

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

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 83 Willard Reinders | HN2 | 8 | O | 36.77 | PR | |
| 2 | 85 Jasper Sinke | HN2 | 8 | I | 37.58 | | |
| 3 | 55 Jens Halfweg | HB2 | 7 | O | 38.65 | PR | |
| 4 | 116 Sylvian Hoogeveen | HA2 | 7 | I | 38.96 | | |
| 5 | 1 Jonas Bakker | HB2 | 6 | I | 39.16 | PR | |
| 6 | 62 Ties Roemers | HN1 | 5 | O | 39.54 | | |
| 7 | 94 Jesper Feenstra | HA1 | 5 | I | 40.73 | | |
| 8 | 15 Lataesha Narain | DN1 | 4 | O | 41.31 | | |
| 9 | 47 Djem Smeele | HC2 | 1 | I | 42.36 | | |
| 10 | 68 Jorden Bonnema | HN2 | 3 | O | 42.68 | PR | |
| 11 | 23 Tijl de Vries | HC2 | 3 | I | 42.85 | PR | |
| 12 | 11 Sharissa Oussoren | DB2 | 4 | I | 42.98 | | |
| 13 | 63 Eelke Westra | HN1 | 6 | O | 43.11 | | |
| 14 | 54 Talisha Renes | DB2 | 2 | I | 43.94 | | |
| 15 | 65 Evy de Wildt | DB2 | 2 | O | 44.83 | | |

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

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------|--------------------|---------|-----|-------|--------------|------|
| 1 | wt | 47 | Djem Smeele | | HC2 | 42.33 | 42.36 | |
| | rd | | | | | | | |
| | | Djem Smeele | | | | | | |
| | | 100m | 11.52 | (11.52) | m | | | |
| | | 500m | 42.36 | (30.84) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|----------------------|---------|-----|-------|--------------|------|
| 2 | gl | 54 | Talisha Renes | | DB2 | 43.40 | 43.94 | |
| | bl | 65 | Evy de Wildt | | DB2 | 44.21 | 44.83 | |
| | | Talisha Renes | | | | | | |
| | | 100m | 12.13 | (12.13) | | 12.25 | (12.25) | |
| | | 500m | 43.94 | (31.81) | | 44.83 | (32.58) | |
| | | Evy de Wildt | | | | | | |
| | | 100m | 12.25 | (12.25) | | 12.25 | (12.25) | |
| | | 500m | 44.83 | (32.58) | | 44.83 | (32.58) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----|-------|--------------|------|
| 3 | wt | 23 | Tijl de Vries | | HC2 | 42.96 | 42.85 | PR |
| | rd | 68 | Jorden Bonnema | | HN2 | 43.27 | 42.68 | PR |
| | | Tijl de Vries | | | | | | |
| | | 100m | 11.45 | (11.45) | | 11.43 | (11.43) | |
| | | 500m | 42.85 | (31.40) | | 42.68 | (31.25) | |
| | | Jorden Bonnema | | | | | | |
| | | 100m | 11.43 | (11.43) | | 11.43 | (11.43) | |
| | | 500m | 42.68 | (31.25) | | 42.68 | (31.25) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|-----|-------|--------------|------|
| 4 | gl | 11 | Sharissa Oussoren | | DB2 | 42.51 | 42.98 | |
| | bl | 15 | Lataesha Narain | | DN1 | 41.20 | 41.31 | |
| | | Sharissa Oussoren | | | | | | |
| | | 100m | 11.74 | (11.74) | | 11.05 | (11.05) | |
| | | 500m | 42.98 | (31.24) | | 41.31 | (30.26) | |
| | | Lataesha Narain | | | | | | |
| | | 100m | 11.05 | (11.05) | | 11.05 | (11.05) | |
| | | 500m | 41.31 | (30.26) | | 41.31 | (30.26) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|------------------------|---------|-----|-------|--------------|------|
| 5 | wt | 94 | Jesper Feenstra | | HA1 | 40.27 | 40.73 | |
| | rd | 62 | Ties Roemers | | HN1 | 39.13 | 39.54 | |
| | | Jesper Feenstra | | | | | | |
| | | 100m | 11.05 | (11.05) | | 10.56 | (10.56) | |
| | | 500m | 40.73 | (29.68) | | 39.54 | (28.98) | |
| | | Ties Roemers | | | | | | |
| | | 100m | 10.56 | (10.56) | | 10.56 | (10.56) | |
| | | 500m | 39.54 | (28.98) | | 39.54 | (28.98) | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|---|----|---------------------|---------------------|---------|------|---------------------|---------|-------|--------------|------|
| 6 | gl | 1 | Jonas Bakker | | HB2 | | | 39.34 | 39.16 | PR |
| | bl | 63 | Eelke Westra | | HN1 | | | 39.22 | 43.11 | |
| | | Jonas Bakker | | | | Eelke Westra | | | | |
| | | 100m | 10.74 | (10.74) | 100m | 14.15 | (14.15) | | | |
| | | 500m | 39.16 | (28.42) | 500m | 43.11 | (28.96) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|------|---------------------|---------|-------|--------------|------|
| 7 | wt | 116 | Sylvian Hoogeveen | | HA2 | | | 38.92 | 38.96 | |
| | rd | 55 | Jens Halfweg | | HB2 | | | 39.04 | 38.65 | PR |
| | | Sylvian Hoogeveen | | | | Jens Halfweg | | | | |
| | | 100m | 10.86 | (10.86) | 100m | 10.70 | (10.70) | | | |
| | | 500m | 38.96 | (28.10) | 500m | 38.65 | (27.95) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|---|----|---------------------|-------------------------|---------|------|-------------------------|---------|-------|--------------|------|
| 8 | gl | 85 | Jasper Sinke | | HN2 | | | 37.33 | 37.58 | |
| | bl | 83 | Willard Reinders | | HN2 | | | 37.31 | 36.77 | PR |
| | | Jasper Sinke | | | | Willard Reinders | | | | |
| | | 100m | 10.23 | (10.23) | 100m | 10.13 | (10.13) | | | |
| | | 500m | 37.58 | (27.35) | 500m | 36.77 | (26.64) | | | |

2. Uitslag 500 meter voor 500m/1500m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------------|-----|------|------|-------|------|--------|
| 1 | 113 Niels Meijer | HN2 | 34 | I | 39.55 | | |
| 2 | 58 Peng Shen Plugge | HC2 | 33 | O | 40.06 | PR | |
| 3 | 119 Mats ten Cate | HN1 | 33 | I | 40.09 | | |
| 4 | 59 Dong Yang Plugge | HB2 | 32 | O | 40.48 | PR | |
| 5 | 111 Ruud Willems | H40 | 32 | I | 41.46 | | |
| 6 | 35 Mijke Anne Kannevorff | D40 | 26 | O | 41.74 | | |
| 7 | 118 Eric van den Berg | H45 | 31 | I | 41.82 | | |
| 8 | 110 Laurens Taekema | H40 | 31 | O | 41.93 | | |
| 9 | 60 Jim Hartveld | HB1 | 30 | O | 42.15 | | |
| 10 | 25 Jeroen Oeben | H40 | 28 | I | 42.23 | | |
| 11 | 64 Robert Wierts | H50 | 30 | I | 42.33 | | |
| 12 | 102 Vincent van Wersch | H50 | 27 | I | 42.40 | | |
| 13 | 5 Sander Stanneveld | HB1 | 27 | O | 42.60 | PR | |
| 14 | 3 Sven Post | HB1 | 29 | O | 42.64 | | |
| 15 | 86 Moos van Hall | HC2 | 29 | I | 42.67 | | |
| 16 | 13 Niels de Jager | H40 | 25 | I | 43.38 | | |
| 17 | 100 Gerben Hettinga | H55 | 24 | I | 43.53 | | |
| 18 | 10 Erol Aksoy | H50 | 26 | I | 43.61 | | |
| 19 | 45 Fiore Koutstaal | DC1 | 25 | O | 43.87 | PR | |
| 20 | 81 Britt Post | DC2 | 24 | O | 44.54 | | |
| 21 | 12 Michel van der Sluijs | H50 | 22 | I | 44.62 | | |
| 22 | 106 Grietsen Wijma | H60 | 23 | O | 44.65 | | |
| 23 | 16 Gerrit van der Brink | H50 | 21 | I | 45.39 | | |
| 24 | 90 Anne Breider | DC1 | 22 | O | 45.61 | PR | |
| 25 | 2 Marleen Knol | DB1 | 23 | I | 45.86 | | |
| 26 | 82 Sophie Moerman | DA2 | 20 | O | 46.13 | | |
| 27 | 79 Lars Bruggers | HC1 | 20 | I | 46.56 | PR | |
| 28 | 108 Irma Woud | D50 | 19 | I | 46.61 | | |
| 29 | 44 Evi Blomberg | DC1 | 21 | O | 46.89 | | |
| 30 | 77 Kees Bollaart | H60 | 17 | O | 47.66 | | |
| 31 | 31 Jolanda Voskamp-Vollebregt | D55 | 16 | O | 48.21 | | |
| 32 | 4 Jaap van Kouterik | H70 | 17 | I | 48.32 | | |
| 33 | 33 René Koning | H60 | 18 | I | 48.58 | | |
| 34 | 96 Sandra van Bijlert-Burgerhout | D45 | 18 | O | 48.59 | | |
| 35 | 40 Hendrik van de Beek | H60 | 19 | O | 49.35 | | |
| 36 | 48 Leo Schoenmeijer | H75 | 12 | O | 49.38 | | |
| 37 | 49 Anita Smit-Groot | D60 | 14 | I | 50.05 | | |
| 38 | 117 Tineke Schukken | D40 | 13 | O | 50.08 | | |

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|-------|------|--------|
| 39 | 93 Jan Boelen | H75 | 16 | I | 50.28 | | |
| 40 | 112 Twan den Braber | H70 | 15 | I | 50.53 | | |
| 41 | 109 Astrid Janssen | D60 | 14 | O | 51.06 | | |
| 42 | 97 Paco Palman | H60 | 15 | O | 51.08 | | |
| 43 | 52 Barbara Heerschop | D65 | 13 | I | 52.07 | | |
| 44 | 69 Thomas Hoekstra | H70 | 12 | I | 52.77 | | |
| 45 | 104 Evelyn Mein-Klok | D50 | 11 | I | 53.31 | | |
| 46 | 18 Carolien van Rees | D65 | 10 | O | 55.97 | | |
| 47 | 98 Klaas Hulst | H80 | 10 | I | 56.63 | | |
| 48 | 22 Joke Wittenberg | D70 | 9 | I | 56.82 | | |
| 49 | 37 Thea Kroontje | D75 | 11 | O | 57.13 | | |

2. Rituitslag 500 meter voor 500m/1500m

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|--|-------|---------------------------|-----|-------|--------------|------|------------------------|--|--|--|--|--|--|------|-------|---------|---|--|--|--|------|-------|---------|--|--|--|--|
| 9 | wt | 22 Joke Wittenberg | D70 | 49.30 | 56.82 | | | | | | | | | | | | | | | | | | | | | | |
| | rd | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Joke Wittenberg</u></td> <td colspan="4"></td> </tr> <tr> <td>100m</td> <td>15.34</td> <td>(15.34)</td> <td>m</td> <td colspan="3"></td> </tr> <tr> <td>500m</td> <td>56.82</td> <td>(41.48)</td> <td colspan="4"></td> </tr> </table> | | | | | | | <u>Joke Wittenberg</u> | | | | | | | 100m | 15.34 | (15.34) | m | | | | 500m | 56.82 | (41.48) | | | | |
| <u>Joke Wittenberg</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 15.34 | (15.34) | m | | | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 56.82 | (41.48) | | | | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|---|-------|-----------------------------|--------------------------|-------|--------------|------|--------------------|--|--|--------------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 10 | gl | 98 Klaas Hulst | H80 | 44.40 | 56.63 | | | | | | | | | | | | | | | | | | | | | | |
| | bl | 18 Carolien van Rees | D65 | 53.54 | 55.97 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Klaas Hulst</u></td> <td colspan="4"><u>Carolien van Rees</u></td> </tr> <tr> <td>100m</td> <td>14.35</td> <td>(14.35)</td> <td>100m</td> <td>15.05</td> <td>(15.05)</td> <td></td> </tr> <tr> <td>500m</td> <td>56.63</td> <td>(42.28)</td> <td>500m</td> <td>55.97</td> <td>(40.92)</td> <td></td> </tr> </table> | | | | | | | <u>Klaas Hulst</u> | | | <u>Carolien van Rees</u> | | | | 100m | 14.35 | (14.35) | 100m | 15.05 | (15.05) | | 500m | 56.63 | (42.28) | 500m | 55.97 | (40.92) | |
| <u>Klaas Hulst</u> | | | <u>Carolien van Rees</u> | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 14.35 | (14.35) | 100m | 15.05 | (15.05) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 56.63 | (42.28) | 500m | 55.97 | (40.92) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|--|-------|-----------------------------|----------------------|-------|--------------|------|-------------------------|--|--|----------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 11 | wt | 104 Evelyn Mein-Klok | D50 | 53.08 | 53.31 | | | | | | | | | | | | | | | | | | | | | | |
| | rd | 37 Thea Kroontje | D75 | 47.51 | 57.13 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Evelyn Mein-Klok</u></td> <td colspan="4"><u>Thea Kroontje</u></td> </tr> <tr> <td>100m</td> <td>14.57</td> <td>(14.57)</td> <td>100m</td> <td>15.59</td> <td>(15.59)</td> <td></td> </tr> <tr> <td>500m</td> <td>53.31</td> <td>(38.74)</td> <td>500m</td> <td>57.13</td> <td>(41.54)</td> <td></td> </tr> </table> | | | | | | | <u>Evelyn Mein-Klok</u> | | | <u>Thea Kroontje</u> | | | | 100m | 14.57 | (14.57) | 100m | 15.59 | (15.59) | | 500m | 53.31 | (38.74) | 500m | 57.13 | (41.54) | |
| <u>Evelyn Mein-Klok</u> | | | <u>Thea Kroontje</u> | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 14.57 | (14.57) | 100m | 15.59 | (15.59) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 53.31 | (38.74) | 500m | 57.13 | (41.54) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|--|-------|----------------------------|-------------------------|-------|--------------|------|------------------------|--|--|-------------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 12 | gl | 69 Thomas Hoekstra | H70 | 44.53 | 52.77 | | | | | | | | | | | | | | | | | | | | | | |
| | bl | 48 Leo Schoenmeijer | H75 | 42.87 | 49.38 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Thomas Hoekstra</u></td> <td colspan="4"><u>Leo Schoenmeijer</u></td> </tr> <tr> <td>100m</td> <td>14.00</td> <td>(14.00)</td> <td>100m</td> <td>13.40</td> <td>(13.40)</td> <td></td> </tr> <tr> <td>500m</td> <td>52.77</td> <td>(38.77)</td> <td>500m</td> <td>49.38</td> <td>(35.98)</td> <td></td> </tr> </table> | | | | | | | <u>Thomas Hoekstra</u> | | | <u>Leo Schoenmeijer</u> | | | | 100m | 14.00 | (14.00) | 100m | 13.40 | (13.40) | | 500m | 52.77 | (38.77) | 500m | 49.38 | (35.98) | |
| <u>Thomas Hoekstra</u> | | | <u>Leo Schoenmeijer</u> | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 14.00 | (14.00) | 100m | 13.40 | (13.40) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 52.77 | (38.77) | 500m | 49.38 | (35.98) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | Cat | PR | Tijd | Info | | | | | | | | | | | | | | | | | | | | | |
|---|-------|-----------------------------|------------------------|-------|--------------|------|--------------------------|--|--|------------------------|--|--|--|------|-------|---------|------|-------|---------|--|------|-------|---------|------|-------|---------|--|
| 13 | wt | 52 Barbara Heerschop | D65 | 45.50 | 52.07 | | | | | | | | | | | | | | | | | | | | | | |
| | rd | 117 Tineke Schukken | D40 | 48.74 | 50.08 | | | | | | | | | | | | | | | | | | | | | | |
| <table border="0" style="width:100%"> <tr> <td colspan="3"><u>Barbara Heerschop</u></td> <td colspan="4"><u>Tineke Schukken</u></td> </tr> <tr> <td>100m</td> <td>13.95</td> <td>(13.95)</td> <td>100m</td> <td>13.60</td> <td>(13.60)</td> <td></td> </tr> <tr> <td>500m</td> <td>52.07</td> <td>(38.12)</td> <td>500m</td> <td>50.08</td> <td>(36.48)</td> <td></td> </tr> </table> | | | | | | | <u>Barbara Heerschop</u> | | | <u>Tineke Schukken</u> | | | | 100m | 13.95 | (13.95) | 100m | 13.60 | (13.60) | | 500m | 52.07 | (38.12) | 500m | 50.08 | (36.48) | |
| <u>Barbara Heerschop</u> | | | <u>Tineke Schukken</u> | | | | | | | | | | | | | | | | | | | | | | | | |
| 100m | 13.95 | (13.95) | 100m | 13.60 | (13.60) | | | | | | | | | | | | | | | | | | | | | | |
| 500m | 52.07 | (38.12) | 500m | 50.08 | (36.48) | | | | | | | | | | | | | | | | | | | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------------------------|---------|--------------------------------------|-------|--------------|------|
| 14 | gl | 49 | Anita Smit-Groot | | D60 | 46.86 | 50.05 | |
| | bl | 109 | Astrid Janssen | | D60 | 46.77 | 51.06 | |
| | | <u>Anita Smit-Groot</u> | | | <u>Astrid Janssen</u> | | | |
| | | 100m | 13.69 | (13.69) | 100m | 13.79 | (13.79) | |
| | | 500m | 50.05 | (36.36) | 500m | 51.06 | (37.27) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 15 | wt | 112 | Twan den Braber | | H70 | 43.00 | 50.53 | |
| | rd | 97 | Paco Palman | | H60 | 45.55 | 51.08 | |
| | | <u>Twan den Braber</u> | | | <u>Paco Palman</u> | | | |
| | | 100m | 13.92 | (13.92) | 100m | 14.35 | (14.35) | |
| | | 500m | 50.53 | (36.61) | 500m | 51.08 | (36.73) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 16 | gl | 93 | Jan Boelen | | H75 | 45.20 | 50.28 | |
| | bl | 31 | Jolanda Voskamp-Vollebregt | | D55 | 44.25 | 48.21 | |
| | | <u>Jan Boelen</u> | | | <u>Jolanda Voskamp-Vollebregt</u> | | | |
| | | 100m | 13.26 | (13.26) | 100m | 13.15 | (13.15) | |
| | | 500m | 50.28 | (37.02) | 500m | 48.21 | (35.06) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 17 | wt | 4 | Jaap van Kouterik | | H70 | 42.40 | 48.32 | |
| | rd | 77 | Kees Bollaart | | H60 | 43.55 | 47.66 | |
| | | <u>Jaap van Kouterik</u> | | | <u>Kees Bollaart</u> | | | |
| | | 100m | 13.54 | (13.54) | 100m | 13.11 | (13.11) | |
| | | 500m | 48.32 | (34.78) | 500m | 47.66 | (34.55) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 18 | gl | 33 | René Koning | | H60 | 44.05 | 48.58 | |
| | bl | 96 | Sandra van Bijlert-Burgerhout | | D45 | 45.75 | 48.59 | |
| | | <u>René Koning</u> | | | <u>Sandra van Bijlert-Burgerhout</u> | | | |
| | | 100m | 12.93 | (12.93) | 100m | 13.24 | (13.24) | |
| | | 500m | 48.58 | (35.65) | 500m | 48.59 | (35.35) | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------------|-------|---------|----------------------------|--------------|---------|
| 19 | wt | 108 Irma Woud | D50 | | 43.36 | 46.61 | |
| | rd | 40 Hendrik van de Beek | H60 | | 42.49 | 49.35 | |
| | | Irma Woud | | | Hendrik van de Beek | | |
| | | 100m | 12.48 | (12.48) | 100m | 14.07 | (14.07) |
| | | 500m | 46.61 | (34.13) | 500m | 49.35 | (35.28) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------|-------|---------|-----------------------|--------------|---------|
| 20 | gl | 79 Lars Bruggers | HC1 | | 47.12 | 46.56 | PR |
| | bl | 82 Sophie Moerman | DA2 | | 45.03 | 46.13 | |
| | | Lars Bruggers | | | Sophie Moerman | | |
| | | 100m | 12.66 | (12.66) | 100m | 12.79 | (12.79) |
| | | 500m | 46.56 | (33.90) | 500m | 46.13 | (33.34) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------------|-------|---------|---------------------|--------------|---------|
| 21 | wt | 16 Gerrit van der Brink | H50 | | 43.69 | 45.39 | |
| | rd | 44 Evi Blomberg | DC1 | | 46.82 | 46.89 | |
| | | Gerrit van der Brink | | | Evi Blomberg | | |
| | | 100m | 12.92 | (12.92) | 100m | 12.80 | (12.80) |
| | | 500m | 45.39 | (32.47) | 500m | 46.89 | (34.09) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------------------|-------|---------|---------------------|--------------|---------|
| 22 | gl | 12 Michel van der Sluijs | H50 | | 43.57 | 44.62 | |
| | bl | 90 Anne Breider | DC1 | | 45.97 | 45.61 | PR |
| | | Michel van der Sluijs | | | Anne Breider | | |
| | | 100m | 12.51 | (12.51) | 100m | 12.51 | (12.51) |
| | | 500m | 44.62 | (32.11) | 500m | 45.61 | (33.10) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------------|-------|---------|-----------------------|--------------|---------|
| 23 | wt | 2 Marleen Knol | DB1 | | 45.33 | 45.86 | |
| | rd | 106 Grietsen Wijma | H60 | | 40.97 | 44.65 | |
| | | Marleen Knol | | | Grietsen Wijma | | |
| | | 100m | 12.27 | (12.27) | 100m | 12.40 | (12.40) |
| | | 500m | 45.86 | (33.59) | 500m | 44.65 | (32.25) |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------------|------------------------------|---------|------------------------------|-------|--------------|------|
| 24 | gl | 100 | Gerben Hettinga | | H55 | 41.52 | 43.53 | |
| | bl | 81 | Britt Post | | DC2 | 44.09 | 44.54 | |
| | | Gerben Hettinga | | | Britt Post | | | |
| | | 100m | 12.18 | (12.18) | 100m | 12.08 | (12.08) | |
| | | 500m | 43.53 | (31.35) | 500m | 44.54 | (32.46) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 25 | wt | 13 | Niels de Jager | | H40 | 41.32 | 43.38 | |
| | rd | 45 | Fiore Koutstaal | | DC1 | 44.19 | 43.87 | PR |
| | | Niels de Jager | | | Fiore Koutstaal | | | |
| | | 100m | 11.83 | (11.83) | 100m | 12.20 | (12.20) | |
| | | 500m | 43.38 | (31.55) | 500m | 43.87 | (31.67) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 26 | gl | 10 | Erol Aksoy | | H50 | 42.65 | 43.61 | |
| | bl | 35 | Mijke Anne Kanneworff | | D40 | 40.63 | 41.74 | |
| | | Erol Aksoy | | | Mijke Anne Kanneworff | | | |
| | | 100m | 11.85 | (11.85) | 100m | 11.42 | (11.42) | |
| | | 500m | 43.61 | (31.76) | 500m | 41.74 | (30.32) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 27 | wt | 102 | Vincent van Wersch | | H50 | 41.31 | 42.40 | |
| | rd | 5 | Sander Stanneveld | | HB1 | 42.91 | 42.60 | PR |
| | | Vincent van Wersch | | | Sander Stanneveld | | | |
| | | 100m | 11.56 | (11.56) | 100m | 11.44 | (11.44) | |
| | | 500m | 42.40 | (30.84) | 500m | 42.60 | (31.16) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 28 | gl | 25 | Jeroen Oeben | | H40 | 41.76 | 42.23 | |
| | bl | | | | | | | |
| | | Jeroen Oeben | | | | | | |
| | | 100m | 12.16 | (12.16) | m | | | |
| | | 500m | 42.23 | (30.07) | | | | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|------------------|-------|--------------|
| 29 | wt | 86 | Moos van Hall | HC2 | | 42.31 | 42.67 |
| | rd | 3 | Sven Post | HB1 | | 42.52 | 42.64 |
| | | Moos van Hall | | | Sven Post | | |
| | | 100m | 11.71 | (11.71) | 100m | 11.47 | (11.47) |
| | | 500m | 42.67 | (30.96) | 500m | 42.64 | (31.17) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|---------------------|-------|--------------|
| 30 | gl | 64 | Robert Wierts | H50 | | 42.18 | 42.33 |
| | bl | 60 | Jim Hartveld | HB1 | | 41.66 | 42.15 |
| | | Robert Wierts | | | Jim Hartveld | | |
| | | 100m | 11.92 | (11.92) | 100m | 11.62 | (11.62) |
| | | 500m | 42.33 | (30.41) | 500m | 42.15 | (30.53) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|------------------------|-------|--------------|
| 31 | wt | 118 | Eric van den Berg | H45 | | 40.20 | 41.82 |
| | rd | 110 | Laurens Taekema | H40 | | 41.13 | 41.93 |
| | | Eric van den Berg | | | Laurens Taekema | | |
| | | 100m | 11.56 | (11.56) | 100m | 11.53 | (11.53) |
| | | 500m | 41.82 | (30.26) | 500m | 41.93 | (30.40) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|---------------------|-------------------------|---------|-------------------------|-------|-----------------|
| 32 | gl | 111 | Ruud Willems | H40 | | 41.32 | 41.46 |
| | bl | 59 | Dong Yang Plugge | HB2 | | 40.81 | 40.48 PR |
| | | Ruud Willems | | | Dong Yang Plugge | | |
| | | 100m | 11.27 | (11.27) | 100m | 11.07 | (11.07) |
| | | 500m | 41.46 | (30.19) | 500m | 40.48 | (29.41) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------|-------------------------|---------|-------------------------|-------|-----------------|
| 33 | wt | 119 | Mats ten Cate | HN1 | | 39.39 | 40.09 |
| | rd | 58 | Peng Shen Plugge | HC2 | | 40.09 | 40.06 PR |
| | | Mats ten Cate | | | Peng Shen Plugge | | |
| | | 100m | 11.19 | (11.19) | 100m | 11.04 | (11.04) |
| | | 500m | 40.09 | (28.90) | 500m | 40.06 | (29.02) |

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Thialf - Heerenveen

1 november 2023

| | | Naam | Cat | PR | Tijd | Info |
|----|----------|-------------------------|---------------|-------|--------------|------|
| 34 | gl bl | 113 Niels Meijer | HN2 | 39.45 | 39.55 | |
| | | Niels Meijer | | | | |
| | | 100m | 10.81 (10.81) | | | m |
| | | 500m | 39.55 (28.74) | | | |

3. Uitslag 500 meter voor 500m/1000m

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|-------|------|--------|
| 1 | 115 Kevin Kuiper | HN2 | 52 | I | 38.03 | | |
| 2 | 17 Bart Seffinga | H40 | 52 | O | 39.88 | | |
| 3 | 20 Michiel Wienese | H45 | 51 | I | 40.97 | | |
| 4 | 88 Veerle Friso | DC2 | 48 | O | 42.52 | PR | |
| 5 | 123 Fleur Smits | DB2 | 50 | I | 42.67 | | |
| 6 | 95 Fleur Alkemade | DC1 | 47 | I | 42.92 | | |
| 7 | 19 Marloes Westerhof | DSB | 49 | O | 43.08 | | |
| 8 | 7 Chris van der Plaats | H60 | 45 | I | 43.54 | | |
| 9 | 28 Anke Jannie Landman | D45 | 47 | O | 43.66 | | |
| 10 | 42 Nyncke Dijkstra | DN2 | 48 | I | 43.69 | | |
| 11 | 61 Fleur Hartveld | DPA | 45 | O | 43.86 | | |
| 12 | 78 Jan van der Stouwe | H55 | 46 | O | 44.00 | | |
| 13 | 36 Richard Stolwijk | H60 | 49 | I | 44.22 | | |
| 14 | 41 Luca Batterink | HC1 | 44 | I | 44.57 | PR | |
| 15 | 26 Wilfred van Stam | H55 | 44 | O | 44.76 | | |
| 16 | 89 Erik Jeurig | H40 | 50 | O | 45.02 | | |
| 17 | 39 Jeanette ten Hag | D45 | 42 | O | 45.29 | | |
| 18 | 84 Ryan Draaisma | HPA | 43 | O | 45.34 | PR | |
| 19 | 27 Ferd Veelenturf | H65 | 42 | I | 46.04 | | |
| 20 | 67 Caspian Alexander | HPA | 41 | I | 47.89 | | |
| 21 | 50 Bert Keizer | H70 | 43 | I | 48.24 | | |
| 22 | 21 Hans ten Hag | H70 | 40 | I | 48.62 | | |
| 23 | 99 Ab Nederlof | H70 | 40 | O | 48.69 | | |
| 24 | 92 Elin Lamain | DPA | 39 | I | 48.74 | PR | |
| 25 | 14 Veerle Zunnbeld | DPA | 39 | O | 48.85 | | |
| 26 | 66 Linda Davelaar - van Dijk | D40 | 38 | O | 48.93 | | |
| 27 | 80 Elma Endhoven | DSB | 41 | O | 49.69 | | |
| 28 | 29 Karin Terhürne | D55 | 38 | I | 50.94 | | |
| 29 | 76 Bauke Meijer | H75 | 35 | O | 52.25 | | |
| 30 | 122 Nicole de Koning | D50 | 37 | O | 52.98 | | |
| 31 | 72 Bram de Vries | H80 | 35 | I | 57.87 | | |
| | 103 Noëmi De boer | DA1 | | | | WDR | |

3. Rituitslag 500 meter voor 500m/1000m

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|---------------------|-------|---------|--------------|
| 35 | wt | 72 | Bram de Vries | | H80 | | 44.64 | 57.87 |
| | rd | 76 | Bauke Meijer | | H75 | | 45.35 | 52.25 |
| | | Bram de Vries | | | Bauke Meijer | | | |
| | | 100m | 15.77 | (15.77) | 100m | 13.87 | (13.87) | |
| | | 500m | 57.87 | (42.10) | 500m | 52.25 | (38.38) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--|-----|---|----|------|------|
| 36 | gl | | | | | | | |
| | bl | | | | | | | |
| | | m | | | m | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|-------|---------|------|-------|--------------|
| 37 | wt | | | | | | | |
| | rd | 122 | Nicole de Koning | | D50 | | 48.49 | 52.98 |
| | | Nicole de Koning | | | | | | |
| | | m | 100m | 14.44 | (14.44) | 500m | 52.98 | (38.54) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|----------------------------------|---------|----------------------------------|-------|---------|--------------|
| 38 | gl | 29 | Karin Terhürne | | D55 | | 46.30 | 50.94 |
| | bl | 66 | Linda Davelaar - van Dijk | | D40 | | 43.31 | 48.93 |
| | | Karin Terhürne | | | Linda Davelaar - van Dijk | | | |
| | | 100m | 13.99 | (13.99) | 100m | 13.16 | (13.16) | |
| | | 500m | 50.94 | (36.95) | 500m | 48.93 | (35.77) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|-------------------------|---------|-------------------------|-------|---------|-----------------|
| 39 | wt | 92 | Elin Lamain | | DPA | | 49.52 | 48.74 PR |
| | rd | 14 | Veerle Zunnabeld | | DPA | | 48.84 | 48.85 |
| | | Elin Lamain | | | Veerle Zunnabeld | | | |
| | | 100m | 13.16 | (13.16) | 100m | 12.83 | (12.83) | |
| | | 500m | 48.74 | (35.58) | 500m | 48.85 | (36.02) | |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|------------------------|-------|---------|--------------------|--------------|---------|
| 40 | gl | 21 Hans ten Hag | H70 | | 45.87 | 48.62 | |
| | bl | 99 Ab Nederlof | H70 | | 43.00 | 48.69 | |
| | | Hans ten Hag | | | Ab Nederlof | | |
| | | 100m | 13.30 | (13.30) | 100m | 13.52 | (13.52) |
| | | 500m | 48.62 | (35.32) | 500m | 48.69 | (35.17) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-----------------------------|-------|---------|----------------------|--------------|---------|
| 41 | wt | 67 Caspian Alexander | HPA | | 47.71 | 47.89 | |
| | rd | 80 Elma Endhoven | DSB | | 47.01 | 49.69 | |
| | | Caspian Alexander | | | Elma Endhoven | | |
| | | 100m | 12.39 | (12.39) | 100m | 13.34 | (13.34) |
| | | 500m | 47.89 | (35.50) | 500m | 49.69 | (36.35) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|---------|-------------------------|--------------|---------|
| 42 | gl | 27 Ferd Veelenturf | H65 | | 42.32 | 46.04 | |
| | bl | 39 Jeanette ten Hag | D45 | | 43.43 | 45.29 | |
| | | Ferd Veelenturf | | | Jeanette ten Hag | | |
| | | 100m | 12.53 | (12.53) | 100m | 12.36 | (12.36) |
| | | 500m | 46.04 | (33.51) | 500m | 45.29 | (32.93) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------|---------|----------------------|--------------|---------|
| 43 | wt | 50 Bert Keizer | H70 | | 43.12 | 48.24 | |
| | rd | 84 Ryan Draaisma | HPA | | 45.74 | 45.34 | PR |
| | | Bert Keizer | | | Ryan Draaisma | | |
| | | 100m | 12.87 | (12.87) | 100m | 12.28 | (12.28) |
| | | 500m | 48.24 | (35.37) | 500m | 45.34 | (33.06) |

| | | Naam | Cat | | PR | Tijd | Info |
|----|----|----------------------------|-------|---------|-------------------------|--------------|---------|
| 44 | gl | 41 Luca Batterink | HC1 | | 45.07 | 44.57 | PR |
| | bl | 26 Wilfred van Stam | H55 | | 43.95 | 44.76 | |
| | | Luca Batterink | | | Wilfred van Stam | | |
| | | 100m | 11.50 | (11.50) | 100m | 11.98 | (11.98) |
| | | 500m | 44.57 | (33.07) | 500m | 44.76 | (32.78) |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----------------------------|---------|----------------------------|-------|--------------|------|
| 45 | wt | 7 | Chris van der Plaats | | H60 | 40.90 | 43.54 | |
| | rd | 61 | Fleur Hartveld | | DPA | 43.37 | 43.86 | |
| | | Chris van der Plaats | | | Fleur Hartveld | | | |
| | | 100m | 11.92 | (11.92) | 100m | 12.13 | (12.13) | |
| | | 500m | 43.54 | (31.62) | 500m | 43.86 | (31.73) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 46 | gl | 103 | Noëmi De boer | | DA1 | 43.20 | WDR | |
| | bl | 78 | Jan van der Stouwe | | H55 | 39.24 | 44.00 | |
| | | Noëmi De boer | | | Jan van der Stouwe | | | |
| | | 100m | | | 100m | 11.74 | (11.74) | |
| | | 500m | | | 500m | 44.00 | (32.26) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 47 | wt | 95 | Fleur Alkemade | | DC1 | 42.40 | 42.92 | |
| | rd | 28 | Anke Jannie Landman | | D45 | 41.26 | 43.66 | |
| | | Fleur Alkemade | | | Anke Jannie Landman | | | |
| | | 100m | 11.69 | (11.69) | 100m | 11.89 | (11.89) | |
| | | 500m | 42.92 | (31.23) | 500m | 43.66 | (31.77) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 48 | gl | 42 | Nyncke Dijkstra | | DN2 | 42.31 | 43.69 | |
| | bl | 88 | Veerle Friso | | DC2 | 42.95 | 42.52 | PR |
| | | Nyncke Dijkstra | | | Veerle Friso | | | |
| | | 100m | 12.09 | (12.09) | 100m | 11.65 | (11.65) | |
| | | 500m | 43.69 | (31.60) | 500m | 42.52 | (30.87) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 49 | wt | 36 | Richard Stolwijk | | H60 | 40.86 | 44.22 | |
| | rd | 19 | Marloes Westerhof | | DSB | 41.87 | 43.08 | |
| | | Richard Stolwijk | | | Marloes Westerhof | | | |
| | | 100m | 11.81 | (11.81) | 100m | 11.75 | (11.75) | |
| | | 500m | 44.22 | (32.41) | 500m | 43.08 | (31.33) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------|--------------------|---------|--------------------|-------|--------------|------|
| 50 | gl | 123 | Fleur Smits | | DB2 | 42.14 | 42.67 | |
| | bl | 89 | Erik Jeurig | | H40 | 41.78 | 45.02 | |
| | | Fleur Smits | | | Erik Jeurig | | | |
| | | 100m | 11.77 | (11.77) | 100m | 12.19 | (12.19) | |
| | | 500m | 42.67 | (30.90) | 500m | 45.02 | (32.83) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----|-------|--------------|------|
| 51 | wt | 20 | Michiel Wienese | | H45 | 39.40 | 40.97 | |
| | rd | | | | | | | |
| | | Michiel Wienese | | | | | | |
| | | 100m | 11.40 | (11.40) | m | | | |
| | | 500m | 40.97 | (29.57) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|---------------------|----------------------|---------|----------------------|-------|--------------|------|
| 52 | gl | 115 | Kevin Kuiper | | HN2 | 37.32 | 38.03 | |
| | bl | 17 | Bart Seffinga | | H40 | 37.10 | 39.88 | |
| | | Kevin Kuiper | | | Bart Seffinga | | | |
| | | 100m | 10.82 | (10.82) | 100m | 11.11 | (11.11) | |
| | | 500m | 38.03 | (27.21) | 500m | 39.88 | (28.77) | |

4. Uitslag 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 83 Willard Reinders | HN2 | 60 | I | 10.10 | PR | |
| 2 | 85 Jasper Sinke | HN2 | 59 | O | 10.17 | PR | |
| 3 | 62 Ties Roemers | HN1 | 60 | O | 10.37 | | |
| 4 | 55 Jens Halfweg | HB2 | 59 | I | 10.65 | | |
| 5 | 94 Jesper Feenstra | HA1 | 58 | I | 10.69 | PR | |
| 6 | 1 Jonas Bakker | HB2 | 58 | O | 10.76 | | |
| 7 | 116 Sylvian Hoogeveen | HA2 | 55 | I | 10.80 | PR | |
| 8 | 63 Eelke Westra | HN1 | 57 | I | 10.90 | PR | |
| 9 | 15 Lataesha Narain | DN1 | 57 | O | 11.14 | | |
| 10 | 68 Jorden Bonnema | HN2 | 53 | I | 11.22 | | |
| 11 | 23 Tijl de Vries | HC2 | 55 | O | 11.23 | PR | |
| 12 | 47 Djem Smeele | HC2 | 53 | O | 11.33 | | |
| 13 | 11 Sharissa Oussoren | DB2 | 56 | I | 11.76 | | |
| 14 | 54 Talisha Renes | DB2 | 56 | O | 11.94 | | |
| 15 | 65 Evy de Wildt | DB2 | 54 | O | 12.12 | | |

4. Rituitslag 100 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|--------------------|-------|--------------|------|
| 53 | wt | 68 | Jorden Bonnema | | HN2 | | 11.22 | |
| | rd | 47 | Djem Smeele | | HC2 | 11.30 | 11.33 | |
| | | <u>Jorden Bonnema</u> | | | <u>Djem Smeele</u> | | | |
| | | 100m | 11.22 | (11.22) | 100m | 11.33 | (11.33) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------|-------|---------|-------|--------------|------|
| 54 | gl | 65 | Evy de Wildt | | DB2 | 11.91 | 12.12 | |
| | bl | | | | | | | |
| | | <u>Evy de Wildt</u> | | | | | | |
| | | m | 100m | 12.12 | (12.12) | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|
| 55 | wt | 116 | Sylvian Hoogeveen | | HA2 | 11.70 | 10.80 | PR |
| | rd | 23 | Tijl de Vries | | HC2 | 11.67 | 11.23 | PR |
| | | <u>Sylvian Hoogeveen</u> | | | <u>Tijl de Vries</u> | | | |
| | | 100m | 10.80 | (10.80) | 100m | 11.23 | (11.23) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|
| 56 | gl | 11 | Sharissa Oussoren | | DB2 | 11.66 | 11.76 | |
| | bl | 54 | Talisha Renes | | DB2 | 11.59 | 11.94 | |
| | | <u>Sharissa Oussoren</u> | | | <u>Talisha Renes</u> | | | |
| | | 100m | 11.76 | (11.76) | 100m | 11.94 | (11.94) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|------------------------|---------|------------------------|-------|--------------|------|
| 57 | wt | 63 | Eelke Westra | | HN1 | 11.29 | 10.90 | PR |
| | rd | 15 | Lataesha Narain | | DN1 | 11.03 | 11.14 | |
| | | <u>Eelke Westra</u> | | | <u>Lataesha Narain</u> | | | |
| | | 100m | 10.90 | (10.90) | 100m | 11.14 | (11.14) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-------|---------------------|------|
| 58 | gl | 94 Jesper Feenstra | HA1 | 10.92 | 10.69 | PR |
| | bl | 1 Jonas Bakker | HB2 | 10.65 | 10.76 | |
| | | <u>Jesper Feenstra</u> | | | <u>Jonas Bakker</u> | |
| | | 100m 10.69 (10.69) | | | 100m 10.76 (10.76) | |
| | | Naam | Cat | PR | Tijd | Info |
| 59 | wt | 55 Jens Halfweg | HB2 | 10.60 | 10.65 | |
| | rd | 85 Jasper Sinke | HN2 | 10.51 | 10.17 | PR |
| | | <u>Jens Halfweg</u> | | | <u>Jasper Sinke</u> | |
| | | 100m 10.65 (10.65) | | | 100m 10.17 (10.17) | |
| | | Naam | Cat | PR | Tijd | Info |
| 60 | gl | 83 Willard Reinders | HN2 | 10.51 | 10.10 | PR |
| | bl | 62 Ties Roemers | HN1 | 10.27 | 10.37 | |
| | | <u>Willard Reinders</u> | | | <u>Ties Roemers</u> | |
| | | 100m 10.10 (10.10) | | | 100m 10.37 (10.37) | |

5. Uitslag 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 83 Willard Reinders | HN2 | 67 | I | 23.58 | PR | |
| 2 | 85 Jasper Sinke | HN2 | 68 | I | 23.94 | PR | |
| 3 | 62 Ties Roemers | HN1 | 68 | O | 24.69 | | |
| 4 | 55 Jens Halfweg | HB2 | 67 | O | 24.70 | PR | |
| 5 | 116 Sylvian Hoogeveen | HA2 | 65 | I | 25.05 | PR | |
| 6 | 1 Jonas Bakker | HB2 | 66 | I | 25.68 | PR | |
| 7 | 63 Eelke Westra | HN1 | 63 | O | 25.84 | PR | |
| 8 | 94 Jesper Feenstra | HA1 | 61 | I | 26.14 | | |
| 9 | 15 Lataesha Narain | DN1 | 66 | O | 26.63 | | |
| 10 | 23 Tijl de Vries | HC2 | 64 | O | 26.66 | PR | |
| 11 | 68 Jorden Bonnema | HN2 | 62 | O | 27.27 | | |
| 12 | 47 Djem Smeele | HC2 | 61 | O | 27.53 | | |
| 13 | 11 Sharissa Oussoren | DB2 | 65 | O | 27.75 | | |
| 14 | 54 Talisha Renes | DB2 | 64 | I | 28.04 | | |
| 15 | 65 Evy de Wildt | DB2 | 63 | I | 28.52 | PR | |

5. Rituitslag 300 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|--------------------|-------|--------------|------|
| 61 | wt | 94 | Jesper Feenstra | | HA1 | | 26.14 | |
| | rd | 47 | Djem Smeele | | HC2 | 27.23 | 27.53 | |
| | | <u>Jesper Feenstra</u> | | | <u>Djem Smeele</u> | | | |
| | | 300m | 26.14 | (26.14) | 300m | 27.53 | (27.53) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|-----|------|-------|--------------|------|
| 62 | gl | | | | | | | |
| | bl | 68 | Jorden Bonnema | | HN2 | | 27.27 | |
| | | <u>Jorden Bonnema</u> | | | | | | |
| | | m | | | 300m | 27.27 | (27.27) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|---------------------|-------|--------------|------|
| 63 | wt | 65 | Evy de Wildt | | DB2 | 28.62 | 28.52 | PR |
| | rd | 63 | Eelke Westra | | HN1 | 28.29 | 25.84 | PR |
| | | <u>Evy de Wildt</u> | | | <u>Eelke Westra</u> | | | |
| | | 300m | 28.52 | (28.52) | 300m | 25.84 | (25.84) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|----------------------|-------|--------------|------|
| 64 | gl | 54 | Talisha Renes | | DB2 | 27.72 | 28.04 | |
| | bl | 23 | Tijl de Vries | | HC2 | 28.11 | 26.66 | PR |
| | | <u>Talisha Renes</u> | | | <u>Tijl de Vries</u> | | | |
| | | 300m | 28.04 | (28.04) | 300m | 26.66 | (26.66) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 65 | wt | 116 | Sylvian Hoogeveen | | HA2 | 27.08 | 25.05 | PR |
| | rd | 11 | Sharissa Oussoren | | DB2 | 27.66 | 27.75 | |
| | | <u>Sylvian Hoogeveen</u> | | | <u>Sharissa Oussoren</u> | | | |
| | | 300m | 25.05 | (25.05) | 300m | 27.75 | (27.75) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|---------------|-------|------------------------|------|
| 66 | gl | 1 Jonas Bakker | HB2 | 25.78 | 25.68 | PR |
| | bl | 15 Lataesha Narain | DN1 | 26.34 | 26.63 | |
| | | Jonas Bakker | | | Lataesha Narain | |
| | | 300m | 25.68 (25.68) | 300m | 26.63 (26.63) | |
| | | Naam | Cat | PR | Tijd | Info |
| 67 | wt | 83 Willard Reinders | HN2 | 25.02 | 23.58 | PR |
| | rd | 55 Jens Halfweg | HB2 | 25.50 | 24.70 | PR |
| | | Willard Reinders | | | Jens Halfweg | |
| | | 300m | 23.58 (23.58) | 300m | 24.70 (24.70) | |
| | | Naam | Cat | PR | Tijd | Info |
| 68 | gl | 85 Jasper Sinke | HN2 | 24.76 | 23.94 | PR |
| | bl | 62 Ties Roemers | HN1 | 24.64 | 24.69 | |
| | | Jasper Sinke | | | Ties Roemers | |
| | | 300m | 23.94 (23.94) | 300m | 24.69 (24.69) | |

6. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------------|-----|------|------|---------|------|--------|
| 1 | 113 Niels Meijer | HN2 | 94 | O | 1:56.71 | | |
| 2 | 119 Mats ten Cate | HN1 | 94 | I | 1:57.81 | | |
| 3 | 64 Robert Wierds | H50 | 92 | I | 2:01.43 | PR | |
| 4 | 25 Jeroen Oeben | H40 | 92 | O | 2:02.95 | | |
| 5 | 58 Peng Shen Plugge | HC2 | 91 | I | 2:04.43 | PR | |
| 6 | 118 Eric van den Berg | H45 | 93 | O | 2:06.44 | | |
| 7 | 5 Sander Stanneveld | HB1 | 85 | I | 2:06.57 | PR | |
| 8 | 102 Vincent van Wersch | H50 | 85 | O | 2:06.84 | | |
| 9 | 111 Ruud Willems | H40 | 89 | O | 2:08.11 | | |
| 10 | 60 Jim Hartveld | HB1 | 86 | O | 2:08.67 | PR | |
| 11 | 86 Moos van Hall | HC2 | 90 | O | 2:08.75 | | |
| 12 | 110 Laurens Taekema | H40 | 91 | O | 2:08.93 | | |
| 13 | 16 Gerrit van der Brink | H50 | 87 | I | 2:09.17 | | |
| 14 | 59 Dong Yang Plugge | HB2 | 88 | I | 2:10.21 | PR | |
| 15 | 3 Sven Post | HB1 | 82 | I | 2:10.54 | PR | |
| 16 | 10 Erol Aksoy | H50 | 87 | O | 2:11.90 | | |
| 17 | 100 Gerben Hettinga | H55 | 89 | I | 2:12.82 | | |
| 18 | 81 Britt Post | DC2 | 83 | I | 2:13.02 | PR | |
| 19 | 45 Fiore Koutstaal | DC1 | 84 | O | 2:14.54 | PR | |
| 20 | 35 Mijke Anne Kannevorff | D40 | 88 | O | 2:14.78 | | |
| 21 | 106 Grietsen Wijma | H60 | 82 | O | 2:16.02 | | |
| 22 | 12 Michel van der Sluijs | H50 | 84 | I | 2:16.37 | | |
| 23 | 44 Evi Blomberg | DC1 | 76 | I | 2:20.06 | PR | |
| 24 | 40 Hendrik van de Beek | H60 | 81 | I | 2:21.84 | | |
| 25 | 79 Lars Bruggers | HC1 | 76 | O | 2:23.74 | PR | |
| 26 | 82 Sophie Moerman | DA2 | 79 | O | 2:23.89 | | |
| 27 | 90 Anne Breider | DC1 | 69 | I | 2:24.12 | | |
| 28 | 2 Marleen Knol | DB1 | 80 | O | 2:24.17 | PR | |
| 29 | 108 Irma Woud | D50 | 86 | I | 2:25.07 | | |
| 30 | 33 René Koning | H60 | 80 | I | 2:25.33 | | |
| 31 | 4 Jaap van Kousterik | H70 | 77 | O | 2:27.08 | | |
| 32 | 117 Tineke Schukken | D40 | 77 | I | 2:27.60 | PR | |
| 33 | 31 Jolanda Voskamp-Vollebregt | D55 | 79 | I | 2:28.23 | | |
| 34 | 77 Kees Bollaart | H60 | 81 | O | 2:28.53 | | |
| 35 | 112 Twan den Braber | H70 | 73 | I | 2:29.58 | | |
| 36 | 48 Leo Schoenmeijer | H75 | 74 | O | 2:30.38 | | |
| 37 | 96 Sandra van Bijlert-Burgerhout | D45 | 78 | I | 2:33.97 | | |
| 38 | 97 Paco Palman | H60 | 78 | O | 2:34.07 | | |

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|---------|------|--------|
| 39 | 49 Anita Smit-Groot | D60 | 73 | O | 2:36.37 | | |
| 40 | 109 Astrid Janssen | D60 | 75 | O | 2:37.60 | | |
| 41 | 104 Evelyn Mein-Klok | D50 | 70 | I | 2:41.48 | | |
| 42 | 93 Jan Boelen | H75 | 74 | I | 2:42.03 | | |
| 43 | 69 Thomas Hoekstra | H70 | 71 | I | 2:42.52 | | |
| 44 | 52 Barbara Heerschop | D65 | 75 | I | 2:42.58 | | |
| 45 | 37 Thea Kroontje | D75 | 72 | O | 2:48.30 | | |
| 46 | 22 Joke Wittenberg | D70 | 71 | O | 2:49.81 | | |
| 47 | 18 Carolien van Rees | D65 | 72 | I | 2:53.78 | | |
| | 98 Klaas Hulst | H80 | 70 | O | | DNS | |
| | 13 Niels de Jager | H40 | | | | WDR | |

6. Rituitslag 1500 meter

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------|---------|------------------------|---------|----------------|------|
| 69 | wt | 90 Anne Breider | | | DC1 | | 2:24.12 | |
| | rd | | | | | | | |
| | | Anne Breider | | | | | | |
| | | 300m | 30.49 | (30.49) | | | m | |
| | | 700m | 1:06.08 | (35.59) | | | | |
| | | 1100m | 1:44.41 | (38.33) | | | | |
| | | 1500m | 2:24.12 | (39.71) | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 70 | gl | 104 Evelyn Mein-Klok | | | D50 | 2:38.94 | 2:41.48 | |
| | bl | 98 Klaas Hulst | | | H80 | 2:21.40 | DNS | |
| | | Evelyn Mein-Klok | | | Klaas Hulst | | | |
| | | 300m | 34.55 | (34.55) | | | | |
| | | 700m | 1:14.27 | (39.72) | | | | |
| | | 1100m | 1:56.94 | (42.67) | | | | |
| | | 1500m | 2:41.48 | (44.54) | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 71 | wt | 69 Thomas Hoekstra | | | H70 | 2:10.04 | 2:42.52 | |
| | rd | 22 Joke Wittenberg | | | D70 | 2:33.03 | 2:49.81 | |
| | | Thomas Hoekstra | | | Joke Wittenberg | | | |
| | | 300m | 34.71 | (34.71) | 300m | 37.75 | (37.75) | |
| | | 700m | 1:15.59 | (40.88) | 700m | 1:20.47 | (42.72) | |
| | | 1100m | 1:58.77 | (43.18) | 1100m | 2:04.53 | (44.06) | |
| | | 1500m | 2:42.52 | (43.75) | 1500m | 2:49.81 | (45.28) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 72 | gl | 18 Carolien van Rees | | | D65 | 2:43.07 | 2:53.78 | |
| | bl | 37 Thea Kroontje | | | D75 | 2:20.69 | 2:48.30 | |
| | | Carolien van Rees | | | Thea Kroontje | | | |
| | | 300m | 36.77 | (36.77) | 300m | 37.89 | (37.89) | |
| | | 700m | 1:21.13 | (44.36) | 700m | 1:20.30 | (42.41) | |
| | | 1100m | 2:07.31 | (46.18) | 1100m | 2:03.88 | (43.58) | |
| | | 1500m | 2:53.78 | (46.47) | 1500m | 2:48.30 | (44.42) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----------------|---------|-------------------------|------|
| 73 | wt | 112 Twan den Braber | H70 | 2:05.66 | 2:29.58 | |
| | rd | 49 Anita Smit-Groot | D60 | 2:24.50 | 2:36.37 | |
| | | Twan den Braber | | | Anita Smit-Groot | |
| | | 300m | 33.41 (33.41) | 300m | 33.60 (33.60) | |
| | | 700m | 1:11.04 (37.63) | 700m | 1:11.91 (38.31) | |
| | | 1100m | 1:49.78 (38.74) | 1100m | 1:52.79 (40.88) | |
| | | 1500m | 2:29.58 (39.80) | 1500m | 2:36.37 (43.58) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----------------|---------|-------------------------|------|
| 74 | gl | 93 Jan Boelen | H75 | 2:14.99 | 2:42.03 | |
| | bl | 48 Leo Schoenmeijer | H75 | 2:15.32 | 2:30.38 | |
| | | Jan Boelen | | | Leo Schoenmeijer | |
| | | 300m | 33.67 (33.67) | 300m | 33.99 (33.99) | |
| | | 700m | 1:15.54 (41.87) | 700m | 1:11.87 (37.88) | |
| | | 1100m | 1:59.11 (43.57) | 1100m | 1:50.92 (39.05) | |
| | | 1500m | 2:42.03 (42.92) | 1500m | 2:30.38 (39.46) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----------------|---------|-----------------------|------|
| 75 | wt | 52 Barbara Heerschop | D65 | 2:23.04 | 2:42.58 | |
| | rd | 109 Astrid Janssen | D60 | 2:24.28 | 2:37.60 | |
| | | Barbara Heerschop | | | Astrid Janssen | |
| | | 300m | 33.79 (33.79) | 300m | 33.35 (33.35) | |
| | | 700m | 1:14.88 (41.09) | 700m | 1:12.43 (39.08) | |
| | | 1100m | 1:59.04 (44.16) | 1100m | 1:54.55 (42.12) | |
| | | 1500m | 2:42.58 (43.54) | 1500m | 2:37.60 (43.05) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----------------|---------|----------------------|------|
| 76 | gl | 44 Evi Blomberg | DC1 | 2:36.42 | 2:20.06 | PR |
| | bl | 79 Lars Bruggers | HC1 | 2:35.50 | 2:23.74 | PR |
| | | Evi Blomberg | | | Lars Bruggers | |
| | | 300m | 30.69 (30.69) | 300m | 31.38 (31.38) | |
| | | 700m | 1:05.74 (35.05) | 700m | 1:07.50 (36.12) | |
| | | 1100m | 1:42.49 (36.75) | 1100m | 1:45.38 (37.88) | |
| | | 1500m | 2:20.06 (37.57) | 1500m | 2:23.74 (38.36) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---|-----|-----------------------|--------------------------|------|
| 77 | wt | 117 Tineke Schukken | D40 | 2:34.02 | 2:27.60 | PR |
| | rd | 4 Jaap van Kouterik | H70 | 2:08.00 | 2:27.08 | |
| | | Tineke Schukken | | | Jaap van Kouterik | |
| | | 300m 32.26 (32.26) | | 300m 33.01 (33.01) | | |
| | | 700m 1:09.32 (37.06) | | 700m 1:09.43 (36.42) | | |
| | | 1100m 1:47.98 (38.66) | | 1100m 1:47.46 (38.03) | | |
| | | 1500m 2:27.60 (39.62) | | 1500m 2:27.08 (39.62) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 78 | gl | 96 Sandra van Bijlert-Burgerhout | D45 | 2:19.23 | 2:33.97 | |
| | bl | 97 Paco Palman | H60 | 2:16.39 | 2:34.07 | |
| | | Sandra van Bijlert-Burgerhout | | | Paco Palman | |
| | | 300m 32.64 (32.64) | | 300m 33.81 (33.81) | | |
| | | 700m 1:10.95 (38.31) | | 700m 1:11.81 (38.00) | | |
| | | 1100m 1:51.84 (40.89) | | 1100m 1:52.48 (40.67) | | |
| | | 1500m 2:33.97 (42.13) | | 1500m 2:34.07 (41.59) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 79 | wt | 31 Jolanda Voskamp-Vollebregt | D55 | 2:10.00 | 2:28.23 | |
| | rd | 82 Sophie Moerman | DA2 | 2:15.37 | 2:23.89 | |
| | | Jolanda Voskamp-Vollebregt | | | Sophie Moerman | |
| | | 300m 31.92 (31.92) | | 300m 31.50 (31.50) | | |
| | | 700m 1:09.44 (37.52) | | 700m 1:07.52 (36.02) | | |
| | | 1100m 1:48.65 (39.21) | | 1100m 1:45.39 (37.87) | | |
| | | 1500m 2:28.23 (39.58) | | 1500m 2:23.89 (38.50) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 80 | gl | 33 René Koning | H60 | 2:17.65 | 2:25.33 | |
| | bl | 2 Marleen Knol | DB1 | 2:24.60 | 2:24.17 | PR |
| | | René Koning | | | Marleen Knol | |
| | | 300m 31.26 (31.26) | | 300m 30.66 (30.66) | | |
| | | 700m 1:08.16 (36.90) | | 700m 1:06.90 (36.24) | | |
| | | 1100m 1:45.97 (37.81) | | 1100m 1:45.18 (38.28) | | |
| | | 1500m 2:25.33 (39.36) | | 1500m 2:24.17 (38.99) | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------------|------------------------------|---------|------------------------|---------|----------------|------|
| 81 | wt | 40 | Hendrik van de Beek | | H60 | 2:04.06 | 2:21.84 | |
| | rd | 77 | Kees Bollaart | | H60 | 2:12.40 | 2:28.53 | |
| | | Hendrik van de Beek | | | Kees Bollaart | | | |
| | | 300m | 32.25 | (32.25) | 300m | 31.98 | (31.98) | |
| | | 700m | 1:07.59 | (35.34) | 700m | 1:09.00 | (37.02) | |
| | | 1100m | 1:44.11 | (36.52) | 1100m | 1:48.69 | (39.69) | |
| | | 1500m | 2:21.84 | (37.73) | 1500m | 2:28.53 | (39.84) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 82 | gl | 3 | Sven Post | | HB1 | 2:16.54 | 2:10.54 | PR |
| | bl | 106 | Grietsen Wijma | | H60 | 2:05.45 | 2:16.02 | |
| | | Sven Post | | | Grietsen Wijma | | | |
| | | 300m | 27.79 | (27.79) | 300m | 29.20 | (29.20) | |
| | | 700m | 1:00.42 | (32.63) | 700m | 1:02.54 | (33.34) | |
| | | 1100m | 1:35.35 | (34.93) | 1100m | 1:38.18 | (35.64) | |
| | | 1500m | 2:10.54 | (35.19) | 1500m | 2:16.02 | (37.84) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 83 | wt | 81 | Britt Post | | DC2 | 2:16.35 | 2:13.02 | PR |
| | rd | | | | | | | |
| | | Britt Post | | | | | | |
| | | 300m | 28.74 | (28.74) | m | | | |
| | | 700m | 1:01.82 | (33.08) | | | | |
| | | 1100m | 1:36.87 | (35.05) | | | | |
| | | 1500m | 2:13.02 | (36.15) | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 84 | gl | 12 | Michel van der Sluijs | | H50 | 2:11.59 | 2:16.37 | |
| | bl | 45 | Fiore Koutstaal | | DC1 | 2:16.35 | 2:14.54 | PR |
| | | Michel van der Sluijs | | | Fiore Koutstaal | | | |
| | | 300m | 29.75 | (29.75) | 300m | 29.91 | (29.91) | |
| | | 700m | 1:03.44 | (33.69) | 700m | 1:03.22 | (33.31) | |
| | | 1100m | 1:39.05 | (35.61) | 1100m | 1:38.58 | (35.36) | |
| | | 1500m | 2:16.37 | (37.32) | 1500m | 2:14.54 | (35.96) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------------|------------------------------|---------|------------------------------|---------|----------------|------|
| 85 | wt | 5 | Sander Stanneveld | | HB1 | 2:13.93 | 2:06.57 | PR |
| | rd | 102 | Vincent van Wersch | | H50 | 2:02.23 | 2:06.84 | |
| | | Sander Stanneveld | | | Vincent van Wersch | | | |
| | | 300m | 27.85 | (27.85) | 300m | 27.92 | (27.92) | |
| | | 700m | 59.95 | (32.10) | 700m | 59.35 | (31.43) | |
| | | 1100m | 1:33.25 | (33.30) | 1100m | 1:32.65 | (33.30) | |
| | | 1500m | 2:06.57 | (33.32) | 1500m | 2:06.84 | (34.19) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 86 | gl | 108 | Irma Woud | | D50 | 2:12.53 | 2:25.07 | |
| | bl | 60 | Jim Hartveld | | HB1 | 2:10.07 | 2:08.67 | PR |
| | | Irma Woud | | | Jim Hartveld | | | |
| | | 300m | 30.86 | (30.86) | 300m | 27.60 | (27.60) | |
| | | 700m | 1:07.74 | (36.88) | 700m | 59.09 | (31.49) | |
| | | 1100m | 1:46.03 | (38.29) | 1100m | 1:33.10 | (34.01) | |
| | | 1500m | 2:25.07 | (39.04) | 1500m | 2:08.67 | (35.57) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 87 | wt | 16 | Gerrit van der Brink | | H50 | 2:06.68 | 2:09.17 | |
| | rd | 10 | Erol Aksoy | | H50 | 2:10.87 | 2:11.90 | |
| | | Gerrit van der Brink | | | Erol Aksoy | | | |
| | | 300m | 30.22 | (30.22) | 300m | 28.39 | (28.39) | |
| | | 700m | 1:02.57 | (32.35) | 700m | 1:01.66 | (33.27) | |
| | | 1100m | 1:34.92 | (32.35) | 1100m | 1:34.94 | (33.28) | |
| | | 1500m | 2:09.17 | (34.25) | 1500m | 2:11.90 | (36.96) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 88 | gl | 59 | Dong Yang Plugge | | HB2 | 2:10.52 | 2:10.21 | PR |
| | bl | 35 | Mijke Anne Kanneworff | | D40 | 2:10.71 | 2:14.78 | |
| | | Dong Yang Plugge | | | Mijke Anne Kanneworff | | | |
| | | 300m | 27.13 | (27.13) | 300m | 27.79 | (27.79) | |
| | | 700m | 59.45 | (32.32) | 700m | 1:00.37 | (32.58) | |
| | | 1100m | 1:34.28 | (34.83) | 1100m | 1:36.42 | (36.05) | |
| | | 1500m | 2:10.21 | (35.93) | 1500m | 2:14.78 | (38.36) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|-----------------------|------------------------|------|
| 89 | wt | 100 Gerben Hettinga | H55 | 2:05.59 | 2:12.82 | |
| | rd | 111 Ruud Willems | H40 | 2:05.66 | 2:08.11 | |
| | | Gerben Hettinga | | | Ruud Willems | |
| | | 300m 30.03 (30.03) | | 300m 27.65 (27.65) | | |
| | | 700m 1:02.86 (32.83) | | 700m 59.06 (31.41) | | |
| | | 1100m 1:37.18 (34.32) | | 1100m 1:32.58 (33.52) | | |
| | | 1500m 2:12.82 (35.64) | | 1500m 2:08.11 (35.53) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 90 | gl | 13 Niels de Jager | H40 | 2:02.89 | WDR | |
| | bl | 86 Moos van Hall | HC2 | 2:06.89 | 2:08.75 | |
| | | Niels de Jager | | | Moos van Hall | |
| | | | | 300m 27.72 (27.72) | | |
| | | | | 700m 59.47 (31.75) | | |
| | | | | 1100m 1:33.46 (33.99) | | |
| | | | | 1500m 2:08.75 (35.29) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 91 | wt | 58 Peng Shen Plugge | HC2 | 2:05.57 | 2:04.43 | PR |
| | rd | 110 Laurens Taekema | H40 | 2:03.37 | 2:08.93 | |
| | | Peng Shen Plugge | | | Laurens Taekema | |
| | | 300m 26.49 (26.49) | | 300m 28.26 (28.26) | | |
| | | 700m 57.32 (30.83) | | 700m 59.99 (31.73) | | |
| | | 1100m 1:30.14 (32.82) | | 1100m 1:33.72 (33.73) | | |
| | | 1500m 2:04.43 (34.29) | | 1500m 2:08.93 (35.21) | | |
| | | Naam | Cat | PR | Tijd | Info |
| 92 | gl | 64 Robert Wierds | H50 | 2:02.02 | 2:01.43 | PR |
| | bl | 25 Jeroen Oeben | H40 | 1:59.56 | 2:02.95 | |
| | | Robert Wierds | | | Jeroen Oeben | |
| | | 300m 28.19 (28.19) | | 300m 28.08 (28.08) | | |
| | | 700m 58.54 (30.35) | | 700m 58.14 (30.06) | | |
| | | 1100m 1:29.59 (31.05) | | 1100m 1:29.72 (31.58) | | |
| | | 1500m 2:01.43 (31.84) | | 1500m 2:02.95 (33.23) | | |

Schaatscircuit.nl - 20231101

Thialf - Heerenveen

1 november 2023

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|---------|---------|----------------|------|
| 93 | wt | 118 Eric van den Berg | H45 | 2:02.40 | 2:06.44 | |
| | rd | | | | | |
| | | Eric van den Berg | | | | |
| | | m | 300m | 27.73 | (27.73) | |
| | | | 700m | 59.19 | (31.46) | |
| | | | 1100m | 1:32.42 | (33.23) | |
| | | | 1500m | 2:06.44 | (34.02) | |
| | | Naam | Cat | PR | Tijd | Info |
| 94 | gl | 119 Mats ten Cate | HN1 | 1:55.79 | 1:57.81 | |
| | bl | 113 Niels Meijer | HN2 | 1:56.20 | 1:56.71 | |
| | | Mats ten Cate | | | | |
| | | 300m | 26.04 | (26.04) | | |
| | | 700m | 55.52 | (29.48) | | |
| | | 1100m | 1:26.06 | (30.54) | | |
| | | 1500m | 1:57.81 | (31.75) | | |
| | | Niels Meijer | | | | |
| | | 300m | 26.08 | (26.08) | | |
| | | 700m | 55.11 | (29.03) | | |
| | | 1100m | 1:25.47 | (30.36) | | |
| | | 1500m | 1:56.71 | (31.24) | | |

7. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|---------|------|--------|
| 1 | 115 Kevin Kuiper | HN2 | 112 | I | 1:14.31 | | |
| 2 | 17 Bart Seffinga | H40 | 112 | O | 1:18.95 | | |
| 3 | 20 Michiel Wienese | H45 | 111 | I | 1:19.93 | | |
| 4 | 87 Sofie Bouw | DA2 | 111 | O | 1:22.10 | PR | |
| 5 | 88 Veerle Friso | DC2 | 106 | O | 1:25.46 | PR | |
| 6 | 28 Anke Jannie Landman | D45 | 108 | O | 1:25.53 | | |
| 7 | 7 Chris van der Plaats | H60 | 105 | I | 1:25.62 | PR | |
| 8 | 95 Fleur Alkemade | DC1 | 107 | I | 1:25.78 | | |
| 9 | 42 Nyncke Dijkstra | DN2 | 110 | O | 1:26.29 | | |
| 10 | 61 Fleur Hartveld | DPA | 106 | I | 1:27.48 | PR | |
| 11 | 78 Jan van der Stouwe | H55 | 104 | I | 1:27.49 | | |
| 12 | 19 Marloes Westerhof | DSB | 109 | I | 1:28.34 | | |
| 13 | 89 Erik Jeurig | H40 | 109 | O | 1:29.64 | | |
| 14 | 26 Wilfred van Stam | H55 | 103 | O | 1:30.09 | | |
| 15 | 84 Ryan Draaisma | HPA | 102 | I | 1:30.82 | PR | |
| 16 | 39 Jeanette ten Hag | D45 | 104 | O | 1:31.95 | | |
| 17 | 36 Richard Stolwijk | H60 | 110 | I | 1:32.49 | | |
| 18 | 41 Luca Batterink | HC1 | 101 | O | 1:33.55 | PR | |
| 19 | 99 Ab Nederlof | H70 | 103 | I | 1:34.82 | PR | |
| 20 | 27 Ferd Veelenturf | H65 | 102 | O | 1:35.05 | | |
| 21 | 66 Linda Davelaar - van Dijk | D40 | 107 | O | 1:36.29 | | |
| 22 | 80 Elma Endhoven | DSB | 101 | I | 1:37.46 | | |
| 23 | 92 Elin Lamain | DPA | 98 | I | 1:38.97 | PR | |
| 24 | 29 Karin Terhürne | D55 | 98 | O | 1:40.87 | | |
| 25 | 50 Bert Keizer | H70 | 99 | O | 1:41.50 | | |
| 26 | 14 Veerle Zunnabeld | DPA | 100 | O | 1:42.33 | | |
| 27 | 67 Caspian Alexander | HPA | 97 | O | 1:42.78 | PR | |
| 28 | 122 Nicole de Koning | D50 | 97 | I | 1:44.78 | | |
| 29 | 76 Bauke Meijer | H75 | 95 | O | 1:48.73 | | |
| 30 | 72 Bram de Vries | H80 | 95 | I | 1:59.01 | | |
| 31 | 98 Klaas Hulst | H80 | 96 | O | 1:59.06 | | |
| | 21 Hans ten Hag | H70 | | | WDR | | |
| | 103 Noëmi De boer | DA1 | | | WDR | | |
| | 123 Fleur Smits | DB2 | | | WDR | | |

7. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-----|-----|----|---------|----------------|
| 95 | wt | 72 | Bram de Vries | | H80 | | 1:29.98 | 1:59.01 |
| | rd | 76 | Bauke Meijer | | H75 | | 1:33.29 | 1:48.73 |

| Bram de Vries | | | Bauke Meijer | | |
|---------------|---------|---------|--------------|---------|---------|
| 200m | 27.15 | (27.15) | 200m | 25.73 | (25.73) |
| 600m | 1:11.54 | (44.39) | 600m | 1:07.66 | (41.93) |
| 1000m | 1:59.01 | (47.47) | 1000m | 1:48.73 | (41.07) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------|-----|-----|----|---------|----------------|
| 96 | gl | | | | | | | |
| | bl | 98 | Klaas Hulst | | H80 | | 1:31.50 | 1:59.06 |

| Klaas Hulst | | |
|-------------|---------|---------|
| m | | |
| 200m | 25.78 | (25.78) |
| 600m | 1:10.20 | (44.42) |
| 1000m | 1:59.06 | (48.86) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-----|-----|----|---------|-------------------|
| 97 | wt | 122 | Nicole de Koning | | D50 | | 1:39.33 | 1:44.78 |
| | rd | 67 | Caspian Alexander | | HPA | | 1:44.93 | 1:42.78 PR |

| Nicole de Koning | | | Caspian Alexander | | |
|------------------|---------|---------|-------------------|---------|---------|
| 200m | 24.83 | (24.83) | 200m | 21.86 | (21.86) |
| 600m | 1:03.81 | (38.98) | 600m | 1:00.31 | (38.45) |
| 1000m | 1:44.78 | (40.97) | 1000m | 1:42.78 | (42.47) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-----|-----|----|---------|-------------------|
| 98 | gl | 92 | Elin Lamain | | DPA | | 1:41.27 | 1:38.97 PR |
| | bl | 29 | Karin Terhürne | | D55 | | 1:31.99 | 1:40.87 |

| Elin Lamain | | | Karin Terhürne | | |
|-------------|---------|---------|----------------|---------|---------|
| 200m | 23.39 | (23.39) | 200m | 24.24 | (24.24) |
| 600m | 1:00.80 | (37.41) | 600m | 1:01.76 | (37.52) |
| 1000m | 1:38.97 | (38.17) | 1000m | 1:40.87 | (39.11) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------|-------|------------------|---------|------|
| 99 | wt | 50 Bert Keizer | H70 | 1:25.59 | 1:41.50 | |
| | rd | | | | | |
| | | Bert Keizer | | | | |
| | | m | 200m | 23.21 | (23.21) | |
| | | | 600m | 1:01.46 | (38.25) | |
| | | | 1000m | 1:41.50 | (40.04) | |
| | | Naam | Cat | PR | Tijd | Info |
| 100 | gl | 21 Hans ten Hag | H70 | 1:32.83 | WDR | |
| | bl | 14 Veerle Zunnebeld | DPA | 1:38.63 | 1:42.33 | |
| | | Hans ten Hag | | Veerle Zunnebeld | | |
| | | | 200m | 23.54 | (23.54) | |
| | | | 600m | 1:01.92 | (38.38) | |
| | | | 1000m | 1:42.33 | (40.41) | |
| | | Naam | Cat | PR | Tijd | Info |
| 101 | wt | 80 Elma Endhoven | DSB | 1:32.57 | 1:37.46 | |
| | rd | 41 Luca Batterink | HC1 | 1:37.43 | 1:33.55 | PR |
| | | Elma Endhoven | | Luca Batterink | | |
| | | | 200m | 22.86 | (22.86) | |
| | | | 600m | 59.34 | (36.48) | |
| | | | 1000m | 1:37.46 | (38.12) | |
| | | | 200m | 20.82 | (20.82) | |
| | | | 600m | 56.27 | (35.45) | |
| | | | 1000m | 1:33.55 | (37.28) | |
| | | Naam | Cat | PR | Tijd | Info |
| 102 | gl | 84 Ryan Draaisma | HPA | 1:35.53 | 1:30.82 | PR |
| | bl | 27 Ferd Veelenturf | H65 | 1:23.83 | 1:35.05 | |
| | | Ryan Draaisma | | Ferd Veelenturf | | |
| | | | 200m | 21.01 | (21.01) | |
| | | | 600m | 55.26 | (34.25) | |
| | | | 1000m | 1:30.82 | (35.56) | |
| | | | 200m | 21.93 | (21.93) | |
| | | | 600m | 57.69 | (35.76) | |
| | | | 1000m | 1:35.05 | (37.36) | |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|----------------------------|---------|-------------------------|---------|----------------|---------|
| 103 | wt | 99 Ab Nederlof | H70 | | 1:35.56 | 1:34.82 | PR |
| | rd | 26 Wilfred van Stam | H55 | | 1:28.69 | 1:30.09 | |
| | | Ab Nederlof | | Wilfred van Stam | | | |
| | | 200m | 23.21 | (23.21) | 200m | 21.24 | (21.24) |
| | | 600m | 58.75 | (35.54) | 600m | 54.49 | (33.25) |
| | | 1000m | 1:34.82 | (36.07) | 1000m | 1:30.09 | (35.60) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|------------------------------|---------|-------------------------|---------|----------------|---------|
| 104 | gl | 78 Jan van der Stouwe | H55 | | 1:17.12 | 1:27.49 | |
| | bl | 39 Jeanette ten Hag | D45 | | 1:29.03 | 1:31.95 | |
| | | Jan van der Stouwe | | Jeanette ten Hag | | | |
| | | 200m | 20.54 | (20.54) | 200m | 21.78 | (21.78) |
| | | 600m | 53.20 | (32.66) | 600m | 55.66 | (33.88) |
| | | 1000m | 1:27.49 | (34.29) | 1000m | 1:31.95 | (36.29) |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|-------------------------------|---------|----------------------|---------|----------------|------|
| 105 | wt | 7 Chris van der Plaats | H60 | | 1:28.09 | 1:25.62 | PR |
| | rd | 103 Noëmi De boer | DA1 | | 1:25.64 | WDR | |
| | | Chris van der Plaats | | Noëmi De boer | | | |
| | | 200m | 20.73 | (20.73) | | | |
| | | 600m | 52.22 | (31.49) | | | |
| | | 1000m | 1:25.62 | (33.40) | | | |

| | | Naam | Cat | | PR | Tijd | Info |
|-----|----|--------------------------|---------|---------------------|---------|----------------|---------|
| 106 | gl | 61 Fleur Hartveld | DPA | | 1:28.20 | 1:27.48 | PR |
| | bl | 88 Veerle Friso | DC2 | | 1:27.27 | 1:25.46 | PR |
| | | Fleur Hartveld | | Veerle Friso | | | |
| | | 200m | 20.65 | (20.65) | 200m | 20.51 | (20.51) |
| | | 600m | 52.82 | (32.17) | 600m | 51.90 | (31.39) |
| | | 1000m | 1:27.48 | (34.66) | 1000m | 1:25.46 | (33.56) |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|--------------------------|----------------------------------|---------|----------------------------------|---------|----------------|------|
| 107 | wt | 95 | Fleur Alkemade | | DC1 | 1:24.34 | 1:25.78 | |
| | rd | 66 | Linda Davelaar - van Dijk | | D40 | 1:27.51 | 1:36.29 | |
| | | Fleur Alkemade | | | Linda Davelaar - van Dijk | | | |
| | | 200m | 20.49 | (20.49) | 200m | 23.00 | (23.00) | |
| | | 600m | 52.09 | (31.60) | 600m | 58.43 | (35.43) | |
| | | 1000m | 1:25.78 | (33.69) | 1000m | 1:36.29 | (37.86) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 108 | gl | 123 | Fleur Smits | | DB2 | 1:25.94 | WDR | |
| | bl | 28 | Anke Jannie Landman | | D45 | 1:20.78 | 1:25.53 | |
| | | Fleur Smits | | | Anke Jannie Landman | | | |
| | | 200m | | | 200m | 20.01 | (20.01) | |
| | | 600m | | | 600m | 51.76 | (31.75) | |
| | | 1000m | | | 1000m | 1:25.53 | (33.77) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 109 | wt | 19 | Marloes Westerhof | | DSB | 1:25.30 | 1:28.34 | |
| | rd | 89 | Erik Jeuring | | H40 | 1:25.30 | 1:29.64 | |
| | | Marloes Westerhof | | | Erik Jeuring | | | |
| | | 200m | 20.25 | (20.25) | 200m | 21.34 | (21.34) | |
| | | 600m | 52.71 | (32.46) | 600m | 54.42 | (33.08) | |
| | | 1000m | 1:28.34 | (35.63) | 1000m | 1:29.64 | (35.22) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 110 | gl | 36 | Richard Stolwijk | | H60 | 1:23.00 | 1:32.49 | |
| | bl | 42 | Nyncke Dijkstra | | DN2 | 1:23.22 | 1:26.29 | |
| | | Richard Stolwijk | | | Nyncke Dijkstra | | | |
| | | 200m | 21.33 | (21.33) | 200m | 20.65 | (20.65) | |
| | | 600m | 55.21 | (33.88) | 600m | 52.60 | (31.95) | |
| | | 1000m | 1:32.49 | (37.28) | 1000m | 1:26.29 | (33.69) | |

Schaatscircuit.nl - 20231101

Thialf - Heerenveen

1 november 2023

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|-------------------|---------|----------------|------|
| 111 | wt | 20 | Michiel Wienese | | H45 | 1:16.32 | 1:19.93 | |
| | rd | 87 | Sofie Bouw | | DA2 | 1:22.54 | 1:22.10 | PR |
| | | Michiel Wienese | | | Sofie Bouw | | | |
| | | 200m | 19.21 | (19.21) | 200m | 19.43 | (19.43) | |
| | | 600m | 48.70 | (29.49) | 600m | 49.75 | (30.32) | |
| | | 1000m | 1:19.93 | (31.23) | 1000m | 1:22.10 | (32.35) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|----------------------|---------|----------------------|---------|----------------|------|
| 112 | gl | 115 | Kevin Kuiper | | HN2 | 1:13.77 | 1:14.31 | |
| | bl | 17 | Bart Seffinga | | H40 | 1:12.16 | 1:18.95 | |
| | | Kevin Kuiper | | | Bart Seffinga | | | |
| | | 200m | 17.76 | (17.76) | 200m | 18.81 | (18.81) | |
| | | 600m | 44.84 | (27.08) | 600m | 47.62 | (28.81) | |
| | | 1000m | 1:14.31 | (29.47) | 1000m | 1:18.95 | (31.33) | |

8. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|------------------------------|-----|------|------|----------------|------|--------|
| 1 | 70 Olaf Vunderink | HA1 | 118 | I | 3:56.48 | PR | |
| 2 | 56 Isaac Immerzeel | HA1 | 118 | O | 4:18.27 | PR | |
| 3 | 53 Floris Verploeg | HB1 | 117 | I | 4:21.86 | PR | |
| 4 | 46 Doede Wind | H50 | 116 | O | 4:35.99 | PR | |
| 5 | 43 Koos Dijkstra | H55 | 117 | O | 4:38.24 | | |
| 6 | 71 Jitte Schuitemaker | DA2 | 116 | I | 4:45.57 | PR | |
| 7 | 121 Gerwin Boschloo | H50 | 115 | O | 4:47.04 | | |
| 8 | 120 Arjen Esselink | H55 | 114 | I | 4:50.23 | PR | |
| 9 | 30 Marco Roos | H60 | 115 | I | 4:55.50 | | |
| 10 | 6 Chantal Herms | D45 | 114 | O | 5:03.25 | PR | |
| 11 | 24 Heine Deelstra | H65 | 113 | I | 5:40.96 | | |

8. Rituitslag 3000 meter

| | | Naam | Cat | PR | Tijd | Info |
|-----|----------|-------------------|-----|---------|----------------|------|
| 113 | wt rd | 24 Heine Deelstra | H65 | 4:36.90 | 5:40.96 | |

Heine Deelstra

| Distance | Time | PR | Info |
|----------|---------|---------|------|
| 200m | 26.91 | (26.91) | m |
| 600m | 1:11.48 | (44.57) | |
| 1000m | 1:56.21 | (44.73) | |
| 1400m | 2:40.18 | (43.97) | |
| 1800m | 3:24.18 | (44.00) | |
| 2200m | 4:09.36 | (45.18) | |
| 2600m | 4:55.25 | (45.89) | |
| 3000m | 5:40.96 | (45.71) | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------|-----|---------|----------------|------|
| 114 | gl | 120 Arjen Esselink | H55 | 4:53.50 | 4:50.23 | PR |
| | bl | 6 Chantal Herms | D45 | 5:03.37 | 5:03.25 | PR |

Arjen Esselink

| Distance | Time | PR | Info |
|----------|---------|---------|------|
| 200m | 23.02 | (23.02) | |
| 600m | 58.62 | (35.60) | |
| 1000m | 1:35.37 | (36.75) | |
| 1400m | 2:13.26 | (37.89) | |
| 1800m | 2:52.13 | (38.87) | |
| 2200m | 3:31.04 | (38.91) | |
| 2600m | 4:10.37 | (39.33) | |
| 3000m | 4:50.23 | (39.86) | |

Chantal Herms

| Distance | Time | PR | Info |
|----------|---------|---------|------|
| 200m | 23.03 | (23.03) | |
| 600m | 59.66 | (36.63) | |
| 1000m | 1:37.47 | (37.81) | |
| 1400m | 2:16.62 | (39.15) | |
| 1800m | 2:57.40 | (40.78) | |
| 2200m | 3:38.97 | (41.57) | |
| 2600m | 4:21.11 | (42.14) | |
| 3000m | 5:03.25 | (42.14) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------|------------------------|---------|------------------------|---------|----------------|------|
| 115 | wt | 30 | Marco Roos | | H60 | 4:34.57 | 4:55.50 | |
| | rd | 121 | Gerwin Boschloo | | H50 | 4:41.70 | 4:47.04 | |
| | | Marco Roos | | | Gerwin Boschloo | | | |
| | | 200m | 23.61 | (23.61) | 200m | 23.03 | (23.03) | |
| | | 600m | 1:00.16 | (36.55) | 600m | 59.28 | (36.25) | |
| | | 1000m | 1:38.16 | (38.00) | 1000m | 1:36.54 | (37.26) | |
| | | 1400m | 2:17.01 | (38.85) | 1400m | 2:14.76 | (38.22) | |
| | | 1800m | 2:55.94 | (38.93) | 1800m | 2:53.21 | (38.45) | |
| | | 2200m | 3:35.24 | (39.30) | 2200m | 3:31.49 | (38.28) | |
| | | 2600m | 4:15.14 | (39.90) | 2600m | 4:09.52 | (38.03) | |
| | | 3000m | 4:55.50 | (40.36) | 3000m | 4:47.04 | (37.52) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------------|---------------------------|---------|-------------------|---------|----------------|------|
| 116 | gl | 71 | Jitte Schuitemaker | | DA2 | 4:47.40 | 4:45.57 | PR |
| | bl | 46 | Doede Wind | | H50 | 4:38.79 | 4:35.99 | PR |
| | | Jitte Schuitemaker | | | Doede Wind | | | |
| | | 200m | 22.33 | (22.33) | 200m | 22.29 | (22.29) | |
| | | 600m | 56.67 | (34.34) | 600m | 55.43 | (33.14) | |
| | | 1000m | 1:32.83 | (36.16) | 1000m | 1:30.02 | (34.59) | |
| | | 1400m | 2:10.55 | (37.72) | 1400m | 2:05.79 | (35.77) | |
| | | 1800m | 2:49.15 | (38.60) | 1800m | 2:42.38 | (36.59) | |
| | | 2200m | 3:28.18 | (39.03) | 2200m | 3:19.89 | (37.51) | |
| | | 2600m | 4:07.32 | (39.14) | 2600m | 3:57.61 | (37.72) | |
| | | 3000m | 4:45.57 | (38.25) | 3000m | 4:35.99 | (38.38) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|------------------------|---------|----------------------|---------|----------------|------|
| 117 | wt | 53 | Floris Verploeg | | HB1 | 4:37.23 | 4:21.86 | PR |
| | rd | 43 | Koos Dijkstra | | H55 | 4:32.58 | 4:38.24 | |
| | | Floris Verploeg | | | Koos Dijkstra | | | |
| | | 200m | 21.54 | (21.54) | 200m | 21.88 | (21.88) | |
| | | 600m | 54.78 | (33.24) | 600m | 56.42 | (34.54) | |
| | | 1000m | 1:28.26 | (33.48) | 1000m | 1:32.51 | (36.09) | |
| | | 1400m | 2:02.74 | (34.48) | 1400m | 2:09.57 | (37.06) | |
| | | 1800m | 2:37.53 | (34.79) | 1800m | 2:46.79 | (37.22) | |
| | | 2200m | 3:12.30 | (34.77) | 2200m | 3:23.91 | (37.12) | |
| | | 2600m | 3:46.85 | (34.55) | 2600m | 4:01.22 | (37.31) | |
| | | 3000m | 4:21.86 | (35.01) | 3000m | 4:38.24 | (37.02) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|------------------------|---------|------------------------|---------|----------------|------|
| 118 | gl | 70 | Olaf Vunderink | | HA1 | 4:00.69 | 3:56.48 | PR |
| | bl | 56 | Isaac Immerzeel | | HA1 | 4:25.72 | 4:18.27 | PR |
| | | Olaf Vunderink | | | Isaac Immerzeel | | | |
| | | 200m | 19.77 | (19.77) | 200m | 20.41 | (20.41) | |
| | | 600m | 49.49 | (29.72) | 600m | 51.51 | (31.10) | |
| | | 1000m | 1:19.56 | (30.07) | 1000m | 1:23.11 | (31.60) | |
| | | 1400m | 1:50.21 | (30.65) | 1400m | 1:55.31 | (32.20) | |
| | | 1800m | 2:21.22 | (31.01) | 1800m | 2:28.49 | (33.18) | |
| | | 2200m | 2:52.31 | (31.09) | 2200m | 3:02.89 | (34.40) | |
| | | 2600m | 3:23.85 | (31.54) | 2600m | 3:39.64 | (36.75) | |
| | | 3000m | 3:56.48 | (32.63) | 3000m | 4:18.27 | (38.63) | |