

## 1. Uitslag 500 bij 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	27 Mike van Dijk	HN3	9	O	39.83		
2	26 Bob van Nobelen	HSB	9	I	42.21		
3	42 Frans Verhoeve	H55	10	O	42.50		
4	38 Mik de Groot	HB2	8	O	42.61	PR	
5	56 Joeke van Mulligen	HN2	8	I	42.87		
6	52 Idzard Grovenstein	HSB	10	I	42.88		
7	43 Marino Godwaldt	HB1	7	O	44.26		
8	60 Mike Roelands	HN1	7	I	44.43		
9	37 Lotte de Bock	DB2	6	O	46.14		
10	15 Roosmarijn Meinsma	DB1	6	I	46.53	PR	
11	1 Aranka Keur	D40	5	O	48.46		
12	49 Emma Hartveld	DA1	4	O	52.44		
13	24 Roxanne Boers	DN4	3	O	53.25		
14	46 Pien Lodder	DA2	3	I	55.23		
15	7 Maroushka Boers	DSA	2	O	59.13		
16	4 Ramona van Leeuwen- van Noort	D50	1	I	1:00.29		
	39 Leendert Schoenmaker	H50	5	I	DNF		
	40 Tess Holleboom	DA1	2	I	DQ		
	47 Tjitske Kikstra	DN1			WDR		

## 1. Rituitslag 500 bij 1000 meter

		Naam	Cat	PR	Tijd	Info																					
1	wt	4 <b>Ramona van Leeuwen- van Noort</b>	D50	55.33	<b>1:00.29</b>																						
	rd																										
<table border="1"> <thead> <tr> <th colspan="7">Ramona van Leeuwen- van Noort</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>100m</td> <td>16.22</td> <td>(16.22)</td> <td></td> <td>m</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>1:00.29</td> <td>(44.07)</td> <td></td> <td></td> </tr> </tbody> </table>							Ramona van Leeuwen- van Noort									100m	16.22	(16.22)		m			500m	1:00.29	(44.07)		
Ramona van Leeuwen- van Noort																											
		100m	16.22	(16.22)		m																					
		500m	1:00.29	(44.07)																							

		Naam	Cat	PR	Tijd	Info																					
2	gl	40 <b>Tess Holleboom</b>	DA1			<b>DQ</b>																					
	bl	7 <b>Maroushka Boers</b>	DSA	55.86	<b>59.13</b>																						
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Tess Holleboom			Maroushka Boers																								
		100m	7.90	(7.90)	100m	14.83 (14.83)																					
		500m	15.81	(7.91)	500m	59.13 (44.30)																					

		Naam	Cat	PR	Tijd	Info																					
3	wt	46 <b>Pien Lodder</b>	DA2	54.84	<b>55.23</b>																						
	rd	24 <b>Roxanne Boers</b>	DN4	50.60	<b>53.25</b>																						
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Pien Lodder			Roxanne Boers																								
		100m	14.86	(14.86)	100m	13.31 (13.31)																					
		500m	55.23	(40.37)	500m	53.25 (39.94)																					

		Naam	Cat	PR	Tijd	Info																					
4	gl	47 <b>Tjitske Kikstra</b>	DN1	52.11	<b>WDR</b>																						
	bl	49 <b>Emma Hartveld</b>	DA1	51.10	<b>52.44</b>																						
<table border="1"> <thead> <tr> <th colspan="3">Tjitske Kikstra</th> <th colspan="4">Emma Hartveld</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>100m</td> <td></td> <td></td> <td>100m</td> <td>14.30 (14.30)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td></td> <td></td> <td>500m</td> <td>52.44 (38.14)</td> </tr> </tbody> </table>							Tjitske Kikstra			Emma Hartveld						100m			100m	14.30 (14.30)			500m			500m	52.44 (38.14)
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		100m			100m	14.30 (14.30)																					
		500m			500m	52.44 (38.14)																					

		Naam	Cat	PR	Tijd	Info																					
5	wt	39 <b>Leendert Schoenmaker</b>	H50	49.69	<b>DNF</b>																						
	rd	1 <b>Aranka Keur</b>	D40	45.04	<b>48.46</b>																						
<table border="1"> <thead> <tr> <th colspan="3">Leendert Schoenmaker</th> <th colspan="4">Aranka Keur</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>100m</td> <td>18.58</td> <td>(18.58)</td> <td>100m</td> <td>12.70 (12.70)</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td>500m</td> <td>48.46 (35.76)</td> </tr> </tbody> </table>							Leendert Schoenmaker			Aranka Keur						100m	18.58	(18.58)	100m	12.70 (12.70)						500m	48.46 (35.76)
Leendert Schoenmaker			Aranka Keur																								
		100m	18.58	(18.58)	100m	12.70 (12.70)																					
					500m	48.46 (35.76)																					

		Naam			Cat	PR	Tijd	Info
6	gl	15	<b>Roosmarijn Meinsma</b>		DB1	47.68	<b>46.53</b>	PR
	bl	37	<b>Lotte de Bock</b>		DB2	45.45	<b>46.14</b>	
		<b>Roosmarijn Meinsma</b>			<b>Lotte de Bock</b>			
		100m	12.45	(12.45)	100m	12.27	(12.27)	
		500m	46.53	(34.08)	500m	46.14	(33.87)	
		Naam			Cat	PR	Tijd	Info
7	wt	60	<b>Mike Roelands</b>		HN1	44.31	<b>44.43</b>	
	rd	43	<b>Marino Godwaldt</b>		HB1	43.58	<b>44.26</b>	
		<b>Mike Roelands</b>			<b>Marino Godwaldt</b>			
		100m	11.70	(11.70)	100m	12.07	(12.07)	
		500m	44.43	(32.73)	500m	44.26	(32.19)	
		Naam			Cat	PR	Tijd	Info
8	gl	56	<b>Joeke van Mulligen</b>		HN2	42.30	<b>42.87</b>	
	bl	38	<b>Mik de Groot</b>		HB2	43.18	<b>42.61</b>	PR
		<b>Joeke van Mulligen</b>			<b>Mik de Groot</b>			
		100m	11.69	(11.69)	100m	11.80	(11.80)	
		500m	42.87	(31.18)	500m	42.61	(30.81)	
		Naam			Cat	PR	Tijd	Info
9	wt	26	<b>Bob van Nobelen</b>		HSB	40.43	<b>42.21</b>	
	rd	27	<b>Mike van Dijk</b>		HN3	38.51	<b>39.83</b>	
		<b>Bob van Nobelen</b>			<b>Mike van Dijk</b>			
		100m	11.34	(11.34)	100m	11.00	(11.00)	
		500m	42.21	(30.87)	500m	39.83	(28.83)	
		Naam			Cat	PR	Tijd	Info
10	gl	52	<b>Idzard Grovenstein</b>		HSB	42.84	<b>42.88</b>	
	bl	42	<b>Frans Verhoeve</b>		H55	40.44	<b>42.50</b>	
		<b>Idzard Grovenstein</b>			<b>Frans Verhoeve</b>			
		100m	11.51	(11.51)	100m	11.83	(11.83)	
		500m	42.88	(31.37)	500m	42.50	(30.67)	

## 2. Uitslag 500 bij 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	57 Miel van der Veer	HA1	24	I	41.10		
2	44 Joep Aben	HB1	24	O	43.22		
3	14 Marcel Huismans	H50	23	I	43.99		
4	32 Ole de Jong	HB2	22	O	44.43		
5	16 Vigo Nederstigt	HA2	21	O	44.45		
6	25 Driek Tolk	HB1	21	I	45.39		
7	34 Job van Eek	HB2	22	I	45.68		
8	33 Bas Schrage	HSB	23	O	45.88		
9	51 Bram Braak	HB2	20	I	46.84	PR	
10	58 Jan van der Veer	H50	20	O	47.52		
11	61 Gideon Den Hertog	HSB	17	O	48.02		
12	35 Leanne Molenaar	DN1	16	I	48.43		
13	53 Sanne Roos	DA2	18	I	48.53		
14	22 Erwin Dekker	H60	19	I	48.60		
15	59 Jan Willem Dijkstra	H55	18	O	48.62		
16	36 Merit de Bruin	DB2	19	O	48.95		
17	3 Xander Terstal	HA2	17	I	49.45		
18	54 Annette Laarhoven	DB1	15	O	50.82		
19	11 Pieter van Dijk	HB2	16	O	51.32		
20	19 Valerie Nijman	DB2	15	I	51.72		
21	45 Bente Adema	DC1	13	O	53.48	PR	
22	20 Mark Peters	H65	14	O	53.96		
23	41 Eveline Krom	DB2	13	I	54.13	PR	
24	30 Kelly Tromp	DSA	12	I	55.47	PR	
25	23 Lou Hoogewerf	H70	12	O	55.89		
26	50 Wieke Eikelenboom	DB1	14	I	55.96		
27	62 Judith van Hesselingen	D50	11	I	56.81		

## 2. Rituitslag 500 bij 1500 meter

		Naam			Cat	PR	Tijd	Info
11	wt	62	<b>Judith van Hesselingen</b>		D50	49.76	<b>56.81</b>	
	rd							
		<b>Judith van Hesselingen</b>						
		100m	15.20	(15.20)		m		
		500m	56.81	(41.61)				
		Naam			Cat	PR	Tijd	Info
12	gl	30	<b>Kelly Tromp</b>		DSA	56.48	<b>55.47</b>	PR
	bl	23	<b>Lou Hoogewerf</b>		H70	46.75	<b>55.89</b>	
		<b>Kelly Tromp</b>			<b>Lou Hoogewerf</b>			
		100m	14.62	(14.62)	100m	14.43	(14.43)	
		500m	55.47	(40.85)	500m	55.89	(41.46)	
		Naam			Cat	PR	Tijd	Info
13	wt	41	<b>Eveline Krom</b>		DB2	55.50	<b>54.13</b>	PR
	rd	45	<b>Bente Adema</b>		DC1	53.74	<b>53.48</b>	PR
		<b>Eveline Krom</b>			<b>Bente Adema</b>			
		100m	14.57	(14.57)	100m	13.91	(13.91)	
		500m	54.13	(39.56)	500m	53.48	(39.57)	
		Naam			Cat	PR	Tijd	Info
14	gl	50	<b>Wieke Eikelenboom</b>		DB1	50.67	<b>55.96</b>	
	bl	20	<b>Mark Peters</b>		H65	50.12	<b>53.96</b>	
		<b>Wieke Eikelenboom</b>			<b>Mark Peters</b>			
		100m	14.28	(14.28)	100m	14.41	(14.41)	
		500m	55.96	(41.68)	500m	53.96	(39.55)	
		Naam			Cat	PR	Tijd	Info
15	wt	19	<b>Valerie Nijman</b>		DB2	50.31	<b>51.72</b>	
	rd	54	<b>Annette Laarhoven</b>		DB1	49.62	<b>50.82</b>	
		<b>Valerie Nijman</b>			<b>Annette Laarhoven</b>			
		100m	13.58	(13.58)	100m	13.53	(13.53)	
		500m	51.72	(38.14)	500m	50.82	(37.29)	

		Naam			Cat	PR	Tijd	Info
16	gl	35	<b>Leanne Molenaar</b>		DN1	47.14	<b>48.43</b>	
	bl	11	<b>Pieter van Dijk</b>		HB2	50.15	<b>51.32</b>	
		<u>Leanne Molenaar</u>			<u>Pieter van Dijk</u>			
		100m	12.99	(12.99)	100m	13.61	(13.61)	
		500m	48.43	(35.44)	500m	51.32	(37.71)	
		Naam			Cat	PR	Tijd	Info
17	wt	3	<b>Xander Terstal</b>		HA2	47.82	<b>49.45</b>	
	rd	61	<b>Gideon Den Hertog</b>		HSB	43.97	<b>48.02</b>	
		<u>Xander Terstal</u>			<u>Gideon Den Hertog</u>			
		100m	12.90	(12.90)	100m	12.91	(12.91)	
		500m	49.45	(36.55)	500m	48.02	(35.11)	
		Naam			Cat	PR	Tijd	Info
18	gl	53	<b>Sanne Roos</b>		DA2	46.77	<b>48.53</b>	
	bl	59	<b>Jan Willem Dijkstra</b>		H55	47.12	<b>48.62</b>	
		<u>Sanne Roos</u>			<u>Jan Willem Dijkstra</u>			
		100m	12.72	(12.72)	100m	13.39	(13.39)	
		500m	48.53	(35.81)	500m	48.62	(35.23)	
		Naam			Cat	PR	Tijd	Info
19	wt	22	<b>Erwin Dekker</b>		H60	44.86	<b>48.60</b>	
	rd	36	<b>Merit de Bruin</b>		DB2	47.57	<b>48.95</b>	
		<u>Erwin Dekker</u>			<u>Merit de Bruin</u>			
		100m	13.06	(13.06)	100m	13.17	(13.17)	
		500m	48.60	(35.54)	500m	48.95	(35.78)	
		Naam			Cat	PR	Tijd	Info
20	gl	51	<b>Bram Braak</b>		HB2	47.47	<b>46.84</b>	PR
	bl	58	<b>Jan van der Veer</b>		H50	43.20	<b>47.52</b>	
		<u>Bram Braak</u>			<u>Jan van der Veer</u>			
		100m	12.47	(12.47)	100m	12.77	(12.77)	
		500m	46.84	(34.37)	500m	47.52	(34.75)	

		Naam	Cat		PR	Tijd	Info
21	wt	25 <b>Driek Tolk</b>	HB1		44.32	<b>45.39</b>	
	rd	16 <b>Vigo Nederstigt</b>	HA2		44.08	<b>44.45</b>	
		<b>Driek Tolk</b>		<b>Vigo Nederstigt</b>			
		100m	12.31	(12.31)	100m	12.47	(12.47)
		500m	45.39	(33.08)	500m	44.45	(31.98)

		Naam	Cat		PR	Tijd	Info
22	gl	34 <b>Job van Eek</b>	HB2		44.68	<b>45.68</b>	
	bl	32 <b>Ole de Jong</b>	HB2		43.68	<b>44.43</b>	
		<b>Job van Eek</b>		<b>Ole de Jong</b>			
		100m	11.90	(11.90)	100m	12.18	(12.18)
		500m	45.68	(33.78)	500m	44.43	(32.25)

		Naam	Cat		PR	Tijd	Info
23	wt	14 <b>Marcel Huismans</b>	H50		41.42	<b>43.99</b>	
	rd	33 <b>Bas Schrage</b>	HSB		42.51	<b>45.88</b>	
		<b>Marcel Huismans</b>		<b>Bas Schrage</b>			
		100m	11.94	(11.94)	100m	12.51	(12.51)
		500m	43.99	(32.05)	500m	45.88	(33.37)

		Naam	Cat		PR	Tijd	Info
24	gl	57 <b>Miel van der Veer</b>	HA1		40.55	<b>41.10</b>	
	bl	44 <b>Joep Aben</b>	HB1		42.62	<b>43.22</b>	
		<b>Miel van der Veer</b>		<b>Joep Aben</b>			
		100m	11.68	(11.68)	100m	11.83	(11.83)
		500m	41.10	(29.42)	500m	43.22	(31.39)



# Kennemercup 12

IJsbaan Haarlem - Haarlem

29 januari 2023



## 3. Uitslag 500 bij 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Evert Jan van Dijk	H40	26	O	45.83		
2	29 Danique van Rooden	DB1	26	I	46.00		
3	31 Charlie Kwadrin	DB1	25	I	50.60		



## 3. Rituitslag 500 bij 3000 meter

		Naam	Cat	PR	Tijd	Info
25	wt	31 <b>Charlie Kwadrin</b>	DB1	48.40	<b>50.60</b>	
	rd					
		<b>Charlie Kwadrin</b>				
		100m	13.54 (13.54)			m
		500m	50.60 (37.06)			
		Naam	Cat	PR	Tijd	Info
26	gl	29 <b>Danique van Rooden</b>	DB1	44.24	<b>46.00</b>	
	bl	12 <b>Evert Jan van Dijk</b>	H40	43.92	<b>45.83</b>	
		<b>Danique van Rooden</b>				
		100m	12.40 (12.40)			
		500m	46.00 (33.60)			
		<b>Evert Jan van Dijk</b>				
		100m	12.40 (12.40)			
		500m	45.83 (33.43)			

## 4. Uitslag 1000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	27 Mike van Dijk	HN3	35	O	1:19.98		
2	42 Frans Verhoeve	H55	36	O	1:25.67		
3	38 Mik de Groot	HB2	35	I	1:25.75	PR	
4	26 Bob van Nobelen	HSB	36	I	1:25.82		
5	52 Idzard Grovenstein	HSB	28	O	1:27.08		
6	56 Joeke van Mulligen	HN2	34	I	1:27.45		
7	43 Marino Godwaldt	HB1	34	O	1:27.88	PR	
8	60 Mike Roelands	HN1	33	I	1:32.05		
9	37 Lotte de Bock	DB2	33	O	1:35.20		
10	15 Roosmarijn Meinsma	DB1	31	O	1:38.19	PR	
11	1 Aranka Keur	D40	32	O	1:42.01		
12	49 Emma Hartveld	DA1	32	I	1:46.02	PR	
13	24 Roxanne Boers	DN4	29	I	1:49.27		
14	46 Pien Lodder	DA2	30	O	1:51.67	PR	
15	4 Ramona van Leeuwen- van Noort	D50	29	O	2:01.29		
16	40 Tess Holleboom	DA1	27	I	2:04.65		
17	7 Maroushka Boers	DSA	28	I	2:11.11		
	39 Leendert Schoenmaker	H50	31	I	DNS		
	47 Tjitske Kikstra	DN1			WDR		

## 4. Rituitslag 1000 meter

		Naam	Cat	PR	Tijd	Info
27	wt rd	40 <b>Tess Holleboom</b>	DA1		<b>2:04.65</b>	

### Tess Holleboom

200m	26.74	(26.74)	m
600m	1:12.72	(45.98)	
1000m	2:04.65	(51.93)	

		Naam	Cat	PR	Tijd	Info
28	gl	7 <b>Maroushka Boers</b>	DSA	1:58.84	<b>2:11.11</b>	
	bl	52 <b>Idzard Grovenstein</b>	HSB		<b>1:27.08</b>	

### Maroushka Boers

200m	28.38	(28.38)
600m	1:17.35	(48.97)
1000m	2:11.11	(53.76)

### Idzard Grovenstein

200m	20.24	(20.24)
600m	52.79	(32.55)
1000m	1:27.08	(34.29)

		Naam	Cat	PR	Tijd	Info
29	wt	24 <b>Roxanne Boers</b>	DN4	1:44.10	<b>1:49.27</b>	
	rd	4 <b>Ramona van Leeuwen- van Noort</b>	D50	1:50.84	<b>2:01.29</b>	

### Roxanne Boers

200m	23.33	(23.33)
600m	1:04.22	(40.89)
1000m	1:49.27	(45.05)

### Ramona van Leeuwen- van Noort

200m	29.05	(29.05)
600m	1:14.17	(45.12)
1000m	2:01.29	(47.12)

		Naam	Cat	PR	Tijd	Info
30	gl	47 <b>Tjitske Kikstra</b>	DN1	1:52.02	<b>WDR</b>	
	bl	46 <b>Pien Lodder</b>	DA2	1:55.27	<b>1:51.67</b>	PR

### Tjitske Kikstra

### Pien Lodder

200m	26.17	(26.17)
600m	1:07.56	(41.39)
1000m	1:51.67	(44.11)

		Naam	Cat	PR	Tijd	Info
31	wt	39 <b>Leendert Schoenmaker</b>	H50	1:39.41		<b>DNS</b>
	rd	15 <b>Roosmarijn Meinsma</b>	DB1	1:39.25		<b>1:38.19</b> PR
		<u>Leendert Schoenmaker</u>			<u>Roosmarijn Meinsma</u>	
				200m	21.83	(21.83)
				600m	58.81	(36.98)
				1000m	1:38.19	(39.38)
		Naam	Cat	PR	Tijd	Info
32	gl	49 <b>Emma Hartveld</b>	DA1	1:49.39		<b>1:46.02</b> PR
	bl	1 <b>Aranka Keur</b>	D40	1:33.04		<b>1:42.01</b>
		<u>Emma Hartveld</u>			<u>Aranka Keur</u>	
		200m	24.22	(24.22)	200m	22.85 (22.85)
		600m	1:03.61	(39.39)	600m	1:00.95 (38.10)
		1000m	1:46.02	(42.41)	1000m	1:42.01 (41.06)
		Naam	Cat	PR	Tijd	Info
33	wt	60 <b>Mike Roelands</b>	HN1	1:31.33		<b>1:32.05</b>
	rd	37 <b>Lotte de Bock</b>	DB2	1:33.83		<b>1:35.20</b>
		<u>Mike Roelands</u>			<u>Lotte de Bock</u>	
		200m	20.45	(20.45)	200m	21.88 (21.88)
		600m	55.26	(34.81)	600m	57.48 (35.60)
		1000m	1:32.05	(36.79)	1000m	1:35.20 (37.72)
		Naam	Cat	PR	Tijd	Info
34	gl	56 <b>Joeke van Mulligen</b>	HN2	1:24.59		<b>1:27.45</b>
	bl	43 <b>Marino Godwaldt</b>	HB1	1:28.11		<b>1:27.88</b> PR
		<u>Joeke van Mulligen</u>			<u>Marino Godwaldt</u>	
		200m	20.01	(20.01)	200m	20.77 (20.77)
		600m	52.74	(32.73)	600m	53.58 (32.81)
		1000m	1:27.45	(34.71)	1000m	1:27.88 (34.30)

		Naam	Cat		PR	Tijd	Info
35	wt	38 <b>Mik de Groot</b>	HB2		1:27.33	<b>1:25.75</b>	PR
	rd	27 <b>Mike van Dijk</b>	HN3		1:16.94	<b>1:19.98</b>	
		<b>Mik de Groot</b>			<b>Mike van Dijk</b>		
		200m	20.09	(20.09)	200m	18.90	(18.90)
		600m	51.56	(31.47)	600m	48.16	(29.26)
		1000m	1:25.75	(34.19)	1000m	1:19.98	(31.82)
		Naam	Cat		PR	Tijd	Info
36	gl	26 <b>Bob van Nobelen</b>	HSB		1:22.65	<b>1:25.82</b>	
	bl	42 <b>Frans Verhoeve</b>	H55		1:20.01	<b>1:25.67</b>	
		<b>Bob van Nobelen</b>			<b>Frans Verhoeve</b>		
		200m	19.54	(19.54)	200m	19.99	(19.99)
		600m	51.26	(31.72)	600m	51.68	(31.69)
		1000m	1:25.82	(34.56)	1000m	1:25.67	(33.99)

## 5. Uitslag 1500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	57 Miel van der Veer	HA1	49	I	2:07.19		
2	44 Joep Aben	HB1	50	I	2:10.96		
3	33 Bas Schrage	HSB	50	O	2:18.28		
4	25 Driek Tolk	HB1	47	I	2:18.69		
5	14 Marcel Huismans	H50	49	O	2:19.12		
6	32 Ole de Jong	HB2	47	O	2:19.32	PR	
7	16 Vigo Nederstigt	HA2	48	O	2:21.06	PR	
8	51 Bram Braak	HB2	45	O	2:22.38	PR	
9	59 Jan Willem Dijkstra	H55	46	O	2:26.31		
10	58 Jan van der Veer	H50	48	I	2:29.05		
11	36 Merit de Bruin	DB2	46	I	2:29.79		
12	22 Erwin Dekker	H60	45	I	2:31.40		
13	35 Leanne Molenaar	DN1	43	I	2:31.50		
14	34 Job van Eek	HB2	43	O	2:32.74		
15	61 Gideon Den Hertog	HSB	44	O	2:34.91		
16	3 Xander Terstal	HA2	44	I	2:37.37		
17	19 Valerie Nijman	DB2	42	O	2:41.28		
18	41 Eveline Krom	DB2	38	O	2:43.09	PR	
19	54 Annette Laarhoven	DB1	41	I	2:43.48		
20	11 Pieter van Dijk	HB2	39	O	2:44.45		
21	45 Bente Adema	DC1	40	I	2:46.37	PR	
22	20 Mark Peters	H65	39	I	2:47.45		
23	62 Judith van Hesselingen	D50	40	O	2:53.20		
24	23 Lou Hoogewerf	H70	37	I	2:54.91		
25	50 Wieke Eikelenboom	DB1	41	O	2:55.36		
26	30 Kelly Tromp	DSA	38	I	2:59.56	PR	
27	53 Sanne Roos	DA2	42	I	3:07.82		

## 5. Rituitslag 1500 meter

		Naam	Cat	PR	Tijd	Info																																																																																																																																																																																																								
37	wt	23 <b>Lou Hoogewerf</b>	H70	2:22.22	<b>2:54.91</b>																																																																																																																																																																																																									
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		Naam	Cat	PR	Tijd	Info
41	wt	54 <b>Annette Laarhoven</b>	DB1	2:38.44	<b>2:43.48</b>	
	rd	50 <b>Wieke Eikelenboom</b>	DB1	2:35.48	<b>2:55.36</b>	
		<b>Annette Laarhoven</b>		<b>Wieke Eikelenboom</b>		
		300m	33.15 (33.15)	300m	35.99 (35.99)	
		700m	1:14.20 (41.05)	700m	1:19.93 (43.94)	
		1100m	1:58.42 (44.22)	1100m	2:07.48 (47.55)	
		1500m	2:43.48 (45.06)	1500m	2:55.36 (47.88)	
		Naam	Cat	PR	Tijd	Info
42	gl	53 <b>Sanne Roos</b>	DA2	2:27.41	<b>3:07.82</b>	
	bl	19 <b>Valerie Nijman</b>	DB2	2:34.83	<b>2:41.28</b>	
		<b>Sanne Roos</b>		<b>Valerie Nijman</b>		
		300m	38.37 (38.37)	300m	33.85 (33.85)	
		700m	1:27.91 (49.54)	700m	1:14.09 (40.24)	
		1100m	2:16.58 (48.67)	1100m	1:57.12 (43.03)	
		1500m	3:07.82 (51.24)	1500m	2:41.28 (44.16)	
		Naam	Cat	PR	Tijd	Info
43	wt	35 <b>Leanne Molenaar</b>	DN1	2:23.05	<b>2:31.50</b>	
	rd	34 <b>Job van Eek</b>	HB2	2:21.43	<b>2:32.74</b>	
		<b>Leanne Molenaar</b>		<b>Job van Eek</b>		
		300m	31.97 (31.97)	300m	31.00 (31.00)	
		700m	1:10.93 (38.96)	700m	1:09.93 (38.93)	
		1100m	1:51.31 (40.38)	1100m	1:51.93 (42.00)	
		1500m	2:31.50 (40.19)	1500m	2:32.74 (40.81)	
		Naam	Cat	PR	Tijd	Info
44	gl	3 <b>Xander Terstal</b>	HA2	2:33.56	<b>2:37.37</b>	
	bl	61 <b>Gideon Den Hertog</b>	HSB	2:26.21	<b>2:34.91</b>	
		<b>Xander Terstal</b>		<b>Gideon Den Hertog</b>		
		300m	31.32 (31.32)	300m	31.12 (31.12)	
		700m	1:09.98 (38.66)	700m	1:07.40 (36.28)	
		1100m	1:51.73 (41.75)	1100m	1:49.19 (41.79)	
		1500m	2:37.37 (45.64)	1500m	2:34.91 (45.72)	



		Naam			Cat	PR	Tijd	Info
45	wt	22	<b>Erwin Dekker</b>		H60	2:14.80	<b>2:31.40</b>	
	rd	51	<b>Bram Braak</b>		HB2	2:26.56	<b>2:22.38</b>	PR
		<b>Erwin Dekker</b>			<b>Bram Braak</b>			
		300m	31.17	(31.17)	300m	30.28	(30.28)	
		700m	1:08.61	(37.44)	700m	1:06.24	(35.96)	
		1100m	1:49.12	(40.51)	1100m	1:43.72	(37.48)	
		1500m	2:31.40	(42.28)	1500m	2:22.38	(38.66)	
		Naam			Cat	PR	Tijd	Info
46	gl	36	<b>Merit de Bruin</b>		DB2	2:24.13	<b>2:29.79</b>	
	bl	59	<b>Jan Willem Dijkstra</b>		H55	2:22.88	<b>2:26.31</b>	
		<b>Merit de Bruin</b>			<b>Jan Willem Dijkstra</b>			
		300m	31.86	(31.86)	300m	31.86	(31.86)	
		700m	1:09.64	(37.78)	700m	1:08.48	(36.62)	
		1100m	1:49.42	(39.78)	1100m	1:46.71	(38.23)	
		1500m	2:29.79	(40.37)	1500m	2:26.31	(39.60)	
		Naam			Cat	PR	Tijd	Info
47	wt	25	<b>Driek Tolk</b>		HB1	2:14.70	<b>2:18.69</b>	
	rd	32	<b>Ole de Jong</b>		HB2	2:19.65	<b>2:19.32</b>	PR
		<b>Driek Tolk</b>			<b>Ole de Jong</b>			
		300m	29.62	(29.62)	300m	30.18	(30.18)	
		700m	1:04.69	(35.07)	700m	1:05.17	(34.99)	
		1100m	1:41.49	(36.80)	1100m	1:42.30	(37.13)	
		1500m	2:18.69	(37.20)	1500m	2:19.32	(37.02)	
		Naam			Cat	PR	Tijd	Info
48	gl	58	<b>Jan van der Veer</b>		H50	2:15.10	<b>2:29.05</b>	
	bl	16	<b>Vigo Nederstigt</b>		HA2	2:21.45	<b>2:21.06</b>	PR
		<b>Jan van der Veer</b>			<b>Vigo Nederstigt</b>			
		300m	31.71	(31.71)	300m	30.28	(30.28)	
		700m	1:09.86	(38.15)	700m	1:05.46	(35.18)	
		1100m	1:49.42	(39.56)	1100m	1:42.82	(37.36)	
		1500m	2:29.05	(39.63)	1500m	2:21.06	(38.24)	

		Naam			Cat	PR	Tijd	Info
49	wt	57	<b>Miel van der Veer</b>		HA1	2:04.98	<b>2:07.19</b>	
	rd	14	<b>Marcel Huismans</b>		H50	2:07.21	<b>2:19.12</b>	
		<b>Miel van der Veer</b>			<b>Marcel Huismans</b>			
		300m	27.87	(27.87)	300m	29.86	(29.86)	
		700m	59.26	(31.39)	700m	1:05.18	(35.32)	
		1100m	1:32.15	(32.89)	1100m	1:42.07	(36.89)	
		1500m	2:07.19	(35.04)	1500m	2:19.12	(37.05)	
		Naam			Cat	PR	Tijd	Info
50	gl	44	<b>Joep Aben</b>		HB1	2:09.55	<b>2:10.96</b>	
	bl	33	<b>Bas Schrage</b>		HSB	2:08.62	<b>2:18.28</b>	
		<b>Joep Aben</b>			<b>Bas Schrage</b>			
		300m	28.33	(28.33)	300m	29.49	(29.49)	
		700m	1:01.17	(32.84)	700m	1:03.70	(34.21)	
		1100m	1:35.25	(34.08)	1100m	1:40.32	(36.62)	
		1500m	2:10.96	(35.71)	1500m	2:18.28	(37.96)	

## 6. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 Evert Jan van Dijk	H40	56	O	4:50.68		
2	63 Floris Wender	HC2	53	O	4:54.92	PR	
3	10 Mara Vergeer	DC2	53	I	5:06.93	PR	
4	29 Danique van Rooden	DB1	56	I	5:07.53		
5	64 Lianne van Assema	DC1	51	O	5:11.92		
6	48 Ruben Molenaar	HC2	55	I	5:22.16		
7	9 Stefanie Koot	DC2	51	I	5:22.36		
8	31 Charlie Kwadrin	DB1	54	O	5:48.96	PR	
9	28 Sanne Ganzinga	DB2	54	I	6:13.14		
	8 Thibaut Vos	HC2				WDR	

## 6. Rituitslag 3000 meter

		Naam		Cat		PR	Tijd	Info
51	wt	9	<b>Stefanie Koot</b>		DC2		<b>5:22.36</b>	
	rd	64	<b>Lianne van Assema</b>		DC1		<b>5:11.92</b>	
		<b>Stefanie Koot</b>			<b>Lianne van Assema</b>			
		200m	23.98	(23.98)	200m	24.65	(24.65)	
		600m	1:04.45	(40.47)	600m	1:03.59	(38.94)	
		1000m	1:45.22	(40.77)	1000m	1:44.83	(41.24)	
		1400m	2:28.72	(43.50)	1400m	2:26.32	(41.49)	
		1800m	3:12.55	(43.83)	1800m	3:08.87	(42.55)	
		2200m	3:56.67	(44.12)	2200m	3:49.91	(41.04)	
		2600m	4:40.34	(43.67)	2600m	4:32.22	(42.31)	
		3000m	5:22.36	(42.02)	3000m	5:11.92	(39.70)	

		Naam		Cat		PR	Tijd	Info
52	gl							
	bl							
			m					
			m					

		Naam		Cat		PR	Tijd	Info
53	wt	10	<b>Mara Vergeer</b>		DC2	5:25.28	<b>5:06.93</b>	PR
	rd	63	<b>Floris Wender</b>		HC2	5:29.95	<b>4:54.92</b>	PR
		<b>Mara Vergeer</b>			<b>Floris Wender</b>			
		200m	23.11	(23.11)	200m	23.41	(23.41)	
		600m	1:01.09	(37.98)	600m	1:00.60	(37.19)	
		1000m	1:41.02	(39.93)	1000m	1:39.48	(38.88)	
		1400m	2:22.02	(41.00)	1400m	2:18.26	(38.78)	
		1800m	3:02.89	(40.87)	1800m	2:57.42	(39.16)	
		2200m	3:43.82	(40.93)	2200m	3:36.97	(39.55)	
		2600m	4:25.42	(41.60)	2600m	4:17.01	(40.04)	
		3000m	5:06.93	(41.51)	3000m	4:54.92	(37.91)	

		Naam			Cat	PR	Tijd	Info
54	gl	28	<b>Sanne Ganzinga</b>		DB2	5:44.49	<b>6:13.14</b>	
	bl	31	<b>Charlie Kwadrin</b>		DB1	5:56.93	<b>5:48.96</b>	PR
		<b>Sanne Ganzinga</b>			<b>Charlie Kwadrin</b>			
		200m	24.56	(24.56)	200m	24.92	(24.92)	
		600m	1:08.24	(43.68)	600m	1:06.21	(41.29)	
		1000m	1:54.15	(45.91)	1000m	1:52.53	(46.32)	
		1400m	2:42.85	(48.70)	1400m	2:39.73	(47.20)	
		1800m	3:32.60	(49.75)	1800m	3:27.03	(47.30)	
		2200m	4:24.61	(52.01)	2200m	4:15.66	(48.63)	
		2600m	5:18.63	(54.02)	2600m	5:03.42	(47.76)	
		3000m	6:13.14	(54.51)	3000m	5:48.96	(45.54)	

		Naam			Cat	PR	Tijd	Info
55	wt	48	<b>Ruben Molenaar</b>		HC2	5:21.27	<b>5:22.16</b>	
	rd	8	<b>Thibaut Vos</b>		HC2	4:56.08	<b>WDR</b>	
		<b>Ruben Molenaar</b>			<b>Thibaut Vos</b>			
		200m	23.33	(23.33)				
		600m	1:04.85	(41.52)				
		1000m	1:48.02	(43.17)				
		1400m	2:30.55	(42.53)				
		1800m	3:13.94	(43.39)				
		2200m	3:55.98	(42.04)				
		2600m	4:38.74	(42.76)				
		3000m	5:22.16	(43.42)				

		Naam	Cat	PR	Tijd	Info
56	gl	29 <b>Danique van Rooden</b>	DB1	5:04.46	<b>5:07.53</b>	
	bl	12 <b>Evert Jan van Dijk</b>	H40	4:30.53	<b>4:50.68</b>	

#### Danique van Rooden

200m	24.48	(24.48)
600m	1:04.95	(40.47)
1000m	1:45.19	(40.24)
1400m	2:25.63	(40.44)
1800m	3:05.95	(40.32)
2200m	3:46.02	(40.07)
2600m	4:26.51	(40.49)
3000m	5:07.53	(41.02)

#### Evert Jan van Dijk

200m	23.19	(23.19)
600m	1:00.14	(36.95)
1000m	1:37.74	(37.60)
1400m	2:15.23	(37.49)
1800m	2:53.46	(38.23)
2200m	3:31.96	(38.50)
2600m	4:11.12	(39.16)
3000m	4:50.68	(39.56)