

## 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	<b>Vera van Ditshuizen</b>		DN3	41.40	<b>41.56</b>	
	rd	73	<b>Esmee Visser</b>		DSA	41.42	<b>42.76</b>	
		<u>Vera van Ditshuizen</u>			<u>Esmee Visser</u>			
		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	<b>Sanne in 't Hof</b>		DSA	40.54	<b>42.34</b>	
	rd	68	<b>Hilde Noppert</b>		DSA	41.36	<b>41.74</b>	
		<u>Sanne in 't Hof</u>			<u>Hilde Noppert</u>			
		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	<b>Leonie Bats</b>		DN4	39.69	<b>40.62</b>	
	rd	60	<b>Jade Groenewoud</b>		DN2	40.18	<b>40.16</b>	PR
		<u>Leonie Bats</u>			<u>Jade Groenewoud</u>			
		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	<b>Rosalie van Vliet</b>		DA2	40.70	<b>40.29</b>	PR
	rd	66	<b>Gioya Lancee</b>		DSA	38.97	<b>39.43</b>	
		<u>Rosalie van Vliet</u>			<u>Gioya Lancee</u>			
		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	<b>Reina Anema</b>		DSB	40.20	<b>41.13</b>	
	rd	77	<b>Naomi van der Werf</b>		DSA	40.41	<b>41.27</b>	
		<u>Reina Anema</u>			<u>Naomi van der Werf</u>			
		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	<b>Merel Conijn</b>		DN4	39.17	<b>40.25</b>	
	rd	72	<b>Evelien Vijn</b>		DN3	40.63	<b>41.73</b>	
		<b>Merel Conijn</b>			<b>Evelien Vijn</b>			
		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	<b>Melissa Wijffe</b>		DSA	38.83	<b>39.84</b>	
	rd	62	<b>Robin Groot</b>		DSA	39.30	<b>39.83</b>	
		<b>Melissa Wijffe</b>			<b>Robin Groot</b>			
		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	<b>Kim Talsma</b>		DSA	39.64	<b>40.51</b>	
	rd	70	<b>Antoinette Rijpma - de Jong</b>		DSA	38.22	<b>38.73</b>	
		<b>Kim Talsma</b>			<b>Antoinette Rijpma - de Jong</b>			
		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	<b>Marijke Groenewoud</b>		DSA	38.57	<b>39.67</b>	
	rd	59	<b>Lotte Groenen</b>		DN1	39.33	<b>39.77</b>	
		<b>Marijke Groenewoud</b>			<b>Lotte Groenen</b>			
		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	<b>Elisa Dul</b>		DSA	38.66	<b>39.66</b>	
	rd	53	<b>Joy Beune</b>		DSA	38.69	<b>39.44</b>	
		<b>Elisa Dul</b>			<b>Joy Beune</b>			
		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 Silje 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 <b>Stijn van de Bunt</b>		HN2		37.65	<b>38.56</b>	
	rd	9 <b>Sille Hut</b>		HN1		37.88	<b>37.87</b>	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 <b>Jasper Krommenhoek</b>		HN2		38.48	<b>38.54</b>	
	rd	4 <b>Chris Brommersma</b>		HN1		38.51	<b>38.32</b>	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 <b>Gert Wierda</b>		HN3		36.92	<b>37.60</b>	
	rd	19 <b>Marwin Talsma</b>		HSA		37.96	<b>39.21</b>	
		<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 <b>Jelle Koeleman</b>		HN2		37.64	<b>37.54</b>	PR
	rd	25 <b>Olaf Vunderink</b>		HA2		37.99	<b>37.47</b>	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 <b>Kars Jansman</b>		HSA		37.60	<b>38.73</b>	
	rd	18 <b>Remco Stam</b>		HN2		37.80	<b>38.29</b>	
		<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 <b>Beau Snellink</b>	HSA		37.61	<b>37.72</b>	
	rd	22 <b>Yves Vergeer</b>	HSA		37.03	<b>37.49</b>	
		<b>Beau Snellink</b>		<b>Yves Vergeer</b>			
		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 <b>Chris Huizinga</b>	HSA		37.00	<b>37.88</b>	
	rd	2 <b>Marcel Bosker</b>	HSA		36.39	<b>37.38</b>	
		<b>Chris Huizinga</b>		<b>Marcel Bosker</b>			
		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 <b>Ties van Seumeren</b>	HN1		36.52	<b>36.46</b>	PR
	rd	23 <b>Loek van Vilsteren</b>	HN2		36.66	<b>36.92</b>	
		<b>Ties van Seumeren</b>		<b>Loek van Vilsteren</b>			
		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 <b>Jur Veenje</b>	HSA		36.56	<b>37.09</b>	
	rd	26 <b>Hidde Westra</b>	HN2		37.22	<b>37.16</b>	PR
		<b>Jur Veenje</b>		<b>Hidde Westra</b>			
		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 <b>Freek van der Ham</b>	HN1		37.27	<b>37.42</b>	
	rd	14 <b>Patrick Roest</b>	HSA		35.74	<b>37.03</b>	
		<b>Freek van der Ham</b>		<b>Patrick Roest</b>			
		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	<b>Vera van Ditshuizen</b>		DN3	4:18.01	<b>4:19.85</b>	
	rd	59	<b>Lotte Groenen</b>		DN1	4:20.61	<b>4:29.62</b>	
		<b>Vera van Ditshuizen</b>			<b>Lotte Groenen</b>			
		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	<b>Hilde Noppert</b>		DSA	4:19.64	<b>4:25.46</b>	
	rd	52	<b>Leonie Bats</b>		DN4	4:13.21	<b>4:21.95</b>	
		<b>Hilde Noppert</b>			<b>Leonie Bats</b>			
		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 <b>Esmee Visser</b>	DSA	3:54.02	<b>4:12.12</b>	
	rd	74 <b>Rosalie van Vliet</b>	DA2	4:15.94	<b>4:16.88</b>	

#### 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 <b>Kim Talsma</b>	DSA	4:09.64	<b>4:15.93</b>	
	rd	51 <b>Reina Anema</b>	DSB	4:01.12	<b>4:09.43</b>	

#### 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 <b>Naomi van der Werf</b>	DSA	4:12.59	<b>4:17.96</b>	
	rd	72 <b>Evelien Vijn</b>	DN3	4:03.76	<b>4:11.83</b>	

### Naomi van der Werf

200m	20.27	(20.27)
600m	52.39	(32.12)
1000m	1:25.25	(32.86)
1400m	1:58.75	(33.50)
1800m	2:32.63	(33.88)
2200m	3:07.09	(34.46)
2600m	3:42.15	(35.06)
3000m	4:17.96	(35.81)

### Evelien Vijn

200m	20.42	(20.42)
600m	52.49	(32.07)
1000m	1:25.41	(32.92)
1400m	1:58.40	(32.99)
1800m	2:31.76	(33.36)
2200m	3:05.04	(33.28)
2600m	3:38.31	(33.27)
3000m	4:11.83	(33.52)

		Naam	Cat	PR	Tijd	Info
6	wt	66 <b>Gioya Lancee</b>	DSA	4:06.25	<b>4:09.43</b>	
	rd	60 <b>Jade Groenewoud</b>	DN2	4:07.07	<b>4:09.57</b>	

### Gioya Lancee

200m	20.33	(20.33)
600m	51.40	(31.07)
1000m	1:22.96	(31.56)
1400m	1:55.20	(32.24)
1800m	2:27.91	(32.71)
2200m	3:01.34	(33.43)
2600m	3:34.94	(33.60)
3000m	4:09.43	(34.49)

### Jade Groenewoud

200m	20.28	(20.28)
600m	51.23	(30.95)
1000m	1:22.81	(31.58)
1400m	1:54.86	(32.05)
1800m	2:27.67	(32.81)
2200m	3:01.00	(33.33)
2600m	3:35.19	(34.19)
3000m	4:09.57	(34.38)

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

### 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 <b>Robin Groot</b>	DSA	4:02.72	<b>4:07.45</b>	
	rd	55 <b>Merel Conijn</b>	DN4	3:59.21	<b>3:58.31</b>	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 <b>Melissa Wijffe</b>			DSA	4:01.07	<b>4:07.75</b>	
	rd	61 <b>Marijke Groenewoud</b>			DSA	3:56.27	<b>4:05.89</b>	
		<b>Melissa Wijffe</b>			<b>Marijke Groenewoud</b>			
		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 <b>Elisa Dul</b>			DSA	3:58.45	<b>4:10.91</b>	
	rd	53 <b>Joy Beune</b>			DSA	3:55.72	<b>4:01.03</b>	
		<b>Elisa Dul</b>			<b>Joy Beune</b>			
		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 <b>Chris Brommersma</b>	HN1	6:49.78	<b>6:38.24</b>	PR
	rd	9 <b>Sille Hut</b>	HN1	6:58.66	<b>6:56.95</b>	PR
<b>Chris Brommersma</b>			<b>Sille Hut</b>			
		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 <b>Ties van Seumeren</b>	HN1	6:49.91	<b>6:45.28</b>	PR
	rd	23 <b>Loek van Vilsteren</b>	HN2	6:50.03	<b>6:52.38</b>	
<b>Ties van Seumeren</b>			<b>Loek van Vilsteren</b>			
		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	<b>Freek van der Ham</b>		HN1	6:22.06	<b>6:26.17</b>	
	rd	25	<b>Olaf Vunderink</b>		HA2	6:50.67	<b>6:43.11</b>	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	<b>Jur Veenje</b>		HSA	6:44.72	<b>6:33.11</b>	PR
	rd	5	<b>Stijn van de Bunt</b>		HN2	6:18.66	<b>6:25.17</b>	
		<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 <b>Jasper Krommenhoek</b>	HN2		6:22.23	<b>6:19.72</b>	PR
	rd	26 <b>Hidde Westra</b>	HN2		6:45.13	<b>6:43.03</b>	PR
		<b>Jasper Krommenhoek</b>			<b>Hidde Westra</b>		
		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 <b>Jelle Koeleman</b>	HN2		6:38.01	<b>6:43.79</b>	
	rd	22 <b>Yves Vergeer</b>	HSA		6:27.25	<b>6:37.00</b>	
		<b>Jelle Koeleman</b>			<b>Yves Vergeer</b>		
		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 <b>Remco Stam</b>	HN2	6:17.89	<b>6:23.52</b>	
	rd	19 <b>Marwin Talsma</b>	HSA	6:13.18	<b>6:19.45</b>	
		<b>Remco Stam</b>				<b>Marwin Talsma</b>
		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 <b>Kars Jansman</b>	HSA	6:14.95	<b>6:18.69</b>	
	rd	8 <b>Chris Huizinga</b>	HSA	6:06.72	<b>6:08.65</b>	
		<b>Kars Jansman</b>				<b>Chris Huizinga</b>
		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	<b>Patrick Roest</b>		HSA	6:02.98	<b>6:24.94</b>	
	rd	27	<b>Gert Wierda</b>		HN3	6:17.75	<b>6:34.62</b>	
		<b>Patrick Roest</b>			<b>Gert Wierda</b>			
		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	<b>Beau Snellink</b>		HSA	6:09.58	<b>6:12.01</b>	
	rd	2	<b>Marcel Bosker</b>		HSA	6:08.90	<b>6:19.55</b>	
		<b>Beau Snellink</b>			<b>Marcel Bosker</b>			
		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 rd	68 <b>Hilde Noppert</b>		DSA		2:04.60	<b>2:05.51</b>	

### 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)	

		Naam		Cat		PR	Tijd	Info
2	wt rd	73 <b>Esmee Visser</b>		DSA		1:57.69	<b>2:02.66</b>	
		56 <b>Vera van Ditshuizen</b>		DN3		2:04.98	<b>2:03.88</b>	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)

		Naam		Cat		PR	Tijd	Info
3	wt rd	52 <b>Leonie Bats</b>		DN4		1:59.09	<b>2:02.58</b>	
		59 <b>Lotte Groenen</b>		DN1		2:03.30	<b>2:07.05</b>	

### 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)

		Naam		Cat		PR	Tijd	Info
4	wt rd	72 <b>Evelien Vijn</b>		DN3		1:57.52	<b>2:01.48</b>	
		77 <b>Naomi van der Werf</b>		DSA		2:00.52	<b>2:02.53</b>	

### 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	<b>Rosalie van Vliet</b>		DA2	2:01.36	<b>2:00.41</b>	PR
	rd	71	<b>Kim Talsma</b>		DSA	1:57.33	<b>1:59.57</b>	
		<b>Rosalie van Vliet</b>			<b>Kim Talsma</b>			
		300m	26.51	(26.51)	300m	26.49	(26.49)	
		700m	56.15	(29.64)	700m	56.13	(29.64)	
		1100m	1:27.38	(31.23)	1100m	1:27.07	(30.94)	
		1500m	2:00.41	(33.03)	1500m	1:59.57	(32.50)	
		Naam			Cat	PR	Tijd	Info
6	wt	51	<b>Reina Anema</b>		DSB	1:55.74	<b>2:00.23</b>	
	rd	63	<b>Sanne in 't Hof</b>		DSA	1:58.83	<b>2:01.30</b>	
		<b>Reina Anema</b>			<b>Sanne in 't Hof</b>			
		300m	27.00	(27.00)	300m	27.97	(27.97)	
		700m	57.02	(30.02)	700m	58.09	(30.12)	
		1100m	1:28.02	(31.00)	1100m	1:29.34	(31.25)	
		1500m	2:00.23	(32.21)	1500m	2:01.30	(31.96)	
		Naam			Cat	PR	Tijd	Info
7	wt	78	<b>Melissa Wijffe</b>		DSA	1:51.78	<b>1:56.82</b>	
	rd	60	<b>Jade Groenewoud</b>		DN2	1:58.16	<b>1:59.55</b>	
		<b>Melissa Wijffe</b>			<b>Jade Groenewoud</b>			
		300m	26.59	(26.59)	300m	26.56	(26.56)	
		700m	55.56	(28.97)	700m	55.56	(29.00)	
		1100m	1:25.31	(29.75)	1100m	1:26.58	(31.02)	
		1500m	1:56.82	(31.51)	1500m	1:59.55	(32.97)	
		Naam			Cat	PR	Tijd	Info
8	wt	66	<b>Gioya Lancee</b>		DSA	1:56.15	<b>1:57.95</b>	
	rd	62	<b>Robin Groot</b>		DSA	1:56.54	<b>1:57.42</b>	
		<b>Gioya Lancee</b>			<b>Robin Groot</b>			
		300m	26.37	(26.37)	300m	26.43	(26.43)	
		700m	55.06	(28.69)	700m	55.53	(29.10)	
		1100m	1:25.55	(30.49)	1100m	1:25.85	(30.32)	
		1500m	1:57.95	(32.40)	1500m	1:57.42	(31.57)	

		Naam			Cat	PR	Tijd	Info
9	wt	55	<b>Merel Conijn</b>		DN4	1:55.95	<b>1:55.85</b>	PR
	rd	61	<b>Marijke Groenewoud</b>		DSA	1:53.17	<b>1:57.98</b>	
		<b>Merel Conijn</b>			<b>Marijke Groenewoud</b>			
		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	<b>Antoinette Rijpma - de Jong</b>		DSA	1:51.72	<b>1:55.62</b>	
	rd	53	<b>Joy Beune</b>		DSA	1:52.23	<b>1:54.69</b>	
		<b>Antoinette Rijpma - de Jong</b>			<b>Joy Beune</b>			
		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 <b>Loek van Vilsteren</b>		HN2		1:50.11	<b>1:50.79</b>	
	rd	9 <b>Sille Hut</b>		HN1		1:52.56	<b>1:51.37</b>	PR
		<b>Loek van Vilsteren</b>			<b>Sille Hut</b>			
		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 <b>Jelle Koeleman</b>		HN2		1:52.18	<b>1:52.61</b>	
	rd	4 <b>Chris Brommersma</b>		HN1		1:53.28	<b>1:53.05</b>	PR
		<b>Jelle Koeleman</b>			<b>Chris Brommersma</b>			
		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 <b>Hidde Westra</b>		HN2		1:48.43	<b>1:49.06</b>	
	rd	25 <b>Olaf Vunderink</b>		HA2		1:52.44	<b>1:51.01</b>	PR
		<b>Hidde Westra</b>			<b>Olaf Vunderink</b>			
		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 <b>Marwin Talsma</b>		HSA		1:46.20	<b>1:51.39</b>	
	rd	22 <b>Yves Vergeer</b>		HSA		1:47.25	<b>1:49.03</b>	
		<b>Marwin Talsma</b>			<b>Yves Vergeer</b>			
		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 <b>Gert Wierda</b>	HN3		1:46.38	<b>1:49.25</b>	
	rd	5 <b>Stijn van de Bunt</b>	HN2		1:49.30	<b>1:49.41</b>	
		<b>Gert Wierda</b>			<b>Stijn van de Bunt</b>		
		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 <b>Remco Stam</b>	HN2		1:48.13	<b>1:50.62</b>	
	rd	16 <b>Ties van Seumeren</b>	HN1		1:48.04	<b>1:48.83</b>	
		<b>Remco Stam</b>			<b>Ties van Seumeren</b>		
		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 <b>Jasper Krommenhoek</b>	HN2		1:49.34	<b>1:49.36</b>	
	rd	10 <b>Kars Jansman</b>	HSA		1:47.31	<b>1:49.72</b>	
		<b>Jasper Krommenhoek</b>			<b>Kars Jansman</b>		
		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 <b>Freek van der Ham</b>	HN1		1:46.20	<b>1:47.67</b>	
	rd	21 <b>Jur Veenje</b>	HSA		1:48.27	<b>1:50.13</b>	
		<b>Freek van der Ham</b>			<b>Jur Veenje</b>		
		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	<b>Marcel Bosker</b>		HSA	1:44.12	<b>1:47.08</b>	
	rd	14	<b>Patrick Roest</b>		HSA	1:42.56	<b>1:47.71</b>	
		<b>Marcel Bosker</b>			<b>Patrick Roest</b>			
		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	<b>Chris Huizinga</b>		HSA	1:44.60	<b>1:48.79</b>	
	rd	17	<b>Beau Snellink</b>		HSA	1:47.04	<b>1:46.82</b>	PR
		<b>Chris Huizinga</b>			<b>Beau Snellink</b>			
		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 <b>Merel Conijn</b>	DN4	3	I	<b>6:48.96</b>	PR	
2	61 <b>Marijke Groenewoud</b>	DSA	3	O	<b>6:55.61</b>		
3	53 <b>Joy Beune</b>	DSA	4	I	<b>6:55.67</b>		
4	63 <b>Sanne in 't Hof</b>	DSA	1	O	<b>7:00.45</b>		
5	62 <b>Robin Groot</b>	DSA	2	O	<b>7:04.09</b>		
6	70 <b>Antoinette Rijpma - de Jong</b>	DSA	4	O	<b>7:10.11</b>		
7	78 <b>Melissa Wijffe</b>	DSA	2	I	<b>7:15.82</b>		
8	66 <b>Gioya Lancee</b>	DSA	1	I	<b>7:29.41</b>		

## 7. Rituitslag Vrouwen 5000 meter

		Naam		Cat		PR	Tijd	Info
1	wt	66 <b>Gioya Lancee</b>		DSA		7:24.52	<b>7:29.41</b>	
	rd	63 <b>Sanne in 't Hof</b>		DSA		6:47.28	<b>7:00.45</b>	
		<b>Gioya Lancee</b>			<b>Sanne in 't Hof</b>			
		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 <b>Melissa Wijfje</b>		DSA		6:58.80	<b>7:15.82</b>	
	rd	62 <b>Robin Groot</b>		DSA		7:00.56	<b>7:04.09</b>	
		<b>Melissa Wijfje</b>			<b>Robin Groot</b>			
		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	<b>Merel Conijn</b>		DN4	6:52.92	<b>6:48.96</b>	PR
	rd	61	<b>Marijke Groenewoud</b>		DSA	6:50.77	<b>6:55.61</b>	
		<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	<b>Joy Beune</b>		DSA	6:47.72	<b>6:55.67</b>	
	rd	70	<b>Antoinette Rijpma - de Jong</b>		DSA	6:56.26	<b>7:10.11</b>	
		<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	<b>13:00.65</b>	
	rd 19 Marwin Talsma	HSA	12:50.91	<b>13:03.23</b>	
	<b>Kars Jansman</b>				
	400m	36.88 (36.88)			
	800m	1:08.50 (31.62)			
	1200m	1:40.09 (31.59)			
	1600m	2:11.31 (31.22)			
	2000m	2:42.65 (31.34)			
	2400m	3:13.74 (31.09)			
	2800m	3:44.90 (31.16)			
	3200m	4:16.30 (31.40)			
	3600m	4:47.84 (31.54)			
	4000m	5:19.16 (31.32)			
	4400m	5:50.47 (31.31)			
	4800m	6:21.62 (31.15)			
	5200m	6:52.81 (31.19)			
	5600m	7:23.83 (31.02)			
	6000m	7:54.87 (31.04)			
	6400m	8:25.73 (30.86)			
	6800m	8:56.46 (30.73)			
	7200m	9:27.33 (30.87)			
	7600m	9:58.35 (31.02)			
	8000m	10:29.21 (30.86)			
	8400m	10:59.77 (30.56)			
	8800m	11:30.00 (30.23)			
	9200m	12:00.41 (30.41)			
	9600m	12:30.62 (30.21)			
	10000m	13:00.65 (30.03)			
	<b>Marwin Talsma</b>				
	400m	36.43 (36.43)			
	800m	1:07.99 (31.56)			
	1200m	1:39.64 (31.65)			
	1600m	2:11.52 (31.88)			
	2000m	2:43.19 (31.67)			
	2400m	3:14.64 (31.45)			
	2800m	3:45.83 (31.19)			
	3200m	4:17.33 (31.50)			
	3600m	4:48.74 (31.41)			
	4000m	5:20.21 (31.47)			
	4400m	5:51.37 (31.16)			
	4800m	6:22.72 (31.35)			
	5200m	6:53.70 (30.98)			
	5600m	7:25.25 (31.55)			
	6000m	7:56.65 (31.40)			
	6400m	8:27.65 (31.00)			
	6800m	8:58.27 (30.62)			
	7200m	9:29.00 (30.73)			
	7600m	9:59.73 (30.73)			
	8000m	10:30.74 (31.01)			
	8400m	11:01.56 (30.82)			
	8800m	11:32.51 (30.95)			
	9200m	12:03.10 (30.59)			
	9600m	12:33.36 (30.26)			
	10000m	13:03.23 (29.87)			

		Naam	Cat	PR	Tijd	Info
2	wt	12 Jasper Krommenhoek	HN2	13:09.14	<b>12:53.88</b>	PR
	rd	21 Jur Veenje	HSA	14:15.61	<b>13:53.06</b>	PR

### Jasper Krommenhoek

400m	35.60	(35.60)
800m	1:06.98	(31.38)
1200m	1:38.74	(31.76)
1600m	2:10.23	(31.49)
2000m	2:41.67	(31.44)
2400m	3:13.16	(31.49)
2800m	3:44.79	(31.63)
3200m	4:16.14	(31.35)
3600m	4:47.38	(31.24)
4000m	5:18.50	(31.12)
4400m	5:49.75	(31.25)
4800m	6:21.05	(31.30)
5200m	6:52.10	(31.05)
5600m	7:22.97	(30.87)
6000m	7:53.48	(30.51)
6400m	8:23.58	(30.10)
6800m	8:53.82	(30.24)
7200m	9:23.64	(29.82)
7600m	9:53.62	(29.98)
8000m	10:23.39	(29.77)
8400m	10:53.26	(29.87)
8800m	11:23.24	(29.98)
9200m	11:53.27	(30.03)
9600m	12:23.42	(30.15)
10000m	12:53.88	(30.46)

### Jur Veenje

400m	35.87	(35.87)
800m	1:07.42	(31.55)
1200m	1:39.66	(32.24)
1600m	2:12.28	(32.62)
2000m	2:44.91	(32.63)
2400m	3:17.64	(32.73)
2800m	3:50.40	(32.76)
3200m	4:23.37	(32.97)
3600m	4:56.29	(32.92)
4000m	5:29.22	(32.93)
4400m	6:02.22	(33.00)
4800m	6:35.33	(33.11)
5200m	7:08.66	(33.33)
5600m	7:42.18	(33.52)
6000m	8:15.87	(33.69)
6400m	8:49.52	(33.65)
6800m	9:23.14	(33.62)
7200m	9:56.66	(33.52)
7600m	10:30.10	(33.44)
8000m	11:03.89	(33.79)
8400m	11:37.75	(33.86)
8800m	12:11.62	(33.87)
9200m	12:45.51	(33.89)
9600m	13:19.34	(33.83)
10000m	13:53.06	(33.72)



		Naam	Cat	PR	Tijd	Info
3	wt	2 <b>Marcel Bosker</b>	HSA	12:59.25	<b>13:17.85</b>	
	rd	7 <b>Freek van der Ham</b>	HN1	13:27.67	<b>13:21.69</b>	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 <b>Beau Snellink</b>	HSA	12:52.12	<b>12:42.98</b>	PR
	rd	8 <b>Chris Huizinga</b>	HSA	12:43.45	<b>12:39.87</b>	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)