

1. Uitslag Iedereen (100 met 500)

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------|-----|------|------|-------|------|--------|
| 1 | 24 Ramzi Coenraad | HPA | 6 | I | 11.49 | | |
| 2 | 16 Danique Happel | DA1 | 5 | I | 11.91 | | |
| 3 | 1 Naomi Segers | DPC | 6 | O | 13.18 | | |
| 4 | 3 Karsten Dieleman | HPB | 5 | O | 13.47 | | |
| 5 | 5 Hiba Pals | DPB | 4 | O | 13.53 | | |
| 6 | 18 Bram Morel | HPA | 4 | I | 13.92 | | |
| 7 | 15 Tijl Tubee | HPC | 3 | I | 14.27 | | |
| 8 | 25 Diede Kouwenberg | DPC | 3 | O | 14.35 | | |
| 9 | 11 Jensynn Hovingh | HC2 | 1 | I | 14.73 | | |
| 10 | 10 Damla Cakar | DPC | 1 | O | 16.11 | | |



Baan-Trainingswedstrijd 10

Ireen Wüst IJsbaan - Tilburg

28 januari 2023



1. Rituitslag Iedereen (100 met 500)

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------------|------------------------|---------|--------------------|-------|---------|--------------|
| 1 | wt | 11 | Jensynn Hovingh | | HC2 | | 14.53 | 14.73 |
| | rd | 10 | Damla Cakar | | DPC | | 15.01 | 16.11 |
| | | <u>Jensynn Hovingh</u> | | | <u>Damla Cakar</u> | | | |
| | | 100m | 14.73 | (14.73) | 100m | 16.11 | (16.11) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|---|-----|--|----|------|------|
| 2 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------|-------------------------|---------|-------------------------|-------|---------|--------------|
| 3 | wt | 15 | Tijl Tubee | | HPC | | 14.19 | 14.27 |
| | rd | 25 | Diede Kouwenberg | | DPC | | 14.15 | 14.35 |
| | | <u>Tijl Tubee</u> | | | <u>Diede Kouwenberg</u> | | | |
| | | 100m | 14.27 | (14.27) | 100m | 14.35 | (14.35) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-------------------|-------------------|---------|------------------|-------|---------|--------------|
| 4 | gl | 18 | Bram Morel | | HPA | | 13.45 | 13.92 |
| | bl | 5 | Hiba Pals | | DPB | | 13.52 | 13.53 |
| | | <u>Bram Morel</u> | | | <u>Hiba Pals</u> | | | |
| | | 100m | 13.92 | (13.92) | 100m | 13.53 | (13.53) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-------------------------|---------|-------------------------|-------|---------|--------------|
| 5 | wt | 16 | Danique Happel | | DA1 | | 11.53 | 11.91 |
| | rd | 3 | Karsten Dieleman | | HPB | | 13.37 | 13.47 |
| | | <u>Danique Happel</u> | | | <u>Karsten Dieleman</u> | | | |
| | | 100m | 11.91 | (11.91) | 100m | 13.47 | (13.47) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|-----------------------|-----------------------|---------|---------------------|-------|---------|--------------|
| 6 | gl | 24 | Ramzi Coenraad | | HPA | | 11.23 | 11.49 |
| | bl | 1 | Naomi Segers | | DPC | | 13.14 | 13.18 |
| | | <u>Ramzi Coenraad</u> | | | <u>Naomi Segers</u> | | | |
| | | 100m | 11.49 | (11.49) | 100m | 13.18 | (13.18) | |

2. Uitslag Iedereen (500 met 1000)

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|-------|------|--------|
| 1 | 8 Anouk Cosijn | DA1 | 10 | O | 46.82 | | |
| 2 | 7 Yousra Pals | DC1 | 10 | I | 49.06 | | |
| 3 | 6 Yasmine Pals | DC1 | 9 | O | 51.36 | | |
| 4 | 12 Maartje van Dijck | DPA | 9 | I | 53.37 | | |
| 5 | 4 Tamar Wolters | DPA | 7 | O | 53.99 | | |
| 6 | 2 Isabel Segers | DPA | 7 | I | 56.42 | | |

2. Rituitslag Iedereen (500 met 1000)

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|----------------------|-------|---------|----------------------|-------|--------------|------|
| 7 | wt | 2 Isabel Segers | | DPA | | 55.11 | 56.42 | |
| | rd | 4 Tamar Wolters | | DPA | | 52.76 | 53.99 | |
| | | <u>Isabel Segers</u> | | | <u>Tamar Wolters</u> | | | |
| | | 100m | 14.46 | (14.46) | 100m | 14.50 | (14.50) | |
| | | 500m | 56.42 | (41.96) | 500m | 53.99 | (39.49) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------|---|-----|--|----|------|------|
| 8 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|-------|---------|---------------------|-------|--------------|------|
| 9 | wt | 12 Maartje van Dijck | | DPA | | 52.28 | 53.37 | |
| | rd | 6 Yasmine Pals | | DC1 | | 50.43 | 51.36 | |
| | | <u>Maartje van Dijck</u> | | | <u>Yasmine Pals</u> | | | |
| | | 100m | 13.75 | (13.75) | 100m | 13.39 | (13.39) | |
| | | 500m | 53.37 | (39.62) | 500m | 51.36 | (37.97) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|-------|---------|---------------------|-------|--------------|------|
| 10 | gl | 7 Youssra Pals | | DC1 | | 48.57 | 49.06 | |
| | bl | 8 Anouk Cosijn | | DA1 | | 46.33 | 46.82 | |
| | | <u>Youssra Pals</u> | | | <u>Anouk Cosijn</u> | | | |
| | | 100m | 13.00 | (13.00) | 100m | 12.61 | (12.61) | |
| | | 500m | 49.06 | (36.06) | 500m | 46.82 | (34.21) | |

3. Uitslag Iedereen (500 met 1500)

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 14 Tom van Dijck | HB2 | 13 | O | 44.59 | | |
| 2 | 19 Sander van Holland | H45 | 14 | I | 45.13 | | |
| 3 | 22 Marco Schouten | H50 | 14 | O | 46.20 | | |
| 4 | 23 Laurens de Putter | HC1 | 13 | I | 47.24 | | |
| 5 | 21 Pim Boere | HC2 | 11 | I | 50.38 | | |
| 6 | 13 Berry Thielen | H60 | 12 | I | 53.91 | | |
| 7 | 17 Gerard Adolfse | H55 | 12 | O | 54.03 | | |

3. Rituitslag Iedereen (500 met 1500)

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------------------|------------------|---------|-----|----|-------|--------------|
| 11 | wt | 21 | Pim Boere | | HC2 | | 48.14 | 50.38 |
| | rd | | | | | | | |
| | | Pim Boere | | | | | | |
| | | 100m | 13.17 | (13.17) | | m | | |
| | | 500m | 50.38 | (37.21) | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-----|------|-------|--------------|
| 12 | gl | 13 | Berry Thielen | | H60 | | 47.32 | 53.91 |
| | bl | 17 | Gerard Adolfse | | H55 | | 47.34 | 54.03 |
| | | Berry Thielen | | | | | | |
| | | 100m | 14.35 | (14.35) | | 100m | 14.46 | (14.46) |
| | | 500m | 53.91 | (39.56) | | 500m | 54.03 | (39.57) |
| | | Gerard Adolfse | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-----|------|-------|--------------|
| 13 | wt | 23 | Laurens de Putter | | HC1 | | 45.32 | 47.24 |
| | rd | 14 | Tom van Dijck | | HB2 | | 44.23 | 44.59 |
| | | Laurens de Putter | | | | | | |
| | | 100m | 12.31 | (12.31) | | 100m | 12.17 | (12.17) |
| | | 500m | 47.24 | (34.93) | | 500m | 44.59 | (32.42) |
| | | Tom van Dijck | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|-----|------|-------|--------------|
| 14 | gl | 19 | Sander van Holland | | H45 | | 44.13 | 45.13 |
| | bl | 22 | Marco Schouten | | H50 | | 44.65 | 46.20 |
| | | Sander van Holland | | | | | | |
| | | 100m | 12.25 | (12.25) | | 100m | 12.50 | (12.50) |
| | | 500m | 45.13 | (32.88) | | 500m | 46.20 | (33.70) |
| | | Marco Schouten | | | | | | |

4. Uitslag Iedereen (500)

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------|-----|------|------|---------|------|--------|
| 1 | 24 Ramzi Coenraad | HPA | 20 | O | 44.46 | | |
| 2 | 16 Danique Happel | DA1 | 20 | I | 45.04 | | |
| 3 | 5 Hiba Pals | DPB | 19 | O | 52.41 | | |
| 4 | 1 Naomi Segers | DPC | 19 | I | 52.68 | | |
| 5 | 3 Karsten Dieleman | HPB | 18 | O | 57.27 | | |
| 6 | 25 Diede Kouwenberg | DPC | 18 | I | 1:03.01 | | |
| 7 | 18 Bram Morel | HPA | 17 | I | 1:03.40 | | |
| 8 | 11 Jensynn Hovingh | HC2 | 17 | O | 1:03.65 | | |
| 9 | 15 Tijl Tubee | HPC | 15 | O | 1:05.73 | | |
| 10 | 10 Damla Cakar | DPC | 15 | I | 1:13.70 | | |

4. Rituitslag Iedereen (500)

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------|--------------------|---------|-------------------|---------|----------------|------|
| 15 | wt | 10 | Damla Cakar | | DPC | 1:10.43 | 1:13.70 | |
| | rd | 15 | Tijl Tubee | | HPC | 1:04.23 | 1:05.73 | |
| | | Damla Cakar | | | Tijl Tubee | | | |
| | | 100m | 16.32 | (16.32) | 100m | 15.03 | (15.03) | |
| | | 500m | 1:13.70 | (57.38) | 500m | 1:05.73 | (50.70) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---|-----|--|----|------|------|
| 16 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | m | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------|------------------------|---------|------------------------|---------|----------------|------|
| 17 | wt | 18 | Bram Morel | | HPA | 1:01.62 | 1:03.40 | |
| | rd | 11 | Jensynn Hovingh | | HC2 | 1:00.83 | 1:03.65 | |
| | | Bram Morel | | | Jensynn Hovingh | | | |
| | | 100m | 14.84 | (14.84) | 100m | 14.77 | (14.77) | |
| | | 500m | 1:03.40 | (48.56) | 500m | 1:03.65 | (48.88) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|-------------------------|---------|----------------|------|
| 18 | gl | 25 | Diede Kouwenberg | | DPC | 1:01.18 | 1:03.01 | |
| | bl | 3 | Karsten Dieleman | | HPB | 55.18 | 57.27 | |
| | | Diede Kouwenberg | | | Karsten Dieleman | | | |
| | | 100m | 14.49 | (14.49) | 100m | 13.75 | (13.75) | |
| | | 500m | 1:03.01 | (48.52) | 500m | 57.27 | (43.52) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|------------------|-------|--------------|------|
| 19 | wt | 1 | Naomi Segers | | DPC | 50.47 | 52.68 | |
| | rd | 5 | Hiba Pals | | DPB | 51.88 | 52.41 | |
| | | Naomi Segers | | | Hiba Pals | | | |
| | | 100m | 13.61 | (13.61) | 100m | 13.57 | (13.57) | |
| | | 500m | 52.68 | (39.07) | 500m | 52.41 | (38.84) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-----------------------|-----------------------|-----|----|-------|---------------|
| 20 | gl | 16 | Danique Happel | | DA1 | | 43.39 | 45.04 |
| | bl | 24 | Ramzi Coenraad | | HPA | | 42.50 | 44.46 |
| | | | | Danique Happel | | | | |
| | | | | Ramzi Coenraad | | | | |
| | | 100m | 12.15 | (12.15) | | | 100m | 11.78 (11.78) |
| | | 500m | 45.04 | (32.89) | | | 500m | 44.46 (32.68) |

5. Uitslag Iedereen (1000)

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|---------|------|--------|
| 1 | 8 Anouk Cosijn | DA1 | 23 | I | 1:41.62 | | |
| 2 | 7 Youssra Pals | DC1 | 23 | O | 1:42.08 | | |
| 3 | 6 Yasmine Pals | DC1 | 24 | I | 1:45.44 | | |
| 4 | 4 Tamar Wolters | DPA | 24 | O | 1:49.44 | | |
| 5 | 12 Maartje van Dijck | DPA | 21 | I | 1:55.92 | | |
| 6 | 2 Isabel Segers | DPA | 21 | O | 1:59.66 | | |

5. Rituitslag Iedereen (1000)

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|----------------------|---------|----------------|------|
| 21 | wt | 12 | Maartje van Dijck | | DPA | 1:51.18 | 1:55.92 | |
| | rd | 2 | Isabel Segers | | DPA | 1:54.42 | 1:59.66 | |
| | | Maartje van Dijck | | | Isabel Segers | | | |
| | | 200m | 26.03 | (26.03) | 200m | 27.10 | (27.10) | |
| | | 600m | 1:11.61 | (45.58) | 600m | 1:12.97 | (45.87) | |
| | | 1000m | 1:55.92 | (44.31) | 1000m | 1:59.66 | (46.69) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--|-----|--|----|------|------|
| 22 | gl | | | | | | | |
| | bl | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|---------------------|---------|---------------------|---------|----------------|------|
| 23 | wt | 8 | Anouk Cosijn | | DA1 | 1:37.44 | 1:41.62 | |
| | rd | 7 | Youssra Pals | | DC1 | 1:40.05 | 1:42.08 | |
| | | Anouk Cosijn | | | Youssra Pals | | | |
| | | 200m | 22.46 | (22.46) | 200m | 23.02 | (23.02) | |
| | | 600m | 1:01.79 | (39.33) | 600m | 1:01.50 | (38.48) | |
| | | 1000m | 1:41.62 | (39.83) | 1000m | 1:42.08 | (40.58) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|---------------------|----------------------|---------|----------------------|---------|----------------|------|
| 24 | gl | 6 | Yasmine Pals | | DC1 | 1:43.37 | 1:45.44 | |
| | bl | 4 | Tamar Wolters | | DPA | 1:46.68 | 1:49.44 | |
| | | Yasmine Pals | | | Tamar Wolters | | | |
| | | 200m | 23.35 | (23.35) | 200m | 25.18 | (25.18) | |
| | | 600m | 1:02.81 | (39.46) | 600m | 1:06.12 | (40.94) | |
| | | 1000m | 1:45.44 | (42.63) | 1000m | 1:49.44 | (43.32) | |

6. Uitslag Iedereen (1500)

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 19 Sander van Holland | H45 | 27 | I | 2:19.45 | | |
| 2 | 22 Marco Schouten | H50 | 28 | I | 2:20.98 | | |
| 3 | 14 Tom van Dijck | HB2 | 27 | O | 2:23.23 | | |
| 4 | 23 Laurens de Putter | HC1 | 28 | O | 2:28.55 | | |
| 5 | 21 Pim Boere | HC2 | 26 | I | 2:40.94 | | |
| 6 | 17 Gerard Adolfse | H55 | 26 | O | 2:41.42 | | |
| 7 | 13 Berry Thielen | H60 | 25 | I | 2:44.14 | | |

6. Rituitslag Iedereen (1500)

| | | Naam | Cat | PR | Tijd | Info |
|----|----------|-------------------------|-----|---------|----------------|------|
| 25 | wt rd | 13 Berry Thielen | H60 | 2:36.99 | 2:44.14 | |

Berry Thielen

| | | | |
|-------|---------|---------|---|
| 300m | 35.46 | (35.46) | m |
| 700m | 1:17.24 | (41.78) | |
| 1100m | 2:00.34 | (43.10) | |
| 1500m | 2:44.14 | (43.80) | |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 26 | gl | 21 Pim Boere | HC2 | 2:27.56 | 2:40.94 | |
| | bl | 17 Gerard Adolfse | H55 | 2:23.63 | 2:41.42 | |

Pim Boere

| | | |
|-------|---------|---------|
| 300m | 33.05 | (33.05) |
| 700m | 1:13.91 | (40.86) |
| 1100m | 1:56.97 | (43.06) |
| 1500m | 2:40.94 | (43.97) |

Gerard Adolfse

| | | |
|-------|---------|---------|
| 300m | 35.51 | (35.51) |
| 700m | 1:16.75 | (41.24) |
| 1100m | 1:59.27 | (42.52) |
| 1500m | 2:41.42 | (42.15) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 27 | wt | 19 Sander van Holland | H45 | 2:16.06 | 2:19.45 | |
| | rd | 14 Tom van Dijck | HB2 | 2:17.59 | 2:23.23 | |

Sander van Holland

| | | |
|-------|---------|---------|
| 300m | 29.68 | (29.68) |
| 700m | 1:04.65 | (34.97) |
| 1100m | 1:41.56 | (36.91) |
| 1500m | 2:19.45 | (37.89) |

Tom van Dijck

| | | |
|-------|---------|---------|
| 300m | 30.74 | (30.74) |
| 700m | 1:06.80 | (36.06) |
| 1100m | 1:44.75 | (37.95) |
| 1500m | 2:23.23 | (38.48) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|---------|----------------|------|
| 28 | gl | 22 Marco Schouten | H50 | 2:15.00 | 2:20.98 | |
| | bl | 23 Laurens de Putter | HC1 | 2:24.40 | 2:28.55 | |

Marco Schouten

| | | |
|-------|---------|---------|
| 300m | 30.18 | (30.18) |
| 700m | 1:05.16 | (34.98) |
| 1100m | 1:42.29 | (37.13) |
| 1500m | 2:20.98 | (38.69) |

Laurens de Putter

| | | |
|-------|---------|---------|
| 300m | 30.25 | (30.25) |
| 700m | 1:06.12 | (35.87) |
| 1100m | 1:46.03 | (39.91) |
| 1500m | 2:28.55 | (42.52) |