

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	Ramona van Leeuwen- van Noort		D50	55.33	1:00.29																												
	rd																																		
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Ramona van Leeuwen- van Noort</u></td> <td colspan="5"></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>16.22</td> <td>(16.22)</td> <td></td> <td>m</td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>1:00.29</td> <td>(44.07)</td> <td></td> <td></td> <td></td> <td></td> </tr> </table>									<u>Ramona van Leeuwen- van Noort</u>											100m	16.22	(16.22)		m					500m	1:00.29	(44.07)				
<u>Ramona van Leeuwen- van Noort</u>																																			
		100m	16.22	(16.22)		m																													
		500m	1:00.29	(44.07)																															

		Naam		Cat		PR	Tijd	Info																											
2	gl	40	Tess Holleboom		DA1			DQ																											
	bl	7	Maroushka Boers		DSA	55.86	59.13																												
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Tess Holleboom</u></td> <td colspan="5"><u>Maroushka Boers</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>7.90</td> <td>(7.90)</td> <td></td> <td>100m</td> <td>14.83</td> <td>(14.83)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>15.81</td> <td>(7.91)</td> <td></td> <td>500m</td> <td>59.13</td> <td>(44.30)</td> </tr> </table>									<u>Tess Holleboom</u>				<u>Maroushka Boers</u>							100m	7.90	(7.90)		100m	14.83	(14.83)			500m	15.81	(7.91)		500m	59.13	(44.30)
<u>Tess Holleboom</u>				<u>Maroushka Boers</u>																															
		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	Pien Lodder		DA2	54.84	55.23																												
	rd	24	Roxanne Boers		DN4	50.60	53.25																												
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Pien Lodder</u></td> <td colspan="5"><u>Roxanne Boers</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>14.86</td> <td>(14.86)</td> <td></td> <td>100m</td> <td>13.31</td> <td>(13.31)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td>55.23</td> <td>(40.37)</td> <td></td> <td>500m</td> <td>53.25</td> <td>(39.94)</td> </tr> </table>									<u>Pien Lodder</u>				<u>Roxanne Boers</u>							100m	14.86	(14.86)		100m	13.31	(13.31)			500m	55.23	(40.37)		500m	53.25	(39.94)
<u>Pien Lodder</u>				<u>Roxanne Boers</u>																															
		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	Tjitske Kikstra		DN1	52.11	WDR																												
	bl	49	Emma Hartveld		DA1	51.10	52.44																												
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Tjitske Kikstra</u></td> <td colspan="5"><u>Emma Hartveld</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td></td> <td></td> <td></td> <td>100m</td> <td>14.30</td> <td>(14.30)</td> </tr> <tr> <td></td> <td></td> <td>500m</td> <td></td> <td></td> <td></td> <td>500m</td> <td>52.44</td> <td>(38.14)</td> </tr> </table>									<u>Tjitske Kikstra</u>				<u>Emma Hartveld</u>							100m				100m	14.30	(14.30)			500m				500m	52.44	(38.14)
<u>Tjitske Kikstra</u>				<u>Emma Hartveld</u>																															
		100m				100m	14.30	(14.30)																											
		500m				500m	52.44	(38.14)																											

		Naam		Cat		PR	Tijd	Info																											
5	wt	39	Leendert Schoenmaker		H50	49.69	DNF																												
	rd	1	Aranka Keur		D40	45.04	48.46																												
<table border="0" style="width:100%"> <tr> <td colspan="4"><u>Leendert Schoenmaker</u></td> <td colspan="5"><u>Aranka Keur</u></td> </tr> <tr> <td></td> <td></td> <td>100m</td> <td>18.58</td> <td>(18.58)</td> <td></td> <td>100m</td> <td>12.70</td> <td>(12.70)</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>500m</td> <td>48.46</td> <td>(35.76)</td> </tr> </table>									<u>Leendert Schoenmaker</u>				<u>Aranka Keur</u>							100m	18.58	(18.58)		100m	12.70	(12.70)							500m	48.46	(35.76)
<u>Leendert Schoenmaker</u>				<u>Aranka Keur</u>																															
		100m	18.58	(18.58)		100m	12.70	(12.70)																											
						500m	48.46	(35.76)																											

		Naam			Cat	PR	Tijd	Info
6	gl	15	Roosmarijn Meinsma		DB1	47.68	46.53	PR
	bl	37	Lotte de Bock		DB2	45.45	46.14	
		Roosmarijn Meinsma			Lotte de Bock			
		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	Mike Roelands		HN1	44.31	44.43	
	rd	43	Marino Godwaldt		HB1	43.58	44.26	
		Mike Roelands			Marino Godwaldt			
		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	Joeke van Mulligen		HN2	42.30	42.87	
	bl	38	Mik de Groot		HB2	43.18	42.61	PR
		Joeke van Mulligen			Mik de Groot			
		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	Bob van Nobelen		HSB	40.43	42.21	
	rd	27	Mike van Dijk		HN3	38.51	39.83	
		Bob van Nobelen			Mike van Dijk			
		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	Idzard Grovenstein		HSB	42.84	42.88	
	bl	42	Frans Verhoeve		H55	40.44	42.50	
		Idzard Grovenstein			Frans Verhoeve			
		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	Judith van Hesselingen		D50		49.76	56.81
	rd							
		Judith van Hesselingen						
		100m	15.20	(15.20)		m		
		500m	56.81	(41.61)				
		Naam		Cat		PR	Tijd	Info
12	gl	30	Kelly Tromp		DSA		56.48	55.47 PR
	bl	23	Lou Hoogewerf		H70		46.75	55.89
		Kelly Tromp						
		100m	14.62	(14.62)		100m	14.43	(14.43)
		500m	55.47	(40.85)		500m	55.89	(41.46)
		Lou Hoogewerf						
		100m	14.43	(14.43)		100m	14.43	(14.43)
		500m	55.89	(41.46)		500m	55.89	(41.46)
		Naam		Cat		PR	Tijd	Info
13	wt	41	Eveline Krom		DB2		55.50	54.13 PR
	rd	45	Bente Adema		DC1		53.74	53.48 PR
		Eveline Krom						
		100m	14.57	(14.57)		100m	13.91	(13.91)
		500m	54.13	(39.56)		500m	53.48	(39.57)
		Bente Adema						
		100m	13.91	(13.91)		100m	13.91	(13.91)
		500m	53.48	(39.57)		500m	53.48	(39.57)
		Naam		Cat		PR	Tijd	Info
14	gl	50	Wieke Eikelenboom		DB1		50.67	55.96
	bl	20	Mark Peters		H65		50.12	53.96
		Wieke Eikelenboom						
		100m	14.28	(14.28)		100m	14.41	(14.41)
		500m	55.96	(41.68)		500m	53.96	(39.55)
		Mark Peters						
		100m	14.41	(14.41)		100m	14.41	(14.41)
		500m	53.96	(39.55)		500m	53.96	(39.55)
		Naam		Cat		PR	Tijd	Info
15	wt	19	Valerie Nijman		DB2		50.31	51.72
	rd	54	Annette Laarhoven		DB1		49.62	50.82
		Valerie Nijman						
		100m	13.58	(13.58)		100m	13.53	(13.53)
		500m	51.72	(38.14)		500m	50.82	(37.29)
		Annette Laarhoven						
		100m	13.53	(13.53)		100m	13.53	(13.53)
		500m	50.82	(37.29)		500m	50.82	(37.29)

		Naam			Cat	PR	Tijd	Info
16	gl	35	Leanne Molenaar		DN1	47.14	48.43	
	bl	11	Pieter van Dijk		HB2	50.15	51.32	
		Leanne Molenaar			Pieter van Dijk			
		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	Xander Terstal		HA2	47.82	49.45	
	rd	61	Gideon Den Hertog		HSB	43.97	48.02	
		Xander Terstal			Gideon Den Hertog			
		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	Sanne Roos		DA2	46.77	48.53	
	bl	59	Jan Willem Dijkstra		H55	47.12	48.62	
		Sanne Roos			Jan Willem Dijkstra			
		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	Erwin Dekker		H60	44.86	48.60	
	rd	36	Merit de Bruin		DB2	47.57	48.95	
		Erwin Dekker			Merit de Bruin			
		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	Bram Braak		HB2	47.47	46.84	PR
	bl	58	Jan van der Veer		H50	43.20	47.52	
		Bram Braak			Jan van der Veer			
		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	Driek Tolk		HB1	44.32	45.39	
	rd	16	Vigo Nederstigt		HA2	44.08	44.45	
		Driek Tolk			Vigo Nederstigt			
		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	Job van Eek		HB2	44.68	45.68	
	bl	32	Ole de Jong		HB2	43.68	44.43	
		Job van Eek			Ole de Jong			
		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	Marcel Huismans		H50	41.42	43.99	
	rd	33	Bas Schrage		HSB	42.51	45.88	
		Marcel Huismans			Bas Schrage			
		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	Miel van der Veer		HA1	40.55	41.10	
	bl	44	Joep Aben		HB1	42.62	43.22	
		Miel van der Veer			Joep Aben			
		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 rd	31 Charlie Kwadrin	DB1	48.40	50.60	
		Charlie Kwadrin				
		100m	13.54 (13.54)			m
		500m	50.60 (37.06)			
		Naam	Cat	PR	Tijd	Info
26	gl	29 Danique van Rooden	DB1	44.24	46.00	
	bl	12 Evert Jan van Dijk	H40	43.92	45.83	
		Danique van Rooden				
		100m	12.40 (12.40)			
		500m	46.00 (33.60)			
		Evert Jan van Dijk				
		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 Tess Holleboom	DA1		2:04.65	

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 Maroushka Boers	DSA	1:58.84	2:11.11	
	bl	52 Idzard Grovenstein	HSB		1:27.08	

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 Roxanne Boers	DN4	1:44.10	1:49.27	
	rd	4 Ramona van Leeuwen- van Noort	D50	1:50.84	2:01.29	

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 Tjitske Kikstra	DN1	1:52.02	WDR	
	bl	46 Pien Lodder	DA2	1:55.27	1:51.67	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 Leendert Schoenmaker	H50	1:39.41		DNS
	rd	15 Roosmarijn Meinsma	DB1	1:39.25		1:38.19 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 Emma Hartveld	DA1	1:49.39		1:46.02 PR
	bl	1 Aranka Keur	D40	1:33.04		1:42.01
		<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 Mike Roelands	HN1	1:31.33		1:32.05
	rd	37 Lotte de Bock	DB2	1:33.83		1:35.20
		<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 Joeke van Mulligen	HN2	1:24.59		1:27.45
	bl	43 Marino Godwaldt	HB1	1:28.11		1:27.88 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 Mik de Groot	HB2		1:27.33	1:25.75	PR
	rd	27 Mike van Dijk	HN3		1:16.94	1:19.98	
		Mik de Groot			Mike van Dijk		
		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 Bob van Nobelen	HSB		1:22.65	1:25.82	
	bl	42 Frans Verhoeve	H55		1:20.01	1:25.67	
		Bob van Nobelen			Frans Verhoeve		
		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	Lou Hoogewerf		H70	2:22.22	2:54.91																																												
	rd	<table border="1"> <thead> <tr> <th colspan="2">Lou Hoogewerf</th> <th colspan="2"></th> <th colspan="2"></th> <th colspan="2"></th> </tr> </thead> <tbody> <tr> <td>300m</td> <td>36.27</td> <td>(36.27)</td> <td colspan="2"></td> <td colspan="2"></td> <td colspan="2"></td> </tr> <tr> <td>700m</td> <td>1:20.20</td> <td>(43.93)</td> <td colspan="2"></td> <td colspan="2"></td> <td colspan="2"></td> </tr> <tr> <td>1100m</td> <td>2:06.78</td> <td>(46.58)</td> <td colspan="2"></td> <td colspan="2"></td> <td colspan="2"></td> </tr> <tr> <td>1500m</td> <td>2:54.91</td> <td>(48.13)</td> <td colspan="2"></td> <td colspan="2"></td> <td colspan="2"></td> </tr> </tbody> </table>							Lou Hoogewerf								300m	36.27	(36.27)							700m	1:20.20	(43.93)							1100m	2:06.78	(46.58)							1500m	2:54.91	(48.13)					
Lou Hoogewerf																																																			
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38	gl	30	Kelly Tromp		DSA	3:04.72	2:59.56	PR																																											
	bl	41	Eveline Krom		DB2	2:55.03	2:43.09	PR																																											
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Kelly Tromp				Eveline Krom																																															
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700m	1:21.79	(45.03)	700m	1:16.76	(41.29)																																														
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39	wt	20	Mark Peters		H65	2:27.09	2:47.45																																												
	rd	11	Pieter van Dijk		HB2	2:39.45	2:44.45																																												
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1100m	2:01.68	(44.65)	1100m	2:00.14	(44.22)																																														
1500m	2:47.45	(45.77)	1500m	2:44.45	(44.31)																																														
40	gl	45	Bente Adema		DC1	2:52.39	2:46.37	PR																																											
	bl	62	Judith van Hesselingen		D50	2:33.83	2:53.20																																												
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Bente Adema				Judith van Hesselingen																																															
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1500m	2:46.37	(45.67)	1500m	2:53.20	(46.84)																																														

		Naam			Cat	PR	Tijd	Info
41	wt	54	Annette Laarhoven		DB1	2:38.44	2:43.48	
	rd	50	Wieke Eikelenboom		DB1	2:35.48	2:55.36	
		Annette Laarhoven			Wieke Eikelenboom			
		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	Sanne Roos		DA2	2:27.41	3:07.82	
	bl	19	Valerie Nijman		DB2	2:34.83	2:41.28	
		Sanne Roos			Valerie Nijman			
		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	Leanne Molenaar		DN1	2:23.05	2:31.50	
	rd	34	Job van Eek		HB2	2:21.43	2:32.74	
		Leanne Molenaar			Job van Eek			
		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	Xander Terstal		HA2	2:33.56	2:37.37	
	bl	61	Gideon Den Hertog		HSB	2:26.21	2:34.91	
		Xander Terstal			Gideon Den Hertog			
		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	Erwin Dekker		H60	2:14.80	2:31.40	
	rd	51	Bram Braak		HB2	2:26.56	2:22.38	PR
		Erwin Dekker			Bram Braak			
		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	Merit de Bruin		DB2	2:24.13	2:29.79	
	bl	59	Jan Willem Dijkstra		H55	2:22.88	2:26.31	
		Merit de Bruin			Jan Willem Dijkstra			
		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	Driek Tolk		HB1	2:14.70	2:18.69	
	rd	32	Ole de Jong		HB2	2:19.65	2:19.32	PR
		Driek Tolk			Ole de Jong			
		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	Jan van der Veer		H50	2:15.10	2:29.05	
	bl	16	Vigo Nederstigt		HA2	2:21.45	2:21.06	PR
		Jan van der Veer			Vigo Nederstigt			
		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	Miel van der Veer		HA1	2:04.98	2:07.19	
	rd	14	Marcel Huismans		H50	2:07.21	2:19.12	
		Miel van der Veer			Marcel Huismans			
		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	Joep Aben		HB1	2:09.55	2:10.96	
	bl	33	Bas Schrage		HSB	2:08.62	2:18.28	
		Joep Aben			Bas Schrage			
		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	Stefanie Koot		DC2		5:22.36	
	rd	64	Lianne van Assema		DC1		5:11.92	
		Stefanie Koot			Lianne van Assema			
		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							

		Naam		Cat		PR	Tijd	Info
53	wt	10	Mara Vergeer		DC2	5:25.28	5:06.93	PR
	rd	63	Floris Wender		HC2	5:29.95	4:54.92	PR
		Mara Vergeer			Floris Wender			
		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 Sanne Ganzinga	DB2	5:44.49	6:13.14		
	bl	31 Charlie Kwadrin	DB1	5:56.93	5:48.96	PR	
		Sanne Ganzinga			Charlie Kwadrin		
		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 Ruben Molenaar	HC2	5:21.27	5:22.16		
	rd	8 Thibaut Vos	HC2	4:56.08	WDR		
		Ruben Molenaar			Thibaut Vos		
		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 Danique van Rooden	DB1	5:04.46	5:07.53	
	bl	12 Evert Jan van Dijk	H40	4:30.53	4:50.68	

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)