

# Open wedstrijd lange afstanden

IJsbaan Twente - Enschede

16 maart 2025

## 1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	33 Rick de Ruijgt	HN4	7	I	7:04.46		
2	28 Martin Hänggi	H55	2	O	7:04.94	TRC	
3	15 Lars Groenheiden	HB2	7	O	7:08.17	PR	
4	18 Onne van Miltenburg	HB2	8	O	7:15.51	PR	
5	30 Evan Leeuwis	HA2	8	I	7:17.93	PR	
6	35 Jeroen Goudswaard	HSB	5	I	7:39.84	PR	
7	39 Erik Smid	HSB	6	I	8:03.40		
8	12 Valentijn van der Liet	HB1	5	O	8:04.85	PR	
9	29 Mathe Toonen	HSA	4	I	8:13.67	PR	
10	23 Lars Vernet	HN4	6	O	8:14.83		
11	32 Talita van Hartskamp	DSA	3	I	8:27.44	PR	
12	34 Anouk Rodenburg	DB2	3	O	8:51.52		
13	24 Maud Beusen	DN2	2	I	8:57.00	PR	
14	27 Sonia Schipper	DSA	4	O	8:57.35	PR	
15	25 Johan Sonneveld	HSA	1	O	9:02.86		
16	44 Lisa Feenstra	DN3	1	I	9:48.46		

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2025

## 1. Rituitslag 5000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	44	<b>Lisa Feenstra</b>		DN3			<b>9:48.46</b>	
	rd	25	<b>Johan Sonneveld</b>		HSA	9:01.79		<b>9:02.86</b>	
		<b>Lisa Feenstra</b>			<b>Johan Sonneveld</b>				
		200m	26.32	(26.32)	200m	24.23	(24.23)		
		600m	1:10.71	(44.39)	600m	1:03.76	(39.53)		
		1000m	1:57.22	(46.51)	1000m	1:44.27	(40.51)		
		1400m	2:43.75	(46.53)	1400m	2:25.55	(41.28)		
		1800m	3:30.46	(46.71)	1800m	3:07.29	(41.74)		
		2200m	4:17.52	(47.06)	2200m	3:50.41	(43.12)		
		2600m	5:05.32	(47.80)	2600m	4:34.29	(43.88)		
		3000m	5:53.19	(47.87)	3000m	5:18.95	(44.66)		
		3400m	6:40.69	(47.50)	3400m	6:03.59	(44.64)		
		3800m	7:28.42	(47.73)	3800m	6:48.65	(45.06)		
		4200m	8:15.77	(47.35)	4200m	7:33.55	(44.90)		
		4600m	9:02.62	(46.85)	4600m	8:18.59	(45.04)		
		5000m	9:48.46	(45.84)	5000m	9:02.86	(44.27)		

		Naam		Cat		PR		Tijd	Info
2	gl	24	<b>Maud Beusen</b>		DN2	9:26.43		<b>8:57.00</b>	PR
	bl	28	<b>Martin Hänggi</b>		H55			<b>7:04.94</b>	TRC
		<b>Maud Beusen</b>			<b>Martin Hänggi</b>				
		200m	23.36	(23.36)	200m	21.48	(21.48)		
		600m	1:02.05	(38.69)	600m	54.51	(33.03)		
		1000m	1:42.39	(40.34)	1000m	1:27.31	(32.80)		
		1400m	2:23.66	(41.27)	1400m	2:00.54	(33.23)		
		1800m	3:05.06	(41.40)	1800m	2:34.04	(33.50)		
		2200m	3:46.70	(41.64)	2200m	3:07.38	(33.34)		
		2600m	4:28.96	(42.26)	2600m	3:40.80	(33.42)		
		3000m	5:11.91	(42.95)	3000m	4:14.56	(33.76)		
		3400m	5:55.63	(43.72)	3400m	4:48.43	(33.87)		
		3800m	6:39.93	(44.30)	3800m	5:22.55	(34.12)		
		4200m	7:25.16	(45.23)	4200m	5:57.18	(34.63)		
		4600m	8:10.72	(45.56)	4600m	6:31.32	(34.14)		
		5000m	8:57.00	(46.28)	5000m	7:04.94	(33.62)		

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

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		Naam			Cat			PR	Tijd	Info
3	wt	32	<b>Talita van Hartskamp</b>		DSA			8:42.83	<b>8:27.44</b>	PR
	rd	34	<b>Anouk Rodenburg</b>		DB2			8:45.41	<b>8:51.52</b>	
		<b>Talita van Hartskamp</b>			<b>Anouk Rodenburg</b>					
		200m	23.33	(23.33)	200m	24.48	(24.48)			
		600m	59.89	(36.56)	600m	1:03.13	(38.65)			
		1000m	1:37.85	(37.96)	1000m	1:42.82	(39.69)			
		1400m	2:16.38	(38.53)	1400m	2:23.54	(40.72)			
		1800m	2:56.02	(39.64)	1800m	3:04.74	(41.20)			
		2200m	3:36.42	(40.40)	2200m	3:46.96	(42.22)			
		2600m	4:17.54	(41.12)	2600m	4:29.69	(42.73)			
		3000m	4:59.00	(41.46)	3000m	5:12.43	(42.74)			
		3400m	5:40.61	(41.61)	3400m	5:55.88	(43.45)			
		3800m	6:22.47	(41.86)	3800m	6:39.77	(43.89)			
		4200m	7:03.70	(41.23)	4200m	7:24.50	(44.73)			
		4600m	7:45.79	(42.09)	4600m	8:08.65	(44.15)			
		5000m	8:27.44	(41.65)	5000m	8:51.52	(42.87)			

		Naam			Cat			PR	Tijd	Info
4	gl	29	<b>Mathe Toonen</b>		HSA			8:16.77	<b>8:13.67</b>	PR
	bl	27	<b>Sonia Schipper</b>		DSA			9:23.41	<b>8:57.35</b>	PR
		<b>Mathe Toonen</b>			<b>Sonia Schipper</b>					
		200m	22.82	(22.82)	200m	23.99	(23.99)			
		600m	59.17	(36.35)	600m	1:02.86	(38.87)			
		1000m	1:35.99	(36.82)	1000m	1:44.14	(41.28)			
		1400m	2:13.06	(37.07)	1400m	2:26.55	(42.41)			
		1800m	2:49.51	(36.45)	1800m	3:09.19	(42.64)			
		2200m	3:26.11	(36.60)	2200m	3:52.20	(43.01)			
		2600m	4:05.10	(38.99)	2600m	4:35.41	(43.21)			
		3000m	4:44.98	(39.88)	3000m	5:19.06	(43.65)			
		3400m	5:25.83	(40.85)	3400m	6:02.68	(43.62)			
		3800m	6:08.31	(42.48)	3800m	6:46.38	(43.70)			
		4200m	6:52.23	(43.92)	4200m	7:30.05	(43.67)			
		4600m	7:33.45	(41.22)	4600m	8:13.78	(43.73)			
		5000m	8:13.67	(40.22)	5000m	8:57.35	(43.57)			

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		Naam			Cat			PR	Tijd	Info
5	wt	35	<b>Jeroen Goudswaard</b>		HSB			7:45.49	<b>7:39.84</b>	PR
	rd	12	<b>Valentijn van der Liet</b>		HB1			8:16.55	<b>8:04.85</b>	PR
		<u>Jeroen Goudswaard</u>			<u>Valentijn van der Liet</u>					
		200m	21.50	(21.50)	200m	23.24	(23.24)			
		600m	56.71	(35.21)	600m	58.62	(35.38)			
		1000m	1:32.75	(36.04)	1000m	1:35.27	(36.65)			
		1400m	2:09.23	(36.48)	1400m	2:13.03	(37.76)			
		1800m	2:45.65	(36.42)	1800m	2:50.72	(37.69)			
		2200m	3:22.00	(36.35)	2200m	3:29.17	(38.45)			
		2600m	3:58.86	(36.86)	2600m	4:07.84	(38.67)			
		3000m	4:35.48	(36.62)	3000m	4:46.61	(38.77)			
		3400m	5:12.31	(36.83)	3400m	5:25.95	(39.34)			
		3800m	5:49.18	(36.87)	3800m	6:05.64	(39.69)			
		4200m	6:26.01	(36.83)	4200m	6:45.69	(40.05)			
		4600m	7:02.90	(36.89)	4600m	7:25.93	(40.24)			
		5000m	7:39.84	(36.94)	5000m	8:04.85	(38.92)			

		Naam			Cat			PR	Tijd	Info
6	gl	39	<b>Erik Smid</b>		HSB			7:38.67	<b>8:03.40</b>	
	bl	23	<b>Lars Vernet</b>		HN4			8:01.71	<b>8:14.83</b>	
		<u>Erik Smid</u>			<u>Lars Vernet</u>					
		200m	23.49	(23.49)	200m	22.35	(22.35)			
		600m	59.79	(36.30)	600m	58.58	(36.23)			
		1000m	1:37.27	(37.48)	1000m	1:36.34	(37.76)			
		1400m	2:15.44	(38.17)	1400m	2:14.33	(37.99)			
		1800m	2:53.66	(38.22)	1800m	2:52.90	(38.57)			
		2200m	3:31.78	(38.12)	2200m	3:31.71	(38.81)			
		2600m	4:10.24	(38.46)	2600m	4:11.19	(39.48)			
		3000m	4:48.91	(38.67)	3000m	4:51.27	(40.08)			
		3400m	5:27.47	(38.56)	3400m	5:31.65	(40.38)			
		3800m	6:06.63	(39.16)	3800m	6:11.85	(40.20)			
		4200m	6:45.26	(38.63)	4200m	6:52.44	(40.59)			
		4600m	7:24.58	(39.32)	4600m	7:33.56	(41.12)			
		5000m	8:03.40	(38.82)	5000m	8:14.83	(41.27)			

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		Naam	Cat	PR	Tijd	Info
7	wt	33 <b>Rick de Ruijt</b>	HN4	6:55.64	<b>7:04.46</b>	
	rd	15 <b>Lars Groenheiden</b>	HB2	7:30.90	<b>7:08.17</b>	PR
		<b>Rick de Ruijt</b>			<b>Lars Groenheiden</b>	
		200m	20.67 (20.67)	200m	20.62 (20.62)	
		600m	53.41 (32.74)	600m	53.89 (33.27)	
		1000m	1:26.40 (32.99)	1000m	1:27.57 (33.68)	
		1400m	1:59.73 (33.33)	1400m	2:01.43 (33.86)	
		1800m	2:33.03 (33.30)	1800m	2:35.02 (33.59)	
		2200m	3:06.16 (33.13)	2200m	3:08.74 (33.72)	
		2600m	3:39.58 (33.42)	2600m	3:42.54 (33.80)	
		3000m	4:13.35 (33.77)	3000m	4:16.62 (34.08)	
		3400m	4:47.12 (33.77)	3400m	4:50.89 (34.27)	
		3800m	5:21.21 (34.09)	3800m	5:24.99 (34.10)	
		4200m	5:55.57 (34.36)	4200m	5:59.43 (34.44)	
		4600m	6:29.97 (34.40)	4600m	6:33.65 (34.22)	
		5000m	7:04.46 (34.49)	5000m	7:08.17 (34.52)	

		Naam	Cat	PR	Tijd	Info
8	gl	30 <b>Evan Leeuwis</b>	HA2	7:20.78	<b>7:17.93</b>	PR
	bl	18 <b>Onne van Miltenburg</b>	HB2	7:29.93	<b>7:15.51</b>	PR
		<b>Evan Leeuwis</b>			<b>Onne van Miltenburg</b>	
		200m	20.74 (20.74)	200m	21.14 (21.14)	
		600m	54.80 (34.06)	600m	55.13 (33.99)	
		1000m	1:29.27 (34.47)	1000m	1:29.34 (34.21)	
		1400m	2:04.41 (35.14)	1400m	2:03.45 (34.11)	
		1800m	2:38.70 (34.29)	1800m	2:37.32 (33.87)	
		2200m	3:11.85 (33.15)	2200m	3:11.15 (33.83)	
		2600m	3:45.73 (33.88)	2600m	3:45.64 (34.49)	
		3000m	4:20.25 (34.52)	3000m	4:20.05 (34.41)	
		3400m	4:54.63 (34.38)	3400m	4:54.86 (34.81)	
		3800m	5:29.53 (34.90)	3800m	5:29.83 (34.97)	
		4200m	6:05.06 (35.53)	4200m	6:04.78 (34.95)	
		4600m	6:41.37 (36.31)	4600m	6:39.96 (35.18)	
		5000m	7:17.93 (36.56)	5000m	7:15.51 (35.55)	

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IJsbaan Twente - Enschede

16 maart 2025

## 2. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	48 Jort van Wijk	HN4	19	I	14:28.75	PR	
2	8 Twan Kuipers	HA2	20	O	15:04.94	PR	
3	10 Sylvian Hoogeveen	HN1	20	I	15:50.52	PR	
4	9 Mark Withagen	HN1	12	I	16:10.65		
5	7 Jasper Lammerink	HSB	19	O	16:15.92	PR	
6	47 Dennis Vergeer	HN3	18	O	16:18.76	PR	
7	1 Peter van Buiten	HSA	18	I	16:27.69	PR	
8	41 Arthur Zijlstra	HN3	11	O	16:41.58		
9	26 Tjibbe Moller	HA1	11	I	16:57.50		
10	6 Daan Voorhoeve	HSA	17	O	17:01.62		
11	2 Colin Koenderink	HN2	16	I	17:05.82	PR	
12	17 Iris Bosch	DSB	13	O	17:12.42	TRC	
13	4 Leo de Leede	H60	14	O	17:21.67		
14	14 Harmen Nanninga	HSA	14	I	17:49.38		
15	11 Simcha Kruithof	HN2	12	O	17:56.91		
16	19 Jelte van der Zwaag	HN2	9	I	18:17.72		
17	20 Floris Naber	HSA	17	I	18:58.03		
18	5 Menno Brink	HSA	15	O	19:01.21		
19	38 Rolien de Groot	D45	15	I	19:16.36		
20	22 Arthur Knibbe	HSA	16	O	19:28.83	PR	
21	42 Lieve Bunt	DA2	13	I	19:53.12		

# Open wedstrijd lange afstanden

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16 maart 2025

## 2. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
9	wt rd	19 Jelte van der Zwaag	HN2	18:17.72	

### Jelte van der Zwaag

400m	48.75	(48.75)	m
800m	1:30.74	(41.99)	
1200m	2:13.26	(42.52)	
1600m	2:56.26	(43.00)	
2000m	3:39.25	(42.99)	
2400m	4:23.01	(43.76)	
2800m	5:07.12	(44.11)	
3200m	5:52.01	(44.89)	
3600m	6:36.63	(44.62)	
4000m	7:21.27	(44.64)	
4400m	8:05.96	(44.69)	
4800m	8:50.77	(44.81)	
5200m	9:35.14	(44.37)	
5600m	10:19.32	(44.18)	
6000m	11:03.42	(44.10)	
6400m	11:47.18	(43.76)	
6800m	12:30.66	(43.48)	
7200m	13:13.94	(43.28)	
7600m	13:57.25	(43.31)	
8000m	14:40.65	(43.40)	
8400m	15:24.62	(43.97)	
8800m	16:07.71	(43.09)	
9200m	16:51.21	(43.50)	
9600m	17:34.47	(43.26)	
10000m	18:17.72	(43.25)	

	Naam	Cat	PR	Tijd	Info
10	gl bl				

m

m

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

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		Naam		Cat		PR		Tijd	Info
11	wt	26	<b>Tjibbe Moller</b>		HA1			<b>16:57.50</b>	
	rd	41	<b>Arthur Zijlstra</b>		HN3			<b>16:41.58</b>	
		<b>Tjibbe Moller</b>				<b>Arthur Zijlstra</b>			
		400m	42.07	(42.07)		400m	40.78	(40.78)	
		800m	1:22.67	(40.60)		800m	1:19.42	(38.64)	
		1200m	2:04.12	(41.45)		1200m	1:58.81	(39.39)	
		1600m	2:44.99	(40.87)		1600m	2:38.07	(39.26)	
		2000m	3:25.40	(40.41)		2000m	3:17.59	(39.52)	
		2400m	4:05.59	(40.19)		2400m	3:57.30	(39.71)	
		2800m	4:46.10	(40.51)		2800m	4:36.12	(38.82)	
		3200m	5:25.63	(39.53)		3200m	5:15.90	(39.78)	
		3600m	6:05.28	(39.65)		3600m	5:56.39	(40.49)	
		4000m	6:45.16	(39.88)		4000m	6:36.21	(39.82)	
		4400m	7:24.91	(39.75)		4400m	7:15.97	(39.76)	
		4800m	8:04.95	(40.04)		4800m	7:56.44	(40.47)	
		5200m	8:45.24	(40.29)		5200m	8:36.80	(40.36)	
		5600m	9:25.58	(40.34)		5600m	9:16.97	(40.17)	
		6000m	10:06.05	(40.47)		6000m	9:57.09	(40.12)	
		6400m	10:46.81	(40.76)		6400m	10:37.42	(40.33)	
		6800m	11:27.39	(40.58)		6800m	11:17.26	(39.84)	
		7200m	12:07.77	(40.38)		7200m	11:57.87	(40.61)	
		7600m	12:48.28	(40.51)		7600m	12:38.53	(40.66)	
		8000m	13:29.36	(41.08)		8000m	13:20.03	(41.50)	
		8400m	14:10.89	(41.53)		8400m	14:00.89	(40.86)	
		8800m	14:52.39	(41.50)		8800m	14:42.59	(41.70)	
		9200m	15:34.07	(41.68)		9200m	15:22.84	(40.25)	
		9600m	16:15.62	(41.55)		9600m	16:02.22	(39.38)	
		10000m	16:57.50	(41.88)		10000m	16:41.58	(39.36)	



# Open wedstrijd lange afstanden

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16 maart 2025

		Naam		Cat		PR		Tijd	Info
12	gl	9	<b>Mark Withagen</b>		HN1			<b>16:10.65</b>	
	bl	11	<b>Simcha Kruithof</b>		HN2			<b>17:56.91</b>	
		<b>Mark Withagen</b>				<b>Simcha Kruithof</b>			
		400m	40.65	(40.65)		400m	44.48	(44.48)	
		800m	1:17.42	(36.77)		800m	1:25.29	(40.81)	
		1200m	1:55.76	(38.34)		1200m	2:06.48	(41.19)	
		1600m	2:34.20	(38.44)		1600m	2:47.49	(41.01)	
		2000m	3:12.80	(38.60)		2000m	3:28.93	(41.44)	
		2400m	3:50.93	(38.13)		2400m	4:10.01	(41.08)	
		2800m	4:29.05	(38.12)		2800m	4:51.14	(41.13)	
		3200m	5:07.67	(38.62)		3200m	5:31.87	(40.73)	
		3600m	5:46.33	(38.66)		3600m	6:12.97	(41.10)	
		4000m	6:25.09	(38.76)		4000m	6:54.24	(41.27)	
		4400m	7:04.00	(38.91)		4400m	7:36.04	(41.80)	
		4800m	7:42.69	(38.69)		4800m	8:17.54	(41.50)	
		5200m	8:21.72	(39.03)		5200m	8:59.93	(42.39)	
		5600m	9:00.97	(39.25)		5600m	9:42.80	(42.87)	
		6000m	9:40.44	(39.47)		6000m	10:25.73	(42.93)	
		6400m	10:20.29	(39.85)		6400m	11:08.94	(43.21)	
		6800m	11:00.07	(39.78)		6800m	11:53.37	(44.43)	
		7200m	11:39.41	(39.34)		7200m	12:37.25	(43.88)	
		7600m	12:18.51	(39.10)		7600m	13:20.99	(43.74)	
		8000m	12:57.49	(38.98)		8000m	14:05.89	(44.90)	
		8400m	13:36.15	(38.66)		8400m	14:52.22	(46.33)	
		8800m	14:14.91	(38.76)		8800m	15:38.06	(45.84)	
		9200m	14:53.91	(39.00)		9200m	16:28.21	(50.15)	
		9600m	15:32.62	(38.71)		9600m	17:12.11	(43.90)	
		10000m	16:10.65	(38.03)		10000m	17:56.91	(44.80)	

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2025

		Naam			Cat	PR	Tijd	Info
13	wt	42	<b>Lieve Bunt</b>			DA2		<b>19:53.12</b>
	rd	17	<b>Iris Bosch</b>			DSB		<b>17:12.42</b> TRC
		<b>Lieve Bunt</b>			<b>Iris Bosch</b>			
		400m	47.84	(47.84)	400m	45.96	(45.96)	
		800m	1:31.71	(43.87)	800m	1:26.68	(40.72)	
		1200m	2:15.51	(43.80)	1200m	2:06.61	(39.93)	
		1600m	3:00.44	(44.93)	1600m	2:46.58	(39.97)	
		2000m	3:46.51	(46.07)	2000m	3:26.60	(40.02)	
		2400m	4:33.16	(46.65)	2400m	4:06.70	(40.10)	
		2800m	5:20.11	(46.95)	2800m	4:46.70	(40.00)	
		3200m	6:07.80	(47.69)	3200m	5:26.77	(40.07)	
		3600m	6:56.21	(48.41)	3600m	6:06.98	(40.21)	
		4000m	7:45.64	(49.43)	4000m	6:47.43	(40.45)	
		4400m	8:34.54	(48.90)	4400m	7:27.70	(40.27)	
		4800m	9:24.53	(49.99)	4800m	8:08.18	(40.48)	
		5200m	10:13.92	(49.39)	5200m	8:48.88	(40.70)	
		5600m	11:03.67	(49.75)	5600m	9:29.51	(40.63)	
		6000m	11:53.26	(49.59)	6000m	10:10.72	(41.21)	
		6400m	12:43.02	(49.76)	6400m	10:51.94	(41.22)	
		6800m	13:32.87	(49.85)	6800m	11:33.43	(41.49)	
		7200m	14:22.48	(49.61)	7200m	12:15.21	(41.78)	
		7600m	15:12.09	(49.61)	7600m	12:57.13	(41.92)	
		8000m	16:02.08	(49.99)	8000m	13:39.00	(41.87)	
		8400m	16:50.78	(48.70)	8400m	14:21.56	(42.56)	
		8800m	17:39.46	(48.68)	8800m	15:04.16	(42.60)	
		9200m	18:26.81	(47.35)	9200m	15:46.76	(42.60)	
		9600m	19:09.75	(42.94)	9600m	16:29.55	(42.79)	
		10000m	19:53.12	(43.37)	10000m	17:12.42	(42.87)	

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2025

		Naam		Cat		PR		Tijd	Info
14	gl	14	<b>Harmen Nanninga</b>		HSA			<b>17:49.38</b>	
	bl	4	<b>Leo de Leede</b>		H60			<b>17:21.67</b>	
		<b>Harmen Nanninga</b>				<b>Leo de Leede</b>			
		400m	42.51	(42.51)		400m	45.19	(45.19)	
		800m	1:22.97	(40.46)		800m	1:25.94	(40.75)	
		1200m	2:05.25	(42.28)		1200m	2:07.96	(42.02)	
		1600m	2:47.88	(42.63)		1600m	2:49.92	(41.96)	
		2000m	3:30.61	(42.73)		2000m	3:31.74	(41.82)	
		2400m	4:13.21	(42.60)		2400m	4:13.49	(41.75)	
		2800m	4:56.08	(42.87)		2800m	4:55.36	(41.87)	
		3200m	5:38.99	(42.91)		3200m	5:37.19	(41.83)	
		3600m	6:21.54	(42.55)		3600m	6:19.01	(41.82)	
		4000m	7:05.08	(43.54)		4000m	7:00.56	(41.55)	
		4400m	7:48.41	(43.33)		4400m	7:42.36	(41.80)	
		4800m	8:31.76	(43.35)		4800m	8:24.05	(41.69)	
		5200m	9:14.35	(42.59)		5200m	9:05.77	(41.72)	
		5600m	9:57.30	(42.95)		5600m	9:47.37	(41.60)	
		6000m	10:40.13	(42.83)		6000m	10:29.08	(41.71)	
		6400m	11:23.20	(43.07)		6400m	11:10.72	(41.64)	
		6800m	12:06.27	(43.07)		6800m	11:52.38	(41.66)	
		7200m	12:49.37	(43.10)		7200m	12:33.67	(41.29)	
		7600m	13:32.53	(43.16)		7600m	13:15.13	(41.46)	
		8000m	14:16.03	(43.50)		8000m	13:56.64	(41.51)	
		8400m	14:59.33	(43.30)		8400m	14:38.09	(41.45)	
		8800m	15:42.49	(43.16)		8800m	15:19.44	(41.35)	
		9200m	16:25.25	(42.76)		9200m	16:00.60	(41.16)	
		9600m	17:07.93	(42.68)		9600m	16:41.67	(41.07)	
		10000m	17:49.38	(41.45)		10000m	17:21.67	(40.00)	

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2025

		Naam			Cat	PR	Tijd	Info
15	wt	38	<b>Rolien de Groot</b>		D45	18:34.16	<b>19:16.36</b>	
	rd	5	<b>Menno Brink</b>		HSA		<b>19:01.21</b>	
		<b>Rolien de Groot</b>			<b>Menno Brink</b>			
		400m	46.13	(46.13)	400m	44.72	(44.72)	
		800m	1:29.88	(43.75)	800m	1:27.41	(42.69)	
		1200m	2:14.98	(45.10)	1200m	2:10.73	(43.32)	
		1600m	2:59.93	(44.95)	1600m	2:54.11	(43.38)	
		2000m	3:44.56	(44.63)	2000m	3:38.12	(44.01)	
		2400m	4:29.18	(44.62)	2400m	4:22.19	(44.07)	
		2800m	5:14.62	(45.44)	2800m	5:06.73	(44.54)	
		3200m	6:00.29	(45.67)	3200m	5:51.44	(44.71)	
		3600m	6:47.11	(46.82)	3600m	6:37.15	(45.71)	
		4000m	7:33.45	(46.34)	4000m	7:23.55	(46.40)	
		4400m	8:20.15	(46.70)	4400m	8:09.80	(46.25)	
		4800m	9:07.26	(47.11)	4800m	8:56.20	(46.40)	
		5200m	9:54.45	(47.19)	5200m	9:43.13	(46.93)	
		5600m	10:41.38	(46.93)	5600m	10:29.23	(46.10)	
		6000m	11:27.95	(46.57)	6000m	11:15.48	(46.25)	
		6400m	12:14.75	(46.80)	6400m	12:00.59	(45.11)	
		6800m	13:01.35	(46.60)	6800m	12:47.05	(46.46)	
		7200m	13:48.19	(46.84)	7200m	13:33.58	(46.53)	
		7600m	14:35.07	(46.88)	7600m	14:20.50	(46.92)	
		8000m	15:22.32	(47.25)	8000m	15:06.55	(46.05)	
		8400m	16:09.18	(46.86)	8400m	15:52.79	(46.24)	
		8800m	16:56.10	(46.92)	8800m	16:39.38	(46.59)	
		9200m	17:43.15	(47.05)	9200m	17:25.85	(46.47)	
		9600m	18:30.16	(47.01)	9600m	18:13.32	(47.47)	
		10000m	19:16.36	(46.20)	10000m	19:01.21	(47.89)	

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2025

		Naam	Cat	PR	Tijd	Info
16	gl	2 <b>Colin Koenderink</b>	HN2	17:55.98	<b>17:05.82</b>	PR
	bl	22 <b>Arthur Knibbe</b>	HSA	20:26.05	<b>19:28.83</b>	PR

## Colin Koenderink

400m	42.95	(42.95)
800m	1:22.94	(39.99)
1200m	2:04.09	(41.15)
1600m	2:44.41	(40.32)
2000m	3:25.04	(40.63)
2400m	4:06.37	(41.33)
2800m	4:47.28	(40.91)
3200m	5:28.91	(41.63)
3600m	6:10.35	(41.44)
4000m	6:51.74	(41.39)
4400m	7:33.29	(41.55)
4800m	8:14.78	(41.49)
5200m	8:56.32	(41.54)
5600m	9:37.56	(41.24)
6000m	10:18.69	(41.13)
6400m	10:59.17	(40.48)
6800m	11:40.43	(41.26)
7200m	12:21.79	(41.36)
7600m	13:02.79	(41.00)
8000m	13:43.73	(40.94)
8400m	14:24.84	(41.11)
8800m	15:05.41	(40.57)
9200m	15:45.63	(40.22)
9600m	16:26.54	(40.91)
10000m	17:05.82	(39.28)

## Arthur Knibbe

400m	42.23	(42.23)
800m	1:23.65	(41.42)
1200m	2:05.88	(42.23)
1600m	2:49.44	(43.56)
2000m	3:33.55	(44.11)
2400m	4:18.18	(44.63)
2800m	5:03.75	(45.57)
3200m	5:50.63	(46.88)
3600m	6:38.27	(47.64)
4000m	7:27.77	(49.50)
4400m	8:16.86	(49.09)
4800m	9:06.58	(49.72)
5200m	9:56.12	(49.54)
5600m	10:46.15	(50.03)
6000m	11:35.37	(49.22)
6400m	12:24.31	(48.94)
6800m	13:13.84	(49.53)
7200m	14:01.44	(47.60)
7600m	14:48.23	(46.79)
8000m	15:35.41	(47.18)
8400m	16:24.09	(48.68)
8800m	17:11.27	(47.18)
9200m	17:59.00	(47.73)
9600m	18:46.21	(47.21)
10000m	19:28.83	(42.62)

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2025

		Naam			Cat			PR	Tijd	Info
17	wt	20	Floriz Naber		HSA			18:54.24	<b>18:58.03</b>	
	rd	6	Daan Voorhoeve		HSA			16:55.95	<b>17:01.62</b>	
		Floriz Naber			Daan Voorhoeve					
		400m	46.00	(46.00)	400m	42.16	(42.16)			
		800m	1:29.20	(43.20)	800m	1:21.59	(39.43)			
		1200m	2:12.19	(42.99)	1200m	2:01.34	(39.75)			
		1600m	2:55.12	(42.93)	1600m	2:41.87	(40.53)			
		2000m	3:38.49	(43.37)	2000m	3:22.89	(41.02)			
		2400m	4:22.81	(44.32)	2400m	4:03.62	(40.73)			
		2800m	5:07.15	(44.34)	2800m	4:44.90	(41.28)			
		3200m	5:51.52	(44.37)	3200m	5:25.72	(40.82)			
		3600m	6:36.48	(44.96)	3600m	6:06.17	(40.45)			
		4000m	7:21.47	(44.99)	4000m	6:46.72	(40.55)			
		4400m	8:06.77	(45.30)	4400m	7:27.50	(40.78)			
		4800m	8:51.46	(44.69)	4800m	8:08.32	(40.82)			
		5200m	9:36.09	(44.63)	5200m	8:49.43	(41.11)			
		5600m	10:21.00	(44.91)	5600m	9:30.76	(41.33)			
		6000m	11:06.22	(45.22)	6000m	10:12.00	(41.24)			
		6400m	11:51.18	(44.96)	6400m	10:53.68	(41.68)			
		6800m	12:36.02	(44.84)	6800m	11:35.18	(41.50)			
		7200m	13:38.69	(62.67)	7200m	12:16.26	(41.08)			
		7600m	14:22.78	(44.09)	7600m	12:57.43	(41.17)			
		8000m	15:08.91	(46.13)	8000m	13:38.68	(41.25)			
		8400m	15:54.62	(45.71)	8400m	14:20.39	(41.71)			
		8800m	16:40.37	(45.75)	8800m	15:01.22	(40.83)			
		9200m	17:25.96	(45.59)	9200m	15:41.85	(40.63)			
		9600m	18:12.09	(46.13)	9600m	16:23.14	(41.29)			
		10000m	18:58.03	(45.94)	10000m	17:01.62	(38.48)			

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2025

		Naam	Cat	PR	Tijd	Info
18	gl	1 <b>Peter van Buiten</b>	HSA	16:40.88	<b>16:27.69</b>	PR
	bl	47 <b>Dennis Vergeer</b>	HN3	16:38.71	<b>16:18.76</b>	PR

## Peter van Buiten

400m	38.98	(38.98)
800m	1:15.00	(36.02)
1200m	1:53.48	(38.48)
1600m	2:32.43	(38.95)
2000m	3:11.38	(38.95)
2400m	3:50.37	(38.99)
2800m	4:29.47	(39.10)
3200m	5:08.59	(39.12)
3600m	5:47.45	(38.86)
4000m	6:26.67	(39.22)
4400m	7:06.41	(39.74)
4800m	7:45.69	(39.28)
5200m	8:25.80	(40.11)
5600m	9:05.44	(39.64)
6000m	9:45.38	(39.94)
6400m	10:25.12	(39.74)
6800m	11:05.28	(40.16)
7200m	11:44.96	(39.68)
7600m	12:24.77	(39.81)
8000m	13:05.00	(40.23)
8400m	13:45.50	(40.50)
8800m	14:26.33	(40.83)
9200m	15:06.96	(40.63)
9600m	15:47.14	(40.18)
10000m	16:27.69	(40.55)

## Dennis Vergeer

400m	38.83	(38.83)
800m	1:15.55	(36.72)
1200m	1:53.32	(37.77)
1600m	2:31.66	(38.34)
2000m	3:10.29	(38.63)
2400m	3:49.81	(39.52)
2800m	4:28.99	(39.18)
3200m	5:07.44	(38.45)
3600m	5:46.61	(39.17)
4000m	6:26.32	(39.71)
4400m	7:06.14	(39.82)
4800m	7:45.99	(39.85)
5200m	8:25.89	(39.90)
5600m	9:06.07	(40.18)
6000m	9:45.93	(39.86)
6400m	10:26.07	(40.14)
6800m	11:05.41	(39.34)
7200m	11:44.88	(39.47)
7600m	12:24.41	(39.53)
8000m	13:04.33	(39.92)
8400m	13:43.91	(39.58)
8800m	14:23.00	(39.09)
9200m	15:01.76	(38.76)
9600m	15:40.26	(38.50)
10000m	16:18.76	(38.50)

# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2025

		Naam			Cat			PR	Tijd	Info
19	wt	48	Jort van Wijk		HN4			14:53.59	<b>14:28.75</b>	PR
	rd	7	Jasper Lammerink		HSB			16:34.15	<b>16:15.92</b>	PR
		Jort van Wijk			Jasper Lammerink					
		400m	39.21	(39.21)	400m	40.10	(40.10)			
		800m	1:13.54	(34.33)	800m	1:16.02	(35.92)			
		1200m	1:48.09	(34.55)	1200m	1:53.41	(37.39)			
		1600m	2:22.81	(34.72)	1600m	2:31.34	(37.93)			
		2000m	2:57.15	(34.34)	2000m	3:09.23	(37.89)			
		2400m	3:31.63	(34.48)	2400m	3:47.29	(38.06)			
		2800m	4:06.26	(34.63)	2800m	4:25.46	(38.17)			
		3200m	4:40.94	(34.68)	3200m	5:04.33	(38.87)			
		3600m	5:15.46	(34.52)	3600m	5:42.78	(38.45)			
		4000m	5:50.16	(34.70)	4000m	6:21.63	(38.85)			
		4400m	6:24.62	(34.46)	4400m	7:00.84	(39.21)			
		4800m	6:59.02	(34.40)	4800m	7:39.66	(38.82)			
		5200m	7:33.40	(34.38)	5200m	8:18.84	(39.18)			
		5600m	8:07.88	(34.48)	5600m	8:58.32	(39.48)			
		6000m	8:42.32	(34.44)	6000m	9:37.81	(39.49)			
		6400m	9:16.62	(34.30)	6400m	10:17.52	(39.71)			
		6800m	9:50.68	(34.06)	6800m	10:56.95	(39.43)			
		7200m	10:24.77	(34.09)	7200m	11:37.41	(40.46)			
		7600m	10:59.30	(34.53)	7600m	12:17.48	(40.07)			
		8000m	11:33.86	(34.56)	8000m	12:57.57	(40.09)			
		8400m	12:08.66	(34.80)	8400m	13:37.28	(39.71)			
		8800m	12:43.62	(34.96)	8800m	14:17.10	(39.82)			
		9200m	13:18.53	(34.91)	9200m	14:57.08	(39.98)			
		9600m	13:53.69	(35.16)	9600m	15:37.11	(40.03)			
		10000m	14:28.75	(35.06)	10000m	16:15.92	(38.81)			



# Open wedstrijd lange afstanden

IJsbahn Twente - Enschede

16 maart 2025

		Naam			Cat	PR	Tijd	Info
20	gl	10	<b>Sylvian Hoogeveen</b>		HN1	16:08.26	<b>15:50.52</b>	PR
	bl	8	<b>Twan Kuipers</b>		HA2	15:39.11	<b>15:04.94</b>	PR
		<b>Sylvian Hoogeveen</b>			<b>Twan Kuipers</b>			
		400m	39.14	(39.14)	400m	38.01	(38.01)	
		800m	1:15.09	(35.95)	800m	1:13.81	(35.80)	
		1200m	1:52.26	(37.17)	1200m	1:49.55	(35.74)	
		1600m	2:29.66	(37.40)	1600m	2:24.85	(35.30)	
		2000m	3:07.14	(37.48)	2000m	3:00.40	(35.55)	
		2400m	3:45.06	(37.92)	2400m	3:35.71	(35.31)	
		2800m	4:23.21	(38.15)	2800m	4:10.90	(35.19)	
		3200m	5:01.06	(37.85)	3200m	4:45.73	(34.83)	
		3600m	5:39.30	(38.24)	3600m	5:21.08	(35.35)	
		4000m	6:17.63	(38.33)	4000m	5:56.66	(35.58)	
		4400m	6:56.07	(38.44)	4400m	6:32.60	(35.94)	
		4800m	7:34.89	(38.82)	4800m	7:08.50	(35.90)	
		5200m	8:13.64	(38.75)	5200m	7:44.75	(36.25)	
		5600m	8:52.52	(38.88)	5600m	8:21.28	(36.53)	
		6000m	9:31.49	(38.97)	6000m	8:57.71	(36.43)	
		6400m	10:09.94	(38.45)	6400m	9:33.72	(36.01)	
		6800m	10:47.86	(37.92)	6800m	10:09.61	(35.89)	
		7200m	11:26.01	(38.15)	7200m	10:45.23	(35.62)	
		7600m	12:04.22	(38.21)	7600m	11:21.30	(36.07)	
		8000m	12:42.42	(38.20)	8000m	11:57.59	(36.29)	
		8400m	13:20.54	(38.12)	8400m	12:34.00	(36.41)	
		8800m	13:58.84	(38.30)	8800m	13:11.05	(37.05)	
		9200m	14:36.78	(37.94)	9200m	13:48.52	(37.47)	
		9600m	15:14.07	(37.29)	9600m	14:26.50	(37.98)	
		10000m	15:50.52	(36.45)	10000m	15:04.94	(38.44)	