

Trainingswedstrijd KNSB- en topteams

Thialf - Heerenveen

13 December 2025

1. Result 500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	5 Mats van den Bos	HN2	3	O	35.16		
2	2 Johan Talsma	HN2	4	I	35.73		
3	1 Janno Botman	HSA	3	I	35.84		
4	18 Jack Boekema	HB2	4	O	36.50	PB	
5	14 Rinse Franken	HN1	2	O	37.92	PB	
6	16 Berend Lange	HA1	1	I	37.95		
7	13 Ramzi Coenraad	HB1	1	O	38.16		
8	9 Lucas Fabrie	HA1	2	I	38.52		

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1. Race Result 500 meter

		Name	Cat	PB	Time	Info
1	wt	16 Berend Lange	HA1	37.36	37.95	
	rd	13 Ramzi Coenraad	HB1	38.00	38.16	
		Berend Lange		Ramzi Coenraad		
		100m	10.52 (10.52)	100m	10.53 (10.53)	
		500m	37.95 (27.43)	500m	38.16 (27.63)	

		Name	Cat	PB	Time	Info
2	yw	9 Lucas Fabrie	HA1	38.08	38.52	
	bl	14 Rinse Franken	HN1	37.94	37.92	PB
		Lucas Fabrie		Rinse Franken		
		100m	10.43 (10.43)	100m	10.62 (10.62)	
		500m	38.52 (28.09)	500m	37.92 (27.30)	

		Name	Cat	PB	Time	Info
3	wt	1 Janno Botman	HSA	34.35	35.84	
	rd	5 Mats van den Bos	HN2	34.58	35.16	
		Janno Botman		Mats van den Bos		
		100m	9.78 (9.78)	100m	9.80 (9.80)	
		500m	35.84 (26.06)	500m	35.16 (25.36)	

		Name	Cat	PB	Time	Info
4	yw	2 Johan Talsma	HN2	34.83	35.73	
	bl	18 Jack Boekema	HB2	36.75	36.50	PB
		Johan Talsma		Jack Boekema		
		100m	9.95 (9.95)	100m	10.08 (10.08)	
		500m	35.73 (25.78)	500m	36.50 (26.42)	

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2. Result 5000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	4 Stijn van de Bunt	HN3	1	I	6:11.61	PB	
2	3 Jasper Krommenhoek	HN3	1	O	6:12.58	PB	
3	31 Stian van Etten	HB2	2	O	7:04.46		

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2. Race Result 5000 meter

		Name	Cat	PB	Time	Info
1	wt	4 Stijn van de Bunt	HN3	6:17.15	6:11.61	PB
	rd	3 Jasper Krommenhoek	HN3	6:15.86	6:12.58	PB
		Stijn van de Bunt		Jasper Krommenhoek		
		200m	19.39 (19.39)	200m	19.31 (19.31)	
		600m	48.28 (28.89)	600m	48.89 (29.58)	
		1000m	1:17.41 (29.13)	1000m	1:19.11 (30.22)	
		1400m	1:46.78 (29.37)	1400m	1:48.98 (29.87)	
		1800m	2:16.01 (29.23)	1800m	2:18.64 (29.66)	
		2200m	2:45.53 (29.52)	2200m	2:50.25 (31.61)	
		2600m	3:14.87 (29.34)	2600m	3:17.92 (27.67)	
		3000m	3:44.23 (29.36)	3000m	3:47.60 (29.68)	
		3400m	4:13.55 (29.32)	3400m	4:16.66 (29.06)	
		3800m	4:43.07 (29.52)	3800m	4:45.52 (28.86)	
		4200m	5:12.53 (29.46)	4200m	5:14.37 (28.85)	
		4600m	5:42.00 (29.47)	4600m	5:43.32 (28.95)	
		5000m	6:11.61 (29.61)	5000m	6:12.58 (29.26)	

		Name	Cat	PB	Time	Info
2	yw	31 Stian van Etten	HB2	7:04.46		
	bl					
		Stian van Etten				
		m	200m	20.47	(20.47)	
			600m	52.36	(31.89)	
			1000m	1:25.02	(32.66)	
			1400m	1:57.68	(32.66)	
			1800m	2:30.64	(32.96)	
			2200m	3:03.70	(33.06)	
			2600m	3:36.99	(33.29)	
			3000m	4:10.68	(33.69)	
			3400m	4:44.86	(34.18)	
			3800m	5:19.85	(34.99)	
			4200m	5:55.02	(35.17)	
			4600m	6:29.86	(34.84)	
			5000m	7:04.46	(34.60)	

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3. Result 3000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	10 Laurens de Putter	HB2	4	I	4:17.48		
2	26 Anouk Könst	DN1	1	I	4:27.61	PB	
3	29 Isabella Talen	DA1	2	O	4:37.37		
4	15 Anouk Aalders	DB2	1	O	4:39.54	PB	
5	8 Maud Biezen	DA2	2	I	4:47.45		

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3. Race Result 3000 meter

		Name	Cat	PB	Time	Info
1	wt	26 Anouk Könst	DN1	4:28.82	4:27.61	PB
	rd	15 Anouk Aalders	DB2	4:45.38	4:39.54	PB
		Anouk Könst	Anouk Aalders			
		200m	21.74 (21.74)	200m	20.69 (20.69)	
		600m	55.46 (33.72)	600m	54.18 (33.49)	
		1000m	1:29.85 (34.39)	1000m	1:29.68 (35.50)	
		1400m	2:04.90 (35.05)	1400m	2:05.91 (36.23)	
		1800m	2:40.06 (35.16)	1800m	2:42.62 (36.71)	
		2200m	3:15.30 (35.24)	2200m	3:20.40 (37.78)	
		2600m	3:51.14 (35.84)	2600m	3:59.45 (39.05)	
		3000m	4:27.61 (36.47)	3000m	4:39.54 (40.09)	
		Name	Cat	PB	Time	Info
2	yw	8 Maud Biezen	DA2	4:30.87	4:47.45	
	bl	29 Isabella Talen	DA1	4:37.15	4:37.37	
		Maud Biezen	Isabella Talen			
		200m	21.65 (21.65)	200m	21.96 (21.96)	
		600m	55.45 (33.80)	600m	55.37 (33.41)	
		1000m	1:31.27 (35.82)	1000m	1:30.37 (35.00)	
		1400m	2:08.50 (37.23)	1400m	2:06.44 (36.07)	
		1800m	2:45.44 (36.94)	1800m	2:43.10 (36.66)	
		2200m	3:23.68 (38.24)	2200m	3:20.30 (37.20)	
		2600m	4:04.97 (41.29)	2600m	3:58.59 (38.29)	
		3000m	4:47.45 (42.48)	3000m	4:37.37 (38.78)	
		Name	Cat	PB	Time	Info
3	wt					
	rd					
		m	m			

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		Name	Cat		PB	Time	Info
4	yw bl	10	Laurens de Putter		HB2	4:16.52	4:17.48
		Laurens de Putter					
		200m	20.00	(20.00)	m		
		600m	52.11	(32.11)			
		1000m	1:25.03	(32.92)			
		1400m	1:58.65	(33.62)			
		1800m	2:30.33	(31.68)			
		2200m	3:06.45	(36.12)			
		2600m	4:17.48	(71.03)			

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4. Result 1500 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	14 Rinse Franken	HN1	4	I	1:52.03		
2	30 Kai-Arne Ottenhoff	HA2	4	O	1:52.41	PB	
3	24 Matthijs de Haan	HB2	3	I	1:56.37	PB	
4	27 Sjors Zautsen	HA2	3	O	1:56.87		
5	13 Ramzi Coenraad	HB1	1	O	2:00.77		
6	9 Lucas Fabrie	HA1	1	I	2:03.28		
7	12 Maud Groenen	DB2	2	O	2:13.19		
8	11 Naomi Wessels	DB2	2	I	2:14.69		

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4. Race Result 1500 meter

		Name	Cat	PB	Time	Info
1	wt	9 Lucas Fabrie	HA1	2:02.77	2:03.28	
	rd	13 Ramzi Coenraad	HB1	1:59.34	2:00.77	
		Lucas Fabrie		Ramzi Coenraad		
		300m	25.77 (25.77)	300m	25.84 (25.84)	
		700m	56.27 (30.50)	700m	55.90 (30.06)	
		1100m	1:28.73 (32.46)	1100m	1:27.85 (31.95)	
		1500m	2:03.28 (34.55)	1500m	2:00.77 (32.92)	

		Name	Cat	PB	Time	Info
2	yw	11 Naomi Wessels	DB2	2:12.75	2:14.69	
	bl	12 Maud Groenen	DB2	2:12.73	2:13.19	
		Naomi Wessels		Maud Groenen		
		300m	28.54 (28.54)	300m	28.34 (28.34)	
		700m	1:01.42 (32.88)	700m	1:01.56 (33.22)	
		1100m	1:37.08 (35.66)	1100m	1:36.64 (35.08)	
		1500m	2:14.69 (37.61)	1500m	2:13.19 (36.55)	

		Name	Cat	PB	Time	Info
3	wt	24 Matthijs de Haan	HB2	1:56.71	1:56.37	PB
	rd	27 Sjors Zautsen	HA2	1:55.17	1:56.87	
		Matthijs de Haan		Sjors Zautsen		
		300m	25.08 (25.08)	300m	25.07 (25.07)	
		700m	52.90 (27.82)	700m	53.22 (28.15)	
		1100m	1:23.39 (30.49)	1100m	1:23.84 (30.62)	
		1500m	1:56.37 (32.98)	1500m	1:56.87 (33.03)	

		Name	Cat	PB	Time	Info
4	yw	14 Rinse Franken	HN1	1:51.73	1:52.03	
	bl	30 Kai-Arne Ottenhoff	HA2	1:54.85	1:52.41	PB
		Rinse Franken		Kai-Arne Ottenhoff		
		300m	24.86 (24.86)	300m	25.29 (25.29)	
		700m	52.07 (27.21)	700m	52.42 (27.13)	
		1100m	1:20.88 (28.81)	1100m	1:21.35 (28.93)	
		1500m	1:52.03 (31.15)	1500m	1:52.41 (31.06)	

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5. Result 1000 meter

Pos	Name	Cat	Pair	Lane	Time	Info	Points
1	18 Jack Boekema	HB2	5	I	1:13.86		
2	22 Rutger Jansma	HA1	3	I	1:14.51		
3	21 Niek Bijma	HA1	3	O	1:14.67		
4	25 Jens Halfweg	HA2	4	I	1:16.06		
5	7 Naomi Verkerk	DSA	2	O	1:16.23		
6	23 Nick Barendse	HA1	4	O	1:17.37		
7	32 Michelle de Jong	DSA	5	O	1:17.97		
8	17 Eva-Sofie Elferink	DB2	1	I	1:22.36		
9	20 Mariska Stegenga	DB2	1	O	1:23.97		
10	19 Jade Zijlstra	DB2	2	I	1:25.14		

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5. Race Result 1000 meter

		Name	Cat	PB	Time	Info
1	wt	17 Eva-Sofie Elferink	DB2	1:21.08	1:22.36	
	rd	20 Mariska Stegenga	DB2	1:23.19	1:23.97	
		Eva-Sofie Elferink		Mariska Stegenga		
		200m	19.87 (19.87)	200m	20.12 (20.12)	
		600m	50.52 (30.65)	600m	50.73 (30.61)	
		1000m	1:22.36 (31.84)	1000m	1:23.97 (33.24)	

		Name	Cat	PB	Time	Info
2	yw	19 Jade Zijlstra	DB2	1:24.88	1:25.14	
	bl	7 Naomi Verkerk	DSA	1:14.86	1:16.23	
		Jade Zijlstra		Naomi Verkerk		
		200m	20.47 (20.47)	200m	18.12 (18.12)	
		600m	52.02 (31.55)	600m	45.95 (27.83)	
		1000m	1:25.14 (33.12)	1000m	1:16.23 (30.28)	

		Name	Cat	PB	Time	Info
3	wt	22 Rutger Jansma	HA1	1:13.94	1:14.51	
	rd	21 Niek Bijma	HA1	1:14.19	1:14.67	
		Rutger Jansma		Niek Bijma		
		200m	18.09 (18.09)	200m	17.56 (17.56)	
		600m	45.38 (27.29)	600m	45.03 (27.47)	
		1000m	1:14.51 (29.13)	1000m	1:14.67 (29.64)	

		Name	Cat	PB	Time	Info
4	yw	25 Jens Halfweg	HA2	1:15.73	1:16.06	
	bl	23 Nick Barendse	HA1	1:15.64	1:17.37	
		Jens Halfweg		Nick Barendse		
		200m	17.60 (17.60)	200m	18.04 (18.04)	
		600m	45.12 (27.52)	600m	46.24 (28.20)	
		1000m	1:16.06 (30.94)	1000m	1:17.37 (31.13)	

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		Name		Cat	PB		Time	Info
5	wt	18	Jack Boekema	HB2	1:13.15		1:13.86	
	rd	32	Michelle de Jong	DSA	1:14.29		1:17.97	
		Jack Boekema			Michelle de Jong			
		200m	17.39	(17.39)	200m	17.90	(17.90)	
		600m	44.21	(26.82)	600m	45.73	(27.83)	
		1000m	1:13.86	(29.65)	1000m	1:17.97	(32.24)	