

1. Uitslag Junioren C/B 1e 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------------|-----|------|------|--------------|------|--------|
| 1 | 23 Wester van der Heide | HB1 | 4 | I | 42.74 | | |
| 2 | 15 Sverre Jens Wolters | HC1 | 3 | I | 45.30 | PR | |
| 3 | 68 Jeroen Langeegger | HC2 | 4 | O | 45.44 | PR | |
| 4 | 60 Joas van der Vaart | HC1 | 3 | O | 49.30 | | |
| | 71 Marlon van Oosten | DC1 | 2 | I | 49.30 | PR | |
| 6 | 118 Rimar Kaper | HC1 | 1 | I | 49.52 | PR | |
| 7 | 45 Sophie van der Zee | DB1 | 1 | O | 51.49 | | |
| 8 | 66 Marije Nieman | DC1 | 2 | O | 52.65 | PR | |

1. Rituitslag Junioren C/B 1e 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 1 | wt | 118 | Rimar Kaper | | HC1 | 50.07 | 49.52 | PR |
| | rd | 45 | Sophie van der Zee | | DB1 | 50.16 | 51.49 | |
| | | Rimar Kaper | | | Sophie van der Zee | | | |
| | | 100m | 12.81 | (12.81) | 100m | 14.02 | (14.02) | |
| | | 500m | 49.52 | (36.71) | 500m | 51.49 | (37.47) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|
| 2 | gl | 71 | Marlon van Oosten | | DC1 | 49.70 | 49.30 | PR |
| | bl | 66 | Marije Nieman | | DC1 | 52.73 | 52.65 | PR |
| | | Marlon van Oosten | | | Marije Nieman | | | |
| | | 100m | 12.89 | (12.89) | 100m | 13.81 | (13.81) | |
| | | 500m | 49.30 | (36.41) | 500m | 52.65 | (38.84) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|---------------------------|-------|--------------|------|
| 3 | wt | 15 | Sverre Jens Wolters | | HC1 | 46.01 | 45.30 | PR |
| | rd | 60 | Joas van der Vaart | | HC1 | 49.09 | 49.30 | |
| | | Sverre Jens Wolters | | | Joas van der Vaart | | | |
| | | 100m | 11.78 | (11.78) | 100m | 13.22 | (13.22) | |
| | | 500m | 45.30 | (33.52) | 500m | 49.30 | (36.08) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------------|-----------------------------|---------|-------------------------|-------|--------------|------|
| 4 | gl | 23 | Wester van der Heide | | HB1 | 41.94 | 42.74 | |
| | bl | 68 | Jeroen Langegger | | HC2 | 47.03 | 45.44 | PR |
| | | Wester van der Heide | | | Jeroen Langegger | | | |
| | | 100m | 11.36 | (11.36) | 100m | 12.18 | (12.18) | |
| | | 500m | 42.74 | (31.38) | 500m | 45.44 | (33.26) | |

2. Uitslag Pure sprint 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 103 Ties Roemers | HN2 | 11 | O | 10.30 | | |
| 2 | 136 Marika de Glee | DA1 | 12 | O | 11.29 | PR | |
| 3 | 86 Ruud Willems | H40 | 12 | I | 11.55 | | |
| 4 | 93 Jan van der Stouwe | H55 | 11 | I | 11.66 | | |
| 5 | 133 Sandra v/d Heide | DA1 | 10 | I | 11.93 | | |
| 6 | 94 Elvira bij de Weg | DN2 | 9 | O | 12.16 | | |
| 7 | 91 Selina de Jong | DSA | 9 | I | 12.19 | | |
| 8 | 144 Rianne van der Leij | DA1 | 7 | I | 12.34 | | |
| 9 | 95 Jenieke Kuiken | DN1 | 10 | O | 12.41 | | |
| 10 | 90 Paulisca Groenhof | DN1 | 7 | O | 12.63 | | |
| 11 | 85 Andrina Weerman | DSA | 5 | O | 12.67 | | |
| 12 | 105 Janine Postma | DA1 | 5 | I | 12.72 | | |
| 13 | 109 Meike de Groot | DA1 | 8 | I | 13.02 | | |
| 14 | 84 Ulrike Weerman | DSA | 8 | O | 13.12 | | |

2. Rituitslag Pure sprint 100 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 5 | wt | 105 | Janine Postma | | DA1 | 12.40 | 12.72 | |
| | rd | 85 | Andrina Weerman | | DSA | 12.50 | 12.67 | |
| | | Janine Postma | | | Andrina Weerman | | | |
| | | 100m | 12.72 | (12.72) | 100m | 12.67 | (12.67) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|--|-----|---|----|------|------|
| 6 | gl | | | | | | | |
| | bl | | | | | | | |
| | | m | | | m | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------------|----------------------------|---------|--------------------------|-------|--------------|------|
| 7 | wt | 144 | Rianne van der Leij | | DA1 | 12.30 | 12.34 | |
| | rd | 90 | Paulisca Groenhof | | DN1 | 12.31 | 12.63 | |
| | | Rianne van der Leij | | | Paulisca Groenhof | | | |
| | | 100m | 12.34 | (12.34) | 100m | 12.63 | (12.63) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 8 | gl | 109 | Meike de Groot | | DA1 | 12.18 | 13.02 | |
| | bl | 84 | Ulrike Weerman | | DSA | 12.34 | 13.12 | |
| | | Meike de Groot | | | Ulrike Weerman | | | |
| | | 100m | 13.02 | (13.02) | 100m | 13.12 | (13.12) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 9 | wt | 91 | Selina de Jong | | DSA | 12.02 | 12.19 | |
| | rd | 94 | Elvira bij de Weg | | DN2 | 12.12 | 12.16 | |
| | | Selina de Jong | | | Elvira bij de Weg | | | |
| | | 100m | 12.19 | (12.19) | 100m | 12.16 | (12.16) | |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|------------------------------|---------------|---------------|--------------|-----------------------|
| 10 | gl | 133 Sandra v/d Heide | DA1 | 11.41 | 11.93 | |
| | bl | 95 Jenieke Kuiken | DN1 | 12.01 | 12.41 | |
| | | <u>Sandra v/d Heide</u> | | | | <u>Jenieke Kuiken</u> |
| | | 100m | 11.93 (11.93) | | | 100m |
| | | | | 12.41 (12.41) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 11 | wt | 93 Jan van der Stouwe | H55 | 10.46 | 11.66 | |
| | rd | 103 Ties Roemers | HN2 | 10.20 | 10.30 | |
| | | <u>Jan van der Stouwe</u> | | | | <u>Ties Roemers</u> |
| | | 100m | 11.66 (11.66) | | | 100m |
| | | | | 10.30 (10.30) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 12 | gl | 86 Ruud Willems | H40 | 11.19 | 11.55 | |
| | bl | 136 Marika de Glee | DA1 | 11.35 | 11.29 | PR |
| | | <u>Ruud Willems</u> | | | | <u>Marika de Glee</u> |
| | | 100m | 11.55 (11.55) | | | 100m |
| | | | | 11.29 (11.29) | | |

3. Uitslag Junioren C/B 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|-------|------|--------|
| 1 | 5 Niek Bijma | HB2 | 42 | O | 38.22 | | |
| 2 | 74 Sven Burghoorn | HB1 | 41 | I | 38.90 | PR | |
| 3 | 43 Johannes Hoomans | HC2 | 42 | I | 39.12 | | |
| 4 | 62 Rick Schuurman | HB2 | 41 | O | 40.18 | | |
| 5 | 7 Stefan Everts | HC2 | 39 | O | 40.96 | | |
| 6 | 4 Luca Stroetinga | HC2 | 40 | O | 41.70 | PR | |
| 7 | 3 Tijn Bijma | HC2 | 39 | I | 42.01 | | |
| 8 | 6 Colin de Velde | HC2 | 38 | I | 42.06 | PR | |
| 9 | 56 Ryan Draaisma | HC1 | 35 | O | 42.07 | PR | |
| 10 | 55 Anton Boersma | HC1 | 37 | I | 42.46 | PR | |
| 11 | 10 Kailey van der Veen | DC2 | 38 | O | 42.96 | | |
| 12 | 18 Hannah de Vries | DC2 | 31 | I | 43.05 | | |
| 13 | 25 Kyra Kamstra | DC2 | 35 | I | 43.14 | PR | |
| 14 | 78 Jente Kiwiet | HB1 | 37 | O | 43.15 | | |
| 15 | 76 Janna Wietske v.d. Ende | DC2 | 32 | O | 43.18 | PR | |
| 16 | 1 Jelmer Tasma | HC2 | 36 | O | 43.19 | | |
| 17 | 41 Eva-Sofie Elferink | DB1 | 36 | I | 43.21 | | |
| 18 | 130 Bjorn Koen | HB2 | 34 | O | 43.24 | | |
| 19 | 142 Sara van de Pol | DC2 | 28 | I | 43.95 | PR | |
| | 28 Ids Hellinga | HC1 | 33 | O | 43.95 | | |
| 21 | 69 Mariska Stegenga | DB1 | 30 | I | 44.05 | | |
| 22 | 44 Tobias Pleij | HC1 | 34 | I | 44.24 | | |
| 23 | 131 Jim Bergkamp | HC2 | 31 | O | 44.38 | | |
| 24 | 37 Rosa-Lynn Compagner | DB1 | 29 | O | 44.40 | | |
| 25 | 140 Kenzo Hanse | HB1 | 29 | I | 44.74 | | |
| 26 | 13 Kaya Kolder | DC2 | 26 | O | 44.91 | | |
| 27 | 16 Robine Lubbinge | DB1 | 25 | O | 44.93 | PR | |
| 28 | 65 Gerianne Kromkamp | DC2 | 27 | I | 45.03 | PR | |
| 29 | 52 Rixt Bijlsma | DC1 | 30 | O | 45.15 | | |
| 30 | 8 Marrit Bosma | DC2 | 25 | I | 45.16 | | |
| 31 | 47 Kim van der Graaf | DB1 | 24 | O | 45.34 | | |
| 32 | 147 Maaike Brouwer | DB1 | 28 | O | 45.43 | | |
| 33 | 26 Sem de Vries | HB2 | 23 | O | 45.53 | | |
| 34 | 113 Sander Leusink | HC1 | 21 | I | 45.56 | PR | |
| 35 | 80 Neeltsje De Boer | DC2 | 17 | I | 45.62 | PR | |
| 36 | 111 Stijn Bakker | HB1 | 24 | I | 45.70 | | |
| 37 | 2 Amber Feller | DB1 | 22 | O | 45.72 | PR | |
| 38 | 24 Hidde-Jan Poiesz | HC2 | 26 | I | 45.89 | | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd Info | Punten |
|-----|--------------------------------|-----|------|------|---------------|--------|
| 39 | 75 Ties Buijert | HB1 | 19 | O | 46.11 PR | |
| 40 | 48 Brent Movrin | HB2 | 12 | I | 46.26 PR | |
| 41 | 36 Mirte Kingma | DC2 | 17 | O | 46.72 PR | |
| 42 | 39 Eline Teeninga | DC2 | 22 | I | 46.97 | |
| 43 | 54 Daan Westra | HC1 | 21 | O | 46.99 | |
| 44 | 49 Jelka Kootstra | DC2 | 20 | I | 47.02 PR | |
| 45 | 110 Thijs Jorritsma | HC2 | 20 | O | 47.13 | |
| 46 | 141 Menthe Pietersma | DC1 | 19 | I | 47.19 | |
| 47 | 51 Sybrich Buisman | DC1 | 15 | O | 47.49 PR | |
| 48 | 50 Antje Ypma | DC1 | 18 | O | 47.65 | |
| 49 | 42 Ties Mercur | HC1 | 15 | I | 47.72 PR | |
| 50 | 121 Lotte de Jong | DB2 | 9 | O | 48.17 PR | |
| 51 | 31 Lisanne Bloem | DC2 | 16 | O | 48.43 PR | |
| | 126 Carlien van den Heuvel | DC1 | 18 | I | 48.43 | |
| 53 | 21 Tieme Bouma | HC1 | 16 | I | 48.48 | |
| 54 | 33 Esmee Soet | DC2 | 9 | I | 48.81 PR | |
| 55 | 14 Maud de Vries | DC1 | 14 | O | 49.14 HT | |
| 56 | 35 Wytse Hamstra | HC1 | 11 | O | 49.17 | |
| | 57 Gideon Westhoff | HC1 | 10 | I | 49.17 PR | |
| 58 | 64 Vera Nijboer | DC2 | 12 | O | 49.23 | |
| 59 | 127 Keira Wind | DC1 | 8 | O | 49.52 | |
| 60 | 134 Daphne Marit van der Heide | DB2 | 14 | I | 49.57 | |
| 61 | 61 Romke Jepma | HC2 | 7 | I | 49.59 PR | |
| 62 | 116 Maud Jubbega | DC2 | 13 | I | 49.66 | |
| 63 | 59 Welmoed de Boer | DC2 | 8 | I | 50.34 PR | |
| 64 | 73 Senn Yaniek Koeman | HC2 | 6 | I | 50.51 PR | |
| 65 | 11 Silke Vries | DC1 | 7 | O | 50.85 | |
| 66 | 58 Rhodé Westhoff | DC1 | 5 | O | 51.39 | |
| 67 | 79 Mika Kammeraat | HC1 | 4 | I | 51.85 PR | |
| 68 | 32 Frouwkje Dijkstra | DC2 | 3 | I | 52.50 | |
| 69 | 27 Feya Hollak | DC1 | 6 | O | 52.85 | |
| 70 | 112 Jildau Sietsma | DC1 | 1 | O | 53.27 | |
| 71 | 38 Verena Jansen | DC1 | 3 | O | 53.75 PR | |
| 72 | 148 Annet de Boer | DC1 | 4 | O | 54.56 | |
| 73 | 9 Emma van der Tol | DC1 | 1 | I | 55.23 PR | |
| 74 | 150 Alyne Goerres | DC2 | 5 | I | 58.10 | |
| 75 | 67 Kim Kuiper | DC1 | 2 | O | 58.31 | |
| 76 | 34 Thijs de Wit | HC2 | 13 | O | 1:16.37 HT FL | |
| | 53 Tamar Daleman | DC1 | 2 | I | DNF | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd Info | Punten |
|-----|------------------------|-----|------|------|-----------|--------|
| 63 | Jildou de Haan | DC2 | 11 | I | DNF | |
| 19 | Mats Rabbinge | HB1 | 27 | O | DNF | |
| 77 | Tijmen Kiwiet | HB1 | 33 | I | DNF | |
| 30 | Jan Aesge van der Meer | HC1 | 40 | I | DNF | |
| 40 | Merel Vlug | DC2 | 23 | I | DNS | |
| 20 | Tim Postma | HC1 | 32 | I | DNS | |
| 46 | Aimee Prins | DC2 | | | WDR | |

3. Rituitslag Junioren C/B 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------------|-------------------------|---------|-----------------------|-------|--------------|------|
| 1 | wt | 9 | Emma van der Tol | | DC1 | 55.66 | 55.23 | PR |
| | rd | 112 | Jildau Sietsma | | DC1 | 52.23 | 53.27 | |
| | | <u>Emma van der Tol</u> | | | <u>Jildau Sietsma</u> | | | |
| | | 100m | 14.13 | (14.13) | 100m | 13.49 | (13.49) | |
| | | 500m | 55.23 | (41.10) | 500m | 53.27 | (39.78) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|----------------------|---------|-------------------|-------|--------------|------|
| 2 | gl | 53 | Tamar Daleman | | DC1 | 55.96 | DNF | |
| | bl | 67 | Kim Kuiper | | DC1 | 56.42 | 58.31 | |
| | | <u>Tamar Daleman</u> | | | <u>Kim Kuiper</u> | | | |
| | | 100m | 14.87 | (14.87) | 100m | 14.59 | (14.59) | |
| | | | | | 500m | 58.31 | (43.72) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|
| 3 | wt | 32 | Frouwkje Dijkstra | | DC2 | 52.29 | 52.50 | |
| | rd | 38 | Verena Jansen | | DC1 | 53.80 | 53.75 | PR |
| | | <u>Frouwkje Dijkstra</u> | | | <u>Verena Jansen</u> | | | |
| | | 100m | 13.37 | (13.37) | 100m | 14.17 | (14.17) | |
| | | 500m | 52.50 | (39.13) | 500m | 53.75 | (39.58) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|----------------------|-------|--------------|------|
| 4 | gl | 79 | Mika Kammeraat | | HC1 | 53.44 | 51.85 | PR |
| | bl | 148 | Annet de Boer | | DC1 | 53.27 | 54.56 | |
| | | <u>Mika Kammeraat</u> | | | <u>Annet de Boer</u> | | | |
| | | 100m | 13.40 | (13.40) | 100m | 14.79 | (14.79) | |
| | | 500m | 51.85 | (38.45) | 500m | 54.56 | (39.77) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 5 | wt | 150 | Alyne Goerres | | DC2 | 49.45 | 58.10 | |
| | rd | 58 | Rhodé Westhoff | | DC1 | 50.07 | 51.39 | |
| | | <u>Alyne Goerres</u> | | | <u>Rhodé Westhoff</u> | | | |
| | | 100m | 13.91 | (13.91) | 100m | 13.86 | (13.86) | |
| | | 500m | 58.10 | (44.19) | 500m | 51.39 | (37.53) | |

Thialf - Heerenveen

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|---------------------------|---------------------------|---------|----------------------|-------|---------|-------|--------------|------|--|
| 6 | gl | 73 | Senn Yaniek Koeman | | HC2 | | | 51.03 | 50.51 | PR | |
| | bl | 27 | Feya Hollak | | DC1 | | | 52.14 | 52.85 | | |
| | | <u>Senn Yaniek Koeman</u> | | | <u>Feya Hollak</u> | | | | | | |
| | | 100m | 13.07 | (13.07) | 100m | 13.73 | (13.73) | | | | |
| | | 500m | 50.51 | (37.44) | 500m | 52.85 | (39.12) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 7 | wt | 61 | Romke Jepma | | HC2 | | | 50.19 | 49.59 | PR | |
| | rd | 11 | Silke Vries | | DC1 | | | 50.53 | 50.85 | | |
| | | <u>Romke Jepma</u> | | | <u>Silke Vries</u> | | | | | | |
| | | 100m | 13.10 | (13.10) | 100m | 13.70 | (13.70) | | | | |
| | | 500m | 49.59 | (36.49) | 500m | 50.85 | (37.15) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 8 | gl | 59 | Welmoed de Boer | | DC2 | | | 50.96 | 50.34 | PR | |
| | bl | 127 | Keira Wind | | DC1 | | | 48.12 | 49.52 | | |
| | | <u>Welmoed de Boer</u> | | | <u>Keira Wind</u> | | | | | | |
| | | 100m | 13.22 | (13.22) | 100m | 13.33 | (13.33) | | | | |
| | | 500m | 50.34 | (37.12) | 500m | 49.52 | (36.19) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 9 | wt | 33 | Esmee Soet | | DC2 | | | 49.53 | 48.81 | PR | |
| | rd | 121 | Lotte de Jong | | DB2 | | | 49.28 | 48.17 | PR | |
| | | <u>Esmee Soet</u> | | | <u>Lotte de Jong</u> | | | | | | |
| | | 100m | 13.03 | (13.03) | 100m | 12.88 | (12.88) | | | | |
| | | 500m | 48.81 | (35.78) | 500m | 48.17 | (35.29) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 10 | gl | 57 | Gideon Westhoff | | HC1 | | | 49.22 | 49.17 | PR | |
| | bl | 46 | Aimee Prins | | DC2 | | | 48.26 | WDR | | |
| | | <u>Gideon Westhoff</u> | | | <u>Aimee Prins</u> | | | | | | |
| | | 100m | 12.83 | (12.83) | | | | | | | |
| | | 500m | 49.17 | (36.34) | | | | | | | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------------------|-----------------------------------|-------|------------------------|-------|---------|----------------------|
| 11 | wt | 63 | Jildou de Haan | | DC2 | 48.95 | | DNF |
| | rd | 35 | Wytse Hamstra | | HC1 | 48.82 | | 49.17 |
| | | <u>Jildou de Haan</u> | | | <u>Wytse Hamstra</u> | | | |
| | | | 100m | 13.35 | (13.35) | | | |
| | | | 500m | 49.17 | (35.82) | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 12 | gl | 48 | Brent Movrin | | HB2 | 49.10 | | 46.26 PR |
| | bl | 64 | Vera Nijboer | | DC2 | 49.00 | | 49.23 |
| | | <u>Brent Movrin</u> | | | <u>Vera Nijboer</u> | | | |
| | | | 100m | 12.04 | (12.04) | 100m | 13.36 | (13.36) |
| | | | 500m | 46.26 | (34.22) | 500m | 49.23 | (35.87) |
| | | Naam | | | Cat | PR | Tijd | Info |
| 13 | wt | 116 | Maud Jubbega | | DC2 | 47.95 | | 49.66 |
| | rd | 34 | Thijs de Wit | | HC2 | 48.55 | | 1:16.37 HT FL |
| | | <u>Maud Jubbega</u> | | | <u>Thijs de Wit</u> | | | |
| | | | 100m | 13.17 | (13.17) | 100m | 25.80 | (25.80) |
| | | | 500m | 49.66 | (36.49) | 500m | 1:16.37 | (50.57) |
| | | Naam | | | Cat | PR | Tijd | Info |
| 14 | gl | 134 | Daphne Marit van der Heide | | DB2 | 48.79 | | 49.57 |
| | bl | 14 | Maud de Vries | | DC1 | 48.64 | | 49.14 HT |
| | | <u>Daphne Marit van der Heide</u> | | | <u>Maud de Vries</u> | | | |
| | | | 100m | 12.97 | (12.97) | 100m | 13.19 | (13.19) |
| | | | 500m | 49.57 | (36.60) | 500m | 49.14 | (35.95) |
| | | Naam | | | Cat | PR | Tijd | Info |
| 15 | wt | 42 | Ties Mercur | | HC1 | 47.85 | | 47.72 PR |
| | rd | 51 | Sybrich Buisman | | DC1 | 48.31 | | 47.49 PR |
| | | <u>Ties Mercur</u> | | | <u>Sybrich Buisman</u> | | | |
| | | | 100m | 12.75 | (12.75) | 100m | 12.85 | (12.85) |
| | | | 500m | 47.72 | (34.97) | 500m | 47.49 | (34.64) |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------------|-------------------------------|---------|------------------------|-------|--------------|------|
| 16 | gl | 21 | Tieme Bouma | | HC1 | 48.39 | 48.48 | |
| | bl | 31 | Lisanne Bloem | | DC2 | 48.46 | 48.43 | PR |
| | | <u>Tieme Bouma</u> | | | <u>Lisanne Bloem</u> | | | |
| | | 100m | 12.98 | (12.98) | 100m | 13.00 | (13.00) | |
| | | 500m | 48.48 | (35.50) | 500m | 48.43 | (35.43) | |
| | | <hr/> | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 17 | wt | 80 | Neeltsje De Boer | | DC2 | 47.75 | 45.62 | PR |
| | rd | 36 | Mirte Kingma | | DC2 | 47.10 | 46.72 | PR |
| | | <u>Neeltsje De Boer</u> | | | <u>Mirte Kingma</u> | | | |
| | | 100m | 12.67 | (12.67) | 100m | 12.58 | (12.58) | |
| | | 500m | 45.62 | (32.95) | 500m | 46.72 | (34.14) | |
| | | <hr/> | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 18 | gl | 126 | Carlien van den Heuvel | | DC1 | 47.80 | 48.43 | |
| | bl | 50 | Antje Ypma | | DC1 | 47.44 | 47.65 | |
| | | <u>Carlien van den Heuvel</u> | | | <u>Antje Ypma</u> | | | |
| | | 100m | 13.06 | (13.06) | 100m | 12.99 | (12.99) | |
| | | 500m | 48.43 | (35.37) | 500m | 47.65 | (34.66) | |
| | | <hr/> | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 19 | wt | 141 | Menthe Pietersma | | DC1 | 47.12 | 47.19 | |
| | rd | 75 | Ties Buijert | | HB1 | 46.59 | 46.11 | PR |
| | | <u>Menthe Pietersma</u> | | | <u>Ties Buijert</u> | | | |
| | | 100m | 12.53 | (12.53) | 100m | 12.47 | (12.47) | |
| | | 500m | 47.19 | (34.66) | 500m | 46.11 | (33.64) | |
| | | <hr/> | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 20 | gl | 49 | Jelka Kootstra | | DC2 | 47.10 | 47.02 | PR |
| | bl | 110 | Thijs Jorritsma | | HC2 | 46.99 | 47.13 | |
| | | <u>Jelka Kootstra</u> | | | <u>Thijs Jorritsma</u> | | | |
| | | 100m | 12.73 | (12.73) | 100m | 12.40 | (12.40) | |
| | | 500m | 47.02 | (34.29) | 500m | 47.13 | (34.73) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-----------------------|--------------------------|---------|--------------------------|-------|--------------|------|
| 21 | wt | 113 | Sander Leusink | | HC1 | 46.92 | 45.56 | PR |
| | rd | 54 | Daan Westra | | HC1 | 46.60 | 46.99 | |
| | | <u>Sander Leusink</u> | | | <u>Daan Westra</u> | | | |
| | | 100m | 12.13 | (12.13) | 100m | 12.76 | (12.76) | |
| | | 500m | 45.56 | (33.43) | 500m | 46.99 | (34.23) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 22 | gl | 39 | Eline Teeninga | | DC2 | 46.09 | 46.97 | |
| | bl | 2 | Amber Feller | | DB1 | 46.00 | 45.72 | PR |
| | | <u>Eline Teeninga</u> | | | <u>Amber Feller</u> | | | |
| | | 100m | 12.37 | (12.37) | 100m | 12.50 | (12.50) | |
| | | 500m | 46.97 | (34.60) | 500m | 45.72 | (33.22) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 23 | wt | 40 | Merel Vlug | | DC2 | 44.60 | DNS | |
| | rd | 26 | Sem de Vries | | HB2 | 44.92 | 45.53 | |
| | | <u>Merel Vlug</u> | | | <u>Sem de Vries</u> | | | |
| | | | | | 100m | 12.18 | (12.18) | |
| | | | | | 500m | 45.53 | (33.35) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 24 | gl | 111 | Stijn Bakker | | HB1 | 45.44 | 45.70 | |
| | bl | 47 | Kim van der Graaf | | DB1 | 45.31 | 45.34 | |
| | | <u>Stijn Bakker</u> | | | <u>Kim van der Graaf</u> | | | |
| | | 100m | 12.90 | (12.90) | 100m | 12.33 | (12.33) | |
| | | 500m | 45.70 | (32.80) | 500m | 45.34 | (33.01) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 25 | wt | 8 | Marrit Bosma | | DC2 | 44.26 | 45.16 | |
| | rd | 16 | Robine Lubbinge | | DB1 | 45.30 | 44.93 | PR |
| | | <u>Marrit Bosma</u> | | | <u>Robine Lubbinge</u> | | | |
| | | 100m | 12.89 | (12.89) | 100m | 12.20 | (12.20) | |
| | | 500m | 45.16 | (32.27) | 500m | 44.93 | (32.73) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|--------------------|-------|--------------|------|
| 26 | gl | 24 | Hidde-Jan Poiesz | | HC2 | 45.31 | 45.89 | |
| | bl | 13 | Kaya Kolder | | DC2 | 44.02 | 44.91 | |
| | | Hidde-Jan Poiesz | | | Kaya Kolder | | | |
| | | 100m | 12.23 | (12.23) | 100m | 12.87 | (12.87) | |
| | | 500m | 45.89 | (33.66) | 500m | 44.91 | (32.04) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|--------------|------|
| 27 | wt | 65 | Gerianne Kromkamp | | DC2 | 45.15 | 45.03 | PR |
| | rd | 19 | Mats Rabbinge | | HB1 | 44.84 | DNF | |
| | | Gerianne Kromkamp | | | Mats Rabbinge | | | |
| | | 100m | 12.24 | (12.24) | | | | |
| | | 500m | 45.03 | (32.79) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|--------------|------|
| 28 | gl | 142 | Sara van de Pol | | DC2 | 44.58 | 43.95 | PR |
| | bl | 147 | Maaïke Brouwer | | DB1 | 44.83 | 45.43 | |
| | | Sara van de Pol | | | Maaïke Brouwer | | | |
| | | 100m | 12.47 | (12.47) | 100m | 12.22 | (12.22) | |
| | | 500m | 43.95 | (31.48) | 500m | 45.43 | (33.21) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|--------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 29 | wt | 140 | Kenzo Hanse | | HB1 | 44.67 | 44.74 | |
| | rd | 37 | Rosa-Lynn Compagner | | DB1 | 43.15 | 44.40 | |
| | | Kenzo Hanse | | | Rosa-Lynn Compagner | | | |
| | | 100m | 12.08 | (12.08) | 100m | 12.33 | (12.33) | |
| | | 500m | 44.74 | (32.66) | 500m | 44.40 | (32.07) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|---------------------|-------|--------------|------|
| 30 | gl | 69 | Mariska Stegenga | | DB1 | 43.13 | 44.05 | |
| | bl | 52 | Rixt Bijlsma | | DC1 | 44.26 | 45.15 | |
| | | Mariska Stegenga | | | Rixt Bijlsma | | | |
| | | 100m | 12.23 | (12.23) | 100m | 12.20 | (12.20) | |
| | | 500m | 44.05 | (31.82) | 500m | 45.15 | (32.95) | |

Thialf - Heerenveen

| | | Naam | | | Cat | | | PR | Tijd | Info | |
|----|----|------------------------|--------------------------------|---------|--------------------------------|-------|---------|-------|--------------|------|--|
| 31 | wt | 18 | Hannah de Vries | | DC2 | | | 42.60 | 43.05 | | |
| | rd | 131 | Jim Bergkamp | | HC2 | | | 44.20 | 44.38 | | |
| | | <u>Hannah de Vries</u> | | | <u>Jim Bergkamp</u> | | | | | | |
| | | 100m | 11.91 | (11.91) | 100m | 11.98 | (11.98) | | | | |
| | | 500m | 43.05 | (31.14) | 500m | 44.38 | (32.40) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 32 | gl | 20 | Tim Postma | | HC1 | | | 44.12 | DNS | | |
| | bl | 76 | Janna Wietske v.d. Ende | | DC2 | | | 44.12 | 43.18 | PR | |
| | | <u>Tim Postma</u> | | | <u>Janna Wietske v.d. Ende</u> | | | | | | |
| | | 100m | | | 100m | 11.94 | (11.94) | | | | |
| | | 500m | | | 500m | 43.18 | (31.24) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 33 | wt | 77 | Tijmen Kiwiet | | HB1 | | | 43.69 | DNF | | |
| | rd | 28 | Ids Hellinga | | HC1 | | | 43.54 | 43.95 | | |
| | | <u>Tijmen Kiwiet</u> | | | <u>Ids Hellinga</u> | | | | | | |
| | | 100m | 11.96 | (11.96) | 100m | 11.93 | (11.93) | | | | |
| | | | | | 500m | 43.95 | (32.02) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 34 | gl | 44 | Tobias Pleij | | HC1 | | | 43.59 | 44.24 | | |
| | bl | 130 | Bjorn Koen | | HB2 | | | 42.11 | 43.24 | | |
| | | <u>Tobias Pleij</u> | | | <u>Bjorn Koen</u> | | | | | | |
| | | 100m | 12.19 | (12.19) | 100m | 11.70 | (11.70) | | | | |
| | | 500m | 44.24 | (32.05) | 500m | 43.24 | (31.54) | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info | |
| 35 | wt | 25 | Kyra Kamstra | | DC2 | | | 43.27 | 43.14 | PR | |
| | rd | 56 | Ryan Draaisma | | HC1 | | | 42.65 | 42.07 | PR | |
| | | <u>Kyra Kamstra</u> | | | <u>Ryan Draaisma</u> | | | | | | |
| | | 100m | 11.66 | (11.66) | 100m | 11.70 | (11.70) | | | | |
| | | 500m | 43.14 | (31.48) | 500m | 42.07 | (30.37) | | | | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-------|----|----------------------------------|-------|---------|----------------------------|-------|--------------|------|
| 36 | gl | 41 Eva-Sofie Elferink | | | DB1 | 41.15 | 43.21 | |
| | bl | 1 Jelmer Tasma | | | HC2 | 42.85 | 43.19 | |
| | | <u>Eva-Sofie Elferink</u> | | | <u>Jelmer Tasma</u> | | | |
| | | 100m | 12.12 | (12.12) | 100m | 11.99 | (11.99) | |
| | | 500m | 43.21 | (31.09) | 500m | 43.19 | (31.20) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 37 | wt | 55 Anton Boersma | | | HC1 | 42.58 | 42.46 | PR |
| | rd | 78 Jente Kiwiet | | | HB1 | 42.44 | 43.15 | |
| | | <u>Anton Boersma</u> | | | <u>Jente Kiwiet</u> | | | |
| | | 100m | 11.83 | (11.83) | 100m | 11.73 | (11.73) | |
| | | 500m | 42.46 | (30.63) | 500m | 43.15 | (31.42) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 38 | gl | 6 Colin de Velde | | | HC2 | 42.25 | 42.06 | PR |
| | bl | 10 Kailey van der Veen | | | DC2 | 42.37 | 42.96 | |
| | | <u>Colin de Velde</u> | | | <u>Kailey van der Veen</u> | | | |
| | | 100m | 11.66 | (11.66) | 100m | 11.98 | (11.98) | |
| | | 500m | 42.06 | (30.40) | 500m | 42.96 | (30.98) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 39 | wt | 3 Tijn Bijma | | | HC2 | 41.94 | 42.01 | |
| | rd | 7 Stefan Everts | | | HC2 | 40.89 | 40.96 | |
| | | <u>Tijn Bijma</u> | | | <u>Stefan Everts</u> | | | |
| | | 100m | 11.29 | (11.29) | 100m | 11.42 | (11.42) | |
| | | 500m | 42.01 | (30.72) | 500m | 40.96 | (29.54) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 40 | gl | 30 Jan Æesge van der Meer | | | HC1 | 42.05 | DNF | |
| | bl | 4 Luca Stroetinga | | | HC2 | 41.95 | 41.70 | PR |
| | | <u>Jan Æesge van der Meer</u> | | | <u>Luca Stroetinga</u> | | | |
| | | 100m | 11.63 | (11.63) | 100m | 11.57 | (11.57) | |
| | | | | | 500m | 41.70 | (30.13) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|-----------------------|-------|--------------|---------|
| 41 | wt | 74 | Sven Burghoorn | | HB1 | 38.94 | 38.90 | PR |
| | rd | 62 | Rick Schuurman | | HB2 | 39.14 | 40.18 | |
| | | | Sven Burghoorn | | Rick Schuurman | | | |
| | | | 100m | 10.48 | (10.48) | 100m | 11.01 | (11.01) |
| | | | 500m | 38.90 | (28.42) | 500m | 40.18 | (29.17) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-------|-------------------|-------|--------------|---------|
| 42 | gl | 43 | Johannes Hoomans | | HC2 | 38.85 | 39.12 | |
| | bl | 5 | Niek Bijma | | HB2 | 38.22 | 38.22 | |
| | | | Johannes Hoomans | | Niek Bijma | | | |
| | | | 100m | 10.88 | (10.88) | 100m | 10.44 | (10.44) |
| | | | 500m | 39.12 | (28.24) | 500m | 38.22 | (27.78) |

4. Uitslag Junioren C/B 2e 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 23 Wester van der Heide | HB1 | 54 | O | 43.29 | | |
| 2 | 15 Sverre Jens Wolters | HC1 | 53 | O | 44.52 | PR | |
| 3 | 68 Jeroen Langeegger | HC2 | 54 | I | 47.01 | | |
| 4 | 60 Joas van der Vaart | HC1 | 53 | I | 48.80 | PR | |
| 5 | 118 Rimar Kaper | HC1 | 51 | O | 49.44 | PR | |
| 6 | 71 Marlon van Oosten | DC1 | 52 | O | 49.83 | | |
| 7 | 66 Marije Nieman | DC1 | 52 | I | 51.85 | PR | |
| | 45 Sophie van der Zee | DB1 | | | | WDR | |

4. Rituitslag Junioren C/B 2e 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|---------------------------|--------------------|-------|---------|-----------------|
| 51 | wt | 45 | Sophie van der Zee | | DB1 | 50.16 | | WDR |
| | rd | 118 | Rimar Kaper | | HC1 | 50.07 | | 49.44 PR |
| | | | | <u>Sophie van der Zee</u> | <u>Rimar Kaper</u> | | | |
| | | | | 100m | | 12.58 | (12.58) | |
| | | | | 500m | | 49.44 | (36.86) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|----------------------|--------------------------|-------|---------|-----------------|
| 52 | gl | 66 | Marije Nieman | | DC1 | 52.73 | | 51.85 PR |
| | bl | 71 | Marlon van Oosten | | DC1 | 49.70 | | 49.83 |
| | | | | <u>Marije Nieman</u> | <u>Marlon van Oosten</u> | | | |
| | | | | 100m | | 13.95 | (13.95) | |
| | | | | 500m | | 51.85 | (37.90) | |
| | | | | 100m | | 13.11 | (13.11) | |
| | | | | 500m | | 49.83 | (36.72) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------------|---------------------------|----------------------------|-------|---------|-----------------|
| 53 | wt | 60 | Joas van der Vaart | | HC1 | 49.09 | | 48.80 PR |
| | rd | 15 | Sverre Jens Wolters | | HC1 | 46.01 | | 44.52 PR |
| | | | | <u>Joas van der Vaart</u> | <u>Sverre Jens Wolters</u> | | | |
| | | | | 100m | | 12.94 | (12.94) | |
| | | | | 500m | | 48.80 | (35.86) | |
| | | | | 100m | | 11.90 | (11.90) | |
| | | | | 500m | | 44.52 | (32.62) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------------|--------------------------|-----------------------------|-------|---------|--------------|
| 54 | gl | 68 | Jeroen Langeegger | | HC2 | 47.03 | | 47.01 |
| | bl | 23 | Wester van der Heide | | HB1 | 41.94 | | 43.29 |
| | | | | <u>Jeroen Langeegger</u> | <u>Wester van der Heide</u> | | | |
| | | | | 100m | | 12.47 | (12.47) | |
| | | | | 500m | | 47.01 | (34.54) | |
| | | | | 100m | | 11.53 | (11.53) | |
| | | | | 500m | | 43.29 | (31.76) | |

5. Uitslag Pure sprint 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 103 Ties Roemers | HN2 | 63 | I | 38.29 | | |
| 2 | 136 Marika de Glee | DA1 | 62 | O | 41.85 | | |
| 3 | 93 Jan van der Stouwe | H55 | 63 | O | 43.01 | | |
| 4 | 133 Sandra v/d Heide | DA1 | 60 | I | 43.28 | | |
| 5 | 94 Elvira bij de Weg | DN2 | 60 | O | 44.83 | | |
| 6 | 91 Selina de Jong | DSA | 61 | O | 45.27 | | |
| 7 | 95 Jenieke Kuiken | DN1 | 61 | I | 46.72 | | |
| 8 | 144 Rianne van der Leij | DA1 | 58 | I | 47.30 | | |
| 9 | 84 Ulrike Weerman | DSA | 56 | O | 47.47 | | |
| 10 | 85 Andrina Weerman | DSA | 59 | I | 47.78 | | |
| 11 | 105 Janine Postma | DA1 | 58 | O | 49.14 | | |
| 12 | 90 Paulisca Groenhof | DN1 | 59 | O | 49.28 | | |
| 13 | 109 Meike de Groot | DA1 | 56 | I | 52.00 | | |
| | 86 Ruud Willems | H40 | | | WDR | | |

5. Rituitslag Pure sprint 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-------|---------|-------|-----------------------|---------|
| 56 | wt | 109 | Meike de Groot | | DA1 | 50.32 | 52.00 | |
| | rd | 84 | Ulrike Weerman | | DSA | 45.44 | 47.47 | |
| | | | Meike de Groot | | | | Ulrike Weerman | |
| | | | 100m | 12.99 | (12.99) | 100m | 12.78 | (12.78) |
| | | | 500m | 52.00 | (39.01) | 500m | 47.47 | (34.69) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---|-----|--|----|------|------|
| 57 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------------|-------|---------|-------|----------------------|---------|
| 58 | wt | 144 | Rianne van der Leij | | DA1 | 46.81 | 47.30 | |
| | rd | 105 | Janine Postma | | DA1 | 47.54 | 49.14 | |
| | | | Rianne van der Leij | | | | Janine Postma | |
| | | | 100m | 12.54 | (12.54) | 100m | 13.13 | (13.13) |
| | | | 500m | 47.30 | (34.76) | 500m | 49.14 | (36.01) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-------|---------|-------|--------------------------|---------|
| 59 | gl | 85 | Andrina Weerman | | DSA | 47.20 | 47.78 | |
| | bl | 90 | Paulisca Groenhof | | DN1 | 47.38 | 49.28 | |
| | | | Andrina Weerman | | | | Paulisca Groenhof | |
| | | | 100m | 12.85 | (12.85) | 100m | 13.08 | (13.08) |
| | | | 500m | 47.78 | (34.93) | 500m | 49.28 | (36.20) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-------|---------|-------|--------------------------|---------|
| 60 | wt | 133 | Sandra v/d Heide | | DA1 | 42.50 | 43.28 | |
| | rd | 94 | Elvira bij de Weg | | DN2 | 44.22 | 44.83 | |
| | | | Sandra v/d Heide | | | | Elvira bij de Weg | |
| | | | 100m | 11.62 | (11.62) | 100m | 12.31 | (12.31) |
| | | | 500m | 43.28 | (31.66) | 500m | 44.83 | (32.52) |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-------|----|------------------------------|-------|---------|---------------------------|---------|--------------|------|
| 61 | gl | 95 Jenieke Kuiken | | | DN1 | 44.10 | 46.72 | |
| | bl | 91 Selina de Jong | | | DSA | 44.67 | 45.27 | |
| | | <u>Jenieke Kuiken</u> | | | <u>Selina de Jong</u> | | | |
| | | 100m | 12.64 | (12.64) | 100m | 12.40 | (12.40) | |
| | | 500m | 46.72 | (34.08) | 500m | 45.27 | (32.87) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 62 | wt | 86 Ruud Willems | | | H40 | 41.32 | WDR | |
| | rd | 136 Marika de Glee | | | DA1 | 40.79 | 41.85 | |
| | | <u>Ruud Willems</u> | | | <u>Marika de Glee</u> | | | |
| | | | | 100m | 11.45 | (11.45) | | |
| | | | | 500m | 41.85 | (30.40) | | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 63 | gl | 103 Ties Roemers | | | HN2 | 38.10 | 38.29 | |
| | bl | 93 Jan van der Stouwe | | | H55 | 39.24 | 43.01 | |
| | | <u>Ties Roemers</u> | | | <u>Jan van der Stouwe</u> | | | |
| | | 100m | 10.44 | (10.44) | 100m | 11.64 | (11.64) | |
| | | 500m | 38.29 | (27.85) | 500m | 43.01 | (31.37) | |

6. Uitslag Junioren A en ouder 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------------|-----|------|------|--------------|------|--------|
| 1 | 83 Jornt Dijk | HSA | 77 | O | 38.42 | | |
| 2 | 100 Sem Bodewes | HN1 | 76 | O | 38.43 | HT | |
| 3 | 143 Dyon Talsma | HN4 | 76 | I | 39.31 | HT | |
| 4 | 104 Doucelin Pedicone | HSA | 64 | I | 40.34 | | |
| 5 | 128 Jordy Kelderhuis | HA1 | 77 | I | 40.47 | | |
| 6 | 149 Tosca Mulder | DN2 | 75 | I | 41.91 | | |
| 7 | 138 Jelmer Koehoorn | HSA | 74 | I | 42.15 | | |
| 8 | 139 Lisan van der Linde | DN3 | 75 | O | 42.62 | | |
| 9 | 101 Pieter-Jorn Gemser | H45 | 74 | O | 43.40 | | |
| 10 | 88 Joas Woudstra | HSB | 72 | I | 43.54 | | |
| 11 | 97 Geert Fekken | H50 | 73 | O | 43.65 | | |
| 12 | 146 Stefan Huizinga | HA1 | 71 | I | 43.74 | | |
| 13 | 102 Wessel Wijnja | HSB | 72 | O | 43.83 | | |
| 14 | 99 Bianca van der Meer | DN3 | 73 | I | 44.85 | | |
| 15 | 129 Grietsen Wijma | H60 | 71 | O | 45.49 | | |
| 16 | 124 Nykle Dijkstra | HSB | 70 | I | 46.28 | | |
| 17 | 92 Annamarie Boersma | DSA | 69 | I | 46.67 | PR | |
| 18 | 82 Jasper Thomas Spijksma | HA1 | 68 | O | 46.69 | | |
| 19 | 72 Marriët van der Tol | DA1 | 68 | I | 46.99 | | |
| 20 | 135 Corien de Jong | DA2 | 70 | O | 47.32 | | |
| 21 | 89 Rianne Gerritsen | D40 | 67 | O | 47.60 | | |
| 22 | 119 Ilse Calsbeek | DA2 | 69 | O | 47.84 | | |
| 23 | 96 Tineke Schukken | D40 | 66 | O | 48.70 | | |
| 24 | 123 Tsjomme Dijkstra | HSB | 66 | I | 48.98 | | |
| 25 | 81 Elise Spijksma | DN2 | 67 | I | 49.31 | | |

6. Rituitslag Junioren A en ouder 500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|-----------------------|-------|---------|--|----|--------------|------|
| 64 | wt rd | 104 Doucelin Pedicone | | HSA | | | 40.34 | |
| | | Doucelin Pedicone | | | | | | |
| | | 100m | 11.64 | (11.64) | | m | | |
| | | 500m | 40.34 | (28.70) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----------|------|--|-----|--|----|------|------|
| 65 | gl bl | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|----------------------|-------|-----------------|------|-------|--------------|------|
| 66 | wt | 123 Tsjomme Dijkstra | | HSB | | 47.41 | 48.98 | |
| | rd | 96 Tineke Schukken | | D40 | | 48.51 | 48.70 | |
| | | Tsjomme Dijkstra | | Tineke Schukken | | | | |
| | | 100m | 12.50 | (12.50) | 100m | 13.17 | (13.17) | |
| | | 500m | 48.98 | (36.48) | 500m | 48.70 | (35.53) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-------|------------------|------|-------|--------------|------|
| 67 | gl | 81 Elise Spijsma | | DN2 | | 47.65 | 49.31 | |
| | bl | 89 Rianne Gerritsen | | D40 | | 46.37 | 47.60 | |
| | | Elise Spijsma | | Rianne Gerritsen | | | | |
| | | 100m | 13.64 | (13.64) | 100m | 12.89 | (12.89) | |
| | | 500m | 49.31 | (35.67) | 500m | 47.60 | (34.71) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|-------|-----------------------|------|-------|--------------|------|
| 68 | wt | 72 Marriët van der Tol | | DA1 | | 46.39 | 46.99 | |
| | rd | 82 Jasper Thomas Spijsma | | HA1 | | 46.65 | 46.69 | |
| | | Marriët van der Tol | | Jasper Thomas Spijsma | | | | |
| | | 100m | 12.73 | (12.73) | 100m | 12.71 | (12.71) | |
| | | 500m | 46.99 | (34.26) | 500m | 46.69 | (33.98) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------------|----------------------------|---------|-----------------------|-------|--------------|------|
| 69 | gl | 92 | Annamarie Boersma | | DSA | 47.38 | 46.67 | PR |
| | bl | 119 | Ilse Calsbeek | | DA2 | 46.38 | 47.84 | |
| | | <u>Annamarie Boersma</u> | | | <u>Ilse Calsbeek</u> | | | |
| | | 100m | 13.29 | (13.29) | 100m | 12.98 | (12.98) | |
| | | 500m | 46.67 | (33.38) | 500m | 47.84 | (34.86) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 70 | wt | 124 | Nykle Dijkstra | | HSB | 45.64 | 46.28 | |
| | rd | 135 | Corien de Jong | | DA2 | 45.31 | 47.32 | |
| | | <u>Nykle Dijkstra</u> | | | <u>Corien de Jong</u> | | | |
| | | 100m | 12.46 | (12.46) | 100m | 12.61 | (12.61) | |
| | | 500m | 46.28 | (33.82) | 500m | 47.32 | (34.71) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 71 | gl | 146 | Stefan Huizinga | | HA1 | 43.05 | 43.74 | |
| | bl | 129 | Grietsen Wijma | | H60 | 40.97 | 45.49 | |
| | | <u>Stefan Huizinga</u> | | | <u>Grietsen Wijma</u> | | | |
| | | 100m | 11.82 | (11.82) | 100m | 12.51 | (12.51) | |
| | | 500m | 43.74 | (31.92) | 500m | 45.49 | (32.98) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 72 | wt | 88 | Joas Woudstra | | HSB | 41.78 | 43.54 | |
| | rd | 102 | Wessel Wijnja | | HSB | 42.85 | 43.83 | |
| | | <u>Joas Woudstra</u> | | | <u>Wessel Wijnja</u> | | | |
| | | 100m | 11.82 | (11.82) | 100m | 12.11 | (12.11) | |
| | | 500m | 43.54 | (31.72) | 500m | 43.83 | (31.72) | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 73 | gl | 99 | Bianca van der Meer | | DN3 | 43.46 | 44.85 | |
| | bl | 97 | Geert Fekken | | H50 | 42.44 | 43.65 | |
| | | <u>Bianca van der Meer</u> | | | <u>Geert Fekken</u> | | | |
| | | 100m | 12.29 | (12.29) | 100m | 11.86 | (11.86) | |
| | | 500m | 44.85 | (32.56) | 500m | 43.65 | (31.79) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 74 | wt | 138 | Jelmer Koehoorn | | HSA | 41.73 | 42.15 | |
| | rd | 101 | Pieter-Jorn Gemser | | H45 | 40.63 | 43.40 | |
| | | Jelmer Koehoorn | | | Pieter-Jorn Gemser | | | |
| | | 100m | 11.79 | (11.79) | 100m | 11.85 | (11.85) | |
| | | 500m | 42.15 | (30.36) | 500m | 43.40 | (31.55) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 75 | gl | 149 | Tosca Mulder | | DN2 | 41.51 | 41.91 | |
| | bl | 139 | Lisan van der Linde | | DN3 | 41.45 | 42.62 | |
| | | Tosca Mulder | | | Lisan van der Linde | | | |
| | | 100m | 11.72 | (11.72) | 100m | 11.96 | (11.96) | |
| | | 500m | 41.91 | (30.19) | 500m | 42.62 | (30.66) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|--------------------|---------|--------------------|-------|--------------|------|
| 76 | wt | 143 | Dyon Talsma | | HN4 | 38.37 | 39.31 | HT |
| | rd | 100 | Sem Bodewes | | HN1 | 37.88 | 38.43 | HT |
| | | Dyon Talsma | | | Sem Bodewes | | | |
| | | 100m | 10.80 | (10.80) | 100m | 10.36 | (10.36) | |
| | | 500m | 39.31 | (28.51) | 500m | 38.43 | (28.07) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-------------------|-------|--------------|------|
| 77 | gl | 128 | Jordy Kelderhuis | | HA1 | 40.28 | 40.47 | |
| | bl | 83 | Jornt Dijk | | HSA | 37.70 | 38.42 | |
| | | Jordy Kelderhuis | | | Jornt Dijk | | | |
| | | 100m | 11.02 | (11.02) | 100m | 10.72 | (10.72) | |
| | | 500m | 40.47 | (29.45) | 500m | 38.42 | (27.70) | |

7. Uitslag Pure sprint 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1 | 103 Ties Roemers | HN2 | 84 | I | 24.51 | | |
| 2 | 136 Marika de Glee | DA1 | 84 | O | 27.05 | | |
| 3 | 133 Sandra v/d Heide | DA1 | 83 | I | 27.44 | | |
| 4 | 93 Jan van der Stouwe | H55 | 85 | I | 27.78 | | |
| 5 | 91 Selina de Jong | DSA | 83 | O | 28.40 | | |
| 6 | 94 Elvira bij de Weg | DN2 | 82 | I | 28.97 | | |
| 7 | 95 Jenieke Kuiken | DN1 | 82 | O | 29.95 | | |
| 8 | 144 Rianne van der Leij | DA1 | 81 | O | 30.02 | | |
| 9 | 84 Ulrike Weerman | DSA | 80 | I | 30.08 | | |
| 10 | 85 Andrina Weerman | DSA | 80 | O | 30.38 | | |
| 11 | 90 Paulisca Groenhof | DN1 | 81 | I | 30.81 | | |
| 12 | 105 Janine Postma | DA1 | 78 | I | 31.07 | | |
| 13 | 109 Meike de Groot | DA1 | 78 | O | 31.82 | | |
| | 86 Ruud Willems | H40 | | | WDR | | |

7. Rituitslag Pure sprint 300 meter

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------|-----------------------|---------------|------|
| 78 | wt | 105 Janine Postma | DA1 | 30.36 | 31.07 | |
| | rd | 109 Meike de Groot | DA1 | 31.08 | 31.82 | |
| | | <u>Janine Postma</u> | | <u>Meike de Groot</u> | | |
| | | 300m | 31.07 (31.07) | 300m | 31.82 (31.82) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------|-----|----------|------|------|
| 79 | gl | | | | | |
| | bl | | | | | |
| | | <u>m</u> | | <u>m</u> | | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|---------------|------------------------|---------------|------|
| 80 | wt | 84 Ulrike Weerman | DSA | 29.09 | 30.08 | |
| | rd | 85 Andrina Weerman | DSA | 30.09 | 30.38 | |
| | | <u>Ulrike Weerman</u> | | <u>Andrina Weerman</u> | | |
| | | 300m | 30.08 (30.08) | 300m | 30.38 (30.38) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------------|---------------|----------------------------|---------------|------|
| 81 | gl | 90 Paulisca Groenhof | DN1 | 30.15 | 30.81 | |
| | bl | 144 Rianne van der Leij | DA1 | 29.58 | 30.02 | |
| | | <u>Paulisca Groenhof</u> | | <u>Rianne van der Leij</u> | | |
| | | 300m | 30.81 (30.81) | 300m | 30.02 (30.02) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------------|-----------------------|---------------|------|
| 82 | wt | 94 Elvira bij de Weg | DN2 | 28.67 | 28.97 | |
| | rd | 95 Jenieke Kuiken | DN1 | 28.46 | 29.95 | |
| | | <u>Elvira bij de Weg</u> | | <u>Jenieke Kuiken</u> | | |
| | | 300m | 28.97 (28.97) | 300m | 29.95 (29.95) | |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-----------------------|-------|--------------|------|
| 83 | gl | 133 | Sandra v/d Heide | | DA1 | 27.42 | 27.44 | |
| | bl | 91 | Selina de Jong | | DSA | 28.25 | 28.40 | |
| | | <u>Sandra v/d Heide</u> | | | <u>Selina de Jong</u> | | | |
| | | 300m | 27.44 | (27.44) | 300m | 28.40 | (28.40) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 84 | wt | 103 | Ties Roemers | | HN2 | 24.18 | 24.51 | |
| | rd | 136 | Marika de Glee | | DA1 | 26.96 | 27.05 | |
| | | <u>Ties Roemers</u> | | | <u>Marika de Glee</u> | | | |
| | | 300m | 24.51 | (24.51) | 300m | 27.05 | (27.05) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|---------------------|-------|--------------|------|
| 85 | gl | 93 | Jan van der Stouwe | | H55 | 25.31 | 27.78 | |
| | bl | 86 | Ruud Willems | | H40 | 26.48 | WDR | |
| | | <u>Jan van der Stouwe</u> | | | <u>Ruud Willems</u> | | | |
| | | 300m | 27.78 | (27.78) | | | | |

8. Uitslag Junioren C/B 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------|-----|------|------|---------|------|--------|
| 1 | 43 Johannes Hoomans | HC2 | 113 | O | 1:59.21 | PR | |
| 2 | 74 Sven Burghoorn | HB1 | 109 | O | 2:04.30 | PR | |
| 3 | 41 Eva-Sofie Elferink | DB1 | 111 | O | 2:06.26 | | |
| 4 | 6 Colin de Velde | HC2 | 109 | I | 2:06.94 | PR | |
| 5 | 4 Luca Stroetinga | HC2 | 111 | I | 2:07.78 | PR | |
| 6 | 3 Tijn Bijma | HC2 | 110 | O | 2:09.99 | | |
| 7 | 1 Jelmer Tasma | HC2 | 108 | I | 2:10.31 | PR | |
| 8 | 69 Mariska Stegenga | DB1 | 103 | I | 2:11.64 | | |
| 9 | 18 Hannah de Vries | DC2 | 105 | I | 2:11.73 | PR | |
| 10 | 55 Anton Boersma | HC1 | 108 | O | 2:11.77 | | |
| 11 | 10 Kailey van der Veen | DC2 | 110 | I | 2:13.01 | | |
| 12 | 28 Ids Hellinga | HC1 | 104 | I | 2:13.07 | PR | |
| 13 | 140 Kenzo Hanse | HB1 | 91 | I | 2:14.70 | | |
| 14 | 37 Rosa-Lynn Compagner | DB1 | 102 | O | 2:14.74 | | |
| 15 | 76 Janna Wietske v.d. Ende | DC2 | 100 | I | 2:14.77 | PR | |
| 16 | 8 Marrit Bosma | DC2 | 104 | O | 2:15.07 | PR | |
| 17 | 25 Kyra Kamstra | DC2 | 106 | I | 2:16.47 | | |
| 18 | 13 Kaya Kolder | DC2 | 101 | I | 2:16.77 | PR | |
| 19 | 26 Sem de Vries | HB2 | 100 | O | 2:17.69 | PR | |
| 20 | 131 Jim Bergkamp | HC2 | 99 | I | 2:18.33 | PR | |
| 21 | 65 Gerianne Kromkamp | DC2 | 99 | O | 2:18.49 | PR | |
| 22 | 111 Stijn Bakker | HB1 | 101 | O | 2:18.83 | | |
| 23 | 130 Bjorn Koen | HB2 | 105 | O | 2:18.85 | | |
| 24 | 77 Tijmen Kiwiet | HB1 | 97 | I | 2:19.33 | PR | |
| 25 | 80 Neeltsje De Boer | DC2 | 90 | I | 2:19.40 | | |
| 26 | 147 Maaike Brouwer | DB1 | 103 | O | 2:21.27 | | |
| 27 | 75 Ties Buijert | HB1 | 96 | I | 2:22.07 | PR | |
| 28 | 2 Amber Feller | DB1 | 95 | I | 2:23.21 | PR | |
| 29 | 36 Mirte Kingma | DC2 | 95 | O | 2:24.83 | PR | |
| 30 | 16 Robine Lubbinge | DB1 | 92 | I | 2:25.09 | PR | |
| 31 | 126 Carlien van den Heuvel | DC1 | 94 | I | 2:26.22 | PR | |
| 32 | 14 Maud de Vries | DC1 | 94 | O | 2:26.50 | PR | |
| 33 | 49 Jelka Kootstra | DC2 | 93 | O | 2:28.02 | PR | |
| 34 | 35 Wytse Hamstra | HC1 | 86 | I | 2:28.40 | | |
| 35 | 110 Thijs Jorritsma | HC2 | 91 | O | 2:29.05 | | |
| 36 | 39 Eline Teeninga | DC2 | 96 | O | 2:29.45 | | |
| 37 | 73 Senn Yaniek Koeman | HC2 | 93 | I | 2:30.11 | PR | |
| 38 | 64 Vera Nijboer | DC2 | 92 | O | 2:34.37 | | |

Thialf - Heerenveen

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 39 | 56 Ryan Draaisma | HC1 | 106 | O | 2:36.36 | FL | |
| 40 | 50 Antje Ypma | DC1 | 97 | O | 2:39.12 | FL | |
| 41 | 121 Lotte de Jong | DB2 | 90 | O | 2:39.24 | | |
| 42 | 31 Lianne Bloem | DC2 | 88 | O | 2:40.94 | | |
| 43 | 59 Welmoed de Boer | DC2 | 89 | I | 2:42.19 | | |
| 44 | 79 Mika Kammeraat | HC1 | 89 | O | 2:44.43 | | |
| | 19 Mats Rabbinge | HB1 | 98 | O | | DNF | |
| | 30 Jan Aesge van der Meer | HC1 | 107 | O | | DNF | |
| | 113 Sander Leusink | HC1 | 88 | I | | DQ | |
| | 40 Merel Vlug | DC2 | 98 | I | | DNS | |
| | 20 Tim Postma | HC1 | 102 | I | | DNS | |
| | 78 Jente Kiwiet | HB1 | | | | WDR | |
| | 62 Rick Schuurman | HB2 | | | | WDR | |
| | 5 Niek Bijma | HB2 | | | | WDR | |
| | 7 Stefan Everts | HC2 | | | | WDR | |

8. Rituitslag Junioren C/B 1500 meter

| | | Naam | Cat | PR | Tijd Info |
|----|----------|-------------------------|-----|----|----------------|
| 86 | wt rd | 35 Wytse Hamstra | HC1 | | 2:28.40 |

Wytse Hamstra

| | | | |
|-------|---------|---------|---|
| 300m | 32.38 | (32.38) | m |
| 700m | 1:10.01 | (37.63) | |
| 1100m | 1:49.54 | (39.53) | |
| 1500m | 2:28.40 | (38.86) | |

| | | Naam | Cat | PR | Tijd Info |
|----|----------|------|-----|----|-----------|
| 87 | gl bl | | | | |

m

m

| | | Naam | Cat | PR | Tijd Info |
|----|----|---------------------------|-----|----|----------------|
| 88 | wt | 113 Sander Leusink | HC1 | | DQ |
| | rd | 31 Lisanne Bloem | DC2 | | 2:40.94 |

Sander Leusink

Lisanne Bloem

| | | |
|-------|---------|---------|
| 300m | 33.86 | (33.86) |
| 700m | 1:12.90 | (39.04) |
| 1100m | 1:55.87 | (42.97) |
| 1500m | 2:40.94 | (45.07) |

| | | Naam | Cat | PR | Tijd Info |
|----|----|---------------------------|-----|----|----------------|
| 89 | gl | 59 Welmoed de Boer | DC2 | | 2:42.19 |
| | bl | 79 Mika Kammeraat | HC1 | | 2:44.43 |

Welmoed de Boer

Mika Kammeraat

| | | | | | |
|-------|---------|---------|-------|---------|---------|
| 300m | 31.99 | (31.99) | 300m | 33.52 | (33.52) |
| 700m | 1:12.47 | (40.48) | 700m | 1:14.44 | (40.92) |
| 1100m | 1:55.94 | (43.47) | 1100m | 1:58.19 | (43.75) |
| 1500m | 2:42.19 | (46.25) | 1500m | 2:44.43 | (46.24) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-----|-----|----|----------------|------|
| 90 | wt | 80 | Neeltsje De Boer | | DC2 | | 2:19.40 | |
| | rd | 121 | Lotte de Jong | | DB2 | | 2:39.24 | |

Neeltsje De Boer

| | | |
|-------|---------|---------|
| 300m | 30.31 | (30.31) |
| 700m | 1:04.61 | (34.30) |
| 1100m | 1:40.80 | (36.19) |
| 1500m | 2:19.40 | (38.60) |

Lotte de Jong

| | | |
|-------|---------|---------|
| 300m | 33.58 | (33.58) |
| 700m | 1:13.56 | (39.98) |
| 1100m | 1:55.70 | (42.14) |
| 1500m | 2:39.24 | (43.54) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-----|-----|----|----------------|------|
| 91 | gl | 140 | Kenzo Hanse | | HB1 | | 2:14.70 | |
| | bl | 110 | Thijs Jorritsma | | HC2 | | 2:29.05 | |

Kenzo Hanse

| | | |
|-------|---------|---------|
| 300m | 28.91 | (28.91) |
| 700m | 1:02.17 | (33.26) |
| 1100m | 1:38.21 | (36.04) |
| 1500m | 2:14.70 | (36.49) |

Thijs Jorritsma

| | | |
|-------|---------|---------|
| 300m | 30.44 | (30.44) |
| 700m | 1:08.27 | (37.83) |
| 1100m | 1:48.01 | (39.74) |
| 1500m | 2:29.05 | (41.04) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-----|-----|---------|----------------|------|
| 92 | wt | 16 | Robine Lubbinge | | DB1 | 2:26.34 | 2:25.09 | PR |
| | rd | 64 | Vera Nijboer | | DC2 | 2:34.35 | 2:34.37 | |

Robine Lubbinge

| | | |
|-------|---------|---------|
| 300m | 29.99 | (29.99) |
| 700m | 1:06.64 | (36.65) |
| 1100m | 1:45.29 | (38.65) |
| 1500m | 2:25.09 | (39.80) |

Vera Nijboer

| | | |
|-------|---------|---------|
| 300m | 32.28 | (32.28) |
| 700m | 1:10.50 | (38.22) |
| 1100m | 1:51.80 | (41.30) |
| 1500m | 2:34.37 | (42.57) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|-----|-----|---------|----------------|------|
| 93 | gl | 73 | Senn Yaniek Koeman | | HC2 | 2:36.34 | 2:30.11 | PR |
| | bl | 49 | Jelka Kootstra | | DC2 | 2:31.05 | 2:28.02 | PR |

Senn Yaniek Koeman

| | | |
|-------|---------|---------|
| 300m | 30.84 | (30.84) |
| 700m | 1:08.94 | (38.10) |
| 1100m | 1:49.38 | (40.44) |
| 1500m | 2:30.11 | (40.73) |

Jelka Kootstra

| | | |
|-------|---------|---------|
| 300m | 29.91 | (29.91) |
| 700m | 1:05.75 | (35.84) |
| 1100m | 1:45.41 | (39.66) |
| 1500m | 2:28.02 | (42.61) |

Thialf - Heerenveen

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------------|-----|-----|----|---------|-------------------|
| 94 | wt | 126 | Carljen van den Heuvel | | DC1 | | 2:26.66 | 2:26.22 PR |
| | rd | 14 | Maud de Vries | | DC1 | | 2:26.94 | 2:26.50 PR |

Carljen van den Heuvel

| | | |
|-------|---------|---------|
| 300m | 31.28 | (31.28) |
| 700m | 1:08.80 | (37.52) |
| 1100m | 1:47.43 | (38.63) |
| 1500m | 2:26.22 | (38.79) |

Maud de Vries

| | | |
|-------|---------|---------|
| 300m | 31.75 | (31.75) |
| 700m | 1:08.29 | (36.54) |
| 1100m | 1:47.27 | (38.98) |
| 1500m | 2:26.50 | (39.23) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------|-----|-----|----|---------|-------------------|
| 95 | gl | 2 | Amber Feller | | DB1 | | 2:24.22 | 2:23.21 PR |
| | bl | 36 | Mirte Kingma | | DC2 | | 2:29.72 | 2:24.83 PR |

Amber Feller

| | | |
|-------|---------|---------|
| 300m | 30.21 | (30.21) |
| 700m | 1:05.28 | (35.07) |
| 1100m | 1:43.83 | (38.55) |
| 1500m | 2:23.21 | (39.38) |

Mirte Kingma

| | | |
|-------|---------|---------|
| 300m | 30.71 | (30.71) |
| 700m | 1:06.72 | (36.01) |
| 1100m | 1:45.21 | (38.49) |
| 1500m | 2:24.83 | (39.62) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-----|-----|----|---------|-------------------|
| 96 | wt | 75 | Ties Buijert | | HB1 | | 2:23.65 | 2:22.07 PR |
| | rd | 39 | Eline Teeninga | | DC2 | | 2:24.34 | 2:29.45 |

Ties Buijert

| | | |
|-------|---------|---------|
| 300m | 30.51 | (30.51) |
| 700m | 1:06.97 | (36.46) |
| 1100m | 1:44.92 | (37.95) |
| 1500m | 2:22.07 | (37.15) |

Eline Teeninga

| | | |
|-------|---------|---------|
| 300m | 30.50 | (30.50) |
| 700m | 1:07.18 | (36.68) |
| 1100m | 1:47.68 | (40.50) |
| 1500m | 2:29.45 | (41.77) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|----------------------|-----|-----|----|---------|-------------------|
| 97 | gl | 77 | Tijmen Kiwiet | | HB1 | | 2:25.34 | 2:19.33 PR |
| | bl | 50 | Antje Ypma | | DC1 | | 2:25.51 | 2:39.12 FL |

Tijmen Kiwiet

| | | |
|-------|---------|---------|
| 300m | 28.91 | (28.91) |
| 700m | 1:03.72 | (34.81) |
| 1100m | 1:41.12 | (37.40) |
| 1500m | 2:19.33 | (38.21) |

Antje Ypma

| | | |
|-------|---------|---------|
| 300m | 41.52 | (41.52) |
| 700m | 1:18.96 | (37.44) |
| 1100m | 1:58.84 | (39.88) |
| 1500m | 2:39.12 | (40.28) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-------------------------|-----|---------|----------------------|------------|
| 98 | wt | 40 Merel Vlug | DC2 | 2:21.51 | | DNS |
| | rd | 19 Mats Rabbinge | HB1 | 2:22.80 | | DNF |
| | | <u>Merel Vlug</u> | | | <u>Mats Rabbinge</u> | |
| | | | | 300m | 30.16 | (30.16) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|---------|---------|--------------------------|-------------------|
| 99 | gl | 131 Jim Bergkamp | HC2 | 2:21.63 | | 2:18.33 PR |
| | bl | 65 Gerianne Kromkamp | DC2 | 2:21.81 | | 2:18.49 PR |
| | | <u>Jim Bergkamp</u> | | | <u>Gerianne Kromkamp</u> | |
| | | 300m | 29.48 | (29.48) | 300m | 29.58 (29.58) |
| | | 700m | 1:04.31 | (34.83) | 700m | 1:04.22 (34.64) |
| | | 1100m | 1:40.92 | (36.61) | 1100m | 1:41.53 (37.31) |
| | | 1500m | 2:18.33 | (37.41) | 1500m | 2:18.49 (36.96) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-----------------------------------|---------|---------|---------------------|-------------------|
| 100 | wt | 76 Janna Wietske v.d. Ende | DC2 | 2:17.70 | | 2:14.77 PR |
| | rd | 26 Sem de Vries | HB2 | 2:18.73 | | 2:17.69 PR |
| | | <u>Janna Wietske v.d. Ende</u> | | | <u>Sem de Vries</u> | |
| | | 300m | 28.36 | (28.36) | 300m | 29.33 (29.33) |
| | | 700m | 1:02.14 | (33.78) | 700m | 1:04.31 (34.98) |
| | | 1100m | 1:37.85 | (35.71) | 1100m | 1:40.74 (36.43) |
| | | 1500m | 2:14.77 | (36.92) | 1500m | 2:17.69 (36.95) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|---------|---------|---------------------|-------------------|
| 101 | gl | 13 Kaya Kolder | DC2 | 2:17.51 | | 2:16.77 PR |
| | bl | 111 Stijn Bakker | HB1 | 2:15.82 | | 2:18.83 |
| | | <u>Kaya Kolder</u> | | | <u>Stijn Bakker</u> | |
| | | 300m | 29.88 | (29.88) | 300m | 30.93 (30.93) |
| | | 700m | 1:03.90 | (34.02) | 700m | 1:04.92 (33.99) |
| | | 1100m | 1:39.56 | (35.66) | 1100m | 1:40.66 (35.74) |
| | | 1500m | 2:16.77 | (37.21) | 1500m | 2:18.83 (38.17) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------------|-----|---------|------|----------------|
| 102 | wt | 20 Tim Postma | HC1 | 2:17.40 | | DNS |
| | rd | 37 Rosa-Lynn Compagner | DB1 | 2:12.86 | | 2:14.74 |

Tim Postma

Rosa-Lynn Compagner

| | | |
|-------|---------|---------|
| 300m | 29.33 | (29.33) |
| 700m | 1:03.26 | (33.93) |
| 1100m | 1:38.80 | (35.54) |
| 1500m | 2:14.74 | (35.94) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------|-----|---------|------|----------------|
| 103 | gl | 69 Mariska Stegenga | DB1 | 2:11.18 | | 2:11.64 |
| | bl | 147 Maaïke Brouwer | DB1 | 2:16.95 | | 2:21.27 |

Mariska Stegenga

Maaïke Brouwer

| | | | | | |
|-------|---------|---------|-------|---------|---------|
| 300m | 28.63 | (28.63) | 300m | 29.76 | (29.76) |
| 700m | 1:00.70 | (32.07) | 700m | 1:04.89 | (35.13) |
| 1100m | 1:34.95 | (34.25) | 1100m | 1:42.13 | (37.24) |
| 1500m | 2:11.64 | (36.69) | 1500m | 2:21.27 | (39.14) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|------------------------|-----|---------|------|-------------------|
| 104 | wt | 28 Ids Hellinga | HC1 | 2:14.45 | | 2:13.07 PR |
| | rd | 8 Marrit Bosma | DC2 | 2:15.54 | | 2:15.07 PR |

Ids Hellinga

Marrit Bosma

| | | | | | |
|-------|---------|---------|-------|---------|---------|
| 300m | 28.64 | (28.64) | 300m | 29.50 | (29.50) |
| 700m | 1:01.79 | (33.15) | 700m | 1:02.59 | (33.09) |
| 1100m | 1:37.44 | (35.65) | 1100m | 1:37.93 | (35.34) |
| 1500m | 2:13.07 | (35.63) | 1500m | 2:15.07 | (37.14) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|---------------------------|-----|---------|------|-------------------|
| 105 | gl | 18 Hannah de Vries | DC2 | 2:13.65 | | 2:11.73 PR |
| | bl | 130 Bjorn Koen | HB2 | 2:14.15 | | 2:18.85 |

Hannah de Vries

Bjorn Koen

| | | | | | |
|-------|---------|---------|-------|---------|---------|
| 300m | 28.16 | (28.16) | 300m | 28.71 | (28.71) |
| 700m | 1:00.41 | (32.25) | 700m | 1:03.17 | (34.46) |
| 1100m | 1:35.06 | (34.65) | 1100m | 1:40.80 | (37.63) |
| 1500m | 2:11.73 | (36.67) | 1500m | 2:18.85 | (38.05) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-----|---------|----------------|------|
| 106 | wt | 25 Kyra Kamstra | DC2 | 2:13.38 | 2:16.47 | |
| | rd | 56 Ryan Draaisma | HC1 | 2:11.54 | 2:36.36 | FL |

Kyra Kamstra

| | | |
|-------|---------|---------|
| 300m | 28.22 | (28.22) |
| 700m | 1:01.31 | (33.09) |
| 1100m | 1:37.40 | (36.09) |
| 1500m | 2:16.47 | (39.07) |

Ryan Draaisma

| | | |
|-------|---------|---------|
| 300m | 27.69 | (27.69) |
| 700m | 59.88 | (32.19) |
| 1100m | 1:50.37 | (50.49) |
| 1500m | 2:36.36 | (45.99) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|----------------------------------|-----|---------|------------|------|
| 107 | gl | 78 Jente Kiwiet | HB1 | 2:11.52 | WDR | |
| | bl | 30 Jan Aesge van der Meer | HC1 | 2:11.94 | DNF | |

Jente Kiwiet

Jan Aesge van der Meer

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-----|---------|----------------|------|
| 108 | wt | 1 Jelmer Tasma | HC2 | 2:10.73 | 2:10.31 | PR |
| | rd | 55 Anton Boersma | HC1 | 2:11.02 | 2:11.77 | |

Jelmer Tasma

| | | |
|-------|---------|---------|
| 300m | 28.69 | (28.69) |
| 700m | 1:02.00 | (33.31) |
| 1100m | 1:36.17 | (34.17) |
| 1500m | 2:10.31 | (34.14) |

Anton Boersma

| | | |
|-------|---------|---------|
| 300m | 27.79 | (27.79) |
| 700m | 1:00.50 | (32.71) |
| 1100m | 1:35.55 | (35.05) |
| 1500m | 2:11.77 | (36.22) |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------|-----|---------|----------------|------|
| 109 | gl | 6 Colin de Velde | HC2 | 2:10.62 | 2:06.94 | PR |
| | bl | 74 Sven Burghoorn | HB1 | 2:09.36 | 2:04.30 | PR |

Colin de Velde

| | | |
|-------|---------|---------|
| 300m | 27.28 | (27.28) |
| 700m | 58.80 | (31.52) |
| 1100m | 1:32.36 | (33.56) |
| 1500m | 2:06.94 | (34.58) |

Sven Burghoorn

| | | |
|-------|---------|---------|
| 300m | 25.37 | (25.37) |
| 700m | 55.23 | (29.86) |
| 1100m | 1:28.65 | (33.42) |
| 1500m | 2:04.30 | (35.65) |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------------|----------------------------|---------|-------------------|---------|----------------|------|
| 110 | wt | 10 | Kailey van der Veen | | DC2 | 2:09.37 | 2:13.01 | |
| | rd | 3 | Tijn Bijma | | HC2 | 2:08.16 | 2:09.99 | |
| | | <u>Kailey van der Veen</u> | | | <u>Tijn Bijma</u> | | | |
| | | 300m | 28.69 | (28.69) | 300m | 27.71 | (27.71) | |
| | | 700m | 1:01.35 | (32.66) | 700m | 1:00.71 | (33.00) | |
| | | 1100m | 1:36.36 | (35.01) | 1100m | 1:35.20 | (34.49) | |
| | | 1500m | 2:13.01 | (36.65) | 1500m | 2:09.99 | (34.79) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|------------------------|---------------------------|---------|---------------------------|---------|----------------|------|
| 111 | gl | 4 | Luca Stroetinga | | HC2 | 2:09.17 | 2:07.78 | PR |
| | bl | 41 | Eva-Sofie Elferink | | DB1 | 2:05.04 | 2:06.26 | |
| | | <u>Luca Stroetinga</u> | | | <u>Eva-Sofie Elferink</u> | | | |
| | | 300m | 27.79 | (27.79) | 300m | 28.22 | (28.22) | |
| | | 700m | 59.30 | (31.51) | 700m | 59.58 | (31.36) | |
| | | 1100m | 1:32.51 | (33.21) | 1100m | 1:32.37 | (32.79) | |
| | | 1500m | 2:07.78 | (35.27) | 1500m | 2:06.26 | (33.89) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|--|-------------------|---------|------------|------|
| 112 | wt | 62 | Rick Schuurman | | HB2 | 2:00.63 | WDR | |
| | rd | 5 | Niek Bijma | | HB2 | 1:58.03 | WDR | |
| | | <u>Rick Schuurman</u> | | | <u>Niek Bijma</u> | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|-------------------------|--|-------------------------|---------|----------------|------|
| 113 | gl | 7 | Stefan Everts | | HC2 | 2:02.92 | WDR | |
| | bl | 43 | Johannes Hoomans | | HC2 | 2:02.22 | 1:59.21 | PR |
| | | <u>Stefan Everts</u> | | | <u>Johannes Hoomans</u> | | | |
| | | 300m | | | 300m | 25.28 | (25.28) | |
| | | 700m | | | 700m | 54.32 | (29.04) | |
| | | 1100m | | | 1100m | 1:25.78 | (31.46) | |
| | | 1500m | | | 1500m | 1:59.21 | (33.43) | |

9. Uitslag Junioren A en ouder 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 143 Dyon Talsma | HN4 | 121 | I | 1:58.60 | | |
| 2 | 104 Doucelin Pedicone | HSA | 114 | I | 1:58.74 | | |
| 3 | 138 Jelmer Koehoorn | HSA | 120 | I | 2:02.41 | | |
| 4 | 102 Wessel Wijnja | HSB | 121 | O | 2:07.67 | | |
| 5 | 139 Lisan van der Linde | DN3 | 119 | I | 2:10.54 | | |
| 6 | 99 Bianca van der Meer | DN3 | 118 | I | 2:21.67 | | |
| 7 | 89 Rianne Gerritsen | D40 | 116 | I | 2:24.04 | | |
| 8 | 82 Jasper Thomas Spijksma | HA1 | 116 | O | 2:24.42 | | |
| 9 | 96 Tineke Schukken | D40 | 119 | O | 2:25.28 | | |
| 10 | 123 Tsjomme Dijkstra | HSB | 117 | I | 2:25.36 | | |
| 11 | 72 Marriët van der Tol | DA1 | 117 | O | 2:26.58 | | |
| 12 | 135 Corien de Jong | DA2 | 118 | O | 2:27.75 | | |
| 13 | 81 Elise Spijksma | DN2 | 114 | O | 2:28.86 | PR | |
| | 101 Pieter-Jorn Gemser | H45 | | | | WDR | |

9. Rituitslag Junioren A en ouder 1500 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|--------------------------|---------|---------|---------|-----------------------|---------|
| 114 | wt | 104 | Doucelin Pedicone | | HSA | | 1:58.74 | |
| | rd | 81 | Elise Spijksma | | DN2 | 2:29.51 | 2:28.86 | PR |
| | | | Doucelin Pedicone | | | | Elise Spijksma | |
| | | | 300m | 27.11 | (27.11) | 300m | 32.06 | (32.06) |
| | | | 700m | 56.16 | (29.05) | 700m | 1:09.03 | (36.97) |
| | | | 1100m | 1:26.71 | (30.55) | 1100m | 1:47.97 | (38.94) |
| | | | 1500m | 1:58.74 | (32.03) | 1500m | 2:28.86 | (40.89) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|---|-----|--|----|------|------|
| 115 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | m | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|-------------------------------|---------|---------|---------|-------------------------------|---------|
| 116 | wt | 89 | Rianne Gerritsen | | D40 | 2:22.20 | 2:24.04 | |
| | rd | 82 | Jasper Thomas Spijksma | | HA1 | 2:23.52 | 2:24.42 | |
| | | | Rianne Gerritsen | | | | Jasper Thomas Spijksma | |
| | | | 300m | 31.39 | (31.39) | 300m | 31.25 | (31.25) |
| | | | 700m | 1:07.65 | (36.26) | 700m | 1:07.31 | (36.06) |
| | | | 1100m | 1:45.36 | (37.71) | 1100m | 1:45.55 | (38.24) |
| | | | 1500m | 2:24.04 | (38.68) | 1500m | 2:24.42 | (38.87) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|------|----------------------------|---------|---------|---------|----------------------------|---------|
| 117 | gl | 123 | Tsjomme Dijkstra | | HSB | 2:23.34 | 2:25.36 | |
| | bl | 72 | Marriët van der Tol | | DA1 | 2:24.36 | 2:26.58 | |
| | | | Tsjomme Dijkstra | | | | Marriët van der Tol | |
| | | | 300m | 31.35 | (31.35) | 300m | 30.99 | (30.99) |
| | | | 700m | 1:08.49 | (37.14) | 700m | 1:07.50 | (36.51) |
| | | | 1100m | 1:46.40 | (37.91) | 1100m | 1:46.27 | (38.77) |
| | | | 1500m | 2:25.36 | (38.96) | 1500m | 2:26.58 | (40.31) |

Thialf - Heerenveen

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------------|-----|-----------------------|----------------|-----------------------|
| 118 | wt | 99 Bianca van der Meer | DN3 | 2:11.92 | 2:21.67 | |
| | rd | 135 Corien de Jong | DA2 | 2:18.19 | 2:27.75 | |
| | | <u>Bianca van der Meer</u> | | | | <u>Corien de Jong</u> |
| | | 300m 29.16 (29.16) | | 300m 30.88 (30.88) | | |
| | | 700m 1:03.54 (34.38) | | 700m 1:08.05 (37.17) | | |
| | | 1100m 1:41.47 (37.93) | | 1100m 1:47.66 (39.61) | | |
| | | 1500m 2:21.67 (40.20) | | 1500m 2:27.75 (40.09) | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------------|-----|-----------------------|----------------|------------------------|
| 119 | gl | 139 Lisan van der Linde | DN3 | 2:04.76 | 2:10.54 | |
| | bl | 96 Tineke Schukken | D40 | 2:22.06 | 2:25.28 | |
| | | <u>Lisan van der Linde</u> | | | | <u>Tineke Schukken</u> |
| | | 300m 28.85 (28.85) | | 300m 31.71 (31.71) | | |
| | | 700m 1:01.15 (32.30) | | 700m 1:08.19 (36.48) | | |
| | | 1100m 1:34.99 (33.84) | | 1100m 1:46.31 (38.12) | | |
| | | 1500m 2:10.54 (35.55) | | 1500m 2:25.28 (38.97) | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|-------------------------------|-----|---------|----------------|---------------------------|
| 120 | wt | 138 Jelmer Koehoorn | HSA | 1:59.37 | 2:02.41 | |
| | rd | 101 Pieter-Jorn Gemser | H45 | 2:01.60 | WDR | |
| | | <u>Jelmer Koehoorn</u> | | | | <u>Pieter-Jorn Gemser</u> |
| | | 300m 27.93 (27.93) | | | | |
| | | 700m 58.45 (30.52) | | | | |
| | | 1100m 1:29.98 (31.53) | | | | |
| | | 1500m 2:02.41 (32.43) | | | | |

| | | Naam | Cat | PR | Tijd | Info |
|-----|----|--------------------------|-----|-----------------------|----------------|----------------------|
| 121 | gl | 143 Dyon Talsma | HN4 | 1:54.46 | 1:58.60 | |
| | bl | 102 Wessel Wijnja | HSB | 2:05.76 | 2:07.67 | |
| | | <u>Dyon Talsma</u> | | | | <u>Wessel Wijnja</u> |
| | | 300m 26.11 (26.11) | | 300m 28.07 (28.07) | | |
| | | 700m 56.01 (29.90) | | 700m 59.88 (31.81) | | |
| | | 1100m 1:26.53 (30.52) | | 1100m 1:33.16 (33.28) | | |
| | | 1500m 1:58.60 (32.07) | | 1500m 2:07.67 (34.51) | | |

11. Uitslag Junioren C/B 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------------------|-----|------|------|---------|------|--------|
| 1 | 142 Sara van de Pol | DC2 | 137 | O | 1:26.14 | PR | |
| 2 | 52 Rixt Bijlsma | DC1 | 136 | O | 1:31.37 | PR | |
| 3 | 24 Hidde-Jan Poiesz | HC2 | 138 | O | 1:31.87 | PR | |
| 4 | 141 Menthe Pietersma | DC1 | 136 | I | 1:32.45 | PR | |
| 5 | 44 Tobias Pleij | HC1 | 138 | I | 1:32.55 | | |
| 6 | 48 Brent Movrin | HB2 | 132 | O | 1:32.79 | PR | |
| 7 | 54 Daan Westra | HC1 | 135 | O | 1:35.43 | | |
| 8 | 42 Ties Mercur | HC1 | 137 | I | 1:35.54 | | |
| 9 | 47 Kim van der Graaf | DB1 | 134 | O | 1:35.62 | | |
| 10 | 51 Sybrich Buisman | DC1 | 130 | I | 1:35.73 | PR | |
| 11 | 21 Tieme Bouma | HC1 | 133 | I | 1:37.30 | PR | |
| 12 | 61 Romke Jepma | HC2 | 129 | I | 1:37.32 | PR | |
| 13 | 34 Thijs de Wit | HC2 | 131 | O | 1:39.12 | PR | |
| 14 | 33 Esmee Soet | DC2 | 130 | O | 1:39.69 | PR | |
| 15 | 116 Maud Jubbega | DC2 | 132 | I | 1:40.44 | | |
| 16 | 63 Jildou de Haan | DC2 | 131 | I | 1:40.75 | | |
| 17 | 11 Silke Vries | DC1 | 129 | O | 1:42.41 | PR | |
| 18 | 150 Alyne Goerres | DC2 | 135 | I | 1:43.03 | | |
| 19 | 58 Rhodé Westhoff | DC1 | 127 | O | 1:43.28 | PR | |
| 20 | 57 Gideon Westhoff | HC1 | 127 | I | 1:44.06 | PR | |
| 21 | 27 Feya Hollak | DC1 | 128 | I | 1:46.41 | PR | |
| 22 | 38 Verena Jansen | DC1 | 126 | I | 1:48.08 | PR | |
| 23 | 148 Annet de Boer | DC1 | 124 | O | 1:48.36 | | |
| 24 | 53 Tamar Daleman | DC1 | 125 | I | 1:48.51 | PR | |
| 25 | 32 Frouwkje Dijkstra | DC2 | 126 | O | 1:48.57 | PR | |
| 26 | 112 Jildau Sietsma | DC1 | 124 | I | 1:52.19 | PR | |
| 27 | 9 Emma van der Tol | DC1 | 125 | O | 1:56.25 | | |
| 28 | 67 Kim Kuiper | DC1 | 123 | I | 1:56.82 | PR | |
| | 127 Keira Wind | DC1 | | | | WDR | |
| | 46 Aimee Prins | DC2 | | | | WDR | |
| | 134 Daphne Marit van der Heide | DB2 | | | | WDR | |

11. Rituitslag Junioren C/B 1000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----------|----------------------|--|-----|--|---------|----------------|------|
| 123 | wt rd | 67 Kim Kuiper | | DC1 | | 2:04.91 | 1:56.82 | PR |

Kim Kuiper

| | | | |
|-------|---------|---------|---|
| 200m | 26.74 | (26.74) | m |
| 600m | 1:10.69 | (43.95) | |
| 1000m | 1:56.82 | (46.13) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|---------------------------|--|-----|--|---------|----------------|------|
| 124 | gl | 112 Jildau Sietsma | | DC1 | | 1:53.30 | 1:52.19 | PR |
| | bl | 148 Annet de Boer | | DC1 | | | 1:48.36 | |

Jildau Sietsma

| | | |
|-------|---------|---------|
| 200m | 24.80 | (24.80) |
| 600m | 1:06.36 | (41.56) |
| 1000m | 1:52.19 | (45.83) |

Annet de Boer

| | | |
|-------|---------|---------|
| 200m | 25.75 | (25.75) |
| 600m | 1:06.77 | (41.02) |
| 1000m | 1:48.36 | (41.59) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|---------------------------|--|-----|--|---------|----------------|------|
| 125 | wt | 53 Tamar Daleman | | DC1 | | 1:54.04 | 1:48.51 | PR |
| | rd | 9 Emma van der Tol | | DC1 | | 1:54.89 | 1:56.25 | |

Tamar Daleman

| | | |
|-------|---------|---------|
| 200m | 24.84 | (24.84) |
| 600m | 1:06.59 | (41.75) |
| 1000m | 1:48.51 | (41.92) |

Emma van der Tol

| | | |
|-------|---------|---------|
| 200m | 26.27 | (26.27) |
| 600m | 1:10.08 | (43.81) |
| 1000m | 1:56.25 | (46.17) |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------------|--|-----|--|---------|----------------|------|
| 126 | gl | 38 Verena Jansen | | DC1 | | 1:52.44 | 1:48.08 | PR |
| | bl | 32 Frouwkje Dijkstra | | DC2 | | 1:49.45 | 1:48.57 | PR |

Verena Jansen

| | | |
|-------|---------|---------|
| 200m | 24.86 | (24.86) |
| 600m | 1:05.35 | (40.49) |
| 1000m | 1:48.08 | (42.73) |

Frouwkje Dijkstra

| | | |
|-------|---------|---------|
| 200m | 24.51 | (24.51) |
| 600m | 1:04.84 | (40.33) |
| 1000m | 1:48.57 | (43.73) |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------------|---------|---------|-----------------------|---------|----------------|------|
| 127 | wt | 57 Gideon Westhoff | | | HC1 | 1:45.80 | 1:44.06 | PR |
| | rd | 58 Rhodé Westhoff | | | DC1 | 1:48.99 | 1:43.28 | PR |
| | | Gideon Westhoff | | | Rhodé Westhoff | | | |
| | | 200m | 23.06 | (23.06) | 200m | 24.12 | (24.12) | |
| | | 600m | 1:02.02 | (38.96) | 600m | 1:01.82 | (37.70) | |
| | | 1000m | 1:44.06 | (42.04) | 1000m | 1:43.28 | (41.46) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|---------|---------|-------------------|---------|----------------|------|
| 128 | gl | 27 Feya Hollak | | | DC1 | 1:47.81 | 1:46.41 | PR |
| | bl | 127 Keira Wind | | | DC1 | 1:37.68 | WDR | |
| | | Feya Hollak | | | Keira Wind | | | |
| | | 200m | 23.61 | (23.61) | | | | |
| | | 600m | 1:03.19 | (39.58) | | | | |
| | | 1000m | 1:46.41 | (43.22) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|---------|---------|--------------------|---------|----------------|------|
| 129 | wt | 61 Romke Jepma | | | HC2 | 1:41.16 | 1:37.32 | PR |
| | rd | 11 Silke Vries | | | DC1 | 1:44.22 | 1:42.41 | PR |
| | | Romke Jepma | | | Silke Vries | | | |
| | | 200m | 22.76 | (22.76) | 200m | 24.18 | (24.18) | |
| | | 600m | 59.33 | (36.57) | 600m | 1:02.56 | (38.38) | |
| | | 1000m | 1:37.32 | (37.99) | 1000m | 1:42.41 | (39.85) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------------|---------|---------|-------------------|---------|----------------|------|
| 130 | gl | 51 Sybrich Buisman | | | DC1 | 1:37.22 | 1:35.73 | PR |
| | bl | 33 Esmee Soet | | | DC2 | 1:41.54 | 1:39.69 | PR |
| | | Sybrich Buisman | | | Esmee Soet | | | |
| | | 200m | 21.98 | (21.98) | 200m | 23.38 | (23.38) | |
| | | 600m | 58.22 | (36.24) | 600m | 1:00.41 | (37.03) | |
| | | 1000m | 1:35.73 | (37.51) | 1000m | 1:39.69 | (39.28) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|---------------------|---------|----------------|------|
| 131 | wt | 63 | Jildou de Haan | | DC2 | 1:39.70 | 1:40.75 | |
| | rd | 34 | Thijs de Wit | | HC2 | 1:40.62 | 1:39.12 | PR |
| | | <u>Jildou de Haan</u> | | | <u>Thijs de Wit</u> | | | |
| | | 200m | 22.82 | (22.82) | 200m | 22.16 | (22.16) | |
| | | 600m | 59.76 | (36.94) | 600m | 59.60 | (37.44) | |
| | | 1000m | 1:40.75 | (40.99) | 1000m | 1:39.12 | (39.52) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|---------------------|---------|---------------------|---------|----------------|------|
| 132 | gl | 116 | Maud Jubbega | | DC2 | 1:36.79 | 1:40.44 | |
| | bl | 48 | Brent Movrin | | HB2 | 1:39.16 | 1:32.79 | PR |
| | | <u>Maud Jubbega</u> | | | <u>Brent Movrin</u> | | | |
| | | 200m | 22.67 | (22.67) | 200m | 20.26 | (20.26) | |
| | | 600m | 59.59 | (36.92) | 600m | 54.17 | (33.91) | |
| | | 1000m | 1:40.44 | (40.85) | 1000m | 1:32.79 | (38.62) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|--------------------|--------------------|---------|--------------------|---------|----------------|------|
| 133 | wt | 21 | Tieme Bouma | | HC1 | 1:37.70 | 1:37.30 | PR |
| | rd | 46 | Aimee Prins | | DC2 | 1:38.29 | WDR | |
| | | <u>Tieme Bouma</u> | | | <u>Aimee Prins</u> | | | |
| | | 200m | 22.42 | (22.42) | | | | |
| | | 600m | 59.08 | (36.66) | | | | |
| | | 1000m | 1:37.30 | (38.22) | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-----------------------------------|-----------------------------------|--|--------------------------|---------|----------------|------|
| 134 | gl | 134 | Daphne Marit van der Heide | | DB2 | 1:38.45 | WDR | |
| | bl | 47 | Kim van der Graaf | | DB1 | 1:35.07 | 1:35.62 | |
| | | <u>Daphne Marit van der Heide</u> | | | <u>Kim van der Graaf</u> | | | |
| | | | | | 200m | 21.52 | (21.52) | |
| | | | | | 600m | 56.61 | (35.09) | |
| | | | | | 1000m | 1:35.62 | (39.01) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|----------------------|----------------------|---------|--------------------|---------|----------------|------|
| 135 | wt | 150 | Alyne Goerres | | DC2 | 1:37.36 | 1:43.03 | |
| | rd | 54 | Daan Westra | | HC1 | 1:34.44 | 1:35.43 | |
| | | <u>Alyne Goerres</u> | | | <u>Daan Westra</u> | | | |
| | | 200m | 24.14 | (24.14) | 200m | 22.61 | (22.61) | |
| | | 600m | 1:02.70 | (38.56) | 600m | 57.95 | (35.34) | |
| | | 1000m | 1:43.03 | (40.33) | 1000m | 1:35.43 | (37.48) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|-------------------------|-------------------------|---------|---------------------|---------|----------------|------|
| 136 | gl | 141 | Menthe Pietersma | | DC1 | 1:36.61 | 1:32.45 | PR |
| | bl | 52 | Rixt Bijlsma | | DC1 | 1:34.26 | 1:31.37 | PR |
| | | <u>Menthe Pietersma</u> | | | <u>Rixt Bijlsma</u> | | | |
| | | 200m | 21.52 | (21.52) | 200m | 21.14 | (21.14) | |
| | | 600m | 55.98 | (34.46) | 600m | 55.05 | (33.91) | |
| | | 1000m | 1:32.45 | (36.47) | 1000m | 1:31.37 | (36.32) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|--------------------|------------------------|---------|------------------------|---------|----------------|------|
| 137 | wt | 42 | Ties Mercur | | HC1 | 1:34.05 | 1:35.54 | |
| | rd | 142 | Sara van de Pol | | DC2 | 1:30.54 | 1:26.14 | PR |
| | | <u>Ties Mercur</u> | | | <u>Sara van de Pol</u> | | | |
| | | 200m | 21.95 | (21.95) | 200m | 21.32 | (21.32) | |
| | | 600m | 58.21 | (36.26) | 600m | 53.49 | (32.17) | |
| | | 1000m | 1:35.54 | (37.33) | 1000m | 1:26.14 | (32.65) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----|----|---------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 138 | gl | 44 | Tobias Pleij | | HC1 | 1:31.60 | 1:32.55 | |
| | bl | 24 | Hidde-Jan Poiesz | | HC2 | 1:33.18 | 1:31.87 | PR |
| | | <u>Tobias Pleij</u> | | | <u>Hidde-Jan Poiesz</u> | | | |
| | | 200m | 21.26 | (21.26) | 200m | 20.68 | (20.68) | |
| | | 600m | 55.09 | (33.83) | 600m | 54.14 | (33.46) | |
| | | 1000m | 1:32.55 | (37.46) | 1000m | 1:31.87 | (37.73) | |

12. Uitslag Junioren A en ouder 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------------|-----|------|------|----------------|------|--------|
| 1 | 83 Jornt Dijk | HSA | 143 | I | 1:15.03 | | |
| 2 | 100 Sem Bodewes | HN1 | 144 | O | 1:15.07 | PR | |
| 3 | 128 Jordy Kelderhuis | HA1 | 143 | O | 1:22.24 | | |
| 4 | 88 Joas Woudstra | HSB | 139 | O | 1:23.80 | | |
| 5 | 97 Geert Fekken | H50 | 142 | I | 1:25.31 | | |
| 6 | 146 Stefan Huizinga | HA1 | 142 | O | 1:26.62 | | |
| 7 | 129 Grietsen Wijma | H60 | 144 | I | 1:29.74 | | |
| 8 | 92 Annamarie Boersma | DSA | 140 | I | 1:32.46 | PR | |
| 9 | 124 Nykle Dijkstra | HSB | 139 | I | 1:33.38 | PR | |
| 10 | 119 Ilse Calsbeek | DA2 | 140 | O | 1:35.75 | | |
| | 149 Tosca Mulder | DN2 | | | | WDR | |

12. Rituitslag Junioren A en ouder 1000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|-----------------------|-----------------------|---------|----------------------|---------|----------------|------|
| 139 | wt | 124 | Nykle Dijkstra | | HSB | 1:33.86 | 1:33.38 | PR |
| | rd | 88 | Joas Woudstra | | HSB | 1:22.08 | 1:23.80 | |
| | | <u>Nykle Dijkstra</u> | | | <u>Joas Woudstra</u> | | | |
| | | 200m | 21.88 | (21.88) | 200m | 20.20 | (20.20) | |
| | | 600m | 56.85 | (34.97) | 600m | 51.38 | (31.18) | |
| | | 1000m | 1:33.38 | (36.53) | 1000m | 1:23.80 | (32.42) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|--------------------------|--------------------------|---------|----------------------|---------|----------------|------|
| 140 | gl | 92 | Annamarie Boersma | | DSA | 1:32.53 | 1:32.46 | PR |
| | bl | 119 | Ilse Calsbeek | | DA2 | 1:34.60 | 1:35.75 | |
| | | <u>Annamarie Boersma</u> | | | <u>Ilse Calsbeek</u> | | | |
| | | 200m | 22.52 | (22.52) | 200m | 22.29 | (22.29) | |
| | | 600m | 56.48 | (33.96) | 600m | 57.71 | (35.42) | |
| | | 1000m | 1:32.46 | (35.98) | 1000m | 1:35.75 | (38.04) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|---------------------|---------------------|-----|----------|---------|------------|------|
| 141 | wt | 149 | Tosca Mulder | | DN2 | 1:23.79 | WDR | |
| | rd | | | | | | | |
| | | <u>Tosca Mulder</u> | | | <u>m</u> | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|-----|----|---------------------|------------------------|---------|------------------------|---------|----------------|------|
| 142 | gl | 97 | Geert Fekken | | H50 | 1:23.93 | 1:25.31 | |
| | bl | 146 | Stefan Huizinga | | HA1 | 1:26.27 | 1:26.62 | |
| | | <u>Geert Fekken</u> | | | <u>Stefan Huizinga</u> | | | |
| | | 200m | 20.19 | (20.19) | 200m | 20.16 | (20.16) | |
| | | 600m | 51.84 | (31.65) | 600m | 52.47 | (32.31) | |
| | | 1000m | 1:25.31 | (33.47) | 1000m | 1:26.62 | (34.15) | |

Thialf - Heerenveen

| | | Naam | | | Cat | PR | Tijd | Info |
|-------|----|-----------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 143 | wt | 83 | Jornt Dijk | | HSA | 1:14.20 | 1:15.03 | |
| | rd | 128 | Jordy Kelderhuis | | HA1 | 1:19.67 | 1:22.24 | |
| | | <u>Jornt Dijk</u> | | | <u>Jordy Kelderhuis</u> | | | |
| | | 200m | 18.05 | (18.05) | 200m | 18.75 | (18.75) | |
| | | 600m | 45.84 | (27.79) | 600m | 48.62 | (29.87) | |
| | | 1000m | 1:15.03 | (29.19) | 1000m | 1:22.24 | (33.62) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 144 | gl | 129 | Grietsen Wijma | | H60 | 1:21.42 | 1:29.74 | |
| | bl | 100 | Sem Bodewes | | HN1 | 1:15.82 | 1:15.07 | PR |
| | | <u>Grietsen Wijma</u> | | | <u>Sem Bodewes</u> | | | |
| | | 200m | 21.60 | (21.60) | 200m | 17.90 | (17.90) | |
| | | 600m | 54.89 | (33.29) | 600m | 45.44 | (27.54) | |
| | | 1000m | 1:29.74 | (34.85) | 1000m | 1:15.07 | (29.63) | |