

1. Uitslag Pupillen + jAB 500 meter

| Pos | Naam                         | Cat | Paar | Baan | Tijd         | Info | Punten |
|-----|------------------------------|-----|------|------|--------------|------|--------|
| 1   | 27 <b>Matthijs de Haan</b>   | HB1 | 7    | I    | <b>39.44</b> |      |        |
| 2   | 41 <b>Stian van Etten</b>    | HB1 | 7    | O    | <b>40.02</b> |      |        |
| 3   | 62 <b>Nick Barendse</b>      | HB2 | 9    | I    | <b>40.24</b> |      |        |
| 4   | 47 <b>Scarlett de Bruijn</b> | DB1 | 8    | I    | <b>44.04</b> |      |        |
| 5   | 64 <b>Tiemen Haaring</b>     | HA2 | 9    | O    | <b>45.23</b> |      |        |
| 6   | 57 <b>Wende Linnenbank</b>   | DPA | 4    | I    | <b>48.63</b> | HT   |        |
| 7   | 42 <b>Feline Solleveld</b>   | DB1 | 4    | O    | <b>48.91</b> |      |        |
| 8   | 61 <b>Lisa de Koster</b>     | DB1 | 5    | O    | <b>49.76</b> |      |        |
| 9   | 50 <b>Quint Vogelzang</b>    | HB1 | 5    | I    | <b>51.04</b> |      |        |
| 10  | 51 <b>Mirthe Wijnakker</b>   | DB1 | 6    | I    | <b>53.09</b> |      |        |
| 11  | 46 <b>Clover van Zeijl</b>   | DB1 | 6    | O    | <b>53.63</b> |      |        |
| 12  | 63 <b>Babs Hoogenboom</b>    | DA1 | 1    | O    | <b>53.72</b> |      |        |
| 13  | 52 <b>Annika Kaper</b>       | DB2 | 2    | O    | <b>54.10</b> |      |        |
| 14  | 43 <b>Merel Adriaanse</b>    | DPA | 2    | I    | <b>54.79</b> |      |        |

## 1. Rituitslag Pupillen + jAB 500 meter

|   |    | Naam                      | Cat | PR    | Tijd         | Info    |
|---|----|---------------------------|-----|-------|--------------|---------|
| 1 | wt |                           |     |       |              |         |
|   | rd | 63 <b>Babs Hoogenboom</b> | DA1 | 53.21 | <b>53.72</b> |         |
|   |    | <b>Babs Hoogenboom</b>    |     |       |              |         |
|   |    | m                         |     | 100m  | 13.87        | (13.87) |
|   |    |                           |     | 500m  | 53.72        | (39.85) |

|   |    | Naam                      | Cat   | PR      | Tijd                | Info          |
|---|----|---------------------------|-------|---------|---------------------|---------------|
| 2 | gl | 43 <b>Merel Adriaanse</b> | DPA   | 54.73   | <b>54.79</b>        |               |
|   | bl | 52 <b>Annika Kaper</b>    | DB2   | 51.42   | <b>54.10</b>        |               |
|   |    | <b>Merel Adriaanse</b>    |       |         | <b>Annika Kaper</b> |               |
|   |    | 100m                      | 14.32 | (14.32) | 100m                | 14.11 (14.11) |
|   |    | 500m                      | 54.79 | (40.47) | 500m                | 54.10 (39.99) |

|   |    | Naam | Cat | PR | Tijd | Info |
|---|----|------|-----|----|------|------|
| 3 | wt |      |     |    |      |      |
|   | rd |      |     |    |      |      |
|   |    | m    |     |    | m    |      |

|   |    | Naam                       | Cat   | PR      | Tijd                    | Info          |
|---|----|----------------------------|-------|---------|-------------------------|---------------|
| 4 | gl | 57 <b>Wende Linnenbank</b> | DPA   | 45.73   | <b>48.63</b>            | HT            |
|   | bl | 42 <b>Feline Solleveld</b> | DB1   | 46.43   | <b>48.91</b>            |               |
|   |    | <b>Wende Linnenbank</b>    |       |         | <b>Feline Solleveld</b> |               |
|   |    | 100m                       | 12.64 | (12.64) | 100m                    | 12.93 (12.93) |
|   |    | 500m                       | 48.63 | (35.99) | 500m                    | 48.91 (35.98) |

|   |    | Naam                      | Cat   | PR      | Tijd                  | Info          |
|---|----|---------------------------|-------|---------|-----------------------|---------------|
| 5 | wt | 50 <b>Quint Vogelzang</b> | HB1   | 48.70   | <b>51.04</b>          |               |
|   | rd | 61 <b>Lisa de Koster</b>  | DB1   | 49.16   | <b>49.76</b>          |               |
|   |    | <b>Quint Vogelzang</b>    |       |         | <b>Lisa de Koster</b> |               |
|   |    | 100m                      | 13.52 | (13.52) | 100m                  | 13.12 (13.12) |
|   |    | 500m                      | 51.04 | (37.52) | 500m                  | 49.76 (36.64) |

|   |    | Naam                    |                         | Cat     |                         | PR    | Tijd         | Info |
|---|----|-------------------------|-------------------------|---------|-------------------------|-------|--------------|------|
| 6 | gl | 51                      | <b>Mirthe Wijnakker</b> |         | DB1                     | 51.22 | <b>53.09</b> |      |
|   | bl | 46                      | <b>Clover van Zeijl</b> |         | DB1                     | 49.33 | <b>53.63</b> |      |
|   |    | <b>Mirthe Wijnakker</b> |                         |         | <b>Clover van Zeijl</b> |       |              |      |
|   |    | 100m                    | 13.67                   | (13.67) | 100m                    | 13.71 | (13.71)      |      |
|   |    | 500m                    | 53.09                   | (39.42) | 500m                    | 53.63 | (39.92)      |      |

|   |    | Naam                    |                         | Cat     |                        | PR    | Tijd         | Info |
|---|----|-------------------------|-------------------------|---------|------------------------|-------|--------------|------|
| 7 | wt | 27                      | <b>Matthijs de Haan</b> |         | HB1                    | 38.36 | <b>39.44</b> |      |
|   | rd | 41                      | <b>Stian van Etten</b>  |         | HB1                    | 39.14 | <b>40.02</b> |      |
|   |    | <b>Matthijs de Haan</b> |                         |         | <b>Stian van Etten</b> |       |              |      |
|   |    | 100m                    | 10.96                   | (10.96) | 100m                   | 11.00 | (11.00)      |      |
|   |    | 500m                    | 39.44                   | (28.48) | 500m                   | 40.02 | (29.02)      |      |

|   |    | Naam                      |                           | Cat     |     | PR    | Tijd         | Info |
|---|----|---------------------------|---------------------------|---------|-----|-------|--------------|------|
| 8 | gl | 47                        | <b>Scarlett de Bruijn</b> |         | DB1 | 42.69 | <b>44.04</b> |      |
|   | bl |                           |                           |         |     |       |              |      |
|   |    | <b>Scarlett de Bruijn</b> |                           |         |     |       |              |      |
|   |    | 100m                      | 11.91                     | (11.91) | m   |       |              |      |
|   |    | 500m                      | 44.04                     | (32.13) |     |       |              |      |

|   |    | Naam                 |                       | Cat     |                       | PR    | Tijd         | Info |
|---|----|----------------------|-----------------------|---------|-----------------------|-------|--------------|------|
| 9 | wt | 62                   | <b>Nick Barendse</b>  |         | HB2                   | 38.77 | <b>40.24</b> |      |
|   | rd | 64                   | <b>Tiemen Haaring</b> |         | HA2                   | 42.71 | <b>45.23</b> |      |
|   |    | <b>Nick Barendse</b> |                       |         | <b>Tiemen Haaring</b> |       |              |      |
|   |    | 100m                 | 11.15                 | (11.15) | 100m                  | 12.04 | (12.04)      |      |
|   |    | 500m                 | 40.24                 | (29.09) | 500m                  | 45.23 | (33.19)      |      |

2. Uitslag Dames 500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 25 Mijke Anne Kanneworff | D40 | 15   | O    | 43.16   |      |        |
| 2   | 5 Hilde Houtzager        | DN3 | 13   | I    | 45.13   |      |        |
| 3   | 23 Meerle van den Berg   | DN4 | 13   | O    | 47.23   |      |        |
| 4   | 24 Shirley Jaarsma       | D40 | 15   | I    | 47.36   |      |        |
| 5   | 37 Mariska van Zon       | DSA | 11   | O    | 48.79   |      |        |
| 6   | 19 Caitlin Koenen        | DN1 | 14   | O    | 49.06   |      |        |
| 7   | 18 Famke Hogenboom       | DN1 | 14   | I    | 49.42   |      |        |
| 8   | 22 Inge Rotteveel        | DSA | 11   | I    | 54.02   |      |        |
| 9   | 30 Marianne de Neeling   | D65 | 16   | I    | 54.20   |      |        |
| 10  | 6 Annewil Stelloo        | D40 | 16   | O    | 55.71   |      |        |
| 11  | 45 Lieke van der Meer    | DN1 | 12   | I    | 1:08.12 | HT   |        |

## 2. Rituitslag Dames 500 meter

|    |    | Naam                  |                        |         | Cat                    | PR    | Tijd         | Info |
|----|----|-----------------------|------------------------|---------|------------------------|-------|--------------|------|
| 11 | wt | 22                    | <b>Inge Rotteveel</b>  |         | DSA                    | 53.55 | <b>54.02</b> |      |
|    | rd | 37                    | <b>Mariska van Zon</b> |         | DSA                    | 46.03 | <b>48.79</b> |      |
|    |    | <u>Inge Rotteveel</u> |                        |         | <u>Mariska van Zon</u> |       |              |      |
|    |    | 100m                  | 14.55                  | (14.55) | 100m                   | 12.91 | (12.91)      |      |
|    |    | 500m                  | 54.02                  | (39.47) | 500m                   | 48.79 | (35.88)      |      |

|    |    | Naam                      |                           |         | Cat | PR    | Tijd           | Info |
|----|----|---------------------------|---------------------------|---------|-----|-------|----------------|------|
| 12 | gl | 45                        | <b>Lieke van der Meer</b> |         | DN1 | 50.16 | <b>1:08.12</b> | HT   |
|    | bl |                           |                           |         |     |       |                |      |
|    |    | <u>Lieke van der Meer</u> |                           |         |     |       |                |      |
|    |    | 100m                      | 14.09                     | (14.09) | m   |       |                |      |
|    |    | 500m                      | 1:08.12                   | (54.03) |     |       |                |      |

|    |    | Naam                   |                            |         | Cat                        | PR    | Tijd         | Info |
|----|----|------------------------|----------------------------|---------|----------------------------|-------|--------------|------|
| 13 | wt | 5                      | <b>Hilde Houtzager</b>     |         | DN3                        | 43.54 | <b>45.13</b> |      |
|    | rd | 23                     | <b>Meerle van den Berg</b> |         | DN4                        | 45.53 | <b>47.23</b> |      |
|    |    | <u>Hilde Houtzager</u> |                            |         | <u>Meerle van den Berg</u> |       |              |      |
|    |    | 100m                   | 12.16                      | (12.16) | 100m                       | 12.99 | (12.99)      |      |
|    |    | 500m                   | 45.13                      | (32.97) | 500m                       | 47.23 | (34.24)      |      |

|    |    | Naam                   |                        |         | Cat                   | PR    | Tijd         | Info |
|----|----|------------------------|------------------------|---------|-----------------------|-------|--------------|------|
| 14 | gl | 18                     | <b>Famke Hogenboom</b> |         | DN1                   | 47.48 | <b>49.42</b> |      |
|    | bl | 19                     | <b>Caitlin Koenen</b>  |         | DN1                   | 48.23 | <b>49.06</b> |      |
|    |    | <u>Famke Hogenboom</u> |                        |         | <u>Caitlin Koenen</u> |       |              |      |
|    |    | 100m                   | 13.01                  | (13.01) | 100m                  | 13.06 | (13.06)      |      |
|    |    | 500m                   | 49.42                  | (36.41) | 500m                  | 49.06 | (36.00)      |      |

|    |    | Naam                   |                              |         | Cat                          | PR    | Tijd         | Info |
|----|----|------------------------|------------------------------|---------|------------------------------|-------|--------------|------|
| 15 | wt | 24                     | <b>Shirley Jaarsma</b>       |         | D40                          | 45.30 | <b>47.36</b> |      |
|    | rd | 25                     | <b>Mijke Anne Kanneworff</b> |         | D40                          | 40.63 | <b>43.16</b> |      |
|    |    | <u>Shirley Jaarsma</u> |                              |         | <u>Mijke Anne Kanneworff</u> |       |              |      |
|    |    | 100m                   | 12.78                        | (12.78) | 100m                         | 11.84 | (11.84)      |      |
|    |    | 500m                   | 47.36                        | (34.58) | 500m                         | 43.16 | (31.32)      |      |

|    |    | Naam                       |                            | Cat     |                        | PR    | Tijd         | Info |
|----|----|----------------------------|----------------------------|---------|------------------------|-------|--------------|------|
| 16 | gl | 30                         | <b>Marianne de Neeling</b> |         | D65                    | 46.57 | <b>54.20</b> |      |
|    | bl | 6                          | <b>Annewil Stelloo</b>     |         | D40                    | 54.03 | <b>55.71</b> |      |
|    |    | <u>Marianne de Neeling</u> |                            |         | <u>Annewil Stelloo</u> |       |              |      |
|    |    | 100m                       | 14.53                      | (14.53) | 100m                   | 14.53 | (14.53)      |      |
|    |    | 500m                       | 54.20                      | (39.67) | 500m                   | 55.71 | (41.18)      |      |

3. Uitslag Heren 500 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1   | 11 Hidde Bart           | HSA | 22   | I    | 40.22 |      |        |
| 2   | 12 Tijn van Til         | HN3 | 19   | I    | 40.85 |      |        |
| 3   | 13 Berto Anker          | HN1 | 19   | O    | 41.22 |      |        |
| 4   | 16 Thomas van Herk      | HN4 | 17   | O    | 41.59 |      |        |
| 5   | 31 Alexander Doornekamp | HSA | 24   | I    | 42.28 |      |        |
| 6   | 2 Joppe Kleiweg         | HSA | 21   | O    | 42.34 |      |        |
| 7   | 55 Freek Bennis         | HN4 | 20   | O    | 42.67 |      |        |
| 8   | 8 Remco Boere           | HSA | 23   | I    | 43.05 |      |        |
| 9   | 9 Guus Gelderblom       | HN1 | 17   | I    | 45.75 |      |        |
| 10  | 14 Jan Terpstra         | H55 | 32   | I    | 46.34 |      |        |
| 11  | 39 Tom Hoogenboom       | HSA | 24   | O    | 46.37 |      |        |
| 12  | 20 Bart Groot           | H55 | 31   | O    | 46.47 |      |        |
| 13  | 17 Thijs Langeveld      | HSA | 23   | O    | 46.53 |      |        |
| 14  | 26 Thijs Heezen         | HN4 | 18   | I    | 46.73 |      |        |
| 15  | 40 Jos Drabbels         | H60 | 31   | I    | 47.42 |      |        |
| 16  | 32 Arjan Vijverberg     | H45 | 25   | I    | 48.81 |      |        |
| 17  | 29 Marien Harkes        | H60 | 32   | O    | 48.94 |      |        |
| 18  | 10 Lex van Tol          | H65 | 29   | I    | 50.29 |      |        |
| 19  | 36 Jan Floor            | H45 | 27   | O    | 51.06 | PR   |        |
| 20  | 60 Jarno Middendorp     | HN2 | 18   | O    | 51.29 |      |        |
| 21  | 4 Frank Steenkamp       | H70 | 29   | O    | 51.36 |      |        |
| 22  | 38 Jan Rodewijk         | H70 | 30   | O    | 52.41 |      |        |
| 23  | 35 Menco van den Berg   | H55 | 30   | I    | 52.63 |      |        |
| 24  | 3 Leo Schoenmeijer      | H75 | 27   | I    | 52.76 |      |        |
| 25  | 33 Jaap Wijnia          | H55 | 28   | O    | 54.05 |      |        |
| 26  | 7 Edwin van Leeuwen     | H40 | 28   | I    | 55.26 |      |        |

**3. Rituitslag Heren 500 meter**

|    |    | Naam                      |       | Cat                    |      | PR    | Tijd         | Info |
|----|----|---------------------------|-------|------------------------|------|-------|--------------|------|
| 17 | wt | 9 <b>Guus Gelderblom</b>  |       | HN1                    |      | 42.03 | <b>45.75</b> |      |
|    | rd | 16 <b>Thomas van Herk</b> |       | HN4                    |      | 41.02 | <b>41.59</b> |      |
|    |    | <u>Guus Gelderblom</u>    |       | <u>Thomas van Herk</u> |      |       |              |      |
|    |    | 100m                      | 11.65 | (11.65)                | 100m | 10.80 | (10.80)      |      |
|    |    | 500m                      | 45.75 | (34.10)                | 500m | 41.59 | (30.79)      |      |

|    |    | Naam                       |       | Cat                     |      | PR    | Tijd         | Info |
|----|----|----------------------------|-------|-------------------------|------|-------|--------------|------|
| 18 | gl | 26 <b>Thijs Heezen</b>     |       | HN4                     |      | 43.62 | <b>46.73</b> |      |
|    | bl | 60 <b>Jarno Middendorp</b> |       | HN2                     |      | 50.09 | <b>51.29</b> |      |
|    |    | <u>Thijs Heezen</u>        |       | <u>Jarno Middendorp</u> |      |       |              |      |
|    |    | 100m                       | 12.43 | (12.43)                 | 100m | 13.35 | (13.35)      |      |
|    |    | 500m                       | 46.73 | (34.30)                 | 500m | 51.29 | (37.94)      |      |

|    |    | Naam                   |       | Cat                |      | PR    | Tijd         | Info |
|----|----|------------------------|-------|--------------------|------|-------|--------------|------|
| 19 | wt | 12 <b>Tijn van Til</b> |       | HN3                |      | 40.25 | <b>40.85</b> |      |
|    | rd | 13 <b>Berto Anker</b>  |       | HN1                |      | 40.45 | <b>41.22</b> |      |
|    |    | <u>Tijn van Til</u>    |       | <u>Berto Anker</u> |      |       |              |      |
|    |    | 100m                   | 11.18 | (11.18)            | 100m | 11.52 | (11.52)      |      |
|    |    | 500m                   | 40.85 | (29.67)            | 500m | 41.22 | (29.70)      |      |

|    |    | Naam                   |  | Cat |      | PR    | Tijd         | Info |
|----|----|------------------------|--|-----|------|-------|--------------|------|
| 20 | gl | 55 <b>Freek Bennis</b> |  | HN4 |      | 41.31 | <b>42.67</b> |      |
|    | bl |                        |  |     |      |       |              |      |
|    |    | <u>Freek Bennis</u>    |  |     |      |       |              |      |
|    |    | m                      |  |     | 100m | 11.80 | (11.80)      |      |
|    |    |                        |  |     | 500m | 42.67 | (30.87)      |      |

|    |    | Naam                   |  | Cat |      | PR    | Tijd         | Info |
|----|----|------------------------|--|-----|------|-------|--------------|------|
| 21 | wt | 2 <b>Joppe Kleiweg</b> |  | HSA |      | 41.33 | <b>42.34</b> |      |
|    | rd |                        |  |     |      |       |              |      |
|    |    | <u>Joppe Kleiweg</u>   |  |     |      |       |              |      |
|    |    | m                      |  |     | 100m | 11.16 | (11.16)      |      |
|    |    |                        |  |     | 500m | 42.34 | (31.18)      |      |



|                   |    | Naam                 | Cat           | PR    | Tijd         | Info |
|-------------------|----|----------------------|---------------|-------|--------------|------|
| 22                | gl | 11 <b>Hidde Bart</b> | HSA           | 39.13 | <b>40.22</b> |      |
|                   | bl |                      |               |       |              |      |
| <b>Hidde Bart</b> |    |                      |               |       |              |      |
|                   |    | 100m                 | 10.98 (10.98) |       |              | m    |
|                   |    | 500m                 | 40.22 (29.24) |       |              |      |

|                        |    | Naam                      | Cat           | PR    | Tijd         | Info |
|------------------------|----|---------------------------|---------------|-------|--------------|------|
| 23                     | wt | 8 <b>Remco Boere</b>      | HSA           | 40.67 | <b>43.05</b> |      |
|                        | rd | 17 <b>Thijs Langeveld</b> | HSA           | 41.21 | <b>46.53</b> |      |
| <b>Remco Boere</b>     |    |                           |               |       |              |      |
|                        |    | 100m                      | 11.54 (11.54) |       |              |      |
|                        |    | 500m                      | 43.05 (31.51) |       |              |      |
| <b>Thijs Langeveld</b> |    |                           |               |       |              |      |
|                        |    | 100m                      | 12.13 (12.13) |       |              |      |
|                        |    | 500m                      | 46.53 (34.40) |       |              |      |

|                             |    | Naam                           | Cat           | PR    | Tijd         | Info |
|-----------------------------|----|--------------------------------|---------------|-------|--------------|------|
| 24                          | gl | 31 <b>Alexander Doornekamp</b> | HSA           | 40.86 | <b>42.28</b> |      |
|                             | bl | 39 <b>Tom Hoogenboom</b>       | HSA           | 43.96 | <b>46.37</b> |      |
| <b>Alexander Doornekamp</b> |    |                                |               |       |              |      |
|                             |    | 100m                           | 11.21 (11.21) |       |              |      |
|                             |    | 500m                           | 42.28 (31.07) |       |              |      |
| <b>Tom Hoogenboom</b>       |    |                                |               |       |              |      |
|                             |    | 100m                           | 11.27 (11.27) |       |              |      |
|                             |    | 500m                           | 46.37 (35.10) |       |              |      |

|                         |    | Naam                       | Cat           | PR    | Tijd         | Info |
|-------------------------|----|----------------------------|---------------|-------|--------------|------|
| 25                      | wt | 32 <b>Arjan Vijverberg</b> | H45           | 45.04 | <b>48.81</b> |      |
|                         | rd |                            |               |       |              |      |
| <b>Arjan Vijverberg</b> |    |                            |               |       |              |      |
|                         |    | 100m                       | 13.46 (13.46) |       |              | m    |
|                         |    | 500m                       | 48.81 (35.35) |       |              |      |

|    |    | Naam | Cat | PR | Tijd | Info |
|----|----|------|-----|----|------|------|
| 26 | gl |      |     |    |      |      |
|    | bl |      |     |    |      |      |
|    |    |      |     |    |      | m    |
|    |    |      |     |    |      | m    |

|    |    | Naam                    |                         |         | Cat              |       |         | PR    | Tijd         | Info |  |
|----|----|-------------------------|-------------------------|---------|------------------|-------|---------|-------|--------------|------|--|
| 27 | wt | 3                       | <b>Leo Schoenmeijer</b> |         | H75              |       |         | 42.87 | <b>52.76</b> |      |  |
|    | rd | 36                      | <b>Jan Floor</b>        |         | H45              |       |         | 51.34 | <b>51.06</b> | PR   |  |
|    |    | <u>Leo Schoenmeijer</u> |                         |         | <u>Jan Floor</u> |       |         |       |              |      |  |
|    |    | 100m                    | 14.05                   | (14.05) | 100m             | 13.79 | (13.79) |       |              |      |  |
|    |    | 500m                    | 52.76                   | (38.71) | 500m             | 51.06 | (37.27) |       |              |      |  |

|    |    | Naam                     |                          |         | Cat                |       |         | PR    | Tijd         | Info |  |
|----|----|--------------------------|--------------------------|---------|--------------------|-------|---------|-------|--------------|------|--|
| 28 | gl | 7                        | <b>Edwin van Leeuwen</b> |         | H40                |       |         | 54.38 | <b>55.26</b> |      |  |
|    | bl | 33                       | <b>Jaap Wijnia</b>       |         | H55                |       |         | 50.50 | <b>54.05</b> |      |  |
|    |    | <u>Edwin van Leeuwen</u> |                          |         | <u>Jaap Wijnia</u> |       |         |       |              |      |  |
|    |    | 100m                     | 14.91                    | (14.91) | 100m               | 14.71 | (14.71) |       |              |      |  |
|    |    | 500m                     | 55.26                    | (40.35) | 500m               | 54.05 | (39.34) |       |              |      |  |

|    |    | Naam               |                        |         | Cat                    |       |         | PR    | Tijd         | Info |  |
|----|----|--------------------|------------------------|---------|------------------------|-------|---------|-------|--------------|------|--|
| 29 | wt | 10                 | <b>Lex van Tol</b>     |         | H65                    |       |         | 47.73 | <b>50.29</b> |      |  |
|    | rd | 4                  | <b>Frank Steenkamp</b> |         | H70                    |       |         | 44.97 | <b>51.36</b> |      |  |
|    |    | <u>Lex van Tol</u> |                        |         | <u>Frank Steenkamp</u> |       |         |       |              |      |  |
|    |    | 100m               | 13.50                  | (13.50) | 100m                   | 14.11 | (14.11) |       |              |      |  |
|    |    | 500m               | 50.29                  | (36.79) | 500m                   | 51.36 | (37.25) |       |              |      |  |

|    |    | Naam                      |                           |         | Cat                 |       |         | PR    | Tijd         | Info |  |
|----|----|---------------------------|---------------------------|---------|---------------------|-------|---------|-------|--------------|------|--|
| 30 | gl | 35                        | <b>Menco van den Berg</b> |         | H55                 |       |         | 51.71 | <b>52.63</b> |      |  |
|    | bl | 38                        | <b>Jan Rodewijk</b>       |         | H70                 |       |         | 43.31 | <b>52.41</b> |      |  |
|    |    | <u>Menco van den Berg</u> |                           |         | <u>Jan Rodewijk</u> |       |         |       |              |      |  |
|    |    | 100m                      | 14.35                     | (14.35) | 100m                | 14.06 | (14.06) |       |              |      |  |
|    |    | 500m                      | 52.63                     | (38.28) | 500m                | 52.41 | (38.35) |       |              |      |  |

|    |    | Naam                |                     |         | Cat               |       |         | PR    | Tijd         | Info |  |
|----|----|---------------------|---------------------|---------|-------------------|-------|---------|-------|--------------|------|--|
| 31 | wt | 40                  | <b>Jos Drabbels</b> |         | H60               |       |         | 43.47 | <b>47.42</b> |      |  |
|    | rd | 20                  | <b>Bart Groot</b>   |         | H55               |       |         | 43.54 | <b>46.47</b> |      |  |
|    |    | <u>Jos Drabbels</u> |                     |         | <u>Bart Groot</u> |       |         |       |              |      |  |
|    |    | 100m                | 13.17               | (13.17) | 100m              | 13.02 | (13.02) |       |              |      |  |
|    |    | 500m                | 47.42               | (34.25) | 500m              | 46.47 | (33.45) |       |              |      |  |

|    |    | Naam                |       | Cat     |  | PR                   | Tijd         | Info    |
|----|----|---------------------|-------|---------|--|----------------------|--------------|---------|
| 32 | gl | 14 Jan Terpstra     |       | H55     |  | 40.97                | <b>46.34</b> |         |
|    | bl | 29 Marien Harkes    |       | H60     |  | 44.14                | <b>48.94</b> |         |
|    |    | <u>Jan Terpstra</u> |       |         |  | <u>Marien Harkes</u> |              |         |
|    |    | 100m                | 12.47 | (12.47) |  | 100m                 | 13.04        | (13.04) |
|    |    | 500m                | 46.34 | (33.87) |  | 500m                 | 48.94        | (35.90) |

4. Uitslag Pupillen + jAB 1500 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1   | 41 Stian van Etten    | HB1 | 39   | I    | 2:03.09 |      |        |
| 2   | 47 Scarlett de Bruijn | DB1 | 40   | O    | 2:20.26 |      |        |
| 3   | 56 Feline Scholten    | DPA | 35   | O    | 2:25.29 | PR   |        |
| 4   | 57 Wende Linnenbank   | DPA | 36   | O    | 2:35.21 | PR   |        |
| 5   | 42 Feline Solleveld   | DB1 | 36   | I    | 2:35.23 |      |        |
| 6   | 50 Quint Vogelzang    | HB1 | 37   | O    | 2:40.89 | PR   |        |
| 7   | 61 Lisa de Koster     | DB1 | 37   | I    | 2:41.53 | PR   |        |
| 8   | 51 Mirthe Wijnakker   | DB1 | 38   | O    | 2:49.18 |      |        |
| 9   | 46 Clover van Zeijl   | DB1 | 38   | I    | 2:51.87 |      |        |
| 10  | 52 Annika Kaper       | DB2 | 34   | I    | 2:53.08 |      |        |
| 11  | 63 Babs Hoogenboom    | DA1 | 33   | I    | 2:54.65 |      |        |
| 12  | 43 Merel Adriaanse    | DPA | 33   | O    | 2:56.11 |      |        |
|     | 27 Matthijs de Haan   | HB1 | 39   | O    | DNF     |      |        |
|     | 48 Julian Broos       | HB2 | 35   | I    | DNS     |      |        |
|     | 64 Tiemen Haaring     | HA2 | 40   | I    | DNS     |      |        |

## 4. Rituitslag Pupillen + jAB 1500 meter

|    |    | Naam                       | Cat             | PR      | Tijd           | Info |
|----|----|----------------------------|-----------------|---------|----------------|------|
| 33 | wt | 63 <b>Babs Hoogenboom</b>  | DA1             | 2:52.84 | <b>2:54.65</b> |      |
|    | rd | 43 <b>Merel Adriaanse</b>  | DPA             |         | <b>2:56.11</b> |      |
|    |    | <u>Babs Hoogenboom</u>     |                 |         |                |      |
|    |    | 300m                       | 35.87 (35.87)   |         |                |      |
|    |    | 700m                       | 1:20.36 (44.49) |         |                |      |
|    |    | 1100m                      | 2:06.92 (46.56) |         |                |      |
|    |    | 1500m                      | 2:54.65 (47.73) |         |                |      |
|    |    | <u>Merel Adriaanse</u>     |                 |         |                |      |
|    |    | 300m                       | 36.63 (36.63)   |         |                |      |
|    |    | 700m                       | 1:22.77 (46.14) |         |                |      |
|    |    | 1100m                      | 2:10.03 (47.26) |         |                |      |
|    |    | 1500m                      | 2:56.11 (46.08) |         |                |      |
|    |    | Naam                       | Cat             | PR      | Tijd           | Info |
| 34 | gl | 52 <b>Annika Kaper</b>     | DB2             | 2:46.64 | <b>2:53.08</b> |      |
|    | bl |                            |                 |         |                |      |
|    |    | <u>Annika Kaper</u>        |                 |         |                |      |
|    |    | 300m                       | 35.18 (35.18)   |         |                |      |
|    |    | 700m                       | 1:19.27 (44.09) |         |                |      |
|    |    | 1100m                      | 2:06.04 (46.77) |         |                |      |
|    |    | 1500m                      | 2:53.08 (47.04) |         |                |      |
|    |    | Naam                       | Cat             | PR      | Tijd           | Info |
| 35 | wt | 48 <b>Julian Broos</b>     | HB2             | 2:26.31 | <b>DNS</b>     |      |
|    | rd | 56 <b>Feline Scholten</b>  | DPA             | 2:27.82 | <b>2:25.29</b> | PR   |
|    |    | <u>Julian Broos</u>        |                 |         |                |      |
|    |    |                            |                 |         |                |      |
|    |    | <u>Feline Scholten</u>     |                 |         |                |      |
|    |    | 300m                       | 30.98 (30.98)   |         |                |      |
|    |    | 700m                       | 1:07.62 (36.64) |         |                |      |
|    |    | 1100m                      | 1:45.81 (38.19) |         |                |      |
|    |    | 1500m                      | 2:25.29 (39.48) |         |                |      |
|    |    | Naam                       | Cat             | PR      | Tijd           | Info |
| 36 | gl | 42 <b>Feline Solleveld</b> | DB1             | 2:19.03 | <b>2:35.23</b> |      |
|    | bl | 57 <b>Wende Linnenbank</b> | DPA             | 2:38.82 | <b>2:35.21</b> | PR   |
|    |    | <u>Feline Solleveld</u>    |                 |         |                |      |
|    |    | 300m                       | 32.86 (32.86)   |         |                |      |
|    |    | 700m                       | 1:12.46 (39.60) |         |                |      |
|    |    | 1100m                      | 1:54.25 (41.79) |         |                |      |
|    |    | 1500m                      | 2:35.23 (40.98) |         |                |      |
|    |    | <u>Wende Linnenbank</u>    |                 |         |                |      |
|    |    | 300m                       | 32.06 (32.06)   |         |                |      |
|    |    | 700m                       | 1:11.20 (39.14) |         |                |      |
|    |    | 1100m                      | 1:53.23 (42.03) |         |                |      |
|    |    | 1500m                      | 2:35.21 (41.98) |         |                |      |

|    |    | Naam                      | Cat | PR      | Tijd           | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 37 | wt | 61 <b>Lisa de Koster</b>  | DB1 | 2:41.67 | <b>2:41.53</b> | PR   |
|    | rd | 50 <b>Quint Vogelzang</b> | HB1 | 2:41.73 | <b>2:40.89</b> | PR   |

### Lisa de Koster

|       |         |         |
|-------|---------|---------|
| 300m  | 33.84   | (33.84) |
| 700m  | 1:14.90 | (41.06) |
| 1100m | 1:57.54 | (42.64) |
| 1500m | 2:41.53 | (43.99) |

### Quint Vogelzang

|       |         |         |
|-------|---------|---------|
| 300m  | 33.82   | (33.82) |
| 700m  | 1:13.62 | (39.80) |
| 1100m | 1:56.49 | (42.87) |
| 1500m | 2:40.89 | (44.40) |

|    |    | Naam                       | Cat | PR      | Tijd           | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 38 | gl | 46 <b>Clover van Zeijl</b> | DB1 | 2:32.19 | <b>2:51.87</b> |      |
|    | bl | 51 <b>Mirthe Wijnakker</b> | DB1 | 2:41.46 | <b>2:49.18</b> |      |

### Clover van Zeijl

|       |         |         |
|-------|---------|---------|
| 300m  | 35.44   | (35.44) |
| 700m  | 1:19.27 | (43.83) |
| 1100m | 2:05.20 | (45.93) |
| 1500m | 2:51.87 | (46.67) |

### Mirthe Wijnakker

|       |         |         |
|-------|---------|---------|
| 300m  | 35.43   | (35.43) |
| 700m  | 1:19.43 | (44.00) |
| 1100m | 2:04.87 | (45.44) |
| 1500m | 2:49.18 | (44.31) |

|    |    | Naam                       | Cat | PR      | Tijd           | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 39 | wt | 41 <b>Stian van Etten</b>  | HB1 | 1:57.37 | <b>2:03.09</b> |      |
|    | rd | 27 <b>Matthijs de Haan</b> | HB1 | 1:59.20 | <b>DNF</b>     |      |

### Stian van Etten

|       |         |         |
|-------|---------|---------|
| 300m  | 26.50   | (26.50) |
| 700m  | 57.25   | (30.75) |
| 1100m | 1:30.20 | (32.95) |
| 1500m | 2:03.09 | (32.89) |

### Matthijs de Haan

|      |       |         |
|------|-------|---------|
| 300m | 25.70 | (25.70) |
| 700m | 55.21 | (29.51) |

|    |    | Naam                         | Cat | PR      | Tijd           | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 40 | gl | 64 <b>Tiemen Haaring</b>     | HA2 | 2:16.97 | <b>DNS</b>     |      |
|    | bl | 47 <b>Scarlett de Bruijn</b> | DB1 | 2:13.63 | <b>2:20.26</b> |      |

### Tiemen Haaring

### Scarlett de Bruijn

|       |         |         |
|-------|---------|---------|
| 300m  | 28.70   | (28.70) |
| 700m  | 1:03.39 | (34.69) |
| 1100m | 1:41.03 | (37.64) |
| 1500m | 2:20.26 | (39.23) |

5. Uitslag Dames 1500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 25 Mijke Anne Kanneworff | D40 | 45   | I    | 2:19.75 |      |        |
| 2   | 5 Hilde Houtzager        | DN3 | 43   | O    | 2:22.66 |      |        |
| 3   | 23 Meerle van den Berg   | DN4 | 43   | I    | 2:23.75 |      |        |
| 4   | 24 Shirley Jaarsma       | D40 | 45   | O    | 2:27.78 |      |        |
| 5   | 18 Famke Hogenboom       | DN1 | 44   | O    | 2:34.64 |      |        |
| 6   | 19 Caitlin Koenen        | DN1 | 44   | I    | 2:37.21 |      |        |
| 7   | 22 Inge Rotteveel        | DSA | 41   | O    | 2:46.60 |      |        |
| 8   | 30 Marianne de Neeling   | D65 | 46   | O    | 2:46.94 |      |        |
| 9   | 45 Lieke van der Meer    | DN1 | 42   | O    | 2:47.58 |      |        |
| 10  | 6 Annewil Stelloo        | D40 | 46   | I    | 2:51.49 |      |        |

**5. Rituitslag Dames 1500 meter**

|    |    | Naam                          | Cat     | PR                     | Tijd           | Info    |         |
|----|----|-------------------------------|---------|------------------------|----------------|---------|---------|
| 41 | wt | 22 <b>Inge Rotteveel</b>      | DSA     | 2:39.15                | <b>2:46.60</b> |         |         |
|    | rd |                               |         |                        |                |         |         |
|    |    | <b>Inge Rotteveel</b>         |         |                        |                |         |         |
|    |    | m                             |         | 300m                   | 36.93          | (36.93) |         |
|    |    |                               |         | 700m                   | 1:19.34        | (42.41) |         |
|    |    |                               |         | 1100m                  | 2:03.32        | (43.98) |         |
|    |    |                               |         | 1500m                  | 2:46.60        | (43.28) |         |
|    |    | <hr/>                         |         |                        |                |         |         |
|    |    | Naam                          | Cat     | PR                     | Tijd           | Info    |         |
| 42 | gl | 45 <b>Lieke van der Meer</b>  | DN1     | 2:36.74                | <b>2:47.58</b> |         |         |
|    | bl |                               |         |                        |                |         |         |
|    |    | <b>Lieke van der Meer</b>     |         |                        |                |         |         |
|    |    | m                             |         | 300m                   | 36.13          | (36.13) |         |
|    |    |                               |         | 700m                   | 1:18.78        | (42.65) |         |
|    |    |                               |         | 1100m                  | 2:02.87        | (44.09) |         |
|    |    |                               |         | 1500m                  | 2:47.58        | (44.71) |         |
|    |    | <hr/>                         |         |                        |                |         |         |
|    |    | Naam                          | Cat     | PR                     | Tijd           | Info    |         |
| 43 | wt | 23 <b>Meerle van den Berg</b> | DN4     | 2:18.94                | <b>2:23.75</b> |         |         |
|    | rd | 5 <b>Hilde Houtzager</b>      | DN3     | 2:15.94                | <b>2:22.66</b> |         |         |
|    |    | <b>Meerle van den Berg</b>    |         | <b>Hilde Houtzager</b> |                |         |         |
|    |    | 300m                          | 30.50   | (30.50)                | 300m           | 30.36   | (30.36) |
|    |    | 700m                          | 1:07.08 | (36.58)                | 700m           | 1:06.09 | (35.73) |
|    |    | 1100m                         | 1:45.28 | (38.20)                | 1100m          | 1:44.04 | (37.95) |
|    |    | 1500m                         | 2:23.75 | (38.47)                | 1500m          | 2:22.66 | (38.62) |
|    |    | <hr/>                         |         |                        |                |         |         |
|    |    | Naam                          | Cat     | PR                     | Tijd           | Info    |         |
| 44 | gl | 19 <b>Caitlin Koenen</b>      | DN1     | 2:34.40                | <b>2:37.21</b> |         |         |
|    | bl | 18 <b>Famke Hogenboom</b>     | DN1     | 2:28.42                | <b>2:34.64</b> |         |         |
|    |    | <b>Caitlin Koenen</b>         |         | <b>Famke Hogenboom</b> |                |         |         |
|    |    | 300m                          | 32.67   | (32.67)                | 300m           | 31.89   | (31.89) |
|    |    | 700m                          | 1:10.74 | (38.07)                | 700m           | 1:10.49 | (38.60) |
|    |    | 1100m                         | 1:52.15 | (41.41)                | 1100m          | 1:51.96 | (41.47) |
|    |    | 1500m                         | 2:37.21 | (45.06)                | 1500m          | 2:34.64 | (42.68) |



|    |    | Naam                            | Cat | PR      | Tijd           | Info |
|----|----|---------------------------------|-----|---------|----------------|------|
| 45 | wt | 25 <b>Mijke Anne Kanneworff</b> | D40 | 2:10.71 | <b>2:19.75</b> |      |
|    | rd | 24 <b>Shirley Jaarsma</b>       | D40 | 2:20.48 | <b>2:27.78</b> |      |

### Mijke Anne Kanneworff

|       |         |         |
|-------|---------|---------|
| 300m  | 28.35   | (28.35) |
| 700m  | 1:02.48 | (34.13) |
| 1100m | 1:39.96 | (37.48) |
| 1500m | 2:19.75 | (39.79) |

### Shirley Jaarsma

|       |         |         |
|-------|---------|---------|
| 300m  | 30.46   | (30.46) |
| 700m  | 1:07.11 | (36.65) |
| 1100m | 1:46.43 | (39.32) |
| 1500m | 2:27.78 | (41.35) |

|    |    | Naam                          | Cat | PR      | Tijd           | Info |
|----|----|-------------------------------|-----|---------|----------------|------|
| 46 | gl | 6 <b>Annewil Stelloo</b>      | D40 | 2:45.66 | <b>2:51.49</b> |      |
|    | bl | 30 <b>Marianne de Neeling</b> | D65 | 2:20.52 | <b>2:46.94</b> |      |

### Annewil Stelloo

|       |         |         |
|-------|---------|---------|
| 300m  | 35.57   | (35.57) |
| 700m  | 1:18.51 | (42.94) |
| 1100m | 2:04.85 | (46.34) |
| 1500m | 2:51.49 | (46.64) |

### Marianne de Neeling

|       |         |         |
|-------|---------|---------|
| 300m  | 34.83   | (34.83) |
| 700m  | 1:15.89 | (41.06) |
| 1100m | 2:00.72 | (44.83) |
| 1500m | 2:46.94 | (46.22) |

**6. Uitslag Heren 1500 meter**

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 13 Berto Anker          | HN1 | 49   | I    | 2:05.49 |      |        |
| 2   | 11 Hidde Bart           | HSA | 52   | I    | 2:06.40 |      |        |
| 3   | 12 Tijn van Til         | HN3 | 49   | O    | 2:07.29 |      |        |
| 4   | 2 Joppe Kleiweg         | HSA | 52   | O    | 2:10.88 |      |        |
| 5   | 31 Alexander Doornekamp | HSA | 54   | O    | 2:11.48 | PR   |        |
| 6   | 55 Freek Bennis         | HN4 | 50   | I    | 2:12.03 |      |        |
| 7   | 8 Remco Boere           | HSA | 53   | O    | 2:14.13 |      |        |
| 8   | 9 Guus Gelderblom       | HN1 | 47   | O    | 2:14.46 |      |        |
| 9   | 16 Thomas van Herk      | HN4 | 47   | I    | 2:17.01 |      |        |
| 10  | 20 Bart Groot           | H55 | 61   | I    | 2:18.90 |      |        |
| 11  | 40 Jos Drabbels         | H60 | 61   | O    | 2:20.97 |      |        |
| 12  | 14 Jan Terpstra         | H55 | 62   | O    | 2:26.17 |      |        |
| 13  | 39 Tom Hoogenboom       | HSA | 54   | I    | 2:26.43 |      |        |
| 14  | 29 Marien Harkes        | H60 | 62   | I    | 2:29.93 |      |        |
| 15  | 4 Frank Steenkamp       | H70 | 55   | I    | 2:31.30 |      |        |
| 16  | 32 Arjan Vijverberg     | H45 | 59   | I    | 2:33.12 |      |        |
| 17  | 10 Lex van Tol          | H65 | 59   | O    | 2:34.58 |      |        |
| 18  | 36 Jan Floor            | H45 | 57   | I    | 2:35.53 | PR   |        |
| 19  | 3 Leo Schoenmeijer      | H75 | 57   | O    | 2:38.93 |      |        |
| 20  | 35 Menco van den Berg   | H55 | 60   | O    | 2:39.06 |      |        |
| 21  | 38 Jan Rodewijk         | H70 | 60   | I    | 2:41.16 |      |        |
| 22  | 7 Edwin van Leeuwen     | H40 | 58   | O    | 2:43.39 | PR   |        |
| 23  | 33 Jaap Wijnia          | H55 | 58   | I    | 2:49.45 |      |        |
|     | 60 Jarno Middendorp     | HN2 | 48   | I    | DNF     |      |        |
|     | 26 Thijs Heezen         | HN4 | 48   | O    | DNS     |      |        |

## 6. Rituitslag Heren 1500 meter

|    |    | Naam                      | Cat | PR      | Tijd           | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 47 | wt | 16 <b>Thomas van Herk</b> | HN4 | 2:12.19 | <b>2:17.01</b> |      |
|    | rd | 9 <b>Guus Gelderblom</b>  | HN1 | 2:09.66 | <b>2:14.46</b> |      |

### Thomas van Herk

|       |         |         |
|-------|---------|---------|
| 300m  | 29.14   | (29.14) |
| 700m  | 1:04.54 | (35.40) |
| 1100m | 1:40.14 | (35.60) |
| 1500m | 2:17.01 | (36.87) |

### Guus Gelderblom

|       |         |         |
|-------|---------|---------|
| 300m  | 29.94   | (29.94) |
| 700m  | 1:04.41 | (34.47) |
| 1100m | 1:39.20 | (34.79) |
| 1500m | 2:14.46 | (35.26) |

|    |    | Naam                       | Cat | PR      | Tijd       | Info |
|----|----|----------------------------|-----|---------|------------|------|
| 48 | gl | 60 <b>Jarno Middendorp</b> | HN2 | 2:27.60 | <b>DNF</b> |      |
|    | bl | 26 <b>Thijs Heezen</b>     | HN4 | 2:16.01 | <b>DNS</b> |      |

### Jarno Middendorp

|       |         |         |
|-------|---------|---------|
| 300m  | 32.73   | (32.73) |
| 700m  | 1:12.21 | (39.48) |
| 1100m | 1:53.45 | (41.24) |

### Thijs Heezen

|    |    | Naam                   | Cat | PR      | Tijd           | Info |
|----|----|------------------------|-----|---------|----------------|------|
| 49 | wt | 13 <b>Berto Anker</b>  | HN1 | 2:02.95 | <b>2:05.49</b> |      |
|    | rd | 12 <b>Tijn van Til</b> | HN3 | 2:06.44 | <b>2:07.29</b> |      |

### Berto Anker

|       |         |         |
|-------|---------|---------|
| 300m  | 27.34   | (27.34) |
| 700m  | 59.15   | (31.81) |
| 1100m | 1:32.11 | (32.96) |
| 1500m | 2:05.49 | (33.38) |

### Tijn van Til

|       |         |         |
|-------|---------|---------|
| 300m  | 27.39   | (27.39) |
| 700m  | 58.80   | (31.41) |
| 1100m | 1:32.24 | (33.44) |
| 1500m | 2:07.29 | (35.05) |

|    |    | Naam                   | Cat | PR      | Tijd           | Info |
|----|----|------------------------|-----|---------|----------------|------|
| 50 | gl | 55 <b>Freek Bennis</b> | HN4 | 2:07.94 | <b>2:12.03</b> |      |
|    | bl |                        |     |         |                |      |

### Freek Bennis

|       |         |         |
|-------|---------|---------|
| 300m  | 28.11   | (28.11) |
| 700m  | 1:00.68 | (32.57) |
| 1100m | 1:35.41 | (34.73) |
| 1500m | 2:12.03 | (36.62) |

m

|  |  | Naam | Cat | PR | Tijd Info |
|--|--|------|-----|----|-----------|
|--|--|------|-----|----|-----------|

51 wt  
rd

m

m

|  |  | Naam | Cat | PR | Tijd Info |
|--|--|------|-----|----|-----------|
|--|--|------|-----|----|-----------|

52

gl  
bl

|  |  |                        |     |         |                |
|--|--|------------------------|-----|---------|----------------|
|  |  | 11 <b>Hidde Bart</b>   | HSA | 2:00.93 | <b>2:06.40</b> |
|  |  | 2 <b>Joppe Kleiweg</b> | HSA | 2:09.08 | <b>2:10.88</b> |

Hidde Bart

Joppe Kleiweg

|       |         |         |       |         |         |
|-------|---------|---------|-------|---------|---------|
|       |         |         |       |         |         |
| 300m  | 26.43   | (26.43) | 300m  | 27.17   | (27.17) |
| 700m  | 57.18   | (30.75) | 700m  | 59.55   | (32.38) |
| 1100m | 1:30.23 | (33.05) | 1100m | 1:34.40 | (34.85) |
| 1500m | 2:06.40 | (36.17) | 1500m | 2:10.88 | (36.48) |

|  |  | Naam | Cat | PR | Tijd Info |
|--|--|------|-----|----|-----------|
|--|--|------|-----|----|-----------|

53

wt  
rd

|  |  |                      |     |         |                |
|--|--|----------------------|-----|---------|----------------|
|  |  | 8 <b>Remco Boere</b> | HSA | 2:04.94 | <b>2:14.13</b> |
|--|--|----------------------|-----|---------|----------------|

Remco Boere

m

|       |         |         |       |         |         |
|-------|---------|---------|-------|---------|---------|
|       |         |         |       |         |         |
| 300m  | 27.53   | (27.53) | 300m  | 27.53   | (27.53) |
| 700m  | 1:00.91 | (33.38) | 700m  | 1:00.91 | (33.38) |
| 1100m | 1:36.87 | (35.96) | 1100m | 1:36.87 | (35.96) |
| 1500m | 2:14.13 | (37.26) | 1500m | 2:14.13 | (37.26) |

|  |  | Naam | Cat | PR | Tijd Info |
|--|--|------|-----|----|-----------|
|--|--|------|-----|----|-----------|

54

gl  
bl

|  |  |                                |     |         |                   |
|--|--|--------------------------------|-----|---------|-------------------|
|  |  | 39 <b>Tom Hoogenboom</b>       | HSA | 2:16.66 | <b>2:26.43</b>    |
|  |  | 31 <b>Alexander Doornekamp</b> | HSA | 2:11.61 | <b>2:11.48 PR</b> |

Tom Hoogenboom

Alexander Doornekamp

|       |         |         |       |         |         |
|-------|---------|---------|-------|---------|---------|
|       |         |         |       |         |         |
| 300m  | 28.38   | (28.38) | 300m  | 27.34   | (27.34) |
| 700m  | 1:04.38 | (36.00) | 700m  | 1:00.90 | (33.56) |
| 1100m | 1:44.99 | (40.61) | 1100m | 1:35.91 | (35.01) |
| 1500m | 2:26.43 | (41.44) | 1500m | 2:11.48 | (35.57) |

|    |          | Naam                     | Cat | PR      | Tijd           | Info |
|----|----------|--------------------------|-----|---------|----------------|------|
| 55 | wt<br>rd | 4 <b>Frank Steenkamp</b> | H70 | 2:13.20 | <b>2:31.30</b> |      |

**Frank Steenkamp**

|       |         |         |
|-------|---------|---------|
| 300m  | 33.73   | (33.73) |
| 700m  | 1:11.81 | (38.08) |
| 1100m | 1:51.26 | (39.45) |
| 1500m | 2:31.30 | (40.04) |

m

|    |          | Naam | Cat | PR | Tijd | Info |
|----|----------|------|-----|----|------|------|
| 56 | gl<br>bl |      |     |    |      |      |

m

m

|    |    | Naam                      | Cat | PR      | Tijd           | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 57 | wt | 36 <b>Jan Floor</b>       | H45 | 2:37.15 | <b>2:35.53</b> | PR   |
|    | rd | 3 <b>Leo Schoenmeijer</b> | H75 | 2:15.32 | <b>2:38.93</b> |      |

**Jan Floor**

|       |         |         |
|-------|---------|---------|
| 300m  | 33.68   | (33.68) |
| 700m  | 1:12.29 | (38.61) |
| 1100m | 1:53.11 | (40.82) |
| 1500m | 2:35.53 | (42.42) |

**Leo Schoenmeijer**

|       |         |         |
|-------|---------|---------|
| 300m  | 35.11   | (35.11) |
| 700m  | 1:15.21 | (40.10) |
| 1100m | 1:56.30 | (41.09) |
| 1500m | 2:38.93 | (42.63) |

|    |    | Naam                       | Cat | PR      | Tijd           | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 58 | gl | 33 <b>Jaap Wijnia</b>      | H55 | 2:35.55 | <b>2:49.45</b> |      |
|    | bl | 7 <b>Edwin van Leeuwen</b> | H40 | 2:43.48 | <b>2:43.39</b> | PR   |

**Jaap Wijnia**

|       |         |         |
|-------|---------|---------|
| 300m  | 34.88   | (34.88) |
| 700m  | 1:15.78 | (40.90) |
| 1100m | 2:01.76 | (45.98) |
| 1500m | 2:49.45 | (47.69) |

**Edwin van Leeuwen**

|       |         |         |
|-------|---------|---------|
| 300m  | 35.35   | (35.35) |
| 700m  | 1:16.58 | (41.23) |
| 1100m | 1:59.47 | (42.89) |
| 1500m | 2:43.39 | (43.92) |

|    |    | Naam                       | Cat | PR      | Tijd           | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 59 | wt | 32 <b>Arjan Vijverberg</b> | H45 | 2:17.52 | <b>2:33.12</b> |      |
|    | rd | 10 <b>Lex van Tol</b>      | H65 | 2:24.65 | <b>2:34.58</b> |      |

#### Arjan Vijverberg

|       |         |         |
|-------|---------|---------|
| 300m  | 33.31   | (33.31) |
| 700m  | 1:11.39 | (38.08) |
| 1100m | 1:51.44 | (40.05) |
| 1500m | 2:33.12 | (41.68) |

#### Lex van Tol

|       |         |         |
|-------|---------|---------|
| 300m  | 33.00   | (33.00) |
| 700m  | 1:10.74 | (37.74) |
| 1100m | 1:51.52 | (40.78) |
| 1500m | 2:34.58 | (43.06) |

|    |    | Naam                         | Cat | PR      | Tijd           | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 60 | gl | 38 <b>Jan Rodewijk</b>       | H70 | 2:10.83 | <b>2:41.16</b> |      |
|    | bl | 35 <b>Menco van den Berg</b> | H55 | 2:36.24 | <b>2:39.06</b> |      |

#### Jan Rodewijk

|       |         |         |
|-------|---------|---------|
| 300m  | 34.10   | (34.10) |
| 700m  | 1:14.35 | (40.25) |
| 1100m | 1:57.06 | (42.71) |
| 1500m | 2:41.16 | (44.10) |

#### Menco van den Berg

|       |         |         |
|-------|---------|---------|
| 300m  | 34.30   | (34.30) |
| 700m  | 1:14.08 | (39.78) |
| 1100m | 1:55.95 | (41.87) |
| 1500m | 2:39.06 | (43.11) |

|    |    | Naam                   | Cat | PR      | Tijd           | Info |
|----|----|------------------------|-----|---------|----------------|------|
| 61 | wt | 20 <b>Bart Groot</b>   | H55 | 2:07.68 | <b>2:18.90</b> |      |
|    | rd | 40 <b>Jos Drabbels</b> | H60 | 2:05.18 | <b>2:20.97</b> |      |

#### Bart Groot

|       |         |         |
|-------|---------|---------|
| 300m  | 30.56   | (30.56) |
| 700m  | 1:06.08 | (35.52) |
| 1100m | 1:42.24 | (36.16) |
| 1500m | 2:18.90 | (36.66) |

#### Jos Drabbels

|       |         |         |
|-------|---------|---------|
| 300m  | 31.14   | (31.14) |
| 700m  | 1:06.80 | (35.66) |
| 1100m | 1:43.67 | (36.87) |
| 1500m | 2:20.97 | (37.30) |

|    |    | Naam                    | Cat | PR      | Tijd           | Info |
|----|----|-------------------------|-----|---------|----------------|------|
| 62 | gl | 29 <b>Marien Harkes</b> | H60 | 2:15.24 | <b>2:29.93</b> |      |
|    | bl | 14 <b>Jan Terpstra</b>  | H55 | 2:07.61 | <b>2:26.17</b> |      |

#### Marien Harkes

|       |         |         |
|-------|---------|---------|
| 300m  | 32.58   | (32.58) |
| 700m  | 1:11.05 | (38.47) |
| 1100m | 1:50.31 | (39.26) |
| 1500m | 2:29.93 | (39.62) |

#### Jan Terpstra

|       |         |         |
|-------|---------|---------|
| 300m  | 30.68   | (30.68) |
| 700m  | 1:06.45 | (35.77) |
| 1100m | 1:44.90 | (38.45) |
| 1500m | 2:26.17 | (41.27) |