

1. Uitslag Meisjes Jun.B 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	10 Janine Garretsen	DB2	16	I	41.87		
2	7 Mette ten Cate	DB1	15	O	42.26		
3	32 Indy Veerman	DB1	15	I	43.36		
4	20 Amber Koetsier	DB1	7	I	43.60	PR	
5	34 Mara Vergeer	DB1	16	O	43.71		
6	28 Talisha Renes	DB2	11	I	43.84		
7	18 Silke Kabel	DB1	12	I	44.36		
8	23 Marit van der Meer	DB1	9	I	44.95		
9	25 Luna Nieuwland	DB2	8	O	44.96		
10	14 Sara ter Hart	DB2	13	I	44.99		
11	24 Zhara Möllers	DB2	12	O	45.14		
12	36 Ymke Wubben	DB1	14	I	45.24		
13	5 Diede Brandts	DB1	8	I	45.27		
14	19 Maud Kempenaar	DB1	11	O	45.35		
15	3 Melle Boeijen	DB2	13	O	45.50		
16	29 Danique van Rooden	DB2	10	O	45.58		
17	26 Isa Oudenes	DB1	5	I	45.62		
18	12 Mimi van Hall	DB2	9	O	45.64		
19	8 Dinte van Es	DB2	6	I	45.70		
20	21 Kalista Lamers	DB2	1	O	45.79	PR	
	22 Fabienne Maarse	DB1	10	I	45.79		
22	13 Sari Harder	DB1	14	O	45.87		
23	33 Iris Verbeek	DB2	3	I	46.35		
24	6 Floortje Bregman	DB2	5	O	46.46		
25	17 Lenthe Jansen	DB2	4	O	46.63		
26	2 Tirza Blokland	DB1	1	I	46.64	PR	
27	35 Eva Weultjes	DB1	7	O	46.77		
28	31 Isabella Talen	DB1	3	O	46.90		
29	11 Freya Goerres	DB1	6	O	46.93		
30	30 Britt Steg	DB1	4	I	47.21		

1. Rituitslag Meisjes Jun.B 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	2	Tirza Blokland		DB1	46.71	46.64	PR
	rd	21	Kalista Lamers		DB2	45.80	45.79	PR
		Tirza Blokland			Kalista Lamers			
		100m	12.95	(12.95)	100m	12.34	(12.34)	
		500m	46.64	(33.69)	500m	45.79	(33.45)	

		Naam		Cat		PR	Tijd	Info
2	gl							
	bl							
			m					
			m					

		Naam		Cat		PR	Tijd	Info
3	wt	33	Iris Verbeek		DB2	45.31	46.35	
	rd	31	Isabella Talen		DB1	45.12	46.90	
		Iris Verbeek			Isabella Talen			
		100m	13.00	(13.00)	100m	12.86	(12.86)	
		500m	46.35	(33.35)	500m	46.90	(34.04)	

		Naam		Cat		PR	Tijd	Info
4	gl	30	Britt Steg		DB1	45.42	47.21	
	bl	17	Lenthe Jansen		DB2	45.28	46.63	
		Britt Steg			Lenthe Jansen			
		100m	12.94	(12.94)	100m	12.63	(12.63)	
		500m	47.21	(34.27)	500m	46.63	(34.00)	

		Naam		Cat		PR	Tijd	Info
5	wt	26	Isa Oudenes		DB1	44.76	45.62	
	rd	6	Floortje Bregman		DB2	44.98	46.46	
		Isa Oudenes			Floortje Bregman			
		100m	12.22	(12.22)	100m	12.65	(12.65)	
		500m	45.62	(33.40)	500m	46.46	(33.81)	

		Naam	Cat	PR	Tijd	Info
6	gl	8 Dinte van Es	DB2	44.98	45.70	
	bl	11 Freya Goerres	DB1	45.03	46.93	
		Dinte van Es		Freya Goerres		
		100m 12.50 (12.50)		100m 12.54 (12.54)		
		500m 45.70 (33.20)		500m 46.93 (34.39)		
		Naam	Cat	PR	Tijd	Info
7	wt	20 Amber Koetsier	DB1	44.36	43.60	PR
	rd	35 Eva Weultjes	DB1	44.68	46.77	
		Amber Koetsier		Eva Weultjes		
		100m 12.08 (12.08)		100m 12.80 (12.80)		
		500m 43.60 (31.52)		500m 46.77 (33.97)		
		Naam	Cat	PR	Tijd	Info
8	gl	5 Diede Brandts	DB1	44.37	45.27	
	bl	25 Luna Nieuwland	DB2	44.68	44.96	
		Diede Brandts		Luna Nieuwland		
		100m 12.79 (12.79)		100m 12.27 (12.27)		
		500m 45.27 (32.48)		500m 44.96 (32.69)		
		Naam	Cat	PR	Tijd	Info
9	wt	23 Marit van der Meer	DB1	43.66	44.95	
	rd	12 Mimi van Hall	DB2	44.27	45.64	
		Marit van der Meer		Mimi van Hall		
		100m 12.09 (12.09)		100m 12.43 (12.43)		
		500m 44.95 (32.86)		500m 45.64 (33.21)		
		Naam	Cat	PR	Tijd	Info
10	gl	22 Fabienne Maarse	DB1	43.55	45.79	
	bl	29 Danique van Rooden	DB2	43.52	45.58	
		Fabienne Maarse		Danique van Rooden		
		100m 12.71 (12.71)		100m 12.25 (12.25)		
		500m 45.79 (33.08)		500m 45.58 (33.33)		

		Naam			Cat	PR	Tijd	Info
11	wt	28	Talisha Renes		DB2	43.40	43.84	
	rd	19	Maud Kempenaar		DB1	43.49	45.35	
		Talisha Renes			Maud Kempenaar			
		100m	12.00	(12.00)	100m	12.66	(12.66)	
		500m	43.84	(31.84)	500m	45.35	(32.69)	
		Naam			Cat	PR	Tijd	Info
12	gl	18	Silke Kabel		DB1	43.36	44.36	
	bl	24	Zhara Möllers		DB2	43.40	45.14	
		Silke Kabel			Zhara Möllers			
		100m	12.22	(12.22)	100m	12.54	(12.54)	
		500m	44.36	(32.14)	500m	45.14	(32.60)	
		Naam			Cat	PR	Tijd	Info
13	wt	14	Sara ter Hart		DB2	43.10	44.99	
	rd	3	Melle Boeijen		DB2	43.02	45.50	
		Sara ter Hart			Melle Boeijen			
		100m	12.68	(12.68)	100m	12.12	(12.12)	
		500m	44.99	(32.31)	500m	45.50	(33.38)	
		Naam			Cat	PR	Tijd	Info
14	gl	36	Ymke Wubben		DB1	43.29	45.24	
	bl	13	Sari Harder		DB1	43.24	45.87	
		Ymke Wubben			Sari Harder			
		100m	12.81	(12.81)	100m	12.55	(12.55)	
		500m	45.24	(32.43)	500m	45.87	(33.32)	
		Naam			Cat	PR	Tijd	Info
15	wt	32	Indy Veerman		DB1	42.95	43.36	
	rd	7	Mette ten Cate		DB1	41.22	42.26	
		Indy Veerman			Mette ten Cate			
		100m	12.19	(12.19)	100m	11.67	(11.67)	
		500m	43.36	(31.17)	500m	42.26	(30.59)	

		Naam		Cat		PR	Tijd	Info
16	gl	10	Janine Garretsen			DB2	41.18	41.87
	bl	34	Mara Vergeer			DB1	42.93	43.71
		Janine Garretsen			Mara Vergeer			
		100m	11.57	(11.57)	100m	11.92	(11.92)	
		500m	41.87	(30.30)	500m	43.71	(31.79)	

2. Uitslag Jongens Jun.B 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	42 Jan Mooijman	HB2	26	I	39.32		
2	56 Daan van Zwiene	HB2	25	I	39.43		
3	23 Jens Halfweg	HB2	26	O	39.65		
4	14 Alexander Boon	HB2	25	O	39.74		
5	24 Floris van Hardeveld	HB1	24	O	39.77		
6	18 Daan de Graaf	HB2	24	I	39.97		
7	34 Daan Koot	HB1	19	O	40.10		
8	31 Rutger Jansma	HB1	23	O	40.15		
9	45 Milan Rietveld	HB2	20	I	40.19		
10	11 Niek Bijma	HB1	22	O	40.20		
11	54 Sjors Zautsen	HB2	22	I	40.24		
12	8 Chris Berkhout	HB2	11	I	40.37		
13	53 Mats Westra	HB2	21	I	40.39		
14	46 Rick Schuurman	HB1	14	O	40.43		
	12 Julian de Boer	HB2	17	O	40.43		
16	4 Jonas Bakker	HB2	23	I	40.50		
17	5 Nick Barendse	HB1	16	I	40.51		
18	28 Lieuwe ter Hoeve	HB2	18	I	40.52		
19	22 Jarno Haitjema	HB2	12	O	40.57		
	33 Levi Kapp	HB2	16	O	40.57		
21	55 Pieter Zijlstra	HB1	20	O	40.59		
22	7 Luke Bavius	HB1	14	I	40.68		
23	13 Nick Bontrop	HB2	19	I	40.73		
24	38 Lars Mans	HB1	12	I	40.75		
25	21 Samuel Gunnink	HB2	18	O	40.81		
26	17 Loic Crielaers	HB1	17	I	40.92		
27	25 Stefan Has	HB2	13	I	41.05		
28	16 Jerry Coenen	HB2	15	I	41.10		
29	10 Samuel de Bie	HB2	13	O	41.16		
30	30 Lars van Ipenburg	HB1	9	O	41.30		
31	27 Jan-Hendrik Hoekstra	HB1	15	O	41.33		
	47 Daan Segers	HB1	10	O	41.33		
33	36 Wessel Lamme	HB1	6	I	41.35	PR	
34	15 Jesse van Buren	HB2	10	I	41.67		
35	26 Jelte Hellinga	HB1	7	I	41.74		
36	9 Tjebbe Berkhout	HB2	11	O	41.76		
37	43 Joris Mulder	HB1	9	I	41.77		
38	2 Huub Adema	HB1	7	O	41.96		

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	52 Emiel van Wees	HB2	6	O	42.22		
40	6 Sam Bauhuis	HB1	8	O	42.23		
41	20 Christian Groenhof	HB2	2	I	42.33		
	37 Thomas Landman	HB2	5	I	42.33		
43	35 Joris Kuipers	HB1	5	O	42.40		
44	41 Onne van Miltenburg	HB1	4	O	42.46		
45	19 Lars Groenheiden	HB1	3	I	42.79		
46	48 Sander Stanneveld	HB1	3	O	43.07		
47	50 Roelof Timmerman	HB2	2	O	43.72		
48	29 Sven Huizinga	HB1	21	O	54.87	FL	
	3 Kian Baard	HB1	8	I		DQ	
	49 Niels Teunissen	HB2	1	I		DNS	
	1 Joep Aben	HB2				WDR	

2. Rituitslag Jongens Jun.B 500 meter

		Naam	Cat	PR	Tijd	Info
1	wt	49 Niels Teunissen	HB2	41.35		DNS
	rd					
		<u>Niels Teunissen</u>				
					m	

		Naam	Cat	PR	Tijd	Info
2	gl	20 Christian Groenhof	HB2	42.30		42.33
	bl	50 Roelof Timmerman	HB2	42.74		43.72
		<u>Christian Groenhof</u>				
		100m	11.32	(11.32)		
		500m	42.33	(31.01)		
		<u>Roelof Timmerman</u>				
		100m	11.95	(11.95)		
		500m	43.72	(31.77)		

		Naam	Cat	PR	Tijd	Info
3	wt	19 Lars Groenheiden	HB1	41.38		42.79
	rd	48 Sander Stanneveld	HB1	41.39		43.07
		<u>Lars Groenheiden</u>				
		100m	12.00	(12.00)		
		500m	42.79	(30.79)		
		<u>Sander Stanneveld</u>				
		100m	11.71	(11.71)		
		500m	43.07	(31.36)		

		Naam	Cat	PR	Tijd	Info
4	gl	1 Joep Aben	HB2	41.60		WDR
	bl	41 Onne van Miltenburg	HB1	41.65		42.46
		<u>Joep Aben</u>				
		<u>Onne van Miltenburg</u>				
		100m	11.76	(11.76)		
		500m	42.46	(30.70)		

		Naam	Cat	PR	Tijd	Info
5	wt	37 Thomas Landman	HB2	41.07		42.33
	rd	35 Joris Kuipers	HB1	41.19		42.40
		<u>Thomas Landman</u>				
		100m	11.81	(11.81)		
		500m	42.33	(30.52)		
		<u>Joris Kuipers</u>				
		100m	11.99	(11.99)		
		500m	42.40	(30.41)		

		Naam		Cat		PR	Tijd	Info
6	gl	36	Wessel Lamme		HB1	41.37	41.35	PR
	bl	52	Emiel van Wees		HB2	41.29	42.22	
		Wessel Lamme			Emiel van Wees			
		100m	11.35	(11.35)	100m	11.56	(11.56)	
		500m	41.35	(30.00)	500m	42.22	(30.66)	
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		Naam		Cat		PR	Tijd	Info
7	wt	26	Jelte Hellinga		HB1	40.80	41.74	
	rd	2	Huub Adema		HB1	40.77	41.96	
		Jelte Hellinga			Huub Adema			
		100m	11.54	(11.54)	100m	11.45	(11.45)	
		500m	41.74	(30.20)	500m	41.96	(30.51)	
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		Naam		Cat		PR	Tijd	Info
8	gl	3	Kian Baard		HB1	40.73	DQ	
	bl	6	Sam Bauhuis		HB1	40.98	42.23	
		Kian Baard			Sam Bauhuis			
		100m			100m	11.63	(11.63)	
		500m			500m	42.23	(30.60)	
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		Naam		Cat		PR	Tijd	Info
9	wt	43	Joris Mulder		HB1	40.65	41.77	
	rd	30	Lars van Ipenburg		HB1	40.56	41.30	
		Joris Mulder			Lars van Ipenburg			
		100m	11.47	(11.47)	100m	11.68	(11.68)	
		500m	41.77	(30.30)	500m	41.30	(29.62)	
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		Naam		Cat		PR	Tijd	Info
10	gl	15	Jesse van Buren		HB2	40.68	41.67	
	bl	47	Daan Segers		HB1	40.58	41.33	
		Jesse van Buren			Daan Segers			
		100m	11.66	(11.66)	100m	11.48	(11.48)	
		500m	41.67	(30.01)	500m	41.33	(29.85)	

		Naam	Cat	PR	Tijd	Info
11	wt	8 Chris Berkhout	HB2	40.30	40.37	
	rd	9 Tjebbe Berkhout	HB2	40.45	41.76	
		Chris Berkhout		Tjebbe Berkhout		
		100m 11.33 (11.33)		100m 11.04 (11.04)		
		500m 40.37 (29.04)		500m 41.76 (30.72)		
		Naam	Cat	PR	Tijd	Info
12	gl	38 Lars Mans	HB1	40.40	40.75	
	bl	22 Jarno Haitjema	HB2	40.41	40.57	
		Lars Mans		Jarno Haitjema		
		100m 11.09 (11.09)		100m 11.44 (11.44)		
		500m 40.75 (29.66)		500m 40.57 (29.13)		
		Naam	Cat	PR	Tijd	Info
13	wt	25 Stefan Has	HB2	40.18	41.05	
	rd	10 Samuel de Bie	HB2	40.26	41.16	
		Stefan Has		Samuel de Bie		
		100m 11.47 (11.47)		100m 11.43 (11.43)		
		500m 41.05 (29.58)		500m 41.16 (29.73)		
		Naam	Cat	PR	Tijd	Info
14	gl	7 Luke Bavius	HB1	40.07	40.68	
	bl	46 Rick Schuurman	HB1	40.07	40.43	
		Luke Bavius		Rick Schuurman		
		100m 11.27 (11.27)		100m 10.91 (10.91)		
		500m 40.68 (29.41)		500m 40.43 (29.52)		
		Naam	Cat	PR	Tijd	Info
15	wt	16 Jerry Coenen	HB2	39.71	41.10	
	rd	27 Jan-Hendrik Hoekstra	HB1	39.69	41.33	
		Jerry Coenen		Jan-Hendrik Hoekstra		
		100m 11.12 (11.12)		100m 11.45 (11.45)		
		500m 41.10 (29.98)		500m 41.33 (29.88)		

		Naam	Cat	PR	Tijd	Info
16	gl	5 Nick Barendse	HB1	39.95	40.51	
	bl	33 Levi Kapp	HB2	39.93	40.57	
		Nick Barendse				Levi Kapp
		100m	11.13 (11.13)	100m	11.04 (11.04)	
		500m	40.51 (29.38)	500m	40.57 (29.53)	
		Naam	Cat	PR	Tijd	Info
17	wt	17 Loic Crielaers	HB1	39.61	40.92	
	rd	12 Julian de Boer	HB2	39.61	40.43	
		Loic Crielaers				Julian de Boer
		100m	11.27 (11.27)	100m	11.12 (11.12)	
		500m	40.92 (29.65)	500m	40.43 (29.31)	
		Naam	Cat	PR	Tijd	Info
18	gl	28 Lieuwe ter Hoeve	HB2	39.57	40.52	
	bl	21 Samuel Gunnink	HB2	39.59	40.81	
		Lieuwe ter Hoeve				Samuel Gunnink
		100m	11.18 (11.18)	100m	11.41 (11.41)	
		500m	40.52 (29.34)	500m	40.81 (29.40)	
		Naam	Cat	PR	Tijd	Info
19	wt	13 Nick Bontrop	HB2	39.54	40.73	
	rd	34 Daan Koot	HB1	39.45	40.10	
		Nick Bontrop				Daan Koot
		100m	11.38 (11.38)	100m	11.11 (11.11)	
		500m	40.73 (29.35)	500m	40.10 (28.99)	
		Naam	Cat	PR	Tijd	Info
20	gl	45 Milan Rietveld	HB2	39.34	40.19	
	bl	55 Pieter Zijlstra	HB1	39.33	40.59	
		Milan Rietveld				Pieter Zijlstra
		100m	10.97 (10.97)	100m	11.05 (11.05)	
		500m	40.19 (29.22)	500m	40.59 (29.54)	

		Naam	Cat	PR	Tijd	Info
21	wt	53 Mats Westra	HB2	39.11	40.39	
	rd	29 Sven Huizinga	HB1	39.28	54.87	FL
		Mats Westra		Sven Huizinga		
		100m 10.93 (10.93)		100m 11.09 (11.09)		
		500m 40.39 (29.46)		500m 54.87 (43.78)		

		Naam	Cat	PR	Tijd	Info
22	gl	54 Sjors Zautsen	HB2	39.27	40.24	
	bl	11 Niek Bijma	HB1	39.30	40.20	
		Sjors Zautsen		Niek Bijma		
		100m 11.12 (11.12)		100m 10.86 (10.86)		
		500m 40.24 (29.12)		500m 40.20 (29.34)		

		Naam	Cat	PR	Tijd	Info
23	wt	4 Jonas Bakker	HB2	38.71	40.50	
	rd	31 Rutger Jansma	HB1	38.82	40.15	
		Jonas Bakker		Rutger Jansma		
		100m 11.07 (11.07)		100m 10.99 (10.99)		
		500m 40.50 (29.43)		500m 40.15 (29.16)		

		Naam	Cat	PR	Tijd	Info
24	gl	18 Daan de Graaf	HB2	38.95	39.97	
	bl	24 Floris van Hardeveld	HB1	38.77	39.77	
		Daan de Graaf		Floris van Hardeveld		
		100m 10.98 (10.98)		100m 10.61 (10.61)		
		500m 39.97 (28.99)		500m 39.77 (29.16)		

		Naam	Cat	PR	Tijd	Info
25	wt	56 Daan van Zwiene	HB2	37.78	39.43	
	rd	14 Alexander Boon	HB2	38.33	39.74	
		Daan van Zwiene		Alexander Boon		
		100m 10.71 (10.71)		100m 10.94 (10.94)		
		500m 39.43 (28.72)		500m 39.74 (28.80)		

		Naam		Cat		PR	Tijd	Info
26	gl	42	Jan Mooijman		HB2		38.10	39.32
	bl	23	Jens Halfweg		HB2		38.65	39.65
		Jan Mooijman			Jens Halfweg			
		100m	10.87	(10.87)	100m	10.81	(10.81)	
		500m	39.32	(28.45)	500m	39.65	(28.84)	

3. Uitslag Meisjes Jun.B 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Mette ten Cate	DB1	16	O	2:11.39		
2	36 Ymke Wubben	DB1	15	O	2:14.11		
3	14 Sara ter Hart	DB2	16	I	2:15.48		
4	10 Janine Garretsen	DB2	15	I	2:16.85		
5	13 Sari Harder	DB1	13	O	2:17.11		
6	21 Kalista Lamers	DB2	3	O	2:17.64	PR	
7	20 Amber Koetsier	DB1	10	O	2:17.79		
8	29 Danique van Rooden	DB2	14	I	2:20.46		
9	5 Diede Brandts	DB1	14	O	2:20.94		
10	18 Silke Kabel	DB1	7	I	2:21.51		
11	32 Indy Veerman	DB1	4	O	2:21.56		
12	24 Zhara Möllers	DB2	8	I	2:23.43		
13	26 Isa Oudenes	DB1	6	I	2:23.91		
14	25 Luna Nieuwland	DB2	7	O	2:24.02		
15	34 Mara Vergeer	DB1	10	I	2:24.21		
16	22 Fabienne Maarse	DB1	12	O	2:24.29		
17	17 Lenthe Jansen	DB2	8	O	2:24.78		
18	28 Talisha Renes	DB2	9	O	2:25.23		
19	33 Iris Verbeek	DB2	11	O	2:25.59		
20	31 Isabella Talen	DB1	6	O	2:25.85		
	23 Marit van der Meer	DB1	12	I	2:25.85		
22	6 Floortje Bregman	DB2	11	I	2:26.34		
23	3 Melle Boeijen	DB2	5	I	2:27.50		
24	2 Tirza Blokland	DB1	1	I	2:27.82		
25	30 Britt Steg	DB1	3	I	2:28.14		
26	11 Freya Goerres	DB1	4	I	2:28.18		
27	12 Mimi van Hall	DB2	5	O	2:28.36		
28	35 Eva Weultjes	DB1	1	O	2:29.35		
29	8 Dinte van Es	DB2	9	I	2:41.20	FL	
	19 Maud Kempenaar	DB1				WDR	

3. Rituitslag Meisjes Jun.B 1500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	2	Tirza Blokland		DB1	2:22.77	2:27.82	
	rd	35	Eva Weultjes		DB1	2:21.13	2:29.35	
		Tirza Blokland			Eva Weultjes			
		300m	30.64	(30.64)	300m	31.12	(31.12)	
		700m	1:08.10	(37.46)	700m	1:08.99	(37.87)	
		1100m	1:47.55	(39.45)	1100m	1:48.55	(39.56)	
		1500m	2:27.82	(40.27)	1500m	2:29.35	(40.80)	

		Naam		Cat		PR	Tijd	Info
2	gl							
	bl							
		m			m			

		Naam		Cat		PR	Tijd	Info
3	wt	30	Britt Steg		DB1	2:19.92	2:28.14	
	rd	21	Kalista Lamers		DB2	2:20.36	2:17.64	PR
		Britt Steg			Kalista Lamers			
		300m	30.41	(30.41)	300m	29.03	(29.03)	
		700m	1:06.47	(36.06)	700m	1:03.11	(34.08)	
		1100m	1:46.42	(39.95)	1100m	1:39.31	(36.20)	
		1500m	2:28.14	(41.72)	1500m	2:17.64	(38.33)	

		Naam		Cat		PR	Tijd	Info
4	gl	11	Freya Goerres		DB1	2:19.18	2:28.18	
	bl	32	Indy Veerman		DB1	2:20.28	2:21.56	
		Freya Goerres			Indy Veerman			
		300m	30.42	(30.42)	300m	29.07	(29.07)	
		700m	1:07.32	(36.90)	700m	1:04.48	(35.41)	
		1100m	1:47.07	(39.75)	1100m	1:42.65	(38.17)	
		1500m	2:28.18	(41.11)	1500m	2:21.56	(38.91)	

		Naam			Cat	PR	Tijd	Info
5	wt	3	Melle Boeijen		DB2	2:18.23	2:27.50	
	rd	12	Mimi van Hall		DB2	2:17.90	2:28.36	
		Melle Boeijen			Mimi van Hall			
		300m	29.00	(29.00)	300m	29.42	(29.42)	
		700m	1:05.76	(36.76)	700m	1:06.77	(37.35)	
		1100m	1:46.57	(40.81)	1100m	1:47.22	(40.45)	
		1500m	2:27.50	(40.93)	1500m	2:28.36	(41.14)	
		Naam			Cat	PR	Tijd	Info
6	gl	26	Isa Oudenes		DB1	2:18.69	2:23.91	
	bl	31	Isabella Talen		DB1	2:18.26	2:25.85	
		Isa Oudenes			Isabella Talen			
		300m	29.46	(29.46)	300m	29.89	(29.89)	
		700m	1:05.92	(36.46)	700m	1:06.46	(36.57)	
		1100m	1:44.47	(38.55)	1100m	1:45.35	(38.89)	
		1500m	2:23.91	(39.44)	1500m	2:25.85	(40.50)	
		Naam			Cat	PR	Tijd	Info
7	wt	18	Silke Kabel		DB1	2:13.87	2:21.51	
	rd	25	Luna Nieuwland		DB2	2:17.64	2:24.02	
		Silke Kabel			Luna Nieuwland			
		300m	29.35	(29.35)	300m	30.14	(30.14)	
		700m	1:04.21	(34.86)	700m	1:05.68	(35.54)	
		1100m	1:42.56	(38.35)	1100m	1:44.02	(38.34)	
		1500m	2:21.51	(38.95)	1500m	2:24.02	(40.00)	
		Naam			Cat	PR	Tijd	Info
8	gl	24	Zhara Möllers		DB2	2:16.88	2:23.43	
	bl	17	Lenthe Jansen		DB2	2:16.94	2:24.78	
		Zhara Möllers			Lenthe Jansen			
		300m	29.62	(29.62)	300m	29.89	(29.89)	
		700m	1:04.76	(35.14)	700m	1:05.96	(36.07)	
		1100m	1:43.21	(38.45)	1100m	1:45.15	(39.19)	
		1500m	2:23.43	(40.22)	1500m	2:24.78	(39.63)	

		Naam			Cat			PR	Tijd	Info
9	wt	8	Dinte van Es		DB2			2:16.52	2:41.20	FL
	rd	28	Talisha Renes		DB2			2:16.82	2:25.23	
		Dinte van Es			Talisha Renes					
		300m	29.69	(29.69)	300m	27.88	(27.88)			
		700m	1:05.08	(35.39)	700m	1:04.49	(36.61)			
		1100m	1:58.00	(52.92)	1100m	1:44.91	(40.42)			
		1500m	2:41.20	(43.20)	1500m	2:25.23	(40.32)			
		Naam			Cat			PR	Tijd	Info
10	gl	34	Mara Vergeer		DB1			2:16.26	2:24.21	
	bl	20	Amber Koetsier		DB1			2:16.50	2:17.79	
		Mara Vergeer			Amber Koetsier					
		300m	28.33	(28.33)	300m	28.15	(28.15)			
		700m	1:03.49	(35.16)	700m	1:02.46	(34.31)			
		1100m	1:42.55	(39.06)	1100m	1:39.05	(36.59)			
		1500m	2:24.21	(41.66)	1500m	2:17.79	(38.74)			
		Naam			Cat			PR	Tijd	Info
11	wt	6	Floortje Bregman		DB2			2:15.31	2:26.34	
	rd	33	Iris Verbeek		DB2			2:14.81	2:25.59	
		Floortje Bregman			Iris Verbeek					
		300m	30.33	(30.33)	300m	30.56	(30.56)			
		700m	1:07.18	(36.85)	700m	1:06.63	(36.07)			
		1100m	1:46.97	(39.79)	1100m	1:45.22	(38.59)			
		1500m	2:26.34	(39.37)	1500m	2:25.59	(40.37)			
		Naam			Cat			PR	Tijd	Info
12	gl	23	Marit van der Meer		DB1			2:15.79	2:25.85	
	bl	22	Fabienne Maarse		DB1			2:15.23	2:24.29	
		Marit van der Meer			Fabienne Maarse					
		300m	28.99	(28.99)	300m	29.65	(29.65)			
		700m	1:05.32	(36.33)	700m	1:04.99	(35.34)			
		1100m	1:44.86	(39.54)	1100m	1:43.90	(38.91)			
		1500m	2:25.85	(40.99)	1500m	2:24.29	(40.39)			

		Naam	Cat	PR	Tijd	Info
13	wt	19 Maud Kempenaar	DB1	2:10.79		WDR
	rd	13 Sari Harder	DB1	2:11.47		2:17.11
		Maud Kempenaar		Sari Harder		
		300m		28.60	(28.60)	
		700m		1:02.55	(33.95)	
		1100m		1:38.45	(35.90)	
		1500m		2:17.11	(38.66)	
		Naam	Cat	PR	Tijd	Info
14	gl	29 Danique van Rooden	DB2	2:14.29		2:20.46
	bl	5 Diede Brandts	DB1	2:14.18		2:20.94
		Danique van Rooden		Diede Brandts		
		300m	30.27	(30.27)	300m	29.55 (29.55)
		700m	1:04.78	(34.51)	700m	1:04.05 (34.50)
		1100m	1:41.74	(36.96)	1100m	1:41.29 (37.24)
		1500m	2:20.46	(38.72)	1500m	2:20.94 (39.65)
		Naam	Cat	PR	Tijd	Info
15	wt	10 Janine Garretsen	DB2	2:10.49		2:16.85
	rd	36 Ymke Wubben	DB1	2:08.99		2:14.11
		Janine Garretsen		Ymke Wubben		
		300m	27.77	(27.77)	300m	29.10 (29.10)
		700m	1:00.76	(32.99)	700m	1:02.72 (33.62)
		1100m	1:37.73	(36.97)	1100m	1:38.11 (35.39)
		1500m	2:16.85	(39.12)	1500m	2:14.11 (36.00)
		Naam	Cat	PR	Tijd	Info
16	gl	14 Sara ter Hart	DB2	2:10.38		2:15.48
	bl	7 Mette ten Cate	DB1	2:06.25		2:11.39
		Sara ter Hart		Mette ten Cate		
		300m	28.86	(28.86)	300m	27.32 (27.32)
		700m	1:02.30	(33.44)	700m	1:00.43 (33.11)
		1100m	1:38.58	(36.28)	1100m	1:35.34 (34.91)
		1500m	2:15.48	(36.90)	1500m	2:11.39 (36.05)

4. Uitslag Jongens Jun.B 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	42 Jan Mooijman	HB2	25	O	1:59.51		
2	8 Chris Berkhout	HB2	13	I	2:01.14	PR	
3	53 Mats Westra	HB2	24	O	2:01.16		
4	28 Lieuwe ter Hoeve	HB2	24	I	2:01.49		
	33 Levi Kapp	HB2	22	O	2:01.49		
6	27 Jan-Hendrik Hoekstra	HB1	26	I	2:01.72		
7	21 Samuel Gunnink	HB2	22	I	2:01.90		
8	25 Stefan Has	HB2	26	O	2:02.40		
9	12 Julian de Boer	HB2	19	I	2:02.65		
10	14 Alexander Boon	HB2	25	I	2:03.21		
11	56 Daan van Zwienen	HB2	23	O	2:03.30		
12	45 Milan Rietveld	HB2	21	I	2:03.44		
13	54 Sjors Zautsen	HB2	9	O	2:03.49		
14	30 Lars van Ipenburg	HB1	21	O	2:03.54		
15	18 Daan de Graaf	HB2	20	O	2:03.85		
16	29 Sven Huizinga	HB1	18	I	2:03.88		
17	17 Loic Crielaers	HB1	9	I	2:03.97		
18	55 Pieter Zijlstra	HB1	14	O	2:04.03		
19	31 Rutger Jansma	HB1	20	I	2:04.20		
20	15 Jesse van Buren	HB2	17	I	2:04.68		
21	52 Emiel van Wees	HB2	10	O	2:05.00		
22	34 Daan Koot	HB1	11	O	2:05.73		
23	5 Nick Barendse	HB1	14	I	2:05.78		
24	23 Jens Halfweg	HB2	15	O	2:05.99		
25	37 Thomas Landman	HB2	11	I	2:06.14		
26	3 Kian Baard	HB1	15	I	2:06.19		
27	10 Samuel de Bie	HB2	16	I	2:06.33		
28	22 Jarno Haitjema	HB2	12	I	2:06.37		
29	7 Luke Bavius	HB1	10	I	2:06.58		
30	13 Nick Bontrop	HB2	18	O	2:06.73		
31	6 Sam Bauhuis	HB1	12	O	2:06.82		
32	11 Niek Bijma	HB1	17	O	2:06.86		
33	36 Wessel Lamme	HB1	4	I	2:08.56		
34	24 Floris van Hardeveld	HB1	4	O	2:09.02		
35	46 Rick Schuurman	HB1	13	O	2:09.87		
36	47 Daan Segers	HB1	8	I	2:10.63		
37	41 Onne van Miltenburg	HB1	16	O	2:10.86		
38	26 Jelte Hellinga	HB1	5	I	2:11.09		

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
39	38 Lars Mans	HB1	6	O	2:11.76		
40	19 Lars Groenheiden	HB1	19	O	2:12.43		
41	9 Tjebbe Berkhout	HB2	6	I	2:12.48		
42	2 Huub Adema	HB1	7	I	2:13.20		
43	20 Christian Groenhof	HB2	1	I	2:13.34		
44	43 Joris Mulder	HB1	5	O	2:14.35		
45	50 Roelof Timmerman	HB2	3	I	2:14.60		
46	16 Jerry Coenen	HB2	2	I	2:15.38		
47	48 Sander Stanneveld	HB1	3	O	2:15.97		
48	35 Joris Kuipers	HB1	8	O	2:16.05		
	4 Jonas Bakker	HB2	23	I	DNF		
	49 Niels Teunissen	HB2	2	O	DNS		
	1 Joep Aben	HB2			WDR		

4. Rituitslag Jongens Jun.B 1500 meter

		Naam	Cat	PR	Tijd	Info
1	wt rd	20 Christian Groenhof	HB2	2:08.32	2:13.34	

Christian Groenhof

300m	27.44	(27.44)
700m	1:01.01	(33.57)
1100m	1:36.78	(35.77)
1500m	2:13.34	(36.56)

m

		Naam	Cat	PR	Tijd	Info
2	gl	16 Jerry Coenen	HB2	2:08.29	2:15.38	
	bl	49 Niels Teunissen	HB2	2:07.98	DNS	

Jerry Coenen

300m	26.28	(26.28)
700m	59.20	(32.92)
1100m	1:35.77	(36.57)
1500m	2:15.38	(39.61)

Niels Teunissen

		Naam	Cat	PR	Tijd	Info
3	wt	50 Roelof Timmerman	HB2	2:06.93	2:14.60	
	rd	48 Sander Stanneveld	HB1	2:06.57	2:15.97	

Roelof Timmerman

300m	28.42	(28.42)
700m	1:01.81	(33.39)
1100m	1:38.11	(36.30)
1500m	2:14.60	(36.49)

Sander Stanneveld

300m	27.66	(27.66)
700m	1:01.58	(33.92)
1100m	1:38.63	(37.05)
1500m	2:15.97	(37.34)

		Naam	Cat	PR	Tijd	Info
4	gl	36 Wessel Lamme	HB1	2:06.53	2:08.56	
	bl	24 Floris van Hardeveld	HB1	2:06.31	2:09.02	

Wessel Lamme

300m	27.00	(27.00)
700m	58.91	(31.91)
1100m	1:32.83	(33.92)
1500m	2:08.56	(35.73)

Floris van Hardeveld

300m	25.37	(25.37)
700m	57.72	(32.35)
1100m	1:32.85	(35.13)
1500m	2:09.02	(36.17)

		Naam		Cat		PR	Tijd	Info
5	wt	26	Jelte Hellinga		HB1		2:05.21	2:11.09
	rd	43	Joris Mulder		HB1		2:05.64	2:14.35
		<u>Jelte Hellinga</u>			<u>Joris Mulder</u>			
		300m	27.63	(27.63)	300m	27.57	(27.57)	
		700m	1:00.90	(33.27)	700m	1:01.41	(33.84)	
		1100m	1:36.20	(35.30)	1100m	1:37.48	(36.07)	
		1500m	2:11.09	(34.89)	1500m	2:14.35	(36.87)	

		Naam		Cat		PR	Tijd	Info
6	gl	9	Tjebbe Berkhout		HB2		2:05.81	2:12.48
	bl	38	Lars Mans		HB1		2:05.63	2:11.76
		<u>Tjebbe Berkhout</u>			<u>Lars Mans</u>			
		300m	27.07	(27.07)	300m	26.43	(26.43)	
		700m	58.93	(31.86)	700m	58.89	(32.46)	
		1100m	1:34.05	(35.12)	1100m	1:33.87	(34.98)	
		1500m	2:12.48	(38.43)	1500m	2:11.76	(37.89)	

		Naam		Cat		PR	Tijd	Info
7	wt	2	Huub Adema		HB1		2:05.14	2:13.20
	rd	1	Joep Aben		HB2		2:03.59	WDR
		<u>Huub Adema</u>			<u>Joep Aben</u>			
		300m	27.94	(27.94)				
		700m	1:00.64	(32.70)				
		1100m	1:35.86	(35.22)				
		1500m	2:13.20	(37.34)				

		Naam		Cat		PR	Tijd	Info
8	gl	47	Daan Segers		HB1		2:04.85	2:10.63
	bl	35	Joris Kuipers		HB1		2:04.45	2:16.05
		<u>Daan Segers</u>			<u>Joris Kuipers</u>			
		300m	27.39	(27.39)	300m	28.13	(28.13)	
		700m	59.70	(32.31)	700m	1:01.55	(33.42)	
		1100m	1:34.41	(34.71)	1100m	1:38.24	(36.69)	
		1500m	2:10.63	(36.22)	1500m	2:16.05	(37.81)	

		Naam			Cat	PR	Tijd	Info
9	wt	17	Loic Crielaers		HB1	2:02.87	2:03.97	
	rd	54	Sjors Zautsen		HB2	2:03.40	2:03.49	
		Loic Crielaers			Sjors Zautsen			
		300m	26.17	(26.17)	300m	26.30	(26.30)	
		700m	56.92	(30.75)	700m	57.06	(30.76)	
		1100m	1:29.80	(32.88)	1100m	1:29.34	(32.28)	
		1500m	2:03.97	(34.17)	1500m	2:03.49	(34.15)	
		Naam			Cat	PR	Tijd	Info
10	gl	7	Luke Bavius		HB1	2:03.40	2:06.58	
	bl	52	Emiel van Wees		HB2	2:02.77	2:05.00	
		Luke Bavius			Emiel van Wees			
		300m	26.60	(26.60)	300m	27.35	(27.35)	
		700m	57.67	(31.07)	700m	58.91	(31.56)	
		1100m	1:31.12	(33.45)	1100m	1:31.40	(32.49)	
		1500m	2:06.58	(35.46)	1500m	2:05.00	(33.60)	
		Naam			Cat	PR	Tijd	Info
11	wt	37	Thomas Landman		HB2	2:02.47	2:06.14	
	rd	34	Daan Koot		HB1	2:02.48	2:05.73	
		Thomas Landman			Daan Koot			
		300m	27.55	(27.55)	300m	26.48	(26.48)	
		700m	59.87	(32.32)	700m	58.26	(31.78)	
		1100m	1:33.20	(33.33)	1100m	1:31.74	(33.48)	
		1500m	2:06.14	(32.94)	1500m	2:05.73	(33.99)	
		Naam			Cat	PR	Tijd	Info
12	gl	22	Jarno Haitjema		HB2	2:02.75	2:06.37	
	bl	6	Sam Bauhuis		HB1	2:02.65	2:06.82	
		Jarno Haitjema			Sam Bauhuis			
		300m	26.93	(26.93)	300m	27.49	(27.49)	
		700m	57.97	(31.04)	700m	59.44	(31.95)	
		1100m	1:31.53	(33.56)	1100m	1:32.86	(33.42)	
		1500m	2:06.37	(34.84)	1500m	2:06.82	(33.96)	

		Naam			Cat	PR	Tijd	Info
13	wt	8	Chris Berkhout		HB2	2:02.14	2:01.14	PR
	rd	46	Rick Schuurman		HB1	2:02.37	2:09.87	
		Chris Berkhout			Rick Schuurman			
		300m	25.98	(25.98)	300m	26.34	(26.34)	
		700m	56.10	(30.12)	700m	58.37	(32.03)	
		1100m	1:28.57	(32.47)	1100m	1:33.39	(35.02)	
		1500m	2:01.14	(32.57)	1500m	2:09.87	(36.48)	
		Naam			Cat	PR	Tijd	Info
14	gl	5	Nick Barendse		HB1	2:02.08	2:05.78	
	bl	55	Pieter Zijlstra		HB1	2:01.93	2:04.03	
		Nick Barendse			Pieter Zijlstra			
		300m	26.49	(26.49)	300m	26.49	(26.49)	
		700m	58.11	(31.62)	700m	57.48	(30.99)	
		1100m	1:31.45	(33.34)	1100m	1:30.17	(32.69)	
		1500m	2:05.78	(34.33)	1500m	2:04.03	(33.86)	
		Naam			Cat	PR	Tijd	Info
15	wt	3	Kian Baard		HB1	2:01.35	2:06.19	
	rd	23	Jens Halfweeg		HB2	2:01.20	2:05.99	
		Kian Baard			Jens Halfweeg			
		300m	26.60	(26.60)	300m	25.11	(25.11)	
		700m	57.69	(31.09)	700m	55.38	(30.27)	
		1100m	1:31.35	(33.66)	1100m	1:29.67	(34.29)	
		1500m	2:06.19	(34.84)	1500m	2:05.99	(36.32)	
		Naam			Cat	PR	Tijd	Info
16	gl	10	Samuel de Bie		HB2	2:00.81	2:06.33	
	bl	41	Onne van Miltenburg		HB1	2:01.51	2:10.86	
		Samuel de Bie			Onne van Miltenburg			
		300m	26.39	(26.39)	300m	27.81	(27.81)	
		700m	57.45	(31.06)	700m	1:00.60	(32.79)	
		1100m	1:30.84	(33.39)	1100m	1:34.78	(34.18)	
		1500m	2:06.33	(35.49)	1500m	2:10.86	(36.08)	

		Naam			Cat	PR	Tijd	Info
17	wt	15	Jesse van Buren		HB2	2:00.19	2:04.68	
	rd	11	Niek Bijma		HB1	2:00.67	2:06.86	
		Jesse van Buren			Niek Bijma			
		300m	27.24	(27.24)	300m	26.40	(26.40)	
		700m	58.21	(30.97)	700m	57.96	(31.56)	
		1100m	1:30.94	(32.73)	1100m	1:31.50	(33.54)	
		1500m	2:04.68	(33.74)	1500m	2:06.86	(35.36)	
		Naam			Cat	PR	Tijd	Info
18	gl	29	Sven Huizinga		HB1	2:00.62	2:03.88	
	bl	13	Nick Bontrop		HB2	2:00.65	2:06.73	
		Sven Huizinga			Nick Bontrop			
		300m	26.25	(26.25)	300m	26.86	(26.86)	
		700m	56.79	(30.54)	700m	57.56	(30.70)	
		1100m	1:29.43	(32.64)	1100m	1:30.13	(32.57)	
		1500m	2:03.88	(34.45)	1500m	2:06.73	(36.60)	
		Naam			Cat	PR	Tijd	Info
19	wt	12	Julian de Boer		HB2	1:59.93	2:02.65	
	rd	19	Lars Groenheiden		HB1	1:59.91	2:12.43	
		Julian de Boer			Lars Groenheiden			
		300m	26.29	(26.29)	300m	28.07	(28.07)	
		700m	57.10	(30.81)	700m	1:00.98	(32.91)	
		1100m	1:29.30	(32.20)	1100m	1:35.40	(34.42)	
		1500m	2:02.65	(33.35)	1500m	2:12.43	(37.03)	
		Naam			Cat	PR	Tijd	Info
20	gl	31	Rutger Jansma		HB1	1:59.51	2:04.20	
	bl	18	Daan de Graaf		HB2	1:59.32	2:03.85	
		Rutger Jansma			Daan de Graaf			
		300m	26.13	(26.13)	300m	25.76	(25.76)	
		700m	57.38	(31.25)	700m	56.28	(30.52)	
		1100m	1:30.42	(33.04)	1100m	1:28.70	(32.42)	
		1500m	2:04.20	(33.78)	1500m	2:03.85	(35.15)	

		Naam			Cat	PR	Tijd	Info
21	wt	45	Milan Rietveld		HB2	1:58.93	2:03.44	
	rd	30	Lars van Ipenburg		HB1	1:59.17	2:03.54	
		Milan Rietveld			Lars van Ipenburg			
		300m	26.33	(26.33)	300m	26.44	(26.44)	
		700m	57.88	(31.55)	700m	57.57	(31.13)	
		1100m	1:30.80	(32.92)	1100m	1:30.43	(32.86)	
		1500m	2:03.44	(32.64)	1500m	2:03.54	(33.11)	
		Naam			Cat	PR	Tijd	Info
22	gl	21	Samuel Gunnink		HB2	1:58.99	2:01.90	
	bl	33	Levi Kapp		HB2	1:58.77	2:01.49	
		Samuel Gunnink			Levi Kapp			
		300m	26.50	(26.50)	300m	26.09	(26.09)	
		700m	56.98	(30.48)	700m	56.90	(30.81)	
		1100m	1:28.43	(31.45)	1100m	1:28.64	(31.74)	
		1500m	2:01.90	(33.47)	1500m	2:01.49	(32.85)	
		Naam			Cat	PR	Tijd	Info
23	wt	4	Jonas Bakker		HB2	1:58.65	DNF	
	rd	56	Daan van Zwienen		HB2	1:57.85	2:03.30	
		Jonas Bakker			Daan van Zwienen			
		300m	25.84	(25.84)	300m	25.13	(25.13)	
		700m	55.62	(29.78)	700m	55.02	(29.89)	
					1100m	1:27.44	(32.42)	
					1500m	2:03.30	(35.86)	
		Naam			Cat	PR	Tijd	Info
24	gl	28	Lieuwe ter Hoeve		HB2	1:58.52	2:01.49	
	bl	53	Mats Westra		HB2	1:58.28	2:01.16	
		Lieuwe ter Hoeve			Mats Westra			
		300m	26.17	(26.17)	300m	25.91	(25.91)	
		700m	56.41	(30.24)	700m	56.20	(30.29)	
		1100m	1:28.30	(31.89)	1100m	1:28.14	(31.94)	
		1500m	2:01.49	(33.19)	1500m	2:01.16	(33.02)	

		Naam			Cat	PR	Tijd	Info
25	wt	14 Alexander Boon			HB2	1:57.32	2:03.21	
	rd	42 Jan Mooijman			HB2	1:56.46	1:59.51	
		Alexander Boon			Jan Mooijman			
		300m	25.66	(25.66)	300m	24.96	(24.96)	
		700m	55.40	(29.74)	700m	53.61	(28.65)	
		1100m	1:27.88	(32.48)	1100m	1:25.14	(31.53)	
		1500m	2:03.21	(35.33)	1500m	1:59.51	(34.37)	
		Naam			Cat	PR	Tijd	Info
26	gl	27 Jan-Hendrik Hoekstra			HB1	1:57.43	2:01.72	
	bl	25 Stefan Has			HB2	1:56.93	2:02.40	
		Jan-Hendrik Hoekstra			Stefan Has			
		300m	27.20	(27.20)	300m	26.96	(26.96)	
		700m	58.02	(30.82)	700m	57.43	(30.47)	
		1100m	1:29.77	(31.75)	1100m	1:29.29	(31.86)	
		1500m	2:01.72	(31.95)	1500m	2:02.40	(33.11)	

5. Uitslag Meisjes Jun.B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	7 Mette ten Cate	DB1	14	O	4:34.30	PR	
2	14 Sara ter Hart	DB2	13	I	4:38.95		
3	20 Amber Koetsier	DB1	10	I	4:41.80	PR	
4	13 Sari Harder	DB1	10	O	4:43.83	PR	
5	36 Ymke Wubben	DB1	14	I	4:46.52		
6	5 Diede Brandts	DB1	13	O	4:47.05		
7	17 Lenthe Jansen	DB2	9	I	4:52.33		
8	29 Danique van Rooden	DB2	11	O	4:54.49		
9	10 Janine Garretsen	DB2	12	O	4:56.10		
10	21 Kalista Lamers	DB2	6	O	4:56.24	PR	
11	18 Silke Kabel	DB1	12	I	4:57.76		
12	6 Floortje Bregman	DB2	11	I	4:57.84		
13	33 Iris Verbeek	DB2	9	O	4:58.18		
14	32 Indy Veerman	DB1	8	O	4:59.64		
15	22 Fabienne Maarse	DB1	7	I	5:02.31		
16	2 Tirza Blokland	DB1	5	O	5:05.44		
17	8 Dinte van Es	DB2	5	I	5:06.39		
18	31 Isabella Talen	DB1	8	I	5:06.84		
19	23 Marit van der Meer	DB1	4	I	5:07.32		
20	11 Feya Goerres	DB1	3	O	5:10.51		
21	3 Melle Boeijen	DB2	6	I	5:11.85		
22	30 Britt Steg	DB1	3	I	5:12.04		
	34 Mara Vergeer	DB1	2	O	5:12.04		
24	28 Talisha Renes	DB2	7	O	5:12.73		
25	24 Zhara Möllers	DB2	1	I	5:14.91		
26	26 Isa Oudenes	DB1	2	I	5:19.65		
27	25 Luna Nieuwland	DB2	4	O	5:20.81		
28	35 Eva Weultjes	DB1	1	O	5:22.47		
	12 Mimi van Hall	DB2				WDR	
	19 Maud Kempenaar	DB1				WDR	

5. Rituitslag Meisjes Jun.B 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	24	Zhara Möllers			DB2		5:01.06	5:14.91
	rd	35	Eva Weultjes			DB1		5:08.99	5:22.47
		Zhara Möllers				Eva Weultjes			
		200m	23.10	(23.10)		200m	23.63	(23.63)	
		600m	1:00.79	(37.69)		600m	1:02.07	(38.44)	
		1000m	1:40.77	(39.98)		1000m	1:43.46	(41.39)	
		1400m	2:22.90	(42.13)		1400m	2:25.77	(42.31)	
		1800m	3:05.16	(42.26)		1800m	3:09.27	(43.50)	
		2200m	3:47.66	(42.50)		2200m	3:53.37	(44.10)	
		2600m	4:30.81	(43.15)		2600m	4:38.23	(44.86)	
		3000m	5:14.91	(44.10)		3000m	5:22.47	(44.24)	

		Naam		Cat		PR		Tijd	Info
2	gl	26	Isa Oudenes			DB1		5:08.33	5:19.65
	bl	34	Mara Vergeer			DB1		5:04.00	5:12.04
		Isa Oudenes				Mara Vergeer			
		200m	23.38	(23.38)		200m	23.12	(23.12)	
		600m	1:01.52	(38.14)		600m	1:00.57	(37.45)	
		1000m	1:42.12	(40.60)		1000m	1:40.37	(39.80)	
		1400m	2:24.45	(42.33)		1400m	2:21.78	(41.41)	
		1800m	3:07.44	(42.99)		1800m	3:03.87	(42.09)	
		2200m	3:51.82	(44.38)		2200m	3:46.22	(42.35)	
		2600m	4:35.68	(43.86)		2600m	4:29.40	(43.18)	
		3000m	5:19.65	(43.97)		3000m	5:12.04	(42.64)	

		Naam	Cat	PR	Tijd	Info
3	wt	30 Britt Steg	DB1	5:00.23	5:12.04	
	rd	11 Freya Goerres	DB1	5:00.54	5:10.51	

Britt Steg

200m	23.32	(23.32)
600m	1:01.14	(37.82)
1000m	1:41.01	(39.87)
1400m	2:23.05	(42.04)
1800m	3:05.75	(42.70)
2200m	3:47.63	(41.88)
2600m	4:30.28	(42.65)
3000m	5:12.04	(41.76)

Freya Goerres

200m	23.31	(23.31)
600m	1:01.70	(38.39)
1000m	1:43.07	(41.37)
1400m	2:25.12	(42.05)
1800m	3:07.02	(41.90)
2200m	3:48.51	(41.49)
2600m	4:31.02	(42.51)
3000m	5:10.51	(39.49)

		Naam	Cat	PR	Tijd	Info
4	gl	23 Marit van der Meer	DB1	4:59.17	5:07.32	
	bl	25 Luna Nieuwland	DB2	4:59.13	5:20.81	

Marit van der Meer

200m	22.58	(22.58)
600m	1:01.68	(39.10)
1000m	1:42.34	(40.66)
1400m	2:23.27	(40.93)
1800m	3:04.04	(40.77)
2200m	3:44.83	(40.79)
2600m	4:25.18	(40.35)
3000m	5:07.32	(42.14)

Luna Nieuwland

200m	23.83	(23.83)
600m	1:01.58	(37.75)
1000m	1:42.36	(40.78)
1400m	2:24.14	(41.78)
1800m	3:06.46	(42.32)
2200m	3:50.14	(43.68)
2600m	4:35.52	(45.38)
3000m	5:20.81	(45.29)

		Naam			Cat			PR	Tijd	Info
5	wt	8	Dinte van Es		DB2			4:57.86	5:06.39	
	rd	2	Tirza Blokland		DB1			4:57.70	5:05.44	
		Dinte van Es			Tirza Blokland					
		200m	23.24	(23.24)	200m	23.40	(23.40)			
		600m	1:00.48	(37.24)	600m	1:00.57	(37.17)			
		1000m	1:39.31	(38.83)	1000m	1:39.73	(39.16)			
		1400m	2:19.68	(40.37)	1400m	2:19.34	(39.61)			
		1800m	3:00.47	(40.79)	1800m	3:00.06	(40.72)			
		2200m	3:42.42	(41.95)	2200m	3:42.19	(42.13)			
		2600m	4:24.61	(42.19)	2600m	4:24.31	(42.12)			
		3000m	5:06.39	(41.78)	3000m	5:05.44	(41.13)			

		Naam			Cat			PR	Tijd	Info
6	gl	3	Melle Boeijen		DB2			4:58.60	5:11.85	
	bl	21	Kalista Lamers		DB2			4:57.94	4:56.24	PR
		Melle Boeijen			Kalista Lamers					
		200m	22.15	(22.15)	200m	23.07	(23.07)			
		600m	59.38	(37.23)	600m	59.12	(36.05)			
		1000m	1:38.36	(38.98)	1000m	1:36.91	(37.79)			
		1400m	2:19.10	(40.74)	1400m	2:15.68	(38.77)			
		1800m	3:00.78	(41.68)	1800m	2:54.68	(39.00)			
		2200m	3:44.59	(43.81)	2200m	3:34.58	(39.90)			
		2600m	4:28.60	(44.01)	2600m	4:15.49	(40.91)			
		3000m	5:11.85	(43.25)	3000m	4:56.24	(40.75)			

		Naam		Cat		PR	Tijd	Info
7	wt	22 Fabienne Maarse		DB1		4:55.41	5:02.31	
	rd	28 Talisha Renes		DB2		4:57.24	5:12.73	

Fabienne Maarse

200m	21.86	(21.86)
600m	56.34	(34.48)
1000m	1:32.84	(36.50)
1400m	2:11.59	(38.75)
1800m	2:51.88	(40.29)
2200m	3:34.29	(42.41)
2600m	4:17.81	(43.52)
3000m	5:02.31	(44.50)

Talisha Renes

200m	21.35	(21.35)
600m	57.16	(35.81)
1000m	1:37.01	(39.85)
1400m	2:19.13	(42.12)
1800m	3:01.99	(42.86)
2200m	3:46.21	(44.22)
2600m	4:30.47	(44.26)
3000m	5:12.73	(42.26)

		Naam		Cat		PR	Tijd	Info
8	gl	31 Isabella Talen		DB1		4:54.24	5:06.84	
	bl	32 Indy Veerman		DB1		4:54.87	4:59.64	

Isabella Talen

200m	24.13	(24.13)
600m	1:00.77	(36.64)
1000m	1:39.68	(38.91)
1400m	2:20.27	(40.59)
1800m	3:01.32	(41.05)
2200m	3:43.08	(41.76)
2600m	4:25.02	(41.94)
3000m	5:06.84	(41.82)

Indy Veerman

200m	21.89	(21.89)
600m	57.63	(35.74)
1000m	1:36.28	(38.65)
1400m	2:16.08	(39.80)
1800m	2:56.61	(40.53)
2200m	3:37.41	(40.80)
2600m	4:18.77	(41.36)
3000m	4:59.64	(40.87)

		Naam			Cat	PR	Tijd	Info
9	wt	17 Lenthe Jansen			DB2	4:49.21	4:52.33	
	rd	33 Iris Verbeek			DB2	4:49.48	4:58.18	
		Lenthe Jansen			Iris Verbeek			
		200m	22.29	(22.29)	200m	23.77	(23.77)	
		600m	59.27	(36.98)	600m	59.56	(35.79)	
		1000m	1:37.47	(38.20)	1000m	1:36.59	(37.03)	
		1400m	2:15.69	(38.22)	1400m	2:14.93	(38.34)	
		1800m	2:55.58	(39.89)	1800m	2:54.94	(40.01)	
		2200m	3:35.04	(39.46)	2200m	3:35.58	(40.64)	
		2600m	4:13.47	(38.43)	2600m	4:16.62	(41.04)	
		3000m	4:52.33	(38.86)	3000m	4:58.18	(41.56)	

		Naam			Cat	PR	Tijd	Info
10	gl	20 Amber Koetsier			DB1	4:49.43	4:41.80	PR
	bl	13 Sari Harder			DB1	4:52.15	4:43.83	PR
		Amber Koetsier			Sari Harder			
		200m	21.86	(21.86)	200m	22.53	(22.53)	
		600m	56.71	(34.85)	600m	56.50	(33.97)	
		1000m	1:33.03	(36.32)	1000m	1:32.63	(36.13)	
		1400m	2:10.10	(37.07)	1400m	2:09.74	(37.11)	
		1800m	2:47.93	(37.83)	1800m	2:48.17	(38.43)	
		2200m	3:25.85	(37.92)	2200m	3:26.53	(38.36)	
		2600m	4:03.89	(38.04)	2600m	4:05.33	(38.80)	
		3000m	4:41.80	(37.91)	3000m	4:43.83	(38.50)	

		Naam	Cat	PR	Tijd	Info
11	wt	6 Floortje Bregman	DB2	4:48.62	4:57.84	
	rd	29 Danique van Rooden	DB2	4:46.64	4:54.49	

Floortje Bregman

200m	22.40	(22.40)
600m	58.87	(36.47)
1000m	1:38.30	(39.43)
1400m	2:17.89	(39.59)
1800m	2:57.35	(39.46)
2200m	3:37.03	(39.68)
2600m	4:17.38	(40.35)
3000m	4:57.84	(40.46)

Danique van Rooden

200m	23.78	(23.78)
600m	1:01.14	(37.36)
1000m	1:38.96	(37.82)
1400m	2:17.20	(38.24)
1800m	2:56.10	(38.90)
2200m	3:35.43	(39.33)
2600m	4:14.97	(39.54)
3000m	4:54.49	(39.52)

		Naam	Cat	PR	Tijd	Info
12	gl	18 Silke Kabel	DB1	4:48.62	4:57.76	
	bl	10 Janine Garretsen	DB2	4:47.01	4:56.10	

Silke Kabel

200m	22.57	(22.57)
600m	58.13	(35.56)
1000m	1:36.48	(38.35)
1400m	2:15.83	(39.35)
1800m	2:55.67	(39.84)
2200m	3:36.33	(40.66)
2600m	4:17.01	(40.68)
3000m	4:57.76	(40.75)

Janine Garretsen

200m	22.11	(22.11)
600m	56.08	(33.97)
1000m	1:32.17	(36.09)
1400m	2:10.41	(38.24)
1800m	2:50.16	(39.75)
2200m	3:31.12	(40.96)
2600m	4:13.29	(42.17)
3000m	4:56.10	(42.81)

		Naam			Cat	PR	Tijd	Info
13	wt	14	Sara ter Hart		DB2	4:37.59	4:38.95	
	rd	5	Diede Brandts		DB1	4:43.41	4:47.05	
		Sara ter Hart			Diede Brandts			
		200m	21.92	(21.92)	200m	22.11	(22.11)	
		600m	55.74	(33.82)	600m	55.31	(33.20)	
		1000m	1:31.35	(35.61)	1000m	1:30.90	(35.59)	
		1400m	2:08.00	(36.65)	1400m	2:07.87	(36.97)	
		1800m	2:45.48	(37.48)	1800m	2:46.70	(38.83)	
		2200m	3:23.74	(38.26)	2200m	3:26.34	(39.64)	
		2600m	4:01.59	(37.85)	2600m	4:06.49	(40.15)	
		3000m	4:38.95	(37.36)	3000m	4:47.05	(40.56)	

		Naam			Cat	PR	Tijd	Info
14	gl	36	Ymke Wubben		DB1	4:34.63	4:46.52	
	bl	7	Mette ten Cate		DB1	4:46.20	4:34.30	PR
		Ymke Wubben			Mette ten Cate			
		200m	22.64	(22.64)	200m	20.97	(20.97)	
		600m	57.73	(35.09)	600m	54.92	(33.95)	
		1000m	1:34.40	(36.67)	1000m	1:31.00	(36.08)	
		1400m	2:12.12	(37.72)	1400m	2:07.26	(36.26)	
		1800m	2:50.28	(38.16)	1800m	2:43.97	(36.71)	
		2200m	3:28.66	(38.38)	2200m	3:20.73	(36.76)	
		2600m	4:07.19	(38.53)	2600m	3:57.59	(36.86)	
		3000m	4:46.52	(39.33)	3000m	4:34.30	(36.71)	

		Naam			Cat	PR	Tijd	Info
15	wt	12	Mimi van Hall		DB2	5:03.39	WDR	
	rd	19	Maud Kempenaar		DB1	4:35.59	WDR	
		Mimi van Hall			Maud Kempenaar			

6. Uitslag Jongens Jun.B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	25 Stefan Has	HB2	17	I	4:07.35		
2	8 Chris Berkhout	HB2	16	O	4:09.32	PR	
3	42 Jan Mooijman	HB2	18	I	4:10.60		
4	30 Lars van Ipenburg	HB1	16	I	4:11.09	PR	
5	15 Jesse van Buren	HB2	18	O	4:11.41		
6	33 Levi Kapp	HB2	15	I	4:12.23		
7	55 Pieter Zijlstra	HB1	14	I	4:12.28	PR	
8	12 Julian de Boer	HB2	17	O	4:12.29		
9	27 Jan-Hendrik Hoekstra	HB1	13	O	4:13.38	PR	
10	31 Rutger Jansma	HB1	9	O	4:14.34	PR	
11	28 Lieuwe ter Hoeve	HB2	12	I	4:14.76	PR	
12	21 Samuel Gunnink	HB2	11	I	4:15.14	PR	
13	53 Mats Westra	HB2	14	O	4:15.57	PR	
14	45 Milan Rietveld	HB2	15	O	4:15.65		
15	14 Alexander Boon	HB2	7	I	4:16.89	PR	
16	52 Emiel van Wees	HB2	12	O	4:17.68		
17	18 Daan de Graaf	HB2	9	I	4:18.20	PR	
18	26 Jelte Hellinga	HB1	5	I	4:19.98	PR	
19	37 Thomas Landman	HB2	10	I	4:20.53	PR	
20	7 Luke Bavius	HB1	4	I	4:20.75	PR	
21	54 Sjors Zautsen	HB2	4	O	4:21.48	PR	
22	11 Niek Bijma	HB1	10	O	4:22.20		
23	47 Daan Segers	HB1	7	O	4:22.56	PR	
24	22 Jarno Haitjema	HB2	6	I	4:22.65	PR	
25	17 Loic Crielaers	HB1	5	O	4:22.81	PR	
26	41 Onne van Miltenburg	HB1	11	O	4:23.56		
27	34 Daan Koot	HB1	1	I	4:23.91	PR	
28	5 Nick Barendse	HB1	3	O	4:24.64	PR	
29	10 Samuel de Bie	HB2	8	I	4:25.29		
30	56 Daan van Zwienen	HB2	6	O	4:25.47	PR	
31	36 Wessel Lamme	HB1	2	O	4:28.00	PR	
32	23 Jens Halfweeg	HB2	2	I	4:29.26	PR	
33	13 Nick Bontrop	HB2	8	O	4:31.51		
34	24 Floris van Hardeveld	HB1	3	I	4:31.56		
35	9 Tjebbe Berkhout	HB2	1	O	4:32.78	PR	
	46 Rick Schuurman	HB1	13	I	DNF		

6. Rituitslag Jongens Jun.B 3000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	34	Daan Koot		HB1	4:29.07	4:23.91	PR
	rd	9	Tjebbe Berkhout		HB2	4:41.17	4:32.78	PR
			Daan Koot				Tjebbe Berkhout	
		200m	20.75	(20.75)	200m	21.68	(21.68)	
		600m	53.79	(33.04)	600m	54.38	(32.70)	
		1000m	1:27.92	(34.13)	1000m	1:27.97	(33.59)	
		1400m	2:02.65	(34.73)	1400m	2:02.75	(34.78)	
		1800m	2:37.67	(35.02)	1800m	2:38.50	(35.75)	
		2200m	3:12.99	(35.32)	2200m	3:15.78	(37.28)	
		2600m	3:48.52	(35.53)	2600m	3:54.15	(38.37)	
		3000m	4:23.91	(35.39)	3000m	4:32.78	(38.63)	

		Naam		Cat		PR	Tijd	Info
2	gl	23	Jens Halfweg		HB2	4:33.44	4:29.26	PR
	bl	36	Wessel Lamme		HB1	4:33.85	4:28.00	PR
			Jens Halfweg				Wessel Lamme	
		200m	20.19	(20.19)	200m	20.93	(20.93)	
		600m	52.83	(32.64)	600m	53.04	(32.11)	
		1000m	1:26.87	(34.04)	1000m	1:26.86	(33.82)	
		1400m	2:02.70	(35.83)	1400m	2:01.69	(34.83)	
		1800m	2:38.59	(35.89)	1800m	2:37.54	(35.85)	
		2200m	3:15.24	(36.65)	2200m	3:14.04	(36.50)	
		2600m	3:51.95	(36.71)	2600m	3:50.98	(36.94)	
		3000m	4:29.26	(37.31)	3000m	4:28.00	(37.02)	

		Naam	Cat	PR	Tijd	Info
3	wt	24 Floris van Hardeveld	HB1	4:26.57	4:31.56	
	rd	5 Nick Barendse	HB1	4:27.18	4:24.64	PR

Floris van Hardeveld

200m	19.91	(19.91)
600m	52.21	(32.30)
1000m	1:25.35	(33.14)
1400m	1:59.87	(34.52)
1800m	2:35.81	(35.94)
2200m	3:14.13	(38.32)
2600m	3:51.88	(37.75)
3000m	4:31.56	(39.68)

Nick Barendse

200m	20.74	(20.74)
600m	53.34	(32.60)
1000m	1:26.49	(33.15)
1400m	2:00.41	(33.92)
1800m	2:35.20	(34.79)
2200m	3:10.85	(35.65)
2600m	3:47.32	(36.47)
3000m	4:24.64	(37.32)

		Naam	Cat	PR	Tijd	Info
4	gl	7 Luke Bavius	HB1	4:28.34	4:20.75	PR
	bl	54 Sjors Zautsen	HB2	4:26.45	4:21.48	PR

Luke Bavius

200m	20.22	(20.22)
600m	52.27	(32.05)
1000m	1:26.20	(33.93)
1400m	2:00.72	(34.52)
1800m	2:35.64	(34.92)
2200m	3:11.38	(35.74)
2600m	3:46.05	(34.67)
3000m	4:20.75	(34.70)

Sjors Zautsen

200m	19.99	(19.99)
600m	50.40	(30.41)
1000m	1:22.71	(32.31)
1400m	1:56.35	(33.64)
1800m	2:31.29	(34.94)
2200m	3:07.39	(36.10)
2600m	3:43.99	(36.60)
3000m	4:21.48	(37.49)

		Naam			Cat	PR	Tijd	Info
5	wt	26	Jelte Hellinga		HB1	4:25.97	4:19.98	PR
	rd	17	Loic Crielaers		HB1	4:25.06	4:22.81	PR
		Jelte Hellinga			Loic Crielaers			
		200m	20.50	(20.50)	200m	20.33	(20.33)	
		600m	52.59	(32.09)	600m	52.33	(32.00)	
		1000m	1:25.87	(33.28)	1000m	1:25.84	(33.51)	
		1400m	1:59.50	(33.63)	1400m	1:59.68	(33.84)	
		1800m	2:33.56	(34.06)	1800m	2:34.26	(34.58)	
		2200m	3:08.48	(34.92)	2200m	3:09.92	(35.66)	
		2600m	3:43.95	(35.47)	2600m	3:46.30	(36.38)	
		3000m	4:19.98	(36.03)	3000m	4:22.81	(36.51)	

		Naam			Cat	PR	Tijd	Info
6	gl	22	Jarno Haitjema		HB2	4:26.11	4:22.65	PR
	bl	56	Daan van Zwienen		HB2	4:25.93	4:25.47	PR
		Jarno Haitjema			Daan van Zwienen			
		200m	20.50	(20.50)	200m	19.36	(19.36)	
		600m	53.75	(33.25)	600m	50.32	(30.96)	
		1000m	1:27.51	(33.76)	1000m	1:23.47	(33.15)	
		1400m	2:01.67	(34.16)	1400m	1:58.35	(34.88)	
		1800m	2:36.53	(34.86)	1800m	2:34.54	(36.19)	
		2200m	3:11.41	(34.88)	2200m	3:11.02	(36.48)	
		2600m	3:46.75	(35.34)	2600m	3:48.01	(36.99)	
		3000m	4:22.65	(35.90)	3000m	4:25.47	(37.46)	

		Naam	Cat	PR	Tijd	Info
7	wt	14 Alexander Boon	HB2	4:24.49	4:16.89	PR
	rd	47 Daan Segers	HB1	4:23.46	4:22.56	PR

Alexander Boon

200m	18.95	(18.95)
600m	49.99	(31.04)
1000m	1:22.57	(32.58)
1400m	1:56.03	(33.46)
1800m	2:30.39	(34.36)
2200m	3:05.23	(34.84)
2600m	3:40.79	(35.56)
3000m	4:16.89	(36.10)

Daan Segers

200m	20.27	(20.27)
600m	52.25	(31.98)
1000m	1:26.11	(33.86)
1400m	2:00.51	(34.40)
1800m	2:35.70	(35.19)
2200m	3:11.07	(35.37)
2600m	3:47.07	(36.00)
3000m	4:22.56	(35.49)

		Naam	Cat	PR	Tijd	Info
8	gl	10 Samuel de Bie	HB2	4:23.25	4:25.29	
	bl	13 Nick Bontrop	HB2	4:23.68	4:31.51	

Samuel de Bie

200m	20.84	(20.84)
600m	53.58	(32.74)
1000m	1:26.28	(32.70)
1400m	2:00.11	(33.83)
1800m	2:34.94	(34.83)
2200m	3:10.87	(35.93)
2600m	3:47.56	(36.69)
3000m	4:25.29	(37.73)

Nick Bontrop

200m	21.86	(21.86)
600m	54.77	(32.91)
1000m	1:27.48	(32.71)
1400m	2:01.28	(33.80)
1800m	2:36.41	(35.13)
2200m	3:13.20	(36.79)
2600m	3:51.52	(38.32)
3000m	4:31.51	(39.99)

		Naam	Cat	PR	Tijd	Info
9	wt	18 Daan de Graaf	HB2	4:19.99	4:18.20	PR
	rd	31 Rutger Jansma	HB1	4:21.84	4:14.34	PR

Daan de Graaf

200m	20.30	(20.30)
600m	52.96	(32.66)
1000m	1:25.67	(32.71)
1400m	1:58.71	(33.04)
1800m	2:31.92	(33.21)
2200m	3:05.79	(33.87)
2600m	3:41.28	(35.49)
3000m	4:18.20	(36.92)

Rutger Jansma

200m	20.33	(20.33)
600m	52.65	(32.32)
1000m	1:25.65	(33.00)
1400m	1:58.41	(32.76)
1800m	2:31.73	(33.32)
2200m	3:05.03	(33.30)
2600m	3:39.42	(34.39)
3000m	4:14.34	(34.92)

		Naam	Cat	PR	Tijd	Info
10	gl	37 Thomas Landman	HB2	4:21.07	4:20.53	PR
	bl	11 Niek Bijma	HB1	4:19.49	4:22.20	

Thomas Landman

200m	20.72	(20.72)
600m	53.75	(33.03)
1000m	1:27.88	(34.13)
1400m	2:02.36	(34.48)
1800m	2:36.37	(34.01)
2200m	3:10.58	(34.21)
2600m	3:45.09	(34.51)
3000m	4:20.53	(35.44)

Niek Bijma

200m	20.22	(20.22)
600m	52.70	(32.48)
1000m	1:26.97	(34.27)
1400m	2:00.97	(34.00)
1800m	2:35.50	(34.53)
2200m	3:10.26	(34.76)
2600m	3:46.27	(36.01)
3000m	4:22.20	(35.93)

		Naam	Cat	PR	Tijd	Info
11	wt	21 Samuel Gunnink	HB2	4:18.69	4:15.14	PR
	rd	41 Onne van Miltenburg	HB1	4:17.02	4:23.56	

Samuel Gunnink

200m	20.23	(20.23)
600m	50.91	(30.68)
1000m	1:22.18	(31.27)
1400m	1:54.86	(32.68)
1800m	2:28.50	(33.64)
2200m	3:03.06	(34.56)
2600m	3:38.51	(35.45)
3000m	4:15.14	(36.63)

Onne van Miltenburg

200m	20.87	(20.87)
600m	53.48	(32.61)
1000m	1:27.10	(33.62)
1400m	2:01.41	(34.31)
1800m	2:36.71	(35.30)
2200m	3:12.41	(35.70)
2600m	3:47.97	(35.56)
3000m	4:23.56	(35.59)

		Naam	Cat	PR	Tijd	Info
12	gl	28 Lieuwe ter Hoeve	HB2	4:18.90	4:14.76	PR
	bl	52 Emiel van Wees	HB2	4:16.63	4:17.68	

Lieuwe ter Hoeve

200m	19.89	(19.89)
600m	50.98	(31.09)
1000m	1:23.22	(32.24)
1400m	1:56.17	(32.95)
1800m	2:29.85	(33.68)
2200m	3:04.35	(34.50)
2600m	3:39.39	(35.04)
3000m	4:14.76	(35.37)

Emiel van Wees

200m	20.88	(20.88)
600m	52.24	(31.36)
1000m	1:24.83	(32.59)
1400m	1:58.03	(33.20)
1800m	2:31.90	(33.87)
2200m	3:06.49	(34.59)
2600m	3:41.72	(35.23)
3000m	4:17.68	(35.96)

		Naam	Cat	PR	Tijd	Info
13	wt	46 Rick Schuurman	HB1	4:15.78		DNF
	rd	27 Jan-Hendrik Hoekstra	HB1	4:14.77		4:13.38 PR
		Rick Schuurman				
		200m	19.52 (19.52)			
		600m	51.85 (32.33)			
		1000m	1:25.39 (33.54)			
		1400m	1:59.46 (34.07)			
		Jan-Hendrik Hoekstra				
		200m	20.81 (20.81)			
		600m	53.32 (32.51)			
		1000m	1:26.08 (32.76)			
		1400m	1:59.03 (32.95)			
		1800m	2:32.63 (33.60)			
		2200m	3:06.22 (33.59)			
		2600m	3:39.43 (33.21)			
		3000m	4:13.38 (33.95)			

		Naam	Cat	PR	Tijd	Info
14	gl	55 Pieter Zijlstra	HB1	4:15.72		4:12.28 PR
	bl	53 Mats Westra	HB2	4:16.62		4:15.57 PR
		Pieter Zijlstra				
		200m	19.86 (19.86)			
		600m	50.93 (31.07)			
		1000m	1:22.64 (31.71)			
		1400m	1:55.25 (32.61)			
		1800m	2:28.93 (33.68)			
		2200m	3:03.41 (34.48)			
		2600m	3:37.92 (34.51)			
		3000m	4:12.28 (34.36)			
		Mats Westra				
		200m	20.22 (20.22)			
		600m	51.90 (31.68)			
		1000m	1:23.46 (31.56)			
		1400m	1:56.13 (32.67)			
		1800m	2:29.70 (33.57)			
		2200m	3:04.48 (34.78)			
		2600m	3:39.81 (35.33)			
		3000m	4:15.57 (35.76)			

		Naam	Cat	PR	Tijd	Info
15	wt	33 Levi Kapp	HB2	4:11.15	4:12.23	
	rd	45 Milan Rietveld	HB2	4:09.91	4:15.65	

Levi Kapp

200m	19.86	(19.86)
600m	50.97	(31.11)
1000m	1:22.45	(31.48)
1400m	1:55.08	(32.63)
1800m	2:28.65	(33.57)
2200m	3:03.25	(34.60)
2600m	3:37.75	(34.50)
3000m	4:12.23	(34.48)

Milan Rietveld

200m	20.10	(20.10)
600m	51.41	(31.31)
1000m	1:22.51	(31.10)
1400m	1:55.27	(32.76)
1800m	2:29.38	(34.11)
2200m	3:04.94	(35.56)
2600m	3:40.17	(35.23)
3000m	4:15.65	(35.48)

		Naam	Cat	PR	Tijd	Info
16	gl	30 Lars van Ipenburg	HB1	4:14.31	4:11.09	PR
	bl	8 Chris Berkhout	HB2	4:13.63	4:09.32	PR

Lars van Ipenburg

200m	19.46	(19.46)
600m	49.20	(29.74)
1000m	1:20.79	(31.59)
1400m	1:54.19	(33.40)
1800m	2:28.29	(34.10)
2200m	3:03.00	(34.71)
2600m	3:37.11	(34.11)
3000m	4:11.09	(33.98)

Chris Berkhout

200m	19.23	(19.23)
600m	49.29	(30.06)
1000m	1:22.21	(32.92)
1400m	1:55.85	(33.64)
1800m	2:30.13	(34.28)
2200m	3:03.83	(33.70)
2600m	3:36.75	(32.92)
3000m	4:09.32	(32.57)

		Naam			Cat	PR	Tijd	Info
17	wt	25	Stefan Has		HB2	4:02.58	4:07.35	
	rd	12	Julian de Boer		HB2	4:09.82	4:12.29	
		Stefan Has			Julian de Boer			
		200m	20.06	(20.06)	200m	19.88	(19.88)	
		600m	51.21	(31.15)	600m	50.66	(30.78)	
		1000m	1:23.07	(31.86)	1000m	1:23.40	(32.74)	
		1400m	1:56.11	(33.04)	1400m	1:56.22	(32.82)	
		1800m	2:28.70	(32.59)	1800m	2:29.30	(33.08)	
		2200m	3:01.13	(32.43)	2200m	3:02.83	(33.53)	
		2600m	3:34.13	(33.00)	2600m	3:37.45	(34.62)	
		3000m	4:07.35	(33.22)	3000m	4:12.29	(34.84)	

		Naam			Cat	PR	Tijd	Info
18	gl	42	Jan Mooijman		HB2	4:05.54	4:10.60	
	bl	15	Jesse van Buren		HB2	4:06.72	4:11.41	
		Jan Mooijman			Jesse van Buren			
		200m	19.87	(19.87)	200m	20.58	(20.58)	
		600m	50.83	(30.96)	600m	51.52	(30.94)	
		1000m	1:22.64	(31.81)	1000m	1:23.49	(31.97)	
		1400m	1:55.54	(32.90)	1400m	1:56.36	(32.87)	
		1800m	2:28.25	(32.71)	1800m	2:29.02	(32.66)	
		2200m	3:01.66	(33.41)	2200m	3:02.56	(33.54)	
		2600m	3:35.83	(34.17)	2600m	3:36.65	(34.09)	
		3000m	4:10.60	(34.77)	3000m	4:11.41	(34.76)	