

1. Uitslag 1500 meter

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|-----------------------|-----|------|------|---------|--------|--------|
| 1 | 77 Tom Harris | HN3 | 30 | I | 2:07.84 | | |
| 2 | 15 Jules van Winden | HB2 | 29 | I | 2:08.47 | | |
| 3 | 76 Bjarne den Besten | HPA | 30 | O | 2:08.61 | PR TRC | |
| 4 | 61 Peng Shen Plugge | HC2 | 29 | O | 2:10.92 | | |
| 5 | 62 Dong Yang Plugge | HB2 | 28 | O | 2:10.98 | | |
| 6 | 58 Guus Gelderblom | HA2 | 27 | O | 2:11.37 | | |
| 7 | 22 Mees Blaauw | HC2 | 26 | O | 2:17.46 | | |
| 8 | 94 Jos Drabbels | H55 | 23 | O | 2:19.05 | | |
| 9 | 67 Boaz de Gast | HC2 | 26 | I | 2:19.27 | | |
| 10 | 74 Amber Koetsier | DB1 | 27 | I | 2:20.92 | | |
| 11 | 54 Teije Hekkema | HC2 | 24 | O | 2:21.58 | | |
| 12 | 48 Joep van Leeuwen | HC2 | 25 | O | 2:23.66 | | |
| 13 | 51 Nanette de Boon | DPA | 14 | O | 2:23.68 | PR | |
| 14 | 25 Leander Maas | HPA | 2 | I | 2:24.27 | | |
| 15 | 71 Maren de Bruin | DPA | 23 | I | 2:25.22 | | |
| 16 | 23 Olivier Wennekes | HC1 | 25 | I | 2:25.28 | | |
| 17 | 6 Nerena van Vuuren | DN3 | 20 | O | 2:26.06 | PR | |
| 18 | 14 Mariska van Zon | DN4 | 21 | O | 2:27.63 | | |
| 19 | 18 Tycho Petri | HC1 | 19 | I | 2:27.99 | PR | |
| 20 | 24 Keira Vissenberg | DC2 | 22 | O | 2:28.00 | | |
| 21 | 16 Nouschka Steenks | DC1 | 17 | I | 2:28.43 | PR | |
| 22 | 28 Feline Solleveld | DC2 | 24 | I | 2:28.53 | | |
| 23 | 47 Stijn van der Wal | HB1 | 18 | I | 2:28.73 | PR | |
| 24 | 84 Augustine Kaper | DPA | 15 | I | 2:28.76 | PR | |
| 25 | 30 Maaïke Helleman | DC1 | 19 | O | 2:29.09 | | |
| 26 | 5 Feline Scholten | DPB | 21 | I | 2:29.60 | | |
| 27 | 34 Valerie Gerritse | DC1 | 22 | I | 2:31.32 | | |
| 28 | 39 Emma Boon | DC2 | 20 | I | 2:33.58 | | |
| 29 | 75 Elin Lamain | DPA | 18 | O | 2:34.38 | | |
| 30 | 43 Caitlin Koenen | DA2 | 14 | I | 2:34.40 | PR | |
| 31 | 2 Lotte Janssen | DPA | 9 | I | 2:34.93 | PR | |
| 32 | 33 Puk Moerman | DPB | 12 | I | 2:35.12 | | |
| 33 | 29 Jolijn Solleveld | DPA | 13 | I | 2:35.64 | PR | |
| 34 | 93 Owen Knook | HB1 | 3 | I | 2:35.69 | | |
| 35 | 46 Lindsey Eijgermans | DC2 | 13 | O | 2:35.99 | PR | |
| 36 | 79 Menco van den Berg | H55 | 12 | O | 2:36.24 | PR | |
| | 9 Tippi Verbree | DC1 | 15 | O | 2:36.24 | | |
| 38 | 13 Fien Hummel | DPA | 11 | O | 2:37.67 | PR | |

De Uithof - Den Haag

| Pos | Naam | Cat | Paar | Baan | Tijd | Info | Punten |
|-----|----------------------|-----|------|------|---------|------|--------|
| 39 | 82 Francis de Bruijn | DPA | 16 | O | 2:38.25 | | |
| 40 | 40 Zino Van Os | HC1 | 1 | O | 2:38.34 | | |
| 41 | 27 Noortje de Nie | DC1 | 10 | I | 2:39.03 | PR | |
| 42 | 1 Vivienne Bodijn | DPB | 1 | I | 2:40.05 | | |
| 43 | 89 Emma van der Goes | DB1 | 10 | O | 2:40.06 | PR | |
| 44 | 19 Jelte Petri | HPB | 8 | I | 2:41.35 | PR | |
| 45 | 36 Mirthe Wijnakker | DC2 | 6 | I | 2:41.46 | PR | |
| 46 | 41 Clover van Zeijl | DC2 | 17 | O | 2:42.59 | | |
| 47 | 90 Sara van der Goes | DPA | 8 | O | 2:44.03 | PR | |
| 48 | 50 Laura Zeemeijer | DPA | 6 | O | 2:44.24 | PR | |
| 49 | 42 Lisa de Koster | DC2 | 11 | I | 2:44.78 | | |
| 50 | 66 Dionne Verkleij | DPC | 7 | O | 2:45.62 | PR | |
| 51 | 64 Oona Alleblas | DC1 | 16 | I | 2:46.33 | | |
| 52 | 65 Mats Nobel | HPA | 5 | I | 2:46.58 | PR | |
| 53 | 86 Annika Kaper | DB1 | 3 | O | 2:46.64 | PR | |
| 54 | 81 Renate van Koppen | D50 | 9 | O | 2:47.18 | PR | |
| 55 | 85 Millicent Kaper | DC2 | 2 | O | 2:50.56 | PR | |
| 56 | 87 Ge Scholten | H55 | 4 | I | 2:51.36 | PR | |
| 57 | 88 Evy Baars | DB2 | 7 | I | 2:52.24 | | |
| 58 | 8 Rutger van Gerven | HC2 | 4 | O | 2:54.02 | PR | |
| | 63 Medde Barendse | DPA | 5 | O | DNS | | |

1. Rituitslag 1500 meter

| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------|------------------|--------------------|------------------|------|
| 1 | wt | 1 Vivienne Bodijn | DPB | | 2:40.05 | |
| | rd | 40 Zino Van Os | HC1 | | 2:38.34 | |
| | | Vivienne Bodijn | | Zino Van Os | | |
| | | 300m | 2:40.05 (160.05) | 300m | 2:38.34 (158.34) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|---------------------------|-----------------|------------------------|-----------------|------|
| 2 | gl | 25 Leander Maas | HPA | | 2:24.27 | |
| | bl | 85 Millicent Kaper | DC2 | 2:58.75 | 2:50.56 | PR |
| | | Leander Maas | | Millicent Kaper | | |
| | | 300m | 36.06 (36.06) | 300m | 42.64 (42.64) | |
| | | 700m | 1:12.13 (36.07) | 700m | 1:25.28 (42.64) | |
| | | 1100m | 1:48.20 (36.07) | 1100m | 2:07.92 (42.64) | |
| | | 1500m | 2:24.27 (36.07) | 1500m | 2:50.56 (42.64) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|------------------------|-----------------|---------------------|-----------------|------|
| 3 | wt | 93 Owen Knook | HB1 | | 2:35.69 | |
| | rd | 86 Annika Kaper | DB1 | 2:59.31 | 2:46.64 | PR |
| | | Owen Knook | | Annika Kaper | | |
| | | 300m | 30.28 (30.28) | 300m | 1:14.65 (74.65) | |
| | | 700m | 1:11.47 (41.19) | 700m | 1:45.31 (30.66) | |
| | | 1100m | 1:52.66 (41.19) | 1100m | 2:15.98 (30.67) | |
| | | 1500m | 2:35.69 (43.03) | 1500m | 2:46.64 (30.66) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|----------------------------|-----------------|--------------------------|-----------------|------|
| 4 | gl | 87 Ge Scholten | H55 | 2:55.79 | 2:51.36 | PR |
| | bl | 8 Rutger van Gerven | HC2 | 2:55.68 | 2:54.02 | PR |
| | | Ge Scholten | | Rutger van Gerven | | |
| | | 300m | 38.09 (38.09) | 300m | 34.48 (34.48) | |
| | | 700m | 1:21.46 (43.37) | 700m | 1:18.27 (43.79) | |
| | | 1100m | 2:06.26 (44.80) | 1100m | 2:05.25 (46.98) | |
| | | 1500m | 2:51.36 (45.10) | 1500m | 2:54.02 (48.77) | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|--------------------------|-----|---------|----------------|------|
| 5 | wt | 65 Mats Nobel | HPA | 2:53.23 | 2:46.58 | PR |
| | rd | 63 Medde Barendse | DPA | 2:47.56 | DNS | |

Mats Nobel

| | | |
|-------|---------|---------|
| 300m | 34.56 | (34.56) |
| 700m | 1:17.52 | (42.96) |
| 1100m | 2:02.10 | (44.58) |
| 1500m | 2:46.58 | (44.48) |

Medde Barendse

| | | |
|-------|--|--|
| 300m | | |
| 700m | | |
| 1100m | | |
| 1500m | | |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|----------------------------|-----|---------|----------------|------|
| 6 | gl | 36 Mirthe Wijnakker | DC2 | 2:49.80 | 2:41.46 | PR |
| | bl | 50 Laura Zeemeijer | DPA | 2:49.54 | 2:44.24 | PR |

Mirthe Wijnakker

| | | |
|-------|---------|---------|
| 300m | 33.34 | (33.34) |
| 700m | 1:14.30 | (40.96) |
| 1100m | 1:57.86 | (43.56) |
| 1500m | 2:41.46 | (43.60) |

Laura Zeemeijer

| | | |
|-------|---------|---------|
| 300m | 34.62 | (34.62) |
| 700m | 1:16.96 | (42.34) |
| 1100m | 2:00.15 | (43.19) |
| 1500m | 2:44.24 | (44.09) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|---------------------------|-----|---------|----------------|------|
| 7 | wt | 88 Evy Baars | DB2 | 2:50.61 | 2:52.24 | |
| | rd | 66 Dionne Verkleij | DPC | 2:49.26 | 2:45.62 | PR |

Evy Baars

| | | |
|-------|---------|---------|
| 300m | 34.77 | (34.77) |
| 700m | 1:17.54 | (42.77) |
| 1100m | 2:03.06 | (45.52) |
| 1500m | 2:52.24 | (49.18) |

Dionne Verkleij

| | | |
|-------|---------|---------|
| 300m | 34.55 | (34.55) |
| 700m | 1:15.57 | (41.02) |
| 1100m | 2:00.20 | (44.63) |
| 1500m | 2:45.62 | (45.42) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------------|-----|---------|----------------|------|
| 8 | gl | 19 Jelte Petri | HPB | 2:47.53 | 2:41.35 | PR |
| | bl | 90 Sara van der Goes | DPA | 2:47.18 | 2:44.03 | PR |

Jelte Petri

| | | |
|-------|---------|---------|
| 300m | 32.64 | (32.64) |
| 700m | 1:14.54 | (41.90) |
| 1100m | 1:58.63 | (44.09) |
| 1500m | 2:41.35 | (42.72) |

Sara van der Goes

| | | |
|-------|---------|---------|
| 300m | 34.23 | (34.23) |
| 700m | 1:16.09 | (41.86) |
| 1100m | 2:00.43 | (44.34) |
| 1500m | 2:44.03 | (43.60) |

| | | Naam | Cat | PR | Tijd | Info |
|---|----|-----------------------------|-----|---------|----------------|------|
| 9 | wt | 2 Lotte Janssen | DPA | 2:44.81 | 2:34.93 | PR |
| | rd | 81 Renate van Koppen | D50 | 2:48.19 | 2:47.18 | PR |

Lotte Janssen

| | | |
|-------|---------|---------|
| 300m | 33.52 | (33.52) |
| 700m | 1:13.65 | (40.13) |
| 1100m | 1:55.16 | (41.51) |
| 1500m | 2:34.93 | (39.77) |

Renate van Koppen

| | | |
|-------|---------|---------|
| 300m | 36.63 | (36.63) |
| 700m | 1:18.68 | (42.05) |
| 1100m | 2:02.70 | (44.02) |
| 1500m | 2:47.18 | (44.48) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|---------|----------------|------|
| 10 | gl | 27 Noortje de Nie | DC1 | 2:42.88 | 2:39.03 | PR |
| | bl | 89 Emma van der Goes | DB1 | 2:44.05 | 2:40.06 | PR |

Noortje de Nie

| | | |
|-------|---------|---------|
| 300m | 33.23 | (33.23) |
| 700m | 1:14.55 | (41.32) |
| 1100m | 1:56.78 | (42.23) |
| 1500m | 2:39.03 | (42.25) |

Emma van der Goes

| | | |
|-------|---------|---------|
| 300m | 31.82 | (31.82) |
| 700m | 1:11.83 | (40.01) |
| 1100m | 1:56.71 | (44.88) |
| 1500m | 2:40.06 | (43.35) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 11 | wt | 42 Lisa de Koster | DC2 | 2:42.00 | 2:44.78 | |
| | rd | 13 Fien Hummel | DPA | 2:43.73 | 2:37.67 | PR |

Lisa de Koster

| | | |
|-------|---------|---------|
| 300m | 33.67 | (33.67) |
| 700m | 1:15.13 | (41.46) |
| 1100m | 1:59.36 | (44.23) |
| 1500m | 2:44.78 | (45.42) |

Fien Hummel

| | | |
|-------|---------|---------|
| 300m | 32.46 | (32.46) |
| 700m | 1:11.54 | (39.08) |
| 1100m | 1:53.65 | (42.11) |
| 1500m | 2:37.67 | (44.02) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------------|-----|---------|----------------|------|
| 12 | gl | 33 Puk Moerman | DPB | | 2:35.12 | |
| | bl | 79 Menco van den Berg | H55 | 2:39.65 | 2:36.24 | PR |

Puk Moerman

| | | |
|-------|---------|---------|
| 300m | 32.07 | (32.07) |
| 700m | 1:11.03 | (38.96) |
| 1100m | 1:52.44 | (41.41) |
| 1500m | 2:35.12 | (42.68) |

Menco van den Berg

| | | |
|-------|---------|---------|
| 300m | 34.19 | (34.19) |
| 700m | 1:13.11 | (38.92) |
| 1100m | 1:54.26 | (41.15) |
| 1500m | 2:36.24 | (41.98) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|---------------------------|-----|-----|----|---------|-------------------|
| 13 | wt | 29 | Jolijn Solleveld | | DPA | | 2:40.73 | 2:35.64 PR |
| | rd | 46 | Lindsey Eijgermans | | DC2 | | 2:39.09 | 2:35.99 PR |

Jolijn Solleveld

| | | |
|-------|---------|---------|
| 300m | 32.32 | (32.32) |
| 700m | 1:12.82 | (40.50) |
| 1100m | 1:54.49 | (41.67) |
| 1500m | 2:35.64 | (41.15) |

Lindsey Eijgermans

| | | |
|-------|---------|---------|
| 300m | 32.58 | (32.58) |
| 700m | 1:12.06 | (39.48) |
| 1100m | 1:54.47 | (42.41) |
| 1500m | 2:35.99 | (41.52) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-----|-----|----|---------|-------------------|
| 14 | gl | 43 | Caitlin Koenen | | DA2 | | 2:35.40 | 2:34.40 PR |
| | bl | 51 | Nanette de Boon | | DPA | | 2:36.01 | 2:23.68 PR |

Caitlin Koenen

| | | |
|-------|---------|---------|
| 300m | 31.04 | (31.04) |
| 700m | 1:07.60 | (36.56) |
| 1100m | 1:37.72 | (30.12) |
| 1500m | 2:34.40 | (56.68) |

Nanette de Boon

| | | |
|-------|---------|---------|
| 300m | 29.83 | (29.83) |
| 700m | 1:06.48 | (36.65) |
| 1100m | 1:44.68 | (38.20) |
| 1500m | 2:23.68 | (39.00) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|------------------------|-----|-----|----|---------|-------------------|
| 15 | wt | 84 | Augustine Kaper | | DPA | | 2:37.00 | 2:28.76 PR |
| | rd | 9 | Tippi Verbree | | DC1 | | 2:33.33 | 2:36.24 |

Augustine Kaper

| | | |
|-------|---------|---------|
| 300m | 30.67 | (30.67) |
| 700m | 1:08.95 | (38.28) |
| 1100m | 1:48.77 | (39.82) |
| 1500m | 2:28.76 | (39.99) |

Tippi Verbree

| | | |
|-------|---------|---------|
| 300m | 31.50 | (31.50) |
| 700m | 1:10.90 | (39.40) |
| 1100m | 1:53.42 | (42.52) |
| 1500m | 2:36.24 | (42.82) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-----|-----|----|---------|----------------|
| 16 | gl | 64 | Oona Alleblas | | DC1 | | 2:34.09 | 2:46.33 |
| | bl | 82 | Francis de Bruijn | | DPA | | 2:34.78 | 2:38.25 |

Oona Alleblas

| | | |
|-------|---------|---------|
| 300m | 34.23 | (34.23) |
| 700m | 1:16.15 | (41.92) |
| 1100m | 2:00.88 | (44.73) |
| 1500m | 2:46.33 | (45.45) |

Francis de Bruijn

| | | |
|-------|---------|---------|
| 300m | 32.08 | (32.08) |
| 700m | 1:11.73 | (39.65) |
| 1100m | 1:55.07 | (43.34) |
| 1500m | 2:38.25 | (43.18) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 17 | wt | 16 Nouschka Steenks | DC1 | 2:31.45 | 2:28.43 | PR |
| | rd | 41 Clover van Zeijl | DC2 | 2:32.19 | 2:42.59 | |

Nouschka Steenks

| | | |
|-------|---------|---------|
| 300m | 31.84 | (31.84) |
| 700m | 1:10.75 | (38.91) |
| 1100m | 1:50.42 | (39.67) |
| 1500m | 2:28.43 | (38.01) |

Clover van Zeijl

| | | |
|-------|---------|---------|
| 300m | 33.59 | (33.59) |
| 700m | 1:14.27 | (40.68) |
| 1100m | 1:57.44 | (43.17) |
| 1500m | 2:42.59 | (45.15) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|-----------------------------|-----|---------|----------------|------|
| 18 | gl | 47 Stijn van der Wal | HB1 | 2:34.81 | 2:28.73 | PR |
| | bl | 75 Elin Lamain | DPA | 2:33.91 | 2:34.38 | |

Stijn van der Wal

| | | |
|-------|---------|---------|
| 300m | 32.31 | (32.31) |
| 700m | 1:10.46 | (38.15) |
| 1100m | 1:49.26 | (38.80) |
| 1500m | 2:28.73 | (39.47) |

Elin Lamain

| | | |
|-------|---------|---------|
| 300m | 32.77 | (32.77) |
| 700m | 1:10.74 | (37.97) |
| 1100m | 1:51.70 | (40.96) |
| 1500m | 2:34.38 | (42.68) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 19 | wt | 18 Tycho Petri | HC1 | 2:28.07 | 2:27.99 | PR |
| | rd | 30 Maaïke Helleman | DC1 | 2:27.87 | 2:29.09 | |

Tycho Petri

| | | |
|-------|---------|---------|
| 300m | 31.11 | (31.11) |
| 700m | 1:08.54 | (37.43) |
| 1100m | 1:47.68 | (39.14) |
| 1500m | 2:27.99 | (40.31) |

Maaïke Helleman

| | | |
|-------|---------|---------|
| 300m | 31.78 | (31.78) |
| 700m | 1:09.85 | (38.07) |
| 1100m | 1:48.85 | (39.00) |
| 1500m | 2:29.09 | (40.24) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 20 | gl | 39 Emma Boon | DC2 | 2:32.53 | 2:33.58 | |
| | bl | 6 Nerena van Vuuren | DN3 | 2:27.02 | 2:26.06 | PR |

Emma Boon

| | | |
|-------|---------|---------|
| 300m | 31.19 | (31.19) |
| 700m | 1:09.91 | (38.72) |
| 1100m | 1:51.42 | (41.51) |
| 1500m | 2:33.58 | (42.16) |

Nerena van Vuuren

| | | |
|-------|---------|---------|
| 300m | 31.07 | (31.07) |
| 700m | 1:07.64 | (36.57) |
| 1100m | 1:46.15 | (38.51) |
| 1500m | 2:26.06 | (39.91) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 21 | wt | 5 Feline Scholten | DPB | 2:27.82 | 2:29.60 | |
| | rd | 14 Mariska van Zon | DN4 | 2:22.23 | 2:27.63 | |

Feline Scholten

| | | |
|-------|---------|---------|
| 300m | 31.57 | (31.57) |
| 700m | 1:09.08 | (37.51) |
| 1100m | 1:49.31 | (40.23) |
| 1500m | 2:29.60 | (40.29) |

Mariska van Zon

| | | |
|-------|---------|---------|
| 300m | 30.68 | (30.68) |
| 700m | 1:07.20 | (36.52) |
| 1100m | 1:46.62 | (39.42) |
| 1500m | 2:27.63 | (41.01) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 22 | gl | 34 Valerie Gerritse | DC1 | 2:26.82 | 2:31.32 | |
| | bl | 24 Keira Vissenberg | DC2 | 2:25.35 | 2:28.00 | |

Valerie Gerritse

| | | |
|-------|---------|---------|
| 300m | 30.92 | (30.92) |
| 700m | 1:09.42 | (38.50) |
| 1100m | 1:49.74 | (40.32) |
| 1500m | 2:31.32 | (41.58) |

Keira Vissenberg

| | | |
|-------|---------|---------|
| 300m | 30.95 | (30.95) |
| 700m | 1:08.07 | (37.12) |
| 1100m | 1:47.74 | (39.67) |
| 1500m | 2:28.00 | (40.26) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|--------------------------|-----|---------|----------------|------|
| 23 | wt | 71 Maren de Bruin | DPA | 2:20.42 | 2:25.22 | |
| | rd | 94 Jos Drabbels | H55 | 2:05.18 | 2:19.05 | |

Maren de Bruin

| | | |
|-------|---------|---------|
| 300m | 31.25 | (31.25) |
| 700m | 1:07.29 | (36.04) |
| 1100m | 1:45.57 | (38.28) |
| 1500m | 2:25.22 | (39.65) |

Jos Drabbels

| | | |
|-------|---------|---------|
| 300m | 30.84 | (30.84) |
| 700m | 1:05.68 | (34.84) |
| 1100m | 1:42.14 | (36.46) |
| 1500m | 2:19.05 | (36.91) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 24 | gl | 28 Feline Solleveld | DC2 | 2:19.03 | 2:28.53 | |
| | bl | 54 Teije Hekkema | HC2 | 2:19.66 | 2:21.58 | |

Feline Solleveld

| | | |
|-------|---------|---------|
| 300m | 31.09 | (31.09) |
| 700m | 1:08.61 | (37.52) |
| 1100m | 1:48.50 | (39.89) |
| 1500m | 2:28.53 | (40.03) |

Teije Hekkema

| | | |
|-------|---------|---------|
| 300m | 29.03 | (29.03) |
| 700m | 1:03.55 | (34.52) |
| 1100m | 1:41.60 | (38.05) |
| 1500m | 2:21.58 | (39.98) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 25 | wt | 23 Olivier Wennekes | HC1 | 2:17.82 | 2:25.28 | |
| | rd | 48 Joep van Leeuwen | HC2 | 2:18.14 | 2:23.66 | |

Olivier Wennekes

| | | |
|-------|---------|---------|
| 300m | 30.03 | (30.03) |
| 700m | 1:05.69 | (35.66) |
| 1100m | 1:45.01 | (39.32) |
| 1500m | 2:25.28 | (40.27) |

Joep van Leeuwen

| | | |
|-------|---------|---------|
| 300m | 29.88 | (29.88) |
| 700m | 1:04.92 | (35.04) |
| 1100m | 1:43.53 | (38.61) |
| 1500m | 2:23.66 | (40.13) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|------------------------|-----|---------|----------------|------|
| 26 | gl | 67 Boaz de Gast | HC2 | 2:17.55 | 2:19.27 | |
| | bl | 22 Mees Blaauw | HC2 | 2:13.13 | 2:17.46 | |

Boaz de Gast

| | | |
|-------|---------|---------|
| 300m | 29.03 | (29.03) |
| 700m | 1:04.04 | (35.01) |
| 1100m | 1:40.80 | (36.76) |
| 1500m | 2:19.27 | (38.47) |

Mees Blaauw

| | | |
|-------|---------|---------|
| 300m | 29.44 | (29.44) |
| 700m | 1:04.00 | (34.56) |
| 1100m | 1:40.58 | (36.58) |
| 1500m | 2:17.46 | (36.88) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|---------------------------|-----|---------|----------------|------|
| 27 | wt | 74 Amber Koetsier | DB1 | 2:12.78 | 2:20.92 | |
| | rd | 58 Guus Gelderblom | HA2 | 2:10.71 | 2:11.37 | |

Amber Koetsier

| | | |
|-------|---------|---------|
| 300m | 29.77 | (29.77) |
| 700m | 1:05.46 | (35.69) |
| 1100m | 1:43.17 | (37.71) |
| 1500m | 2:20.92 | (37.75) |

Guus Gelderblom

| | | |
|-------|---------|---------|
| 300m | 27.47 | (27.47) |
| 700m | 1:00.27 | (32.80) |
| 1100m | 1:34.72 | (34.45) |
| 1500m | 2:11.37 | (36.65) |

| | | Naam | Cat | PR | Tijd | Info |
|----|----|----------------------------|-----|---------|----------------|------|
| 28 | gl | 62 Dong Yang Plugge | HB2 | 2:10.21 | 2:10.98 | |
| | bl | | | | | |

Dong Yang Plugge

| | | | |
|---|-------|---------|---------|
| m | 300m | 27.04 | (27.04) |
| | 700m | 59.39 | (32.35) |
| | 1100m | 1:34.64 | (35.25) |
| | 1500m | 2:10.98 | (36.34) |

De Uithof - Den Haag

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|-------------------------|-----|-----|----|---------|----------------|
| 29 | wt | 15 | Jules van Winden | | HB2 | | 2:04.48 | 2:08.47 |
| | rd | 61 | Peng Shen Plugge | | HC2 | | 2:03.64 | 2:10.92 |

Jules van Winden

| | | |
|-------|---------|---------|
| 300m | 27.00 | (27.00) |
| 700m | 59.45 | (32.45) |
| 1100m | 1:33.50 | (34.05) |
| 1500m | 2:08.47 | (34.97) |

Peng Shen Plugge

| | | |
|-------|---------|---------|
| 300m | 27.50 | (27.50) |
| 700m | 59.99 | (32.49) |
| 1100m | 1:34.75 | (34.76) |
| 1500m | 2:10.92 | (36.17) |

| | | Naam | | Cat | | PR | Tijd | Info |
|----|----|------|--------------------------|-----|-----|----|---------|-----------------------|
| 30 | gl | 77 | Tom Harris | | HN3 | | 2:04.14 | 2:07.84 |
| | bl | 76 | Bjarne den Besten | | HPA | | 2:09.48 | 2:08.61 PR TRC |

Tom Harris

| | | |
|-------|---------|---------|
| 300m | 28.00 | (28.00) |
| 700m | 59.17 | (31.17) |
| 1100m | 1:32.38 | (33.21) |
| 1500m | 2:07.84 | (35.46) |

Bjarne den Besten

| | | |
|-------|---------|---------|
| 300m | 27.62 | (27.62) |
| 700m | 59.66 | (32.04) |
| 1100m | 1:33.28 | (33.62) |
| 1500m | 2:08.61 | (35.33) |