

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

16 november 2025

## 1. Uitslag 100 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1   | 59 Yanick Stegeman     | HB1 | 6    | O    | 11.01 |      |        |
| 2   | 41 Erik van Hooft      | H45 | 5    | I    | 11.55 |      |        |
| 3   | 11 Maud van Roon       | DPC | 5    | O    | 12.91 | PR   |        |
| 4   | 34 Gitte Verstraten    | DPA | 6    | I    | 14.16 |      |        |
| 5   | 47 Nikki Slegtenhorst  | DPB | 4    | I    | 14.23 |      |        |
| 6   | 20 Liva Meeldijk       | DPD | 4    | O    | 14.81 |      |        |
| 7   | 53 Rebecca Damminga    | DPA | 3    | I    | 14.89 |      |        |
| 8   | 55 Debora Damminga     | DPD | 2    | O    | 15.55 | PR   |        |
| 9   | 35 Ravi Rijsterborgh   | HPC | 3    | O    | 15.69 |      |        |
| 10  | 29 Jesmay van der Wulp | DPF | 1    | O    | 17.07 | PR   |        |
| 11  | 36 Ilvy Rijsterborgh   | DPE | 1    | I    | 17.49 |      |        |
| 12  | 12 Milou van Roon      | DPE | 2    | I    | 23.79 | FL   |        |

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|       |    | Naam                      |                            | Cat     |                            | PR    |         | Tijd  | Info |
|-------|----|---------------------------|----------------------------|---------|----------------------------|-------|---------|-------|------|
| 1     | wt | 36                        | <b>Ilvij Rijsterborgh</b>  |         | DPE                        |       | 17.11   | 17.49 |      |
|       | rd | 29                        | <b>Jesmay van der Wulp</b> |         | DPF                        |       | 17.83   | 17.07 | PR   |
|       |    | <b>Ilvij Rijsterborgh</b> |                            |         | <b>Jesmay van der Wulp</b> |       |         |       |      |
|       |    | 100m                      | 17.49                      | (17.49) | 100m                       | 17.07 | (17.07) |       |      |
| <hr/> |    |                           |                            |         |                            |       |         |       |      |
|       |    | Naam                      |                            | Cat     |                            | PR    |         | Tijd  | Info |
| 2     | gl | 12                        | <b>Milou van Roon</b>      |         | DPE                        |       | 15.73   | 23.79 | FL   |
|       | bl | 55                        | <b>Debora Damminga</b>     |         | DPD                        |       | 15.58   | 15.55 | PR   |
|       |    | <b>Milou van Roon</b>     |                            |         | <b>Debora Damminga</b>     |       |         |       |      |
|       |    | 100m                      | 23.79                      | (23.79) | 100m                       | 15.55 | (15.55) |       |      |
| <hr/> |    |                           |                            |         |                            |       |         |       |      |
|       |    | Naam                      |                            | Cat     |                            | PR    |         | Tijd  | Info |
| 3     | wt | 53                        | <b>Rebecca Damminga</b>    |         | DPA                        |       | 14.42   | 14.89 |      |
|       | rd | 35                        | <b>Ravi Rijsterborgh</b>   |         | HPC                        |       | 14.62   | 15.69 |      |
|       |    | <b>Rebecca Damminga</b>   |                            |         | <b>Ravi Rijsterborgh</b>   |       |         |       |      |
|       |    | 100m                      | 14.89                      | (14.89) | 100m                       | 15.69 | (15.69) |       |      |
| <hr/> |    |                           |                            |         |                            |       |         |       |      |
|       |    | Naam                      |                            | Cat     |                            | PR    |         | Tijd  | Info |
| 4     | gl | 47                        | <b>Nikki Slegtenhorst</b>  |         | DPB                        |       | 13.64   | 14.23 |      |
|       | bl | 20                        | <b>Liva Meeldijk</b>       |         | DPD                        |       | 14.77   | 14.81 |      |
|       |    | <b>Nikki Slegtenhorst</b> |                            |         | <b>Liva Meeldijk</b>       |       |         |       |      |
|       |    | 100m                      | 14.23                      | (14.23) | 100m                       | 14.81 | (14.81) |       |      |
| <hr/> |    |                           |                            |         |                            |       |         |       |      |
|       |    | Naam                      |                            | Cat     |                            | PR    |         | Tijd  | Info |
| 5     | wt | 41                        | <b>Erik van Hooft</b>      |         | H45                        |       | 10.09   | 11.55 |      |
|       | rd | 11                        | <b>Maud van Roon</b>       |         | DPC                        |       | 13.06   | 12.91 | PR   |
|       |    | <b>Erik van Hooft</b>     |                            |         | <b>Maud van Roon</b>       |       |         |       |      |
|       |    | 100m                      | 11.55                      | (11.55) | 100m                       | 12.91 | (12.91) |       |      |
| <hr/> |    |                           |                            |         |                            |       |         |       |      |
|       |    | Naam                      |                            | Cat     |                            | PR    |         | Tijd  | Info |
| 6     | gl | 34                        | <b>Gitte Verstraten</b>    |         | DPA                        |       | 13.40   | 14.16 |      |
|       | bl | 59                        | <b>Yanick Stegeman</b>     |         | HB1                        |       | 10.86   | 11.01 |      |
|       |    | <b>Gitte Verstraten</b>   |                            |         | <b>Yanick Stegeman</b>     |       |         |       |      |
|       |    | 100m                      | 14.16                      | (14.16) | 100m                       | 11.01 | (11.01) |       |      |

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## 2. Uitslag 500 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 33 Pepijn ten Berge    | HC2 | 16   | I    | 45.99   | PR   |        |
| 2   | 3 Isa Boer             | DA1 | 15   | I    | 47.90   |      |        |
| 3   | 40 Lisa Koorevaar      | DB1 | 16   | O    | 48.22   | PR   |        |
| 4   | 14 Loki van de Capelle | HC1 | 13   | I    | 49.58   |      |        |
| 5   | 57 Monique Boer        | D45 | 13   | O    | 50.06   | PR   |        |
| 6   | 21 Bjorn Bijl          | HB2 | 15   | O    | 50.36   |      |        |
| 7   | 50 Rinke van Grinsven  | HC2 | 14   | O    | 50.96   | PR   |        |
| 8   | 48 René Bons           | H50 | 14   | I    | 51.10   |      |        |
| 9   | 52 Manoa Damminga      | DB2 | 12   | O    | 51.78   | PR   |        |
| 10  | 10 Lisa Schreuders     | DB2 | 11   | O    | 52.79   |      |        |
| 11  | 42 Iris Koorevaar      | DB1 | 12   | I    | 52.82   |      |        |
| 12  | 46 Vienna van Dongen   | DC1 | 9    | I    | 53.23   | PR   |        |
| 13  | 16 Daan Allersma       | HB1 | 11   | I    | 54.16   |      |        |
| 14  | 25 Pieter den Dunnen   | H75 | 10   | I    | 55.03   |      |        |
| 15  | 39 Twan den Braber     | H70 | 9    | O    | 55.16   |      |        |
| 16  | 15 Ids Allersma        | HC1 | 10   | O    | 56.00   |      |        |
| 17  | 58 Bastiaan de Vrieze  | HC2 | 7    | I    | 57.66   | PR   |        |
| 18  | 18 Esther de Groot     | D45 | 8    | O    | 58.15   |      |        |
| 19  | 17 Allard Allersma     | H50 | 8    | I    | 58.48   |      |        |
| 20  | 19 Fenne van Heist     | DB2 | 7    | O    | 1:02.90 |      |        |

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## 2. Rituitslag 500 meter

|   |    | Naam                      |                           | Cat     |                        | PR      |         | Tijd    | Info |
|---|----|---------------------------|---------------------------|---------|------------------------|---------|---------|---------|------|
| 7 | wt | 58                        | <b>Bastiaan de Vrieze</b> |         | HC2                    |         | 59.67   | 57.66   | PR   |
|   | rd | 19                        | <b>Fenne van Heist</b>    |         | DB2                    |         | 59.92   | 1:02.90 |      |
|   |    | <b>Bastiaan de Vrieze</b> |                           |         | <b>Fenne van Heist</b> |         |         |         |      |
|   |    | 100m                      | 15.67                     | (15.67) | 100m                   | 15.21   | (15.21) |         |      |
|   |    | 500m                      | 57.66                     | (41.99) | 500m                   | 1:02.90 | (47.69) |         |      |

|   |    | Naam                   |                        | Cat     |                        | PR    |         | Tijd  | Info |
|---|----|------------------------|------------------------|---------|------------------------|-------|---------|-------|------|
| 8 | gl | 17                     | <b>Allard Allersma</b> |         | H50                    |       | 56.04   | 58.48 |      |
|   | bl | 18                     | <b>Esther de Groot</b> |         | D45                    |       | 57.91   | 58.15 |      |
|   |    | <b>Allard Allersma</b> |                        |         | <b>Esther de Groot</b> |       |         |       |      |
|   |    | 100m                   | 14.90                  | (14.90) | 100m                   | 15.54 | (15.54) |       |      |
|   |    | 500m                   | 58.48                  | (43.58) | 500m                   | 58.15 | (42.61) |       |      |

|   |    | Naam                     |                          | Cat     |                        | PR    |         | Tijd  | Info |
|---|----|--------------------------|--------------------------|---------|------------------------|-------|---------|-------|------|
| 9 | wt | 46                       | <b>Vienna van Dongen</b> |         | DC1                    |       | 54.12   | 53.23 | PR   |
|   | rd | 39                       | <b>Twan den Braber</b>   |         | H70                    |       | 42.89   | 55.16 |      |
|   |    | <b>Vienna van Dongen</b> |                          |         | <b>Twan den Braber</b> |       |         |       |      |
|   |    | 100m                     | 13.32                    | (13.32) | 100m                   | 14.95 | (14.95) |       |      |
|   |    | 500m                     | 53.23                    | (39.91) | 500m                   | 55.16 | (40.21) |       |      |

|    |    | Naam                     |                          | Cat     |                     | PR    |         | Tijd  | Info |
|----|----|--------------------------|--------------------------|---------|---------------------|-------|---------|-------|------|
| 10 | gl | 25                       | <b>Pieter den Dunnen</b> |         | H75                 |       | 42.50   | 55.03 |      |
|    | bl | 15                       | <b>Ids Allersma</b>      |         | HC1                 |       | 55.55   | 56.00 |      |
|    |    | <b>Pieter den Dunnen</b> |                          |         | <b>Ids Allersma</b> |       |         |       |      |
|    |    | 100m                     | 15.06                    | (15.06) | 100m                | 14.58 | (14.58) |       |      |
|    |    | 500m                     | 55.03                    | (39.97) | 500m                | 56.00 | (41.42) |       |      |

|    |    | Naam                 |                        | Cat     |                        | PR    |         | Tijd  | Info |
|----|----|----------------------|------------------------|---------|------------------------|-------|---------|-------|------|
| 11 | wt | 16                   | <b>Daan Allersma</b>   |         | HB1                    |       | 52.56   | 54.16 |      |
|    | rd | 10                   | <b>Lisa Schreuders</b> |         | DB2                    |       | 52.78   | 52.79 |      |
|    |    | <b>Daan Allersma</b> |                        |         | <b>Lisa Schreuders</b> |       |         |       |      |
|    |    | 100m                 | 14.18                  | (14.18) | 100m                   | 13.99 | (13.99) |       |      |
|    |    | 500m                 | 54.16                  | (39.98) | 500m                   | 52.79 | (38.80) |       |      |

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|       |    | Naam                       |                            | Cat     |                           | PR    |         | Tijd  | Info |
|-------|----|----------------------------|----------------------------|---------|---------------------------|-------|---------|-------|------|
| 12    | gl | 42                         | <b>Iris Koorevaar</b>      |         | DB1                       |       | 52.08   | 52.82 |      |
|       | bl | 52                         | <b>Manoa Damminga</b>      |         | DB2                       |       | 52.12   | 51.78 | PR   |
|       |    | <b>Iris Koorevaar</b>      |                            |         | <b>Manoa Damminga</b>     |       |         |       |      |
|       |    | 100m                       | 13.64                      | (13.64) | 100m                      | 13.58 | (13.58) |       |      |
|       |    | 500m                       | 52.82                      | (39.18) | 500m                      | 51.78 | (38.20) |       |      |
| <hr/> |    |                            |                            |         |                           |       |         |       |      |
|       |    | Naam                       |                            | Cat     |                           | PR    |         | Tijd  | Info |
| 13    | wt | 14                         | <b>Loki van de Capelle</b> |         | HC1                       |       | 48.50   | 49.58 |      |
|       | rd | 57                         | <b>Monique Boer</b>        |         | D45                       |       | 50.21   | 50.06 | PR   |
|       |    | <b>Loki van de Capelle</b> |                            |         | <b>Monique Boer</b>       |       |         |       |      |
|       |    | 100m                       | 12.34                      | (12.34) | 100m                      | 13.48 | (13.48) |       |      |
|       |    | 500m                       | 49.58                      | (37.24) | 500m                      | 50.06 | (36.58) |       |      |
| <hr/> |    |                            |                            |         |                           |       |         |       |      |
|       |    | Naam                       |                            | Cat     |                           | PR    |         | Tijd  | Info |
| 14    | gl | 48                         | <b>René Bons</b>           |         | H50                       |       | 50.03   | 51.10 |      |
|       | bl | 50                         | <b>Rinke van Grinsven</b>  |         | HC2                       |       | 51.47   | 50.96 | PR   |
|       |    | <b>René Bons</b>           |                            |         | <b>Rinke van Grinsven</b> |       |         |       |      |
|       |    | 100m                       | 12.99                      | (12.99) | 100m                      | 13.01 | (13.01) |       |      |
|       |    | 500m                       | 51.10                      | (38.11) | 500m                      | 50.96 | (37.95) |       |      |
| <hr/> |    |                            |                            |         |                           |       |         |       |      |
|       |    | Naam                       |                            | Cat     |                           | PR    |         | Tijd  | Info |
| 15    | wt | 3                          | <b>Isa Boer</b>            |         | DA1                       |       | 46.29   | 47.90 |      |
|       | rd | 21                         | <b>Bjorn Bijl</b>          |         | HB2                       |       | 49.23   | 50.36 |      |
|       |    | <b>Isa Boer</b>            |                            |         | <b>Bjorn Bijl</b>         |       |         |       |      |
|       |    | 100m                       | 12.98                      | (12.98) | 100m                      | 12.66 | (12.66) |       |      |
|       |    | 500m                       | 47.90                      | (34.92) | 500m                      | 50.36 | (37.70) |       |      |
| <hr/> |    |                            |                            |         |                           |       |         |       |      |
|       |    | Naam                       |                            | Cat     |                           | PR    |         | Tijd  | Info |
| 16    | gl | 33                         | <b>Pepijn ten Berge</b>    |         | HC2                       |       | 47.99   | 45.99 | PR   |
|       | bl | 40                         | <b>Lisa Koorevaar</b>      |         | DB1                       |       | 48.69   | 48.22 | PR   |
|       |    | <b>Pepijn ten Berge</b>    |                            |         | <b>Lisa Koorevaar</b>     |       |         |       |      |
|       |    | 100m                       | 11.91                      | (11.91) | 100m                      | 12.42 | (12.42) |       |      |
|       |    | 500m                       | 45.99                      | (34.08) | 500m                      | 48.22 | (35.80) |       |      |

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## 3. Uitslag 500 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-----------------------|-----|------|------|-------|------|--------|
| 1   | 32 Jorrit Ruijten     | HC2 | 26   | O    | 41.53 | PR   |        |
| 2   | 6 Thomas Ros          | HSA | 26   | I    | 41.76 | PR   |        |
| 3   | 1 Pieter de Munck     | HSB | 25   | O    | 42.07 |      |        |
| 4   | 26 Boaz Damminga      | HC2 | 25   | I    | 43.05 |      |        |
| 5   | 13 Tobi Raams         | HA2 | 23   | O    | 43.57 |      |        |
| 6   | 24 Pieter Lankhaar    | HC2 | 23   | I    | 43.74 |      |        |
| 7   | 51 Karsten Dieleman   | HC2 | 24   | O    | 43.83 |      |        |
| 8   | 49 Herbert Boender    | H45 | 21   | O    | 46.04 |      |        |
| 9   | 56 Simon van Falier   | HN1 | 17   | I    | 46.10 | PR   |        |
| 10  | 2 Sarina van Dijk     | DSA | 21   | I    | 46.52 |      |        |
| 11  | 4 Stijn van Bijnen    | HC2 | 22   | O    | 47.99 |      |        |
| 12  | 9 Axelle De Clerck    | DC1 | 22   | I    | 49.18 | PR   |        |
| 13  | 7 Nynke van Rijs      | DA2 | 20   | O    | 49.34 |      |        |
| 14  | 30 Claudia Vermeirsch | DSA | 19   | O    | 49.62 | PR   |        |
| 15  | 45 Ed Blok            | H60 | 20   | I    | 52.11 |      |        |
| 16  | 31 Patty van Hoorn    | D50 | 19   | I    | 54.34 |      |        |
|     | 43 Mees Eppinga       | HA1 | 24   | I    | DQ    | T09  |        |

T09 - Hinderen tijdens het wisselen (254.6)

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## 3. Rituitslag 500 meter

|    |    | Naam                    |                         | Cat     |     | PR |   | Tijd  | Info     |
|----|----|-------------------------|-------------------------|---------|-----|----|---|-------|----------|
| 17 | wt | 56                      | <b>Simon van Falier</b> |         | HN1 |    |   | 50.99 | 46.10 PR |
|    | rd |                         |                         |         |     |    |   |       |          |
|    |    | <b>Simon van Falier</b> |                         |         |     |    |   |       |          |
|    |    | 100m                    | 12.44                   | (12.44) |     |    | m |       |          |
|    |    | 500m                    | 46.10                   | (33.66) |     |    |   |       |          |

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

|    |    | Naam                   |                           | Cat     |     | PR                        |       | Tijd    | Info     |
|----|----|------------------------|---------------------------|---------|-----|---------------------------|-------|---------|----------|
| 19 | wt | 31                     | <b>Patty van Hoorn</b>    |         | D50 |                           |       | 52.22   | 54.34    |
|    | rd | 30                     | <b>Claudia Vermeirsch</b> |         | DSA |                           |       | 49.65   | 49.62 PR |
|    |    | <b>Patty van Hoorn</b> |                           |         |     | <b>Claudia Vermeirsch</b> |       |         |          |
|    |    | 100m                   | 15.04                     | (15.04) |     | 100m                      | 12.89 | (12.89) |          |
|    |    | 500m                   | 54.34                     | (39.30) |     | 500m                      | 49.62 | (36.73) |          |

|    |    | Naam           |                       | Cat     |     | PR                    |       | Tijd    | Info  |
|----|----|----------------|-----------------------|---------|-----|-----------------------|-------|---------|-------|
| 20 | gl | 45             | <b>Ed Blok</b>        |         | H60 |                       |       | 51.57   | 52.11 |
|    | bl | 7              | <b>Nynke van Rijs</b> |         | DA2 |                       |       | 48.64   | 49.34 |
|    |    | <b>Ed Blok</b> |                       |         |     | <b>Nynke van Rijs</b> |       |         |       |
|    |    | 100m           | 14.49                 | (14.49) |     | 100m                  | 13.04 | (13.04) |       |
|    |    | 500m           | 52.11                 | (37.62) |     | 500m                  | 49.34 | (36.30) |       |

|    |    | Naam                   |                        | Cat     |     | PR                     |       | Tijd    | Info  |
|----|----|------------------------|------------------------|---------|-----|------------------------|-------|---------|-------|
| 21 | wt | 2                      | <b>Sarina van Dijk</b> |         | DSA |                        |       | 45.43   | 46.52 |
|    | rd | 49                     | <b>Herbert Boender</b> |         | H45 |                        |       | 44.54   | 46.04 |
|    |    | <b>Sarina van Dijk</b> |                        |         |     | <b>Herbert Boender</b> |       |         |       |
|    |    | 100m                   | 12.65                  | (12.65) |     | 100m                   | 12.57 | (12.57) |       |
|    |    | 500m                   | 46.52                  | (33.87) |     | 500m                   | 46.04 | (33.47) |       |

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|    |    | Naam                    |                         | Cat     |                         | PR    |         | Tijd  | Info |
|----|----|-------------------------|-------------------------|---------|-------------------------|-------|---------|-------|------|
| 22 | gl | 9                       | <b>Axelle De Clerck</b> |         | DC1                     |       | 49.37   | 49.18 | PR   |
|    | bl | 4                       | <b>Stijn van Bijnen</b> |         | HC2                     |       | 47.43   | 47.99 |      |
|    |    | <b>Axelle De Clerck</b> |                         |         | <b>Stijn van Bijnen</b> |       |         |       |      |
|    |    | 100m                    | 13.29                   | (13.29) | 100m                    | 12.97 | (12.97) |       |      |
|    |    | 500m                    | 49.18                   | (35.89) | 500m                    | 47.99 | (35.02) |       |      |

|    |    | Naam                   |                        | Cat     |                   | PR    |         | Tijd  | Info |
|----|----|------------------------|------------------------|---------|-------------------|-------|---------|-------|------|
| 23 | wt | 24                     | <b>Pieter Lankhaar</b> |         | HC2               |       | 42.77   | 43.74 |      |
|    | rd | 13                     | <b>Tobi Raams</b>      |         | HA2               |       | 42.36   | 43.57 |      |
|    |    | <b>Pieter Lankhaar</b> |                        |         | <b>Tobi Raams</b> |       |         |       |      |
|    |    | 100m                   | 11.83                  | (11.83) | 100m              | 11.83 | (11.83) |       |      |
|    |    | 500m                   | 43.74                  | (31.91) | 500m              | 43.57 | (31.74) |       |      |

|    |    | Naam                |                         | Cat |                         | PR    |         | Tijd              | Info |
|----|----|---------------------|-------------------------|-----|-------------------------|-------|---------|-------------------|------|
| 24 | gl | 43                  | <b>Mees Eppinga</b>     |     | HA1                     |       | 45.55   | DQ <sup>T09</sup> |      |
|    | bl | 51                  | <b>Karsten Dieleman</b> |     | HC2                     |       | 43.38   | 43.83             |      |
|    |    | <b>Mees Eppinga</b> |                         |     | <b>Karsten Dieleman</b> |       |         |                   |      |
|    |    | 100m                |                         |     | 100m                    | 11.87 | (11.87) |                   |      |
|    |    | 500m                |                         |     | 500m                    | 43.83 | (31.96) |                   |      |

|    |    | Naam                 |                        | Cat     |                        | PR    |         | Tijd  | Info |
|----|----|----------------------|------------------------|---------|------------------------|-------|---------|-------|------|
| 25 | wt | 26                   | <b>Boaz Damminga</b>   |         | HC2                    |       | 41.58   | 43.05 |      |
|    | rd | 1                    | <b>Pieter de Munck</b> |         | HSB                    |       | 39.90   | 42.07 |      |
|    |    | <b>Boaz Damminga</b> |                        |         | <b>Pieter de Munck</b> |       |         |       |      |
|    |    | 100m                 | 11.61                  | (11.61) | 100m                   | 11.79 | (11.79) |       |      |
|    |    | 500m                 | 43.05                  | (31.44) | 500m                   | 42.07 | (30.28) |       |      |

|    |    | Naam              |                       | Cat     |                       | PR    |         | Tijd  | Info |
|----|----|-------------------|-----------------------|---------|-----------------------|-------|---------|-------|------|
| 26 | gl | 6                 | <b>Thomas Ros</b>     |         | HSA                   |       | 41.92   | 41.76 | PR   |
|    | bl | 32                | <b>Jorrit Ruijten</b> |         | HC2                   |       | 42.71   | 41.53 | PR   |
|    |    | <b>Thomas Ros</b> |                       |         | <b>Jorrit Ruijten</b> |       |         |       |      |
|    |    | 100m              | 11.50                 | (11.50) | 100m                  | 11.49 | (11.49) |       |      |
|    |    | 500m              | 41.76                 | (30.26) | 500m                  | 41.53 | (30.04) |       |      |

T09 - Hinderen tijdens het wisselen (254.6)

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

16 november 2025

## 4. Uitslag 500 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 59 Yanick Stegeman     | HB1 | 31   | O    | 42.92   |      |        |
| 2   | 41 Erik van Hooft      | H45 | 32   | O    | 44.59   |      |        |
| 3   | 34 Gitte Verstraten    | DPA | 31   | I    | 51.46   |      |        |
| 4   | 11 Maud van Roon       | DPC | 32   | I    | 54.40   | PR   |        |
| 5   | 53 Rebecca Damminga    | DPA | 30   | I    | 59.40   |      |        |
| 6   | 47 Nikki Slegtenhorst  | DPB | 29   | O    | 1:00.70 |      |        |
| 7   | 55 Debora Damminga     | DPD | 29   | I    | 1:03.66 | PR   |        |
| 8   | 20 Liva Meeldijk       | DPD | 27   | O    | 1:08.04 | PR   |        |
| 9   | 35 Ravi Rijsterborgh   | HPC | 30   | O    | 1:08.42 |      |        |
| 10  | 36 Ilvy Rijsterborgh   | DPE | 27   | I    | 1:18.60 |      |        |
| 11  | 12 Milou van Roon      | DPE | 28   | I    | 1:19.83 |      |        |
| 12  | 29 Jesmay van der Wulp | DPF | 28   | O    | 1:26.33 |      |        |

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

16 november 2025

## 4. Rituitslag 500 meter

|    |    | Naam                      |                           | Cat     |                      | PR      |         | Tijd    | Info |
|----|----|---------------------------|---------------------------|---------|----------------------|---------|---------|---------|------|
| 27 | wt | 36                        | <b>Ilvij Rijsterborgh</b> |         | DPE                  |         | 1:14.65 | 1:18.60 |      |
|    | rd | 20                        | <b>Liva Meeldijk</b>      |         | DPD                  |         | 1:09.29 | 1:08.04 | PR   |
|    |    | <b>Ilvij Rijsterborgh</b> |                           |         | <b>Liva Meeldijk</b> |         |         |         |      |
|    |    | 100m                      | 17.80                     | (17.80) | 100m                 | 15.50   | (15.50) |         |      |
|    |    | 500m                      | 1:18.60                   | (60.80) | 500m                 | 1:08.04 | (52.54) |         |      |

|    |    | Naam                  |                            | Cat     |                            | PR      |         | Tijd    | Info |
|----|----|-----------------------|----------------------------|---------|----------------------------|---------|---------|---------|------|
| 28 | gl | 12                    | <b>Milou van Roon</b>      |         | DPE                        |         | 1:15.71 | 1:19.83 |      |
|    | bl | 29                    | <b>Jesmay van der Wulp</b> |         | DPF                        |         | 1:24.96 | 1:26.33 |      |
|    |    | <b>Milou van Roon</b> |                            |         | <b>Jesmay van der Wulp</b> |         |         |         |      |
|    |    | 100m                  | 17.68                      | (17.68) | 100m                       | 17.92   | (17.92) |         |      |
|    |    | 500m                  | 1:19.83                    | (62.15) | 500m                       | 1:26.33 | (68.41) |         |      |

|    |    | Naam                   |                           | Cat     |                           | PR      |         | Tijd    | Info |
|----|----|------------------------|---------------------------|---------|---------------------------|---------|---------|---------|------|
| 29 | wt | 55                     | <b>Debora Damminga</b>    |         | DPD                       |         | 1:06.23 | 1:03.66 | PR   |
|    | rd | 47                     | <b>Nikki Slegtenhorst</b> |         | DPB                       |         | 58.54   | 1:00.70 |      |
|    |    | <b>Debora Damminga</b> |                           |         | <b>Nikki Slegtenhorst</b> |         |         |         |      |
|    |    | 100m                   | 15.66                     | (15.66) | 100m                      | 14.49   | (14.49) |         |      |
|    |    | 500m                   | 1:03.66                   | (48.00) | 500m                      | 1:00.70 | (46.21) |         |      |

|    |    | Naam                    |                          | Cat     |                          | PR      |         | Tijd    | Info |
|----|----|-------------------------|--------------------------|---------|--------------------------|---------|---------|---------|------|
| 30 | gl | 53                      | <b>Rebecca Damminga</b>  |         | DPA                      |         | 57.05   | 59.40   |      |
|    | bl | 35                      | <b>Ravi Rijsterborgh</b> |         | HPC                      |         | 1:08.26 | 1:08.42 |      |
|    |    | <b>Rebecca Damminga</b> |                          |         | <b>Ravi Rijsterborgh</b> |         |         |         |      |
|    |    | 100m                    | 14.98                    | (14.98) | 100m                     | 15.83   | (15.83) |         |      |
|    |    | 500m                    | 59.40                    | (44.42) | 500m                     | 1:08.42 | (52.59) |         |      |

|    |    | Naam                    |                         | Cat     |                        | PR    |         | Tijd  | Info |
|----|----|-------------------------|-------------------------|---------|------------------------|-------|---------|-------|------|
| 31 | wt | 34                      | <b>Gitte Verstraten</b> |         | DPA                    |       | 50.42   | 51.46 |      |
|    | rd | 59                      | <b>Yanick Stegeman</b>  |         | HB1                    |       | 41.33   | 42.92 |      |
|    |    | <b>Gitte Verstraten</b> |                         |         | <b>Yanick Stegeman</b> |       |         |       |      |
|    |    | 100m                    | 14.01                   | (14.01) | 100m                   | 11.14 | (11.14) |       |      |
|    |    | 500m                    | 51.46                   | (37.45) | 500m                   | 42.92 | (31.78) |       |      |

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

16 november 2025

|    |    | Naam                 |                       | Cat     |      | PR                    |         | Tijd  | Info |
|----|----|----------------------|-----------------------|---------|------|-----------------------|---------|-------|------|
| 32 | gl | 11                   | <b>Maud van Roon</b>  |         | DPC  |                       | 54.57   | 54.40 | PR   |
|    | bl | 41                   | <b>Erik van Hooft</b> |         | H45  |                       | 38.72   | 44.59 |      |
|    |    | <b>Maud van Roon</b> |                       |         |      | <b>Erik van Hooft</b> |         |       |      |
|    |    | 100m                 | 13.85                 | (13.85) | 100m | 11.84                 | (11.84) |       |      |
|    |    | 500m                 | 54.40                 | (40.55) | 500m | 44.59                 | (32.75) |       |      |

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

16 november 2025

## 5. Uitslag 1000 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|------------------------|-----|------|------|---------|------|--------|
| 1   | 3 Isa Boer             | DA1 | 41   | O    | 1:37.68 |      |        |
| 2   | 33 Pepijn ten Berge    | HC2 | 42   | O    | 1:38.40 | PR   |        |
| 3   | 40 Lisa Koorevaar      | DB1 | 37   | O    | 1:43.40 | PR   |        |
| 4   | 14 Loki van de Capelle | HC1 | 37   | I    | 1:44.17 | PR   |        |
| 5   | 57 Monique Boer        | D45 | 41   | I    | 1:44.50 | PR   |        |
| 6   | 10 Lisa Schreuders     | DB2 | 35   | I    | 1:46.24 | PR   |        |
| 7   | 50 Rinke van Grinsven  | HC2 | 39   | I    | 1:46.36 | PR   |        |
| 8   | 52 Manoa Damminga      | DB2 | 35   | O    | 1:47.45 | PR   |        |
| 9   | 48 René Bons           | H50 | 39   | O    | 1:47.80 |      |        |
| 10  | 16 Daan Allersma       | HB1 | 38   | I    | 1:48.24 | PR   |        |
| 11  | 25 Pieter den Dunnen   | H75 | 40   | I    | 1:48.27 |      |        |
| 12  | 42 Iris Koorevaar      | DB1 | 38   | O    | 1:50.07 | PR   |        |
| 13  | 39 Twan den Braber     | H70 | 40   | O    | 1:50.52 |      |        |
| 14  | 46 Vienna van Dongen   | DC1 | 33   | O    | 1:54.46 | PR   |        |
| 15  | 17 Allard Allersma     | H50 | 36   | I    | 1:57.63 |      |        |
| 16  | 21 Bjorn Bijl          | HB2 | 42   | I    | 2:00.21 | FL   |        |
| 17  | 58 Bastiaan de Vrieze  | HC2 | 33   | I    | 2:00.26 | PR   |        |
| 18  | 18 Esther de Groot     | D45 | 34   | I    | 2:01.77 |      |        |
| 19  | 15 Ids Allersma        | HC1 | 36   | O    | 2:03.33 |      |        |
| 20  | 19 Fenne van Heist     | DB2 | 34   | O    | 2:09.01 |      |        |

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

16 november 2025

## 5. Rituitslag 1000 meter

|    |    | Naam |                           | Cat |     | PR |         | Tijd    | Info |
|----|----|------|---------------------------|-----|-----|----|---------|---------|------|
| 33 | wt | 58   | <b>Bastiaan de Vrieze</b> |     | HC2 |    | 2:15.03 | 2:00.26 | PR   |
|    | rd | 46   | <b>Vienna van Dongen</b>  |     | DC1 |    | 2:03.98 | 1:54.46 | PR   |

### Bastiaan de Vrieze

|       |         |         |
|-------|---------|---------|
| 200m  | 26.16   | (26.16) |
| 600m  | 1:10.47 | (44.31) |
| 1000m | 2:00.26 | (49.79) |

### Vienna van Dongen

|       |         |         |
|-------|---------|---------|
| 200m  | 23.88   | (23.88) |
| 600m  | 1:06.17 | (42.29) |
| 1000m | 1:54.46 | (48.29) |

|    |    | Naam |                        | Cat |     | PR |         | Tijd    | Info |
|----|----|------|------------------------|-----|-----|----|---------|---------|------|
| 34 | gl | 18   | <b>Esther de Groot</b> |     | D45 |    | 1:58.76 | 2:01.77 |      |
|    | bl | 19   | <b>Fenne van Heist</b> |     | DB2 |    | 2:06.91 | 2:09.01 |      |

### Esther de Groot

|       |         |         |
|-------|---------|---------|
| 200m  | 27.40   | (27.40) |
| 600m  | 1:12.66 | (45.26) |
| 1000m | 2:01.77 | (49.11) |

### Fenne van Heist

|       |         |         |
|-------|---------|---------|
| 200m  | 28.09   | (28.09) |
| 600m  | 1:16.71 | (48.62) |
| 1000m | 2:09.01 | (52.30) |

|    |    | Naam |                        | Cat |     | PR |         | Tijd    | Info |
|----|----|------|------------------------|-----|-----|----|---------|---------|------|
| 35 | wt | 10   | <b>Lisa Schreuders</b> |     | DB2 |    | 1:47.34 | 1:46.24 | PR   |
|    | rd | 52   | <b>Manoa Damminga</b>  |     | DB2 |    | 1:53.34 | 1:47.45 | PR   |

### Lisa Schreuders

|       |         |         |
|-------|---------|---------|
| 200m  | 24.03   | (24.03) |
| 600m  | 1:03.85 | (39.82) |
| 1000m | 1:46.24 | (42.39) |

### Manoa Damminga

|       |         |         |
|-------|---------|---------|
| 200m  | 24.01   | (24.01) |
| 600m  | 1:04.06 | (40.05) |
| 1000m | 1:47.45 | (43.39) |

|    |    | Naam |                        | Cat |     | PR |         | Tijd    | Info |
|----|----|------|------------------------|-----|-----|----|---------|---------|------|
| 36 | gl | 17   | <b>Allard Allersma</b> |     | H50 |    | 1:54.70 | 1:57.63 |      |
|    | bl | 15   | <b>Ids Allersma</b>    |     | HC1 |    | 1:57.02 | 2:03.33 |      |

### Allard Allersma

|       |         |         |
|-------|---------|---------|
| 200m  | 26.71   | (26.71) |
| 600m  | 1:11.34 | (44.63) |
| 1000m | 1:57.63 | (46.29) |

### Ids Allersma

|       |         |         |
|-------|---------|---------|
| 200m  | 27.09   | (27.09) |
| 600m  | 1:13.62 | (46.53) |
| 1000m | 2:03.33 | (49.71) |

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

16 november 2025

|    |    | Naam                       |                            |         | Cat                   | PR      | Tijd    | Info |
|----|----|----------------------------|----------------------------|---------|-----------------------|---------|---------|------|
| 37 | wt | 14                         | <b>Loki van de Capelle</b> |         | HC1                   | 1:51.61 | 1:44.17 | PR   |
|    | rd | 40                         | <b>Lisa Koorevaar</b>      |         | DB1                   | 1:52.41 | 1:43.40 | PR   |
|    |    | <b>Loki van de Capelle</b> |                            |         | <b>Lisa Koorevaar</b> |         |         |      |
|    |    | 200m                       | 22.51                      | (22.51) | 200m                  | 23.37   | (23.37) |      |
|    |    | 600m                       | 1:02.13                    | (39.62) | 600m                  | 1:02.06 | (38.69) |      |
|    |    | 1000m                      | 1:44.17                    | (42.04) | 1000m                 | 1:43.40 | (41.34) |      |

|    |    | Naam                 |                       |         | Cat                   | PR      | Tijd    | Info |
|----|----|----------------------|-----------------------|---------|-----------------------|---------|---------|------|
| 38 | gl | 16                   | <b>Daan Allersma</b>  |         | HB1                   | 1:49.92 | 1:48.24 | PR   |
|    | bl | 42                   | <b>Iris Koorevaar</b> |         | DB1                   | 1:53.14 | 1:50.07 | PR   |
|    |    | <b>Daan Allersma</b> |                       |         | <b>Iris Koorevaar</b> |         |         |      |
|    |    | 200m                 | 25.00                 | (25.00) | 200m                  | 24.85   | (24.85) |      |
|    |    | 600m                 | 1:05.78               | (40.78) | 600m                  | 1:05.93 | (41.08) |      |
|    |    | 1000m                | 1:48.24               | (42.46) | 1000m                 | 1:50.07 | (44.14) |      |

|    |    | Naam                      |                           |         | Cat              | PR      | Tijd    | Info |
|----|----|---------------------------|---------------------------|---------|------------------|---------|---------|------|
| 39 | wt | 50                        | <b>Rinke van Grinsven</b> |         | HC2              | 1:48.53 | 1:46.36 | PR   |
|    | rd | 48                        | <b>René Bons</b>          |         | H50              | 1:46.52 | 1:47.80 |      |
|    |    | <b>Rinke van Grinsven</b> |                           |         | <b>René Bons</b> |         |         |      |
|    |    | 200m                      | 23.10                     | (23.10) | 200m             | 23.78   | (23.78) |      |
|    |    | 600m                      | 1:03.01                   | (39.91) | 600m             | 1:04.36 | (40.58) |      |
|    |    | 1000m                     | 1:46.36                   | (43.35) | 1000m            | 1:47.80 | (43.44) |      |

|    |    | Naam                     |                          |         | Cat                    | PR      | Tijd    | Info |
|----|----|--------------------------|--------------------------|---------|------------------------|---------|---------|------|
| 40 | gl | 25                       | <b>Pieter den Dunnen</b> |         | H75                    | 1:25.69 | 1:48.27 |      |
|    | bl | 39                       | <b>Twan den Braber</b>   |         | H70                    | 1:24.53 | 1:50.52 |      |
|    |    | <b>Pieter den Dunnen</b> |                          |         | <b>Twan den Braber</b> |         |         |      |
|    |    | 200m                     | 26.22                    | (26.22) | 200m                   | 27.05   | (27.05) |      |
|    |    | 600m                     | 1:06.47                  | (40.25) | 600m                   | 1:07.38 | (40.33) |      |
|    |    | 1000m                    | 1:48.27                  | (41.80) | 1000m                  | 1:50.52 | (43.14) |      |

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

16 november 2025

|       |    | Naam                |                         |         | Cat                     |         |         | PR      | Tijd    | Info |
|-------|----|---------------------|-------------------------|---------|-------------------------|---------|---------|---------|---------|------|
| 41    | wt | 57                  | <b>Monique Boer</b>     |         | D45                     |         |         | 1:45.77 | 1:44.50 | PR   |
|       | rd | 3                   | <b>Isa Boer</b>         |         | DA1                     |         |         | 1:32.76 | 1:37.68 |      |
|       |    | <b>Monique Boer</b> |                         |         | <b>Isa Boer</b>         |         |         |         |         |      |
|       |    | 200m                | 23.46                   | (23.46) | 200m                    | 22.64   | (22.64) |         |         |      |
|       |    | 600m                | 1:02.45                 | (38.99) | 600m                    | 59.03   | (36.39) |         |         |      |
|       |    | 1000m               | 1:44.50                 | (42.05) | 1000m                   | 1:37.68 | (38.65) |         |         |      |
| <hr/> |    |                     |                         |         |                         |         |         |         |         |      |
|       |    | Naam                |                         |         | Cat                     |         |         | PR      | Tijd    | Info |
| 42    | gl | 21                  | <b>Bjorn Bijl</b>       |         | HB2                     |         |         | 1:48.02 | 2:00.21 | FL   |
|       | bl | 33                  | <b>Pepijn ten Berge</b> |         | HC2                     |         |         | 1:40.45 | 1:38.40 | PR   |
|       |    | <b>Bjorn Bijl</b>   |                         |         | <b>Pepijn ten Berge</b> |         |         |         |         |      |
|       |    | 200m                | 22.80                   | (22.80) | 200m                    | 21.68   | (21.68) |         |         |      |
|       |    | 600m                | 1:02.15                 | (39.35) | 600m                    | 58.62   | (36.94) |         |         |      |
|       |    | 1000m               | 2:00.21                 | (58.06) | 1000m                   | 1:38.40 | (39.78) |         |         |      |

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

16 november 2025

## 6. Uitslag 300 meter

| Pos | Naam                   | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|------------------------|-----|------|------|-------|------|--------|
| 1   | 59 Yanick Stegeman     | HB1 | 47   | O    | 26.85 |      |        |
| 2   | 41 Erik van Hooft      | H45 | 47   | I    | 28.02 |      |        |
| 3   | 34 Gitte Verstraten    | DPA | 48   | I    | 32.96 |      |        |
| 4   | 11 Maud van Roon       | DPC | 48   | O    | 33.11 |      |        |
| 5   | 47 Nikki Slegtenhorst  | DPB | 45   | I    | 37.37 |      |        |
| 6   | 53 Rebecca Damminga    | DPA | 46   | I    | 37.88 |      |        |
| 7   | 55 Debora Damminga     | DPD | 45   | O    | 39.53 | PR   |        |
| 8   | 35 Ravi Rijsterborgh   | HPC | 46   | O    | 41.26 | PR   |        |
| 9   | 36 Ilvy Rijsterborgh   | DPE | 43   | O    | 46.33 | PR   |        |
| 10  | 12 Milou van Roon      | DPE | 44   | O    | 47.05 |      |        |
| 11  | 20 Liva Meeldijk       | DPD | 44   | I    | 47.19 |      |        |
| 12  | 29 Jesmay van der Wulp | DPF | 43   | I    | 49.86 |      |        |

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

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## 6. Rituitslag 300 meter

# Trainingswedstrijd 6

Kunstijsbaan Breda - Breda

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|       |    | Naam                          | Cat | PR                 | Tijd                      | Info |
|-------|----|-------------------------------|-----|--------------------|---------------------------|------|
| 43    | wt | 29 <b>Jesmay van der Wulp</b> | DPF |                    | 49.86                     |      |
|       | rd | 36 <b>Ilvij Rijsterborgh</b>  | DPE | 48.06              | 46.33                     | PR   |
|       |    | <u>Jesmay van der Wulp</u>    |     |                    | <u>Ilvij Rijsterborgh</u> |      |
|       |    | 300m 49.86 (49.86)            |     | 300m 46.33 (46.33) |                           |      |
| <hr/> |    |                               |     |                    |                           |      |
|       |    | Naam                          | Cat | PR                 | Tijd                      | Info |
| 44    | gl | 20 <b>Liva Meeldijk</b>       | DPD | 40.77              | 47.19                     |      |
|       | bl | 12 <b>Milou van Roon</b>      | DPE | 43.19              | 47.05                     |      |
|       |    | <u>Liva Meeldijk</u>          |     |                    | <u>Milou van Roon</u>     |      |
|       |    | 300m 47.19 (47.19)            |     | 300m 47.05 (47.05) |                           |      |
| <hr/> |    |                               |     |                    |                           |      |
|       |    | Naam                          | Cat | PR                 | Tijd                      | Info |
| 45    | wt | 47 <b>Nikki Slegtenhorst</b>  | DPB | 35.71              | 37.37                     |      |
|       | rd | 55 <b>Debora Damminga</b>     | DPD | 40.12              | 39.53                     | PR   |
|       |    | <u>Nikki Slegtenhorst</u>     |     |                    | <u>Debora Damminga</u>    |      |
|       |    | 300m 37.37 (37.37)            |     | 300m 39.53 (39.53) |                           |      |
| <hr/> |    |                               |     |                    |                           |      |
|       |    | Naam                          | Cat | PR                 | Tijd                      | Info |
| 46    | gl | 53 <b>Rebecca Damminga</b>    | DPA | 36.83              | 37.88                     |      |
|       | bl | 35 <b>Ravi Rijsterborgh</b>   | HPC | 41.95              | 41.26                     | PR   |
|       |    | <u>Rebecca Damminga</u>       |     |                    | <u>Ravi Rijsterborgh</u>  |      |
|       |    | 300m 37.88 (37.88)            |     | 300m 41.26 (41.26) |                           |      |
| <hr/> |    |                               |     |                    |                           |      |
|       |    | Naam                          | Cat | PR                 | Tijd                      | Info |
| 47    | wt | 41 <b>Erik van Hooft</b>      | H45 | 25.15              | 28.02                     |      |
|       | rd | 59 <b>Yanick Stegeman</b>     | HB1 | 26.07              | 26.85                     |      |
|       |    | <u>Erik van Hooft</u>         |     |                    | <u>Yanick Stegeman</u>    |      |
|       |    | 300m 28.02 (28.02)            |     | 300m 26.85 (26.85) |                           |      |
| <hr/> |    |                               |     |                    |                           |      |
|       |    | Naam                          | Cat | PR                 | Tijd                      | Info |
| 48    | gl | 34 <b>Gitte Verstraten</b>    | DPA | 32.60              | 32.96                     |      |
|       | bl | 11 <b>Maud van Roon</b>       | DPC | 32.87              | 33.11                     |      |
|       |    | <u>Gitte Verstraten</u>       |     |                    | <u>Maud van Roon</u>      |      |
|       |    | 300m 32.96 (32.96)            |     | 300m 33.11 (33.11) |                           |      |

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Kunstijsbaan Breda - Breda

16 november 2025

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## 7. Uitslag 1500 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1   | 1 Pieter de Munck     | HSB | 58   | I    | 2:08.15 |      |        |
| 2   | 32 Jorrit Ruijten     | HC2 | 55   | I    | 2:10.33 | PR   |        |
| 3   | 6 Thomas Ros          | HSA | 56   | O    | 2:14.99 |      |        |
| 4   | 24 Pieter Lankhaar    | HC2 | 57   | O    | 2:15.33 |      |        |
| 5   | 26 Boaz Damminga      | HC2 | 57   | I    | 2:16.46 |      |        |
| 6   | 51 Karsten Dieleman   | HC2 | 56   | I    | 2:17.78 |      |        |
| 7   | 56 Simon van Falier   | HN1 | 53   | O    | 2:19.34 | PR   |        |
| 8   | 13 Tobi Raams         | HA2 | 58   | O    | 2:20.77 |      |        |
| 9   | 43 Mees Eppinga       | HA1 | 54   | O    | 2:21.07 | PR   |        |
| 10  | 49 Herbert Boender    | H45 | 55   | O    | 2:21.18 |      |        |
| 11  | 4 Stijn van Bijnen    | HC2 | 53   | I    | 2:26.17 | PR   |        |
| 12  | 2 Sarina van Dijk     | DSA | 52   | O    | 2:31.71 |      |        |
| 13  | 45 Ed Blok            | H60 | 54   | I    | 2:35.65 |      |        |
| 14  | 9 Axelle De Clerck    | DC1 | 51   | I    | 2:37.57 | PR   |        |
| 15  | 7 Nynke van Rijs      | DA2 | 51   | O    | 2:38.34 |      |        |
| 16  | 30 Claudia Vermeirsch | DSA | 49   | I    | 2:39.09 | PR   |        |
| 17  | 31 Patty van Hoorn    | D50 | 52   | I    | 2:44.65 |      |        |

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## 7. Rituitslag 1500 meter

|    |          | Naam |                           | Cat |     | PR |         | Tijd    | Info |
|----|----------|------|---------------------------|-----|-----|----|---------|---------|------|
| 49 | wt<br>rd | 30   | <b>Claudia Vermeirsch</b> |     | DSA |    | 3:04.03 | 2:39.09 | PR   |

### Claudia Vermeirsch

|       |         |         |   |
|-------|---------|---------|---|
| 300m  | 31.72   | (31.72) | m |
| 700m  | 1:10.67 | (38.95) |   |
| 1100m | 1:53.31 | (42.64) |   |
| 1500m | 2:39.09 | (45.78) |   |

|    |          | Naam |  | Cat |  | PR |  | Tijd | Info |
|----|----------|------|--|-----|--|----|--|------|------|
| 50 | gl<br>bl |      |  |     |  |    |  |      |      |

m

m

|    |          | Naam |                         | Cat |     | PR |         | Tijd    | Info |
|----|----------|------|-------------------------|-----|-----|----|---------|---------|------|
| 51 | wt<br>rd | 9    | <b>Axelle De Clerck</b> |     | DC1 |    | 2:56.72 | 2:37.57 | PR   |
|    |          | 7    | <b>Nynke van Rijs</b>   |     | DA2 |    | 2:36.52 | 2:38.34 |      |

### Axelle De Clerck

|       |         |         |
|-------|---------|---------|
| 300m  | 32.36   | (32.36) |
| 700m  | 1:10.38 | (38.02) |
| 1100m | 1:53.43 | (43.05) |
| 1500m | 2:37.57 | (44.14) |

### Nynke van Rijs

|       |         |         |
|-------|---------|---------|
| 300m  | 32.76   | (32.76) |
| 700m  | 1:13.09 | (40.33) |
| 1100m | 1:55.78 | (42.69) |
| 1500m | 2:38.34 | (42.56) |

|    |          | Naam |                        | Cat |     | PR |         | Tijd    | Info |
|----|----------|------|------------------------|-----|-----|----|---------|---------|------|
| 52 | gl<br>bl | 31   | <b>Patty van Hoorn</b> |     | D50 |    | 2:35.79 | 2:44.65 |      |
|    |          | 2    | <b>Sarina van Dijk</b> |     | DSA |    | 2:26.63 | 2:31.71 |      |

### Patty van Hoorn

|       |         |         |
|-------|---------|---------|
| 300m  | 35.40   | (35.40) |
| 700m  | 1:16.15 | (40.75) |
| 1100m | 1:59.86 | (43.71) |
| 1500m | 2:44.65 | (44.79) |

### Sarina van Dijk

|       |         |         |
|-------|---------|---------|
| 300m  | 30.85   | (30.85) |
| 700m  | 1:09.10 | (38.25) |
| 1100m | 1:49.85 | (40.75) |
| 1500m | 2:31.71 | (41.86) |

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|       |    | Naam                    |                         |         | Cat                     |         |         | PR      | Tijd    | Info |
|-------|----|-------------------------|-------------------------|---------|-------------------------|---------|---------|---------|---------|------|
| 53    | wt | 4                       | <b>Stijn van Bijnen</b> |         | HC2                     |         |         | 2:29.87 | 2:26.17 | PR   |
|       | rd | 56                      | <b>Simon van Falier</b> |         | HN1                     |         |         | 2:25.42 | 2:19.34 | PR   |
|       |    | <b>Stijn van Bijnen</b> |                         |         | <b>Simon van Falier</b> |         |         |         |         |      |
|       |    | 300m                    | 30.60                   | (30.60) | 300m                    | 30.54   | (30.54) |         |         |      |
|       |    | 700m                    | 1:07.04                 | (36.44) | 700m                    | 1:06.60 | (36.06) |         |         |      |
|       |    | 1100m                   | 1:46.28                 | (39.24) | 1100m                   | 1:43.18 | (36.58) |         |         |      |
|       |    | 1500m                   | 2:26.17                 | (39.89) | 1500m                   | 2:19.34 | (36.16) |         |         |      |
| <hr/> |    |                         |                         |         |                         |         |         |         |         |      |
|       |    | Naam                    |                         |         | Cat                     |         |         | PR      | Tijd    | Info |
| 54    | gl | 45                      | <b>Ed Blok</b>          |         | H60                     |         |         | 2:33.55 | 2:35.65 |      |
|       | bl | 43                      | <b>Mees Eppinga</b>     |         | HA1                     |         |         | 2:22.77 | 2:21.07 | PR   |
|       |    | <b>Ed Blok</b>          |                         |         | <b>Mees Eppinga</b>     |         |         |         |         |      |
|       |    | 300m                    | 34.55                   | (34.55) | 300m                    | 30.76   | (30.76) |         |         |      |
|       |    | 700m                    | 1:13.28                 | (38.73) | 700m                    | 1:06.20 | (35.44) |         |         |      |
|       |    | 1100m                   | 1:53.92                 | (40.64) | 1100m                   | 1:43.46 | (37.26) |         |         |      |
|       |    | 1500m                   | 2:35.65                 | (41.73) | 1500m                   | 2:21.07 | (37.61) |         |         |      |
| <hr/> |    |                         |                         |         |                         |         |         |         |         |      |
|       |    | Naam                    |                         |         | Cat                     |         |         | PR      | Tijd    | Info |
| 55    | wt | 32                      | <b>Jorrit Ruijten</b>   |         | HC2                     |         |         | 2:18.15 | 2:10.33 | PR   |
|       | rd | 49                      | <b>Herbert Boender</b>  |         | H45                     |         |         | 2:14.58 | 2:21.18 |      |
|       |    | <b>Jorrit Ruijten</b>   |                         |         | <b>Herbert Boender</b>  |         |         |         |         |      |
|       |    | 300m                    | 28.56                   | (28.56) | 300m                    | 30.08   | (30.08) |         |         |      |
|       |    | 700m                    | 1:00.99                 | (32.43) | 700m                    | 1:05.11 | (35.03) |         |         |      |
|       |    | 1100m                   | 1:35.11                 | (34.12) | 1100m                   | 1:42.47 | (37.36) |         |         |      |
|       |    | 1500m                   | 2:10.33                 | (35.22) | 1500m                   | 2:21.18 | (38.71) |         |         |      |
| <hr/> |    |                         |                         |         |                         |         |         |         |         |      |
|       |    | Naam                    |                         |         | Cat                     |         |         | PR      | Tijd    | Info |
| 56    | gl | 51                      | <b>Karsten Dieleman</b> |         | HC2                     |         |         | 2:14.94 | 2:17.78 |      |
|       | bl | 6                       | <b>Thomas Ros</b>       |         | HSA                     |         |         | 2:09.43 | 2:14.99 |      |
|       |    | <b>Karsten Dieleman</b> |                         |         | <b>Thomas Ros</b>       |         |         |         |         |      |
|       |    | 300m                    | 29.28                   | (29.28) | 300m                    | 28.21   | (28.21) |         |         |      |
|       |    | 700m                    | 1:03.48                 | (34.20) | 700m                    | 1:00.74 | (32.53) |         |         |      |
|       |    | 1100m                   | 1:40.64                 | (37.16) | 1100m                   | 1:36.08 | (35.34) |         |         |      |
|       |    | 1500m                   | 2:17.78                 | (37.14) | 1500m                   | 2:14.99 | (38.91) |         |         |      |

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|       |    | Naam                   |                        |         | Cat                    |         |         | PR      | Tijd    | Info |
|-------|----|------------------------|------------------------|---------|------------------------|---------|---------|---------|---------|------|
| 57    | wt | 26                     | <b>Boaz Damminga</b>   |         | HC2                    |         |         | 2:12.06 | 2:16.46 |      |
|       | rd | 24                     | <b>Pieter Lankhaar</b> |         | HC2                    |         |         | 2:11.30 | 2:15.33 |      |
|       |    | <b>Boaz Damminga</b>   |                        |         | <b>Pieter Lankhaar</b> |         |         |         |         |      |
|       |    | 300m                   | 28.39                  | (28.39) | 300m                   | 28.65   | (28.65) |         |         |      |
|       |    | 700m                   | 1:02.54                | (34.15) | 700m                   | 1:01.90 | (33.25) |         |         |      |
|       |    | 1100m                  | 1:38.66                | (36.12) | 1100m                  | 1:37.69 | (35.79) |         |         |      |
|       |    | 1500m                  | 2:16.46                | (37.80) | 1500m                  | 2:15.33 | (37.64) |         |         |      |
| <hr/> |    |                        |                        |         |                        |         |         |         |         |      |
|       |    | Naam                   |                        |         | Cat                    |         |         | PR      | Tijd    | Info |
| 58    | gl | 1                      | <b>Pieter de Munck</b> |         | HSB                    |         |         | 1:54.42 | 2:08.15 |      |
|       | bl | 13                     | <b>Tobi Raams</b>      |         | HA2                    |         |         | 2:14.53 | 2:20.77 |      |
|       |    | <b>Pieter de Munck</b> |                        |         | <b>Tobi Raams</b>      |         |         |         |         |      |
|       |    | 300m                   | 27.79                  | (27.79) | 300m                   | 28.79   | (28.79) |         |         |      |
|       |    | 700m                   | 59.23                  | (31.44) | 700m                   | 1:02.68 | (33.89) |         |         |      |
|       |    | 1100m                  | 1:32.64                | (33.41) | 1100m                  | 1:40.47 | (37.79) |         |         |      |
|       |    | 1500m                  | 2:08.15                | (35.51) | 1500m                  | 2:20.77 | (40.30) |         |         |      |