

## 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	<b>Tirza Blokland</b>		DB1	46.71	<b>46.64</b>	PR
	rd	21	<b>Kalista Lamers</b>		DB2	45.80	<b>45.79</b>	PR
		<u>Tirza Blokland</u>			<u>Kalista Lamers</u>			
		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							
		<u>m</u>			<u>m</u>			

		Naam		Cat		PR	Tijd	Info
3	wt	33	<b>Iris Verbeek</b>		DB2	45.31	<b>46.35</b>	
	rd	31	<b>Isabella Talen</b>		DB1	45.12	<b>46.90</b>	
		<u>Iris Verbeek</u>			<u>Isabella Talen</u>			
		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	<b>Britt Steg</b>		DB1	45.42	<b>47.21</b>	
	bl	17	<b>Lenthe Jansen</b>		DB2	45.28	<b>46.63</b>	
		<u>Britt Steg</u>			<u>Lenthe Jansen</u>			
		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	<b>Isa Oudenes</b>		DB1	44.76	<b>45.62</b>	
	rd	6	<b>Floortje Bregman</b>		DB2	44.98	<b>46.46</b>	
		<u>Isa Oudenes</u>			<u>Floortje Bregman</u>			
		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 <b>Dinte van Es</b>	DB2	44.98	<b>45.70</b>	
	bl	11 <b>Freya Goerres</b>	DB1	45.03	<b>46.93</b>	
		<b>Dinte van Es</b>		<b>Freya Goerres</b>		
		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 <b>Amber Koetsier</b>	DB1	44.36	<b>43.60</b>	PR
	rd	35 <b>Eva Weultjes</b>	DB1	44.68	<b>46.77</b>	
		<b>Amber Koetsier</b>		<b>Eva Weultjes</b>		
		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 <b>Diede Brandts</b>	DB1	44.37	<b>45.27</b>	
	bl	25 <b>Luna Nieuwland</b>	DB2	44.68	<b>44.96</b>	
		<b>Diede Brandts</b>		<b>Luna Nieuwland</b>		
		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 <b>Marit van der Meer</b>	DB1	43.66	<b>44.95</b>	
	rd	12 <b>Mimi van Hall</b>	DB2	44.27	<b>45.64</b>	
		<b>Marit van der Meer</b>		<b>Mimi van Hall</b>		
		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 <b>Fabienne Maarse</b>	DB1	43.55	<b>45.79</b>	
	bl	29 <b>Danique van Rooden</b>	DB2	43.52	<b>45.58</b>	
		<b>Fabienne Maarse</b>		<b>Danique van Rooden</b>		
		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	<b>Talisha Renes</b>		DB2			43.40	<b>43.84</b>		
	rd	19	<b>Maud Kempenaar</b>		DB1			43.49	<b>45.35</b>		
		<b>Talisha Renes</b>			<b>Maud Kempenaar</b>						
		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	<b>Silke Kabel</b>		DB1			43.36	<b>44.36</b>		
	bl	24	<b>Zhara Möllers</b>		DB2			43.40	<b>45.14</b>		
		<b>Silke Kabel</b>			<b>Zhara Möllers</b>						
		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	<b>Sara ter Hart</b>		DB2			43.10	<b>44.99</b>		
	rd	3	<b>Melle Boeijen</b>		DB2			43.02	<b>45.50</b>		
		<b>Sara ter Hart</b>			<b>Melle Boeijen</b>						
		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	<b>Ymke Wubben</b>		DB1			43.29	<b>45.24</b>		
	bl	13	<b>Sari Harder</b>		DB1			43.24	<b>45.87</b>		
		<b>Ymke Wubben</b>			<b>Sari Harder</b>						
		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	<b>Indy Veerman</b>		DB1			42.95	<b>43.36</b>		
	rd	7	<b>Mette ten Cate</b>		DB1			41.22	<b>42.26</b>		
		<b>Indy Veerman</b>			<b>Mette ten Cate</b>						
		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	<b>Janine Garretsen</b>			DB2	41.18	<b>41.87</b>
	bl	34	<b>Mara Vergeer</b>			DB1	42.93	<b>43.71</b>
		<b>Janine Garretsen</b>			<b>Mara Vergeer</b>			
		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 <b>Niels Teunissen</b>	HB2	41.35		<b>DNS</b>
	rd					
		<u>Niels Teunissen</u>				
					m	

		Naam	Cat	PR	Tijd	Info
2	gl	20 <b>Christian Groenhof</b>	HB2	42.30		<b>42.33</b>
	bl	50 <b>Roelof Timmerman</b>	HB2	42.74		<b>43.72</b>
		<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 <b>Lars Groenheiden</b>	HB1	41.38		<b>42.79</b>
	rd	48 <b>Sander Stanneveld</b>	HB1	41.39		<b>43.07</b>
		<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 <b>Joep Aben</b>	HB2	41.60		<b>WDR</b>
	bl	41 <b>Onne van Miltenburg</b>	HB1	41.65		<b>42.46</b>
		<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 <b>Thomas Landman</b>	HB2	41.07		<b>42.33</b>
	rd	35 <b>Joris Kuipers</b>	HB1	41.19		<b>42.40</b>
		<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	<b>Wessel Lamme</b>		HB1	41.37	<b>41.35</b>	PR
	bl	52	<b>Emiel van Wees</b>		HB2	41.29	<b>42.22</b>	
			<b>Wessel Lamme</b>		<b>Emiel van Wees</b>			
			100m	11.35	(11.35)	100m	11.56	(11.56)
			500m	41.35	(30.00)	500m	42.22	(30.66)
		Naam		Cat		PR	Tijd	Info
7	wt	26	<b>Jelte Hellinga</b>		HB1	40.80	<b>41.74</b>	
	rd	2	<b>Huub Adema</b>		HB1	40.77	<b>41.96</b>	
			<b>Jelte Hellinga</b>		<b>Huub Adema</b>			
			100m	11.54	(11.54)	100m	11.45	(11.45)
			500m	41.74	(30.20)	500m	41.96	(30.51)
		Naam		Cat		PR	Tijd	Info
8	gl	3	<b>Kian Baard</b>		HB1	40.73	<b>DQ</b>	
	bl	6	<b>Sam Bauhuis</b>		HB1	40.98	<b>42.23</b>	
			<b>Kian Baard</b>		<b>Sam Bauhuis</b>			
						100m	11.63	(11.63)
						500m	42.23	(30.60)
		Naam		Cat		PR	Tijd	Info
9	wt	43	<b>Joris Mulder</b>		HB1	40.65	<b>41.77</b>	
	rd	30	<b>Lars van Ipenburg</b>		HB1	40.56	<b>41.30</b>	
			<b>Joris Mulder</b>		<b>Lars van Ipenburg</b>			
			100m	11.47	(11.47)	100m	11.68	(11.68)
			500m	41.77	(30.30)	500m	41.30	(29.62)
		Naam		Cat		PR	Tijd	Info
10	gl	15	<b>Jesse van Buren</b>		HB2	40.68	<b>41.67</b>	
	bl	47	<b>Daan Segers</b>		HB1	40.58	<b>41.33</b>	
			<b>Jesse van Buren</b>		<b>Daan Segers</b>			
			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 <b>Chris Berkhout</b>	HB2		40.30	<b>40.37</b>	
	rd	9 <b>Tjebbe Berkhout</b>	HB2		40.45	<b>41.76</b>	
		<b>Chris Berkhout</b>		<b>Tjebbe Berkhout</b>			
		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 <b>Lars Mans</b>	HB1		40.40	<b>40.75</b>	
	bl	22 <b>Jarno Haitjema</b>	HB2		40.41	<b>40.57</b>	
		<b>Lars Mans</b>		<b>Jarno Haitjema</b>			
		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 <b>Stefan Has</b>	HB2		40.18	<b>41.05</b>	
	rd	10 <b>Samuel de Bie</b>	HB2		40.26	<b>41.16</b>	
		<b>Stefan Has</b>		<b>Samuel de Bie</b>			
		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 <b>Luke Bavius</b>	HB1		40.07	<b>40.68</b>	
	bl	46 <b>Rick Schuurman</b>	HB1		40.07	<b>40.43</b>	
		<b>Luke Bavius</b>		<b>Rick Schuurman</b>			
		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 <b>Jerry Coenen</b>	HB2		39.71	<b>41.10</b>	
	rd	27 <b>Jan-Hendrik Hoekstra</b>	HB1		39.69	<b>41.33</b>	
		<b>Jerry Coenen</b>		<b>Jan-Hendrik Hoekstra</b>			
		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 <b>Nick Barendse</b>	HB1	39.95	<b>40.51</b>	
	bl	33 <b>Levi Kapp</b>	HB2	39.93	<b>40.57</b>	
		<b>Nick Barendse</b>				<b>Levi Kapp</b>
		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 <b>Loic Crielaers</b>	HB1	39.61	<b>40.92</b>	
	rd	12 <b>Julian de Boer</b>	HB2	39.61	<b>40.43</b>	
		<b>Loic Crielaers</b>				<b>Julian de Boer</b>
		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 <b>Lieuwe ter Hoeve</b>	HB2	39.57	<b>40.52</b>	
	bl	21 <b>Samuel Gunnink</b>	HB2	39.59	<b>40.81</b>	
		<b>Lieuwe ter Hoeve</b>				<b>Samuel Gunnink</b>
		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 <b>Nick Bontrop</b>	HB2	39.54	<b>40.73</b>	
	rd	34 <b>Daan Koot</b>	HB1	39.45	<b>40.10</b>	
		<b>Nick Bontrop</b>				<b>Daan Koot</b>
		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 <b>Milan Rietveld</b>	HB2	39.34	<b>40.19</b>	
	bl	55 <b>Pieter Zijlstra</b>	HB1	39.33	<b>40.59</b>	
		<b>Milan Rietveld</b>				<b>Pieter Zijlstra</b>
		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 <b>Mats Westra</b>	HB2	39.11	<b>40.39</b>	
	rd	29 <b>Sven Huizinga</b>	HB1	39.28	<b>54.87</b>	FL
		<b>Mats Westra</b>				<b>Sven Huizinga</b>
		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 <b>Sjors Zautsen</b>	HB2	39.27	<b>40.24</b>	
	bl	11 <b>Niek Bijma</b>	HB1	39.30	<b>40.20</b>	
		<b>Sjors Zautsen</b>				<b>Niek Bijma</b>
		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 <b>Jonas Bakker</b>	HB2	38.71	<b>40.50</b>	
	rd	31 <b>Rutger Jansma</b>	HB1	38.82	<b>40.15</b>	
		<b>Jonas Bakker</b>				<b>Rutger Jansma</b>
		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 <b>Daan de Graaf</b>	HB2	38.95	<b>39.97</b>	
	bl	24 <b>Floris van Hardeveld</b>	HB1	38.77	<b>39.77</b>	
		<b>Daan de Graaf</b>				<b>Floris van Hardeveld</b>
		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 <b>Daan van Zwiene</b>	HB2	37.78	<b>39.43</b>	
	rd	14 <b>Alexander Boon</b>	HB2	38.33	<b>39.74</b>	
		<b>Daan van Zwiene</b>				<b>Alexander Boon</b>
		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	<b>Jan Mooijman</b>		HB2		38.10	<b>39.32</b>
	bl	23	<b>Jens Halfweg</b>		HB2		38.65	<b>39.65</b>
		<b>Jan Mooijman</b>			<b>Jens Halfweg</b>			
		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 <b>Mette ten Cate</b>	DB1	16	O	<b>2:11.39</b>		
2	36 <b>Ymke Wubben</b>	DB1	15	O	<b>2:14.11</b>		
3	14 <b>Sara ter Hart</b>	DB2	16	I	<b>2:15.48</b>		
4	10 <b>Janine Garretsen</b>	DB2	15	I	<b>2:16.85</b>		
5	13 <b>Sari Harder</b>	DB1	13	O	<b>2:17.11</b>		
6	21 <b>Kalista Lamers</b>	DB2	3	O	<b>2:17.64</b>	PR	
7	20 <b>Amber Koetsier</b>	DB1	10	O	<b>2:17.79</b>		
8	29 <b>Danique van Rooden</b>	DB2	14	I	<b>2:20.46</b>		
9	5 <b>Diede Brandts</b>	DB1	14	O	<b>2:20.94</b>		
10	18 <b>Silke Kabel</b>	DB1	7	I	<b>2:21.51</b>		
11	32 <b>Indy Veerman</b>	DB1	4	O	<b>2:21.56</b>		
12	24 <b>Zhara Möllers</b>	DB2	8	I	<b>2:23.43</b>		
13	26 <b>Isa Oudenes</b>	DB1	6	I	<b>2:23.91</b>		
14	25 <b>Luna Nieuwland</b>	DB2	7	O	<b>2:24.02</b>		
15	34 <b>Mara Vergeer</b>	DB1	10	I	<b>2:24.21</b>		
16	22 <b>Fabienne Maarse</b>	DB1	12	O	<b>2:24.29</b>		
17	17 <b>Lenthe Jansen</b>	DB2	8	O	<b>2:24.78</b>		
18	28 <b>Talisha Renes</b>	DB2	9	O	<b>2:25.23</b>		
19	33 <b>Iris Verbeek</b>	DB2	11	O	<b>2:25.59</b>		
20	31 <b>Isabella Talen</b>	DB1	6	O	<b>2:25.85</b>		
	23 <b>Marit van der Meer</b>	DB1	12	I	<b>2:25.85</b>		
22	6 <b>Floortje Bregman</b>	DB2	11	I	<b>2:26.34</b>		
23	3 <b>Melle Boeijen</b>	DB2	5	I	<b>2:27.50</b>		
24	2 <b>Tirza Blokland</b>	DB1	1	I	<b>2:27.82</b>		
25	30 <b>Britt Steg</b>	DB1	3	I	<b>2:28.14</b>		
26	11 <b>Freya Goerres</b>	DB1	4	I	<b>2:28.18</b>		
27	12 <b>Mimi van Hall</b>	DB2	5	O	<b>2:28.36</b>		
28	35 <b>Eva Weultjes</b>	DB1	1	O	<b>2:29.35</b>		
29	8 <b>Dinte van Es</b>	DB2	9	I	<b>2:41.20</b>	FL	
	19 <b>Maud Kempenaar</b>	DB1				WDR	

## 3. Rituitslag Meisjes Jun.B 1500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	2	<b>Tirza Blokland</b>		DB1	2:22.77	<b>2:27.82</b>	
	rd	35	<b>Eva Weultjes</b>		DB1	2:21.13	<b>2:29.35</b>	
		<b>Tirza Blokland</b>			<b>Eva Weultjes</b>			
		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	<b>Britt Steg</b>		DB1	2:19.92	<b>2:28.14</b>	
	rd	21	<b>Kalista Lamers</b>		DB2	2:20.36	<b>2:17.64</b>	PR
		<b>Britt Steg</b>			<b>Kalista Lamers</b>			
		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	<b>Freya Goerres</b>		DB1	2:19.18	<b>2:28.18</b>	
	bl	32	<b>Indy Veerman</b>		DB1	2:20.28	<b>2:21.56</b>	
		<b>Freya Goerres</b>			<b>Indy Veerman</b>			
		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	<b>Melle Boeijen</b>		DB2	2:18.23	<b>2:27.50</b>	
	rd	12	<b>Mimi van Hall</b>		DB2	2:17.90	<b>2:28.36</b>	
			<b>Melle Boeijen</b>				<b>Mimi van Hall</b>	
			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	<b>Isa Oudenes</b>		DB1	2:18.69	<b>2:23.91</b>	
	bl	31	<b>Isabella Talen</b>		DB1	2:18.26	<b>2:25.85</b>	
			<b>Isa Oudenes</b>				<b>Isabella Talen</b>	
			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	<b>Silke Kabel</b>		DB1	2:13.87	<b>2:21.51</b>	
	rd	25	<b>Luna Nieuwland</b>		DB2	2:17.64	<b>2:24.02</b>	
			<b>Silke Kabel</b>				<b>Luna Nieuwland</b>	
			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	<b>Zhara Möllers</b>		DB2	2:16.88	<b>2:23.43</b>	
	bl	17	<b>Lenthe Jansen</b>		DB2	2:16.94	<b>2:24.78</b>	
			<b>Zhara Möllers</b>				<b>Lenthe Jansen</b>	
			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	<b>Dinte van Es</b>		DB2			2:16.52	<b>2:41.20</b>	FL
	rd	28	<b>Talisha Renes</b>		DB2			2:16.82	<b>2:25.23</b>	
		<b>Dinte van Es</b>			<b>Talisha Renes</b>					
		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	<b>Mara Vergeer</b>		DB1			2:16.26	<b>2:24.21</b>	
	bl	20	<b>Amber Koetsier</b>		DB1			2:16.50	<b>2:17.79</b>	
		<b>Mara Vergeer</b>			<b>Amber Koetsier</b>					
		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	<b>Floortje Bregman</b>		DB2			2:15.31	<b>2:26.34</b>	
	rd	33	<b>Iris Verbeek</b>		DB2			2:14.81	<b>2:25.59</b>	
		<b>Floortje Bregman</b>			<b>Iris Verbeek</b>					
		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	<b>Marit van der Meer</b>		DB1			2:15.79	<b>2:25.85</b>	
	bl	22	<b>Fabienne Maarse</b>		DB1			2:15.23	<b>2:24.29</b>	
		<b>Marit van der Meer</b>			<b>Fabienne Maarse</b>					
		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 <b>Maud Kempenaar</b>	DB1	2:10.79		<b>WDR</b>
	rd	13 <b>Sari Harder</b>	DB1	2:11.47		<b>2:17.11</b>
		<b>Maud Kempenaar</b>			<b>Sari Harder</b>	
		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 <b>Danique van Rooden</b>	DB2	2:14.29		<b>2:20.46</b>
	bl	5 <b>Diede Brandts</b>	DB1	2:14.18		<b>2:20.94</b>
		<b>Danique van Rooden</b>			<b>Diede Brandts</b>	
		300m		30.27	(30.27)	
		700m		1:04.78	(34.51)	
		1100m		1:41.74	(36.96)	
		1500m		2:20.46	(38.72)	
		300m		29.55	(29.55)	
		700m		1:04.05	(34.50)	
		1100m		1:41.29	(37.24)	
		1500m		2:20.94	(39.65)	
		Naam	Cat	PR	Tijd	Info
15	wt	10 <b>Janine Garretsen</b>	DB2	2:10.49		<b>2:16.85</b>
	rd	36 <b>Ymke Wubben</b>	DB1	2:08.99		<b>2:14.11</b>
		<b>Janine Garretsen</b>			<b>Ymke Wubben</b>	
		300m		27.77	(27.77)	
		700m		1:00.76	(32.99)	
		1100m		1:37.73	(36.97)	
		1500m		2:16.85	(39.12)	
		300m		29.10	(29.10)	
		700m		1:02.72	(33.62)	
		1100m		1:38.11	(35.39)	
		1500m		2:14.11	(36.00)	
		Naam	Cat	PR	Tijd	Info
16	gl	14 <b>Sara ter Hart</b>	DB2	2:10.38		<b>2:15.48</b>
	bl	7 <b>Mette ten Cate</b>	DB1	2:06.25		<b>2:11.39</b>
		<b>Sara ter Hart</b>			<b>Mette ten Cate</b>	
		300m		28.86	(28.86)	
		700m		1:02.30	(33.44)	
		1100m		1:38.58	(36.28)	
		1500m		2:15.48	(36.90)	
		300m		27.32	(27.32)	
		700m		1:00.43	(33.11)	
		1100m		1:35.34	(34.91)	
		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 <b>Christian Groenhof</b>	HB2	2:08.32	<b>2:13.34</b>	

### Christian Groenhof

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

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

### 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 <b>Roelof Timmerman</b>	HB2	2:06.93	<b>2:14.60</b>	
	rd	48 <b>Sander Stanneveld</b>	HB1	2:06.57	<b>2:15.97</b>	

### 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 <b>Wessel Lamme</b>	HB1	2:06.53	<b>2:08.56</b>	
	bl	24 <b>Floris van Hardeveld</b>	HB1	2:06.31	<b>2:09.02</b>	

### 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 <b>Jelte Hellinga</b>		HB1		2:05.21	<b>2:11.09</b>	
	rd	43 <b>Joris Mulder</b>		HB1		2:05.64	<b>2:14.35</b>	
		<b>Jelte Hellinga</b>			<b>Joris Mulder</b>			
		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)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
6	gl	9 <b>Tjebbe Berkhout</b>		HB2		2:05.81	<b>2:12.48</b>	
	bl	38 <b>Lars Mans</b>		HB1		2:05.63	<b>2:11.76</b>	
		<b>Tjebbe Berkhout</b>			<b>Lars Mans</b>			
		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)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
7	wt	2 <b>Huub Adema</b>		HB1		2:05.14	<b>2:13.20</b>	
	rd	1 <b>Joep Aben</b>		HB2		2:03.59	<b>WDR</b>	
		<b>Huub Adema</b>			<b>Joep Aben</b>			
		300m	27.94	(27.94)				
		700m	1:00.64	(32.70)				
		1100m	1:35.86	(35.22)				
		1500m	2:13.20	(37.34)				
<hr/>								
		Naam		Cat		PR	Tijd	Info
8	gl	47 <b>Daan Segers</b>		HB1		2:04.85	<b>2:10.63</b>	
	bl	35 <b>Joris Kuipers</b>		HB1		2:04.45	<b>2:16.05</b>	
		<b>Daan Segers</b>			<b>Joris Kuipers</b>			
		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	<b>Loic Crielaers</b>		HB1	2:02.87	<b>2:03.97</b>	
	rd	54	<b>Sjors Zautsen</b>		HB2	2:03.40	<b>2:03.49</b>	
		<b>Loic Crielaers</b>			<b>Sjors Zautsen</b>			
		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	<b>Luke Bavius</b>		HB1	2:03.40	<b>2:06.58</b>	
	bl	52	<b>Emiel van Wees</b>		HB2	2:02.77	<b>2:05.00</b>	
		<b>Luke Bavius</b>			<b>Emiel van Wees</b>			
		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	<b>Thomas Landman</b>		HB2	2:02.47	<b>2:06.14</b>	
	rd	34	<b>Daan Koot</b>		HB1	2:02.48	<b>2:05.73</b>	
		<b>Thomas Landman</b>			<b>Daan Koot</b>			
		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	<b>Jarno Haitjema</b>		HB2	2:02.75	<b>2:06.37</b>	
	bl	6	<b>Sam Bauhuis</b>		HB1	2:02.65	<b>2:06.82</b>	
		<b>Jarno Haitjema</b>			<b>Sam Bauhuis</b>			
		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	<b>Chris Berkhout</b>		HB2	2:02.14	<b>2:01.14</b>	PR
	rd	46	<b>Rick Schuurman</b>		HB1	2:02.37	<b>2:09.87</b>	
		<b>Chris Berkhout</b>			<b>Rick Schuurman</b>			
		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	<b>Nick Barendse</b>		HB1	2:02.08	<b>2:05.78</b>	
	bl	55	<b>Pieter Zijlstra</b>		HB1	2:01.93	<b>2:04.03</b>	
		<b>Nick Barendse</b>			<b>Pieter Zijlstra</b>			
		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	<b>Kian Baard</b>		HB1	2:01.35	<b>2:06.19</b>	
	rd	23	<b>Jens Halfweeg</b>		HB2	2:01.20	<b>2:05.99</b>	
		<b>Kian Baard</b>			<b>Jens Halfweeg</b>			
		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	<b>Samuel de Bie</b>		HB2	2:00.81	<b>2:06.33</b>	
	bl	41	<b>Onne van Miltenburg</b>		HB1	2:01.51	<b>2:10.86</b>	
		<b>Samuel de Bie</b>			<b>Onne van Miltenburg</b>			
		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 <b>Jesse van Buren</b>	HB2	2:00.19	<b>2:04.68</b>	
	rd	11 <b>Niek Bijma</b>	HB1	2:00.67	<b>2:06.86</b>	
		<b>Jesse van Buren</b>		<b>Niek Bijma</b>		
		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 <b>Sven Huizinga</b>	HB1	2:00.62	<b>2:03.88</b>	
	bl	13 <b>Nick Bontrop</b>	HB2	2:00.65	<b>2:06.73</b>	
		<b>Sven Huizinga</b>		<b>Nick Bontrop</b>		
		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 <b>Julian de Boer</b>	HB2	1:59.93	<b>2:02.65</b>	
	rd	19 <b>Lars Groenheiden</b>	HB1	1:59.91	<b>2:12.43</b>	
		<b>Julian de Boer</b>		<b>Lars Groenheiden</b>		
		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 <b>Rutger Jansma</b>	HB1	1:59.51	<b>2:04.20</b>	
	bl	18 <b>Daan de Graaf</b>	HB2	1:59.32	<b>2:03.85</b>	
		<b>Rutger Jansma</b>		<b>Daan de Graaf</b>		
		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 <b>Milan Rietveld</b>	HB2		1:58.93	<b>2:03.44</b>	
	rd	30 <b>Lars van Ipenburg</b>	HB1		1:59.17	<b>2:03.54</b>	
		<b>Milan Rietveld</b>			<b>Lars van Ipenburg</b>		
		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 <b>Samuel Gunnink</b>	HB2		1:58.99	<b>2:01.90</b>	
	bl	33 <b>Levi Kapp</b>	HB2		1:58.77	<b>2:01.49</b>	
		<b>Samuel Gunnink</b>			<b>Levi Kapp</b>		
		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 <b>Jonas Bakker</b>	HB2		1:58.65	<b>DNF</b>	
	rd	56 <b>Daan van Zwiene</b>	HB2		1:57.85	<b>2:03.30</b>	
		<b>Jonas Bakker</b>			<b>Daan van Zwiene</b>		
		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 <b>Lieuwe ter Hoeve</b>	HB2		1:58.52	<b>2:01.49</b>	
	bl	53 <b>Mats Westra</b>	HB2		1:58.28	<b>2:01.16</b>	
		<b>Lieuwe ter Hoeve</b>			<b>Mats Westra</b>		
		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 <b>Alexander Boon</b>			HB2	1:57.32	<b>2:03.21</b>	
	rd	42 <b>Jan Mooijman</b>			HB2	1:56.46	<b>1:59.51</b>	
		<b>Alexander Boon</b>			<b>Jan Mooijman</b>			
		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 <b>Jan-Hendrik Hoekstra</b>			HB1	1:57.43	<b>2:01.72</b>	
	bl	25 <b>Stefan Has</b>			HB2	1:56.93	<b>2:02.40</b>	
		<b>Jan-Hendrik Hoekstra</b>			<b>Stefan Has</b>			
		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 <b>Mette ten Cate</b>	DB1	14	O	<b>4:34.30</b>	PR	
2	14 <b>Sara ter Hart</b>	DB2	13	I	<b>4:38.95</b>		
3	20 <b>Amber Koetsier</b>	DB1	10	I	<b>4:41.80</b>	PR	
4	13 <b>Sari Harder</b>	DB1	10	O	<b>4:43.83</b>	PR	
5	36 <b>Ymke Wubben</b>	DB1	14	I	<b>4:46.52</b>		
6	5 <b>Diede Brandts</b>	DB1	13	O	<b>4:47.05</b>		
7	17 <b>Lenthe Jansen</b>	DB2	9	I	<b>4:52.33</b>		
8	29 <b>Danique van Rooden</b>	DB2	11	O	<b>4:54.49</b>		
9	10 <b>Janine Garretsen</b>	DB2	12	O	<b>4:56.10</b>		
10	21 <b>Kalista Lamers</b>	DB2	6	O	<b>4:56.24</b>	PR	
11	18 <b>Silke Kabel</b>	DB1	12	I	<b>4:57.76</b>		
12	6 <b>Floortje Bregman</b>	DB2	11	I	<b>4:57.84</b>		
13	33 <b>Iris Verbeek</b>	DB2	9	O	<b>4:58.18</b>		
14	32 <b>Indy Veerman</b>	DB1	8	O	<b>4:59.64</b>		
15	22 <b>Fabienne Maarse</b>	DB1	7	I	<b>5:02.31</b>		
16	2 <b>Tirza Blokland</b>	DB1	5	O	<b>5:05.44</b>		
17	8 <b>Dinte van Es</b>	DB2	5	I	<b>5:06.39</b>		
18	31 <b>Isabella Talen</b>	DB1	8	I	<b>5:06.84</b>		
19	23 <b>Marit van der Meer</b>	DB1	4	I	<b>5:07.32</b>		
20	11 <b>Freya Goerres</b>	DB1	3	O	<b>5:10.51</b>		
21	3 <b>Melle Boeijen</b>	DB2	6	I	<b>5:11.85</b>		
22	30 <b>Britt Steg</b>	DB1	3	I	<b>5:12.04</b>		
	34 <b>Mara Vergeer</b>	DB1	2	O	<b>5:12.04</b>		
24	28 <b>Talisha Renes</b>	DB2	7	O	<b>5:12.73</b>		
25	24 <b>Zhara Möllers</b>	DB2	1	I	<b>5:14.91</b>		
26	26 <b>Isa Oudenes</b>	DB1	2	I	<b>5:19.65</b>		
27	25 <b>Luna Nieuwland</b>	DB2	4	O	<b>5:20.81</b>		
28	35 <b>Eva Weultjes</b>	DB1	1	O	<b>5:22.47</b>		
	12 <b>Mimi van Hall</b>	DB2				WDR	
	19 <b>Maud Kempenaar</b>	DB1				WDR	

## 5. Rituitslag Meisjes Jun.B 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	24	<b>Zhara Möllers</b>		DB2	5:01.06		<b>5:14.91</b>	
	rd	35	<b>Eva Weultjes</b>		DB1	5:08.99		<b>5:22.47</b>	

### Zhara Möllers

200m	23.10	(23.10)
600m	1:00.79	(37.69)
1000m	1:40.77	(39.98)
1400m	2:22.90	(42.13)
1800m	3:05.16	(42.26)
2200m	3:47.66	(42.50)
2600m	4:30.81	(43.15)
3000m	5:14.91	(44.10)

### Eva Weultjes

200m	23.63	(23.63)
600m	1:02.07	(38.44)
1000m	1:43.46	(41.39)
1400m	2:25.77	(42.31)
1800m	3:09.27	(43.50)
2200m	3:53.37	(44.10)
2600m	4:38.23	(44.86)
3000m	5:22.47	(44.24)

		Naam		Cat		PR		Tijd	Info
2	gl	26	<b>Isa Oudenes</b>		DB1	5:08.33		<b>5:19.65</b>	
	bl	34	<b>Mara Vergeer</b>		DB1	5:04.00		<b>5:12.04</b>	

### Isa Oudenes

200m	23.38	(23.38)
600m	1:01.52	(38.14)
1000m	1:42.12	(40.60)
1400m	2:24.45	(42.33)
1800m	3:07.44	(42.99)
2200m	3:51.82	(44.38)
2600m	4:35.68	(43.86)
3000m	5:19.65	(43.97)

### Mara Vergeer

200m	23.12	(23.12)
600m	1:00.57	(37.45)
1000m	1:40.37	(39.80)
1400m	2:21.78	(41.41)
1800m	3:03.87	(42.09)
2200m	3:46.22	(42.35)
2600m	4:29.40	(43.18)
3000m	5:12.04	(42.64)

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

### 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 <b>Marit van der Meer</b>	DB1	4:59.17	<b>5:07.32</b>	
	bl	25 <b>Luna Nieuwland</b>	DB2	4:59.13	<b>5:20.81</b>	

### 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	<b>Dinte van Es</b>		DB2			4:57.86	<b>5:06.39</b>	
	rd	2	<b>Tirza Blokland</b>		DB1			4:57.70	<b>5:05.44</b>	
		<b>Dinte van Es</b>			<b>Tirza Blokland</b>					
		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	<b>Melle Boeijen</b>		DB2			4:58.60	<b>5:11.85</b>	
	bl	21	<b>Kalista Lamers</b>		DB2			4:57.94	<b>4:56.24</b>	PR
		<b>Melle Boeijen</b>			<b>Kalista Lamers</b>					
		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	<b>5:02.31</b>	
	rd	28 Talisha Renes		DB2		4:57.24	<b>5:12.73</b>	

### 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	<b>5:06.84</b>	
	bl	32 Indy Veerman		DB1		4:54.87	<b>4:59.64</b>	

### 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 <b>Lenthe Jansen</b>			DB2	4:49.21	<b>4:52.33</b>	
	rd	33 <b>Iris Verbeek</b>			DB2	4:49.48	<b>4:58.18</b>	
		<b>Lenthe Jansen</b>			<b>Iris Verbeek</b>			
		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 <b>Amber Koetsier</b>			DB1	4:49.43	<b>4:41.80</b>	PR
	bl	13 <b>Sari Harder</b>			DB1	4:52.15	<b>4:43.83</b>	PR
		<b>Amber Koetsier</b>			<b>Sari Harder</b>			
		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	<b>4:57.84</b>	
	rd	29 Danique van Rooden	DB2	4:46.64	<b>4:54.49</b>	

### 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	<b>4:57.76</b>	
	bl	10 Janine Garretsen	DB2	4:47.01	<b>4:56.10</b>	

### 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 <b>Sara ter Hart</b>	DB2	4:37.59	<b>4:38.95</b>	
	rd	5 <b>Diede Brandts</b>	DB1	4:43.41	<b>4:47.05</b>	
		<b>Sara ter Hart</b>		<b>Diede Brandts</b>		
		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 <b>Ymke Wubben</b>	DB1	4:34.63	<b>4:46.52</b>	
	bl	7 <b>Mette ten Cate</b>	DB1	4:46.20	<b>4:34.30</b>	PR
		<b>Ymke Wubben</b>		<b>Mette ten Cate</b>		
		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 <b>Mimi van Hall</b>	DB2	5:03.39	<b>WDR</b>	
	rd	19 <b>Maud Kempenaar</b>	DB1	4:35.59	<b>WDR</b>	
		<b>Mimi van Hall</b>		<b>Maud Kempenaar</b>		

## 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	<b>Daan Koot</b>		HB1	4:29.07	<b>4:23.91</b>	PR
	rd	9	<b>Tjebbe Berkhout</b>		HB2	4:41.17	<b>4:32.78</b>	PR
			<b>Daan Koot</b>				<b>Tjebbe Berkhout</b>	
		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	<b>Jens Halfweg</b>		HB2	4:33.44	<b>4:29.26</b>	PR
	bl	36	<b>Wessel Lamme</b>		HB1	4:33.85	<b>4:28.00</b>	PR
			<b>Jens Halfweg</b>				<b>Wessel Lamme</b>	
		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 <b>Floris van Hardeveld</b>	HB1	4:26.57	<b>4:31.56</b>	
	rd	5 <b>Nick Barendse</b>	HB1	4:27.18	<b>4:24.64</b>	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 <b>Luke Bavius</b>	HB1	4:28.34	<b>4:20.75</b>	PR
	bl	54 <b>Sjors Zautsen</b>	HB2	4:26.45	<b>4:21.48</b>	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	<b>Jelte Hellinga</b>		HB1		4:25.97	<b>4:19.98</b> PR
	rd	17	<b>Loic Crielaers</b>		HB1		4:25.06	<b>4:22.81</b> PR
			<b>Jelte Hellinga</b>			<b>Loic Crielaers</b>		
			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	<b>Jarno Haitjema</b>		HB2		4:26.11	<b>4:22.65</b> PR
	bl	56	<b>Daan van Zwienen</b>		HB2		4:25.93	<b>4:25.47</b> PR
			<b>Jarno Haitjema</b>			<b>Daan van Zwienen</b>		
			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 <b>Alexander Boon</b>	HB2	4:24.49	<b>4:16.89</b>	PR
	rd	47 <b>Daan Segers</b>	HB1	4:23.46	<b>4:22.56</b>	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 <b>Samuel de Bie</b>	HB2	4:23.25	<b>4:25.29</b>	
	bl	13 <b>Nick Bontrop</b>	HB2	4:23.68	<b>4:31.51</b>	

### 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 <b>Daan de Graaf</b>	HB2	4:19.99	<b>4:18.20</b>	PR
	rd	31 <b>Rutger Jansma</b>	HB1	4:21.84	<b>4:14.34</b>	PR
		<b>Daan de Graaf</b>				
		200m	20.30 (20.30)	200m	20.33 (20.33)	
		600m	52.96 (32.66)	600m	52.65 (32.32)	
		1000m	1:25.67 (32.71)	1000m	1:25.65 (33.00)	
		1400m	1:58.71 (33.04)	1400m	1:58.41 (32.76)	
		1800m	2:31.92 (33.21)	1800m	2:31.73 (33.32)	
		2200m	3:05.79 (33.87)	2200m	3:05.03 (33.30)	
		2600m	3:41.28 (35.49)	2600m	3:39.42 (34.39)	
		3000m	4:18.20 (36.92)	3000m	4:14.34 (34.92)	
		<b>Rutger Jansma</b>				
		200m	20.33 (20.33)	200m	20.33 (20.33)	
		600m	52.96 (32.66)	600m	52.65 (32.32)	
		1000m	1:25.67 (32.71)	1000m	1:25.65 (33.00)	
		1400m	1:58.71 (33.04)	1400m	1:58.41 (32.76)	
		1800m	2:31.92 (33.21)	1800m	2:31.73 (33.32)	
		2200m	3:05.79 (33.87)	2200m	3:05.03 (33.30)	
		2600m	3:41.28 (35.49)	2600m	3:39.42 (34.39)	
		3000m	4:18.20 (36.92)	3000m	4:14.34 (34.92)	

		Naam	Cat	PR	Tijd	Info
10	gl	37 <b>Thomas Landman</b>	HB2	4:21.07	<b>4:20.53</b>	PR
	bl	11 <b>Niek Bijma</b>	HB1	4:19.49	<b>4:22.20</b>	
		<b>Thomas Landman</b>				
		200m	20.72 (20.72)	200m	20.22 (20.22)	
		600m	53.75 (33.03)	600m	52.70 (32.48)	
		1000m	1:27.88 (34.13)	1000m	1:26.97 (34.27)	
		1400m	2:02.36 (34.48)	1400m	2:00.97 (34.00)	
		1800m	2:36.37 (34.01)	1800m	2:35.50 (34.53)	
		2200m	3:10.58 (34.21)	2200m	3:10.26 (34.76)	
		2600m	3:45.09 (34.51)	2600m	3:46.27 (36.01)	
		3000m	4:20.53 (35.44)	3000m	4:22.20 (35.93)	
		<b>Niek Bijma</b>				
		200m	20.72 (20.72)	200m	20.22 (20.22)	
		600m	53.75 (33.03)	600m	52.70 (32.48)	
		1000m	1:27.88 (34.13)	1000m	1:26.97 (34.27)	
		1400m	2:02.36 (34.48)	1400m	2:00.97 (34.00)	
		1800m	2:36.37 (34.01)	1800m	2:35.50 (34.53)	
		2200m	3:10.58 (34.21)	2200m	3:10.26 (34.76)	
		2600m	3:45.09 (34.51)	2600m	3:46.27 (36.01)	
		3000m	4:20.53 (35.44)	3000m	4:22.20 (35.93)	

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

### 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 <b>Lieuwe ter Hoeve</b>	HB2	4:18.90	<b>4:14.76</b>	PR
	bl	52 <b>Emiel van Wees</b>	HB2	4:16.63	<b>4:17.68</b>	

### 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	<b>Rick Schuurman</b>		HB1	4:15.78		<b>DNF</b>
	rd	27	<b>Jan-Hendrik Hoekstra</b>		HB1	4:14.77		<b>4:13.38</b> PR
		<b>Rick Schuurman</b>			<b>Jan-Hendrik Hoekstra</b>			
		200m	19.52	(19.52)	200m	20.81	(20.81)	
		600m	51.85	(32.33)	600m	53.32	(32.51)	
		1000m	1:25.39	(33.54)	1000m	1:26.08	(32.76)	
		1400m	1:59.46	(34.07)	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	<b>Pieter Zijlstra</b>		HB1	4:15.72		<b>4:12.28</b> PR
	bl	53	<b>Mats Westra</b>		HB2	4:16.62		<b>4:15.57</b> PR
		<b>Pieter Zijlstra</b>			<b>Mats Westra</b>			
		200m	19.86	(19.86)	200m	20.22	(20.22)	
		600m	50.93	(31.07)	600m	51.90	(31.68)	
		1000m	1:22.64	(31.71)	1000m	1:23.46	(31.56)	
		1400m	1:55.25	(32.61)	1400m	1:56.13	(32.67)	
		1800m	2:28.93	(33.68)	1800m	2:29.70	(33.57)	
		2200m	3:03.41	(34.48)	2200m	3:04.48	(34.78)	
		2600m	3:37.92	(34.51)	2600m	3:39.81	(35.33)	
		3000m	4:12.28	(34.36)	3000m	4:15.57	(35.76)	

		Naam			Cat	PR	Tijd	Info
15	wt	33	<b>Levi Kapp</b>		HB2	4:11.15	<b>4:12.23</b>	
	rd	45	<b>Milan Rietveld</b>		HB2	4:09.91	<b>4:15.65</b>	
		<b>Levi Kapp</b>			<b>Milan Rietveld</b>			
		200m	19.86	(19.86)	200m	20.10	(20.10)	
		600m	50.97	(31.11)	600m	51.41	(31.31)	
		1000m	1:22.45	(31.48)	1000m	1:22.51	(31.10)	
		1400m	1:55.08	(32.63)	1400m	1:55.27	(32.76)	
		1800m	2:28.65	(33.57)	1800m	2:29.38	(34.11)	
		2200m	3:03.25	(34.60)	2200m	3:04.94	(35.56)	
		2600m	3:37.75	(34.50)	2600m	3:40.17	(35.23)	
		3000m	4:12.23	(34.48)	3000m	4:15.65	(35.48)	

		Naam			Cat	PR	Tijd	Info
16	gl	30	<b>Lars van Ipenburg</b>		HB1	4:14.31	<b>4:11.09</b>	PR
	bl	8	<b>Chris Berkhout</b>		HB2	4:13.63	<b>4:09.32</b>	PR
		<b>Lars van Ipenburg</b>			<b>Chris Berkhout</b>			
		200m	19.46	(19.46)	200m	19.23	(19.23)	
		600m	49.20	(29.74)	600m	49.29	(30.06)	
		1000m	1:20.79	(31.59)	1000m	1:22.21	(32.92)	
		1400m	1:54.19	(33.40)	1400m	1:55.85	(33.64)	
		1800m	2:28.29	(34.10)	1800m	2:30.13	(34.28)	
		2200m	3:03.00	(34.71)	2200m	3:03.83	(33.70)	
		2600m	3:37.11	(34.11)	2600m	3:36.75	(32.92)	
		3000m	4:11.09	(33.98)	3000m	4:09.32	(32.57)	

		Naam			Cat	PR	Tijd	Info
17	wt	25	<b>Stefan Has</b>		HB2	4:02.58	<b>4:07.35</b>	
	rd	12	<b>Julian de Boer</b>		HB2	4:09.82	<b>4:12.29</b>	
		<b>Stefan Has</b>			<b>Julian de Boer</b>			
		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	<b>Jan Mooijman</b>		HB2	4:05.54	<b>4:10.60</b>	
	bl	15	<b>Jesse van Buren</b>		HB2	4:06.72	<b>4:11.41</b>	
		<b>Jan Mooijman</b>			<b>Jesse van Buren</b>			
		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)	