

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

12 januari 2024

1. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|-------|------|--------|
| 1 | 33 Mats Siemons | HN2 | 7 | I | 35.48 | | |
| 2 | 18 Louis Hollaar | HSA | 6 | O | 35.59 | | |
| 3 | 28 Pim Stuij | HN2 | 8 | O | 35.89 | | |
| | 13 Jarle Gerrits | HN3 | 8 | I | 35.89 | | |
| 5 | 25 Chris Fredriks | HN2 | 6 | I | 36.38 | | |
| 6 | 23 Mika van Essen | HSA | 5 | O | 36.52 | | |
| 7 | 26 Matthieu Hollaar | HN2 | 5 | I | 36.76 | | |
| 8 | 31 Ted Dalrymple | HN1 | 4 | O | 37.61 | | |
| 9 | 1 Elisa Dul | DSA | 1 | O | 39.27 | | |
| 10 | 16 Chloé Hoogendoorn | DN1 | 3 | I | 39.35 | | |
| 11 | 15 Myrthe de Boer | DN3 | 2 | I | 39.93 | | |
| 12 | 6 Bente Kerkhoff | DN3 | 1 | I | 41.50 | | |
| 13 | 3 Melissa Wijfje | DSA | 2 | O | 42.66 | | |
| | 7 Daan Gelling | HN4 | | | WDR | | |

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| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|------------------|-------|---------|--------------|
| 1 | wt | 6 | Bente Kerkhoff | | DN3 | | 40.77 | 41.50 |
| | rd | 1 | Elisa Dul | | DSA | | 38.66 | 39.27 |
| | | Bente Kerkhoff | | | Elisa Dul | | | |
| | | 100m | 11.66 | (11.66) | 100m | 10.98 | (10.98) | |
| | | 500m | 41.50 | (29.84) | 500m | 39.27 | (28.29) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----------------------|-------|---------|--------------|
| 2 | gl | 15 | Myrthe de Boer | | DN3 | | 38.82 | 39.93 |
| | bl | 3 | Melissa Wijffe | | DSA | | 38.83 | 42.66 |
| | | Myrthe de Boer | | | Melissa Wijffe | | | |
| | | 100m | 11.32 | (11.32) | 100m | 11.37 | (11.37) | |
| | | 500m | 39.93 | (28.61) | 500m | 42.66 | (31.29) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|-----|----|-------|--------------|
| 3 | wt | 16 | Chloé Hoogendoorn | | DN1 | | 38.25 | 39.35 |
| | rd | | | | | | | |
| | | Chloé Hoogendoorn | | | | | | |
| | | 100m | 10.90 | (10.90) | m | | | |
| | | 500m | 39.35 | (28.45) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|---------------------|----------------------|-----|----------------------|-------|---------|--------------|
| 4 | gl | 7 | Daan Gelling | | HN4 | | 38.30 | WDR |
| | bl | 31 | Ted Dalrymple | | HN1 | | 36.63 | 37.61 |
| | | Daan Gelling | | | Ted Dalrymple | | | |
| | | | | | 100m | 10.62 | (10.62) | |
| | | | | | 500m | 37.61 | (26.99) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|-----------------------|-------|---------|--------------|
| 5 | wt | 26 | Matthieu Hollaar | | HN2 | | 36.30 | 36.76 |
| | rd | 23 | Mika van Essen | | HSA | | 35.33 | 36.52 |
| | | Matthieu Hollaar | | | Mika van Essen | | | |
| | | 100m | 10.37 | (10.37) | 100m | 10.26 | (10.26) | |
| | | 500m | 36.76 | (26.39) | 500m | 36.52 | (26.26) | |

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| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|-----------------------|-----------------------|---------|----------------------|-------|---------|-------|--------------|------|
| 6 | gl | 25 | Chris Fredriks | | HN2 | | | 36.16 | 36.38 | |
| | bl | 18 | Louis Hollaar | | HSA | | | 35.29 | 35.59 | |
| | | Chris Fredriks | | | Louis Hollaar | | | | | |
| | | 100m | 10.20 | (10.20) | 100m | 10.17 | (10.17) | | | |
| | | 500m | 36.38 | (26.18) | 500m | 35.59 | (25.42) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 7 | wt | 33 | Mats Siemons | | HN2 | | | 35.24 | 35.48 | |
| | rd | | | | | | | | | |
| | | Mats Siemons | | | | | | | | |
| | | 100m | 9.99 | (9.99) | m | | | | | |
| | | 500m | 35.48 | (25.49) | | | | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 8 | gl | 13 | Jarle Gerrits | | HN3 | | | 35.13 | 35.89 | |
| | bl | 28 | Pim Stuij | | HN2 | | | 35.70 | 35.89 | |
| | | Jarle Gerrits | | | Pim Stuij | | | | | |
| | | 100m | 10.10 | (10.10) | 100m | 10.07 | (10.07) | | | |
| | | 500m | 35.89 | (25.79) | 500m | 35.89 | (25.82) | | | |

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2. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 5 Gert Wierda | HN2 | 2 | O | 3:48.26 | | |
| 2 | 8 Esmee Visser | DSA | 1 | O | 4:11.13 | | |
| 3 | 20 Sophie Kraaijeveld | DN1 | 1 | I | 4:17.47 | | |

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2. Rituitslag 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------------------|---------------------------|---------|---------------------|---------|---------|----------------|------|
| 1 | wt | 20 | Sophie Kraaijeveld | | DN1 | | 4:10.39 | 4:17.47 | |
| | rd | 8 | Esmee Visser | | DSA | | 3:54.02 | 4:11.13 | |
| | | Sophie Kraaijeveld | | | Esmee Visser | | | | |
| | | 200m | 21.45 | (21.45) | 200m | 21.40 | (21.40) | | |
| | | 600m | 54.30 | (32.85) | 600m | 54.33 | (32.93) | | |
| | | 1000m | 1:27.25 | (32.95) | 1000m | 1:27.41 | (33.08) | | |
| | | 1400m | 2:00.55 | (33.30) | 1400m | 1:59.81 | (32.40) | | |
| | | 1800m | 2:34.15 | (33.60) | 1800m | 2:32.63 | (32.82) | | |
| | | 2200m | 3:08.29 | (34.14) | 2200m | 3:05.47 | (32.84) | | |
| | | 2600m | 3:42.79 | (34.50) | 2600m | 3:38.60 | (33.13) | | |
| | | 3000m | 4:17.47 | (34.68) | 3000m | 4:11.13 | (32.53) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|--------------------|--------------------|-----|-------|---------|---------|----------------|------|
| 2 | gl | | | | | | | | |
| | bl | 5 | Gert Wierda | | HN2 | | 3:42.63 | 3:48.26 | |
| | | Gert Wierda | | | | | | | |
| | | m | | | 200m | 19.27 | (19.27) | | |
| | | | | | 600m | 48.41 | (29.14) | | |
| | | | | | 1000m | 1:18.31 | (29.90) | | |
| | | | | | 1400m | 1:48.35 | (30.04) | | |
| | | | | | 1800m | 2:18.29 | (29.94) | | |
| | | | | | 2200m | 2:48.22 | (29.93) | | |
| | | | | | 2600m | 3:17.91 | (29.69) | | |
| | | | | | 3000m | 3:48.26 | (30.35) | | |

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3. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------|-----|------|------|---------|------|--------|
| 1 | 17 Joep Wennemars | HN2 | 1 | I | 1:45.79 | | |
| 2 | 9 Marwin Talsma | HSA | 2 | O | 1:50.90 | | |
| 3 | 10 Tijmen Snel | HSA | 2 | I | 1:51.71 | | |
| 4 | 29 Sanne in 't Hof | DSA | 1 | O | 2:03.11 | | |

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3. Rituitslag 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|------------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 17 | Joep Wennemars | | HN2 | | 1:45.17 | 1:45.79 | |
| | rd | 29 | Sanne in 't Hof | | DSA | | 1:58.83 | 2:03.11 | |

Joep Wennemars

| | | |
|-------|---------|---------|
| 300m | 24.22 | (24.22) |
| 700m | 50.03 | (25.81) |
| 1100m | 1:16.87 | (26.84) |
| 1500m | 1:45.79 | (28.92) |

Sanne in 't Hof

| | | |
|-------|---------|---------|
| 300m | 28.54 | (28.54) |
| 700m | 59.46 | (30.92) |
| 1100m | 1:30.97 | (31.51) |
| 1500m | 2:03.11 | (32.14) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|----------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 10 | Tijmen Snel | | HSA | | 1:45.16 | 1:51.71 | |
| | bl | 9 | Marwin Talsma | | HSA | | 1:46.20 | 1:50.90 | |

Tijmen Snel

| | | |
|-------|---------|---------|
| 300m | 23.56 | (23.56) |
| 700m | 52.75 | (29.19) |
| 1100m | 1:22.39 | (29.64) |
| 1500m | 1:51.71 | (29.32) |

Marwin Talsma

| | | |
|-------|---------|---------|
| 300m | 25.79 | (25.79) |
| 700m | 53.60 | (27.81) |
| 1100m | 1:22.02 | (28.42) |
| 1500m | 1:50.90 | (28.88) |

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4. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 28 Pim Stuij | HN2 | 4 | O | 1:12.65 | | |
| 2 | 14 Merel Conijn | DN3 | 3 | O | 1:18.18 | | |
| 3 | 32 Kai-Arne Ottenhoff | HB2 | 1 | O | 1:18.44 | | |
| 4 | 22 Marit van Beijnum | DN4 | 2 | O | 1:18.64 | | |
| 5 | 21 Pien Smit | DN1 | 3 | I | 1:18.81 | | |
| 6 | 27 Sylke Kas | DN3 | 1 | I | 1:19.62 | | |
| 7 | 11 Reina Anema | DSA | 2 | I | 1:20.22 | | |

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4. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------------|-----|-----|----|---------|----------------|------|
| 1 | wt | 27 | Sylke Kas | | DN3 | | 1:17.72 | 1:19.62 | |
| | rd | 32 | Kai-Arne Ottenhoff | | HB2 | | 1:17.68 | 1:18.44 | |

Sylke Kas

| | | |
|-------|---------|---------|
| 200m | 18.56 | (18.56) |
| 600m | 47.64 | (29.08) |
| 1000m | 1:19.62 | (31.98) |

Kai-Arne Ottenhoff

| | | |
|-------|---------|---------|
| 200m | 18.69 | (18.69) |
| 600m | 47.31 | (28.62) |
| 1000m | 1:18.44 | (31.13) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|--------------------------|-----|-----|----|---------|----------------|------|
| 2 | gl | 11 | Reina Anema | | DSA | | 1:17.39 | 1:20.22 | |
| | bl | 22 | Marit van Beijnum | | DN4 | | 1:17.27 | 1:18.64 | |

Reina Anema

| | | |
|-------|---------|---------|
| 200m | 19.96 | (19.96) |
| 600m | 49.72 | (29.76) |
| 1000m | 1:20.22 | (30.50) |

Marit van Beijnum

| | | |
|-------|---------|---------|
| 200m | 18.10 | (18.10) |
| 600m | 46.88 | (28.78) |
| 1000m | 1:18.64 | (31.76) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|---------------------|-----|-----|----|---------|----------------|------|
| 3 | wt | 21 | Pien Smit | | DN1 | | 1:15.60 | 1:18.81 | |
| | rd | 14 | Merel Conijn | | DN3 | | 1:16.66 | 1:18.18 | |

Pien Smit

| | | |
|-------|---------|---------|
| 200m | 18.58 | (18.58) |
| 600m | 47.84 | (29.26) |
| 1000m | 1:18.81 | (30.97) |

Merel Conijn

| | | |
|-------|---------|---------|
| 200m | 19.27 | (19.27) |
| 600m | 48.17 | (28.90) |
| 1000m | 1:18.18 | (30.01) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------|------------------|-----|-----|----|---------|----------------|------|
| 4 | gl | | | | | | | | |
| | bl | 28 | Pim Stuij | | HN2 | | 1:11.54 | 1:12.65 | |

Pim Stuij

| | | |
|-------|---------|---------|
| m | | |
| 200m | 17.05 | (17.05) |
| 600m | 43.19 | (26.14) |
| 1000m | 1:12.65 | (29.46) |