

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

1. Uitslag Vrouwen Junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	2 Maud Biezen	DB1	14	I	4:40.12		
2	1 Ilse Bierma	DB1	14	O	4:42.57		
3	23 Paula Kuipers	DB2	6	I	4:42.59		
4	28 Evi de Ruijter	DB1	12	O	4:43.36		
5	3 Tijn Borst	DB2	9	O	4:43.45	PR	
6	14 Sara ter Hart	DB1	12	I	4:43.94		
7	22 Anouk Könst	DB2	6	O	4:46.22	PR	
8	27 Luna van Polen	DB2	10	O	4:46.31		
9	29 Karlijn Schellekens	DB2	13	O	4:46.44		
10	16 Lieke Huizink	DB1	13	I	4:49.49		
11	13 Maureen Hagen	DB2	9	I	4:49.89		
12	17 Saar Hulzebosch	DB1	8	O	4:54.23		
13	4 Floortje Bregman	DB1	10	I	4:54.80		
14	34 Nynke Tinga	DB2	7	I	4:56.51		
15	5 Britt Breider	DB1	11	I	4:56.91		
16	33 Jasmin van der Terp	DB2	4	I	5:00.57		
17	37 Valerie Vinken	DB2	8	I	5:00.86		
18	9 Cleo Elenbaas	DB2	7	O	5:01.25		
19	10 Dinte van Es	DB1	3	O	5:02.23		
20	7 Anouk Crossen	DB1	4	O	5:07.02	PR	
21	40 Isa van Wijhe	DB2	11	O	5:07.87		
22	12 Gerbrich de Haan	DB2	3	I	5:13.20		
23	35 Nienke Valkenburg	DB1	5	O	5:28.81		
24	6 Lieve Bunt	DB2	1	I	5:32.67	PR	
	18 Lenthe Jansen	DB1	5	I		DQ	

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1. Rituitslag Vrouwen Junioren B 3000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd	6 Lieve Bunt	DB2	5:36.58	5:32.67 PR
	Lieve Bunt				
	200m	22.74 (22.74)			m
	600m	1:03.67 (40.93)			
	1000m	1:48.50 (44.83)			
	1400m	2:33.69 (45.19)			
	1800m	3:18.67 (44.98)			
	2200m	4:04.01 (45.34)			
	2600m	4:49.53 (45.52)			
	3000m	5:32.67 (43.14)			

	Naam	Cat	PR	Tijd	Info
2	gl bl				
					m
					m

	Naam	Cat	PR	Tijd	Info
3	wt rd	12 Gerbrich de Haan	DB2	4:58.69	5:13.20
		10 Dinte van Es	DB1	4:57.86	5:02.23
	Gerbrich de Haan		Dinte van Es		
	200m	23.11 (23.11)	200m	23.15 (23.15)	
	600m	1:00.03 (36.92)	600m	59.35 (36.20)	
	1000m	1:38.92 (38.89)	1000m	1:37.71 (38.36)	
	1400m	2:20.48 (41.56)	1400m	2:17.43 (39.72)	
	1800m	3:03.50 (43.02)	1800m	2:58.29 (40.86)	
	2200m	3:46.96 (43.46)	2200m	3:39.32 (41.03)	
	2600m	4:30.41 (43.45)	2600m	4:20.73 (41.41)	
	3000m	5:13.20 (42.79)	3000m	5:02.23 (41.50)	

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		Naam		Cat		PR		Tijd	Info
4	gl	33	Jasmin van der Terp		DB2		4:57.06	5:00.57	
	bl	7	Anouk Cossen		DB1		5:15.70	5:07.02	PR
		Jasmin van der Terp			Anouk Cossen				
		200m	22.37	(22.37)	200m	23.88	(23.88)		
		600m	1:00.13	(37.76)	600m	1:01.76	(37.88)		
		1000m	1:38.73	(38.60)	1000m	1:41.16	(39.40)		
		1400m	2:17.31	(38.58)	1400m	2:21.37	(40.21)		
		1800m	2:56.83	(39.52)	1800m	3:02.35	(40.98)		
		2200m	3:37.08	(40.25)	2200m	3:44.05	(41.70)		
		2600m	4:18.48	(41.40)	2600m	4:25.80	(41.75)		
		3000m	5:00.57	(42.09)	3000m	5:07.02	(41.22)		

		Naam		Cat		PR		Tijd	Info
5	wt	18	Lenthe Jansen		DB1		4:58.94	DQ	
	rd	35	Nienke Valkenburg		DB1		5:15.48	5:28.81	
		Lenthe Jansen			Nienke Valkenburg				
		200m	24.19	(24.19)					
		600m	1:05.51	(41.32)					
		1000m	1:49.03	(43.52)					
		1400m	2:32.03	(43.00)					
		1800m	3:15.65	(43.62)					
		2200m	4:00.37	(44.72)					
		2600m	4:45.39	(45.02)					
		3000m	5:28.81	(43.42)					

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		Naam		Cat		PR		Tijd	Info
6	gl	23	Paula Kuipers		DB2		4:41.66	4:42.59	
	bl	22	Anouk Könst		DB2		4:47.87	4:46.22	PR
		Paula Kuipers				Anouk Könst			
		200m	21.85	(21.85)		200m	22.57	(22.57)	
		600m	55.84	(33.99)		600m	57.51	(34.94)	
		1000m	1:31.99	(36.15)		1000m	1:34.32	(36.81)	
		1400m	2:09.59	(37.60)		1400m	2:11.92	(37.60)	
		1800m	2:47.53	(37.94)		1800m	2:49.90	(37.98)	
		2200m	3:25.58	(38.05)		2200m	3:28.45	(38.55)	
		2600m	4:04.50	(38.92)		2600m	4:07.05	(38.60)	
		3000m	4:42.59	(38.09)		3000m	4:46.22	(39.17)	

		Naam		Cat		PR		Tijd	Info
7	wt	34	Nynke Tinga		DB2		4:52.22	4:56.51	
	rd	9	Cleo Elenbaas		DB2		4:52.79	5:01.25	
		Nynke Tinga				Cleo Elenbaas			
		200m	21.83	(21.83)		200m	22.80	(22.80)	
		600m	58.94	(37.11)		600m	58.85	(36.05)	
		1000m	1:36.89	(37.95)		1000m	1:36.98	(38.13)	
		1400m	2:16.44	(39.55)		1400m	2:16.53	(39.55)	
		1800m	2:55.97	(39.53)		1800m	2:56.93	(40.40)	
		2200m	3:35.90	(39.93)		2200m	3:37.93	(41.00)	
		2600m	4:16.20	(40.30)		2600m	4:19.50	(41.57)	
		3000m	4:56.51	(40.31)		3000m	5:01.25	(41.75)	

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		Naam		Cat		PR		Tijd	Info
8	gl	37	Valerie Vinken		DB2		4:49.53	5:00.86	
	bl	17	Saar Hulzebosch		DB1		4:49.70	4:54.23	
		Valerie Vinken				Saar Hulzebosch			
		200m	23.64	(23.64)		200m	22.45	(22.45)	
		600m	1:01.13	(37.49)		600m	58.36	(35.91)	
		1000m	1:39.91	(38.78)		1000m	1:36.02	(37.66)	
		1400m	2:19.69	(39.78)		1400m	2:14.49	(38.47)	
		1800m	3:00.32	(40.63)		1800m	2:54.02	(39.53)	
		2200m	3:41.08	(40.76)		2200m	3:33.87	(39.85)	
		2600m	4:21.65	(40.57)		2600m	4:14.09	(40.22)	
		3000m	5:00.86	(39.21)		3000m	4:54.23	(40.14)	

		Naam		Cat		PR		Tijd	Info
9	wt	13	Maureen Hagen		DB2		4:47.94	4:49.89	
	rd	3	Tijn Borst		DB2		4:45.21	4:43.45	PR
		Maureen Hagen				Tijn Borst			
		200m	22.05	(22.05)		200m	21.32	(21.32)	
		600m	56.14	(34.09)		600m	54.72	(33.40)	
		1000m	1:32.24	(36.10)		1000m	1:30.77	(36.05)	
		1400m	2:10.81	(38.57)		1400m	2:08.70	(37.93)	
		1800m	2:50.60	(39.79)		1800m	2:47.11	(38.41)	
		2200m	3:31.10	(40.50)		2200m	3:25.65	(38.54)	
		2600m	4:10.87	(39.77)		2600m	4:04.42	(38.77)	
		3000m	4:49.89	(39.02)		3000m	4:43.45	(39.03)	

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		Naam		Cat		PR		Tijd	Info
10	gl	4	Floortje Bregman		DB1		4:48.62	4:54.80	
	bl	27	Luna van Polen		DB2		4:44.51	4:46.31	
		Floortje Bregman				Luna van Polen			
		200m	21.92	(21.92)		200m	21.81	(21.81)	
		600m	57.25	(35.33)		600m	56.56	(34.75)	
		1000m	1:35.03	(37.78)		1000m	1:33.61	(37.05)	
		1400m	2:14.05	(39.02)		1400m	2:11.71	(38.10)	
		1800m	2:53.64	(39.59)		1800m	2:49.88	(38.17)	
		2200m	3:33.74	(40.10)		2200m	3:28.74	(38.86)	
		2600m	4:14.30	(40.56)		2600m	4:07.60	(38.86)	
		3000m	4:54.80	(40.50)		3000m	4:46.31	(38.71)	

		Naam		Cat		PR		Tijd	Info
11	wt	5	Britt Breider		DB1		4:46.76	4:56.91	
	rd	40	Isa van Wijhe		DB2		4:47.65	5:07.87	
		Britt Breider				Isa van Wijhe			
		200m	21.57	(21.57)		200m	22.39	(22.39)	
		600m	57.44	(35.87)		600m	58.72	(36.33)	
		1000m	1:34.77	(37.33)		1000m	1:38.17	(39.45)	
		1400m	2:13.22	(38.45)		1400m	2:19.62	(41.45)	
		1800m	2:52.60	(39.38)		1800m	3:02.23	(42.61)	
		2200m	3:33.59	(40.99)		2200m	3:44.24	(42.01)	
		2600m	4:15.45	(41.86)		2600m	4:26.22	(41.98)	
		3000m	4:56.91	(41.46)		3000m	5:07.87	(41.65)	

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		Naam		Cat		PR		Tijd	Info
12	gl	14	Sara ter Hart		DB1		4:42.78	4:43.94	
	bl	28	Evi de Ruijter		DB1		4:38.39	4:43.36	
		Sara ter Hart				Evi de Ruijter			
		200m	21.65	(21.65)		200m	22.60	(22.60)	
		600m	57.00	(35.35)		600m	57.05	(34.45)	
		1000m	1:33.34	(36.34)		1000m	1:32.21	(35.16)	
		1400m	2:10.58	(37.24)		1400m	2:08.44	(36.23)	
		1800m	2:49.06	(38.48)		1800m	2:46.05	(37.61)	
		2200m	3:27.74	(38.68)		2200m	3:24.74	(38.69)	
		2600m	4:06.01	(38.27)		2600m	4:04.48	(39.74)	
		3000m	4:43.94	(37.93)		3000m	4:43.36	(38.88)	

		Naam		Cat		PR		Tijd	Info
13	wt	16	Lieke Huizink		DB1		4:43.54	4:49.49	
	rd	29	Karlijn Schellekens		DB2		4:39.70	4:46.44	
		Lieke Huizink				Karlijn Schellekens			
		200m	21.64	(21.64)		200m	21.43	(21.43)	
		600m	55.66	(34.02)		600m	55.54	(34.11)	
		1000m	1:32.24	(36.58)		1000m	1:31.63	(36.09)	
		1400m	2:10.34	(38.10)		1400m	2:08.82	(37.19)	
		1800m	2:48.58	(38.24)		1800m	2:47.19	(38.37)	
		2200m	3:28.22	(39.64)		2200m	3:26.65	(39.46)	
		2600m	4:08.25	(40.03)		2600m	4:06.61	(39.96)	
		3000m	4:49.49	(41.24)		3000m	4:46.44	(39.83)	

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		Naam		Cat		PR		Tijd	Info
14	gl	2	Maud Biezen		DB1		4:38.41	4:40.12	
	bl	1	Ilse Bierma		DB1		4:38.80	4:42.57	
		Maud Biezen				Ilse Bierma			
		200m	21.67	(21.67)		200m	22.00	(22.00)	
		600m	56.07	(34.40)		600m	56.36	(34.36)	
		1000m	1:31.43	(35.36)		1000m	1:32.12	(35.76)	
		1400m	2:08.70	(37.27)		1400m	2:08.91	(36.79)	
		1800m	2:46.49	(37.79)		1800m	2:46.66	(37.75)	
		2200m	3:23.83	(37.34)		2200m	3:24.83	(38.17)	
		2600m	4:01.20	(37.37)		2600m	4:03.85	(39.02)	
		3000m	4:40.12	(38.92)		3000m	4:42.57	(38.72)	

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2. Uitslag Mannen Junioren B 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	5 Johan Bouwhuis	HB2	12	I	4:11.48	PR	
2	7 Vester Demoed	HB2	10	O	4:13.51	PR	
3	19 Stefan Has	HB1	12	O	4:13.75		
4	11 Edsger van Felius	HB1	14	I	4:14.50		
5	30 Milan Rietveld	HB1	14	O	4:14.77	PR	
6	36 Rens Vergeer	HB2	9	O	4:15.96	PR	
7	37 Olaf Vunderink	HB2	13	O	4:16.56		
8	18 Robbert-Jan van Hardeveld	HB2	4	I	4:17.38	PR	
9	22 Tygo Kompier	HB2	13	I	4:17.59		
10	13 Daan de Graaf	HB1	6	I	4:19.99	PR	
11	27 Kai-Arne Ottenhoff	HB1	5	O	4:20.21	PR	
12	8 Tobias Elshof	HB2	10	I	4:20.64		
13	21 Levi Kapp	HB1	11	O	4:21.87		
14	40 Jelmer de Winter	HB2	7	O	4:24.77		
15	3 Julian de Boer	HB1	8	I	4:26.35		
16	17 Dion van Hal	HB2	5	I	4:27.57		
17	29 Daan Ridder	HB2	3	O	4:28.08	FL	
18	15 Samuel Gunnink	HB1	9	I	4:28.61		
19	39 Mats Westra	HB1	8	O	4:30.48		
20	1 Bram ten Berge	HB2	6	O	4:31.21		
21	24 Jan Meester	HB2	7	I	4:37.84		
22	33 Roelof Timmerman	HB1	4	O	4:38.10	PR	
23	14 Christian Groenhof	HB1	3	I	4:41.59	PR	
24	23 Twan Kuipers	HB2	11	I	4:48.25		
25	20 Robbin De Jager	HB1	1	O	4:50.78		
26	34 Etienne Tournier	HB1	1	I	4:56.38		

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2. Rituitslag Mannen Junioren B 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	34	Etienne Tournier		HB1		4:48.97	4:56.38	
	rd	20	Robbin De Jager		HB1		4:49.38	4:50.78	
		<u>Etienne Tournier</u>				<u>Robbin De Jager</u>			
		200m	20.99	(20.99)		200m	22.03	(22.03)	
		600m	56.58	(35.59)		600m	56.96	(34.93)	
		1000m	1:34.31	(37.73)		1000m	1:33.69	(36.73)	
		1400m	2:12.94	(38.63)		1400m	2:11.73	(38.04)	
		1800m	2:52.74	(39.80)		1800m	2:51.48	(39.75)	
		2200m	3:33.26	(40.52)		2200m	3:31.37	(39.89)	
		2600m	4:14.96	(41.70)		2600m	4:12.02	(40.65)	
		3000m	4:56.38	(41.42)		3000m	4:50.78	(38.76)	

		Naam		Cat		PR		Tijd	Info
2	gl								
	bl								
		<u>m</u>				<u>m</u>			

		Naam		Cat		PR		Tijd	Info
3	wt	14	Christian Groenhof		HB1		4:46.49	4:41.59	PR
	rd	29	Daan Ridder		HB2		4:19.42	4:28.08	FL
		<u>Christian Groenhof</u>				<u>Daan Ridder</u>			
		200m	21.34	(21.34)		200m	20.09	(20.09)	
		600m	56.71	(35.37)		600m	51.21	(31.12)	
		1000m	1:33.95	(37.24)		1000m	1:23.16	(31.95)	
		1400m	2:11.15	(37.20)		1400m	1:56.28	(33.12)	
		1800m	2:49.05	(37.90)		1800m	2:29.91	(33.63)	
		2200m	3:26.92	(37.87)		2200m	3:04.20	(34.29)	
		2600m	4:04.41	(37.49)		2600m	3:40.12	(35.92)	
		3000m	4:41.59	(37.18)		3000m	4:28.08	(47.96)	

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		Naam		Cat		PR		Tijd	Info
4	gl	18	Robbert-Jan van Hardeveld		HB2		4:17.82	4:17.38	PR
	bl	33	Roelof Timmerman		HB1		4:39.67	4:38.10	PR
		Robbert-Jan van Hardeveld			Roelof Timmerman				
		200m	19.80	(19.80)	200m	21.96	(21.96)		
		600m	52.70	(32.90)	600m	56.30	(34.34)		
		1000m	1:26.32	(33.62)	1000m	1:32.23	(35.93)		
		1400m	2:00.11	(33.79)	1400m	2:08.59	(36.36)		
		1800m	2:33.96	(33.85)	1800m	2:45.31	(36.72)		
		2200m	3:07.68	(33.72)	2200m	3:22.43	(37.12)		
		2600m	3:42.20	(34.52)	2600m	3:59.97	(37.54)		
		3000m	4:17.38	(35.18)	3000m	4:38.10	(38.13)		

		Naam		Cat		PR		Tijd	Info
5	wt	17	Dion van Hal		HB2		4:22.32	4:27.57	
	rd	27	Kai-Arne Ottenhoff		HB1		4:32.39	4:20.21	PR
		Dion van Hal			Kai-Arne Ottenhoff				
		200m	19.99	(19.99)	200m	20.36	(20.36)		
		600m	52.72	(32.73)	600m	52.21	(31.85)		
		1000m	1:26.90	(34.18)	1000m	1:25.86	(33.65)		
		1400m	2:01.50	(34.60)	1400m	2:00.35	(34.49)		
		1800m	2:36.59	(35.09)	1800m	2:35.60	(35.25)		
		2200m	3:12.21	(35.62)	2200m	3:10.89	(35.29)		
		2600m	3:49.33	(37.12)	2600m	3:45.67	(34.78)		
		3000m	4:27.57	(38.24)	3000m	4:20.21	(34.54)		

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		Naam		Cat		PR		Tijd	Info
6	gl	13	Daan de Graaf		HB1			4:20.60	4:19.99 PR
	bl	1	Bram ten Berge		HB2			4:19.75	4:31.21
		Daan de Graaf			Bram ten Berge				
		200m	19.93	(19.93)	200m	19.81	(19.81)		
		600m	51.92	(31.99)	600m	52.31	(32.50)		
		1000m	1:25.56	(33.64)	1000m	1:27.05	(34.74)		
		1400m	1:59.63	(34.07)	1400m	2:02.29	(35.24)		
		1800m	2:33.74	(34.11)	1800m	2:38.68	(36.39)		
		2200m	3:08.31	(34.57)	2200m	3:16.36	(37.68)		
		2600m	3:43.81	(35.50)	2600m	3:53.74	(37.38)		
		3000m	4:19.99	(36.18)	3000m	4:31.21	(37.47)		

		Naam		Cat		PR		Tijd	Info
7	wt	24	Jan Meester		HB2			4:20.06	4:37.84
	rd	40	Jelmer de Winter		HB2			4:21.29	4:24.77
		Jan Meester			Jelmer de Winter				
		200m	20.60	(20.60)	200m	20.35	(20.35)		
		600m	53.63	(33.03)	600m	52.72	(32.37)		
		1000m	1:27.74	(34.11)	1000m	1:26.41	(33.69)		
		1400m	2:03.75	(36.01)	1400m	2:00.97	(34.56)		
		1800m	2:41.01	(37.26)	1800m	2:36.01	(35.04)		
		2200m	3:19.48	(38.47)	2200m	3:11.50	(35.49)		
		2600m	3:58.58	(39.10)	2600m	3:47.88	(36.38)		
		3000m	4:37.84	(39.26)	3000m	4:24.77	(36.89)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

		Naam		Cat		PR		Tijd	Info
8	gl	3	Julian de Boer		HB1		4:19.40	4:26.35	
	bl	39	Mats Westra		HB1		4:21.18	4:30.48	
		Julian de Boer			Mats Westra				
		200m	20.13	(20.13)	200m	20.16	(20.16)		
		600m	53.69	(33.56)	600m	52.51	(32.35)		
		1000m	1:27.66	(33.97)	1000m	1:26.22	(33.71)		
		1400m	2:02.30	(34.64)	1400m	2:00.84	(34.62)		
		1800m	2:37.39	(35.09)	1800m	2:36.89	(36.05)		
		2200m	3:14.11	(36.72)	2200m	3:13.36	(36.47)		
		2600m	3:50.55	(36.44)	2600m	3:51.58	(38.22)		
		3000m	4:26.35	(35.80)	3000m	4:30.48	(38.90)		

		Naam		Cat		PR		Tijd	Info
9	wt	15	Samuel Gunnink		HB1		4:18.69	4:28.61	
	rd	36	Rens Vergeer		HB2		4:17.74	4:15.96	PR
		Samuel Gunnink			Rens Vergeer				
		200m	20.72	(20.72)	200m	20.35	(20.35)		
		600m	53.70	(32.98)	600m	53.45	(33.10)		
		1000m	1:27.48	(33.78)	1000m	1:26.67	(33.22)		
		1400m	2:02.33	(34.85)	1400m	1:59.78	(33.11)		
		1800m	2:37.94	(35.61)	1800m	2:32.79	(33.01)		
		2200m	3:13.94	(36.00)	2200m	3:06.26	(33.47)		
		2600m	3:50.88	(36.94)	2600m	3:40.45	(34.19)		
		3000m	4:28.61	(37.73)	3000m	4:15.96	(35.51)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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		Naam		Cat		PR		Tijd	Info
10	gl	8	Tobias Elshof		HB2		4:17.07	4:20.64	
	bl	7	Vester Demoed		HB2		4:16.94	4:13.51	PR
		Tobias Elshof				Vester Demoed			
		200m	19.19	(19.19)		200m	20.17	(20.17)	
		600m	50.53	(31.34)		600m	50.88	(30.71)	
		1000m	1:23.50	(32.97)		1000m	1:22.22	(31.34)	
		1400m	1:57.85	(34.35)		1400m	1:54.59	(32.37)	
		1800m	2:33.13	(35.28)		1800m	2:28.08	(33.49)	
		2200m	3:08.89	(35.76)		2200m	3:02.60	(34.52)	
		2600m	3:44.89	(36.00)		2600m	3:37.77	(35.17)	
		3000m	4:20.64	(35.75)		3000m	4:13.51	(35.74)	

		Naam		Cat		PR		Tijd	Info
11	wt	23	Twan Kuipers		HB2		4:18.27	4:48.25	
	rd	21	Levi Kapp		HB1		4:16.82	4:21.87	
		Twan Kuipers				Levi Kapp			
		200m	20.85	(20.85)		200m	20.91	(20.91)	
		600m	55.13	(34.28)		600m	54.02	(33.11)	
		1000m	1:31.81	(36.68)		1000m	1:27.88	(33.86)	
		1400m	2:10.43	(38.62)		1400m	2:02.03	(34.15)	
		1800m	2:49.68	(39.25)		1800m	2:36.50	(34.47)	
		2200m	3:28.88	(39.20)		2200m	3:11.32	(34.82)	
		2600m	4:08.39	(39.51)		2600m	3:46.20	(34.88)	
		3000m	4:48.25	(39.86)		3000m	4:21.87	(35.67)	

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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		Naam		Cat		PR		Tijd	Info
12	gl	5	Johan Bouwhuis		HB2			4:14.38	4:11.48 PR
	bl	19	Stefan Has		HB1			4:10.55	4:13.75
		Johan Bouwhuis			Stefan Has				
		200m	19.92	(19.92)	200m	20.35	(20.35)		
		600m	51.58	(31.66)	600m	52.08	(31.73)		
		1000m	1:23.47	(31.89)	1000m	1:24.13	(32.05)		
		1400m	1:56.17	(32.70)	1400m	1:56.87	(32.74)		
		1800m	2:29.15	(32.98)	1800m	2:30.04	(33.17)		
		2200m	3:02.74	(33.59)	2200m	3:03.99	(33.95)		
		2600m	3:36.94	(34.20)	2600m	3:38.57	(34.58)		
		3000m	4:11.48	(34.54)	3000m	4:13.75	(35.18)		

		Naam		Cat		PR		Tijd	Info
13	wt	22	Tygo Kompier		HB2			4:11.10	4:17.59
	rd	37	Olaf Vunderink		HB2			4:09.14	4:16.56
		Tygo Kompier			Olaf Vunderink				
		200m	19.63	(19.63)	200m	19.97	(19.97)		
		600m	51.48	(31.85)	600m	50.77	(30.80)		
		1000m	1:23.77	(32.29)	1000m	1:22.80	(32.03)		
		1400m	1:57.79	(34.02)	1400m	1:55.94	(33.14)		
		1800m	2:31.86	(34.07)	1800m	2:30.25	(34.31)		
		2200m	3:06.54	(34.68)	2200m	3:05.07	(34.82)		
		2600m	3:42.08	(35.54)	2600m	3:40.72	(35.65)		
		3000m	4:17.59	(35.51)	3000m	4:16.56	(35.84)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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		Naam		Cat		PR		Tijd	Info
14	gl	11	Edsger van Felius		HB1		4:11.69	4:14.50	
	bl	30	Milan Rietveld		HB1		4:14.93	4:14.77	PR
		Edsger van Felius			Milan Rietveld				
		200m	19.42	(19.42)	200m	19.89	(19.89)		
		600m	50.49	(31.07)	600m	51.13	(31.24)		
		1000m	1:22.16	(31.67)	1000m	1:23.24	(32.11)		
		1400m	1:54.40	(32.24)	1400m	1:56.22	(32.98)		
		1800m	2:27.33	(32.93)	1800m	2:30.53	(34.31)		
		2200m	3:01.56	(34.23)	2200m	3:05.17	(34.64)		
		2600m	3:37.41	(35.85)	2600m	3:40.23	(35.06)		
		3000m	4:14.50	(37.09)	3000m	4:14.77	(34.54)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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3. Uitslag Vrouwen Junioren A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	19 Sophie Kraaijeveld	DA2	14	O	4:21.70		
2	16 Patricia Koot	DA1	12	I	4:26.76		
3	10 Lotte Groenen	DA1	13	I	4:26.94		
4	36 Anna Marit Sybrandi	DA2	12	O	4:26.99		
5	26 Emma Noz	DA1	10	O	4:29.96	PR	
6	27 Sanne Oosterwijk	DA1	14	I	4:31.63		
7	5 Esmée Brommer	DA2	11	O	4:32.01		
8	17 Veerle van Koppen	DA2	13	O	4:32.72		
9	39 Sylvia de Vries	DA1	9	I	4:34.74		
10	29 Susanne Prins	DA1	8	I	4:38.09	PR	
11	35 Kaat van Steekelenburg	DA2	11	I	4:40.42		
12	28 Tess Postma	DA1	7	O	4:40.72		
	14 Sterre Kamphuis	DA1	9	O	4:40.72		
14	20 Janne Kraamer	DA2	7	I	4:42.41		
15	11 Sharon Heesink	DA2	4	O	4:43.94	PR	
16	30 Wieke Roemaat	DA2	2	I	4:48.78	PR	
17	25 Tosca Mulder	DA2	8	O	4:52.10		
18	6 Lièn van Dasselaar	DA2	5	O	4:54.18		
19	33 Jitte Schuitemaker	DA1	4	I	4:54.88		
20	23 Bo Mengerink	DA1	3	O	4:57.08		
21	3 Shelley Blaauw	DA1	6	I	4:57.93		
22	21 Emma van der Liet	DA2	6	O	4:58.47		
23	24 Sophie Moerman	DA1	5	I	5:04.24		
24	8 Emma Fransen	DA2	3	I	5:04.30		
25	18 Emma Koster	DA2	1	I	5:06.72		
26	22 Bo Meijer	DA2	2	O	5:12.51		
	4 Janna Bolsius	DA1				WDR	

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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3. Rituitslag Vrouwen Junioren A 3000 meter

	Naam	Cat	PR	Tijd	Info
1	wt rd	18 Emma Koster	DA2	4:41.51	5:06.72

Emma Koster

200m	22.19	(22.19)	m
600m	59.17	(36.98)	
1000m	1:37.94	(38.77)	
1400m	2:17.44	(39.50)	
1800m	2:58.19	(40.75)	
2200m	3:40.07	(41.88)	
2600m	4:23.08	(43.01)	
3000m	5:06.72	(43.64)	

	Naam	Cat	PR	Tijd	Info
2	gl	30 Wieke Roemaat	DA2	4:53.66	4:48.78 PR
	bl	22 Bo Meijer	DA2	5:00.04	5:12.51

Wieke Roemaat

200m	22.24	(22.24)
600m	56.76	(34.52)
1000m	1:33.29	(36.53)
1400m	2:10.61	(37.32)
1800m	2:48.76	(38.15)
2200m	3:28.22	(39.46)
2600m	4:08.36	(40.14)
3000m	4:48.78	(40.42)

Bo Meijer

200m	22.88	(22.88)
600m	59.57	(36.69)
1000m	1:40.25	(40.68)
1400m	2:22.09	(41.84)
1800m	3:03.40	(41.31)
2200m	3:45.57	(42.17)
2600m	4:30.39	(44.82)
3000m	5:12.51	(42.12)

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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		Naam		Cat		PR		Tijd	Info
3	wt	8	Emma Fransen		DA2		4:48.53	5:04.30	
	rd	23	Bo Mengerink		DA1		4:45.18	4:57.08	
		Emma Fransen			Bo Mengerink				
		200m	22.35	(22.35)	200m	22.26	(22.26)		
		600m	59.52	(37.17)	600m	58.67	(36.41)		
		1000m	1:37.55	(38.03)	1000m	1:36.97	(38.30)		
		1400m	2:17.00	(39.45)	1400m	2:15.61	(38.64)		
		1800m	2:57.30	(40.30)	1800m	2:55.52	(39.91)		
		2200m	3:38.40	(41.10)	2200m	3:35.83	(40.31)		
		2600m	4:20.83	(42.43)	2600m	4:16.61	(40.78)		
		3000m	5:04.30	(43.47)	3000m	4:57.08	(40.47)		

		Naam		Cat		PR		Tijd	Info
4	gl	33	Jitte Schuitemaker		DA1		4:49.00	4:54.88	
	bl	11	Sharon Heesink		DA2		4:45.70	4:43.94	PR
		Jitte Schuitemaker			Sharon Heesink				
		200m	22.80	(22.80)	200m	22.56	(22.56)		
		600m	58.39	(35.59)	600m	56.89	(34.33)		
		1000m	1:35.50	(37.11)	1000m	1:32.49	(35.60)		
		1400m	2:14.33	(38.83)	1400m	2:09.53	(37.04)		
		1800m	2:53.96	(39.63)	1800m	2:47.14	(37.61)		
		2200m	3:34.15	(40.19)	2200m	3:25.70	(38.56)		
		2600m	4:14.57	(40.42)	2600m	4:04.96	(39.26)		
		3000m	4:54.88	(40.31)	3000m	4:43.94	(38.98)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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		Naam		Cat		PR		Tijd	Info
5	wt	24	Sophie Moerman		DA1		4:55.61	5:04.24	
	rd	6	Lièn van Dasselaar		DA2		4:47.36	4:54.18	
		Sophie Moerman			Lièn van Dasselaar				
		200m	23.74	(23.74)	200m	21.82	(21.82)		
		600m	1:00.59	(36.85)	600m	57.53	(35.71)		
		1000m	1:38.92	(38.33)	1000m	1:35.09	(37.56)		
		1400m	2:18.92	(40.00)	1400m	2:13.68	(38.59)		
		1800m	2:59.44	(40.52)	1800m	2:53.09	(39.41)		
		2200m	3:40.42	(40.98)	2200m	3:33.00	(39.91)		
		2600m	4:22.16	(41.74)	2600m	4:13.27	(40.27)		
		3000m	5:04.24	(42.08)	3000m	4:54.18	(40.91)		

		Naam		Cat		PR		Tijd	Info
6	gl	3	Shelley Blaauw		DA1		4:42.42	4:57.93	
	bl	21	Emma van der Liet		DA2		4:46.45	4:58.47	
		Shelley Blaauw			Emma van der Liet				
		200m	22.43	(22.43)	200m	22.61	(22.61)		
		600m	58.84	(36.41)	600m	58.23	(35.62)		
		1000m	1:36.37	(37.53)	1000m	1:35.55	(37.32)		
		1400m	2:15.01	(38.64)	1400m	2:13.91	(38.36)		
		1800m	2:55.71	(40.70)	1800m	2:53.91	(40.00)		
		2200m	3:36.76	(41.05)	2200m	3:34.89	(40.98)		
		2600m	4:19.88	(43.12)	2600m	4:16.55	(41.66)		
		3000m	4:57.93	(38.05)	3000m	4:58.47	(41.92)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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		Naam		Cat		PR		Tijd	Info
7	wt	20	Janne Kraamer		DA2		4:41.75	4:42.41	
	rd	28	Tess Postma		DA1		4:37.67	4:40.72	
		Janne Kraamer			Tess Postma				
		200m	21.32	(21.32)	200m	21.39	(21.39)		
		600m	54.71	(33.39)	600m	55.48	(34.09)		
		1000m	1:30.01	(35.30)	1000m	1:30.64	(35.16)		
		1400m	2:06.62	(36.61)	1400m	2:06.85	(36.21)		
		1800m	2:43.88	(37.26)	1800m	2:44.17	(37.32)		
		2200m	3:22.27	(38.39)	2200m	3:21.89	(37.72)		
		2600m	4:01.96	(39.69)	2600m	4:00.73	(38.84)		
		3000m	4:42.41	(40.45)	3000m	4:40.72	(39.99)		

		Naam		Cat		PR		Tijd	Info
8	gl	29	Susanne Prins		DA1		4:43.06	4:38.09	PR
	bl	25	Tosca Mulder		DA2		4:37.20	4:52.10	
		Susanne Prins			Tosca Mulder				
		200m	21.06	(21.06)	200m	21.14	(21.14)		
		600m	54.44	(33.38)	600m	54.45	(33.31)		
		1000m	1:29.37	(34.93)	1000m	1:29.90	(35.45)		
		1400m	2:05.97	(36.60)	1400m	2:06.91	(37.01)		
		1800m	2:43.32	(37.35)	1800m	2:46.05	(39.14)		
		2200m	3:21.34	(38.02)	2200m	3:26.48	(40.43)		
		2600m	3:59.95	(38.61)	2600m	4:08.72	(42.24)		
		3000m	4:38.09	(38.14)	3000m	4:52.10	(43.38)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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		Naam		Cat		PR		Tijd	Info
9	wt	39	Sylvia de Vries		DA1		4:31.28	4:34.74	
	rd	14	Sterre Kamphuis		DA1		4:37.86	4:40.72	
		Sylvia de Vries			Sterre Kamphuis				
		200m	21.46	(21.46)	200m	22.37	(22.37)		
		600m	55.34	(33.88)	600m	57.05	(34.68)		
		1000m	1:30.65	(35.31)	1000m	1:32.67	(35.62)		
		1400m	2:06.51	(35.86)	1400m	2:09.07	(36.40)		
		1800m	2:42.91	(36.40)	1800m	2:46.30	(37.23)		
		2200m	3:19.55	(36.64)	2200m	3:23.96	(37.66)		
		2600m	3:56.61	(37.06)	2600m	4:02.46	(38.50)		
		3000m	4:34.74	(38.13)	3000m	4:40.72	(38.26)		

		Naam		Cat		PR		Tijd	Info
10	gl	4	Janna Bolsius		DA1		4:27.94	WDR	
	bl	26	Emma Noz		DA1		4:33.33	4:29.96	PR
		Janna Bolsius			Emma Noz				
		200m	21.24	(21.24)	200m	21.24	(21.24)		
		600m	53.69	(32.45)	600m	53.69	(32.45)		
		1000m	1:26.55	(32.86)	1000m	1:26.55	(32.86)		
		1400m	2:00.89	(34.34)	1400m	2:00.89	(34.34)		
		1800m	2:36.72	(35.83)	1800m	2:36.72	(35.83)		
		2200m	3:13.73	(37.01)	2200m	3:13.73	(37.01)		
		2600m	3:51.66	(37.93)	2600m	3:51.66	(37.93)		
		3000m	4:29.96	(38.30)	3000m	4:29.96	(38.30)		

Landelijke Selectie NK 3000m Junioren A/B

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		Naam		Cat		PR		Tijd	Info
11	wt	35	Kaat van Steekelenburg		DA2		4:33.99	4:40.42	
	rd	5	Esmée Brommer		DA2		4:31.93	4:32.01	
		Kaat van Steekelenburg			Esmée Brommer				
		200m	22.63	(22.63)			200m	21.46	(21.46)
		600m	57.40	(34.77)			600m	54.65	(33.19)
		1000m	1:32.67	(35.27)			1000m	1:29.39	(34.74)
		1400m	2:09.02	(36.35)			1400m	2:05.03	(35.64)
		1800m	2:45.84	(36.82)			1800m	2:41.03	(36.00)
		2200m	3:23.25	(37.41)			2200m	3:17.51	(36.48)
		2600m	4:01.44	(38.19)			2600m	3:54.65	(37.14)
		3000m	4:40.42	(38.98)			3000m	4:32.01	(37.36)

		Naam		Cat		PR		Tijd	Info
12	gl	16	Patricia Koot		DA1		4:23.37	4:26.76	
	bl	36	Anna Marit Sybrandi		DA2		4:20.53	4:26.99	
		Patricia Koot			Anna Marit Sybrandi				
		200m	20.70	(20.70)			200m	21.27	(21.27)
		600m	54.58	(33.88)			600m	54.76	(33.49)
		1000m	1:29.09	(34.51)			1000m	1:29.26	(34.50)
		1400m	2:04.30	(35.21)			1400m	2:04.22	(34.96)
		1800m	2:39.46	(35.16)			1800m	2:39.52	(35.30)
		2200m	3:15.24	(35.78)			2200m	3:15.19	(35.67)
		2600m	3:50.94	(35.70)			2600m	3:51.17	(35.98)
		3000m	4:26.76	(35.82)			3000m	4:26.99	(35.82)

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

		Naam		Cat		PR		Tijd	Info
13	wt	10	Lotte Groenen		DA1		4:20.61	4:26.94	
	rd	17	Veerle van Koppen		DA2		4:22.87	4:32.72	
		Lotte Groenen			Veerle van Koppen				
		200m	19.82	(19.82)	200m	21.11	(21.11)		
		600m	51.20	(31.38)	600m	54.51	(33.40)		
		1000m	1:23.94	(32.74)	1000m	1:29.02	(34.51)		
		1400m	1:57.98	(34.04)	1400m	2:04.03	(35.01)		
		1800m	2:33.58	(35.60)	1800m	2:39.78	(35.75)		
		2200m	3:10.63	(37.05)	2200m	3:16.61	(36.83)		
		2600m	3:48.84	(38.21)	2600m	3:54.42	(37.81)		
		3000m	4:26.94	(38.10)	3000m	4:32.72	(38.30)		

		Naam		Cat		PR		Tijd	Info
14	gl	27	Sanne Oosterwijk		DA1		4:22.86	4:31.63	
	bl	19	Sophie Kraaijeveld		DA2		4:10.39	4:21.70	
		Sanne Oosterwijk			Sophie Kraaijeveld				
		200m	20.69	(20.69)	200m	21.30	(21.30)		
		600m	53.95	(33.26)	600m	53.41	(32.11)		
		1000m	1:28.20	(34.25)	1000m	1:26.30	(32.89)		
		1400m	2:03.46	(35.26)	1400m	2:00.07	(33.77)		
		1800m	2:39.84	(36.38)	1800m	2:34.85	(34.78)		
		2200m	3:16.68	(36.84)	2200m	3:10.24	(35.39)		
		2600m	3:53.97	(37.29)	2600m	3:46.19	(35.95)		
		3000m	4:31.63	(37.66)	3000m	4:21.70	(35.51)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

4. Uitslag Mannen Junioren A 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	21 Jasper Krommenhoek	HA2	10	O	3:57.48		
2	20 Jelle Koeleman	HA2	7	O	3:59.66		
3	17 Freek van der Ham	HA1	8	I	4:01.12		
4	36 Jasper Tinga	HA2	9	O	4:01.94		
5	28 Matthé Pronk	HA2	11	O	4:02.37		
6	39 Hidde Westra	HA2	12	O	4:02.70		
7	33 Simon de Smit	HA2	12	I	4:02.80		
8	5 Joël Bom	HA1	10	I	4:03.06		
9	19 Silje Hut	HA1	5	O	4:04.98		
10	4 Hylke de Boer	HA2	11	I	4:06.30		
11	29 Niels van Reeuwijk	HA1	4	O	4:06.95		
12	23 Jasper van der Marel	HA1	6	I	4:08.65		
13	40 Morris Witkam	HA2	1	O	4:08.75	PR	
14	31 Ties van Seumeren	HA1	7	I	4:09.02		
15	3 Thomas van Berkel	HA1	6	O	4:09.15		
16	26 Thijmen Paardekooper	HA1	9	I	4:09.55		
17	11 Mats ten Cate	HA2	8	O	4:09.66		
18	30 Niklas Reinders	HA1	3	O	4:11.01		
19	10 Chris Brommersma	HA1	5	I	4:11.46		
20	8 Thijs van Bostelen	HA1	2	O	4:14.00		
21	9 Yoeri van Bostelen	HA1	3	I	4:14.52		
22	27 Jelle Plug	HA1	2	I	4:16.89		
23	13 Geert Frijters	HA2	1	I	4:17.24		
24	22 Teun van der Linden	HA1	4	I	4:27.19		
	25 Tom Nijdam	HA2			WDR		
	16 Michiel de Groot	HA1			WDR		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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4. Rituitslag Mannen Junioren A 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	13	Geert Frijters		HA2	4:12.09		4:17.24	
	rd	40	Morris Witkam		HA2	4:10.88		4:08.75	PR
		Geert Frijters			Morris Witkam				
		200m	19.42	(19.42)	200m	19.20	(19.20)		
		600m	50.42	(31.00)	600m	49.83	(30.63)		
		1000m	1:22.40	(31.98)	1000m	1:21.38	(31.55)		
		1400m	1:55.04	(32.64)	1400m	1:53.55	(32.17)		
		1800m	2:28.77	(33.73)	1800m	2:26.57	(33.02)		
		2200m	3:03.95	(35.18)	2200m	3:00.37	(33.80)		
		2600m	3:40.28	(36.33)	2600m	3:34.67	(34.30)		
		3000m	4:17.24	(36.96)	3000m	4:08.75	(34.08)		

		Naam		Cat		PR		Tijd	Info
2	gl	27	Jelle Plug		HA1	4:09.13		4:16.89	
	bl	8	Thijs van Bostelen		HA1	4:06.47		4:14.00	
		Jelle Plug			Thijs van Bostelen				
		200m	19.06	(19.06)	200m	20.07	(20.07)		
		600m	50.64	(31.58)	600m	50.73	(30.66)		
		1000m	1:22.02	(31.38)	1000m	1:22.26	(31.53)		
		1400m	1:54.33	(32.31)	1400m	1:54.77	(32.51)		
		1800m	2:27.51	(33.18)	1800m	2:28.18	(33.41)		
		2200m	3:02.52	(35.01)	2200m	3:02.44	(34.26)		
		2600m	3:38.96	(36.44)	2600m	3:37.58	(35.14)		
		3000m	4:16.89	(37.93)	3000m	4:14.00	(36.42)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

		Naam		Cat		PR		Tijd	Info
3	wt	9	Yoeri van Bostelen		HA1		4:05.97	4:14.52	
	rd	30	Niklas Reinders		HA1		4:05.79	4:11.01	
		Yoeri van Bostelen			Niklas Reinders				
		200m	18.88	(18.88)	200m	18.84	(18.84)		
		600m	49.49	(30.61)	600m	48.29	(29.45)		
		1000m	1:21.41	(31.92)	1000m	1:20.63	(32.34)		
		1400m	1:54.31	(32.90)	1400m	1:53.62	(32.99)		
		1800m	2:28.03	(33.72)	1800m	2:27.70	(34.08)		
		2200m	3:02.96	(34.93)	2200m	3:01.96	(34.26)		
		2600m	3:38.35	(35.39)	2600m	3:36.60	(34.64)		
		3000m	4:14.52	(36.17)	3000m	4:11.01	(34.41)		

		Naam		Cat		PR		Tijd	Info
4	gl	22	Teun van der Linden		HA1		4:09.22	4:27.19	
	bl	29	Niels van Reeuwijk		HA1		4:01.41	4:06.95	
		Teun van der Linden			Niels van Reeuwijk				
		200m	20.94	(20.94)	200m	19.81	(19.81)		
		600m	54.42	(33.48)	600m	50.63	(30.82)		
		1000m	1:28.33	(33.91)	1000m	1:22.26	(31.63)		
		1400m	2:02.80	(34.47)	1400m	1:54.10	(31.84)		
		1800m	2:37.80	(35.00)	1800m	2:26.54	(32.44)		
		2200m	3:13.59	(35.79)	2200m	2:59.53	(32.99)		
		2600m	3:50.10	(36.51)	2600m	3:32.75	(33.22)		
		3000m	4:27.19	(37.09)	3000m	4:06.95	(34.20)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

		Naam		Cat		PR		Tijd	Info
5	wt	10	Chris Brommersma		HA1		4:03.45	4:11.46	
	rd	19	Sille Hut		HA1		3:58.96	4:04.98	
		Chris Brommersma				Sille Hut			
		200m	20.41	(20.41)		200m	19.67	(19.67)	
		600m	52.60	(32.19)		600m	51.42	(31.75)	
		1000m	1:24.78	(32.18)		1000m	1:23.36	(31.94)	
		1400m	1:57.01	(32.23)		1400m	1:55.11	(31.75)	
		1800m	2:29.61	(32.60)		1800m	2:26.88	(31.77)	
		2200m	3:02.90	(33.29)		2200m	2:58.78	(31.90)	
		2600m	3:36.71	(33.81)		2600m	3:31.26	(32.48)	
		3000m	4:11.46	(34.75)		3000m	4:04.98	(33.72)	

		Naam		Cat		PR		Tijd	Info
6	gl	23	Jasper van der Marel		HA1		4:02.62	4:08.65	
	bl	3	Thomas van Berkel		HA1		4:02.38	4:09.15	
		Jasper van der Marel				Thomas van Berkel			
		200m	19.64	(19.64)		200m	19.50	(19.50)	
		600m	50.33	(30.69)		600m	50.19	(30.69)	
		1000m	1:21.51	(31.18)		1000m	1:21.58	(31.39)	
		1400m	1:53.88	(32.37)		1400m	1:53.42	(31.84)	
		1800m	2:26.71	(32.83)		1800m	2:26.37	(32.95)	
		2200m	3:00.39	(33.68)		2200m	2:59.84	(33.47)	
		2600m	3:34.29	(33.90)		2600m	3:34.44	(34.60)	
		3000m	4:08.65	(34.36)		3000m	4:09.15	(34.71)	

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

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		Naam		Cat		PR		Tijd	Info
7	wt	31	Ties van Seumeren		HA1		4:00.41	4:09.02	
	rd	20	Jelle Koeleman		HA2		3:57.45	3:59.66	
		Ties van Seumeren			Jelle Koeleman				
		200m	19.44	(19.44)	200m	19.15	(19.15)		
		600m	50.71	(31.27)	600m	49.05	(29.90)		
		1000m	1:22.73	(32.02)	1000m	1:18.95	(29.90)		
		1400m	1:55.14	(32.41)	1400m	1:49.37	(30.42)		
		1800m	2:27.71	(32.57)	1800m	2:20.68	(31.31)		
		2200m	3:00.88	(33.17)	2200m	2:53.02	(32.34)		
		2600m	3:34.47	(33.59)	2600m	3:26.00	(32.98)		
		3000m	4:09.02	(34.55)	3000m	3:59.66	(33.66)		

		Naam		Cat		PR		Tijd	Info
8	gl	17	Freek van der Ham		HA1		3:57.92	4:01.12	
	bl	11	Mats ten Cate		HA2		3:58.28	4:09.66	
		Freek van der Ham			Mats ten Cate				
		200m	19.32	(19.32)	200m	19.68	(19.68)		
		600m	49.18	(29.86)	600m	50.32	(30.64)		
		1000m	1:19.99	(30.81)	1000m	1:21.84	(31.52)		
		1400m	1:51.45	(31.46)	1400m	1:54.20	(32.36)		
		1800m	2:23.08	(31.63)	1800m	2:27.19	(32.99)		
		2200m	2:55.24	(32.16)	2200m	3:00.62	(33.43)		
		2600m	3:28.11	(32.87)	2600m	3:34.77	(34.15)		
		3000m	4:01.12	(33.01)	3000m	4:09.66	(34.89)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

		Naam		Cat		PR		Tijd	Info
9	wt	26	Thijmen Paardekooper		HA1		3:58.10	4:09.55	
	rd	36	Jasper Tinga		HA2		3:58.08	4:01.94	
		Thijmen Paardekooper			Jasper Tinga				
		200m	19.45	(19.45)	200m	19.66	(19.66)		
		600m	50.89	(31.44)	600m	49.89	(30.23)		
		1000m	1:23.28	(32.39)	1000m	1:21.11	(31.22)		
		1400m	1:55.66	(32.38)	1400m	1:52.64	(31.53)		
		1800m	2:28.45	(32.79)	1800m	2:24.34	(31.70)		
		2200m	3:01.50	(33.05)	2200m	2:56.34	(32.00)		
		2600m	3:35.08	(33.58)	2600m	3:29.04	(32.70)		
		3000m	4:09.55	(34.47)	3000m	4:01.94	(32.90)		

		Naam		Cat		PR		Tijd	Info
10	gl	5	Joël Bom		HA1		3:57.11	4:03.06	
	bl	21	Jasper Krommenhoek		HA2		3:52.72	3:57.48	
		Joël Bom			Jasper Krommenhoek				
		200m	19.39	(19.39)	200m	19.56	(19.56)		
		600m	49.90	(30.51)	600m	49.06	(29.50)		
		1000m	1:20.74	(30.84)	1000m	1:19.00	(29.94)		
		1400m	1:52.02	(31.28)	1400m	1:49.07	(30.07)		
		1800m	2:23.54	(31.52)	1800m	2:19.87	(30.80)		
		2200m	2:56.02	(32.48)	2200m	2:51.57	(31.70)		
		2600m	3:28.97	(32.95)	2600m	3:24.32	(32.75)		
		3000m	4:03.06	(34.09)	3000m	3:57.48	(33.16)		

Landelijke Selectie NK 3000m Junioren A/B

Kardinge - Groningen

29 januari 2023

		Naam			Cat			PR	Tijd	Info
11	wt	4	Hylke de Boer		HA2			3:54.85	4:06.30	
	rd	28	Matthé Pronk		HA2			3:56.42	4:02.37	
		Hylke de Boer			Matthé Pronk					
		200m	19.56	(19.56)	200m	19.99	(19.99)			
		600m	50.54	(30.98)	600m	50.43	(30.44)			
		1000m	1:21.55	(31.01)	1000m	1:21.55	(31.12)			
		1400m	1:53.14	(31.59)	1400m	1:52.84	(31.29)			
		1800m	2:25.20	(32.06)	1800m	2:24.56	(31.72)			
		2200m	2:58.05	(32.85)	2200m	2:56.76	(32.20)			
		2600m	3:31.82	(33.77)	2600m	3:29.24	(32.48)			
		3000m	4:06.30	(34.48)	3000m	4:02.37	(33.13)			

		Naam			Cat			PR	Tijd	Info
12	gl	33	Simon de Smit		HA2			3:54.37	4:02.80	
	bl	39	Hidde Westra		HA2			3:52.43	4:02.70	
		Simon de Smit			Hidde Westra					
		200m	18.86	(18.86)	200m	19.32	(19.32)			
		600m	49.29	(30.43)	600m	49.48	(30.16)			
		1000m	1:20.78	(31.49)	1000m	1:20.43	(30.95)			
		1400m	1:52.69	(31.91)	1400m	1:52.08	(31.65)			
		1800m	2:24.97	(32.28)	1800m	2:23.93	(31.85)			
		2200m	2:57.44	(32.47)	2200m	2:56.62	(32.69)			
		2600m	3:30.27	(32.83)	2600m	3:29.81	(33.19)			
		3000m	4:02.80	(32.53)	3000m	4:02.70	(32.89)			

		Naam			Cat			PR	Tijd	Info
13	wt	25	Tom Nijdam		HA2			4:08.25	WDR	
	rd	16	Michiel de Groot		HA1			3:55.74	WDR	
		Tom Nijdam			Michiel de Groot					