

1. Uitslag 500 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 9 Tijn van Til        | HN2 | 3    | I    | 40.74 |      |        |
| 2   | 26 Hugo de Jonge      | HN1 | 5    | I    | 40.95 | PR   |        |
| 3   | 11 Erben van der Lans | HN3 | 4    | O    | 45.02 |      |        |
| 4   | 12 Thijs Heezen       | HN3 | 4    | I    | 45.67 |      |        |
| 5   | 7 Bert-Jan Mostert    | H55 | 1    | O    | 49.10 |      |        |
| 6   | 15 Pepijn de Nie      | HN3 | 2    | O    | 49.32 |      |        |
| 7   | 3 Elma Endhoven       | DSB | 2    | I    | 49.69 |      |        |
|     | 8 Leon van Kooten     | HSB | 3    | O    | DNF   |      |        |
|     | 6 Co Oudshoorn        | H65 | 1    | I    | DNS   |      |        |

## 1. Rituitslag 500 meter

|   |    | Naam                |                         | Cat     |                         | PR    | Tijd    | Info         |
|---|----|---------------------|-------------------------|---------|-------------------------|-------|---------|--------------|
| 1 | wt | 6                   | <b>Co Oudshoorn</b>     |         | H65                     | 46.01 |         | <b>DNS</b>   |
|   | rd | 7                   | <b>Bert-Jan Mostert</b> |         | H55                     | 44.47 |         | <b>49.10</b> |
|   |    | <u>Co Oudshoorn</u> |                         |         | <u>Bert-Jan Mostert</u> |       |         |              |
|   |    | 100m                | 24.55                   | (24.55) | 100m                    | 6.83  | (6.83)  |              |
|   |    | 500m                | 49.10                   | (24.55) | 500m                    | 49.10 | (42.27) |              |

|   |    | Naam                 |                      | Cat     |                      | PR    | Tijd    | Info         |
|---|----|----------------------|----------------------|---------|----------------------|-------|---------|--------------|
| 2 | wt | 3                    | <b>Elma Endhoven</b> |         | DSB                  | 47.01 |         | <b>49.69</b> |
|   | rd | 15                   | <b>Pepijn de Nie</b> |         | HN3                  | 45.85 |         | <b>49.32</b> |
|   |    | <u>Elma Endhoven</u> |                      |         | <u>Pepijn de Nie</u> |       |         |              |
|   |    | 100m                 | 13.13                | (13.13) | 100m                 | 12.97 | (12.97) |              |
|   |    | 500m                 | 49.69                | (36.56) | 500m                 | 49.32 | (36.35) |              |

|   |    | Naam                |                        | Cat     |                        | PR    | Tijd    | Info         |
|---|----|---------------------|------------------------|---------|------------------------|-------|---------|--------------|
| 3 | wt | 9                   | <b>Tijn van Til</b>    |         | HN2                    | 40.58 |         | <b>40.74</b> |
|   | rd | 8                   | <b>Leon van Kooten</b> |         | HSB                    | 44.85 |         | <b>DNF</b>   |
|   |    | <u>Tijn van Til</u> |                        |         | <u>Leon van Kooten</u> |       |         |              |
|   |    | 100m                | 11.16                  | (11.16) | 100m                   | 12.57 | (12.57) |              |
|   |    | 500m                | 40.74                  | (29.58) |                        |       |         |              |

|   |    | Naam                |                           | Cat     |                           | PR    | Tijd    | Info         |
|---|----|---------------------|---------------------------|---------|---------------------------|-------|---------|--------------|
| 4 | wt | 12                  | <b>Thijs Heezen</b>       |         | HN3                       | 43.62 |         | <b>45.67</b> |
|   | rd | 11                  | <b>Erben van der Lans</b> |         | HN3                       | 40.95 |         | <b>45.02</b> |
|   |    | <u>Thijs Heezen</u> |                           |         | <u>Erben van der Lans</u> |       |         |              |
|   |    | 100m                | 12.29                     | (12.29) | 100m                      | 11.69 | (11.69) |              |
|   |    | 500m                | 45.67                     | (33.38) | 500m                      | 45.02 | (33.33) |              |

|   |    | Naam                 |                      | Cat     |     | PR    | Tijd | Info            |
|---|----|----------------------|----------------------|---------|-----|-------|------|-----------------|
| 5 | wt | 26                   | <b>Hugo de Jonge</b> |         | HN1 | 41.23 |      | <b>40.95 PR</b> |
|   | rd |                      |                      |         |     |       |      |                 |
|   |    | <u>Hugo de Jonge</u> |                      |         |     |       |      |                 |
|   |    | 100m                 | 11.25                | (11.25) | m   |       |      |                 |
|   |    | 500m                 | 40.95                | (29.70) |     |       |      |                 |

2. Uitslag 3000 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 2 Mijke Anne Kanneworff | D40 | 11   | O    | 5:02.79 |      |        |
| 2   | 21 Nouschka Steenks     | DC1 | 10   | I    | 5:13.49 | PR   |        |
| 3   | 22 Feline Solleveld     | DC2 | 6    | I    | 5:15.84 |      |        |
| 4   | 16 Hugo Verhaar         | HN3 | 8    | O    | 5:17.56 |      |        |
| 5   | 5 Menco van den Berg    | H55 | 8    | I    | 5:35.49 | PR   |        |
| 6   | 20 Lindsey Eijgermans   | DC2 | 11   | I    | 5:42.20 |      |        |
| 7   | 24 Luna Beks            | DC1 | 7    | I    | 5:42.22 |      |        |
| 8   | 17 Rinske Hogenboom     | DC1 | 9    | I    | 5:42.43 | PR   |        |
| 9   | 23 Lisa de Koster       | DC2 | 9    | O    | 5:48.48 | PR   |        |
| 10  | 19 Clover van Zeijl     | DC2 | 7    | O    | 5:54.25 |      |        |
| 11  | 18 Mirthe Wijnakker     | DC2 | 6    | O    | 5:55.46 |      |        |
|     | 25 Maaïke Helleman      | DC1 |      |      |         | WDR  |        |

2. Rituitslag 3000 meter

|   |    | Naam                       | Cat | PR | Tijd           | Info |
|---|----|----------------------------|-----|----|----------------|------|
| 6 | wt | 22 <b>Feline Solleveld</b> | DC2 |    | <b>5:15.84</b> |      |
|   | rd | 18 <b>Mirthe Wijnakker</b> | DC2 |    | <b>5:55.46</b> |      |

**Feline Solleveld**

|       |         |         |
|-------|---------|---------|
| 200m  | 23.82   | (23.82) |
| 600m  | 1:03.94 | (40.12) |
| 1000m | 1:45.59 | (41.65) |
| 1400m | 2:27.73 | (42.14) |
| 1800m | 3:10.62 | (42.89) |
| 2200m | 3:53.84 | (43.22) |
| 2600m | 4:36.17 | (42.33) |
| 3000m | 5:15.84 | (39.67) |

**Mirthe Wijnakker**

|       |         |         |
|-------|---------|---------|
| 200m  | 25.43   | (25.43) |
| 600m  | 1:10.71 | (45.28) |
| 1000m | 1:57.52 | (46.81) |
| 1400m | 2:45.93 | (48.41) |
| 1800m | 3:35.26 | (49.33) |
| 2200m | 4:24.00 | (48.74) |
| 2600m | 5:12.75 | (48.75) |
| 3000m | 5:55.46 | (42.71) |

|   |    | Naam                       | Cat | PR | Tijd           | Info |
|---|----|----------------------------|-----|----|----------------|------|
| 7 | gl | 24 <b>Luna Beks</b>        | DC1 |    | <b>5:42.22</b> |      |
|   | bl | 19 <b>Clover van Zeijl</b> | DC2 |    | <b>5:54.25</b> |      |

**Luna Beks**

|       |         |         |
|-------|---------|---------|
| 200m  | 24.18   | (24.18) |
| 600m  | 1:05.51 | (41.33) |
| 1000m | 1:49.63 | (44.12) |
| 1400m | 2:35.49 | (45.86) |
| 1800m | 3:22.93 | (47.44) |
| 2200m | 4:10.45 | (47.52) |
| 2600m | 4:57.26 | (46.81) |
| 3000m | 5:42.22 | (44.96) |

**Clover van Zeijl**

|       |         |         |
|-------|---------|---------|
| 200m  | 24.71   | (24.71) |
| 600m  | 1:07.48 | (42.77) |
| 1000m | 1:52.80 | (45.32) |
| 1400m | 2:39.45 | (46.65) |
| 1800m | 3:27.03 | (47.58) |
| 2200m | 4:15.89 | (48.86) |
| 2600m | 5:05.72 | (49.83) |
| 3000m | 5:54.25 | (48.53) |

|   |    | Naam                        | Cat | PR      | Tijd           | Info |
|---|----|-----------------------------|-----|---------|----------------|------|
| 8 | wt | 5 <b>Menco van den Berg</b> | H55 | 5:40.36 | <b>5:35.49</b> | PR   |
|   | rd | 16 <b>Hugo Verhaar</b>      | HN3 |         | <b>5:17.56</b> |      |

### Menco van den Berg

|       |         |         |
|-------|---------|---------|
| 200m  | 26.12   | (26.12) |
| 600m  | 1:08.27 | (42.15) |
| 1000m | 1:50.86 | (42.59) |
| 1400m | 2:34.67 | (43.81) |
| 1800m | 3:18.90 | (44.23) |
| 2200m | 4:04.18 | (45.28) |
| 2600m | 4:50.33 | (46.15) |
| 3000m | 5:35.49 | (45.16) |

### Hugo Verhaar

|       |         |         |
|-------|---------|---------|
| 200m  | 24.61   | (24.61) |
| 600m  | 1:06.01 | (41.40) |
| 1000m | 1:48.50 | (42.49) |
| 1400m | 2:31.00 | (42.50) |
| 1800m | 3:12.79 | (41.79) |
| 2200m | 3:55.14 | (42.35) |
| 2600m | 4:37.04 | (41.90) |
| 3000m | 5:17.56 | (40.52) |

|   |    | Naam                       | Cat | PR      | Tijd           | Info |
|---|----|----------------------------|-----|---------|----------------|------|
| 9 | gl | 17 <b>Rinske Hogenboom</b> | DC1 | 6:18.30 | <b>5:42.43</b> | PR   |
|   | bl | 23 <b>Lisa de Koster</b>   | DC2 | 6:18.19 | <b>5:48.48</b> | PR   |

### Rinske Hogenboom

|       |         |         |
|-------|---------|---------|
| 200m  | 24.88   | (24.88) |
| 600m  | 1:07.47 | (42.59) |
| 1000m | 1:51.74 | (44.27) |
| 1400m | 2:37.45 | (45.71) |
| 1800m | 3:23.77 | (46.32) |
| 2200m | 4:10.47 | (46.70) |
| 2600m | 4:56.72 | (46.25) |
| 3000m | 5:42.43 | (45.71) |

### Lisa de Koster

|       |         |         |
|-------|---------|---------|
| 200m  | 25.17   | (25.17) |
| 600m  | 1:08.55 | (43.38) |
| 1000m | 1:52.69 | (44.14) |
| 1400m | 2:38.52 | (45.83) |
| 1800m | 3:25.33 | (46.81) |
| 2200m | 4:13.09 | (47.76) |
| 2600m | 5:01.38 | (48.29) |
| 3000m | 5:48.48 | (47.10) |

|    |    | Naam                       | Cat | PR      | Tijd Info         |
|----|----|----------------------------|-----|---------|-------------------|
| 10 | wt | 21 <b>Nouschka Steenks</b> | DC1 | 5:13.60 | <b>5:13.49</b> PR |
|    | rd | 25 <b>Maaike Helleman</b>  | DC1 | 5:04.18 | <b>WDR</b>        |

### Nouschka Steenks

|       |         |         |
|-------|---------|---------|
| 200m  | 23.09   | (23.09) |
| 600m  | 1:03.73 | (40.64) |
| 1000m | 1:45.71 | (41.98) |
| 1400m | 2:27.39 | (41.68) |
| 1800m | 3:09.48 | (42.09) |
| 2200m | 3:51.61 | (42.13) |
| 2600m | 4:33.75 | (42.14) |
| 3000m | 5:13.49 | (39.74) |

### Maaike Helleman

|    |    | Naam                           | Cat | PR      | Tijd Info      |
|----|----|--------------------------------|-----|---------|----------------|
| 11 | gl | 20 <b>Lindsey Eijgermans</b>   | DC2 | 5:37.68 | <b>5:42.20</b> |
|    | bl | 2 <b>Mijke Anne Kanneworff</b> | D40 | 4:44.01 | <b>5:02.79</b> |

### Lindsey Eijgermans

|       |         |         |
|-------|---------|---------|
| 200m  | 24.72   | (24.72) |
| 600m  | 1:07.25 | (42.53) |
| 1000m | 1:52.49 | (45.24) |
| 1400m | 2:38.27 | (45.78) |
| 1800m | 3:24.20 | (45.93) |
| 2200m | 4:10.55 | (46.35) |
| 2600m | 4:57.11 | (46.56) |
| 3000m | 5:42.20 | (45.09) |

### Mijke Anne Kanneworff

|       |         |         |
|-------|---------|---------|
| 200m  | 23.06   | (23.06) |
| 600m  | 59.85   | (36.79) |
| 1000m | 1:39.55 | (39.70) |
| 1400m | 2:20.60 | (41.05) |
| 1800m | 3:01.12 | (40.52) |
| 2200m | 3:41.39 | (40.27) |
| 2600m | 4:22.76 | (41.37) |
| 3000m | 5:02.79 | (40.03) |

3. Uitslag 5000 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd     | Info | Punten |
|-----|------------------------|-----|------|------|----------|------|--------|
| 1   | 4 Alexander Doornekamp | HN4 | 15   | O    | 7:40.18  | PR   |        |
| 2   | 14 Stefan Lenselink    | H40 | 15   | I    | 8:19.41  | PR   |        |
| 3   | 10 Edwin van Leeuwen   | H40 | 14   | I    | 9:41.43  |      |        |
| 4   | 1 Annewil Stelloo      | D40 | 12   | I    | 10:28.16 |      |        |
|     | 13 Ge Scholten         | H55 | 14   | O    | DQ       |      |        |





|    |    | Naam                          | Cat | PR      | Tijd           | Info |
|----|----|-------------------------------|-----|---------|----------------|------|
| 15 | gl | 14 <b>Stefan Lenselink</b>    | H40 | 8:19.72 | <b>8:19.41</b> | PR   |
|    | bl | 4 <b>Alexander Doornekamp</b> | HN4 | 7:54.35 | <b>7:40.18</b> | PR   |

### Stefan Lenselink

|       |         |         |
|-------|---------|---------|
| 200m  | 22.52   | (22.52) |
| 600m  | 58.07   | (35.55) |
| 1000m | 1:35.61 | (37.54) |
| 1400m | 2:14.70 | (39.09) |
| 1800m | 2:54.28 | (39.58) |
| 2200m | 3:34.14 | (39.86) |
| 2600m | 4:14.69 | (40.55) |
| 3000m | 4:55.06 | (40.37) |
| 3400m | 5:35.86 | (40.80) |
| 3800m | 6:16.57 | (40.71) |
| 4200m | 6:57.78 | (41.21) |
| 4600m | 7:38.51 | (40.73) |
| 5000m | 8:19.41 | (40.90) |

### Alexander Doornekamp

|       |         |         |
|-------|---------|---------|
| 200m  | 21.18   | (21.18) |
| 600m  | 56.27   | (35.09) |
| 1000m | 1:31.48 | (35.21) |
| 1400m | 2:07.74 | (36.26) |
| 1800m | 2:44.20 | (36.46) |
| 2200m | 3:20.70 | (36.50) |
| 2600m | 3:55.87 | (35.17) |
| 3000m | 4:33.97 | (38.10) |
| 3400m | 5:11.29 | (37.32) |
| 3800m | 5:48.58 | (37.29) |
| 4200m | 6:25.74 | (37.16) |
| 4600m | 7:03.12 | (37.38) |
| 5000m | 7:40.18 | (37.06) |

4. Uitslag 1000 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1   | 9 Tijn van Til        | HN2 | 18   | I    | 1:21.33 |      |        |
| 2   | 26 Hugo de Jonge      | HN1 | 20   | I    | 1:23.03 |      |        |
| 3   | 12 Thijs Heezen       | HN3 | 19   | I    | 1:33.00 |      |        |
| 4   | 7 Bert-Jan Mostert    | H55 | 19   | O    | 1:34.07 |      |        |
| 5   | 11 Erben van der Lans | HN3 | 16   | I    | 1:34.18 |      |        |
| 6   | 8 Leon van Kooten     | HSB | 17   | I    | 1:35.09 |      |        |
| 7   | 15 Pepijn de Nie      | HN3 | 16   | O    | 1:39.66 |      |        |
| 8   | 3 Elma Endhoven       | DSB | 17   | O    | 1:41.84 |      |        |
|     | 6 Co Oudshoorn        | H65 | 18   | O    | DNS     |      |        |

4. Rituitslag 1000 meter

|    |    | Naam                  | Cat | PR      | Tijd           | Info |
|----|----|-----------------------|-----|---------|----------------|------|
| 16 | wt | 11 Erben van der Lans | HN3 | 1:22.79 | <b>1:34.18</b> |      |
|    | rd | 15 Pepijn de Nie      | HN3 | 1:33.70 | <b>1:39.66</b> |      |

Erben van der Lans

|       |         |         |
|-------|---------|---------|
| 200m  | 20.65   | (20.65) |
| 600m  | 56.08   | (35.43) |
| 1000m | 1:34.18 | (38.10) |

Pepijn de Nie

|       |         |         |
|-------|---------|---------|
| 200m  | 22.93   | (22.93) |
| 600m  | 1:00.40 | (37.47) |
| 1000m | 1:39.66 | (39.26) |

|    |    | Naam              | Cat | PR      | Tijd           | Info |
|----|----|-------------------|-----|---------|----------------|------|
| 17 | wt | 8 Leon van Kooten | HSB | 1:32.28 | <b>1:35.09</b> |      |
|    | rd | 3 Elma Endhoven   | DSB | 1:32.57 | <b>1:41.84</b> |      |

Leon van Kooten

|       |         |         |
|-------|---------|---------|
| 200m  | 21.68   | (21.68) |
| 600m  | 56.51   | (34.83) |
| 1000m | 1:35.09 | (38.58) |

Elma Endhoven

|       |         |         |
|-------|---------|---------|
| 200m  | 23.45   | (23.45) |
| 600m  | 1:01.75 | (38.30) |
| 1000m | 1:41.84 | (40.09) |

|    |    | Naam           | Cat | PR      | Tijd           | Info |
|----|----|----------------|-----|---------|----------------|------|
| 18 | wt | 9 Tijn van Til | HN2 | 1:20.94 | <b>1:21.33</b> |      |
|    | rd | 6 Co Oudshoorn | H65 | 1:29.34 | <b>DNS</b>     |      |

Tijn van Til

|       |         |         |
|-------|---------|---------|
| 200m  | 18.98   | (18.98) |
| 600m  | 48.88   | (29.90) |
| 1000m | 1:21.33 | (32.45) |

Co Oudshoorn

|    |    | Naam               | Cat | PR      | Tijd           | Info |
|----|----|--------------------|-----|---------|----------------|------|
| 19 | wt | 12 Thijs Heezen    | HN3 | 1:28.49 | <b>1:33.00</b> |      |
|    | rd | 7 Bert-Jan Mostert | H55 | 1:26.89 | <b>1:34.07</b> |      |

Thijs Heezen

|       |         |         |
|-------|---------|---------|
| 200m  | 21.31   | (21.31) |
| 600m  | 56.67   | (35.36) |
| 1000m | 1:33.00 | (36.33) |

Bert-Jan Mostert

|       |         |         |
|-------|---------|---------|
| 200m  | 22.85   | (22.85) |
| 600m  | 57.63   | (34.78) |
| 1000m | 1:34.07 | (36.44) |

|                      |          | Naam                    | Cat             | PR      | Tijd           | Info |
|----------------------|----------|-------------------------|-----------------|---------|----------------|------|
| 20                   | wt<br>rd | 26 <b>Hugo de Jonge</b> | HN1             | 1:22.63 | <b>1:23.03</b> |      |
| <b>Hugo de Jonge</b> |          |                         |                 |         |                |      |
|                      |          | 200m                    | 19.62 (19.62)   |         |                | m    |
|                      |          | 600m                    | 49.92 (30.30)   |         |                |      |
|                      |          | 1000m                   | 1:23.03 (33.11) |         |                |      |