

Bob de Jong Bokaal / NK Neo-senioren 10km (m) / 5km (v)

Ijsbaan Haarlem - Haarlem

1. Uitslag Vrouwen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	29 Bente Kerkhoff	DN4	5	O	7:11.91	TRC TR	
2	56 Esmée Brommer	DN2	6	I	7:37.27	PR	
3	39 Susanne Prins	DN1	5	I	7:51.44		
4	22 Nyncke Dijkstra	DN3	4	O	7:55.92	PR	
5	15 Britt van Wees	DN4	3	I	7:58.50	PR	
6	9 Jitte Schuitemaker	DN1	6	O	8:16.15		
7	7 Lara Dingjan	DN1	4	I	8:16.78	PR	
8	1 Denise van der Hulst	DSA	1	O	8:27.34		
9	55 Mariska van Zon	DSA	2	I	8:32.33		
10	13 Kim Leliveld	DSB	2	O	8:33.94		
11	8 Tessa Dijksman	DSA	1	I	8:42.70		
	54 Meerle van den Berg	DN4	3	O		DQ	

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Ijsbaan Haarlem - Haarlem

1. Rituitslag Vrouwen 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	8	Tessa Dijkman		DSA	8:20.97		8:42.70	
	rd	1	Denise van der Hulst		DSA	7:47.24		8:27.34	
		Tessa Dijkman			Denise van der Hulst				
		200m	23.01	(23.01)	200m	23.30	(23.30)		
		600m	1:01.36	(38.35)	600m	1:01.48	(38.18)		
		1000m	1:40.60	(39.24)	1000m	1:41.06	(39.58)		
		1400m	2:20.26	(39.66)	1400m	2:21.07	(40.01)		
		1800m	2:59.55	(39.29)	1800m	3:01.44	(40.37)		
		2200m	3:39.42	(39.87)	2200m	3:41.76	(40.32)		
		2600m	4:19.75	(40.33)	2600m	4:23.02	(41.26)		
		3000m	5:00.71	(40.96)	3000m	5:04.50	(41.48)		
		3400m	5:42.83	(42.12)	3400m	5:45.34	(40.84)		
		3800m	6:25.79	(42.96)	3800m	6:26.03	(40.69)		
		4200m	7:10.00	(44.21)	4200m	7:06.34	(40.31)		
		4600m	7:55.61	(45.61)	4600m	7:46.85	(40.51)		
		5000m	8:42.70	(47.09)	5000m	8:27.34	(40.49)		

		Naam		Cat		PR		Tijd	Info
2	gl	55	Mariska van Zon		DSA	8:29.85		8:32.33	
	bl	13	Kim Leliveld		DSB	8:21.47		8:33.94	
		Mariska van Zon			Kim Leliveld				
		200m	22.30	(22.30)	200m	23.53	(23.53)		
		600m	59.29	(36.99)	600m	1:01.04	(37.51)		
		1000m	1:37.49	(38.20)	1000m	1:39.66	(38.62)		
		1400m	2:16.66	(39.17)	1400m	2:19.38	(39.72)		
		1800m	2:56.59	(39.93)	1800m	2:59.45	(40.07)		
		2200m	3:37.40	(40.81)	2200m	3:40.59	(41.14)		
		2600m	4:18.30	(40.90)	2600m	4:21.87	(41.28)		
		3000m	5:00.26	(41.96)	3000m	5:04.05	(42.18)		
		3400m	5:42.64	(42.38)	3400m	5:46.26	(42.21)		
		3800m	6:25.59	(42.95)	3800m	6:28.73	(42.47)		
		4200m	7:08.96	(43.37)	4200m	7:10.58	(41.85)		
		4600m	7:51.43	(42.47)	4600m	7:52.58	(42.00)		
		5000m	8:32.33	(40.90)	5000m	8:33.94	(41.36)		

Bob de Jong Bokaal / NK Neo-senioren 10km (m) / 5km (v)

Ijsbaan Haarlem - Haarlem

		Naam	Cat		PR	Tijd	Info
3	wt	15 Britt van Wees	DN4		9:05.68	7:58.50	PR
	rd	54 Meerle van den Berg	DN4		8:46.90	DQ	
		Britt van Wees			Meerle van den Berg		
		200m	22.35	(22.35)	200m	22.66	(22.66)
		600m	58.00	(35.65)	600m	59.17	(36.51)
		1000m	1:35.08	(37.08)	1000m	1:37.73	(38.56)
		1400m	2:13.12	(38.04)	1400m	2:17.01	(39.28)
		1800m	2:51.02	(37.90)	1800m	2:56.17	(39.16)
		2200m	3:29.00	(37.98)	2200m	3:35.26	(39.09)
		2600m	4:07.18	(38.18)	2600m	4:14.58	(39.32)
		3000m	4:45.64	(38.46)	3000m	4:54.27	(39.69)
		3400m	5:24.31	(38.67)	3400m	5:34.30	(40.03)
		3800m	6:02.83	(38.52)	3800m	6:14.61	(40.31)
		4200m	6:41.82	(38.99)	4200m	6:55.27	(40.66)
		4600m	7:20.56	(38.74)	4600m	7:34.64	(39.37)
		5000m	7:58.50	(37.94)	5000m	8:13.77	(39.13)

		Naam	Cat		PR	Tijd	Info
4	gl	7 Lara Dingjan	DN1		8:25.80	8:16.78	PR
	bl	22 Nyncke Dijkstra	DN3		7:58.55	7:55.92	PR
		Lara Dingjan			Nyncke Dijkstra		
		200m	22.10	(22.10)	200m	21.66	(21.66)
		600m	58.73	(36.63)	600m	56.54	(34.88)
		1000m	1:37.12	(38.39)	1000m	1:33.10	(36.56)
		1400m	2:15.73	(38.61)	1400m	2:10.23	(37.13)
		1800m	2:54.50	(38.77)	1800m	2:47.18	(36.95)
		2200m	3:33.71	(39.21)	2200m	3:24.83	(37.65)
		2600m	4:13.10	(39.39)	2600m	4:03.05	(38.22)
		3000m	4:53.02	(39.92)	3000m	4:41.22	(38.17)
		3400m	5:33.24	(40.22)	3400m	5:19.43	(38.21)
		3800m	6:13.95	(40.71)	3800m	5:57.99	(38.56)
		4200m	6:54.97	(41.02)	4200m	6:37.06	(39.07)
		4600m	7:35.97	(41.00)	4600m	7:16.54	(39.48)
		5000m	8:16.78	(40.81)	5000m	7:55.92	(39.38)

Bob de Jong Bokaal / NK Neo-senioren 10km (m) / 5km (v)

Ijsbaan Haarlem - Haarlem

		Naam	Cat		PR	Tijd	Info
5	wt	39 Susanne Prins	DN1		7:51.13	7:51.44	
	rd	29 Bente Kerkhoff	DN4		6:56.24	7:11.91	TRC TR
		Susanne Prins			Bente Kerkhoff		
		200m	21.29	(21.29)	200m	21.54	(21.54)
		600m	55.69	(34.40)	600m	54.36	(32.82)
		1000m	1:31.15	(35.46)	1000m	1:27.94	(33.58)
		1400m	2:07.44	(36.29)	1400m	2:01.53	(33.59)
		1800m	2:44.29	(36.85)	1800m	2:35.29	(33.76)
		2200m	3:21.65	(37.36)	2200m	3:09.17	(33.88)
		2600m	3:59.60	(37.95)	2600m	3:43.22	(34.05)
		3000m	4:37.86	(38.26)	3000m	4:17.54	(34.32)
		3400m	5:16.83	(38.97)	3400m	4:52.20	(34.66)
		3800m	5:56.22	(39.39)	3800m	5:26.90	(34.70)
		4200m	6:35.62	(39.40)	4200m	6:01.66	(34.76)
		4600m	7:14.07	(38.45)	4600m	6:36.50	(34.84)
		5000m	7:51.44	(37.37)	5000m	7:11.91	(35.41)

		Naam	Cat		PR	Tijd	Info
6	gl	56 Esmée Brommer	DN2		7:42.73	7:37.27	PR
	bl	9 Jitte Schuitemaker	DN1		8:05.68	8:16.15	
		Esmée Brommer			Jitte Schuitemaker		
		200m	21.41	(21.41)	200m	22.87	(22.87)
		600m	56.36	(34.95)	600m	58.66	(35.79)
		1000m	1:33.08	(36.72)	1000m	1:36.59	(37.93)
		1400m	2:10.50	(37.42)	1400m	2:15.46	(38.87)
		1800m	2:47.64	(37.14)	1800m	2:54.42	(38.96)
		2200m	3:24.63	(36.99)	2200m	3:33.52	(39.10)
		2600m	4:01.31	(36.68)	2600m	4:13.18	(39.66)
		3000m	4:37.04	(35.73)	3000m	4:52.93	(39.75)
		3400m	5:12.94	(35.90)	3400m	5:33.36	(40.43)
		3800m	5:48.87	(35.93)	3800m	6:14.48	(41.12)
		4200m	6:25.24	(36.37)	4200m	6:55.61	(41.13)
		4600m	7:01.45	(36.21)	4600m	7:36.11	(40.50)
		5000m	7:37.27	(35.82)	5000m	8:16.15	(40.04)

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IJsbaan Haarlem - Haarlem

2. Uitslag Mannen 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	4 Jelle Koeleman	HN2	5	O	14:11.43		
2	2 Jesse Vollaard	HN3	6	I	14:40.43	PR	
3	34 Jasper van der Marel	HN1	6	O	14:41.45		
4	40 Niels van Reeuwijk	HN1	5	I	14:49.25		
5	11 Joep Aben	HA1	3	I	14:57.22	PR	
6	16 Pieter Ullersma	HSA	4	O	16:06.37		
7	6 Alexander Doornekamp	HSA	3	O	16:19.06	PR	
8	53 Remco Boere	HSA	1	O	16:36.19	PR	
9	14 Peter Paul Erdman	HSB	1	I	17:48.61	PR	
	10 Stefan Huizenga	HA2	4	I		DQ	

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IJsbaan Haarlem - Haarlem

2. Rituitslag Mannen 10000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	14 Peter Paul Erdman	HSB	19:07.25	17:48.61	PR
	rd	53 Remco Boere	HSA	16:49.41	16:36.19	PR

Peter Paul Erdman

400m	37.79	(37.79)
800m	1:11.18	(33.39)
1200m	1:47.01	(35.83)
1600m	2:24.53	(37.52)
2000m	3:03.29	(38.76)
2400m	3:43.10	(39.81)
2800m	4:24.47	(41.37)
3200m	5:06.51	(42.04)
3600m	5:49.40	(42.89)
4000m	6:32.79	(43.39)
4400m	7:17.70	(44.91)
4800m	8:03.29	(45.59)
5200m	8:48.84	(45.55)
5600m	9:34.38	(45.54)
6000m	10:19.62	(45.24)
6400m	11:05.32	(45.70)
6800m	11:50.61	(45.29)
7200m	12:36.28	(45.67)
7600m	13:21.74	(45.46)
8000m	14:06.42	(44.68)
8400m	14:51.28	(44.86)
8800m	15:36.96	(45.68)
9200m	16:22.25	(45.29)
9600m	17:06.97	(44.72)
10000m	17:48.61	(41.64)

Remco Boere

400m	38.40	(38.40)
800m	1:14.86	(36.46)
1200m	1:53.36	(38.50)
1600m	2:32.26	(38.90)
2000m	3:11.24	(38.98)
2400m	3:50.72	(39.48)
2800m	4:29.96	(39.24)
3200m	5:09.50	(39.54)
3600m	5:49.20	(39.70)
4000m	6:28.71	(39.51)
4400m	7:08.47	(39.76)
4800m	7:48.41	(39.94)
5200m	8:28.71	(40.30)
5600m	9:09.52	(40.81)
6000m	9:50.00	(40.48)
6400m	10:30.50	(40.50)
6800m	11:10.82	(40.32)
7200m	11:51.02	(40.20)
7600m	12:31.29	(40.27)
8000m	13:12.14	(40.85)
8400m	13:53.07	(40.93)
8800m	14:33.82	(40.75)
9200m	15:14.56	(40.74)
9600m	15:55.52	(40.96)
10000m	16:36.19	(40.67)

		Naam	Cat	PR	Tijd	Info
2	gl					
	bl					

m

m

Bob de Jong Bokaal / NK Neo-senioren 10km (m) / 5km (v)

IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
3	wt	11 Joep Aben	HA1	15:14.34	14:57.22	PR
	rd	6 Alexander Doornekamp	HSA	16:44.38	16:19.06	PR

Joep Aben

400m	38.83	(38.83)
800m	1:14.62	(35.79)
1200m	1:51.02	(36.40)
1600m	2:27.02	(36.00)
2000m	3:02.92	(35.90)
2400m	3:39.16	(36.24)
2800m	4:15.56	(36.40)
3200m	4:51.81	(36.25)
3600m	5:27.83	(36.02)
4000m	6:04.01	(36.18)
4400m	6:39.79	(35.78)
4800m	7:15.54	(35.75)
5200m	7:51.26	(35.72)
5600m	8:27.61	(36.35)
6000m	9:04.20	(36.59)
6400m	9:40.30	(36.10)
6800m	10:15.93	(35.63)
7200m	10:51.72	(35.79)
7600m	11:27.91	(36.19)
8000m	12:03.49	(35.58)
8400m	12:38.82	(35.33)
8800m	13:14.37	(35.55)
9200m	13:49.39	(35.02)
9600m	14:23.70	(34.31)
10000m	14:57.22	(33.52)

Alexander Doornekamp

400m	41.62	(41.62)
800m	1:19.40	(37.78)
1200m	1:57.68	(38.28)
1600m	2:36.57	(38.89)
2000m	3:15.89	(39.32)
2400m	3:55.56	(39.67)
2800m	4:35.18	(39.62)
3200m	5:15.06	(39.88)
3600m	5:55.11	(40.05)
4000m	6:34.93	(39.82)
4400m	7:14.10	(39.17)
4800m	7:53.61	(39.51)
5200m	8:33.06	(39.45)
5600m	9:12.99	(39.93)
6000m	9:52.63	(39.64)
6400m	10:32.41	(39.78)
6800m	11:12.14	(39.73)
7200m	11:52.43	(40.29)
7600m	12:32.44	(40.01)
8000m	13:12.02	(39.58)
8400m	13:50.46	(38.44)
8800m	14:28.03	(37.57)
9200m	15:05.17	(37.14)
9600m	15:41.74	(36.57)
10000m	16:19.06	(37.32)

Bob de Jong Bokaal / NK Neo-senioren 10km (m) / 5km (v)

IJsbaan Haarlem - Haarlem

		Naam	Cat	PR	Tijd	Info
4	gl	10 Stefan Huizenga	HA2	15:17.96		DQ
	bl	16 Pieter Ullersma	HSA	15:09.69		16:06.37

Stefan Huizenga

400m	39.98	(39.98)
800m	1:14.85	(34.87)
1200m	1:49.14	(34.29)
1600m	2:24.09	(34.95)
2000m	2:58.98	(34.89)
2400m	3:33.53	(34.55)
2800m	4:08.30	(34.77)
3200m	4:43.09	(34.79)
3600m	5:18.37	(35.28)
4000m	5:53.49	(35.12)
4400m	6:28.86	(35.37)
4800m	7:03.91	(35.05)
5200m	7:38.32	(34.41)
5600m	8:12.84	(34.52)
6000m	8:48.18	(35.34)
6400m	9:23.60	(35.42)
6800m	9:58.88	(35.28)
7200m	10:34.30	(35.42)
7600m	11:09.95	(35.65)
8000m	11:45.24	(35.29)
8400m	12:20.56	(35.32)
8800m	12:56.35	(35.79)
9200m	13:31.21	(34.86)
9600m	14:06.24	(35.03)
10000m	14:40.60	(34.36)

Pieter Ullersma

400m	40.82	(40.82)
800m	1:17.64	(36.82)
1200m	1:54.66	(37.02)
1600m	2:32.22	(37.56)
2000m	3:09.70	(37.48)
2400m	3:47.62	(37.92)
2800m	4:25.45	(37.83)
3200m	5:03.50	(38.05)
3600m	5:41.73	(38.23)
4000m	6:19.00	(37.27)
4400m	6:55.98	(36.98)
4800m	7:34.97	(38.99)
5200m	8:13.95	(38.98)
5600m	8:52.31	(38.36)
6000m	9:30.55	(38.24)
6400m	10:10.01	(39.46)
6800m	10:49.43	(39.42)
7200m	11:29.08	(39.65)
7600m	12:08.24	(39.16)
8000m	12:47.98	(39.74)
8400m	13:27.93	(39.95)
8800m	14:08.02	(40.09)
9200m	14:47.93	(39.91)
9600m	15:27.49	(39.56)
10000m	16:06.37	(38.88)

Bob de Jong Bokaal / NK Neo-senioren 10km (m) / 5km (v)

IJsbaan Haarlem - Haarlem

	Naam	Cat	PR	Tijd	Info
5	wt 40 Niels van Reeuwijk	HN1		14:49.25	
	rd 4 Jelle Koeleman	HN2	13:46.02	14:11.43	
	Niels van Reeuwijk		Jelle Koeleman		
	400m 38.66 (38.66)		400m 37.39 (37.39)		
	800m 1:13.99 (35.33)		800m 1:11.67 (34.28)		
	1200m 1:50.03 (36.04)		1200m 1:46.13 (34.46)		
	1600m 2:25.41 (35.38)		1600m 2:20.09 (33.96)		
	2000m 3:00.75 (35.34)		2000m 2:53.91 (33.82)		
	2400m 3:35.95 (35.20)		2400m 3:27.71 (33.80)		
	2800m 4:11.43 (35.48)		2800m 4:01.89 (34.18)		
	3200m 4:46.72 (35.29)		3200m 4:35.94 (34.05)		
	3600m 5:22.25 (35.53)		3600m 5:09.88 (33.94)		
	4000m 5:58.22 (35.97)		4000m 5:43.94 (34.06)		
	4400m 6:33.69 (35.47)		4400m 6:17.81 (33.87)		
	4800m 7:09.03 (35.34)		4800m 6:51.71 (33.90)		
	5200m 7:44.52 (35.49)		5200m 7:25.47 (33.76)		
	5600m 8:19.50 (34.98)		5600m 7:58.92 (33.45)		
	6000m 8:54.39 (34.89)		6000m 8:32.06 (33.14)		
	6400m 9:29.53 (35.14)		6400m 9:05.74 (33.68)		
	6800m 10:04.75 (35.22)		6800m 9:39.45 (33.71)		
	7200m 10:40.21 (35.46)		7200m 10:13.53 (34.08)		
	7600m 11:15.49 (35.28)		7600m 10:47.84 (34.31)		
	8000m 11:50.81 (35.32)		8000m 11:21.85 (34.01)		
	8400m 12:26.25 (35.44)		8400m 11:55.80 (33.95)		
	8800m 13:02.28 (36.03)		8800m 12:29.87 (34.07)		
	9200m 13:38.32 (36.04)		9200m 13:03.86 (33.99)		
	9600m 14:13.43 (35.11)		9600m 13:37.67 (33.81)		
	10000m 14:49.25 (35.82)		10000m 14:11.43 (33.76)		

Bob de Jong Bokaal / NK Neo-senioren 10km (m) / 5km (v)

IJsbahn Haarlem - Haarlem

	Naam	Cat	PR	Tijd	Info
6	gl 2 Jesse Vollaard	HN3	14:43.19	14:40.43	PR
	bl 34 Jasper van der Marel	HN1		14:41.45	

Jesse Vollaard

400m	37.84	(37.84)
800m	1:12.32	(34.48)
1200m	1:46.93	(34.61)
1600m	2:21.56	(34.63)
2000m	2:56.73	(35.17)
2400m	3:31.64	(34.91)
2800m	4:06.96	(35.32)
3200m	4:42.22	(35.26)
3600m	5:17.67	(35.45)
4000m	5:53.18	(35.51)
4400m	6:29.02	(35.84)
4800m	7:04.41	(35.39)
5200m	7:40.11	(35.70)
5600m	8:15.42	(35.31)
6000m	8:50.37	(34.95)
6400m	9:24.95	(34.58)
6800m	9:59.87	(34.92)
7200m	10:34.35	(34.48)
7600m	11:09.72	(35.37)
8000m	11:44.80	(35.08)
8400m	12:20.02	(35.22)
8800m	12:55.52	(35.50)
9200m	13:30.62	(35.10)
9600m	14:05.94	(35.32)
10000m	14:40.43	(34.49)

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400m	37.29	(37.29)
800m	1:11.85	(34.56)
1200m	1:46.69	(34.84)
1600m	2:21.69	(35.00)
2000m	2:56.21	(34.52)
2400m	3:31.13	(34.92)
2800m	4:06.46	(35.33)
3200m	4:42.00	(35.54)
3600m	5:17.47	(35.47)
4000m	5:53.12	(35.65)
4400m	6:28.32	(35.20)
4800m	7:03.77	(35.45)
5200m	7:38.97	(35.20)
5600m	8:14.31	(35.34)
6000m	8:49.80	(35.49)
6400m	9:25.06	(35.26)
6800m	9:59.91	(34.85)
7200m	10:35.10	(35.19)
7600m	11:10.36	(35.26)
8000m	11:46.28	(35.92)
8400m	12:21.51	(35.23)
8800m	12:56.49	(34.98)
9200m	13:31.67	(35.18)
9600m	14:06.90	(35.23)
10000m	14:41.45	(34.55)