

### 1. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	4 Jerry Coenen	HB1	5	I	42.34		
2	5 Frank Bouman	HC2	4	I	42.75		
3	8 Leon Schot	HA1	4	O	42.91		
4	9 Thomas van Westrienen	HB2	5	O	45.07		
5	7 Sanne Veenboer	DSA	3	O	47.37		
6	10 Simon Schouws	HSA	2	O	47.71		
7	15 Joep Nijbacker	HB2	3	I	49.01		
8	19 Björn Zonneveld	HC1	1	O	50.50		
9	17 Jan Zijp	H70	1	I	51.26		

## 1. Rituitslag 500 meter

		Naam		Cat		PR	Tijd	Info
1	wt	17 <b>Jan Zijp</b>		H70		44.81	<b>51.26</b>	
	rd	19 <b>Björn Zonneveld</b>		HC1		48.69	<b>50.50</b>	
		<u>Jan Zijp</u>		<u>Björn Zonneveld</u>				
		100m	13.26	(13.26)	100m	12.92	(12.92)	
		500m	51.26	(38.00)	500m	50.50	(37.58)	

		Naam		Cat		PR	Tijd	Info
2	gl	10 <b>Simon Schouws</b>		HSA		47.32	<b>47.71</b>	
	bl							
		<u>Simon Schouws</u>						
		m		100m	12.64	(12.64)		
				500m	47.71	(35.07)		

		Naam		Cat		PR	Tijd	Info
3	wt	15 <b>Joep Nijbacker</b>		HB2		46.95	<b>49.01</b>	
	rd	7 <b>Sanne Veenboer</b>		DSA		45.03	<b>47.37</b>	
		<u>Joep Nijbacker</u>		<u>Sanne Veenboer</u>				
		100m	12.08	(12.08)	100m	12.28	(12.28)	
		500m	49.01	(36.93)	500m	47.37	(35.09)	

		Naam		Cat		PR	Tijd	Info
4	gl	5 <b>Frank Bouman</b>		HC2		42.21	<b>42.75</b>	
	bl	8 <b>Leon Schot</b>		HA1		41.24	<b>42.91</b>	
		<u>Frank Bouman</u>		<u>Leon Schot</u>				
		100m	11.07	(11.07)	100m	11.61	(11.61)	
		500m	42.75	(31.68)	500m	42.91	(31.30)	

		Naam		Cat		PR	Tijd	Info
5	wt	4 <b>Jerry Coenen</b>		HB1		39.71	<b>42.34</b>	
	rd	9 <b>Thomas van Westrienen</b>		HB2		43.40	<b>45.07</b>	
		<u>Jerry Coenen</u>		<u>Thomas van Westrienen</u>				
		100m	10.97	(10.97)	100m	11.64	(11.64)	
		500m	42.34	(31.37)	500m	45.07	(33.43)	

## 2. Uitslag 500 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	12 <b>Sterre Kuijs</b>	DA1	7	I	<b>48.44</b>		
2	6 <b>Sam Nijbacker</b>	HA2	7	O	<b>49.09</b>		
3	16 <b>Jordy Jak</b>	H45	6	I	<b>55.15</b>		
	3 <b>Jop van der Bijl</b>	HSA	6	O	<b>DNS</b>		

**2. Rituitslag 500 meter**

		Naam	Cat	PR	Tijd	Info
6	wt	16 <b>Jordy Jak</b>	H45	51.03	<b>55.15</b>	
	rd	3 <b>Jop van der Bijl</b>	HSA	44.38	<b>DNS</b>	
		<u>Jordy Jak</u>				<u>Jop van der Bijl</u>
		100m	14.60	(14.60)		
		500m	55.15	(40.55)		
		Naam	Cat	PR	Tijd	Info
7	gl	12 <b>Sterre Kuijs</b>	DA1	43.88	<b>48.44</b>	
	bl	6 <b>Sam Nijbacker</b>	HA2	45.89	<b>49.09</b>	
		<u>Sterre Kuijs</u>				<u>Sam Nijbacker</u>
		100m	12.93	(12.93)	100m	12.23 (12.23)
		500m	48.44	(35.51)	500m	49.09 (36.86)

### 3. Uitslag 3000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	8 Leon Schot	HA1	12	I	4:41.14		
2	9 Thomas van Westrienen	HB2	13	O	4:47.72		
3	5 Frank Bouman	HC2	9	O	5:02.42		
4	4 Jerry Coenen	HB1	9	I	5:09.44		
5	14 Donna Pronk	DA1	12	O	5:17.01		
6	10 Simon Schouws	HSA	10	I	5:23.40		
7	7 Sanne Veenboer	DSA	11	I	5:25.43		
8	11 Jamy Blaauw	DB1	10	O	5:39.93		
9	19 Björn Zonneveld	HC1	8	O	5:40.25		
10	15 Joep Nijbacker	HB2	8	I	5:40.78		
11	17 Jan Zijp	H70	11	O	5:44.02		

## 3. Rituitslag 3000 meter

		Naam		Cat		PR		Tijd	Info
8	wt	15	<b>Joep Nijbacker</b>					<b>5:40.78</b>	
	rd	19	<b>Björn Zonneveld</b>			5:29.49		<b>5:40.25</b>	
		<b>Joep Nijbacker</b>				<b>Björn Zonneveld</b>			
		200m	23.90	(23.90)	200m	25.05	(25.05)		
		600m	1:08.62	(44.72)	600m	1:08.05	(43.00)		
		1000m	1:54.73	(46.11)	1000m	1:54.38	(46.33)		
		1400m	2:41.66	(46.93)	1400m	2:40.46	(46.08)		
		1800m	3:27.28	(45.62)	1800m	3:27.21	(46.75)		
		2200m	4:12.09	(44.81)	2200m	4:12.27	(45.06)		
		2600m	4:56.76	(44.67)	2600m	4:57.65	(45.38)		
		3000m	5:40.78	(44.02)	3000m	5:40.25	(42.60)		

		Naam		Cat		PR		Tijd	Info
9	gl	4	<b>Jerry Coenen</b>					<b>5:09.44</b>	
	bl	5	<b>Frank Bouman</b>					<b>5:02.42</b>	
		<b>Jerry Coenen</b>				<b>Frank Bouman</b>			
		200m	21.34	(21.34)	200m	21.17	(21.17)		
		600m	1:00.32	(38.98)	600m	58.91	(37.74)		
		1000m	1:39.90	(39.58)	1000m	1:39.49	(40.58)		
		1400m	2:20.65	(40.75)	1400m	2:19.29	(39.80)		
		1800m	3:00.55	(39.90)	1800m	2:59.54	(40.25)		
		2200m	3:42.13	(41.58)	2200m	3:40.31	(40.77)		
		2600m	4:25.13	(43.00)	2600m	4:21.52	(41.21)		
		3000m	5:09.44	(44.31)	3000m	5:02.42	(40.90)		

		Naam			Cat	PR	Tijd	Info
10	wt	10 <b>Simon Schouws</b>			HSA	5:17.73	<b>5:23.40</b>	
	rd	11 <b>Jamy Blaauw</b>			DB1	5:24.84	<b>5:39.93</b>	
		<b>Simon Schouws</b>			<b>Jamy Blaauw</b>			
		200m	23.93	(23.93)	200m	24.35	(24.35)	
		600m	1:04.80	(40.87)	600m	1:04.89	(40.54)	
		1000m	1:46.64	(41.84)	1000m	1:49.41	(44.52)	
		1400m	2:29.87	(43.23)	1400m	2:34.02	(44.61)	
		1800m	3:12.78	(42.91)	1800m	3:18.54	(44.52)	
		2200m	3:55.86	(43.08)	2200m	4:04.93	(46.39)	
		2600m	4:40.40	(44.54)	2600m	4:52.75	(47.82)	
		3000m	5:23.40	(43.00)	3000m	5:39.93	(47.18)	

		Naam			Cat	PR	Tijd	Info
11	gl	7 <b>Sanne Veenboer</b>			DSA	5:22.57	<b>5:25.43</b>	
	bl	17 <b>Jan Zijp</b>			H70	4:28.08	<b>5:44.02</b>	
		<b>Sanne Veenboer</b>			<b>Jan Zijp</b>			
		200m	22.61	(22.61)	200m	25.56	(25.56)	
		600m	1:02.12	(39.51)	600m	1:07.85	(42.29)	
		1000m	1:44.22	(42.10)	1000m	1:52.71	(44.86)	
		1400m	2:27.29	(43.07)	1400m	2:37.58	(44.87)	
		1800m	3:11.15	(43.86)	1800m	3:23.50	(45.92)	
		2200m	3:55.23	(44.08)	2200m	4:09.72	(46.22)	
		2600m	4:40.90	(45.67)	2600m	4:57.46	(47.74)	
		3000m	5:25.43	(44.53)	3000m	5:44.02	(46.56)	

		Naam	Cat	PR	Tijd	Info
12	wt	8 <b>Leon Schot</b>	HA1		4:19.19	<b>4:41.14</b>
	rd	14 <b>Donna Pronk</b>	DA1		5:13.45	<b>5:17.01</b>

### Leon Schot

200m	21.94	(21.94)
600m	59.11	(37.17)
1000m	1:35.98	(36.87)
1400m	2:12.85	(36.87)
1800m	2:49.82	(36.97)
2200m	3:27.01	(37.19)
2600m	4:04.22	(37.21)
3000m	4:41.14	(36.92)

### Donna Pronk

200m	23.61	(23.61)
600m	1:01.66	(38.05)
1000m	1:41.32	(39.66)
1400m	2:22.58	(41.26)
1800m	3:05.49	(42.91)
2200m	3:49.72	(44.23)
2600m	4:33.07	(43.35)
3000m	5:17.01	(43.94)

		Naam	Cat	PR	Tijd	Info
13	gl	9 <b>Thomas van Westrienen</b>	HB2		4:22.25	<b>4:47.72</b>
	bl					

### Thomas van Westrienen

m	200m	22.59	(22.59)
	600m	58.72	(36.13)
	1000m	1:36.30	(37.58)
	1400m	2:14.26	(37.96)
	1800m	2:52.63	(38.37)
	2200m	3:30.91	(38.28)
	2600m	4:09.25	(38.34)
	3000m	4:47.72	(38.47)



**4. Uitslag 5000 meter**

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	1 <b>Wisse Slendebroek</b>	HA1	17	I	<b>7:18.87</b>		
2	12 <b>Sterre Kuijs</b>	DA1	14	I	<b>8:27.87</b>		
3	16 <b>Jordy Jak</b>	H45	15	I	<b>9:28.68</b>		
4	6 <b>Sam Nijbacker</b>	HA2	17	O	<b>9:29.05</b>		
5	3 <b>Jop van der Bijl</b>	HSA	16	O	<b>9:32.21</b>		
6	20 <b>Jan de Jong</b>	H60	16	I	<b>10:01.33</b>		

## 4. Rituitslag 5000 meter

	Naam	Cat	PR	Tijd	Info
14	wt rd	12 <b>Sterre Kuijs</b>	DA1	<b>8:27.87</b>	
<b>Sterre Kuijs</b>					
	200m	23.36 (23.36)			m
	600m	1:01.55 (38.19)			
	1000m	1:41.01 (39.46)			
	1400m	2:21.32 (40.31)			
	1800m	3:00.68 (39.36)			
	2200m	3:40.46 (39.78)			
	2600m	4:20.62 (40.16)			
	3000m	5:01.66 (41.04)			
	3400m	5:42.94 (41.28)			
	3800m	6:24.14 (41.20)			
	4200m	7:05.85 (41.71)			
	4600m	7:47.54 (41.69)			
	5000m	8:27.87 (40.33)			

	Naam	Cat	PR	Tijd	Info
15	gl bl	16 <b>Jordy Jak</b>	H45	<b>9:28.68</b>	
<b>Jordy Jak</b>					
	200m	26.86 (26.86)			m
	600m	1:09.93 (43.07)			
	1000m	1:53.15 (43.22)			
	1400m	2:36.73 (43.58)			
	1800m	3:21.00 (44.27)			
	2200m	4:06.44 (45.44)			
	2600m	4:51.91 (45.47)			
	3000m	5:37.35 (45.44)			
	3400m	6:23.78 (46.43)			
	3800m	7:10.71 (46.93)			
	4200m	7:57.14 (46.43)			
	4600m	8:43.30 (46.16)			
	5000m	9:28.68 (45.38)			

		Naam			Cat	PR	Tijd	Info
16	wt	20	<b>Jan de Jong</b>		H60	8:33.67	<b>10:01.33</b>	
	rd	3	<b>Jop van der Bijl</b>		HSA	8:45.56	<b>9:32.21</b>	
		<b>Jan de Jong</b>			<b>Jop van der Bijl</b>			
		200m	25.55	(25.55)	200m	24.74	(24.74)	
		600m	1:09.98	(44.43)	600m	1:06.64	(41.90)	
		1000m	1:55.43	(45.45)	1000m	1:49.02	(42.38)	
		1400m	2:43.46	(48.03)	1400m	2:33.84	(44.82)	
		1800m	3:32.57	(49.11)	1800m	3:19.39	(45.55)	
		2200m	4:20.68	(48.11)	2200m	4:05.64	(46.25)	
		2600m	5:07.74	(47.06)	2600m	4:51.39	(45.75)	
		3000m	5:56.95	(49.21)	3000m	5:37.17	(45.78)	
		3400m	6:44.95	(48.00)	3400m	6:23.52	(46.35)	
		3800m	7:33.18	(48.23)	3800m	7:09.64	(46.12)	
		4200m	8:22.73	(49.55)	4200m	7:56.29	(46.65)	
		4600m	9:12.98	(50.25)	4600m	8:44.13	(47.84)	
		5000m	10:01.33	(48.35)	5000m	9:32.21	(48.08)	

		Naam			Cat	PR	Tijd	Info
17	gl	1	<b>Wisse Slendebroek</b>		HA1		<b>7:18.87</b>	
	bl	6	<b>Sam Nijbacker</b>		HA2	9:00.61	<b>9:29.05</b>	
		<b>Wisse Slendebroek</b>			<b>Sam Nijbacker</b>			
		200m	20.19	(20.19)	200m	22.96	(22.96)	
		600m	52.98	(32.79)	600m	1:04.37	(41.41)	
		1000m	1:26.46	(33.48)	1000m	1:48.59	(44.22)	
		1400m	2:01.03	(34.57)	1400m	2:34.00	(45.41)	
		1800m	2:35.11	(34.08)	1800m	3:20.31	(46.31)	
		2200m	3:10.23	(35.12)	2200m	4:05.53	(45.22)	
		2600m	3:44.13	(33.90)	2600m	4:50.75	(45.22)	
		3000m	4:20.89	(36.76)	3000m	5:36.02	(45.27)	
		3400m	4:56.16	(35.27)	3400m	6:21.48	(45.46)	
		3800m	5:31.58	(35.42)	3800m	7:07.39	(45.91)	
		4200m	6:08.11	(36.53)	4200m	7:54.60	(47.21)	
		4600m	6:44.06	(35.95)	4600m	8:42.78	(48.18)	
		5000m	7:18.87	(34.81)	5000m	9:29.05	(46.27)	