

1. Uitslag 500 meter voor 100m/300m/500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|-------|--------|
| 1 | 106 Eelke Westra | HN1 | 6 | I | 38.25 | PR | |
| 2 | 104 Nathan Baas | HB2 | 5 | O | 40.33 | | |
| 3 | 74 Peng Shen Plugge | HC2 | 6 | O | 40.76 | | |
| 4 | 85 Ruud Willems | H40 | 5 | I | 41.47 | | |
| 5 | 110 Fleur Smits | DB2 | 4 | O | 41.84 | PR | |
| 6 | 9 Jasmijn ter Haar | DC2 | 4 | I | 42.14 | | |
| 7 | 18 Marloes Westerhof | DSB | 3 | O | 42.47 | | |
| 8 | 35 Liam Schroten | HPA | 3 | I | 42.91 | | |
| 9 | 109 Mike Egberts | H40 | 1 | I | 45.93 | | |
| 10 | 112 Keira Wind | DPA | 2 | O | 48.93 | PR | |
| 11 | 21 Britt van der Linden | DB2 | 1 | O | 52.58 | HT FL | |

1. Rituitslag 500 meter voor 100m/300m/500m

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|-----------------------------|---------|-----------------------------|-------|--------------|-------|
| 1 | wt | 109 | Mike Egberts | | H40 | 42.60 | 45.93 | |
| | rd | 21 | Britt van der Linden | | DB2 | 44.71 | 52.58 | HT FL |
| | | Mike Egberts | | | Britt van der Linden | | | |
| | | 100m | 12.70 | (12.70) | 100m | 12.44 | (12.44) | |
| | | 500m | 45.93 | (33.23) | 500m | 52.58 | (40.14) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------|-------------------|-----|------|-------|--------------|------|
| 2 | gl | | | | | | | |
| | bl | 112 | Keira Wind | | DPA | 49.44 | 48.93 | PR |
| | | Keira Wind | | | | | | |
| | | m | | | 100m | 13.05 | (13.05) | |
| | | | | | 500m | 48.93 | (35.88) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 3 | wt | 35 | Liam Schroten | | HPA | 42.69 | 42.91 | |
| | rd | 18 | Marloes Westerhof | | DSB | 41.87 | 42.47 | |
| | | Liam Schroten | | | Marloes Westerhof | | | |
| | | 100m | 11.74 | (11.74) | 100m | 11.60 | (11.60) | |
| | | 500m | 42.91 | (31.17) | 500m | 42.47 | (30.87) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|--------------------|-------|--------------|------|
| 4 | gl | 9 | Jasmijn ter Haar | | DC2 | 41.82 | 42.14 | |
| | bl | 110 | Fleur Smits | | DB2 | 42.10 | 41.84 | PR |
| | | Jasmijn ter Haar | | | Fleur Smits | | | |
| | | 100m | 11.32 | (11.32) | 100m | 11.50 | (11.50) | |
| | | 500m | 42.14 | (30.82) | 500m | 41.84 | (30.34) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|---------------------|---------|--------------------|-------|--------------|------|
| 5 | wt | 85 | Ruud Willems | | H40 | 41.32 | 41.47 | |
| | rd | 104 | Nathan Baas | | HB2 | 39.95 | 40.33 | |
| | | Ruud Willems | | | Nathan Baas | | | |
| | | 100m | 11.51 | (11.51) | 100m | 10.83 | (10.83) | |
| | | 500m | 41.47 | (29.96) | 500m | 40.33 | (29.50) | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|---|----|---------------------|-------|---------|-------------------------|-------|--------------|------|
| 6 | gl | 106 Eelke Westra | | | HN1 | 38.34 | 38.25 | PR |
| | bl | 74 Peng Shen Plugge | | | HC2 | 39.78 | 40.76 | |
| | | <u>Eelke Westra</u> | | | <u>Peng Shen Plugge</u> | | | |
| | | 100m | 10.73 | (10.73) | 100m | 11.07 | (11.07) | |
| | | 500m | 38.25 | (27.52) | 500m | 40.76 | (29.69) | |

2. Uitslag 500 meter voor 500m/1500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 102 Jack Boekema | HC2 | 28 | O | 37.69 | | |
| 2 | 61 Julian de Boer | HB2 | 26 | O | 38.99 | PR | |
| 3 | 71 Mike van Dijk | HN4 | 27 | I | 39.14 | | |
| 4 | 39 Jonas Bakker | HB2 | 26 | I | 39.18 | | |
| 5 | 24 Danny Heijkoop | HN3 | 27 | O | 39.46 | | |
| 6 | 43 Joeke van Mulligen | HN3 | 24 | I | 40.73 | PR | |
| 7 | 100 Eric van den Berg | H45 | 25 | I | 41.19 | | |
| 8 | 97 Ishan Olden | HC2 | 25 | O | 41.25 | PR | |
| 9 | 70 Jeroen Oeben | H40 | 23 | O | 41.62 | PR | |
| 10 | 103 Sam Veldkamp | HC1 | 22 | I | 41.86 | PR | |
| 11 | 89 Gert Jan Dral | HSB | 19 | O | 42.00 | | |
| 12 | 83 Djem Smeele | HC2 | 24 | O | 42.13 | | |
| 13 | 51 Robert Wierds | H50 | 22 | O | 42.30 | | |
| 14 | 58 Jim Hartveld | HB1 | 23 | I | 42.47 | | |
| 15 | 98 Tom de Louwere | HC2 | 21 | O | 42.65 | | |
| 16 | 88 Twan van de Poppe | HC1 | 21 | I | 43.08 | | |
| 17 | 105 Noa Petitjean | DC2 | 20 | I | 43.12 | | |
| 18 | 45 Bert Nijman | H40 | 18 | I | 43.14 | PR | |
| 19 | 11 Jonah Zwaan | HB1 | 15 | O | 43.23 | PR | |
| 20 | 26 Thijs van Tol | HN3 | 17 | O | 43.27 | PR | |
| 21 | 113 Jasper Knulst | H50 | 16 | O | 43.36 | PR | |
| 22 | 50 Koen Veerman | HC2 | 17 | I | 43.43 | PR | |
| 23 | 40 Doede Wind | H50 | 16 | I | 43.71 | | |
| 24 | 115 Gerben Hettinga | H55 | 18 | O | 43.88 | | |
| 25 | 95 Rosan Kuip | DC2 | 15 | I | 44.00 | | |
| 26 | 15 Mimi van Hall | DB2 | 14 | I | 45.15 | | |
| 27 | 29 Taylor Bork | DC2 | 13 | O | 45.35 | PR | |
| 28 | 66 Kaska Rogulska | D55 | 13 | I | 45.36 | | |
| 29 | 82 Henk Roelfsema | H55 | 12 | I | 45.44 | | |
| 30 | 4 Zéfina de Bruin | DN3 | 14 | O | 45.70 | | |
| 31 | 30 Anne-Lotte Köhler | DC2 | 10 | O | 47.44 | PR | |
| 32 | 23 Femke van Beek | DC2 | 11 | I | 47.46 | PR | |
| 33 | 68 Kees Bollaart | H60 | 12 | O | 47.54 | | |
| 34 | 72 Jort van Diemen | HC1 | 11 | O | 48.00 | | |
| 35 | 108 André Kusters | H40 | 10 | I | 48.49 | | |
| 36 | 52 Karin Terhürne | D55 | 9 | I | 49.63 | | |
| 37 | 19 Harm Sinnige | H60 | 9 | O | 49.73 | | |
| 38 | 69 Thea Kroontje | D75 | 7 | I | 58.06 | | |

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|----------------|------|--------|
| 39 | 81 Henriët van Ling | D55 | 7 | 0 | 1:00.46 | | |
| | 79 Daan Spoelstra | H45 | 20 | 0 | DNS | | |
| | 107 Hans Spil | H55 | | | WDR | | |

2. Rituitslag 500 meter voor 500m/1500m

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 7 | wt | 69 | Thea Kroontje | | D75 | 47.51 | 58.06 | |
| | rd | 81 | Henriët van Ling | | D55 | 59.46 | 1:00.46 | |
| | | <u>Thea Kroontje</u> | | | <u>Henriët van Ling</u> | | | |
| | | 100m | 15.63 | (15.63) | 100m | 16.66 | (16.66) | |
| | | 500m | 58.06 | (42.43) | 500m | 1:00.46 | (43.80) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------|--|-----|----------|----|------|------|
| 8 | gl | | | | | | | |
| | bl | | | | | | | |
| | | <u>m</u> | | | <u>m</u> | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|---------------------|-------|--------------|------|
| 9 | wt | 52 | Karin Terhürne | | D55 | 46.30 | 49.63 | |
| | rd | 19 | Harm Sinnige | | H60 | 46.83 | 49.73 | |
| | | <u>Karin Terhürne</u> | | | <u>Harm Sinnige</u> | | | |
| | | 100m | 13.64 | (13.64) | 100m | 13.55 | (13.55) | |
| | | 500m | 49.63 | (35.99) | 500m | 49.73 | (36.18) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 10 | gl | 108 | André Kusters | | H40 | 44.51 | 48.49 | |
| | bl | 30 | Anne-Lotte Köhler | | DC2 | 47.87 | 47.44 | PR |
| | | <u>André Kusters</u> | | | <u>Anne-Lotte Köhler</u> | | | |
| | | 100m | 13.07 | (13.07) | 100m | 12.88 | (12.88) | |
| | | 500m | 48.49 | (35.42) | 500m | 47.44 | (34.56) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 11 | wt | 23 | Femke van Beek | | DC2 | 47.69 | 47.46 | PR |
| | rd | 72 | Jort van Diemen | | HC1 | 47.04 | 48.00 | |
| | | <u>Femke van Beek</u> | | | <u>Jort van Diemen</u> | | | |
| | | 100m | 12.73 | (12.73) | 100m | 12.64 | (12.64) | |
| | | 500m | 47.46 | (34.73) | 500m | 48.00 | (35.36) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 12 | gl | 82 | Henk Roelfsema | | H55 | 43.59 | 45.44 | |
| | bl | 68 | Kees Bollaart | | H60 | 43.55 | 47.54 | |
| | | Henk Roelfsema | | | Kees Bollaart | | | |
| | | 100m | 12.40 | (12.40) | 100m | 13.22 | (13.22) | |
| | | 500m | 45.44 | (33.04) | 500m | 47.54 | (34.32) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 13 | wt | 66 | Kaska Rogulska | | D55 | 42.33 | 45.36 | |
| | rd | 29 | Taylor Bork | | DC2 | 45.46 | 45.35 | PR |
| | | Kaska Rogulska | | | Taylor Bork | | | |
| | | 100m | 12.40 | (12.40) | 100m | 12.51 | (12.51) | |
| | | 500m | 45.36 | (32.96) | 500m | 45.35 | (32.84) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 14 | gl | 15 | Mimi van Hall | | DB2 | 44.27 | 45.15 | |
| | bl | 4 | Zéфина de Bruin | | DN3 | 44.39 | 45.70 | |
| | | Mimi van Hall | | | Zéфина de Bruin | | | |
| | | 100m | 12.20 | (12.20) | 100m | 12.64 | (12.64) | |
| | | 500m | 45.15 | (32.95) | 500m | 45.70 | (33.06) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 15 | wt | 95 | Rosan Kuip | | DC2 | 43.47 | 44.00 | |
| | rd | 11 | Jonah Zwaan | | HB1 | 44.14 | 43.23 | PR |
| | | Rosan Kuip | | | Jonah Zwaan | | | |
| | | 100m | 11.98 | (11.98) | 100m | 12.09 | (12.09) | |
| | | 500m | 44.00 | (32.02) | 500m | 43.23 | (31.14) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 16 | gl | 40 | Doede Wind | | H50 | 43.67 | 43.71 | |
| | bl | 113 | Jasper Knulst | | H50 | 43.46 | 43.36 | PR |
| | | Doede Wind | | | Jasper Knulst | | | |
| | | 100m | 12.39 | (12.39) | 100m | 11.66 | (11.66) | |
| | | 500m | 43.71 | (31.32) | 500m | 43.36 | (31.70) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------|----------------------|---------|----------------------|-------|--------------|------|
| 17 | wt | 50 | Koen Veerman | | HC2 | 43.62 | 43.43 | PR |
| | rd | 26 | Thijs van Tol | | HN3 | 43.46 | 43.27 | PR |
| | | Koen Veerman | | | Thijs van Tol | | | |
| | | 100m | 11.86 | (11.86) | 100m | 11.75 | (11.75) | |
| | | 500m | 43.43 | (31.57) | 500m | 43.27 | (31.52) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------|------------------------|---------|------------------------|-------|--------------|------|
| 18 | gl | 45 | Bert Nijman | | H40 | 43.57 | 43.14 | PR |
| | bl | 115 | Gerben Hettinga | | H55 | 41.52 | 43.88 | |
| | | Bert Nijman | | | Gerben Hettinga | | | |
| | | 100m | 11.51 | (11.51) | 100m | 12.37 | (12.37) | |
| | | 500m | 43.14 | (31.63) | 500m | 43.88 | (31.51) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------|----------------------|------|----------------------|---------|--------------|------|
| 19 | wt | 107 | Hans Spil | | H55 | 41.27 | WDR | |
| | rd | 89 | Gert Jan Dral | | HSB | 41.59 | 42.00 | |
| | | Hans Spil | | | Gert Jan Dral | | | |
| | | | | 100m | 11.40 | (11.40) | | |
| | | | | 500m | 42.00 | (30.60) | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 20 | gl | 105 | Noa Petitjean | | DC2 | 42.92 | 43.12 | |
| | bl | 79 | Daan Spoelstra | | H45 | 42.67 | DNS | |
| | | Noa Petitjean | | | Daan Spoelstra | | | |
| | | 100m | 11.82 | (11.82) | | | | |
| | | 500m | 43.12 | (31.30) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-----------------------|-------|--------------|------|
| 21 | wt | 88 | Twan van de Poppe | | HC1 | 42.55 | 43.08 | |
| | rd | 98 | Tom de Louwere | | HC2 | 42.48 | 42.65 | |
| | | Twan van de Poppe | | | Tom de Louwere | | | |
| | | 100m | 11.60 | (11.60) | 100m | 11.61 | (11.61) | |
| | | 500m | 43.08 | (31.48) | 500m | 42.65 | (31.04) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|---------------|-----------------------|---------------|------|
| 22 | gl | 103 Sam Veldkamp | HC1 | 42.35 | 41.86 | PR |
| | bl | 51 Robert Wierts | H50 | 42.15 | 42.30 | |
| | | Sam Veldkamp | | Robert Wierts | | |
| | | 100m | 11.48 (11.48) | 100m | 12.15 (12.15) | |
| | | 500m | 41.86 (30.38) | 500m | 42.30 (30.15) | |
| | | Naam | Cat | PR | Tijd | Info |
| 23 | wt | 58 Jim Hartveld | HB1 | 41.66 | 42.47 | |
| | rd | 70 Jeroen Oeben | H40 | 41.76 | 41.62 | PR |
| | | Jim Hartveld | | Jeroen Oeben | | |
| | | 100m | 11.72 (11.72) | 100m | 11.88 (11.88) | |
| | | 500m | 42.47 (30.75) | 500m | 41.62 (29.74) | |
| | | Naam | Cat | PR | Tijd | Info |
| 24 | gl | 43 Joeke van Mulligen | HN3 | 41.58 | 40.73 | PR |
| | bl | 83 Djem Smeele | HC2 | 41.79 | 42.13 | |
| | | Joeke van Mulligen | | Djem Smeele | | |
| | | 100m | 11.38 (11.38) | 100m | 11.37 (11.37) | |
| | | 500m | 40.73 (29.35) | 500m | 42.13 (30.76) | |
| | | Naam | Cat | PR | Tijd | Info |
| 25 | wt | 100 Eric van den Berg | H45 | 40.20 | 41.19 | |
| | rd | 97 Ishan Olden | HC2 | 41.40 | 41.25 | PR |
| | | Eric van den Berg | | Ishan Olden | | |
| | | 100m | 11.50 (11.50) | 100m | 11.56 (11.56) | |
| | | 500m | 41.19 (29.69) | 500m | 41.25 (29.69) | |
| | | Naam | Cat | PR | Tijd | Info |
| 26 | gl | 39 Jonas Bakker | HB2 | 38.71 | 39.18 | |
| | bl | 61 Julian de Boer | HB2 | 39.08 | 38.99 | PR |
| | | Jonas Bakker | | Julian de Boer | | |
| | | 100m | 10.80 (10.80) | 100m | 10.83 (10.83) | |
| | | 500m | 39.18 (28.38) | 500m | 38.99 (28.16) | |

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| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 27 | wt | 71 | Mike van Dijk | | HN4 | 38.51 | 39.14 | |
| | rd | 24 | Danny Heijkoop | | HN3 | 38.23 | 39.46 | |
| | | Mike van Dijk | | | Danny Heijkoop | | | |
| | | 100m | 10.95 | (10.95) | 100m | 10.82 | (10.82) | |
| | | 500m | 39.14 | (28.19) | 500m | 39.46 | (28.64) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------|---------------------|--|---------------------|-------|--------------|------|
| 28 | gl | 102 | Jack Boekema | | HC2 | 37.11 | 37.69 | |
| | bl | | | | | | | |
| | | | | | Jack Boekema | | | |
| | | m | | | 100m | 10.50 | (10.50) | |
| | | | | | 500m | 37.69 | (27.19) | |

3. Uitslag 500 meter voor 500m/1000m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|-------|------|--------|
| 1 | 92 Robbe Beelen | HN2 | 42 | I | 36.72 | | |
| 2 | 87 Kevin Kuiper | HN2 | 42 | O | 37.49 | | |
| 3 | 84 Daan Ridder | HA1 | 41 | O | 38.23 | | |
| 4 | 42 Seb van Schelven | HN2 | 41 | I | 38.72 | | |
| 5 | 48 Sylvian Hoogeveen | HA2 | 40 | O | 38.80 | | |
| 6 | 117 Donald Stappenbelt | HN1 | 40 | I | 38.82 | PR | |
| 7 | 17 Thomas Selles | HN2 | 39 | O | 39.99 | | |
| 8 | 22 Anne Plat | DSA | 39 | I | 40.66 | | |
| 9 | 28 Max Eppinga | HA1 | 38 | O | 41.04 | PR | |
| 10 | 91 Eric de Ruijter | H55 | 38 | I | 41.67 | | |
| 11 | 44 Timme van de Wetering | HPA | 37 | O | 41.91 | | |
| 12 | 73 Noëmi de Boer | DA1 | 37 | I | 43.01 | | |
| 13 | 57 Fleur Hartveld | DPA | 36 | O | 43.55 | | |
| | 78 Grietsen Wijma | H60 | 34 | O | 43.55 | | |
| 15 | 27 Gwen Konter | DN1 | 35 | I | 43.93 | | |
| 16 | 55 Emma van der Liet | DN1 | 35 | O | 44.33 | | |
| 17 | 49 Marleen Knol | DB1 | 34 | I | 44.87 | | |
| 18 | 37 Peter de Bruin | HC1 | 33 | O | 45.03 | PR | |
| 19 | 13 Veerle Zunnbeld | DPA | 33 | I | 46.34 | PR | |
| 20 | 67 Caspian Alexander | HPA | 32 | I | 46.54 | PR | |
| 21 | 80 Anastasia Wigg | DSA | 32 | O | 46.70 | | |
| 22 | 38 Maren de Bruin | DPA | 30 | I | 46.94 | PR | |
| 23 | 101 Elma Endhoven | DSB | 30 | O | 48.15 | | |
| 24 | 20 Fien van Hall | DPA | 31 | I | 48.16 | | |
| 25 | 62 Elin Lamain | DPA | 31 | O | 49.54 | | |
| 26 | 59 Lisa Konst | DPA | 29 | I | 56.83 | FL | |
| | 56 Jasmin van der Terp | DA1 | 36 | I | DNS | | |

3. Rituitslag 500 meter voor 500m/1000m

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------|-------------------|---------|-----|-------|--------------|------|
| 29 | wt | 59 | Lisa Konst | | DPA | 48.64 | 56.83 | FL |
| | rd | | | | | | | |
| | | Lisa Konst | | | | | | |
| | | 100m | 12.71 | (12.71) | m | | | |
| | | 500m | 56.83 | (44.12) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|----------------------|------|-------|--------------|------|
| 30 | gl | 38 | Maren de Bruin | | DPA | 48.23 | 46.94 | PR |
| | bl | 101 | Elma Endhoven | | DSB | 47.01 | 48.15 | |
| | | Maren de Bruin | | Elma Endhoven | | | | |
| | | 100m | 12.90 | (12.90) | 100m | 12.87 | (12.87) | |
| | | 500m | 46.94 | (34.04) | 500m | 48.15 | (35.28) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|----------------------|--------------------|------|-------|--------------|------|
| 31 | wt | 20 | Fien van Hall | | DPA | 48.09 | 48.16 | |
| | rd | 62 | Elin Lamain | | DPA | 48.03 | 49.54 | |
| | | Fien van Hall | | Elin Lamain | | | | |
| | | 100m | 12.77 | (12.77) | 100m | 13.33 | (13.33) | |
| | | 500m | 48.16 | (35.39) | 500m | 49.54 | (36.21) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|-----------------------|------|-------|--------------|------|
| 32 | gl | 67 | Caspian Alexander | | HPA | 46.94 | 46.54 | PR |
| | bl | 80 | Anastasia Wigg | | DSA | 46.00 | 46.70 | |
| | | Caspian Alexander | | Anastasia Wigg | | | | |
| | | 100m | 12.18 | (12.18) | 100m | 12.90 | (12.90) | |
| | | 500m | 46.54 | (34.36) | 500m | 46.70 | (33.80) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|-----------------------|------|-------|--------------|------|
| 33 | wt | 13 | Veerle Zunnabeld | | DPA | 46.37 | 46.34 | PR |
| | rd | 37 | Peter de Bruin | | HC1 | 45.29 | 45.03 | PR |
| | | Veerle Zunnabeld | | Peter de Bruin | | | | |
| | | 100m | 12.74 | (12.74) | 100m | 12.30 | (12.30) | |
| | | 500m | 46.34 | (33.60) | 500m | 45.03 | (32.73) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------------|------------------------------|---------|------------------------------|-------|--------------|------|
| 34 | gl | 49 | Marleen Knol | | DB1 | 44.59 | 44.87 | |
| | bl | 78 | Grietsen Wijma | | H60 | 40.97 | 43.55 | |
| | | Marleen Knol | | | Grietsen Wijma | | | |
| | | 100m | 12.09 | (12.09) | 100m | 12.30 | (12.30) | |
| | | 500m | 44.87 | (32.78) | 500m | 43.55 | (31.25) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 35 | wt | 27 | Gwen Konter | | DN1 | 43.44 | 43.93 | |
| | rd | 55 | Emma van der Liet | | DN1 | 43.81 | 44.33 | |
| | | Gwen Konter | | | Emma van der Liet | | | |
| | | 100m | 12.25 | (12.25) | 100m | 12.39 | (12.39) | |
| | | 500m | 43.93 | (31.68) | 500m | 44.33 | (31.94) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 36 | gl | 56 | Jasmin van der Terp | | DA1 | 43.54 | DNS | |
| | bl | 57 | Fleur Hartveld | | DPA | 42.69 | 43.55 | |
| | | Jasmin van der Terp | | | Fleur Hartveld | | | |
| | | 100m | | | 100m | 12.19 | (12.19) | |
| | | 500m | | | 500m | 43.55 | (31.36) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 37 | wt | 73 | Noëmi de Boer | | DA1 | 42.60 | 43.01 | |
| | rd | 44 | Timme van de Wetering | | HPA | 41.91 | 41.91 | |
| | | Noëmi de Boer | | | Timme van de Wetering | | | |
| | | 100m | 11.70 | (11.70) | 100m | 11.71 | (11.71) | |
| | | 500m | 43.01 | (31.31) | 500m | 41.91 | (30.20) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 38 | gl | 91 | Eric de Ruijter | | H55 | 40.40 | 41.67 | |
| | bl | 28 | Max Eppinga | | HA1 | 41.31 | 41.04 | PR |
| | | Eric de Ruijter | | | Max Eppinga | | | |
| | | 100m | 11.72 | (11.72) | 100m | 11.53 | (11.53) | |
| | | 500m | 41.67 | (29.95) | 500m | 41.04 | (29.51) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|-------|---------|----------------------|-------|--------------|------|
| 39 | wt | 22 Anne Plat | | | DSA | 40.04 | 40.66 | |
| | rd | 17 Thomas Selles | | | HN2 | 39.31 | 39.99 | |
| | | Anne Plat | | | Thomas Selles | | | |
| | | 100m | 11.25 | (11.25) | 100m | 10.89 | (10.89) | |
| | | 500m | 40.66 | (29.41) | 500m | 39.99 | (29.10) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-------|---------|--------------------------|-------|--------------|------|
| 40 | gl | 117 Donald Stappenbelt | | | HN1 | 38.88 | 38.82 | PR |
| | bl | 48 Sylvian Hoogeveen | | | HA2 | 38.57 | 38.80 | |
| | | Donald Stappenbelt | | | Sylvian Hoogeveen | | | |
| | | 100m | 10.85 | (10.85) | 100m | 10.84 | (10.84) | |
| | | 500m | 38.82 | (27.97) | 500m | 38.80 | (27.96) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------------|-------|---------|--------------------|-------|--------------|------|
| 41 | wt | 42 Seb van Schelven | | | HN2 | 38.36 | 38.72 | |
| | rd | 84 Daan Ridder | | | HA1 | 38.11 | 38.23 | |
| | | Seb van Schelven | | | Daan Ridder | | | |
| | | 100m | 10.64 | (10.64) | 100m | 10.85 | (10.85) | |
| | | 500m | 38.72 | (28.08) | 500m | 38.23 | (27.38) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|-------|---------|---------------------|-------|--------------|------|
| 42 | gl | 92 Robbe Beelen | | | HN2 | 36.69 | 36.72 | |
| | bl | 87 Kevin Kuiper | | | HN2 | 37.02 | 37.49 | |
| | | Robbe Beelen | | | Kevin Kuiper | | | |
| | | 100m | 10.30 | (10.30) | 100m | 10.58 | (10.58) | |
| | | 500m | 36.72 | (26.42) | 500m | 37.49 | (26.91) | |

4. Uitslag 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 104 Nathan Baas | HB2 | 48 | O | 10.87 | PR | |
| 2 | 106 Eelke Westra | HN1 | 48 | I | 10.92 | | |
| 3 | 74 Peng Shen Plugge | HC2 | 47 | O | 11.09 | | |
| 4 | 9 Jasmijn ter Haar | DC2 | 46 | I | 11.30 | PR | |
| 5 | 85 Ruud Willems | H40 | 47 | I | 11.31 | | |
| 6 | 110 Fleur Smits | DB2 | 44 | I | 11.69 | | |
| 7 | 18 Marloes Westerhof | DSB | 45 | I | 11.73 | | |
| 8 | 35 Liam Schroten | HPA | 45 | O | 11.74 | | |
| 9 | 109 Mike Egberts | H40 | 43 | O | 12.01 | PR | |
| 10 | 21 Britt van der Linden | DB2 | 43 | I | 12.29 | | |
| 11 | 112 Keira Wind | DPA | 44 | O | 12.88 | PR | |

4. Rituitslag 100 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|-----|---------------------|--------------|------|
| 43 | wt | 21 Britt van der Linden | DB2 | 11.84 | 12.29 | |
| | rd | 109 Mike Egberts | H40 | 12.24 | 12.01 | PR |
| | | Britt van der Linden | | Mike Egberts | | |
| | | 100m 12.29 (12.29) | | 100m 12.01 (12.01) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------|-----|--------------------|--------------|------|
| 44 | gl | 110 Fleur Smits | DB2 | 11.67 | 11.69 | |
| | bl | 112 Keira Wind | DPA | 13.13 | 12.88 | PR |
| | | Fleur Smits | | Keira Wind | | |
| | | 100m 11.69 (11.69) | | 100m 12.88 (12.88) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|----------------------|--------------|------|
| 45 | wt | 18 Marloes Westerhof | DSB | 11.26 | 11.73 | |
| | rd | 35 Liam Schroten | HPA | 11.73 | 11.74 | |
| | | Marloes Westerhof | | Liam Schroten | | |
| | | 100m 11.73 (11.73) | | 100m 11.74 (11.74) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|-------|--------------|------|
| 46 | gl | 9 Jasmijn ter Haar | DC2 | 11.35 | 11.30 | PR |
| | bl | | | | | |
| | | Jasmijn ter Haar | | | | |
| | | 100m 11.30 (11.30) | | m | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-------------------------|--------------|------|
| 47 | wt | 85 Ruud Willems | H40 | 11.19 | 11.31 | |
| | rd | 74 Peng Shen Plugge | HC2 | 11.01 | 11.09 | |
| | | Ruud Willems | | Peng Shen Plugge | | |
| | | 100m 11.31 (11.31) | | 100m 11.09 (11.09) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|--------------------|--------------|------|
| 48 | gl | 106 Eelke Westra | HN1 | 10.90 | 10.92 | |
| | bl | 104 Nathan Baas | HB2 | 10.89 | 10.87 | PR |
| | | Eelke Westra | | Nathan Baas | | |
| | | 100m 10.92 (10.92) | | 100m 10.87 (10.87) | | |

5. Uitslag 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 106 Eelke Westra | HN1 | 54 | O | 25.35 | PR | |
| 2 | 104 Nathan Baas | HB2 | 54 | I | 25.70 | | |
| 3 | 74 Peng Shen Plugge | HC2 | 53 | I | 26.29 | | |
| 4 | 9 Jasmijn ter Haar | DC2 | 52 | I | 26.64 | PR | |
| 5 | 85 Ruud Willems | H40 | 53 | O | 26.71 | | |
| 6 | 110 Fleur Smits | DB2 | 52 | O | 26.94 | | |
| 7 | 35 Liam Schroten | HPA | 51 | I | 27.15 | PR | |
| 8 | 18 Marloes Westerhof | DSB | 50 | O | 27.45 | | |
| 9 | 109 Mike Egberts | H40 | 49 | I | 28.36 | PR | |
| 10 | 21 Britt van der Linden | DB2 | 49 | O | 29.02 | | |
| 11 | 112 Keira Wind | DPA | 50 | I | 31.03 | PR | |

5. Rituitslag 300 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|-----|-------|-----------------------------|------|
| 49 | wt | 109 Mike Egberts | H40 | 28.76 | 28.36 | PR |
| | rd | 21 Britt van der Linden | DB2 | 28.96 | 29.02 | |
| | | <u>Mike Egberts</u> | | | <u>Britt van der Linden</u> | |
| | | 300m 28.36 (28.36) | | | 300m 29.02 (29.02) | |
| | | Naam | Cat | PR | Tijd | Info |
| 50 | gl | 112 Keira Wind | DPA | 31.46 | 31.03 | PR |
| | bl | 18 Marloes Westerhof | DSB | 26.80 | 27.45 | |
| | | <u>Keira Wind</u> | | | <u>Marloes Westerhof</u> | |
| | | 300m 31.03 (31.03) | | | 300m 27.45 (27.45) | |
| | | Naam | Cat | PR | Tijd | Info |
| 51 | wt | 35 Liam Schroten | HPA | 27.35 | 27.15 | PR |
| | rd | | | | | |
| | | <u>Liam Schroten</u> | | | | |
| | | 300m 27.15 (27.15) | | | m | |
| | | Naam | Cat | PR | Tijd | Info |
| 52 | gl | 9 Jasmijn ter Haar | DC2 | 26.98 | 26.64 | PR |
| | bl | 110 Fleur Smits | DB2 | 26.81 | 26.94 | |
| | | <u>Jasmijn ter Haar</u> | | | <u>Fleur Smits</u> | |
| | | 300m 26.64 (26.64) | | | 300m 26.94 (26.94) | |
| | | Naam | Cat | PR | Tijd | Info |
| 53 | wt | 74 Peng Shen Plugge | HC2 | 26.25 | 26.29 | |
| | rd | 85 Ruud Willems | H40 | 26.48 | 26.71 | |
| | | <u>Peng Shen Plugge</u> | | | <u>Ruud Willems</u> | |
| | | 300m 26.29 (26.29) | | | 300m 26.71 (26.71) | |
| | | Naam | Cat | PR | Tijd | Info |
| 54 | gl | 104 Nathan Baas | HB2 | 25.57 | 25.70 | |
| | bl | 106 Eelke Westra | HN1 | 25.56 | 25.35 | PR |
| | | <u>Nathan Baas</u> | | | <u>Eelke Westra</u> | |
| | | 300m 25.70 (25.70) | | | 300m 25.35 (25.35) | |

6. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 61 Julian de Boer | HB2 | 74 | O | 1:58.04 | PR | |
| 2 | 39 Jonas Bakker | HB2 | 75 | I | 2:01.50 | | |
| 3 | 51 Robert Wierds | H50 | 73 | O | 2:02.38 | | |
| 4 | 70 Jeroen Oeben | H40 | 73 | I | 2:03.23 | | |
| 5 | 24 Danny Heijkoop | HN3 | 75 | O | 2:03.42 | | |
| 6 | 71 Mike van Dijk | HN4 | 74 | I | 2:03.71 | | |
| 7 | 43 Joeke van Mulligen | HN3 | 66 | O | 2:04.88 | PR | |
| 8 | 100 Eric van den Berg | H45 | 69 | O | 2:05.18 | | |
| 9 | 97 Ishan Olden | HC2 | 69 | I | 2:05.64 | PR | |
| 10 | 89 Gert Jan Dral | HSB | 66 | I | 2:06.55 | | |
| 11 | 115 Gerben Hettinga | H55 | 67 | O | 2:07.64 | | |
| 12 | 11 Jonah Zwaan | HB1 | 62 | O | 2:07.93 | PR | |
| 13 | 45 Bert Nijman | H40 | 65 | O | 2:08.91 | PR | |
| 14 | 50 Koen Veerman | HC2 | 68 | O | 2:09.08 | PR | |
| 15 | 88 Twan van de Poppe | HC1 | 65 | I | 2:09.82 | PR | |
| 16 | 26 Thijs van Tol | HN3 | 68 | I | 2:10.12 | PR | |
| 17 | 40 Doede Wind | H50 | 70 | I | 2:10.97 | | |
| 18 | 113 Jasper Knulst | H50 | 67 | I | 2:11.72 | | |
| 19 | 103 Sam Veldkamp | HC1 | 63 | O | 2:11.92 | PR | |
| 20 | 83 Djem Smeele | HC2 | 70 | O | 2:12.37 | | |
| 21 | 105 Noa Petitjean | DC2 | 64 | O | 2:13.54 | PR | |
| 22 | 95 Rosan Kuip | DC2 | 64 | I | 2:15.07 | | |
| 23 | 98 Tom de Louwere | HC2 | 71 | I | 2:15.82 | | |
| 24 | 4 Zéfina de Bruin | DN3 | 63 | I | 2:16.85 | | |
| 25 | 82 Henk Roelfsema | H55 | 61 | I | 2:19.55 | | |
| 26 | 66 Kaska Rogulska | D55 | 61 | O | 2:19.63 | | |
| 27 | 23 Femke van Beek | DC2 | 60 | O | 2:22.90 | PR | |
| 28 | 68 Kees Bollaart | H60 | 60 | I | 2:24.25 | | |
| 29 | 15 Mimi van Hall | DB2 | 62 | I | 2:24.83 | | |
| 30 | 29 Taylor Bork | DC2 | 59 | I | 2:26.70 | PR | |
| 31 | 30 Anne-Lotte Köhler | DC2 | 57 | O | 2:28.34 | PR | |
| 32 | 108 André Kusters | H40 | 58 | O | 2:28.59 | | |
| 33 | 19 Harm Sinnige | H60 | 59 | O | 2:28.95 | | |
| 34 | 72 Jort van Diemen | HC1 | 58 | I | 2:30.15 | PR | |
| 35 | 52 Karin Terhürne | D55 | 57 | I | 2:31.77 | | |
| 36 | 69 Thea Kroontje | D75 | 55 | I | 2:48.12 | | |
| 37 | 81 Henriët van Ling | D55 | 55 | O | 2:54.27 | PR | |
| | 79 Daan Spoelstra | H45 | 72 | O | DNS | | |

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------|-----|------|------|------|------------|--------|
| 58 | Jim Hartveld | HB1 | | | | WDR | |
| 107 | Hans Spil | H55 | | | | WDR | |
| 102 | Jack Boekema | HC2 | | | | WDR | |

6. Rituitslag 1500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 55 | wt | 69 | Thea Kroontje | | D75 | 2:20.69 | 2:48.12 | |
| | rd | 81 | Henriët van Ling | | D55 | 2:55.93 | 2:54.27 | PR |
| | | Thea Kroontje | | | Henriët van Ling | | | |
| | | 300m | 37.43 | (37.43) | 300m | 39.67 | (39.67) | |
| | | 700m | 1:20.02 | (42.59) | 700m | 1:23.86 | (44.19) | |
| | | 1100m | 2:03.52 | (43.50) | 1100m | 2:08.66 | (44.80) | |
| | | 1500m | 2:48.12 | (44.60) | 1500m | 2:54.27 | (45.61) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--|-----|---|----|------|------|
| 56 | gl | | | | | | | |
| | bl | | | | | | | |
| | | m | | | m | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|--------------------------|---------|--------------------------|---------|----------------|------|
| 57 | wt | 52 | Karin Terhürne | | D55 | 2:26.30 | 2:31.77 | |
| | rd | 30 | Anne-Lotte Köhler | | DC2 | 2:35.18 | 2:28.34 | PR |
| | | Karin Terhürne | | | Anne-Lotte Köhler | | | |
| | | 300m | 33.03 | (33.03) | 300m | 32.32 | (32.32) | |
| | | 700m | 1:11.21 | (38.18) | 700m | 1:10.12 | (37.80) | |
| | | 1100m | 1:50.89 | (39.68) | 1100m | 1:49.40 | (39.28) | |
| | | 1500m | 2:31.77 | (40.88) | 1500m | 2:28.34 | (38.94) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|----------------------|---------|----------------|------|
| 58 | gl | 72 | Jort van Diemen | | HC1 | 2:32.26 | 2:30.15 | PR |
| | bl | 108 | André Kusters | | H40 | 2:17.26 | 2:28.59 | |
| | | Jort van Diemen | | | André Kusters | | | |
| | | 300m | 31.41 | (31.41) | 300m | 31.62 | (31.62) | |
| | | 700m | 1:08.66 | (37.25) | 700m | 1:07.55 | (35.93) | |
| | | 1100m | 1:48.93 | (40.27) | 1100m | 1:46.99 | (39.44) | |
| | | 1500m | 2:30.15 | (41.22) | 1500m | 2:28.59 | (41.60) | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------|---------|---------|---------------------|----------------|---------|
| 59 | wt | 29 Taylor Bork | DC2 | | 2:26.71 | 2:26.70 | PR |
| | rd | 19 Harm Sinnige | H60 | | 2:19.44 | 2:28.95 | |
| | | Taylor Bork | | | Harm Sinnige | | |
| | | 300m | 31.47 | (31.47) | 300m | 32.79 | (32.79) |
| | | 700m | 1:08.10 | (36.63) | 700m | 1:09.43 | (36.64) |
| | | 1100m | 1:47.03 | (38.93) | 1100m | 1:48.65 | (39.22) |
| | | 1500m | 2:26.70 | (39.67) | 1500m | 2:28.95 | (40.30) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------|---------|---------|-----------------------|----------------|---------|
| 60 | gl | 68 Kees Bollaart | H60 | | 2:12.40 | 2:24.25 | |
| | bl | 23 Femke van Beek | DC2 | | 2:23.11 | 2:22.90 | PR |
| | | Kees Bollaart | | | Femke van Beek | | |
| | | 300m | 31.67 | (31.67) | 300m | 31.23 | (31.23) |
| | | 700m | 1:07.96 | (36.29) | 700m | 1:07.70 | (36.47) |
| | | 1100m | 1:45.30 | (37.34) | 1100m | 1:45.23 | (37.53) |
| | | 1500m | 2:24.25 | (38.95) | 1500m | 2:22.90 | (37.67) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------|---------|---------|-----------------------|----------------|---------|
| 61 | wt | 82 Henk Roelfsema | H55 | | 2:13.95 | 2:19.55 | |
| | rd | 66 Kaska Rogulska | D55 | | 2:09.40 | 2:19.63 | |
| | | Henk Roelfsema | | | Kaska Rogulska | | |
| | | 300m | 30.06 | (30.06) | 300m | 30.25 | (30.25) |
| | | 700m | 1:04.72 | (34.66) | 700m | 1:04.64 | (34.39) |
| | | 1100m | 1:41.44 | (36.72) | 1100m | 1:41.13 | (36.49) |
| | | 1500m | 2:19.55 | (38.11) | 1500m | 2:19.63 | (38.50) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------|---------|---------|--------------------|----------------|---------|
| 62 | gl | 15 Mimi van Hall | DB2 | | 2:17.90 | 2:24.83 | |
| | bl | 11 Jonah Zwaan | HB1 | | 2:17.29 | 2:07.93 | PR |
| | | Mimi van Hall | | | Jonah Zwaan | | |
| | | 300m | 30.03 | (30.03) | 300m | 29.02 | (29.02) |
| | | 700m | 1:05.85 | (35.82) | 700m | 1:01.52 | (32.50) |
| | | 1100m | 1:44.71 | (38.86) | 1100m | 1:34.39 | (32.87) |
| | | 1500m | 2:24.83 | (40.12) | 1500m | 2:07.93 | (33.54) |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|---------------------------|---------|---------------------------|---------|----------------|------|
| 63 | wt | 4 | Zéfina de Bruin | | DN3 | 2:12.90 | 2:16.85 | |
| | rd | 103 | Sam Veldkamp | | HC1 | 2:14.52 | 2:11.92 | PR |
| | | Zéfina de Bruin | | | Sam Veldkamp | | | |
| | | 300m | 30.14 | (30.14) | 300m | 27.84 | (27.84) | |
| | | 700m | 1:04.03 | (33.89) | 700m | 1:00.46 | (32.62) | |
| | | 1100m | 1:39.71 | (35.68) | 1100m | 1:35.88 | (35.42) | |
| | | 1500m | 2:16.85 | (37.14) | 1500m | 2:11.92 | (36.04) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 64 | gl | 95 | Rosan Kuip | | DC2 | 2:13.93 | 2:15.07 | |
| | bl | 105 | Noa Petitjean | | DC2 | 2:14.38 | 2:13.54 | PR |
| | | Rosan Kuip | | | Noa Petitjean | | | |
| | | 300m | 28.66 | (28.66) | 300m | 28.73 | (28.73) | |
| | | 700m | 1:02.81 | (34.15) | 700m | 1:01.89 | (33.16) | |
| | | 1100m | 1:38.77 | (35.96) | 1100m | 1:37.20 | (35.31) | |
| | | 1500m | 2:15.07 | (36.30) | 1500m | 2:13.54 | (36.34) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 65 | wt | 88 | Twan van de Poppe | | HC1 | 2:13.55 | 2:09.82 | PR |
| | rd | 45 | Bert Nijman | | H40 | 2:13.64 | 2:08.91 | PR |
| | | Twan van de Poppe | | | Bert Nijman | | | |
| | | 300m | 28.55 | (28.55) | 300m | 27.74 | (27.74) | |
| | | 700m | 1:01.29 | (32.74) | 700m | 59.45 | (31.71) | |
| | | 1100m | 1:34.68 | (33.39) | 1100m | 1:33.25 | (33.80) | |
| | | 1500m | 2:09.82 | (35.14) | 1500m | 2:08.91 | (35.66) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 66 | gl | 89 | Gert Jan Dral | | HSB | 2:05.47 | 2:06.55 | |
| | bl | 43 | Joeke van Mulligen | | HN3 | 2:11.23 | 2:04.88 | PR |
| | | Gert Jan Dral | | | Joeke van Mulligen | | | |
| | | 300m | 27.00 | (27.00) | 300m | 27.07 | (27.07) | |
| | | 700m | 58.09 | (31.09) | 700m | 57.95 | (30.88) | |
| | | 1100m | 1:31.00 | (32.91) | 1100m | 1:30.50 | (32.55) | |
| | | 1500m | 2:06.55 | (35.55) | 1500m | 2:04.88 | (34.38) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|--------------------------|---------|--------------------------|---------|----------------|------|
| 67 | wt | 113 | Jasper Knulst | | H50 | 2:11.23 | 2:11.72 | |
| | rd | 115 | Gerben Hettinga | | H55 | 2:05.59 | 2:07.64 | |
| | | Jasper Knulst | | | Gerben Hettinga | | | |
| | | 300m | 28.68 | (28.68) | 300m | 29.36 | (29.36) | |
| | | 700m | 1:01.24 | (32.56) | 700m | 1:01.02 | (31.66) | |
| | | 1100m | 1:35.67 | (34.43) | 1100m | 1:33.57 | (32.55) | |
| | | 1500m | 2:11.72 | (36.05) | 1500m | 2:07.64 | (34.07) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 68 | gl | 26 | Thijs van Tol | | HN3 | 2:11.79 | 2:10.12 | PR |
| | bl | 50 | Koen Veerman | | HC2 | 2:11.51 | 2:09.08 | PR |
| | | Thijs van Tol | | | Koen Veerman | | | |
| | | 300m | 27.95 | (27.95) | 300m | 28.31 | (28.31) | |
| | | 700m | 1:00.20 | (32.25) | 700m | 1:00.39 | (32.08) | |
| | | 1100m | 1:34.14 | (33.94) | 1100m | 1:34.07 | (33.68) | |
| | | 1500m | 2:10.12 | (35.98) | 1500m | 2:09.08 | (35.01) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 69 | wt | 97 | Ishan Olden | | HC2 | 2:10.64 | 2:05.64 | PR |
| | rd | 100 | Eric van den Berg | | H45 | 2:02.40 | 2:05.18 | |
| | | Ishan Olden | | | Eric van den Berg | | | |
| | | 300m | 27.75 | (27.75) | 300m | 27.64 | (27.64) | |
| | | 700m | 59.58 | (31.83) | 700m | 58.45 | (30.81) | |
| | | 1100m | 1:32.25 | (32.67) | 1100m | 1:31.38 | (32.93) | |
| | | 1500m | 2:05.64 | (33.39) | 1500m | 2:05.18 | (33.80) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 70 | gl | 40 | Doede Wind | | H50 | 2:08.93 | 2:10.97 | |
| | bl | 83 | Djem Smeele | | HC2 | 2:09.03 | 2:12.37 | |
| | | Doede Wind | | | Djem Smeele | | | |
| | | 300m | 29.26 | (29.26) | 300m | 28.24 | (28.24) | |
| | | 700m | 1:01.55 | (32.29) | 700m | 1:01.25 | (33.01) | |
| | | 1100m | 1:35.52 | (33.97) | 1100m | 1:36.30 | (35.05) | |
| | | 1500m | 2:10.97 | (35.45) | 1500m | 2:12.37 | (36.07) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----------------|---------|-----------------------|------|
| 71 | wt | 98 Tom de Louwere | HC2 | 2:08.60 | 2:15.82 | |
| | rd | 58 Jim Hartveld | HB1 | 2:08.67 | WDR | |
| | | Tom de Louwere | | | Jim Hartveld | |
| | | 300m | 28.28 (28.28) | | | |
| | | 700m | 1:01.10 (32.82) | | | |
| | | 1100m | 1:37.02 (35.92) | | | |
| | | 1500m | 2:15.82 (38.80) | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 72 | gl | 107 Hans Spil | H55 | 2:04.98 | WDR | |
| | bl | 79 Daan Spoelstra | H45 | 2:03.63 | DNS | |
| | | Hans Spil | | | Daan Spoelstra | |
| | | Naam | Cat | PR | Tijd | Info |
| 73 | wt | 70 Jeroen Oeben | H40 | 1:59.56 | 2:03.23 | |
| | rd | 51 Robert Wierts | H50 | 2:01.43 | 2:02.38 | |
| | | Jeroen Oeben | | | Robert Wierts | |
| | | 300m | 27.89 (27.89) | 300m | 28.23 (28.23) | |
| | | 700m | 58.44 (30.55) | 700m | 59.18 (30.95) | |
| | | 1100m | 1:30.03 (31.59) | 1100m | 1:30.74 (31.56) | |
| | | 1500m | 2:03.23 (33.20) | 1500m | 2:02.38 (31.64) | |
| | | Naam | Cat | PR | Tijd | Info |
| 74 | gl | 71 Mike van Dijk | HN4 | 2:00.51 | 2:03.71 | |
| | bl | 61 Julian de Boer | HB2 | 1:59.21 | 1:58.04 | PR |
| | | Mike van Dijk | | | Julian de Boer | |
| | | 300m | 27.08 (27.08) | 300m | 26.08 (26.08) | |
| | | 700m | 57.44 (30.36) | 700m | 55.50 (29.42) | |
| | | 1100m | 1:29.47 (32.03) | 1100m | 1:26.53 (31.03) | |
| | | 1500m | 2:03.71 (34.24) | 1500m | 1:58.04 (31.51) | |

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Thialf - Heerenveen

24 januari 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------|----------------|---------|----------------|---------|----------------|------|
| 75 | wt | 39 | Jonas Bakker | | HB2 | 1:58.65 | 2:01.50 | |
| | rd | 24 | Danny Heijkoop | | HN3 | 1:58.79 | 2:03.42 | |
| | | Jonas Bakker | | | Danny Heijkoop | | | |
| | | 300m | 25.68 | (25.68) | 300m | 25.72 | (25.72) | |
| | | 700m | 55.16 | (29.48) | 700m | 56.18 | (30.46) | |
| | | 1100m | 1:27.15 | (31.99) | 1100m | 1:28.96 | (32.78) | |
| | | 1500m | 2:01.50 | (34.35) | 1500m | 2:03.42 | (34.46) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 76 | gl | | | | | | | |
| | bl | 102 | Jack Boekema | | HC2 | 1:55.07 | WDR | |
| | | | | | Jack Boekema | | | |
| | | | | m | | | | |

7. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1 | 92 Robbe Beelen | HN2 | 90 | I | 1:11.81 | PR | |
| 2 | 84 Daan Ridder | HA1 | 89 | O | 1:14.05 | PR | |
| 3 | 117 Donald Stappenbelt | HN1 | 89 | I | 1:15.66 | PR | |
| 4 | 42 Seb van Schelven | HN2 | 88 | I | 1:16.22 | PR | |
| 5 | 48 Sylvian Hoogeveen | HA2 | 88 | O | 1:16.82 | | |
| 6 | 22 Anne Plat | DSA | 87 | I | 1:20.86 | | |
| 7 | 28 Max Eppinga | HA1 | 86 | I | 1:21.77 | PR | |
| 8 | 44 Timme van de Wetering | HPA | 86 | O | 1:23.45 | | |
| 9 | 91 Eric de Ruijter | H55 | 85 | O | 1:23.52 | | |
| 10 | 57 Fleur Hartveld | DPA | 84 | O | 1:25.98 | | |
| 11 | 73 Noëmi de Boer | DA1 | 83 | I | 1:26.47 | | |
| 12 | 55 Emma van der Liet | DN1 | 84 | I | 1:26.66 | | |
| 13 | 78 Grietsen Wijma | H60 | 82 | I | 1:27.03 | | |
| 14 | 37 Peter de Bruin | HC1 | 82 | O | 1:27.79 | PR | |
| 15 | 3 Sven Post | HB1 | 81 | I | 1:28.27 | | |
| 16 | 27 Gwen Konter | DN1 | 83 | O | 1:28.33 | | |
| 17 | 13 Veerle Zunnabeld | DPA | 81 | O | 1:31.62 | | |
| 18 | 38 Maren de Bruin | DPA | 80 | I | 1:33.56 | PR | |
| 19 | 101 Elma Endhoven | DSB | 80 | O | 1:35.73 | | |
| 20 | 59 Lisa Konst | DPA | 78 | O | 1:36.78 | PR | |
| 21 | 20 Fien van Hall | DPA | 78 | I | 1:38.30 | PR | |
| 22 | 80 Anastasia Wigg | DSA | 79 | I | 1:38.57 | | |
| 23 | 67 Caspian Alexander | HPA | 77 | I | 1:43.25 | | |
| 24 | 62 Elin Lamain | DPA | 79 | O | 1:46.68 | | |
| | 17 Thomas Selles | HN2 | 87 | O | DNF | | |
| | 56 Jasmin van der Terp | DA1 | 85 | I | DNS | | |
| | 87 Kevin Kuiper | HN2 | | | WDR | | |

7. Rituitslag 1000 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----------|-----------------------------|-----|---------|----------------|------|
| 77 | wt rd | 67 Caspian Alexander | HPA | 1:39.98 | 1:43.25 | |

Caspian Alexander

| | | | |
|-------|---------|---------|---|
| 200m | 21.98 | (21.98) | m |
| 600m | 1:00.27 | (38.29) | |
| 1000m | 1:43.25 | (42.98) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|---------|----------------|------|
| 78 | gl | 20 Fien van Hall | DPA | 1:38.87 | 1:38.30 | PR |
| | bl | 59 Lisa Konst | DPA | 1:38.72 | 1:36.78 | PR |

Fien van Hall

| | | |
|-------|---------|---------|
| 200m | 22.61 | (22.61) |
| 600m | 59.55 | (36.94) |
| 1000m | 1:38.30 | (38.75) |

Lisa Konst

| | | |
|-------|---------|---------|
| 200m | 22.51 | (22.51) |
| 600m | 58.90 | (36.39) |
| 1000m | 1:36.78 | (37.88) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 79 | wt | 80 Anastasia Wigg | DSA | 1:38.15 | 1:38.57 | |
| | rd | 62 Elin Lamain | DPA | 1:38.14 | 1:46.68 | |

Anastasia Wigg

| | | |
|-------|---------|---------|
| 200m | 22.27 | (22.27) |
| 600m | 58.93 | (36.66) |
| 1000m | 1:38.57 | (39.64) |

Elin Lamain

| | | |
|-------|---------|---------|
| 200m | 24.50 | (24.50) |
| 600m | 1:04.71 | (40.21) |
| 1000m | 1:46.68 | (41.97) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 80 | gl | 38 Maren de Bruin | DPA | 1:38.07 | 1:33.56 | PR |
| | bl | 101 Elma Endhoven | DSB | 1:32.57 | 1:35.73 | |

Maren de Bruin

| | | |
|-------|---------|---------|
| 200m | 22.27 | (22.27) |
| 600m | 57.11 | (34.84) |
| 1000m | 1:33.56 | (36.45) |

Elma Endhoven

| | | |
|-------|---------|---------|
| 200m | 22.75 | (22.75) |
| 600m | 58.52 | (35.77) |
| 1000m | 1:35.73 | (37.21) |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 81 | wt | 3 | Sven Post | | HB1 | 1:25.03 | 1:28.27 | |
| | rd | 13 | Veerle Zunnebeld | | DPA | 1:31.23 | 1:31.62 | |
| | | Sven Post | | | Veerle Zunnebeld | | | |
| | | 200m | 19.68 | (19.68) | 200m | 22.23 | (22.23) | |
| | | 600m | 52.19 | (32.51) | 600m | 56.31 | (34.08) | |
| | | 1000m | 1:28.27 | (36.08) | 1000m | 1:31.62 | (35.31) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 82 | gl | 78 | Grietsen Wijma | | H60 | 1:21.42 | 1:27.03 | |
| | bl | 37 | Peter de Bruin | | HC1 | 1:30.44 | 1:27.79 | PR |
| | | Grietsen Wijma | | | Peter de Bruin | | | |
| | | 200m | 21.06 | (21.06) | 200m | 20.99 | (20.99) | |
| | | 600m | 53.20 | (32.14) | 600m | 53.74 | (32.75) | |
| | | 1000m | 1:27.03 | (33.83) | 1000m | 1:27.79 | (34.05) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|--------------------|---------|----------------|------|
| 83 | wt | 73 | Noëmi de Boer | | DA1 | 1:25.64 | 1:26.47 | |
| | rd | 27 | Gwen Konter | | DN1 | 1:26.24 | 1:28.33 | |
| | | Noëmi de Boer | | | Gwen Konter | | | |
| | | 200m | 20.09 | (20.09) | 200m | 21.00 | (21.00) | |
| | | 600m | 52.14 | (32.05) | 600m | 53.12 | (32.12) | |
| | | 1000m | 1:26.47 | (34.33) | 1000m | 1:28.33 | (35.21) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-----------------------|---------|----------------|------|
| 84 | gl | 55 | Emma van der Liet | | DN1 | 1:25.79 | 1:26.66 | |
| | bl | 57 | Fleur Hartveld | | DPA | 1:25.54 | 1:25.98 | |
| | | Emma van der Liet | | | Fleur Hartveld | | | |
| | | 200m | 21.31 | (21.31) | 200m | 20.46 | (20.46) | |
| | | 600m | 53.12 | (31.81) | 600m | 52.45 | (31.99) | |
| | | 1000m | 1:26.66 | (33.54) | 1000m | 1:25.98 | (33.53) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-----|------------------------|---------|----------------|
| 85 | wt | 56 Jasmin van der Terp | DA1 | 1:24.98 | | DNS |
| | rd | 91 Eric de Ruijter | H55 | 1:20.24 | | 1:23.52 |
| | | <u>Jasmin van der Terp</u> | | <u>Eric de Ruijter</u> | | |
| | | | | 200m | 20.09 | (20.09) |
| | | | | 600m | 51.02 | (30.93) |
| | | | | 1000m | 1:23.52 | (32.50) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------------|---------|------------------------------|-------|-------------------|
| 86 | gl | 28 Max Eppinga | HA1 | 1:22.73 | | 1:21.77 PR |
| | bl | 44 Timme van de Wetering | HPA | 1:21.98 | | 1:23.45 |
| | | <u>Max Eppinga</u> | | <u>Timme van de Wetering</u> | | |
| | | 200m | 19.44 | (19.44) | 200m | 19.89 (19.89) |
| | | 600m | 49.82 | (30.38) | 600m | 50.77 (30.88) |
| | | 1000m | 1:21.77 | (31.95) | 1000m | 1:23.45 (32.68) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|---------|----------------------|------|----------------|
| 87 | wt | 22 Anne Plat | DSA | 1:20.60 | | 1:20.86 |
| | rd | 17 Thomas Selles | HN2 | 1:18.72 | | DNF |
| | | <u>Anne Plat</u> | | <u>Thomas Selles</u> | | |
| | | 200m | 19.20 | (19.20) | 200m | 18.82 (18.82) |
| | | 600m | 48.78 | (29.58) | | |
| | | 1000m | 1:20.86 | (32.08) | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------|--------------------------|-------|-------------------|
| 88 | gl | 42 Seb van Schelven | HN2 | 1:17.34 | | 1:16.22 PR |
| | bl | 48 Sylvian Hoogeveen | HA2 | 1:16.51 | | 1:16.82 |
| | | <u>Seb van Schelven</u> | | <u>Sylvian Hoogeveen</u> | | |
| | | 200m | 17.94 | (17.94) | 200m | 18.58 (18.58) |
| | | 600m | 46.24 | (28.30) | 600m | 46.77 (28.19) |
| | | 1000m | 1:16.22 | (29.98) | 1000m | 1:16.82 (30.05) |

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Thialf - Heerenveen

24 januari 2024

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|--------------------|---------|----------------|------|
| 89 | wt | 117 | Donald Stappenbelt | | HN1 | 1:16.08 | 1:15.66 | PR |
| | rd | 84 | Daan Ridder | | HA1 | 1:16.29 | 1:14.05 | PR |
| | | Donald Stappenbelt | | | Daan Ridder | | | |
| | | 200m | 18.00 | (18.00) | 200m | 18.15 | (18.15) | |
| | | 600m | 45.79 | (27.79) | 600m | 45.31 | (27.16) | |
| | | 1000m | 1:15.66 | (29.87) | 1000m | 1:14.05 | (28.74) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|---------------------|---------|----------------|------|
| 90 | gl | 92 | Robbe Beelen | | HN2 | 1:11.97 | 1:11.81 | PR |
| | bl | 87 | Kevin Kuiper | | HN2 | 1:13.77 | WDR | |
| | | Robbe Beelen | | | Kevin Kuiper | | | |
| | | 200m | 17.20 | (17.20) | | | | |
| | | 600m | 43.50 | (26.30) | | | | |
| | | 1000m | 1:11.81 | (28.31) | | | | |

8. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 31 Bas van Nispen | H40 | 94 | I | 4:10.16 | PR | |
| 2 | 86 Isaac Immerzeel | HA1 | 96 | O | 4:15.74 | PR | |
| 3 | 14 Marte Bjerkreim Furnée | DN4 | 95 | O | 4:19.03 | | |
| 4 | 2 Seth Verbeek | HA2 | 96 | I | 4:23.20 | | |
| 5 | 7 Boaz Buter | HA1 | 94 | O | 4:24.42 | PR | |
| 6 | 10 Stijn Verhagen | H45 | 93 | O | 4:34.82 | PR | |
| 7 | 16 Sander Stanneveld | HB1 | 95 | I | 4:34.88 | | |
| 8 | 1 Jitte Schuitemaker | DA2 | 92 | O | 4:40.07 | PR | |
| 9 | 49 Marleen Knol | DB1 | 93 | I | 4:57.59 | PR | |
| 10 | 116 Eva Weultjes | DB1 | 91 | O | 5:00.88 | PR | |
| 11 | 25 Paco Palman | H60 | 91 | I | 5:09.94 | | |
| 12 | 8 Bo Meijer | DN1 | 92 | I | 5:12.24 | | |

8. Rituitslag 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------|---------------------|---------|-----|---------------------|---------|----------------|------|
| 91 | wt | 25 | Paco Palman | | H60 | | 4:55.78 | 5:09.94 | |
| | rd | 116 | Eva Weultjes | | DB1 | | 5:08.99 | 5:00.88 | PR |
| | | Paco Palman | | | | Eva Weultjes | | | |
| | | 200m | 25.54 | (25.54) | | 200m | 22.96 | (22.96) | |
| | | 600m | 1:03.96 | (38.42) | | 600m | 59.82 | (36.86) | |
| | | 1000m | 1:43.05 | (39.09) | | 1000m | 1:38.45 | (38.63) | |
| | | 1400m | 2:22.63 | (39.58) | | 1400m | 2:18.08 | (39.63) | |
| | | 1800m | 3:03.38 | (40.75) | | 1800m | 2:58.20 | (40.12) | |
| | | 2200m | 3:44.79 | (41.41) | | 2200m | 3:38.84 | (40.64) | |
| | | 2600m | 4:26.73 | (41.94) | | 2600m | 4:19.74 | (40.90) | |
| | | 3000m | 5:09.94 | (43.21) | | 3000m | 5:00.88 | (41.14) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------|---------------------------|---------|-----|---------------------------|---------|----------------|------|
| 92 | gl | 8 | Bo Meijer | | DN1 | | 4:54.04 | 5:12.24 | |
| | bl | 1 | Jitte Schuitemaker | | DA2 | | 4:40.87 | 4:40.07 | PR |
| | | Bo Meijer | | | | Jitte Schuitemaker | | | |
| | | 200m | 22.37 | (22.37) | | 200m | 22.33 | (22.33) | |
| | | 600m | 59.67 | (37.30) | | 600m | 57.00 | (34.67) | |
| | | 1000m | 1:39.89 | (40.22) | | 1000m | 1:32.88 | (35.88) | |
| | | 1400m | 2:21.29 | (41.40) | | 1400m | 2:10.41 | (37.53) | |
| | | 1800m | 3:03.37 | (42.08) | | 1800m | 2:48.25 | (37.84) | |
| | | 2200m | 3:46.57 | (43.20) | | 2200m | 3:25.65 | (37.40) | |
| | | 2600m | 4:29.36 | (42.79) | | 2600m | 4:02.65 | (37.00) | |
| | | 3000m | 5:12.24 | (42.88) | | 3000m | 4:40.07 | (37.42) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 93 | wt | 49 | Marleen Knol | | DB1 | 5:10.30 | 4:57.59 | PR |
| | rd | 10 | Stijn Verhagen | | H45 | 4:34.86 | 4:34.82 | PR |
| | | Marleen Knol | | | Stijn Verhagen | | | |
| | | 200m | 22.59 | (22.59) | 200m | 22.24 | (22.24) | |
| | | 600m | 59.34 | (36.75) | 600m | 56.42 | (34.18) | |
| | | 1000m | 1:38.02 | (38.68) | 1000m | 1:31.04 | (34.62) | |
| | | 1400m | 2:17.67 | (39.65) | 1400m | 2:06.13 | (35.09) | |
| | | 1800m | 2:57.38 | (39.71) | 1800m | 2:42.00 | (35.87) | |
| | | 2200m | 3:37.64 | (40.26) | 2200m | 3:18.19 | (36.19) | |
| | | 2600m | 4:18.01 | (40.37) | 2600m | 3:55.51 | (37.32) | |
| | | 3000m | 4:57.59 | (39.58) | 3000m | 4:34.82 | (39.31) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-------------------|---------|----------------|------|
| 94 | gl | 31 | Bas van Nispen | | H40 | 4:18.95 | 4:10.16 | PR |
| | bl | 7 | Boaz Buter | | HA1 | 4:31.46 | 4:24.42 | PR |
| | | Bas van Nispen | | | Boaz Buter | | | |
| | | 200m | 20.04 | (20.04) | 200m | 20.74 | (20.74) | |
| | | 600m | 51.32 | (31.28) | 600m | 52.75 | (32.01) | |
| | | 1000m | 1:23.25 | (31.93) | 1000m | 1:26.75 | (34.00) | |
| | | 1400m | 1:55.65 | (32.40) | 1400m | 2:01.40 | (34.65) | |
| | | 1800m | 2:28.53 | (32.88) | 1800m | 2:36.09 | (34.69) | |
| | | 2200m | 3:01.56 | (33.03) | 2200m | 3:11.91 | (35.82) | |
| | | 2600m | 3:35.31 | (33.75) | 2600m | 3:48.25 | (36.34) | |
| | | 3000m | 4:10.16 | (34.85) | 3000m | 4:24.42 | (36.17) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|-------------------------------|---------|-------------------------------|---------|----------------|------|
| 95 | wt | 16 | Sander Stanneveld | | HB1 | 4:25.24 | 4:34.88 | |
| | rd | 14 | Marte Bjerkreim Furnée | | DN4 | 4:15.16 | 4:19.03 | |
| | | Sander Stanneveld | | | Marte Bjerkreim Furnée | | | |
| | | 200m | 20.95 | (20.95) | 200m | 20.94 | (20.94) | |
| | | 600m | 53.72 | (32.77) | 600m | 53.35 | (32.41) | |
| | | 1000m | 1:27.98 | (34.26) | 1000m | 1:26.85 | (33.50) | |
| | | 1400m | 2:03.43 | (35.45) | 1400m | 2:00.51 | (33.66) | |
| | | 1800m | 2:39.91 | (36.48) | 1800m | 2:34.22 | (33.71) | |
| | | 2200m | 3:17.14 | (37.23) | 2200m | 3:08.25 | (34.03) | |
| | | 2600m | 3:55.78 | (38.64) | 2600m | 3:43.30 | (35.05) | |
| | | 3000m | 4:34.88 | (39.10) | 3000m | 4:19.03 | (35.73) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------|------------------------|---------|------------------------|---------|----------------|------|
| 96 | gl | 2 | Seth Verbeek | | HA2 | 4:18.59 | 4:23.20 | |
| | bl | 86 | Isaac Immerzeel | | HA1 | 4:18.27 | 4:15.74 | PR |
| | | Seth Verbeek | | | Isaac Immerzeel | | | |
| | | 200m | 20.67 | (20.67) | 200m | 20.76 | (20.76) | |
| | | 600m | 53.93 | (33.26) | 600m | 53.68 | (32.92) | |
| | | 1000m | 1:27.69 | (33.76) | 1000m | 1:26.75 | (33.07) | |
| | | 1400m | 2:01.91 | (34.22) | 1400m | 1:59.37 | (32.62) | |
| | | 1800m | 2:36.66 | (34.75) | 1800m | 2:31.64 | (32.27) | |
| | | 2200m | 3:11.79 | (35.13) | 2200m | 3:04.65 | (33.01) | |
| | | 2600m | 3:47.33 | (35.54) | 2600m | 3:39.37 | (34.72) | |
| | | 3000m | 4:23.20 | (35.87) | 3000m | 4:15.74 | (36.37) | |