

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 Jan Zijp		H70		44.81	51.26	
	rd	19 Björn Zonneveld		HC1		48.69	50.50	
		<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 Simon Schouws		HSA		47.32	47.71	
	bl							
		<u>Simon Schouws</u>						
		m		100m	12.64	(12.64)		
				500m	47.71	(35.07)		

		Naam		Cat		PR	Tijd	Info
3	wt	15 Joep Nijbacker		HB2		46.95	49.01	
	rd	7 Sanne Veenboer		DSA		45.03	47.37	
		<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 Frank Bouman		HC2		42.21	42.75	
	bl	8 Leon Schot		HA1		41.24	42.91	
		<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 Jerry Coenen		HB1		39.71	42.34	
	rd	9 Thomas van Westrienen		HB2		43.40	45.07	
		<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 Sterre Kuijs	DA1	7	I	48.44		
2	6 Sam Nijbacker	HA2	7	O	49.09		
3	16 Jordy Jak	H45	6	I	55.15		
	3 Jop van der Bijl	HSA	6	O	DNS		

2. Rituitslag 500 meter

		Naam		Cat		PR		Tijd	Info
6	wt	16	Jordy Jak		H45		51.03	55.15	
	rd	3	Jop van der Bijl		HSA		44.38	DNS	
		Jordy Jak			Jop van der Bijl				
		100m	14.60	(14.60)					
		500m	55.15	(40.55)					
		Naam		Cat		PR		Tijd	Info
7	gl	12	Sterre Kuijs		DA1		43.88	48.44	
	bl	6	Sam Nijbacker		HA2		45.89	49.09	
		Sterre Kuijs			Sam Nijbacker				
		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	Joep Nijbacker					5:40.78	
	rd	19	Björn Zonneveld			5:29.49		5:40.25	
		Joep Nijbacker				Björn Zonneveld			
		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	Jerry Coenen					5:09.44	
	bl	5	Frank Bouman					5:02.42	
		Jerry Coenen				Frank Bouman			
		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 Simon Schouws	HSA	5:17.73	5:23.40	
	rd	11 Jamy Blaauw	DB1	5:24.84	5:39.93	

Simon Schouws

200m	23.93	(23.93)
600m	1:04.80	(40.87)
1000m	1:46.64	(41.84)
1400m	2:29.87	(43.23)
1800m	3:12.78	(42.91)
2200m	3:55.86	(43.08)
2600m	4:40.40	(44.54)
3000m	5:23.40	(43.00)

Jamy Blaauw

200m	24.35	(24.35)
600m	1:04.89	(40.54)
1000m	1:49.41	(44.52)
1400m	2:34.02	(44.61)
1800m	3:18.54	(44.52)
2200m	4:04.93	(46.39)
2600m	4:52.75	(47.82)
3000m	5:39.93	(47.18)

		Naam	Cat	PR	Tijd	Info
11	gl	7 Sanne Veenboer	DSA	5:22.57	5:25.43	
	bl	17 Jan Zijp	H70	4:28.08	5:44.02	

Sanne Veenboer

200m	22.61	(22.61)
600m	1:02.12	(39.51)
1000m	1:44.22	(42.10)
1400m	2:27.29	(43.07)
1800m	3:11.15	(43.86)
2200m	3:55.23	(44.08)
2600m	4:40.90	(45.67)
3000m	5:25.43	(44.53)

Jan Zijp

200m	25.56	(25.56)
600m	1:07.85	(42.29)
1000m	1:52.71	(44.86)
1400m	2:37.58	(44.87)
1800m	3:23.50	(45.92)
2200m	4:09.72	(46.22)
2600m	4:57.46	(47.74)
3000m	5:44.02	(46.56)

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

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 Thomas van Westrienen	HB2		4:22.25	4:47.72
	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 Wisse Slendebroek	HA1	17	I	7:18.87		
2	12 Sterre Kuijs	DA1	14	I	8:27.87		
3	16 Jordy Jak	H45	15	I	9:28.68		
4	6 Sam Nijbacker	HA2	17	O	9:29.05		
5	3 Jop van der Bijl	HSA	16	O	9:32.21		
6	20 Jan de Jong	H60	16	I	10:01.33		

4. Rituitslag 5000 meter

	Naam	Cat	PR	Tijd	Info
14	wt rd	12 Sterre Kuijs	DA1	8:27.87	
	Sterre Kuijs				
	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 Jordy Jak	H45	9:28.68	
	Jordy Jak				
	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	Jan de Jong		H60	8:33.67	10:01.33	
	rd	3	Jop van der Bijl		HSA	8:45.56	9:32.21	
		<u>Jan de Jong</u>			<u>Jop van der Bijl</u>			
		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	Wisse Slendebroek		HA1		7:18.87	
	bl	6	Sam Nijbacker		HA2	9:00.61	9:29.05	
		<u>Wisse Slendebroek</u>			<u>Sam Nijbacker</u>			
		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)	