

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

14 January 2023

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	3 Janno Botman	HN4	14	I	34.61	PB	
2	6 Stefan Westenbroek	HN2	14	O	34.82		
3	20 Pim Stuij	HN1	12	O	36.26		
4	21 Jelle Rieff	HN1	12	I	37.62		
5	15 Björn Kitselaar	HA1	10	I	38.17	PB	
6	7 Dione Voskamp	DSA	11	I	38.57		
7	14 Jort de Gans	HA1	10	O	38.58		
8	8 Colin James Duivenvoorden	HN1	9	O	38.69		
9	30 Thomas van Berkel	HA1	8	O	38.97	PB	
10	10 Sanneke de Neeling	DSA	7	O	39.03		
11	35 Giancarlo Lopez	HA2	9	I	39.97		
12	32 Thijs van de Burgt	HA1	5	I	40.41		
13	26 Ibe Hoedeman	HB2	6	I	40.52		
14	27 Julian Kant	HB1	5	O	40.92		
15	34 Emiel van Wees	HB1	6	O	41.29		
16	29 Lars Mans	HC2	4	O	41.78		
17	13 Vera van Ditshuizen	DN1	3	I	42.21		
18	22 David Koroknai	HSA	8	I	43.41	PB	
19	28 Sara van Leeuwen	DB2	3	O	43.94		
20	25 Lauren Teunissen	DA2	1	O	44.27		
21	24 Quinty van Klink	DN3	1	I	44.64	PB	

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		Name		Cat		PB		Time	Info
1	wt	24	Quinty van Klink		DN3	44.79		44.64	PB
	rd	25	Lauren Teunissen		DA2	44.08		44.27	
		Quinty van Klink			Lauren Teunissen				
		100m	12.68	(12.68)	100m	12.13	(12.13)		
		500m	44.64	(31.96)	500m	44.27	(32.14)		

		Name		Cat		PB		Time	Info
2	yw								
	bl								
		m			m				

		Name		Cat		PB		Time	Info
3	wt	13	Vera van Ditshuizen		DN1	42.15		42.21	
	rd	28	Sara van Leeuwen		DB2	43.90		43.94	
		Vera van Ditshuizen			Sara van Leeuwen				
		100m	11.66	(11.66)	100m	11.73	(11.73)		
		500m	42.21	(30.55)	500m	43.94	(32.21)		

		Name		Cat		PB		Time	Info
4	yw								
	bl	29	Lars Mans		HC2	41.50		41.78	
		m			Lars Mans				
		100m	11.44	(11.44)	100m	11.44	(11.44)		
		500m	41.78	(30.34)	500m	41.78	(30.34)		

		Name		Cat		PB		Time	Info
5	wt	32	Thijs van de Burgt		HA1	39.46		40.41	
	rd	27	Julian Kant		HB1	39.96		40.92	
		Thijs van de Burgt			Julian Kant				
		100m	11.07	(11.07)	100m	11.20	(11.20)		
		500m	40.41	(29.34)	500m	40.92	(29.72)		

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		Name		Cat		PB	Time	Info
6	yw	26	Ibe Hoedeman		HB2	40.47	40.52	
	bl	34	Emiel van Wees		HB1	41.29	41.29	
		Ibe Hoedeman			Emiel van Wees			
		100m	10.95	(10.95)	100m	11.55	(11.55)	
		500m	40.52	(29.57)	500m	41.29	(29.74)	
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		Name		Cat		PB	Time	Info
7	wt							
	rd	10	Sanneke de Neeling		DSA	37.66	39.03	
		Sanneke de Neeling						
		m			100m	10.99	(10.99)	
					500m	39.03	(28.04)	
<hr/>								
		Name		Cat		PB	Time	Info
8	yw	22	David Koroknai		HSA	44.31	43.41	PB
	bl	30	Thomas van Berkel		HA1	39.01	38.97	PB
		David Koroknai			Thomas van Berkel			
		100m	12.29	(12.29)	100m	10.93	(10.93)	
		500m	43.41	(31.12)	500m	38.97	(28.04)	
<hr/>								
		Name		Cat		PB	Time	Info
9	wt	35	Giancarlo Lopez		HA2	38.26	39.97	
	rd	8	Colin James Duivenvoorden		HN1	38.15	38.69	
		Giancarlo Lopez			Colin James Duivenvoorden			
		100m	10.74	(10.74)	100m	10.76	(10.76)	
		500m	39.97	(29.23)	500m	38.69	(27.93)	
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		Name		Cat		PB	Time	Info
10	yw	15	Björn Kitselaar		HA1	38.19	38.17	PB
	bl	14	Jort de Gans		HA1	38.03	38.58	
		Björn Kitselaar			Jort de Gans			
		100m	10.48	(10.48)	100m	10.94	(10.94)	
		500m	38.17	(27.69)	500m	38.58	(27.64)	

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		Name	Cat	PB	Time	Info
11	wt	7 Dione Voskamp	DSA	37.53	38.57	
	rd					
		Dione Voskamp				
		100m	10.61 (10.61)			m
		500m	38.57 (27.96)			

		Name	Cat	PB	Time	Info
12	yw	21 Jelle Rieff	HN1	36.67	37.62	
	bl	20 Pim Stuij	HN1	35.70	36.26	
		Jelle Rieff		Pim Stuij		
		100m	10.51 (10.51)	100m	10.06 (10.06)	
		500m	37.62 (27.11)	500m	36.26 (26.20)	

		Name	Cat	PB	Time	Info
13	wt					
	rd					
						m
						m

		Name	Cat	PB	Time	Info
14	yw	3 Janno Botman	HN4	34.64	34.61	PB
	bl	6 Stefan Westenbroek	HN2	34.72	34.82	
		Janno Botman		Stefan Westenbroek		
		100m	9.73 (9.73)	100m	9.64 (9.64)	
		500m	34.61 (24.88)	500m	34.82 (25.18)	

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2. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	8 Colin James Duivenvoorden	HN1	4	O	3:52.81		
2	12 Rick Meijer	HN1	4	I	3:58.90		
3	30 Thomas van Berkel	HA1	5	I	4:06.44		
4	18 Teun van der Linden	HA1	5	O	4:11.59		
5	34 Emiel van Wees	HB1	3	I	4:16.63	PB	
6	17 Geert Frijters	HA2	2	I	4:17.17		
7	31 Jens Klootwijk	HA2	2	O	4:22.09		
8	24 Quinty van Klink	DN3	1	O	4:36.21		
9	26 Ibe Hoedeman	HB2	1	I	4:36.31		

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

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2. Race Result 3000 meter

	Name	Cat	PB	Time	Info
1	wt 26 Ibe Hoedeman	HB2	4:23.54	4:36.31	
	rd 24 Quinty van Klink	DN3	4:33.62	4:36.21	

Ibe Hoedeman

200m	20.77	(20.77)
600m	55.90	(35.13)
1000m	1:31.71	(35.81)
1400m	2:07.84	(36.13)
1800m	2:44.29	(36.45)
2200m	3:21.75	(37.46)
2600m	3:58.91	(37.16)
3000m	4:36.31	(37.40)

Quinty van Klink

200m	21.92	(21.92)
600m	55.85	(33.93)
1000m	1:30.85	(35.00)
1400m	2:06.47	(35.62)
1800m	2:43.08	(36.61)
2200m	3:20.19	(37.11)
2600m	3:58.09	(37.90)
3000m	4:36.21	(38.12)

	Name	Cat	PB	Time	Info
2	yw 17 Geert Frijters	HA2	4:12.09	4:17.17	
	bl 31 Jens Klootwijk	HA2	4:14.14	4:22.09	

Geert Frijters

200m	19.88	(19.88)
600m	51.44	(31.56)
1000m	1:24.16	(32.72)
1400m	1:57.84	(33.68)
1800m	2:31.52	(33.68)
2200m	3:06.12	(34.60)
2600m	3:41.25	(35.13)
3000m	4:17.17	(35.92)

Jens Klootwijk

200m	20.17	(20.17)
600m	51.89	(31.72)
1000m	1:24.93	(33.04)
1400m	1:58.53	(33.60)
1800m	2:32.80	(34.27)
2200m	3:07.87	(35.07)
2600m	3:44.29	(36.42)
3000m	4:22.09	(37.80)

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		Name		Cat		PB	Time	Info
3	wt rd	34	Emiel van Wees		HB1	4:26.11	4:16.63	PB
Emiel van Wees								
		200m	20.84	(20.84)				m
		600m	54.10	(33.26)				
		1000m	1:30.11	(36.01)				
		1400m	2:05.33	(35.22)				
		1800m	2:38.55	(33.22)				
		2200m	3:10.95	(32.40)				
		2600m	3:43.50	(32.55)				
		3000m	4:16.63	(33.13)				

		Name		Cat		PB	Time	Info
4	yw bl	12	Rick Meijer		HN1	3:57.26	3:58.90	
		8	Colin James Duivenvoorden		HN1	3:48.97	3:52.81	
Rick Meijer				Colin James Duivenvoorden				
		200m	18.68	(18.68)	200m	19.24	(19.24)	
		600m	47.86	(29.18)	600m	48.71	(29.47)	
		1000m	1:18.07	(30.21)	1000m	1:18.68	(29.97)	
		1400m	1:48.37	(30.30)	1400m	1:48.71	(30.03)	
		1800m	2:19.12	(30.75)	1800m	2:19.30	(30.59)	
		2200m	2:50.74	(31.62)	2200m	2:50.12	(30.82)	
		2600m	3:24.45	(33.71)	2600m	3:21.35	(31.23)	
		3000m	3:58.90	(34.45)	3000m	3:52.81	(31.46)	

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		Name		Cat		PB		Time	Info
5	wt	30	Thomas van Berkel		HA1		4:02.38	4:06.44	
	rd	18	Teun van der Linden		HA1		4:09.22	4:11.59	
		Thomas van Berkel				Teun van der Linden			
		200m	19.76	(19.76)		200m	20.59	(20.59)	
		600m	51.39	(31.63)		600m	53.05	(32.46)	
		1000m	1:23.69	(32.30)		1000m	1:25.63	(32.58)	
		1400m	1:55.46	(31.77)		1400m	1:58.49	(32.86)	
		1800m	2:27.46	(32.00)		1800m	2:31.67	(33.18)	
		2200m	3:00.27	(32.81)		2200m	3:05.03	(33.36)	
		2600m	3:33.32	(33.05)		2600m	3:38.27	(33.24)	
		3000m	4:06.44	(33.12)		3000m	4:11.59	(33.32)	

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3. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	23 Joost de Jong	HN2	2	1	6:50.20	PB	

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3. Race Result 5000 meter

	Name	Cat	PB	Time	Info
1	wt rd				
		m			m

	Name	Cat	PB	Time	Info
2	yw bl	23 Joost de Jong	HN2	7:06.18	6:50.20 PB

Joost de Jong

200m	19.27	(19.27)
600m	49.94	(30.67)
1000m	1:21.33	(31.39)
1400m	1:53.24	(31.91)
1800m	2:25.27	(32.03)
2200m	2:57.43	(32.16)
2600m	3:29.90	(32.47)
3000m	4:02.55	(32.65)
3400m	4:35.39	(32.84)
3800m	5:08.75	(33.36)
4200m	5:42.51	(33.76)
4600m	6:16.21	(33.70)
5000m	6:50.20	(33.99)

m

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4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	11 Thomas de Lange	HN1	6	I	1:51.42		
2	21 Jelle Rieff	HN1	6	O	1:56.61		
3	10 Sanneke de Neeling	DSA	5	O	1:59.68		
4	32 Thijs van de Burgt	HA1	4	I	2:02.66		
5	27 Julian Kant	HB1	4	O	2:03.89	PB	
6	19 Sylke Kas	DN2	5	I	2:04.79		
7	29 Lars Mans	HC2	3	I	2:05.63	PB	
8	13 Vera van Ditshuizen	DN1	3	O	2:08.11		
9	28 Sara van Leeuwen	DB2	1	I	2:25.48		

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4. Race Result 1500 meter

	Name	Cat	PB	Time Info	
1	wt rd	28 Sara van Leeuwen	DB2	2:24.98	2:25.48

Sara van Leeuwen

300m	29.30	(29.30)	m
700m	1:05.25	(35.95)	
1100m	1:44.92	(39.67)	
1500m	2:25.48	(40.56)	

	Name	Cat	PB	Time Info
2	yw bl			

m

m

	Name	Cat	PB	Time Info	
3	wt rd	29 Lars Mans	HC2	2:08.65	2:05.63 PB
		13 Vera van Ditshuizen	DN1	2:06.68	2:08.11

Lars Mans

300m	26.82	(26.82)
700m	58.07	(31.25)
1100m	1:31.16	(33.09)
1500m	2:05.63	(34.47)

Vera van Ditshuizen

300m	27.50	(27.50)
700m	59.12	(31.62)
1100m	1:33.08	(33.96)
1500m	2:08.11	(35.03)

	Name	Cat	PB	Time Info	
4	yw bl	32 Thijs van de Burgt	HA1	2:00.27	2:02.66
		27 Julian Kant	HB1	2:07.37	2:03.89 PB

Thijs van de Burgt

300m	27.06	(27.06)
700m	57.66	(30.60)
1100m	1:29.78	(32.12)
1500m	2:02.66	(32.88)

Julian Kant

300m	26.62	(26.62)
700m	57.40	(30.78)
1100m	1:29.96	(32.56)
1500m	2:03.89	(33.93)

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		Name		Cat		PB		Time	Info
5	wt	19	Sylke Kas		DN2		2:04.45	2:04.79	
	rd	10	Sanneke de Neeling		DSA		1:55.27	1:59.68	
		Sylke Kas			Sanneke de Neeling				
		300m	25.82	(25.82)	300m	26.03	(26.03)		
		700m	55.93	(30.11)	700m	55.29	(29.26)		
		1100m	1:28.91	(32.98)	1100m	1:26.48	(31.19)		
		1500m	2:04.79	(35.88)	1500m	1:59.68	(33.20)		
<hr/>									
		Name		Cat		PB		Time	Info
6	yw	11	Thomas de Lange		HN1		1:50.14	1:51.42	
	bl	21	Jelle Rieff		HN1		1:54.23	1:56.61	
		Thomas de Lange			Jelle Rieff				
		300m	24.28	(24.28)	300m	24.54	(24.54)		
		700m	51.22	(26.94)	700m	52.36	(27.82)		
		1100m	1:20.19	(28.97)	1100m	1:22.95	(30.59)		
		1500m	1:51.42	(31.23)	1500m	1:56.61	(33.66)		

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time Info	Points
1	2 Wesly Dijs	HSA	3	O	1:09.36	
2	20 Pim Stuij	HN1	3	I	1:12.24	
3	14 Jort de Gans	HA1	2	I	1:16.54	
4	15 Björn Kitselaar	HA1	2	O	1:16.63	
5	22 David Koroknai	HSA	1	O	1:26.24	

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5. Race Result 1000 meter

	Name	Cat	PB	Time	Info
1	wt rd	22 David Koroknai	HSA		1:26.24

David Koroknai

m	200m	21.21	(21.21)
	600m	53.35	(32.14)
	1000m	1:26.24	(32.89)

	Name	Cat	PB	Time	Info
2	yw bl	14 Jort de Gans	HA1	1:14.85	1:16.54
		15 Björn Kitselaar	HA1	1:16.48	1:16.63

Jort de Gans

200m	18.25	(18.25)
600m	46.14	(27.89)
1000m	1:16.54	(30.40)

Björn Kitselaar

200m	17.79	(17.79)
600m	45.83	(28.04)
1000m	1:16.63	(30.80)

	Name	Cat	PB	Time	Info
3	wt rd	20 Pim Stuij	HN1	1:12.22	1:12.24
		2 Wesly Dijs	HSA	1:07.86	1:09.36

Pim Stuij

200m	16.84	(16.84)
600m	42.97	(26.13)
1000m	1:12.24	(29.27)

Wesly Dijs

200m	16.95	(16.95)
600m	42.24	(25.29)
1000m	1:09.36	(27.12)