

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

26 November 2022

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	12 Mika van Essen	HN4	11	I	36.29		
2	28 Thomas de Lange	HN1	10	I	36.63	PB	
3	15 Elwin Jongman	HN4	12	O	36.98		
4	39 Jelle Rieff	HN1	9	O	37.08		
5	35 Bryant Boogert	HA1	9	I	37.58		
6	30 Jort de Gans	HA1	7	O	38.03	PB	
7	33 Pelle Bolsius	HB1	6	O	38.14	PB	
8	29 Björn Kitselaar	HA1	6	I	38.19	PB	
9	41 Yoeri van Bostelen	HA1	8	I	38.26		
10	38 Thom Rooijackers	HA2	10	O	38.29		
11	25 Tom Nijdam	HA2	4	O	38.35		
12	5 Naomi Verkerk	DN4	8	O	38.52		
13	24 Thijmen Paardekooper	HA1	7	I	38.56	PB	
14	10 Marit van Beijnum	DN3	5	I	38.59		
15	23 Sille Hut	HA1	12	I	38.74		
16	36 Joël Bom	HA1	4	I	38.94		
17	31 Niels van Reeuwijk	HA1	3	O	39.13		
18	32 Olaf Vunderink	HB2	3	I	39.20	PB	
19	2 Pien Smit	DA2	2	O	39.62		
20	7 Maud Lugters	DN3	5	O	39.84		
21	40 Jillian Knook	DA1	2	I	41.07		
22	27 Vera van Ditshuizen	DN1	1	I	42.20		
23	42 Emma Noz	DA1	1	O	42.25	PB	

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1. Race Result 500 meter

		Name		Cat		PB		Time	Info
1	wt	27	Vera van Ditshuizen		DN1	42.15		42.20	
	rd	42	Emma Noz		DA1	42.64		42.25	PB
		Vera van Ditshuizen			Emma Noz				
		100m	11.71	(11.71)	100m	11.73	(11.73)		
		500m	42.20	(30.49)	500m	42.25	(30.52)		

		Name		Cat		PB		Time	Info
2	yw	40	Jillian Knook		DA1	40.79		41.07	
	bl	2	Pien Smit		DA2	38.46		39.62	
		Jillian Knook			Pien Smit				
		100m	11.34	(11.34)	100m	11.21	(11.21)		
		500m	41.07	(29.73)	500m	39.62	(28.41)		

		Name		Cat		PB		Time	Info
3	wt	32	Olaf Vunderink		HB2	39.24		39.20	PB
	rd	31	Niels van Reeuwijk		HA1	38.90		39.13	
		Olaf Vunderink			Niels van Reeuwijk				
		100m	10.82	(10.82)	100m	10.87	(10.87)		
		500m	39.20	(28.38)	500m	39.13	(28.26)		

		Name		Cat		PB		Time	Info
4	yw	36	Joël Bom		HA1	38.74		38.94	
	bl	25	Tom Nijdam		HA2	38.18		38.35	
		Joël Bom			Tom Nijdam				
		100m	10.96	(10.96)	100m	10.71	(10.71)		
		500m	38.94	(27.98)	500m	38.35	(27.64)		

		Name		Cat		PB		Time	Info
5	wt	10	Marit van Beijnum		DN3	38.52		38.59	
	rd	7	Maud Lugters		DN3	38.55		39.84	
		Marit van Beijnum			Maud Lugters				
		100m	10.62	(10.62)	100m	11.04	(11.04)		
		500m	38.59	(27.97)	500m	39.84	(28.80)		

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		Name	Cat	PB	Time	Info
6	yw	29 Björn Kitselaar	HA1	38.23	38.19	PB
	bl	33 Pelle Bolsius	HB1	38.33	38.14	PB
		Björn Kitselaar		Pelle Bolsius		
		100m	10.46 (10.46)	100m	10.70 (10.70)	
		500m	38.19 (27.73)	500m	38.14 (27.44)	
		Name	Cat	PB	Time	Info
7	wt	24 Thijmen Paardekooper	HA1	38.78	38.56	PB
	rd	30 Jort de Gans	HA1	38.33	38.03	PB
		Thijmen Paardekooper		Jort de Gans		
		100m	10.76 (10.76)	100m	10.75 (10.75)	
		500m	38.56 (27.80)	500m	38.03 (27.28)	
		Name	Cat	PB	Time	Info
8	yw	41 Yoeri van Bostelen	HA1	37.90	38.26	
	bl	5 Naomi Verkerk	DN4	38.10	38.52	
		Yoeri van Bostelen		Naomi Verkerk		
		100m	10.86 (10.86)	100m	10.78 (10.78)	
		500m	38.26 (27.40)	500m	38.52 (27.74)	
		Name	Cat	PB	Time	Info
9	wt	35 Bryant Boogert	HA1	37.55	37.58	
	rd	39 Jelle Rieff	HN1	36.67	37.08	
		Bryant Boogert		Jelle Rieff		
		100m	10.54 (10.54)	100m	10.41 (10.41)	
		500m	37.58 (27.04)	500m	37.08 (26.67)	
		Name	Cat	PB	Time	Info
10	yw	28 Thomas de Lange	HN1	36.94	36.63	PB
	bl	38 Thom Rooijackers	HA2	37.67	38.29	
		Thomas de Lange		Thom Rooijackers		
		100m	10.48 (10.48)	100m	10.48 (10.48)	
		500m	36.63 (26.15)	500m	38.29 (27.81)	

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		Name		Cat		PB		Time	Info
11	wt rd	12	Mika van Essen		HN4		35.85	36.29	
			Mika van Essen						
			100m	10.17	(10.17)				m
			500m	36.29	(26.12)				

		Name		Cat		PB		Time	Info
12	yw bl	23	Sille Hut		HA1		38.13	38.74	
		15	Elwin Jongman		HN4		35.62	36.98	
			Sille Hut						
			100m	10.55	(10.55)				
			500m	38.74	(28.19)				
			Elwin Jongman						
			100m	10.32	(10.32)				
			500m	36.98	(26.66)				

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26 November 2022

2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	3 Mats Stoltenborg	HSA	1	I	6:33.09		
2	8 Sanne in 't Hof	DSA	2	O	6:50.47	PB	
3	19 Matthieu Hollaar	HN1	1	O	6:52.41	PB	
4	34 Loek van Vilsteren	HA2	2	I	6:58.04	PB	

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

26 November 2022

2. Race Result 5000 meter

		Name	Cat	PB	Time	Info
1	wt	3 Mats Stoltenborg	HSA	6:20.84	6:33.09	
	rd	19 Matthieu Hollaar	HN1	7:00.25	6:52.41	PB
		Mats Stoltenborg				
		200m	20.23 (20.23)			
		600m	50.49 (30.26)			
		1000m	1:20.40 (29.91)			
		1400m	1:50.40 (30.00)			
		1800m	2:20.42 (30.02)			
		2200m	2:50.95 (30.53)			
		2600m	3:21.04 (30.09)			
		3000m	3:52.55 (31.51)			
		3400m	4:24.55 (32.00)			
		3800m	4:57.04 (32.49)			
		4200m	5:29.11 (32.07)			
		4600m	6:01.07 (31.96)			
		5000m	6:33.09 (32.02)			
		Matthieu Hollaar				
		200m	19.76 (19.76)			
		600m	51.38 (31.62)			
		1000m	1:23.15 (31.77)			
		1400m	1:54.91 (31.76)			
		1800m	2:26.59 (31.68)			
		2200m	2:58.09 (31.50)			
		2600m	3:29.49 (31.40)			
		3000m	4:00.85 (31.36)			
		3400m	4:32.97 (32.12)			
		3800m	5:06.09 (33.12)			
		4200m	5:40.89 (34.80)			
		4600m	6:16.79 (35.90)			
		5000m	6:52.41 (35.62)			

		Name	Cat	PB	Time	Info
2	yw	34 Loek van Vilsteren	HA2	7:04.01	6:58.04	PB
	bl	8 Sanne in 't Hof	DSA	6:55.14	6:50.47	PB
		Loek van Vilsteren				
		200m	19.30 (19.30)			
		600m	51.31 (32.01)			
		1000m	1:24.61 (33.30)			
		1400m	1:57.74 (33.13)			
		1800m	2:30.79 (33.05)			
		2200m	3:04.11 (33.32)			
		2600m	3:36.86 (32.75)			
		3000m	4:09.80 (32.94)			
		3400m	4:42.64 (32.84)			
		3800m	5:16.02 (33.38)			
		4200m	5:49.81 (33.79)			
		4600m	6:23.89 (34.08)			
		5000m	6:58.04 (34.15)			
		Sanne in 't Hof				
		200m	21.18 (21.18)			
		600m	53.16 (31.98)			
		1000m	1:25.77 (32.61)			
		1400m	1:58.64 (32.87)			
		1800m	2:30.96 (32.32)			
		2200m	3:03.84 (32.88)			
		2600m	3:36.19 (32.35)			
		3000m	4:08.48 (32.29)			
		3400m	4:40.86 (32.38)			
		3800m	5:13.19 (32.33)			
		4200m	5:45.56 (32.37)			
		4600m	6:17.99 (32.43)			
		5000m	6:50.47 (32.48)			

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3. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	21 Mika Kolder	HB2	2	I	4:01.05		
2	31 Niels van Reeuwijk	HA1	2	O	4:01.41	PB	
3	26 Veerle van Koppen	DA2	1	O	4:23.51		
	32 Olaf Vunderink	HB2	1	I	DNF		

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3. Race Result 3000 meter

		Name	Cat	PB	Time Info
1	wt	32 Olaf Vunderink	HB2	4:09.14	DNF
	rd	26 Veerle van Koppen	DA2	4:22.87	4:23.51

Olaf Vunderink

200m	19.89	(19.89)
600m	51.49	(31.60)
1000m	1:23.37	(31.88)
1400m	1:56.10	(32.73)
1800m	2:29.52	(33.42)
2200m	3:03.56	(34.04)
2600m	3:38.17	(34.61)

Veerle van Koppen

200m	21.26	(21.26)
600m	54.38	(33.12)
1000m	1:28.55	(34.17)
1400m	2:03.09	(34.54)
1800m	2:37.66	(34.57)
2200m	3:12.77	(35.11)
2600m	3:48.10	(35.33)
3000m	4:23.51	(35.41)

		Name	Cat	PB	Time Info
2	yw	21 Mika Kolder	HB2	3:56.82	4:01.05
	bl	31 Niels van Reeuwijk	HA1	4:02.12	4:01.41 PB

Mika Kolder

200m	19.22	(19.22)
600m	50.07	(30.85)
1000m	1:21.26	(31.19)
1400m	1:52.59	(31.33)
1800m	2:23.58	(30.99)
2200m	2:55.14	(31.56)
2600m	3:27.60	(32.46)
3000m	4:01.05	(33.45)

Niels van Reeuwijk

200m	19.90	(19.90)
600m	50.28	(30.38)
1000m	1:21.54	(31.26)
1400m	1:53.08	(31.54)
1800m	2:24.76	(31.68)
2200m	2:56.75	(31.99)
2600m	3:28.84	(32.09)
3000m	4:01.41	(32.57)

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4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	11 Jur Veenje	HN3	3	I	1:50.09		
2	23 Silje Hut	HA1	4	O	1:53.73	PB	
3	33 Pelle Bolsius	HB1	4	I	1:55.49		
4	41 Yoeri van Bostelen	HA1	2	I	1:55.91		
5	36 Joël Bom	HA1	2	O	1:57.85		
6	35 Bryant Boogert	HA1	3	O	2:00.29		
7	42 Emma Noz	DA1	1	O	2:07.31		
8	27 Vera van Ditshuizen	DN1	1	I	2:07.61		

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4. Race Result 1500 meter

		Name	Cat	PB	Time Info
1	wt	27 Vera van Ditshuizen	DN1	2:06.68	2:07.61
	rd	42 Emma Noz	DA1	2:06.88	2:07.31

Vera van Ditshuizen

300m	28.11	(28.11)
700m	59.80	(31.69)
1100m	1:33.18	(33.38)
1500m	2:07.61	(34.43)

Emma Noz

300m	28.05	(28.05)
700m	59.16	(31.11)
1100m	1:32.40	(33.24)
1500m	2:07.31	(34.91)

		Name	Cat	PB	Time Info
2	yw	41 Yoeri van Bostelen	HA1	1:55.57	1:55.91
	bl	36 Joël Bom	HA1	1:54.82	1:57.85

Yoeri van Bostelen

300m	25.06	(25.06)
700m	53.49	(28.43)
1100m	1:23.87	(30.38)
1500m	1:55.91	(32.04)

Joël Bom

300m	25.69	(25.69)
700m	54.84	(29.15)
1100m	1:25.95	(31.11)
1500m	1:57.85	(31.90)

		Name	Cat	PB	Time Info
3	wt	11 Jur Veenje	HN3	1:48.27	1:50.09
	rd	35 Bryant Boogert	HA1	1:55.72	2:00.29

Jur Veenje

300m	24.63	(24.63)
700m	51.62	(26.99)
1100m	1:20.06	(28.44)
1500m	1:50.09	(30.03)

Bryant Boogert

300m	24.68	(24.68)
700m	52.92	(28.24)
1100m	1:24.66	(31.74)
1500m	2:00.29	(35.63)

		Name	Cat	PB	Time Info
4	yw	33 Pelle Bolsius	HB1	1:54.41	1:55.49
	bl	23 Sille Hut	HA1	1:54.26	1:53.73 PB

Pelle Bolsius

300m	25.56	(25.56)
700m	53.72	(28.16)
1100m	1:23.71	(29.99)
1500m	1:55.49	(31.78)

Sille Hut

300m	24.81	(24.81)
700m	52.84	(28.03)
1100m	1:22.43	(29.59)
1500m	1:53.73	(31.30)

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	1 Gijs Esders	HSB	12	I	1:10.50		
2	28 Thomas de Lange	HN1	9	O	1:11.60	PB	
3	14 Rem de Hair	HN3	12	O	1:11.83		
4	12 Mika van Essen	HN4	11	O	1:12.02		
5	13 Joost van Dobbenburgh	HSA	9	I	1:12.30		
6	20 Max Bergsma	HA2	8	I	1:13.15	PB	
7	22 Niklas Reinders	HA1	10	I	1:13.29	PB	
8	15 Elwin Jongman	HN4	11	I	1:13.74		
9	30 Jort de Gans	HA1	6	O	1:14.85	PB	
10	39 Jelle Rieff	HN1	8	O	1:14.92		
11	24 Thijmen Paardekooper	HA1	6	I	1:14.97	PB	
12	25 Tom Nijdam	HA2	4	O	1:15.21	PB	
13	38 Thom Rooijackers	HA2	7	O	1:15.37		
14	29 Björn Kitselaar	HA1	4	I	1:16.48	PB	
15	9 Esme Stollenga	DSA	5	I	1:17.03		
16	7 Maud Lugters	DN3	3	I	1:17.29		
17	6 Helga Drost	DSA	7	I	1:17.31		
18	5 Naomi Verkerk	DN4	5	O	1:17.76		
19	10 Marit van Beijnum	DN3	3	O	1:18.16		
20	2 Pien Smit	DA2	1	O	1:19.91		
21	40 Jillian Knook	DA1	1	I	1:22.08	PB	

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5. Race Result 1000 meter

		Name		Cat		PB	Time	Info
1	wt	40	Jillian Knook		DA1	1:22.73	1:22.08	PB
	rd	2	Pien Smit		DA2	1:15.60	1:19.91	

Jillian Knook

200m	19.26	(19.26)
600m	49.44	(30.18)
1000m	1:22.08	(32.64)

Pien Smit

200m	18.97	(18.97)
600m	48.09	(29.12)
1000m	1:19.91	(31.82)

		Name		Cat		PB	Time	Info
2	yw							
	bl							

m

m

		Name		Cat		PB	Time	Info
3	wt	7	Maud Lugters		DN3	1:17.16	1:17.29	
	rd	10	Marit van Beijnum		DN3	1:18.04	1:18.16	

Maud Lugters

200m	18.55	(18.55)
600m	46.72	(28.17)
1000m	1:17.29	(30.57)

Marit van Beijnum

200m	18.20	(18.20)
600m	46.57	(28.37)
1000m	1:18.16	(31.59)

		Name		Cat		PB	Time	Info
4	yw	29	Björn Kitselaar		HA1	1:17.06	1:16.48	PB
	bl	25	Tom Nijdam		HA2	1:16.73	1:15.21	PB

Björn Kitselaar

200m	17.64	(17.64)
600m	45.89	(28.25)
1000m	1:16.48	(30.59)

Tom Nijdam

200m	18.11	(18.11)
600m	45.58	(27.47)
1000m	1:15.21	(29.63)

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		Name	Cat		PB	Time	Info
5	wt	9 Esme Stollenga	DSA		1:15.70	1:17.03	
	rd	5 Naomi Verkerk	DN4		1:16.05	1:17.76	
		Esme Stollenga			Naomi Verkerk		
		200m	18.19	(18.19)	200m	19.06	(19.06)
		600m	46.22	(28.03)	600m	47.41	(28.35)
		1000m	1:17.03	(30.81)	1000m	1:17.76	(30.35)

		Name	Cat		PB	Time	Info
6	yw	24 Tijmen Paardekooper	HA1		1:16.18	1:14.97	PB
	bl	30 Jort de Gans	HA1		1:16.39	1:14.85	PB
		Tijmen Paardekooper			Jort de Gans		
		200m	18.39	(18.39)	200m	18.07	(18.07)
		600m	46.21	(27.82)	600m	45.44	(27.37)
		1000m	1:14.97	(28.76)	1000m	1:14.85	(29.41)

		Name	Cat		PB	Time	Info
7	wt	6 Helga Drost	DSA		1:15.36	1:17.31	
	rd	38 Thom Rooijackers	HA2		1:15.24	1:15.37	
		Helga Drost			Thom Rooijackers		
		200m	18.19	(18.19)	200m	17.55	(17.55)
		600m	46.11	(27.92)	600m	44.88	(27.33)
		1000m	1:17.31	(31.20)	1000m	1:15.37	(30.49)

		Name	Cat		PB	Time	Info
8	yw	20 Max Bergsma	HA2		1:13.22	1:13.15	PB
	bl	39 Jelle Rieff	HN1		1:13.07	1:14.92	
		Max Bergsma			Jelle Rieff		
		200m	17.37	(17.37)	200m	17.59	(17.59)
		600m	44.36	(26.99)	600m	44.89	(27.30)
		1000m	1:13.15	(28.79)	1000m	1:14.92	(30.03)

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		Name		Cat		PB	Time	Info
9	wt	13	Joost van Dobbenburgh		HSA	1:09.35	1:12.30	
	rd	28	Thomas de Lange		HN1	1:13.00	1:11.60	PB
			Joost van Dobbenburgh			Thomas de Lange		
			200m	17.24	(17.24)	200m	17.51	(17.51)
			600m	43.46	(26.22)	600m	43.61	(26.10)
			1000m	1:12.30	(28.84)	1000m	1:11.60	(27.99)

		Name		Cat		PB	Time	Info
10	yw	22	Niklas Reinders		HA1	1:13.77	1:13.29	PB
	bl							
			Niklas Reinders					
			200m	17.86	(17.86)	m		
			600m	44.74	(26.88)			
			1000m	1:13.29	(28.55)			

		Name		Cat		PB	Time	Info
11	wt	15	Elwin Jongman		HN4	1:10.39	1:13.74	
	rd	12	Mika van Essen		HN4	1:09.91	1:12.02	
			Elwin Jongman			Mika van Essen		
			200m	17.57	(17.57)	200m	16.91	(16.91)
			600m	44.79	(27.22)	600m	43.28	(26.37)
			1000m	1:13.74	(28.95)	1000m	1:12.02	(28.74)

		Name		Cat		PB	Time	Info
12	yw	1	Gijs Esders		HSB	1:08.67	1:10.50	
	bl	14	Rem de Hair		HN3	1:10.73	1:11.83	
			Gijs Esders			Rem de Hair		
			200m	16.90	(16.90)	200m	17.01	(17.01)
			600m	42.66	(25.76)	600m	43.07	(26.06)
			1000m	1:10.50	(27.84)	1000m	1:11.83	(28.76)