

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

29 november 2024

1. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------|-----|------|------|-------|------|--------|
| 1 | 2 Janno Botman | HSA | 2 | O | 35.56 | | |
| 2 | 1 Hein Otterspeer | HSB | 2 | I | 35.74 | | |
| 3 | 3 Tjerk de Boer | HSA | 1 | O | 38.07 | | |
| 4 | 18 Mette ten Cate | DB2 | 1 | I | 40.93 | | |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|----------------------|-------|---------|--------------|------|
| 1 | wt | 18 | Mette ten Cate | | DB2 | | 40.04 | 40.93 | |
| | rd | 3 | Tjerk de Boer | | HSA | | 36.17 | 38.07 | |
| | | Mette ten Cate | | | Tjerk de Boer | | | | |
| | | 100m | 11.23 | (11.23) | 100m | 10.59 | (10.59) | | |
| | | 500m | 40.93 | (29.70) | 500m | 38.07 | (27.48) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|------------------------|---------|---------------------|-------|---------|--------------|------|
| 2 | gl | 1 | Hein Otterspeer | | HSB | | 34.36 | 35.74 | |
| | bl | 2 | Janno Botman | | HSA | | 34.35 | 35.56 | |
| | | Hein Otterspeer | | | Janno Botman | | | | |
| | | 100m | 10.29 | (10.29) | 100m | 9.86 | (9.86) | | |
| | | 500m | 35.74 | (25.45) | 500m | 35.56 | (25.70) | | |

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2. Uitslag 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------|-----|------|------|---------|------|--------|
| 1 | 12 Jurian Koolhaas | HSA | 2 | I | 6:56.64 | PR | |
| 2 | 5 Maaike Verweij | DSA | 2 | O | 7:15.58 | | |
| | 13 Amitesh Mishra | HSA | | | WDR | | |

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2. Rituitslag 5000 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----------|--------------------------|-----|----|------|------------|
| 1 | wt rd | 13 Amitesh Mishra | HSA | | | WDR |
| | | <u>Amitesh Mishra</u> | | | | |
| | | | | | m | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----------|---------------------------|-----|---------|----------------|------|
| 2 | gl bl | 12 Jurian Koolhaas | HSA | 7:02.81 | 6:56.64 | PR |
| | | 5 Maaike Verweij | DSA | 7:01.47 | 7:15.58 | |

Jurian Koolhaas

| | | |
|-------|---------|---------|
| 200m | 20.11 | (20.11) |
| 600m | 52.00 | (31.89) |
| 1000m | 1:24.01 | (32.01) |
| 1400m | 1:55.94 | (31.93) |
| 1800m | 2:28.23 | (32.29) |
| 2200m | 3:00.84 | (32.61) |
| 2600m | 3:34.24 | (33.40) |
| 3000m | 4:07.62 | (33.38) |
| 3400m | 4:41.21 | (33.59) |
| 3800m | 5:15.08 | (33.87) |
| 4200m | 5:49.30 | (34.22) |
| 4600m | 6:23.10 | (33.80) |
| 5000m | 6:56.64 | (33.54) |

Maaike Verweij

| | | |
|-------|---------|---------|
| 200m | 21.48 | (21.48) |
| 600m | 54.44 | (32.96) |
| 1000m | 1:28.00 | (33.56) |
| 1400m | 2:01.70 | (33.70) |
| 1800m | 2:35.77 | (34.07) |
| 2200m | 3:10.15 | (34.38) |
| 2600m | 3:44.72 | (34.57) |
| 3000m | 4:19.51 | (34.79) |
| 3400m | 4:54.65 | (35.14) |
| 3800m | 5:29.73 | (35.08) |
| 4200m | 6:05.10 | (35.37) |
| 4600m | 6:40.39 | (35.29) |
| 5000m | 7:15.58 | (35.19) |

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3. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 10 Kars Jansman | HSA | 3 | I | 3:43.43 | | |
| 2 | 4 Daan Gelling | HSA | 3 | O | 3:50.24 | | |
| 3 | 8 Wisse Slendebroek | HN1 | 4 | I | 3:53.08 | PR | |
| 4 | 6 Jordy Harink | HSA | 4 | O | 3:54.55 | | |
| 5 | 9 Kevin van der Horst | HSA | 1 | I | 4:05.63 | | |
| 6 | 7 Bente Kerkhoff | DN4 | 2 | I | 4:08.42 | | |
| 7 | 14 Amy van der Meer | DN4 | 2 | O | 4:28.22 | PR | |

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3. Rituitslag 3000 meter

| | Naam | Cat | PR | Tijd | Info |
|---|----------|------------------------------|-----|----------------|------|
| 1 | wt rd | 9 Kevin van der Horst | HSA | 4:05.63 | |

Kevin van der Horst

| | | | |
|-------|---------|---------|---|
| 200m | 20.36 | (20.36) | m |
| 600m | 52.13 | (31.77) | |
| 1000m | 1:24.51 | (32.38) | |
| 1400m | 1:56.95 | (32.44) | |
| 1800m | 2:29.20 | (32.25) | |
| 2200m | 3:01.56 | (32.36) | |
| 2600m | 3:33.41 | (31.85) | |
| 3000m | 4:05.63 | (32.22) | |

| | Naam | Cat | PR | Tijd | Info |
|---|------|----------------------------|-----|---------|-------------------|
| 2 | gl | 7 Bente Kerkhoff | DN4 | 4:05.50 | 4:08.42 |
| | bl | 14 Amy van der Meer | DN4 | 4:31.77 | 4:28.22 PR |

Bente Kerkhoff

| | | |
|-------|---------|---------|
| 200m | 20.59 | (20.59) |
| 600m | 52.14 | (31.55) |
| 1000m | 1:24.29 | (32.15) |
| 1400m | 1:56.80 | (32.51) |
| 1800m | 2:29.47 | (32.67) |
| 2200m | 3:02.23 | (32.76) |
| 2600m | 3:35.06 | (32.83) |
| 3000m | 4:08.42 | (33.36) |

Amy van der Meer

| | | |
|-------|---------|---------|
| 200m | 21.08 | (21.08) |
| 600m | 54.45 | (33.37) |
| 1000m | 1:28.24 | (33.79) |
| 1400m | 2:02.75 | (34.51) |
| 1800m | 2:38.24 | (35.49) |
| 2200m | 3:14.50 | (36.26) |
| 2600m | 3:50.88 | (36.38) |
| 3000m | 4:28.22 | (37.34) |

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| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------|---------------------|---------|---------------------|---------|---------|----------------|------|
| 3 | wt | 10 | Kars Jansman | | HSA | | 3:42.14 | 3:43.43 | |
| | rd | 4 | Daan Gelling | | HSA | | 3:47.41 | 3:50.24 | |
| | | Kars Jansman | | | Daan Gelling | | | | |
| | | 200m | 19.31 | (19.31) | 200m | 19.65 | (19.65) | | |
| | | 600m | 48.79 | (29.48) | 600m | 49.45 | (29.80) | | |
| | | 1000m | 1:18.07 | (29.28) | 1000m | 1:19.68 | (30.23) | | |
| | | 1400m | 1:47.50 | (29.43) | 1400m | 1:49.93 | (30.25) | | |
| | | 1800m | 2:16.77 | (29.27) | 1800m | 2:20.08 | (30.15) | | |
| | | 2200m | 2:45.87 | (29.10) | 2200m | 2:50.20 | (30.12) | | |
| | | 2600m | 3:14.59 | (28.72) | 2600m | 3:20.15 | (29.95) | | |
| | | 3000m | 3:43.43 | (28.84) | 3000m | 3:50.24 | (30.09) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|---------------------|---------|---------|----------------|------|
| 4 | gl | 8 | Wisse Slendebroek | | HN1 | | 3:56.03 | 3:53.08 | PR |
| | bl | 6 | Jordy Harink | | HSA | | 3:48.37 | 3:54.55 | |
| | | Wisse Slendebroek | | | Jordy Harink | | | | |
| | | 200m | 19.54 | (19.54) | 200m | 20.09 | (20.09) | | |
| | | 600m | 50.52 | (30.98) | 600m | 50.71 | (30.62) | | |
| | | 1000m | 1:21.38 | (30.86) | 1000m | 1:21.26 | (30.55) | | |
| | | 1400m | 1:52.11 | (30.73) | 1400m | 1:52.02 | (30.76) | | |
| | | 1800m | 2:22.50 | (30.39) | 1800m | 2:22.65 | (30.63) | | |
| | | 2200m | 2:52.82 | (30.32) | 2200m | 2:53.28 | (30.63) | | |
| | | 2600m | 3:22.86 | (30.04) | 2600m | 3:23.80 | (30.52) | | |
| | | 3000m | 3:53.08 | (30.22) | 3000m | 3:54.55 | (30.75) | | |

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4. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1 | 3 Tjerk de Boer | HSA | 1 | I | 1:50.04 | | |
| 2 | 17 Mitchell Cullen Ross | HSA | 1 | O | 1:57.13 | | |

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4. Rituitslag 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------|----------------------|---------|--|----------------------|---------|---------|----------------|
| 1 | wt | 3 | Tjerk de Boer | | | HSA | | 1:46.51 | 1:50.04 |
| | rd | 17 | Mitchell Cullen Ross | | | HSA | | 1:56.19 | 1:57.13 |
| | | Tjerk de Boer | | | | Mitchell Cullen Ross | | | |
| | | 300m | 25.48 | (25.48) | | 300m | 26.11 | (26.11) | |
| | | 700m | 52.84 | (27.36) | | 700m | 54.34 | (28.23) | |
| | | 1100m | 1:20.93 | (28.09) | | 1100m | 1:24.75 | (30.41) | |
| | | 1500m | 1:50.04 | (29.11) | | 1500m | 1:57.13 | (32.38) | |

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5. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|----------------|------|--------|
| 1 | 15 Tim Hoogkamer | HSA | 2 | I | 1:12.95 | PR | |
| 2 | 11 Yael Prenger | DN3 | 1 | I | 1:21.52 | | |
| 3 | 18 Mette ten Cate | DB2 | 1 | O | 1:21.92 | | |
| | 16 Serge Yoro | HSA | 2 | O | DNF | | |

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5. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|-----------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 11 | Yael Prenger | | DN3 | | 1:20.64 | 1:21.52 | |
| | rd | 18 | Mette ten Cate | | DB2 | | 1:20.03 | 1:21.92 | |

Yael Prenger

| | | |
|-------|---------|---------|
| 200m | 19.91 | (19.91) |
| 600m | 49.81 | (29.90) |
| 1000m | 1:21.52 | (31.71) |

Mette ten Cate

| | | |
|-------|---------|---------|
| 200m | 18.99 | (18.99) |
| 600m | 49.21 | (30.22) |
| 1000m | 1:21.92 | (32.71) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|----------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 15 | Tim Hoogkamer | | HSA | | 1:13.13 | 1:12.95 | PR |
| | bl | 16 | Serge Yoro | | HSA | | 1:08.37 | DNF | |

Tim Hoogkamer

| | | |
|-------|---------|---------|
| 200m | 17.10 | (17.10) |
| 600m | 43.85 | (26.75) |
| 1000m | 1:12.95 | (29.10) |

Serge Yoro

| | | |
|------|-------|---------|
| 200m | 16.87 | (16.87) |
| 600m | 42.39 | (25.52) |