

1. Uitslag 5000 meter

Pos	Naam	Cat	Paar	Baan	Tijd	Info	Punten
1	25 Leon Wenteler	HSA	143	I	7:31.76		
2	17 Berto Anker	HN2	143	O	7:33.63	PR	
3	23 Alexander Doornekamp	HSA	145	I	7:51.49		
4	21 Tygo Blom	HB1	146	O	7:57.57		
5	18 Teije Hekkema	HB2	144	O	8:02.36		
6	1 Mark Veenstra	H40	145	O	8:02.64		
7	24 Heleen Docter	DSA	147	O	8:03.52	PR	
8	12 Joey van den Berg	HA2	146	I	8:07.02	PR	
9	22 Boaz de Gast	HB2	147	I	8:12.59		
10	7 Emma Boon	DB2	148	O	8:38.01		
11	10 Mariska van Zon	DSA	148	I	8:40.57		
12	20 Jennifer van Leeuwen	DN3	149	O	8:42.23		
13	11 Nouschka Steenks	DB1	149	I	8:50.22		
14	13 Nerena van Vuuren	DSA	150	I	8:57.05		
15	8 Sietse Post	HB2	154	O	9:54.71		
16	6 Edwin van Leeuwen	H45	151	I	9:55.15		
17	9 Tippi Verbree	DB1	150	O	10:03.64		
18	16 Emma van der Goes	DA1	151	O	10:15.81		
19	19 Margot van Schie	DB1	153	I	10:16.23		
20	4 Annewil van Leeuwen-Stelloo	D40	154	I	10:31.18		
21	5 Noa van Leeuwen	DB1	153	O	10:47.80		
22	14 Rinske Hogenboom	DB1	152	I	10:54.61		

		Naam	Cat	PR	Tijd	Info
145	wt	23 Alexander Doornekamp	HSA	7:40.18	7:51.49	
	rd	1 Mark Veenstra	H40	7:45.41	8:02.64	

Alexander Doornekamp

200m	21.36	(21.36)
600m	57.42	(36.06)
1000m	1:33.39	(35.97)
1400m	2:10.42	(37.03)
1800m	2:48.04	(37.62)
2200m	3:25.02	(36.98)
2600m	4:02.52	(37.50)
3000m	4:40.48	(37.96)
3400m	5:18.80	(38.32)
3800m	5:56.54	(37.74)
4200m	6:34.59	(38.05)
4600m	7:12.82	(38.23)
5000m	7:51.49	(38.67)

Mark Veenstra

200m	21.77	(21.77)
600m	57.53	(35.76)
1000m	1:34.53	(37.00)
1400m	2:11.96	(37.43)
1800m	2:49.10	(37.14)
2200m	3:26.70	(37.60)
2600m	4:04.36	(37.66)
3000m	4:42.94	(38.58)
3400m	5:21.26	(38.32)
3800m	6:00.33	(39.07)
4200m	6:40.29	(39.96)
4600m	7:21.17	(40.88)
5000m	8:02.64	(41.47)

		Naam	Cat	PR	Tijd	Info
146	gl	12 Joey van den Berg	HA2	8:23.23	8:07.02	PR
	bl	21 Tygo Blom	HB1		7:57.57	

Joey van den Berg

200m	22.00	(22.00)
600m	58.64	(36.64)
1000m	1:35.94	(37.30)
1400m	2:13.92	(37.98)
1800m	2:52.60	(38.68)
2200m	3:31.18	(38.58)
2600m	4:10.26	(39.08)
3000m	4:49.12	(38.86)
3400m	5:28.13	(39.01)
3800m	6:07.78	(39.65)
4200m	6:47.81	(40.03)
4600m	7:27.47	(39.66)
5000m	8:07.02	(39.55)

Tygo Blom

200m	22.21	(22.21)
600m	57.65	(35.44)
1000m	1:34.16	(36.51)
1400m	2:11.16	(37.00)
1800m	2:48.22	(37.06)
2200m	3:25.66	(37.44)
2600m	4:03.47	(37.81)
3000m	4:41.56	(38.09)
3400m	5:20.02	(38.46)
3800m	5:59.06	(39.04)
4200m	6:38.44	(39.38)
4600m	7:18.41	(39.97)
5000m	7:57.57	(39.16)

		Naam	Cat	PR	Tijd	Info
147	wt	22 Boaz de Gast	HB2		8:12.59	
	rd	24 Heleen Docter	DSA	8:44.04	8:03.52	PR

Boaz de Gast

200m	21.34	(21.34)
600m	1:00.32	(38.98)
1000m	1:38.77	(38.45)
1400m	2:17.14	(38.37)
1800m	2:55.24	(38.10)
2200m	3:34.27	(39.03)
2600m	4:12.90	(38.63)
3000m	4:52.40	(39.50)
3400m	5:32.00	(39.60)
3800m	6:12.00	(40.00)
4200m	6:52.68	(40.68)
4600m	7:33.36	(40.68)
5000m	8:12.59	(39.23)

Heleen Docter

200m	23.01	(23.01)
600m	1:00.62	(37.61)
1000m	1:38.98	(38.36)
1400m	2:17.23	(38.25)
1800m	2:55.97	(38.74)
2200m	3:34.47	(38.50)
2600m	4:13.12	(38.65)
3000m	4:51.53	(38.41)
3400m	5:29.86	(38.33)
3800m	6:00.00	(30.14)
4200m	6:46.55	(46.55)
4600m	7:25.03	(38.48)
5000m	8:03.52	(38.49)

		Naam	Cat	PR	Tijd	Info
148	gl	10 Mariska van Zon	DSA	8:29.85	8:40.57	
	bl	7 Emma Boon	DB2		8:38.01	

Mariska van Zon

200m	22.83	(22.83)
600m	1:00.67	(37.84)
1000m	1:39.57	(38.90)
1400m	2:19.53	(39.96)
1800m	3:00.25	(40.72)
2200m	3:41.62	(41.37)
2600m	4:24.14	(42.52)
3000m	5:07.28	(43.14)
3400m	5:49.98	(42.70)
3800m	6:33.59	(43.61)
4200m	7:14.23	(40.64)
4600m	7:56.47	(42.24)
5000m	8:40.57	(44.10)

Emma Boon

200m	22.87	(22.87)
600m	1:00.17	(37.30)
1000m	1:39.87	(39.70)
1400m	2:20.87	(41.00)
1800m	3:02.05	(41.18)
2200m	3:43.99	(41.94)
2600m	4:26.24	(42.25)
3000m	5:08.22	(41.98)
3400m	5:50.75	(42.53)
3800m	6:33.28	(42.53)
4200m	7:14.82	(41.54)
4600m	7:56.21	(41.39)
5000m	8:38.01	(41.80)

5000 meter

De Uithof - Den Haag

28 december 2025

		Naam	Cat	PR	Tijd	Info
149	wt	11 Nouschka Steenks	DB1		8:50.22	
	rd	20 Jennifer van Leeuwen	DN3	8:41.12	8:42.23	

Nouschka Steenks

200m	23.89	(23.89)
600m	1:03.50	(39.61)
1000m	1:43.73	(40.23)
1400m	2:25.11	(41.38)
1800m	3:06.49	(41.38)
2200m	3:48.37	(41.88)
2600m	4:30.42	(42.05)
3000m	5:13.24	(42.82)
3400m	5:56.97	(43.73)
3800m	6:41.91	(44.94)
4200m	7:25.75	(43.84)
4600m	8:08.74	(42.99)
5000m	8:50.22	(41.48)

Jennifer van Leeuwen

200m	24.14	(24.14)
600m	1:02.83	(38.69)
1000m	1:42.82	(39.99)
1400m	2:23.85	(41.03)
1800m	3:04.76	(40.91)
2200m	3:46.23	(41.47)
2600m	4:27.79	(41.56)
3000m	5:09.82	(42.03)
3400m	5:51.93	(42.11)
3800m	6:34.37	(42.44)
4200m	7:17.32	(42.95)
4600m	8:00.13	(42.81)
5000m	8:42.23	(42.10)

		Naam	Cat	PR	Tijd	Info
150	gl	13 Nerena van Vuuren	DSA	8:40.52	8:57.05	
	bl	9 Tippi Verbree	DB1		10:03.64	

Nerena van Vuuren

200m	23.33	(23.33)
600m	1:03.15	(39.82)
1000m	1:44.87	(41.72)
1400m	2:26.91	(42.04)
1800m	3:09.18	(42.27)
2200m	3:51.54	(42.36)
2600m	4:34.28	(42.74)
3000m	5:17.61	(43.33)
3400m	6:01.28	(43.67)
3800m	6:44.88	(43.60)
4200m	7:28.52	(43.64)
4600m	8:12.97	(44.45)
5000m	8:57.05	(44.08)

Tippi Verbree

200m	24.51	(24.51)
600m	1:07.32	(42.81)
1000m	1:52.84	(45.52)
1400m	2:39.46	(46.62)
1800m	3:26.74	(47.28)
2200m	4:15.00	(48.26)
2600m	5:03.87	(48.87)
3000m	5:53.67	(49.80)
3400m	6:44.39	(50.72)
3800m	7:34.64	(50.25)
4200m	8:24.41	(49.77)
4600m	9:14.10	(49.69)
5000m	10:03.64	(49.54)

		Naam	Cat	PR	Tijd	Info
151	wt	6 Edwin van Leeuwen	H45	9:41.43	9:55.15	
	rd	16 Emma van der Goes	DA1		10:15.81	

Edwin van Leeuwen

200m	27.52	(27.52)
600m	1:12.57	(45.05)
1000m	1:59.42	(46.85)
1400m	2:46.53	(47.11)
1800m	3:33.02	(46.49)
2200m	4:20.56	(47.54)
2600m	5:08.22	(47.66)
3000m	5:55.45	(47.23)
3400m	6:43.68	(48.23)
3800m	7:31.68	(48.00)
4200m	8:19.71	(48.03)
4600m	9:07.86	(48.15)
5000m	9:55.15	(47.29)

Emma van der Goes

200m	26.51	(26.51)
600m	1:10.81	(44.30)
1000m	1:59.39	(48.58)
1400m	2:47.24	(47.85)
1800m	3:35.17	(47.93)
2200m	4:24.09	(48.92)
2600m	5:14.36	(50.27)
3000m	6:04.48	(50.12)
3400m	6:55.81	(51.33)
3800m	7:46.56	(50.75)
4200m	8:36.11	(49.55)
4600m	9:26.25	(50.14)
5000m	10:15.81	(49.56)

		Naam	Cat	PR	Tijd	Info
152	gl	14 Rinske Hogenboom	DB1		10:54.61	
	bl					

Rinske Hogenboom

200m	26.60	(26.60)
600m	1:13.87	(47.27)
1000m	2:04.45	(50.58)
1400m	2:56.25	(51.80)
1800m	3:48.68	(52.43)
2200m	4:42.25	(53.57)
2600m	5:35.07	(52.82)
3000m	6:27.87	(52.80)
3400m	7:21.90	(54.03)
3800m	8:16.17	(54.27)
4200m	9:09.01	(52.84)
4600m	10:02.59	(53.58)
5000m	10:54.61	(52.02)

m

		Naam	Cat	PR	Tijd	Info
153	wt	19 Margot van Schie	DB1		10:16.23	
	rd	5 Noa van Leeuwen	DB1		10:47.80	

Margot van Schie

200m	26.90	(26.90)
600m	1:11.09	(44.19)
1000m	1:58.21	(47.12)
1400m	2:47.73	(49.52)
1800m	3:38.13	(50.40)
2200m	4:28.45	(50.32)
2600m	5:19.07	(50.62)
3000m	6:09.57	(50.50)
3400m	6:59.83	(50.26)
3800m	7:50.44	(50.61)
4200m	8:40.87	(50.43)
4600m	9:30.34	(49.47)
5000m	10:16.23	(45.89)

Noa van Leeuwen

200m	25.11	(25.11)
600m	1:07.48	(42.37)
1000m	1:55.73	(48.25)
1400m	2:45.03	(49.30)
1800m	3:36.89	(51.86)
2200m	4:27.64	(50.75)
2600m	5:21.83	(54.19)
3000m	6:16.81	(54.98)
3400m	7:10.81	(54.00)
3800m	8:06.91	(56.10)
4200m	9:02.15	(55.24)
4600m	9:56.60	(54.45)
5000m	10:47.80	(51.20)

		Naam	Cat	PR	Tijd	Info
154	gl	4 Annewil van Leeuwen-Stelloo	D40	10:28.16	10:31.18	
	bl	8 Sietse Post	HB2		9:54.71	

Annewil van Leeuwen-Stelloo

200m	28.47	(28.47)
600m	1:15.98	(47.51)
1000m	2:04.42	(48.44)
1400m	2:54.46	(50.04)
1800m	3:44.70	(50.24)
2200m	4:34.66	(49.96)
2600m	5:25.88	(51.22)
3000m	6:16.93	(51.05)
3400m	7:08.32	(51.39)
3800m	8:00.21	(51.89)
4200m	8:51.98	(51.77)
4600m	9:43.34	(51.36)
5000m	10:31.18	(47.84)

Sietse Post

200m	25.60	(25.60)
600m	1:09.19	(43.59)
1000m	1:55.12	(45.93)
1400m	2:41.18	(46.06)
1800m	3:28.58	(47.40)
2200m	4:16.50	(47.92)
2600m	5:05.88	(49.38)
3000m	5:53.44	(47.56)
3400m	6:42.45	(49.01)
3800m	7:32.30	(49.85)
4200m	8:22.62	(50.32)
4600m	9:11.00	(48.38)
5000m	9:54.71	(43.71)