 | (29.12) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 89 | Teun de Wit | | HSA | | 1:48.48 | 1:54.17 | |
| | bl | 81 | Loek van Vilsteren | | HN2 | | 1:50.58 | 1:52.28 | |

Teun de Wit

| | | |
|-------|---------|---------|
| 300m | 24.86 | (24.86) |
| 700m | 52.42 | (27.56) |
| 1100m | 1:21.94 | (29.52) |
| 1500m | 1:54.17 | (32.23) |

Loek van Vilsteren

| | | |
|-------|---------|---------|
| 300m | 24.61 | (24.61) |
| 700m | 52.12 | (27.51) |
| 1100m | 1:21.18 | (29.06) |
| 1500m | 1:52.28 | (31.10) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|--------------------------|-----|-----|----|---------|----------------|------|
| 3 | wt | 15 | Ted Dalrymple | | HN2 | | 1:50.01 | 1:50.79 | |
| | rd | 62 | Ties van Seumeren | | HN1 | | 1:49.56 | 1:52.26 | |

Ted Dalrymple

| | | |
|-------|---------|---------|
| 300m | 24.32 | (24.32) |
| 700m | 50.99 | (26.67) |
| 1100m | 1:19.35 | (28.36) |
| 1500m | 1:50.79 | (31.44) |

Ties van Seumeren

| | | |
|-------|---------|---------|
| 300m | 24.74 | (24.74) |
| 700m | 51.92 | (27.18) |
| 1100m | 1:21.00 | (29.08) |
| 1500m | 1:52.26 | (31.26) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------------|-----|-----|----|---------|----------------|------|
| 4 | gl | 47 | Mika Kolder | | HA2 | | 1:50.66 | 1:52.72 | |
| | bl | 31 | Rinze Bart de Glee | | HN2 | | 1:49.98 | 1:52.37 | |

Mika Kolder

| | | |
|-------|---------|---------|
| 300m | 25.56 | (25.56) |
| 700m | 53.50 | (27.94) |
| 1100m | 1:22.42 | (28.92) |
| 1500m | 1:52.72 | (30.30) |

Rinze Bart de Glee

| | | |
|-------|---------|---------|
| 300m | 24.41 | (24.41) |
| 700m | 51.31 | (26.90) |
| 1100m | 1:20.08 | (28.77) |
| 1500m | 1:52.37 | (32.29) |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|---------------------|---------|---------|---------|--------------------|
| 5 | wt | 86 | Hidde Westra | | HN2 | | | 1:48.43 | 1:52.27 |
| | rd | 1 | Mats Bendijk | | HA2 | | | 1:49.03 | 1:50.23 TRC |
| | | Hidde Westra | | | Mats Bendijk | | | | |
| | | 300m | 25.05 | (25.05) | 300m | 24.36 | (24.36) | | |
| | | 700m | 52.38 | (27.33) | 700m | 51.72 | (27.36) | | |
| | | 1100m | 1:21.71 | (29.33) | 1100m | 1:20.19 | (28.47) | | |
| | | 1500m | 1:52.27 | (30.56) | 1500m | 1:50.23 | (30.04) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------|---------|-------------------|---------|---------|---------|----------------|
| 6 | gl | 25 | Gijs Esders | | HSB | | | 1:47.48 | 1:51.03 |
| | bl | 79 | Jur Veenje | | HSA | | | 1:48.27 | 1:50.64 |
| | | Gijs Esders | | | Jur Veenje | | | | |
| | | 300m | 24.52 | (24.52) | 300m | 24.97 | (24.97) | | |
| | | 700m | 52.00 | (27.48) | 700m | 51.92 | (26.95) | | |
| | | 1100m | 1:20.45 | (28.45) | 1100m | 1:20.46 | (28.54) | | |
| | | 1500m | 1:51.03 | (30.58) | 1500m | 1:50.64 | (30.18) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|----------------------------------|---------|----------------------------------|---------|---------|---------|----------------|
| 7 | wt | 13 | Stijn van de Bunt | | HN2 | | | 1:49.30 | 1:52.32 |
| | rd | 22 | Colin James Duivenvoorden | | HN3 | | | 1:48.57 | 1:51.20 |
| | | Stijn van de Bunt | | | Colin James Duivenvoorden | | | | |
| | | 300m | 25.82 | (25.82) | 300m | 25.05 | (25.05) | | |
| | | 700m | 53.92 | (28.10) | 700m | 52.86 | (27.81) | | |
| | | 1100m | 1:22.39 | (28.47) | 1100m | 1:21.57 | (28.71) | | |
| | | 1500m | 1:52.32 | (29.93) | 1500m | 1:51.20 | (29.63) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|----------------------|---------|---------|---------|----------------|
| 8 | gl | 60 | Willard Reinders | | HN3 | | | 1:49.07 | 1:50.68 |
| | bl | 5 | Pelle Bolsius | | HA1 | | | 1:49.39 | 1:52.25 |
| | | Willard Reinders | | | Pelle Bolsius | | | | |
| | | 300m | 24.34 | (24.34) | 300m | 25.28 | (25.28) | | |
| | | 700m | 51.15 | (26.81) | 700m | 52.83 | (27.55) | | |
| | | 1100m | 1:19.34 | (28.19) | 1100m | 1:21.72 | (28.89) | | |
| | | 1500m | 1:50.68 | (31.34) | 1500m | 1:52.25 | (30.53) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|-----------------------|-----------------------|---------|----------------------|---------|---------|----------------|------|
| 9 | wt | 87 | Gert Wierda | | HN3 | | 1:46.38 | 1:50.13 | |
| | rd | 11 | Marcel Bosker | | HSA | | 1:44.12 | 1:49.04 | |
| | | Gert Wierda | | | Marcel Bosker | | | | |
| | | 300m | 24.86 | (24.86) | 300m | 25.24 | (25.24) | | |
| | | 700m | 52.20 | (27.34) | 700m | 52.77 | (27.53) | | |
| | | 1100m | 1:20.38 | (28.18) | 1100m | 1:20.66 | (27.89) | | |
| | | 1500m | 1:50.13 | (29.75) | 1500m | 1:49.04 | (28.38) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 10 | gl | 58 | Tim Prins | | HN2 | | 1:43.53 | 1:49.63 | |
| | bl | 83 | Kayo Vos | | HN3 | | 1:47.39 | 1:52.84 | |
| | | Tim Prins | | | Kayo Vos | | | | |
| | | 300m | 23.79 | (23.79) | 300m | 23.74 | (23.74) | | |
| | | 700m | 50.09 | (26.30) | 700m | 50.66 | (26.92) | | |
| | | 1100m | 1:18.15 | (28.06) | 1100m | 1:20.32 | (29.66) | | |
| | | 1500m | 1:49.63 | (31.48) | 1500m | 1:52.84 | (32.52) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 11 | wt | 63 | Mats Siemons | | HN3 | | 1:47.33 | 1:50.08 | |
| | rd | 93 | Serge Yoro | | HSA | | 1:45.89 | 1:50.54 | |
| | | Mats Siemons | | | Serge Yoro | | | | |
| | | 300m | 24.03 | (24.03) | 300m | 24.13 | (24.13) | | |
| | | 700m | 50.76 | (26.73) | 700m | 51.17 | (27.04) | | |
| | | 1100m | 1:19.00 | (28.24) | 1100m | 1:19.96 | (28.79) | | |
| | | 1500m | 1:50.08 | (31.08) | 1500m | 1:50.54 | (30.58) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 12 | gl | 23 | Sijmen Egberts | | HN2 | | 1:47.27 | 1:50.73 | |
| | bl | 80 | Yves Vergeer | | HSA | | 1:47.25 | 1:52.15 | |
| | | Sijmen Egberts | | | Yves Vergeer | | | | |
| | | 300m | 24.32 | (24.32) | 300m | 25.26 | (25.26) | | |
| | | 700m | 51.26 | (26.94) | 700m | 53.17 | (27.91) | | |
| | | 1100m | 1:19.84 | (28.58) | 1100m | 1:22.13 | (28.96) | | |
| | | 1500m | 1:50.73 | (30.89) | 1500m | 1:52.15 | (30.02) | | |

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5. Uitslag Vrouwen 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 36 Gioya Lancee | DSA | 9 | I | 1:18.65 | | |
| 2 | 50 Pien Smit | DN2 | 12 | O | 1:18.87 | | |
| 3 | 64 Dione Voskamp | DSA | 10 | I | 1:18.93 | | |
| 4 | 24 Chloé Hoogendoorn | DN1 | 9 | O | 1:19.21 | | |
| 5 | 70 Melissa Wijffe | DSA | 10 | O | 1:19.24 | | |
| 6 | 55 Meike Veen | DN1 | 11 | I | 1:20.09 | | |
| 7 | 28 Sylke Kas | DN4 | 11 | O | 1:20.26 | | |
| 8 | 69 Sanne Westra | DN3 | 12 | I | 1:20.35 | | |
| 9 | 65 Henny de Vries | DN4 | 8 | O | 1:20.68 | | |
| 10 | 2 Leonie Bats | DN4 | 5 | I | 1:20.94 | | |
| 11 | 25 Lieke Hoogendoorn | DA2 | 4 | I | 1:21.11 | | |
| 12 | 17 Lotte Groenen | DN1 | 7 | O | 1:21.21 | | |
| 13 | 13 Romée Ebbinge | DSA | 8 | I | 1:21.38 | | |
| 14 | 56 Jasmijn Veenhuis | DA1 | 6 | O | 1:21.44 | | |
| 15 | 67 Sacha van der Weide | DN4 | 4 | O | 1:21.64 | | |
| 16 | 39 Lianne van Loon | DSA | 3 | I | 1:21.65 | | |
| 17 | 71 Isa Leroy | DA2 | 3 | O | 1:23.52 | | |
| 18 | 33 Patricia Koot | DN1 | 5 | O | 1:23.62 | | |
| 19 | 37 Milou de Lange | DA2 | 1 | I | 1:30.18 | | |
| | 11 Amber Duizendstraat | DN3 | 6 | I | DNF | | |
| | 21 Pien Hersman | DN2 | | | WDR | | |

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5. Rituitslag Vrouwen 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|-----------------------|-----|-----|----|---------|----------------|------|
| 1 | wt rd | 37 | Milou de Lange | | DA2 | | 1:20.70 | 1:30.18 | |

Milou de Lange

| | | | |
|-------|---------|---------|---|
| 200m | 20.69 | (20.69) | m |
| 600m | 54.12 | (33.43) | |
| 1000m | 1:30.18 | (36.06) | |

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

m

m

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|------------------------|-----|-----|----|---------|----------------|------|
| 3 | wt rd | 39 | Lianne van Loon | | DSA | | 1:19.37 | 1:21.65 | |
| | | 71 | Isa Leroy | | DA2 | | 1:20.80 | 1:23.52 | |

Lianne van Loon

| | | |
|-------|---------|---------|
| 200m | 19.05 | (19.05) |
| 600m | 49.07 | (30.02) |
| 1000m | 1:21.65 | (32.58) |

Isa Leroy

| | | |
|-------|---------|---------|
| 200m | 19.21 | (19.21) |
| 600m | 49.64 | (30.43) |
| 1000m | 1:23.52 | (33.88) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----------|------|----------------------------|-----|-----|----|---------|----------------|------|
| 4 | gl bl | 25 | Lieke Hoogendoorn | | DA2 | | 1:19.37 | 1:21.11 | |
| | | 67 | Sacha van der Weide | | DN4 | | 1:19.23 | 1:21.64 | |

Lieke Hoogendoorn

| | | |
|-------|---------|---------|
| 200m | 19.31 | (19.31) |
| 600m | 49.18 | (29.87) |
| 1000m | 1:21.11 | (31.93) |

Sacha van der Weide

| | | |
|-------|---------|---------|
| 200m | 18.60 | (18.60) |
| 600m | 47.88 | (29.28) |
| 1000m | 1:21.64 | (33.76) |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 5 | wt | 2 | Leonie Bats | | DN4 | | 1:16.73 | 1:20.94 | |
| | rd | 33 | Patricia Koot | | DN1 | | 1:19.16 | 1:23.62 | |
| | | Leonie Bats | | | Patricia Koot | | | | |
| | | 200m | 19.41 | (19.41) | 200m | 19.79 | (19.79) | | |
| | | 600m | 49.10 | (29.69) | 600m | 50.59 | (30.80) | | |
| | | 1000m | 1:20.94 | (31.84) | 1000m | 1:23.62 | (33.03) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|-------------------------|---------|---------|----------------|------|
| 6 | gl | 11 | Amber Duizendstraal | | DN3 | | 1:17.91 | DNF | |
| | bl | 56 | Jasmijn Veenhuis | | DA1 | | 1:18.98 | 1:21.44 | |
| | | Amber Duizendstraal | | | Jasmijn Veenhuis | | | | |
| | | 200m | 19.44 | (19.44) | 200m | 19.44 | (19.44) | | |
| | | 600m | 49.39 | (29.95) | 600m | 49.39 | (29.95) | | |
| | | 1000m | 1:21.44 | (32.05) | 1000m | 1:21.44 | (32.05) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 7 | wt | 21 | Pien Hersman | | DN2 | | 1:18.06 | WDR | |
| | rd | 17 | Lotte Groenen | | DN1 | | 1:18.81 | 1:21.21 | |
| | | Pien Hersman | | | Lotte Groenen | | | | |
| | | 200m | 18.85 | (18.85) | 200m | 18.85 | (18.85) | | |
| | | 600m | 48.29 | (29.44) | 600m | 48.29 | (29.44) | | |
| | | 1000m | 1:21.21 | (32.92) | 1000m | 1:21.21 | (32.92) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 8 | gl | 13 | Romée Ebbinge | | DSA | | 1:18.74 | 1:21.38 | |
| | bl | 65 | Henny de Vries | | DN4 | | 1:18.86 | 1:20.68 | |
| | | Romée Ebbinge | | | Henny de Vries | | | | |
| | | 200m | 19.41 | (19.41) | 200m | 18.95 | (18.95) | | |
| | | 600m | 49.04 | (29.63) | 600m | 48.39 | (29.44) | | |
| | | 1000m | 1:21.38 | (32.34) | 1000m | 1:20.68 | (32.29) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|--------------------------|---------|--------------------------|---------|---------|---------|----------------|
| 9 | wt | 36 | Gioya Lancee | | DSA | | | 1:16.03 | 1:18.65 |
| | rd | 24 | Chloé Hoogendoorn | | DN1 | | | 1:15.41 | 1:19.21 |
| | | Gioya Lancee | | | Chloé Hoogendoorn | | | | |
| | | 200m | 18.97 | (18.97) | 200m | 18.55 | (18.55) | | |
| | | 600m | 47.88 | (28.91) | 600m | 47.32 | (28.77) | | |
| | | 1000m | 1:18.65 | (30.77) | 1000m | 1:19.21 | (31.89) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|-----------------------|---------|-----------------------|---------|---------|---------|----------------|
| 10 | gl | 64 | Dione Voskamp | | DSA | | | 1:15.37 | 1:18.93 |
| | bl | 70 | Melissa Wijffe | | DSA | | | 1:15.05 | 1:19.24 |
| | | Dione Voskamp | | | Melissa Wijffe | | | | |
| | | 200m | 17.86 | (17.86) | 200m | 19.43 | (19.43) | | |
| | | 600m | 46.32 | (28.46) | 600m | 48.69 | (29.26) | | |
| | | 1000m | 1:18.93 | (32.61) | 1000m | 1:19.24 | (30.55) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|-------------------|---------|------------------|---------|---------|---------|----------------|
| 11 | wt | 55 | Meike Veen | | DN1 | | | 1:16.47 | 1:20.09 |
| | rd | 28 | Sylke Kas | | DN4 | | | 1:17.67 | 1:20.26 |
| | | Meike Veen | | | Sylke Kas | | | | |
| | | 200m | 18.94 | (18.94) | 200m | 18.72 | (18.72) | | |
| | | 600m | 48.20 | (29.26) | 600m | 47.47 | (28.75) | | |
| | | 1000m | 1:20.09 | (31.89) | 1000m | 1:20.26 | (32.79) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|---------------------|---------|------------------|---------|---------|---------|----------------|
| 12 | gl | 69 | Sanne Westra | | DN3 | | | 1:17.43 | 1:20.35 |
| | bl | 50 | Pien Smit | | DN2 | | | 1:15.60 | 1:18.87 |
| | | Sanne Westra | | | Pien Smit | | | | |
| | | 200m | 19.17 | (19.17) | 200m | 18.57 | (18.57) | | |
| | | 600m | 48.68 | (29.51) | 600m | 47.48 | (28.91) | | |
| | | 1000m | 1:20.35 | (31.67) | 1000m | 1:18.87 | (31.39) | | |

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6. Uitslag Mannen 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|----------------|------|--------|
| 1 | 7 Jenning de Boo | HN2 | 13 | O | 1:10.47 | | |
| 2 | 63 Mats Siemons | HN3 | 16 | O | 1:10.86 | | |
| 3 | 39 Louis Hollaar | HSA | 14 | O | 1:10.90 | | |
| 4 | 93 Serge Yoro | HSA | 14 | I | 1:11.48 | | |
| 5 | 60 Willard Reinders | HN3 | 12 | O | 1:11.66 | | |
| 6 | 10 Mats van den Bos | HN1 | 8 | O | 1:11.70 | PR | |
| 7 | 85 Stefan Westenbroek | HN4 | 16 | I | 1:11.99 | | |
| 8 | 15 Ted Dalrymple | HN2 | 4 | O | 1:12.04 | | |
| 9 | 23 Sijmen Egberts | HN2 | 5 | O | 1:12.24 | | |
| 10 | 8 Bryant Boogert | HN1 | 10 | I | 1:12.35 | | |
| 11 | 30 Jarle Gerrits | HN4 | 15 | I | 1:12.37 | | |
| 12 | 31 Rinze Bart de Glee | HN2 | 11 | I | 1:12.41 | | |
| 13 | 1 Mats Bendijk | HA2 | 7 | O | 1:12.43 | | |
| 14 | 21 Sebas Diniz | HN4 | 10 | O | 1:12.44 | | |
| 15 | 11 Marcel Bosker | HSA | 3 | O | 1:12.45 | | |
| 16 | 62 Ties van Seumeren | HN1 | 9 | I | 1:12.52 | | |
| 17 | 26 Mika van Essen | HSA | 6 | O | 1:12.53 | | |
| 18 | 74 Pim Stuij | HN3 | 11 | O | 1:12.59 | | |
| 19 | 79 Jur Veenje | HSA | 9 | O | 1:12.62 | | |
| 20 | 34 Rem de Hair | HSA | 12 | I | 1:12.80 | | |
| 21 | 53 Jesper van Mieghem | HN1 | 8 | I | 1:12.86 | | |
| 22 | 12 Armand Broos | HSA | 13 | I | 1:13.08 | | |
| 23 | 59 Niklas Reinders | HN1 | 15 | O | 1:13.14 | | |
| 24 | 29 Tijs van Gennip | HA2 | 2 | I | 1:13.52 | | |
| 25 | 81 Loek van Vilsteren | HN2 | 3 | I | 1:13.58 | | |
| 26 | 5 Pelle Bolsius | HA1 | 7 | I | 1:13.68 | | |
| 27 | 89 Teun de Wit | HSA | 4 | I | 1:14.16 | | |
| 28 | 2 Max Bergsma | HN2 | 1 | O | 1:14.37 | | |
| 29 | 57 Nathan Pijl | HA1 | 5 | I | 1:14.47 | | |
| 30 | 49 Niels de Kruijk | HA2 | 1 | I | 1:14.53 | | |
| 31 | 52 Mervin Maatman | HN4 | 6 | I | 1:14.55 | | |

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6. Rituitslag Mannen 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|------------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 49 | Niels de Kruijk | | HA2 | | 1:11.98 | 1:14.53 | |
| | rd | 2 | Max Bergsma | | HN2 | | 1:11.88 | 1:14.37 | |

Niels de Kruijk

| | | |
|-------|---------|---------|
| 200m | 17.06 | (17.06) |
| 600m | 44.19 | (27.13) |
| 1000m | 1:14.53 | (30.34) |

Max Bergsma

| | | |
|-------|---------|---------|
| 200m | 17.21 | (17.21) |
| 600m | 44.08 | (26.87) |
| 1000m | 1:14.37 | (30.29) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|------------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 29 | Tijs van Gennip | | HA2 | | 1:12.09 | 1:13.52 | |
| | bl | | | | | | | | |

Tijs van Gennip

| | | |
|-------|---------|---------|
| 200m | 17.50 | (17.50) |
| 600m | 44.58 | (27.08) |
| 1000m | 1:13.52 | (28.94) |

m

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------------|-----|-----|----|---------|----------------|------|
| 3 | wt | 81 | Loek van Vilsteren | | HN2 | | 1:11.94 | 1:13.58 | |
| | rd | 11 | Marcel Bosker | | HSA | | 1:09.10 | 1:12.45 | |

Loek van Vilsteren

| | | |
|-------|---------|---------|
| 200m | 17.44 | (17.44) |
| 600m | 44.68 | (27.24) |
| 1000m | 1:13.58 | (28.90) |

Marcel Bosker

| | | |
|-------|---------|---------|
| 200m | 17.87 | (17.87) |
| 600m | 44.86 | (26.99) |
| 1000m | 1:12.45 | (27.59) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|----------------------|-----|-----|----|---------|----------------|------|
| 4 | gl | 89 | Teun de Wit | | HSA | | 1:10.98 | 1:14.16 | |
| | bl | 15 | Ted Dalrymple | | HN2 | | 1:11.92 | 1:12.04 | |

Teun de Wit

| | | |
|-------|---------|---------|
| 200m | 17.87 | (17.87) |
| 600m | 44.88 | (27.01) |
| 1000m | 1:14.16 | (29.28) |

Ted Dalrymple

| | | |
|-------|---------|---------|
| 200m | 17.47 | (17.47) |
| 600m | 43.46 | (25.99) |
| 1000m | 1:12.04 | (28.58) |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 5 | wt | 57 | Nathan Pijl | | HA1 | | 1:11.63 | 1:14.47 | |
| | rd | 23 | Sijmen Egberts | | HN2 | | 1:11.77 | 1:12.24 | |
| | | Nathan Pijl | | | Sijmen Egberts | | | | |
| | | 200m | 17.42 | (17.42) | 200m | 17.39 | (17.39) | | |
| | | 600m | 44.83 | (27.41) | 600m | 44.00 | (26.61) | | |
| | | 1000m | 1:14.47 | (29.64) | 1000m | 1:12.24 | (28.24) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 6 | gl | 52 | Mervin Maatman | | HN4 | | 1:11.55 | 1:14.55 | |
| | bl | 26 | Mika van Essen | | HSA | | 1:09.91 | 1:12.53 | |
| | | Mervin Maatman | | | Mika van Essen | | | | |
| | | 200m | 17.37 | (17.37) | 200m | 16.82 | (16.82) | | |
| | | 600m | 44.64 | (27.27) | 600m | 43.01 | (26.19) | | |
| | | 1000m | 1:14.55 | (29.91) | 1000m | 1:12.53 | (29.52) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|----------------------|---------|---------------------|---------|---------|----------------|------|
| 7 | wt | 5 | Pelle Bolsius | | HA1 | | 1:11.67 | 1:13.68 | |
| | rd | 1 | Mats Bendijk | | HA2 | | 1:11.01 | 1:12.43 | |
| | | Pelle Bolsius | | | Mats Bendijk | | | | |
| | | 200m | 18.12 | (18.12) | 200m | 17.66 | (17.66) | | |
| | | 600m | 45.44 | (27.32) | 600m | 44.22 | (26.56) | | |
| | | 1000m | 1:13.68 | (28.24) | 1000m | 1:12.43 | (28.21) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|-------------------------|---------|---------|----------------|------|
| 8 | gl | 53 | Jesper van Mieghem | | HN1 | | 1:11.79 | 1:12.86 | |
| | bl | 10 | Mats van den Bos | | HN1 | | 1:11.73 | 1:11.70 | PR |
| | | Jesper van Mieghem | | | Mats van den Bos | | | | |
| | | 200m | 17.27 | (17.27) | 200m | 16.70 | (16.70) | | |
| | | 600m | 43.94 | (26.67) | 600m | 42.56 | (25.86) | | |
| | | 1000m | 1:12.86 | (28.92) | 1000m | 1:11.70 | (29.14) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|-------------------|---------|---------|---------|----------------|
| 9 | wt | 62 | Ties van Seumeren | | HN1 | | | 1:11.26 | 1:12.52 |
| | rd | 79 | Jur Veenje | | HSA | | | 1:10.38 | 1:12.62 |
| | | Ties van Seumeren | | | Jur Veenje | | | | |
| | | 200m | 17.56 | (17.56) | 200m | 17.91 | (17.91) | | |
| | | 600m | 44.52 | (26.96) | 600m | 44.58 | (26.67) | | |
| | | 1000m | 1:12.52 | (28.00) | 1000m | 1:12.62 | (28.04) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|--------------------|---------|---------|---------|----------------|
| 10 | gl | 8 | Bryant Boogert | | HN1 | | | 1:10.77 | 1:12.35 |
| | bl | 21 | Sebas Diniz | | HN4 | | | 1:10.13 | 1:12.44 |
| | | Bryant Boogert | | | Sebas Diniz | | | | |
| | | 200m | 17.19 | (17.19) | 200m | 16.55 | (16.55) | | |
| | | 600m | 43.69 | (26.50) | 600m | 42.63 | (26.08) | | |
| | | 1000m | 1:12.35 | (28.66) | 1000m | 1:12.44 | (29.81) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|------------------|---------|---------|---------|----------------|
| 11 | wt | 31 | Rinze Bart de Glee | | HN2 | | | 1:11.32 | 1:12.41 |
| | rd | 74 | Pim Stuij | | HN3 | | | 1:11.01 | 1:12.59 |
| | | Rinze Bart de Glee | | | Pim Stuij | | | | |
| | | 200m | 17.18 | (17.18) | 200m | 17.17 | (17.17) | | |
| | | 600m | 43.47 | (26.29) | 600m | 43.23 | (26.06) | | |
| | | 1000m | 1:12.41 | (28.94) | 1000m | 1:12.59 | (29.36) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|-------------------------|---------|-------------------------|---------|---------|---------|----------------|
| 12 | gl | 34 | Rem de Hair | | HSA | | | 1:10.29 | 1:12.80 |
| | bl | 60 | Willard Reinders | | HN3 | | | 1:11.00 | 1:11.66 |
| | | Rem de Hair | | | Willard Reinders | | | | |
| | | 200m | 16.86 | (16.86) | 200m | 17.35 | (17.35) | | |
| | | 600m | 43.21 | (26.35) | 600m | 43.49 | (26.14) | | |
| | | 1000m | 1:12.80 | (29.59) | 1000m | 1:11.66 | (28.17) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 13 | wt | 12 | Armand Broos | | HSA | | 1:09.57 | 1:13.08 | |
| | rd | 7 | Jenning de Boo | | HN2 | | 1:06.95 | 1:10.47 | |
| | | Armand Broos | | | Jenning de Boo | | | | |
| | | 200m | 16.69 | (16.69) | 200m | 16.71 | (16.71) | | |
| | | 600m | 43.11 | (26.42) | 600m | 42.36 | (25.65) | | |
| | | 1000m | 1:13.08 | (29.97) | 1000m | 1:10.47 | (28.11) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 14 | gl | 93 | Serge Yoro | | HSA | | 1:08.37 | 1:11.48 | |
| | bl | 39 | Louis Hollaar | | HSA | | 1:08.28 | 1:10.90 | |
| | | Serge Yoro | | | Louis Hollaar | | | | |
| | | 200m | 17.02 | (17.02) | 200m | 17.00 | (17.00) | | |
| | | 600m | 43.14 | (26.12) | 600m | 42.89 | (25.89) | | |
| | | 1000m | 1:11.48 | (28.34) | 1000m | 1:10.90 | (28.01) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|------------------------|---------|------------------------|---------|---------|----------------|------|
| 15 | wt | 30 | Jarle Gerrits | | HN4 | | 1:10.03 | 1:12.37 | |
| | rd | 59 | Niklas Reinders | | HN1 | | 1:10.26 | 1:13.14 | |
| | | Jarle Gerrits | | | Niklas Reinders | | | | |
| | | 200m | 17.06 | (17.06) | 200m | 17.03 | (17.03) | | |
| | | 600m | 43.45 | (26.39) | 600m | 43.54 | (26.51) | | |
| | | 1000m | 1:12.37 | (28.92) | 1000m | 1:13.14 | (29.60) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|---------------------|---------|---------|----------------|------|
| 16 | gl | 85 | Stefan Westenbroek | | HN4 | | 1:09.31 | 1:11.99 | |
| | bl | 63 | Mats Siemons | | HN3 | | 1:09.20 | 1:10.86 | |
| | | Stefan Westenbroek | | | Mats Siemons | | | | |
| | | 200m | 16.60 | (16.60) | 200m | 16.84 | (16.84) | | |
| | | 600m | 42.66 | (26.06) | 600m | 42.45 | (25.61) | | |
| | | 1000m | 1:11.99 | (29.33) | 1000m | 1:10.86 | (28.41) | | |

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7. Uitslag Vrouwen 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1 | 29 Esther Kiel | DSA | 11 | I | 4:14.92 | | |
| 2 | 59 Evelien Vijn | DN3 | 9 | I | 4:16.08 | | |
| 3 | 35 Sophie Kraaijeveld | DN2 | 8 | I | 4:17.87 | | |
| 4 | 36 Gioya Lancee | DSA | 9 | O | 4:18.44 | | |
| 5 | 58 Maaïke Verweij | DSA | 6 | I | 4:18.68 | | |
| 6 | 60 Esmee Visser | DSA | 12 | O | 4:18.79 | | |
| 7 | 53 Kim Talsma | DSA | 10 | I | 4:18.89 | | |
| 8 | 18 Jade Groenewoud | DN2 | 11 | O | 4:20.65 | | |
| 9 | 62 Rosalie van Vliet | DA2 | 7 | O | 4:22.94 | | |
| 10 | 56 Jasmijn Veenhuis | DA1 | 3 | O | 4:24.37 | | |
| 11 | 68 Naomi van der Werf | DSA | 8 | O | 4:25.69 | | |
| 12 | 34 Veerle van Koppen | DN2 | 5 | O | 4:25.93 | | |
| 13 | 2 Leonie Bats | DN4 | 5 | I | 4:26.87 | | |
| 14 | 25 Lieke Hoogendoorn | DA2 | 3 | I | 4:27.03 | | |
| 15 | 66 Sylvia de Vries | DN1 | 4 | O | 4:27.44 | | |
| 16 | 51 Tessa Snoek | DSA | 6 | O | 4:27.49 | | |
| 17 | 52 Anna Marit Sybrandi | DN2 | 7 | I | 4:32.58 | | |
| 18 | 45 Arianna Pruischer | DSA | 10 | O | 4:34.35 | | |
| 19 | 55 Meike Veen | DN1 | 12 | I | 4:36.64 | | |
| 20 | 54 Lidia Tempert | DSA | 4 | I | 4:41.30 | | |
| | 13 Romée Ebbinge | DSA | 1 | I | DNS | | |

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7. Rituitslag Vrouwen 3000 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----------|----------------------|-----|---------|------|------------|
| 1 | wt rd | 13 Romée Ebbinge | DSA | 4:20.70 | | DNS |
| | | <u>Romée Ebbinge</u> | | | | |
| | | | | | m | |

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

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------------|-----------------|---------|------|----------------|
| 3 | wt | 25 Lieke Hoogendoorn | DA2 | 4:20.20 | | 4:27.03 |
| | rd | 56 Jasmijn Veenhuis | DA1 | 4:19.88 | | 4:24.37 |
| | | <u>Lieke Hoogendoorn</u> | | | | |
| | | 200m | 20.85 (20.85) | | | |
| | | 600m | 53.98 (33.13) | | | |
| | | 1000m | 1:28.03 (34.05) | | | |
| | | 1400m | 2:03.04 (35.01) | | | |
| | | 1800m | 2:38.37 (35.33) | | | |
| | | 2200m | 3:14.34 (35.97) | | | |
| | | 2600m | 3:50.45 (36.11) | | | |
| | | 3000m | 4:27.03 (36.58) | | | |
| | | <u>Jasmijn Veenhuis</u> | | | | |
| | | 200m | 21.40 (21.40) | | | |
| | | 600m | 54.37 (32.97) | | | |
| | | 1000m | 1:28.34 (33.97) | | | |
| | | 1400m | 2:02.94 (34.60) | | | |
| | | 1800m | 2:38.25 (35.31) | | | |
| | | 2200m | 3:13.82 (35.57) | | | |
| | | 2600m | 3:49.46 (35.64) | | | |
| | | 3000m | 4:24.37 (34.91) | | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|------------------------|---------|-----|------------------------|---------|---------|----------------|
| 4 | gl | 54 | Lidia Tempert | | DSA | | | 4:19.30 | 4:41.30 |
| | bl | 66 | Sylvia de Vries | | DN1 | | | 4:20.40 | 4:27.44 |
| | | Lidia Tempert | | | | Sylvia de Vries | | | |
| | | 200m | 21.25 | (21.25) | | 200m | 21.37 | (21.37) | |
| | | 600m | 55.60 | (34.35) | | 600m | 55.10 | (33.73) | |
| | | 1000m | 1:30.78 | (35.18) | | 1000m | 1:29.35 | (34.25) | |
| | | 1400m | 2:06.84 | (36.06) | | 1400m | 2:03.42 | (34.07) | |
| | | 1800m | 2:44.03 | (37.19) | | 1800m | 2:38.02 | (34.60) | |
| | | 2200m | 3:22.21 | (38.18) | | 2200m | 3:13.60 | (35.58) | |
| | | 2600m | 4:01.43 | (39.22) | | 2600m | 3:49.93 | (36.33) | |
| | | 3000m | 4:41.30 | (39.87) | | 3000m | 4:27.44 | (37.51) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------------|---------|-----|--------------------------|---------|---------|----------------|
| 5 | wt | 2 | Leonie Bats | | DN4 | | | 4:13.21 | 4:26.87 |
| | rd | 34 | Veerle van Koppen | | DN2 | | | 4:18.59 | 4:25.93 |
| | | Leonie Bats | | | | Veerle van Koppen | | | |
| | | 200m | 20.88 | (20.88) | | 200m | 21.12 | (21.12) | |
| | | 600m | 53.93 | (33.05) | | 600m | 54.52 | (33.40) | |
| | | 1000m | 1:27.79 | (33.86) | | 1000m | 1:28.71 | (34.19) | |
| | | 1400m | 2:02.56 | (34.77) | | 1400m | 2:03.22 | (34.51) | |
| | | 1800m | 2:37.86 | (35.30) | | 1800m | 2:38.29 | (35.07) | |
| | | 2200m | 3:13.91 | (36.05) | | 2200m | 3:13.89 | (35.60) | |
| | | 2600m | 3:50.24 | (36.33) | | 2600m | 3:50.00 | (36.11) | |
| | | 3000m | 4:26.87 | (36.63) | | 3000m | 4:25.93 | (35.93) | |

Holland Cup 1/ IJsselcup

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26 en 27 oktober 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----|--------------------|---------|---------|----------------|
| 6 | gl | 58 | Maaike Verweij | | DSA | | | 4:08.14 | 4:18.68 |
| | bl | 51 | Tessa Snoek | | DSA | | | 4:17.23 | 4:27.49 |
| | | Maaike Verweij | | | | Tessa Snoek | | | |
| | | 200m | 21.33 | (21.33) | | 200m | 20.66 | (20.66) | |
| | | 600m | 53.56 | (32.23) | | 600m | 53.70 | (33.04) | |
| | | 1000m | 1:26.53 | (32.97) | | 1000m | 1:27.65 | (33.95) | |
| | | 1400m | 2:00.06 | (33.53) | | 1400m | 2:02.33 | (34.68) | |
| | | 1800m | 2:33.99 | (33.93) | | 1800m | 2:37.99 | (35.66) | |
| | | 2200m | 3:08.37 | (34.38) | | 2200m | 3:14.13 | (36.14) | |
| | | 2600m | 3:43.03 | (34.66) | | 2600m | 3:50.76 | (36.63) | |
| | | 3000m | 4:18.68 | (35.65) | | 3000m | 4:27.49 | (36.73) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|-----|--------------------------|---------|---------|----------------|
| 7 | wt | 52 | Anna Marit Sybrandi | | DN2 | | | 4:15.70 | 4:32.58 |
| | rd | 62 | Rosalie van Vliet | | DA2 | | | 4:18.39 | 4:22.94 |
| | | Anna Marit Sybrandi | | | | Rosalie van Vliet | | | |
| | | 200m | 21.37 | (21.37) | | 200m | 20.38 | (20.38) | |
| | | 600m | 54.60 | (33.23) | | 600m | 53.10 | (32.72) | |
| | | 1000m | 1:28.90 | (34.30) | | 1000m | 1:26.85 | (33.75) | |
| | | 1400m | 2:04.21 | (35.31) | | 1400m | 2:00.89 | (34.04) | |
| | | 1800m | 2:40.40 | (36.19) | | 1800m | 2:35.14 | (34.25) | |
| | | 2200m | 3:17.77 | (37.37) | | 2200m | 3:10.26 | (35.12) | |
| | | 2600m | 3:55.11 | (37.34) | | 2600m | 3:46.27 | (36.01) | |
| | | 3000m | 4:32.58 | (37.47) | | 3000m | 4:22.94 | (36.67) | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|---------------------------|---------|---------|---------|----------------|
| 8 | gl | 35 | Sophie Kraaijeveld | | DN2 | | | 4:10.39 | 4:17.87 |
| | bl | 68 | Naomi van der Werf | | DSA | | | 4:12.59 | 4:25.69 |
| | | Sophie Kraaijeveld | | | Naomi van der Werf | | | | |
| | | 200m | 21.84 | (21.84) | 200m | 20.93 | (20.93) | | |
| | | 600m | 55.52 | (33.68) | 600m | 53.70 | (32.77) | | |
| | | 1000m | 1:28.88 | (33.36) | 1000m | 1:27.21 | (33.51) | | |
| | | 1400m | 2:02.33 | (33.45) | 1400m | 2:01.48 | (34.27) | | |
| | | 1800m | 2:35.72 | (33.39) | 1800m | 2:36.21 | (34.73) | | |
| | | 2200m | 3:09.48 | (33.76) | 2200m | 3:11.76 | (35.55) | | |
| | | 2600m | 3:43.53 | (34.05) | 2600m | 3:48.14 | (36.38) | | |
| | | 3000m | 4:17.87 | (34.34) | 3000m | 4:25.69 | (37.55) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|---------------------|---------|---------|---------|----------------|
| 9 | wt | 59 | Evelien Vijn | | DN3 | | | 4:03.76 | 4:16.08 |
| | rd | 36 | Gioya Lancee | | DSA | | | 4:06.25 | 4:18.44 |
| | | Evelien Vijn | | | Gioya Lancee | | | | |
| | | 200m | 20.56 | (20.56) | 200m | 20.82 | (20.82) | | |
| | | 600m | 53.14 | (32.58) | 600m | 53.46 | (32.64) | | |
| | | 1000m | 1:26.07 | (32.93) | 1000m | 1:26.67 | (33.21) | | |
| | | 1400m | 1:59.58 | (33.51) | 1400m | 2:00.60 | (33.93) | | |
| | | 1800m | 2:33.66 | (34.08) | 1800m | 2:34.74 | (34.14) | | |
| | | 2200m | 3:07.86 | (34.20) | 2200m | 3:08.77 | (34.03) | | |
| | | 2600m | 3:41.80 | (33.94) | 2600m | 3:43.11 | (34.34) | | |
| | | 3000m | 4:16.08 | (34.28) | 3000m | 4:18.44 | (35.33) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|---------------------------|---------|---------------------------|-------|---------|---------|----------------|
| 10 | gl | 53 | Kim Talsma | | DSA | | | 4:09.64 | 4:18.89 |
| | bl | 45 | Arianna Pruisscher | | DSA | | | 4:05.64 | 4:34.35 |
| | | Kim Talsma | | | Arianna Pruisscher | | | | |
| | | 200m | 20.15 | (20.15) | | 200m | 22.39 | (22.39) | |
| | | 600m | 52.73 | (32.58) | | 600m | 56.38 | (33.99) | |
| | | 1000m | 1:25.73 | (33.00) | | 1000m | 1:30.94 | (34.56) | |
| | | 1400m | 1:59.38 | (33.65) | | 1400m | 2:06.31 | (35.37) | |
| | | 1800m | 2:33.54 | (34.16) | | 1800m | 2:42.43 | (36.12) | |
| | | 2200m | 3:08.24 | (34.70) | | 2200m | 3:19.25 | (36.82) | |
| | | 2600m | 3:43.32 | (35.08) | | 2600m | 3:56.52 | (37.27) | |
| | | 3000m | 4:18.89 | (35.57) | | 3000m | 4:34.35 | (37.83) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|------------------------|---------|------------------------|-------|---------|---------|----------------|
| 11 | wt | 29 | Esther Kiel | | DSA | | | 4:03.04 | 4:14.92 |
| | rd | 18 | Jade Groenewoud | | DN2 | | | 4:07.07 | 4:20.65 |
| | | Esther Kiel | | | Jade Groenewoud | | | | |
| | | 200m | 20.27 | (20.27) | | 200m | 20.31 | (20.31) | |
| | | 600m | 52.53 | (32.26) | | 600m | 52.17 | (31.86) | |
| | | 1000m | 1:25.26 | (32.73) | | 1000m | 1:25.26 | (33.09) | |
| | | 1400m | 1:58.53 | (33.27) | | 1400m | 1:58.72 | (33.46) | |
| | | 1800m | 2:32.03 | (33.50) | | 1800m | 2:32.98 | (34.26) | |
| | | 2200m | 3:05.96 | (33.93) | | 2200m | 3:08.11 | (35.13) | |
| | | 2600m | 3:40.27 | (34.31) | | 2600m | 3:44.08 | (35.97) | |
| | | 3000m | 4:14.92 | (34.65) | | 3000m | 4:20.65 | (36.57) | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|---------------------|-----|-----|----|--|---------|----------------|
| 12 | gl | 55 | Meike Veen | | DN1 | | | 4:14.41 | 4:36.64 |
| | bl | 60 | Esmee Visser | | DSA | | | 3:54.02 | 4:18.79 |

Meike Veen

| | | |
|-------|---------|---------|
| 200m | 21.14 | (21.14) |
| 600m | 54.89 | (33.75) |
| 1000m | 1:29.51 | (34.62) |
| 1400m | 2:05.17 | (35.66) |
| 1800m | 2:41.81 | (36.64) |
| 2200m | 3:19.32 | (37.51) |
| 2600m | 3:57.89 | (38.57) |
| 3000m | 4:36.64 | (38.75) |

Esmee Visser

| | | |
|-------|---------|---------|
| 200m | 21.55 | (21.55) |
| 600m | 54.53 | (32.98) |
| 1000m | 1:28.14 | (33.61) |
| 1400m | 2:01.95 | (33.81) |
| 1800m | 2:35.93 | (33.98) |
| 2200m | 3:10.15 | (34.22) |
| 2600m | 3:44.44 | (34.29) |
| 3000m | 4:18.79 | (34.35) |

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8. Uitslag Mannen 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 11 Marcel Bosker | HSA | 12 | I | 6:31.00 | | |
| 2 | 65 Wisse Slendebroek | HN1 | 3 | I | 6:31.92 | PR | |
| 3 | 40 Evert Hoolwerf | HSA | 11 | O | 6:34.20 | | |
| 4 | 36 Freek van der Ham | HN1 | 9 | I | 6:35.18 | | |
| 5 | 96 Homme Jan de Groot | HSA | 9 | O | 6:35.25 | | |
| 6 | 90 Lars Woelders | HN4 | 6 | O | 6:35.56 | | |
| 7 | 78 Sil van der Veen | HA2 | 6 | I | 6:36.51 | TRC | |
| 8 | 28 Daan Gelling | HSA | 1 | O | 6:38.47 | PR | |
| 9 | 3 Daan Berkhout | HN3 | 3 | O | 6:39.19 | PR | |
| 10 | 42 Jeroen Janissen | HSA | 8 | I | 6:41.36 | | |
| 11 | 87 Gert Wierda | HN3 | 11 | I | 6:41.55 | | |
| 12 | 71 Maikel Stam | HSA | 8 | O | 6:41.78 | | |
| 13 | 22 Colin James Duivenvoorden | HN3 | 10 | O | 6:42.73 | | |
| 14 | 47 Mika Kolder | HA2 | 4 | I | 6:43.88 | | |
| 15 | 73 Mats Stoltenborg | HSB | 10 | I | 6:48.86 | | |
| 16 | 46 Jelle Koeleman | HN2 | 5 | O | 6:49.75 | | |
| 17 | 9 Douwe Boonstra | HSA | 7 | I | 6:51.70 | | |
| 18 | 38 Jordy Harink | HSA | 12 | O | 6:55.69 | | |
| 19 | 95 Christiaan Hoekstra | HSB | 2 | I | 6:56.39 | | |
| 20 | 94 Mathijs van Zwieten | HN4 | 7 | O | 6:57.46 | | |
| 21 | 91 Stefan Wolffenbuttel | HSB | 5 | I | 6:58.05 | | |
| 22 | 77 Jasper Tinga | HN2 | 2 | O | 6:58.92 | | |
| 23 | 6 Joël Bom | HN1 | 4 | O | 7:05.76 | | |
| | 54 Bart Mol | HSB | 1 | I | | DQ | |

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Sport- en Recreatiecentrum de Scheg - Deventer

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8. Rituitslag Mannen 5000 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----|------------------------|---------------------|---------|---------|-------------------|
| 1 | wt | 54 Bart Mol | HSB | 6:24.87 | | DQ |
| | rd | 28 Daan Gelling | HSA | 6:38.92 | | 6:38.47 PR |
| | | Bart Mol | | | | |
| | | | Daan Gelling | | | |
| | | | 200m | 20.21 | (20.21) | |
| | | | 600m | 51.74 | (31.53) | |
| | | | 1000m | 1:23.37 | (31.63) | |
| | | | 1400m | 1:54.71 | (31.34) | |
| | | | 1800m | 2:25.99 | (31.28) | |
| | | | 2200m | 2:57.36 | (31.37) | |
| | | | 2600m | 3:28.73 | (31.37) | |
| | | | 3000m | 4:00.06 | (31.33) | |
| | | | 3400m | 4:31.34 | (31.28) | |
| | | | 3800m | 5:02.94 | (31.60) | |
| | | | 4200m | 5:34.58 | (31.64) | |
| | | | 4600m | 6:06.52 | (31.94) | |
| | | | 5000m | 6:38.47 | (31.95) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-------------------------------|---------------------|---------|------|----------------|
| 2 | gl | 95 Christiaan Hoekstra | HSB | 6:38.66 | | 6:56.39 |
| | bl | 77 Jasper Tinga | HN2 | 6:41.29 | | 6:58.92 |
| | | Christiaan Hoekstra | | | | |
| | | | Jasper Tinga | | | |
| | | 200m | 20.48 | (20.48) | | |
| | | 600m | 52.70 | (32.22) | | |
| | | 1000m | 1:25.32 | (32.62) | | |
| | | 1400m | 1:57.93 | (32.61) | | |
| | | 1800m | 2:30.62 | (32.69) | | |
| | | 2200m | 3:03.61 | (32.99) | | |
| | | 2600m | 3:36.52 | (32.91) | | |
| | | 3000m | 4:09.39 | (32.87) | | |
| | | 3400m | 4:42.38 | (32.99) | | |
| | | 3800m | 5:15.84 | (33.46) | | |
| | | 4200m | 5:49.46 | (33.62) | | |
| | | 4600m | 6:56.39 | (66.93) | | |
| | | 5000m | 6:56.39 | (.00) | | |
| | | 200m | 19.71 | (19.71) | | |
| | | 600m | 50.99 | (31.28) | | |
| | | 1000m | 1:23.68 | (32.69) | | |
| | | 1400m | 1:56.61 | (32.93) | | |
| | | 1800m | 2:29.43 | (32.82) | | |
| | | 2200m | 3:02.98 | (33.55) | | |
| | | 2600m | 3:36.25 | (33.27) | | |
| | | 3000m | 4:09.48 | (33.23) | | |
| | | 3400m | 4:43.30 | (33.82) | | |
| | | 3800m | 5:17.37 | (34.07) | | |
| | | 4200m | 5:51.17 | (33.80) | | |
| | | 4600m | 6:25.20 | (34.03) | | |
| | | 5000m | 6:58.92 | (33.72) | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|----------------------|---------|---------|---------|-------------------|
| 3 | wt | 65 | Wisse Slendebroek | | HN1 | | | 6:39.90 | 6:31.92 PR |
| | rd | 3 | Daan Berkhout | | HN3 | | | 6:40.93 | 6:39.19 PR |
| | | Wisse Slendebroek | | | Daan Berkhout | | | | |
| | | 200m | 19.78 | (19.78) | 200m | 19.44 | (19.44) | | |
| | | 600m | 50.38 | (30.60) | 600m | 50.12 | (30.68) | | |
| | | 1000m | 1:21.65 | (31.27) | 1000m | 1:21.67 | (31.55) | | |
| | | 1400m | 1:53.04 | (31.39) | 1400m | 1:53.01 | (31.34) | | |
| | | 1800m | 2:24.04 | (31.00) | 1800m | 2:24.59 | (31.58) | | |
| | | 2200m | 2:55.16 | (31.12) | 2200m | 2:56.13 | (31.54) | | |
| | | 2600m | 3:26.42 | (31.26) | 2600m | 3:27.62 | (31.49) | | |
| | | 3000m | 3:57.40 | (30.98) | 3000m | 3:59.00 | (31.38) | | |
| | | 3400m | 4:28.23 | (30.83) | 3400m | 4:30.33 | (31.33) | | |
| | | 3800m | 4:59.00 | (30.77) | 3800m | 5:01.67 | (31.34) | | |
| | | 4200m | 5:29.93 | (30.93) | 4200m | 5:33.61 | (31.94) | | |
| | | 4600m | 6:00.80 | (30.87) | 4600m | 6:06.40 | (32.79) | | |
| | | 5000m | 6:31.92 | (31.12) | 5000m | 6:39.19 | (32.79) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------|---------|-----------------|---------|---------|---------|----------------|
| 4 | gl | 47 | Mika Kolder | | HA2 | | | 6:41.17 | 6:43.88 |
| | bl | 6 | Joël Bom | | HN1 | | | 6:42.94 | 7:05.76 |
| | | Mika Kolder | | | Joël Bom | | | | |
| | | 200m | 20.09 | (20.09) | 200m | 20.24 | (20.24) | | |
| | | 600m | 51.27 | (31.18) | 600m | 51.76 | (31.52) | | |
| | | 1000m | 1:22.57 | (31.30) | 1000m | 1:23.53 | (31.77) | | |
| | | 1400m | 1:54.25 | (31.68) | 1400m | 1:55.75 | (32.22) | | |
| | | 1800m | 2:25.84 | (31.59) | 1800m | 2:28.30 | (32.55) | | |
| | | 2200m | 2:57.49 | (31.65) | 2200m | 3:01.48 | (33.18) | | |
| | | 2600m | 3:29.37 | (31.88) | 2600m | 3:35.36 | (33.88) | | |
| | | 3000m | 4:01.18 | (31.81) | 3000m | 4:09.71 | (34.35) | | |
| | | 3400m | 4:32.88 | (31.70) | 3400m | 4:43.58 | (33.87) | | |
| | | 3800m | 5:04.58 | (31.70) | 3800m | 5:18.29 | (34.71) | | |
| | | 4200m | 5:37.19 | (32.61) | 4200m | 5:54.00 | (35.71) | | |
| | | 4600m | 6:10.49 | (33.30) | 4600m | 6:29.93 | (35.93) | | |
| | | 5000m | 6:43.88 | (33.39) | 5000m | 7:05.76 | (35.83) | | |

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| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------------|-----------------------------|---------|-----------------------|---------|---------|----------------|
| 5 | wt | 91 | Stefan Wolffenbuttel | | HSB | | 6:36.37 | 6:58.05 |
| | rd | 46 | Jelle Koeleman | | HN2 | | 6:38.01 | 6:49.75 |
| | | Stefan Wolffenbuttel | | | Jelle Koeleman | | | |
| | | 200m | 20.20 | (20.20) | 200m | 19.77 | (19.77) | |
| | | 600m | 51.88 | (31.68) | 600m | 51.74 | (31.97) | |
| | | 1000m | 1:23.78 | (31.90) | 1000m | 1:23.84 | (32.10) | |
| | | 1400m | 1:55.61 | (31.83) | 1400m | 1:55.66 | (31.82) | |
| | | 1800m | 2:27.37 | (31.76) | 1800m | 2:27.58 | (31.92) | |
| | | 2200m | 2:59.36 | (31.99) | 2200m | 2:59.07 | (31.49) | |
| | | 2600m | 3:31.36 | (32.00) | 2600m | 3:30.99 | (31.92) | |
| | | 3000m | 4:04.11 | (32.75) | 3000m | 4:03.04 | (32.05) | |
| | | 3400m | 4:37.48 | (33.37) | 3400m | 4:35.44 | (32.40) | |
| | | 3800m | 5:11.31 | (33.83) | 3800m | 5:08.24 | (32.80) | |
| | | 4200m | 5:46.66 | (35.35) | 4200m | 5:41.63 | (33.39) | |
| | | 4600m | 6:22.62 | (35.96) | 4600m | 6:15.46 | (33.83) | |
| | | 5000m | 6:58.05 | (35.43) | 5000m | 6:49.75 | (34.29) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|----------------------|---------|---------|--------------------|
| 6 | gl | 78 | Sil van der Veen | | HA2 | | 6:35.29 | 6:36.51 TRC |
| | bl | 90 | Lars Woelders | | HN4 | | 6:27.97 | 6:35.56 |
| | | Sil van der Veen | | | Lars Woelders | | | |
| | | 200m | 20.10 | (20.10) | 200m | 19.80 | (19.80) | |
| | | 600m | 50.65 | (30.55) | 600m | 50.71 | (30.91) | |
| | | 1000m | 1:21.93 | (31.28) | 1000m | 1:22.23 | (31.52) | |
| | | 1400m | 1:53.40 | (31.47) | 1400m | 1:53.36 | (31.13) | |
| | | 1800m | 2:24.89 | (31.49) | 1800m | 2:24.64 | (31.28) | |
| | | 2200m | 2:56.31 | (31.42) | 2200m | 2:55.60 | (30.96) | |
| | | 2600m | 3:27.75 | (31.44) | 2600m | 3:27.22 | (31.62) | |
| | | 3000m | 3:59.06 | (31.31) | 3000m | 3:58.60 | (31.38) | |
| | | 3400m | 4:30.56 | (31.50) | 3400m | 4:30.03 | (31.43) | |
| | | 3800m | 5:02.15 | (31.59) | 3800m | 5:01.41 | (31.38) | |
| | | 4200m | 5:33.91 | (31.76) | 4200m | 5:33.24 | (31.83) | |
| | | 4600m | 6:05.49 | (31.58) | 4600m | 6:04.66 | (31.42) | |
| | | 5000m | 6:36.51 | (31.02) | 5000m | 6:35.56 | (30.90) | |

Holland Cup 1/ IJsselcup

Sport- en Recreatiecentrum de Scheg - Deventer

26 en 27 oktober 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|----------------------------|---------|----------------------------|---------|---------|----------------|------|
| 7 | wt | 9 | Douwe Boonstra | | HSA | | 6:32.08 | 6:51.70 | |
| | rd | 94 | Mathijs van Zwieten | | HN4 | | 6:34.64 | 6:57.46 | |
| | | Douwe Boonstra | | | Mathijs van Zwieten | | | | |
| | | 200m | 21.14 | (21.14) | 200m | 19.59 | (19.59) | | |
| | | 600m | 52.87 | (31.73) | 600m | 51.00 | (31.41) | | |
| | | 1000m | 1:24.56 | (31.69) | 1000m | 1:23.44 | (32.44) | | |
| | | 1400m | 1:56.26 | (31.70) | 1400m | 1:55.16 | (31.72) | | |
| | | 1800m | 2:27.99 | (31.73) | 1800m | 2:26.87 | (31.71) | | |
| | | 2200m | 2:59.87 | (31.88) | 2200m | 2:58.88 | (32.01) | | |
| | | 2600m | 3:32.32 | (32.45) | 2600m | 3:31.43 | (32.55) | | |
| | | 3000m | 4:04.64 | (32.32) | 3000m | 4:04.19 | (32.76) | | |
| | | 3400m | 4:37.14 | (32.50) | 3400m | 4:37.97 | (33.78) | | |
| | | 3800m | 5:10.33 | (33.19) | 3800m | 5:12.57 | (34.60) | | |
| | | 4200m | 5:44.19 | (33.86) | 4200m | 5:47.43 | (34.86) | | |
| | | 4600m | 6:17.96 | (33.77) | 4600m | 6:22.75 | (35.32) | | |
| | | 5000m | 6:51.70 | (33.74) | 5000m | 6:57.46 | (34.71) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|------------------------|---------|--------------------|---------|---------|----------------|------|
| 8 | gl | 42 | Jeroen Janissen | | HSA | | 6:28.64 | 6:41.36 | |
| | bl | 71 | Maikel Stam | | HSA | | 6:32.01 | 6:41.78 | |
| | | Jeroen Janissen | | | Maikel Stam | | | | |
| | | 200m | 20.01 | (20.01) | 200m | 20.44 | (20.44) | | |
| | | 600m | 51.08 | (31.07) | 600m | 51.57 | (31.13) | | |
| | | 1000m | 1:22.15 | (31.07) | 1000m | 1:23.01 | (31.44) | | |
| | | 1400m | 1:53.92 | (31.77) | 1400m | 1:54.29 | (31.28) | | |
| | | 1800m | 2:25.18 | (31.26) | 1800m | 2:25.79 | (31.50) | | |
| | | 2200m | 2:56.78 | (31.60) | 2200m | 2:57.27 | (31.48) | | |
| | | 2600m | 3:28.43 | (31.65) | 2600m | 3:29.21 | (31.94) | | |
| | | 3000m | 4:00.39 | (31.96) | 3000m | 4:01.27 | (32.06) | | |
| | | 3400m | 4:32.31 | (31.92) | 3400m | 4:33.50 | (32.23) | | |
| | | 3800m | 5:04.26 | (31.95) | 3800m | 5:05.77 | (32.27) | | |
| | | 4200m | 5:36.45 | (32.19) | 4200m | 5:38.00 | (32.23) | | |
| | | 4600m | 6:08.97 | (32.52) | 4600m | 6:10.29 | (32.29) | | |
| | | 5000m | 6:41.36 | (32.39) | 5000m | 6:41.78 | (31.49) | | |

Holland Cup 1/ IJsselcup

Sport- en Recreatiecentrum de Scheg - Deventer

26 en 27 oktober 2024

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|---------------------------|---------|---------------------------|---------|---------|---------|----------------|
| 9 | wt | 36 | Freek van der Ham | | HN1 | | | 6:24.02 | 6:35.18 |
| | rd | 96 | Homme Jan de Groot | | HSA | | | 6:26.97 | 6:35.25 |
| | | Freek van der Ham | | | Homme Jan de Groot | | | | |
| | | 200m | 19.49 | (19.49) | 200m | 19.75 | (19.75) | | |
| | | 600m | 50.29 | (30.80) | 600m | 49.89 | (30.14) | | |
| | | 1000m | 1:21.10 | (30.81) | 1000m | 1:21.05 | (31.16) | | |
| | | 1400m | 1:52.29 | (31.19) | 1400m | 1:51.91 | (30.86) | | |
| | | 1800m | 2:23.47 | (31.18) | 1800m | 2:23.20 | (31.29) | | |
| | | 2200m | 2:54.65 | (31.18) | 2200m | 2:54.49 | (31.29) | | |
| | | 2600m | 3:25.96 | (31.31) | 2600m | 3:25.95 | (31.46) | | |
| | | 3000m | 3:57.35 | (31.39) | 3000m | 3:57.65 | (31.70) | | |
| | | 3400m | 4:28.80 | (31.45) | 3400m | 4:29.33 | (31.68) | | |
| | | 3800m | 5:00.23 | (31.43) | 3800m | 5:01.17 | (31.84) | | |
| | | 4200m | 5:31.93 | (31.70) | 4200m | 5:33.35 | (32.18) | | |
| | | 4600m | 6:03.64 | (31.71) | 4600m | 6:04.50 | (31.15) | | |
| | | 5000m | 6:35.18 | (31.54) | 5000m | 6:35.25 | (30.75) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------|----------------------------------|---------|----------------------------------|---------|---------|---------|----------------|
| 10 | gl | 73 | Mats Stoltenborg | | HSB | | | 6:20.84 | 6:48.86 |
| | bl | 22 | Colin James Duivenvoorden | | HN3 | | | 6:26.10 | 6:42.73 |
| | | Mats Stoltenborg | | | Colin James Duivenvoorden | | | | |
| | | 200m | 20.58 | (20.58) | 200m | 19.50 | (19.50) | | |
| | | 600m | 51.82 | (31.24) | 600m | 51.05 | (31.55) | | |
| | | 1000m | 1:23.11 | (31.29) | 1000m | 1:22.30 | (31.25) | | |
| | | 1400m | 1:54.81 | (31.70) | 1400m | 1:53.03 | (30.73) | | |
| | | 1800m | 2:26.67 | (31.86) | 1800m | 2:24.01 | (30.98) | | |
| | | 2200m | 2:58.83 | (32.16) | 2200m | 2:55.24 | (31.23) | | |
| | | 2600m | 3:31.22 | (32.39) | 2600m | 3:26.43 | (31.19) | | |
| | | 3000m | 4:03.92 | (32.70) | 3000m | 3:58.11 | (31.68) | | |
| | | 3400m | 4:36.62 | (32.70) | 3400m | 4:30.10 | (31.99) | | |
| | | 3800m | 5:09.49 | (32.87) | 3800m | 5:03.08 | (32.98) | | |
| | | 4200m | 5:42.25 | (32.76) | 4200m | 5:36.43 | (33.35) | | |
| | | 4600m | 6:15.42 | (33.17) | 4600m | 6:09.69 | (33.26) | | |
| | | 5000m | 6:48.86 | (33.44) | 5000m | 6:42.73 | (33.04) | | |

Holland Cup 1/ IJsselcup

Sport- en Recreatiecentrum de Scheg - Deventer

26 en 27 oktober 2024

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|--------------------|-----------------------|---------|-----------------------|---------|---------|---------|----------------|------|
| 11 | wt | 87 | Gert Wierda | | HN3 | | | 6:17.75 | 6:41.55 | |
| | rd | 40 | Evert Hoolwerf | | HSA | | | 6:19.40 | 6:34.20 | |
| | | Gert Wierda | | | Evert Hoolwerf | | | | | |
| | | 200m | 19.52 | (19.52) | 200m | 19.73 | (19.73) | | | |
| | | 600m | 49.39 | (29.87) | 600m | 49.57 | (29.84) | | | |
| | | 1000m | 1:19.46 | (30.07) | 1000m | 1:19.77 | (30.20) | | | |
| | | 1400m | 1:50.35 | (30.89) | 1400m | 1:50.16 | (30.39) | | | |
| | | 1800m | 2:21.28 | (30.93) | 1800m | 2:20.86 | (30.70) | | | |
| | | 2200m | 2:52.72 | (31.44) | 2200m | 2:51.71 | (30.85) | | | |
| | | 2600m | 3:24.50 | (31.78) | 2600m | 3:23.15 | (31.44) | | | |
| | | 3000m | 3:56.60 | (32.10) | 3000m | 3:54.91 | (31.76) | | | |
| | | 3400m | 4:28.99 | (32.39) | 3400m | 4:26.64 | (31.73) | | | |
| | | 3800m | 5:01.60 | (32.61) | 3800m | 4:58.52 | (31.88) | | | |
| | | 4200m | 5:34.52 | (32.92) | 4200m | 5:30.68 | (32.16) | | | |
| | | 4600m | 6:07.88 | (33.36) | 4600m | 6:02.61 | (31.93) | | | |
| | | 5000m | 6:41.55 | (33.67) | 5000m | 6:34.20 | (31.59) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|---------------------|---------|---------|---------|----------------|------|
| 12 | gl | 11 | Marcel Bosker | | HSA | | | 6:08.90 | 6:31.00 | |
| | bl | 38 | Jordy Harink | | HSA | | | 6:27.92 | 6:55.69 | |
| | | Marcel Bosker | | | Jordy Harink | | | | | |
| | | 200m | 19.48 | (19.48) | 200m | 20.34 | (20.34) | | | |
| | | 600m | 50.52 | (31.04) | 600m | 52.17 | (31.83) | | | |
| | | 1000m | 1:21.52 | (31.00) | 1000m | 1:24.04 | (31.87) | | | |
| | | 1400m | 1:52.74 | (31.22) | 1400m | 1:55.73 | (31.69) | | | |
| | | 1800m | 2:23.83 | (31.09) | 1800m | 2:27.70 | (31.97) | | | |
| | | 2200m | 2:54.98 | (31.15) | 2200m | 2:59.95 | (32.25) | | | |
| | | 2600m | 3:26.29 | (31.31) | 2600m | 3:32.69 | (32.74) | | | |
| | | 3000m | 3:57.46 | (31.17) | 3000m | 4:05.80 | (33.11) | | | |
| | | 3400m | 4:28.57 | (31.11) | 3400m | 4:39.14 | (33.34) | | | |
| | | 3800m | 4:59.62 | (31.05) | 3800m | 5:12.85 | (33.71) | | | |
| | | 4200m | 5:30.48 | (30.86) | 4200m | 5:46.84 | (33.99) | | | |
| | | 4600m | 6:01.05 | (30.57) | 4600m | 6:21.16 | (34.32) | | | |
| | | 5000m | 6:31.00 | (29.95) | 5000m | 6:55.69 | (34.53) | | | |