

1. Uitslag Vrouwen 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	70 Antoinette Rijpma - de Jong	DSA	8	O	38.73		
2	66 Gioya Lancee	DSA	4	O	39.43		
3	53 Joy Beune	DSA	10	O	39.44		
4	57 Elisa Dul	DSA	10	I	39.66		
5	61 Marijke Groenewoud	DSA	9	I	39.67		
6	59 Lotte Groenen	DN1	9	O	39.77		
7	62 Robin Groot	DSA	7	O	39.83		
8	78 Melissa Wijffe	DSA	7	I	39.84		
9	60 Jade Groenewoud	DN2	3	O	40.16	PR	
10	55 Merel Conijn	DN4	6	I	40.25		
11	74 Rosalie van Vliet	DA2	4	I	40.29	PR	
12	71 Kim Talsma	DSA	8	I	40.51		
13	52 Leonie Bats	DN4	3	I	40.62		
14	51 Reina Anema	DSB	5	I	41.13		
15	77 Naomi van der Werf	DSA	5	O	41.27		
16	56 Vera van Ditshuizen	DN3	1	I	41.56		
17	72 Evelien Vijn	DN3	6	O	41.73		
18	68 Hilde Noppert	DSA	2	O	41.74		
19	63 Sanne in 't Hof	DSA	2	I	42.34		
20	73 Esmee Visser	DSA	1	O	42.76		

1. Rituitslag Vrouwen 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	56	Vera van Ditshuizen		DN3	41.40	41.56	
	rd	73	Esmee Visser		DSA	41.42	42.76	
			Vera van Ditshuizen		Esmee Visser			
			100m	11.57	(11.57)	100m	11.79	(11.79)
			500m	41.56	(29.99)	500m	42.76	(30.97)

		Naam		Cat		PR	Tijd	Info
2	wt	63	Sanne in 't Hof		DSA	40.54	42.34	
	rd	68	Hilde Noppert		DSA	41.36	41.74	
			Sanne in 't Hof		Hilde Noppert			
			100m	12.10	(12.10)	100m	11.83	(11.83)
			500m	42.34	(30.24)	500m	41.74	(29.91)

		Naam		Cat		PR	Tijd	Info
3	wt	52	Leonie Bats		DN4	39.69	40.62	
	rd	60	Jade Groenewoud		DN2	40.18	40.16	PR
			Leonie Bats		Jade Groenewoud			
			100m	11.45	(11.45)	100m	11.32	(11.32)
			500m	40.62	(29.17)	500m	40.16	(28.84)

		Naam		Cat		PR	Tijd	Info
4	wt	74	Rosalie van Vliet		DA2	40.70	40.29	PR
	rd	66	Gioya Lancee		DSA	38.97	39.43	
			Rosalie van Vliet		Gioya Lancee			
			100m	11.18	(11.18)	100m	11.19	(11.19)
			500m	40.29	(29.11)	500m	39.43	(28.24)

		Naam		Cat		PR	Tijd	Info
5	wt	51	Reina Anema		DSB	40.20	41.13	
	rd	77	Naomi van der Werf		DSA	40.41	41.27	
			Reina Anema		Naomi van der Werf			
			100m	11.44	(11.44)	100m	11.46	(11.46)
			500m	41.13	(29.69)	500m	41.27	(29.81)

		Naam	Cat		PR	Tijd	Info
6	wt	55 Merel Conijn	DN4		39.17	40.25	
	rd	72 Evelien Vijn	DN3		40.63	41.73	
		Merel Conijn		Evelien Vijn			
		100m	11.44	(11.44)	100m	11.67	(11.67)
		500m	40.25	(28.81)	500m	41.73	(30.06)
		Naam	Cat		PR	Tijd	Info
7	wt	78 Melissa Wijffe	DSA		38.83	39.84	
	rd	62 Robin Groot	DSA		39.30	39.83	
		Melissa Wijffe		Robin Groot			
		100m	11.35	(11.35)	100m	11.17	(11.17)
		500m	39.84	(28.49)	500m	39.83	(28.66)
		Naam	Cat		PR	Tijd	Info
8	wt	71 Kim Talsma	DSA		39.64	40.51	
	rd	70 Antoinette Rijpma - de Jong	DSA		38.22	38.73	
		Kim Talsma		Antoinette Rijpma - de Jong			
		100m	11.27	(11.27)	100m	10.83	(10.83)
		500m	40.51	(29.24)	500m	38.73	(27.90)
		Naam	Cat		PR	Tijd	Info
9	wt	61 Marijke Groenewoud	DSA		38.57	39.67	
	rd	59 Lotte Groenen	DN1		39.33	39.77	
		Marijke Groenewoud		Lotte Groenen			
		100m	11.18	(11.18)	100m	10.96	(10.96)
		500m	39.67	(28.49)	500m	39.77	(28.81)
		Naam	Cat		PR	Tijd	Info
10	wt	57 Elisa Dul	DSA		38.66	39.66	
	rd	53 Joy Beune	DSA		38.69	39.44	
		Elisa Dul		Joy Beune			
		100m	11.13	(11.13)	100m	11.29	(11.29)
		500m	39.66	(28.53)	500m	39.44	(28.15)

2. Uitslag Mannen 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	16 Ties van Seumeren	HN1	8	I	36.46	PR	
2	23 Loek van Vilsteren	HN2	8	O	36.92		
3	14 Patrick Roest	HSA	10	O	37.03		
4	21 Jur Veenje	HSA	9	I	37.09		
5	26 Hidde Westra	HN2	9	O	37.16	PR	
6	2 Marcel Bosker	HSA	7	O	37.38		
7	7 Freek van der Ham	HN1	10	I	37.42		
8	25 Olaf Vunderink	HA2	4	O	37.47	PR	
9	22 Yves Vergeer	HSA	6	O	37.49		
10	11 Jelle Koeleman	HN2	4	I	37.54	PR	
11	27 Gert Wierda	HN3	3	I	37.60		
12	17 Beau Snellink	HSA	6	I	37.72		
13	9 Sille Hut	HN1	1	O	37.87	PR	
14	8 Chris Huizinga	HSA	7	I	37.88		
15	18 Remco Stam	HN2	5	O	38.29		
16	4 Chris Brommersma	HN1	2	O	38.32	PR	
17	12 Jasper Krommenhoek	HN2	2	I	38.54		
18	5 Stijn van de Bunt	HN2	1	I	38.56		
19	10 Kars Jansman	HSA	5	I	38.73		
20	19 Marwin Talsma	HSA	3	O	39.21		

2. Rituitslag Mannen 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	5 Stijn van de Bunt		HN2		37.65	38.56	
	rd	9 Sille Hut		HN1		37.88	37.87	PR
		<u>Stijn van de Bunt</u>		<u>Sille Hut</u>				
		100m	11.03	(11.03)	100m	10.59	(10.59)	
		500m	38.56	(27.53)	500m	37.87	(27.28)	

		Naam		Cat		PR	Tijd	Info
2	wt	12 Jasper Krommenhoek		HN2		38.48	38.54	
	rd	4 Chris Brommersma		HN1		38.51	38.32	PR
		<u>Jasper Krommenhoek</u>		<u>Chris Brommersma</u>				
		100m	11.22	(11.22)	100m	10.93	(10.93)	
		500m	38.54	(27.32)	500m	38.32	(27.39)	

		Naam		Cat		PR	Tijd	Info
3	wt	27 Gert Wierda		HN3		36.92	37.60	
	rd	19 Marwin Talsma		HSA		37.96	39.21	
		<u>Gert Wierda</u>		<u>Marwin Talsma</u>				
		100m	10.62	(10.62)	100m	11.09	(11.09)	
		500m	37.60	(26.98)	500m	39.21	(28.12)	

		Naam		Cat		PR	Tijd	Info
4	wt	11 Jelle Koeleman		HN2		37.64	37.54	PR
	rd	25 Olaf Vunderink		HA2		37.99	37.47	PR
		<u>Jelle Koeleman</u>		<u>Olaf Vunderink</u>				
		100m	10.19	(10.19)	100m	10.51	(10.51)	
		500m	37.54	(27.35)	500m	37.47	(26.96)	

		Naam		Cat		PR	Tijd	Info
5	wt	10 Kars Jansman		HSA		37.60	38.73	
	rd	18 Remco Stam		HN2		37.80	38.29	
		<u>Kars Jansman</u>		<u>Remco Stam</u>				
		100m	11.02	(11.02)	100m	11.20	(11.20)	
		500m	38.73	(27.71)	500m	38.29	(27.09)	

		Naam	Cat		PR	Tijd	Info
6	wt	17 Beau Snellink	HSA		37.61	37.72	
	rd	22 Yves Vergeer	HSA		37.03	37.49	
		Beau Snellink		Yves Vergeer			
		100m	10.61	(10.61)	100m	10.71	(10.71)
		500m	37.72	(27.11)	500m	37.49	(26.78)
		Naam	Cat		PR	Tijd	Info
7	wt	8 Chris Huizinga	HSA		37.00	37.88	
	rd	2 Marcel Bosker	HSA		36.39	37.38	
		Chris Huizinga		Marcel Bosker			
		100m	10.93	(10.93)	100m	10.56	(10.56)
		500m	37.88	(26.95)	500m	37.38	(26.82)
		Naam	Cat		PR	Tijd	Info
8	wt	16 Ties van Seumeren	HN1		36.52	36.46	PR
	rd	23 Loek van Vilsteren	HN2		36.66	36.92	
		Ties van Seumeren		Loek van Vilsteren			
		100m	10.45	(10.45)	100m	10.44	(10.44)
		500m	36.46	(26.01)	500m	36.92	(26.48)
		Naam	Cat		PR	Tijd	Info
9	wt	21 Jur Veenje	HSA		36.56	37.09	
	rd	26 Hidde Westra	HN2		37.22	37.16	PR
		Jur Veenje		Hidde Westra			
		100m	10.52	(10.52)	100m	10.64	(10.64)
		500m	37.09	(26.57)	500m	37.16	(26.52)
		Naam	Cat		PR	Tijd	Info
10	wt	7 Freek van der Ham	HN1		37.27	37.42	
	rd	14 Patrick Roest	HSA		35.74	37.03	
		Freek van der Ham		Patrick Roest			
		100m	10.53	(10.53)	100m	10.29	(10.29)
		500m	37.42	(26.89)	500m	37.03	(26.74)

3. Uitslag Vrouwen 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	55 Merel Conijn	DN4	8	O	3:58.31	PR	
2	53 Joy Beune	DSA	10	O	4:01.03		
3	63 Sanne in 't Hof	DSA	7	O	4:04.02		
4	70 Antoinette Rijpma - de Jong	DSA	7	I	4:04.80		
5	61 Marijke Groenewoud	DSA	9	O	4:05.89		
6	62 Robin Groot	DSA	8	I	4:07.45		
7	78 Melissa Wijffe	DSA	9	I	4:07.75		
8	51 Reina Anema	DSB	4	O	4:09.43		
	66 Gioya Lancee	DSA	6	I	4:09.43		
10	60 Jade Groenewoud	DN2	6	O	4:09.57		
11	57 Elisa Dul	DSA	10	I	4:10.91		
12	72 Evelien Vijn	DN3	5	O	4:11.83		
13	73 Esmee Visser	DSA	3	I	4:12.12		
14	71 Kim Talsma	DSA	4	I	4:15.93		
15	74 Rosalie van Vliet	DA2	3	O	4:16.88		
16	77 Naomi van der Werf	DSA	5	I	4:17.96		
17	56 Vera van Ditshuizen	DN3	1	I	4:19.85		
18	52 Leonie Bats	DN4	2	O	4:21.95		
19	68 Hilde Noppert	DSA	2	I	4:25.46		
20	59 Lotte Groenen	DN1	1	O	4:29.62		

3. Rituitslag Vrouwen 3000 meter

		Naam		Cat		PR		Tijd	Info
1	wt	56	Vera van Ditshuizen		DN3			4:18.01	4:19.85
	rd	59	Lotte Groenen		DN1			4:20.61	4:29.62
		Vera van Ditshuizen			Lotte Groenen				
		200m	20.55	(20.55)	200m	20.88	(20.88)		
		600m	53.14	(32.59)	600m	53.30	(32.42)		
		1000m	1:26.54	(33.40)	1000m	1:27.58	(34.28)		
		1400m	2:00.35	(33.81)	1400m	2:02.90	(35.32)		
		1800m	2:34.62	(34.27)	1800m	2:38.77	(35.87)		
		2200m	3:09.29	(34.67)	2200m	3:15.20	(36.43)		
		2600m	3:44.43	(35.14)	2600m	3:52.43	(37.23)		
		3000m	4:19.85	(35.42)	3000m	4:29.62	(37.19)		

		Naam		Cat		PR		Tijd	Info
2	wt	68	Hilde Noppert		DSA			4:19.64	4:25.46
	rd	52	Leonie Bats		DN4			4:13.21	4:21.95
		Hilde Noppert			Leonie Bats				
		200m	20.75	(20.75)	200m	21.05	(21.05)		
		600m	53.97	(33.22)	600m	53.85	(32.80)		
		1000m	1:27.48	(33.51)	1000m	1:27.51	(33.66)		
		1400m	2:01.78	(34.30)	1400m	2:01.30	(33.79)		
		1800m	2:36.84	(35.06)	1800m	2:35.88	(34.58)		
		2200m	3:13.11	(36.27)	2200m	3:10.96	(35.08)		
		2600m	3:49.30	(36.19)	2600m	3:46.30	(35.34)		
		3000m	4:25.46	(36.16)	3000m	4:21.95	(35.65)		

		Naam	Cat	PR	Tijd	Info
3	wt	73 Esmee Visser	DSA	3:54.02	4:12.12	
	rd	74 Rosalie van Vliet	DA2	4:15.94	4:16.88	

Esmee Visser

200m	21.04	(21.04)
600m	53.67	(32.63)
1000m	1:27.07	(33.40)
1400m	2:00.31	(33.24)
1800m	2:33.25	(32.94)
2200m	3:06.30	(33.05)
2600m	3:39.19	(32.89)
3000m	4:12.12	(32.93)

Rosalie van Vliet

200m	20.37	(20.37)
600m	52.54	(32.17)
1000m	1:26.00	(33.46)
1400m	1:59.76	(33.76)
1800m	2:33.65	(33.89)
2200m	3:07.62	(33.97)
2600m	3:42.10	(34.48)
3000m	4:16.88	(34.78)

		Naam	Cat	PR	Tijd	Info
4	wt	71 Kim Talsma	DSA	4:09.64	4:15.93	
	rd	51 Reina Anema	DSB	4:01.12	4:09.43	

Kim Talsma

200m	20.16	(20.16)
600m	51.99	(31.83)
1000m	1:24.60	(32.61)
1400m	1:57.78	(33.18)
1800m	2:31.18	(33.40)
2200m	3:04.98	(33.80)
2600m	3:39.65	(34.67)
3000m	4:15.93	(36.28)

Reina Anema

200m	20.55	(20.55)
600m	52.41	(31.86)
1000m	1:24.64	(32.23)
1400m	1:57.16	(32.52)
1800m	2:29.79	(32.63)
2200m	3:02.96	(33.17)
2600m	3:36.15	(33.19)
3000m	4:09.43	(33.28)

		Naam			Cat	PR	Tijd	Info
5	wt	77 Naomi van der Werf			DSA	4:12.59	4:17.96	
	rd	72 Evelien Vijn			DN3	4:03.76	4:11.83	
		Naomi van der Werf			Evelien Vijn			
		200m	20.27	(20.27)	200m	20.42	(20.42)	
		600m	52.39	(32.12)	600m	52.49	(32.07)	
		1000m	1:25.25	(32.86)	1000m	1:25.41	(32.92)	
		1400m	1:58.75	(33.50)	1400m	1:58.40	(32.99)	
		1800m	2:32.63	(33.88)	1800m	2:31.76	(33.36)	
		2200m	3:07.09	(34.46)	2200m	3:05.04	(33.28)	
		2600m	3:42.15	(35.06)	2600m	3:38.31	(33.27)	
		3000m	4:17.96	(35.81)	3000m	4:11.83	(33.52)	

		Naam			Cat	PR	Tijd	Info
6	wt	66 Gioya Lancee			DSA	4:06.25	4:09.43	
	rd	60 Jade Groenewoud			DN2	4:07.07	4:09.57	
		Gioya Lancee			Jade Groenewoud			
		200m	20.33	(20.33)	200m	20.28	(20.28)	
		600m	51.40	(31.07)	600m	51.23	(30.95)	
		1000m	1:22.96	(31.56)	1000m	1:22.81	(31.58)	
		1400m	1:55.20	(32.24)	1400m	1:54.86	(32.05)	
		1800m	2:27.91	(32.71)	1800m	2:27.67	(32.81)	
		2200m	3:01.34	(33.43)	2200m	3:01.00	(33.33)	
		2600m	3:34.94	(33.60)	2600m	3:35.19	(34.19)	
		3000m	4:09.43	(34.49)	3000m	4:09.57	(34.38)	

		Naam	Cat	PR	Tijd	Info
7	wt	70 Antoinette Rijpma - de Jong	DSA	3:55.19	4:04.80	
	rd	63 Sanne in 't Hof	DSA	4:01.03	4:04.02	

Antoinette Rijpma - de Jong

200m	20.26	(20.26)
600m	51.04	(30.78)
1000m	1:21.89	(30.85)
1400m	1:53.57	(31.68)
1800m	2:25.95	(32.38)
2200m	2:58.92	(32.97)
2600m	3:31.59	(32.67)
3000m	4:04.80	(33.21)

Sanne in 't Hof

200m	20.78	(20.78)
600m	51.81	(31.03)
1000m	1:23.33	(31.52)
1400m	1:55.14	(31.81)
1800m	2:27.11	(31.97)
2200m	2:59.11	(32.00)
2600m	3:31.33	(32.22)
3000m	4:04.02	(32.69)

		Naam	Cat	PR	Tijd	Info
8	wt	62 Robin Groot	DSA	4:02.72	4:07.45	
	rd	55 Merel Conijn	DN4	3:59.21	3:58.31	PR

Robin Groot

200m	20.15	(20.15)
600m	50.82	(30.67)
1000m	1:22.08	(31.26)
1400m	1:53.89	(31.81)
1800m	2:26.36	(32.47)
2200m	2:59.40	(33.04)
2600m	3:33.11	(33.71)
3000m	4:07.45	(34.34)

Merel Conijn

200m	20.14	(20.14)
600m	50.68	(30.54)
1000m	1:21.86	(31.18)
1400m	1:53.05	(31.19)
1800m	2:24.46	(31.41)
2200m	2:56.17	(31.71)
2600m	3:27.56	(31.39)
3000m	3:58.31	(30.75)

		Naam			Cat	PR	Tijd	Info
9	wt	78	Melissa Wijffe		DSA	4:01.07	4:07.75	
	rd	61	Marijke Groenewoud		DSA	3:56.27	4:05.89	
		Melissa Wijffe			Marijke Groenewoud			
		200m	20.28	(20.28)	200m	20.09	(20.09)	
		600m	51.92	(31.64)	600m	50.99	(30.90)	
		1000m	1:23.62	(31.70)	1000m	1:22.22	(31.23)	
		1400m	1:56.07	(32.45)	1400m	1:54.08	(31.86)	
		1800m	2:28.66	(32.59)	1800m	2:26.53	(32.45)	
		2200m	3:01.34	(32.68)	2200m	2:59.37	(32.84)	
		2600m	3:34.24	(32.90)	2600m	3:32.59	(33.22)	
		3000m	4:07.75	(33.51)	3000m	4:05.89	(33.30)	

		Naam			Cat	PR	Tijd	Info
10	wt	57	Elisa Dul		DSA	3:58.45	4:10.91	
	rd	53	Joy Beune		DSA	3:55.72	4:01.03	
		Elisa Dul			Joy Beune			
		200m	20.18	(20.18)	200m	20.11	(20.11)	
		600m	51.78	(31.60)	600m	50.54	(30.43)	
		1000m	1:23.89	(32.11)	1000m	1:21.67	(31.13)	
		1400m	1:56.70	(32.81)	1400m	1:53.04	(31.37)	
		1800m	2:29.84	(33.14)	1800m	2:24.73	(31.69)	
		2200m	3:03.34	(33.50)	2200m	2:56.52	(31.79)	
		2600m	3:36.99	(33.65)	2600m	3:28.59	(32.07)	
		3000m	4:10.91	(33.92)	3000m	4:01.03	(32.44)	

4. Uitslag Mannen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Chris Huizinga	HSA	8	O	6:08.65		
2	17 Beau Snellink	HSA	10	I	6:12.01		
3	10 Kars Jansman	HSA	8	I	6:18.69		
4	19 Marwin Talsma	HSA	7	O	6:19.45		
5	2 Marcel Bosker	HSA	10	O	6:19.55		
6	12 Jasper Krommenhoek	HN2	5	I	6:19.72	PR	
7	18 Remco Stam	HN2	7	I	6:23.52		
8	14 Patrick Roest	HSA	9	I	6:24.94		
9	5 Stijn van de Bunt	HN2	4	O	6:25.17		
10	7 Freek van der Ham	HN1	3	I	6:26.17		
11	21 Jur Veenje	HSA	4	I	6:33.11	PR	
12	27 Gert Wierda	HN3	9	O	6:34.62		
13	22 Yves Vergeer	HSA	6	O	6:37.00		
14	4 Chris Brommersma	HN1	1	I	6:38.24	PR	
15	26 Hidde Westra	HN2	5	O	6:43.03	PR	
16	25 Olaf Vunderink	HA2	3	O	6:43.11	PR	
17	11 Jelle Koeleman	HN2	6	I	6:43.79		
18	16 Ties van Seumeren	HN1	2	I	6:45.28	PR	
19	23 Loek van Vilsteren	HN2	2	O	6:52.38		
20	9 Sille Hut	HN1	1	O	6:56.95	PR	

4. Rituitslag Mannen 5000 meter

		Naam	Cat	PR	Tijd	Info
1	wt	4 Chris Brommersma	HN1	6:49.78	6:38.24	PR
	rd	9 Sille Hut	HN1	6:58.66	6:56.95	PR
		Chris Brommersma			Sille Hut	
		200m	20.41 (20.41)		200m	20.57 (20.57)
		600m	51.86 (31.45)		600m	53.17 (32.60)
		1000m	1:23.50 (31.64)		1000m	1:25.34 (32.17)
		1400m	1:54.94 (31.44)		1400m	1:56.88 (31.54)
		1800m	2:26.56 (31.62)		1800m	2:28.50 (31.62)
		2200m	2:58.03 (31.47)		2200m	3:00.01 (31.51)
		2600m	3:29.79 (31.76)		2600m	3:31.91 (31.90)
		3000m	4:01.45 (31.66)		3000m	4:04.20 (32.29)
		3400m	4:32.38 (30.93)		3400m	4:37.52 (33.32)
		3800m	5:03.66 (31.28)		3800m	5:11.46 (33.94)
		4200m	5:34.86 (31.20)		4200m	5:45.85 (34.39)
		4600m	6:06.39 (31.53)		4600m	6:20.94 (35.09)
		5000m	6:38.24 (31.85)		5000m	6:56.95 (36.01)

		Naam	Cat	PR	Tijd	Info
2	wt	16 Ties van Seumeren	HN1	6:49.91	6:45.28	PR
	rd	23 Loek van Vilsteren	HN2	6:50.03	6:52.38	
		Ties van Seumeren			Loek van Vilsteren	
		200m	19.14 (19.14)		200m	19.54 (19.54)
		600m	49.56 (30.42)		600m	50.77 (31.23)
		1000m	1:21.07 (31.51)		1000m	1:22.22 (31.45)
		1400m	1:52.82 (31.75)		1400m	1:54.69 (32.47)
		1800m	2:24.71 (31.89)		1800m	2:27.43 (32.74)
		2200m	2:56.30 (31.59)		2200m	3:00.14 (32.71)
		2600m	3:28.22 (31.92)		2600m	3:32.63 (32.49)
		3000m	4:00.51 (32.29)		3000m	4:05.37 (32.74)
		3400m	4:32.98 (32.47)		3400m	4:38.35 (32.98)
		3800m	5:05.77 (32.79)		3800m	5:11.67 (33.32)
		4200m	5:38.86 (33.09)		4200m	5:45.17 (33.50)
		4600m	6:11.96 (33.10)		4600m	6:18.67 (33.50)
		5000m	6:45.28 (33.32)		5000m	6:52.38 (33.71)

		Naam			Cat	PR	Tijd	Info
3	wt	7	Freek van der Ham		HN1	6:22.06	6:26.17	
	rd	25	Olaf Vunderink		HA2	6:50.67	6:43.11	PR
		<u>Freek van der Ham</u>			<u>Olaf Vunderink</u>			
		200m	19.41	(19.41)	200m	19.80	(19.80)	
		600m	49.75	(30.34)	600m	50.84	(31.04)	
		1000m	1:20.23	(30.48)	1000m	1:22.29	(31.45)	
		1400m	1:50.76	(30.53)	1400m	1:53.78	(31.49)	
		1800m	2:21.38	(30.62)	1800m	2:25.34	(31.56)	
		2200m	2:51.87	(30.49)	2200m	2:57.04	(31.70)	
		2600m	3:22.35	(30.48)	2600m	3:28.94	(31.90)	
		3000m	3:52.95	(30.60)	3000m	4:00.91	(31.97)	
		3400m	4:23.53	(30.58)	3400m	4:33.07	(32.16)	
		3800m	4:53.95	(30.42)	3800m	5:05.42	(32.35)	
		4200m	5:24.39	(30.44)	4200m	5:37.89	(32.47)	
		4600m	5:55.20	(30.81)	4600m	6:10.19	(32.30)	
		5000m	6:26.17	(30.97)	5000m	6:43.11	(32.92)	

		Naam			Cat	PR	Tijd	Info
4	wt	21	Jur Veenje		HSA	6:44.72	6:33.11	PR
	rd	5	Stijn van de Bunt		HN2	6:18.66	6:25.17	
		<u>Jur Veenje</u>			<u>Stijn van de Bunt</u>			
		200m	19.73	(19.73)	200m	19.60	(19.60)	
		600m	49.86	(30.13)	600m	48.90	(29.30)	
		1000m	1:20.05	(30.19)	1000m	1:18.23	(29.33)	
		1400m	1:50.49	(30.44)	1400m	1:47.83	(29.60)	
		1800m	2:21.01	(30.52)	1800m	2:17.34	(29.51)	
		2200m	2:51.73	(30.72)	2200m	2:47.00	(29.66)	
		2600m	3:22.74	(31.01)	2600m	3:16.88	(29.88)	
		3000m	3:53.94	(31.20)	3000m	3:46.91	(30.03)	
		3400m	4:25.36	(31.42)	3400m	4:17.48	(30.57)	
		3800m	4:56.96	(31.60)	3800m	4:48.54	(31.06)	
		4200m	5:28.74	(31.78)	4200m	5:20.50	(31.96)	
		4600m	6:00.97	(32.23)	4600m	5:52.86	(32.36)	
		5000m	6:33.11	(32.14)	5000m	6:25.17	(32.31)	

		Naam	Cat	PR	Tijd	Info
5	wt	12 Jasper Krommenhoek	HN2	6:22.23	6:19.72	PR
	rd	26 Hidde Westra	HN2	6:45.13	6:43.03	PR
		Jasper Krommenhoek			Hidde Westra	
		200m	19.40 (19.40)	200m	19.81 (19.81)	
		600m	49.63 (30.23)	600m	50.81 (31.00)	
		1000m	1:20.51 (30.88)	1000m	1:22.11 (31.30)	
		1400m	1:50.96 (30.45)	1400m	1:53.58 (31.47)	
		1800m	2:21.07 (30.11)	1800m	2:25.04 (31.46)	
		2200m	2:51.15 (30.08)	2200m	2:56.43 (31.39)	
		2600m	3:21.26 (30.11)	2600m	3:28.40 (31.97)	
		3000m	3:51.03 (29.77)	3000m	4:00.75 (32.35)	
		3400m	4:20.58 (29.55)	3400m	4:32.78 (32.03)	
		3800m	4:50.17 (29.59)	3800m	5:05.21 (32.43)	
		4200m	5:19.99 (29.82)	4200m	5:38.05 (32.84)	
		4600m	5:49.87 (29.88)	4600m	6:10.66 (32.61)	
		5000m	6:19.72 (29.85)	5000m	6:43.03 (32.37)	

		Naam	Cat	PR	Tijd	Info
6	wt	11 Jelle Koeleman	HN2	6:38.01	6:43.79	
	rd	22 Yves Vergeer	HSA	6:27.25	6:37.00	
		Jelle Koeleman			Yves Vergeer	
		200m	19.18 (19.18)	200m	19.10 (19.10)	
		600m	49.88 (30.70)	600m	49.68 (30.58)	
		1000m	1:21.26 (31.38)	1000m	1:20.91 (31.23)	
		1400m	1:52.84 (31.58)	1400m	1:52.07 (31.16)	
		1800m	2:24.35 (31.51)	1800m	2:22.89 (30.82)	
		2200m	2:55.46 (31.11)	2200m	2:53.72 (30.83)	
		2600m	3:27.07 (31.61)	2600m	3:24.55 (30.83)	
		3000m	3:58.83 (31.76)	3000m	3:55.38 (30.83)	
		3400m	4:31.05 (32.22)	3400m	4:26.68 (31.30)	
		3800m	5:03.73 (32.68)	3800m	4:58.52 (31.84)	
		4200m	5:36.90 (33.17)	4200m	5:30.88 (32.36)	
		4600m	6:10.41 (33.51)	4600m	6:03.57 (32.69)	
		5000m	6:43.79 (33.38)	5000m	6:37.00 (33.43)	

		Naam			Cat	PR	Tijd	Info
7	wt	18	Remco Stam		HN2	6:17.89	6:23.52	
	rd	19	Marwin Talsma		HSA	6:13.18	6:19.45	
		<u>Remco Stam</u>			<u>Marwin Talsma</u>			
		200m	19.28	(19.28)	200m	19.86	(19.86)	
		600m	48.94	(29.66)	600m	50.25	(30.39)	
		1000m	1:19.05	(30.11)	1000m	1:20.25	(30.00)	
		1400m	1:49.30	(30.25)	1400m	1:50.51	(30.26)	
		1800m	2:19.62	(30.32)	1800m	2:20.69	(30.18)	
		2200m	2:49.94	(30.32)	2200m	2:50.72	(30.03)	
		2600m	3:20.23	(30.29)	2600m	3:20.97	(30.25)	
		3000m	3:50.44	(30.21)	3000m	3:50.95	(29.98)	
		3400m	4:20.74	(30.30)	3400m	4:20.66	(29.71)	
		3800m	4:51.22	(30.48)	3800m	4:50.27	(29.61)	
		4200m	5:21.96	(30.74)	4200m	5:20.02	(29.75)	
		4600m	5:52.69	(30.73)	4600m	5:49.69	(29.67)	
		5000m	6:23.52	(30.83)	5000m	6:19.45	(29.76)	

		Naam			Cat	PR	Tijd	Info
8	wt	10	Kars Jansman		HSA	6:14.95	6:18.69	
	rd	8	Chris Huizinga		HSA	6:06.72	6:08.65	
		<u>Kars Jansman</u>			<u>Chris Huizinga</u>			
		200m	19.37	(19.37)	200m	19.07	(19.07)	
		600m	49.37	(30.00)	600m	48.02	(28.95)	
		1000m	1:19.37	(30.00)	1000m	1:17.00	(28.98)	
		1400m	1:49.59	(30.22)	1400m	1:46.20	(29.20)	
		1800m	2:19.55	(29.96)	1800m	2:15.40	(29.20)	
		2200m	2:49.53	(29.98)	2200m	2:44.65	(29.25)	
		2600m	3:19.72	(30.19)	2600m	3:13.87	(29.22)	
		3000m	3:49.70	(29.98)	3000m	3:43.32	(29.45)	
		3400m	4:19.31	(29.61)	3400m	4:12.50	(29.18)	
		3800m	4:49.08	(29.77)	3800m	4:41.41	(28.91)	
		4200m	5:18.87	(29.79)	4200m	5:10.18	(28.77)	
		4600m	5:48.72	(29.85)	4600m	5:39.19	(29.01)	
		5000m	6:18.69	(29.97)	5000m	6:08.65	(29.46)	

		Naam			Cat	PR	Tijd	Info
9	wt	14	Patrick Roest		HSA	6:02.98	6:24.94	
	rd	27	Gert Wierda		HN3	6:17.75	6:34.62	
		Patrick Roest			Gert Wierda			
		200m	19.23	(19.23)	200m	19.80	(19.80)	
		600m	49.45	(30.22)	600m	50.22	(30.42)	
		1000m	1:19.91	(30.46)	1000m	1:20.94	(30.72)	
		1400m	1:50.35	(30.44)	1400m	1:51.69	(30.75)	
		1800m	2:20.64	(30.29)	1800m	2:22.29	(30.60)	
		2200m	2:50.70	(30.06)	2200m	2:53.13	(30.84)	
		2600m	3:20.57	(29.87)	2600m	3:24.09	(30.96)	
		3000m	3:50.42	(29.85)	3000m	3:55.08	(30.99)	
		3400m	4:20.26	(29.84)	3400m	4:26.37	(31.29)	
		3800m	4:50.62	(30.36)	3800m	4:58.06	(31.69)	
		4200m	5:21.61	(30.99)	4200m	5:29.93	(31.87)	
		4600m	5:52.80	(31.19)	4600m	6:02.26	(32.33)	
		5000m	6:24.94	(32.14)	5000m	6:34.62	(32.36)	

		Naam			Cat	PR	Tijd	Info
10	wt	17	Beau Snellink		HSA	6:09.58	6:12.01	
	rd	2	Marcel Bosker		HSA	6:08.90	6:19.55	
		Beau Snellink			Marcel Bosker			
		200m	19.25	(19.25)	200m	19.54	(19.54)	
		600m	48.94	(29.69)	600m	49.28	(29.74)	
		1000m	1:18.14	(29.20)	1000m	1:19.23	(29.95)	
		1400m	1:47.51	(29.37)	1400m	1:49.13	(29.90)	
		1800m	2:16.97	(29.46)	1800m	2:19.05	(29.92)	
		2200m	2:46.58	(29.61)	2200m	2:49.19	(30.14)	
		2600m	3:15.96	(29.38)	2600m	3:19.19	(30.00)	
		3000m	3:45.28	(29.32)	3000m	3:49.15	(29.96)	
		3400m	4:14.63	(29.35)	3400m	4:19.21	(30.06)	
		3800m	4:43.93	(29.30)	3800m	4:49.36	(30.15)	
		4200m	5:13.27	(29.34)	4200m	5:19.57	(30.21)	
		4600m	5:42.65	(29.38)	4600m	5:49.45	(29.88)	
		5000m	6:12.01	(29.36)	5000m	6:19.55	(30.10)	

5. Uitslag Vrouwen 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	53 Joy Beune	DSA	10	O	1:54.69		
2	70 Antoinette Rijpma - de Jong	DSA	10	I	1:55.62		
3	55 Merel Conijn	DN4	9	I	1:55.85	PR	
4	78 Melissa Wijfje	DSA	7	I	1:56.82		
5	62 Robin Groot	DSA	8	O	1:57.42		
6	66 Gioya Lancee	DSA	8	I	1:57.95		
7	61 Marijke Groenewoud	DSA	9	O	1:57.98		
8	60 Jade Groenewoud	DN2	7	O	1:59.55		
9	71 Kim Talsma	DSA	5	O	1:59.57		
10	51 Reina Anema	DSB	6	I	2:00.23		
11	74 Rosalie van Vliet	DA2	5	I	2:00.41	PR	
12	63 Sanne in 't Hof	DSA	6	O	2:01.30		
13	72 Evelien Vijn	DN3	4	I	2:01.48		
14	77 Naomi van der Werf	DSA	4	O	2:02.53		
15	52 Leonie Bats	DN4	3	I	2:02.58		
16	73 Esmee Visser	DSA	2	I	2:02.66		
17	56 Vera van Ditshuizen	DN3	2	O	2:03.88	PR	
18	68 Hilde Noppert	DSA	1	I	2:05.51		
19	59 Lotte Groenen	DN1	3	O	2:07.05		

5. Rituitslag Vrouwen 1500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	68 Hilde Noppert		DSA		2:04.60	2:05.51	
	rd							
		Hilde Noppert						
		300m	27.49	(27.49)	m			
		700m	58.01	(30.52)				
		1100m	1:30.67	(32.66)				
		1500m	2:05.51	(34.84)				
2	wt	73 Esmee Visser		DSA		1:57.69	2:02.66	
	rd	56 Vera van Ditshuizen		DN3		2:04.98	2:03.88	PR
		Esmee Visser						
		300m	27.91	(27.91)				
		700m	58.57	(30.66)				
		1100m	1:29.89	(31.32)				
		1500m	2:02.66	(32.77)				
		Vera van Ditshuizen						
		300m	27.43	(27.43)				
		700m	58.02	(30.59)				
		1100m	1:30.48	(32.46)				
		1500m	2:03.88	(33.40)				
3	wt	52 Leonie Bats		DN4		1:59.09	2:02.58	
	rd	59 Lotte Groenen		DN1		2:03.30	2:07.05	
		Leonie Bats						
		300m	26.73	(26.73)				
		700m	56.19	(29.46)				
		1100m	1:28.08	(31.89)				
		1500m	2:02.58	(34.50)				
		Lotte Groenen						
		300m	25.98	(25.98)				
		700m	55.98	(30.00)				
		1100m	1:29.75	(33.77)				
		1500m	2:07.05	(37.30)				
4	wt	72 Evelien Vijn		DN3		1:57.52	2:01.48	
	rd	77 Naomi van der Werf		DSA		2:00.52	2:02.53	
		Evelien Vijn						
		300m	27.41	(27.41)				
		700m	57.72	(30.31)				
		1100m	1:29.12	(31.40)				
		1500m	2:01.48	(32.36)				
		Naomi van der Werf						
		300m	26.79	(26.79)				
		700m	56.73	(29.94)				
		1100m	1:28.44	(31.71)				
		1500m	2:02.53	(34.09)				

		Naam	Cat	PR	Tijd	Info
5	wt	74 Rosalie van Vliet	DA2	2:01.36	2:00.41	PR
	rd	71 Kim Talsma	DSA	1:57.33	1:59.57	

Rosalie van Vliet

300m	26.51	(26.51)
700m	56.15	(29.64)
1100m	1:27.38	(31.23)
1500m	2:00.41	(33.03)

Kim Talsma

300m	26.49	(26.49)
700m	56.13	(29.64)
1100m	1:27.07	(30.94)
1500m	1:59.57	(32.50)

		Naam	Cat	PR	Tijd	Info
6	wt	51 Reina Anema	DSB	1:55.74	2:00.23	
	rd	63 Sanne in 't Hof	DSA	1:58.83	2:01.30	

Reina Anema

300m	27.00	(27.00)
700m	57.02	(30.02)
1100m	1:28.02	(31.00)
1500m	2:00.23	(32.21)

Sanne in 't Hof

300m	27.97	(27.97)
700m	58.09	(30.12)
1100m	1:29.34	(31.25)
1500m	2:01.30	(31.96)

		Naam	Cat	PR	Tijd	Info
7	wt	78 Melissa Wijffe	DSA	1:51.78	1:56.82	
	rd	60 Jade Groenewoud	DN2	1:58.16	1:59.55	

Melissa Wijffe

300m	26.59	(26.59)
700m	55.56	(28.97)
1100m	1:25.31	(29.75)
1500m	1:56.82	(31.51)

Jade Groenewoud

300m	26.56	(26.56)
700m	55.56	(29.00)
1100m	1:26.58	(31.02)
1500m	1:59.55	(32.97)

		Naam	Cat	PR	Tijd	Info
8	wt	66 Gioya Lancee	DSA	1:56.15	1:57.95	
	rd	62 Robin Groot	DSA	1:56.54	1:57.42	

Gioya Lancee

300m	26.37	(26.37)
700m	55.06	(28.69)
1100m	1:25.55	(30.49)
1500m	1:57.95	(32.40)

Robin Groot

300m	26.43	(26.43)
700m	55.53	(29.10)
1100m	1:25.85	(30.32)
1500m	1:57.42	(31.57)

		Naam			Cat	PR	Tijd	Info
9	wt	55	Merel Conijn		DN4	1:55.95	1:55.85	PR
	rd	61	Marijke Groenewoud		DSA	1:53.17	1:57.98	
		Merel Conijn			Marijke Groenewoud			
		300m	26.58	(26.58)	300m	26.08	(26.08)	
		700m	55.49	(28.91)	700m	55.12	(29.04)	
		1100m	1:25.24	(29.75)	1100m	1:25.98	(30.86)	
		1500m	1:55.85	(30.61)	1500m	1:57.98	(32.00)	
		Naam			Cat	PR	Tijd	Info
10	wt	70	Antoinette Rijpma - de Jong		DSA	1:51.72	1:55.62	
	rd	53	Joy Beune		DSA	1:52.23	1:54.69	
		Antoinette Rijpma - de Jong			Joy Beune			
		300m	25.24	(25.24)	300m	25.91	(25.91)	
		700m	53.61	(28.37)	700m	54.28	(28.37)	
		1100m	1:23.70	(30.09)	1100m	1:23.92	(29.64)	
		1500m	1:55.62	(31.92)	1500m	1:54.69	(30.77)	

6. Uitslag Mannen 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	17 Beau Snellink	HSA	10	O	1:46.82	PR	
2	2 Marcel Bosker	HSA	9	I	1:47.08		
3	7 Freek van der Ham	HN1	8	I	1:47.67		
4	14 Patrick Roest	HSA	9	O	1:47.71		
5	8 Chris Huizinga	HSA	10	I	1:48.79		
6	16 Ties van Seumeren	HN1	6	O	1:48.83		
7	22 Yves Vergeer	HSA	4	O	1:49.03		
8	26 Hidde Westra	HN2	3	I	1:49.06		
9	27 Gert Wierda	HN3	5	I	1:49.25		
10	12 Jasper Krommenhoek	HN2	7	I	1:49.36		
11	5 Stijn van de Bunt	HN2	5	O	1:49.41		
12	10 Kars Jansman	HSA	7	O	1:49.72		
13	21 Jur Veenje	HSA	8	O	1:50.13		
14	18 Remco Stam	HN2	6	I	1:50.62		
15	23 Loek van Vilsteren	HN2	1	I	1:50.79		
16	25 Olaf Vunderink	HA2	3	O	1:51.01	PR	
17	9 Sille Hut	HN1	1	O	1:51.37	PR	
18	19 Marwin Talsma	HSA	4	I	1:51.39		
19	11 Jelle Koeleman	HN2	2	I	1:52.61		
20	4 Chris Brommersma	HN1	2	O	1:53.05	PR	

6. Rituitslag Mannen 1500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	23 Loek van Vilsteren		HN2		1:50.11	1:50.79	
	rd	9 Sille Hut		HN1		1:52.56	1:51.37	PR
		Loek van Vilsteren			Sille Hut			
		300m	24.49	(24.49)	300m	24.96	(24.96)	
		700m	52.09	(27.60)	700m	52.28	(27.32)	
		1100m	1:20.51	(28.42)	1100m	1:20.93	(28.65)	
		1500m	1:50.79	(30.28)	1500m	1:51.37	(30.44)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
2	wt	11 Jelle Koeleman		HN2		1:52.18	1:52.61	
	rd	4 Chris Brommersma		HN1		1:53.28	1:53.05	PR
		Jelle Koeleman			Chris Brommersma			
		300m	24.79	(24.79)	300m	25.29	(25.29)	
		700m	53.09	(28.30)	700m	53.05	(27.76)	
		1100m	1:22.29	(29.20)	1100m	1:22.35	(29.30)	
		1500m	1:52.61	(30.32)	1500m	1:53.05	(30.70)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
3	wt	26 Hidde Westra		HN2		1:48.43	1:49.06	
	rd	25 Olaf Vunderink		HA2		1:52.44	1:51.01	PR
		Hidde Westra			Olaf Vunderink			
		300m	24.81	(24.81)	300m	24.74	(24.74)	
		700m	51.49	(26.68)	700m	52.08	(27.34)	
		1100m	1:19.55	(28.06)	1100m	1:21.12	(29.04)	
		1500m	1:49.06	(29.51)	1500m	1:51.01	(29.89)	
<hr/>								
		Naam		Cat		PR	Tijd	Info
4	wt	19 Marwin Talsma		HSA		1:46.20	1:51.39	
	rd	22 Yves Vergeer		HSA		1:47.25	1:49.03	
		Marwin Talsma			Yves Vergeer			
		300m	25.82	(25.82)	300m	24.53	(24.53)	
		700m	53.72	(27.90)	700m	51.31	(26.78)	
		1100m	1:22.33	(28.61)	1100m	1:19.35	(28.04)	
		1500m	1:51.39	(29.06)	1500m	1:49.03	(29.68)	

		Naam			Cat	PR	Tijd	Info
5	wt	27	Gert Wierda		HN3	1:46.38	1:49.25	
	rd	5	Stijn van de Bunt		HN2	1:49.30	1:49.41	
		Gert Wierda			Stijn van de Bunt			
		300m	24.70	(24.70)	300m	25.22	(25.22)	
		700m	51.85	(27.15)	700m	52.49	(27.27)	
		1100m	1:19.76	(27.91)	1100m	1:20.40	(27.91)	
		1500m	1:49.25	(29.49)	1500m	1:49.41	(29.01)	
		Naam			Cat	PR	Tijd	Info
6	wt	18	Remco Stam		HN2	1:48.13	1:50.62	
	rd	16	Ties van Seumeren		HN1	1:48.04	1:48.83	
		Remco Stam			Ties van Seumeren			
		300m	25.14	(25.14)	300m	24.41	(24.41)	
		700m	52.21	(27.07)	700m	51.08	(26.67)	
		1100m	1:20.60	(28.39)	1100m	1:19.11	(28.03)	
		1500m	1:50.62	(30.02)	1500m	1:48.83	(29.72)	
		Naam			Cat	PR	Tijd	Info
7	wt	12	Jasper Krommenhoek		HN2	1:49.34	1:49.36	
	rd	10	Kars Jansman		HSA	1:47.31	1:49.72	
		Jasper Krommenhoek			Kars Jansman			
		300m	25.52	(25.52)	300m	25.38	(25.38)	
		700m	52.79	(27.27)	700m	52.85	(27.47)	
		1100m	1:20.70	(27.91)	1100m	1:20.96	(28.11)	
		1500m	1:49.36	(28.66)	1500m	1:49.72	(28.76)	
		Naam			Cat	PR	Tijd	Info
8	wt	7	Freek van der Ham		HN1	1:46.20	1:47.67	
	rd	21	Jur Veenje		HSA	1:48.27	1:50.13	
		Freek van der Ham			Jur Veenje			
		300m	24.68	(24.68)	300m	25.16	(25.16)	
		700m	51.33	(26.65)	700m	51.98	(26.82)	
		1100m	1:18.82	(27.49)	1100m	1:20.43	(28.45)	
		1500m	1:47.67	(28.85)	1500m	1:50.13	(29.70)	

		Naam			Cat	PR	Tijd	Info
9	wt	2	Marcel Bosker		HSA	1:44.12	1:47.08	
	rd	14	Patrick Roest		HSA	1:42.56	1:47.71	
		Marcel Bosker			Patrick Roest			
		300m	24.81	(24.81)	300m	24.72	(24.72)	
		700m	51.59	(26.78)	700m	51.89	(27.17)	
		1100m	1:19.02	(27.43)	1100m	1:19.61	(27.72)	
		1500m	1:47.08	(28.06)	1500m	1:47.71	(28.10)	

		Naam			Cat	PR	Tijd	Info
10	wt	8	Chris Huizinga		HSA	1:44.60	1:48.79	
	rd	17	Beau Snellink		HSA	1:47.04	1:46.82	PR
		Chris Huizinga			Beau Snellink			
		300m	24.98	(24.98)	300m	24.99	(24.99)	
		700m	51.49	(26.51)	700m	51.86	(26.87)	
		1100m	1:19.12	(27.63)	1100m	1:19.12	(27.26)	
		1500m	1:48.79	(29.67)	1500m	1:46.82	(27.70)	

7. Uitslag Vrouwen 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	55 Merel Conijn	DN4	3	I	6:48.96	PR	
2	61 Marijke Groenewoud	DSA	3	O	6:55.61		
3	53 Joy Beune	DSA	4	I	6:55.67		
4	63 Sanne in 't Hof	DSA	1	O	7:00.45		
5	62 Robin Groot	DSA	2	O	7:04.09		
6	70 Antoinette Rijpma - de Jong	DSA	4	O	7:10.11		
7	78 Melissa Wijffe	DSA	2	I	7:15.82		
8	66 Gioya Lancee	DSA	1	I	7:29.41		

7. Rituitslag Vrouwen 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	66 Gioya Lancee		DSA		7:24.52	7:29.41	
	rd	63 Sanne in 't Hof		DSA		6:47.28	7:00.45	
		Gioya Lancee			Sanne in 't Hof			
		200m	21.10	(21.10)	200m	21.45	(21.45)	
		600m	54.51	(33.41)	600m	53.81	(32.36)	
		1000m	1:28.99	(34.48)	1000m	1:26.91	(33.10)	
		1400m	2:04.09	(35.10)	1400m	2:00.43	(33.52)	
		1800m	2:39.27	(35.18)	1800m	2:33.91	(33.48)	
		2200m	3:14.21	(34.94)	2200m	3:07.31	(33.40)	
		2600m	3:49.49	(35.28)	2600m	3:40.70	(33.39)	
		3000m	4:25.30	(35.81)	3000m	4:13.93	(33.23)	
		3400m	5:01.82	(36.52)	3400m	4:47.16	(33.23)	
		3800m	5:38.96	(37.14)	3800m	5:20.36	(33.20)	
		4200m	6:16.42	(37.46)	4200m	5:53.70	(33.34)	
		4600m	6:53.40	(36.98)	4600m	6:27.05	(33.35)	
		5000m	7:29.41	(36.01)	5000m	7:00.45	(33.40)	

		Naam		Cat		PR	Tijd	Info
2	wt	78 Melissa Wijffe		DSA		6:58.80	7:15.82	
	rd	62 Robin Groot		DSA		7:00.56	7:04.09	
		Melissa Wijffe			Robin Groot			
		200m	20.54	(20.54)	200m	20.60	(20.60)	
		600m	53.38	(32.84)	600m	52.68	(32.08)	
		1000m	1:26.62	(33.24)	1000m	1:25.29	(32.61)	
		1400m	2:00.23	(33.61)	1400m	1:58.20	(32.91)	
		1800m	2:33.95	(33.72)	1800m	2:31.13	(32.93)	
		2200m	3:08.14	(34.19)	2200m	3:04.34	(33.21)	
		2600m	3:42.58	(34.44)	2600m	3:37.87	(33.53)	
		3000m	4:17.19	(34.61)	3000m	4:11.62	(33.75)	
		3400m	4:52.03	(34.84)	3400m	4:45.71	(34.09)	
		3800m	5:27.38	(35.35)	3800m	5:20.16	(34.45)	
		4200m	6:02.89	(35.51)	4200m	5:54.83	(34.67)	
		4600m	6:38.95	(36.06)	4600m	6:29.61	(34.78)	
		5000m	7:15.82	(36.87)	5000m	7:04.09	(34.48)	

		Naam			Cat	PR	Tijd	Info
3	wt	55	Merel Conijn		DN4	6:52.92	6:48.96	PR
	rd	61	Marijke Groenewoud		DSA	6:50.77	6:55.61	
		<u>Merel Conijn</u>			<u>Marijke Groenewoud</u>			
		200m	20.17	(20.17)	200m	20.47	(20.47)	
		600m	51.67	(31.50)	600m	52.87	(32.40)	
		1000m	1:24.07	(32.40)	1000m	1:26.14	(33.27)	
		1400m	1:56.99	(32.92)	1400m	1:59.36	(33.22)	
		1800m	2:29.81	(32.82)	1800m	2:32.51	(33.15)	
		2200m	3:02.88	(33.07)	2200m	3:05.72	(33.21)	
		2600m	3:35.87	(32.99)	2600m	3:38.87	(33.15)	
		3000m	4:08.98	(33.11)	3000m	4:11.86	(32.99)	
		3400m	4:41.63	(32.65)	3400m	4:44.89	(33.03)	
		3800m	5:14.03	(32.40)	3800m	5:17.92	(33.03)	
		4200m	5:46.28	(32.25)	4200m	5:50.84	(32.92)	
		4600m	6:17.96	(31.68)	4600m	6:23.45	(32.61)	
		5000m	6:48.96	(31.00)	5000m	6:55.61	(32.16)	

		Naam			Cat	PR	Tijd	Info
4	wt	53	Joy Beune		DSA	6:47.72	6:55.67	
	rd	70	Antoinette Rijpma - de Jong		DSA	6:56.26	7:10.11	
		<u>Joy Beune</u>			<u>Antoinette Rijpma - de Jong</u>			
		200m	20.53	(20.53)	200m	20.67	(20.67)	
		600m	52.13	(31.60)	600m	53.16	(32.49)	
		1000m	1:24.37	(32.24)	1000m	1:26.37	(33.21)	
		1400m	1:56.95	(32.58)	1400m	1:59.76	(33.39)	
		1800m	2:29.89	(32.94)	1800m	2:33.34	(33.58)	
		2200m	3:02.91	(33.02)	2200m	3:07.20	(33.86)	
		2600m	3:36.08	(33.17)	2600m	3:41.36	(34.16)	
		3000m	4:09.34	(33.26)	3000m	4:15.62	(34.26)	
		3400m	4:42.46	(33.12)	3400m	4:50.12	(34.50)	
		3800m	5:15.72	(33.26)	3800m	5:24.89	(34.77)	
		4200m	5:48.95	(33.23)	4200m	5:59.86	(34.97)	
		4600m	6:22.29	(33.34)	4600m	6:34.91	(35.05)	
		5000m	6:55.67	(33.38)	5000m	7:10.11	(35.20)	

8. Uitslag Mannen 10000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Chris Huizinga	HSA	4	O	12:39.87	PR	
2	17 Beau Snellink	HSA	4	I	12:42.98	PR	
3	12 Jasper Krommenhoek	HN2	2	I	12:53.88	PR	
4	10 Kars Jansman	HSA	1	I	13:00.65		
5	19 Marwin Talsma	HSA	1	O	13:03.23		
6	2 Marcel Bosker	HSA	3	I	13:17.85		
7	7 Freek van der Ham	HN1	3	O	13:21.69	PR	
8	21 Jur Veenje	HSA	2	O	13:53.06	PR	

8. Rituitslag Mannen 10000 meter

	Naam	Cat	PR	Tijd	Info
1	wt 10 Kars Jansman	HSA	12:51.05	13:00.65	
	rd 19 Marwin Talsma	HSA	12:50.91	13:03.23	
	Kars Jansman				Marwin Talsma
	400m 36.88 (36.88)		400m 36.43 (36.43)		
	800m 1:08.50 (31.62)		800m 1:07.99 (31.56)		
	1200m 1:40.09 (31.59)		1200m 1:39.64 (31.65)		
	1600m 2:11.31 (31.22)		1600m 2:11.52 (31.88)		
	2000m 2:42.65 (31.34)		2000m 2:43.19 (31.67)		
	2400m 3:13.74 (31.09)		2400m 3:14.64 (31.45)		
	2800m 3:44.90 (31.16)		2800m 3:45.83 (31.19)		
	3200m 4:16.30 (31.40)		3200m 4:17.33 (31.50)		
	3600m 4:47.84 (31.54)		3600m 4:48.74 (31.41)		
	4000m 5:19.16 (31.32)		4000m 5:20.21 (31.47)		
	4400m 5:50.47 (31.31)		4400m 5:51.37 (31.16)		
	4800m 6:21.62 (31.15)		4800m 6:22.72 (31.35)		
	5200m 6:52.81 (31.19)		5200m 6:53.70 (30.98)		
	5600m 7:23.83 (31.02)		5600m 7:25.25 (31.55)		
	6000m 7:54.87 (31.04)		6000m 7:56.65 (31.40)		
	6400m 8:25.73 (30.86)		6400m 8:27.65 (31.00)		
	6800m 8:56.46 (30.73)		6800m 8:58.27 (30.62)		
	7200m 9:27.33 (30.87)		7200m 9:29.00 (30.73)		
	7600m 9:58.35 (31.02)		7600m 9:59.73 (30.73)		
	8000m 10:29.21 (30.86)		8000m 10:30.74 (31.01)		
	8400m 10:59.77 (30.56)		8400m 11:01.56 (30.82)		
	8800m 11:30.00 (30.23)		8800m 11:32.51 (30.95)		
	9200m 12:00.41 (30.41)		9200m 12:03.10 (30.59)		
	9600m 12:30.62 (30.21)		9600m 12:33.36 (30.26)		
	10000m 13:00.65 (30.03)		10000m 13:03.23 (29.87)		

		Naam			Cat	PR	Tijd	Info
2	wt	12	Jasper Krommenhoek		HN2	13:09.14	12:53.88	PR
	rd	21	Jur Veenje		HSA	14:15.61	13:53.06	PR
		Jasper Krommenhoek			Jur Veenje			
		400m	35.60	(35.60)	400m	35.87	(35.87)	
		800m	1:06.98	(31.38)	800m	1:07.42	(31.55)	
		1200m	1:38.74	(31.76)	1200m	1:39.66	(32.24)	
		1600m	2:10.23	(31.49)	1600m	2:12.28	(32.62)	
		2000m	2:41.67	(31.44)	2000m	2:44.91	(32.63)	
		2400m	3:13.16	(31.49)	2400m	3:17.64	(32.73)	
		2800m	3:44.79	(31.63)	2800m	3:50.40	(32.76)	
		3200m	4:16.14	(31.35)	3200m	4:23.37	(32.97)	
		3600m	4:47.38	(31.24)	3600m	4:56.29	(32.92)	
		4000m	5:18.50	(31.12)	4000m	5:29.22	(32.93)	
		4400m	5:49.75	(31.25)	4400m	6:02.22	(33.00)	
		4800m	6:21.05	(31.30)	4800m	6:35.33	(33.11)	
		5200m	6:52.10	(31.05)	5200m	7:08.66	(33.33)	
		5600m	7:22.97	(30.87)	5600m	7:42.18	(33.52)	
		6000m	7:53.48	(30.51)	6000m	8:15.87	(33.69)	
		6400m	8:23.58	(30.10)	6400m	8:49.52	(33.65)	
		6800m	8:53.82	(30.24)	6800m	9:23.14	(33.62)	
		7200m	9:23.64	(29.82)	7200m	9:56.66	(33.52)	
		7600m	9:53.62	(29.98)	7600m	10:30.10	(33.44)	
		8000m	10:23.39	(29.77)	8000m	11:03.89	(33.79)	
		8400m	10:53.26	(29.87)	8400m	11:37.75	(33.86)	
		8800m	11:23.24	(29.98)	8800m	12:11.62	(33.87)	
		9200m	11:53.27	(30.03)	9200m	12:45.51	(33.89)	
		9600m	12:23.42	(30.15)	9600m	13:19.34	(33.83)	
		10000m	12:53.88	(30.46)	10000m	13:53.06	(33.72)	

		Naam	Cat	PR	Tijd	Info
3	wt	2 Marcel Bosker	HSA	12:59.25	13:17.85	
	rd	7 Freek van der Ham	HN1	13:27.67	13:21.69	PR

Marcel Bosker

400m	36.53	(36.53)
800m	1:08.51	(31.98)
1200m	1:40.55	(32.04)
1600m	2:12.39	(31.84)
2000m	2:44.20	(31.81)
2400m	3:16.02	(31.82)
2800m	3:48.10	(32.08)
3200m	4:20.19	(32.09)
3600m	4:52.19	(32.00)
4000m	5:23.99	(31.80)
4400m	5:55.94	(31.95)
4800m	6:27.60	(31.66)
5200m	6:59.34	(31.74)
5600m	7:30.83	(31.49)
6000m	8:02.56	(31.73)
6400m	8:34.24	(31.68)
6800m	9:06.70	(32.46)
7200m	9:38.50	(31.80)
7600m	10:10.20	(31.70)
8000m	10:41.59	(31.39)
8400m	11:13.36	(31.77)
8800m	11:44.84	(31.48)
9200m	12:16.13	(31.29)
9600m	12:47.17	(31.04)
10000m	13:17.85	(30.68)

Freek van der Ham

400m	36.70	(36.70)
800m	1:09.23	(32.53)
1200m	1:41.55	(32.32)
1600m	2:13.68	(32.13)
2000m	2:45.88	(32.20)
2400m	3:17.92	(32.04)
2800m	3:49.68	(31.76)
3200m	4:21.33	(31.65)
3600m	4:52.79	(31.46)
4000m	5:24.39	(31.60)
4400m	5:56.11	(31.72)
4800m	6:27.73	(31.62)
5200m	6:59.21	(31.48)
5600m	7:30.71	(31.50)
6000m	8:02.09	(31.38)
6400m	8:33.57	(31.48)
6800m	9:05.13	(31.56)
7200m	9:36.58	(31.45)
7600m	10:08.43	(31.85)
8000m	10:40.37	(31.94)
8400m	11:12.40	(32.03)
8800m	11:44.61	(32.21)
9200m	12:16.74	(32.13)
9600m	12:49.48	(32.74)
10000m	13:21.69	(32.21)

		Naam	Cat	PR	Tijd	Info
4	wt	17 Beau Snellink	HSA	12:52.12	12:42.98	PR
	rd	8 Chris Huizinga	HSA	12:43.45	12:39.87	PR

Beau Snellink

400m	35.01	(35.01)
800m	1:05.23	(30.22)
1200m	1:36.12	(30.89)
1600m	2:06.84	(30.72)
2000m	2:37.41	(30.57)
2400m	3:08.03	(30.62)
2800m	3:38.67	(30.64)
3200m	4:09.23	(30.56)
3600m	4:39.92	(30.69)
4000m	5:10.22	(30.30)
4400m	5:40.90	(30.68)
4800m	6:11.43	(30.53)
5200m	6:41.78	(30.35)
5600m	7:12.26	(30.48)
6000m	7:42.76	(30.50)
6400m	8:13.24	(30.48)
6800m	8:43.63	(30.39)
7200m	9:14.04	(30.41)
7600m	9:44.20	(30.16)
8000m	10:14.02	(29.82)
8400m	10:43.61	(29.59)
8800m	11:13.29	(29.68)
9200m	11:43.14	(29.85)
9600m	12:12.99	(29.85)
10000m	12:42.98	(29.99)

Chris Huizinga

400m	34.93	(34.93)
800m	1:04.92	(29.99)
1200m	1:35.23	(30.31)
1600m	2:05.48	(30.25)
2000m	2:35.80	(30.32)
2400m	3:06.22	(30.42)
2800m	3:36.52	(30.30)
3200m	4:06.86	(30.34)
3600m	4:36.99	(30.13)
4000m	5:07.05	(30.06)
4400m	5:37.02	(29.97)
4800m	6:06.90	(29.88)
5200m	6:36.72	(29.82)
5600m	7:06.61	(29.89)
6000m	7:36.58	(29.97)
6400m	8:06.60	(30.02)
6800m	8:36.56	(29.96)
7200m	9:06.59	(30.03)
7600m	9:36.67	(30.08)
8000m	10:06.90	(30.23)
8400m	10:37.40	(30.50)
8800m	11:07.87	(30.47)
9200m	11:38.55	(30.68)
9600m	12:09.19	(30.64)
10000m	12:39.87	(30.68)