

1. Uitslag 10000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|----------|------|--------|
| 1 | 11 Jasper van der Marel | HN1 | 8 | I | 14:22.81 | PR | |
| 2 | 14 Tygo Kompier | HA2 | 8 | O | 15:59.77 | | |
| 3 | 3 Joppe Kleiweg | HSA | 6 | I | 16:03.46 | PR | |
| 4 | 2 Mark Veenstra | HSB | 7 | I | 16:29.48 | PR | |
| 5 | 18 Hugo de Jonge | HN2 | 2 | O | 16:39.62 | | |
| 6 | 13 Stefan Lenselink | H40 | 4 | I | 16:48.17 | PR | |
| 7 | 5 Joey van den Berg | HA1 | 7 | O | 16:57.97 | | |
| 8 | 6 Kyenno Fredrikze | HA1 | 6 | O | 17:13.90 | | |
| 9 | 7 Meerle van den Berg | DN4 | 3 | O | 17:17.20 | PR | |
| 10 | 19 Jordy Krap | HSA | 4 | O | 17:27.73 | | |
| 11 | 10 Lenthe Jansen | DA1 | 5 | I | 17:31.89 | PR | |
| 12 | 12 Amber Koetsier | DB2 | 3 | I | 17:35.63 | | |
| 13 | 4 Hilde Houtzager | DN3 | 2 | I | 17:36.46 | PR | |
| 14 | 1 Mariska van Zon | DSA | 1 | O | 17:49.23 | | |
| 15 | 15 Nerena van Vuuren | DN4 | 1 | I | 18:29.66 | | |

1. Rituitslag 10000 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------------|-----|----------|-----------------|------|
| 1 | wt | 15 Nerena van Vuuren | DN4 | 18:22.36 | 18:29.66 | |
| | rd | 1 Mariska van Zon | DSA | | 17:49.23 | |

Nerena van Vuuren

| | | |
|--------|----------|---------|
| 400m | 43.88 | (43.88) |
| 800m | 1:24.07 | (40.19) |
| 1200m | 2:06.21 | (42.14) |
| 1600m | 2:48.61 | (42.40) |
| 2000m | 3:31.72 | (43.11) |
| 2400m | 4:15.54 | (43.82) |
| 2800m | 5:00.29 | (44.75) |
| 3200m | 5:45.78 | (45.49) |
| 3600m | 6:30.93 | (45.15) |
| 4000m | 7:14.22 | (43.29) |
| 4400m | 7:58.99 | (44.77) |
| 4800m | 8:44.63 | (45.64) |
| 5200m | 9:29.95 | (45.32) |
| 5600m | 10:16.01 | (46.06) |
| 6000m | 11:01.37 | (45.36) |
| 6400m | 11:47.21 | (45.84) |
| 6800m | 12:33.63 | (46.42) |
| 7200m | 13:19.94 | (46.31) |
| 7600m | 14:06.05 | (46.11) |
| 8000m | 14:51.71 | (45.66) |
| 8400m | 15:36.96 | (45.25) |
| 8800m | 16:20.04 | (43.08) |
| 9200m | 17:03.93 | (43.89) |
| 9600m | 17:47.02 | (43.09) |
| 10000m | 18:29.66 | (42.64) |

Mariska van Zon

| | | |
|--------|----------|---------|
| 400m | 43.81 | (43.81) |
| 800m | 1:24.70 | (40.89) |
| 1200m | 2:05.65 | (40.95) |
| 1600m | 2:47.82 | (42.17) |
| 2000m | 3:30.93 | (43.11) |
| 2400m | 4:13.92 | (42.99) |
| 2800m | 4:56.30 | (42.38) |
| 3200m | 5:39.22 | (42.92) |
| 3600m | 6:22.15 | (42.93) |
| 4000m | 7:05.50 | (43.35) |
| 4400m | 7:48.88 | (43.38) |
| 4800m | 8:32.52 | (43.64) |
| 5200m | 9:16.44 | (43.92) |
| 5600m | 10:00.17 | (43.73) |
| 6000m | 10:44.17 | (44.00) |
| 6400m | 11:27.79 | (43.62) |
| 6800m | 12:12.04 | (44.25) |
| 7200m | 12:55.91 | (43.87) |
| 7600m | 13:38.59 | (42.68) |
| 8000m | 14:20.72 | (42.13) |
| 8400m | 15:02.54 | (41.82) |
| 8800m | 15:44.98 | (42.44) |
| 9200m | 16:26.94 | (41.96) |
| 9600m | 17:08.35 | (41.41) |
| 10000m | 17:49.23 | (40.88) |

| | | Naam | Cat | PR | Tijd Info |
|---|----|--------------------------|-----|----------|--------------------|
| 2 | gl | 4 Hilde Houtzager | DN3 | 18:04.34 | 17:36.46 PR |
| | bl | 18 Hugo de Jonge | HN2 | | 16:39.62 |

Hilde Houtzager

| | | |
|--------|----------|---------|
| 400m | 43.64 | (43.64) |
| 800m | 1:24.05 | (40.41) |
| 1200m | 2:04.98 | (40.93) |
| 1600m | 2:45.28 | (40.30) |
| 2000m | 3:26.09 | (40.81) |
| 2400m | 4:07.11 | (41.02) |
| 2800m | 4:48.76 | (41.65) |
| 3200m | 5:30.61 | (41.85) |
| 3600m | 6:12.06 | (41.45) |
| 4000m | 6:53.88 | (41.82) |
| 4400m | 7:36.96 | (43.08) |
| 4800m | 8:20.04 | (43.08) |
| 5200m | 9:03.44 | (43.40) |
| 5600m | 9:46.52 | (43.08) |
| 6000m | 10:28.82 | (42.30) |
| 6400m | 11:11.61 | (42.79) |
| 6800m | 11:54.71 | (43.10) |
| 7200m | 12:36.87 | (42.16) |
| 7600m | 13:20.12 | (43.25) |
| 8000m | 14:02.09 | (41.97) |
| 8400m | 14:45.01 | (42.92) |
| 8800m | 15:27.67 | (42.66) |
| 9200m | 16:10.23 | (42.56) |
| 9600m | 16:52.86 | (42.63) |
| 10000m | 17:36.46 | (43.60) |

Hugo de Jonge

| | | |
|--------|----------|---------|
| 400m | 40.60 | (40.60) |
| 800m | 1:17.91 | (37.31) |
| 1200m | 1:56.35 | (38.44) |
| 1600m | 2:34.42 | (38.07) |
| 2000m | 3:13.46 | (39.04) |
| 2400m | 3:53.14 | (39.68) |
| 2800m | 4:32.45 | (39.31) |
| 3200m | 5:11.69 | (39.24) |
| 3600m | 5:50.97 | (39.28) |
| 4000m | 6:30.34 | (39.37) |
| 4400m | 7:09.59 | (39.25) |
| 4800m | 7:48.27 | (38.68) |
| 5200m | 8:26.91 | (38.64) |
| 5600m | 9:06.34 | (39.43) |
| 6000m | 9:46.14 | (39.80) |
| 6400m | 10:25.55 | (39.41) |
| 6800m | 11:05.83 | (40.28) |
| 7200m | 11:46.51 | (40.68) |
| 7600m | 12:27.64 | (41.13) |
| 8000m | 13:09.07 | (41.43) |
| 8400m | 13:49.88 | (40.81) |
| 8800m | 14:30.73 | (40.85) |
| 9200m | 15:12.66 | (41.93) |
| 9600m | 15:55.79 | (43.13) |
| 10000m | 16:39.62 | (43.83) |

| | | Naam | Cat | PR | Tijd Info |
|---|----|-----------------------|-----|----------|--------------------|
| 3 | wt | 12 Amber Koetsier | DB2 | | 17:35.63 |
| | rd | 7 Meerle van den Berg | DN4 | 18:26.34 | 17:17.20 PR |

Amber Koetsier

| | | |
|--------|----------|---------|
| 400m | 42.26 | (42.26) |
| 800m | 1:19.82 | (37.56) |
| 1200m | 1:58.79 | (38.97) |
| 1600m | 2:39.16 | (40.37) |
| 2000m | 3:18.99 | (39.83) |
| 2400m | 3:59.24 | (40.25) |
| 2800m | 4:39.88 | (40.64) |
| 3200m | 5:20.83 | (40.95) |
| 3600m | 6:02.81 | (41.98) |
| 4000m | 6:45.32 | (42.51) |
| 4400m | 7:28.47 | (43.15) |
| 4800m | 8:11.20 | (42.73) |
| 5200m | 8:54.15 | (42.95) |
| 5600m | 9:37.55 | (43.40) |
| 6000m | 10:21.01 | (43.46) |
| 6400m | 11:03.55 | (42.54) |
| 6800m | 11:46.51 | (42.96) |
| 7200m | 12:30.19 | (43.68) |
| 7600m | 13:14.15 | (43.96) |
| 8000m | 13:58.28 | (44.13) |
| 8400m | 14:42.83 | (44.55) |
| 8800m | 15:27.83 | (45.00) |
| 9200m | 16:12.17 | (44.34) |
| 9600m | 16:54.88 | (42.71) |
| 10000m | 17:35.63 | (40.75) |

Meerle van den Berg

| | | |
|--------|----------|---------|
| 400m | 42.12 | (42.12) |
| 800m | 1:21.13 | (39.01) |
| 1200m | 2:00.43 | (39.30) |
| 1600m | 2:40.55 | (40.12) |
| 2000m | 3:20.68 | (40.13) |
| 2400m | 4:01.58 | (40.90) |
| 2800m | 4:42.25 | (40.67) |
| 3200m | 5:23.68 | (41.43) |
| 3600m | 6:04.76 | (41.08) |
| 4000m | 6:46.02 | (41.26) |
| 4400m | 7:27.42 | (41.40) |
| 4800m | 8:08.94 | (41.52) |
| 5200m | 8:50.89 | (41.95) |
| 5600m | 9:33.30 | (42.41) |
| 6000m | 10:15.35 | (42.05) |
| 6400m | 10:56.92 | (41.57) |
| 6800m | 11:38.96 | (42.04) |
| 7200m | 12:20.96 | (42.00) |
| 7600m | 13:03.33 | (42.37) |
| 8000m | 13:46.26 | (42.93) |
| 8400m | 14:28.31 | (42.05) |
| 8800m | 15:10.94 | (42.63) |
| 9200m | 15:53.60 | (42.66) |
| 9600m | 16:36.02 | (42.42) |
| 10000m | 17:17.20 | (41.18) |

| | | Naam | Cat | PR | Tijd Info |
|---|----|----------------------------|-----|----------|--------------------|
| 4 | gl | 13 Stefan Lenselink | H40 | 16:50.65 | 16:48.17 PR |
| | bl | 19 Jordy Krap | HSA | | 17:27.73 |

Stefan Lenselink

| | | |
|--------|----------|---------|
| 400m | 41.64 | (41.64) |
| 800m | 1:18.08 | (36.44) |
| 1200m | 1:55.75 | (37.67) |
| 1600m | 2:34.41 | (38.66) |
| 2000m | 3:13.67 | (39.26) |
| 2400m | 3:53.11 | (39.44) |
| 2800m | 4:33.04 | (39.93) |
| 3200m | 5:13.15 | (40.11) |
| 3600m | 5:53.61 | (40.46) |
| 4000m | 6:34.29 | (40.68) |
| 4400m | 7:14.87 | (40.58) |
| 4800m | 7:56.24 | (41.37) |
| 5200m | 8:37.42 | (41.18) |
| 5600m | 9:18.24 | (40.82) |
| 6000m | 9:59.10 | (40.86) |
| 6400m | 10:39.36 | (40.26) |
| 6800m | 11:19.69 | (40.33) |
| 7200m | 12:00.55 | (40.86) |
| 7600m | 12:41.44 | (40.89) |
| 8000m | 13:22.53 | (41.09) |
| 8400m | 14:03.77 | (41.24) |
| 8800m | 14:45.58 | (41.81) |
| 9200m | 15:26.76 | (41.18) |
| 9600m | 16:07.42 | (40.66) |
| 10000m | 16:48.17 | (40.75) |

Jordy Krap

| | | |
|--------|----------|---------|
| 400m | 40.85 | (40.85) |
| 800m | 1:17.93 | (37.08) |
| 1200m | 1:55.63 | (37.70) |
| 1600m | 2:34.43 | (38.80) |
| 2000m | 3:13.94 | (39.51) |
| 2400m | 3:53.55 | (39.61) |
| 2800m | 4:34.93 | (41.38) |
| 3200m | 5:16.96 | (42.03) |
| 3600m | 5:58.88 | (41.92) |
| 4000m | 6:41.08 | (42.20) |
| 4400m | 7:23.68 | (42.60) |
| 4800m | 8:06.51 | (42.83) |
| 5200m | 8:49.31 | (42.80) |
| 5600m | 9:32.61 | (43.30) |
| 6000m | 10:15.16 | (42.55) |
| 6400m | 10:58.48 | (43.32) |
| 6800m | 11:41.87 | (43.39) |
| 7200m | 12:25.10 | (43.23) |
| 7600m | 13:08.53 | (43.43) |
| 8000m | 13:51.88 | (43.35) |
| 8400m | 14:34.72 | (42.84) |
| 8800m | 15:17.92 | (43.20) |
| 9200m | 16:01.23 | (43.31) |
| 9600m | 16:44.15 | (42.92) |
| 10000m | 17:27.73 | (43.58) |

| | | Naam | Cat | PR | Tijd Info |
|---|----------|-------------------------|-----|----------|--------------------|
| 5 | wt rd | 10 Lenthe Jansen | DA1 | 17:34.56 | 17:31.89 PR |

Lenthe Jansen

| | | |
|--------|----------|---------|
| 400m | 42.49 | (42.49) |
| 800m | 1:19.83 | (37.34) |
| 1200m | 1:58.51 | (38.68) |
| 1600m | 2:38.90 | (40.39) |
| 2000m | 3:20.63 | (41.73) |
| 2400m | 4:03.18 | (42.55) |
| 2800m | 4:45.32 | (42.14) |
| 3200m | 5:28.01 | (42.69) |
| 3600m | 6:10.41 | (42.40) |
| 4000m | 6:50.91 | (40.50) |
| 4400m | 7:32.87 | (41.96) |
| 4800m | 8:15.74 | (42.87) |
| 5200m | 8:58.36 | (42.62) |
| 5600m | 9:42.04 | (43.68) |
| 6000m | 10:25.86 | (43.82) |
| 6400m | 11:09.16 | (43.30) |
| 6800m | 11:53.25 | (44.09) |
| 7200m | 12:35.65 | (42.40) |
| 7600m | 13:17.88 | (42.23) |
| 8000m | 14:01.43 | (43.55) |
| 8400m | 14:44.48 | (43.05) |
| 8800m | 15:26.56 | (42.08) |
| 9200m | 16:08.18 | (41.62) |
| 9600m | 16:50.90 | (42.72) |
| 10000m | 17:31.89 | (40.99) |

m

| | | Naam | Cat | PR | Tijd Info |
|---|----|--------------------|-----|----------|--------------------|
| 6 | gl | 3 Joppe Kleiweg | HSA | 16:24.70 | 16:03.46 PR |
| | bl | 6 Kyenno Fredrikze | HA1 | | 17:13.90 |

Joppe Kleiweg

| | | |
|--------|----------|---------|
| 400m | 40.01 | (40.01) |
| 800m | 1:17.64 | (37.63) |
| 1200m | 1:57.18 | (39.54) |
| 1600m | 2:37.09 | (39.91) |
| 2000m | 3:16.46 | (39.37) |
| 2400m | 3:55.33 | (38.87) |
| 2800m | 4:33.79 | (38.46) |
| 3200m | 5:12.03 | (38.24) |
| 3600m | 5:50.25 | (38.22) |
| 4000m | 6:28.35 | (38.10) |
| 4400m | 7:06.95 | (38.60) |
| 4800m | 7:45.65 | (38.70) |
| 5200m | 8:24.34 | (38.69) |
| 5600m | 9:02.92 | (38.58) |
| 6000m | 9:41.43 | (38.51) |
| 6400m | 10:19.61 | (38.18) |
| 6800m | 10:58.02 | (38.41) |
| 7200m | 11:36.62 | (38.60) |
| 7600m | 12:15.20 | (38.58) |
| 8000m | 12:53.57 | (38.37) |
| 8400m | 13:31.97 | (38.40) |
| 8800m | 14:10.37 | (38.40) |
| 9200m | 14:48.52 | (38.15) |
| 9600m | 15:26.32 | (37.80) |
| 10000m | 16:03.46 | (37.14) |

Kyenno Fredrikze

| | | |
|--------|----------|---------|
| 400m | 40.23 | (40.23) |
| 800m | 1:18.94 | (38.71) |
| 1200m | 1:58.07 | (39.13) |
| 1600m | 2:39.23 | (41.16) |
| 2000m | 3:20.54 | (41.31) |
| 2400m | 4:02.08 | (41.54) |
| 2800m | 4:43.97 | (41.89) |
| 3200m | 5:26.20 | (42.23) |
| 3600m | 6:08.15 | (41.95) |
| 4000m | 6:49.97 | (41.82) |
| 4400m | 7:32.37 | (42.40) |
| 4800m | 8:14.73 | (42.36) |
| 5200m | 8:56.64 | (41.91) |
| 5600m | 9:38.99 | (42.35) |
| 6000m | 10:20.34 | (41.35) |
| 6400m | 11:01.39 | (41.05) |
| 6800m | 11:42.10 | (40.71) |
| 7200m | 12:24.24 | (42.14) |
| 7600m | 13:06.36 | (42.12) |
| 8000m | 13:48.73 | (42.37) |
| 8400m | 14:30.50 | (41.77) |
| 8800m | 15:12.32 | (41.82) |
| 9200m | 15:54.18 | (41.86) |
| 9600m | 16:33.92 | (39.74) |
| 10000m | 17:13.90 | (39.98) |

| | | Naam | Cat | PR | Tijd Info |
|---|----|----------------------------|-----|----------|--------------------|
| 7 | wt | 2 Mark Veenstra | HSB | 16:49.08 | 16:29.48 PR |
| | rd | 5 Joey van den Berg | HA1 | | 16:57.97 |

Mark Veenstra

| | | |
|--------|----------|---------|
| 400m | 40.15 | (40.15) |
| 800m | 1:18.39 | (38.24) |
| 1200m | 1:58.10 | (39.71) |
| 1600m | 2:37.63 | (39.53) |
| 2000m | 3:16.86 | (39.23) |
| 2400m | 3:55.98 | (39.12) |
| 2800m | 4:35.22 | (39.24) |
| 3200m | 5:15.00 | (39.78) |
| 3600m | 5:54.31 | (39.31) |
| 4000m | 6:33.91 | (39.60) |
| 4400m | 7:15.34 | (41.43) |
| 4800m | 8:00.72 | (45.38) |
| 5200m | 8:43.66 | (42.94) |
| 5600m | 9:20.80 | (37.14) |
| 6000m | 9:58.81 | (38.01) |
| 6400m | 10:37.86 | (39.05) |
| 6800m | 11:16.96 | (39.10) |
| 7200m | 11:56.01 | (39.05) |
| 7600m | 12:34.96 | (38.95) |
| 8000m | 13:13.91 | (38.95) |
| 8400m | 13:53.22 | (39.31) |
| 8800m | 14:32.40 | (39.18) |
| 9200m | 15:11.61 | (39.21) |
| 9600m | 15:50.65 | (39.04) |
| 10000m | 16:29.48 | (38.83) |

Joey van den Berg

| | | |
|--------|----------|---------|
| 400m | 39.70 | (39.70) |
| 800m | 1:19.57 | (39.87) |
| 1200m | 1:59.84 | (40.27) |
| 1600m | 2:39.92 | (40.08) |
| 2000m | 3:19.39 | (39.47) |
| 2400m | 3:58.06 | (38.67) |
| 2800m | 4:38.05 | (39.99) |
| 3200m | 5:18.66 | (40.61) |
| 3600m | 5:59.01 | (40.35) |
| 4000m | 6:39.74 | (40.73) |
| 4400m | 7:20.89 | (41.15) |
| 4800m | 8:02.69 | (41.80) |
| 5200m | 8:43.67 | (40.98) |
| 5600m | 9:24.99 | (41.32) |
| 6000m | 10:06.21 | (41.22) |
| 6400m | 10:47.61 | (41.40) |
| 6800m | 11:29.18 | (41.57) |
| 7200m | 12:11.74 | (42.56) |
| 7600m | 12:53.47 | (41.73) |
| 8000m | 13:34.84 | (41.37) |
| 8400m | 14:15.69 | (40.85) |
| 8800m | 14:56.26 | (40.57) |
| 9200m | 15:37.35 | (41.09) |
| 9600m | 16:18.30 | (40.95) |
| 10000m | 16:57.97 | (39.67) |

| | | Naam | Cat | PR | Tijd Info |
|---|----|-------------------------|-----|----------|--------------------|
| 8 | gl | 11 Jasper van der Marel | HN1 | 14:41.45 | 14:22.81 PR |
| | bl | 14 Tygo Kompier | HA2 | 15:40.29 | 15:59.77 |

Jasper van der Marel

| | | |
|--------|----------|---------|
| 400m | 36.18 | (36.18) |
| 800m | 1:08.96 | (32.78) |
| 1200m | 1:42.42 | (33.46) |
| 1600m | 2:16.09 | (33.67) |
| 2000m | 2:50.28 | (34.19) |
| 2400m | 3:24.48 | (34.20) |
| 2800m | 3:58.75 | (34.27) |
| 3200m | 4:33.32 | (34.57) |
| 3600m | 5:08.06 | (34.74) |
| 4000m | 5:42.60 | (34.54) |
| 4400m | 6:17.11 | (34.51) |
| 4800m | 6:51.46 | (34.35) |
| 5200m | 7:25.96 | (34.50) |
| 5600m | 8:00.60 | (34.64) |
| 6000m | 8:35.34 | (34.74) |
| 6400m | 9:09.96 | (34.62) |
| 6800m | 9:44.96 | (35.00) |
| 7200m | 10:19.41 | (34.45) |
| 7600m | 10:54.39 | (34.98) |
| 8000m | 11:29.19 | (34.80) |
| 8400m | 12:04.41 | (35.22) |
| 8800m | 12:39.21 | (34.80) |
| 9200m | 13:13.90 | (34.69) |
| 9600m | 13:48.43 | (34.53) |
| 10000m | 14:22.81 | (34.38) |

Tygo Kompier

| | | |
|--------|----------|---------|
| 400m | 36.15 | (36.15) |
| 800m | 1:11.07 | (34.92) |
| 1200m | 1:47.04 | (35.97) |
| 1600m | 2:23.16 | (36.12) |
| 2000m | 2:59.92 | (36.76) |
| 2400m | 3:37.37 | (37.45) |
| 2800m | 4:15.05 | (37.68) |
| 3200m | 4:52.76 | (37.71) |
| 3600m | 5:30.97 | (38.21) |
| 4000m | 6:10.19 | (39.22) |
| 4400m | 6:51.30 | (41.11) |
| 4800m | 7:31.44 | (40.14) |
| 5200m | 8:10.89 | (39.45) |
| 5600m | 8:49.82 | (38.93) |
| 6000m | 9:28.70 | (38.88) |
| 6400m | 10:08.02 | (39.32) |
| 6800m | 10:47.27 | (39.25) |
| 7200m | 11:27.08 | (39.81) |
| 7600m | 12:06.92 | (39.84) |
| 8000m | 12:46.68 | (39.76) |
| 8400m | 13:25.99 | (39.31) |
| 8800m | 14:05.22 | (39.23) |
| 9200m | 14:44.37 | (39.15) |
| 9600m | 15:22.88 | (38.51) |
| 10000m | 15:59.77 | (36.89) |