

# Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

26 November 2022

## 1. Result 500 meter

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

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## 1. Race Result 500 meter

		Name		Cat		PB		Time	Info
1	wt	27	<b>Vera van Ditshuizen</b>		DN1	42.15		<b>42.20</b>	
	rd	42	<b>Emma Noz</b>		DA1	42.64		<b>42.25</b>	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	<b>Jillian Knook</b>		DA1	40.79		<b>41.07</b>	
	bl	2	<b>Pien Smit</b>		DA2	38.46		<b>39.62</b>	
		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	<b>Olaf Vunderink</b>		HB2	39.24		<b>39.20</b>	PB
	rd	31	<b>Niels van Reeuwijk</b>		HA1	38.90		<b>39.13</b>	
		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	<b>Joël Bom</b>		HA1	38.74		<b>38.94</b>	
	bl	25	<b>Tom Nijdam</b>		HA2	38.18		<b>38.35</b>	
		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	<b>Marit van Beijnum</b>		DN3	38.52		<b>38.59</b>	
	rd	7	<b>Maud Lugters</b>		DN3	38.55		<b>39.84</b>	
		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	<b>Björn Kitselaar</b>		HA1	38.23	<b>38.19</b>	PB
	bl	33	<b>Pelle Bolsius</b>		HB1	38.33	<b>38.14</b>	PB
		<b>Björn Kitselaar</b>			<b>Pelle Bolsius</b>			
		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	<b>Thijmen Paardekooper</b>		HA1	38.78	<b>38.56</b>	PB
	rd	30	<b>Jort de Gans</b>		HA1	38.33	<b>38.03</b>	PB
		<b>Thijmen Paardekooper</b>			<b>Jort de Gans</b>			
		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	<b>Yoeri van Bostelen</b>		HA1	37.90	<b>38.26</b>	
	bl	5	<b>Naomi Verkerk</b>		DN4	38.10	<b>38.52</b>	
		<b>Yoeri van Bostelen</b>			<b>Naomi Verkerk</b>			
		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	<b>Bryant Boogert</b>		HA1	37.55	<b>37.58</b>	
	rd	39	<b>Jelle Rieff</b>		HN1	36.67	<b>37.08</b>	
		<b>Bryant Boogert</b>			<b>Jelle Rieff</b>			
		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	<b>Thomas de Lange</b>		HN1	36.94	<b>36.63</b>	PB
	bl	38	<b>Thom Rooijackers</b>		HA2	37.67	<b>38.29</b>	
		<b>Thomas de Lange</b>			<b>Thom Rooijackers</b>			
		100m	10.48	(10.48)	100m	10.48	(10.48)	
		500m	36.63	(26.15)	500m	38.29	(27.81)	

# Trainingswedstrijd KNSB- en topteams

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		Name		Cat		PB		Time	Info
11	wt rd	12	<b>Mika van Essen</b>		HN4		35.85	<b>36.29</b>	
		<b>Mika van Essen</b>							
		100m	10.17	(10.17)		m			
		500m	36.29	(26.12)					
<hr/>									
		Name		Cat		PB		Time	Info
12	yw bl	23	<b>Sille Hut</b>		HA1		38.13	<b>38.74</b>	
		15	<b>Elwin Jongman</b>		HN4		35.62	<b>36.98</b>	
		<b>Sille Hut</b>		<b>Elwin Jongman</b>					
		100m	10.55	(10.55)	100m	10.32	(10.32)		
		500m	38.74	(28.19)	500m	36.98	(26.66)		

# Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

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## 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

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## 2. Race Result 5000 meter

		Name	Cat	PB	Time	Info
1	wt	3 <b>Mats Stoltenborg</b>	HSA	6:20.84	<b>6:33.09</b>	
	rd	19 <b>Matthieu Hollaar</b>	HN1	7:00.25	<b>6:52.41</b>	PB
		<b>Mats Stoltenborg</b>				
		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)			
		<b>Matthieu Hollaar</b>				
		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 <b>Loek van Vilsteren</b>	HA2	7:04.01	<b>6:58.04</b>	PB
	bl	8 <b>Sanne in 't Hof</b>	DSA	6:55.14	<b>6:50.47</b>	PB
		<b>Loek van Vilsteren</b>				
		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)			
		<b>Sanne in 't Hof</b>				
		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)			

# Trainingswedstrijd KNSB- en topteams

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## 3. Result 3000 meter

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

# Trainingswedstrijd KNSB- en topteams

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## 3. Race Result 3000 meter

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

### 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 <b>Mika Kolder</b>	HB2	3:56.82	<b>4:01.05</b>
	bl	31 <b>Niels van Reeuwijk</b>	HA1	4:02.12	<b>4:01.41</b> 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)



# Trainingswedstrijd KNSB- en topteams

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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		

# Trainingswedstrijd KNSB- en topteams

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## 4. Race Result 1500 meter

		Name		Cat		PB		Time	Info
1	wt	27	<b>Vera van Ditshuizen</b>		DN1	2:06.68		<b>2:07.61</b>	
	rd	42	<b>Emma Noz</b>		DA1	2:06.88		<b>2:07.31</b>	
		<b>Vera van Ditshuizen</b>			<b>Emma Noz</b>				
		300m	28.11	(28.11)	300m	28.05	(28.05)		
		700m	59.80	(31.69)	700m	59.16	(31.11)		
		1100m	1:33.18	(33.38)	1100m	1:32.40	(33.24)		
		1500m	2:07.61	(34.43)	1500m	2:07.31	(34.91)		
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		Name		Cat		PB		Time	Info
2	yw	41	<b>Yoeri van Bostelen</b>		HA1	1:55.57		<b>1:55.91</b>	
	bl	36	<b>Joël Bom</b>		HA1	1:54.82		<b>1:57.85</b>	
		<b>Yoeri van Bostelen</b>			<b>Joël Bom</b>				
		300m	25.06	(25.06)	300m	25.69	(25.69)		
		700m	53.49	(28.43)	700m	54.84	(29.15)		
		1100m	1:23.87	(30.38)	1100m	1:25.95	(31.11)		
		1500m	1:55.91	(32.04)	1500m	1:57.85	(31.90)		
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		Name		Cat		PB		Time	Info
3	wt	11	<b>Jur Veenje</b>		HN3	1:48.27		<b>1:50.09</b>	
	rd	35	<b>Bryant Boogert</b>		HA1	1:55.72		<b>2:00.29</b>	
		<b>Jur Veenje</b>			<b>Bryant Boogert</b>				
		300m	24.63	(24.63)	300m	24.68	(24.68)		
		700m	51.62	(26.99)	700m	52.92	(28.24)		
		1100m	1:20.06	(28.44)	1100m	1:24.66	(31.74)		
		1500m	1:50.09	(30.03)	1500m	2:00.29	(35.63)		
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		Name		Cat		PB		Time	Info
4	yw	33	<b>Pelle Bolsius</b>		HB1	1:54.41		<b>1:55.49</b>	
	bl	23	<b>Sille Hut</b>		HA1	1:54.26		<b>1:53.73</b>	PB
		<b>Pelle Bolsius</b>			<b>Sille Hut</b>				
		300m	25.56	(25.56)	300m	24.81	(24.81)		
		700m	53.72	(28.16)	700m	52.84	(28.03)		
		1100m	1:23.71	(29.99)	1100m	1:22.43	(29.59)		
		1500m	1:55.49	(31.78)	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	<b>Jillian Knook</b>		DA1	1:22.73	<b>1:22.08</b>	PB
	rd	2	<b>Pien Smit</b>		DA2	1:15.60	<b>1:19.91</b>	

### 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	<b>Maud Lugters</b>		DN3	1:17.16	<b>1:17.29</b>	
	rd	10	<b>Marit van Beijnum</b>		DN3	1:18.04	<b>1:18.16</b>	

### 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	<b>Björn Kitselaar</b>		HA1	1:17.06	<b>1:16.48</b>	PB
	bl	25	<b>Tom Nijdam</b>		HA2	1:16.73	<b>1:15.21</b>	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 <b>Esme Stollenga</b>	DSA		1:15.70	<b>1:17.03</b>	
	rd	5 <b>Naomi Verkerk</b>	DN4		1:16.05	<b>1:17.76</b>	
		<b>Esme Stollenga</b>			<b>Naomi Verkerk</b>		
		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 <b>Tijmen Paardekooper</b>	HA1		1:16.18	<b>1:14.97</b>	PB
	bl	30 <b>Jort de Gans</b>	HA1		1:16.39	<b>1:14.85</b>	PB
		<b>Tijmen Paardekooper</b>			<b>Jort de Gans</b>		
		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 <b>Helga Drost</b>	DSA		1:15.36	<b>1:17.31</b>	
	rd	38 <b>Thom Rooijackers</b>	HA2		1:15.24	<b>1:15.37</b>	
		<b>Helga Drost</b>			<b>Thom Rooijackers</b>		
		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 <b>Max Bergsma</b>	HA2		1:13.22	<b>1:13.15</b>	PB
	bl	39 <b>Jelle Rieff</b>	HN1		1:13.07	<b>1:14.92</b>	
		<b>Max Bergsma</b>			<b>Jelle Rieff</b>		
		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)

# Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

26 November 2022

		Name	Cat	PB	Time	Info
9	wt	13 <b>Joost van Dobbenburgh</b>	HSA	1:09.35	<b>1:12.30</b>	
	rd	28 <b>Thomas de Lange</b>	HN1	1:13.00	<b>1:11.60</b>	PB
		<b>Joost van Dobbenburgh</b>		<b>Thomas de Lange</b>		
		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 <b>Niklas Reinders</b>	HA1	1:13.77	<b>1:13.29</b>	PB
	bl					
		<b>Niklas Reinders</b>				
		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 <b>Elwin Jongman</b>	HN4	1:10.39	<b>1:13.74</b>	
	rd	12 <b>Mika van Essen</b>	HN4	1:09.91	<b>1:12.02</b>	
		<b>Elwin Jongman</b>		<b>Mika van Essen</b>		
		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 <b>Gijs Esders</b>	HSB	1:08.67	<b>1:10.50</b>	
	bl	14 <b>Rem de Hair</b>	HN3	1:10.73	<b>1:11.83</b>	
		<b>Gijs Esders</b>		<b>Rem de Hair</b>		
		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)	