

## 1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	26 Rutger Jansma	HB1	3	O	40.42		
2	30 Jan Mein	H65	4	O	45.67		
3	32 Kaska Rogulska	D55	3	I	46.25		
4	27 Anne Breider	DC1	4	I	46.27		
5	31 Evi Blomberg	DC1	1	O	47.40		

## 1. Rituitslag 500 meter

	Naam	Cat	PR	Tijd	Info
1	wt				
	rd	31 <b>Evi Blomberg</b>	DC1	45.51	<b>47.40</b>
	<b>Evi Blomberg</b>				
	m	100m	12.73	(12.73)	
		500m	47.40	(34.67)	

	Naam	Cat	PR	Tijd	Info
2	gl				
	bl				
	m	m			

	Naam	Cat	PR	Tijd	Info
3	wt	32 <b>Kaska Rogulska</b>	D55	42.33	<b>46.25</b>
	rd	26 <b>Rutger Jansma</b>	HB1	38.19	<b>40.42</b>
	<b>Kaska Rogulska</b>				
	100m	12.62	(12.62)		
	500m	46.25	(33.63)		
	<b>Rutger Jansma</b>				
	100m	11.13	(11.13)		
	500m	40.42	(29.29)		

	Naam	Cat	PR	Tijd	Info
4	gl	27 <b>Anne Breider</b>	DC1	44.12	<b>46.27</b>
	bl	30 <b>Jan Mein</b>	H65	40.90	<b>45.67</b>
	<b>Anne Breider</b>				
	100m	12.36	(12.36)		
	500m	46.27	(33.91)		
	<b>Jan Mein</b>				
	100m	12.32	(12.32)		
	500m	45.67	(33.35)		

## 2. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	14 <b>Mark Ooijevaar</b>	H40	6	O	<b>14:46.15</b>	TRC	
2	5 <b>Jochem Kerssies</b>	HSA	6	I	<b>15:06.98</b>	HT	
3	6 <b>Gerald Bos</b>	H50	5	O	<b>15:43.90</b>	HT TRC	
4	20 <b>Bart Mol</b>	HSA	5	I	<b>16:06.44</b>	HT	

## 2. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
5	wt 20 <b>Bart Mol</b>	HSA	16:15.85	<b>16:06.44</b>	HT
	rd 6 <b>Gerald Bos</b>	H50	15:45.27	<b>15:43.90</b>	HT TRC
	<b>Bart Mol</b>				
	400m	41.30 (41.30)			
	800m	1:17.25 (35.95)			
	1200m	1:54.32 (37.07)			
	1600m	2:31.38 (37.06)			
	2000m	3:09.16 (37.78)			
	2400m	3:46.77 (37.61)			
	2800m	4:24.67 (37.90)			
	3200m	5:02.15 (37.48)			
	3600m	5:34.60 (32.45)			
	4000m	6:18.63 (44.03)			
	4400m	6:57.16 (38.53)			
	4800m	7:35.68 (38.52)			
	5200m	8:14.31 (38.63)			
	5600m	8:53.42 (39.11)			
	6000m	9:32.70 (39.28)			
	6400m	10:12.36 (39.66)			
	6800m	10:51.93 (39.57)			
	7200m	11:31.43 (39.50)			
	7600m	12:10.51 (39.08)			
	8000m	12:50.00 (39.49)			
	8400m	13:29.55 (39.55)			
	8800m	14:08.78 (39.23)			
	9200m	14:47.21 (38.43)			
	9600m	15:27.02 (39.81)			
	10000m	16:06.44 (39.42)			
	<b>Gerald Bos</b>				
	400m	41.05 (41.05)			
	800m	1:17.68 (36.63)			
	1200m	1:55.09 (37.41)			
	1600m	2:32.33 (37.24)			
	2000m	3:09.92 (37.59)			
	2400m	3:47.43 (37.51)			
	2800m	4:24.83 (37.40)			
	3200m	5:02.01 (37.18)			
	3600m	5:39.34 (37.33)			
	4000m	6:16.67 (37.33)			
	4400m	6:53.73 (37.06)			
	4800m	7:30.73 (37.00)			
	5200m	8:07.66 (36.93)			
	5600m	8:45.08 (37.42)			
	6000m	9:22.73 (37.65)			
	6400m	10:00.31 (37.58)			
	6800m	10:37.76 (37.45)			
	7200m	11:15.23 (37.47)			
	7600m	11:53.20 (37.97)			
	8000m	12:31.50 (38.30)			
	8400m	13:09.52 (38.02)			
	8800m	13:48.26 (38.74)			
	9200m	14:27.01 (38.75)			
	9600m	15:05.23 (38.22)			
	10000m	15:43.90 (38.67)			

		Naam	Cat	PR	Tijd	Info
6	gl	5 <b>Jochem Kerssies</b>	HSA	15:14.71	<b>15:06.98</b>	HT
	bl	14 <b>Mark Ooijevaar</b>	H40	13:12.60	<b>14:46.15</b>	TRC

**Jochem Kerssies**

400m	37.93	(37.93)
800m	1:10.91	(32.98)
1200m	1:45.03	(34.12)
1600m	2:19.64	(34.61)
2000m	2:54.14	(34.50)
2400m	3:28.47	(34.33)
2800m	4:03.02	(34.55)
3200m	4:38.07	(35.05)
3600m	5:13.61	(35.54)
4000m	5:49.16	(35.55)
4400m	6:25.14	(35.98)
4800m	7:01.40	(36.26)
5200m	7:38.20	(36.80)
5600m	8:15.23	(37.03)
6000m	8:52.40	(37.17)
6400m	9:29.68	(37.28)
6800m	10:07.01	(37.33)
7200m	10:44.42	(37.41)
7600m	11:21.93	(37.51)
8000m	11:59.58	(37.65)
8400m	12:37.15	(37.57)
8800m	13:14.85	(37.70)
9200m	13:52.31	(37.46)
9600m	14:29.67	(37.36)
10000m	15:06.98	(37.31)

**Mark Ooijevaar**

400m	38.17	(38.17)
800m	1:11.83	(33.66)
1200m	1:46.32	(34.49)
1600m	2:20.58	(34.26)
2000m	2:54.90	(34.32)
2400m	3:29.40	(34.50)
2800m	4:04.01	(34.61)
3200m	4:39.02	(35.01)
3600m	5:14.25	(35.23)
4000m	5:49.85	(35.60)
4400m	6:25.32	(35.47)
4800m	7:01.21	(35.89)
5200m	7:36.91	(35.70)
5600m	8:12.77	(35.86)
6000m	8:48.44	(35.67)
6400m	9:24.03	(35.59)
6800m	9:59.54	(35.51)
7200m	10:35.09	(35.55)
7600m	11:10.66	(35.57)
8000m	11:46.34	(35.68)
8400m	12:22.19	(35.85)
8800m	12:58.12	(35.93)
9200m	13:34.15	(36.03)
9600m	14:10.15	(36.00)
10000m	14:46.15	(36.00)

## 3. Uitslag 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	30 Jan Mein	H65	9	O	1:32.96		
2	27 Anne Breider	DC1	10	I	1:33.00		
3	32 Kaska Rogulska	D55	9	I	1:34.64		
4	31 Evi Blomberg	DC1	10	O	1:35.47		

## 3. Rituitslag 1000 meter

	Naam	Cat	PR	Tijd	Info
7	wt				
	rd				
	m				
	m				

	Naam	Cat	PR	Tijd	Info
8	gl				
	bl				
	m				
	m				

	Naam	Cat	PR	Tijd	Info
9	wt	32 <b>Kaska Rogulska</b>	D55	1:24.09	<b>1:34.64</b>
	rd	30 <b>Jan Mein</b>	H65	1:22.40	<b>1:32.96</b>
	<b>Kaska Rogulska</b>	<b>Jan Mein</b>			
	200m	21.97 (21.97)	200m	22.06 (22.06)	
	600m	57.09 (35.12)	600m	56.38 (34.32)	
	1000m	1:34.64 (37.55)	1000m	1:32.96 (36.58)	

	Naam	Cat	PR	Tijd	Info
10	gl	27 <b>Anne Breider</b>	DC1	1:30.72	<b>1:33.00</b>
	bl	31 <b>Evi Blomberg</b>	DC1	1:31.37	<b>1:35.47</b>
	<b>Anne Breider</b>	<b>Evi Blomberg</b>			
	200m	21.23 (21.23)	200m	22.06 (22.06)	
	600m	55.13 (33.90)	600m	57.20 (35.14)	
	1000m	1:33.00 (37.87)	1000m	1:35.47 (38.27)	

## 4. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	15 Govert Komin	HSA	13	O	7:41.93		
2	1 Robin van de Ven	HB2	13	I	7:44.42		
3	22 Sven Post	HB1	14	I	8:19.70		
4	23 Rik Winters	H50	11	I	8:39.54		
5	16 Bianca van der Meer	DN2	14	O	8:45.50		
6	9 Jeroen Sibeijn	HB1	11	O	8:47.81		





		Naam			Cat	PR	Tijd	Info
13	wt	1	<b>Robin van de Ven</b>		HB2		<b>7:44.42</b>	
	rd	15	<b>Govert Komin</b>		HSA		<b>7:41.93</b>	
		<b>Robin van de Ven</b>			<b>Govert Komin</b>			
		200m	21.97	(21.97)	200m	22.09	(22.09)	
		600m	58.27	(36.30)	600m	57.35	(35.26)	
		1000m	1:35.26	(36.99)	1000m	1:34.02	(36.67)	
		1400m	2:12.18	(36.92)	1400m	2:10.46	(36.44)	
		1800m	2:49.26	(37.08)	1800m	2:47.45	(36.99)	
		2200m	3:26.33	(37.07)	2200m	3:24.38	(36.93)	
		2600m	4:03.19	(36.86)	2600m	4:01.06	(36.68)	
		3000m	4:40.27	(37.08)	3000m	4:38.08	(37.02)	
		3400m	5:16.79	(36.52)	3400m	5:14.89	(36.81)	
		3800m	5:53.89	(37.10)	3800m	5:51.16	(36.27)	
		4200m	6:31.05	(37.16)	4200m	6:28.44	(37.28)	
		4600m	7:07.96	(36.91)	4600m	7:05.31	(36.87)	
		5000m	7:44.42	(36.46)	5000m	7:41.93	(36.62)	

		Naam			Cat	PR	Tijd	Info
14	gl	22	<b>Sven Post</b>		HB1		<b>8:19.70</b>	
	bl	16	<b>Bianca van der Meer</b>		DN2	8:32.12	<b>8:45.50</b>	
		<b>Sven Post</b>			<b>Bianca van der Meer</b>			
		200m	22.55	(22.55)	200m	22.86	(22.86)	
		600m	59.79	(37.24)	600m	1:01.26	(38.40)	
		1000m	1:37.85	(38.06)	1000m	1:38.87	(37.61)	
		1400m	2:16.52	(38.67)	1400m	2:17.85	(38.98)	
		1800m	2:55.41	(38.89)	1800m	2:56.95	(39.10)	
		2200m	3:34.40	(38.99)	2200m	3:38.54	(41.59)	
		2600m	4:14.61	(40.21)	2600m	4:21.55	(43.01)	
		3000m	4:55.24	(40.63)	3000m	5:05.09	(43.54)	
		3400m	5:35.83	(40.59)	3400m	5:48.77	(43.68)	
		3800m	6:17.00	(41.17)	3800m	6:32.38	(43.61)	
		4200m	6:58.27	(41.27)	4200m	7:17.17	(44.79)	
		4600m	7:39.58	(41.31)	4600m	8:01.76	(44.59)	
		5000m	8:19.70	(40.12)	5000m	8:45.50	(43.74)	

## 5. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	25 Jaron Ridder	HC2	17	O	4:36.69		
2	21 Lucien de Esch	HC1	22	O	4:44.40		
3	3 Klaas Hoomans	H40	22	I	4:45.13		
4	28 Finn Zachrisson	HC2	15	I	4:47.00		
5	10 Vester van Houten	HB2	19	O	4:57.24		
6	24 Lars Bruggers	HC1	19	I	4:57.25		
7	11 Merijn Kruiger	HB2	20	O	5:10.05		
8	17 Hein Schepers	H45	18	I	5:24.51		
9	34 Rixt Idsardi	DSA	20	I	5:28.14		
10	33 Jasper Tonkelaar	HSA	16	O	5:29.54		
11	12 Eva Zijlstra	DC1	16	I	5:30.53		
12	13 Jean Pierre Sibeijn	H55	21	O	5:32.51		
13	29 Geanne Stol	DA2	17	I	5:33.01		
14	8 Reinier Sibeijn	HC1	21	I	5:34.44	PR	
15	18 Marinda de Vries	DC2	15	O	5:38.71		
16	19 Anouk Schepers	DPA	18	O	5:55.39		

## 5. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
15	wt	28 Finn Zachrisson		HC2			<b>4:47.00</b>	
	rd	18 Marinda de Vries		DC2			<b>5:38.71</b>	
		<b>Finn Zachrisson</b>			<b>Marinda de Vries</b>			
		200m	22.40	(22.40)	200m	24.57	(24.57)	
		600m	58.43	(36.03)	600m	1:05.65	(41.08)	
		1000m	1:36.16	(37.73)	1000m	1:48.33	(42.68)	
		1400m	2:13.91	(37.75)	1400m	2:32.14	(43.81)	
		1800m	2:51.80	(37.89)	1800m	3:17.62	(45.48)	
		2200m	3:30.62	(38.82)	2200m	4:03.85	(46.23)	
		2600m	4:09.22	(38.60)	2600m	4:51.62	(47.77)	
		3000m	4:47.00	(37.78)	3000m	5:38.71	(47.09)	

		Naam		Cat		PR	Tijd	Info
16	gl	12 Eva Zijlstra		DC1			<b>5:30.53</b>	
	bl	33 Jasper Tonkelaar		HSA			<b>5:29.54</b>	
		<b>Eva Zijlstra</b>			<b>Jasper Tonkelaar</b>			
		200m	24.59	(24.59)	200m	26.56	(26.56)	
		600m	1:07.24	(42.65)	600m	1:09.01	(42.45)	
		1000m	1:50.66	(43.42)	1000m	1:52.52	(43.51)	
		1400m	2:34.87	(44.21)	1400m	2:36.12	(43.60)	
		1800m	3:18.66	(43.79)	1800m	3:19.46	(43.34)	
		2200m	4:03.35	(44.69)	2200m	4:03.17	(43.71)	
		2600m	4:48.17	(44.82)	2600m	4:47.12	(43.95)	
		3000m	5:30.53	(42.36)	3000m	5:29.54	(42.42)	

		Naam			Cat	PR	Tijd	Info
17	wt	29	<b>Geanne Stol</b>		DA2		<b>5:33.01</b>	
	rd	25	<b>Jaron Ridder</b>		HC2		<b>4:36.69</b>	
		<b>Geanne Stol</b>			<b>Jaron Ridder</b>			
		200m	25.78	(25.78)	200m	21.06	(21.06)	
		600m	1:07.42	(41.64)	600m	56.28	(35.22)	
		1000m	1:50.90	(43.48)	1000m	1:32.95	(36.67)	
		1400m	2:35.13	(44.23)	1400m	2:09.74	(36.79)	
		1800m	3:20.27	(45.14)	1800m	2:46.38	(36.64)	
		2200m	4:05.34	(45.07)	2200m	3:23.00	(36.62)	
		2600m	4:49.83	(44.49)	2600m	3:59.85	(36.85)	
		3000m	5:33.01	(43.18)	3000m	4:36.69	(36.84)	

		Naam			Cat	PR	Tijd	Info
18	gl	17	<b>Hein Schepers</b>		H45		<b>5:24.51</b>	
	bl	19	<b>Anouk Schepers</b>		DPA		<b>5:55.39</b>	
		<b>Hein Schepers</b>			<b>Anouk Schepers</b>			
		200m	26.04	(26.04)	200m	26.87	(26.87)	
		600m	1:07.58	(41.54)	600m	1:11.39	(44.52)	
		1000m	1:49.56	(41.98)	1000m	1:57.27	(45.88)	
		1400m	2:31.59	(42.03)	1400m	2:44.11	(46.84)	
		1800m	3:13.71	(42.12)	1800m	3:31.96	(47.85)	
		2200m	3:56.41	(42.70)	2200m	4:20.62	(48.66)	
		2600m	4:40.05	(43.64)	2600m	5:09.10	(48.48)	
		3000m	5:24.51	(44.46)	3000m	5:55.39	(46.29)	

		Naam			Cat	PR	Tijd	Info
19	wt	24	<b>Lars Bruggers</b>		HC1		<b>4:57.25</b>	
	rd	10	<b>Vester van Houten</b>		HB2		<b>4:57.24</b>	
		<b>Lars Bruggers</b>			<b>Vester van Houten</b>			
		200m	22.66	(22.66)	200m	20.69	(20.69)	
		600m	1:00.58	(37.92)	600m	58.44	(37.75)	
		1000m	1:40.12	(39.54)	1000m	1:39.04	(40.60)	
		1400m	2:20.28	(40.16)	1400m	2:19.19	(40.15)	
		1800m	2:59.81	(39.53)	1800m	2:59.59	(40.40)	
		2200m	3:39.91	(40.10)	2200m	3:39.58	(39.99)	
		2600m	4:19.48	(39.57)	2600m	4:18.64	(39.06)	
		3000m	4:57.25	(37.77)	3000m	4:57.24	(38.60)	

		Naam			Cat	PR	Tijd	Info
20	gl	34	<b>Rixt Idsardi</b>		DSA		<b>5:28.14</b>	
	bl	11	<b>Merijn Kruiger</b>		HB2		<b>5:10.05</b>	
		<b>Rixt Idsardi</b>			<b>Merijn Kruiger</b>			
		200m	24.16	(24.16)	200m	22.71	(22.71)	
		600m	1:04.92	(40.76)	600m	1:02.01	(39.30)	
		1000m	1:48.16	(43.24)	1000m	1:42.42	(40.41)	
		1400m	2:32.49	(44.33)	1400m	2:23.77	(41.35)	
		1800m	3:16.78	(44.29)	1800m	3:04.90	(41.13)	
		2200m	4:00.64	(43.86)	2200m	3:46.86	(41.96)	
		2600m	4:44.22	(43.58)	2600m	4:28.25	(41.39)	
		3000m	5:28.14	(43.92)	3000m	5:10.05	(41.80)	

		Naam	Cat		PR	Tijd	Info
21	wt	8 <b>Reinier Sibeijn</b>	HC1		6:19.08	<b>5:34.44</b>	PR
	rd	13 <b>Jean Pierre Sibeijn</b>	H55		4:42.81	<b>5:32.51</b>	
		<b>Reinier Sibeijn</b>			<b>Jean Pierre Sibeijn</b>		
		200m	25.04	(25.04)	200m	26.10	(26.10)
		600m	1:10.34	(45.30)	600m	1:08.95	(42.85)
		1000m	1:55.69	(45.35)	1000m	1:54.80	(45.85)
		1400m	2:40.27	(44.58)	1400m	2:39.49	(44.69)
		1800m	3:24.77	(44.50)	1800m	3:23.33	(43.84)
		2200m	4:08.66	(43.89)	2200m	4:06.73	(43.40)
		2600m	4:52.21	(43.55)	2600m	4:50.17	(43.44)
		3000m	5:34.44	(42.23)	3000m	5:32.51	(42.34)

		Naam	Cat		PR	Tijd	Info
22	gl	3 <b>Klaas Hoomans</b>	H40		4:14.12	<b>4:45.13</b>	
	bl	21 <b>Lucien de Esch</b>	HC1			<b>4:44.40</b>	
		<b>Klaas Hoomans</b>			<b>Lucien de Esch</b>		
		200m	20.68	(20.68)	200m	22.43	(22.43)
		600m	55.51	(34.83)	600m	58.11	(35.68)
		1000m	1:31.12	(35.61)	1000m	1:34.78	(36.67)
		1400m	2:07.34	(36.22)	1400m	2:12.20	(37.42)
		1800m	2:44.23	(36.89)	1800m	2:50.10	(37.90)
		2200m	3:22.52	(38.29)	2200m	3:28.26	(38.16)
		2600m	4:03.27	(40.75)	2600m	4:06.47	(38.21)
		3000m	4:45.13	(41.86)	3000m	4:44.40	(37.93)