



Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

22 december 2024



1. Uitslag 10000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|----------|--------|--------|
| 1 | 28 Joep Aben | HA1 | 3 | O | 15:14.34 | | |
| 2 | 14 Ruben Molenaar | HB2 | 4 | O | 16:21.30 | | |
| 3 | 35 Evert Jan van Dijk | H45 | 3 | I | 16:53.02 | | |
| 4 | 47 Lara Dingjan | DN1 | 2 | I | 16:57.50 | PR TRC | |
| 5 | 67 Mike van Dijk | HSA | 4 | I | 17:21.93 | | |
| 6 | 3 Driek Tolk | HA1 | 1 | O | 17:28.10 | PR | |
| 7 | 71 Jack van Dongen | H50 | 2 | O | 17:42.55 | | |
| | 66 Cas Middelkoop | HB2 | 1 | I | | DQ | |



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1. Rituitslag 10000 meter

| | Naam | Cat | PR | Tijd Info |
|---|----------------------|-----|----------|-------------|
| 1 | wt 66 Cas Middelkoop | HB2 | | DQ |
| | rd 3 Driek Tolk | HA1 | 18:15.09 | 17:28.10 PR |

Cas Middelkoop

Driek Tolk

| | | |
|--------|----------|---------|
| 400m | 41.48 | (41.48) |
| 800m | 1:19.19 | (37.71) |
| 1200m | 1:58.68 | (39.49) |
| 1600m | 2:39.79 | (41.11) |
| 2000m | 3:20.90 | (41.11) |
| 2400m | 4:03.36 | (42.46) |
| 2800m | 4:45.33 | (41.97) |
| 3200m | 5:27.96 | (42.63) |
| 3600m | 6:10.00 | (42.04) |
| 4000m | 6:52.14 | (42.14) |
| 4400m | 7:34.85 | (42.71) |
| 4800m | 8:17.63 | (42.78) |
| 5200m | 9:00.66 | (43.03) |
| 5600m | 9:43.63 | (42.97) |
| 6000m | 10:26.36 | (42.73) |
| 6400m | 11:09.02 | (42.66) |
| 6800m | 11:51.45 | (42.43) |
| 7200m | 12:33.44 | (41.99) |
| 7600m | 13:15.43 | (41.99) |
| 8000m | 13:57.46 | (42.03) |
| 8400m | 14:40.28 | (42.82) |
| 8800m | 15:22.96 | (42.68) |
| 9200m | 16:05.60 | (42.64) |
| 9600m | 16:46.95 | (41.35) |
| 10000m | 17:28.10 | (41.15) |



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| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------|-----|----------|-----------------|--------|
| 2 | gl | 47 Lara Dingjan | DN1 | 17:30.01 | 16:57.50 | PR TRC |
| | bl | 71 Jack van Dongen | H50 | | 17:42.55 | |

Lara Dingjan

| | | |
|--------|----------|---------|
| 400m | 43.12 | (43.12) |
| 800m | 1:21.72 | (38.60) |
| 1200m | 2:01.49 | (39.77) |
| 1600m | 2:41.48 | (39.99) |
| 2000m | 3:21.83 | (40.35) |
| 2400m | 4:01.93 | (40.10) |
| 2800m | 4:41.68 | (39.75) |
| 3200m | 5:21.59 | (39.91) |
| 3600m | 6:02.15 | (40.56) |
| 4000m | 6:42.89 | (40.74) |
| 4400m | 7:24.38 | (41.49) |
| 4800m | 8:05.36 | (40.98) |
| 5200m | 8:47.21 | (41.85) |
| 5600m | 9:28.64 | (41.43) |
| 6000m | 10:10.20 | (41.56) |
| 6400m | 10:51.15 | (40.95) |
| 6800m | 11:31.91 | (40.76) |
| 7200m | 12:12.60 | (40.69) |
| 7600m | 12:53.24 | (40.64) |
| 8000m | 13:34.22 | (40.98) |
| 8400m | 14:16.16 | (41.94) |
| 8800m | 14:57.75 | (41.59) |
| 9200m | 15:39.11 | (41.36) |
| 9600m | 16:19.14 | (40.03) |
| 10000m | 16:57.50 | (38.36) |

Jack van Dongen

| | | |
|--------|----------|---------|
| 400m | 44.84 | (44.84) |
| 800m | 1:24.91 | (40.07) |
| 1200m | 2:06.47 | (41.56) |
| 1600m | 2:48.51 | (42.04) |
| 2000m | 3:30.35 | (41.84) |
| 2400m | 4:12.25 | (41.90) |
| 2800m | 4:54.73 | (42.48) |
| 3200m | 5:37.51 | (42.78) |
| 3600m | 6:20.40 | (42.89) |
| 4000m | 7:03.20 | (42.80) |
| 4400m | 7:45.71 | (42.51) |
| 4800m | 8:28.29 | (42.58) |
| 5200m | 9:10.76 | (42.47) |
| 5600m | 9:53.46 | (42.70) |
| 6000m | 10:36.05 | (42.59) |
| 6400m | 11:18.79 | (42.74) |
| 6800m | 12:01.52 | (42.73) |
| 7200m | 12:43.88 | (42.36) |
| 7600m | 13:26.71 | (42.83) |
| 8000m | 14:09.42 | (42.71) |
| 8400m | 14:52.46 | (43.04) |
| 8800m | 15:35.35 | (42.89) |
| 9200m | 16:17.98 | (42.63) |
| 9600m | 17:00.52 | (42.54) |
| 10000m | 17:42.55 | (42.03) |



Kennemercup 8: Langeafstandsavond

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| | | Naam | | Cat | | PR | Tijd | Info | |
|---|----|--------|---------------------------|---------------------------|-----|--------|----------|-----------------|------------------|
| 3 | wt | 35 | Evert Jan van Dijk | | H45 | | 16:09.86 | 16:53.02 | |
| | rd | 28 | Joep Aben | | HA1 | | | 15:14.34 | |
| | | | | Evert Jan van Dijk | | | | | Joep Aben |
| | | 400m | 42.90 | (42.90) | | 400m | 39.07 | (39.07) | |
| | | 800m | 1:23.15 | (40.25) | | 800m | 1:13.93 | (34.86) | |
| | | 1200m | 2:03.30 | (40.15) | | 1200m | 1:49.36 | (35.43) | |
| | | 1600m | 2:43.18 | (39.88) | | 1600m | 2:25.35 | (35.99) | |
| | | 2000m | 3:22.88 | (39.70) | | 2000m | 3:01.38 | (36.03) | |
| | | 2400m | 4:02.12 | (39.24) | | 2400m | 3:38.04 | (36.66) | |
| | | 2800m | 4:41.93 | (39.81) | | 2800m | 4:14.56 | (36.52) | |
| | | 3200m | 5:22.27 | (40.34) | | 3200m | 4:51.15 | (36.59) | |
| | | 3600m | 6:03.21 | (40.94) | | 3600m | 5:28.32 | (37.17) | |
| | | 4000m | 6:44.16 | (40.95) | | 4000m | 6:05.75 | (37.43) | |
| | | 4400m | 7:24.64 | (40.48) | | 4400m | 6:42.98 | (37.23) | |
| | | 4800m | 8:05.26 | (40.62) | | 4800m | 7:20.16 | (37.18) | |
| | | 5200m | 8:46.21 | (40.95) | | 5200m | 7:57.70 | (37.54) | |
| | | 5600m | 9:27.07 | (40.86) | | 5600m | 8:34.98 | (37.28) | |
| | | 6000m | 10:08.02 | (40.95) | | 6000m | 9:12.02 | (37.04) | |
| | | 6400m | 10:48.10 | (40.08) | | 6400m | 9:49.08 | (37.06) | |
| | | 6800m | 11:28.83 | (40.73) | | 6800m | 10:25.98 | (36.90) | |
| | | 7200m | 12:09.31 | (40.48) | | 7200m | 11:02.35 | (36.37) | |
| | | 7600m | 12:50.18 | (40.87) | | 7600m | 11:38.70 | (36.35) | |
| | | 8000m | 13:30.62 | (40.44) | | 8000m | 12:14.86 | (36.16) | |
| | | 8400m | 14:11.10 | (40.48) | | 8400m | 12:51.40 | (36.54) | |
| | | 8800m | 14:51.37 | (40.27) | | 8800m | 13:27.69 | (36.29) | |
| | | 9200m | 15:31.74 | (40.37) | | 9200m | 14:03.65 | (35.96) | |
| | | 9600m | 16:12.39 | (40.65) | | 9600m | 14:39.23 | (35.58) | |
| | | 10000m | 16:53.02 | (40.63) | | 10000m | 15:14.34 | (35.11) | |



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| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------|-----|----|-----------------|------|
| 4 | gl | 67 Mike van Dijk | HSA | | 17:21.93 | |
| | bl | 14 Ruben Molenaar | HB2 | | 16:21.30 | |

Mike van Dijk

| | | |
|--------|----------|---------|
| 400m | 42.05 | (42.05) |
| 800m | 1:20.08 | (38.03) |
| 1200m | 1:58.85 | (38.77) |
| 1600m | 2:37.95 | (39.10) |
| 2000m | 3:17.40 | (39.45) |
| 2400m | 3:56.23 | (38.83) |
| 2800m | 4:35.56 | (39.33) |
| 3200m | 5:15.01 | (39.45) |
| 3600m | 5:54.71 | (39.70) |
| 4000m | 6:34.69 | (39.98) |
| 4400m | 7:14.78 | (40.09) |
| 4800m | 7:55.32 | (40.54) |
| 5200m | 8:35.91 | (40.59) |
| 5600m | 9:17.46 | (41.55) |
| 6000m | 10:00.45 | (42.99) |
| 6400m | 10:45.26 | (44.81) |
| 6800m | 11:27.78 | (42.52) |
| 7200m | 12:11.09 | (43.31) |
| 7600m | 12:58.42 | (47.33) |
| 8000m | 13:45.22 | (46.80) |
| 8400m | 14:28.72 | (43.50) |
| 8800m | 15:11.43 | (42.71) |
| 9200m | 15:54.88 | (43.45) |
| 9600m | 16:38.13 | (43.25) |
| 10000m | 17:21.93 | (43.80) |

Ruben Molenaar

| | | |
|--------|----------|---------|
| 400m | 41.70 | (41.70) |
| 800m | 1:20.98 | (39.28) |
| 1200m | 1:58.42 | (37.44) |
| 1600m | 2:37.43 | (39.01) |
| 2000m | 3:16.66 | (39.23) |
| 2400m | 3:55.66 | (39.00) |
| 2800m | 4:34.66 | (39.00) |
| 3200m | 5:13.77 | (39.11) |
| 3600m | 5:53.10 | (39.33) |
| 4000m | 6:33.09 | (39.99) |
| 4400m | 7:12.71 | (39.62) |
| 4800m | 7:52.18 | (39.47) |
| 5200m | 8:31.42 | (39.24) |
| 5600m | 9:10.94 | (39.52) |
| 6000m | 9:49.98 | (39.04) |
| 6400m | 10:29.15 | (39.17) |
| 6800m | 11:07.95 | (38.80) |
| 7200m | 11:47.53 | (39.58) |
| 7600m | 12:26.98 | (39.45) |
| 8000m | 13:06.61 | (39.63) |
| 8400m | 13:46.32 | (39.71) |
| 8800m | 14:25.44 | (39.12) |
| 9200m | 15:04.72 | (39.28) |
| 9600m | 15:43.70 | (38.98) |
| 10000m | 16:21.30 | (37.60) |

2. Uitslag 5000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|----------|------|--------|
| 1 | 6 Gem Wender | H45 | 14 | O | 7:34.29 | | |
| 2 | 34 Rick Loos | HA1 | 15 | O | 7:50.22 | PR | |
| 3 | 62 Luc Hogenboom | HB1 | 14 | I | 7:51.69 | | |
| 4 | 4 Maud Kempenaar | DB2 | 15 | I | 7:57.46 | | |
| 5 | 31 Tom Loos | HA1 | 11 | O | 8:06.69 | | |
| 6 | 21 Max Barends | HB1 | 12 | O | 8:09.68 | | |
| 7 | 23 Bram Braak | HA2 | 11 | I | 8:23.13 | PR | |
| 8 | 30 Lars van Klink | HB2 | 9 | O | 8:26.06 | PR | |
| 9 | 49 Mike Teunisse | H45 | 9 | I | 8:26.41 | PR | |
| 10 | 32 Pepijn Schmutzer | HB1 | 13 | I | 8:33.53 | | |
| 11 | 36 Job van Dongen | HA1 | 8 | I | 8:41.71 | PR | |
| 12 | 61 Laura Linssen | DN1 | 12 | I | 8:42.02 | | |
| 13 | 27 Emma Hartveld | DN1 | 10 | I | 8:45.35 | PR | |
| 14 | 2 Anouk Rodenburg | DB2 | 7 | O | 8:45.41 | PR | |
| 15 | 63 Hein Smit | HB2 | 6 | I | 8:59.18 | PR | |
| 16 | 40 Mees de Ruijter | HB1 | 6 | O | 9:06.09 | | |
| 17 | 1 Marco Meeuwisse | H60 | 13 | O | 9:12.02 | | |
| 18 | 46 Franca Baars | DB1 | 5 | O | 9:26.85 | | |
| 19 | 38 Renske Bruinsma | DSA | 7 | I | 9:38.13 | | |
| 20 | 13 Sep Jan de Graaff | HB1 | 5 | I | 9:46.91 | | |
| 21 | 51 Pieter van Dijk | HA2 | 8 | O | 10:24.95 | | |
| | 69 Iris Meerhoff | DSA | | | | WDR | |

2. Rituitslag 5000 meter

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|--------------------------|--------------------------|---------|---------------------|---------|----------------|------|
| 5 | wt | 13 | Sep Jan de Graaff | | HB1 | | 9:46.91 | |
| | rd | 46 | Franca Baars | | DB1 | | 9:26.85 | |
| | | Sep Jan de Graaff | | | Franca Baars | | | |
| | | 200m | 25.68 | (25.68) | 200m | 26.85 | (26.85) | |
| | | 600m | 1:10.63 | (44.95) | 600m | 1:11.39 | (44.54) | |
| | | 1000m | 1:56.08 | (45.45) | 1000m | 1:57.16 | (45.77) | |
| | | 1400m | 2:42.33 | (46.25) | 1400m | 2:42.92 | (45.76) | |
| | | 1800m | 3:28.07 | (45.74) | 1800m | 3:28.85 | (45.93) | |
| | | 2200m | 4:15.18 | (47.11) | 2200m | 4:15.16 | (46.31) | |
| | | 2600m | 5:01.38 | (46.20) | 2600m | 5:01.38 | (46.22) | |
| | | 3000m | 5:49.42 | (48.04) | 3000m | 5:47.11 | (45.73) | |
| | | 3400m | 6:36.53 | (47.11) | 3400m | 6:31.91 | (44.80) | |
| | | 3800m | 7:25.53 | (49.00) | 3800m | 7:16.88 | (44.97) | |
| | | 4200m | 8:15.66 | (50.13) | 4200m | 8:01.01 | (44.13) | |
| | | 4600m | 9:01.96 | (46.30) | 4600m | 8:44.04 | (43.03) | |
| | | 5000m | 9:46.91 | (44.95) | 5000m | 9:26.85 | (42.81) | |

| | | Naam | | Cat | | PR | Tijd | Info |
|---|----|------------------|------------------------|---------|------------------------|---------|----------------|------|
| 6 | gl | 63 | Hein Smit | | HB2 | 9:57.18 | 8:59.18 | PR |
| | bl | 40 | Mees de Ruijter | | HB1 | | 9:06.09 | |
| | | Hein Smit | | | Mees de Ruijter | | | |
| | | 200m | 23.98 | (23.98) | 200m | 24.05 | (24.05) | |
| | | 600m | 1:04.76 | (40.78) | 600m | 1:03.91 | (39.86) | |
| | | 1000m | 1:46.17 | (41.41) | 1000m | 1:45.35 | (41.44) | |
| | | 1400m | 2:29.04 | (42.87) | 1400m | 2:27.81 | (42.46) | |
| | | 1800m | 3:11.97 | (42.93) | 1800m | 3:11.19 | (43.38) | |
| | | 2200m | 3:56.60 | (44.63) | 2200m | 3:55.44 | (44.25) | |
| | | 2600m | 4:39.99 | (43.39) | 2600m | 4:40.06 | (44.62) | |
| | | 3000m | 5:23.42 | (43.43) | 3000m | 5:23.89 | (43.83) | |
| | | 3400m | 6:06.51 | (43.09) | 3400m | 6:07.07 | (43.18) | |
| | | 3800m | 6:51.03 | (44.52) | 3800m | 6:52.25 | (45.18) | |
| | | 4200m | 7:34.57 | (43.54) | 4200m | 7:37.38 | (45.13) | |
| | | 4600m | 8:18.49 | (43.92) | 4600m | 8:21.37 | (43.99) | |
| | | 5000m | 8:59.18 | (40.69) | 5000m | 9:06.09 | (44.72) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|------------------------|----|---------------------------|------------------------|---------|-------|---------|----------------|------|
| 7 | wt | 38 Renske Bruinsma | | | DSA | | 9:38.13 | |
| | rd | 2 Anouk Rodenburg | | | DB2 | 9:19.61 | 8:45.41 | PR |
| Renske Bruinsma | | | Anouk Rodenburg | | | | | |
| | | 200m | 25.42 | (25.42) | 200m | 24.89 | (24.89) | |
| | | 600m | 1:07.71 | (42.29) | 600m | 1:04.93 | (40.04) | |
| | | 1000m | 1:52.18 | (44.47) | 1000m | 1:45.34 | (40.41) | |
| | | 1400m | 2:37.78 | (45.60) | 1400m | 2:26.18 | (40.84) | |
| | | 1800m | 3:24.13 | (46.35) | 1800m | 3:07.52 | (41.34) | |
| | | 2200m | 4:10.96 | (46.83) | 2200m | 3:49.58 | (42.06) | |
| | | 2600m | 4:58.04 | (47.08) | 2600m | 4:32.91 | (43.33) | |
| | | 3000m | 5:45.34 | (47.30) | 3000m | 5:15.60 | (42.69) | |
| | | 3400m | 6:33.11 | (47.77) | 3400m | 5:59.76 | (44.16) | |
| | | 3800m | 7:20.34 | (47.23) | 3800m | 6:42.59 | (42.83) | |
| | | 4200m | 8:07.76 | (47.42) | 4200m | 7:25.15 | (42.56) | |
| | | 4600m | 8:54.14 | (46.38) | 4600m | 8:06.37 | (41.22) | |
| | | 5000m | 9:38.13 | (43.99) | 5000m | 8:45.41 | (39.04) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|-----------------------|----|---------------------------|------------------------|---------|-------|----------|-----------------|------|
| 8 | gl | 36 Job van Dongen | | | HA1 | 8:49.71 | 8:41.71 | PR |
| | bl | 51 Pieter van Dijk | | | HA2 | 10:03.02 | 10:24.95 | |
| Job van Dongen | | | Pieter van Dijk | | | | | |
| | | 200m | 22.96 | (22.96) | 200m | 25.42 | (25.42) | |
| | | 600m | 1:02.07 | (39.11) | 600m | 1:07.13 | (41.71) | |
| | | 1000m | 1:42.78 | (40.71) | 1000m | 1:51.29 | (44.16) | |
| | | 1400m | 2:24.52 | (41.74) | 1400m | 2:37.12 | (45.83) | |
| | | 1800m | 3:06.13 | (41.61) | 1800m | 3:25.09 | (47.97) | |
| | | 2200m | 3:47.70 | (41.57) | 2200m | 4:16.47 | (51.38) | |
| | | 2600m | 4:28.72 | (41.02) | 2600m | 5:08.92 | (52.45) | |
| | | 3000m | 5:10.40 | (41.68) | 3000m | 6:01.48 | (52.56) | |
| | | 3400m | 5:52.45 | (42.05) | 3400m | 6:54.81 | (53.33) | |
| | | 3800m | 6:35.31 | (42.86) | 3800m | 7:47.57 | (52.76) | |
| | | 4200m | 7:18.61 | (43.30) | 4200m | 8:41.26 | (53.69) | |
| | | 4600m | 8:00.61 | (42.00) | 4600m | 9:36.01 | (54.75) | |
| | | 5000m | 8:41.71 | (41.10) | 5000m | 10:24.95 | (48.94) | |



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| | | Naam | | | Cat | | | PR | Tijd | Info |
|---|----|----------------------|-----------------------|---------|-----------------------|---------|---------|---------|----------------|------|
| 9 | wt | 49 | Mike Teunisse | | H45 | | | 8:35.37 | 8:26.41 | PR |
| | rd | 30 | Lars van Klink | | HB2 | | | 8:30.02 | 8:26.06 | PR |
| | | Mike Teunisse | | | Lars van Klink | | | | | |
| | | 200m | 23.64 | (23.64) | 200m | 24.43 | (24.43) | | | |
| | | 600m | 1:02.60 | (38.96) | 600m | 1:05.04 | (40.61) | | | |
| | | 1000m | 1:41.89 | (39.29) | 1000m | 1:45.29 | (40.25) | | | |
| | | 1400m | 2:21.01 | (39.12) | 1400m | 2:25.69 | (40.40) | | | |
| | | 1800m | 3:00.18 | (39.17) | 1800m | 3:06.11 | (40.42) | | | |
| | | 2200m | 3:39.68 | (39.50) | 2200m | 3:46.68 | (40.57) | | | |
| | | 2600m | 4:19.93 | (40.25) | 2600m | 4:27.24 | (40.56) | | | |
| | | 3000m | 5:00.92 | (40.99) | 3000m | 5:07.74 | (40.50) | | | |
| | | 3400m | 5:42.09 | (41.17) | 3400m | 5:47.93 | (40.19) | | | |
| | | 3800m | 6:23.41 | (41.32) | 3800m | 6:28.35 | (40.42) | | | |
| | | 4200m | 7:05.11 | (41.70) | 4200m | 7:08.69 | (40.34) | | | |
| | | 4600m | 7:46.61 | (41.50) | 4600m | 7:48.43 | (39.74) | | | |
| | | 5000m | 8:26.41 | (39.80) | 5000m | 8:26.06 | (37.63) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|----------------------|--|--|---------|----------------|------|
| 10 | gl | 27 | Emma Hartveld | | DN1 | | | 9:28.12 | 8:45.35 | PR |
| | bl | 69 | Iris Meerhoff | | DSA | | | 9:08.13 | WDR | |
| | | Emma Hartveld | | | Iris Meerhoff | | | | | |
| | | 200m | 25.47 | (25.47) | | | | | | |
| | | 600m | 1:05.30 | (39.83) | | | | | | |
| | | 1000m | 1:46.74 | (41.44) | | | | | | |
| | | 1400m | 2:27.94 | (41.20) | | | | | | |
| | | 1800m | 3:09.74 | (41.80) | | | | | | |
| | | 2200m | 3:51.80 | (42.06) | | | | | | |
| | | 2600m | 4:33.60 | (41.80) | | | | | | |
| | | 3000m | 5:15.48 | (41.88) | | | | | | |
| | | 3400m | 5:57.99 | (42.51) | | | | | | |
| | | 3800m | 6:40.50 | (42.51) | | | | | | |
| | | 4200m | 7:22.20 | (41.70) | | | | | | |
| | | 4600m | 8:04.36 | (42.16) | | | | | | |
| | | 5000m | 8:45.35 | (40.99) | | | | | | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|-------------------|-------------------|---------|-----------------|---------|----------------|------|
| 11 | wt | 23 | Bram Braak | | HA2 | 8:24.33 | 8:23.13 | PR |
| | rd | 31 | Tom Loos | | HA1 | | 8:06.69 | |
| | | Bram Braak | | | Tom Loos | | | |
| | | 200m | 22.72 | (22.72) | 200m | 22.16 | (22.16) | |
| | | 600m | 58.90 | (36.18) | 600m | 57.76 | (35.60) | |
| | | 1000m | 1:36.39 | (37.49) | 1000m | 1:35.08 | (37.32) | |
| | | 1400m | 2:15.50 | (39.11) | 1400m | 2:12.85 | (37.77) | |
| | | 1800m | 2:55.46 | (39.96) | 1800m | 2:51.34 | (38.49) | |
| | | 2200m | 3:35.10 | (39.64) | 2200m | 3:29.75 | (38.41) | |
| | | 2600m | 4:15.43 | (40.33) | 2600m | 4:09.12 | (39.37) | |
| | | 3000m | 4:56.25 | (40.82) | 3000m | 4:48.54 | (39.42) | |
| | | 3400m | 5:37.09 | (40.84) | 3400m | 5:28.16 | (39.62) | |
| | | 3800m | 6:18.72 | (41.63) | 3800m | 6:07.66 | (39.50) | |
| | | 4200m | 7:00.51 | (41.79) | 4200m | 6:47.57 | (39.91) | |
| | | 4600m | 7:42.40 | (41.89) | 4600m | 7:27.18 | (39.61) | |
| | | 5000m | 8:23.13 | (40.73) | 5000m | 8:06.69 | (39.51) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|----------------------|----------------------|---------|--------------------|---------|----------------|------|
| 12 | gl | 61 | Laura Linssen | | DN1 | | 8:42.02 | |
| | bl | 21 | Max Barends | | HB1 | | 8:09.68 | |
| | | Laura Linssen | | | Max Barends | | | |
| | | 200m | 22.60 | (22.60) | 200m | 22.63 | (22.63) | |
| | | 600m | 1:00.58 | (37.98) | 600m | 58.53 | (35.90) | |
| | | 1000m | 1:40.43 | (39.85) | 1000m | 1:34.67 | (36.14) | |
| | | 1400m | 2:21.04 | (40.61) | 1400m | 2:11.46 | (36.79) | |
| | | 1800m | 3:02.23 | (41.19) | 1800m | 2:49.26 | (37.80) | |
| | | 2200m | 3:43.72 | (41.49) | 2200m | 3:28.10 | (38.84) | |
| | | 2600m | 4:25.72 | (42.00) | 2600m | 4:07.60 | (39.50) | |
| | | 3000m | 5:07.89 | (42.17) | 3000m | 4:47.26 | (39.66) | |
| | | 3400m | 5:50.57 | (42.68) | 3400m | 5:27.59 | (40.33) | |
| | | 3800m | 6:32.44 | (41.87) | 3800m | 6:08.60 | (41.01) | |
| | | 4200m | 7:15.55 | (43.11) | 4200m | 6:50.01 | (41.41) | |
| | | 4600m | 7:58.92 | (43.37) | 4600m | 7:30.64 | (40.63) | |
| | | 5000m | 8:42.02 | (43.10) | 5000m | 8:09.68 | (39.04) | |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------|-------------------------|---------|---------|------------------------|----------------|---------|
| 13 | wt | 32 | Pepijn Schmutzer | | HB1 | | 8:33.53 | |
| | rd | 1 | Marco Meeuwisse | | H60 | 8:45.59 | 9:12.02 | |
| | | | Pepijn Schmutzer | | | Marco Meeuwisse | | |
| | | | 200m | 24.23 | (24.23) | 200m | 24.86 | (24.86) |
| | | | 600m | 1:04.75 | (40.52) | 600m | 1:04.18 | (39.32) |
| | | | 1000m | 1:46.56 | (41.81) | 1000m | 1:46.73 | (42.55) |
| | | | 1400m | 2:28.32 | (41.76) | 1400m | 2:29.23 | (42.50) |
| | | | 1800m | 3:08.99 | (40.67) | 1800m | 3:12.29 | (43.06) |
| | | | 2200m | 3:49.72 | (40.73) | 2200m | 3:55.83 | (43.54) |
| | | | 2600m | 4:30.84 | (41.12) | 2600m | 4:40.15 | (44.32) |
| | | | 3000m | 5:11.80 | (40.96) | 3000m | 5:24.75 | (44.60) |
| | | | 3400m | 5:52.93 | (41.13) | 3400m | 6:09.95 | (45.20) |
| | | | 3800m | 6:33.70 | (40.77) | 3800m | 6:55.48 | (45.53) |
| | | | 4200m | 7:14.71 | (41.01) | 4200m | 7:40.85 | (45.37) |
| | | | 4600m | 7:55.00 | (40.29) | 4600m | 8:25.97 | (45.12) |
| | | | 5000m | 8:33.53 | (38.53) | 5000m | 9:12.02 | (46.05) |

| | | Naam | | | Cat | PR | Tijd | Info |
|----|----|------|----------------------|---------|---------|-------------------|----------------|---------|
| 14 | gl | 62 | Luc Hogenboom | | HB1 | | 7:51.69 | |
| | bl | 6 | Gem Wender | | H45 | 7:22.75 | 7:34.29 | |
| | | | Luc Hogenboom | | | Gem Wender | | |
| | | | 200m | 22.23 | (22.23) | 200m | 22.53 | (22.53) |
| | | | 600m | 58.27 | (36.04) | 600m | 56.09 | (33.56) |
| | | | 1000m | 1:34.82 | (36.55) | 1000m | 1:30.91 | (34.82) |
| | | | 1400m | 2:11.79 | (36.97) | 1400m | 2:05.86 | (34.95) |
| | | | 1800m | 2:48.89 | (37.10) | 1800m | 2:40.89 | (35.03) |
| | | | 2200m | 3:25.95 | (37.06) | 2200m | 3:16.10 | (35.21) |
| | | | 2600m | 4:03.47 | (37.52) | 2600m | 3:51.31 | (35.21) |
| | | | 3000m | 4:41.18 | (37.71) | 3000m | 4:26.98 | (35.67) |
| | | | 3400m | 5:19.55 | (38.37) | 3400m | 5:02.89 | (35.91) |
| | | | 3800m | 5:57.21 | (37.66) | 3800m | 5:39.34 | (36.45) |
| | | | 4200m | 6:34.72 | (37.51) | 4200m | 6:17.29 | (37.95) |
| | | | 4600m | 7:13.72 | (39.00) | 4600m | 6:55.73 | (38.44) |
| | | | 5000m | 7:51.69 | (37.97) | 5000m | 7:34.29 | (38.56) |



Kennemercup 8: Langeafstandsavond

IJsbahn Haarlem - Haarlem

22 december 2024



| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|------------------|-------|---------|----------------|------|
| 15 | wt | 4 | Maud Kempenaar | | DB2 | | | 7:57.46 | |
| | rd | 34 | Rick Loos | | HA1 | | 8:09.48 | 7:50.22 | PR |
| | | Maud Kempenaar | | | Rick Loos | | | | |
| | | 200m | 21.88 | (21.88) | | 200m | 21.70 | (21.70) | |
| | | 600m | 59.35 | (37.47) | | 600m | 57.24 | (35.54) | |
| | | 1000m | 1:36.76 | (37.41) | | 1000m | 1:34.98 | (37.74) | |
| | | 1400m | 2:14.21 | (37.45) | | 1400m | 2:12.76 | (37.78) | |
| | | 1800m | 2:51.59 | (37.38) | | 1800m | 2:50.31 | (37.55) | |
| | | 2200m | 3:29.01 | (37.42) | | 2200m | 3:27.70 | (37.39) | |
| | | 2600m | 4:06.45 | (37.44) | | 2600m | 4:05.55 | (37.85) | |
| | | 3000m | 4:44.71 | (38.26) | | 3000m | 4:43.35 | (37.80) | |
| | | 3400m | 5:22.86 | (38.15) | | 3400m | 5:21.51 | (38.16) | |
| | | 3800m | 6:00.89 | (38.03) | | 3800m | 5:59.10 | (37.59) | |
| | | 4200m | 6:39.70 | (38.81) | | 4200m | 6:36.98 | (37.88) | |
| | | 4600m | 7:18.75 | (39.05) | | 4600m | 7:13.58 | (36.60) | |
| | | 5000m | 7:57.46 | (38.71) | | 5000m | 7:50.22 | (36.64) | |

3. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 15 Bruno Bonetti | HB2 | 27 | I | 4:26.65 | PR | |
| 2 | 48 Jonah Zwaan | HB2 | 28 | I | 4:38.30 | | |
| 3 | 54 Rob Visser | H45 | 24 | I | 4:41.60 | | |
| 4 | 17 Ids Witkamp | HB1 | 28 | O | 4:41.75 | | |
| 5 | 24 Teun van Nobelen | HB1 | 29 | I | 4:41.85 | | |
| 6 | 44 Bert Nijman | H40 | 26 | I | 4:46.90 | | |
| 7 | 64 Tjebbe Berkhout | HA1 | 29 | O | 4:47.03 | | |
| 8 | 65 Sybren Berkhout | HA1 | 27 | O | 4:51.81 | | |
| 9 | 56 Wende Heeremans | DB2 | 22 | O | 5:03.24 | PR | |
| 10 | 41 Michiel de Ruijter | H45 | 16 | O | 5:05.24 | | |
| 11 | 22 Josine Kroon | D40 | 16 | I | 5:06.61 | | |
| 12 | 50 Kersty Heeremans | DN1 | 25 | O | 5:12.07 | PR | |
| 13 | 68 Cock Baas | H60 | 23 | I | 5:12.60 | | |
| 14 | 57 Pepijn van de Poll | HB1 | 21 | I | 5:13.93 | PR | |
| 15 | 26 Xander Terstal | HN2 | 23 | O | 5:17.87 | PR | |
| 16 | 60 Pim Braak | HB2 | 24 | O | 5:20.02 | | |
| 17 | 19 Noa Bierens | DB2 | 25 | I | 5:21.93 | | |
| 18 | 39 Amy Valentijn | DB2 | 22 | I | 5:30.09 | | |
| 19 | 43 Lianne Hartveld | DB1 | 21 | O | 5:31.51 | PR | |
| 20 | 59 Valerie Nijman | DA2 | 20 | I | 5:32.77 | PR | |
| 21 | 29 Pien Lodder | DN2 | 20 | O | 5:37.04 | PR | |
| 22 | 33 Eline Schmutzer | DB1 | 18 | O | 5:39.91 | PR | |
| 23 | 18 Mark Peters | H65 | 19 | O | 5:47.03 | | |
| 24 | 37 Britt van Hameren | DB2 | 18 | I | 5:52.99 | | |
| 25 | 55 Anne Lubbers | DB2 | 19 | I | 5:56.98 | PR | |
| 26 | 52 Meggy van Dijk-Brolsma | D50 | 17 | I | 6:05.22 | | |
| 27 | 45 Henk van der Zwaan | H65 | 17 | O | 6:05.30 | | |
| | 53 Emilie Fransen | DB2 | | | | WDR | |

3. Rituitslag 3000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|---------------------------|---------|---------------------------|---------|---------|----------------|------|
| 16 | wt | 22 | Josine Kroon | | D40 | | | 5:06.61 | |
| | rd | 41 | Michiel de Ruijter | | H45 | | | 5:05.24 | |
| | | Josine Kroon | | | Michiel de Ruijter | | | | |
| | | 200m | 25.71 | (25.71) | 200m | 25.00 | (25.00) | | |
| | | 600m | 1:05.08 | (39.37) | 600m | 1:03.83 | (38.83) | | |
| | | 1000m | 1:45.03 | (39.95) | 1000m | 1:43.18 | (39.35) | | |
| | | 1400m | 2:25.16 | (40.13) | 1400m | 2:22.99 | (39.81) | | |
| | | 1800m | 3:05.26 | (40.10) | 1800m | 3:03.23 | (40.24) | | |
| | | 2200m | 3:45.76 | (40.50) | 2200m | 3:44.06 | (40.83) | | |
| | | 2600m | 4:26.69 | (40.93) | 2600m | 4:24.73 | (40.67) | | |
| | | 3000m | 5:06.61 | (39.92) | 3000m | 5:05.24 | (40.51) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------------------|-------------------------------|---------|---------------------------|---------|---------|----------------|------|
| 17 | gl | 52 | Meggy van Dijk-Brolsma | | D50 | | | 6:05.22 | |
| | bl | 45 | Henk van der Zwaan | | H65 | 4:32.22 | | 6:05.30 | |
| | | Meggy van Dijk-Brolsma | | | Henk van der Zwaan | | | | |
| | | 200m | 30.12 | (30.12) | 200m | 30.10 | (30.10) | | |
| | | 600m | 1:19.36 | (49.24) | 600m | 1:17.37 | (47.27) | | |
| | | 1000m | 2:06.81 | (47.45) | 1000m | 2:05.18 | (47.81) | | |
| | | 1400m | 2:54.22 | (47.41) | 1400m | 2:53.39 | (48.21) | | |
| | | 1800m | 3:41.81 | (47.59) | 1800m | 3:41.67 | (48.28) | | |
| | | 2200m | 4:29.45 | (47.64) | 2200m | 4:29.49 | (47.82) | | |
| | | 2600m | 5:17.08 | (47.63) | 2600m | 5:17.83 | (48.34) | | |
| | | 3000m | 6:05.22 | (48.14) | 3000m | 6:05.30 | (47.47) | | |



Kennemercup 8: Langeafstandsavond

IJsbahn Haarlem - Haarlem

22 december 2024



| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|-----|------------------------|---------|---------|-------------------|
| 18 | wt | 37 | Britt van Hameren | | DB2 | | | 5:48.70 | 5:52.99 |
| | rd | 33 | Eline Schmutzer | | DB1 | | | 5:44.09 | 5:39.91 PR |
| | | Britt van Hameren | | | | Eline Schmutzer | | | |
| | | 200m | 27.77 | (27.77) | | 200m | 25.12 | (25.12) | |
| | | 600m | 1:14.13 | (46.36) | | 600m | 1:08.33 | (43.21) | |
| | | 1000m | 2:01.22 | (47.09) | | 1000m | 1:53.37 | (45.04) | |
| | | 1400m | 2:48.75 | (47.53) | | 1400m | 2:39.10 | (45.73) | |
| | | 1800m | 3:35.70 | (46.95) | | 1800m | 3:24.46 | (45.36) | |
| | | 2200m | 4:22.60 | (46.90) | | 2200m | 4:10.21 | (45.75) | |
| | | 2600m | 5:08.95 | (46.35) | | 2600m | 4:56.14 | (45.93) | |
| | | 3000m | 5:52.99 | (44.04) | | 3000m | 5:39.91 | (43.77) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|---------------------|---------|-----|--------------------|---------|---------|-------------------|
| 19 | gl | 55 | Anne Lubbers | | DB2 | | | 6:06.82 | 5:56.98 PR |
| | bl | 18 | Mark Peters | | H65 | | | 5:07.45 | 5:47.03 |
| | | Anne Lubbers | | | | Mark Peters | | | |
| | | 200m | 25.53 | (25.53) | | 200m | 27.21 | (27.21) | |
| | | 600m | 1:09.19 | (43.66) | | 600m | 1:10.28 | (43.07) | |
| | | 1000m | 1:53.62 | (44.43) | | 1000m | 1:55.03 | (44.75) | |
| | | 1400m | 2:38.65 | (45.03) | | 1400m | 2:40.47 | (45.44) | |
| | | 1800m | 3:24.24 | (45.59) | | 1800m | 3:26.74 | (46.27) | |
| | | 2200m | 4:10.42 | (46.18) | | 2200m | 4:13.71 | (46.97) | |
| | | 2600m | 4:56.78 | (46.36) | | 2600m | 4:59.94 | (46.23) | |
| | | 3000m | 5:56.98 | (60.20) | | 3000m | 5:47.03 | (47.09) | |



Kennemercup 8: Langeafstandsavond

IJsbaan Haarlem - Haarlem

22 december 2024



| | | Naam | | | Cat | PR | Tijd | Info |
|-------|----|---------------------------|---------------------------|---------|-------------------------|---------|----------------|------|
| 20 | wt | 59 | Valerie Nijman | | DA2 | 5:41.77 | 5:32.77 | PR |
| | rd | 29 | Pien Lodder | | DN2 | 5:37.43 | 5:37.04 | PR |
| | | Valerie Nijman | | | Pien Lodder | | | |
| | | 200m | 24.76 | (24.76) | 200m | 25.89 | (25.89) | |
| | | 600m | 1:05.36 | (40.60) | 600m | 1:07.22 | (41.33) | |
| | | 1000m | 1:47.88 | (42.52) | 1000m | 1:50.61 | (43.39) | |
| | | 1400m | 2:31.80 | (43.92) | 1400m | 2:34.98 | (44.37) | |
| | | 1800m | 3:16.57 | (44.77) | 1800m | 3:19.95 | (44.97) | |
| | | 2200m | 4:01.71 | (45.14) | 2200m | 4:05.62 | (45.67) | |
| | | 2600m | 4:48.08 | (46.37) | 2600m | 4:51.60 | (45.98) | |
| | | 3000m | 5:32.77 | (44.69) | 3000m | 5:37.04 | (45.44) | |
| <hr/> | | | | | | | | |
| | | Naam | | | Cat | PR | Tijd | Info |
| 21 | gl | 57 | Pepijn van de Poll | | HB1 | 5:31.09 | 5:13.93 | PR |
| | bl | 43 | Lisanne Hartveld | | DB1 | 5:37.07 | 5:31.51 | PR |
| | | Pepijn van de Poll | | | Lisanne Hartveld | | | |
| | | 200m | 24.34 | (24.34) | 200m | 26.33 | (26.33) | |
| | | 600m | 1:03.59 | (39.25) | 600m | 1:08.13 | (41.80) | |
| | | 1000m | 1:44.54 | (40.95) | 1000m | 1:51.19 | (43.06) | |
| | | 1400m | 2:26.23 | (41.69) | 1400m | 2:34.98 | (43.79) | |
| | | 1800m | 3:07.77 | (41.54) | 1800m | 3:18.70 | (43.72) | |
| | | 2200m | 3:50.03 | (42.26) | 2200m | 4:03.69 | (44.99) | |
| | | 2600m | 4:32.64 | (42.61) | 2600m | 4:48.43 | (44.74) | |
| | | 3000m | 5:13.93 | (41.29) | 3000m | 5:31.51 | (43.08) | |



Kennemercup 8: Langeafstandsavond

IJsbahn Haarlem - Haarlem

22 december 2024



| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|----------------------|------------------------|---------|------------------------|---------|---------|---------|-------------------|
| 22 | wt | 39 | Amy Valentijn | | DB2 | | | 5:19.30 | 5:30.09 |
| | rd | 56 | Wende Heeremans | | DB2 | | | 5:15.73 | 5:03.24 PR |
| | | Amy Valentijn | | | Wende Heeremans | | | | |
| | | 200m | 25.19 | (25.19) | 200m | 23.95 | (23.95) | | |
| | | 600m | 1:04.90 | (39.71) | 600m | 1:00.94 | (36.99) | | |
| | | 1000m | 1:46.94 | (42.04) | 1000m | 1:39.41 | (38.47) | | |
| | | 1400m | 2:30.62 | (43.68) | 1400m | 2:19.57 | (40.16) | | |
| | | 1800m | 3:15.00 | (44.38) | 1800m | 2:59.94 | (40.37) | | |
| | | 2200m | 4:00.11 | (45.11) | 2200m | 3:41.24 | (41.30) | | |
| | | 2600m | 4:45.44 | (45.33) | 2600m | 4:22.63 | (41.39) | | |
| | | 3000m | 5:30.09 | (44.65) | 3000m | 5:03.24 | (40.61) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 23 | gl | 68 | Cock Baas | | H60 | | | 4:28.66 | 5:12.60 |
| | bl | 26 | Xander Terstal | | HN2 | | | 5:20.81 | 5:17.87 PR |
| | | Cock Baas | | | Xander Terstal | | | | |
| | | 200m | 23.29 | (23.29) | 200m | 23.11 | (23.11) | | |
| | | 600m | 1:02.00 | (38.71) | 600m | 1:01.00 | (37.89) | | |
| | | 1000m | 1:42.72 | (40.72) | 1000m | 1:40.87 | (39.87) | | |
| | | 1400m | 2:23.83 | (41.11) | 1400m | 2:22.62 | (41.75) | | |
| | | 1800m | 3:05.41 | (41.58) | 1800m | 3:05.47 | (42.85) | | |
| | | 2200m | 3:47.67 | (42.26) | 2200m | 3:49.25 | (43.78) | | |
| | | 2600m | 4:30.28 | (42.61) | 2600m | 4:33.31 | (44.06) | | |
| | | 3000m | 5:12.60 | (42.32) | 3000m | 5:17.87 | (44.56) | | |



Kennemercup 8: Langeafstandsavond

IJsbahn Haarlem - Haarlem

22 december 2024



| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|--------------------|-------------------------|---------|-------|---------|---------|-------------------------|----------------|------|
| 24 | wt | 54 | Rob Visser | | H45 | | | 4:29.41 | 4:41.60 | |
| | rd | 60 | Pim Braak | | HB2 | | | 5:14.50 | 5:20.02 | |
| | | Rob Visser | | | | | | Pim Braak | | |
| | | 200m | 21.77 | (21.77) | 200m | 23.90 | (23.90) | | | |
| | | 600m | 55.98 | (34.21) | 600m | 1:00.30 | (36.40) | | | |
| | | 1000m | 1:31.84 | (35.86) | 1000m | 1:39.83 | (39.53) | | | |
| | | 1400m | 2:08.85 | (37.01) | 1400m | 2:21.59 | (41.76) | | | |
| | | 1800m | 2:46.51 | (37.66) | 1800m | 3:05.81 | (44.22) | | | |
| | | 2200m | 3:23.78 | (37.27) | 2200m | 3:51.43 | (45.62) | | | |
| | | 2600m | 4:02.38 | (38.60) | 2600m | 4:36.84 | (45.41) | | | |
| | | 3000m | 4:41.60 | (39.22) | 3000m | 5:20.02 | (43.18) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 25 | gl | 19 | Noa Bierens | | DB2 | | | 5:10.71 | 5:21.93 | |
| | bl | 50 | Kersty Heeremans | | DN1 | | | 5:14.17 | 5:12.07 | PR |
| | | Noa Bierens | | | | | | Kersty Heeremans | | |
| | | 200m | 24.41 | (24.41) | 200m | 23.93 | (23.93) | | | |
| | | 600m | 1:03.03 | (38.62) | 600m | 1:01.21 | (37.28) | | | |
| | | 1000m | 1:43.28 | (40.25) | 1000m | 1:40.81 | (39.60) | | | |
| | | 1400m | 2:25.74 | (42.46) | 1400m | 2:22.21 | (41.40) | | | |
| | | 1800m | 3:08.62 | (42.88) | 1800m | 3:03.56 | (41.35) | | | |
| | | 2200m | 3:53.31 | (44.69) | 2200m | 3:46.02 | (42.46) | | | |
| | | 2600m | 4:38.08 | (44.77) | 2600m | 4:29.45 | (43.43) | | | |
| | | 3000m | 5:21.93 | (43.85) | 3000m | 5:12.07 | (42.62) | | | |



Kennemercup 8: Langeafstandsavond

Ijsbaan Haarlem - Haarlem

22 december 2024



| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|----------------------|------------------------|---------|------------------------|-------|---------|---------|-------------------|
| 26 | wt | 44 | Bert Nijman | | H40 | | | 4:40.73 | 4:46.90 |
| | rd | 53 | Emilie Fransen | | DB2 | | | 4:48.17 | WDR |
| | | Bert Nijman | | | Emilie Fransen | | | | |
| | | 200m | 21.06 | (21.06) | | | | | |
| | | 600m | 54.21 | (33.15) | | | | | |
| | | 1000m | 1:29.38 | (35.17) | | | | | |
| | | 1400m | 2:06.34 | (36.96) | | | | | |
| | | 1800m | 2:44.79 | (38.45) | | | | | |
| | | 2200m | 3:24.23 | (39.44) | | | | | |
| | | 2600m | 4:04.91 | (40.68) | | | | | |
| | | 3000m | 4:46.90 | (41.99) | | | | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 27 | gl | 15 | Bruno Bonetti | | HB2 | | | 4:46.22 | 4:26.65 PR |
| | bl | 65 | Sybren Berkhout | | HA1 | | | 4:38.20 | 4:51.81 |
| | | Bruno Bonetti | | | Sybren Berkhout | | | | |
| | | 200m | 20.63 | (20.63) | | 200m | 22.78 | (22.78) | |
| | | 600m | 54.03 | (33.40) | | 600m | 59.18 | (36.40) | |
| | | 1000m | 1:28.52 | (34.49) | | 1000m | 1:35.55 | (36.37) | |
| | | 1400m | 2:03.16 | (34.64) | | 1400m | 2:12.61 | (37.06) | |
| | | 1800m | 2:38.22 | (35.06) | | 1800m | 2:50.38 | (37.77) | |
| | | 2200m | 3:13.89 | (35.67) | | 2200m | 3:29.80 | (39.42) | |
| | | 2600m | 3:50.24 | (36.35) | | 2600m | 4:10.35 | (40.55) | |
| | | 3000m | 4:26.65 | (36.41) | | 3000m | 4:51.81 | (41.46) | |



Kennemercup 8: Langeafstandsavond

Ijsbaan Haarlem - Haarlem

22 december 2024



| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|-------------------------|-------------------------|---------|------------------------|---------|---------|---------|----------------|
| 28 | wt | 48 | Jonah Zwaan | | HB2 | | | 4:24.62 | 4:38.30 |
| | rd | 17 | Ids Witkamp | | HB1 | | | 4:28.06 | 4:41.75 |
| | | Jonah Zwaan | | | Ids Witkamp | | | | |
| | | 200m | 21.05 | (21.05) | 200m | 21.17 | (21.17) | | |
| | | 600m | 54.54 | (33.49) | 600m | 55.15 | (33.98) | | |
| | | 1000m | 1:30.20 | (35.66) | 1000m | 1:30.41 | (35.26) | | |
| | | 1400m | 2:07.30 | (37.10) | 1400m | 2:06.33 | (35.92) | | |
| | | 1800m | 2:44.51 | (37.21) | 1800m | 2:43.68 | (37.35) | | |
| | | 2200m | 3:22.06 | (37.55) | 2200m | 3:21.87 | (38.19) | | |
| | | 2600m | 4:00.35 | (38.29) | 2600m | 4:01.26 | (39.39) | | |
| | | 3000m | 4:38.30 | (37.95) | 3000m | 4:41.75 | (40.49) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 29 | gl | 24 | Teun van Nobelen | | HB1 | | | 4:29.56 | 4:41.85 |
| | bl | 64 | Tjebbe Berkhout | | HA1 | | | 4:25.93 | 4:47.03 |
| | | Teun van Nobelen | | | Tjebbe Berkhout | | | | |
| | | 200m | 22.54 | (22.54) | 200m | 21.74 | (21.74) | | |
| | | 600m | 58.24 | (35.70) | 600m | 56.49 | (34.75) | | |
| | | 1000m | 1:34.22 | (35.98) | 1000m | 1:31.85 | (35.36) | | |
| | | 1400m | 2:10.77 | (36.55) | 1400m | 2:08.44 | (36.59) | | |
| | | 1800m | 2:47.62 | (36.85) | 1800m | 2:46.61 | (38.17) | | |
| | | 2200m | 3:25.05 | (37.43) | 2200m | 3:26.03 | (39.42) | | |
| | | 2600m | 4:03.02 | (37.97) | 2600m | 4:05.41 | (39.38) | | |
| | | 3000m | 4:41.85 | (38.83) | 3000m | 4:47.03 | (41.62) | | |