

### 1. Uitslag 1000 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 26 Wiebe Stassen       | HSA | 1    | I    | 1:22.15 |      |        |
| 2   | 33 Luuk van Dijk       | HN1 | 1    | O    | 1:29.10 |      |        |
| 3   | 15 KayZhe van Es       | HN1 | 4    | O    | 1:32.56 |      |        |
| 4   | 10 Suzanne Mulder      | D40 | 2    | O    | 1:34.35 |      |        |
| 5   | 23 Jobbi Lenderink     | HSA | 2    | I    | 1:34.43 |      |        |
| 6   | 45 Quinten Titre       | HSB | 3    | O    | 1:35.77 |      |        |
| 7   | 32 Mimi van Hall       | DB2 | 3    | I    | 1:38.42 |      |        |
| 8   | 16 Yfke de Bock        | DB2 | 5    | O    | 1:42.37 | PR   |        |
| 9   | 44 Jack Koot           | H55 | 6    | I    | 1:45.37 | HT   |        |
| 10  | 18 Jimte Jepma         | H50 | 9    | I    | 1:45.86 |      |        |
| 11  | 31 Jelle Kroes         | H55 | 7    | I    | 1:48.00 |      |        |
| 12  | 21 Andre Witkam        | H55 | 6    | O    | 1:49.18 |      |        |
| 13  | 34 Finn van Houts      | HN3 | 5    | I    | 1:49.98 | HT   |        |
| 14  | 27 Ruth Pannekoek      | D40 | 8    | I    | 1:50.07 |      |        |
| 15  | 14 Floris Steenbrink   | H45 | 10   | I    | 1:52.79 |      |        |
| 16  | 8 Yvonne van der Voort | D45 | 4    | I    | 1:56.11 |      |        |
| 17  | 37 Carolien van Rees   | D65 | 7    | O    | 1:59.34 |      |        |
| 18  | 30 Isabel Anzola       | DC2 | 8    | O    | 2:03.20 |      |        |
| 19  | 43 Nout Dijkman        | HC1 | 9    | O    | 2:09.23 |      |        |

## 1. Rituitslag 1000 meter

|   |    | Naam                 |                      | Cat     |                      | PR      | Tijd           | Info |
|---|----|----------------------|----------------------|---------|----------------------|---------|----------------|------|
| 1 | wt | 26                   | <b>Wiebe Stassen</b> |         | HSA                  | 1:14.02 | <b>1:22.15</b> |      |
|   | rd | 33                   | <b>Luuk van Dijk</b> |         | HN1                  | 1:25.21 | <b>1:29.10</b> |      |
|   |    | <b>Wiebe Stassen</b> |                      |         | <b>Luuk van Dijk</b> |         |                |      |
|   |    | 200m                 | 19.43                | (19.43) | 200m                 | 20.02   | (20.02)        |      |
|   |    | 600m                 | 49.46                | (30.03) | 600m                 | 51.84   | (31.82)        |      |
|   |    | 1000m                | 1:22.15              | (32.69) | 1000m                | 1:29.10 | (37.26)        |      |

|   |    | Naam                   |                        | Cat     |                       | PR      | Tijd           | Info |
|---|----|------------------------|------------------------|---------|-----------------------|---------|----------------|------|
| 2 | gl | 23                     | <b>Jobbi Lenderink</b> |         | HSA                   | 1:27.27 | <b>1:34.43</b> |      |
|   | bl | 10                     | <b>Suzanne Mulder</b>  |         | D40                   | 1:24.06 | <b>1:34.35</b> |      |
|   |    | <b>Jobbi Lenderink</b> |                        |         | <b>Suzanne Mulder</b> |         |                |      |
|   |    | 200m                   | 21.02                  | (21.02) | 200m                  | 22.04   | (22.04)        |      |
|   |    | 600m                   | 56.09                  | (35.07) | 600m                  | 56.65   | (34.61)        |      |
|   |    | 1000m                  | 1:34.43                | (38.34) | 1000m                 | 1:34.35 | (37.70)        |      |

|   |    | Naam                 |                      | Cat     |                      | PR      | Tijd           | Info |
|---|----|----------------------|----------------------|---------|----------------------|---------|----------------|------|
| 3 | wt | 32                   | <b>Mimi van Hall</b> |         | DB2                  | 1:30.06 | <b>1:38.42</b> |      |
|   | rd | 45                   | <b>Quinten Titre</b> |         | HSB                  | 1:31.78 | <b>1:35.77</b> |      |
|   |    | <b>Mimi van Hall</b> |                      |         | <b>Quinten Titre</b> |         |                |      |
|   |    | 200m                 | 21.22                | (21.22) | 200m                 | 21.98   | (21.98)        |      |
|   |    | 600m                 | 58.12                | (36.90) | 600m                 | 56.64   | (34.66)        |      |
|   |    | 1000m                | 1:38.42              | (40.30) | 1000m                | 1:35.77 | (39.13)        |      |

|   |    | Naam                        |                             | Cat     |                      | PR      | Tijd           | Info |
|---|----|-----------------------------|-----------------------------|---------|----------------------|---------|----------------|------|
| 4 | gl | 8                           | <b>Yvonne van der Voort</b> |         | D45                  | 1:42.82 | <b>1:56.11</b> |      |
|   | bl | 15                          | <b>KayZhe van Es</b>        |         | HN1                  | 1:31.25 | <b>1:32.56</b> |      |
|   |    | <b>Yvonne van der Voort</b> |                             |         | <b>KayZhe van Es</b> |         |                |      |
|   |    | 200m                        | 24.59                       | (24.59) | 200m                 | 21.21   | (21.21)        |      |
|   |    | 600m                        | 1:07.87                     | (43.28) | 600m                 | 55.57   | (34.36)        |      |
|   |    | 1000m                       | 1:56.11                     | (48.24) | 1000m                | 1:32.56 | (36.99)        |      |

|   |    | Naam                     | Cat | PR                    | Tijd           | Info |
|---|----|--------------------------|-----|-----------------------|----------------|------|
| 5 | wt | 34 <b>Finn van Houts</b> | HN3 | 1:43.41               | <b>1:49.98</b> | HT   |
|   | rd | 16 <b>Yfke de Bock</b>   | DB2 | 1:43.62               | <b>1:42.37</b> | PR   |
|   |    | <b>Finn van Houts</b>    |     | <b>Yfke de Bock</b>   |                |      |
|   |    | 200m 1:49.98 (109.98)    |     | 200m 23.20 (23.20)    |                |      |
|   |    |                          |     | 600m 1:01.38 (38.18)  |                |      |
|   |    |                          |     | 1000m 1:42.37 (40.99) |                |      |

|   |    | Naam                   | Cat | PR                    | Tijd           | Info |
|---|----|------------------------|-----|-----------------------|----------------|------|
| 6 | gl | 44 <b>Jack Koot</b>    | H55 | 1:45.26               | <b>1:45.37</b> | HT   |
|   | bl | 21 <b>Andre Witkam</b> | H55 | 1:43.90               | <b>1:49.18</b> |      |
|   |    | <b>Jack Koot</b>       |     | <b>Andre Witkam</b>   |                |      |
|   |    | 200m 24.27 (24.27)     |     | 200m 25.14 (25.14)    |                |      |
|   |    | 600m 1:03.37 (39.10)   |     | 600m 1:05.51 (40.37)  |                |      |
|   |    | 1000m 1:45.37 (42.00)  |     | 1000m 1:49.18 (43.67) |                |      |

|   |    | Naam                        | Cat | PR                       | Tijd           | Info |
|---|----|-----------------------------|-----|--------------------------|----------------|------|
| 7 | wt | 31 <b>Jelle Kroes</b>       | H55 | 1:47.33                  | <b>1:48.00</b> |      |
|   | rd | 37 <b>Carolien van Rees</b> | D65 | 1:47.46                  | <b>1:59.34</b> |      |
|   |    | <b>Jelle Kroes</b>          |     | <b>Carolien van Rees</b> |                |      |
|   |    | 200m 25.10 (25.10)          |     | 200m 27.12 (27.12)       |                |      |
|   |    | 600m 1:05.19 (40.09)        |     | 600m 1:12.01 (44.89)     |                |      |
|   |    | 1000m 1:48.00 (42.81)       |     | 1000m 1:59.34 (47.33)    |                |      |

|   |    | Naam                     | Cat | PR                    | Tijd           | Info |
|---|----|--------------------------|-----|-----------------------|----------------|------|
| 8 | gl | 27 <b>Ruth Pannekoek</b> | D40 | 1:35.24               | <b>1:50.07</b> |      |
|   | bl | 30 <b>Isabel Anzola</b>  | DC2 | 1:53.60               | <b>2:03.20</b> |      |
|   |    | <b>Ruth Pannekoek</b>    |     | <b>Isabel Anzola</b>  |                |      |
|   |    | 200m 24.58 (24.58)       |     | 200m 27.12 (27.12)    |                |      |
|   |    | 600m 1:05.24 (40.66)     |     | 600m 1:11.74 (44.62)  |                |      |
|   |    | 1000m 1:50.07 (44.83)    |     | 1000m 2:03.20 (51.46) |                |      |

|   |    | Naam               |                     | Cat     |                     | PR      | Tijd           | Info |
|---|----|--------------------|---------------------|---------|---------------------|---------|----------------|------|
| 9 | wt | 18                 | <b>Jimte Jepma</b>  |         | H50                 |         | <b>1:45.86</b> |      |
|   | rd | 43                 | <b>Nout Dijkman</b> |         | HC1                 | 2:02.87 | <b>2:09.23</b> |      |
|   |    | <b>Jimte Jepma</b> |                     |         | <b>Nout Dijkman</b> |         |                |      |
|   |    | 200m               | 24.03               | (24.03) | 200m                | 26.65   | (26.65)        |      |
|   |    | 600m               | 1:03.58             | (39.55) | 600m                | 1:15.91 | (49.26)        |      |
|   |    | 1000m              | 1:45.86             | (42.28) | 1000m               | 2:09.23 | (53.32)        |      |

|    |    | Naam                     |                          | Cat     |     | PR | Tijd           | Info |
|----|----|--------------------------|--------------------------|---------|-----|----|----------------|------|
| 10 | gl | 14                       | <b>Floris Steenbrink</b> |         | H45 |    | <b>1:52.79</b> |      |
|    | bl |                          |                          |         |     |    |                |      |
|    |    | <b>Floris Steenbrink</b> |                          |         |     |    |                |      |
|    |    | 200m                     | 26.12                    | (26.12) | m   |    |                |      |
|    |    | 600m                     | 1:09.12                  | (43.00) |     |    |                |      |
|    |    | 1000m                    | 1:52.79                  | (43.67) |     |    |                |      |

## 2. Uitslag 100 meter

| Pos | Naam              | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-------------------|-----|------|------|-------|------|--------|
| 1   | 47 Wessel Deken   | HC1 | 11   | I    | 11.78 |      |        |
| 2   | 19 Joycelina Lee  | DC1 | 12   | O    | 13.71 |      |        |
| 3   | 29 Aafke Carels   | DC2 | 12   | I    | 13.80 |      |        |
| 4   | 17 Kalle Jepma    | HC1 | 14   | I    | 14.04 | PR   |        |
| 5   | 39 Stijn Stegeman | HPB | 11   | O    | 14.10 |      |        |
| 6   | 4 Isabella Visser | DPC | 13   | O    | 14.44 |      |        |
| 7   | 22 Luna Renard    | DPB | 14   | O    | 14.57 |      |        |
| 8   | 6 Kynon Lee       | HPC | 13   | I    | 14.71 |      |        |

2. Rituitslag 100 meter

|    |    | Naam                |                       | Cat     |                       | PR    | Tijd         | Info |
|----|----|---------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 11 | wt | 47                  | <b>Wessel Deken</b>   |         | HC1                   | 11.53 | <b>11.78</b> |      |
|    | rd | 39                  | <b>Stijn Stegeman</b> |         | HPB                   | 13.13 | <b>14.10</b> |      |
|    |    | <u>Wessel Deken</u> |                       |         | <u>Stijn Stegeman</u> |       |              |      |
|    |    | 100m                | 11.78                 | (11.78) | 100m                  | 14.10 | (14.10)      |      |

|    |    | Naam                |                      | Cat     |                      | PR    | Tijd         | Info |
|----|----|---------------------|----------------------|---------|----------------------|-------|--------------|------|
| 12 | gl | 29                  | <b>Aafke Carels</b>  |         | DC2                  | 13.55 | <b>13.80</b> |      |
|    | bl | 19                  | <b>Joycelina Lee</b> |         | DC1                  | 13.55 | <b>13.71</b> |      |
|    |    | <u>Aafke Carels</u> |                      |         | <u>Joycelina Lee</u> |       |              |      |
|    |    | 100m                | 13.80                | (13.80) | 100m                 | 13.71 | (13.71)      |      |

|    |    | Naam             |                        | Cat     |                        | PR    | Tijd         | Info |
|----|----|------------------|------------------------|---------|------------------------|-------|--------------|------|
| 13 | wt | 6                | <b>Kynon Lee</b>       |         | HPC                    | 14.24 | <b>14.71</b> |      |
|    | rd | 4                | <b>Isabella Visser</b> |         | DPC                    | 14.32 | <b>14.44</b> |      |
|    |    | <u>Kynon Lee</u> |                        |         | <u>Isabella Visser</u> |       |              |      |
|    |    | 100m             | 14.71                  | (14.71) | 100m                   | 14.44 | (14.44)      |      |

|    |    | Naam               |                    | Cat     |                    | PR    | Tijd         | Info |
|----|----|--------------------|--------------------|---------|--------------------|-------|--------------|------|
| 14 | gl | 17                 | <b>Kalle Jepma</b> |         | HC1                | 16.04 | <b>14.04</b> | PR   |
|    | bl | 22                 | <b>Luna Renard</b> |         | DPB                | 14.55 | <b>14.57</b> |      |
|    |    | <u>Kalle Jepma</u> |                    |         | <u>Luna Renard</u> |       |              |      |
|    |    | 100m               | 14.04              | (14.04) | 100m               | 14.57 | (14.57)      |      |

## 4. Uitslag 500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 26 Wiebe Stassen         | HSA | 15   | O    | 41.72   |      |        |
| 2   | 2 Volke van der Willigen | HB2 | 17   | O    | 44.28   |      |        |
| 3   | 15 KayZhe van Es         | HN1 | 19   | O    | 45.25   |      |        |
| 4   | 24 Bas Haakman           | HA1 | 18   | O    | 45.39   |      |        |
| 5   | 45 Quinten Titre         | HSB | 19   | I    | 45.64   |      |        |
| 6   | 23 Jobbi Lenderink       | HSA | 16   | I    | 46.13   |      |        |
| 7   | 38 Evert van Rest        | HSB | 20   | I    | 47.42   |      |        |
| 8   | 32 Mimi van Hall         | DB2 | 17   | I    | 47.65   |      |        |
| 9   | 16 Yfke de Bock          | DB2 | 21   | O    | 48.80   |      |        |
| 10  | 34 Finn van Houts        | HN3 | 22   | I    | 51.15   |      |        |
| 11  | 44 Jack Koot             | H55 | 20   | O    | 51.63   |      |        |
| 12  | 18 Jimte Jepma           | H50 | 22   | O    | 52.26   |      |        |
| 13  | 21 Andre Witkam          | H55 | 23   | I    | 52.82   |      |        |
| 14  | 29 Aafke Carels          | DC2 | 24   | O    | 53.02   | PR   |        |
| 15  | 28 Jan van Huystee       | H65 | 21   | I    | 53.29   |      |        |
| 16  | 9 Roos Lantink           | D40 | 23   | O    | 54.02   |      |        |
| 17  | 27 Ruth Pannekoek        | D40 | 24   | I    | 54.40   |      |        |
| 18  | 41 Frank van Rest        | HSB | 31   | O    | 54.68   |      |        |
| 19  | 31 Jelle Kroes           | H55 | 26   | I    | 55.55   |      |        |
| 20  | 8 Yvonne van der Voort   | D45 | 25   | I    | 58.01   |      |        |
| 21  | 33 Luuk van Dijk         | HN1 | 16   | O    | 58.78   | FL   |        |
| 22  | 19 Joycelina Lee         | DC1 | 26   | O    | 58.84   |      |        |
| 23  | 30 Isabel Anzola         | DC2 | 27   | O    | 59.25   |      |        |
| 24  | 25 Timo Haakman          | H55 | 27   | I    | 59.92   |      |        |
| 25  | 37 Carolien van Rees     | D65 | 25   | O    | 1:00.23 |      |        |
| 26  | 43 Nout Dijkman          | HC1 | 28   | O    | 1:01.37 |      |        |
| 27  | 39 Stijn Stegeman        | HPB | 28   | I    | 1:01.66 |      |        |
| 28  | 4 Isabella Visser        | DPC | 29   | O    | 1:03.61 | PR   |        |
| 29  | 22 Luna Renard           | DPB | 29   | I    | 1:05.66 |      |        |
| 30  | 14 Floris Steenbrink     | H45 | 31   | I    | 1:07.29 | FL   |        |
| 31  | 17 Kalle Jepma           | HC1 | 30   | I    | 1:09.77 | PR   |        |
| 32  | 6 Kynon Lee              | HPC | 30   | O    | 1:14.65 |      |        |
|     | 10 Suzanne Mulder        | D40 | 18   | I    | DNS     |      |        |
|     | 12 Bas van Nispen        | H40 |      |      | WDR     |      |        |

4. Rituitslag 500 meter

|                       |    | Naam                     | Cat                  | PR    | Tijd    | Info         |
|-----------------------|----|--------------------------|----------------------|-------|---------|--------------|
| 15                    | wt | 12 <b>Bas van Nispen</b> | H40                  | 39.94 |         | <b>WDR</b>   |
|                       | rd | 26 <b>Wiebe Stassen</b>  | HSA                  | 38.08 |         | <b>41.72</b> |
| <u>Bas van Nispen</u> |    |                          | <u>Wiebe Stassen</u> |       |         |              |
|                       |    |                          | 100m                 | 11.32 | (11.32) |              |
|                       |    |                          | 500m                 | 41.72 | (30.40) |              |

|                        |    | Naam                      | Cat                  | PR      | Tijd | Info            |
|------------------------|----|---------------------------|----------------------|---------|------|-----------------|
| 16                     | gl | 23 <b>Jobbi Lenderink</b> | HSA                  | 42.21   |      | <b>46.13</b>    |
|                        | bl | 33 <b>Luuk van Dijk</b>   | HN1                  | 42.76   |      | <b>58.78</b> FL |
| <u>Jobbi Lenderink</u> |    |                           | <u>Luuk van Dijk</u> |         |      |                 |
|                        |    | 100m                      | 12.08                | (12.08) | 100m | 11.55 (11.55)   |
|                        |    | 500m                      | 46.13                | (34.05) | 500m | 58.78 (47.23)   |

|                      |    | Naam                            | Cat                           | PR      | Tijd | Info          |
|----------------------|----|---------------------------------|-------------------------------|---------|------|---------------|
| 17                   | wt | 32 <b>Mimi van Hall</b>         | DB2                           | 44.27   |      | <b>47.65</b>  |
|                      | rd | 2 <b>Volke van der Willigen</b> | HB2                           | 43.90   |      | <b>44.28</b>  |
| <u>Mimi van Hall</u> |    |                                 | <u>Volke van der Willigen</u> |         |      |               |
|                      |    | 100m                            | 12.53                         | (12.53) | 100m | 11.63 (11.63) |
|                      |    | 500m                            | 47.65                         | (35.12) | 500m | 44.28 (32.65) |

|                       |    | Naam                     | Cat                | PR    | Tijd    | Info         |
|-----------------------|----|--------------------------|--------------------|-------|---------|--------------|
| 18                    | gl | 10 <b>Suzanne Mulder</b> | D40                | 43.77 |         | <b>DNS</b>   |
|                       | bl | 24 <b>Bas Haakman</b>    | HA1                | 44.57 |         | <b>45.39</b> |
| <u>Suzanne Mulder</u> |    |                          | <u>Bas Haakman</u> |       |         |              |
|                       |    |                          | 100m               | 12.16 | (12.16) |              |
|                       |    |                          | 500m               | 45.39 | (33.23) |              |

|                      |    | Naam                    | Cat                  | PR      | Tijd | Info          |
|----------------------|----|-------------------------|----------------------|---------|------|---------------|
| 19                   | wt | 45 <b>Quinten Titre</b> | HSB                  | 44.56   |      | <b>45.64</b>  |
|                      | rd | 15 <b>KayZhe van Es</b> | HN1                  | 43.08   |      | <b>45.25</b>  |
| <u>Quinten Titre</u> |    |                         | <u>KayZhe van Es</u> |         |      |               |
|                      |    | 100m                    | 12.15                | (12.15) | 100m | 11.80 (11.80) |
|                      |    | 500m                    | 45.64                | (33.49) | 500m | 45.25 (33.45) |



|    |    | Naam                      | Cat   |                     | PR    | Tijd         | Info    |
|----|----|---------------------------|-------|---------------------|-------|--------------|---------|
| 20 | gl | 38 <b>Evert van Rest</b>  | HSB   |                     | 46.67 | <b>47.42</b> |         |
|    | bl | 44 <b>Jack Koot</b>       | H55   |                     | 47.20 | <b>51.63</b> |         |
|    |    | <b>Evert van Rest</b>     |       | <b>Jack Koot</b>    |       |              |         |
|    |    | 100m                      | 12.61 | (12.61)             | 100m  | 13.84        | (13.84) |
|    |    | 500m                      | 47.42 | (34.81)             | 500m  | 51.63        | (37.79) |
|    |    | Naam                      | Cat   |                     | PR    | Tijd         | Info    |
| 21 | wt | 28 <b>Jan van Huystee</b> | H65   |                     | 48.32 | <b>53.29</b> |         |
|    | rd | 16 <b>Yfke de Bock</b>    | DB2   |                     | 48.04 | <b>48.80</b> |         |
|    |    | <b>Jan van Huystee</b>    |       | <b>Yfke de Bock</b> |       |              |         |
|    |    | 100m                      | 13.06 | (13.06)             | 100m  | 12.75        | (12.75) |
|    |    | 500m                      | 53.29 | (40.23)             | 500m  | 48.80        | (36.05) |
|    |    | Naam                      | Cat   |                     | PR    | Tijd         | Info    |
| 22 | gl | 34 <b>Finn van Houts</b>  | HN3   |                     | 50.39 | <b>51.15</b> |         |
|    | bl | 18 <b>Jimte Jepma</b>     | H50   |                     | 51.97 | <b>52.26</b> |         |
|    |    | <b>Finn van Houts</b>     |       | <b>Jimte Jepma</b>  |       |              |         |
|    |    | 100m                      | 12.89 | (12.89)             | 100m  | 13.65        | (13.65) |
|    |    | 500m                      | 51.15 | (38.26)             | 500m  | 52.26        | (38.61) |
|    |    | Naam                      | Cat   |                     | PR    | Tijd         | Info    |
| 23 | wt | 21 <b>Andre Witkam</b>    | H55   |                     | 50.25 | <b>52.82</b> |         |
|    | rd | 9 <b>Roos Lantink</b>     | D40   |                     | 48.41 | <b>54.02</b> |         |
|    |    | <b>Andre Witkam</b>       |       | <b>Roos Lantink</b> |       |              |         |
|    |    | 100m                      | 13.74 | (13.74)             | 100m  | 14.72        | (14.72) |
|    |    | 500m                      | 52.82 | (39.08)             | 500m  | 54.02        | (39.30) |
|    |    | Naam                      | Cat   |                     | PR    | Tijd         | Info    |
| 24 | gl | 27 <b>Ruth Pannekoek</b>  | D40   |                     | 47.39 | <b>54.40</b> |         |
|    | bl | 29 <b>Aafke Carels</b>    | DC2   |                     | 54.22 | <b>53.02</b> | PR      |
|    |    | <b>Ruth Pannekoek</b>     |       | <b>Aafke Carels</b> |       |              |         |
|    |    | 100m                      | 14.01 | (14.01)             | 100m  | 13.58        | (13.58) |
|    |    | 500m                      | 54.40 | (40.39)             | 500m  | 53.02        | (39.44) |

|       |    | Naam                        |                             |         | Cat                      |         |         | PR      | Tijd           | Info |
|-------|----|-----------------------------|-----------------------------|---------|--------------------------|---------|---------|---------|----------------|------|
| 25    | wt | 8                           | <b>Yvonne van der Voort</b> |         | D45                      |         |         | 50.57   | <b>58.01</b>   |      |
|       | rd | 37                          | <b>Carolien van Rees</b>    |         | D65                      |         |         | 53.54   | <b>1:00.23</b> |      |
|       |    | <b>Yvonne van der Voort</b> |                             |         | <b>Carolien van Rees</b> |         |         |         |                |      |
|       |    | 100m                        | 14.43                       | (14.43) | 100m                     | 15.38   | (15.38) |         |                |      |
|       |    | 500m                        | 58.01                       | (43.58) | 500m                     | 1:00.23 | (44.85) |         |                |      |
| <hr/> |    |                             |                             |         |                          |         |         |         |                |      |
|       |    | Naam                        |                             |         | Cat                      |         |         | PR      | Tijd           | Info |
| 26    | gl | 31                          | <b>Jelle Kroes</b>          |         | H55                      |         |         | 53.86   | <b>55.55</b>   |      |
|       | bl | 19                          | <b>Joycelina Lee</b>        |         | DC1                      |         |         | 56.64   | <b>58.84</b>   |      |
|       |    | <b>Jelle Kroes</b>          |                             |         | <b>Joycelina Lee</b>     |         |         |         |                |      |
|       |    | 100m                        | 14.79                       | (14.79) | 100m                     | 14.32   | (14.32) |         |                |      |
|       |    | 500m                        | 55.55                       | (40.76) | 500m                     | 58.84   | (44.52) |         |                |      |
| <hr/> |    |                             |                             |         |                          |         |         |         |                |      |
|       |    | Naam                        |                             |         | Cat                      |         |         | PR      | Tijd           | Info |
| 27    | wt | 25                          | <b>Timo Haakman</b>         |         | H55                      |         |         | 56.80   | <b>59.92</b>   |      |
|       | rd | 30                          | <b>Isabel Anzola</b>        |         | DC2                      |         |         | 54.60   | <b>59.25</b>   |      |
|       |    | <b>Timo Haakman</b>         |                             |         | <b>Isabel Anzola</b>     |         |         |         |                |      |
|       |    | 100m                        | 14.84                       | (14.84) | 100m                     | 15.13   | (15.13) |         |                |      |
|       |    | 500m                        | 59.92                       | (45.08) | 500m                     | 59.25   | (44.12) |         |                |      |
| <hr/> |    |                             |                             |         |                          |         |         |         |                |      |
|       |    | Naam                        |                             |         | Cat                      |         |         | PR      | Tijd           | Info |
| 28    | gl | 39                          | <b>Stijn Stegeman</b>       |         | HPB                      |         |         | 1:00.07 | <b>1:01.66</b> |      |
|       | bl | 43                          | <b>Nout Dijkman</b>         |         | HC1                      |         |         | 57.23   | <b>1:01.37</b> |      |
|       |    | <b>Stijn Stegeman</b>       |                             |         | <b>Nout Dijkman</b>      |         |         |         |                |      |
|       |    | 100m                        | 14.58                       | (14.58) | 100m                     | 13.78   | (13.78) |         |                |      |
|       |    | 500m                        | 1:01.66                     | (47.08) | 500m                     | 1:01.37 | (47.59) |         |                |      |
| <hr/> |    |                             |                             |         |                          |         |         |         |                |      |
|       |    | Naam                        |                             |         | Cat                      |         |         | PR      | Tijd           | Info |
| 29    | wt | 22                          | <b>Luna Renard</b>          |         | DPB                      |         |         | 1:02.93 | <b>1:05.66</b> |      |
|       | rd | 4                           | <b>Isabella Visser</b>      |         | DPC                      |         |         | 1:05.69 | <b>1:03.61</b> | PR   |
|       |    | <b>Luna Renard</b>          |                             |         | <b>Isabella Visser</b>   |         |         |         |                |      |
|       |    | 100m                        | 15.03                       | (15.03) | 100m                     | 15.17   | (15.17) |         |                |      |
|       |    | 500m                        | 1:05.66                     | (50.63) | 500m                     | 1:03.61 | (48.44) |         |                |      |

|    |    | Naam               |                    | Cat     |                  | PR      | Tijd    | Info              |
|----|----|--------------------|--------------------|---------|------------------|---------|---------|-------------------|
| 30 | gl | 17                 | <b>Kalle Jepma</b> |         | HC1              |         | 1:12.90 | <b>1:09.77</b> PR |
|    | bl | 6                  | <b>Kynon Lee</b>   |         | HPC              |         | 1:12.34 | <b>1:14.65</b>    |
|    |    | <b>Kalle Jepma</b> |                    |         | <b>Kynon Lee</b> |         |         |                   |
|    |    | 100m               | 15.15              | (15.15) | 100m             | 16.00   | (16.00) |                   |
|    |    | 500m               | 1:09.77            | (54.62) | 500m             | 1:14.65 | (58.65) |                   |

|    |    | Naam                     |                          | Cat     |                       | PR    | Tijd    | Info              |
|----|----|--------------------------|--------------------------|---------|-----------------------|-------|---------|-------------------|
| 31 | wt | 14                       | <b>Floris Steenbrink</b> |         | H45                   |       |         | <b>1:07.29</b> FL |
|    | rd | 41                       | <b>Frank van Rest</b>    |         | HSB                   |       |         | <b>54.68</b>      |
|    |    | <b>Floris Steenbrink</b> |                          |         | <b>Frank van Rest</b> |       |         |                   |
|    |    | 100m                     | 14.83                    | (14.83) | 100m                  | 14.83 | (14.83) |                   |
|    |    | 500m                     | 1:07.29                  | (52.46) | 500m                  | 54.68 | (39.85) |                   |

5. Uitslag 2e omloop 100 meter

| Pos | Naam            | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------|-----|------|------|-------|------|--------|
| 1   | 47 Wessel Deken | HC1 | 32   | I    | 11.82 |      |        |

5. Rituitslag 2e omloop 100 meter

|    | Naam         | Cat             | PR  | Tijd  | Info  |
|----|--------------|-----------------|-----|-------|-------|
| 32 | wt<br>rd     | 47 Wessel Deken | HC1 | 11.53 | 11.82 |
|    | Wessel Deken |                 |     |       |       |
|    | 100m         | 11.82 (11.82)   |     |       | m     |

## 6. Uitslag 3000 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 24 Bas Haakman           | HA1 | 36   | I    | 5:19.44 | HT   |        |
| 2   | 2 Volke van der Willigen | HB2 | 37   | I    | 5:34.27 | PR   |        |
| 3   | 5 Paco Palman            | H60 | 35   | O    | 5:48.01 |      |        |
| 4   | 9 Roos Lantink           | D40 | 36   | O    | 5:50.25 |      |        |
| 5   | 28 Jan van Huystee       | H65 | 35   | I    | 5:59.39 |      |        |
| 6   | 35 Wieke van Stuivenberg | DC2 | 33   | I    | 6:51.96 |      |        |
| 7   | 25 Timo Haakman          | H55 | 37   | O    | 6:53.13 |      |        |
|     | 36 Iris Verbeek          | DB2 |      |      |         | WDR  |        |

6. Rituitslag 3000 meter

|    |    | Naam                            | Cat             | PR                  | Tijd           | Info |
|----|----|---------------------------------|-----------------|---------------------|----------------|------|
| 33 | wt | 35 <b>Wieke van Stuivenberg</b> | DC2             |                     | <b>6:51.96</b> |      |
|    | rd | 36 <b>Iris Verbeek</b>          | DB2             | 4:49.48             | <b>WDR</b>     |      |
|    |    | <b>Wieke van Stuivenberg</b>    |                 | <b>Iris Verbeek</b> |                |      |
|    |    | 200m                            | 26.57 (26.57)   |                     |                |      |
|    |    | 600m                            | 1:13.74 (47.17) |                     |                |      |
|    |    | 1000m                           | 2:07.90 (54.16) |                     |                |      |
|    |    | 1400m                           | 3:04.10 (56.20) |                     |                |      |
|    |    | 1800m                           | 3:59.90 (55.80) |                     |                |      |
|    |    | 2200m                           | 4:56.37 (56.47) |                     |                |      |
|    |    | 2600m                           | 5:55.43 (59.06) |                     |                |      |
|    |    | 3000m                           | 6:51.96 (56.53) |                     |                |      |

|    |    | Naam | Cat | PR | Tijd | Info |
|----|----|------|-----|----|------|------|
| 34 | gl |      |     |    |      |      |
|    | bl |      |     |    |      |      |
|    |    | m    |     |    |      |      |
|    |    | m    |     |    |      |      |

|    |    | Naam                      | Cat             | PR                 | Tijd            | Info |
|----|----|---------------------------|-----------------|--------------------|-----------------|------|
| 35 | wt | 28 <b>Jan van Huystee</b> | H65             | 5:07.19            | <b>5:59.39</b>  |      |
|    | rd | 5 <b>Paco Palman</b>      | H60             | 4:55.78            | <b>5:48.01</b>  |      |
|    |    | <b>Jan van Huystee</b>    |                 | <b>Paco Palman</b> |                 |      |
|    |    | 200m                      | 25.55 (25.55)   | 200m               | 26.55 (26.55)   |      |
|    |    | 600m                      | 1:08.11 (42.56) | 600m               | 1:08.03 (41.48) |      |
|    |    | 1000m                     | 1:53.59 (45.48) | 1000m              | 1:52.15 (44.12) |      |
|    |    | 1400m                     | 2:41.20 (47.61) | 1400m              | 2:37.75 (45.60) |      |
|    |    | 1800m                     | 3:29.98 (48.78) | 1800m              | 3:25.16 (47.41) |      |
|    |    | 2200m                     | 4:19.64 (49.66) | 2200m              | 4:12.65 (47.49) |      |
|    |    | 2600m                     | 5:09.15 (49.51) | 2600m              | 4:59.90 (47.25) |      |
|    |    | 3000m                     | 5:59.39 (50.24) | 3000m              | 5:48.01 (48.11) |      |

|    |    | Naam               |                     |          | Cat                 | PR      | Tijd           | Info |
|----|----|--------------------|---------------------|----------|---------------------|---------|----------------|------|
| 36 | gl | 24                 | <b>Bas Haakman</b>  |          | HA1                 | 5:07.25 | <b>5:19.44</b> | HT   |
|    | bl | 9                  | <b>Roos Lantink</b> |          | D40                 | 5:18.41 | <b>5:50.25</b> |      |
|    |    | <b>Bas Haakman</b> |                     |          | <b>Roos Lantink</b> |         |                |      |
|    |    | 200m               | 5:19.44             | (319.44) | 200m                | 27.09   | (27.09)        |      |
|    |    |                    |                     |          | 600m                | 1:09.94 | (42.85)        |      |
|    |    |                    |                     |          | 1000m               | 1:54.86 | (44.92)        |      |
|    |    |                    |                     |          | 1400m               | 2:41.77 | (46.91)        |      |
|    |    |                    |                     |          | 1800m               | 3:28.24 | (46.47)        |      |
|    |    |                    |                     |          | 2200m               | 4:15.90 | (47.66)        |      |
|    |    |                    |                     |          | 2600m               | 5:03.96 | (48.06)        |      |
|    |    |                    |                     |          | 3000m               | 5:50.25 | (46.29)        |      |

|    |    | Naam                          |                               |         | Cat                 | PR      | Tijd           | Info |
|----|----|-------------------------------|-------------------------------|---------|---------------------|---------|----------------|------|
| 37 | wt | 2                             | <b>Volke van der Willigen</b> |         | HB2                 | 6:01.32 | <b>5:34.27</b> | PR   |
|    | rd | 25                            | <b>Timo Haakman</b>           |         | H55                 | 6:48.86 | <b>6:53.13</b> |      |
|    |    | <b>Volke van der Willigen</b> |                               |         | <b>Timo Haakman</b> |         |                |      |
|    |    | 200m                          | 23.04                         | (23.04) | 200m                | 28.78   | (28.78)        |      |
|    |    | 600m                          | 1:01.98                       | (38.94) | 600m                | 1:15.90 | (47.12)        |      |
|    |    | 1000m                         | 1:42.73                       | (40.75) | 1000m               | 2:07.25 | (51.35)        |      |
|    |    | 1400m                         | 2:26.11                       | (43.38) | 1400m               | 3:02.82 | (55.57)        |      |
|    |    | 1800m                         | 3:11.45                       | (45.34) | 1800m               | 3:59.92 | (57.10)        |      |
|    |    | 2200m                         | 3:57.87                       | (46.42) | 2200m               | 4:57.64 | (57.72)        |      |
|    |    | 2600m                         | 4:45.21                       | (47.34) | 2600m               | 5:54.77 | (57.13)        |      |
|    |    | 3000m                         | 5:34.27                       | (49.06) | 3000m               | 6:53.13 | (58.36)        |      |



**7. Uitslag 5000 meter**

| Pos | Naam              | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------|-----|------|------|---------|------|--------|
| 1   | 13 Tobias Elshof  | HA1 | 38   | O    | 7:45.44 | PR   |        |
| 2   | 42 Ingmar Maurice | H55 | 38   | I    | 9:15.77 | PR   |        |
| 3   | 38 Evert van Rest | HSB | 39   | O    | 9:23.55 |      |        |
| 4   | 41 Frank van Rest | HSB | 39   | I    | 9:58.13 |      |        |

## 7. Rituitslag 5000 meter

|    |    | Naam  |                       | Cat     |  | PR                   |         | Tijd    | Info              |
|----|----|-------|-----------------------|---------|--|----------------------|---------|---------|-------------------|
| 38 | wt | 42    | <b>Ingmar Maurice</b> |         |  | H55                  |         | 9:23.44 | <b>9:15.77</b> PR |
|    | rd | 13    | <b>Tobias Elshof</b>  |         |  | HA1                  |         | 7:48.58 | <b>7:45.44</b> PR |
|    |    |       | <b>Ingmar Maurice</b> |         |  | <b>Tobias Elshof</b> |         |         |                   |
|    |    | 200m  | 26.26                 | (26.26) |  | 200m                 | 20.64   | (20.64) |                   |
|    |    | 600m  | 1:08.29               | (42.03) |  | 600m                 | 55.58   | (34.94) |                   |
|    |    | 1000m | 1:51.87               | (43.58) |  | 1000m                | 1:31.88 | (36.30) |                   |
|    |    | 1400m | 2:36.39               | (44.52) |  | 1400m                | 2:07.92 | (36.04) |                   |
|    |    | 1800m | 3:20.02               | (43.63) |  | 1800m                | 2:44.75 | (36.83) |                   |
|    |    | 2200m | 4:02.79               | (42.77) |  | 2200m                | 3:22.12 | (37.37) |                   |
|    |    | 2600m | 4:45.89               | (43.10) |  | 2600m                | 3:58.99 | (36.87) |                   |
|    |    | 3000m | 5:29.69               | (43.80) |  | 3000m                | 4:36.19 | (37.20) |                   |
|    |    | 3400m | 6:14.49               | (44.80) |  | 3400m                | 5:13.82 | (37.63) |                   |
|    |    | 3800m | 6:59.30               | (44.81) |  | 3800m                | 6:14.39 | (60.57) |                   |
|    |    | 4200m | 7:44.25               | (44.95) |  | 4200m                | 6:44.74 | (30.35) |                   |
|    |    | 4600m | 8:30.04               | (45.79) |  | 4600m                | 7:15.09 | (30.35) |                   |
|    |    | 5000m | 9:15.77               | (45.73) |  | 5000m                | 7:45.44 | (30.35) |                   |

|    |    | Naam  |                       | Cat     |  | PR                    |         | Tijd    | Info           |
|----|----|-------|-----------------------|---------|--|-----------------------|---------|---------|----------------|
| 39 | gl | 41    | <b>Frank van Rest</b> |         |  | HSB                   |         |         | <b>9:58.13</b> |
|    | bl | 38    | <b>Evert van Rest</b> |         |  | HSB                   |         |         | <b>9:23.55</b> |
|    |    |       | <b>Frank van Rest</b> |         |  | <b>Evert van Rest</b> |         |         |                |
|    |    | 200m  | 27.25                 | (27.25) |  | 200m                  | 23.79   | (23.79) |                |
|    |    | 600m  | 1:11.65               | (44.40) |  | 600m                  | 1:04.20 | (40.41) |                |
|    |    | 1000m | 1:58.75               | (47.10) |  | 1000m                 | 1:48.51 | (44.31) |                |
|    |    | 1400m | 2:46.62               | (47.87) |  | 1400m                 | 2:33.16 | (44.65) |                |
|    |    | 1800m | 3:34.27               | (47.65) |  | 1800m                 | 3:17.87 | (44.71) |                |
|    |    | 2200m | 4:21.72               | (47.45) |  | 2200m                 | 4:03.11 | (45.24) |                |
|    |    | 2600m | 5:09.25               | (47.53) |  | 2600m                 | 4:49.62 | (46.51) |                |
|    |    | 3000m | 5:57.60               | (48.35) |  | 3000m                 | 5:35.28 | (45.66) |                |
|    |    | 3400m | 6:46.23               | (48.63) |  | 3400m                 | 6:13.22 | (37.94) |                |
|    |    | 3800m | 7:34.56               | (48.33) |  | 3800m                 | 7:07.31 | (54.09) |                |
|    |    | 4200m | 8:23.06               | (48.50) |  | 4200m                 | 7:53.99 | (46.68) |                |
|    |    | 4600m | 9:11.67               | (48.61) |  | 4600m                 | 8:40.06 | (46.07) |                |
|    |    | 5000m | 9:58.13               | (46.46) |  | 5000m                 | 9:23.55 | (43.49) |                |

**8. Uitslag 10000 meter**

| Pos | Naam                        | Cat | Paar | Baan | Tijd            | Info | Punten |
|-----|-----------------------------|-----|------|------|-----------------|------|--------|
| 1   | 20 <b>Morris Witkam</b>     | HN1 | 40   | I    | <b>15:22.02</b> |      |        |
| 2   | 1 <b>Jitte Schuitemaker</b> | DA2 | 40   | O    | <b>18:04.37</b> | TRC  |        |

8. Rituitslag 10000 meter

|    | Naam                      | Cat | PR       | Tijd            | Info |
|----|---------------------------|-----|----------|-----------------|------|
| 40 | wt 20 Morris Witkam       | HN1 |          | <b>15:22.02</b> |      |
|    | rd 1 Jitte Schuitemaker   | DA2 | 17:58.45 | <b>18:04.37</b> | TRC  |
|    | <b>Morris Witkam</b>      |     |          |                 |      |
|    | 400m 40.17 (40.17)        |     |          |                 |      |
|    | 800m 1:15.73 (35.56)      |     |          |                 |      |
|    | 1200m 1:51.13 (35.40)     |     |          |                 |      |
|    | 1600m 2:27.09 (35.96)     |     |          |                 |      |
|    | 2000m 3:03.47 (36.38)     |     |          |                 |      |
|    | 2400m 3:40.54 (37.07)     |     |          |                 |      |
|    | 2800m 4:18.05 (37.51)     |     |          |                 |      |
|    | 3200m 4:55.72 (37.67)     |     |          |                 |      |
|    | 3600m 5:33.13 (37.41)     |     |          |                 |      |
|    | 4000m 6:10.93 (37.80)     |     |          |                 |      |
|    | 4400m 6:48.26 (37.33)     |     |          |                 |      |
|    | 4800m 7:25.75 (37.49)     |     |          |                 |      |
|    | 5200m 8:03.31 (37.56)     |     |          |                 |      |
|    | 5600m 8:40.97 (37.66)     |     |          |                 |      |
|    | 6000m 9:17.50 (36.53)     |     |          |                 |      |
|    | 6400m 9:54.53 (37.03)     |     |          |                 |      |
|    | 6800m 10:31.55 (37.02)    |     |          |                 |      |
|    | 7200m 11:08.24 (36.69)    |     |          |                 |      |
|    | 7600m 11:44.75 (36.51)    |     |          |                 |      |
|    | 8000m 12:21.86 (37.11)    |     |          |                 |      |
|    | 8400m 12:59.17 (37.31)    |     |          |                 |      |
|    | 8800m 13:35.43 (36.26)    |     |          |                 |      |
|    | 9200m 14:11.28 (35.85)    |     |          |                 |      |
|    | 9600m 14:46.99 (35.71)    |     |          |                 |      |
|    | 10000m 15:22.02 (35.03)   |     |          |                 |      |
|    | <b>Jitte Schuitemaker</b> |     |          |                 |      |
|    | 400m 43.61 (43.61)        |     |          |                 |      |
|    | 800m 1:23.18 (39.57)      |     |          |                 |      |
|    | 1200m 2:03.57 (40.39)     |     |          |                 |      |
|    | 1600m 2:45.50 (41.93)     |     |          |                 |      |
|    | 2000m 3:28.06 (42.56)     |     |          |                 |      |
|    | 2400m 4:10.77 (42.71)     |     |          |                 |      |
|    | 2800m 4:54.52 (43.75)     |     |          |                 |      |
|    | 3200m 5:37.68 (43.16)     |     |          |                 |      |
|    | 3600m 6:21.51 (43.83)     |     |          |                 |      |
|    | 4000m 7:05.70 (44.19)     |     |          |                 |      |
|    | 4400m 7:51.07 (45.37)     |     |          |                 |      |
|    | 4800m 8:35.48 (44.41)     |     |          |                 |      |
|    | 5200m 9:18.96 (43.48)     |     |          |                 |      |
|    | 5600m 10:03.41 (44.45)    |     |          |                 |      |
|    | 6000m 10:47.38 (43.97)    |     |          |                 |      |
|    | 6400m 11:31.77 (44.39)    |     |          |                 |      |
|    | 6800m 12:16.51 (44.74)    |     |          |                 |      |
|    | 7200m 13:01.01 (44.50)    |     |          |                 |      |
|    | 7600m 13:44.94 (43.93)    |     |          |                 |      |
|    | 8000m 14:29.14 (44.20)    |     |          |                 |      |
|    | 8400m 15:13.26 (44.12)    |     |          |                 |      |
|    | 8800m 15:56.81 (43.55)    |     |          |                 |      |
|    | 9200m 16:39.66 (42.85)    |     |          |                 |      |
|    | 9600m 17:22.64 (42.98)    |     |          |                 |      |
|    | 10000m 18:04.37 (41.73)   |     |          |                 |      |