



# Kennemercup 9: Langeafstandsavond

IJsbaan Haarlem - Haarlem

11 december 2022



## 1. Uitslag 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	47 <b>Stefan Huizenga</b>	HB2	1	I	<b>16:20.57</b>		
2	13 <b>Mike Teunisse</b>	H45	1	O	<b>18:13.97</b>		
3	1 <b>Milan Kracht</b>	H50	2	I	<b>18:16.38</b>	PR	
4	9 <b>Erwin Henskes</b>	H65	2	O	<b>19:01.85</b>		

## 1. Rituitslag 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt	47 <b>Stefan Huizenga</b>	HB2		<b>16:20.57</b>
	rd	13 <b>Mike Teunisse</b>	H45	17:36.73	<b>18:13.97</b>
	<b>Stefan Huizenga</b>		<b>Mike Teunisse</b>		
	400m	41.31 (41.31)	400m	44.65 (44.65)	
	800m	1:18.73 (37.42)	800m	1:26.38 (41.73)	
	1200m	1:57.01 (38.28)	1200m	2:08.73 (42.35)	
	1600m	2:36.11 (39.10)	1600m	2:50.84 (42.11)	
	2000m	3:14.65 (38.54)	2000m	3:32.76 (41.92)	
	2400m	3:54.98 (40.33)	2400m	4:14.40 (41.64)	
	2800m	4:35.04 (40.06)	2800m	4:56.64 (42.24)	
	3200m	5:15.40 (40.36)	3200m	5:39.19 (42.55)	
	3600m	5:55.33 (39.93)	3600m	6:22.06 (42.87)	
	4000m	6:35.91 (40.58)	4000m	7:05.15 (43.09)	
	4400m	7:16.09 (40.18)	4400m	7:48.91 (43.76)	
	4800m	7:55.87 (39.78)	4800m	8:32.41 (43.50)	
	5200m	8:34.39 (38.52)	5200m	9:16.11 (43.70)	
	5600m	9:13.37 (38.98)	5600m	9:59.43 (43.32)	
	6000m	9:53.15 (39.78)	6000m	10:43.56 (44.13)	
	6400m	10:32.14 (38.99)	6400m	11:28.12 (44.56)	
	6800m	11:10.56 (38.42)	6800m	12:13.04 (44.92)	
	7200m	11:49.85 (39.29)	7200m	12:58.03 (44.99)	
	7600m	12:28.92 (39.07)	7600m	13:43.37 (45.34)	
	8000m	13:08.51 (39.59)	8000m	14:28.98 (45.61)	
	8400m	13:47.87 (39.36)	8400m	15:14.88 (45.90)	
	8800m	14:26.45 (38.58)	8800m	16:00.67 (45.79)	
	9200m	15:04.34 (37.89)	9200m	16:46.21 (45.54)	
	9600m	15:43.05 (38.71)	9600m	17:31.26 (45.05)	
	10000m	16:20.57 (37.52)	10000m	18:13.97 (42.71)	

		Naam	Cat	PR	Tijd	Info
2	gl	1 <b>Milan Kracht</b>	H50	18:29.90	<b>18:16.38</b>	PR
	bl	9 <b>Erwin Henskes</b>	H65	18:03.45	<b>19:01.85</b>	
		<b>Milan Kracht</b>				
		400m	46.16 (46.16)			
		800m	1:28.50 (42.34)			
		1200m	2:11.60 (43.10)			
		1600m	2:54.83 (43.23)			
		2000m	3:38.15 (43.32)			
		2400m	4:21.64 (43.49)			
		2800m	5:05.42 (43.78)			
		3200m	5:49.20 (43.78)			
		3600m	6:33.00 (43.80)			
		4000m	7:17.08 (44.08)			
		4400m	8:01.26 (44.18)			
		4800m	8:45.97 (44.71)			
		5200m	9:30.44 (44.47)			
		5600m	10:14.44 (44.00)			
		6000m	10:58.46 (44.02)			
		6400m	11:42.29 (43.83)			
		6800m	12:26.16 (43.87)			
		7200m	13:10.24 (44.08)			
		7600m	13:54.43 (44.19)			
		8000m	14:38.39 (43.96)			
		8400m	15:21.99 (43.60)			
		8800m	16:05.79 (43.80)			
		9200m	16:48.88 (43.09)			
		9600m	17:32.49 (43.61)			
		10000m	18:16.38 (43.89)			
		<b>Erwin Henskes</b>				
		400m	48.68 (48.68)			
		800m	1:33.31 (44.63)			
		1200m	2:19.03 (45.72)			
		1600m	3:04.17 (45.14)			
		2000m	3:50.16 (45.99)			
		2400m	4:36.10 (45.94)			
		2800m	5:22.41 (46.31)			
		3200m	6:08.38 (45.97)			
		3600m	6:54.40 (46.02)			
		4000m	7:40.49 (46.09)			
		4400m	8:26.48 (45.99)			
		4800m	9:12.37 (45.89)			
		5200m	9:58.62 (46.25)			
		5600m	10:44.85 (46.23)			
		6000m	11:30.47 (45.62)			
		6400m	12:15.95 (45.48)			
		6800m	13:01.39 (45.44)			
		7200m	13:47.15 (45.76)			
		7600m	14:33.03 (45.88)			
		8000m	15:18.52 (45.49)			
		8400m	16:03.69 (45.17)			
		8800m	16:48.88 (45.19)			
		9200m	17:32.44 (43.56)			
		9600m	18:18.44 (46.00)			
		10000m	19:01.85 (43.41)			

## 2. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	52 <b>Seb van Schelven</b>	HN1	12	O	<b>8:06.97</b>		
2	34 <b>Tim van der Zalm</b>	HA1	11	I	<b>8:09.69</b>		
3	7 <b>Evert Jan van Dijk</b>	H40	10	O	<b>8:25.08</b>		
4	57 <b>Stan Zirkzee</b>	HSA	11	O	<b>8:31.08</b>		
5	28 <b>Bram Braak</b>	HB2	9	O	<b>8:41.14</b>		
6	6 <b>Maureen Hagen</b>	DB2	10	I	<b>8:48.13</b>		
7	19 <b>Kristel van Abswoude</b>	DN4	8	O	<b>8:50.96</b>		
8	4 <b>Maartje Heine</b>	DSA	9	I	<b>8:59.29</b>		
9	18 <b>Lara Dingjan</b>	DA1	7	I	<b>9:00.82</b>	PR	
10	32 <b>Driek Tolk</b>	HB1	8	I	<b>9:02.20</b>		
11	44 <b>Sanne Roos</b>	DA2	6	I	<b>9:26.19</b>		
12	25 <b>Vincent van Balderen</b>	H50	7	O	<b>9:27.98</b>		
13	24 <b>Leanne Molenaar</b>	DN1	5	I	<b>9:36.94</b>		
14	11 <b>Merit de Bruin</b>	DB2	6	O	<b>9:49.16</b>		
15	20 <b>Melanie van der Zalm</b>	DN2	3	I	<b>10:02.63</b>	PR	
16	2 <b>Mark Peters</b>	H65	3	O	<b>10:04.03</b>		
17	35 <b>Wieke Eikelenboom</b>	DB1	5	O	<b>10:26.80</b>		
	46 <b>Joep Aben</b>	HB1	12	I	<b>DQ</b>		

## 2. Rituitslag 5000 meter

		Naam		Cat		PR	Tijd	Info
3	wt	20	<b>Melanie van der Zalm</b>		DN2	10:09.35	<b>10:02.63</b>	PR
	rd	2	<b>Mark Peters</b>		H65	8:56.64	<b>10:04.03</b>	
				<b>Melanie van der Zalm</b>				
				<b>Mark Peters</b>				
		200m	26.00	(26.00)	200m	27.48	(27.48)	
		600m	1:09.81	(43.81)	600m	1:10.78	(43.30)	
		1000m	1:56.03	(46.22)	1000m	1:56.69	(45.91)	
		1400m	2:42.43	(46.40)	1400m	2:43.91	(47.22)	
		1800m	3:29.35	(46.92)	1800m	3:31.68	(47.77)	
		2200m	4:17.48	(48.13)	2200m	4:20.30	(48.62)	
		2600m	5:06.29	(48.81)	2600m	5:08.58	(48.28)	
		3000m	5:55.84	(49.55)	3000m	5:57.17	(48.59)	
		3400m	6:44.62	(48.78)	3400m	6:45.97	(48.80)	
		3800m	7:34.24	(49.62)	3800m	7:34.87	(48.90)	
		4200m	8:24.26	(50.02)	4200m	8:24.24	(49.37)	
		4600m	9:13.99	(49.73)	4600m	9:13.83	(49.59)	
		5000m	10:02.63	(48.64)	5000m	10:04.03	(50.20)	

		Naam		Cat		PR	Tijd	Info
4	gl							
	bl							
				m				
				m				

		Naam	Cat		PR	Tijd	Info
5	wt	24 <b>Leanne Molenaar</b>	DN1			<b>9:36.94</b>	
	rd	35 <b>Wieke Eikelenboom</b>	DB1			<b>10:26.80</b>	
		<b>Leanne Molenaar</b>			<b>Wieke Eikelenboom</b>		
		200m	26.81	(26.81)	200m	30.92	(30.92)
		600m	1:11.64	(44.83)	600m	1:20.69	(49.77)
		1000m	1:57.29	(45.65)	1000m	2:09.48	(48.79)
		1400m	2:42.41	(45.12)	1400m	2:58.84	(49.36)
		1800m	3:28.42	(46.01)	1800m	3:48.46	(49.62)
		2200m	4:14.96	(46.54)	2200m	4:38.68	(50.22)
		2600m	5:01.99	(47.03)	2600m	5:28.65	(49.97)
		3000m	5:48.79	(46.80)	3000m	6:17.64	(48.99)
		3400m	6:35.85	(47.06)	3400m	7:07.59	(49.95)
		3800m	7:21.97	(46.12)	3800m	7:58.31	(50.72)
		4200m	8:08.94	(46.97)	4200m	8:48.23	(49.92)
		4600m	8:54.32	(45.38)	4600m	9:38.09	(49.86)
		5000m	9:36.94	(42.62)	5000m	10:26.80	(48.71)

		Naam	Cat		PR	Tijd	Info
6	gl	44 <b>Sanne Roos</b>	DA2		9:15.99	<b>9:26.19</b>	
	bl	11 <b>Merit de Bruin</b>	DB2			<b>9:49.16</b>	
		<b>Sanne Roos</b>			<b>Merit de Bruin</b>		
		200m	24.64	(24.64)	200m	24.44	(24.44)
		600m	1:06.65	(42.01)	600m	1:04.13	(39.69)
		1000m	1:50.97	(44.32)	1000m	1:45.89	(41.76)
		1400m	2:37.34	(46.37)	1400m	2:30.88	(44.99)
		1800m	3:23.51	(46.17)	1800m	3:17.49	(46.61)
		2200m	4:09.50	(45.99)	2200m	4:03.99	(46.50)
		2600m	4:55.04	(45.54)	2600m	4:50.87	(46.88)
		3000m	5:40.76	(45.72)	3000m	5:38.80	(47.93)
		3400m	6:26.41	(45.65)	3400m	6:27.12	(48.32)
		3800m	7:11.81	(45.40)	3800m	7:17.14	(50.02)
		4200m	7:57.17	(45.36)	4200m	8:08.79	(51.65)
		4600m	8:42.35	(45.18)	4600m	8:59.83	(51.04)
		5000m	9:26.19	(43.84)	5000m	9:49.16	(49.33)

		Naam	Cat	PR	Tijd	Info
7	wt	18 <b>Lara Dingjan</b>	DA1	9:12.77	<b>9:00.82</b>	PR
	rd	25 <b>Vincent van Balderen</b>	H50		<b>9:27.98</b>	
		<b>Lara Dingjan</b>			<b>Vincent van Balderen</b>	
		200m	23.82 (23.82)	200m	24.09 (24.09)	
		600m	1:03.22 (39.40)	600m	1:03.17 (39.08)	
		1000m	1:44.00 (40.78)	1000m	1:45.45 (42.28)	
		1400m	2:26.92 (42.92)	1400m	2:29.82 (44.37)	
		1800m	3:10.05 (43.13)	1800m	3:14.74 (44.92)	
		2200m	3:54.08 (44.03)	2200m	4:00.45 (45.71)	
		2600m	4:38.03 (43.95)	2600m	4:47.05 (46.60)	
		3000m	5:22.54 (44.51)	3000m	5:34.10 (47.05)	
		3400m	6:06.91 (44.37)	3400m	6:21.60 (47.50)	
		3800m	6:50.88 (43.97)	3800m	7:08.32 (46.72)	
		4200m	7:35.38 (44.50)	4200m	7:55.61 (47.29)	
		4600m	8:18.40 (43.02)	4600m	8:42.47 (46.86)	
		5000m	9:00.82 (42.42)	5000m	9:27.98 (45.51)	

		Naam	Cat	PR	Tijd	Info
8	gl	32 <b>Driek Tolk</b>	HB1		<b>9:02.20</b>	
	bl	19 <b>Kristel van Abswoude</b>	DN4		<b>8:50.96</b>	
		<b>Driek Tolk</b>			<b>Kristel van Abswoude</b>	
		200m	23.54 (23.54)	200m	24.31 (24.31)	
		600m	1:03.95 (40.41)	600m	1:05.20 (40.89)	
		1000m	1:46.35 (42.40)	1000m	1:47.45 (42.25)	
		1400m	2:27.61 (41.26)	1400m	2:30.10 (42.65)	
		1800m	3:09.27 (41.66)	1800m	3:12.71 (42.61)	
		2200m	3:51.73 (42.46)	2200m	3:55.32 (42.61)	
		2600m	4:35.65 (43.92)	2600m	4:38.00 (42.68)	
		3000m	5:19.74 (44.09)	3000m	5:20.36 (42.36)	
		3400m	6:03.73 (43.99)	3400m	6:02.19 (41.83)	
		3800m	6:48.24 (44.51)	3800m	6:44.06 (41.87)	
		4200m	7:33.21 (44.97)	4200m	7:26.12 (42.06)	
		4600m	8:18.11 (44.90)	4600m	8:08.45 (42.33)	
		5000m	9:02.20 (44.09)	5000m	8:50.96 (42.51)	

		Naam			Cat	PR	Tijd	Info
9	wt	4	<b>Maartje Heine</b>		DSA	8:32.02	<b>8:59.29</b>	
	rd	28	<b>Bram Braak</b>		HB2		<b>8:41.14</b>	
		<u>Maartje Heine</u>			<u>Bram Braak</u>			
		200m	23.79	(23.79)	200m	24.71	(24.71)	
		600m	1:05.36	(41.57)	600m	1:04.93	(40.22)	
		1000m	1:47.40	(42.04)	1000m	1:46.05	(41.12)	
		1400m	2:28.67	(41.27)	1400m	2:27.37	(41.32)	
		1800m	3:10.08	(41.41)	1800m	3:08.89	(41.52)	
		2200m	3:52.51	(42.43)	2200m	3:50.72	(41.83)	
		2600m	4:35.79	(43.28)	2600m	4:32.79	(42.07)	
		3000m	5:18.61	(42.82)	3000m	5:15.19	(42.40)	
		3400m	6:02.21	(43.60)	3400m	5:56.35	(41.16)	
		3800m	6:46.58	(44.37)	3800m	6:38.20	(41.85)	
		4200m	7:31.19	(44.61)	4200m	7:18.42	(40.22)	
		4600m	8:15.46	(44.27)	4600m	7:59.98	(41.56)	
		5000m	8:59.29	(43.83)	5000m	8:41.14	(41.16)	

		Naam			Cat	PR	Tijd	Info
10	gl	6	<b>Maureen Hagen</b>		DB2		<b>8:48.13</b>	
	bl	7	<b>Evert Jan van Dijk</b>		H40	7:52.76	<b>8:25.08</b>	
		<u>Maureen Hagen</u>			<u>Evert Jan van Dijk</u>			
		200m	23.04	(23.04)	200m	23.16	(23.16)	
		600m	1:01.84	(38.80)	600m	1:00.83	(37.67)	
		1000m	1:43.06	(41.22)	1000m	1:40.34	(39.51)	
		1400m	2:25.02	(41.96)	1400m	2:19.66	(39.32)	
		1800m	3:07.00	(41.98)	1800m	2:58.70	(39.04)	
		2200m	3:49.43	(42.43)	2200m	3:38.15	(39.45)	
		2600m	4:32.62	(43.19)	2600m	4:18.01	(39.86)	
		3000m	5:15.46	(42.84)	3000m	4:57.78	(39.77)	
		3400m	5:58.97	(43.51)	3400m	5:38.84	(41.06)	
		3800m	6:42.70	(43.73)	3800m	6:20.77	(41.93)	
		4200m	7:25.63	(42.93)	4200m	7:03.96	(43.19)	
		4600m	8:07.96	(42.33)	4600m	7:44.15	(40.19)	
		5000m	8:48.13	(40.17)	5000m	8:25.08	(40.93)	



		Naam			Cat	PR	Tijd	Info
11	wt	34 <b>Tim van der Zalm</b>			HA1		<b>8:09.69</b>	
	rd	57 <b>Stan Zirkzee</b>			HSA	8:03.90	<b>8:31.08</b>	
		<b>Tim van der Zalm</b>			<b>Stan Zirkzee</b>			
		200m	23.00	(23.00)	200m	22.36	(22.36)	
		600m	1:00.43	(37.43)	600m	59.59	(37.23)	
		1000m	1:38.75	(38.32)	1000m	1:38.53	(38.94)	
		1400m	2:16.82	(38.07)	1400m	2:16.63	(38.10)	
		1800m	2:54.86	(38.04)	1800m	2:54.99	(38.36)	
		2200m	3:32.76	(37.90)	2200m	3:32.82	(37.83)	
		2600m	4:10.86	(38.10)	2600m	4:11.22	(38.40)	
		3000m	4:50.02	(39.16)	3000m	4:50.38	(39.16)	
		3400m	5:29.33	(39.31)	3400m	5:31.32	(40.94)	
		3800m	6:09.27	(39.94)	3800m	6:13.27	(41.95)	
		4200m	6:49.43	(40.16)	4200m	6:58.71	(45.44)	
		4600m	7:29.26	(39.83)	4600m	7:44.30	(45.59)	
		5000m	8:09.69	(40.43)	5000m	8:31.08	(46.78)	

		Naam			Cat	PR	Tijd	Info
12	gl	46 <b>Joep Aben</b>			HB1			<b>DQ</b>
	bl	52 <b>Seb van Schelven</b>			HN1	8:02.01	<b>8:06.97</b>	
		<b>Joep Aben</b>			<b>Seb van Schelven</b>			
		200m	22.16	(22.16)	200m	21.86	(21.86)	
		600m	58.83	(36.67)	600m	58.18	(36.32)	
		1000m	1:36.07	(37.24)	1000m	1:36.36	(38.18)	
		1400m	2:13.32	(37.25)	1400m	2:14.29	(37.93)	
		1800m	2:50.73	(37.41)	1800m	2:52.13	(37.84)	
		2200m	3:28.31	(37.58)	2200m	3:30.48	(38.35)	
		2600m	4:05.82	(37.51)	2600m	4:09.01	(38.53)	
		3000m	4:43.29	(37.47)	3000m	4:48.28	(39.27)	
		3400m	5:20.85	(37.56)	3400m	5:27.41	(39.13)	
		3800m	5:57.33	(36.48)	3800m	6:07.33	(39.92)	
		4200m	6:35.02	(37.69)	4200m	6:47.48	(40.15)	
		4600m	7:12.93	(37.91)	4600m	7:27.39	(39.91)	
		5000m	7:49.84	(36.91)	5000m	8:06.97	(39.58)	

## 3. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	23 Mike van Dijk	HN3	26	I	4:36.01		
2	56 Jorrit Woudsma	HN4	25	O	4:38.35		
3	30 Bas Schrage	HSB	24	O	4:49.38		
4	48 Danny Witkamp	H55	26	O	4:53.07		
5	12 Marino Godwaldt	HB1	21	O	4:53.66	PR	
6	41 John van der Vlugt	H65	25	I	4:54.07		
7	42 Rob Visser	H45	13	I	4:54.84		
8	22 Robert Schouwenaar	H55	23	O	4:57.09		
9	49 Kees Langeveld	H65	24	I	4:59.41		
10	36 Ole de Jong	HB2	22	O	5:04.95		
11	16 Tjebbe Berkhout	HB1	20	I	5:07.59	PR	
12	26 Kees Voorhoeve	H65	22	I	5:21.78		
13	15 Sybren Berkhout	HB1	15	O	5:22.95	PR	
14	38 Lotte de Bock	DB2	21	I	5:23.67		
15	50 Ruben Molenaar	HC2	20	O	5:25.34	PR	
16	5 Roosmarijn Meinsma	DB1	18	I	5:29.67	PR	
17	51 Teun van Nobelen	HC1	13	O	5:34.63		
18	21 Paco Palman	H55	23	I	5:37.22		
19	3 Xander Terstal	HA2	18	O	5:41.38		
20	29 Maité Stoete	D50	19	O	5:46.83		
21	10 Aranka Keur	D40	19	I	5:48.58		
22	58 Toine van Bakel	HB2	15	I	5:50.69	PR	
23	39 Emma Hartveld	DA1	17	I	5:51.26	PR	
24	53 Evy van Duijn	DC2	17	O	5:53.19		
25	17 Charlie Kwadrin	DB1	16	I	6:10.28	PR	
26	40 Pien Lodder	DA2	16	O	6:10.83		

## 3. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
13	wt	42 <b>Rob Visser</b>		H45			<b>4:54.84</b>	
	rd	51 <b>Teun van Nobelen</b>		HC1			<b>5:34.63</b>	
		<b>Rob Visser</b>			<b>Teun van Nobelen</b>			
		200m	22.42	(22.42)	200m	24.26	(24.26)	
		600m	58.00	(35.58)	600m	1:06.09	(41.83)	
		1000m	1:35.78	(37.78)	1000m	1:50.00	(43.91)	
		1400m	2:14.65	(38.87)	1400m	2:34.37	(44.37)	
		1800m	2:53.55	(38.90)	1800m	3:18.83	(44.46)	
		2200m	3:33.38	(39.83)	2200m	4:04.37	(45.54)	
		2600m	4:14.05	(40.67)	2600m	4:50.12	(45.75)	
		3000m	4:54.84	(40.79)	3000m	5:34.63	(44.51)	

		Naam		Cat		PR	Tijd	Info
14	gl							
	bl							
			m					

		Naam		Cat		PR	Tijd	Info
15	wt	58 <b>Toine van Bakel</b>		HB2		6:22.05	<b>5:50.69</b>	PR
	rd	15 <b>Sybren Berkhout</b>		HB1		6:03.72	<b>5:22.95</b>	PR
		<b>Toine van Bakel</b>			<b>Sybren Berkhout</b>			
		200m	23.79	(23.79)	200m	23.68	(23.68)	
		600m	1:05.25	(41.46)	600m	1:03.95	(40.27)	
		1000m	1:49.59	(44.34)	1000m	1:45.16	(41.21)	
		1400m	2:36.32	(46.73)	1400m	2:28.15	(42.99)	
		1800m	3:24.83	(48.51)	1800m	3:11.20	(43.05)	
		2200m	4:13.80	(48.97)	2200m	3:55.30	(44.10)	
		2600m	5:02.74	(48.94)	2600m	4:39.75	(44.45)	
		3000m	5:50.69	(47.95)	3000m	5:22.95	(43.20)	

		Naam			Cat	PR	Tijd	Info
16	gl	17 <b>Charlie Kwadrin</b>			DB1	6:34.27	<b>6:10.28</b>	PR
	bl	40 <b>Pien Lodder</b>			DA2	6:07.09	<b>6:10.83</b>	
		<b>Charlie Kwadrin</b>			<b>Pien Lodder</b>			
		200m	24.50	(24.50)	200m	26.66	(26.66)	
		600m	1:07.16	(42.66)	600m	1:11.13	(44.47)	
		1000m	1:54.59	(47.43)	1000m	1:58.91	(47.78)	
		1400m	2:44.85	(50.26)	1400m	2:48.50	(49.59)	
		1800m	3:36.12	(51.27)	1800m	3:38.59	(50.09)	
		2200m	4:28.50	(52.38)	2200m	4:29.05	(50.46)	
		2600m	5:20.61	(52.11)	2600m	5:20.64	(51.59)	
		3000m	6:10.28	(49.67)	3000m	6:10.83	(50.19)	
		Naam			Cat	PR	Tijd	Info
17	wt	39 <b>Emma Hartveld</b>			DA1	5:55.97	<b>5:51.26</b>	PR
	rd	53 <b>Evy van Duijn</b>			DC2	5:44.12	<b>5:53.19</b>	
		<b>Emma Hartveld</b>			<b>Evy van Duijn</b>			
		200m	28.82	(28.82)	200m	27.29	(27.29)	
		600m	1:10.88	(42.06)	600m	1:08.32	(41.03)	
		1000m	1:55.69	(44.81)	1000m	1:54.48	(46.16)	
		1400m	2:41.94	(46.25)	1400m	2:41.61	(47.13)	
		1800m	3:28.95	(47.01)	1800m	3:29.34	(47.73)	
		2200m	4:16.85	(47.90)	2200m	4:17.15	(47.81)	
		2600m	5:04.68	(47.83)	2600m	5:05.54	(48.39)	
		3000m	5:51.26	(46.58)	3000m	5:53.19	(47.65)	

		Naam			Cat	PR	Tijd	Info
18	gl	5	<b>Roosmarijn Meinsma</b>		DB1	6:03.32	<b>5:29.67</b>	PR
	bl	3	<b>Xander Terstal</b>		HA2	5:36.65	<b>5:41.38</b>	
		<b>Roosmarijn Meinsma</b>			<b>Xander Terstal</b>			
		200m	23.19	(23.19)	200m	24.81	(24.81)	
		600m	1:03.63	(40.44)	600m	1:06.40	(41.59)	
		1000m	1:45.90	(42.27)	1000m	1:50.35	(43.95)	
		1400m	2:30.15	(44.25)	1400m	2:34.98	(44.63)	
		1800m	3:15.06	(44.91)	1800m	3:20.65	(45.67)	
		2200m	4:01.04	(45.98)	2200m	4:07.08	(46.43)	
		2600m	4:46.37	(45.33)	2600m	4:54.42	(47.34)	
		3000m	5:29.67	(43.30)	3000m	5:41.38	(46.96)	

		Naam			Cat	PR	Tijd	Info
19	wt	10	<b>Aranka Keur</b>		D40	5:11.95	<b>5:48.58</b>	
	rd	29	<b>Maité Stoete</b>		D50	5:17.92	<b>5:46.83</b>	
		<b>Aranka Keur</b>			<b>Maité Stoete</b>			
		200m	24.57	(24.57)	200m	26.83	(26.83)	
		600m	1:07.54	(42.97)	600m	1:09.55	(42.72)	
		1000m	1:52.38	(44.84)	1000m	1:54.20	(44.65)	
		1400m	2:38.09	(45.71)	1400m	2:40.91	(46.71)	
		1800m	3:24.48	(46.39)	1800m	3:27.77	(46.86)	
		2200m	4:11.78	(47.30)	2200m	4:14.08	(46.31)	
		2600m	5:00.42	(48.64)	2600m	5:01.75	(47.67)	
		3000m	5:48.58	(48.16)	3000m	5:46.83	(45.08)	



# Kennemercup 9: Langeafstandsavond

Ijsbaan Haarlem - Haarlem

11 december 2022



		Naam		Cat		PR		Tijd	Info
20	gl	16	<b>Tjebbe Berkhout</b>		HB1			5:36.05	<b>5:07.59</b> PR
	bl	50	<b>Ruben Molenaar</b>		HC2			5:25.45	<b>5:25.34</b> PR
		<b>Tjebbe Berkhout</b>			<b>Ruben Molenaar</b>				
		200m	22.95	(22.95)	200m	23.08	(23.08)		
		600m	1:00.88	(37.93)	600m	1:03.36	(40.28)		
		1000m	1:39.80	(38.92)	1000m	1:45.78	(42.42)		
		1400m	2:19.15	(39.35)	1400m	2:28.86	(43.08)		
		1800m	3:00.12	(40.97)	1800m	3:11.77	(42.91)		
		2200m	3:41.94	(41.82)	2200m	3:56.58	(44.81)		
		2600m	4:25.10	(43.16)	2600m	4:41.53	(44.95)		
		3000m	5:07.59	(42.49)	3000m	5:25.34	(43.81)		
<hr/>									
		Naam		Cat		PR		Tijd	Info
21	wt	38	<b>Lotte de Bock</b>		DB2			5:11.92	<b>5:23.67</b>
	rd	12	<b>Marino Godwaldt</b>		HB1			4:57.54	<b>4:53.66</b> PR
		<b>Lotte de Bock</b>			<b>Marino Godwaldt</b>				
		200m	23.01	(23.01)	200m	21.87	(21.87)		
		600m	1:01.59	(38.58)	600m	58.31	(36.44)		
		1000m	1:43.36	(41.77)	1000m	1:36.57	(38.26)		
		1400m	2:25.91	(42.55)	1400m	2:15.42	(38.85)		
		1800m	3:09.18	(43.27)	1800m	2:54.43	(39.01)		
		2200m	3:53.38	(44.20)	2200m	3:33.90	(39.47)		
		2600m	4:38.52	(45.14)	2600m	4:14.35	(40.45)		
		3000m	5:23.67	(45.15)	3000m	4:53.66	(39.31)		

		Naam			Cat	PR	Tijd	Info
22	gl	26	<b>Kees Voorhoeve</b>		H65	4:56.21	<b>5:21.78</b>	
	bl	36	<b>Ole de Jong</b>		HB2	4:59.82	<b>5:04.95</b>	
		<b>Kees Voorhoeve</b>			<b>Ole de Jong</b>			
		200m	24.90	(24.90)	200m	23.18	(23.18)	
		600m	1:04.65	(39.75)	600m	1:00.60	(37.42)	
		1000m	1:46.01	(41.36)	1000m	1:39.68	(39.08)	
		1400m	2:28.09	(42.08)	1400m	2:19.17	(39.49)	
		1800m	3:10.22	(42.13)	1800m	2:59.04	(39.87)	
		2200m	3:53.08	(42.86)	2200m	3:39.98	(40.94)	
		2600m	4:36.82	(43.74)	2600m	4:22.34	(42.36)	
		3000m	5:21.78	(44.96)	3000m	5:04.95	(42.61)	

		Naam			Cat	PR	Tijd	Info
23	wt	21	<b>Paco Palman</b>		H55	4:55.78	<b>5:37.22</b>	
	rd	22	<b>Robert Schouwenaar</b>		H55	4:26.14	<b>4:57.09</b>	
		<b>Paco Palman</b>			<b>Robert Schouwenaar</b>			
		200m	26.74	(26.74)	200m	24.20	(24.20)	
		600m	1:08.86	(42.12)	600m	1:03.40	(39.20)	
		1000m	1:51.35	(42.49)	1000m	1:42.55	(39.15)	
		1400m	2:35.08	(43.73)	1400m	2:21.74	(39.19)	
		1800m	3:19.67	(44.59)	1800m	3:01.06	(39.32)	
		2200m	4:04.31	(44.64)	2200m	3:39.40	(38.34)	
		2600m	4:50.26	(45.95)	2600m	4:18.29	(38.89)	
		3000m	5:37.22	(46.96)	3000m	4:57.09	(38.80)	



# Kennemercup 9: Langeafstandsavond

IJsbahn Haarlem - Haarlem

11 december 2022



		Naam		Cat		PR		Tijd	Info
24	gl	49	<b>Kees Langeveld</b>		H65		4:30.83	<b>4:59.41</b>	
	bl	30	<b>Bas Schrage</b>		HSB		4:47.29	<b>4:49.38</b>	
		<b>Kees Langeveld</b>			<b>Bas Schrage</b>				
		200m	23.76	(23.76)	200m	21.84	(21.84)		
		600m	1:01.50	(37.74)	600m	58.87	(37.03)		
		1000m	1:41.01	(39.51)	1000m	1:37.31	(38.44)		
		1400m	2:20.70	(39.69)	1400m	2:15.54	(38.23)		
		1800m	3:00.16	(39.46)	1800m	2:53.55	(38.01)		
		2200m	3:39.86	(39.70)	2200m	3:31.71	(38.16)		
		2600m	4:19.91	(40.05)	2600m	4:10.18	(38.47)		
		3000m	4:59.41	(39.50)	3000m	4:49.38	(39.20)		

		Naam		Cat		PR		Tijd	Info
25	wt	41	<b>John van der Vlugt</b>		H65		4:12.01	<b>4:54.07</b>	
	rd	56	<b>Jorrit Woudsma</b>		HN4		4:23.48	<b>4:38.35</b>	
		<b>John van der Vlugt</b>			<b>Jorrit Woudsma</b>				
		200m	23.29	(23.29)	200m	21.19	(21.19)		
		600m	1:01.21	(37.92)	600m	54.08	(32.89)		
		1000m	1:40.31	(39.10)	1000m	1:28.11	(34.03)		
		1400m	2:19.51	(39.20)	1400m	2:04.37	(36.26)		
		1800m	3:00.66	(41.15)	1800m	2:41.72	(37.35)		
		2200m	3:38.60	(37.94)	2200m	3:19.69	(37.97)		
		2600m	4:17.20	(38.60)	2600m	3:59.05	(39.36)		
		3000m	4:54.07	(36.87)	3000m	4:38.35	(39.30)		



		Naam	Cat	PR	Tijd	Info
26	gl	23 <b>Mike van Dijk</b>	HN3	4:23.83	<b>4:36.01</b>	
	bl	48 <b>Danny Witkamp</b>	H55	4:10.68	<b>4:53.07</b>	
		<b>Mike van Dijk</b>			<b>Danny Witkamp</b>	
		200m	20.31 (20.31)	200m	22.79 (22.79)	
		600m	53.50 (33.19)	600m	59.11 (36.32)	
		1000m	1:28.61 (35.11)	1000m	1:37.53 (38.42)	
		1400m	2:04.37 (35.76)	1400m	2:16.41 (38.88)	
		1800m	2:39.51 (35.14)	1800m	2:55.25 (38.84)	
		2200m	3:18.35 (38.84)	2200m	3:34.26 (39.01)	
		2600m	3:56.53 (38.18)	2600m	4:13.57 (39.31)	
		3000m	4:36.01 (39.48)	3000m	4:53.07 (39.50)	