

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 1. Uitslag Vrouwen 500 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1   | 13 Jade Groenewoud     | DN3 | 8    | I    | 40.15 |      |        |
| 2   | 23 Amy van der Meer    | DSA | 10   | O    | 41.41 |      |        |
| 3   | 2 Leonie Bats          | DSA | 9    | O    | 41.48 |      |        |
| 4   | 22 Isa Leroy           | DN1 | 9    | I    | 41.49 |      |        |
| 5   | 14 Quinty Hersi        | DA1 | 10   | I    | 41.62 |      |        |
| 6   | 39 Rosalie van Vliet   | DN1 | 8    | O    | 41.65 |      |        |
| 7   | 67 Jildou Schaaf       | DN3 | 6    | I    | 41.68 |      |        |
| 8   | 42 Naomi van der Werf  | DSA | 7    | O    | 41.76 |      |        |
| 9   | 1 Reina Anema          | DSB | 5    | O    | 41.85 |      |        |
| 10  | 24 Tosca Mulder        | DN3 | 5    | I    | 41.96 |      |        |
| 11  | 68 Marije van der Spek | DN4 | 6    | O    | 41.99 |      |        |
| 12  | 34 Nynke Tinga         | DN1 | 7    | I    | 42.01 |      |        |
| 13  | 37 Evelien Vijn        | DN4 | 3    | I    | 42.16 |      |        |
| 14  | 11 Sophie Exterkate    | DA2 | 4    | I    | 42.68 |      |        |
| 15  | 51 Emilie Fransen      | DA1 | 3    | O    | 43.09 |      |        |
| 16  | 54 Sara ter Hart       | DA2 | 4    | O    | 43.44 |      |        |
| 17  | 73 Iris Willemsen      | DSA | 2    | I    | 43.56 |      |        |
| 18  | 49 Nyncke Dijkstra     | DN4 | 2    | O    | 44.05 |      |        |
| 19  | 58 Anouk Könst         | DN1 | 1    | I    | 44.76 |      |        |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 1. Rituitslag Vrouwen 500 meter

|   |    | Naam |                  | Cat             |         | PR    |      | Tijd  |         | Info |
|---|----|------|------------------|-----------------|---------|-------|------|-------|---------|------|
| 1 | wt | 58   | Anouk Könst      | DN1             |         | 43.72 |      | 44.76 |         |      |
|   | rd |      |                  |                 |         |       |      |       |         |      |
|   |    |      | Anouk Könst      |                 |         |       |      |       |         |      |
|   |    |      | 100m             | 12.47           | (12.47) |       | m    |       |         |      |
|   |    |      | 500m             | 44.76           | (32.29) |       |      |       |         |      |
|   |    |      |                  |                 |         |       |      |       |         |      |
|   |    | Naam |                  | Cat             |         | PR    |      | Tijd  |         | Info |
| 2 | wt | 73   | Iris Willemsen   | DSA             |         | 41.76 |      | 43.56 |         |      |
|   | rd | 49   | Nyncke Dijkstra  | DN4             |         | 42.31 |      | 44.05 |         |      |
|   |    |      | Iris Willemsen   |                 |         |       |      |       |         |      |
|   |    |      | 100m             | 11.95           | (11.95) |       | 100m | 12.30 | (12.30) |      |
|   |    |      | 500m             | 43.56           | (31.61) |       | 500m | 44.05 | (31.75) |      |
|   |    |      |                  | Nyncke Dijkstra |         |       |      |       |         |      |
|   |    |      |                  |                 |         |       |      |       |         |      |
|   |    | Naam |                  | Cat             |         | PR    |      | Tijd  |         | Info |
| 3 | wt | 37   | Evelien Vijn     | DN4             |         | 40.63 |      | 42.16 |         |      |
|   | rd | 51   | Emilie Fransen   | DA1             |         | 43.05 |      | 43.09 |         |      |
|   |    |      | Evelien Vijn     |                 |         |       |      |       |         |      |
|   |    |      | 100m             | 11.74           | (11.74) |       | 100m | 11.95 | (11.95) |      |
|   |    |      | 500m             | 42.16           | (30.42) |       | 500m | 43.09 | (31.14) |      |
|   |    |      |                  | Emilie Fransen  |         |       |      |       |         |      |
|   |    |      |                  |                 |         |       |      |       |         |      |
|   |    | Naam |                  | Cat             |         | PR    |      | Tijd  |         | Info |
| 4 | wt | 11   | Sophie Exterkate | DA2             |         | 42.03 |      | 42.68 |         |      |
|   | rd | 54   | Sara ter Hart    | DA2             |         | 42.66 |      | 43.44 |         |      |
|   |    |      | Sophie Exterkate |                 |         |       |      |       |         |      |
|   |    |      | 100m             | 12.02           | (12.02) |       | 100m | 12.22 | (12.22) |      |
|   |    |      | 500m             | 42.68           | (30.66) |       | 500m | 43.44 | (31.22) |      |
|   |    |      |                  | Sara ter Hart   |         |       |      |       |         |      |
|   |    |      |                  |                 |         |       |      |       |         |      |
|   |    | Naam |                  | Cat             |         | PR    |      | Tijd  |         | Info |
| 5 | wt | 24   | Tosca Mulder     | DN3             |         | 41.51 |      | 41.96 |         |      |
|   | rd | 1    | Reina Anema      | DSB             |         | 40.20 |      | 41.85 |         |      |
|   |    |      | Tosca Mulder     |                 |         |       |      |       |         |      |
|   |    |      | 100m             | 11.79           | (11.79) |       | 100m | 11.80 | (11.80) |      |
|   |    |      | 500m             | 41.96           | (30.17) |       | 500m | 41.85 | (30.05) |      |
|   |    |      |                  | Reina Anema     |         |       |      |       |         |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|    |                 | Naam  |                     | Cat                 | PR    |         | Tijd    | Info |
|----|-----------------|-------|---------------------|---------------------|-------|---------|---------|------|
| 6  | wt              | 67    | Jildou Schaaf       | DN3                 | 40.70 |         | 41.68   |      |
|    | rd              | 68    | Marije van der Spek | DN4                 | 41.15 |         | 41.99   |      |
|    | Jildou Schaaf   |       |                     | Marije van der Spek |       |         |         |      |
|    | 100m            | 11.79 | (11.79)             | 100m                | 11.72 | (11.72) |         |      |
|    |                 | 500m  | 41.68               | (29.89)             | 500m  | 41.99   | (30.27) |      |
|    |                 |       |                     |                     |       |         |         |      |
|    |                 | Naam  |                     | Cat                 | PR    |         | Tijd    | Info |
| 7  | wt              | 34    | Nynke Tinga         | DN1                 | 40.86 |         | 42.01   |      |
|    | rd              | 42    | Naomi van der Werf  | DSA                 | 40.41 |         | 41.76   |      |
|    | Nynke Tinga     |       |                     | Naomi van der Werf  |       |         |         |      |
|    | 100m            | 11.60 | (11.60)             | 100m                | 11.55 | (11.55) |         |      |
|    |                 | 500m  | 42.01               | (30.41)             | 500m  | 41.76   | (30.21) |      |
|    |                 |       |                     |                     |       |         |         |      |
|    |                 | Naam  |                     | Cat                 | PR    |         | Tijd    | Info |
| 8  | wt              | 13    | Jade Groenewoud     | DN3                 | 39.82 |         | 40.15   |      |
|    | rd              | 39    | Rosalie van Vliet   | DN1                 | 40.29 |         | 41.65   |      |
|    | Jade Groenewoud |       |                     | Rosalie van Vliet   |       |         |         |      |
|    | 100m            | 11.38 | (11.38)             | 100m                | 11.42 | (11.42) |         |      |
|    |                 | 500m  | 40.15               | (28.77)             | 500m  | 41.65   | (30.23) |      |
|    |                 |       |                     |                     |       |         |         |      |
|    |                 | Naam  |                     | Cat                 | PR    |         | Tijd    | Info |
| 9  | wt              | 22    | Isa Leroy           | DN1                 | 39.82 |         | 41.49   |      |
|    | rd              | 2     | Leonie Bats         | DSA                 | 39.60 |         | 41.48   |      |
|    | Isa Leroy       |       |                     | Leonie Bats         |       |         |         |      |
|    | 100m            | 11.40 | (11.40)             | 100m                | 11.81 | (11.81) |         |      |
|    |                 | 500m  | 41.49               | (30.09)             | 500m  | 41.48   | (29.67) |      |
|    |                 |       |                     |                     |       |         |         |      |
|    |                 | Naam  |                     | Cat                 | PR    |         | Tijd    | Info |
| 10 | wt              | 14    | Quinty Hersi        | DA1                 | 40.70 |         | 41.62   |      |
|    | rd              | 23    | Amy van der Meer    | DSA                 | 39.76 |         | 41.41   |      |
|    | Quinty Hersi    |       |                     | Amy van der Meer    |       |         |         |      |
|    | 100m            | 11.39 | (11.39)             | 100m                | 11.38 | (11.38) |         |      |
|    |                 | 500m  | 41.62               | (30.23)             | 500m  | 41.41   | (30.03) |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

15 en 16 november 2025

## 2. Uitslag Mannen 500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 137 Jur Veenje           | HSA | 13   | I    | 37.74   |      |        |
| 2   | 112 Jort de Gans         | HN2 | 11   | O    | 37.82   |      |        |
| 3   | 138 Yves Vergeer         | HSA | 10   | I    | 37.87   |      |        |
| 4   | 139 Loek van Vilsteren   | HN3 | 12   | I    | 37.96   |      |        |
| 5   | 166 Colin Schrijver      | HSA | 9    | I    | 38.28   |      |        |
| 6   | 142 Hidde Westra         | HN3 | 13   | O    | 38.33   |      |        |
|     | 113 Michiel de Groot     | HN2 | 7    | I    | 38.33   |      |        |
| 8   | 172 Rens Vergeer         | HN1 | 8    | O    | 38.42   |      |        |
| 9   | 110 Edsger van Felius    | HA2 | 5    | I    | 38.51   |      |        |
| 10  | 101 Mats Bendijk         | HN1 | 11   | I    | 38.58   |      |        |
| 11  | 168 Paddy Smit           | HN4 | 5    | O    | 38.65   |      |        |
| 12  | 127 Niels van Reeuwijk   | HN2 | 9    | O    | 38.85   |      |        |
| 13  | 151 Johan Bouwhuis       | HN1 | 4    | I    | 38.87   |      |        |
| 14  | 130 Eise van Schijndel   | HN1 | 2    | O    | 38.88   |      |        |
| 15  | 135 Jasper Tinga         | HN3 | 6    | O    | 39.12   |      |        |
| 16  | 174 Jasper Krommenhoek   | HN3 | 2    | I    | 39.23   |      |        |
| 17  | 108 Jornt Dijk           | HSA | 10   | O    | 39.24   |      |        |
|     | 106 Chris Brommersma     | HN2 | 7    | O    | 39.24   |      |        |
| 19  | 104 Pelle Bolsius        | HA2 | 6    | I    | 39.34   |      |        |
| 20  | 107 Stijn van de Bunt    | HN3 | 3    | I    | 39.57   |      |        |
| 21  | 152 Jesse van Buren      | HA2 | 4    | O    | 40.42   |      |        |
| 22  | 136 Sil van der Veen     | HN1 | 1    | O    | 40.94   |      |        |
| 23  | 125 Jasper van der Marel | HN2 | 3    | O    | 41.07   |      |        |
| 24  | 158 Finn ten Hove        | HSA | 1    | I    | 41.37   |      |        |
| 25  | 115 Freek van der Ham    | HN2 | 12   | O    | 1:03.74 | FL   |        |
|     | 111 Rinse Franken        | HN1 | 8    | I    | DQ      | T04  |        |

T04 - Valse start (253.4)

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 2. Rituitslag Mannen 500 meter

|   |                    | Naam |                      | Cat                  | PR    |       | Tijd    | Info |
|---|--------------------|------|----------------------|----------------------|-------|-------|---------|------|
| 1 | wt                 | 158  | Finn ten Hove        | HSA                  | 40.10 |       | 41.37   |      |
|   | rd                 | 136  | Sil van der Veen     | HN1                  | 39.38 |       | 40.94   |      |
|   | Finn ten Hove      |      |                      | Sil van der Veen     |       |       |         |      |
|   |                    | 100m | 11.41                | (11.41)              | 100m  | 11.48 | (11.48) |      |
|   |                    | 500m | 41.37                | (29.96)              | 500m  | 40.94 | (29.46) |      |
|   |                    |      |                      |                      |       |       |         |      |
|   |                    | Naam |                      | Cat                  | PR    |       | Tijd    | Info |
| 2 | wt                 | 174  | Jasper Krommenhoek   | HN3                  | 38.48 |       | 39.23   |      |
|   | rd                 | 130  | Eise van Schijndel   | HN1                  | 38.38 |       | 38.88   |      |
|   | Jasper Krommenhoek |      |                      | Eise van Schijndel   |       |       |         |      |
|   |                    | 100m | 11.27                | (11.27)              | 100m  | 11.11 | (11.11) |      |
|   |                    | 500m | 39.23                | (27.96)              | 500m  | 38.88 | (27.77) |      |
|   |                    |      |                      |                      |       |       |         |      |
|   |                    | Naam |                      | Cat                  | PR    |       | Tijd    | Info |
| 3 | wt                 | 107  | Stijn van de Bunt    | HN3                  | 37.65 |       | 39.57   |      |
|   | rd                 | 125  | Jasper van der Marel | HN2                  | 38.70 |       | 41.07   |      |
|   | Stijn van de Bunt  |      |                      | Jasper van der Marel |       |       |         |      |
|   |                    | 100m | 11.37                | (11.37)              | 100m  | 11.65 | (11.65) |      |
|   |                    | 500m | 39.57                | (28.20)              | 500m  | 41.07 | (29.42) |      |
|   |                    |      |                      |                      |       |       |         |      |
|   |                    | Naam |                      | Cat                  | PR    |       | Tijd    | Info |
| 4 | wt                 | 151  | Johan Bouwhuis       | HN1                  | 38.54 |       | 38.87   |      |
|   | rd                 | 152  | Jesse van Buren      | HA2                  | 39.37 |       | 40.42   |      |
|   | Johan Bouwhuis     |      |                      | Jesse van Buren      |       |       |         |      |
|   |                    | 100m | 10.72                | (10.72)              | 100m  | 11.42 | (11.42) |      |
|   |                    | 500m | 38.87                | (28.15)              | 500m  | 40.42 | (29.00) |      |
|   |                    |      |                      |                      |       |       |         |      |
|   |                    | Naam |                      | Cat                  | PR    |       | Tijd    | Info |
| 5 | wt                 | 110  | Edsger van Felius    | HA2                  | 38.12 |       | 38.51   |      |
|   | rd                 | 168  | Paddy Smit           | HN4                  | 38.26 |       | 38.65   |      |
|   | Edsger van Felius  |      |                      | Paddy Smit           |       |       |         |      |
|   |                    | 100m | 10.84                | (10.84)              | 100m  | 10.73 | (10.73) |      |
|   |                    | 500m | 38.51                | (27.67)              | 500m  | 38.65 | (27.92) |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam          |               | Cat     | PR           |       | Tijd    | Info |
|---|----|---------------|---------------|---------|--------------|-------|---------|------|
| 6 | wt | 104           | Pelle Bolsius | HA2     | 37.48        |       | 39.34   |      |
|   | rd | 135           | Jasper Tinga  | HN3     | 38.22        |       | 39.12   |      |
|   |    | Pelle Bolsius |               |         | Jasper Tinga |       |         |      |
|   |    | 100m          | 11.16         | (11.16) | 100m         | 11.30 | (11.30) |      |
|   |    | 500m          | 39.34         | (28.18) | 500m         | 39.12 | (27.82) |      |

|   |    | Naam             |                  | Cat     | PR               |       | Tijd    | Info |
|---|----|------------------|------------------|---------|------------------|-------|---------|------|
| 7 | wt | 113              | Michiel de Groot | HN2     | 37.56            |       | 38.33   |      |
|   | rd | 106              | Chris Brommersma | HN2     | 38.32            |       | 39.24   |      |
|   |    | Michiel de Groot |                  |         | Chris Brommersma |       |         |      |
|   |    | 100m             | 10.93            | (10.93) | 100m             | 11.09 | (11.09) |      |
|   |    | 500m             | 38.33            | (27.40) | 500m             | 39.24 | (28.15) |      |

|   |    | Naam              | Cat          | PR    | Tijd              | Info |
|---|----|-------------------|--------------|-------|-------------------|------|
| 8 | wt | 111 Rinse Franken | HN1          | 37.94 | DQ <sup>T04</sup> |      |
|   | rd | 172 Rens Vergeer  | HN1          | 37.70 | 38.42             |      |
|   |    | Rinse Franken     | Rens Vergeer |       |                   |      |
|   |    |                   | 100m         | 10.84 | (10.84)           |      |
|   |    |                   | 500m         | 38.42 | (27.58)           |      |

|   |    | Naam            |                    | Cat     | PR                 |       | Tijd    | Info |
|---|----|-----------------|--------------------|---------|--------------------|-------|---------|------|
| 9 | wt | 166             | Colin Schrijver    | HSA     | 36.97              |       | 38.28   |      |
|   | rd | 127             | Niels van Reeuwijk | HN2     | 37.46              |       | 38.85   |      |
|   |    | Colin Schrijver |                    |         | Niels van Reeuwijk |       |         |      |
|   |    | 100m            | 10.81              | (10.81) | 100m               | 10.88 | (10.88) |      |
|   |    | 500m            | 38.28              | (27.47) | 500m               | 38.85 | (27.97) |      |

|    |    | Naam         |              | Cat     | PR         |       | Tijd    | Info |
|----|----|--------------|--------------|---------|------------|-------|---------|------|
| 10 | wt | 138          | Yves Vergeer | HSA     | 37.03      |       | 37.87   |      |
|    | rd | 108          | Jornt Dijk   | HSA     | 37.63      |       | 39.24   |      |
|    |    | Yves Vergeer |              |         | Jornt Dijk |       |         |      |
|    |    | 100m         | 10.77        | (10.77) | 100m       | 10.89 | (10.89) |      |
|    |    | 500m         | 37.87        | (27.10) | 500m       | 39.24 | (28.35) |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|    |    | Naam |                    | Cat   | PR      |                   | Tijd    | Info    |         |
|----|----|------|--------------------|-------|---------|-------------------|---------|---------|---------|
| 11 | wt | 101  | Mats Bendijk       | HN1   | 36.45   |                   | 38.58   |         |         |
|    | rd | 112  | Jort de Gans       | HN2   | 37.10   |                   | 37.82   |         |         |
|    |    |      | Mats Bendijk       |       |         | Jort de Gans      |         |         |         |
|    |    |      | 100m               | 10.87 | (10.87) | 100m              | 10.72   | (10.72) |         |
|    |    |      |                    | 500m  | 38.58   | (27.71)           | 500m    | 37.82   | (27.10) |
|    |    |      |                    |       |         |                   |         |         |         |
|    |    | Naam |                    | Cat   | PR      |                   | Tijd    | Info    |         |
| 12 | wt | 139  | Loek van Vilsteren | HN3   | 36.66   |                   | 37.96   |         |         |
|    | rd | 115  | Freek van der Ham  | HN2   | 37.27   |                   | 1:03.74 | FL      |         |
|    |    |      | Loek van Vilsteren |       |         | Freek van der Ham |         |         |         |
|    |    |      | 100m               | 10.58 | (10.58) | 100m              | 10.66   | (10.66) |         |
|    |    |      |                    | 500m  | 37.96   | (27.38)           | 500m    | 1:03.74 | (53.08) |
|    |    |      |                    |       |         |                   |         |         |         |
|    |    | Naam |                    | Cat   | PR      |                   | Tijd    | Info    |         |
| 13 | wt | 137  | Jur Veenje         | HSA   | 36.56   |                   | 37.74   |         |         |
|    | rd | 142  | Hidde Westra       | HN3   | 37.16   |                   | 38.33   |         |         |
|    |    |      | Jur Veenje         |       |         | Hidde Westra      |         |         |         |
|    |    |      | 100m               | 10.63 | (10.63) | 100m              | 10.81   | (10.81) |         |
|    |    |      |                    | 500m  | 37.74   | (27.11)           | 500m    | 38.33   | (27.52) |

T04 - Valse start (253.4)

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 3. Uitslag Vrouwen 3000 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 37 Evelien Vijn        | DN4 | 9    | I    | 4:12.86 |      |        |
| 2   | 1 Reina Anema          | DSB | 10   | I    | 4:13.25 |      |        |
| 3   | 13 Jade Groenewoud     | DN3 | 9    | O    | 4:17.32 |      |        |
| 4   | 34 Nynke Tinga         | DN1 | 5    | I    | 4:21.85 | PR   |        |
| 5   | 42 Naomi van der Werf  | DSA | 8    | I    | 4:22.57 |      |        |
| 6   | 11 Sophie Exterkate    | DA2 | 8    | O    | 4:25.08 |      |        |
| 7   | 2 Leonie Bats          | DSA | 7    | O    | 4:26.74 |      |        |
| 8   | 39 Rosalie van Vliet   | DN1 | 10   | O    | 4:30.17 |      |        |
| 9   | 24 Tosca Mulder        | DN3 | 6    | O    | 4:31.98 |      |        |
| 10  | 14 Quinty Hersi        | DA1 | 7    | I    | 4:32.79 |      |        |
| 11  | 49 Nyncke Dijkstra     | DN4 | 4    | I    | 4:33.62 |      |        |
| 12  | 22 Isa Leroy           | DN1 | 5    | O    | 4:35.27 |      |        |
| 13  | 58 Anouk Könst         | DN1 | 3    | O    | 4:37.34 |      |        |
| 14  | 23 Amy van der Meer    | DSA | 6    | I    | 4:37.45 |      |        |
| 15  | 67 Jildou Schaaf       | DN3 | 3    | I    | 4:38.14 |      |        |
| 16  | 73 Iris Willemsen      | DSA | 2    | I    | 4:46.94 |      |        |
| 17  | 68 Marije van der Spek | DN4 | 2    | O    | 4:47.41 |      |        |
| 18  | 54 Sara ter Hart       | DA2 | 1    | I    | 4:50.66 |      |        |
| 19  | 51 Emilie Fransen      | DA1 | 4    | O    | 4:57.95 |      |        |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 3. Rituitslag Vrouwen 3000 meter

|       |          | Naam           |                     |         | Cat     | PR                  |         | Tijd    | Info    |  |
|-------|----------|----------------|---------------------|---------|---------|---------------------|---------|---------|---------|--|
| 1     | wt<br>rd | 54             | Sara ter Hart       |         |         | DA2                 | 4:34.83 |         | 4:50.66 |  |
|       |          | Sara ter Hart  |                     |         |         |                     |         |         |         |  |
|       |          | 200m           |                     | 22.17   | (22.17) | m                   |         |         |         |  |
|       |          | 600m           |                     | 57.48   | (35.31) |                     |         |         |         |  |
|       |          | 1000m          |                     | 1:35.06 | (37.58) |                     |         |         |         |  |
|       |          | 1400m          |                     | 2:13.29 | (38.23) |                     |         |         |         |  |
|       |          | 1800m          |                     | 2:51.78 | (38.49) |                     |         |         |         |  |
|       |          | 2200m          |                     | 3:30.91 | (39.13) |                     |         |         |         |  |
|       |          | 2600m          |                     | 4:10.46 | (39.55) |                     |         |         |         |  |
|       |          | 3000m          |                     | 4:50.66 | (40.20) |                     |         |         |         |  |
|       |          |                |                     |         |         |                     |         |         |         |  |
|       |          | Naam           |                     |         | Cat     | PR                  |         | Tijd    | Info    |  |
| 2     | gl<br>bl | 73             | Iris Willemsen      |         |         | DSA                 | 4:39.25 |         | 4:46.94 |  |
|       |          | 68             | Marije van der Spek |         |         | DN4                 | 4:36.80 |         | 4:47.41 |  |
|       |          | Iris Willemsen |                     |         |         | Marije van der Spek |         |         |         |  |
|       |          | 200m           |                     | 21.20   | (21.20) | 200m                | 22.02   | (22.02) |         |  |
|       |          | 600m           |                     | 56.64   | (35.44) | 600m                | 57.54   | (35.52) |         |  |
|       |          | 1000m          |                     | 1:33.50 | (36.86) | 1000m               | 1:34.43 | (36.89) |         |  |
|       |          | 1400m          |                     | 2:11.64 | (38.14) | 1400m               | 2:12.46 | (38.03) |         |  |
|       |          | 1800m          |                     | 2:50.13 | (38.49) | 1800m               | 2:51.06 | (38.60) |         |  |
|       |          | 2200m          |                     | 3:28.73 | (38.60) | 2200m               | 3:30.17 | (39.11) |         |  |
|       |          | 2600m          |                     | 4:07.82 | (39.09) | 2600m               | 4:09.60 | (39.43) |         |  |
| 3000m |          | 4:46.94        | (39.12)             | 3000m   | 4:47.41 | (37.81)             |         |         |         |  |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam            |                 |         | Cat |       |         | PR             |         |  | Tijd |         | Info |      |  |
|---|----|-----------------|-----------------|---------|-----|-------|---------|----------------|---------|--|------|---------|------|------|--|
| 3 | wt | 67              | Jildou Schaaf   |         |     | DN3   |         |                | 4:28.95 |  |      | 4:38.14 |      |      |  |
|   | rd | 58              | Anouk Könst     |         |     | DN1   |         |                | 4:28.82 |  |      | 4:37.34 |      |      |  |
|   |    | Jildou Schaaf   |                 |         |     |       |         | Anouk Könst    |         |  |      |         |      |      |  |
|   |    | 200m            | 22.38           | (22.38) |     | 200m  | 22.96   | (22.96)        |         |  |      |         |      |      |  |
|   |    | 600m            | 58.53           | (36.15) |     | 600m  | 57.84   | (34.88)        |         |  |      |         |      |      |  |
|   |    | 1000m           | 1:33.91         | (35.38) |     | 1000m | 1:33.44 | (35.60)        |         |  |      |         |      |      |  |
|   |    | 1400m           | 2:09.78         | (35.87) |     | 1400m | 2:09.03 | (35.59)        |         |  |      |         |      |      |  |
|   |    | 1800m           | 2:45.86         | (36.08) |     | 1800m | 2:45.47 | (36.44)        |         |  |      |         |      |      |  |
|   |    | 2200m           | 3:22.90         | (37.04) |     | 2200m | 3:22.21 | (36.74)        |         |  |      |         |      |      |  |
|   |    | 2600m           | 4:00.25         | (37.35) |     | 2600m | 3:59.51 | (37.30)        |         |  |      |         |      |      |  |
|   |    | 3000m           | 4:38.14         | (37.89) |     | 3000m | 4:37.34 | (37.83)        |         |  |      |         |      |      |  |
|   |    |                 |                 |         |     |       |         |                |         |  |      |         |      |      |  |
|   |    | Naam            |                 |         | Cat |       |         | PR             |         |  | Tijd |         |      | Info |  |
| 4 | gl | 49              | Nyncke Dijkstra |         |     | DN4   |         |                | 4:28.59 |  |      | 4:33.62 |      |      |  |
|   | bl | 51              | Emilie Fransen  |         |     | DA1   |         |                | 4:36.37 |  |      | 4:57.95 |      |      |  |
|   |    | Nyncke Dijkstra |                 |         |     |       |         | Emilie Fransen |         |  |      |         |      |      |  |
|   |    | 200m            | 21.05           | (21.05) |     | 200m  | 22.14   | (22.14)        |         |  |      |         |      |      |  |
|   |    | 600m            | 54.25           | (33.20) |     | 600m  | 56.65   | (34.51)        |         |  |      |         |      |      |  |
|   |    | 1000m           | 1:28.63         | (34.38) |     | 1000m | 1:33.40 | (36.75)        |         |  |      |         |      |      |  |
|   |    | 1400m           | 2:04.38         | (35.75) |     | 1400m | 2:11.87 | (38.47)        |         |  |      |         |      |      |  |
|   |    | 1800m           | 2:41.04         | (36.66) |     | 1800m | 2:51.19 | (39.32)        |         |  |      |         |      |      |  |
|   |    | 2200m           | 3:18.31         | (37.27) |     | 2200m | 3:31.76 | (40.57)        |         |  |      |         |      |      |  |
|   |    | 2600m           | 3:55.90         | (37.59) |     | 2600m | 4:14.18 | (42.42)        |         |  |      |         |      |      |  |
|   |    | 3000m           | 4:33.62         | (37.72) |     | 3000m | 4:57.95 | (43.77)        |         |  |      |         |      |      |  |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam             | Cat              |         |              | PR      | Tijd    | Info       |
|---|----|------------------|------------------|---------|--------------|---------|---------|------------|
| 5 | wt | 34               | Nynke Tinga      |         |              | DN1     | 4:24.29 | 4:21.85 PR |
|   | rd | 22               | Isa Leroy        |         |              | DN1     | 4:20.99 | 4:35.27    |
|   |    | Nynke Tinga      |                  |         | Isa Leroy    |         |         |            |
|   |    | 200m             | 20.32            | (20.32) | 200m         | 20.30   | (20.30) |            |
|   |    | 600m             | 53.01            | (32.69) | 600m         | 53.22   | (32.92) |            |
|   |    | 1000m            | 1:26.84          | (33.83) | 1000m        | 1:28.30 | (35.08) |            |
|   |    | 1400m            | 2:01.49          | (34.65) | 1400m        | 2:04.29 | (35.99) |            |
|   |    | 1800m            | 2:36.22          | (34.73) | 1800m        | 2:40.59 | (36.30) |            |
|   |    | 2200m            | 3:11.10          | (34.88) | 2200m        | 3:17.14 | (36.55) |            |
|   |    | 2600m            | 3:46.41          | (35.31) | 2600m        | 3:55.21 | (38.07) |            |
|   |    | 3000m            | 4:21.85          | (35.44) | 3000m        | 4:35.27 | (40.06) |            |
|   |    |                  |                  |         |              |         |         |            |
|   |    | Naam             | Cat              |         |              | PR      | Tijd    | Info       |
| 6 | gl | 23               | Amy van der Meer |         |              | DSA     | 4:28.22 | 4:37.45    |
|   | bl | 24               | Tosca Mulder     |         |              | DN3     | 4:26.12 | 4:31.98    |
|   |    | Amy van der Meer |                  |         | Tosca Mulder |         |         |            |
|   |    | 200m             | 20.36            | (20.36) | 200m         | 20.76   | (20.76) |            |
|   |    | 600m             | 54.10            | (33.74) | 600m         | 54.66   | (33.90) |            |
|   |    | 1000m            | 1:29.57          | (35.47) | 1000m        | 1:30.71 | (36.05) |            |
|   |    | 1400m            | 2:05.98          | (36.41) | 1400m        | 2:06.34 | (35.63) |            |
|   |    | 1800m            | 2:42.64          | (36.66) | 1800m        | 2:41.66 | (35.32) |            |
|   |    | 2200m            | 3:19.95          | (37.31) | 2200m        | 3:17.38 | (35.72) |            |
|   |    | 2600m            | 3:58.16          | (38.21) | 2600m        | 3:53.81 | (36.43) |            |
|   |    | 3000m            | 4:37.45          | (39.29) | 3000m        | 4:31.98 | (38.17) |            |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam               |                    |         | Cat |                  | PR      |         | Tijd    | Info |
|---|----|--------------------|--------------------|---------|-----|------------------|---------|---------|---------|------|
| 7 | wt | 14                 | Quinty Hersi       |         |     | DA1              |         | 4:20.25 | 4:32.79 |      |
|   | rd | 2                  | Leonie Bats        |         |     | DSA              |         | 4:13.21 | 4:26.74 |      |
|   |    | Quinty Hersi       |                    |         |     | Leonie Bats      |         |         |         |      |
|   |    | 200m               | 20.94              | (20.94) |     | 200m             | 21.53   | (21.53) |         |      |
|   |    | 600m               | 54.42              | (33.48) |     | 600m             | 54.68   | (33.15) |         |      |
|   |    | 1000m              | 1:29.29            | (34.87) |     | 1000m            | 1:28.96 | (34.28) |         |      |
|   |    | 1400m              | 2:04.74            | (35.45) |     | 1400m            | 2:03.85 | (34.89) |         |      |
|   |    | 1800m              | 2:41.20            | (36.46) |     | 1800m            | 2:39.04 | (35.19) |         |      |
|   |    | 2200m              | 3:17.96            | (36.76) |     | 2200m            | 3:14.82 | (35.78) |         |      |
|   |    | 2600m              | 3:55.24            | (37.28) |     | 2600m            | 3:50.76 | (35.94) |         |      |
|   |    | 3000m              | 4:32.79            | (37.55) |     | 3000m            | 4:26.74 | (35.98) |         |      |
|   |    |                    |                    |         |     |                  |         |         |         |      |
|   |    | Naam               |                    |         | Cat |                  | PR      |         | Tijd    | Info |
| 8 | gl | 42                 | Naomi van der Werf |         |     | DSA              |         | 4:12.59 | 4:22.57 |      |
|   | bl | 11                 | Sophie Exterkate   |         |     | DA2              |         | 4:16.57 | 4:25.08 |      |
|   |    | Naomi van der Werf |                    |         |     | Sophie Exterkate |         |         |         |      |
|   |    | 200m               | 20.50              | (20.50) |     | 200m             | 21.14   | (21.14) |         |      |
|   |    | 600m               | 53.43              | (32.93) |     | 600m             | 54.11   | (32.97) |         |      |
|   |    | 1000m              | 1:27.09            | (33.66) |     | 1000m            | 1:28.14 | (34.03) |         |      |
|   |    | 1400m              | 2:01.58            | (34.49) |     | 1400m            | 2:02.78 | (34.64) |         |      |
|   |    | 1800m              | 2:36.28            | (34.70) |     | 1800m            | 2:37.90 | (35.12) |         |      |
|   |    | 2200m              | 3:11.31            | (35.03) |     | 2200m            | 3:13.35 | (35.45) |         |      |
|   |    | 2600m              | 3:46.69            | (35.38) |     | 2600m            | 3:49.12 | (35.77) |         |      |
|   |    | 3000m              | 4:22.57            | (35.88) |     | 3000m            | 4:25.08 | (35.96) |         |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|    |    | Naam         |                   |         | Cat |       | PR                |         |  | Tijd |         | Info |  |
|----|----|--------------|-------------------|---------|-----|-------|-------------------|---------|--|------|---------|------|--|
| 9  | wt | 37           | Evelien Vijn      |         |     | DN4   |                   | 4:03.76 |  |      | 4:12.86 |      |  |
|    | rd | 13           | Jade Groenewoud   |         |     | DN3   |                   | 4:07.07 |  |      | 4:17.32 |      |  |
|    |    | Evelien Vijn |                   |         |     |       | Jade Groenewoud   |         |  |      |         |      |  |
|    |    | 200m         | 20.46             | (20.46) |     | 200m  | 20.19             | (20.19) |  |      |         |      |  |
|    |    | 600m         | 52.50             | (32.04) |     | 600m  | 51.63             | (31.44) |  |      |         |      |  |
|    |    | 1000m        | 1:25.02           | (32.52) |     | 1000m | 1:24.74           | (33.11) |  |      |         |      |  |
|    |    | 1400m        | 1:58.30           | (33.28) |     | 1400m | 1:58.28           | (33.54) |  |      |         |      |  |
|    |    | 1800m        | 2:31.80           | (33.50) |     | 1800m | 2:31.96           | (33.68) |  |      |         |      |  |
|    |    | 2200m        | 3:05.60           | (33.80) |     | 2200m | 3:05.86           | (33.90) |  |      |         |      |  |
|    |    | 2600m        | 3:39.13           | (33.53) |     | 2600m | 3:40.83           | (34.97) |  |      |         |      |  |
|    |    | 3000m        | 4:12.86           | (33.73) |     | 3000m | 4:17.32           | (36.49) |  |      |         |      |  |
|    |    |              |                   |         |     |       |                   |         |  |      |         |      |  |
|    |    | Naam         |                   |         | Cat |       | PR                |         |  | Tijd |         | Info |  |
| 10 | gl | 1            | Reina Anema       |         |     | DSB   |                   | 4:01.12 |  |      | 4:13.25 |      |  |
|    | bl | 39           | Rosalie van Vliet |         |     | DN1   |                   | 4:11.02 |  |      | 4:30.17 |      |  |
|    |    | Reina Anema  |                   |         |     |       | Rosalie van Vliet |         |  |      |         |      |  |
|    |    | 200m         | 20.66             | (20.66) |     | 200m  | 20.79             | (20.79) |  |      |         |      |  |
|    |    | 600m         | 53.30             | (32.64) |     | 600m  | 53.78             | (32.99) |  |      |         |      |  |
|    |    | 1000m        | 1:26.52           | (33.22) |     | 1000m | 1:28.20           | (34.42) |  |      |         |      |  |
|    |    | 1400m        | 1:59.85           | (33.33) |     | 1400m | 2:03.47           | (35.27) |  |      |         |      |  |
|    |    | 1800m        | 2:32.99           | (33.14) |     | 1800m | 2:39.36           | (35.89) |  |      |         |      |  |
|    |    | 2200m        | 3:06.24           | (33.25) |     | 2200m | 3:15.70           | (36.34) |  |      |         |      |  |
|    |    | 2600m        | 3:39.67           | (33.43) |     | 2600m | 3:52.80           | (37.10) |  |      |         |      |  |
|    |    | 3000m        | 4:13.25           | (33.58) |     | 3000m | 4:30.17           | (37.37) |  |      |         |      |  |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

15 en 16 november 2025

## 4. Uitslag Mannen 5000 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 107 Stijn van de Bunt    | HN3 | 13   | O    | 6:25.26 |      |        |
| 2   | 174 Jasper Krommenhoek   | HN3 | 14   | I    | 6:33.43 |      |        |
| 3   | 101 Mats Bendijk         | HN1 | 12   | I    | 6:36.87 |      |        |
| 4   | 106 Chris Brommersma     | HN2 | 11   | O    | 6:38.93 |      |        |
| 5   | 137 Jur Veenje           | HSA | 11   | I    | 6:40.61 |      |        |
| 6   | 104 Pelle Bolsius        | HA2 | 10   | I    | 6:43.70 |      |        |
| 7   | 136 Sil van der Veen     | HN1 | 14   | O    | 6:48.85 |      |        |
| 8   | 135 Jasper Tinga         | HN3 | 10   | O    | 6:51.50 |      |        |
| 9   | 113 Michiel de Groot     | HN2 | 8    | I    | 6:51.60 |      |        |
| 10  | 142 Hidde Westra         | HN3 | 7    | O    | 6:52.90 |      |        |
| 11  | 110 Edsger van Felius    | HA2 | 6    | O    | 6:54.26 |      |        |
| 12  | 125 Jasper van der Marel | HN2 | 9    | O    | 6:55.57 |      |        |
| 13  | 151 Johan Bouwhuis       | HN1 | 5    | I    | 6:56.90 |      |        |
| 14  | 139 Loek van Vilsteren   | HN3 | 6    | I    | 6:57.80 |      |        |
| 15  | 130 Eise van Schijndel   | HN1 | 7    | I    | 6:57.94 |      |        |
| 16  | 138 Yves Vergeer         | HSA | 12   | O    | 7:00.83 |      |        |
| 17  | 152 Jesse van Buren      | HA2 | 4    | I    | 7:04.49 |      |        |
| 18  | 111 Rinse Franken        | HN1 | 8    | O    | 7:05.32 |      |        |
| 19  | 166 Colin Schrijver      | HSA | 3    | I    | 7:07.89 |      |        |
| 20  | 158 Finn ten Hove        | HSA | 5    | O    | 7:11.44 |      |        |
| 21  | 172 Rens Vergeer         | HN1 | 1    | O    | 7:23.70 |      |        |
| 22  | 112 Jort de Gans         | HN2 | 3    | O    | 7:24.67 |      |        |
| 23  | 168 Paddy Smit           | HN4 | 1    | I    | 7:25.37 |      |        |
|     | 127 Niels van Reeuwijk   | HN2 | 9    | I    | DQ      | T08  |        |
|     | 108 Jornt Dijk           | HSA |      |      | WDR     |      |        |
|     | 115 Freek van der Ham    | HN2 |      |      | WDR     |      |        |

T08 - Niet wisselen / Verkeerd wisselen (te vroege/te late wissel) (254.5)

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 4. Rituitslag Mannen 5000 meter

|   |    | Naam       |              | Cat     | PR           |         | Tijd    | Info |
|---|----|------------|--------------|---------|--------------|---------|---------|------|
| 1 | wt | 168        | Paddy Smit   | HN4     | 7:09.28      |         | 7:25.37 |      |
|   | rd | 172        | Rens Vergeer | HN1     | 7:08.99      |         | 7:23.70 |      |
|   |    | Paddy Smit |              |         | Rens Vergeer |         |         |      |
|   |    | 200m       | 19.74        | (19.74) | 200m         | 20.19   | (20.19) |      |
|   |    | 600m       | 53.52        | (33.78) | 600m         | 53.61   | (33.42) |      |
|   |    | 1000m      | 1:27.84      | (34.32) | 1000m        | 1:28.39 | (34.78) |      |
|   |    | 1400m      | 2:03.19      | (35.35) | 1400m        | 2:03.59 | (35.20) |      |
|   |    | 1800m      | 2:38.90      | (35.71) | 1800m        | 2:39.09 | (35.50) |      |
|   |    | 2200m      | 3:14.83      | (35.93) | 2200m        | 3:14.57 | (35.48) |      |
|   |    | 2600m      | 3:50.59      | (35.76) | 2600m        | 3:49.85 | (35.28) |      |
|   |    | 3000m      | 4:26.11      | (35.52) | 3000m        | 4:25.41 | (35.56) |      |
|   |    | 3400m      | 5:01.27      | (35.16) | 3400m        | 5:01.19 | (35.78) |      |
|   |    | 3800m      | 5:36.53      | (35.26) | 3800m        | 5:36.88 | (35.69) |      |
|   |    | 4200m      | 6:12.16      | (35.63) | 4200m        | 6:12.66 | (35.78) |      |
|   |    | 4600m      | 6:48.38      | (36.22) | 4600m        | 6:48.37 | (35.71) |      |
|   |    | 5000m      | 7:25.37      | (36.99) | 5000m        | 7:23.70 | (35.33) |      |
|   |    | Naam       |              | Cat     | PR           |         | Tijd    | Info |
| 2 | gl |            |              |         |              |         |         |      |
|   | bl |            |              |         |              |         |         |      |
|   |    | m          |              |         | m            |         |         |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam            | Cat             |         |              | PR      | Tijd    | Info    |
|---|----|-----------------|-----------------|---------|--------------|---------|---------|---------|
| 3 | wt | 166             | Colin Schrijver |         |              | HSA     | 7:05.78 | 7:07.89 |
|   | rd | 112             | Jort de Gans    |         |              | HN2     | 7:01.58 | 7:24.67 |
|   |    | Colin Schrijver |                 |         | Jort de Gans |         |         |         |
|   |    | 200m            | 20.12           | (20.12) | 200m         | 20.80   | (20.80) |         |
|   |    | 600m            | 52.92           | (32.80) | 600m         | 54.16   | (33.36) |         |
|   |    | 1000m           | 1:26.48         | (33.56) | 1000m        | 1:28.96 | (34.80) |         |
|   |    | 1400m           | 2:00.51         | (34.03) | 1400m        | 2:03.82 | (34.86) |         |
|   |    | 1800m           | 2:34.24         | (33.73) | 1800m        | 2:39.18 | (35.36) |         |
|   |    | 2200m           | 3:08.11         | (33.87) | 2200m        | 3:14.44 | (35.26) |         |
|   |    | 2600m           | 3:41.72         | (33.61) | 2600m        | 3:49.89 | (35.45) |         |
|   |    | 3000m           | 4:15.38         | (33.66) | 3000m        | 4:25.03 | (35.14) |         |
|   |    | 3400m           | 4:49.15         | (33.77) | 3400m        | 5:00.67 | (35.64) |         |
|   |    | 3800m           | 5:22.98         | (33.83) | 3800m        | 5:36.28 | (35.61) |         |
|   |    | 4200m           | 5:57.30         | (34.32) | 4200m        | 6:12.16 | (35.88) |         |
|   |    | 4600m           | 6:32.38         | (35.08) | 4600m        | 6:48.41 | (36.25) |         |
|   |    | 5000m           | 7:07.89         | (35.51) | 5000m        | 7:24.67 | (36.26) |         |

|   |    | Naam            | Cat             |         |            | PR  | Tijd    | Info    |
|---|----|-----------------|-----------------|---------|------------|-----|---------|---------|
| 4 | gl | 152             | Jesse van Buren |         |            | HA2 | 6:58.40 | 7:04.49 |
|   | bl | 108             | Jornt Dijk      |         |            | HSA | 6:57.69 | WDR     |
|   |    | Jesse van Buren |                 |         | Jornt Dijk |     |         |         |
|   |    | 200m            | 19.79           | (19.79) |            |     |         |         |
|   |    | 600m            | 50.28           | (30.49) |            |     |         |         |
|   |    | 1000m           | 1:22.01         | (31.73) |            |     |         |         |
|   |    | 1400m           | 1:54.55         | (32.54) |            |     |         |         |
|   |    | 1800m           | 2:27.47         | (32.92) |            |     |         |         |
|   |    | 2200m           | 3:00.77         | (33.30) |            |     |         |         |
|   |    | 2600m           | 3:34.40         | (33.63) |            |     |         |         |
|   |    | 3000m           | 4:08.10         | (33.70) |            |     |         |         |
|   |    | 3400m           | 4:42.49         | (34.39) |            |     |         |         |
|   |    | 3800m           | 5:17.16         | (34.67) |            |     |         |         |
|   |    | 4200m           | 5:52.47         | (35.31) |            |     |         |         |
|   |    | 4600m           | 6:28.25         | (35.78) |            |     |         |         |
|   |    | 5000m           | 7:04.49         | (36.24) |            |     |         |         |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam           | Cat            |         |               | PR      | Tijd    | Info    |
|---|----|----------------|----------------|---------|---------------|---------|---------|---------|
| 5 | wt | 151            | Johan Bouwhuis |         |               | HN1     | 6:49.48 | 6:56.90 |
|   | rd | 158            | Finn ten Hove  |         |               | HSA     | 6:51.09 | 7:11.44 |
|   |    | Johan Bouwhuis |                |         | Finn ten Hove |         |         |         |
|   |    | 200m           | 19.66          | (19.66) | 200m          | 21.05   | (21.05) |         |
|   |    | 600m           | 51.99          | (32.33) | 600m          | 53.33   | (32.28) |         |
|   |    | 1000m          | 1:25.03        | (33.04) | 1000m         | 1:26.07 | (32.74) |         |
|   |    | 1400m          | 1:58.13        | (33.10) | 1400m         | 1:59.31 | (33.24) |         |
|   |    | 1800m          | 2:30.94        | (32.81) | 1800m         | 2:32.91 | (33.60) |         |
|   |    | 2200m          | 3:04.10        | (33.16) | 2200m         | 3:06.78 | (33.87) |         |
|   |    | 2600m          | 3:37.18        | (33.08) | 2600m         | 3:41.39 | (34.61) |         |
|   |    | 3000m          | 4:10.18        | (33.00) | 3000m         | 4:16.16 | (34.77) |         |
|   |    | 3400m          | 4:43.51        | (33.33) | 3400m         | 4:50.70 | (34.54) |         |
|   |    | 3800m          | 5:16.63        | (33.12) | 3800m         | 5:25.53 | (34.83) |         |
|   |    | 4200m          | 5:50.03        | (33.40) | 4200m         | 6:00.58 | (35.05) |         |
|   |    | 4600m          | 6:23.48        | (33.45) | 4600m         | 6:35.90 | (35.32) |         |
|   |    | 5000m          | 6:56.90        | (33.42) | 5000m         | 7:11.44 | (35.54) |         |

|   |    | Naam               | Cat                |         |                   | PR      | Tijd    | Info    |
|---|----|--------------------|--------------------|---------|-------------------|---------|---------|---------|
| 6 | gl | 139                | Loek van Vilsteren |         |                   | HN3     | 6:50.03 | 6:57.80 |
|   | bl | 110                | Edsger van Felius  |         |                   | HA2     | 6:51.04 | 6:54.26 |
|   |    | Loek van Vilsteren |                    |         | Edsger van Felius |         |         |         |
|   |    | 200m               | 19.34              | (19.34) | 200m              | 20.26   | (20.26) |         |
|   |    | 600m               | 50.87              | (31.53) | 600m              | 51.67   | (31.41) |         |
|   |    | 1000m              | 1:23.25            | (32.38) | 1000m             | 1:23.97 | (32.30) |         |
|   |    | 1400m              | 1:56.13            | (32.88) | 1400m             | 1:56.42 | (32.45) |         |
|   |    | 1800m              | 2:28.67            | (32.54) | 1800m             | 2:29.03 | (32.61) |         |
|   |    | 2200m              | 3:01.69            | (33.02) | 2200m             | 3:01.66 | (32.63) |         |
|   |    | 2600m              | 3:34.67            | (32.98) | 2600m             | 3:34.52 | (32.86) |         |
|   |    | 3000m              | 4:07.62            | (32.95) | 3000m             | 4:07.48 | (32.96) |         |
|   |    | 3400m              | 4:40.62            | (33.00) | 3400m             | 4:40.47 | (32.99) |         |
|   |    | 3800m              | 5:14.07            | (33.45) | 3800m             | 5:13.60 | (33.13) |         |
|   |    | 4200m              | 5:48.34            | (34.27) | 4200m             | 5:46.85 | (33.25) |         |
|   |    | 4600m              | 6:22.96            | (34.62) | 4600m             | 6:20.20 | (33.35) |         |
|   |    | 5000m              | 6:57.80            | (34.84) | 5000m             | 6:54.26 | (34.06) |         |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam               |                    |         |  | Cat          |         |         |  | PR      | Tijd    | Info |
|---|----|--------------------|--------------------|---------|--|--------------|---------|---------|--|---------|---------|------|
| 7 | wt | 130                | Eise van Schijndel |         |  | HN1          |         |         |  | 6:41.89 | 6:57.94 |      |
|   | rd | 142                | Hidde Westra       |         |  | HN3          |         |         |  | 6:43.03 | 6:52.90 |      |
|   |    | Eise van Schijndel |                    |         |  | Hidde Westra |         |         |  |         |         |      |
|   |    | 200m               | 20.32              | (20.32) |  | 200m         | 20.64   | (20.64) |  |         |         |      |
|   |    | 600m               | 53.36              | (33.04) |  | 600m         | 52.99   | (32.35) |  |         |         |      |
|   |    | 1000m              | 1:25.58            | (32.22) |  | 1000m        | 1:25.72 | (32.73) |  |         |         |      |
|   |    | 1400m              | 1:57.65            | (32.07) |  | 1400m        | 1:58.05 | (32.33) |  |         |         |      |
|   |    | 1800m              | 2:29.73            | (32.08) |  | 1800m        | 2:30.71 | (32.66) |  |         |         |      |
|   |    | 2200m              | 3:01.96            | (32.23) |  | 2200m        | 3:02.97 | (32.26) |  |         |         |      |
|   |    | 2600m              | 3:34.32            | (32.36) |  | 2600m        | 3:34.79 | (31.82) |  |         |         |      |
|   |    | 3000m              | 4:06.80            | (32.48) |  | 3000m        | 4:07.04 | (32.25) |  |         |         |      |
|   |    | 3400m              | 4:39.62            | (32.82) |  | 3400m        | 4:39.73 | (32.69) |  |         |         |      |
|   |    | 3800m              | 5:12.97            | (33.35) |  | 3800m        | 5:12.53 | (32.80) |  |         |         |      |
|   |    | 4200m              | 5:47.50            | (34.53) |  | 4200m        | 5:45.70 | (33.17) |  |         |         |      |
|   |    | 4600m              | 6:22.57            | (35.07) |  | 4600m        | 6:19.41 | (33.71) |  |         |         |      |
|   |    | 5000m              | 6:57.94            | (35.37) |  | 5000m        | 6:52.90 | (33.49) |  |         |         |      |

|   |    | Naam             |                  |         | Cat   | PR            |         | Tijd    | Info |
|---|----|------------------|------------------|---------|-------|---------------|---------|---------|------|
| 8 | gl | 113              | Michiel de Groot |         | HN2   | 6:42.97       |         | 6:51.60 |      |
|   | bl | 111              | Rinse Franken    |         | HN1   | 6:48.99       |         | 7:05.32 |      |
|   |    | Michiel de Groot |                  |         |       | Rinse Franken |         |         |      |
|   |    | 200m             | 19.92            | (19.92) | 200m  | 19.87         | (19.87) |         |      |
|   |    | 600m             | 51.87            | (31.95) | 600m  | 51.92         | (32.05) |         |      |
|   |    | 1000m            | 1:24.42          | (32.55) | 1000m | 1:24.92       | (33.00) |         |      |
|   |    | 1400m            | 1:57.04          | (32.62) | 1400m | 1:57.52       | (32.60) |         |      |
|   |    | 1800m            | 2:29.29          | (32.25) | 1800m | 2:30.27       | (32.75) |         |      |
|   |    | 2200m            | 3:01.75          | (32.46) | 2200m | 3:03.22       | (32.95) |         |      |
|   |    | 2600m            | 3:34.43          | (32.68) | 2600m | 3:36.58       | (33.36) |         |      |
|   |    | 3000m            | 4:07.11          | (32.68) | 3000m | 4:09.95       | (33.37) |         |      |
|   |    | 3400m            | 4:39.92          | (32.81) | 3400m | 4:43.54       | (33.59) |         |      |
|   |    | 3800m            | 5:12.70          | (32.78) | 3800m | 5:17.58       | (34.04) |         |      |
|   |    | 4200m            | 5:45.93          | (33.23) | 4200m | 5:52.78       | (35.20) |         |      |
|   |    | 4600m            | 6:19.04          | (33.11) | 4600m | 6:28.74       | (35.96) |         |      |
|   |    | 5000m            | 6:51.60          | (32.56) | 5000m | 7:05.32       | (36.58) |         |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam                            | Cat                         | PR      | Tijd    | Info           |
|---|----|---------------------------------|-----------------------------|---------|---------|----------------|
| 9 | wt | 127 <b>Niels van Reeuwijk</b>   | HN2                         | 6:38.09 | DQ      | <sup>T08</sup> |
|   | rd | 125 <b>Jasper van der Marel</b> | HN2                         | 6:41.71 | 6:55.57 |                |
|   |    | <b>Niels van Reeuwijk</b>       | <b>Jasper van der Marel</b> |         |         |                |
|   |    |                                 | 200m                        | 20.90   | (20.90) |                |
|   |    |                                 | 600m                        | 53.67   | (32.77) |                |
|   |    |                                 | 1000m                       | 1:25.89 | (32.22) |                |
|   |    |                                 | 1400m                       | 1:58.49 | (32.60) |                |
|   |    |                                 | 1800m                       | 2:31.33 | (32.84) |                |
|   |    |                                 | 2200m                       | 3:04.08 | (32.75) |                |
|   |    |                                 | 2600m                       | 3:36.75 | (32.67) |                |
|   |    |                                 | 3000m                       | 4:09.64 | (32.89) |                |
|   |    |                                 | 3400m                       | 4:42.42 | (32.78) |                |
|   |    |                                 | 3800m                       | 5:15.62 | (33.20) |                |
|   |    |                                 | 4200m                       | 5:48.72 | (33.10) |                |
|   |    |                                 | 4600m                       | 6:22.07 | (33.35) |                |
|   |    |                                 | 5000m                       | 6:55.57 | (33.50) |                |

|    |    | Naam                     | Cat                 | PR      | Tijd    | Info            |
|----|----|--------------------------|---------------------|---------|---------|-----------------|
| 10 | gl | 104 <b>Pelle Bolsius</b> | HA2                 | 6:38.57 | 6:43.70 |                 |
|    | bl | 135 <b>Jasper Tinga</b>  | HN3                 | 6:38.87 | 6:51.50 |                 |
|    |    | <b>Pelle Bolsius</b>     | <b>Jasper Tinga</b> |         |         |                 |
|    |    | 200m                     | 20.03               | (20.03) | 200m    | 20.08 (20.08)   |
|    |    | 600m                     | 51.47               | (31.44) | 600m    | 50.77 (30.69)   |
|    |    | 1000m                    | 1:22.62             | (31.15) | 1000m   | 1:21.84 (31.07) |
|    |    | 1400m                    | 1:53.83             | (31.21) | 1400m   | 1:53.29 (31.45) |
|    |    | 1800m                    | 2:25.00             | (31.17) | 1800m   | 2:25.01 (31.72) |
|    |    | 2200m                    | 2:56.51             | (31.51) | 2200m   | 2:57.19 (32.18) |
|    |    | 2600m                    | 3:28.38             | (31.87) | 2600m   | 3:29.93 (32.74) |
|    |    | 3000m                    | 4:00.27             | (31.89) | 3000m   | 4:03.15 (33.22) |
|    |    | 3400m                    | 4:32.74             | (32.47) | 3400m   | 4:36.77 (33.62) |
|    |    | 3800m                    | 5:05.41             | (32.67) | 3800m   | 5:10.55 (33.78) |
|    |    | 4200m                    | 5:38.03             | (32.62) | 4200m   | 5:44.21 (33.66) |
|    |    | 4600m                    | 6:10.72             | (32.69) | 4600m   | 6:18.15 (33.94) |
|    |    | 5000m                    | 6:43.70             | (32.98) | 5000m   | 6:51.50 (33.35) |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|    |    | Naam       | Cat              |         |                  | PR      | Tijd    | Info    |
|----|----|------------|------------------|---------|------------------|---------|---------|---------|
| 11 | wt | 137        | Jur Veenje       |         |                  | HSA     | 6:33.11 | 6:40.61 |
|    | rd | 106        | Chris Brommersma |         |                  | HN2     | 6:33.26 | 6:38.93 |
|    |    | Jur Veenje |                  |         | Chris Brommersma |         |         |         |
|    |    | 200m       | 19.82            | (19.82) | 200m             | 20.37   | (20.37) |         |
|    |    | 600m       | 51.33            | (31.51) | 600m             | 51.67   | (31.30) |         |
|    |    | 1000m      | 1:22.44          | (31.11) | 1000m            | 1:23.02 | (31.35) |         |
|    |    | 1400m      | 1:54.11          | (31.67) | 1400m            | 1:54.49 | (31.47) |         |
|    |    | 1800m      | 2:25.63          | (31.52) | 1800m            | 2:25.95 | (31.46) |         |
|    |    | 2200m      | 2:57.27          | (31.64) | 2200m            | 2:57.21 | (31.26) |         |
|    |    | 2600m      | 3:28.77          | (31.50) | 2600m            | 3:28.61 | (31.40) |         |
|    |    | 3000m      | 4:00.42          | (31.65) | 3000m            | 4:00.07 | (31.46) |         |
|    |    | 3400m      | 4:32.08          | (31.66) | 3400m            | 4:31.47 | (31.40) |         |
|    |    | 3800m      | 5:04.01          | (31.93) | 3800m            | 5:03.06 | (31.59) |         |
|    |    | 4200m      | 5:36.18          | (32.17) | 4200m            | 5:34.43 | (31.37) |         |
|    |    | 4600m      | 6:08.46          | (32.28) | 4600m            | 6:06.37 | (31.94) |         |
|    |    | 5000m      | 6:40.61          | (32.15) | 5000m            | 6:38.93 | (32.56) |         |

|    |    | Naam         | Cat          |         |              | PR      | Tijd    | Info    |
|----|----|--------------|--------------|---------|--------------|---------|---------|---------|
| 12 | gl | 101          | Mats Bendijk |         |              | HN1     | 6:25.15 | 6:36.87 |
|    | bl | 138          | Yves Vergeer |         |              | HSA     | 6:27.25 | 7:00.83 |
|    |    | Mats Bendijk |              |         | Yves Vergeer |         |         |         |
|    |    | 200m         | 19.19        | (19.19) | 200m         | 19.57   | (19.57) |         |
|    |    | 600m         | 49.68        | (30.49) | 600m         | 51.72   | (32.15) |         |
|    |    | 1000m        | 1:20.86      | (31.18) | 1000m        | 1:24.69 | (32.97) |         |
|    |    | 1400m        | 1:52.50      | (31.64) | 1400m        | 1:57.04 | (32.35) |         |
|    |    | 1800m        | 2:24.02      | (31.52) | 1800m        | 2:29.23 | (32.19) |         |
|    |    | 2200m        | 2:55.43      | (31.41) | 2200m        | 3:01.58 | (32.35) |         |
|    |    | 2600m        | 3:26.76      | (31.33) | 2600m        | 3:34.02 | (32.44) |         |
|    |    | 3000m        | 3:58.13      | (31.37) | 3000m        | 4:06.88 | (32.86) |         |
|    |    | 3400m        | 4:29.44      | (31.31) | 3400m        | 4:39.90 | (33.02) |         |
|    |    | 3800m        | 5:01.05      | (31.61) | 3800m        | 5:13.59 | (33.69) |         |
|    |    | 4200m        | 5:32.83      | (31.78) | 4200m        | 5:48.35 | (34.76) |         |
|    |    | 4600m        | 6:04.77      | (31.94) | 4600m        | 6:24.23 | (35.88) |         |
|    |    | 5000m        | 6:36.87      | (32.10) | 5000m        | 7:00.83 | (36.60) |         |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|    |    | Naam                  | Cat | PR                | Tijd    | Info |
|----|----|-----------------------|-----|-------------------|---------|------|
| 13 | wt | 115 Freek van der Ham | HN2 | 6:22.06           |         | WDR  |
|    | rd | 107 Stijn van de Bunt | HN3 | 6:17.15           | 6:25.26 |      |
|    |    | Freek van der Ham     |     | Stijn van de Bunt |         |      |
|    |    | 200m                  |     | 20.17             | (20.17) |      |
|    |    | 600m                  |     | 50.38             | (30.21) |      |
|    |    | 1000m                 |     | 1:20.89           | (30.51) |      |
|    |    | 1400m                 |     | 1:51.73           | (30.84) |      |
|    |    | 1800m                 |     | 2:22.35           | (30.62) |      |
|    |    | 2200m                 |     | 2:52.88           | (30.53) |      |
|    |    | 2600m                 |     | 3:23.36           | (30.48) |      |
|    |    | 3000m                 |     | 3:53.90           | (30.54) |      |
|    |    | 3400m                 |     | 4:24.39           | (30.49) |      |
|    |    | 3800m                 |     | 4:54.59           | (30.20) |      |
|    |    | 4200m                 |     | 5:24.65           | (30.06) |      |
|    |    | 4600m                 |     | 5:54.88           | (30.23) |      |
|    |    | 5000m                 |     | 6:25.26           | (30.38) |      |

|    |    | Naam                   | Cat | PR               | Tijd    | Info |
|----|----|------------------------|-----|------------------|---------|------|
| 14 | gl | 174 Jasper Krommenhoek | HN3 | 6:15.86          | 6:33.43 |      |
|    | bl | 136 Sil van der Veen   | HN1 | 6:19.20          | 6:48.85 |      |
|    |    | Jasper Krommenhoek     |     | Sil van der Veen |         |      |
|    |    | 200m                   |     | 19.45            | (19.45) |      |
|    |    | 600m                   |     | 50.10            | (30.65) |      |
|    |    | 1000m                  |     | 1:21.18          | (31.08) |      |
|    |    | 1400m                  |     | 1:52.34          | (31.16) |      |
|    |    | 1800m                  |     | 2:23.42          | (31.08) |      |
|    |    | 2200m                  |     | 2:54.50          | (31.08) |      |
|    |    | 2600m                  |     | 3:25.52          | (31.02) |      |
|    |    | 3000m                  |     | 3:56.87          | (31.35) |      |
|    |    | 3400m                  |     | 4:27.96          | (31.09) |      |
|    |    | 3800m                  |     | 4:59.21          | (31.25) |      |
|    |    | 4200m                  |     | 5:30.40          | (31.19) |      |
|    |    | 4600m                  |     | 6:01.81          | (31.41) |      |
|    |    | 5000m                  |     | 6:33.43          | (31.62) |      |
|    |    | 200m                   |     | 21.22            | (21.22) |      |
|    |    | 600m                   |     | 52.34            | (31.12) |      |
|    |    | 1000m                  |     | 1:23.85          | (31.51) |      |
|    |    | 1400m                  |     | 1:55.60          | (31.75) |      |
|    |    | 1800m                  |     | 2:27.60          | (32.00) |      |
|    |    | 2200m                  |     | 2:59.61          | (32.01) |      |
|    |    | 2600m                  |     | 3:32.05          | (32.44) |      |
|    |    | 3000m                  |     | 4:04.53          | (32.48) |      |
|    |    | 3400m                  |     | 4:37.31          | (32.78) |      |
|    |    | 3800m                  |     | 5:10.18          | (32.87) |      |
|    |    | 4200m                  |     | 5:43.07          | (32.89) |      |
|    |    | 4600m                  |     | 6:15.80          | (32.73) |      |
|    |    | 5000m                  |     | 6:48.85          | (33.05) |      |

T08 - Niet wisselen / Verkeerd wisselen (te vroege/te late wissel) (254.5)

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 5. Uitslag Vrouwen 1500 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 13 Jade Groenewoud     | DN3 | 10   | I    | 2:01.01 |      |        |
| 2   | 45 Myrthe de Boer      | DSA | 1    | I    | 2:01.26 |      |        |
| 3   | 1 Reina Anema          | DSB | 10   | O    | 2:02.86 |      |        |
| 4   | 42 Naomi van der Werf  | DSA | 9    | O    | 2:04.20 |      |        |
| 5   | 34 Nynke Tinga         | DN1 | 8    | I    | 2:04.44 |      |        |
| 6   | 37 Evelien Vijn        | DN4 | 9    | I    | 2:04.72 |      |        |
| 7   | 2 Leonie Bats          | DSA | 8    | O    | 2:05.33 |      |        |
| 8   | 11 Sophie Exterkate    | DA2 | 7    | O    | 2:06.30 |      |        |
| 9   | 23 Amy van der Meer    | DSA | 5    | O    | 2:07.59 |      |        |
| 10  | 24 Tosca Mulder        | DN3 | 6    | O    | 2:07.76 |      |        |
| 11  | 39 Rosalie van Vliet   | DN1 | 7    | I    | 2:07.91 |      |        |
| 12  | 14 Quinty Hersi        | DA1 | 6    | I    | 2:08.06 |      |        |
| 13  | 22 Isa Leroy           | DN1 | 5    | I    | 2:08.28 |      |        |
| 14  | 67 Jildou Schaaf       | DN3 | 4    | I    | 2:08.34 |      |        |
| 15  | 58 Anouk Könst         | DN1 | 3    | O    | 2:10.70 |      |        |
| 16  | 49 Nyncke Dijkstra     | DN4 | 4    | O    | 2:11.30 |      |        |
|     | 68 Marije van der Spek | DN4 | 3    | I    | 2:11.30 |      |        |
| 18  | 73 Iris Willemsen      | DSA | 2    | I    | 2:14.51 |      |        |
| 19  | 54 Sara ter Hart       | DA2 | 2    | O    | 2:14.81 |      |        |
| 20  | 51 Emilie Fransen      | DA1 | 1    | O    | 2:15.68 |      |        |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 5. Rituitslag Vrouwen 1500 meter

|   |                     | Naam  |                     | Cat             | PR      |       | Tijd    | Info    |         |
|---|---------------------|-------|---------------------|-----------------|---------|-------|---------|---------|---------|
| 1 | wt                  | 45    | Myrthe de Boer      | DSA             | 1:56.76 |       | 2:01.26 |         |         |
|   | rd                  | 51    | Emilie Fransen      | DA1             | 2:08.54 |       | 2:15.68 |         |         |
|   | Myrthe de Boer      |       |                     | Emilie Fransen  |         |       |         |         |         |
|   | 300m                |       | 26.45               | (26.45)         | 300m    |       | 28.79   | (28.79) |         |
|   | 700m                |       | 56.01               | (29.56)         | 700m    |       | 1:01.57 | (32.78) |         |
|   |                     | 1100m |                     | 1:27.53         | (31.52) | 1100m |         | 1:37.25 | (35.68) |
|   |                     | 1500m |                     | 2:01.26         | (33.73) | 1500m |         | 2:15.68 | (38.43) |
|   |                     |       |                     |                 |         |       |         |         |         |
|   |                     | Naam  |                     | Cat             | PR      |       | Tijd    | Info    |         |
| 2 | gl                  | 73    | Iris Willemsen      | DSA             | 2:06.62 |       | 2:14.51 |         |         |
|   | bl                  | 54    | Sara ter Hart       | DA2             | 2:08.87 |       | 2:14.81 |         |         |
|   | Iris Willemsen      |       |                     | Sara ter Hart   |         |       |         |         |         |
|   | 300m                |       | 28.20               | (28.20)         | 300m    |       | 29.17   | (29.17) |         |
|   | 700m                |       | 1:02.02             | (33.82)         | 700m    |       | 1:02.67 | (33.50) |         |
|   |                     | 1100m |                     | 1:37.75         | (35.73) | 1100m |         | 1:38.29 | (35.62) |
|   |                     | 1500m |                     | 2:14.51         | (36.76) | 1500m |         | 2:14.81 | (36.52) |
|   |                     |       |                     |                 |         |       |         |         |         |
|   |                     | Naam  |                     | Cat             | PR      |       | Tijd    | Info    |         |
| 3 | wt                  | 68    | Marije van der Spek | DN4             | 2:07.81 |       | 2:11.30 |         |         |
|   | rd                  | 58    | Anouk Könst         | DN1             | 2:08.96 |       | 2:10.70 |         |         |
|   | Marije van der Spek |       |                     | Anouk Könst     |         |       |         |         |         |
|   | 300m                |       | 28.26               | (28.26)         | 300m    |       | 28.84   | (28.84) |         |
|   | 700m                |       | 1:00.57             | (32.31)         | 700m    |       | 1:01.47 | (32.63) |         |
|   |                     | 1100m |                     | 1:35.10         | (34.53) | 1100m |         | 1:35.38 | (33.91) |
|   |                     | 1500m |                     | 2:11.30         | (36.20) | 1500m |         | 2:10.70 | (35.32) |
|   |                     |       |                     |                 |         |       |         |         |         |
|   |                     | Naam  |                     | Cat             | PR      |       | Tijd    | Info    |         |
| 4 | gl                  | 67    | Jildou Schaaf       | DN3             | 2:03.47 |       | 2:08.34 |         |         |
|   | bl                  | 49    | Nyncke Dijkstra     | DN4             | 2:06.70 |       | 2:11.30 |         |         |
|   | Jildou Schaaf       |       |                     | Nyncke Dijkstra |         |       |         |         |         |
|   | 300m                |       | 27.31               | (27.31)         | 300m    |       | 28.52   | (28.52) |         |
|   | 700m                |       | 58.42               | (31.11)         | 700m    |       | 1:00.35 | (31.83) |         |
|   |                     | 1100m |                     | 1:32.04         | (33.62) | 1100m |         | 1:34.89 | (34.54) |
|   |                     | 1500m |                     | 2:08.34         | (36.30) | 1500m |         | 2:11.30 | (36.41) |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam |                   | Cat               |                 | PR               |                 | Tijd    | Info |
|---|----|------|-------------------|-------------------|-----------------|------------------|-----------------|---------|------|
| 5 | wt | 22   | Isa Leroy         | DN1               |                 | 2:03.90          |                 | 2:08.28 |      |
|   | rd | 23   | Amy van der Meer  | DSA               |                 | 2:05.91          |                 | 2:07.59 |      |
|   |    |      |                   | Isa Leroy         |                 | Amy van der Meer |                 |         |      |
|   |    |      |                   | 300m              | 27.17 (27.17)   | 300m             | 26.89 (26.89)   |         |      |
|   |    |      |                   | 700m              | 58.73 (31.56)   | 700m             | 58.15 (31.26)   |         |      |
|   |    |      |                   | 1100m             | 1:31.99 (33.26) | 1100m            | 1:31.96 (33.81) |         |      |
|   |    |      |                   | 1500m             | 2:08.28 (36.29) | 1500m            | 2:07.59 (35.63) |         |      |
|   |    |      |                   |                   |                 |                  |                 |         |      |
|   |    | Naam |                   | Cat               |                 | PR               |                 | Tijd    | Info |
| 6 | gl | 14   | Quinty Hersi      | DA1               |                 | 2:05.85          |                 | 2:08.06 |      |
|   | bl | 24   | Tosca Mulder      | DN3               |                 | 2:05.75          |                 | 2:07.76 |      |
|   |    |      |                   | Quinty Hersi      |                 | Tosca Mulder     |                 |         |      |
|   |    |      |                   | 300m              | 27.65 (27.65)   | 300m             | 27.52 (27.52)   |         |      |
|   |    |      |                   | 700m              | 59.35 (31.70)   | 700m             | 58.58 (31.06)   |         |      |
|   |    |      |                   | 1100m             | 1:33.10 (33.75) | 1100m            | 1:32.09 (33.51) |         |      |
|   |    |      |                   | 1500m             | 2:08.06 (34.96) | 1500m            | 2:07.76 (35.67) |         |      |
|   |    |      |                   |                   |                 |                  |                 |         |      |
|   |    | Naam |                   | Cat               |                 | PR               |                 | Tijd    | Info |
| 7 | wt | 39   | Rosalie van Vliet | DN1               |                 | 1:58.97          |                 | 2:07.91 |      |
|   | rd | 11   | Sophie Exterkate  | DA2               |                 | 2:04.80          |                 | 2:06.30 |      |
|   |    |      |                   | Rosalie van Vliet |                 | Sophie Exterkate |                 |         |      |
|   |    |      |                   | 300m              | 27.59 (27.59)   | 300m             | 27.83 (27.83)   |         |      |
|   |    |      |                   | 700m              | 59.04 (31.45)   | 700m             | 59.34 (31.51)   |         |      |
|   |    |      |                   | 1100m             | 1:32.73 (33.69) | 1100m            | 1:32.61 (33.27) |         |      |
|   |    |      |                   | 1500m             | 2:07.91 (35.18) | 1500m            | 2:06.30 (33.69) |         |      |
|   |    |      |                   |                   |                 |                  |                 |         |      |
|   |    | Naam |                   | Cat               |                 | PR               |                 | Tijd    | Info |
| 8 | gl | 34   | Nynke Tinga       | DN1               |                 | 2:02.37          |                 | 2:04.44 |      |
|   | bl | 2    | Leonie Bats       | DSA               |                 | 1:59.09          |                 | 2:05.33 |      |
|   |    |      |                   | Nynke Tinga       |                 | Leonie Bats      |                 |         |      |
|   |    |      |                   | 300m              | 27.63 (27.63)   | 300m             | 27.68 (27.68)   |         |      |
|   |    |      |                   | 700m              | 58.99 (31.36)   | 700m             | 58.56 (30.88)   |         |      |
|   |    |      |                   | 1100m             | 1:31.15 (32.16) | 1100m            | 1:31.14 (32.58) |         |      |
|   |    |      |                   | 1500m             | 2:04.44 (33.29) | 1500m            | 2:05.33 (34.19) |         |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|    |    | Naam            | Cat                |         |                    | PR    | Tijd    | Info    |
|----|----|-----------------|--------------------|---------|--------------------|-------|---------|---------|
| 9  | wt | 37              | Evelien Vijn       |         |                    | DN4   | 1:57.52 | 2:04.72 |
|    | rd | 42              | Naomi van der Werf |         |                    | DSA   | 2:00.52 | 2:04.20 |
|    |    | Evelien Vijn    |                    |         | Naomi van der Werf |       |         |         |
|    |    | 300m            | 27.98              | (27.98) |                    | 300m  | 27.32   | (27.32) |
|    |    | 700m            | 58.88              | (30.90) |                    | 700m  | 58.10   | (30.78) |
|    |    | 1100m           | 1:31.12            | (32.24) |                    | 1100m | 1:30.44 | (32.34) |
|    |    | 1500m           | 2:04.72            | (33.60) |                    | 1500m | 2:04.20 | (33.76) |
|    |    |                 |                    |         |                    |       |         |         |
|    |    | Naam            | Cat                |         |                    | PR    | Tijd    | Info    |
| 10 | gl | 13              | Jade Groenewoud    |         |                    | DN3   | 1:57.03 | 2:01.01 |
|    | bl | 1               | Reina Anema        |         |                    | DSB   | 1:55.74 | 2:02.86 |
|    |    | Jade Groenewoud |                    |         | Reina Anema        |       |         |         |
|    |    | 300m            | 26.28              | (26.28) |                    | 300m  | 27.74   | (27.74) |
|    |    | 700m            | 55.65              | (29.37) |                    | 700m  | 58.40   | (30.66) |
|    |    | 1100m           | 1:27.18            | (31.53) |                    | 1100m | 1:30.35 | (31.95) |
|    |    | 1500m           | 2:01.01            | (33.83) |                    | 1500m | 2:02.86 | (32.51) |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen

15 en 16 november 2025

## 6. Uitslag Mannen 1500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 146 Louis Hollaar        | HSA | 1    | I    | 1:48.76 |      |        |
| 2   | 145 Sijmen Egberts       | HN3 | 1    | O    | 1:50.08 |      |        |
| 3   | 148 Remo Slotegraaf      | HSA | 2    | O    | 1:51.80 |      |        |
| 4   | 107 Stijn van de Bunt    | HN3 | 14   | O    | 1:52.32 |      |        |
| 5   | 137 Jur Veenje           | HSA | 14   | I    | 1:52.50 |      |        |
| 6   | 101 Mats Bendijk         | HN1 | 13   | I    | 1:52.56 |      |        |
| 7   | 142 Hidde Westra         | HN3 | 12   | O    | 1:52.82 |      |        |
| 8   | 113 Michiel de Groot     | HN2 | 12   | I    | 1:52.93 |      |        |
| 9   | 106 Chris Brommersma     | HN2 | 13   | O    | 1:53.09 |      |        |
| 10  | 139 Loek van Vilsteren   | HN3 | 11   | O    | 1:54.15 |      |        |
| 11  | 130 Eise van Schijndel   | HN1 | 9    | O    | 1:54.24 |      |        |
| 12  | 135 Jasper Tinga         | HN3 | 10   | O    | 1:54.51 |      |        |
| 13  | 110 Edsger van Felius    | HA2 | 10   | I    | 1:55.10 |      |        |
| 14  | 127 Niels van Reeuwijk   | HN2 | 5    | O    | 1:55.20 |      |        |
| 15  | 166 Colin Schrijver      | HSA | 8    | I    | 1:55.60 |      |        |
| 16  | 111 Rinse Franken        | HN1 | 3    | I    | 1:55.62 |      |        |
| 17  | 104 Pelle Bolsius        | HA2 | 11   | I    | 1:55.75 |      |        |
| 18  | 151 Johan Bouwhuis       | HN1 | 9    | I    | 1:56.05 |      |        |
| 19  | 152 Jesse van Buren      | HA2 | 6    | I    | 1:56.77 |      |        |
| 20  | 125 Jasper van der Marel | HN2 | 7    | I    | 1:57.15 |      |        |
| 21  | 172 Rens Vergeer         | HN1 | 7    | O    | 1:57.63 |      |        |
| 22  | 112 Jort de Gans         | HN2 | 8    | O    | 1:58.27 |      |        |
| 23  | 168 Paddy Smit           | HN4 | 6    | O    | 2:00.44 |      |        |
| 24  | 158 Finn ten Hove        | HSA | 5    | I    | 2:01.37 |      |        |
|     | 147 Mats Siemons         | HN4 | 2    | I    | DQ      | T04a |        |

T04a - Te laat of niet tijdig aan de start verschijnen (253.2.2)

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 6. Rituitslag Mannen 1500 meter

|   |    | Naam          |                 | Cat     | PR              |         | Tijd    | Info |
|---|----|---------------|-----------------|---------|-----------------|---------|---------|------|
| 1 | wt | 146           | Louis Hollaar   | HSA     | 1:45.02         |         | 1:48.76 |      |
|   | rd | 145           | Sijmen Egberts  | HN3     | 1:45.96         |         | 1:50.08 |      |
|   |    | Louis Hollaar |                 |         | Sijmen Egberts  |         |         |      |
|   |    | 300m          | 24.50           | (24.50) | 300m            | 24.32   | (24.32) |      |
|   |    | 700m          | 51.38           | (26.88) | 700m            | 51.10   | (26.78) |      |
|   |    | 1100m         | 1:19.44         | (28.06) | 1100m           | 1:19.65 | (28.55) |      |
|   |    | 1500m         | 1:48.76         | (29.32) | 1500m           | 1:50.08 | (30.43) |      |
|   |    | Naam          |                 | Cat     | PR              |         | Tijd    | Info |
| 2 | gl | 147           | Mats Siemons    | HN4     | 1:47.09         |         | DQ      | T04a |
|   | bl | 148           | Remo Slotegraaf | HSA     | 1:46.73         |         | 1:51.80 |      |
|   |    | Mats Siemons  |                 |         | Remo Slotegraaf |         |         |      |
|   |    | 300m          | 25.47           | (25.47) | 300m            | 25.47   | (25.47) |      |
|   |    | 700m          | 52.83           | (27.36) | 700m            | 52.83   | (27.36) |      |
|   |    | 1100m         | 1:21.53         | (28.70) | 1100m           | 1:21.53 | (28.70) |      |
|   |    | 1500m         | 1:51.80         | (30.27) | 1500m           | 1:51.80 | (30.27) |      |
|   |    | Naam          |                 | Cat     | PR              |         | Tijd    | Info |
| 3 | wt | 111           | Rinse Franken   | HN1     | 1:52.27         |         | 1:55.62 |      |
|   | rd |               |                 |         |                 |         |         |      |
|   |    | Rinse Franken |                 |         | m               |         |         |      |
|   |    | 300m          | 25.29           | (25.29) | 300m            |         |         |      |
|   |    | 700m          | 53.47           | (28.18) | 700m            |         |         |      |
|   |    | 1100m         | 1:23.60         | (30.13) | 1100m           |         |         |      |
|   |    | 1500m         | 1:55.62         | (32.02) | 1500m           |         |         |      |
|   |    | Naam          |                 | Cat     | PR              |         | Tijd    | Info |
| 4 | gl |               |                 |         |                 |         |         |      |
|   | bl |               |                 |         |                 |         |         |      |
|   |    | m             |                 |         | m               |         |         |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam          |                    | Cat     | PR                 |         | Tijd    | Info |
|---|----|---------------|--------------------|---------|--------------------|---------|---------|------|
| 5 | wt | 158           | Finn ten Hove      | HSA     | 1:56.13            |         | 2:01.37 |      |
|   | rd | 127           | Niels van Reeuwijk | HN2     | 1:50.25            |         | 1:55.20 |      |
|   |    | Finn ten Hove |                    |         | Niels van Reeuwijk |         |         |      |
|   |    | 300m          | 26.95              | (26.95) | 300m               | 25.48   | (25.48) |      |
|   |    | 700m          | 57.16              | (30.21) | 700m               | 53.82   | (28.34) |      |
|   |    | 1100m         | 1:28.66            | (31.50) | 1100m              | 1:23.76 | (29.94) |      |
|   |    | 1500m         | 2:01.37            | (32.71) | 1500m              | 1:55.20 | (31.44) |      |

|   |    | Naam            |                 | Cat     | PR         |         | Tijd    | Info |
|---|----|-----------------|-----------------|---------|------------|---------|---------|------|
| 6 | gl | 152             | Jesse van Buren | HA2     | 1:54.39    |         | 1:56.77 |      |
|   | bl | 168             | Paddy Smit      | HN4     | 1:56.19    |         | 2:00.44 |      |
|   |    | Jesse van Buren |                 |         | Paddy Smit |         |         |      |
|   |    | 300m            | 26.55           | (26.55) | 300m       | 25.84   | (25.84) |      |
|   |    | 700m            | 55.85           | (29.30) | 700m       | 55.33   | (29.49) |      |
|   |    | 1100m           | 1:25.90         | (30.05) | 1100m      | 1:26.97 | (31.64) |      |
|   |    | 1500m           | 1:56.77         | (30.87) | 1500m      | 2:00.44 | (33.47) |      |

|   |    | Naam                 |                      | Cat     | PR           |         | Tijd    | Info |
|---|----|----------------------|----------------------|---------|--------------|---------|---------|------|
| 7 | wt | 125                  | Jasper van der Marel | HN2     | 1:53.35      |         | 1:57.15 |      |
|   | rd | 172                  | Rens Vergeer         | HN1     | 1:53.81      |         | 1:57.63 |      |
|   |    | Jasper van der Marel |                      |         | Rens Vergeer |         |         |      |
|   |    | 300m                 | 26.77                | (26.77) | 300m         | 25.17   | (25.17) |      |
|   |    | 700m                 | 56.11                | (29.34) | 700m         | 53.39   | (28.22) |      |
|   |    | 1100m                | 1:26.18              | (30.07) | 1100m        | 1:24.13 | (30.74) |      |
|   |    | 1500m                | 1:57.15              | (30.97) | 1500m        | 1:57.63 | (33.50) |      |

|   |    | Naam            |                 | Cat     | PR           |         | Tijd    | Info |
|---|----|-----------------|-----------------|---------|--------------|---------|---------|------|
| 8 | gl | 166             | Colin Schrijver | HSA     | 1:53.74      |         | 1:55.60 |      |
|   | bl | 112             | Jort de Gans    | HN2     | 1:52.38      |         | 1:58.27 |      |
|   |    | Colin Schrijver |                 |         | Jort de Gans |         |         |      |
|   |    | 300m            | 25.61           | (25.61) | 300m         | 24.73   | (24.73) |      |
|   |    | 700m            | 54.11           | (28.50) | 700m         | 52.91   | (28.18) |      |
|   |    | 1100m           | 1:23.88         | (29.77) | 1100m        | 1:24.02 | (31.11) |      |
|   |    | 1500m           | 1:55.60         | (31.72) | 1500m        | 1:58.27 | (34.25) |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|    |    | Naam              |                    | Cat     | PR                 |         | Tijd    | Info |
|----|----|-------------------|--------------------|---------|--------------------|---------|---------|------|
| 9  | wt | 151               | Johan Bouwhuis     | HN1     | 1:55.48            |         | 1:56.05 |      |
|    | rd | 130               | Eise van Schijndel | HN1     | 1:50.17            |         | 1:54.24 |      |
|    |    | Johan Bouwhuis    |                    |         | Eise van Schijndel |         |         |      |
|    |    | 300m              | 25.81              | (25.81) | 300m               | 25.72   | (25.72) |      |
|    |    | 700m              | 54.33              | (28.52) | 700m               | 53.98   | (28.26) |      |
|    |    | 1100m             | 1:24.33            | (30.00) | 1100m              | 1:23.25 | (29.27) |      |
|    |    | 1500m             | 1:56.05            | (31.72) | 1500m              | 1:54.24 | (30.99) |      |
|    |    |                   |                    |         |                    |         |         |      |
|    |    | Naam              |                    | Cat     | PR                 |         | Tijd    | Info |
| 10 | gl | 110               | Edsger van Felius  | HA2     | 1:51.62            |         | 1:55.10 |      |
|    | bl | 135               | Jasper Tinga       | HN3     | 1:49.63            |         | 1:54.51 |      |
|    |    | Edsger van Felius |                    |         | Jasper Tinga       |         |         |      |
|    |    | 300m              | 25.42              | (25.42) | 300m               | 26.18   | (26.18) |      |
|    |    | 700m              | 53.57              | (28.15) | 700m               | 54.66   | (28.48) |      |
|    |    | 1100m             | 1:23.25            | (29.68) | 1100m              | 1:24.24 | (29.58) |      |
|    |    | 1500m             | 1:55.10            | (31.85) | 1500m              | 1:54.51 | (30.27) |      |
|    |    |                   |                    |         |                    |         |         |      |
|    |    | Naam              |                    | Cat     | PR                 |         | Tijd    | Info |
| 11 | wt | 104               | Pelle Bolsius      | HA2     | 1:49.39            |         | 1:55.75 |      |
|    | rd | 139               | Loek van Vilsteren | HN3     | 1:49.58            |         | 1:54.15 |      |
|    |    | Pelle Bolsius     |                    |         | Loek van Vilsteren |         |         |      |
|    |    | 300m              | 26.01              | (26.01) | 300m               | 24.97   | (24.97) |      |
|    |    | 700m              | 54.70              | (28.69) | 700m               | 53.38   | (28.41) |      |
|    |    | 1100m             | 1:24.51            | (29.81) | 1100m              | 1:23.03 | (29.65) |      |
|    |    | 1500m             | 1:55.75            | (31.24) | 1500m              | 1:54.15 | (31.12) |      |
|    |    |                   |                    |         |                    |         |         |      |
|    |    | Naam              |                    | Cat     | PR                 |         | Tijd    | Info |
| 12 | gl | 113               | Michiel de Groot   | HN2     | 1:50.01            |         | 1:52.93 |      |
|    | bl | 142               | Hidde Westra       | HN3     | 1:47.88            |         | 1:52.82 |      |
|    |    | Michiel de Groot  |                    |         | Hidde Westra       |         |         |      |
|    |    | 300m              | 25.61              | (25.61) | 300m               | 25.48   | (25.48) |      |
|    |    | 700m              | 54.01              | (28.40) | 700m               | 53.43   | (27.95) |      |
|    |    | 1100m             | 1:22.92            | (28.91) | 1100m              | 1:22.53 | (29.10) |      |
|    |    | 1500m             | 1:52.93            | (30.01) | 1500m              | 1:52.82 | (30.29) |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|    |    | Naam                |                          | Cat     | PR                       |         | Tijd    | Info |
|----|----|---------------------|--------------------------|---------|--------------------------|---------|---------|------|
| 13 | wt | 101                 | <b>Mats Bendijk</b>      | HN1     | 1:48.35                  |         | 1:52.56 |      |
|    | rd | 106                 | <b>Chris Brommersma</b>  | HN2     | 1:51.71                  |         | 1:53.09 |      |
|    |    | <b>Mats Bendijk</b> |                          |         | <b>Chris Brommersma</b>  |         |         |      |
|    |    | 300m                | 25.48                    | (25.48) | 300m                     | 26.01   | (26.01) |      |
|    |    | 700m                | 53.32                    | (27.84) | 700m                     | 54.24   | (28.23) |      |
|    |    | 1100m               | 1:22.06                  | (28.74) | 1100m                    | 1:23.20 | (28.96) |      |
|    |    | 1500m               | 1:52.56                  | (30.50) | 1500m                    | 1:53.09 | (29.89) |      |
|    |    |                     |                          |         |                          |         |         |      |
|    |    | Naam                |                          | Cat     | PR                       |         | Tijd    | Info |
| 14 | gl | 137                 | <b>Jur Veenje</b>        | HSA     | 1:47.93                  |         | 1:52.50 |      |
|    | bl | 107                 | <b>Stijn van de Bunt</b> | HN3     | 1:49.30                  |         | 1:52.32 |      |
|    |    | <b>Jur Veenje</b>   |                          |         | <b>Stijn van de Bunt</b> |         |         |      |
|    |    | 300m                | 25.40                    | (25.40) | 300m                     | 26.21   | (26.21) |      |
|    |    | 700m                | 53.10                    | (27.70) | 700m                     | 54.49   | (28.28) |      |
|    |    | 1100m               | 1:22.10                  | (29.00) | 1100m                    | 1:23.30 | (28.81) |      |
|    |    | 1500m               | 1:52.50                  | (30.40) | 1500m                    | 1:52.32 | (29.02) |      |

**T04a - Te laat of niet tijdig aan de start verschijnen (253.2.2)**

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 7. Uitslag Vrouwen 5000 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1   | 37 Evelien Vijn       | DN4 | 5    | I    | 7:20.80 |      |        |
| 2   | 1 Reina Anema         | DSB | 6    | O    | 7:26.09 |      |        |
| 3   | 13 Jade Groenewoud    | DN3 | 6    | I    | 7:27.55 |      |        |
| 4   | 11 Sophie Exterkate   | DA2 | 3    | I    | 7:27.84 |      |        |
| 5   | 42 Naomi van der Werf | DSA | 5    | O    | 7:32.51 |      |        |
| 6   | 2 Leonie Bats         | DSA | 4    | O    | 7:38.48 | PR   |        |
| 7   | 34 Nynke Tinga        | DN1 | 4    | I    | 7:38.55 | PR   |        |
| 8   | 49 Nyncke Dijkstra    | DN4 | 1    | O    | 7:53.54 | PR   |        |
| 9   | 14 Quinty Hersi       | DA1 | 2    | I    | 7:58.26 |      |        |
| 10  | 23 Amy van der Meer   | DSA | 3    | O    | 7:59.79 | PR   |        |
| 11  | 24 Tosca Mulder       | DN3 | 2    | O    | 8:03.04 | PR   |        |
|     | 22 Isa Leroy          | DN1 | 1    | I    | DNF     |      |        |
|     | 39 Rosalie van Vliet  | DN1 |      |      | WDR     |      |        |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 7. Rituitslag Vrouwen 5000 meter

|   |    | Naam         | Cat             |         |                 | PR      | Tijd    | Info       |
|---|----|--------------|-----------------|---------|-----------------|---------|---------|------------|
| 1 | wt | 22           | Isa Leroy       |         |                 | DN1     |         | DNF        |
|   | rd | 49           | Nyncke Dijkstra |         |                 | DN4     | 7:55.92 | 7:53.54 PR |
|   |    | Isa Leroy    |                 |         | Nyncke Dijkstra |         |         |            |
|   |    | 200m         | 21.93           | (21.93) | 200m            | 22.55   | (22.55) |            |
|   |    | 600m         | 59.43           | (37.50) | 600m            | 59.37   | (36.82) |            |
|   |    | 1000m        | 1:36.85         | (37.42) | 1000m           | 1:36.65 | (37.28) |            |
|   |    | 1400m        | 2:14.73         | (37.88) | 1400m           | 2:13.89 | (37.24) |            |
|   |    | 1800m        | 2:53.64         | (38.91) | 1800m           | 2:51.02 | (37.13) |            |
|   |    | 2200m        | 3:34.74         | (41.10) | 2200m           | 3:28.42 | (37.40) |            |
|   |    |              |                 |         | 2600m           | 4:06.07 | (37.65) |            |
|   |    |              |                 |         | 3000m           | 4:43.59 | (37.52) |            |
|   |    |              |                 |         | 3400m           | 5:21.36 | (37.77) |            |
|   |    |              |                 |         | 3800m           | 5:59.25 | (37.89) |            |
|   |    |              |                 |         | 4200m           | 6:37.51 | (38.26) |            |
|   |    |              |                 |         | 4600m           | 7:15.74 | (38.23) |            |
|   |    |              |                 |         | 5000m           | 7:53.54 | (37.80) |            |
|   |    |              |                 |         |                 |         |         |            |
|   |    | Naam         | Cat             |         |                 | PR      | Tijd    | Info       |
| 2 | gl | 14           | Quinty Hersi    |         |                 | DA1     |         | 7:58.26    |
|   | bl | 24           | Tosca Mulder    |         |                 | DN3     | 8:03.96 | 8:03.04 PR |
|   |    | Quinty Hersi |                 |         | Tosca Mulder    |         |         |            |
|   |    | 200m         | 21.91           | (21.91) | 200m            | 21.99   | (21.99) |            |
|   |    | 600m         | 58.43           | (36.52) | 600m            | 59.20   | (37.21) |            |
|   |    | 1000m        | 1:35.84         | (37.41) | 1000m           | 1:37.18 | (37.98) |            |
|   |    | 1400m        | 2:13.23         | (37.39) | 1400m           | 2:14.18 | (37.00) |            |
|   |    | 1800m        | 2:50.40         | (37.17) | 1800m           | 2:50.90 | (36.72) |            |
|   |    | 2200m        | 3:27.94         | (37.54) | 2200m           | 3:27.86 | (36.96) |            |
|   |    | 2600m        | 4:05.60         | (37.66) | 2600m           | 4:05.13 | (37.27) |            |
|   |    | 3000m        | 4:43.73         | (38.13) | 3000m           | 4:42.86 | (37.73) |            |
|   |    | 3400m        | 5:22.43         | (38.70) | 3400m           | 5:21.03 | (38.17) |            |
|   |    | 3800m        | 6:01.19         | (38.76) | 3800m           | 6:00.10 | (39.07) |            |
|   |    | 4200m        | 6:40.38         | (39.19) | 4200m           | 6:40.04 | (39.94) |            |
|   |    | 4600m        | 7:19.28         | (38.90) | 4600m           | 7:20.74 | (40.70) |            |
|   |    | 5000m        | 7:58.26         | (38.98) | 5000m           | 8:03.04 | (42.30) |            |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam             | Cat              |         |                  | PR      | Tijd    | Info       |
|---|----|------------------|------------------|---------|------------------|---------|---------|------------|
| 3 | wt | 11               | Sophie Exterkate |         |                  | DA2     |         | 7:27.84    |
|   | rd | 23               | Amy van der Meer |         |                  | DSA     | 8:16.48 | 7:59.79 PR |
|   |    | Sophie Exterkate |                  |         | Amy van der Meer |         |         |            |
|   |    | 200m             | 21.03            | (21.03) | 200m             | 22.19   | (22.19) |            |
|   |    | 600m             | 55.17            | (34.14) | 600m             | 1:00.15 | (37.96) |            |
|   |    | 1000m            | 1:30.08          | (34.91) | 1000m            | 1:38.88 | (38.73) |            |
|   |    | 1400m            | 2:04.62          | (34.54) | 1400m            | 2:17.57 | (38.69) |            |
|   |    | 1800m            | 2:39.38          | (34.76) | 1800m            | 2:56.51 | (38.94) |            |
|   |    | 2200m            | 3:14.44          | (35.06) | 2200m            | 3:36.09 | (39.58) |            |
|   |    | 2600m            | 3:50.04          | (35.60) | 2600m            | 4:15.22 | (39.13) |            |
|   |    | 3000m            | 4:25.97          | (35.93) | 3000m            | 4:53.54 | (38.32) |            |
|   |    | 3400m            | 5:02.26          | (36.29) | 3400m            | 5:31.45 | (37.91) |            |
|   |    | 3800m            | 5:38.75          | (36.49) | 3800m            | 6:08.78 | (37.33) |            |
|   |    | 4200m            | 6:15.37          | (36.62) | 4200m            | 6:45.68 | (36.90) |            |
|   |    | 4600m            | 6:51.82          | (36.45) | 4600m            | 7:22.56 | (36.88) |            |
|   |    | 5000m            | 7:27.84          | (36.02) | 5000m            | 7:59.79 | (37.23) |            |

|   |    | Naam        | Cat         |         |             | PR      | Tijd    | Info       |
|---|----|-------------|-------------|---------|-------------|---------|---------|------------|
| 4 | gl | 34          | Nynke Tinga |         |             | DN1     | 8:06.28 | 7:38.55 PR |
|   | bl | 2           | Leonie Bats |         |             | DSA     | 7:55.27 | 7:38.48 PR |
|   |    | Nynke Tinga |             |         | Leonie Bats |         |         |            |
|   |    | 200m        | 20.91       | (20.91) | 200m        | 22.13   | (22.13) |            |
|   |    | 600m        | 55.52       | (34.61) | 600m        | 56.65   | (34.52) |            |
|   |    | 1000m       | 1:31.60     | (36.08) | 1000m       | 1:32.99 | (36.34) |            |
|   |    | 1400m       | 2:07.82     | (36.22) | 1400m       | 2:08.63 | (35.64) |            |
|   |    | 1800m       | 2:44.20     | (36.38) | 1800m       | 2:44.70 | (36.07) |            |
|   |    | 2200m       | 3:20.95     | (36.75) | 2200m       | 3:21.05 | (36.35) |            |
|   |    | 2600m       | 3:57.52     | (36.57) | 2600m       | 3:57.41 | (36.36) |            |
|   |    | 3000m       | 4:34.27     | (36.75) | 3000m       | 4:33.63 | (36.22) |            |
|   |    | 3400m       | 5:11.63     | (37.36) | 3400m       | 5:10.82 | (37.19) |            |
|   |    | 3800m       | 5:49.23     | (37.60) | 3800m       | 5:48.31 | (37.49) |            |
|   |    | 4200m       | 6:26.37     | (37.14) | 4200m       | 6:25.63 | (37.32) |            |
|   |    | 4600m       | 7:02.98     | (36.61) | 4600m       | 7:02.28 | (36.65) |            |
|   |    | 5000m       | 7:38.55     | (35.57) | 5000m       | 7:38.48 | (36.20) |            |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam         | Cat                |         |                    | PR      | Tijd    | Info    |
|---|----|--------------|--------------------|---------|--------------------|---------|---------|---------|
| 5 | wt | 37           | Evelien Vijn       |         |                    | DN4     | 6:59.32 | 7:20.80 |
|   | rd | 42           | Naomi van der Werf |         |                    | DSA     | 7:19.01 | 7:32.51 |
|   |    | Evelien Vijn |                    |         | Naomi van der Werf |         |         |         |
|   |    | 200m         | 20.98              | (20.98) | 200m               | 21.09   | (21.09) |         |
|   |    | 600m         | 54.57              | (33.59) | 600m               | 55.15   | (34.06) |         |
|   |    | 1000m        | 1:29.04            | (34.47) | 1000m              | 1:30.18 | (35.03) |         |
|   |    | 1400m        | 2:03.74            | (34.70) | 1400m              | 2:04.95 | (34.77) |         |
|   |    | 1800m        | 2:38.60            | (34.86) | 1800m              | 2:40.16 | (35.21) |         |
|   |    | 2200m        | 3:13.55            | (34.95) | 2200m              | 3:15.55 | (35.39) |         |
|   |    | 2600m        | 3:48.65            | (35.10) | 2600m              | 3:51.16 | (35.61) |         |
|   |    | 3000m        | 4:23.75            | (35.10) | 3000m              | 4:26.94 | (35.78) |         |
|   |    | 3400m        | 4:58.86            | (35.11) | 3400m              | 5:03.11 | (36.17) |         |
|   |    | 3800m        | 5:34.19            | (35.33) | 3800m              | 5:39.71 | (36.60) |         |
|   |    | 4200m        | 6:09.72            | (35.53) | 4200m              | 6:16.74 | (37.03) |         |
|   |    | 4600m        | 6:45.30            | (35.58) | 4600m              | 6:54.33 | (37.59) |         |
|   |    | 5000m        | 7:20.80            | (35.50) | 5000m              | 7:32.51 | (38.18) |         |

|   |    | Naam            | Cat             |         |             | PR      | Tijd    | Info    |
|---|----|-----------------|-----------------|---------|-------------|---------|---------|---------|
| 6 | gl | 13              | Jade Groenewoud |         |             | DN3     | 7:18.77 | 7:27.55 |
|   | bl | 1               | Reina Anema     |         |             | DSB     | 6:57.58 | 7:26.09 |
|   |    | Jade Groenewoud |                 |         | Reina Anema |         |         |         |
|   |    | 200m            | 20.79           | (20.79) | 200m        | 22.11   | (22.11) |         |
|   |    | 600m            | 54.25           | (33.46) | 600m        | 55.75   | (33.64) |         |
|   |    | 1000m           | 1:29.03         | (34.78) | 1000m       | 1:31.09 | (35.34) |         |
|   |    | 1400m           | 2:04.18         | (35.15) | 1400m       | 2:06.45 | (35.36) |         |
|   |    | 1800m           | 2:39.46         | (35.28) | 1800m       | 2:41.66 | (35.21) |         |
|   |    | 2200m           | 3:14.51         | (35.05) | 2200m       | 3:16.78 | (35.12) |         |
|   |    | 2600m           | 3:49.87         | (35.36) | 2600m       | 3:52.08 | (35.30) |         |
|   |    | 3000m           | 4:25.37         | (35.50) | 3000m       | 4:27.59 | (35.51) |         |
|   |    | 3400m           | 5:01.44         | (36.07) | 3400m       | 5:03.12 | (35.53) |         |
|   |    | 3800m           | 5:37.92         | (36.48) | 3800m       | 5:38.53 | (35.41) |         |
|   |    | 4200m           | 6:14.42         | (36.50) | 4200m       | 6:14.16 | (35.63) |         |
|   |    | 4600m           | 6:51.02         | (36.60) | 4600m       | 6:49.97 | (35.81) |         |
|   |    | 5000m           | 7:27.55         | (36.53) | 5000m       | 7:26.09 | (36.12) |         |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam                 | Cat | PR      | Tijd | Info |
|---|----|----------------------|-----|---------|------|------|
| 7 | wt | 39 Rosalie van Vliet | DN1 | 7:21.46 | WDR  |      |
|   | rd | Rosalie van Vliet    | m   |         |      |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 8. Uitslag Mannen 10000 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd     | Info | Punten |
|-----|--------------------------|-----|------|------|----------|------|--------|
| 1   | 107 Stijn van de Bunt    | HN3 | 6    | O    | 13:03.28 | TR   |        |
| 2   | 106 Chris Brommersma     | HN2 | 5    | O    | 13:47.21 |      |        |
| 3   | 101 Mats Bendijk         | HN1 | 5    | I    | 13:57.89 |      |        |
| 4   | 137 Jur Veenje           | HSA | 6    | I    | 14:08.30 |      |        |
| 5   | 110 Edsger van Felius    | HA2 | 3    | O    | 14:26.79 |      |        |
| 6   | 142 Hidde Westra         | HN3 | 4    | O    | 14:28.07 | PR   |        |
| 7   | 113 Michiel de Groot     | HN2 | 4    | I    | 14:28.51 |      |        |
| 8   | 135 Jasper Tinga         | HN3 | 2    | I    | 14:29.77 |      |        |
| 9   | 139 Loek van Vilsteren   | HN3 | 3    | I    | 14:35.47 | PR   |        |
| 10  | 151 Johan Bouwhuis       | HN1 | 1    | I    | 14:38.38 |      |        |
| 11  | 130 Eise van Schijndel   | HN1 | 2    | O    | 14:41.01 |      |        |
|     | 125 Jasper van der Marel | HN2 |      |      | WDR      |      |        |
|     | 104 Pelle Bolsius        | HA2 |      |      | WDR      |      |        |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

## 8. Rituitslag Mannen 10000 meter

|   |    | Naam                     | Cat                  |         | PR       | Tijd     | Info |
|---|----|--------------------------|----------------------|---------|----------|----------|------|
| 1 | wt | 151 Johan Bouwhuis       | HN1                  |         |          | 14:38.38 |      |
|   | rd | 125 Jasper van der Marel | HN2                  |         | 14:22.81 |          | WDR  |
|   |    | Johan Bouwhuis           | Jasper van der Marel |         |          |          |      |
|   |    | 400m                     | 38.42                | (38.42) |          |          |      |
|   |    | 800m                     | 1:13.38              | (34.96) |          |          |      |
|   |    | 1200m                    | 1:48.67              | (35.29) |          |          |      |
|   |    | 1600m                    | 2:23.93              | (35.26) |          |          |      |
|   |    | 2000m                    | 2:58.89              | (34.96) |          |          |      |
|   |    | 2400m                    | 3:34.24              | (35.35) |          |          |      |
|   |    | 2800m                    | 4:09.11              | (34.87) |          |          |      |
|   |    | 3200m                    | 4:43.96              | (34.85) |          |          |      |
|   |    | 3600m                    | 5:18.99              | (35.03) |          |          |      |
|   |    | 4000m                    | 5:54.05              | (35.06) |          |          |      |
|   |    | 4400m                    | 6:28.99              | (34.94) |          |          |      |
|   |    | 4800m                    | 7:04.11              | (35.12) |          |          |      |
|   |    | 5200m                    | 7:39.27              | (35.16) |          |          |      |
|   |    | 5600m                    | 8:14.27              | (35.00) |          |          |      |
|   |    | 6000m                    | 8:49.31              | (35.04) |          |          |      |
|   |    | 6400m                    | 9:24.41              | (35.10) |          |          |      |
|   |    | 6800m                    | 9:59.48              | (35.07) |          |          |      |
|   |    | 7200m                    | 10:34.60             | (35.12) |          |          |      |
|   |    | 7600m                    | 11:09.71             | (35.11) |          |          |      |
|   |    | 8000m                    | 11:44.76             | (35.05) |          |          |      |
|   |    | 8400m                    | 12:19.48             | (34.72) |          |          |      |
|   |    | 8800m                    | 12:54.31             | (34.83) |          |          |      |
|   |    | 9200m                    | 13:29.36             | (35.05) |          |          |      |
|   |    | 9600m                    | 14:04.24             | (34.88) |          |          |      |
|   |    | 10000m                   | 14:38.38             | (34.14) |          |          |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam                   | Cat      |         |                    | PR       | Tijd     | Info |
|---|----|------------------------|----------|---------|--------------------|----------|----------|------|
| 2 | gl | 135 Jasper Tinga       | HN3      |         |                    | 14:09.40 | 14:29.77 |      |
|   | bl | 130 Eise van Schijndel | HN1      |         |                    |          | 14:41.01 |      |
|   |    | Jasper Tinga           |          |         | Eise van Schijndel |          |          |      |
|   |    | 400m                   | 38.11    | (38.11) | 400m               | 38.82    | (38.82)  |      |
|   |    | 800m                   | 1:13.48  | (35.37) | 800m               | 1:13.58  | (34.76)  |      |
|   |    | 1200m                  | 1:48.14  | (34.66) | 1200m              | 1:48.37  | (34.79)  |      |
|   |    | 1600m                  | 2:22.65  | (34.51) | 1600m              | 2:22.78  | (34.41)  |      |
|   |    | 2000m                  | 2:57.10  | (34.45) | 2000m              | 2:57.43  | (34.65)  |      |
|   |    | 2400m                  | 3:31.64  | (34.54) | 2400m              | 3:32.35  | (34.92)  |      |
|   |    | 2800m                  | 4:06.72  | (35.08) | 2800m              | 4:07.21  | (34.86)  |      |
|   |    | 3200m                  | 4:41.78  | (35.06) | 3200m              | 4:42.12  | (34.91)  |      |
|   |    | 3600m                  | 5:17.04  | (35.26) | 3600m              | 5:17.19  | (35.07)  |      |
|   |    | 4000m                  | 5:52.28  | (35.24) | 4000m              | 5:52.21  | (35.02)  |      |
|   |    | 4400m                  | 6:27.23  | (34.95) | 4400m              | 6:27.54  | (35.33)  |      |
|   |    | 4800m                  | 7:02.40  | (35.17) | 4800m              | 7:03.09  | (35.55)  |      |
|   |    | 5200m                  | 7:37.64  | (35.24) | 5200m              | 7:39.09  | (36.00)  |      |
|   |    | 5600m                  | 8:12.71  | (35.07) | 5600m              | 8:14.87  | (35.78)  |      |
|   |    | 6000m                  | 8:47.60  | (34.89) | 6000m              | 8:50.75  | (35.88)  |      |
|   |    | 6400m                  | 9:22.14  | (34.54) | 6400m              | 9:26.55  | (35.80)  |      |
|   |    | 6800m                  | 9:56.54  | (34.40) | 6800m              | 10:01.68 | (35.13)  |      |
|   |    | 7200m                  | 10:30.81 | (34.27) | 7200m              | 10:36.79 | (35.11)  |      |
|   |    | 7600m                  | 11:05.44 | (34.63) | 7600m              | 11:11.93 | (35.14)  |      |
|   |    | 8000m                  | 11:39.74 | (34.30) | 8000m              | 11:46.89 | (34.96)  |      |
|   |    | 8400m                  | 12:13.84 | (34.10) | 8400m              | 12:21.74 | (34.85)  |      |
|   |    | 8800m                  | 12:48.21 | (34.37) | 8800m              | 12:56.70 | (34.96)  |      |
|   |    | 9200m                  | 13:22.29 | (34.08) | 9200m              | 13:31.27 | (34.57)  |      |
|   |    | 9600m                  | 13:56.06 | (33.77) | 9600m              | 14:06.12 | (34.85)  |      |
|   |    | 10000m                 | 14:29.77 | (33.71) | 10000m             | 14:41.01 | (34.89)  |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam               |                    | Cat     |        | PR                |          | Tijd |             | Info |
|---|----|--------------------|--------------------|---------|--------|-------------------|----------|------|-------------|------|
| 3 | wt | 139                | Loek van Vilsteren |         | HN3    |                   | 14:36.08 |      | 14:35.47 PR |      |
|   | rd | 110                | Edsger van Felius  |         | HA2    |                   |          |      | 14:26.79    |      |
|   |    | Loek van Vilsteren |                    |         |        | Edsger van Felius |          |      |             |      |
|   |    | 400m               | 37.15              | (37.15) | 400m   | 37.18             | (37.18)  |      |             |      |
|   |    | 800m               | 1:10.83            | (33.68) | 800m   | 1:11.04           | (33.86)  |      |             |      |
|   |    | 1200m              | 1:45.27            | (34.44) | 1200m  | 1:45.52           | (34.48)  |      |             |      |
|   |    | 1600m              | 2:19.80            | (34.53) | 1600m  | 2:20.06           | (34.54)  |      |             |      |
|   |    | 2000m              | 2:54.51            | (34.71) | 2000m  | 2:54.45           | (34.39)  |      |             |      |
|   |    | 2400m              | 3:29.06            | (34.55) | 2400m  | 3:28.91           | (34.46)  |      |             |      |
|   |    | 2800m              | 4:04.16            | (35.10) | 2800m  | 4:03.49           | (34.58)  |      |             |      |
|   |    | 3200m              | 4:39.28            | (35.12) | 3200m  | 4:38.33           | (34.84)  |      |             |      |
|   |    | 3600m              | 5:13.93            | (34.65) | 3600m  | 5:13.14           | (34.81)  |      |             |      |
|   |    | 4000m              | 5:48.95            | (35.02) | 4000m  | 5:48.16           | (35.02)  |      |             |      |
|   |    | 4400m              | 6:23.69            | (34.74) | 4400m  | 6:23.13           | (34.97)  |      |             |      |
|   |    | 4800m              | 6:58.72            | (35.03) | 4800m  | 6:58.32           | (35.19)  |      |             |      |
|   |    | 5200m              | 7:33.60            | (34.88) | 5200m  | 7:33.34           | (35.02)  |      |             |      |
|   |    | 5600m              | 8:08.35            | (34.75) | 5600m  | 8:08.11           | (34.77)  |      |             |      |
|   |    | 6000m              | 8:43.34            | (34.99) | 6000m  | 8:43.02           | (34.91)  |      |             |      |
|   |    | 6400m              | 9:18.40            | (35.06) | 6400m  | 9:17.88           | (34.86)  |      |             |      |
|   |    | 6800m              | 9:53.77            | (35.37) | 6800m  | 9:52.66           | (34.78)  |      |             |      |
|   |    | 7200m              | 10:29.20           | (35.43) | 7200m  | 10:27.39          | (34.73)  |      |             |      |
|   |    | 7600m              | 11:04.24           | (35.04) | 7600m  | 11:01.98          | (34.59)  |      |             |      |
|   |    | 8000m              | 11:39.65           | (35.41) | 8000m  | 11:36.19          | (34.21)  |      |             |      |
|   |    | 8400m              | 12:14.73           | (35.08) | 8400m  | 12:10.37          | (34.18)  |      |             |      |
|   |    | 8800m              | 12:50.40           | (35.67) | 8800m  | 12:44.41          | (34.04)  |      |             |      |
|   |    | 9200m              | 13:25.98           | (35.58) | 9200m  | 13:18.47          | (34.06)  |      |             |      |
|   |    | 9600m              | 14:01.08           | (35.10) | 9600m  | 13:52.53          | (34.06)  |      |             |      |
|   |    | 10000m             | 14:35.47           | (34.39) | 10000m | 14:26.79          | (34.26)  |      |             |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam                 | Cat      |         |              | PR       | Tijd     | Info |
|---|----|----------------------|----------|---------|--------------|----------|----------|------|
| 4 | gl | 113 Michiel de Groot | HN2      |         |              |          | 14:28.51 |      |
|   | bl | 142 Hidde Westra     | HN3      |         |              | 14:35.23 | 14:28.07 | PR   |
|   |    | Michiel de Groot     |          |         | Hidde Westra |          |          |      |
|   |    | 400m                 | 38.35    | (38.35) | 400m         | 38.80    | (38.80)  |      |
|   |    | 800m                 | 1:13.13  | (34.78) | 800m         | 1:14.06  | (35.26)  |      |
|   |    | 1200m                | 1:48.19  | (35.06) | 1200m        | 1:49.11  | (35.05)  |      |
|   |    | 1600m                | 2:23.06  | (34.87) | 1600m        | 2:23.94  | (34.83)  |      |
|   |    | 2000m                | 2:57.94  | (34.88) | 2000m        | 2:59.00  | (35.06)  |      |
|   |    | 2400m                | 3:32.97  | (35.03) | 2400m        | 3:34.13  | (35.13)  |      |
|   |    | 2800m                | 4:08.32  | (35.35) | 2800m        | 4:09.00  | (34.87)  |      |
|   |    | 3200m                | 4:43.30  | (34.98) | 3200m        | 4:44.04  | (35.04)  |      |
|   |    | 3600m                | 5:18.51  | (35.21) | 3600m        | 5:18.94  | (34.90)  |      |
|   |    | 4000m                | 5:53.21  | (34.70) | 4000m        | 5:53.78  | (34.84)  |      |
|   |    | 4400m                | 6:28.09  | (34.88) | 4400m        | 6:28.42  | (34.64)  |      |
|   |    | 4800m                | 7:02.80  | (34.71) | 4800m        | 7:03.35  | (34.93)  |      |
|   |    | 5200m                | 7:37.99  | (35.19) | 5200m        | 7:38.37  | (35.02)  |      |
|   |    | 5600m                | 8:12.84  | (34.85) | 5600m        | 8:13.83  | (35.46)  |      |
|   |    | 6000m                | 8:48.12  | (35.28) | 6000m        | 8:49.33  | (35.50)  |      |
|   |    | 6400m                | 9:23.44  | (35.32) | 6400m        | 9:24.32  | (34.99)  |      |
|   |    | 6800m                | 9:58.43  | (34.99) | 6800m        | 9:59.20  | (34.88)  |      |
|   |    | 7200m                | 10:33.14 | (34.71) | 7200m        | 10:33.91 | (34.71)  |      |
|   |    | 7600m                | 11:08.00 | (34.86) | 7600m        | 11:08.42 | (34.51)  |      |
|   |    | 8000m                | 11:42.45 | (34.45) | 8000m        | 11:42.88 | (34.46)  |      |
|   |    | 8400m                | 12:17.01 | (34.56) | 8400m        | 12:16.74 | (33.86)  |      |
|   |    | 8800m                | 12:50.23 | (33.22) | 8800m        | 12:50.31 | (33.57)  |      |
|   |    | 9200m                | 13:23.55 | (33.32) | 9200m        | 13:23.65 | (33.34)  |      |
|   |    | 9600m                | 13:56.35 | (32.80) | 9600m        | 13:56.29 | (32.64)  |      |
|   |    | 10000m               | 14:28.51 | (32.16) | 10000m       | 14:28.07 | (31.78)  |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam         | Cat              |         |                  | PR       | Tijd     | Info |
|---|----|--------------|------------------|---------|------------------|----------|----------|------|
| 5 | wt | 101          | Mats Bendijk     |         |                  | HN1      | 13:57.89 |      |
|   | rd | 106          | Chris Brommersma |         |                  | HN2      | 13:47.21 |      |
|   |    | Mats Bendijk |                  |         | Chris Brommersma |          |          |      |
|   |    | 400m         | 37.66            | (37.66) | 400m             | 38.22    | (38.22)  |      |
|   |    | 800m         | 1:10.81          | (33.15) | 800m             | 1:11.80  | (33.58)  |      |
|   |    | 1200m        | 1:44.55          | (33.74) | 1200m            | 1:45.53  | (33.73)  |      |
|   |    | 1600m        | 2:18.01          | (33.46) | 1600m            | 2:19.11  | (33.58)  |      |
|   |    | 2000m        | 2:51.68          | (33.67) | 2000m            | 2:52.32  | (33.21)  |      |
|   |    | 2400m        | 3:24.92          | (33.24) | 2400m            | 3:25.62  | (33.30)  |      |
|   |    | 2800m        | 3:58.37          | (33.45) | 2800m            | 3:58.71  | (33.09)  |      |
|   |    | 3200m        | 4:31.39          | (33.02) | 3200m            | 4:31.62  | (32.91)  |      |
|   |    | 3600m        | 5:04.29          | (32.90) | 3600m            | 5:04.38  | (32.76)  |      |
|   |    | 4000m        | 5:37.12          | (32.83) | 4000m            | 5:37.25  | (32.87)  |      |
|   |    | 4400m        | 6:10.36          | (33.24) | 4400m            | 6:10.01  | (32.76)  |      |
|   |    | 4800m        | 6:43.51          | (33.15) | 4800m            | 6:42.30  | (32.29)  |      |
|   |    | 5200m        | 7:16.71          | (33.20) | 5200m            | 7:14.82  | (32.52)  |      |
|   |    | 5600m        | 7:50.27          | (33.56) | 5600m            | 7:47.39  | (32.57)  |      |
|   |    | 6000m        | 8:24.25          | (33.98) | 6000m            | 8:20.00  | (32.61)  |      |
|   |    | 6400m        | 8:58.44          | (34.19) | 6400m            | 8:52.62  | (32.62)  |      |
|   |    | 6800m        | 9:32.48          | (34.04) | 6800m            | 9:25.19  | (32.57)  |      |
|   |    | 7200m        | 10:06.70         | (34.22) | 7200m            | 9:57.67  | (32.48)  |      |
|   |    | 7600m        | 10:40.79         | (34.09) | 7600m            | 10:30.29 | (32.62)  |      |
|   |    | 8000m        | 11:14.75         | (33.96) | 8000m            | 11:02.78 | (32.49)  |      |
|   |    | 8400m        | 11:48.34         | (33.59) | 8400m            | 11:35.15 | (32.37)  |      |
|   |    | 8800m        | 12:21.37         | (33.03) | 8800m            | 12:07.88 | (32.73)  |      |
|   |    | 9200m        | 12:53.88         | (32.51) | 9200m            | 12:40.97 | (33.09)  |      |
|   |    | 9600m        | 13:26.19         | (32.31) | 9600m            | 13:13.95 | (32.98)  |      |
|   |    | 10000m       | 13:57.89         | (31.70) | 10000m           | 13:47.21 | (33.26)  |      |

# Holland Cup 2A / Gruno Bokaal

Kardinge - Groningen  
15 en 16 november 2025

|   |    | Naam                  | Cat      |         |                   | PR       | Tijd     | Info |
|---|----|-----------------------|----------|---------|-------------------|----------|----------|------|
| 6 | gl | 137 Jur Veenje        | HSA      |         |                   | 13:53.06 | 14:08.30 |      |
|   | bl | 107 Stijn van de Bunt | HN3      |         |                   | 12:54.10 | 13:03.28 | TR   |
|   |    | Jur Veenje            |          |         | Stijn van de Bunt |          |          |      |
|   |    | 400m                  | 36.00    | (36.00) | 400m              | 36.24    | (36.24)  |      |
|   |    | 800m                  | 1:08.10  | (32.10) | 800m              | 1:07.81  | (31.57)  |      |
|   |    | 1200m                 | 1:40.77  | (32.67) | 1200m             | 1:39.80  | (31.99)  |      |
|   |    | 1600m                 | 2:13.39  | (32.62) | 1600m             | 2:11.38  | (31.58)  |      |
|   |    | 2000m                 | 2:46.70  | (33.31) | 2000m             | 2:42.96  | (31.58)  |      |
|   |    | 2400m                 | 3:19.91  | (33.21) | 2400m             | 3:14.29  | (31.33)  |      |
|   |    | 2800m                 | 3:53.36  | (33.45) | 2800m             | 3:45.80  | (31.51)  |      |
|   |    | 3200m                 | 4:26.67  | (33.31) | 3200m             | 4:17.00  | (31.20)  |      |
|   |    | 3600m                 | 4:59.94  | (33.27) | 3600m             | 4:48.31  | (31.31)  |      |
|   |    | 4000m                 | 5:33.40  | (33.46) | 4000m             | 5:19.49  | (31.18)  |      |
|   |    | 4400m                 | 6:07.23  | (33.83) | 4400m             | 5:50.82  | (31.33)  |      |
|   |    | 4800m                 | 6:41.26  | (34.03) | 4800m             | 6:22.11  | (31.29)  |      |
|   |    | 5200m                 | 7:15.09  | (33.83) | 5200m             | 6:53.39  | (31.28)  |      |
|   |    | 5600m                 | 7:49.46  | (34.37) | 5600m             | 7:24.64  | (31.25)  |      |
|   |    | 6000m                 | 8:24.01  | (34.55) | 6000m             | 7:55.81  | (31.17)  |      |
|   |    | 6400m                 | 8:57.78  | (33.77) | 6400m             | 8:26.84  | (31.03)  |      |
|   |    | 6800m                 | 9:32.31  | (34.53) | 6800m             | 8:58.42  | (31.58)  |      |
|   |    | 7200m                 | 10:06.55 | (34.24) | 7200m             | 9:28.80  | (30.38)  |      |
|   |    | 7600m                 | 10:40.85 | (34.30) | 7600m             | 9:59.93  | (31.13)  |      |
|   |    | 8000m                 | 11:15.39 | (34.54) | 8000m             | 10:30.80 | (30.87)  |      |
|   |    | 8400m                 | 11:50.43 | (35.04) | 8400m             | 11:01.58 | (30.78)  |      |
|   |    | 8800m                 | 12:24.58 | (34.15) | 8800m             | 11:31.90 | (30.32)  |      |
|   |    | 9200m                 | 12:58.84 | (34.26) | 9200m             | 12:01.85 | (29.95)  |      |
|   |    | 9600m                 | 13:33.37 | (34.53) | 9600m             | 12:32.33 | (30.48)  |      |
|   |    | 10000m                | 14:08.30 | (34.93) | 10000m            | 13:03.28 | (30.95)  |      |

|   |    | Naam              | Cat |  |   | PR | Tijd | Info |
|---|----|-------------------|-----|--|---|----|------|------|
| 7 | wt | 104 Pelle Bolsius | HA2 |  |   |    |      | WDR  |
|   | rd |                   |     |  |   |    |      |      |
|   |    | Pelle Bolsius     |     |  | m |    |      |      |