

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

1. Uitslag 100 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------------|-----|------|------|--------------|------|--------|
| 1 | 22 Nomdo de Heer | HN3 | 8 | I | 10.55 | PR | |
| 2 | 21 Jeroen de Heer | HN1 | 7 | O | 10.83 | | |
| 3 | 12 Ruben Zeiderveld | HSA | 5 | I | 11.91 | PR | |
| 4 | 14 Nynke Lankhaar | DB2 | 8 | O | 12.10 | | |
| 5 | 48 Lars Peute | HPA | 7 | I | 12.21 | PR | |
| 6 | 35 Rens van Horen | HPA | 6 | O | 13.05 | | |
| 7 | 25 Jochem van der Reijden | HPC | 5 | O | 13.41 | PR | |
| 8 | 45 Ryan Preesman | HPC | 4 | I | 13.60 | PR | |
| 9 | 53 Sofie de Bijl | DPC | 4 | O | 13.90 | PR | |
| 10 | 50 Gijs de Wit | HPB | 3 | I | 14.22 | | |
| 11 | 17 Mila Poppe | DPD | 3 | O | 14.54 | PR | |
| 12 | 34 Lynn van Horen | DPD | 1 | I | 16.54 | | |
| | 39 Larissa Reinders | DPB | 6 | I | DNS | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

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1. Rituitslag 100 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------|-----------------------|---------|-----|----|-------|--------------|------|
| 1 | wt | 34 | Lynn van Horen | | DPD | | 15.80 | 16.54 | |
| | rd | | | | | | | | |
| | | Lynn van Horen | | | | | | | |
| | | 100m | 16.54 | (16.54) | | | m | | |

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

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|-------------|--------------------|---------|-----|----|-------|--------------|------|
| 3 | wt | 50 | Gijs de Wit | | HPB | | 14.10 | 14.22 | |
| | rd | 17 | Mila Poppe | | DPD | | 14.59 | 14.54 | PR |
| | | Gijs de Wit | | | | | | | |
| | | 100m | 14.22 | (14.22) | | | | | |
| | | Mila Poppe | | | | | | | |
| | | 100m | 14.54 | (14.54) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|---------------|----------------------|---------|-----|----|-------|--------------|------|
| 4 | gl | 45 | Ryan Preesman | | HPC | | 14.14 | 13.60 | PR |
| | bl | 53 | Sofie de Bijl | | DPC | | 14.12 | 13.90 | PR |
| | | Ryan Preesman | | | | | | | |
| | | 100m | 13.60 | (13.60) | | | | | |
| | | Sofie de Bijl | | | | | | | |
| | | 100m | 13.90 | (13.90) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|------------------------|-------------------------------|---------|-----|----|-------|--------------|------|
| 5 | wt | 12 | Ruben Zeiderveld | | HSA | | 12.16 | 11.91 | PR |
| | rd | 25 | Jochem van der Reijden | | HPC | | 13.62 | 13.41 | PR |
| | | Ruben Zeiderveld | | | | | | | |
| | | 100m | 11.91 | (11.91) | | | | | |
| | | Jochem van der Reijden | | | | | | | |
| | | 100m | 13.41 | (13.41) | | | | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|-------------------------|-----------------------|---------|---------|-----------------|
| 6 | gl | 39 Larissa Reinders | DPB | 13.34 | | DNS |
| | bl | 35 Rens van Horen | HPA | 12.48 | | 13.05 |
| | | <u>Larissa Reinders</u> | | | | |
| | | | <u>Rens van Horen</u> | | | |
| | | | 100m | 13.05 | (13.05) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 7 | wt | 48 Lars Peute | HPA | 12.27 | | 12.21 PR |
| | rd | 21 Jeroen de Heer | HN1 | 10.70 | | 10.83 |
| | | <u>Lars Peute</u> | | | | |
| | | | <u>Jeroen de Heer</u> | | | |
| | | 100m | 12.21 | (12.21) | | |
| | | | 100m | 10.83 | (10.83) | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 8 | gl | 22 Nomdo de Heer | HN3 | 10.62 | | 10.55 PR |
| | bl | 14 Nynke Lankhaar | DB2 | 11.84 | | 12.10 |
| | | <u>Nomdo de Heer</u> | | | | |
| | | | <u>Nynke Lankhaar</u> | | | |
| | | 100m | 10.55 | (10.55) | | |
| | | | 100m | 12.10 | (12.10) | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

2. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1 | 56 Swen Halferkamps | HA2 | 16 | I | 37.28 | | |
| 2 | 54 Tijs van Gennip | HA1 | 15 | O | 37.48 | | |
| 3 | 15 Jochem Uithoven | HSB | 9 | O | 40.54 | | |
| 4 | 18 Gijsbert Nieuwkoop | H40 | 16 | O | 41.44 | | |
| 5 | 20 Max Eppinga | HA1 | 15 | I | 41.70 | | |
| 6 | 66 Boaz Buter | HA1 | 13 | I | 41.71 | PR | |
| 7 | 52 Hugo Verhaar | HN3 | 13 | O | 45.06 | | |
| 8 | 11 Monique Visser | DSB | 14 | O | 46.66 | | |
| 9 | 23 Anja Bollaart | D55 | 14 | I | 47.96 | | |
| 10 | 42 Hiba Pals | DPA | 12 | I | 49.26 | | |
| 11 | 74 Yvonne Simis | D50 | 11 | O | 49.73 | | |
| 12 | 40 Boaz Damminga | HPA | 9 | I | 52.08 | PR | |
| 13 | 71 Rick Kuijpers | HC2 | 11 | I | 58.17 | | |
| | 27 Denis-Jan Groen | H50 | 12 | O | DNS | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

2. Rituitslag 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|---|----|----------------------|------------------------|---------|------------------------|-------|---------|--------------|------|
| 9 | wt | 40 | Boaz Damminga | | HPA | | 54.18 | 52.08 | PR |
| | rd | 15 | Jochem Uithoven | | HSB | | 38.15 | 40.54 | |
| | | Boaz Damminga | | | Jochem Uithoven | | | | |
| | | 100m | 12.87 | (12.87) | 100m | 11.27 | (11.27) | | |
| | | 500m | 52.08 | (39.21) | 500m | 40.54 | (29.27) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|---|-----|--|----|--|------|------|
| 10 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | | m | | | | | | |
| | | | | | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|----------------------|---------|---------------------|-------|---------|--------------|------|
| 11 | wt | 71 | Rick Kuijpers | | HC2 | | 48.98 | 58.17 | |
| | rd | 74 | Yvonne Simis | | D50 | | 44.73 | 49.73 | |
| | | Rick Kuijpers | | | Yvonne Simis | | | | |
| | | 100m | 12.28 | (12.28) | 100m | 13.08 | (13.08) | | |
| | | 500m | 58.17 | (45.89) | 500m | 49.73 | (36.65) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------|------------------------|---------|------------------------|----|-------|--------------|------|
| 12 | gl | 42 | Hiba Pals | | DPA | | 48.31 | 49.26 | |
| | bl | 27 | Denis-Jan Groen | | H50 | | 42.50 | DNS | |
| | | Hiba Pals | | | Denis-Jan Groen | | | | |
| | | 100m | 13.32 | (13.32) | | | | | |
| | | 500m | 49.26 | (35.94) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|---------------------|---------|---------------------|-------|---------|--------------|------|
| 13 | wt | 66 | Boaz Buter | | HA1 | | 41.74 | 41.71 | PR |
| | rd | 52 | Hugo Verhaar | | HN3 | | 44.96 | 45.06 | |
| | | Boaz Buter | | | Hugo Verhaar | | | | |
| | | 100m | 11.63 | (11.63) | 100m | 12.08 | (12.08) | | |
| | | 500m | 41.71 | (30.08) | 500m | 45.06 | (32.98) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|-------------------------|---------------------------|---------|---------------------------|-------|---------|-------|--------------|------|
| 14 | gl | 23 | Anja Bollaart | | D55 | | | 41.31 | 47.96 | |
| | bl | 11 | Monique Visser | | DSB | | | 46.39 | 46.66 | |
| | | Anja Bollaart | | | Monique Visser | | | | | |
| | | 100m | 12.96 | (12.96) | 100m | 12.79 | (12.79) | | | |
| | | 500m | 47.96 | (35.00) | 500m | 46.66 | (33.87) | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 15 | wt | 20 | Max Eppinga | | HA1 | | | 41.31 | 41.70 | |
| | rd | 54 | Tijs van Gennip | | HA1 | | | 36.85 | 37.48 | |
| | | Max Eppinga | | | Tijs van Gennip | | | | | |
| | | 100m | 11.68 | (11.68) | 100m | 10.43 | (10.43) | | | |
| | | 500m | 41.70 | (30.02) | 500m | 37.48 | (27.05) | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 16 | gl | 56 | Swen Halferkamps | | HA2 | | | 36.34 | 37.28 | |
| | bl | 18 | Gijsbert Nieuwkoop | | H40 | | | 39.28 | 41.44 | |
| | | Swen Halferkamps | | | Gijsbert Nieuwkoop | | | | | |
| | | 100m | 10.22 | (10.22) | 100m | 11.63 | (11.63) | | | |
| | | 500m | 37.28 | (27.06) | 500m | 41.44 | (29.81) | | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

3. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|-------|------|--------|
| 1 | 7 Twan van Duuren | HPA | 23 | I | 43.50 | | |
| 2 | 2 Casper de Munck | HSB | 22 | O | 44.25 | | |
| 3 | 13 Herbert Boender | H45 | 24 | O | 45.83 | | |
| 4 | 8 Jarno de Laat | HN3 | 21 | O | 47.53 | | |
| 5 | 9 Yara van Klaveren | DB1 | 22 | I | 47.66 | PR | |
| 6 | 64 Yanick Stegeman | HC1 | 21 | I | 47.68 | | |
| 7 | 24 Marit de Heer | DA1 | 20 | O | 48.88 | PR | |
| 8 | 10 Fabienne van der Veldt | DPA | 19 | I | 50.21 | | |
| 9 | 69 Merel Kramer | DC1 | 20 | I | 52.32 | PR | |
| 10 | 51 Fenne Smit | DPB | 19 | O | 52.45 | | |
| 11 | 61 Daan Lankhaar | HPC | 17 | I | 55.33 | | |
| | 6 Bastiaan Geurts | HSB | 24 | I | DQ | | |
| | 38 Tim Broere | HSB | 23 | O | DNS | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

3. Rituitslag 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|----------------------|-------|---------|----|-------|--------------|------|
| 17 | wt rd | 61 | Daan Lankhaar | | HPC | | 53.21 | 55.33 | |
| | | | Daan Lankhaar | | | | | | |
| | | | 100m | 13.76 | (13.76) | | | m | |
| | | | 500m | 55.33 | (41.57) | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|--|-----|--|----|--|------|------|
| 18 | gl bl | | | | | | | | |
| | | | | | | | | m | |
| | | | | | | | | m | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|-------------------------------|-------|---------|----|-------|--------------|---------------|
| 19 | wt rd | 10 | Fabiënne van der Veldt | | DPA | | 48.13 | 50.21 | |
| | | 51 | Fenne Smit | | DPB | | 52.14 | 52.45 | |
| | | | Fabiënne van der Veldt | | | | | | |
| | | | 100m | 13.26 | (13.26) | | | 100m | 13.87 (13.87) |
| | | | 500m | 50.21 | (36.95) | | | 500m | 52.45 (38.58) |
| | | | Fenne Smit | | | | | | |
| | | | 100m | 13.87 | (13.87) | | | 100m | 13.87 (13.87) |
| | | | 500m | 52.45 | (38.58) | | | 500m | 52.45 (38.58) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|----------------------|-------|---------|----|-------|--------------|---------------|
| 20 | gl bl | 69 | Merel Kramer | | DC1 | | 52.57 | 52.32 | PR |
| | | 24 | Marit de Heer | | DA1 | | 49.43 | 48.88 | PR |
| | | | Merel Kramer | | | | | | |
| | | | 100m | 13.58 | (13.58) | | | 100m | 12.60 (12.60) |
| | | | 500m | 52.32 | (38.74) | | | 500m | 48.88 (36.28) |
| | | | Marit de Heer | | | | | | |
| | | | 100m | 12.60 | (12.60) | | | 100m | 12.60 (12.60) |
| | | | 500m | 48.88 | (36.28) | | | 500m | 48.88 (36.28) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|------------------------|-------|---------|----|-------|--------------|---------------|
| 21 | wt rd | 64 | Yanick Stegeman | | HC1 | | 47.33 | 47.68 | |
| | | 8 | Jarno de Laat | | HN3 | | 46.09 | 47.53 | |
| | | | Yanick Stegeman | | | | | | |
| | | | 100m | 11.89 | (11.89) | | | 100m | 12.45 (12.45) |
| | | | 500m | 47.68 | (35.79) | | | 500m | 47.53 (35.08) |
| | | | Jarno de Laat | | | | | | |
| | | | 100m | 12.45 | (12.45) | | | 100m | 12.45 (12.45) |
| | | | 500m | 47.53 | (35.08) | | | 500m | 47.53 (35.08) |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|------------------------|-------|---------|--------------|------|
| 22 | gl | 9 | Yara van Klaveren | | DB1 | | 47.90 | 47.66 | PR |
| | bl | 2 | Casper de Munck | | HSB | | 41.17 | 44.25 | |
| | | Yara van Klaveren | | | Casper de Munck | | | | |
| | | 100m | 12.73 | (12.73) | 100m | 12.02 | (12.02) | | |
| | | 500m | 47.66 | (34.93) | 500m | 44.25 | (32.23) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|-------------------|----|-------|--------------|------|
| 23 | wt | 7 | Twan van Duuren | | HPA | | 42.22 | 43.50 | |
| | rd | 38 | Tim Broere | | HSB | | 38.17 | DNS | |
| | | Twan van Duuren | | | Tim Broere | | | | |
| | | 100m | 11.89 | (11.89) | | | | | |
| | | 500m | 43.50 | (31.61) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|-----|------------------------|-------|---------|--------------|------|
| 24 | gl | 6 | Bastiaan Geurts | | HSB | | 40.26 | DQ | |
| | bl | 13 | Herbert Boender | | H45 | | 44.54 | 45.83 | |
| | | Bastiaan Geurts | | | Herbert Boender | | | | |
| | | | | | 100m | 12.65 | (12.65) | | |
| | | | | | 500m | 45.83 | (33.18) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

4. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 22 Nomdo de Heer | HN3 | 31 | O | 39.12 | | |
| 2 | 21 Jeroen de Heer | HN1 | 31 | I | 41.78 | | |
| 3 | 48 Lars Peute | HPA | 32 | O | 46.22 | | |
| 4 | 14 Nynke Lankhaar | DB2 | 32 | I | 48.01 | | |
| 5 | 12 Ruben Zeiderveld | HSA | 30 | I | 48.25 | | |
| 6 | 35 Rens van Horen | HPA | 29 | O | 49.42 | | |
| 7 | 45 Ryan Preesman | HPC | 30 | O | 54.97 | PR | |
| 8 | 25 Jochem van der Reijden | HPC | 28 | O | 56.18 | PR | |
| 9 | 50 Gijs de Wit | HPB | 27 | O | 56.38 | | |
| 10 | 53 Sofie de Bijl | DPC | 27 | I | 58.30 | | |
| 11 | 17 Mila Poppe | DPD | 25 | I | 1:11.01 | PR | |
| 12 | 34 Lynn van Horen | DPD | 28 | I | 1:15.01 | | |
| | 39 Larissa Reinders | DPB | 29 | I | DNS | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

4. Rituitslag 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|-------------------|---------|---------|----|---------|----------------|------|
| 25 | wt | 17 | Mila Poppe | | DPD | | 1:15.80 | 1:11.01 | PR |
| | rd | | | | | | | | |
| | | | Mila Poppe | | | | | | |
| | | | 100m | 15.55 | (15.55) | | | m | |
| | | | 500m | 1:11.01 | (55.46) | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|---|-----|--|----|--|------|------|
| 26 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | | m | | | | | m | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|----------------------|-------|---------|----|-------|--------------|---------------|
| 27 | wt | 53 | Sofie de Bijl | | DPC | | 58.19 | 58.30 | |
| | rd | 50 | Gijs de Wit | | HPB | | 56.27 | 56.38 | |
| | | | Sofie de Bijl | | | | | | |
| | | | 100m | 14.37 | (14.37) | | | 100m | 14.38 (14.38) |
| | | | 500m | 58.30 | (43.93) | | | 500m | 56.38 (42.00) |
| | | | Gijs de Wit | | | | | | |
| | | | 100m | 14.38 | (14.38) | | | 100m | 14.38 (14.38) |
| | | | 500m | 56.38 | (42.00) | | | 500m | 56.38 (42.00) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|-------------------------------|---------|---------|----|---------|----------------|---------------|
| 28 | gl | 34 | Lynn van Horen | | DPD | | 1:12.34 | 1:15.01 | |
| | bl | 25 | Jochem van der Reijden | | HPC | | 57.52 | 56.18 | PR |
| | | | Lynn van Horen | | | | | | |
| | | | 100m | 17.21 | (17.21) | | | 100m | 13.09 (13.09) |
| | | | 500m | 1:15.01 | (57.80) | | | 500m | 56.18 (43.09) |
| | | | Jochem van der Reijden | | | | | | |
| | | | 100m | 13.09 | (13.09) | | | 100m | 13.09 (13.09) |
| | | | 500m | 56.18 | (43.09) | | | 500m | 56.18 (43.09) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|-------------------------|-------|---------|----|-------|--------------|---------------|
| 29 | wt | 39 | Larissa Reinders | | DPB | | 52.98 | DNS | |
| | rd | 35 | Rens van Horen | | HPA | | 48.61 | 49.42 | |
| | | | Larissa Reinders | | | | | | |
| | | | | | | | | | |
| | | | Rens van Horen | | | | | | |
| | | | 100m | 13.02 | (13.02) | | | 100m | 13.02 (13.02) |
| | | | 500m | 49.42 | (36.40) | | | 500m | 49.42 (36.40) |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|-------------------------|-------------------------|---------|----------------------|-------|---------|-------|--------------|------|
| 30 | gl | 12 | Ruben Zeiderveld | | HSA | | | 48.07 | 48.25 | |
| | bl | 45 | Ryan Preesman | | HPC | | | 55.52 | 54.97 | PR |
| | | Ruben Zeiderveld | | | Ryan Preesman | | | | | |
| | | 100m | 12.44 | (12.44) | 100m | 14.21 | (14.21) | | | |
| | | 500m | 48.25 | (35.81) | 500m | 54.97 | (40.76) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|----------------------|-------|---------|-------|--------------|------|
| 31 | wt | 21 | Jeroen de Heer | | HN1 | | | 39.37 | 41.78 | |
| | rd | 22 | Nomdo de Heer | | HN3 | | | 38.33 | 39.12 | |
| | | Jeroen de Heer | | | Nomdo de Heer | | | | | |
| | | 100m | 11.13 | (11.13) | 100m | 10.73 | (10.73) | | | |
| | | 500m | 41.78 | (30.65) | 500m | 39.12 | (28.39) | | | |

| | | Naam | | | Cat | | | PR | Tijd | Info |
|----|----|-----------------------|-----------------------|---------|-------------------|-------|---------|-------|--------------|------|
| 32 | gl | 14 | Nynke Lankhaar | | DB2 | | | 46.36 | 48.01 | |
| | bl | 48 | Lars Peute | | HPA | | | 46.21 | 46.22 | |
| | | Nynke Lankhaar | | | Lars Peute | | | | | |
| | | 100m | 12.07 | (12.07) | 100m | 12.40 | (12.40) | | | |
| | | 500m | 48.01 | (35.94) | 500m | 46.22 | (33.82) | | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

5. Uitslag 500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 57 Rinse Franken | HA1 | 39 | O | 38.31 | PR | |
| 2 | 49 Thomas van Berkel | HA2 | 40 | I | 38.99 | | |
| 3 | 58 Eise van Schijndel | HA1 | 40 | O | 39.24 | | |
| 4 | 72 Julian Kant | HB2 | 39 | I | 39.85 | | |
| 5 | 32 Jeffrey Doornbusch | HSB | 33 | I | 40.90 | HT | |
| 6 | 33 Arie Boer | HSA | 38 | O | 42.91 | PR | |
| 7 | 44 Cas van der Zijden | HC2 | 38 | I | 45.89 | | |
| 8 | 46 Amber Feller | DC2 | 37 | I | 47.99 | | |
| 9 | 29 Kees Bollaart | H60 | 35 | O | 48.23 | | |
| 10 | 67 Amanda van Vugt | DC1 | 37 | O | 48.76 | | |
| 11 | 4 Pieter den Dunnen | H75 | 36 | I | 53.14 | | |
| 12 | 1 Daniëlle Frijters | DSB | 36 | O | 53.97 | | |
| 13 | 65 Carolien van Rees | D65 | 34 | I | 54.70 | | |
| 14 | 31 Noor van der Ster | D65 | 34 | O | 55.11 | | |
| 15 | 41 Yasmine Pals | DC2 | 35 | I | 1:07.56 | FL | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

5. Rituitslag 500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------------|---------------------------|---------|-----|----|-------|--------------|------|
| 33 | wt | 32 | Jeffrey Doornbusch | | HSB | | 37.84 | 40.90 | HT |
| | rd | | | | | | | | |
| | | Jeffrey Doornbusch | | | | | | | |
| | | 100m | 40.90 | (40.90) | m | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|--------------------------|-------|---------|--------------|------|
| 34 | gl | 65 | Carolien van Rees | | D65 | | 53.54 | 54.70 | |
| | bl | 31 | Noor van der Ster | | D65 | | 44.82 | 55.11 | |
| | | Carolien van Rees | | | Noor van der Ster | | | | |
| | | 100m | 14.40 | (14.40) | 100m | 14.45 | (14.45) | | |
| | | 500m | 54.70 | (40.30) | 500m | 55.11 | (40.66) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|----------------------|---------|----------------------|-------|---------|----------------|------|
| 35 | wt | 41 | Yasmine Pals | | DC2 | | 47.95 | 1:07.56 | FL |
| | rd | 29 | Kees Bollaart | | H60 | | 43.55 | 48.23 | |
| | | Yasmine Pals | | | Kees Bollaart | | | | |
| | | 100m | 12.82 | (12.82) | 100m | 13.18 | (13.18) | | |
| | | 500m | 1:07.56 | (54.74) | 500m | 48.23 | (35.05) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|--------------------------|--------------------------|---------|--------------------------|-------|---------|--------------|------|
| 36 | gl | 4 | Pieter den Dunnen | | H75 | | 42.50 | 53.14 | |
| | bl | 1 | Daniëlle Frijters | | DSB | | 51.87 | 53.97 | |
| | | Pieter den Dunnen | | | Daniëlle Frijters | | | | |
| | | 100m | 14.74 | (14.74) | 100m | 14.50 | (14.50) | | |
| | | 500m | 53.14 | (38.40) | 500m | 53.97 | (39.47) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|------------------------|---------|------------------------|-------|---------|--------------|------|
| 37 | wt | 46 | Amber Feller | | DC2 | | 46.50 | 47.99 | |
| | rd | 67 | Amanda van Vugt | | DC1 | | 46.96 | 48.76 | |
| | | Amber Feller | | | Amanda van Vugt | | | | |
| | | 100m | 12.64 | (12.64) | 100m | 12.84 | (12.84) | | |
| | | 500m | 47.99 | (35.35) | 500m | 48.76 | (35.92) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|---------------------------|---------------------------|---------|---------------------------|-------|---------|-------|--------------|------|
| 38 | gl | 44 | Cas van der Zijden | | HC2 | | | 45.39 | 45.89 | |
| | bl | 33 | Arie Boer | | HSA | | | 43.33 | 42.91 | PR |
| | | Cas van der Zijden | | | Arie Boer | | | | | |
| | | 100m | 11.96 | (11.96) | 100m | 11.68 | (11.68) | | | |
| | | 500m | 45.89 | (33.93) | 500m | 42.91 | (31.23) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 39 | wt | 72 | Julian Kant | | HB2 | | | 39.63 | 39.85 | |
| | rd | 57 | Rinse Franken | | HA1 | | | 38.52 | 38.31 | PR |
| | | Julian Kant | | | Rinse Franken | | | | | |
| | | 100m | 10.85 | (10.85) | 100m | 10.73 | (10.73) | | | |
| | | 500m | 39.85 | (29.00) | 500m | 38.31 | (27.58) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 40 | gl | 49 | Thomas van Berkel | | HA2 | | | 38.79 | 38.99 | |
| | bl | 58 | Eise van Schijndel | | HA1 | | | 38.89 | 39.24 | |
| | | Thomas van Berkel | | | Eise van Schijndel | | | | | |
| | | 100m | 10.76 | (10.76) | 100m | 11.09 | (11.09) | | | |
| | | 500m | 38.99 | (28.23) | 500m | 39.24 | (28.15) | | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

6. Uitslag 3000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|--------------------|-----|------|------|---------|------|--------|
| 1 | 68 Bart Streefkerk | HSB | 42 | I | 4:28.62 | | |
| 2 | 60 Maud Biezen | DB2 | 42 | O | 4:39.38 | | |
| 3 | 3 Leander Korevaar | HC2 | 41 | I | 4:50.70 | PR | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

6. Rituitslag 3000 meter

| | | Naam | Cat | PR | Tijd Info |
|----|----------|---------------------------|-----|---------|-------------------|
| 41 | wt rd | 3 Leander Korevaar | HC2 | 5:42.00 | 4:50.70 PR |

Leander Korevaar

| | | | |
|-------|---------|---------|---|
| 200m | 22.06 | (22.06) | m |
| 600m | 57.53 | (35.47) | |
| 1000m | 1:34.58 | (37.05) | |
| 1400m | 2:12.05 | (37.47) | |
| 1800m | 2:50.37 | (38.32) | |
| 2200m | 3:29.19 | (38.82) | |
| 2600m | 4:09.35 | (40.16) | |
| 3000m | 4:50.70 | (41.35) | |

| | | Naam | Cat | PR | Tijd Info |
|----|----|---------------------------|-----|---------|----------------|
| 42 | gl | 68 Bart Streefkerk | HSB | 4:07.49 | 4:28.62 |
| | bl | 60 Maud Biezen | DB2 | 4:33.56 | 4:39.38 |

Bart Streefkerk

| | | |
|-------|---------|---------|
| 200m | 20.59 | (20.59) |
| 600m | 54.54 | (33.95) |
| 1000m | 1:29.30 | (34.76) |
| 1400m | 2:04.62 | (35.32) |
| 1800m | 2:40.32 | (35.70) |
| 2200m | 3:16.24 | (35.92) |
| 2600m | 3:52.32 | (36.08) |
| 3000m | 4:28.62 | (36.30) |

Maud Biezen

| | | |
|-------|---------|---------|
| 200m | 21.67 | (21.67) |
| 600m | 55.66 | (33.99) |
| 1000m | 1:32.27 | (36.61) |
| 1400m | 2:09.48 | (37.21) |
| 1800m | 2:46.14 | (36.66) |
| 2200m | 3:23.09 | (36.95) |
| 2600m | 4:00.83 | (37.74) |
| 3000m | 4:39.38 | (38.55) |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

7. Uitslag 1000 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 54 Tijs van Gennip | HA1 | 50 | I | 1:14.12 | | |
| 2 | 55 Niels de Kruijk | HA1 | 50 | O | 1:15.70 | | |
| 3 | 15 Jochem Uithoven | HSB | 43 | I | 1:19.49 | | |
| 4 | 18 Gijsbert Nieuwkoop | H40 | 46 | O | 1:20.48 | | |
| 5 | 66 Boaz Buter | HA1 | 49 | I | 1:21.89 | PR | |
| 6 | 20 Max Eppinga | HA1 | 49 | O | 1:22.73 | PR | |
| 7 | 52 Hugo Verhaar | HN3 | 48 | I | 1:28.41 | PR | |
| 8 | 74 Yvonne Simis | D50 | 46 | I | 1:38.03 | | |
| 9 | 23 Anja Bollaart | D55 | 47 | I | 1:38.35 | | |
| 10 | 42 Hiba Pals | DPA | 45 | I | 1:40.79 | | |
| 11 | 11 Monique Visser | DSB | 48 | O | 1:40.91 | | |
| 12 | 71 Rick Kuijpers | HC2 | 45 | O | 1:46.85 | PR | |
| 13 | 40 Boaz Damminga | HPA | 43 | O | 1:51.08 | PR | |
| | 27 Denis-Jan Groen | H50 | 47 | O | DNS | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

7. Rituitslag 1000 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|----------------------|---------|---------|----------------|------|
| 43 | wt | 15 | Jochem Uithoven | | HSB | | 1:14.43 | 1:19.49 | |
| | rd | 40 | Boaz Damminga | | HPA | | 2:07.62 | 1:51.08 | PR |
| | | Jochem Uithoven | | | Boaz Damminga | | | | |
| | | 200m | 18.99 | (18.99) | 200m | 23.78 | (23.78) | | |
| | | 600m | 48.52 | (29.53) | 600m | 1:06.96 | (43.18) | | |
| | | 1000m | 1:19.49 | (30.97) | 1000m | 1:51.08 | (44.12) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------|--|-----|---|----|--|------|------|
| 44 | gl | | | | | | | | |
| | bl | | | | | | | | |
| | | m | | | m | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------|----------------------|---------|----------------------|---------|---------|----------------|------|
| 45 | wt | 42 | Hiba Pals | | DPA | | 1:40.08 | 1:40.79 | |
| | rd | 71 | Rick Kuijpers | | HC2 | | 1:47.48 | 1:46.85 | PR |
| | | Hiba Pals | | | Rick Kuijpers | | | | |
| | | 200m | 23.35 | (23.35) | 200m | 23.02 | (23.02) | | |
| | | 600m | 1:01.17 | (37.82) | 600m | 1:03.43 | (40.41) | | |
| | | 1000m | 1:40.79 | (39.62) | 1000m | 1:46.85 | (43.42) | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|---------------------------|---------|---------------------------|---------|---------|----------------|------|
| 46 | gl | 74 | Yvonne Simis | | D50 | | 1:28.91 | 1:38.03 | |
| | bl | 18 | Gijsbert Nieuwkoop | | H40 | | 1:16.45 | 1:20.48 | |
| | | Yvonne Simis | | | Gijsbert Nieuwkoop | | | | |
| | | 200m | 22.90 | (22.90) | 200m | 19.95 | (19.95) | | |
| | | 600m | 59.51 | (36.61) | 600m | 49.82 | (29.87) | | |
| | | 1000m | 1:38.03 | (38.52) | 1000m | 1:20.48 | (30.66) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|----------------------|------------------------|---------|------------------------|----|---------|----------------|------|
| 47 | wt | 23 | Anja Bollaart | | D55 | | 1:21.38 | 1:38.35 | |
| | rd | 27 | Denis-Jan Groen | | H50 | | 1:26.06 | DNS | |
| | | Anja Bollaart | | | Denis-Jan Groen | | | | |
| | | 200m | 22.45 | (22.45) | | | | | |
| | | 600m | 58.57 | (36.12) | | | | | |
| | | 1000m | 1:38.35 | (39.78) | | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|---------------------|-----------------------|---------|-----------------------|-------|---------|----------------|------|
| 48 | gl | 52 | Hugo Verhaar | | HN3 | | 1:31.55 | 1:28.41 | PR |
| | bl | 11 | Monique Visser | | DSB | | 1:37.34 | 1:40.91 | |
| | | Hugo Verhaar | | | Monique Visser | | | | |
| | | 200m | 20.58 | (20.58) | | 200m | 22.65 | (22.65) | |
| | | 600m | 53.45 | (32.87) | | 600m | 59.69 | (37.04) | |
| | | 1000m | 1:28.41 | (34.96) | | 1000m | 1:40.91 | (41.22) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|-------------------|--------------------|---------|--------------------|-------|---------|----------------|------|
| 49 | wt | 66 | Boaz Buter | | HA1 | | 1:21.99 | 1:21.89 | PR |
| | rd | 20 | Max Eppinga | | HA1 | | 1:25.34 | 1:22.73 | PR |
| | | Boaz Buter | | | Max Eppinga | | | | |
| | | 200m | 19.46 | (19.46) | | 200m | 19.89 | (19.89) | |
| | | 600m | 50.14 | (30.68) | | 600m | 50.53 | (30.64) | |
| | | 1000m | 1:21.89 | (31.75) | | 1000m | 1:22.73 | (32.20) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----|------------------------|------------------------|---------|------------------------|-------|---------|----------------|------|
| 50 | gl | 54 | Tijs van Gennip | | HA1 | | 1:13.18 | 1:14.12 | |
| | bl | 55 | Niels de Kruijk | | HA1 | | 1:13.00 | 1:15.70 | |
| | | Tijs van Gennip | | | Niels de Kruijk | | | | |
| | | 200m | 17.72 | (17.72) | | 200m | 17.18 | (17.18) | |
| | | 600m | 44.83 | (27.11) | | 600m | 44.64 | (27.46) | |
| | | 1000m | 1:14.12 | (29.29) | | 1000m | 1:15.70 | (31.06) | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

8. Uitslag 300 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------------------|-----|------|------|--------------|------|--------|
| 1 | 22 Nomdo de Heer | HN3 | 58 | I | 24.83 | PR | |
| 2 | 21 Jeroen de Heer | HN1 | 57 | I | 25.64 | | |
| 3 | 14 Nynke Lankhaar | DB2 | 58 | O | 29.25 | | |
| 4 | 12 Ruben Zeiderveld | HSA | 55 | O | 29.57 | PR | |
| 5 | 48 Lars Peute | HPA | 57 | O | 29.66 | | |
| 6 | 35 Rens van Horen | HPA | 56 | I | 31.60 | | |
| 7 | 45 Ryan Preesman | HPC | 55 | I | 34.14 | | |
| 8 | 25 Jochem van der Reijden | HPC | 53 | O | 35.03 | PR | |
| 9 | 53 Sofie de Bijl | DPC | 51 | I | 36.32 | | |
| 10 | 17 Mila Poppe | DPD | 54 | I | 41.50 | | |
| 11 | 34 Lynn van Horen | DPD | 54 | O | 46.88 | | |
| | 50 Gijs de Wit | HPB | 53 | I | DNS | | |
| | 39 Larissa Reinders | DPB | 56 | O | DNS | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

| | | Naam | Cat | PR | Tijd | Info |
|-------|----|-----------------------|-------|---------|-------------------------|---------------|
| 56 | gl | 35 Rens van Horen | HPA | 30.66 | 31.60 | |
| | bl | 39 Larissa Reinders | DPB | 33.19 | DNS | |
| | | <u>Rens van Horen</u> | | | <u>Larissa Reinders</u> | |
| | | 300m | 31.60 | (31.60) | | |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 57 | wt | 21 Jeroen de Heer | HN1 | 25.43 | 25.64 | |
| | rd | 48 Lars Peute | HPA | 29.53 | 29.66 | |
| | | <u>Jeroen de Heer</u> | | | <u>Lars Peute</u> | |
| | | 300m | 25.64 | (25.64) | 300m | 29.66 (29.66) |
| <hr/> | | | | | | |
| | | Naam | Cat | PR | Tijd | Info |
| 58 | gl | 22 Nomdo de Heer | HN3 | 24.96 | 24.83 | PR |
| | bl | 14 Nynke Lankhaar | DB2 | 29.00 | 29.25 | |
| | | <u>Nomdo de Heer</u> | | | <u>Nynke Lankhaar</u> | |
| | | 300m | 24.83 | (24.83) | 300m | 29.25 (29.25) |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

9. Uitslag 700 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|---------------------------|-----|------|------|---------|------|--------|
| 1 | 7 Twan van Duuren | HPA | 62 | I | 1:00.14 | PR | |
| 2 | 6 Bastiaan Geurts | HSB | 64 | I | 1:00.53 | | |
| 3 | 13 Herbert Boender | H45 | 59 | I | 1:01.56 | | |
| 4 | 2 Casper de Munck | HSB | 63 | O | 1:02.03 | | |
| 5 | 8 Jarno de Laat | HN3 | 66 | O | 1:03.70 | PR | |
| 6 | 64 Yanick Stegeman | HC1 | 66 | I | 1:06.31 | PR | |
| 7 | 9 Yara van Klaveren | DB1 | 64 | O | 1:07.79 | | |
| 8 | 24 Marit de Heer | DA1 | 65 | O | 1:09.29 | PR | |
| 9 | 10 Fabienne van der Veldt | DPA | 63 | I | 1:09.43 | PR | |
| 10 | 69 Merel Kramer | DC1 | 61 | I | 1:15.27 | | |
| 11 | 51 Fenne Smit | DPB | 65 | I | 1:15.69 | | |
| 12 | 61 Daan Lankhaar | HPC | 61 | O | 1:19.43 | | |
| | 38 Tim Broere | HSB | 62 | O | DNS | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

9. Rituitslag 700 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|------------------------|---------|---------|----|---|----------------|------|
| 59 | wt rd | 13 | Herbert Boender | | H45 | | | 1:01.56 | |
| | | | Herbert Boender | | | | | | |
| | | | 300m | 28.85 | (28.85) | | m | | |
| | | | 700m | 1:01.56 | (32.71) | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|---|-----|--|----|---|------|------|
| 60 | gl bl | | | | | | | | |
| | | | m | | | | m | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|----------------------|---------|---------|----|----------------------|----------------|---------|
| 61 | wt rd | 69 | Merel Kramer | | DC1 | | | 1:15.27 | |
| | | 61 | Daan Lankhaar | | HPC | | | 1:19.43 | |
| | | | Merel Kramer | | | | Daan Lankhaar | | |
| | | | 300m | 34.61 | (34.61) | | 300m | 35.49 | (35.49) |
| | | | 700m | 1:15.27 | (40.66) | | 700m | 1:19.43 | (43.94) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|------------------------|---------|---------|---------|-------------------|----------------|------|
| 62 | gl bl | 7 | Twan van Duuren | | HPA | 1:04.71 | | 1:00.14 | PR |
| | | 38 | Tim Broere | | HSB | 58.76 | | DNS | |
| | | | Twan van Duuren | | | | Tim Broere | | |
| | | | 300m | 28.34 | (28.34) | | | | |
| | | | 700m | 1:00.14 | (31.80) | | | | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|-------------------------------|---------|---------|---------|------------------------|----------------|---------|
| 63 | wt rd | 10 | Fabiënne van der Veldt | | DPA | 1:12.72 | | 1:09.43 | PR |
| | | 2 | Casper de Munck | | HSB | 58.30 | | 1:02.03 | |
| | | | Fabiënne van der Veldt | | | | Casper de Munck | | |
| | | | 300m | 31.57 | (31.57) | | 300m | 28.79 | (28.79) |
| | | | 700m | 1:09.43 | (37.86) | | 700m | 1:02.03 | (33.24) |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

| | | Naam | | Cat | | PR | | Tijd | Info |
|-------|----|------------------------|--------------------------|---------|--------------------------|---------|---------|----------------|------|
| 64 | gl | 6 | Bastiaan Geurts | | HSB | | | 1:00.53 | |
| | bl | 9 | Yara van Klaveren | | DB1 | | | 1:07.79 | |
| | | Bastiaan Geurts | | | Yara van Klaveren | | | | |
| | | 300m | 28.26 | (28.26) | 300m | 31.21 | (31.21) | | |
| | | 700m | 1:00.53 | (32.27) | 700m | 1:07.79 | (36.58) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 65 | wt | 51 | Fenne Smit | | DPB | | 1:13.73 | 1:15.69 | |
| | rd | 24 | Marit de Heer | | DA1 | | 1:12.11 | 1:09.29 | PR |
| | | Fenne Smit | | | Marit de Heer | | | | |
| | | 300m | 33.71 | (33.71) | 300m | 31.43 | (31.43) | | |
| | | 700m | 1:15.69 | (41.98) | 700m | 1:09.29 | (37.86) | | |
| <hr/> | | | | | | | | | |
| | | Naam | | Cat | | PR | | Tijd | Info |
| 66 | gl | 64 | Yanick Stegeman | | HC1 | | 1:24.00 | 1:06.31 | PR |
| | bl | 8 | Jarno de Laat | | HN3 | | 1:11.02 | 1:03.70 | PR |
| | | Yanick Stegeman | | | Jarno de Laat | | | | |
| | | 300m | 29.12 | (29.12) | 300m | 29.25 | (29.25) | | |
| | | 700m | 1:06.31 | (37.19) | 700m | 1:03.70 | (34.45) | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

10. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1 | 57 Rinse Franken | HA1 | 73 | O | 1:57.16 | | |
| 2 | 58 Eise van Schijndel | HA1 | 73 | I | 1:57.32 | | |
| 3 | 49 Thomas van Berkel | HA2 | 74 | I | 2:01.11 | | |
| 4 | 72 Julian Kant | HB2 | 74 | O | 2:03.57 | | |
| 5 | 32 Jeffrey Doornbusch | HSB | 68 | I | 2:04.05 | | |
| 6 | 33 Arie Boer | HSA | 71 | I | 2:09.17 | PR | |
| 7 | 44 Cas van der Zijden | HC2 | 72 | I | 2:27.53 | PR | |
| 8 | 41 Yasmine Pals | DC2 | 70 | I | 2:32.81 | PR | |
| 9 | 67 Amanda van Vugt | DC1 | 69 | O | 2:34.47 | | |
| 10 | 29 Kees Bollaart | H60 | 72 | O | 2:36.04 | | |
| 11 | 46 Amber Feller | DC2 | 71 | O | 2:36.36 | | |
| 12 | 4 Pieter den Dunnen | H75 | 69 | I | 2:41.42 | | |
| 13 | 1 Daniëlle Frijters | DSB | 70 | O | 2:49.22 | | |
| 14 | 65 Carolien van Rees | D65 | 67 | I | 2:51.12 | | |
| 15 | 31 Noor van der Ster | D65 | 68 | O | 2:52.21 | | |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

10. Rituitslag 1500 meter

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|--------------------------|-----|-----|----|---------|----------------|------|
| 67 | wt rd | 65 | Carolien van Rees | | D65 | | 2:43.07 | 2:51.12 | |

Carolien van Rees

| | | | |
|-------|---------|---------|---|
| 300m | 36.04 | (36.04) | m |
| 700m | 1:19.27 | (43.23) | |
| 1100m | 2:05.21 | (45.94) | |
| 1500m | 2:51.12 | (45.91) | |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|---------------------------|-----|-----|----|---------|----------------|------|
| 68 | gl bl | 32 | Jeffrey Doornbusch | | HSB | | 1:54.92 | 2:04.05 | |
| | | 31 | Noor van der Ster | | D65 | | 2:14.96 | 2:52.21 | |

Jeffrey Doornbusch

| | | |
|-------|---------|---------|
| 300m | 26.71 | (26.71) |
| 700m | 57.20 | (30.49) |
| 1100m | 1:29.72 | (32.52) |
| 1500m | 2:04.05 | (34.33) |

Noor van der Ster

| | | |
|-------|---------|---------|
| 300m | 37.48 | (37.48) |
| 700m | 1:21.45 | (43.97) |
| 1100m | 2:06.44 | (44.99) |
| 1500m | 2:52.21 | (45.77) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|--------------------------|-----|-----|----|---------|----------------|------|
| 69 | wt rd | 4 | Pieter den Dunnen | | H75 | | 2:08.54 | 2:41.42 | |
| | | 67 | Amanda van Vugt | | DC1 | | 2:31.11 | 2:34.47 | |

Pieter den Dunnen

| | | |
|-------|---------|---------|
| 300m | 35.76 | (35.76) |
| 700m | 1:15.64 | (39.88) |
| 1100m | 1:57.54 | (41.90) |
| 1500m | 2:41.42 | (43.88) |

Amanda van Vugt

| | | |
|-------|---------|---------|
| 300m | 32.63 | (32.63) |
| 700m | 1:11.12 | (38.49) |
| 1100m | 1:51.67 | (40.55) |
| 1500m | 2:34.47 | (42.80) |

| | | Naam | | Cat | | PR | | Tijd | Info |
|----|----------|------|--------------------------|-----|-----|----|---------|----------------|------|
| 70 | gl bl | 41 | Yasmine Pals | | DC2 | | 2:33.78 | 2:32.81 | PR |
| | | 1 | Daniëlle Frijters | | DSB | | 2:36.50 | 2:49.22 | |

Yasmine Pals

| | | |
|-------|---------|---------|
| 300m | 31.60 | (31.60) |
| 700m | 1:09.40 | (37.80) |
| 1100m | 1:50.22 | (40.82) |
| 1500m | 2:32.81 | (42.59) |

Daniëlle Frijters

| | | |
|-------|---------|---------|
| 300m | 35.34 | (35.34) |
| 700m | 1:17.35 | (42.01) |
| 1100m | 2:02.76 | (45.41) |
| 1500m | 2:49.22 | (46.46) |

Trainingswedstrijd

Kunstijsbaan Breda - Breda

30 december 2023

| | | Naam | | | Cat | | | PR | Tijd | Info |
|-------|----|---------------------------|---------------------------|---------|----------------------|---------|---------|---------|----------------|------|
| 71 | wt | 33 | Arie Boer | | HSA | | | 2:11.34 | 2:09.17 | PR |
| | rd | 46 | Amber Feller | | DC2 | | | 2:26.15 | 2:36.36 | |
| | | Arie Boer | | | Amber Feller | | | | | |
| | | 300m | 28.32 | (28.32) | 300m | 31.59 | (31.59) | | | |
| | | 700m | 1:00.36 | (32.04) | 700m | 1:10.79 | (39.20) | | | |
| | | 1100m | 1:33.82 | (33.46) | 1100m | 1:53.60 | (42.81) | | | |
| | | 1500m | 2:09.17 | (35.35) | 1500m | 2:36.36 | (42.76) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 72 | gl | 44 | Cas van der Zijden | | HC2 | | | 2:27.75 | 2:27.53 | PR |
| | bl | 29 | Kees Bollaart | | H60 | | | 2:12.40 | 2:36.04 | |
| | | Cas van der Zijden | | | Kees Bollaart | | | | | |
| | | 300m | 30.04 | (30.04) | 300m | 33.61 | (33.61) | | | |
| | | 700m | 1:06.74 | (36.70) | 700m | 1:12.58 | (38.97) | | | |
| | | 1100m | 1:46.10 | (39.36) | 1100m | 1:53.69 | (41.11) | | | |
| | | 1500m | 2:27.53 | (41.43) | 1500m | 2:36.04 | (42.35) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 73 | wt | 58 | Eise van Schijndel | | HA1 | | | 1:54.85 | 1:57.32 | |
| | rd | 57 | Rinse Franken | | HA1 | | | 1:55.11 | 1:57.16 | |
| | | Eise van Schijndel | | | Rinse Franken | | | | | |
| | | 300m | 26.10 | (26.10) | 300m | 25.25 | (25.25) | | | |
| | | 700m | 55.18 | (29.08) | 700m | 53.55 | (28.30) | | | |
| | | 1100m | 1:25.28 | (30.10) | 1100m | 1:24.57 | (31.02) | | | |
| | | 1500m | 1:57.32 | (32.04) | 1500m | 1:57.16 | (32.59) | | | |
| <hr/> | | | | | | | | | | |
| | | Naam | | | Cat | | | PR | Tijd | Info |
| 74 | gl | 49 | Thomas van Berkel | | HA2 | | | 1:54.97 | 2:01.11 | |
| | bl | 72 | Julian Kant | | HB2 | | | 2:02.45 | 2:03.57 | |
| | | Thomas van Berkel | | | Julian Kant | | | | | |
| | | 300m | 26.44 | (26.44) | 300m | 26.59 | (26.59) | | | |
| | | 700m | 56.81 | (30.37) | 700m | 57.07 | (30.48) | | | |
| | | 1100m | 1:28.31 | (31.50) | 1100m | 1:29.68 | (32.61) | | | |
| | | 1500m | 2:01.11 | (32.80) | 1500m | 2:03.57 | (33.89) | | | |