

# Residentie Cup / Selectiewedstrijd NK Allround

## Jun A

De Uithof - Den Haag

### 3. Uitslag Jun A vrouwen 500 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|-------------------------|-----|------|------|-------|------|--------|
| 1   | 90 Lotte Groenen        | DA2 | 14   | I    | 40.47 |      |        |
| 2   | 93 Jillian Knook        | DA2 | 16   | O    | 40.57 |      |        |
| 3   | 106 Meike Veen          | DA2 | 15   | O    | 40.75 |      |        |
| 4   | 100 Sanne Oosterwijk    | DA2 | 12   | O    | 41.74 |      |        |
| 5   | 107 Rosalie van Vliet   | DA1 | 14   | O    | 41.78 |      |        |
| 6   | 91 Lieke Hoogendoorn    | DA1 | 10   | I    | 41.84 |      |        |
| 7   | 96 Isa Leroy            | DA1 | 11   | O    | 41.89 |      |        |
| 8   | 85 Sofie Bouw           | DA2 | 15   | I    | 42.13 |      |        |
| 9   | 109 Elanne de Vries     | DA1 | 8    | I    | 42.23 |      |        |
| 10  | 103 Sterre van Schaik   | DA2 | 16   | I    | 42.32 |      |        |
| 11  | 94 Patricia Koot        | DA2 | 11   | I    | 42.37 |      |        |
| 12  | 95 Milou de Lange       | DA1 | 8    | O    | 42.38 |      |        |
| 13  | 102 Susanne Prins       | DA2 | 6    | I    | 42.40 |      |        |
| 14  | 88 Jet Fransen          | DA2 | 12   | I    | 42.48 |      |        |
| 15  | 101 Tess Postma         | DA2 | 10   | O    | 42.57 |      |        |
| 16  | 108 Julia de Vos        | DA1 | 13   | I    | 42.80 |      |        |
| 17  | 98 Elbrich Nicolay      | DA1 | 13   | O    | 42.81 |      |        |
| 18  | 105 Sofia Schilder      | DA1 | 9    | O    | 42.84 |      |        |
| 19  | 110 Marieke de Vries    | DA2 | 9    | I    | 42.93 |      |        |
| 20  | 111 Sylvia de Vries     | DA2 | 7    | I    | 43.24 |      |        |
| 21  | 99 Emma Noz             | DA2 | 7    | O    | 43.25 |      |        |
| 22  | 84 Tijn Borst           | DA1 | 6    | O    | 43.38 |      |        |
| 23  | 104 Karlijn Schellekens | DA1 | 5    | O    | 43.46 |      |        |
| 24  | 82 Janne Berkhout       | DA2 | 4    | O    | 43.90 | PR   |        |
| 25  | 114 Nynke Tinga         | DA1 | 1    | I    | 44.29 |      |        |
| 26  | 117 Sara van Leeuwen    | DA1 | 3    | O    | 44.67 |      |        |
| 27  | 115 Noëmi De boer       | DA1 | 3    | I    | 44.82 |      |        |
| 28  | 92 Sterre Kamphuis      | DA2 | 5    | I    | 45.61 |      |        |
| 29  | 116 Lieve Bunt          | DA1 | 4    | I    | 46.19 |      |        |

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## 3. Rituitslag Jun A vrouwen 500 meter

|   |    | Naam               |                    | Cat     |     | PR |       | Tijd         | Info |
|---|----|--------------------|--------------------|---------|-----|----|-------|--------------|------|
| 1 | wt | 114                | <b>Nynke Tinga</b> |         | DA1 |    | 43.57 | <b>44.29</b> |      |
|   | rd |                    |                    |         |     |    |       |              |      |
|   |    | <b>Nynke Tinga</b> |                    |         |     |    |       |              |      |
|   |    | 100m               | 11.80              | (11.80) |     |    |       | m            |      |
|   |    | 500m               | 44.29              | (32.49) |     |    |       |              |      |

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

|   |    | Naam                    |                         | Cat     |     | PR |       | Tijd         | Info          |
|---|----|-------------------------|-------------------------|---------|-----|----|-------|--------------|---------------|
| 3 | wt | 115                     | <b>Noëmi De boer</b>    |         | DA1 |    | 43.20 | <b>44.82</b> |               |
|   | rd | 117                     | <b>Sara van Leeuwen</b> |         | DA1 |    | 43.27 | <b>44.67</b> |               |
|   |    | <b>Noëmi De boer</b>    |                         |         |     |    |       |              |               |
|   |    | 100m                    | 12.31                   | (12.31) |     |    |       | 100m         | 11.83 (11.83) |
|   |    | 500m                    | 44.82                   | (32.51) |     |    |       | 500m         | 44.67 (32.84) |
|   |    | <b>Sara van Leeuwen</b> |                         |         |     |    |       |              |               |
|   |    | 100m                    | 11.83                   | (11.83) |     |    |       |              |               |
|   |    | 500m                    | 44.67                   | (32.84) |     |    |       |              |               |

|   |    | Naam                  |                       | Cat     |     | PR |       | Tijd         | Info          |
|---|----|-----------------------|-----------------------|---------|-----|----|-------|--------------|---------------|
| 4 | gl | 116                   | <b>Lieve Bunt</b>     |         | DA1 |    | 43.83 | <b>46.19</b> |               |
|   | bl | 82                    | <b>Janne Berkhout</b> |         | DA2 |    | 43.95 | <b>43.90</b> | PR            |
|   |    | <b>Lieve Bunt</b>     |                       |         |     |    |       |              |               |
|   |    | 100m                  | 12.01                 | (12.01) |     |    |       | 100m         | 12.25 (12.25) |
|   |    | 500m                  | 46.19                 | (34.18) |     |    |       | 500m         | 43.90 (31.65) |
|   |    | <b>Janne Berkhout</b> |                       |         |     |    |       |              |               |
|   |    | 100m                  | 12.25                 | (12.25) |     |    |       |              |               |
|   |    | 500m                  | 43.90                 | (31.65) |     |    |       |              |               |

|   |    | Naam                       |                            | Cat     |     | PR |       | Tijd         | Info          |
|---|----|----------------------------|----------------------------|---------|-----|----|-------|--------------|---------------|
| 5 | wt | 92                         | <b>Sterre Kamphuis</b>     |         | DA2 |    | 43.14 | <b>45.61</b> |               |
|   | rd | 104                        | <b>Karlijn Schellekens</b> |         | DA1 |    | 42.06 | <b>43.46</b> |               |
|   |    | <b>Sterre Kamphuis</b>     |                            |         |     |    |       |              |               |
|   |    | 100m                       | 12.97                      | (12.97) |     |    |       | 100m         | 11.92 (11.92) |
|   |    | 500m                       | 45.61                      | (32.64) |     |    |       | 500m         | 43.46 (31.54) |
|   |    | <b>Karlijn Schellekens</b> |                            |         |     |    |       |              |               |
|   |    | 100m                       | 11.92                      | (11.92) |     |    |       |              |               |
|   |    | 500m                       | 43.46                      | (31.54) |     |    |       |              |               |

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|       |    | Naam                     |                          | Cat     |                       | PR    | Tijd         | Info |
|-------|----|--------------------------|--------------------------|---------|-----------------------|-------|--------------|------|
| 6     | gl | 102                      | <b>Susanne Prins</b>     |         | DA2                   | 41.96 | <b>42.40</b> |      |
|       | bl | 84                       | <b>Tijn Borst</b>        |         | DA1                   | 42.08 | <b>43.38</b> |      |
|       |    | <b>Susanne Prins</b>     |                          |         | <b>Tijn Borst</b>     |       |              |      |
|       |    | 100m                     | 11.63                    | (11.63) | 100m                  | 12.04 | (12.04)      |      |
|       |    | 500m                     | 42.40                    | (30.77) | 500m                  | 43.38 | (31.34)      |      |
| <hr/> |    |                          |                          |         |                       |       |              |      |
|       |    | Naam                     |                          | Cat     |                       | PR    | Tijd         | Info |
| 7     | wt | 111                      | <b>Sylvia de Vries</b>   |         | DA2                   | 42.07 | <b>43.24</b> |      |
|       | rd | 99                       | <b>Emma Noz</b>          |         | DA2                   | 42.18 | <b>43.25</b> |      |
|       |    | <b>Sylvia de Vries</b>   |                          |         | <b>Emma Noz</b>       |       |              |      |
|       |    | 100m                     | 12.01                    | (12.01) | 100m                  | 11.80 | (11.80)      |      |
|       |    | 500m                     | 43.24                    | (31.23) | 500m                  | 43.25 | (31.45)      |      |
| <hr/> |    |                          |                          |         |                       |       |              |      |
|       |    | Naam                     |                          | Cat     |                       | PR    | Tijd         | Info |
| 8     | gl | 109                      | <b>Elanne de Vries</b>   |         | DA1                   | 41.47 | <b>42.23</b> |      |
|       | bl | 95                       | <b>Milou de Lange</b>    |         | DA1                   | 41.62 | <b>42.38</b> |      |
|       |    | <b>Elanne de Vries</b>   |                          |         | <b>Milou de Lange</b> |       |              |      |
|       |    | 100m                     | 11.58                    | (11.58) | 100m                  | 11.88 | (11.88)      |      |
|       |    | 500m                     | 42.23                    | (30.65) | 500m                  | 42.38 | (30.50)      |      |
| <hr/> |    |                          |                          |         |                       |       |              |      |
|       |    | Naam                     |                          | Cat     |                       | PR    | Tijd         | Info |
| 9     | wt | 110                      | <b>Marieke de Vries</b>  |         | DA2                   | 41.49 | <b>42.93</b> |      |
|       | rd | 105                      | <b>Sofia Schilder</b>    |         | DA1                   | 41.83 | <b>42.84</b> |      |
|       |    | <b>Marieke de Vries</b>  |                          |         | <b>Sofia Schilder</b> |       |              |      |
|       |    | 100m                     | 11.83                    | (11.83) | 100m                  | 11.99 | (11.99)      |      |
|       |    | 500m                     | 42.93                    | (31.10) | 500m                  | 42.84 | (30.85)      |      |
| <hr/> |    |                          |                          |         |                       |       |              |      |
|       |    | Naam                     |                          | Cat     |                       | PR    | Tijd         | Info |
| 10    | gl | 91                       | <b>Lieke Hoogendoorn</b> |         | DA1                   | 41.50 | <b>41.84</b> |      |
|       | bl | 101                      | <b>Tess Postma</b>       |         | DA2                   | 41.50 | <b>42.57</b> |      |
|       |    | <b>Lieke Hoogendoorn</b> |                          |         | <b>Tess Postma</b>    |       |              |      |
|       |    | 100m                     | 11.48                    | (11.48) | 100m                  | 11.69 | (11.69)      |      |
|       |    | 500m                     | 41.84                    | (30.36) | 500m                  | 42.57 | (30.88)      |      |

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|       |    | Naam                 |                          |         | Cat  |       |         | PR                       | Tijd         | Info |
|-------|----|----------------------|--------------------------|---------|------|-------|---------|--------------------------|--------------|------|
| 11    | wt | 94                   | <b>Patricia Koot</b>     |         | DA2  |       |         | 41.18                    | <b>42.37</b> |      |
|       | rd | 96                   | <b>Isa Leroy</b>         |         | DA1  |       |         | 40.96                    | <b>41.89</b> |      |
|       |    | <b>Patricia Koot</b> |                          |         |      |       |         | <b>Isa Leroy</b>         |              |      |
|       |    | 100m                 | 11.87                    | (11.87) | 100m | 11.50 | (11.50) |                          |              |      |
|       |    | 500m                 | 42.37                    | (30.50) | 500m | 41.89 | (30.39) |                          |              |      |
| <hr/> |    |                      |                          |         |      |       |         |                          |              |      |
|       |    | Naam                 |                          |         | Cat  |       |         | PR                       | Tijd         | Info |
| 12    | gl | 88                   | <b>Jet Fransen</b>       |         | DA2  |       |         | 41.42                    | <b>42.48</b> |      |
|       | bl | 100                  | <b>Sanne Oosterwijk</b>  |         | DA2  |       |         | 41.28                    | <b>41.74</b> |      |
|       |    | <b>Jet Fransen</b>   |                          |         |      |       |         | <b>Sanne Oosterwijk</b>  |              |      |
|       |    | 100m                 | 11.94                    | (11.94) | 100m | 11.60 | (11.60) |                          |              |      |
|       |    | 500m                 | 42.48                    | (30.54) | 500m | 41.74 | (30.14) |                          |              |      |
| <hr/> |    |                      |                          |         |      |       |         |                          |              |      |
|       |    | Naam                 |                          |         | Cat  |       |         | PR                       | Tijd         | Info |
| 13    | wt | 108                  | <b>Julia de Vos</b>      |         | DA1  |       |         | 41.42                    | <b>42.80</b> |      |
|       | rd | 98                   | <b>Elbrich Nicolay</b>   |         | DA1  |       |         | 41.46                    | <b>42.81</b> |      |
|       |    | <b>Julia de Vos</b>  |                          |         |      |       |         | <b>Elbrich Nicolay</b>   |              |      |
|       |    | 100m                 | 11.41                    | (11.41) | 100m | 11.89 | (11.89) |                          |              |      |
|       |    | 500m                 | 42.80                    | (31.39) | 500m | 42.81 | (30.92) |                          |              |      |
| <hr/> |    |                      |                          |         |      |       |         |                          |              |      |
|       |    | Naam                 |                          |         | Cat  |       |         | PR                       | Tijd         | Info |
| 14    | gl | 90                   | <b>Lotte Groenen</b>     |         | DA2  |       |         | 39.49                    | <b>40.47</b> |      |
|       | bl | 107                  | <b>Rosalie van Vliet</b> |         | DA1  |       |         | 40.86                    | <b>41.78</b> |      |
|       |    | <b>Lotte Groenen</b> |                          |         |      |       |         | <b>Rosalie van Vliet</b> |              |      |
|       |    | 100m                 | 11.10                    | (11.10) | 100m | 11.39 | (11.39) |                          |              |      |
|       |    | 500m                 | 40.47                    | (29.37) | 500m | 41.78 | (30.39) |                          |              |      |
| <hr/> |    |                      |                          |         |      |       |         |                          |              |      |
|       |    | Naam                 |                          |         | Cat  |       |         | PR                       | Tijd         | Info |
| 15    | wt | 85                   | <b>Sofie Bouw</b>        |         | DA2  |       |         | 40.68                    | <b>42.13</b> |      |
|       | rd | 106                  | <b>Meike Veen</b>        |         | DA2  |       |         | 39.45                    | <b>40.75</b> |      |
|       |    | <b>Sofie Bouw</b>    |                          |         |      |       |         | <b>Meike Veen</b>        |              |      |
|       |    | 100m                 | 11.52                    | (11.52) | 100m | 11.42 | (11.42) |                          |              |      |
|       |    | 500m                 | 42.13                    | (30.61) | 500m | 40.75 | (29.33) |                          |              |      |

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|    |    | Naam                     |                          | Cat     |                      | PR    | Tijd    | Info         |
|----|----|--------------------------|--------------------------|---------|----------------------|-------|---------|--------------|
| 16 | gl | 103                      | <b>Sterre van Schaik</b> |         | DA2                  |       | 40.85   | <b>42.32</b> |
|    | bl | 93                       | <b>Jillian Knook</b>     |         | DA2                  |       | 39.65   | <b>40.57</b> |
|    |    | <b>Sterre van Schaik</b> |                          |         | <b>Jillian Knook</b> |       |         |              |
|    |    | 100m                     | 11.50                    | (11.50) | 100m                 | 11.20 | (11.20) |              |
|    |    | 500m                     | 42.32                    | (30.82) | 500m                 | 40.57 | (29.37) |              |

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### 4. Uitslag Jun A mannen 500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd  | Info | Punten |
|-----|--------------------------|-----|------|------|-------|------|--------|
| 1   | 124 Mats van den Bos     | HA2 | 16   | O    | 36.68 |      |        |
| 2   | 126 Ward Dielissen       | HA2 | 14   | I    | 36.70 |      |        |
| 3   | 138 Niklas Reinders      | HA2 | 14   | O    | 36.95 |      |        |
| 4   | 123 Bryant Boogert       | HA2 | 12   | O    | 36.99 |      |        |
| 5   | 133 Niels de Kruijk      | HA1 | 15   | O    | 37.03 |      |        |
| 6   | 153 Swen Halferkamps     | HA2 | 16   | I    | 37.14 |      |        |
| 7   | 148 Johan Talsma         | HA2 | 15   | I    | 37.55 |      |        |
| 8   | 127 Tijs van Gennip      | HA1 | 13   | I    | 37.67 |      |        |
| 9   | 130 Yanick de Hoogd      | HA2 | 13   | O    | 38.03 |      |        |
| 10  | 152 Tygo Kompier         | HA1 | 10   | I    | 38.07 |      |        |
| 11  | 139 Ties van Seumeren    | HA2 | 11   | O    | 38.12 |      |        |
| 12  | 135 Jesper van Mieghem   | HA2 | 11   | I    | 38.18 |      |        |
| 13  | 121 Mats Bendijk         | HA1 | 12   | I    | 38.37 |      |        |
| 14  | 131 Sille Hut            | HA2 | 10   | O    | 38.47 |      |        |
| 15  | 137 Niels van Reeuwijk   | HA2 | 6    | O    | 38.61 |      |        |
| 16  | 155 Mathijs Molenaar     | HA1 | 8    | O    | 38.65 | HT   |        |
| 17  | 141 Floris van Velsen    | HA1 | 9    | O    | 38.69 |      |        |
| 18  | 143 Sem Bodewes          | HA2 | 6    | I    | 38.71 |      |        |
| 19  | 132 Mika Kolder          | HA1 | 8    | I    | 38.73 |      |        |
| 20  | 144 Rinse Franken        | HA1 | 7    | I    | 38.88 | HT   |        |
| 21  | 125 Yoeri van Bostelen   | HA2 | 9    | I    | 38.97 |      |        |
| 22  | 150 Chris de Velde       | HA1 | 3    | I    | 39.29 |      |        |
| 23  | 146 Daan Ridder          | HA1 | 2    | O    | 39.32 | PR   |        |
|     | 122 Joël Bom             | HA2 | 5    | O    | 39.32 |      |        |
| 25  | 154 Thomas van Berkel    | HA2 | 2    | I    | 39.39 |      |        |
| 26  | 142 Olaf Vunderink       | HA1 | 5    | I    | 39.40 |      |        |
| 27  | 145 Sylvian Hoogeveen    | HA2 | 3    | O    | 39.62 |      |        |
| 28  | 136 Thijmen Paardekooper | HA2 | 4    | O    | 39.80 |      |        |
| 29  | 134 Jasper van der Marel | HA2 | 1    | O    | 39.84 |      |        |
| 30  | 151 Sietse de Vries      | HA1 | 4    | I    | 39.86 |      |        |
| 31  | 140 Sil van der Veen     | HA1 | 1    | I    | 41.81 |      |        |
|     | 129 Freek van der Ham    | HA2 | 7    | O    | DQ    |      |        |
|     | 149 Remon Tamminga       | HA1 |      |      | WDR   |      |        |

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## 4. Rituitslag Jun A mannen 500 meter

|   |    | Naam                    |                             | Cat     |                             | PR    | Tijd    | Info         |
|---|----|-------------------------|-----------------------------|---------|-----------------------------|-------|---------|--------------|
| 1 | wt | 140                     | <b>Sil van der Veen</b>     |         | HA1                         |       | 39.76   | <b>41.81</b> |
|   | rd | 134                     | <b>Jasper van der Marel</b> |         | HA2                         |       | 38.98   | <b>39.84</b> |
|   |    | <u>Sil van der Veen</u> |                             |         | <u>Jasper van der Marel</u> |       |         |              |
|   |    | 100m                    | 11.53                       | (11.53) | 100m                        | 11.06 | (11.06) |              |
|   |    | 500m                    | 41.81                       | (30.28) | 500m                        | 39.84 | (28.78) |              |

|   |    | Naam                     |                          | Cat     |                    | PR    | Tijd    | Info            |
|---|----|--------------------------|--------------------------|---------|--------------------|-------|---------|-----------------|
| 2 | gl | 154                      | <b>Thomas van Berkel</b> |         | HA2                |       | 38.79   | <b>39.39</b>    |
|   | bl | 146                      | <b>Daan Ridder</b>       |         | HA1                |       | 39.41   | <b>39.32</b> PR |
|   |    | <u>Thomas van Berkel</u> |                          |         | <u>Daan Ridder</u> |       |         |                 |
|   |    | 100m                     | 10.83                    | (10.83) | 100m               | 11.07 | (11.07) |                 |
|   |    | 500m                     | 39.39                    | (28.56) | 500m               | 39.32 | (28.25) |                 |

|   |    | Naam                  |                          | Cat     |                          | PR    | Tijd    | Info         |
|---|----|-----------------------|--------------------------|---------|--------------------------|-------|---------|--------------|
| 3 | wt | 150                   | <b>Chris de Velde</b>    |         | HA1                      |       | 38.75   | <b>39.29</b> |
|   | rd | 145                   | <b>Sylvian Hoogeveen</b> |         | HA2                      |       | 38.57   | <b>39.62</b> |
|   |    | <u>Chris de Velde</u> |                          |         | <u>Sylvian Hoogeveen</u> |       |         |              |
|   |    | 100m                  | 10.70                    | (10.70) | 100m                     | 10.97 | (10.97) |              |
|   |    | 500m                  | 39.29                    | (28.59) | 500m                     | 39.62 | (28.65) |              |

|   |    | Naam                   |                             | Cat     |                             | PR    | Tijd    | Info         |
|---|----|------------------------|-----------------------------|---------|-----------------------------|-------|---------|--------------|
| 4 | gl | 151                    | <b>Sietse de Vries</b>      |         | HA1                         |       | 38.76   | <b>39.86</b> |
|   | bl | 136                    | <b>Thijmen Paardekooper</b> |         | HA2                         |       | 38.56   | <b>39.80</b> |
|   |    | <u>Sietse de Vries</u> |                             |         | <u>Thijmen Paardekooper</u> |       |         |              |
|   |    | 100m                   | 10.83                       | (10.83) | 100m                        | 11.13 | (11.13) |              |
|   |    | 500m                   | 39.86                       | (29.03) | 500m                        | 39.80 | (28.67) |              |

|   |    | Naam                  |                       | Cat     |                 | PR    | Tijd    | Info         |
|---|----|-----------------------|-----------------------|---------|-----------------|-------|---------|--------------|
| 5 | wt | 142                   | <b>Olaf Vunderink</b> |         | HA1             |       | 38.41   | <b>39.40</b> |
|   | rd | 122                   | <b>Joël Bom</b>       |         | HA2             |       | 38.41   | <b>39.32</b> |
|   |    | <u>Olaf Vunderink</u> |                       |         | <u>Joël Bom</u> |       |         |              |
|   |    | 100m                  | 10.79                 | (10.79) | 100m            | 11.02 | (11.02) |              |
|   |    | 500m                  | 39.40                 | (28.61) | 500m            | 39.32 | (28.30) |              |

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|       |    | Naam                      |                           | Cat     |                           | PR    | Tijd         | Info |
|-------|----|---------------------------|---------------------------|---------|---------------------------|-------|--------------|------|
| 6     | gl | 143                       | <b>Sem Bodewes</b>        |         | HA2                       | 37.93 | <b>38.71</b> |      |
|       | bl | 137                       | <b>Niels van Reeuwijk</b> |         | HA2                       | 38.33 | <b>38.61</b> |      |
|       |    | <u>Sem Bodewes</u>        |                           |         | <u>Niels van Reeuwijk</u> |       |              |      |
|       |    | 100m                      | 10.75                     | (10.75) | 100m                      | 10.67 | (10.67)      |      |
|       |    | 500m                      | 38.71                     | (27.96) | 500m                      | 38.61 | (27.94)      |      |
| <hr/> |    |                           |                           |         |                           |       |              |      |
|       |    | Naam                      |                           | Cat     |                           | PR    | Tijd         | Info |
| 7     | wt | 144                       | <b>Rinse Franken</b>      |         | HA1                       | 38.52 | <b>38.88</b> | HT   |
|       | rd | 129                       | <b>Freek van der Ham</b>  |         | HA2                       | 38.10 | <b>DQ</b>    |      |
|       |    | <u>Rinse Franken</u>      |                           |         | <u>Freek van der Ham</u>  |       |              |      |
|       |    | 100m                      | 38.88                     | (38.88) |                           |       |              |      |
| <hr/> |    |                           |                           |         |                           |       |              |      |
|       |    | Naam                      |                           | Cat     |                           | PR    | Tijd         | Info |
| 8     | gl | 132                       | <b>Mika Kolder</b>        |         | HA1                       | 38.08 | <b>38.73</b> |      |
|       | bl | 155                       | <b>Mathijs Molenaar</b>   |         | HA1                       | 37.38 | <b>38.65</b> | HT   |
|       |    | <u>Mika Kolder</u>        |                           |         | <u>Mathijs Molenaar</u>   |       |              |      |
|       |    | 100m                      | 11.00                     | (11.00) | 100m                      | 38.65 | (38.65)      |      |
|       |    | 500m                      | 38.73                     | (27.73) |                           |       |              |      |
| <hr/> |    |                           |                           |         |                           |       |              |      |
|       |    | Naam                      |                           | Cat     |                           | PR    | Tijd         | Info |
| 9     | wt | 125                       | <b>Yoeri van Bostelen</b> |         | HA2                       | 37.90 | <b>38.97</b> |      |
|       | rd | 141                       | <b>Floris van Velsen</b>  |         | HA1                       | 37.53 | <b>38.69</b> |      |
|       |    | <u>Yoeri van Bostelen</u> |                           |         | <u>Floris van Velsen</u>  |       |              |      |
|       |    | 100m                      | 10.78                     | (10.78) | 100m                      | 10.66 | (10.66)      |      |
|       |    | 500m                      | 38.97                     | (28.19) | 500m                      | 38.69 | (28.03)      |      |
| <hr/> |    |                           |                           |         |                           |       |              |      |
|       |    | Naam                      |                           | Cat     |                           | PR    | Tijd         | Info |
| 10    | gl | 152                       | <b>Tygo Kompier</b>       |         | HA1                       | 37.39 | <b>38.07</b> |      |
|       | bl | 131                       | <b>Sille Hut</b>          |         | HA2                       | 37.98 | <b>38.47</b> |      |
|       |    | <u>Tygo Kompier</u>       |                           |         | <u>Sille Hut</u>          |       |              |      |
|       |    | 100m                      | 10.57                     | (10.57) | 100m                      | 10.76 | (10.76)      |      |
|       |    | 500m                      | 38.07                     | (27.50) | 500m                      | 38.47 | (27.71)      |      |



# Residentie Cup / Selectiewedstrijd NK Allround Jun A

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|       |    | Naam                      |                           | Cat     |                          | PR    | Tijd         | Info |
|-------|----|---------------------------|---------------------------|---------|--------------------------|-------|--------------|------|
| 11    | wt | 135                       | <b>Jesper van Mieghem</b> |         | HA2                      | 36.91 | <b>38.18</b> |      |
|       | rd | 139                       | <b>Ties van Seumeren</b>  |         | HA2                      | 36.61 | <b>38.12</b> |      |
|       |    | <u>Jesper van Mieghem</u> |                           |         | <u>Ties van Seumeren</u> |       |              |      |
|       |    | 100m                      | 10.60                     | (10.60) | 100m                     | 10.71 | (10.71)      |      |
|       |    | 500m                      | 38.18                     | (27.58) | 500m                     | 38.12 | (27.41)      |      |
| <hr/> |    |                           |                           |         |                          |       |              |      |
|       |    | Naam                      |                           | Cat     |                          | PR    | Tijd         | Info |
| 12    | gl | 121                       | <b>Mats Bendijk</b>       |         | HA1                      | 36.65 | <b>38.37</b> |      |
|       | bl | 123                       | <b>Bryant Boogert</b>     |         | HA2                      | 36.68 | <b>36.99</b> |      |
|       |    | <u>Mats Bendijk</u>       |                           |         | <u>Bryant Boogert</u>    |       |              |      |
|       |    | 100m                      | 10.73                     | (10.73) | 100m                     | 10.30 | (10.30)      |      |
|       |    | 500m                      | 38.37                     | (27.64) | 500m                     | 36.99 | (26.69)      |      |
| <hr/> |    |                           |                           |         |                          |       |              |      |
|       |    | Naam                      |                           | Cat     |                          | PR    | Tijd         | Info |
| 13    | wt | 127                       | <b>Tijs van Gennip</b>    |         | HA1                      | 36.85 | <b>37.67</b> |      |
|       | rd | 130                       | <b>Yanick de Hoogd</b>    |         | HA2                      | 37.01 | <b>38.03</b> |      |
|       |    | <u>Tijs van Gennip</u>    |                           |         | <u>Yanick de Hoogd</u>   |       |              |      |
|       |    | 100m                      | 10.43                     | (10.43) | 100m                     | 10.56 | (10.56)      |      |
|       |    | 500m                      | 37.67                     | (27.24) | 500m                     | 38.03 | (27.47)      |      |
| <hr/> |    |                           |                           |         |                          |       |              |      |
|       |    | Naam                      |                           | Cat     |                          | PR    | Tijd         | Info |
| 14    | gl | 126                       | <b>Ward Dielissen</b>     |         | HA2                      | 36.24 | <b>36.70</b> |      |
|       | bl | 138                       | <b>Niklas Reinders</b>    |         | HA2                      | 36.35 | <b>36.95</b> |      |
|       |    | <u>Ward Dielissen</u>     |                           |         | <u>Niklas Reinders</u>   |       |              |      |
|       |    | 100m                      | 10.24                     | (10.24) | 100m                     | 10.41 | (10.41)      |      |
|       |    | 500m                      | 36.70                     | (26.46) | 500m                     | 36.95 | (26.54)      |      |
| <hr/> |    |                           |                           |         |                          |       |              |      |
|       |    | Naam                      |                           | Cat     |                          | PR    | Tijd         | Info |
| 15    | wt | 148                       | <b>Johan Talsma</b>       |         | HA2                      | 36.50 | <b>37.55</b> |      |
|       | rd | 133                       | <b>Niels de Kruijk</b>    |         | HA1                      | 36.56 | <b>37.03</b> |      |
|       |    | <u>Johan Talsma</u>       |                           |         | <u>Niels de Kruijk</u>   |       |              |      |
|       |    | 100m                      | 10.37                     | (10.37) | 100m                     | 10.22 | (10.22)      |      |
|       |    | 500m                      | 37.55                     | (27.18) | 500m                     | 37.03 | (26.81)      |      |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

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|    |    | Naam                    |                         | Cat     |                         | PR    | Tijd    | Info         |
|----|----|-------------------------|-------------------------|---------|-------------------------|-------|---------|--------------|
| 16 | gl | 153                     | <b>Swen Halferkamps</b> |         | HA2                     |       | 36.38   | <b>37.14</b> |
|    | bl | 124                     | <b>Mats van den Bos</b> |         | HA2                     |       | 35.55   | <b>36.68</b> |
|    |    | <b>Swen Halferkamps</b> |                         |         | <b>Mats van den Bos</b> |       |         |              |
|    |    | 100m                    | 10.21                   | (10.21) | 100m                    | 10.09 | (10.09) |              |
|    |    | 500m                    | 37.14                   | (26.93) | 500m                    | 36.68 | (26.59) |              |

|    |    | Naam                  |                       | Cat |     | PR | Tijd  | Info       |
|----|----|-----------------------|-----------------------|-----|-----|----|-------|------------|
| 17 | wt | 149                   | <b>Remon Tamminga</b> |     | HA1 |    | 38.62 | <b>WDR</b> |
|    | rd |                       |                       |     |     |    |       |            |
|    |    | <b>Remon Tamminga</b> |                       |     | m   |    |       |            |

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## Jun A

De Uithof - Den Haag

### 7. Uitslag Jun A vrouwen 1500 meter

| Pos | Naam                    | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-------------------------|-----|------|------|---------|------|--------|
| 1   | 106 Meike Veen          | DA2 | 16   | O    | 2:05.58 |      |        |
| 2   | 107 Rosalie van Vliet   | DA1 | 16   | I    | 2:07.53 |      |        |
| 3   | 100 Sanne Oosterwijk    | DA2 | 14   | I    | 2:07.61 |      |        |
| 4   | 91 Lieke Hoogendoorn    | DA1 | 12   | I    | 2:07.81 |      |        |
| 5   | 90 Lotte Groenen        | DA2 | 15   | O    | 2:08.40 |      |        |
| 6   | 111 Sylvia de Vries     | DA2 | 14   | O    | 2:09.21 |      |        |
| 7   | 88 Jet Fransen          | DA2 | 10   | O    | 2:09.58 |      |        |
| 8   | 94 Patricia Koot        | DA2 | 15   | I    | 2:09.77 |      |        |
| 9   | 82 Janne Berkhout       | DA2 | 6    | I    | 2:11.06 | PR   |        |
| 10  | 105 Sofia Schilder      | DA1 | 11   | I    | 2:11.18 |      |        |
| 11  | 95 Milou de Lange       | DA1 | 10   | I    | 2:11.47 |      |        |
| 12  | 102 Susanne Prins       | DA2 | 5    | O    | 2:11.83 |      |        |
| 13  | 93 Jillian Knook        | DA2 | 13   | O    | 2:12.33 |      |        |
| 14  | 101 Tess Postma         | DA2 | 9    | I    | 2:12.48 |      |        |
| 15  | 103 Sterre van Schaik   | DA2 | 9    | O    | 2:12.86 |      |        |
| 16  | 84 Tijn Borst           | DA1 | 7    | I    | 2:13.08 |      |        |
| 17  | 99 Emma Noz             | DA2 | 13   | I    | 2:13.16 |      |        |
| 18  | 85 Sofie Bouw           | DA2 | 6    | O    | 2:13.27 |      |        |
| 19  | 104 Karlijn Schellekens | DA1 | 8    | O    | 2:13.73 |      |        |
| 20  | 110 Marieke de Vries    | DA2 | 4    | O    | 2:14.01 |      |        |
| 21  | 109 Elanne de Vries     | DA1 | 7    | O    | 2:14.95 |      |        |
| 22  | 98 Elbrich Nicolay      | DA1 | 11   | O    | 2:15.07 |      |        |
| 23  | 108 Julia de Vos        | DA1 | 8    | I    | 2:15.57 |      |        |
| 24  | 92 Sterre Kamphuis      | DA2 | 5    | I    | 2:15.82 |      |        |
| 25  | 114 Nynke Tinga         | DA1 | 1    | I    | 2:19.55 |      |        |
| 26  | 115 Noëmi De boer       | DA1 | 3    | I    | 2:20.67 |      |        |
| 27  | 117 Sara van Leeuwen    | DA1 | 3    | O    | 2:25.64 |      |        |
| 28  | 116 Lieve Bunt          | DA1 | 4    | I    | 2:30.64 |      |        |
|     | 96 Isa Leroy            | DA1 | 12   | O    | DNF     |      |        |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

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## 7. Rituitslag Jun A vrouwen 1500 meter

|   |          | Naam |                    | Cat |     | PR      | Tijd           | Info |
|---|----------|------|--------------------|-----|-----|---------|----------------|------|
| 1 | wt<br>rd | 114  | <b>Nynke Tinga</b> |     | DA1 | 2:13.50 | <b>2:19.55</b> |      |

### Nynke Tinga

|       |         |         |   |
|-------|---------|---------|---|
| 300m  | 29.78   | (29.78) | m |
| 700m  | 1:04.72 | (34.94) |   |
| 1100m | 1:41.67 | (36.95) |   |
| 1500m | 2:19.55 | (37.88) |   |

|   |          | Naam |  | Cat |  | PR | Tijd | Info |
|---|----------|------|--|-----|--|----|------|------|
| 2 | gl<br>bl |      |  |     |  |    |      |      |

m

m

|   |    | Naam |                         | Cat |     | PR      | Tijd           | Info |
|---|----|------|-------------------------|-----|-----|---------|----------------|------|
| 3 | wt | 115  | <b>Noëmi De boer</b>    |     | DA1 | 2:14.16 | <b>2:20.67</b> |      |
|   | rd | 117  | <b>Sara van Leeuwen</b> |     | DA1 | 2:18.99 | <b>2:25.64</b> |      |

### Noëmi De boer

|       |         |         |
|-------|---------|---------|
| 300m  | 29.30   | (29.30) |
| 700m  | 1:04.75 | (35.45) |
| 1100m | 1:42.51 | (37.76) |
| 1500m | 2:20.67 | (38.16) |

### Sara van Leeuwen

|       |         |         |
|-------|---------|---------|
| 300m  | 29.42   | (29.42) |
| 700m  | 1:05.46 | (36.04) |
| 1100m | 1:44.82 | (39.36) |
| 1500m | 2:25.64 | (40.82) |

|   |    | Naam |                         | Cat |     | PR      | Tijd           | Info |
|---|----|------|-------------------------|-----|-----|---------|----------------|------|
| 4 | gl | 116  | <b>Lieve Bunt</b>       |     | DA1 | 2:23.61 | <b>2:30.64</b> |      |
|   | bl | 110  | <b>Marieke de Vries</b> |     | DA2 | 2:10.83 | <b>2:14.01</b> |      |

### Lieve Bunt

|       |         |         |
|-------|---------|---------|
| 300m  | 29.33   | (29.33) |
| 700m  | 1:06.55 | (37.22) |
| 1100m | 1:49.09 | (42.54) |
| 1500m | 2:30.64 | (41.55) |

### Marieke de Vries

|       |         |         |
|-------|---------|---------|
| 300m  | 27.98   | (27.98) |
| 700m  | 1:01.51 | (33.53) |
| 1100m | 1:37.52 | (36.01) |
| 1500m | 2:14.01 | (36.49) |

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|       |    | Naam                   |                            | Cat     |                            | PR      | Tijd           | Info |
|-------|----|------------------------|----------------------------|---------|----------------------------|---------|----------------|------|
| 5     | wt | 92                     | <b>Sterre Kamphuis</b>     |         | DA2                        | 2:10.28 | <b>2:15.82</b> |      |
|       | rd | 102                    | <b>Susanne Prins</b>       |         | DA2                        | 2:09.65 | <b>2:11.83</b> |      |
|       |    | <b>Sterre Kamphuis</b> |                            |         | <b>Susanne Prins</b>       |         |                |      |
|       |    | 300m                   | 30.66                      | (30.66) | 300m                       | 28.34   | (28.34)        |      |
|       |    | 700m                   | 1:04.10                    | (33.44) | 700m                       | 1:00.68 | (32.34)        |      |
|       |    | 1100m                  | 1:39.23                    | (35.13) | 1100m                      | 1:35.51 | (34.83)        |      |
|       |    | 1500m                  | 2:15.82                    | (36.59) | 1500m                      | 2:11.83 | (36.32)        |      |
| <hr/> |    |                        |                            |         |                            |         |                |      |
|       |    | Naam                   |                            | Cat     |                            | PR      | Tijd           | Info |
| 6     | gl | 82                     | <b>Janne Berkhout</b>      |         | DA2                        | 2:11.50 | <b>2:11.06</b> | PR   |
|       | bl | 85                     | <b>Sofie Bouw</b>          |         | DA2                        | 2:10.25 | <b>2:13.27</b> |      |
|       |    | <b>Janne Berkhout</b>  |                            |         | <b>Sofie Bouw</b>          |         |                |      |
|       |    | 300m                   | 28.65                      | (28.65) | 300m                       | 28.37   | (28.37)        |      |
|       |    | 700m                   | 1:01.52                    | (32.87) | 700m                       | 1:01.55 | (33.18)        |      |
|       |    | 1100m                  | 1:35.69                    | (34.17) | 1100m                      | 1:37.05 | (35.50)        |      |
|       |    | 1500m                  | 2:11.06                    | (35.37) | 1500m                      | 2:13.27 | (36.22)        |      |
| <hr/> |    |                        |                            |         |                            |         |                |      |
|       |    | Naam                   |                            | Cat     |                            | PR      | Tijd           | Info |
| 7     | wt | 84                     | <b>Tijn Borst</b>          |         | DA1                        | 2:10.75 | <b>2:13.08</b> |      |
|       | rd | 109                    | <b>Elanne de Vries</b>     |         | DA1                        | 2:10.41 | <b>2:14.95</b> |      |
|       |    | <b>Tijn Borst</b>      |                            |         | <b>Elanne de Vries</b>     |         |                |      |
|       |    | 300m                   | 28.91                      | (28.91) | 300m                       | 28.29   | (28.29)        |      |
|       |    | 700m                   | 1:01.91                    | (33.00) | 700m                       | 1:01.64 | (33.35)        |      |
|       |    | 1100m                  | 1:36.90                    | (34.99) | 1100m                      | 1:37.82 | (36.18)        |      |
|       |    | 1500m                  | 2:13.08                    | (36.18) | 1500m                      | 2:14.95 | (37.13)        |      |
| <hr/> |    |                        |                            |         |                            |         |                |      |
|       |    | Naam                   |                            | Cat     |                            | PR      | Tijd           | Info |
| 8     | gl | 108                    | <b>Julia de Vos</b>        |         | DA1                        | 2:09.46 | <b>2:15.57</b> |      |
|       | bl | 104                    | <b>Karlijn Schellekens</b> |         | DA1                        | 2:08.80 | <b>2:13.73</b> |      |
|       |    | <b>Julia de Vos</b>    |                            |         | <b>Karlijn Schellekens</b> |         |                |      |
|       |    | 300m                   | 28.01                      | (28.01) | 300m                       | 28.12   | (28.12)        |      |
|       |    | 700m                   | 1:01.14                    | (33.13) | 700m                       | 1:00.53 | (32.41)        |      |
|       |    | 1100m                  | 1:37.51                    | (36.37) | 1100m                      | 1:36.08 | (35.55)        |      |
|       |    | 1500m                  | 2:15.57                    | (38.06) | 1500m                      | 2:13.73 | (37.65)        |      |



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|    |    | Naam            |                      |         | Cat                  |         |         | PR      | Tijd           | Info |
|----|----|-----------------|----------------------|---------|----------------------|---------|---------|---------|----------------|------|
| 13 | wt | 99              | <b>Emma Noz</b>      |         | DA2                  |         |         | 2:06.88 | <b>2:13.16</b> |      |
|    | rd | 93              | <b>Jillian Knook</b> |         | DA2                  |         |         | 2:08.21 | <b>2:12.33</b> |      |
|    |    | <b>Emma Noz</b> |                      |         | <b>Jillian Knook</b> |         |         |         |                |      |
|    |    | 300m            | 28.63                | (28.63) | 300m                 | 26.97   | (26.97) |         |                |      |
|    |    | 700m            | 1:01.21              | (32.58) | 700m                 | 59.08   | (32.11) |         |                |      |
|    |    | 1100m           | 1:36.11              | (34.90) | 1100m                | 1:34.45 | (35.37) |         |                |      |
|    |    | 1500m           | 2:13.16              | (37.05) | 1500m                | 2:12.33 | (37.88) |         |                |      |

|    |    | Naam                    |                         |         | Cat                    |         |         | PR      | Tijd           | Info |
|----|----|-------------------------|-------------------------|---------|------------------------|---------|---------|---------|----------------|------|
| 14 | gl | 100                     | <b>Sanne Oosterwijk</b> |         | DA2                    |         |         | 2:05.30 | <b>2:07.61</b> |      |
|    | bl | 111                     | <b>Sylvia de Vries</b>  |         | DA2                    |         |         | 2:05.15 | <b>2:09.21</b> |      |
|    |    | <b>Sanne Oosterwijk</b> |                         |         | <b>Sylvia de Vries</b> |         |         |         |                |      |
|    |    | 300m                    | 27.57                   | (27.57) | 300m                   | 28.40   | (28.40) |         |                |      |
|    |    | 700m                    | 59.03                   | (31.46) | 700m                   | 1:00.37 | (31.97) |         |                |      |
|    |    | 1100m                   | 1:32.16                 | (33.13) | 1100m                  | 1:33.89 | (33.52) |         |                |      |
|    |    | 1500m                   | 2:07.61                 | (35.45) | 1500m                  | 2:09.21 | (35.32) |         |                |      |

|    |    | Naam                 |                      |         | Cat                  |         |         | PR      | Tijd           | Info |
|----|----|----------------------|----------------------|---------|----------------------|---------|---------|---------|----------------|------|
| 15 | wt | 94                   | <b>Patricia Koot</b> |         | DA2                  |         |         | 2:03.26 | <b>2:09.77</b> |      |
|    | rd | 90                   | <b>Lotte Groenen</b> |         | DA2                  |         |         | 2:03.42 | <b>2:08.40</b> |      |
|    |    | <b>Patricia Koot</b> |                      |         | <b>Lotte Groenen</b> |         |         |         |                |      |
|    |    | 300m                 | 27.40                | (27.40) | 300m                 | 26.74   | (26.74) |         |                |      |
|    |    | 700m                 | 58.18                | (30.78) | 700m                 | 57.34   | (30.60) |         |                |      |
|    |    | 1100m                | 1:32.13              | (33.95) | 1100m                | 1:31.23 | (33.89) |         |                |      |
|    |    | 1500m                | 2:09.77              | (37.64) | 1500m                | 2:08.40 | (37.17) |         |                |      |

|    |    | Naam                     |                          |         | Cat               |         |         | PR      | Tijd           | Info |
|----|----|--------------------------|--------------------------|---------|-------------------|---------|---------|---------|----------------|------|
| 16 | gl | 107                      | <b>Rosalie van Vliet</b> |         | DA1               |         |         | 2:03.39 | <b>2:07.53</b> |      |
|    | bl | 106                      | <b>Meike Veen</b>        |         | DA2               |         |         | 1:59.08 | <b>2:05.58</b> |      |
|    |    | <b>Rosalie van Vliet</b> |                          |         | <b>Meike Veen</b> |         |         |         |                |      |
|    |    | 300m                     | 27.62                    | (27.62) | 300m              | 26.86   | (26.86) |         |                |      |
|    |    | 700m                     | 59.51                    | (31.89) | 700m              | 57.57   | (30.71) |         |                |      |
|    |    | 1100m                    | 1:33.01                  | (33.50) | 1100m             | 1:30.79 | (33.22) |         |                |      |
|    |    | 1500m                    | 2:07.53                  | (34.52) | 1500m             | 2:05.58 | (34.79) |         |                |      |

# Residentie Cup / Selectiewedstrijd NK Allround

## Jun A

De Uithof - Den Haag

### 8. Uitslag Jun A mannen 1500 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 129 Freek van der Ham    | HA2 | 16   | I    | 1:53.79 |      |        |
| 2   | 139 Ties van Seumeren    | HA2 | 15   | I    | 1:53.98 |      |        |
| 3   | 121 Mats Bendijk         | HA1 | 15   | O    | 1:54.13 |      |        |
| 4   | 132 Mika Kolder          | HA1 | 16   | O    | 1:54.38 |      |        |
| 5   | 138 Niklas Reinders      | HA2 | 11   | O    | 1:54.76 |      |        |
| 6   | 127 Tijs van Gennip      | HA1 | 8    | O    | 1:54.99 |      |        |
| 7   | 122 Joël Bom             | HA2 | 9    | O    | 1:55.61 |      |        |
| 8   | 124 Mats van den Bos     | HA2 | 12   | O    | 1:55.99 |      |        |
| 9   | 137 Niels van Reeuwijk   | HA2 | 11   | I    | 1:56.15 |      |        |
| 10  | 134 Jasper van der Marel | HA2 | 5    | O    | 1:56.19 |      |        |
| 11  | 152 Tygo Kompier         | HA1 | 10   | O    | 1:56.68 |      |        |
| 12  | 126 Ward Dielissen       | HA2 | 7    | O    | 1:56.99 |      |        |
| 13  | 142 Olaf Vunderink       | HA1 | 7    | I    | 1:57.19 |      |        |
| 14  | 135 Jesper van Mieghem   | HA2 | 14   | O    | 1:57.52 |      |        |
| 15  | 141 Floris van Velsen    | HA1 | 13   | O    | 1:57.90 |      |        |
| 16  | 144 Rinse Franken        | HA1 | 6    | I    | 1:57.99 |      |        |
| 17  | 130 Yanick de Hoogd      | HA2 | 12   | I    | 1:58.00 |      |        |
| 18  | 125 Yoeri van Bostelen   | HA2 | 9    | I    | 1:58.21 |      |        |
|     | 151 Sietse de Vries      | HA1 | 6    | O    | 1:58.21 |      |        |
| 20  | 133 Niels de Kruijk      | HA1 | 10   | I    | 1:58.49 |      |        |
| 21  | 131 Sille Hut            | HA2 | 14   | I    | 1:58.75 |      |        |
| 22  | 146 Daan Ridder          | HA1 | 3    | O    | 1:58.76 |      |        |
| 23  | 154 Thomas van Berkel    | HA2 | 5    | I    | 1:58.91 |      |        |
| 24  | 123 Bryant Boogert       | HA2 | 13   | I    | 1:58.96 |      |        |
| 25  | 140 Sil van der Veen     | HA1 | 8    | I    | 1:59.07 |      |        |
| 26  | 143 Sem Bodewes          | HA2 | 3    | I    | 2:00.18 |      |        |
| 27  | 155 Mathijs Molenaar     | HA1 | 4    | I    | 2:00.21 |      |        |
| 28  | 148 Johan Talsma         | HA2 | 4    | O    | 2:02.09 |      |        |
| 29  | 136 Thijmen Paardekooper | HA2 | 2    | I    | 2:02.88 |      |        |
| 30  | 145 Sylvian Hoogeveen    | HA2 | 1    | O    | 2:03.15 |      |        |
|     | 150 Chris de Velde       | HA1 | 2    | O    | DQ      |      |        |





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|   |    | Naam                     |                             | Cat     |                             | PR      | Tijd           | Info |
|---|----|--------------------------|-----------------------------|---------|-----------------------------|---------|----------------|------|
| 5 | wt | 154                      | <b>Thomas van Berkel</b>    |         | HA2                         | 1:54.97 | <b>1:58.91</b> |      |
|   | rd | 134                      | <b>Jasper van der Marel</b> |         | HA2                         | 1:54.54 | <b>1:56.19</b> |      |
|   |    | <b>Thomas van Berkel</b> |                             |         | <b>Jasper van der Marel</b> |         |                |      |
|   |    | 300m                     | 26.27                       | (26.27) | 300m                        | 25.59   | (25.59)        |      |
|   |    | 700m                     | 56.10                       | (29.83) | 700m                        | 54.46   | (28.87)        |      |
|   |    | 1100m                    | 1:26.98                     | (30.88) | 1100m                       | 1:24.68 | (30.22)        |      |
|   |    | 1500m                    | 1:58.91                     | (31.93) | 1500m                       | 1:56.19 | (31.51)        |      |

|   |    | Naam                 |                        | Cat     |                        | PR      | Tijd           | Info |
|---|----|----------------------|------------------------|---------|------------------------|---------|----------------|------|
| 6 | gl | 144                  | <b>Rinse Franken</b>   |         | HA1                    | 1:55.11 | <b>1:57.99</b> |      |
|   | bl | 151                  | <b>Sietse de Vries</b> |         | HA1                    | 1:55.85 | <b>1:58.21</b> |      |
|   |    | <b>Rinse Franken</b> |                        |         | <b>Sietse de Vries</b> |         |                |      |
|   |    | 300m                 | 25.49                  | (25.49) | 300m                   | 26.64   | (26.64)        |      |
|   |    | 700m                 | 54.13                  | (28.64) | 700m                   | 56.08   | (29.44)        |      |
|   |    | 1100m                | 1:24.74                | (30.61) | 1100m                  | 1:26.39 | (30.31)        |      |
|   |    | 1500m                | 1:57.99                | (33.25) | 1500m                  | 1:58.21 | (31.82)        |      |

|   |    | Naam                  |                       | Cat     |                       | PR      | Tijd           | Info |
|---|----|-----------------------|-----------------------|---------|-----------------------|---------|----------------|------|
| 7 | wt | 142                   | <b>Olaf Vunderink</b> |         | HA1                   | 1:55.03 | <b>1:57.19</b> |      |
|   | rd | 126                   | <b>Ward Dielissen</b> |         | HA2                   | 1:55.29 | <b>1:56.99</b> |      |
|   |    | <b>Olaf Vunderink</b> |                       |         | <b>Ward Dielissen</b> |         |                |      |
|   |    | 300m                  | 25.90                 | (25.90) | 300m                  | 25.30   | (25.30)        |      |
|   |    | 700m                  | 54.94                 | (29.04) | 700m                  | 54.36   | (29.06)        |      |
|   |    | 1100m                 | 1:25.37               | (30.43) | 1100m                 | 1:25.21 | (30.85)        |      |
|   |    | 1500m                 | 1:57.19               | (31.82) | 1500m                 | 1:56.99 | (31.78)        |      |

|   |    | Naam                    |                         | Cat     |                        | PR      | Tijd           | Info |
|---|----|-------------------------|-------------------------|---------|------------------------|---------|----------------|------|
| 8 | gl | 140                     | <b>Sil van der Veen</b> |         | HA1                    | 1:53.96 | <b>1:59.07</b> |      |
|   | bl | 127                     | <b>Tijs van Gennip</b>  |         | HA1                    | 1:54.13 | <b>1:54.99</b> |      |
|   |    | <b>Sil van der Veen</b> |                         |         | <b>Tijs van Gennip</b> |         |                |      |
|   |    | 300m                    | 27.23                   | (27.23) | 300m                   | 24.56   | (24.56)        |      |
|   |    | 700m                    | 57.13                   | (29.90) | 700m                   | 52.64   | (28.08)        |      |
|   |    | 1100m                   | 1:27.67                 | (30.54) | 1100m                  | 1:22.79 | (30.15)        |      |
|   |    | 1500m                   | 1:59.07                 | (31.40) | 1500m                  | 1:54.99 | (32.20)        |      |

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|   |    | Naam |                           | Cat |     | PR      | Tijd           | Info |
|---|----|------|---------------------------|-----|-----|---------|----------------|------|
| 9 | wt | 125  | <b>Yoeri van Bostelen</b> |     | HA2 | 1:54.18 | <b>1:58.21</b> |      |
|   | rd | 122  | <b>Joël Bom</b>           |     | HA2 | 1:53.92 | <b>1:55.61</b> |      |

## Yoeri van Bostelen

|       |         |         |
|-------|---------|---------|
| 300m  | 25.30   | (25.30) |
| 700m  | 54.08   | (28.78) |
| 1100m | 1:24.91 | (30.83) |
| 1500m | 1:58.21 | (33.30) |

## Joël Bom

|       |         |         |
|-------|---------|---------|
| 300m  | 25.22   | (25.22) |
| 700m  | 53.84   | (28.62) |
| 1100m | 1:24.05 | (30.21) |
| 1500m | 1:55.61 | (31.56) |

|    |    | Naam |                        | Cat |     | PR      | Tijd           | Info |
|----|----|------|------------------------|-----|-----|---------|----------------|------|
| 10 | gl | 133  | <b>Niels de Kruijk</b> |     | HA1 | 1:54.08 | <b>1:58.49</b> |      |
|    | bl | 152  | <b>Tygo Kompier</b>    |     | HA1 | 1:54.21 | <b>1:56.68</b> |      |

## Niels de Kruijk

|       |         |         |
|-------|---------|---------|
| 300m  | 24.18   | (24.18) |
| 700m  | 52.49   | (28.31) |
| 1100m | 1:24.06 | (31.57) |
| 1500m | 1:58.49 | (34.43) |

## Tygo Kompier

|       |         |         |
|-------|---------|---------|
| 300m  | 25.07   | (25.07) |
| 700m  | 53.59   | (28.52) |
| 1100m | 1:24.14 | (30.55) |
| 1500m | 1:56.68 | (32.54) |

|    |    | Naam |                           | Cat |     | PR      | Tijd           | Info |
|----|----|------|---------------------------|-----|-----|---------|----------------|------|
| 11 | wt | 137  | <b>Niels van Reeuwijk</b> |     | HA2 | 1:53.10 | <b>1:56.15</b> |      |
|    | rd | 138  | <b>Niklas Reinders</b>    |     | HA2 | 1:52.91 | <b>1:54.76</b> |      |

## Niels van Reeuwijk

|       |         |         |
|-------|---------|---------|
| 300m  | 25.88   | (25.88) |
| 700m  | 54.56   | (28.68) |
| 1100m | 1:24.71 | (30.15) |
| 1500m | 1:56.15 | (31.44) |

## Niklas Reinders

|       |         |         |
|-------|---------|---------|
| 300m  | 25.56   | (25.56) |
| 700m  | 53.81   | (28.25) |
| 1100m | 1:23.84 | (30.03) |
| 1500m | 1:54.76 | (30.92) |

|    |    | Naam |                         | Cat |     | PR      | Tijd           | Info |
|----|----|------|-------------------------|-----|-----|---------|----------------|------|
| 12 | gl | 130  | <b>Yanick de Hoogd</b>  |     | HA2 | 1:53.40 | <b>1:58.00</b> |      |
|    | bl | 124  | <b>Mats van den Bos</b> |     | HA2 | 1:52.75 | <b>1:55.99</b> |      |

## Yanick de Hoogd

|       |         |         |
|-------|---------|---------|
| 300m  | 25.63   | (25.63) |
| 700m  | 53.99   | (28.36) |
| 1100m | 1:23.89 | (29.90) |
| 1500m | 1:58.00 | (34.11) |

## Mats van den Bos

|       |         |         |
|-------|---------|---------|
| 300m  | 25.32   | (25.32) |
| 700m  | 54.29   | (28.97) |
| 1100m | 1:24.02 | (29.73) |
| 1500m | 1:55.99 | (31.97) |

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|    |    | Naam                         | Cat | PR      | Tijd           | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 13 | wt | 123 <b>Bryant Boogert</b>    | HA2 | 1:53.66 | <b>1:58.96</b> |      |
|    | rd | 141 <b>Floris van Velsen</b> | HA1 | 1:53.05 | <b>1:57.90</b> |      |

## Bryant Boogert

|       |         |         |
|-------|---------|---------|
| 300m  | 24.68   | (24.68) |
| 700m  | 53.07   | (28.39) |
| 1100m | 1:24.13 | (31.06) |
| 1500m | 1:58.96 | (34.83) |

## Floris van Velsen

|       |         |         |
|-------|---------|---------|
| 300m  | 25.39   | (25.39) |
| 700m  | 53.84   | (28.45) |
| 1100m | 1:24.78 | (30.94) |
| 1500m | 1:57.90 | (33.12) |

|    |    | Naam                          | Cat | PR      | Tijd           | Info |
|----|----|-------------------------------|-----|---------|----------------|------|
| 14 | gl | 131 <b>Sille Hut</b>          | HA2 | 1:52.56 | <b>1:58.75</b> |      |
|    | bl | 135 <b>Jesper van Mieghem</b> | HA2 | 1:52.63 | <b>1:57.52</b> |      |

## Sille Hut

|       |         |         |
|-------|---------|---------|
| 300m  | 25.64   | (25.64) |
| 700m  | 55.16   | (29.52) |
| 1100m | 1:25.58 | (30.42) |
| 1500m | 1:58.75 | (33.17) |

## Jesper van Mieghem

|       |         |         |
|-------|---------|---------|
| 300m  | 24.42   | (24.42) |
| 700m  | 52.38   | (27.96) |
| 1100m | 1:23.15 | (30.77) |
| 1500m | 1:57.52 | (34.37) |

|    |    | Naam                         | Cat | PR      | Tijd           | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 15 | wt | 139 <b>Ties van Seumeren</b> | HA2 | 1:50.14 | <b>1:53.98</b> |      |
|    | rd | 121 <b>Mats Bendijk</b>      | HA1 | 1:49.43 | <b>1:54.13</b> |      |

## Ties van Seumeren

|       |         |         |
|-------|---------|---------|
| 300m  | 25.39   | (25.39) |
| 700m  | 53.43   | (28.04) |
| 1100m | 1:22.62 | (29.19) |
| 1500m | 1:53.98 | (31.36) |

## Mats Bendijk

|       |         |         |
|-------|---------|---------|
| 300m  | 25.05   | (25.05) |
| 700m  | 53.13   | (28.08) |
| 1100m | 1:22.79 | (29.66) |
| 1500m | 1:54.13 | (31.34) |

|    |    | Naam                         | Cat | PR      | Tijd           | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 16 | gl | 129 <b>Freek van der Ham</b> | HA2 | 1:51.82 | <b>1:53.79</b> |      |
|    | bl | 132 <b>Mika Kolder</b>       | HA1 | 1:50.80 | <b>1:54.38</b> |      |

## Freek van der Ham

|       |         |         |
|-------|---------|---------|
| 300m  | 25.36   | (25.36) |
| 700m  | 53.80   | (28.44) |
| 1100m | 1:23.01 | (29.21) |
| 1500m | 1:53.79 | (30.78) |

## Mika Kolder

|       |         |         |
|-------|---------|---------|
| 300m  | 25.08   | (25.08) |
| 700m  | 53.41   | (28.33) |
| 1100m | 1:23.12 | (29.71) |
| 1500m | 1:54.38 | (31.26) |

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## 11. Uitslag Jun A vrouwen Team Sprint

| Pos | Naam           | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|----------------|-----|------|------|---------|------|--------|
| 1   | 2 Zuid-Holland | T   | 1    | I    | 1:40.82 |      |        |
|     | 1 Friesland    | T   | 1    | O    | DNS     |      |        |

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## 11. Rituitslag Jun A vrouwen Team Sprint

|   |    | Naam         |              | Cat     |           | PR | Tijd    | Info |
|---|----|--------------|--------------|---------|-----------|----|---------|------|
| 1 | wt | 2            | Zuid-Holland |         | T         |    | 1:40.82 |      |
|   | rd | 1            | Friesland    |         | T         |    | DNS     |      |
|   |    | Zuid-Holland |              |         | Friesland |    |         |      |
|   |    | 200m         | 19.90        | (19.90) |           |    |         |      |
|   |    | 400m         | 35.47        | (15.57) |           |    |         |      |
|   |    | 600m         | 50.87        | (15.40) |           |    |         |      |
|   |    | 800m         | 1:06.98      | (16.11) |           |    |         |      |
|   |    | 1000m        | 1:23.48      | (16.50) |           |    |         |      |
|   |    | 1200m        | 1:40.82      | (17.34) |           |    |         |      |

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## 12. Uitslag Jun A mannen Team Sprint

| Pos | Naam         | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------|-----|------|------|---------|------|--------|
| 1   | 11 Friesland | T   | 1    | I    | 1:34.23 |      |        |

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## 12. Rituitslag Jun A mannen Team Sprint

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|   |          | Naam |                  | Cat     |         | PR | Tijd           | Info |
|---|----------|------|------------------|---------|---------|----|----------------|------|
| 1 | wt<br>rd | 11   | <b>Friesland</b> |         | T       |    | <b>1:34.23</b> |      |
|   |          |      | <b>Friesland</b> |         |         |    |                |      |
|   |          |      | 200m             | 18.29   | (18.29) |    |                | m    |
|   |          |      | 400m             | 32.29   | (14.00) |    |                |      |
|   |          |      | 600m             | 46.56   | (14.27) |    |                |      |
|   |          |      | 800m             | 1:01.90 | (15.34) |    |                |      |
|   |          |      | 1000m            | 1:17.80 | (15.90) |    |                |      |
|   |          |      | 1200m            | 1:34.23 | (16.43) |    |                |      |

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### 13. Uitslag Jun A vrouwen 3000 meter

| Pos | Naam                  | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|-----------------------|-----|------|------|---------|------|--------|
| 1   | 107 Rosalie van Vliet | DA1 | 10   | I    | 4:27.43 |      |        |
| 2   | 94 Patricia Koot      | DA2 | 9    | O    | 4:32.04 |      |        |
| 3   | 100 Sanne Oosterwijk  | DA2 | 7    | O    | 4:32.39 |      |        |
| 4   | 106 Meike Veen        | DA2 | 8    | I    | 4:33.06 |      |        |
| 5   | 111 Sylvia de Vries   | DA2 | 7    | I    | 4:34.00 |      |        |
| 6   | 91 Lieke Hoogendoorn  | DA1 | 8    | O    | 4:34.58 |      |        |
| 7   | 105 Sofia Schilder    | DA1 | 9    | I    | 4:35.99 |      |        |
| 8   | 82 Janne Berkhout     | DA2 | 6    | O    | 4:37.92 |      |        |
| 9   | 90 Lotte Groenen      | DA2 | 10   | O    | 4:40.68 |      |        |
| 10  | 84 Tijn Borst         | DA1 | 5    | I    | 4:41.93 |      |        |
| 11  | 99 Emma Noz           | DA2 | 6    | I    | 4:44.60 |      |        |
| 12  | 102 Susanne Prins     | DA2 | 4    | I    | 4:45.50 |      |        |
| 13  | 88 Jet Fransen        | DA2 | 3    | O    | 4:46.99 |      |        |
| 14  | 101 Tess Postma       | DA2 | 4    | O    | 4:51.18 |      |        |
| 15  | 93 Jillian Knook      | DA2 | 1    | I    | 4:53.74 |      |        |
| 16  | 95 Milou de Lange     | DA1 | 1    | O    | 4:57.21 |      |        |
| 17  | 109 Elanne de Vries   | DA1 | 5    | O    | 5:01.11 |      |        |
|     | 110 Marieke de Vries  | DA2 | 3    | I    | DNS     |      |        |

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## 13. Rituitslag Jun A vrouwen 3000 meter

|   |    | Naam                 |                       | Cat     |                       | PR      |         | Tijd           | Info |
|---|----|----------------------|-----------------------|---------|-----------------------|---------|---------|----------------|------|
| 1 | wt | 93                   | <b>Jillian Knook</b>  |         | DA2                   |         | 4:43.77 | <b>4:53.74</b> |      |
|   | rd | 95                   | <b>Milou de Lange</b> |         | DA1                   |         | 4:42.14 | <b>4:57.21</b> |      |
|   |    | <b>Jillian Knook</b> |                       |         | <b>Milou de Lange</b> |         |         |                |      |
|   |    | 200m                 | 21.06                 | (21.06) | 200m                  | 20.92   | (20.92) |                |      |
|   |    | 600m                 | 56.37                 | (35.31) | 600m                  | 55.60   | (34.68) |                |      |
|   |    | 1000m                | 1:33.06               | (36.69) | 1000m                 | 1:33.41 | (37.81) |                |      |
|   |    | 1400m                | 2:11.69               | (38.63) | 1400m                 | 2:12.43 | (39.02) |                |      |
|   |    | 1800m                | 2:51.55               | (39.86) | 1800m                 | 2:52.55 | (40.12) |                |      |
|   |    | 2200m                | 3:32.47               | (40.92) | 2200m                 | 3:33.38 | (40.83) |                |      |
|   |    | 2600m                | 4:13.19               | (40.72) | 2600m                 | 4:15.22 | (41.84) |                |      |
|   |    | 3000m                | 4:53.74               | (40.55) | 3000m                 | 4:57.21 | (41.99) |                |      |

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

|   |    | Naam                    |                         | Cat |                    | PR      |         | Tijd           | Info |
|---|----|-------------------------|-------------------------|-----|--------------------|---------|---------|----------------|------|
| 3 | wt | 110                     | <b>Marieke de Vries</b> |     | DA2                |         | 4:38.04 | <b>DNS</b>     |      |
|   | rd | 88                      | <b>Jet Fransen</b>      |     | DA2                |         | 4:35.52 | <b>4:46.99</b> |      |
|   |    | <b>Marieke de Vries</b> |                         |     | <b>Jet Fransen</b> |         |         |                |      |
|   |    |                         |                         |     | 200m               | 21.21   | (21.21) |                |      |
|   |    |                         |                         |     | 600m               | 55.99   | (34.78) |                |      |
|   |    |                         |                         |     | 1000m              | 1:33.40 | (37.41) |                |      |
|   |    |                         |                         |     | 1400m              | 2:11.33 | (37.93) |                |      |
|   |    |                         |                         |     | 1800m              | 2:49.50 | (38.17) |                |      |
|   |    |                         |                         |     | 2200m              | 3:28.37 | (38.87) |                |      |
|   |    |                         |                         |     | 2600m              | 4:07.73 | (39.36) |                |      |
|   |    |                         |                         |     | 3000m              | 4:46.99 | (39.26) |                |      |

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De Uithof - Den Haag

|   |    | Naam |                      | Cat     |         | PR      | Tijd               | Info    |
|---|----|------|----------------------|---------|---------|---------|--------------------|---------|
| 4 | gl | 102  | <b>Susanne Prins</b> |         | DA2     | 4:36.57 | <b>4:45.50</b>     |         |
|   | bl | 101  | <b>Tess Postma</b>   |         | DA2     | 4:35.64 | <b>4:51.18</b>     |         |
|   |    |      | <b>Susanne Prins</b> |         |         |         | <b>Tess Postma</b> |         |
|   |    |      | 200m                 | 20.75   | (20.75) | 200m    | 21.12              | (21.12) |
|   |    |      | 600m                 | 54.13   | (33.38) | 600m    | 54.64              | (33.52) |
|   |    |      | 1000m                | 1:29.10 | (34.97) | 1000m   | 1:29.74            | (35.10) |
|   |    |      | 1400m                | 2:05.86 | (36.76) | 1400m   | 2:06.96            | (37.22) |
|   |    |      | 1800m                | 2:44.23 | (38.37) | 1800m   | 2:46.12            | (39.16) |
|   |    |      | 2200m                | 3:24.14 | (39.91) | 2200m   | 3:26.66            | (40.54) |
|   |    |      | 2600m                | 4:04.73 | (40.59) | 2600m   | 4:08.51            | (41.85) |
|   |    |      | 3000m                | 4:45.50 | (40.77) | 3000m   | 4:51.18            | (42.67) |

|   |    | Naam |                        | Cat     |         | PR      | Tijd                   | Info    |
|---|----|------|------------------------|---------|---------|---------|------------------------|---------|
| 5 | wt | 84   | <b>Tijn Borst</b>      |         | DA1     | 4:34.89 | <b>4:41.93</b>         |         |
|   | rd | 109  | <b>Elanne de Vries</b> |         | DA1     | 4:35.39 | <b>5:01.11</b>         |         |
|   |    |      | <b>Tijn Borst</b>      |         |         |         | <b>Elanne de Vries</b> |         |
|   |    |      | 200m                   | 21.38   | (21.38) | 200m    | 20.69                  | (20.69) |
|   |    |      | 600m                   | 54.53   | (33.15) | 600m    | 54.88                  | (34.19) |
|   |    |      | 1000m                  | 1:30.21 | (35.68) | 1000m   | 1:32.76                | (37.88) |
|   |    |      | 1400m                  | 2:07.66 | (37.45) | 1400m   | 2:13.11                | (40.35) |
|   |    |      | 1800m                  | 2:45.63 | (37.97) | 1800m   | 2:54.67                | (41.56) |
|   |    |      | 2200m                  | 3:24.10 | (38.47) | 2200m   | 3:37.46                | (42.79) |
|   |    |      | 2600m                  | 4:02.92 | (38.82) | 2600m   | 4:20.11                | (42.65) |
|   |    |      | 3000m                  | 4:41.93 | (39.01) | 3000m   | 5:01.11                | (41.00) |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

|   |    | Naam              |  | Cat |  | PR      | Tijd           | Info |
|---|----|-------------------|--|-----|--|---------|----------------|------|
| 6 | gl | 99 Emma Noz       |  | DA2 |  | 4:29.96 | <b>4:44.60</b> |      |
|   | bl | 82 Janne Berkhout |  | DA2 |  | 4:28.22 | <b>4:37.92</b> |      |

## Emma Noz

|       |         |         |
|-------|---------|---------|
| 200m  | 20.92   | (20.92) |
| 600m  | 54.49   | (33.57) |
| 1000m | 1:29.80 | (35.31) |
| 1400m | 2:06.31 | (36.51) |
| 1800m | 2:44.17 | (37.86) |
| 2200m | 3:23.20 | (39.03) |
| 2600m | 4:03.63 | (40.43) |
| 3000m | 4:44.60 | (40.97) |

## Janne Berkhout

|       |         |         |
|-------|---------|---------|
| 200m  | 20.80   | (20.80) |
| 600m  | 55.60   | (34.80) |
| 1000m | 1:32.25 | (36.65) |
| 1400m | 2:09.54 | (37.29) |
| 1800m | 2:46.93 | (37.39) |
| 2200m | 3:23.75 | (36.82) |
| 2600m | 4:00.75 | (37.00) |
| 3000m | 4:37.92 | (37.17) |

|   |    | Naam                 |  | Cat |  | PR      | Tijd           | Info |
|---|----|----------------------|--|-----|--|---------|----------------|------|
| 7 | wt | 111 Sylvia de Vries  |  | DA2 |  | 4:26.22 | <b>4:34.00</b> |      |
|   | rd | 100 Sanne Oosterwijk |  | DA2 |  | 4:22.86 | <b>4:32.39</b> |      |

## Sylvia de Vries

|       |         |         |
|-------|---------|---------|
| 200m  | 21.34   | (21.34) |
| 600m  | 55.46   | (34.12) |
| 1000m | 1:30.01 | (34.55) |
| 1400m | 2:05.44 | (35.43) |
| 1800m | 2:41.70 | (36.26) |
| 2200m | 3:18.63 | (36.93) |
| 2600m | 3:55.93 | (37.30) |
| 3000m | 4:34.00 | (38.07) |

## Sanne Oosterwijk

|       |         |         |
|-------|---------|---------|
| 200m  | 20.64   | (20.64) |
| 600m  | 53.84   | (33.20) |
| 1000m | 1:29.22 | (35.38) |
| 1400m | 2:04.44 | (35.22) |
| 1800m | 2:40.30 | (35.86) |
| 2200m | 3:16.80 | (36.50) |
| 2600m | 3:54.28 | (37.48) |
| 3000m | 4:32.39 | (38.11) |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

|   |    | Naam  |                          | Cat     |     | PR      | Tijd                     | Info    |
|---|----|-------|--------------------------|---------|-----|---------|--------------------------|---------|
| 8 | gl | 106   | <b>Meike Veen</b>        |         | DA2 | 4:22.17 | <b>4:33.06</b>           |         |
|   | bl | 91    | <b>Lieke Hoogendoorn</b> |         | DA1 | 4:24.03 | <b>4:34.58</b>           |         |
|   |    |       | <b>Meike Veen</b>        |         |     |         | <b>Lieke Hoogendoorn</b> |         |
|   |    | 200m  | 20.30                    | (20.30) |     | 200m    | 21.10                    | (21.10) |
|   |    | 600m  | 53.28                    | (32.98) |     | 600m    | 54.76                    | (33.66) |
|   |    | 1000m | 1:27.67                  | (34.39) |     | 1000m   | 1:29.93                  | (35.17) |
|   |    | 1400m | 2:03.74                  | (36.07) |     | 1400m   | 2:05.97                  | (36.04) |
|   |    | 1800m | 2:41.03                  | (37.29) |     | 1800m   | 2:42.41                  | (36.44) |
|   |    | 2200m | 3:18.78                  | (37.75) |     | 2200m   | 3:19.41                  | (37.00) |
|   |    | 2600m | 3:56.24                  | (37.46) |     | 2600m   | 3:56.69                  | (37.28) |
|   |    | 3000m | 4:33.06                  | (36.82) |     | 3000m   | 4:34.58                  | (37.89) |

|   |    | Naam  |                       | Cat     |     | PR      | Tijd                 | Info    |
|---|----|-------|-----------------------|---------|-----|---------|----------------------|---------|
| 9 | wt | 105   | <b>Sofia Schilder</b> |         | DA1 | 4:21.58 | <b>4:35.99</b>       |         |
|   | rd | 94    | <b>Patricia Koot</b>  |         | DA2 | 4:21.66 | <b>4:32.04</b>       |         |
|   |    |       | <b>Sofia Schilder</b> |         |     |         | <b>Patricia Koot</b> |         |
|   |    | 200m  | 20.78                 | (20.78) |     | 200m    | 20.51                | (20.51) |
|   |    | 600m  | 54.17                 | (33.39) |     | 600m    | 53.75                | (33.24) |
|   |    | 1000m | 1:28.18               | (34.01) |     | 1000m   | 1:28.05              | (34.30) |
|   |    | 1400m | 2:03.53               | (35.35) |     | 1400m   | 2:02.82              | (34.77) |
|   |    | 1800m | 2:39.91               | (36.38) |     | 1800m   | 2:38.70              | (35.88) |
|   |    | 2200m | 3:17.93               | (38.02) |     | 2200m   | 3:15.37              | (36.67) |
|   |    | 2600m | 3:56.89               | (38.96) |     | 2600m   | 3:53.19              | (37.82) |
|   |    | 3000m | 4:35.99               | (39.10) |     | 3000m   | 4:32.04              | (38.85) |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

|    |    | Naam                         | Cat | PR      | Tijd           | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 10 | gl | 107 <b>Rosalie van Vliet</b> | DA1 | 4:20.34 | <b>4:27.43</b> |      |
|    | bl | 90 <b>Lotte Groenen</b>      | DA2 | 4:20.61 | <b>4:40.68</b> |      |

### Rosalie van Vliet

|       |         |         |
|-------|---------|---------|
| 200m  | 20.36   | (20.36) |
| 600m  | 53.38   | (33.02) |
| 1000m | 1:27.88 | (34.50) |
| 1400m | 2:03.12 | (35.24) |
| 1800m | 2:38.62 | (35.50) |
| 2200m | 3:14.61 | (35.99) |
| 2600m | 3:50.57 | (35.96) |
| 3000m | 4:27.43 | (36.86) |

### Lotte Groenen

|       |         |         |
|-------|---------|---------|
| 200m  | 20.24   | (20.24) |
| 600m  | 52.37   | (32.13) |
| 1000m | 1:27.23 | (34.86) |
| 1400m | 2:03.36 | (36.13) |
| 1800m | 2:41.16 | (37.80) |
| 2200m | 3:20.42 | (39.26) |
| 2600m | 4:00.83 | (40.41) |
| 3000m | 4:40.68 | (39.85) |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

## 14. Uitslag Jun A mannen 3000 meter

| Pos | Naam                     | Cat | Paar | Baan | Tijd    | Info | Punten |
|-----|--------------------------|-----|------|------|---------|------|--------|
| 1   | 129 Freek van der Ham    | HA2 | 12   | O    | 4:00.05 |      |        |
| 2   | 128 Michiel de Groot     | HA2 | 14   | O    | 4:00.37 |      |        |
| 3   | 132 Mika Kolder          | HA1 | 13   | I    | 4:01.97 |      |        |
| 4   | 122 Joël Bom             | HA2 | 14   | I    | 4:02.18 |      |        |
| 5   | 156 Wisse Slendebroek    | HA2 | 11   | O    | 4:03.08 |      |        |
| 6   | 137 Niels van Reeuwijk   | HA2 | 11   | I    | 4:06.38 |      |        |
| 7   | 138 Niklas Reinders      | HA2 | 10   | O    | 4:07.48 |      |        |
| 8   | 139 Ties van Seumeren    | HA2 | 8    | O    | 4:07.90 |      |        |
| 9   | 134 Jasper van der Marel | HA2 | 9    | O    | 4:08.38 |      |        |
| 10  | 127 Tijs van Gennip      | HA1 | 7    | I    | 4:09.63 |      |        |
| 11  | 142 Olaf Vunderink       | HA1 | 10   | I    | 4:10.36 |      |        |
| 12  | 144 Rinse Franken        | HA1 | 5    | I    | 4:11.11 |      |        |
| 13  | 141 Floris van Velsen    | HA1 | 9    | I    | 4:12.06 |      |        |
| 14  | 124 Mats van den Bos     | HA2 | 6    | O    | 4:12.38 |      |        |
| 15  | 131 Sille Hut            | HA2 | 7    | O    | 4:13.02 |      |        |
| 16  | 121 Mats Bendijk         | HA1 | 13   | O    | 4:13.75 |      |        |
| 17  | 130 Yanick de Hoogd      | HA2 | 5    | O    | 4:14.05 |      |        |
| 18  | 152 Tygo Kompier         | HA1 | 3    | I    | 4:15.08 |      |        |
| 19  | 133 Niels de Kruijk      | HA1 | 8    | I    | 4:16.06 |      |        |
| 20  | 125 Yoeri van Bostelen   | HA2 | 4    | I    | 4:18.87 |      |        |
| 21  | 135 Jesper van Mieghem   | HA2 | 6    | I    | 4:19.33 |      |        |
| 22  | 140 Sil van der Veen     | HA1 | 12   | I    | 4:19.87 |      |        |
| 23  | 146 Daan Ridder          | HA1 | 1    | I    | 4:21.02 |      |        |
| 24  | 155 Mathijs Molenaar     | HA1 | 4    | O    | 4:22.44 |      |        |
| 25  | 143 Sem Bodewes          | HA2 | 3    | O    | 4:27.85 |      |        |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

## 14. Rituitslag Jun A mannen 3000 meter

|   | Naam               | Cat                    | PR  | Tijd    | Info           |
|---|--------------------|------------------------|-----|---------|----------------|
| 1 | wt<br>rd           | 146 <b>Daan Ridder</b> | HA1 | 4:19.42 | <b>4:21.02</b> |
|   | <b>Daan Ridder</b> |                        |     |         |                |
|   | 200m               | 19.60 (19.60)          |     |         | m              |
|   | 600m               | 50.41 (30.81)          |     |         |                |
|   | 1000m              | 1:22.90 (32.49)        |     |         |                |
|   | 1400m              | 1:56.91 (34.01)        |     |         |                |
|   | 1800m              | 2:31.47 (34.56)        |     |         |                |
|   | 2200m              | 3:06.85 (35.38)        |     |         |                |
|   | 2600m              | 3:43.30 (36.45)        |     |         |                |
|   | 3000m              | 4:21.02 (37.72)        |     |         |                |

|   | Naam     | Cat | PR | Tijd | Info |
|---|----------|-----|----|------|------|
| 2 | gl<br>bl |     |    |      |      |
|   |          |     |    |      | m    |
|   |          |     |    |      | m    |

|   | Naam                | Cat                     | PR                 | Tijd            | Info           |
|---|---------------------|-------------------------|--------------------|-----------------|----------------|
| 3 | wt<br>rd            | 152 <b>Tygo Kompier</b> | HA1                | 4:09.90         | <b>4:15.08</b> |
|   |                     | 143 <b>Sem Bodewes</b>  | HA2                | 4:16.38         | <b>4:27.85</b> |
|   | <b>Tygo Kompier</b> |                         | <b>Sem Bodewes</b> |                 |                |
|   | 200m                | 19.45 (19.45)           | 200m               | 20.51 (20.51)   |                |
|   | 600m                | 51.14 (31.69)           | 600m               | 53.36 (32.85)   |                |
|   | 1000m               | 1:23.46 (32.32)         | 1000m              | 1:26.99 (33.63) |                |
|   | 1400m               | 1:56.08 (32.62)         | 1400m              | 2:01.09 (34.10) |                |
|   | 1800m               | 2:29.27 (33.19)         | 1800m              | 2:35.48 (34.39) |                |
|   | 2200m               | 3:03.39 (34.12)         | 2200m              | 3:11.56 (36.08) |                |
|   | 2600m               | 3:38.92 (35.53)         | 2600m              | 3:49.16 (37.60) |                |
|   | 3000m               | 4:15.08 (36.16)         | 3000m              | 4:27.85 (38.69) |                |



# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

|   |    | Naam |                           | Cat     |         | PR                      | Tijd           | Info    |
|---|----|------|---------------------------|---------|---------|-------------------------|----------------|---------|
| 4 | gl | 125  | <b>Yoeri van Bostelen</b> |         | HA2     | 4:05.97                 | <b>4:18.87</b> |         |
|   | bl | 155  | <b>Mathijs Molenaar</b>   |         | HA1     | 4:13.67                 | <b>4:22.44</b> |         |
|   |    |      | <b>Yoeri van Bostelen</b> |         |         | <b>Mathijs Molenaar</b> |                |         |
|   |    |      | 200m                      | 19.00   | (19.00) | 200m                    | 19.27          | (19.27) |
|   |    |      | 600m                      | 50.40   | (31.40) | 600m                    | 50.04          | (30.77) |
|   |    |      | 1000m                     | 1:23.10 | (32.70) | 1000m                   | 1:22.68        | (32.64) |
|   |    |      | 1400m                     | 1:56.53 | (33.43) | 1400m                   | 1:56.54        | (33.86) |
|   |    |      | 1800m                     | 2:30.75 | (34.22) | 1800m                   | 2:31.08        | (34.54) |
|   |    |      | 2200m                     | 3:05.72 | (34.97) | 2200m                   | 3:06.59        | (35.51) |
|   |    |      | 2600m                     | 3:41.82 | (36.10) | 2600m                   | 3:43.96        | (37.37) |
|   |    |      | 3000m                     | 4:18.87 | (37.05) | 3000m                   | 4:22.44        | (38.48) |

|   |    | Naam |                        | Cat     |         | PR                     | Tijd           | Info    |
|---|----|------|------------------------|---------|---------|------------------------|----------------|---------|
| 5 | wt | 144  | <b>Rinse Franken</b>   |         | HA1     | 4:02.48                | <b>4:11.11</b> |         |
|   | rd | 130  | <b>Yanick de Hoogd</b> |         | HA2     | 4:05.08                | <b>4:14.05</b> |         |
|   |    |      | <b>Rinse Franken</b>   |         |         | <b>Yanick de Hoogd</b> |                |         |
|   |    |      | 200m                   | 19.73   | (19.73) | 200m                   | 19.92          | (19.92) |
|   |    |      | 600m                   | 51.54   | (31.81) | 600m                   | 51.41          | (31.49) |
|   |    |      | 1000m                  | 1:23.36 | (31.82) | 1000m                  | 1:23.69        | (32.28) |
|   |    |      | 1400m                  | 1:56.02 | (32.66) | 1400m                  | 1:55.92        | (32.23) |
|   |    |      | 1800m                  | 2:28.71 | (32.69) | 1800m                  | 2:29.18        | (33.26) |
|   |    |      | 2200m                  | 3:02.13 | (33.42) | 2200m                  | 3:02.91        | (33.73) |
|   |    |      | 2600m                  | 3:36.22 | (34.09) | 2600m                  | 3:37.80        | (34.89) |
|   |    |      | 3000m                  | 4:11.11 | (34.89) | 3000m                  | 4:14.05        | (36.25) |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

|   |    | Naam |                           | Cat     |         | PR      | Tijd                    | Info    |
|---|----|------|---------------------------|---------|---------|---------|-------------------------|---------|
| 6 | gl | 135  | <b>Jesper van Mieghem</b> |         | HA2     | 4:05.20 | <b>4:19.33</b>          |         |
|   | bl | 124  | <b>Mats van den Bos</b>   |         | HA2     | 4:02.28 | <b>4:12.38</b>          |         |
|   |    |      | <b>Jesper van Mieghem</b> |         |         |         | <b>Mats van den Bos</b> |         |
|   |    |      | 200m                      | 19.41   | (19.41) | 200m    | 19.42                   | (19.42) |
|   |    |      | 600m                      | 50.51   | (31.10) | 600m    | 50.13                   | (30.71) |
|   |    |      | 1000m                     | 1:22.17 | (31.66) | 1000m   | 1:22.48                 | (32.35) |
|   |    |      | 1400m                     | 1:54.40 | (32.23) | 1400m   | 1:55.38                 | (32.90) |
|   |    |      | 1800m                     | 2:27.65 | (33.25) | 1800m   | 2:29.00                 | (33.62) |
|   |    |      | 2200m                     | 3:02.63 | (34.98) | 2200m   | 3:02.68                 | (33.68) |
|   |    |      | 2600m                     | 3:40.66 | (38.03) | 2600m   | 3:37.03                 | (34.35) |
|   |    |      | 3000m                     | 4:19.33 | (38.67) | 3000m   | 4:12.38                 | (35.35) |

|   |    | Naam |                        | Cat     |         | PR      | Tijd             | Info    |
|---|----|------|------------------------|---------|---------|---------|------------------|---------|
| 7 | wt | 127  | <b>Tijs van Gennip</b> |         | HA1     | 4:00.75 | <b>4:09.63</b>   |         |
|   | rd | 131  | <b>Sille Hut</b>       |         | HA2     | 3:58.96 | <b>4:13.02</b>   |         |
|   |    |      | <b>Tijs van Gennip</b> |         |         |         | <b>Sille Hut</b> |         |
|   |    |      | 200m                   | 19.16   | (19.16) | 200m    | 19.54            | (19.54) |
|   |    |      | 600m                   | 50.43   | (31.27) | 600m    | 51.66            | (32.12) |
|   |    |      | 1000m                  | 1:21.84 | (31.41) | 1000m   | 1:23.57          | (31.91) |
|   |    |      | 1400m                  | 1:53.96 | (32.12) | 1400m   | 1:55.47          | (31.90) |
|   |    |      | 1800m                  | 2:26.89 | (32.93) | 1800m   | 2:27.82          | (32.35) |
|   |    |      | 2200m                  | 3:00.63 | (33.74) | 2200m   | 3:00.76          | (32.94) |
|   |    |      | 2600m                  | 3:34.77 | (34.14) | 2600m   | 3:35.71          | (34.95) |
|   |    |      | 3000m                  | 4:09.63 | (34.86) | 3000m   | 4:13.02          | (37.31) |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

|   |    | Naam |                          | Cat |     | PR | Tijd    | Info           |
|---|----|------|--------------------------|-----|-----|----|---------|----------------|
| 8 | gl | 133  | <b>Niels de Kruijk</b>   |     | HA1 |    | 4:01.56 | <b>4:16.06</b> |
|   | bl | 139  | <b>Ties van Seumeren</b> |     | HA2 |    | 4:00.41 | <b>4:07.90</b> |

## Niels de Kruijk

|       |         |         |
|-------|---------|---------|
| 200m  | 19.10   | (19.10) |
| 600m  | 50.64   | (31.54) |
| 1000m | 1:22.76 | (32.12) |
| 1400m | 1:56.01 | (33.25) |
| 1800m | 2:30.04 | (34.03) |
| 2200m | 3:04.64 | (34.60) |
| 2600m | 3:40.03 | (35.39) |
| 3000m | 4:16.06 | (36.03) |

## Ties van Seumeren

|       |         |         |
|-------|---------|---------|
| 200m  | 19.48   | (19.48) |
| 600m  | 50.74   | (31.26) |
| 1000m | 1:23.39 | (32.65) |
| 1400m | 1:55.76 | (32.37) |
| 1800m | 2:28.49 | (32.73) |
| 2200m | 3:01.56 | (33.07) |
| 2600m | 3:34.57 | (33.01) |
| 3000m | 4:07.90 | (33.33) |

|   |    | Naam |                             | Cat |     | PR | Tijd    | Info           |
|---|----|------|-----------------------------|-----|-----|----|---------|----------------|
| 9 | wt | 141  | <b>Floris van Velsen</b>    |     | HA1 |    | 3:58.34 | <b>4:12.06</b> |
|   | rd | 134  | <b>Jasper van der Marel</b> |     | HA2 |    | 3:56.65 | <b>4:08.38</b> |

## Floris van Velsen

|       |         |         |
|-------|---------|---------|
| 200m  | 19.32   | (19.32) |
| 600m  | 50.09   | (30.77) |
| 1000m | 1:21.64 | (31.55) |
| 1400m | 1:54.41 | (32.77) |
| 1800m | 2:27.51 | (33.10) |
| 2200m | 3:01.85 | (34.34) |
| 2600m | 3:36.69 | (34.84) |
| 3000m | 4:12.06 | (35.37) |

## Jasper van der Marel

|       |         |         |
|-------|---------|---------|
| 200m  | 19.21   | (19.21) |
| 600m  | 49.54   | (30.33) |
| 1000m | 1:20.50 | (30.96) |
| 1400m | 1:52.63 | (32.13) |
| 1800m | 2:25.76 | (33.13) |
| 2200m | 2:59.68 | (33.92) |
| 2600m | 3:33.74 | (34.06) |
| 3000m | 4:08.38 | (34.64) |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

|    |    | Naam |                        | Cat |     | PR      | Tijd           | Info |
|----|----|------|------------------------|-----|-----|---------|----------------|------|
| 10 | gl | 142  | <b>Olaf Vunderink</b>  |     | HA1 | 3:56.48 | <b>4:10.36</b> |      |
|    | bl | 138  | <b>Niklas Reinders</b> |     | HA2 | 3:57.61 | <b>4:07.48</b> |      |

## Olaf Vunderink

|       |         |         |
|-------|---------|---------|
| 200m  | 19.84   | (19.84) |
| 600m  | 50.69   | (30.85) |
| 1000m | 1:22.43 | (31.74) |
| 1400m | 1:54.83 | (32.40) |
| 1800m | 2:27.81 | (32.98) |
| 2200m | 3:01.32 | (33.51) |
| 2600m | 3:35.55 | (34.23) |
| 3000m | 4:10.36 | (34.81) |

## Niklas Reinders

|       |         |         |
|-------|---------|---------|
| 200m  | 19.24   | (19.24) |
| 600m  | 51.14   | (31.90) |
| 1000m | 1:23.58 | (32.44) |
| 1400m | 1:55.88 | (32.30) |
| 1800m | 2:28.29 | (32.41) |
| 2200m | 3:01.17 | (32.88) |
| 2600m | 3:34.49 | (33.32) |
| 3000m | 4:07.48 | (32.99) |

|    |    | Naam |                           | Cat |     | PR      | Tijd           | Info |
|----|----|------|---------------------------|-----|-----|---------|----------------|------|
| 11 | wt | 137  | <b>Niels van Reeuwijk</b> |     | HA2 | 3:56.30 | <b>4:06.38</b> |      |
|    | rd | 156  | <b>Wisse Slendebroek</b>  |     | HA2 | 3:56.03 | <b>4:03.08</b> |      |

## Niels van Reeuwijk

|       |         |         |
|-------|---------|---------|
| 200m  | 19.85   | (19.85) |
| 600m  | 50.66   | (30.81) |
| 1000m | 1:22.21 | (31.55) |
| 1400m | 1:54.47 | (32.26) |
| 1800m | 2:27.20 | (32.73) |
| 2200m | 2:59.72 | (32.52) |
| 2600m | 3:32.41 | (32.69) |
| 3000m | 4:06.38 | (33.97) |

## Wisse Slendebroek

|       |         |         |
|-------|---------|---------|
| 200m  | 20.38   | (20.38) |
| 600m  | 52.03   | (31.65) |
| 1000m | 1:23.92 | (31.89) |
| 1400m | 1:55.99 | (32.07) |
| 1800m | 2:27.96 | (31.97) |
| 2200m | 2:59.67 | (31.71) |
| 2600m | 3:31.51 | (31.84) |
| 3000m | 4:03.08 | (31.57) |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

|    |    | Naam |                          | Cat     |         | PR                    | Tijd                     | Info           |
|----|----|------|--------------------------|---------|---------|-----------------------|--------------------------|----------------|
| 12 | gl | 140  | <b>Sil van der Veen</b>  |         | HA1     |                       | 3:54.73                  | <b>4:19.87</b> |
|    | bl | 129  | <b>Freek van der Ham</b> |         | HA2     |                       | 3:55.27                  | <b>4:00.05</b> |
|    |    |      | <b>Sil van der Veen</b>  |         |         |                       | <b>Freek van der Ham</b> |                |
|    |    |      | 200m                     | 20.83   | (20.83) | 200m 19.68 (19.68)    |                          |                |
|    |    |      | 600m                     | 52.57   | (31.74) | 600m 50.66 (30.98)    |                          |                |
|    |    |      | 1000m                    | 1:24.80 | (32.23) | 1000m 1:21.58 (30.92) |                          |                |
|    |    |      | 1400m                    | 1:58.02 | (33.22) | 1400m 1:52.52 (30.94) |                          |                |
|    |    |      | 1800m                    | 2:32.70 | (34.68) | 1800m 2:23.82 (31.30) |                          |                |
|    |    |      | 2200m                    | 3:07.93 | (35.23) | 2200m 2:55.42 (31.60) |                          |                |
|    |    |      | 2600m                    | 3:43.39 | (35.46) | 2600m 3:27.40 (31.98) |                          |                |
|    |    |      | 3000m                    | 4:19.87 | (36.48) | 3000m 4:00.05 (32.65) |                          |                |

|    |    | Naam |                     | Cat     |         | PR                    | Tijd                | Info           |
|----|----|------|---------------------|---------|---------|-----------------------|---------------------|----------------|
| 13 | wt | 132  | <b>Mika Kolder</b>  |         | HA1     |                       | 3:52.19             | <b>4:01.97</b> |
|    | rd | 121  | <b>Mats Bendijk</b> |         | HA1     |                       | 3:51.39             | <b>4:13.75</b> |
|    |    |      | <b>Mika Kolder</b>  |         |         |                       | <b>Mats Bendijk</b> |                |
|    |    |      | 200m                | 19.14   | (19.14) | 200m 18.92 (18.92)    |                     |                |
|    |    |      | 600m                | 49.73   | (30.59) | 600m 49.46 (30.54)    |                     |                |
|    |    |      | 1000m               | 1:21.04 | (31.31) | 1000m 1:20.95 (31.49) |                     |                |
|    |    |      | 1400m               | 1:53.02 | (31.98) | 1400m 1:53.05 (32.10) |                     |                |
|    |    |      | 1800m               | 2:24.56 | (31.54) | 1800m 2:26.08 (33.03) |                     |                |
|    |    |      | 2200m               | 2:56.61 | (32.05) | 2200m 3:00.84 (34.76) |                     |                |
|    |    |      | 2600m               | 3:29.04 | (32.43) | 2600m 3:36.85 (36.01) |                     |                |
|    |    |      | 3000m               | 4:01.97 | (32.93) | 3000m 4:13.75 (36.90) |                     |                |

# Residentie Cup / Selectiewedstrijd NK Allround Jun A

De Uithof - Den Haag

|    |    | Naam |                         | Cat |     | PR | Tijd    | Info           |
|----|----|------|-------------------------|-----|-----|----|---------|----------------|
| 14 | gl | 122  | <b>Joël Bom</b>         |     | HA2 |    | 3:54.63 | <b>4:02.18</b> |
|    | bl | 128  | <b>Michiel de Groot</b> |     | HA2 |    | 3:51.13 | <b>4:00.37</b> |

## Joël Bom

|       |         |         |
|-------|---------|---------|
| 200m  | 19.04   | (19.04) |
| 600m  | 49.35   | (30.31) |
| 1000m | 1:20.09 | (30.74) |
| 1400m | 1:51.16 | (31.07) |
| 1800m | 2:22.69 | (31.53) |
| 2200m | 2:54.93 | (32.24) |
| 2600m | 3:28.14 | (33.21) |
| 3000m | 4:02.18 | (34.04) |

## Michiel de Groot

|       |         |         |
|-------|---------|---------|
| 200m  | 19.73   | (19.73) |
| 600m  | 49.88   | (30.15) |
| 1000m | 1:20.55 | (30.67) |
| 1400m | 1:51.54 | (30.99) |
| 1800m | 2:23.18 | (31.64) |
| 2200m | 2:55.09 | (31.91) |
| 2600m | 3:27.55 | (32.46) |
| 3000m | 4:00.37 | (32.82) |